northernsentry | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 04 | MINOT AIR FORCE BASE

FRIDAY, JANUARY 27, 2023

Whats inside this week:



"STAY-CATION" **TRIUMPHS IN NORTH** DAKOTA



HONORARY COMMANDER INDUCTION CEREMONY



FOSTER CARE IN MINOT: **NEXUS-PATH**



A 5th Medical Group (MDG) team attempts to stabilize a simulated patient during a 5th MDG training day at Minot Air Force Base, North Dakota, Jan. 11, 2023. The simulated patient was involved in an improvised explosive device explosion, and suffered life threatening injuries. See more from the training day on page A2.

U.S. AIR FORCE PHOTO I SENIOR AIRMAN EVAN LICHTENHAN



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5th Medical Group Utilizes Trinity Health's SIM Truck for Training Day

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Once per quarter Trinity Health sends a Simulation in Motion truck to Minot AFB to provide 5th Medical Group Airmen an opportunity to practice treating patients in a remote location where their resources may be limited.

"In the truck, you have a simulation mannequin that is amazing," said Lt. Col. Donna Eaton, 5th MDG chief nurse. "You can do pretty much anything that you would do to a human being and get responses from it. If you give it this medication, then you'll get this response.'

Trinity Health's SIM truck is currently one of four operational mobile education units in North Dakota. It is used to teach emergency response not only to military personnel, but also to local emergency responders, physicians and nurses.



a patient has been involved in an improvised explosive device explosion, and has a life-threatening hemorrhage and a brain injury, along with some other injuries," said Missy Regalado-Smith, Trinity Health SIM-North Dakota team member. "He is being brought to a forward operating base from a deployment. They have some tools but not everything they wish they would have available.'

The 5th MDG personnel were divided into six different groups and challenged to respond to the simulation to the best of their ability. Each team was graded on their performance by the Trinity Health SIM-ND team, and the results were shared with leadership.

"The teamwork, in my opinion, is better than what I witness elsewhere," said Regalado-Smith. "I think it's because they know their role and scope very well in the military world, whereas in the civilian world they do know their

U.S. Air Force Maj. John Williams, 5th Medical Group (MDG) nurse, inserts endotracheal tubing into a simulated patient during a 5th MDG training day at Minot Air Force Base, North Dakota, Jan. 11, 2023. The endotracheal tubing is put in place in order to provide the patient with an artificial airway.

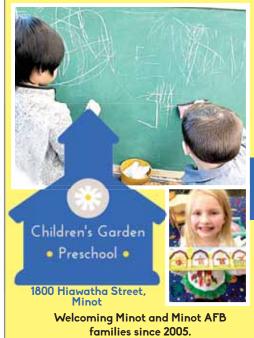
scope but sometimes their roles are a little ambiguous."

This ongoing training exposes 5th MDG Airmen to a vast variety of scenarios they are unlikely to encounter in their day-to-day routine and scenarios that would only be seen in deployed locations. This ensures Airmen are prepared to quickly and effectively respond to any scenario, regardless of location, severity of injuries or available resources.



A team of 5th Medical Group (MDG) Airmen attempt to stabilize a simulated patient during a 5th MDG training day at Minot Air Force Base, North Dakota, Jan. 18, 2023. The training simulated that the patient suffered a life threatening hemorrhage, a brain injury and multiple other

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



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Honorary Commanders Are Friends For Life

I was assigned my Honorary Commander just before COVID, which pretty much curtailed any public events on the Minot Air Force Base. I can remember our first Military Affairs zoom meeting, then MAC Chair Randy Hauck made mention of the many new Honorary Commanders that had been assigned and "we will induct them as soon as things get back to normal."

As I shared with you last week. my Honorary Commander was Mark McDonald, Chief of Staff for the 91st MW. In spite of COVID, Mark and I managed to grow our friendship through one on one meetings, albeit we wore masks and bumped elbows rather than shaking hands. As President of the Downtown Business and Professional Association, I would share some of the happenings in Minot's city government, and he would keep me informed of MAFB events that were worthy of coverage by the Northern Sentry. It was what you would call almost a perfect relationship.

Well, the official Honorary Commander induction for the class of 2020 never took place. As we gradually moved out of COVID protocol (I was quickly schooled on HPCON grades) getting things back to normal, whatever normal was or is, took quite a bit of time and effort. Right now, I can't really tell you when Mark and I were able to conduct our monthly lunch meetings at Rockers without masks, but it seems like quite some time ago that we last met with our faces covered until our order arrived.

On Thursday evening the Honorary Commander class of 2023 was officially inducted at the Jimmy Doolittle Event Center on base. In itself, the meeting was pretty historic in that the JDL Event Center was one of the victims of the COVID era. For almost two years there weren't many base/city events. Now within a matter of two weeks we had the Military Affairs Committee meeting (January 5) and the Honorary Commander induction just last Thursday, January 19.

All of the above history is leading to a report of a very festive atmosphere among those who attended Thursday's event. The JDL staff served a great variety of hors d oeuvres, and there was a dessert table stocked full of great

The evening started with a welcome from Col Maginness of





Sue Wilson, Rod Wilson, Mark McDonald and Cathy McDonald. See page B1 for more photos of the 2023 Honorary Commander Induction Ceremony.

U.S. AIR FORCE PHOTO I MINOT AFB PA

the 5th Bomb Wing, and ended with Minot Chamber/EDC Chair Kevin Black. Others who shared the podium were Mayor Tom Ross and Col Kenneth McGhee from the 91st MW (Bully).

It may have taken me a few paragraphs to get to the point of my article. There were some Honorary Commanders who met for the first time, and I am betting the conversations that took place were in the category of "seems like we've known each other forever, we have so much in common." There were Honorary Commanders like Mark and I, and our spouses Sue and Cathy (got it right this time Cathy) who talked about grandkids, trips to Minneapolis and California and "how did your Christmas go?" I am pretty positive that the McDonalds and the Wilsons will be friends forever.

So will the many others who were in attendance, including Bruce Christianson who was and still is, very good friends with General Tony Cotton. "You know he was home for Christmas," said Bruce. I had to laugh because I have been trying to get an interview with General Cotton for quite some time.

Honorary Commanders certainly are important to the relationship between the City of Minot and the Minot Air Force Base. But more important is the relationships that will last far beyond Thursday evening. Never been an Honorary

Commander? Well call the Minot Chamber/EDC and get your name on the list. Pretty sure that I can guarantee that your Honorary Commander will be a friend

HOW CAN IT BE?

Take the time to read Amy Allender's article in this week's Northern Sentry. I have to chuckle because yesterday I spent most of the day scraping snow off my driveway, with gloves or without a cap. Well, it was a warm day in Minot. Days where the mercury rises above 32 degrees in January give us hope that spring is just around the corner.

BEST KEPT SECRETS

Ft. Stevenson State park continues to offer winter activities for the whole family. Snowshoe trails, fat tire bike rentals, and wildlife viewing, just to name a few of the activities they offer. Less than an hour away, just south of Garrison, ND.

TODAY'S CHUCKLE

Ole and Lars go ice fishin. Ole pulls out his new thermos and Lars says to him, "Ole, whatcha got der?".

Ole says, "Well Lars, dis here's a thermos. It keeps hot tings hot, and it keeps cold tings cold.

After a while, Lars gets curious and says, "Vell Ole, whatcha got in dat der thermos?

Ole says, "Vell Lars, I got a popsicle, and two cups a coffee."



northern sentry

A VIEW FROM **OUR SIDE ROD WILSON**









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SLICE OF LIFE KIM FUNDINGSLAND

A goal of all writers is, or should be, to attract attention. Some of us have devised clever ways to do that. Hence the headline, the "Electric Chair."

But wait, I am not all deception here. This is not one of those "gotcha" gimmicks where you have to read a bunch of mundane paragraphs and scroll countless advertisements to find anything remotely related to what you had hoped to read. Nothing but the truth here, or perhaps my interpretation of it.

The electric chair to me is where I sit when I get a haircut. Clever, huh? But with sound reasoning too. Every time I sit in a barber chair the clipper comes out, attached to a nearby outlet.

Electric chair. Get it?

Anyway, there's a real message in here somewhere amongst the

The Electric Chair

sweepings off the floor, the hum of the hair clipper, and the snipping of scissors.

Haircuts have certainly changed over the years, and I'm not talking about fancy cuts or hairdos. Nope. I don't remember my first haircut, but I do remember sitting on a kitchen stool with a dishtowel tied around my neck while my mom or dad gave me what they called a haircut.

It's a good thing I didn't squirm around much too, or I certainly wouldn't have any ears today – at least that is what I was told, and believed, those many years ago.

I can't recall my first trip to a barber chair either but, based on the fact I still have ears, I must have sat still.

What I can recall is hundreds of haircuts over the years with a pile of hair underneath the barber's chair. Of course, those piles of hair have changed considerably over the span of several years, and several barbers.

The dark colored hair gave way to hair with a glimpse of gray in it. A few years later that turned to mostly gray. Silver, I'd say. Sounds better anyway.

There's always those moments at the end of a haircut, before the



barber pulls out the vacuum to suck away all the clippings on your shoulders and neck, when they hand you a mirror so you can see the new you.

Truth is, I can see the new me on the floor long before that mirror shows up, a collection of silver hairs that won't fill a dustpan. Haircuts that used to take 30 minutes or so are now done in seven. Where did the

years go? I am sure I'm not the only one to wonder about such things.

Then out comes that mirror to remind you. I don't even check on the haircut anymore, just look at the face in the mirror and see memories of days past. The view from the electric chair sure has changed. Rather quickly too. Less hair and a different color, but at least I still have both ears.



UPSIDE DOWN UNDER MARVIN BAKER

Do you suppose there is scientific evidence as to why unusual animals are showing up in parts of North Dakota, or is it pure coincidence?

The most obvious of these would be mountain lions, sometimes called cougars or pumas. There was a time not so long ago that any state or federal wildlife officials denied that lions were roaming around the state.

Back in my Minot Daily News days, someone called me to Garrison to show me mountain lions paw prints in the snow. I took numerous photographs and when I got back to the newsroom I called Game & Fish. No lions here, they told me.

Then, a rancher shot and killed one and showed photos to prove it Now mountain lions can legally be hunted. Wildlife officials have actually killed one in downtown Bismarck.

Another interesting critter is the

Critters in our midst...

wolverine. I knew an elderly man from Langdon in the late '90s who was a school bus driver. He told me he was on his route one day and swore he saw a wolverine in the ditch. This man was saltof-the-earth honest and I had no reason not to believe him. It was just that wolverines didn't exist in North Dakota!

Fast forward to 2016 and a rancher in western North Dakota shot and killed a wolverine threatening his livestock. He was told it wandered in from the Montana mountains. If that's an isolated case, then how could there have been one in extreme northeast North Dakota 20 years

I don't remember how many years ago this was, but someone from Pembina announced they had seen a black bear. The short answer was it came from the woods of northern Minnesota and may have become disoriented, ending up in the Pembina Gorge.

Unfortunately, that theory didn't hold a lot of water because since that time there have been numerous black bear sightings around the state. They've been spotted in Bowbells, Carpio, Underwood, Fargo, Mayville, Hebron and I know there's other locations, I just can't remember

There's also been plenty of evidence left behind to indicate a black bear had been in a certain vicinity. This has been going on for nearly 30 years now.

During the three years I worked at the New Town News, a reader one day brought in a grainy photograph of what he said was a wolf taken maybe two miles east of New Town. The guy knew I wouldn't believe him so he brought in the photograph as

I'll admit, I was skeptical even after looking at the picture. But, I took it and magnified it on the computer screen just to a point of pixelation and analyzed it. Right alongside of it I had photos of dogs and wolves to compare. After analyzing the picture for a painstaking hour, there was no doubt in my mind it was a wolf and it had very dark, almost black

Numerous other sightings of wolves have been noted in various parts of the state, most often in the rugged west of Roosevelt National Park, but certainly in other places too. Likewise, that's where most of the mountain lion sightings take place.

In the 1920s, '30s and '40s, there were hunters along the Missouri River who trapped bobcats and some were quite close to Bismarck. For decades after there were no sightings, no reports, no furs, nothing. Then, suddenly, bobcats started showing up along waterways and in rugged terrain once again.

Do you know what a marten is? It's a small animal that resembles a weasel or mink, but has slightly different features. The marten was said to be extinct in North Dakota since the fur-trapping days of the 1700s, prior to Lewis and Clark.

Next thing we knew, people in the Turtle Mountains north of Bottineau were seeing martens. I actually saw one myself along the Des Lacs River. Of course, I couldn't believe it so I started doing research and using the process of elimination, realized it was indeed a marten.

As recently as 40 years ago, moose were only seen in the Walhalla area. Now they are sighted all over the state and have been seen as far south as Edgeley, Belfield and Bismarck. Game and Fish estimates a population of

Let's not forget bird species. Common goldeneye, boreal owl, pilleated woodpecker, cardinal and eastern meadowlark have all been documented in places they aren't supposed to be.

Welcome new wildlife, but why is it changing?



TIMMOTHY TIMM

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner

Timmothy 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.

JANUARY

MILITARY DISCOUNTS



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

"It's 33, do you think I'll be too hot if I wear my ski jacket?" This is the question I asked my husband over the weekend when we decided to go tubing. The weather was too nice to pass up.

"Nah. I think you'll be okay. You can always take it off if it's too much," he replied.

After two trips down and back up the hill (pulling the tube behind me with our two-year-old inside), I was sweating and tossed my coat aside.

There is little in life more disorienting to my body than a Hot Dish winter. Between the months of October and April I live in a state of utter confusion. My body goes from urgently bemoaning the arrival of a "deathly chill" when the overnight low first touches 40°, to quickly declaring that coats are a nuisance if it's above 15°F. The reality of wanting a parka on a 50° October day, and a tank top on a 50° April day is the lunacy we live in.



In October, I bundled up in nearly full winter gear for the Pumpkin Walk.

On October 15, I woke up, immediately complained of being, "freezing," then proceeded to insist I could not get out of bed because of the cold.

In the frigid weather (after sunset, it was a ghastly 45°), I bundled up in a puffer coat and hat when our family headed to the annual Pumpkin Walk at the Woodland Trail. By the end of the walk, I cursed myself for not wearing warmer socks and snow boots. After all, this was misery after the warm days that had lingered well into fall. On the way back to the car, I nodded in solidarity when someone mentioned the coming winter. "I heard this is going to be a harsh

LEGACY

Jacket Weather Perspective



Tubing at the Souris Valley Golf Course, with temps near freezing, it was obviously too warm for a jacket.

AMY ALLENDER PHOTOS

winter," he says. "Last year was so mild."

Again, I nodded. Part of polite conversation in the fall always includes recalling how mild the previous winter was, and a prediction that the coming winter will be a doozy.

No matter what, last winter was always mild.

Fast forward to November.

Four short weeks later, I helped my littlest into his boots, and shrugged on my fleece-lined flannel shirt. Although I put hats on the boys, I skipped wearing one of my own. God gave me thick hair for a reason, right? I save the hat for a day with a subzero windchill.

We were headed to the Festival of Trees, and it was a gorgeous day. Sunny. High of 19°.

lacket weather if there ever has been such a thing.

That coat from October? Soon after the Pumpkin Walk it was relegated to a closet, reserved for days in the single digits.



By November we don boots to keep our feet out of the snow, I opt for a flannel shacket. As you can see here, my youngest is still wearing his light jacket, and my oldest has already shed his outer layer.

The transition from unbearably cold, to full-of-excuses not to wear a coat happens surprisingly quickly. Even for those of us who aren't from around here. One day we can't stand the chill in the air.

'SHE'S NOT FROM AROUND HERE' COLUMN SPONSORED BY:

The next, it's inconvenient to wear a coat because it "restricts our shoulders" in the car, or "we'll just take it off" when we arrive at Target, or we'll "only be outside for a minute or two.'

Soon enough 40° days will return, and we'll all celebrate the arrival of T-shirt weather. At the first glimpse of 50° day, we'll unearth our tank tops, and eagerly begin planning trips to "The Lake.

I've learned that life in Hot Dish Land, is all about perspective. Around here that perspective can change faster than a North Dakotan can correct an outsider on the pronunciation of "Sakakawea." (Pro tip, they'll know you're not local if you say it sa-kuh-juh-wee-uh.)

While it can be disorienting, it's also comforting. Although that first cold day is shocking, we can acclimate. These days remind me that humans are resilient, and possess a power to adjust-to shift our perspective. Sometimes intentionally, sometimes subconsciously.

With practice, with time, what seems unbearable one day may eventually become not-so-bad. If we can find the not-so-bad, who's to say we can't find the good? If we can shift our perspective to think that January in Hot Dish Land is "jacket weather," there's nothing we can't handle.

I'll even throw in a couple bonus points if we can laugh along the way. Just remember, when it's all said and done, we'll look back and declare that this was "a mild winter."

To connect with me, read more stories of Hot Dish life, join me on Instagram (@amy allender) and Facebook (@amyallenderblog) where I share little things that make a big difference in maintaining a positive mindset and joyful outlook.

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February Resident Council



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The February Resident Council is scheduled for Wednesday, 1 February at 6pm. The meeting will be held at the Welcome Center, 183 Missile, across from the gas station. Agenda topics include: Neighborhood Safety, Services/ Snow, Work Orders, Amenities, and more. There is still time for residents to submit input for the meeting via the anonymous online input form: https://form. jotform.com/221374764660156. In the event of inclement weather the meeting will be held digitally. Meeting minutes are posted online following each Resident Council meeting and can be found at https://tinyurl.

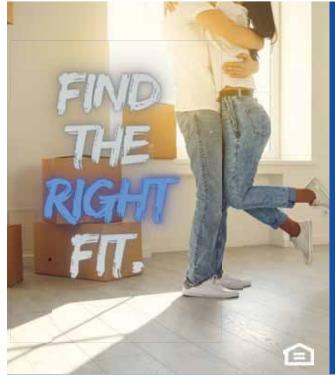
com/mafbcouncilminutes2023. Residents who have questions concerns related to housing at Minot AFB can contact the Resident Advocate at 701-818-







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The Transition Assistance Program



ALICIA THOMPSON, GS-11 COMMUNITY READINESS CONSULTANT MILITARY AND FAMILY READINESS **CENTER**



The Transition Assistance (TAP) Program congressionally mandated program for all separating service members (Officers and Enlisted) with 180 days or more of active-duty service. It is much more than checking a box! TAP is designed to be completed over time allowing service members the opportunity to make educated and smart choices when separating or retiring.

TAP is the overarching program that provides transition assistance, information, training, counseling and services to eligible transitioning Total Force Service members and their families to be career ready upon separation, retirement, or release from active duty, thus enabling Service members to pursue additional education, seek or return to employment in the public or private sector, start their own business, pursue vocational training or other form of selfemployment.

Congress mandates the program is started no later than 365 days prior to the end of a members enlistment AND the prescribed order in which the classes for TAP must be completed. Individualizing the program for each member to make it their own depending on post transition goals. M&FRC is a driving force in presenting vital information and resources to prepare members for this major life change. Attendees can expect workshops to cover a wide range of information from what to expect when separating, healthcare options, employment basics, and much more.

To start TAP members must

Counselor will schedule a one-onone appointment. The goal of this appointment is to provide guidance and support for individualized post transition goals. During the Initial Counseling TAP requirements will be explained and the appropriate classes will be scheduled.

A new initiative has been added to the TAP program, DOL is now hosting monthly workshops for former and current military spouses, known as Transition Émployment Assistance Military Spouses (TEAMS) which helps military spouses tackle their special employment needs, such as unemployment, lack of education, as well as licensure and credential portability. Further instructions on starting TAP are available at M&FRC.

There are some key takeaways about TAP that you may not know:

-Members MUST start TAP NO LATER THAN 365 Days from date of separation (DOS) even if planning to extend or reenlist

-Members DO NOT have to separate because they have started

-TAP Classes are good for 4 years from the date of last TAP class

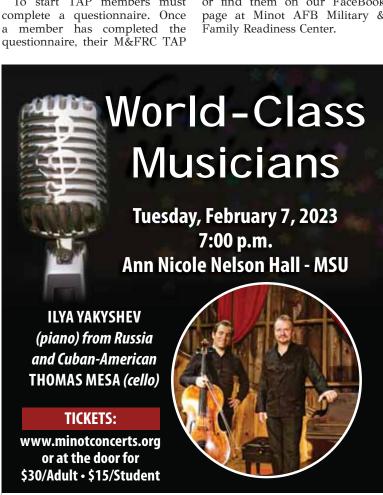
-If within 18-24 months of your DOS, M&FRC has sent an email to your government email requesting completion of TAP questionnaire

-Orders are not required to start

-Spouses are highly encouraged to attend

To find video shorts detailing some of the FAQ about TAP head

https://youtu.be/mhTCpuBJ4AM or find them on our FaceBook page at Minot AFB Military &



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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

For more information: Facebook/ Mouse River Players/Events

MAKER MONDAY 10:00 AM - 10:30 AM Minot Public Library 516 2nd Ave SW, Minot

Maker Mondays, a story/ activity program for independent children ages 3-6, will be held on Mondays at 10:00 am in the Imagination Station of the Minot

For more information:

Facebook/Minot Public Library/Events



BOOKS 'N BREWS BOOK CLUB 7:00 PM - 8:30 PM Badlands Bar and Grill 1400 31st Ave, Minot

February's Books 'n Brews will be held at Badlands. Call or stop by the library to pick up your copy of our next book club pick. For the month of February we will be reading, Reminders of Him by



For more information: Facebook/Minot Public Library/Events



ART ALL AROUND: CHILDREN'S ART CLASS 4:00 PM - 5:15 PM Taube Museum of Art

2 Main Street North, Classes are geared towards students with an interest in further art exploration! Students will complete their own MASTERPIECE during each session. Limited class size for a more individualized student instruction.

Ages: 6+ (parents are welcome!) Fees per session: Nonmembers: \$18 | Members: \$16

Every other thrusday from October 2022-May 2023 Each session will run from 4:00pm to approx. 5:15pm February: 2,16, March: 2,16, April: 6,20, May: 4,18



For more information: www.eventbrite.com/ Art All Around



VALENTINE SKATE 18+ONLY 5:00PM- 8:00PM Citizen's Alley Ice Rink

110 E Centrál Ave.

Lovebirds are welcome to join us on February 17 for this Valentine's Day celebration. The ice rink downtown will be lined with hundreds of luminaries while atmospheric music is played, creating a romantic environment for you and yours to enjoy. Take a break from skating and enjoy some food and drinks from Prairie Sky right next to the rink while cozying up next to a fire. Get active and outdoors with your date this Valentine's Day

*Food and drinks will be available for purchase from Prairie Sky Breads.



For more information: www.minotparks.com

NEW Community at the Northern Sentry



It's more than Minot and more than Minot AFB, it's a Shared Community.



For more events visit our online Community Calendar at www.northernsentry.com/calendar/



Adjutant General Statement on Loss of N.D. **National Guard Airman**

NORTH DAKOTA NATIONAL GUARD PUBLIC AFFAIRS

FARGO, N.D. — Maj. Gen. Al Dohrmann, North Dakota adjutant general, issued this statement regarding the death of a North Dakota National Guard Airman, 2nd Lt. Christopher Brewer.

"On behalf of the Airmen and Soldiers of the North Dakota National Guard, we offer our sincerest condolences to the family,

friends and coworkers of 2nd Lt. Christopher Brewer", said Dohrmann. true patriot, Christopher was the epitome of a citizen-Airmen, serving his nation in uniform and his community as a teacher."

According the North Dakota Highway Patrol statement issued yesterday, Brewer was killed on Ian. 22 in a two-vehicle

accident on Highway 52 north of Velva, North Dakota.

"Our Hooligan family deeply mourns the loss of Christopher Brewer," said Col. Mitch Johnson, 119th Wing commander. "Our thoughts and prayers are with him as we provide full support to his family, friends and fellow Airmen. His loss is deeply felt within the North Dakota Air National Guard.'

A resident of Velva, Brewer, 41, enlisted in the North Dakota Air National Guard in 2005 and served as an avionics technician with the 119th Maintenance Squadron, a personnel specialist with the 119th Force Support Squadron and the 219th Security Forces Squadron,

and a first sergeant with the 119th Medical Group. He was commissioned as a second lieutenant in 2022 and served with the 219th Forces Security Squadron, Minot Air Force Base.

earned Bachelor of Science Degree in Education from Minot State University in 2019 and an Associate of Applied Science Degree in Human Resource Management from

the Community College of the Air Force in 2017.

full-time In his civilian occupation, Brewer was a teacher at Bishop Ryan Catholic School in

Funeral arrangements are being handled by Thompson-Larson Funeral Home of Minot.



Christopher Brewer, 119th Wing, North Dakota Air National Guard

THIS WEEK IN USAF HISTORY

B-52 STRATOFORTRESS CREW PERFORMS LAST SORTIE OF OPERATION ARC LIGHT

January 28, 1973



A B-52 Stratofortress refuels en route to a target in Vietnam. (USAF Photo)

On January 28, 1973, a B-52 Stratofortress crew flew the last sortie of Operation Arc Light, bombing enemy targets in South Vietnam at 0628 hours local time. Operation Arc Light began on June 18, 1965 as 27 B-52F bombers from the 7th and 320th Bombardment Wings based in Guam attacked a Viet Cong jungle fortification. From its beginning to end, the operation was carried out by personnel from Strategic Air Command bases all over the United States and overseas facilities, who performed temporary duty rotations up up to 179 days, with some Airmen

serving over 1,000 days during intermittent tours on Arc Light. In 1967, U-Tapao Royal Thai Air Base was added to the roster to relieve over crowding in Guam and reduce flight times to Vietnam, and one year later, B-52s were flying out of Kadena Air Base, Okinawa, Japan. Overall, Operation Arc Light and the B-52 bombers flew over 126,000 sorties.

Information courtesy of: media.defense.gov / airforcemag.com / afhistory.af.mil







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RV Body Repair



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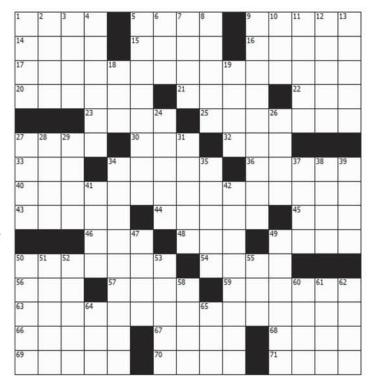
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CROSSWORD PUZZLE

Across

- 1. Woodstock gear
- 5. Dredged matter
- 9. Hit the sack 14. Closed circuit
- 15. Have down cold
- 16. Strong cotton thread
- 17. Rout convincingly
- 20. Speedwriting pros
- 21. "Uh-Oh!" cookie
- 22. Twaddle 23. Blockhead
- 25. Can openers
- 27. Hard and fast rules
- 30. Pained reactions
- 32. When repeated, a guitar effect
- 33. Public order?
- 34. Opera prop, perhaps
- 36. Sibyl's deck 40. Rout convincingly
- 43. Microbiologist's dish 44. Florida gulf city
- 45. By way of
- 46. Get off the fence
- 48. Aberdeen's river
- 49. Crack a joke 50. Shell purchase
- 54. Draft status
- Reflux
- 57. They're good for tricks
- 59. Acute anxieties
- 63. Rout convincingly
- 66. First name in cosmetics
- 67. Salon selection
- _ Romeo 68.
- 69. West Yorkshire city
- 70. Fashionable resorts
- 71. Thickening mixture



Down

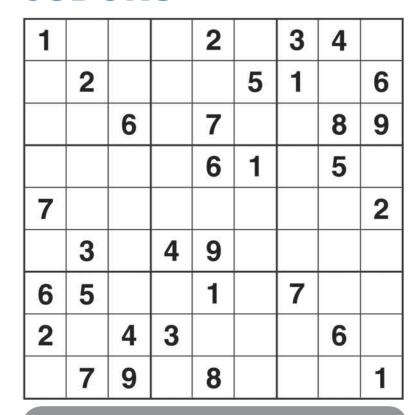
- 2. Fortress fosse
- 3. Flbow in the ribs
- 4. Goes for broke?
- 5. It may run down a mountain
- 6. It's kept by a keeper
- 7. Out in left field
- 8. Pathetic one
- 9. Ill-fated queen of Egypt
- 10. Narrow inlet
- 11. Houston Colt 45 today
- 12. Single-masted sailer
- 13. Lifts
- 18. Jersey word

- 1. Charitable donations 19. Persian word
 - 24. Shrinkage, to a
 - retailer 26. Grow genial
 - 27. End table item
 - 28. Moisturizer ingredient
 - 29. Carroll's Walrus did
 - 31. Bar preparation
 - 34. Fellow bluejackets
 - 35. Star-crossed lover
 - 37. Tear violently 38. Elevator innovator
 - 39. Just one of those things?
 - 41. Stomp all over
 - 42. Nonverbal welcome

- 47. RPM indicator
- 49. XKE, for one
- 50. Resist authority
- 51. Corpulent
- 52. Diminish
- 53. Sounds from a brood
- 55. Music producer Brian
- 58. Flight member
- 60. D-Day invasion town
- 61. Soybean milk product
- 62. Tunisian seaport
- 64. He played opposite
- Shelley
- 65. First name in college coaching legends

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SUDOKU Solution to puzzle on page B11



LETTER JUMBLE

TENCIDEPE



UOSEL



OMTH



HOKROACCC



Unscramble the letters to write the names of the bugs.



HOURS:

MONDAY - THURSDAY 11AM - 12AM FRIDAY & SATURDAY: 11AM - 1AM

21 E CENTRAL AVENUE DOWNTOWN MINOT

701.852.8183



"Stay-Cation" Triumphs in North Dakota

ERIN BEENE, NORTHERN SENTRY

I was first introduced to the term "stay-cation" while binging the DVDs of the military lifestyle TV show, Army Wives. This was a while ago and in one episode, the male spouse of LTC Burton, Roland, tries to plan a vacation for his wife before she deploys. He says something about how the "trendsetters" are doing this thing called "stay-cation." Admittedly, this show was one of my first peeks into military life and it subconsciously set a few expectations for the lifestyle I was about to embark on. Now, flash forward to nearly 15 years later and the term "staycation" still looms in my mind as something military families should all take part in.

Even though the term "staycation" really only means to vacation in your own city or do touristy things where you are living, it can easily apply to military families who basically are tourists in the area they find themselves stationed in. Therefore, I have come to agree with the fictional character of Roland that a "stavcation" is the perfect way to enjoy a weekend and not break the bank.

This type of vacation is also very normalized in this state of North Dakota, especially in the winter where travel is difficult and hard and even if you go somewhere else in the state, activities are shut down (I do still think this concept is a bit odd). But actually Minot has tons of opportunities for "stay-cation" potentials to get both couples and families out of the house and a break from daily lives without wasting hours traveling.

For families one of the more popular things to do is to simply stay the night at a hotel in town. Scratch that... a hotel with a pool. Whoop even more... a hotel with a nice pool for the kids, and free breakfast in the morning! This is a win-win scenario for parents and kids alike and is the perfect way to take the weekend and unwind without dealing with the changing weather or dipping into savings.

There are a handful of places to stay in Minot with flashy pools and slides; however, if quiet, relaxing and affordable are your goals, there is none other than the brand new Hotel Revel. This newly-reopened hotel offers poolside king suite rooms- which have a separate pull out couch bed for the kids a large centralized pool for all to enjoy and, the thrill of my kids lives, the coveted "free continental breakfast." Rooms can cost as low as only \$60 a night on weeknights making it a very affordable night away for anyone. Hotel Revel is conveniently located within walking distance to the Dakota Square Mall and even boasts live

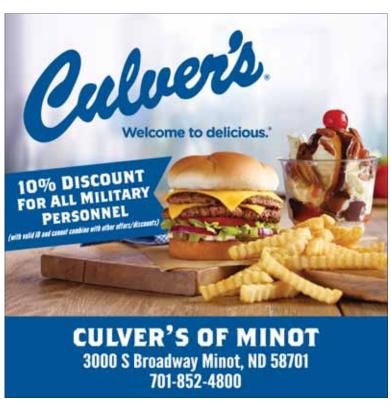


Only Holiday vibes allowed while "stay-cationing" at Hotel Revel.

music on the weekends. Plus, it has a full bar that serves drinks until 2am! The large centralized pool has a shallow end for toddlers and a hot tub for adults to enjoy. Kids will love the free old-school video arcade games in the lobby and the small town, honor system snack bar. Adding to the small but meaningful luxuries, the hotel cable TV actually includes kids channels like Disney, Nickelodeon and even Nick Jr, which for whatever reason is hard to find at other hotels.

All-in-all, a "stay-cation" is a perfect way to feel like you're on vacation even when you're not. Take it from the words of my 10year old who said while we were enjoying the Cowboys v 49ers game in the comfortable hotel lobby, "I don't even feel like I'm in Minot anymore." If you're in need of a "stay-cation" try out the Hotel Revel or other local hotels this winter and take that small, but much needed break.









FREE full breakfast always makes a "stay-cation" a relaxing The King Suite offers an updated kitchen area with plenty of space for making meals in comfort.



Poolside Rooms at Hotel Revel are ideal for friend/family laid back gatherings.





1350 20TH AVE SW, MINOT, ND 58701

Dr. Matt Hanson

Dr. Shad Froseth

Dr. Crystal Long

Dr. Willy Fielhaber

BUSINESS HOURS

Monday: 7:30am — 6:00pm Tuesday: 9:00am — 6:00pm Wednesday: 7:30am – 6:00pm Thursday: 7:30am — 6:00pm Friday: 7:30am – 4:30pm Saturday: 2 a month by appt Sunday: Closed

(701) 852-2800

The International Artists Series of Minot and Live On Stage, Inc. announce piano/cello duo as part of their 2022 - 2023 **Concert Season**

Yakyshev (piano) from Russia and Cuban-American Thomas Mesa (cello) come together to create an unforgettable concert experience with international flair at Ann Nicole Nelson Hall - MSU on Tuesday, February 7, 2023 at 7:00 p.m. Doors will open 30 minutes in advance with no reserve seating. Single event tickets are available at \$30/adult and \$15/student at the door, or by calling the number below or on the International Artist Series website. To purchase event tickets, or to get more information on season tickets, please visit the association's website at www. minotconcerts.org, contact 701-838-1113, or email at iasminot@ srt.com.

Yakushev: "...rapturous lyricism and dramatic flair.

San Jose Mercury News

Mesa: "...musical intensity that was commanding in every detail."

– New York Concert Review Ilya Yakushev and Thomas Mesa have made names for themselves as individual musicians, and are now combining their unique talents to create a powerhouse show with international flair. Yakushev, an accomplished pianist from Russia, is known for his musical pyrotechnics on the piano. Mesa, a Cuban-American cellist, is heralded as one of the most charismatic and engaging cellists of his generation. Their concert features a unique combination of musical selections, ranging from Beethoven to Joaquin

Heath's Hell-Fire Deviled Eggs



INGREDIENTS

- 12 Large Eggs
- 3 Jalapeños 2 Tbsp chopped Chives
- Kosmos Peach Jalapeño BBQ Sauce
- 3-4 slices of Cajun Bacon*
- 1/2 C Mayo 2 tsp White Vinegar
- 2 tsp Brown Spicy or Dijon Mustard
- 1/2 tsp Paprika 1/4 tsp Salt
- 1/2 tsp Chili Powder 1/2 tsp Cayenne Pepper
- *Find this recipe on our website



1) Bring a large pot of water to a boil. Add eggs and cook for 9 minutes. Remove and rinse in cold water. Once cool enough to handle, peel the eggs, and slice in half.

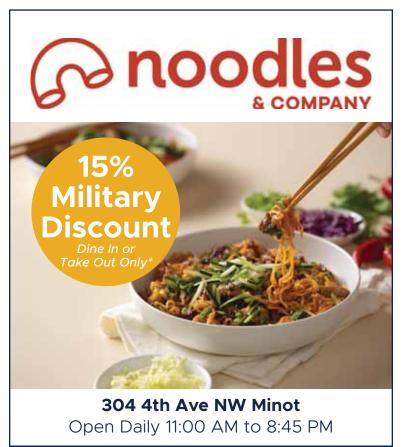
2) Preheat grill with lid open for 5-10 minutes, then set to smoke. Place eggs, yolk side up, on an aluminum perforated sheet, along with jalapeños. Allow to smoke with lid closed for 1 hour. Remove

- 3) Slice tops off peppers and cut in half. Remove seeds with spoon and finely dice.
- **4**) In medium to large bowl, carefully remove yolks from eggs. Add the jalapeños, 2 slices of minced candied bacon, mayo, vinegar, mustard, chili powder, and cayenne pepper. Mix together until relatively smooth. Add salt if needed.
- 5) Using a 35mm scoop, fill each egg with mixture. Top with small piece of candied bacon, chopped chives, and sprinkle with Paprika.

For added flavor, drizzle with Kosmos Peach Jalapeño BBQ Sauce. Enjoy or refrigerate for later.

Ryan Davy- GM

www.HofE.com/BBQHQ



www.noodles.com



YOUR LOCALLY OWNED VEHICLE **MAINTENANCE SHOP**

Welcome to Minot AFB from Tires Plus, your locally owned vehicle maintenance shop. Yes, that is right, Tires Plus is locally owned. You may have become associated with Tires Plus shops in other parts of the country. They, like the Minot and Minot AFB Tires Plus locations are owned and operated by a local franchisee, one that is familiar with the challenges of maintaining a vehicle in their particular location.

It certainly would be fair to say that each geographical location certainly has different challenges in keeping vehicles properly maintained. That is why it is so important to establish a relationship with a locally owned shop like Tires Plus. And of course maintain that relationship so that they get to know you, and your car. So let's quickly review some of what is important in maintaining your vehicle.

- 1. Acquaint Yourself With Your Owner's Manual
- 2. Check Your Tires Monthly
- 3. Have Your Oil and Oil Filter changed on Schedule
- 4. Also Have Your Air Filter Replaced With Oil Changes
- 5. Let Tires Plus Inspect All Other Fluids 6. It's Important to Examine Belts and Hoses When You Change Your Oil &
- 7. Always Listen and Feel for Brake Issues
- 8. Replace Wiper Blades as Needed
- 9. Know That Tires Plus Will Also Inspect Your Battery and Remove Battery Corrosion
- 10. Keep A Detailed Accounting So You Don't Forget Routine Maintenance

A simple trip to your locally owned Tires Plus is a great way to get started. We are proud to say that more often than not, if you ask around, Tires Plus is where the "locals" take their vehicle for routine maintenance.

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 - INSPECTING TIRE PRESSURE CHECKING ENTIRE UNDERCARRIAGE





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HONORARY COMMANDER INDUCTION **CEREMONY**

Minot Air Force Base leaders and honorary commanders (HCCs) instate a new group of HCCs during the Team Minot 2023 Honorary Commander (HCC) Induction Ceremony at Minot Air Force Base, North Dakota, Jan. 19, 2023. More photos available on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS I MINOT AFB PA













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*Contest only open to NEW subscribers.

**Winners will be notified by email and given 24 hours to respond or another winner will be chosen.

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Late winter and spring probably doesn't conjure up images of hunting. Yet in North Dakota, it's the most popular time of year to teach individuals the basics of hunting, firearm safety, and ethics and responsibility that come along with what it means to a hunter and possess firearms.

Now is the time of year when many communities across North Dakota, including the Minot area, host N.D. Game and Fish Department Hunter Education courses. It's the time of year when hundreds of volunteers contribute their time and dedication to introduce people to

North Dakota has one of the smallest wildlife and natural resources agencies in the country, which is why the hundreds of volunteers scattered across the state play such an important role in teaching the Hunter Education program. As volunteers, instructors - especially those in small communities - often schedule classes around activities such as winter high school sports or busy farming times of the year.

As part of becoming a volunteer Hunter Education instructor a person must pass a background check, complete instructor training, attend in-service and training workshops, complete and submit detailed reports, and adhere to the Game and Fish Department mission and philosophies.

In other words, they're an extremely dedicated group of people contributing many hours to educate and encourage hunting, firearm safety, and wildlife conservation.

While the course is geared towards anyone 11 years of age and older, some instructors offer classes geared to specific groups, such as schoolaged students or adults only or girls and women classes.

North Dakota law requires anyone born after 1961 who is 12 years of age and older to have completed Hunter Education certification in order to obtain hunting licenses.

There are some exceptions: After the state

authorized a one-time 'apprentice license" an adult who hasn't completed Hunter Education can get a small game license or apply and get drawn for a deer gun license and hunt. However, they must be accompanied by an adult 18 years of age or older with a valid North Dakota hunting license. That individual's license can't be an apprentice license, which means the person completed Hunter Education certification.

After getting one apprentice license, the individual must obtain Hunter Education certification in order to purchase hunting licenses or apply for lottery licenses.

Another Hunter Education certification exception is children less than 12 years of age can hunt with parent, guardian, or authorized adult but the child must possess valid hunting licenses.

Classes often fill early so anyone interested in attending an in-person class should go to the Game and Fish Department website, (gf. nd.gov), click "Education" on the home page menu, "Programs", and "Hunter Education". Click "Hunter Education Requirements" for details under the "Resources" link.

The in-person Hunter Education course is free and includes 14 hours of classroom and handson training followed by a test.

An online course option can also be available, which includes online home study and in-person classroom hands-on learning. A small fee is required to complete the online, home study course.

Interested people can log onto the website to see if additional classes are available as well as sign up to receive email or text notices when new classes are added throughout the year in the

Hunter education has been mandatory in North Dakota since 1979. Archery education courses are also available at various times in the some North Dakota communities, as well, although bow hunting education isn't required to obtain an archery license in the state.



Foster Care in Minot: Nexus-Path

ERIN BEENE, NORTHERN SENTRY

"There is a tremendous shortage of foster homes within the state of North Dakota. There is always a list for children waiting to be placed in a safe, but temporary, home" explained Becky Edwards, Social Worker at Nexus-Path Family Healing.

According to the company's website, Nexus-Path stands out from a state or zone-led foster care program in that they offer different levels of care and offer specific training for families. "We are experts in mental health, behavioral health, and trauma for children, teens, adults, and families and serve thousands of individuals through our outpatient and community mental health services, foster care and adoption and residential care.'

Edwards explained that Nexus-Path receives referrals from Ward County Human Service zone and other zones across the state when certain foster youth require a home that they are not able to provide. This may be regular, treatment or intensive foster homes. Their website, https:// www.nexusfamilyhealing.org/faq, further explains "Children often enter the foster care system at no fault of their own-when their home life has become unsafe and/ or unstable, often because of child abuse, abandonment, or neglect. Children referred to Nexus come to us with a wide range of life experiences, mental and physical health needs, and varying levels of trauma and they usually require a more intense, hands-on approach to foster care."

Nexus works with both the child(ren), the biological parents and the foster family when deciphering a good fit for all parties involved. Edwards explained that the main goal of their program is to ultimately create the "reunification to family of origin." She said that in order to do so successfully it takes communication, cooperating and work from an entire team. Edwards recounted that in most situations, the foster family has a solid and working relationship with the parents of the foster child, which is why Nexus-Path works extremely hard to make sure each family and child are a good fit for each other in their temporary living situation.

Edwards explained that there is not one-size-fits-all when it



The Lewis Family (pictured) has recently been accepted as a foster family with Nexus-Path and is excited about starting their fostering journey.

comes to what a foster parent or family looks like. She said a foster parent can be married, single, a grandparent or a family with biological children; she has seen all types. While the application process to become a foster parent can take anywhere from 1-4 months, and each applicant is highly screened, there are only a few hard and fast requirements. A foster parent applicant must be at least 21 years of age and be able to support themselves with their personal income. Edwards did mention that an ideal foster parent is one who is able to work well with a team of all sorts of people, is open minded, willing to be flexible, learn and experience different cultures.

When asked about how Nexus-Path works with military families, Edwards said, "We love working with military families and see them as a great asset." She said they have had several foster families who live on and off base. She said that being a military family does not hinder a family's chances of being a foster parent. She encourages any military family to consider helping a child in need.

Edwards mentioned that Nexus-Path is a non-profit organization that strives to help educate, train

and equip foster parents and children. They offer different levels of fostering that are different commitment levels from parents including full-time, respite care and more even trauma-focused care referred to as Treatment Foster Care.

Edwards encouraged each person who has considered opening their home to a child to come talk to her. She is more than happy to discuss questions at any time by phone, email or face-to-face about what it takes to become a foster parent. She also mentioned that more and more teenagers are waiting every day to be placed and can often be the hardest to place in homes. So, if opening a heart and home to a child or teen may be a possibility please consider it. There are children all over the state that need a loving and safe- if temporary -home to grow, recover and thrive. Foster families are wanted, needed and trained at Nexus-Path. Edwards said that being a foster parent is hard, time consuming yet is also an unimaginable reward.

For questions or interest in fostering, please contact Becky Edwards, at Nexus-Path Family Healing, bedwards@nexuspath.org, (701) 551-6427.



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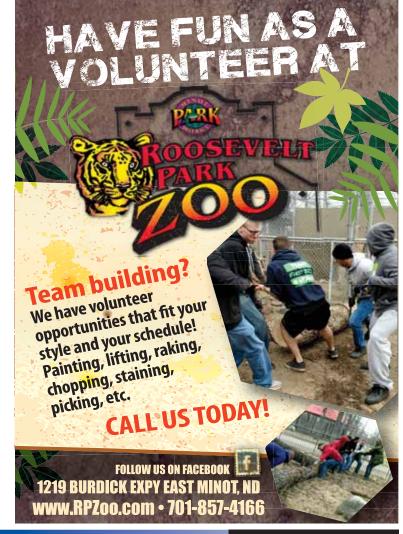


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MONDAY - THURSDAY: 11AM - 1AM FRIDAY - SATURDAY 11AM - 2AM SUNDAY: CLOSED

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20 AF 2022 Award Winners and Nominees

We have so many fantastic people to recognize! On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following as the Twentieth Air Force winners and nominees:

NOMINEES FOR THE 2022 NUCLEAR DETERRENCE **OPERATIONS AWARDS:**

NDO Airman of the Year -SrA Tyler Hodges - 341 MMXS, Malmstrom Air Force Base, MT

NDO NCO of the Year -TSgt Joshua Stutzman - 341 MXG, Malmstrom AFB, MT

NDO SNCO of the Year -MSgt Clayton Staub - 20 AF/A3/6, F. E. Warren Air Force Base, WY

NDO CGO of the Year -Capt Caleb Pung - 20 AF/A3/6, F. E. Warren AFB, WY

NDO FGO of the Year -Maj Michael Fraioli - 341 MMXS, Malmstrom AFB, MT

NDO Reservist of the Year -TSgt Ethan Williams - 37 HS, F. E. Warren AFB, WY

NDO Civilian Category I of the Year-Mr. Gregory Rector - 791 MSFS, Minot Air Force Base, ND

NDO Civilian Category II of the Year

Mr. Mark Gonsalves - 576 FLTS, Vandenberg Space Force Base, CA NDO Civilian Category III of the Year -

Ms. Aimee Dacus - 576 FLTS, Vandenberg SFB, CA

NDO Professional Team of the Year-Group Current Operations -582 OSS, F E Warren AFB, WY

recognize CGO awards individuals and small teams within Capt Caleb Pung - 20 AF, the nuclear mission for outstanding FE Warren AFB, WY contributions to nuclear deterrence operations.

The nominees will now compete at the AFGSC level.

NOMINEES FOR THE 2022 NUCLEAR AND MISSILE **OPERATIONS AWARDS:**

Maj Jillian Lorena – 20 AF/A3T, F. E. Warren AFB, WY CGO of the Year -Capt Austin Van Hoesen -576 FLTS, Vandenberg SFB, CA Operator of the Year -1st Lt Dillon Berg - 319 MS,

FGO of the Year -

F. E. Warren AFB, WY Outstanding Missile Crew of the Year

1st Lt Jessica Fileas and 1st Lt Jacqueline Woods - 319 MS, F. E. Warren AFB, WY

These awards recognize the exemplary performance of Air Force personnel who contribute to nuclear deterrence operations.

The nominees will now compete at the AFGSC level.

NOMINEES FOR THE 2022 USSTRATCOM AWARDS: MILITARY:

Junior-Tier Enlisted -A1C Christian Oxendine - 377 ABW,

Kirtland Air Force Base, NM Mid-Tier Enlisted SSgt Zachary Graham - 341 MW,

Malmstrom AFB, MT Senior-Tier Enlisted -SMSgt David Hicks - 341 MW, Malmstrom AFB, MT

Maj Armand Wong - 341 MW, Malmstrom AFB, MT

Team - 90th Security Forces Squadron Bravo Flight - 90 MW, FE Warren AFB, WY

CIVILIAN:

Junior-Tier Civilian -Melissa Alexander - 582 HG, FE Warren AFB, WY

Mid-Tier Civilian -Tylon Ellis - 91 MW, Minot AFB, ND

Senior-Tier Civilian -Marcus Burnett - 377 ABW, Kirtland AFB, NM

These awards recognize exceptional performance and overall career accomplishments of our active duty, Reserve Component, and Government civilian personnel.

The nominees will now compete at the AFGSC level.

20 AF WINNERS FOR THE 2021-2022 AIR FORCE INTELLIGENCE, **SURVEILLANCE AND RECONNAISSANCE** AWARD PROGRAM (AFISRAP):

Outstanding Group Intelligence/ Operations Support Squadron and Operational Support Flight ISR Unit of the Year -

90th Operations Support Squadron Intelligence Flight - 90 MW, F.E. Warren AFB, WY



The Major General John S. Patton Outstanding RegAF ISR Officer of the Year:

1st Lt Victoria A. Reede - 90 OSS/ IN, F.E. Warren AFB, WY **Outstanding RegAF ISR Senior** Noncommissioned Officer of the Year: MSgt Creighton C. Nelson -341 OSS/IN, Malmstrom AFB, MT Outstanding ISR Civilian of the Year: - Mr. Stacey L. Molett - 90 OSS/IN, F.E. Warren, AFB

These Airmen and Intelligence Professionals competed at the Wing

and NAF level and stood out as the "best of the best" among their peers. The amount of responsibility and mission scope our intelligence members shoulder within the ICBM community far exceeds the tiny footprint of each of our flights. The opposite of complacency is vigilance -- the work each Intelligence member puts into ensuring leadership and mission partners are provided with relevant and timely intelligence information needed to make deliberate, data driven decisions is no easy task.



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2022-2023



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Minot Artists on Main Street:

Call for Artists and Creatives

North Dakota Department of Commerce is happy to announce that Minot was selected for the 2023 Artists on Main Street Program. Locally led by Visit Minot, Minot is part of a year-long learning cohort of Artists on Main Street communities, which also include Williston, Crosby, and Hazen. Over the course of a year artists, creatives, culture bearers and makers in the Minot area will receive training and funding support to lead small projects engaging the community around Downtown Minot. With the goal of enhancing an alley space with art to inspire those who walk through it, engaging the locals and attracting visitors to the downtown

create installations or art activities in Downtown Minot. Interested artists must attend a creative placemaking training workshop, to be held on February 4, 2023, at Carnegie Center, 105 2nd Ave SE in Downtown Minot. Registration: www.visitminot.org/artists-onmain-street-registration. workshop will include program basics, placemaking guidance and training, information on community goals, and some handson learning activities. All ages are welcome. Anyone interested in

Artists will be invited to propose projects of up to \$1000 each to

workshop is welcome to attend. "Minot has a very robust and unique art scene and is the home for a great number of local and regional visual artists with highly varied range of expertise and skill, along with several arts events happening each week in Minot. Artistic expression engages those

attending the Artists on Main Street

visiting our area, giving them a chance to visually see the artistic traditions of this community, and be inspired by the local talent. Our goal for Minot Artists on Main Street grant is to further the interest in exploring and visiting Downtown Minot. We are happy to partner with Minot Area Council of the Arts to make Minot Artists on Main St a reality," says Eden Jackson-Jones of Visit Minot.

Artists on Main Street is a creative community development initiative created in 2018 by Rethos (the coordinating entity for the National Main Street Center in Minnesota) and Springboard for the Arts. Artists on Main Street explores the intersection of arts and culture, downtown revitalization, and historic preservation in downtown districts. Artists on Main Street projects have ranged from temporary installations that add elements of fun and surprise to downtown life, to exhibits and events that foster interaction about community identity.

"What makes Artists on Main Street unique is that artists and creatives put their attention at addressing one specific challenge," said Emily Kurash Casey of Rethos. "This challenge is selected by a local Artist on Main Street leadership team that helps to facilitate all program efforts. Artists and Creatives are paid for their work, and are able to bring a fresh perspective to the challenge, giving the district a new sense of vibrancy and commitment."

For more information contact: Eden Jackson-Jones, Visit Minot at (701) 857-8208 or marketing@ visitminot.org



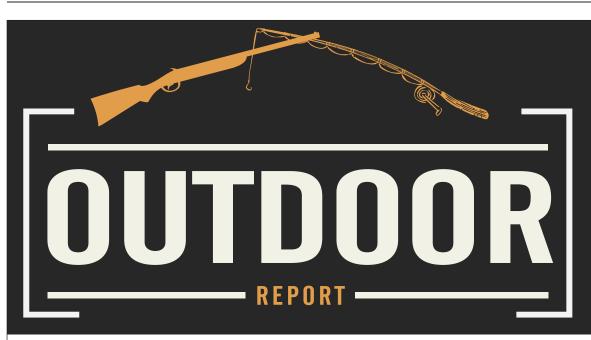












Lake Sakakawea elevation, Jan. 23: 1,828.74 feet above mean sea level (MSL); 24,300 cubic feet per second (CFS) Garrison Dam average daily releases

Devils Lake elevation: 1,449.39 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.33 MSL.

- •N.D. Game & Fish Dept. game wardens: Lots of activity on the east end of Lake Sakakawea but generally slow for walleye and pike, both spearing and hook-and-line. Makoti Lake also slow. Devils Lake spotty and varies day-to-day although lots of anglers. The key is to have a tracked vehicle to move around and locate fish. Beware of slush pockets. North-central area lakes generally quiet with limited angler numbers and difficulty moving around on many lakes.
- Devils Lake, Ed's Bait Shop, Devils Lake: Try Hay Bale Bay for perch. Lots of activity on Creel Bay with plowed trails providing access.
- Devils Lake, Woodland Resort, Devils Lake: East side of Devils Lake continues producing perch but Creel Bay slowed for walleye and perch. Overall bite is still fair, though.
- Lake Darling, Karma C-Store, Ruthville: Lake Darling remains fair for walleye; not a lot of larger fish but enough keepers so anglers are still finding success. Limited perch reports.
- •Lake Metigoshe, Four Seasons, Bottineau: OK walleye and bluegill success but moving around Lake Metigoshe remains difficult without tracked vehicles.
- •Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Mixed success on the east end of Lake Sakakawea. Try 28 to 36 feet for walleye using jigs and minnows in Centennial Bay. Several houses moved off Lake Audubon with generally slow walleye success.
- •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

OUTDOOR NOTES:

PATRICIA STOCKDILL



- Check on ice houses occasionally to make certain they haven't iced in after
- •Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.
- 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.
- Feb. 4: Full Snow Moon Candlelight Hike, Fort Stevenson State Park, Garrison beginning at 6 p.m. to hike, cross-country, or snow-shoe. Meet at the Visitor Center. Contact the park, (701) 337-5576, for details.
- Feb. 5: Turtle Mountain Rocky Mtn. Elk Foundation banquet, Cobblestone Inn,
- •Feb. 10 & 11: Minot Curling Club WinterFest Bonspiel.
- Feb. 11: Souris River Basin Longbeards Nat'l. Wild Turkey Federation banquet, Grand Hotel, Minot, 5 p.m.

TOURNAMENTS:

- Jan. 28: Devils Lake, 6-Mile Bay.
- Feb. 4: Cottonwood Lake (McHenry Co.)
- Feb. 11: Lake Sakakawea; Van Hook Arm, Stump Lake.

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. The river area around New Town slowed somewhat for walleye. Snow on ice hardened, settled, and rough.
- •Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Wolf Creek on Lake Sakakawea producing a mix of pike and walleye with best success in the morning and evening in low light hours. Limited activity on the Missouri River tailrace.
- •Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea slowed somewhat for walleye with overall tougher bite. Try working deeper water with slower presentation although Guard Camp and Tobacco Garden still producing some success. Yellowstone River remains decent for a mix of walleye and sauger. Lund's Landing area producing some pike activity. Kota-Ray Dam fair for rainbow trout. Short Creek Dam producing some panfish success.

 North-central/central N.D. Towner Hdwe. Hank, Towner: Some activity on the Mouse River but Buffalo Lodge Lake slowed. Access and getting around on area lakes remains difficult with snow drifts hard and rough.

Downhill skiing:

- Big Sky Ski Resort, Big Sky, Mont.: 47- to 54-inch packed powder, machine groomed base with 29 lifts and 290 runs
- Bottineau Winter Park, Bottineau: 12to 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. Donut Hole Hiking Area open accessing off Pheasant Run gate near the top of Blue Lift area.
- Terry Peak, Leads, S.D.: 20- to 30-inch base. 30 trails and 5 lifts open.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.gov).
- Report All Poachers: (701) 328-9921.

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WEAPONS LOAD CREW OF THE YEAR COMPETITION

Airmen from the 5th Bomb Wing participate in the Weapons Load Crew of the Year Competition at Minot Air Force Base, North Dakota, Jan. 12, 2023

U.S. AIR FORCE PHOTOS I MINOT AFB PA

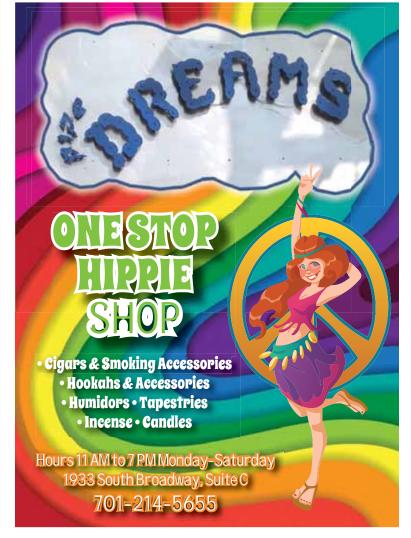


From left to right) Staff Sgt. Andrew Sigler, Airman 1st Class Moises Martinez, Airman 1st Class Shermaine Badlam and Airman 1st Class Robert McFerran from the 69th Aircraft Maintenance Unit pose for a team photo during the 5th Bomb Wing Weapons Load Crew Competition of the Year at Minot Air Force Base, North Dakota, Jan. 12, 2023. The Load Crews have shown outstanding loading stats over the last year and have been hand selected by their leadership to compete in the competition.



(From left to right) Staff Sqt. Eric Housend, Senior Airman Luis Rodriguez Toro, Senior Airman Madison McCormick and Senior Airman Drew Constantineau from the 23rd Aircraft Maintenance Unit pose for a team photo during the 5th Bomb Wing Weapons Load Crew Competition of the Year at Minot Air Force Base, North Dakota, Jan. 12, 2023. The Load Crews have shown outstanding loading stats over the last year and have been hand selected by their leadership to compete in the competition.







Shermaine Badlam from the 23rd Aircraft Maintenance Unit prepare to load an AGM-158, commonly known as the JASSM (Joint Air-to-Surface Standoff Missile) during the 5th Bomb Wing Weapons Load Crew Competition of the Year at Minot Air Force Base, North Dakota, Jan. 12, 2023. The JASSM is a long-range, low observable, conventional, air-to-ground precision standoff missile used by both US and Allied Forces.



Airman 1st Class Moises Martinez and Airman 1st Class Airman 1st Class Moises Martinez and Airman 1st Class Robert McFerran from the 69th Aircraft Maintenance Unit prepare to load an AGM-158, commonly known as the JASSM (Joint Air-to-Surface Standoff Missile) during the 5th Bomb Wing Weapons Load Crew Competition of the Year at Minot Air Force Base, North Dakota, Jan. 12, 2023. The JASSM is a 2000-pound munition equipped with a penetrator/ blast fragmentation warhead and uses precise guidance that can be used in adverse weather.



Airmen receive a uniform inspection during the 5th Bomb Wing Weapons Load Crew Competition of the Year at Minot Air Force Base, North Dakota, Jan. 12, 2023. Load crews go through a rigorous evaluation process as implemented by Weapons Standardization members.

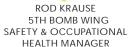


Airmen from the 69th and 23rd Aircraft Maintenance Unit conduct a written test during the 5th Bomb Wing Weapons Load Crew Competition of the Year at Minot Air Force Base, North Dakota, Jan. 12, 2023. Points are deducted for any discrepancies found during the load and during the 36-2903 inspection, composite tool kit inspection and 15 question written test.

NOTES ON BEING SAFE

IT COULD **HAPPEN TO YOU**







It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" I hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine

my ability to drive. Impaired,

I've driven many times before,

maybe in worse shape than this.

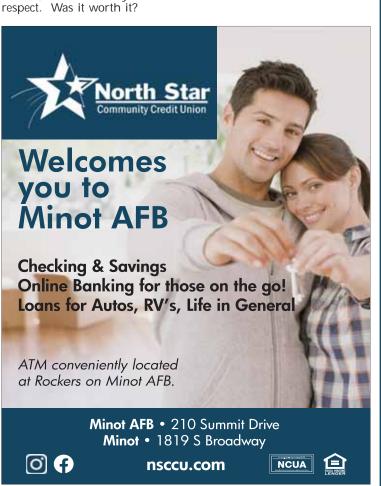
As I completed the tests, even I

decided I shouldn't have driven.

My reflection became reality as

the officer applied the handcuffs and placed me in the rear of his car. I began to contemplate my actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The impending punishment would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it?

This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol -DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!





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The North Dakota Purple Star Award

Did you know the average military-connected child will experience 6 to 9 different schools during their K-12 education experience? This is a challenge for many of our military connected students. However, there are organizations and agencies such as the DAF School Liaison Program focused on the quality education of military connected students across the United States and Overseas.

With more than 1.1 million military connected students attending public institutions, issues surrounding quality education are a top priority for the Department of the Air Force. As a result, the North Dakota Purple Star Award is an incredible opportunity to help schools respond to the educational and social-emotional challenges military-connected children face to keep them on track to be college, workforce, and life-ready.

The North Dakota Purple Star Award for military-friendly schools recognizes schools that show a major commitment to serving students and families connected to our nation's armed forces. Applicants for the Purple Star Award are selected by The Purple Star Advisory Board which is formed by representatives of the North Dakota Department of Public Instruction, Minot and Grand Forks AFB, ND National Guard, school districts, school counselors and military-connected stakeholders.

A few weeks ago, at an assembly at North Plains Elementary School, a slide stated, "We will make this



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



place your home." This statement was powerful and moving and shows how essential our schools are in creating environments for our students and families to thrive. With this, I believe our Minot AFB Schools and other schools and districts are poised and well positioned to serve our military connected students.

The hope of the MAFB School Liaison Office, is that as we prepare for the Month of the Military Child in April, we see many Purple Star Awardees! The time to "Purple Up" is coming!

2022-2023 MPS CALENDAR

Janua	ary 20	23			20 d	ays
S	М	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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Protestant Liturgical Service **Christ Chapel** 0900

Protestant **Sunday Community Service** 1030

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email: minotcrbc@gmail.com

Dr. Bob Farmer- Pastor

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Pastor Brandy Gerjets • Pastor Ellery Dykeman



Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour

...... 6:30 p.m. Classes for All Ages Youth Center, Friday......7:00 - 11:00 p.m. ABC Child Care Center......

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VOLUNTEER OPPORTUNITIES

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 sian in.
- Wear the designated security blue coats.
- Enforce the Minotauro Community Standards.

(https://www.minotauroshockey.com/

• 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.

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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- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/ dependent status by showing identification

CONTACT US AT: (701) 727-2233 (701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS 09:00 PM - 02:00 AM

HOLIDAY WEEKENDS 08:00 PM - 03:00 AM

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www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

HELP WANTED

IMMEDIATE FULL AND PART TIME OPENINGS for

daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone mmackey@kalixnd.org 701-852-1014.

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

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NORTH DAKOTA THE GUARD NATIONAL have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB **COMMISSARY**

Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer

SUDOKU SOLUTION

PUZZLE ON PAGE C2

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

MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 6 Feb-9 Apr. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

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 recognize 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 -

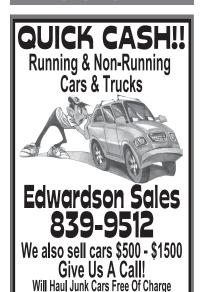
Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. 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.

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



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FLOWER SHOP



WHAT'S GOING ON MAFB

- 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

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (VA), 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- First Friday, 1530, Jimmy Doolittle Center

SATURDAY

- Harry Potter Escape Room Begins at the Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes

SATURDAY 🤈 🤉

- Youth Bowling League, 1400, Rough Rider Lanes
- Deployed Affected Families & Single Airmen Free Bowling, 1700, Rough Rider Lanes

Zumba, 1400, Fitness Center

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Brown Bag Book Talks, 1200, Minot AFB Library
- Cycle, 1200, Fitness Center
- Swerk, 1730, Fitness Center

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.

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

THURSDAY 02

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Family Bootcamp, 1330, Turf, hosted by Fitness Center • Extramural Bowling, 1730, Rough Rider Lanes
- Harry Potter Night, 1800, Minot AFB Library

FEB. SPECIALS

Bomber Bistro • Spaghetti & Meatballs

Meatballs and a classic marinara sauce combine with Italian seasoning and parmesan cheese. A slice of garlic bread is included.

The B-Fifty Brew • Bacon, Egg, & Cheese Bagel Just what it sounds like!

Rockers Bar & Grill • Rockin' Chicken Sandwich

Original flame-broiled chicken breast served with lettuce, tomato, & pickles.

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