



WHATS INSIDE THIS WEEK:




SNOW SHOVELING AIRMAN DONATES \$350 TO AFAS

A3



COMMUNITY DEFENDER LOOK-BACK

A5




MILITARY APPRECIATION GAME NIGHT

A9



In honor of Martin Luther King Jr. Day, Team Minot's African American Heritage Council hosted a booth at the Base Exchange at Minot Air Force Base, North Dakota, January 16, 2023. The booth offered a history of MLK's accomplishments, free trinkets and a place where you could write what his legacy means to you. See page A11 for more photos from the event.

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6 ways to help children cope with deployment

EMILY SOLBERG

Deployment can disrupt the entire family, but they bring special challenges for children.

Military kids notice the seismic shift in their lives when a parent leaves, but can't always verbalize or process their feelings about it. The responsibility of guiding them through the rollercoaster of emotions that a deployment brings often falls on the military spouse. But where should you start? Here are six ways to help children cope when a parent is away on deployment — and specific resources that can help provide comfort, reassurance, stability and support.

1. Get creative.

“When will daddy be home?” is a tricky question — how do you help children understand how long six months is? A visual aid is often a great solution. You might want to try a deployment countdown jar. Fill a jar with chocolate kisses or special notes from daddy, one for every day he'll be gone. Take one out each night, and by the time he's home, the jar will be empty. Or, make your own paper chains and hang them around the house, removing a loop each day. Pinterest is a great place to find more creative ideas for counting down.

2. Read books about deployment, separation.

Books are a wonderful way to help children make sense of something that feels overwhelming and abstract. Fortunately, there are a lot of great ones to choose from, and many are geared toward military families. Here are a few

to try:

–“I'll Lend You My Daddy” by Becky King

–“Brave Like Me” by Barbara Kerley

–“My Mom's Boots” by Elizabeth Gordon

–“Night Catch” by Brenda Ehrmantraut

–“A Paper Hug” by Stephanie Skolmoski

–“Superheroes' Kids: When Dad is Deployed” by Heather Carson

–“The Soldiers' Night Before Christmas” by Christine Ford and Trish Holland

Of course, nothing compares to hearing mommy's voice, so you might record her reading some favorite bedtime stories before she leaves.

3. Get them involved.

Deployments mean giving up a sense of control, and allowing your child to help empowers them with a feeling of purpose. They can put together care packages with you — shop for treats, pack them, write a special note to tuck inside, and take the package to the post office.

Come up with fun themes for holidays and make decorating the box an art project. They can also brainstorm and plan a list of special “dates” they want to go on with their deployed parent after homecoming.

4. Meet their need for connection.

Every child responds differently to a parent being gone, but one thing they will always crave is connection. This might look like a customized HUG-A-HERO® doll, or a personalized quilt or

pillowcase with family pictures from Operation Kid Comfort. You could also have the deployed parent take a special small toy with them and take pictures of it in various poses and places they visit. Compile the pictures into an album at home for an entertaining, no-pressure way to engage and reconnect.

5. Stick to a deployment routine.

When a family member is gone, the entire household rhythm can be upended. It's OK to take some time to adjust and find your footing, but children thrive with a routine, even though it won't look exactly like the one you had before. Figure out what works for you and then be consistent — when your children know what to expect, it will make them feel safe and reassured even in the midst of change and transition.

6. Reach out, then accept the help.

Let teachers, friends, family and even professionals know about the deployment so they can step in and support. Every military spouse knows it takes a village, and deployments are a time when leaning on that village is not only helpful, it's essential. This might look like special programs or attention at school, dedicated sessions with a therapist, meal trains or offers to babysit, or frequent visits from loving family members.


This article was originally published in the December 2022 issue of Military Families Magazine.



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Snow Shoveling Airman Donates \$350 to AFAS

ERIN BEENE, NORTHERN SENTRY

The Minot winters can be known for their absolute ruthlessness and almost suffocating bitterness. But those words describe the temperatures, not the spirit of one Minot AFB Airman. SrA Jacob Willette, 791st Missile Security Forces Squadron, proved that although temperatures plummet, there is still room for kindness and selfless hard work. During the blizzard which befell Minot AFB in December 2022, and which issued

a stay at home order for many Airmen, Willette decided to use his time at home for others instead of himself. Willette grew up in Maine and would often spend winter days shoveling his and his elder neighbors' driveways with his brother. As a recent transplant to Minot, he said it felt only natural to get out there and do the same when the blizzard hit. He said, "I wanted to make an impact and do

something good." Willette, whose wife recently had a baby, was able to shovel out the two feet of snow in their own relatively short driveway on base. He thought about all the other spouses with young kids with husbands either deployed or stuck in the missile field that were simply not able to physically shovel their driveways and he knew he could offer some way to help.

With his wife's blessing, Willette then posted on social media and various base family Facebook pages about his snow shoveling services available. He noted that the charge was \$20 per driveaway, but asked people to pay what they could as he planned to donate all the proceeds to charity anyway. He said that a lot of requests came in, but he prioritized the ones who were unable to or were alone to take care of first. With the huge

snow drifts and continuous snow, every driveway took hours. At the end 2 ½ days, Willette had shoveled 11 driveways working for over 25 hours total. He also managed to break three snow shovels in the process and made several trips to the store to get new ones. When it was all said and done, Willette raised \$350 for the Air Force Aid Society (AFAS). He was motivated to donate to this particular charity because he had previously been a beneficiary of the Falcon Loan, which AFAS organizes, when he was stationed in England and needed some extra funds to help cover moving expenses. He explained that this loan helped him and his family out

when they needed it and he was able to repay the loan over time out of his regular paycheck. Because of the care he received from AFAS, he wanted to give back to a place that helped him in his time of need to pay it forward to others. Although it ended up being a little more back-breaking work than he originally anticipated, Willette said he plans on offering his services again to those who need it if Minot receives another snowstorm. Willette wanted to say a special thank-you to all those who donated generously to this cause. He said that some people went above and beyond with their donations and he is truly awed and grateful.



SrA Jacob Willette shoveled 11 driveways on base, and worked for over 25 hours to help out his neighbors during the last Minot winter storm.

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**northern
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A VIEW FROM
OUR SIDE

ROD WILSON, NORTHERN SENTRY

The recent weather pattern of dense fog and mist have certainly left some amazing photographic opportunities. The lack of wind has given us ample time to get out with our cameras and cell phones and capture scenes of ice coated trees, bushes, and other structures such as towers and even electrical lines.

But did you know that these days of dense fog foretell spring weather? Yep, certainly true. When I grew up most every home had a copy of the Farmer's Almanac. Printed once a year and a popular stocking stuffer at Christmas, the Farmer's Almanac was the official meteorological predictor. Accuracy? Well as I remember, yes, the almanac was accurate, but then the information was broad.



UPSIDE DOWN
UNDER

MARVIN BAKER

After going through a couple of major technological changes in my journalism career as well as other changes observed, I have to wonder if it's making us lazy? And since the pandemic, work at home has become "a thing." People who have the right jobs don't even go to work anymore. They stay at home and knock out there job on a computer.

I can certainly say that life for a journalist has gotten much easier since the early 1960s when the lin-o-type was the way to get the paper published. Today, it's powerful pagination programs.

It used to be that when I wrote a research paper in college, I'd dust off my manual typewriter, put a piece of paper in the roller and get busy.

When I made a mistake, I

The Old Farmer's Almanac

How's that? Well instead of the very precise predictions of today's weather apps, we would go more general information. Take for example the Almanac's prediction for the next two weeks. January 16-25 the prediction is for a few snow showers and cold. Which day? How much snow? And how cold? My thought is that there is a good chance of a few snow showers in a 7-day period in January. And same goes with cold? Cold in January is easier to predict than warm. Still, I hear people using the Old Farmer's Almanac as a reference.

However, there are also other common weather predictions that come into play based on this week of foggy weather. Mark your calendar because there is an "old wives' tale" (old wives' tales are also meteorological predictors) that says that 90 days after a period of fog, there will be moisture. Let's see January-February is 30, February - March is 60 and March-April is 90. So mid-April we should have moisture. Could be snow (oh no, not another April blizzard!), or it could be rain. My calendar at home is already marked. Just for the heck of it, put a notation in your cell phone and we will be sure to revisit this topic in April.

FIGHT THE FROST IS BACK!
This weekend I was able to attend a Fight the Frost event in Fargo. Fight the Frost fills an entire auditorium, in this case the Fargodome, with huge inflatables for the older kids, and smaller inflatables for those five and under. The event is being held at the ND State Fairgrounds. This is the first Fight the Frost event held Minot in three years. Yep, you guessed it, COVID took its toll on 2021 and 2022. Got kids with a lot of energy? It's very family friendly atmosphere.

**HONORARY
COMMANDER'S
EVENT ALSO RETURNS**
On Thursday night, January 19, the Minot Air Force Base will also do an Honorary Commander's induction at the Jimmy Doolittle Center on base. Community members are teamed with base commanders and become Honorary Commanders. It's a great way to create camaraderie between Minot AFB and the downtown community. I have been a proud Honorary Commander of Mark McDonald, Chief of Staff for the 91st Missile Wing. Albeit COVID also kept me from officially being inducted as an Honorary Commander, Mark and I, and our spouses Sue and

Kathy, have become good friends over the past 2+ years. Thanks Mark & Kathy. We look forward to Thursday evening.

HOW DOES THIS WORK?
This morning my spouse sent me a text that a local gas station has once again raised prices, by 12 cents a gallon. It's the third jump in gas prices in less than a week! We just came from Fargo where gas was \$2.86 per gallon at some stations. There never seems to be a rhyme or reason to gas increases, does there? However, be thankful. My son just sent me a text from California. \$6.67 per gallon in Los Angeles.

BEST KEPT SECRETS
The "Little Rink That Could" in Downtown Minot continues to be a great outdoor skating experience. Many Facebook photos keep coming from friends joining together to skate outdoors on The Citizen's Alley Ice Rink. It's located right behind Prairie Sky Breads. I did some quick checking and a couple of the secondhand shops have ice skates for sale.

TODAY'S CHUCKLE
If nobody knows the troubles you've seen, you're not living in a small town...

Does technology make us lazy?...

used White Out to cover it up. Sometimes I had the luxury of using erasable bond paper so I could erase my errors with a pencil eraser.

Occasionally, the ribbon would run out ink. New ribbons were often messy on the fingers, then you had to type a little on a separate piece of paper to eliminate the smudges.

When I joined the staff of the Dakota Student at UND in 1986, we used Compugraphic equipment. That was living the high life. The copy came out in single column strips, we ran them through a waxer and pasted the strips on the pages that were positioned on a light table.

However, because of that equipment, we sometimes worked through the night to produce the next edition, but we never complained.

It was also in the fall of 1986 that I was first exposed to a computer. I took Computers 101 and it was scary because the classroom lectures were so futuristic.

Landing my first job out of college at the Emmons County Record in Linton, I was assigned

a Zenith video display terminal. What a leap forward.

As time went on, the equipment got better and became less expensive. And when I accepted a reporter position at the Jamestown Sun in the spring of 1995, I really got spoiled... state-of-the-art Macs.

My position in Langdon saw two major changes. It was the first time I'd seen a laptop, let alone worked on one. There were times in which I had to take work home with me. It was certainly convenient to knock out a major story on Sunday afternoon while waiting for laundry to dry.

It was also in Langdon, in 1997, that myself and the staff at the Cavalier County Republican, were first exposed to pagination. It took us a while to get the hang of it, but when we did, it revolutionized how we produced the newspaper.

The laptop sure came in handy in that respect. If I got a good front-page idea, I could just "lay out" a dummy page on the screen and have it ready when I needed it in the office.

I should also point out that in my early days in the National Guard, I did some sideline public

affairs work. I still remember sitting in a hotel room in Valley City, hand writing an article about battalion headquarters in Valley City.

I think the Guard felt sorry for me so they gave me a computer with MS DOS. That was so cumbersome, I turned it back in and purchased my own typewriter.

Computer technology has continued to evolve. Wi-fi, streaming video, gaming, artificial intelligence and I shudder to think of what comes next.

At Christmas I got a new iMac and there is a program I downloaded that is actually designed for medical students. It breaks down the entire human body in 3-D. It's incredible just to view and thank goodness I don't have to study it.

One thing that hasn't changed, however, at least since 1997, is how I write my articles. But it often reminds me of the manual typewriter days. In fact, I have a 1912 L.C. Smith typewriter behind my desk in case I need a visual reminder of how difficult it used to be.



TIMOTHY TIMM

TITUS & 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.

Community Defender Look-Back

ERIN BEENE, NORTHERN SENTRY

In the ever-changing Air Force, new programs and initiatives sometimes come and go based on needs of the base and military mission. Community Defender is a new concept the 5th Security Forces Squadron came up with back in Summer 2022 to bring a resource that connects the base community to the base security professionals directly. To find out more about how the Community Defender program got started and its mission, see the article published in 2002, which introduces the position description and also what became the Northern Sentry’s most popular and viewed article of 2022. <https://northernsentry.com/2022/09/01/minot-afb-homes-andsecurity-forces-team-upmeet-your-new-community-defender/>.

SrA Hannah Donovan, 5 SFS, was chosen to take on this conceptual new position of the Community Defender back in the summer. Nearly half a year later, the Northern Sentry wanted to catch up with her and find out what she has been doing in the unprecedented role, and what/if any changes have been made to the base or program in this amount of time. Although Donovan was on leave and preparing for her PCS next month to Langley AFB in Virginia, she graciously took some time to meet and explain how the last few months as Community Defender on Minot AFB had affected her life, career and the base so far.

When asked what her biggest contribution to the base had been in the role, Donovan replied that it was by far the Minot AFB Home Pet Policy. She explained that Security Forces would often get calls and complaints about loose pets on base. The previous pet policy, which had not been updated since 2014, was vaguely written and stated that Security Forces were responsible for handling loose pets. Being that SF members do not have animal handling training or necessary equipment or facilities to do so safely, this policy needed to be revised. The new policy, of which Donovan was instrumental in creating, allows a more specific and guided plan for loose animals on the base. TSgt Montie Butler, 5 SFS, said, “Ward County Sheriff’s Department has jurisdiction on the installation so SrA Donovan worked with both departments and established a Memorandum of Understanding (MOU) in between the Sheriffs and the Police Department which then allowed the Minot PD to gain jurisdiction to pick up animals (only) and transport them to Minot Veterinary Clinic.”

Another base issue that Donovan has been able to influence while at the Community Defender position is that of speeding on base, specifically within housing areas. She mentioned that because of this concern expressed to her through the community, Security Forces were able to rearrange daily plans



Former Community Defender, SrA Donovan assisting with traffic and community relations at North Plains Elementary this past fall.

MINOT AFB SCHOOL LIAISON OFFICE PHOTO

to get more patrols throughout neighborhoods, thus having more of a presence to decrease speeding offenders. She said this and the fact that many Paladin Defenders now are LIDAR (light detection and ranging) speed gun certified and the increased patrols has decreased speeding instances on

“ I learned a lot about myself. On a personal level and work level, I believe I will go into my next space with more confidence. I am going to carry [this experience] with me forever.

SrA HANNAH DONOVAN,
FORMER COMMUNITY DEFENDER

”

base tremendously. During the warmer days of the year, SrA Donovan could be spotted helping with traffic at the schools in the mornings and afternoons. She was a soothing presence for both kids and parents alike. She said she loved handing out the “Dairy Queen Free Ice Cream” coupons to kids on base wearing helmets on bikes and simply being able to talk and be there for people. When asked about a memory she will take away from this position about serving the community, she shared a heart-warming story about how she helped

locate a girl on base who had run away from her home. When the girl was found, SrA Donovan was able to talk to the girl and be a reassuring presence to the little girl. According to the girl’s parents, the girl had been having some issues with testing authority. Months later, SrA Donovan saw the girl and her parents again around base. Although she did not speak to the girl again, her parents then told SrA Donovan that after that time, their daughter had been doing much better and often references her conversation with SrA Donovan. It touched Donovan’s heart to know she had made a positive difference in the life of one little child.

Even though SrA Donovan is leaving her position as the Community Defender on Minot AFB, she wished she could have stayed longer and said the last few months have brought out so much good in her. “I learned a lot about myself. On a personal level and work level, I believe I will go into my next space with more confidence. I am going to carry [this experience] with me forever. I learned so much about law enforcement, and the nitty gritty behind the scenes things that happen that most Senior Airmen never get to see... It opened my eyes to a lot of what really goes on in making this base run. It takes a lot more than what people see.” Taking over for SrA Donovan as Minot AFB’s Community Defender is SrA Mallory Townsend 5 SFS.

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**TRINITY
HEALTH**

VA to pay for all emergency mental health care

LEO SHANE III, AIR FORCE TIMES

Starting Jan. 17, all veterans will be able to access emergency mental health care free of charge at any Veterans Affairs medical facility or outside clinic, regardless of whether they are already enrolled in department health care services. Department officials announced the new policy on Friday as part of nationwide efforts to prevent suicide among veterans. According to the latest department data, about 17 veterans a day die by suicide. “Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve, no matter where they need it, when they need it, or whether they’re enrolled in VA care,” VA Secretary Denis McDonough said in a statement. “This expansion of care will save veterans’ lives, and there’s nothing more important than that.” “Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve, no matter where they need it, when they need it, or whether they’re enrolled in VA care,” VA Secretary Denis McDonough said

in a statement. “This expansion of care will save veterans’ lives, and there’s nothing more important than that.” Since 2019, all VA medical facilities have been required to provide same-day access to emergency mental health care to veterans. Under the new policy, VA will either waive costs for care or — in cases of visits outside the VA system — provide reimbursements for emergency mental health care. Those costs can include appointment fees, transportation costs and other related follow-up expenses. The new plan also calls for VA to cover the costs of up to 30 days of inpatient or residential care for treatment of those mental health issues and up to 90 days of outpatient care if veterans are experiencing an acute suicidal crisis. The move is based on legislation adopted by Congress nearly two years ago. House Veterans’ Affairs Committee ranking member Mark Takano, R-Calif., who authored the

measure, praised the department on Friday for its implementation. “This new benefit removes cost from the equation when veterans are at imminent risk of self-harm and allows them to access lifesaving care when they need it most, regardless of whether the veteran has ever enrolled in or used VA healthcare benefits,” he said in a statement. “But there is more work to do. As we embark on a new year and a new Congress, I will continue to prioritize meaningful solutions to help save veterans’ lives.” Suicide prevention has been a top clinical focus for Congress and the department for more than a decade, but progress on reducing the number of military and veterans suicides has been limited. Veterans experiencing a mental health emergency can contact the Veteran Crisis Line through 988 or at 1-800-273-8255. Callers should select option 1 for a VA staffer. Veterans, troops or their family members can also text 838255 or visit VeteransCrisisLine.net for assistance.

All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon (Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries (Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi
- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats (Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.



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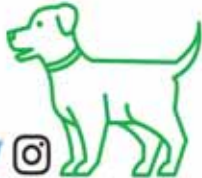
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Friday: 7:30am – 4:30pm
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582nd Helicopter Group simulator award-winning

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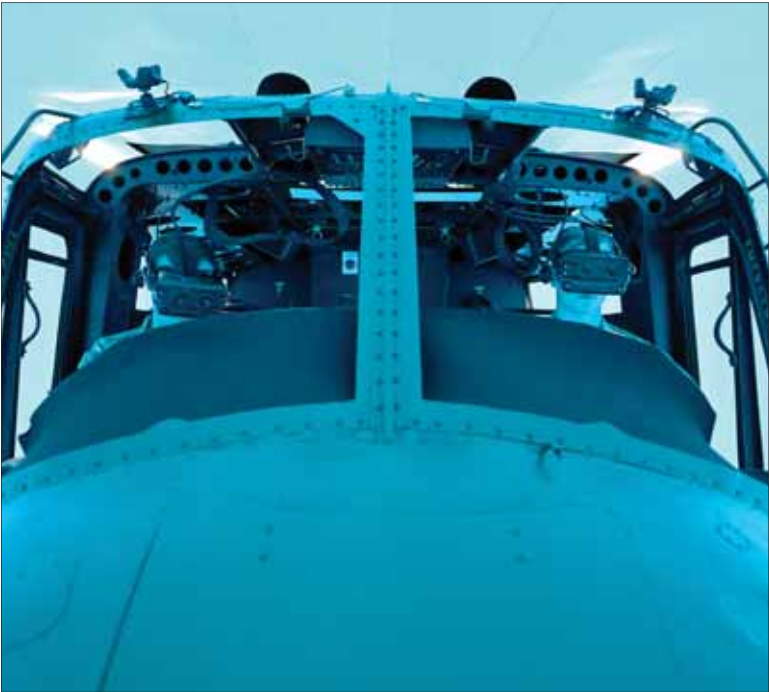
The simulator the 582nd Helicopter Group uses to train their UH-1N pilots and flight engineers is now an award-winning system. The Kratos Defense & Security Solutions Mixed Reality Mission Rehearsal Trainer (MRT) System won the Outstanding Augmented/Mixed/Virtual/Expanded Reality Application for the medium to large business category in the Halldale Group's 2022 Military Simulation and Training (MST) Awards. The award was presented in Orlando, Florida November 30, 2022.

According to Halldale Group's website, for the eight MST award categories, there were 64 nominations from organizations around the globe and over 8,000 online votes. Winners demonstrated a focus on "helping to compress the acquisition timeline to provide their products and services to training audiences more quickly [and]...provide cutting-edge new and emerging technologies to meet customers' requirements."

The MRT has fulfilled those characteristics by delivering a fully immersive, virtual environment within the body of a UH-1N with the ability to create endless scenarios. The Mixed Reality technology allows the students to see the other crewmembers and their own hands within the simulation, adding to the realism.

As for the acquisition timeline, the article "From a 'Napkin Drawing' to Delivery in Six Months" by Marty Kauchak says the Kratos team delivered the system to F.E. Warren Air Force Base, Wyoming in six months.

Since the system became



1st Lt. Nicholas Sanchez, pilot with the 54th Helicopter Squadron, and 1st Lt. Tyler Morris, pilot with the 40th Helicopter Squadron, train using the Mission Rehearsal Training System, Sept. 25, 2021 in the helicopter hangar on F.E. Warren Air Force Base, Wyoming. Training conducted on the MRT is fully immersive, allowing for each student to experience "fog of war" in a realistic and structured training environment.


U. S. AIR FORCE PHOTO | GLENN S. ROBERTSON

operational in October 2020, it has substantially cut down on the training timeline and money spent on flight hours and ammunition. The 582 HG also continues to increase their use of the system. Staff Sgt. Eric Jensen from the 582nd Operations Support Squadron shared that they went from 315 training hours and 380,275 ammunition rounds in the simulator in fiscal year 2021 to 445 hours and 621,370 rounds in FY 2022.

The fully immersive customizable

training sessions have allowed the UH-1N aircrews to practice in combat scenarios that are not possible in their day-to-day flying or on ranges, better preparing the force by increasing their readiness and lethality in support of nuclear security missions.

Disclaimer: References to non-federal entities do not constitute or imply Department of Defense or Department of the Air Force endorsement of any company or organization.



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the **northern sentry**
Salute

SSgt Nicholas Thompson

5th Security Forces Squadron
Response Force Leader



On 20 Dec 2022, at 1412, SSgt Thompson was posted at the Gate with another Security Forces member. The other member was utilizing the knife part of a multi-tool to attempt to open a bucket of ice melt while SSgt Thompson was controlling entry and exit for the installation. Suddenly, SSgt Thompson heard a crashing sound and returned into the gate shack to see his wingman on the ground with what first appeared to be a deep cut into one of his fingers on his right hand. SSgt Thompson began to inspect the cut when his wingman raised his right wrist and blood began to shoot out. SSgt Thompson quickly realized that this was severe arterial bleeding and applied a tourniquet which stopped the bleeding immediately and then made the call to our Law Enforcement Desk and Medical for their response. Due to the system that SSgt Thompson quickly put into place, Medical and Fire Personnel were able to easily respond within minutes and transport the injured Airman to Trinity Hospital for multiple time sensitive surgeries. Without a doubt, his presence at that gate during this incident was vital to both an Airman's life and mission success.

GAME SALUTE: JANUARY 13

SSgt Dixie Scott

Unit: 5th Force Support Squadron
Mortuary Affairs Non-Commissioned Officer in Charge



SSgt Scott is in charge of Mortuary Affairs for Minot AFB, a job that not everyone can fulfill due to the high sensitivity and the extreme care that is taken to care for deceased members. She is responsible for ensuring military members being laid to rest are properly dressed in their service uniform, briefing entitlements to the grieving person authorized disposition of the remains, coordinating travel for the family members, and securing the record into the DoD's system. In addition, she dual-hats as a Unit Deployment Manager that oversees 15 highly-visible commander's programs and ensures 176 members are trained and equipped to deploy at any given moment.

GAME SALUTE: JANUARY 14

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.



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Applicants sought for Striker Airmen Coder program

SEAN GREEN, STRIKEWERX

Air Force Global Strike Command and its partners at the Cyber Innovation Center in Bossier City, Louisiana, are seeking applicants from the command for the Striker Airmen Coder program.

The program provides Airmen real-world experience to be organic Air Force software developers and data analysts, and a cohesive educational experience they can leverage to create innovative technical solutions in their local squadrons.

The SAC Program will run from May to November 2023. The six-month program consists of three months of virtual training followed by three months at the CIC working with industry experts on software and data science problems from their units or AFGSC.

“The goal is for these new coders to return home to their units and solve local issues using the skills and knowledge gained from their time as part of the SAC Program,” said AFGSC Chief Scientist Dr. Donna Senft. “Coding or data experience isn’t necessary, we want Airmen who want to learn a new skill in support of the command’s future.”

SAC is open to AFGSC enlisted, officers and civilians of all ranks. The upcoming cohort will include

up to 12 AFGSC members, split between software development and data analytics tracks.

“SAC participants will gain invaluable experience, develop unique problem-solving software products, learn insightful methodologies and network with potential future employers,” said Lauren Wheless, SAC program manager.

Airmen and civilians selected for the program will begin their three-month training, hosted by Galvanize, from their current location. All participants will need the endorsement of their Wing Commander or equivalent. Software development applications must be submitted no later than April 24 and data analytics applications must be submitted no later than May 15. The application process can take four to six weeks to complete.

Apply here for the Software Development track: <https://auth.galvanize.com/register?uid=56056ae76dfe5007c8>

Apply here for the Data Analytics track: <https://auth.galvanize.com/register?uid=431f6024775e9401ba>

For questions, email AFGSC. STWorkflow@us.af.mil or lauren.wheless@cyber.org.

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SSGT SHANICE OSBORN

We are proud to salute Staff Sergeant Shanice Osborn from the 5th Civil Engineer Squadron. Shanice is currently serving as a Power Production Craftsman overseeing the work program for 17 electrical generator technicians; her expert management culminated in the coordination of over 3,200 maintenance tasks that allowed emergency power support for 14 Missile Alert Facilities during 2022's state wide blizzard. In addition, she recently earned the recognition of being named a Diamond Sharp Award recipient by the Minot First Sergeants for doing an outstanding job taking care of the people in her work center and her unit. She has been an integral part of bolstering recreational events focused on keeping morale high and supporting training initiatives that have shepherded the welfare of her fellow Airmen. Sergeant Osborn has proven to be a great leader her team can count on.

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THE JANUARY “TO DO” LIST

Patricia Stockdill

Sigh, now that the 2022 hunting season is officially over – well, except for some furbearer opportunities, that is – and we’re fully engulfed into winter, it’s time to think about 2023. Besides, nearly a month has gone by already.

Seriously, why not while away long winter evenings by planning for the upcoming year?

Or better yet, how about checking out some things to do this winter? Maybe snow tubing or downhill skiing at Bottineau Winter Park?

How about renting a pair of cross-country skis, snowshoes, or kicksled at Fort Stevenson State Park south of Garrison? If heading north, Lake Metigoshe State Park north of Bottineau has cross-country skis, skishoes, and snowshoes rentals, as well.

Still less than a month into the official winter solstice means the weather won’t always be conducive for outdoor fun. But there are still oodles of indoor things to help prepare one for the coming year:

Thinking back to hunting, another thing to do now rather than the night before the 2023 hunting season opens is check over those beloved hunting boots. If nothing else if they’re leather now is a good time to oil or condition them for waterproofing. Good boots deserve TLC because nothing can ruin a hunt or hike faster than sore feet and uncomfortable boots. Replace bootlaces now, if necessary.

Or start shopping now if new boots are in order. Besides, there might still be some post hunting season clearance sales.

Take inventory of one’s shotgun and rifle shells and make a list of what needs to be restocked. Try to get them sooner rather than later considering the fluctuating up and down of ammunition availability at times.

Clean that rifle or shotgun, as well, even if last year meant simply sighting in a rifle, target practicing, or trapshooting.

Do that favorite upland and waterfowl vest a favor and empty out the pockets. That partially eaten – and forgotten - candy bar stuffed in one’s waterfowl jacket isn’t going to be tasty when next fall’s duck season rolls around.

Besides, the weight of shells just creates sagging pockets and potentially wandering shells.

And speaking of pockets, there could some lingering feathers that really don’t need to spend 10 months hanging around in a game pouch.

OK, the season ending “to do” checklist has boot care and assessment on it, clean out hunting vests and jackets, and taking shell inventory on it.

Don’t forget hunting accessories. What about that hunting knife? Just how dull is it? Why not sharpen it now rather than realizing next fall that, guess what, it’s not as sharp as what one thought?

Even the N. D. Game and Fish Department tries to help hunters plan ahead by releasing tentative opening dates for the coming year early enough to help people plan.

However, before hunting season we get to treasure the coming of spring. That also means hunting in a couple of different ways – spring turkey season and antler shed hunting.

While some deer, moose, and elk are already dropping antlers and it’s tempting to try to find one – or even a matched pair – for the health and welfare of wildlife in general shed collectors need to wait until the stress of winter subsides.

Don’t push deer or other animals out of their heavy cover areas where they get food and shelter. November and December’s cold and snow brought early stress and human disruption could be too much for young and old alike.

Besides, even from a practical standpoint it’s harder to find a shed in snow than on brown grass in spring.

Hold off on that shed hunting, it’s not worth it.

But don’t hold off on getting spring turkey applications ordered when they become available in the upcoming weeks. Mark the Feb. 15 application deadline and April 8 opening date on the calendar.

Another date to mark is the new fishing season on April 1. Anglers will need 2023 licenses when they become available later in the spring. This year also marks the start of the Game and Fish Department’s new watercraft regulations. The state goes on a three-year cycle and regulations apply for 2023 through 2025.

There really is a lot to do in the long winter hours – both indoors and outdoors. Before we know it summer will here.

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Military Appreciation Game Night

Minot Area Chamber EDC Military Affairs Committee has partnered with Minot State University to host the Military Appreciation Game Night at MAYSA Arena Saturday, January 21, 2023. The Minot State men's hockey team will host the University of Mary with the puck drop at 7:30 p.m. Presenting sponsor Town & Country Credit Union will cover the admission for military and family. Just show your military ID at the door and enjoy a night out.

"Minot State University appreciates our long-standing partnership with Minot Air Force Base, and we wish to express our gratitude by hosting Military Appreciation Night during an upcoming Beaver hockey game," said Steven Shirley, president of Minot State University. "This event is the second of three athletic events planned over a one-year period to continue strengthening our commitment to Minot Air Force Base and its mission."

"Thank you to Minot State

University for hosting Game Night and to Town & Country Credit Union for their generous support of this event," shared Kevin Black, Minot Area Chamber EDC 2023 Board Chair. "Our sincere appreciation goes out to the men and women who serve our country. Minot isn't Minot without the military families who make our community home, and we are forever grateful for their service and sacrifices."

For more information on how to get involved and support military appreciation efforts in our community, contact Carla Dolan at carla@minotchamberedc.com or 701.852.6000.

Military Appreciation Night at MSU Hockey vs. University of Mary

WHEN: Saturday, January 21, 2023, 7:30 P.M.

WHERE: MAYSA Arena, 2501 Burdick Expy W, Minot, ND 58701

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4 factors to consider to maintain winter safety

Many changes are to be expected as fall gives way to winter. Temperatures drop for much of the country, and depending on where one lives, snow, wind and ice are to be expected.

As beautiful as snow-covered landscapes can be, winter presents unique hazards, notably slippery roads and surfaces. Chilly temperatures also can put people at risk if they spend prolonged periods outdoors unprotected.

According to the insurance company Carsurance, more than 156,000 crashes occur annually due to icy roads. Roughly 17 percent of all vehicle crashes happen in winter conditions. Winter hazards are not exclusive to driving, however. That means winter safety involves a consideration of a host of factors.

1. Changing visibility

While slippery surfaces may contribute to some accidents, visibility can quickly change with winter weather. Blowing snow can contribute to whiteout conditions. In addition, fog can be hazardous to drivers, aviators and mariners and contributes to thousands

of travel accidents every year, advises the National Weather Service. It's important to slow down, leave plenty of distance, use your low-beam headlights, and recognize when it may be safest to pull over, such as when visibility is significantly compromised.

2. Snow removal

Shoveling snow or using a snowblower are common wintertime activities. Yet strenuous levels of activity in cold temperatures could put people at risk of heart attack, particularly if they are not acclimated to physical activity. Always warm up prior to shoveling snow to prepare the body for exercise. Go slowly and take frequent breaks. Avoid twisting and tossing snow over your shoulder, which can contribute to back injuries.

3. Carbon monoxide poisoning

Winter weather means turning up the heat or doing more indoor cooking. Carbon monoxide is produced through the burning of fuel in various forms, including stoves, engines, gas ranges, portable generators, and grills. The National Safety Council says carbon monoxide

is an odorless, colorless gas that can go undetected as it builds up in enclosed spaces. Never warm up the car inside of a contained garage. Do not use portable flameless chemical heaters indoors, and have furnaces, water heaters and other fuel-burning appliances checked and serviced by a qualified technician annually. Be sure that carbon monoxide alarms are on every floor of the home, and take it seriously if the alarm goes off.

4. Black ice

Black ice is a common winter foe. Black ice forms when temperatures rise above freezing during the day, melting any snow on the ground and causing surfaces to become wet. If the temperature drops once more while the ground is wet, a thin, transparent sheet of ice can form. Black ice also may occur if moisture in the air condenses and forms dew or fog, and then the temperature drops below freezing, says the National Weather Service. Black ice gets its name because it looks black on asphalt roads. However, it also can form on sidewalks and overpasses, or spots shaded by trees or other objects. Slowing down and exercising extreme caution are essential.

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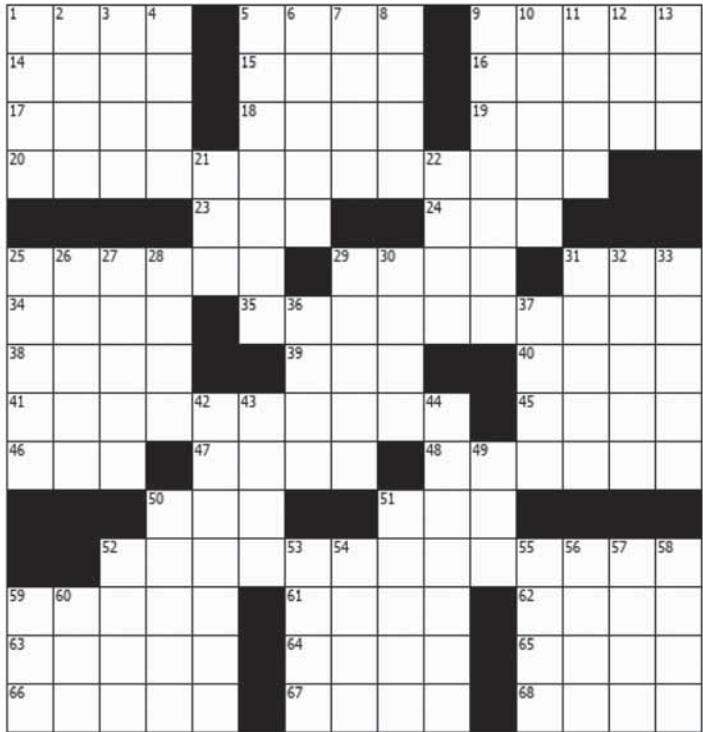
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CROSSWORD PUZZLE

- Across**
- 1. Cicatrix
 - 5. The Sundance Kid's girl
 - 9. Legit
 - 14. First rate
 - 15. Sound from a chapel tower
 - 16. Wear away
 - 17. Religious image
 - 18. Type of lily
 - 19. Showed more than once
 - 20. Start of a quip
 - 23. Flamenco dancer's exclamation
 - 24. It's in all living cells
 - 25. One holding property in trust
 - 29. Tater
 - 31. James' creator
 - 34. '70s hair style
 - 35. More of the quip
 - 38. Saturday AM TV star
 - 39. Way back when
 - 40. Cry of dismay
 - 41. More of the quip
 - 45. Defeat
 - 46. Tarzan player Ron
 - 47. Acorns, in maturity
 - 48. Highlands misses
 - 50. Georgia, once
 - 51. Crony
 - 52. End of the quip
 - 59. Odorless, colorless, inert gas
 - 61. Jai ____
 - 62. Apothecary measure
 - 63. Demonstrated
 - 64. ____ contendere
 - 65. Madame Bovary
 - 66. Word with sea or iron
 - 67. Actress Verdon
 - 68. Giraffe's prominence



- Down**
- 1. Uttered
 - 2. Ms. Chanel
 - 3. Soon, ere now
 - 4. Big budget item
 - 5. Shoulder ornament
 - 6. To the point
 - 7. Like a tuned drumhead
 - 8. Supplicant's request
 - 9. Portico's cousin
 - 10. It may have boxes and boxers
 - 11. Heavenly Father
 - 12. Mrs. Cantor
 - 13. Lair
 - 21. "Average" guy
 - 22. Definitely the case
 - 25. Cleanse the entire body
 - 26. Run ____ of the law
 - 27. Literary element
 - 28. Kind of wait
 - 29. Edible bulbs of a lily
 - 30. Teen's big night
 - 31. Waits for the green
 - 32. Degrade
 - 33. Homes for hatchlings
 - 36. Untalented artist
 - 37. Captures the felon
 - 42. Johnny Cash's daughter
 - 43. Tale
 - 44. Glee
 - 49. TV alien from Melmac
 - 50. "The ____ of Kilimanjaro"
 - 51. "The Power of Positive Thinking" writer
 - 52. Borodin's prince
 - 53. Mild expletive
 - 54. Radiance
 - 55. Utopia
 - 56. Stadium cover
 - 57. Fighting force, briefly
 - 58. Summit
 - 59. Fireplace find
 - 60. Greek letter

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU Solution to puzzle on page B11

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

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MLK DAY
In honor of Martin Luther King Jr. Day, Team Minot's African American Heritage Council hosted a booth at the Base Exchange at Minot Air Force Base, North Dakota, January 16, 2023. The booth offered a history of MLK's accomplishments, free trinkets and a place where you could write what his legacy means to you.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

NOTES ON BEING SAFE

DON'T FORGET ABOUT YOUR PETS!



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

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

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

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

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

HAZARDOUS SUBSTANCES

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

should swallow any antifreeze, call your veterinarian at once.

ROCK SALT UNDERFOOT

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

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

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

Own a short-haired breed?

Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a luxury, it is a necessity for many dogs.

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

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

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**BAKED SOFT PRETZEL
WITH BEER CHEESE SAUCE**

INGREDIENTS

SOFT PRETZEL
1 1/2 CUPS WARM WATER (110-115°)
1 TBSP SUGAR
1 PACKAGE ACTIVE DRY YEAST
4 1/2 CUPS ALL PURPOSE FLOUR
2 TBSP KOSHER SALT
2 OZ MELTED UNSALTED BUTTER
COOKING OIL SPRAY
10 CUPS WATER
2/3 CUP BAKING SODA
1 LARGE EGG YOLK BEATEN WITH
1 TBSP WATER
JACOBSEN SMOKED SEA SALT,
AS NEEDED

BEER CHEESE SAUCE
2 CUPS SHARP CHEDDAR CHEESE
1/2 CUP CREAM CHEESE,
ROOM TEMPERATURE
1/2 TBSP WORCESTERSHIRE SAUCE
2 TSP DIJON MUSTARD
2 CLOVES GARLIC, MINCED
1 TSP PAPRIKA
1/2 CUP BEER

In the bowl of a stand mixer, combine the water and sugar and sprinkle the dry yeast on top. Let it sit for 5-6 minutes until it starts to foam on top.

Add flour, salt, and butter to the bowl, and with the hook attachment mix on low until well combined. Then mix on medium for about 5 minutes until dough is smooth and pulls away from the sides.

Remove dough from bowl and spray bowl well with cooking oil spray. Return dough to the bowl, cover with a cloth or plastic wrap and allow the dough to double in size.

When ready to cook, set the Traeger to 350° and preheat, lid closed for 15 minutes.

While dough rises, bring to a boil 10 cups of water and the baking soda.

When dough is ready, divide into 8 pieces. Roll each piece into a 24-inch rope.

Form a U shape with each rope, holding each end of the rope and cross them over each other and press it down on the bottom of the U forming a pretzel.

One by one, place each pretzel in the boiling water for 30 seconds. With a flat spatula take them out and place in a sheet pan.

Brush pretzels with egg yolk and sprinkle with smoked sea salt. Bake in the Traeger for about 25-30 minutes.

To make the Beer Cheese Sauce: In a food processor bowl, add cheddar cheese, cream cheese, Worcestershire sauce, Dijon mustard, garlic and paprika. Blend until finely chopped, add the beer slowly until is smooth.

When pretzels are done serve with the beer cheese sauce. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

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Kevin Black Leads Minot Area Chamber EDC Board

Goals Include Providing More Opportunities for Minot AFB Personnel

ROD WILSON, NORTHERN SENTRY



Kevin Black started Creedence Energy with two of his cousins in 2014. He smiles when he recalls the early days, when he said they could only pay two salaries. “It was simple: one of the cousins couldn’t get a paycheck,” Black said in a recent interview with the Northern Sentry.

From those modest beginnings, a company dedicated to serving the energy industry has grown to over 250 employees operating in seven states.

As 2023 begins, Kevin becomes the Chair of the Minot Area Chamber EDC.

“I actually served on the board of the Minot Area Development Corporation (MADC). That was my entry into what is now the Minot Area Chamber EDC back in 2019 when Brekka Kramer was chair of the MADC.” In 2021 the MADC and the Minot Area Chamber of Commerce merged to become a single organization. “This year I will be chairing the organization,” says Black, “so I’m going on about four years of being part of the Chamber EDC team. I felt very fortunate that Brekka asked me to join the new board as we were reducing two very large boards to one smaller board.” From Kevin’s

viewpoint, Brekka Kramer wanted an entrepreneurial perspective on the board. Creedence Energy Services operates in the two largest shale oil and gas plays, the Bakken and Permian basins.

Kevin says his continued involvement with the Minot Area Chamber EDC is rooted in the confidence he has in the organization. “I have tremendous faith in the Chamber EDC’s ability to drive economic development in this community, and also facilitate the improvement of the quality of life in the Minot area.”

He says a thriving business climate affects far more than the economy. “The business community pays the taxes that improve the quality of life through education, infrastructure, parks and recreation – all those things that we as parents and families care about. The Chamber EDC’s work helps our community grow into a place where my kids will want to stay and raise their families,” Black says.

The Minot Area Chamber EDC has implemented a five-year strategic plan, with five pillars: Economic Development, Community Development, Workforce Development, Member

Services and Military Support.

“We believe that supporting our friends and the mission of the Minot Air Force Base, and not just the big projects like the upcoming Sentinel project, but growing our relationships with MAFB commanders, is incredibly important. We’re also proud to engage the young men and women on the tarmac and on the roads to missile sites. We want Minot to be more than a place they’re assigned to. When they come north, they find a welcoming community. They may just want to stick around!”

Across North Dakota, communities are facing difficult workforce development challenges, and Minot is no exception. “Our hope is that we can engage with our military friends as they progress through their careers, and when their service to our country ends, that they want to stay in Minot. We hope to use that pipeline to attract and keep that extremely talented workforce going forward.”

Kevin says his major goals for his time as Chair of the Minot Area Chamber EDC revolve around Minot Air Force Base.

“We want every single person on Minot Air Force Base to know that we are grateful for their service,

that we appreciate them being here, and that we appreciate them being part of this community. I really want them to feel that appreciation and gratitude.”

“But it just can’t be us saying it. We’re building programming that will deepen our relationships with Air Force personnel at every level.”

That type of appreciation happens through military appreciation events. “We’re actually having one on January 21 at the Minot State University Hockey game, which is free to attend for anyone with a military ID. I’m also excited about a Military Bowl at an MSU football game later this year. We’ll invite our military families to experience Minot State athletics, experience the community and show them a lot of appreciation and gratitude and make it into a special event. Something fun to do on a Saturday afternoon.”

Looking ahead, Kevin Black says the Minot Area Chamber EDC’s connection to Minot Air Force Base could grow to include a dedicated Military Affairs staff member at the Chamber EDC. “I think it’s a great idea to have job fairs and career fairs to let the people on base know about possible positions in the community. Not just for folks

retiring from the military, but the spouses, kids, and other family members. Anything we can do from a policy perspective to make pursuing careers in the Minot area easier, we want to make it happen.”

One final question: A year from now, what would Kevin Black most like to see accomplished by the Chamber EDC?

“A year from now, I’d like to say that one, we’ve built an organization that has dedicated resources to supporting the mission of Minot Air Force Base and the folks who execute that mission every day. And two, that we’ve established signature events that attract the young men and women – specifically those boots-on-the-ground folks, doing really hard work in the cold and in the heat – and get them connected with our community. Number three, that we increase the dialogue and enhance the conversation between our business community and Minot Air Force Base on how we can provide more opportunities for entertainment and for quality of life. We need to provide more opportunities to attract folks to stay in Minot once their time in the military is over.”

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For more information:
[Facebook/Minot Public Library/Events](https://www.facebook.com/MinotPublicLibrary/Events)

25 JAN
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10:00 AM - 10:30 AM
Minot Public Library
516 2nd Ave SW, Minot

This is a story time for the little ones, ages 0-3, and their caregivers. We will listen to stories, sing songs, and do fingerplays. Lap Sit Story Time will be on Wednesdays at 10:00 am in the Imagination Station.



For more information:
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27 JAN
BONE-CHILLER!
VARIOUS TIMES
Mouse River Players, 115 1st St SE, Minot
Join Mouse River Players for the third show of their 51st season: Bone-Chiller! by Monk Ferris. Performance Dates: January 27-28 and February 2-4 at 7:30, January 29 and February 5 at 2:00. Tickets: Adult: \$15, Seniors, Military, Students: \$13, Children (12 and under): \$10 Summary from Samuel French: Thirteen people gather on Friday the 13th at the Travers mansion in New York for the reading of Josiah's will, which is a wall chart rendered in the form of a rebus (a part word, part drawing puzzle) that almost defies solution. Instead of designating an heir, it offers the estate to anyone who can solve the will! The lights keep going out and people keep getting murdered. The audience will have a ball trying to untangle the puzzle faster than the hapless characters. By the final act,



revelations are exploding as surprise piles upon surprise and gasps alternate with howls of laughter. Produced through special arrangement with Samuel French, Inc.

For more information: [Facebook/ Mouse River Players/Events](https://www.facebook.com/MouseRiverPlayers/Events)

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How to re-engine a B-52 and make a new bomber fleet

STEPHEN LOSEY, AIR FORCE TIMES

WASHINGTON — The U.S. Air Force's rollout of its new B-21 Raider stealth bomber in December was just one piece of the puzzle in creating a future two-bomber fleet. The biggest changes are yet to come.

Rolls-Royce and Boeing are working on a major upgrade to the service's fleet of 76 Cold War-era B-52 Stratofortresses that will give them a new slate of F130 engines and keep them flying into the 2050s, alongside at least 100 B-21s.

And at some point in the 2030s, when the combined Raider-Stratofortress bomber fleet is ready, the Air Force will finish retiring the remaining B-1 Lancers — originally made by Rockwell International, which is now part of Boeing — and its Northrop Grumman-made B-2 Spirits.

In charge of steering the majority of that effort is Brig. Gen. William Rogers, the program executive officer for the Bombers Directorate at the Air Force Life Cycle Management Center on Wright-Patterson Air Force Base in Ohio. Development of Northrop Grumman's B-21 is handled by the Air Force's Rapid Capabilities Office, but managing the entire life cycle of the rest of the bomber fleet falls under Rogers' purview.

That includes organizing how the

Boeing-made B-52 will obtain its new engines under the \$2.6 billion Commercial Engine Replacement Program; continuing and perfecting the development of the engines; figuring out where the work will be done when the engines are ready; and working with Air Force Global Strike Command to eliminate capability gaps as engines are swapped out.

The Commercial Engine Replacement Program recently finished its preliminary design review, Rogers said, and he hopes it will get through the Milestone B review — which will mark the completion of its technology maturation phase and begin the engineering and manufacturing development phase — no later than the fourth quarter of fiscal 2023.

Rogers' office is working with other parts of the Air Force to prepare to retire the B-1 and B-2 fleets, and make sure those airplanes — and their highly sensitive technology — are responsibly handled, whether by destroying them, recycling them or sending them to the boneyard.

But keeping the B-52 fleet flying until they're nearly a century old isn't easy. And with their current TF33 engines, made by Pratt & Whitney and dating back to the early 1960s, expected to reach the end of their life spans by the close

A LOOK BACK THIS WEEK IN USAF HISTORY

57TH AIR DIVISION IS ACTIVATED AT MINOT AFB
JANUARY 22, 1975



On January 22, 1975, the 57th Air Division was activated at Minot Air Force Base, ND. The unit had a long history overseas and at many other United States bases before moving without personnel or equipment to Minot. It took on the resources of the base and lent vital support to the 91st Strategic Missile Wing and 5th Bombardment Wing. The 57th AD would go on to become the host unit of the base after the Iran

Hostage Crisis in 1980, when Strategic Air Command tasked them with organizing the Strategic Protection Force. The 57th AD was the first division in SAC to implement the concept. At the forefront of the force were the B-52 Stratofortresses, which could provide worldwide warfare capabilities. The 57th Air Division was in control of all missile and bomb wings in North Dakota, including those at Grand Forks AFB and Minot. The unit was deactivated in June of 1991 and the 5th Bomb Wing became the host wing, and continues to assume host responsibilities to this day.

Information courtesy of: minot.af.mil / Air Force Combat Wings by Charles Ravenstein / History of Minot AFB c. 1980

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of the 2020s, there's a lot riding on this process.

Rogers spoke with Defense News on Dec. 9. This interview was edited for length and clarity.

Does the Air Force still plan to install new engines on B-52s as part of the bombers' regularly scheduled depot maintenance?

We're still refining the acquisition strategy, but that is a very likely course of action. Part of this is also working with the depot [at Tinker Air Force Base in Oklahoma] to make sure they have the bandwidth to do it. Because with B-52, there's a radar modernization program, there's the re-engining, there are many other modifications and upgrades that we're doing, and we're trying to make sure everything aligns. Our preferred choice is to go through the depot, but we also have other fallback plans, like ordering contractor installation if the depot doesn't have the bandwidth.

We're not just looking at giving it to Boeing [if Tinker doesn't have the capacity]. We'll look at a variety of options. That's something we're working as part of our acquisition strategy. We would like to have a solid feeling [on the plan] by the end of FY23.

What goes into making that decision?

It's projecting our normal

planned depot maintenance, or PDM, and working with the Air Force Sustainment Center to figure out whether we have the space. Could we add a line to do our modernization efforts? What does that look like? How long will it take to establish? How much will it cost? Do they have the workforce to execute it?

I'm not sure we've actually decided that we'll do it as part of the PDM line versus having a separate line, but that's something we're trying to figure out now.

As B-52s go into the re-engining process, how do you ensure there isn't a significant operational gap?

We work very closely with Air Force Global Strike Command and make sure that we properly time the inductions, flying the aircraft from an operational unit to the depot. At times, we adjust that and may delay to make sure that we don't induce a gap, especially if there's a delay in a new aircraft hitting the wing. We try to time it as close as possible for a 1-for-1 trade — as one comes out, one enters.

How did creating a digital twin for the new engine help with the project?

When you build something like that, it helps you iterate and put more rigor into the actual design. The engine itself is designed, but

the other pieces of the modification are being newly designed to accommodate that engine. It allows us to iterate and try to find that best design — keep looking at it from different angles, making adjustments and doing it digitally before you manufacture something; "bending metal," is what we like to say.

[The digital twin also makes it easier to organize] your sustainment documentation and understand how everything fits together. And you can help flow all those diagrams and those detailed drawings down into the hands of those who will eventually one day maintain and operate the aircraft.

Having the testers involved in the process, seeing the model as it's being developed, building their confidence in what the capability or system can deliver from a capability perspective, and understanding all the pieces — that's another area in which we hope to benefit, especially on the developmental test side. They understand and can simulate and do things with that model, like figure out how it fits and prove it out, and hopefully accelerate the

test at the end of the day. [There are cost savings compared to] actually flying some of those test planes.

Has it helped catch problems before metal starts getting bent?

Yes. [Boeing] has done some demonstrations of how they can look at how things are fitting together better, where before they had to build out the prototype or build the piece. With the digital aspect, you're able to fine-tune and look at those in a model sense. In the old days, they would pen and ink it, they were using paper. Now you have the model, so you can adjust it digitally, versus doing it on paper and then building to prove it.

Are we still looking at 2031 or 2032 for the B-1 and B-2 retirements?

They're going to be event-driven based on how the B-21 fields. I view my job, when it comes to those platforms, as helping the Air Force make smart decisions on what we need to keep them operationally available and relevant. Our adversaries aren't going to wait for us to have a perfect fleet of B-21s fielded if they decide to do something.

Sometime in the 2030s is typically what we hear, but I don't have the team focused on divestiture yet. We do work with Air Force Materiel Command to do some early planning along those lines, but it's really early planning at this point because we don't have a set plan on when or how we want to retire those aircraft.

The B-2 may have some special consideration for retirement, [such as the bomber's] low-observable nature and technology that are on some of those aircraft. We still want to make sure some of the technology is protected appropriately, and then also any environmental impacts is the other big category. The Air Force hasn't decided exactly what [retirement] entails, whether it's destruction, recycling or storing. There's a gamut of different ways the Air Force could go. If we have a crew destroying or recycling the aircraft, there are some technologies — in the shapes, the coatings — that we have to protect. We have to think through all those different angles to make sure we do it the right way, when and if that day comes.

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Northwest EMS Conference January 20-22

TRINITY HEALTH

Emergency medical professionals will gather in Minot for the Northwest Region EMS Conference January 20-22 at the Grand Hotel. The conference is designed to refresh ambulance professionals on issues related to the delivery of pre-hospital care. Four preconference sessions will be held Friday, including a hands-on anatomy lab and simulation training for heart attack and stroke

using the SIM ND Truck. The main conference sessions on Saturday and Sunday will focus on obstetric emergencies, diabetes, pain management, pediatric cardiac arrest, central nervous system emergencies and infectious diseases, among other topics. Also featured will be a presentation on common barriers associated with post-traumatic stress. Trinity Health physicians Jessie

Fauntleroy, MD, and Ashley Sarasan, MD, will join numerous EMS professionals and paramedics as presenters. The conference serves as a form of continuing education for EMS providers. To register for the conference, go to NDEMSA.org. Conference agenda – all times military:

The 2022 Northwest Conference, Minot, ND Schedule at a Glance

With 2 Different Preconferences!

Friday, January 20, 2023

Hands- On Anatomy Lab Preconference (Limit 24 participants)

0800 -1200 Difficult Airways- 4 LCCR
1200-1300 Lunch on your own
1300-1400 Geriatric Care- Dr. Ashley Sarasan- 1 LCCR
1400-1600 Anatomy Lab- 2 LCCR
1600-1700 Fluid Resuscitation ALS- Day Grogan*- 1 NCCR

*Fluid Resuscitation is available for anyone to attend without a fee. Please note it is only required for AEMT's & Paramedics.

Friday, January 20, 2023

SIM- ND Preconference (Limit 24 participants)

1300-1500 MI
1500-1700 Stroke

Saturday January 21, 2023

0700-0800 Registration
0750-0800 Welcome
0800-0900 Infectious Disease and Hygiene/ Vaccinations- 1 NCCR Mary Jund
0900-1000 OB Emergencies- 1 NCCR Dr. Jessie Fauntleroy
1000-1100 Field Triage- 1 NCCR Corey Johnson
1100-1200 Diabetes- 1 NCCR Eric Demory
1200-1300 Lunch Provided
1300-1400 NDEMSA Happenings- 1 LCCR Lynn Hartman
1400-1500 CNS Injuries- 1 NCCR Corey Johnson
1500-1600 Pain Management- 1 NCCR Rob Klink
1600-1700 Overcoming Common Barriers Post Traumatic Injury- 1 LCCR Faith Eagle

Sunday, January 22, 2023

0730-0800 Registration
0750-0800 Welcome
0800-0830 Evidence Based Guidelines- 0.5 NCCR Wayne Fahy
0830-0930 ACS- 1 NCCR Wayne Fahy
0930-1030 Crew Resource Management- 1 NCCR Matt Clark
1030-1200 Pediatric Cardiac Arrest- 1.5 NCCR Corey Johnson
1200-1300 Lunch Provided
1300-1330 Ambulance Safety- 0.5 NCCR Chris Mahoney
1330-1430 DNR POLST- 1 LCCR Dr. Jeffrey Sather
1430-1500 Immunological- 0.5 NCCR Chris Mahoney
1500-1530 CISM- 0.5 LCCR Alan Aarhus
1530-1630 Case Studies- 1 LCCR Dr. Jeffrey Sather

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- Their tusks are actually teeth. They use them for fighting, rooting, or digging.
- Warthogs do not have sweat glands. They must wallow in the mud to cool off.
- Lions and leopards are the Warthog's chief enemies. Warthogs protect themselves from predators by fleeing or sliding backwards into a hole, thus being in a position to use their formidable tusks in an attack.

Fact File

Life Span	7 - 18 years
Weight	100 - 300 pounds
Height to Shoulder	25 - 33 inches
Head and Body Length	3 - 5 feet
Top Speed	34 mph
Wild Diet	Omnivore: Carrots (Helders), Grasses, Roots, Tubers, Berries, Bark



CROSSWORD PUZZLE



ACROSS

1. Hanging seat

5. University of Oklahoma

7. Scottish hillside

8. Plant or animal from a specific place

9. Paths

DOWN

1. Walking terrain

2. Big group

3. Harder to see through

4. Thick substance

6. Moving waters

Answers: 1. Hiking 2. Mob 3. Murker 4. Creme 5. OU 6. Native 7. Trails 8. Native 9. Hammock

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Mouse River Players presents Bone Chiller

MOUSE RIVER PLAYERS

Looking for something different to do during the cold winter evenings? Why not stop by Mouse River Players Community Theatre in downtown Minot to see their next production, Bone Chiller! by Monk Ferris.

Bone Chiller! Is a comedy thriller designed to puzzle your way to deducing the culprit of a heinous crime during the reading of the deceased's last will and testament.

Thirteen diverse people gather on Friday the 13th at the Travers mansion in New York for the presentation of Josiah Travers will. Josiah, a rich, eccentric puzzle enthusiast has been murdered in his bedroom of the mansion. The police have no clues to solve the case, but the family lawyer, played by Andy Busch, has been instructed by Josiah's last directive to call together a specific group of twelve additional participants consisting of family, staff, and a few perplexing outsiders, to read his will. Instead of designating an heir, it offers the estate to anyone who can solve the format of the will: a wall chart rendered in the form of a rebus (a part word, part drawing puzzle) that almost defies solution.

Lights keep going out, suspicions escalate, attendees keep getting murdered, all while the hapless would-be recipients try to untangle the puns, sketches, and word-play that make up the chart to determine who, what, and where Josiah's inheritance might be, and perhaps solve the mystery surrounding Josiah's death. By the final act, revelations are exploding as surprise piles upon surprise and gasps alternate with howls and groans of laughter.

Director Lin Knickerbocker has assembled a cast of both seasoned and novice actors to bring this absurd variety of personalities to the stage. Janet Anderson, Sinie Beck, Casy Charley, and Kaitlyn Plessas are residents of the manse while Connor Donovan, Edward Montez, and May Nash fulfill the roles of the butler, cook, and parlor maid. Brittany Montez comes in as the family member with hopes of receiving part of Josiah's fortune, but no one can understand why a kindergarten teacher (Stephanie Chell), a puzzle creator (Grant Johnson), and a pediatrician (Justin Anderson) are included in the list of attendees.

Last of the mysterious "outsiders" to the reading is a police detective

who has absolutely no connection to the victim, the family, or the murder case. The role of Dan Denton is played by TSgt Dorian Garland. Dorian is a Unit Training Manager for the 5th Maintenance Group at Minot Air Force Base. He has become an active volunteer with Mouse River Players, appearing in last season's Alice in Wonderland and See How They Run, and again in this season's production of Church Basement Ladies 2: A Second Helping. When not acting onstage, Dorian helps out with set construction and is a member of the Mouse River Players Board of Directors.

While many of the actors also participate in the non-acting side of creating a production, heading and assisting with lighting and costume design or props acquisition, other members of the creative team include Nancy Pearson, Tim Knickerbocker, Courtney DuPona, Jenna Johnson, Kambria Hall, and Logan Longtin. Together the actors and tech staff volunteer numerous hours to bring live theatre to the city of Minot and surrounding community.

When you come to the show, take a few moments to see the view from our new front façade. Although there is still much to accomplish, our contributors have helped us achieve Phase One of the renovation of the public area of our theatre building with new windows, brighter signage, and an update to our entrance. Once we reach the next level of funding, our plan is to open up the lobby foyer and move the current bathroom facilities out of the auditorium while updating the fixtures for the convenience of our patrons. If you are interested in contributing to our renovation fund or would like more information, you can contact us at www.info@mouseriverplayers.com.

Show dates for Bone Chiller! are Friday through Sunday, January 27-29 and February 3-5. Friday and Saturday evening performances start at 7:30 and the Sunday matinees are at 2:00. Tickets are \$15 for general admission, \$10 for children under 12, and \$13 for military with ID, students, and senior citizens. Reservations are recommended to assure your seats, and tickets may be purchased at the box office or at www.tickets@mouseriverplayers.com. Please note, due to some use of strong language, show content may not be appropriate for young audiences.



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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 or follow the Minot AFB School Liaison Page on Facebook. We look forward to seeing you soon!

SRT Offers Local and National Scholarship Opportunities

SRT COMMUNICATIONS



Minot, ND - The 2023 SRT College Scholarship Program applications are now available. Five local scholarships totaling \$8,500 will be awarded to students in 2023. National scholarships are also available through SRT’s partnership with the Foundation for Rural Service. The SRT College Scholarship program awards four \$1,500 scholarships. The program evaluates community involvement, school activities, an essay response, and grade point average. The SRT Technical Scholarship will award \$2,500 to one student. This scholarship is open to graduating high school seniors or undergraduate students studying telecommunications or other computer-technology-related fields. SRT is also proud to partner as a member of the Foundation for Rural Service (FRS) to participate in a national scholarship program that can provide local students with scholarships. Students submitting an FRS application are eligible for multiple national scholarship opportunities. Applications are available online at srt.com/srtcars. FRS Scholarship applications are due February 8 and SRT Scholarship applications are due March 3. Scholarship recipients will be announced in

April and an awards luncheon will be held for the winners. SRT Communications, headquartered in Minot, North Dakota, is the state’s largest telecommunications cooperative. Established in 1951, SRT employs nearly 190 people and serves roughly 8,000 square miles across north central North Dakota. SRT earned the distinction as a Certified Gig-Capable Provider in 2017. Services include high-speed internet, phone, and security/surveillance systems for home and business.

2022-2023 MPS CALENDAR

January 2023							20 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

February 2023							19 days
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28					

Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays

Parent/Teacher Comp Days

PD Days - contracted day

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Minot State Development Foundation announces Minot Eagles Scholarship Endowment

MINOT STATE UNIVERSITY

The Minot State University Development Foundation is pleased to announce a new scholarship endowment of \$100,000 has been created for MSU College of Education and Health Science students thanks to the generosity of the Minot Eagles Aerie 2376.

“We are grateful to the Minot Eagles Aerie 2376 for all that they have done in creating this scholarship,” said Rick Hedberg, MSU Development Foundation executive director. “The Minot Eagles have supported our community for so many years and this endowment will continue that legacy in perpetuity. We can’t thank them enough.”

The Minot Eagles Aerie 2376 Scholarship Endowment Fund will be awarded to sophomore, junior, senior, or graduate students studying in the College of Education and Health Sciences, who possess a 3.5 or greater GPA.

“As an organization, we thought it might keep the Eagle’s name alive as our motto is ‘People helping People.’” said Eagles member Leon Wedar. “For me, the main reason I supported donating to MSU is both of my children are in the medical field, my son is a physical

therapist at Trinity Health and my daughter is an RN at Sanford in Bismarck, and they have shared with me about the shortage in the medical field. Giving to someone who otherwise might not be able to go into medicine a boost with a scholarship is a good thing, and I think the education field goes right along with that; we need more teachers also.”

In 2022, the Minot Eagles Aerie 2376 surrendered their charter, thus creating the scholarship endowment.

“The Eagles is a charitable organization and through the years, the Minot Eagles has donated over \$2 million to the local community,” said Eagles member Roger Wahus. “We wanted to continue this legacy after we disbanded and gave up the charter in October 2022. The best way to accomplish this was a final donation to MSU in the form of a scholarship endowment to benefit students for their educational expenses for years to come.”

The Fraternal Order of Eagles was founded in Seattle in 1898 by six competitive theater owners who gathered to solve a common problem. Having solved their problem, their competitiveness

changed to camaraderie and eventually gave birth to the Fraternal Order of Eagles. The international, non-profit organization unites fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and by promoting peace, prosperity, gladness, and hope.

To apply for the scholarship, fill out the MSU scholarship application available on the Minot State financial aid website: <https://www.minotstateu.edu/financialaid/scholarships/>. Scholarship applications are open with a priority deadline of Feb. 15, 2023.



Minot State University Vice President for Advancement / MSU Development Foundation Executive Director Rick Hedberg (middle) accepts a check from Minot Eagles Aerie 2376 members Leon Wedar (left) and Roger Wahus (right) for a scholarship endowment created for the MSU College of Education and Health Sciences.

For more information on this and other scholarship opportunities at MSU, see the Minot State Academic Catalog: <https://catalog.minotstateu.edu/>

minotstateu.edu/undergraduate/financialinformation/servicesorganizations/financialinformation/undergraduateawardprogram/

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Minot Hot Tots set to Host National Hiring Day

The New Team Aims to Hire 75 Game Day Staff

MINOT HOT TOTS

The Minot Hot Tots have officially entered their inaugural season. Currently, they are working on finalizing details that will help them maintain a high level of entertainment and provide a quality experience that the Northwoods League has been known for. In order to do this, they are looking to hire 75 game day staff members during a National Hiring Day Event on Saturday, February 18th from 10 am - 12 pm.

The mission of the Hot Tots is to use FUN to make a difference in the lives of fans, local businesses, players, staff, and the communities they serve.

“Our focus is always on serving our fans, and our game day team enables us to deliver outstanding fan experiences,” said Kaitlyn Mack, Minot Hot Tots Chief eXperience Officer. “We want to have happy, fun, and excited people who are passionate about being part of a team and serving others. With the right people, we are able to offer our fans the service and experience they deserve.”

Mack began her career in the Northwoods League with the Bismarck Larks in 2017 as a game day team member. “I didn’t envision my game day role to last more than the season, but I quickly fell in love with the fans, the Northwoods League, and the fun, team atmosphere,” said Mack. Mack is now the Chief eXperience

Officer with the Minot Hot Tots and is excited to welcome a new game-day team to Corbett Field this season.

Game day staff can expect flexibility that makes these positions suitable for this to be their first job, second job, or just-for-fun job. The season has 36 home games across the summer, starting in May through the beginning of August.

A variety of positions are available including

- on-field hosts
- score keepers
- grill cooks
- family fun zone
- food prep
- buffet attendants
- concessions cashiers
- merchandise cashiers
- wristbanders
- gate attendants
- beer pourers
- waitresses
- mascot

The requirements for positions are that applicants must be 14+ years of age and want to create an exceptional experience in the ballpark all summer long.

The Hot Tots invite all who are interested to come as they are to this event. It will be hosted at their front office at 1905 2nd St SE, Minot ND. Applicants can fill out the application on the website, www.hottotsbaseball.com, or fill out one upon arrival.

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- 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. 21: Berthold Sportsmen annual banquet and auction, 5 p.m., Berthold.
- 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. 21: Lake Sakakawea, (Tobacco Garden).
- Jan. 28: Devils Lake, 6-Mile Bay.

Fishing:

Lake Sakakawea elevation, Jan. 16: 1,829.22 feet above mean sea level (MSL); 23,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.38 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.32 MSL.

- N.D. Game & Fish Dept. game wardens: Lake Sakakawea hit-and-miss for walleye. Lake Audubon spotty for walleye with improving access on and around the ice. Crooked Lake has some pike spearing activity. Fair amount of activity on Devils Lake but overall somewhat for walleye and perch. No reports from north-central area lakes.
- Devils Lake, Ed's Bait Shop, Devils Lake: Best perch success remains in East Devils Lake. Beware of water on ice and under snow.
- Devils Lake, Woodland Resort, Devils Lake: Access remains challenging on Devils Lake unless on plowed trails. Those going out are finding fair walleye and perch activity with occasional pike.
- Lake Darling, Karma C-Store, Ruthville: Lake Darling continued producing small walleye with occasional success from Lake Audubon.
- Lake Metigoshe, Four Seasons, Bottineau: Improving bluegill success with occasional walleye mixed and some nice-sized pike.
- Lake Sakakawea/Lake Audubon, Genex Bait & Tackle, Garrison: Some walleye success on the east end of Lake Sakakawea in Steinke and Douglas bays. Try 12 to 28 feet with jigs and minnows. A few pike mixed in with some spearing success, although water is somewhat muddied up. Lots of activity on Lake Audubon but overall walleye success is spotty.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon hit-and-miss for walleye with best success at night. Some pike spearing success in Steinke and Centennial bays on the east end of Lake Sakakawea. Work the mouth of Douglas Bay, Camp of the Cross, or Rattlesnake for walleye but overall success still somewhat slow.
- Lake Sakakawea, New Town: Van Hook Arm remains slow with better success still around the river near New Town, including Sanish Bay. Try jigs and minnows or tip-ups.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Warmer weather bringing more boat anglers onto the Missouri River tailrace but limited reports. Best Lake Sakakawea and Lake Audubon walleye bite in the early morning and early evening hours but overall success is spotty.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye activity on the upper end of Lake Sakakawea remains between Lewis

& Clark State Park and Red Mike's. Try tip-ups and minnows with bobbers or Rattling Spoons. Yellowstone River still decent for walleye and sauger. Some larger pike starting to show up for spearkers. Some success using tip-ups. Blacktail Dam still producing some perch. Beware of thin ice around the railroad bridge on McCloud Dam.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake continues producing walleye and pike. Nice-sized perch showing up on camera but they're elusive.

Downhill skiing (conditions can vary):

- Big Sky Ski Resort, Big Sky, Mont.: 47- to 50-inch packed powder, machine groomed base with 29 lifts and 290 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.
- Huff Hills Ski Area, Mandan: 20- to 35-inch machine groomed base with all runs, 2 lifts, and Green Lift Terrain Park open.
- Terry Peak, Leads, S.D.: 20- to 30-inch base. 30 trails and 5 lifts open.

Snowmobile ND (conditions can vary):

- Cattail (Barnes, Cass, Steele, & Traill counties): 16- to 20-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- East-central Valley (Cass & Richland counties): 12- to 16-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Lake Region (Nelson & Ramsey counties): 10- to 14-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Missouri Valley (Emmons & Burleigh counties): 16- to 22-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings. Beware of 2 areas with deep

holes where groomers got stuck.

- North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): 8- to 12-inch base. Trails open and in good condition but large trenches on portions of the Rush Lake Trail to Towner.
- Northeast (Cavalier, Pembina, & Walsh counties): 8- to 12-inch base with trails open except for Moonlighter Gorge and NESCA trails. Trails in fair condition.
- Peace Garden (Bottineau & Rolette counties): 12- to 16-inch base with trails 7, 7A, 7B, and 7C open but poor ice conditions on areas where slush is on top of thin ice.
- Red River North (Walsh & Pembina counties): 12- to 16-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Red River South (Grand Forks & Walsh counties): 8- to 10-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Sakakawea (McLean & Ward counties): 8- to 12-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Sargent County (Richland & Sargent counties): 10-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 16- to 25-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Sno-trails (Bottineau, McHenry, Renville, & Ward counties): 8- to 15-inch base. Trails open and in good condition.
- Southern Valley (Richland County): 12- to 20-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.

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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Chapel Services
at MAFB

North Plains Chapel
in Base Housing

Protestant Liturgical Service

Christ Chapel
0900

Protestant

Sunday Community Service
1030

(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services

Open Circle
1000 on the 1st and 3rd
Saturdays of every month

Northern Lights Chapel
across from Rockers

Catholic Mass

Sunday 1000

Daily Monday-Thursday at 1200

St. Peter The Aleut
Eastern Orthodox
Church

109 6th St. SE
Minot • 838-3094

Saturday, January 21
5 PM, Great Vespers

Sunday, January 22
10AM, Holy Liturgy

V. Rev. Fr. Paul Hodge



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www.trinitychurchminot.org



Worship Service at 10:45am Sundays
Sunday School at 9:45am

1720 4th Ave NW, Minot
838-0916

MinotBibleFellowship.org



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5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
Sunday Coffee Fellowship: 10:30 a.m.
Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian
Church

1000 NE 3rd Street
852-0315

Sunday Schedule
Contemporary Worship 9:00am
Sunday School (All Ages) 10:00am
Traditional Worship 11:00am

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm
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SUNDAYS: 9:00 AM FELLOWSHIP
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10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
5:30 PM FAMILY SUPPER
6:30 PM PRE-K/KIDS' CLUB /
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Christ Reformed Church

Worship 11:00 a.m. Sunday
234 14th Ave SE
www.chistreformedchurchminot.com

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Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076

Daily Mass Schedule:
Tuesday 5:15 p.m.
Wednesday - Friday 7:00 a.m.
Saturday 5:00 p.m.
Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
Parish website: www.stjohnminot.com

First Lutheran
Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
9:30 am



www.firstlutheran.tv
(Live Stream & Recorded)
Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



1805 2nd St. SE
838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

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Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Wednesday Evening 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
Pastor David Miller

Cross Roads
Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
Sunday Worship 11 a.m. & 5:30 p.m.
Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards)
838-1873

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Church of God
Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & 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
westminot.com
facebook.com/westminot

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org

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 am.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.
Rev. Kent Hinkel, Senior Pastor
Elaine Carlson, Children's Ministry Director

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Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

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9:30am Sunday School &
Adult Bible study
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High School Youth Group (6-8pm)

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Minot, ND 58701
info@orcsknights.org • 701-839-0772

www.orcsknights.org

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Email: jschultz@orcsknights.org
Website: www.orcsknights.org



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VOLUNTEER OPPORTUNITIES



VOLUNTEER OPPORTUNITIES

Operation Hero Winter Edition Event Volunteers
(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 & 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 & 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
POC: MSgt Christian Bird at 723-6605 or christian.bird@us.af.mil.
Comm (M&FRC): 701-723-3950

North Dakota State Fair Volunteers
(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.
POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

Minot Minotauros Game Volunteers
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. (https://www.minotauroshockey.com/printable-schedule)
• 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. (https://www.minotauroshockey.com/community-standards)
• 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.
POC: V. Conner, Digital Content Manager, Minot Minotauros Hockey Club
Cell: 302.682.1575,
Office: 701.852.0101

Month of the Military Child Volunteers
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.
POC: Joy-Nicole Smith, GS-11, MAT, DAF, School Liaison Program Manager
Comm- 701-723-1447 • DSN- 453-1447

Caring Edge Hospice Volunteers
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.
POC: Shelby Stuckey, Volunteer Coordinator
(888) 223-4287
shelby.stuckey@caringedge.com

Minot ND Men's Winter Refuge Volunteers
(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.
POC: Mike Zimmer, Executive Director
winterrefuge@srt.com • (701) 822-2585

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)
5fss.family.support@us.af.mil

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MINOT AFB ANNOUNCEMENTS

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

PARK UNIVERSITY MINOT –
Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

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

SUDOKU SOLUTION PUZZLE ON PAGE A10

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

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WHAT'S GOING ON MAFB

FRIDAY20

- 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

SATURDAY21

- Youth Bowling League, 1400, Rough Rider Lanes

SUNDAY22

- Zumba, 1400, Fitness Center

MONDAY23

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

TUESDAY24

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (VA), 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- DIY Rope Coasters, 1730-1930, Arts & Crafts Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

WEDNESDAY25

- HIIT Strength & Conditioning, 0500, Fitness Center
- Right Start, 0730-1500, Jimmy Doolittle Center, hosted by the M&FRC
- TAP (DoL) - Overview, 0800-1600, 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
- Yoga for Fitness, 1830, Fitness Center

THURSDAY26

- TAP (DoL) — Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Extramural Bowling, 1730, Rough Rider Lanes

FRIDAY27

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, M&FRC
- Family Night, 1700-1900, Bomber Bistro
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY28

- 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.

FAMILY NIGHT

BOMBER BISTRO

JANUARY 27TH • 5PM - 7PM

BUY AN ADULT ENTREE & RECEIVE 50% OFF AN ITEM ON THE KIDS MENU!

ADULT ENTREES CONSIST OF FULL SALADS, WRAPS, PASTA, & SANDWICH COMBOS.

KIDS AGES 12 & UNDER

DINE-IN ONLY

5THFORCESUPPORT.COM

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

THE BIG GAME

ROCKERS BAR & GRILL

FEB 12TH • DOORS OPEN 5PM

DOOR PRIZES & GIVEAWAYS!

FOOD & DRINK SPECIALS

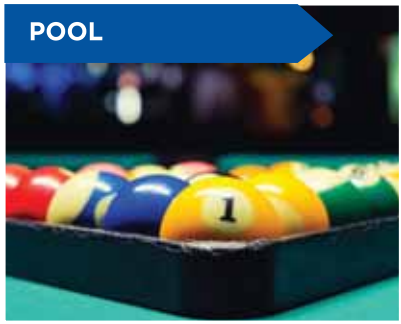
5THFORCESUPPORT.COM

QUALITY HEALTHCARE FOR ALL

Non-emergency walk-ins welcome Monday–Friday 1–4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

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MONDAY - THURSDAY:
11AM - 1AM

FRIDAY - SATURDAY:
11AM - 2AM

SUNDAY: CLOSED

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