

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 06 | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 10, 2023



NOMINATIONS
OPEN SOON

WHATS INSIDE THIS WEEK:



DON'T RISK
IT ALL, GIVE
AADD A CALL

A3



FOOD THAT
FUELS THE
FORCE

B2



DEPLOYED
SWEETHEARTS
SHARE LOVE
STORIES

B3



Col. Daniel Hoadley, 5th Bomb Wing commander and Col. Kenneth McGhee, 91st Missile Wing commander cut a ribbon kicking off the beginning of Black History Month on February 3. Airmen, family and friends gathered at Rockers Bar & Grill to celebrate. Through speeches, food and trivia, guests were able to learn more about BHM and share some laughs. See page A7 for more on the diversity, equity, and inclusion on Minot AFB.

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

PRESIDENTS'
FEBRUARY **DAY** 16, 17, 18, 20
SALES EVENT
NORTH DAKOTA STATE FAIR CENTER
9:00 AM - 6:00 PM DAILY



HOME OF THE GLOBAL STRIKER

Only The BEST Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on
Minot Air Force Base



Ryan
FAMILY DEALERSHIPS

PRESTIDENTS'
FEBRUARY **DAY** 16, 17, 18, 20
SALES EVENT

SHOP HUNDREDS OF VEHICLES AT GREAT PRICES

WHERE: INDOORS AT THE NDSF CENTER
2005 EAST BURDICK EXPRESSWAY, MINOT

TIME: 9:00 AM - 6:00 PM DAILY

UPGRADE & GIVE BACK!

WHEN YOU PURCHASE A VEHICLE, RYAN FAMILY DEALERSHIPS WILL DONATE \$250 IN YOUR NAME TO YOUR CHOICE OF THESE LOCAL ORGANIZATIONS:

- DAV CHAPTER 4
- MINOT COMMISSION ON AGING
- TRINITY HEALTH'S CANCER EXERCISE REHAB PROGRAM
- MINOT POLICE DEPARTMENT K-9 UNIT
- SUNRISE ROTARY CLUB'S FILL THE BUS



Don't risk it all, give AADD a call

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND
 Airman Against Drunk Driving is a volunteer organization committed to getting active duty individuals home safely after enjoying drinks. All AADD volunteers dedicate their free time to ensure their fellow wingmen are safe, but some go above and beyond. U.S. Air Force Senior Airman Albert Roybal, 5th Aircraft Maintenance Squadron communication navigation mission systems maintainer, has volunteered a grand total of 145 hours since October 2022. What is even more impressive is what his efforts led to: ensuring 147 people making it home safely in 2022. "I have relatives and even some

people in my shop who have gotten in trouble for driving while intoxicated," said Roybal. "They need people to drive them, to keep themselves and others safe." Roybal's dedication did not go unnoticed. U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, and Chief Master Sgt. Tori Jones, 5th Bomb Wing command chief, recognized his selfless efforts by coining him and giving him a letter of appreciation for his commitment to keeping Airmen safe. He was also awarded the first ever Airman Against Drunk Driving Volunteer of the Month Award and gifted \$250 worth of prizes from local businesses. Beyond offering a ride home for those who are intoxicated, AADD

can also escort Airmen home if they feel they are in a dangerous situation. "If you're on a bad date and you feel like the vibes are off, you can call us and we will be there to escort you away from that situation," said U.S. Air Force Staff Sgt. Jan Mariel Decosse, 372nd Training Squadron, Detachment 22 instructor and AADD council advisor. Active duty Airmen who feel they are in an uncomfortable situation or are too intoxicated to drive can call Team Minot's AADD for a free ride or escort at (701) 838-2233. Those interested in volunteering with AADD can sign up at <https://volunteersignup.org/FHLLR>



Team Minot Airman Against Drunk Driving (AADD) volunteers, personnel representing Northern Sentry and Team Minot leaders pose for a photo at Minot Air Force Base, North Dakota, Feb. 2, 2023. Two AADD volunteers received the first-ever AADD Volunteer of the Month Awards during a recognition ceremony, and were coined by U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander.

U.S. AIR FORCE PHOTOS
 SENIOR AIRMAN
 EVAN LICHTENHAN



U.S. Air Force Senior Airman Albert Roybal, 5th Aircraft Maintenance Squadron communication navigation mission systems maintainer, receives the first-ever Airman Against Drunk Driving (AADD) Volunteer of the Month Award at Minot Air Force Base, North Dakota, Feb. 2, 2023. Roybal had volunteered 145 hours with AADD over the course of four months.



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander (right), coins Senior Airman Albert Roybal, 5th Aircraft Maintenance Squadron communication navigation mission systems maintainer, at Minot Air Force Base, North Dakota, Feb. 2, 2023. Roybal was coined for volunteering 145 hours with Airman Against Drunk Driving and providing safe passage home to 147 Airmen.



MAKING MORE MOVES POSSIBLE

Heart-saving care to get you back into the rhythm of life.

When it comes to healing hearts, we don't skip a beat. At Trinity Health our specialists are saving more hearts with convenient screenings and advanced emergency care. We deliver the latest minimally invasive surgeries, innovative treatments, and personalized rehabilitation plans—everything you need to get back to doing the things you love.

Learn more or find a physician at trinityhealth.org/heart.



MINOT, ND

DON'T RISK IT ALL!
 IF THERE IS ANY DOUBT CALL

AIRMEN AGAINST DRUNK DRIVING

Free and Confidential

Saving Lives and Careers



Available to ALL Minot AFB Military Members and Spouses

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

- ▶ Call AADD
- ▶ Notify location and destination
- ▶ 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

THURSDAY, FRIDAY & SATURDAYS
 09:00 PM - 02:00 AM
HOLIDAY WEEKENDS
 08:00 PM - 03:00 AM

PROUD SUPPORTERS OF MINOT AADD



Donating Car Washes to the AADD Drivers



Donating the Phone Services for AADD



Supplying Calling Cards and Posters to Local Establishments



Supplying Gas Cards to AADD Drivers

DRIVER OF THE MONTH AWARDS PROVIDED BY

- COOKIES FOR YOU
- HIGHAIR GROUND
- THE MINOT MINOTAUROS

- MAGIC CITY SWEETS & HOAGIES
- REVEL HOTEL

CONTACTUS

Ted Bolton

Publisher | Advertising
701-240-5039
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY

Nikki Greening
nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS
Chief

Maj. Jhanelle Haag

Operations Officer

1st. Lt. Christopher Thibeaux-Moore

Superintendent

Technical Sgt. Rusty Frank

Community Relations

Mrs. Abigail Kinder

Staff Photojournalists

Tech. Sgt. Zade Vadnais

Master Sgt. Ryan Bell

Senior Airman Josh Strickland

Senior Airman Michael Richmond

Senior Airman Caleb Kimmell

Senior Airman China Shock

Senior Airman Zachary Wright

Senior Airman Evan Lichtenhan

Airman 1st Class Alex Nottingham

COMMANDERS

5th Bomb Wing Commander:

Col. Daniel S. Hoadley

5th Bomb Wing Vice Commander:

Col. Michael D. Maginness

91st Missile Wing Commander:

Col. Kenneth C. McGhee

91st Missile Wing Vice Commander:

Col. Johnny L. Galbert

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL

315 South Main Street, Suite 202

Minot, ND 58701

VIEW ONLINE

www.northern-sentry.com

www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

**northern
sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

Worth Every Penny

I am a member of the Military Affairs Committee of the Minot Chamber of Commerce/EDC. We have a meeting once a month with both military and community leaders in attendance. We normally do lunch, have an informative speaker or entertainment, and then receive reports from the 5th Bomb Wing, 91st Missile Wing, and the Army National guard and Air Guard units.

Our February meeting was dedicated to the Economic Impact of Minot Air Force Base. The Minot Air Force Base impacts Minot in a lot of different ways. There is the direct salary paid to Minot Air Force Base including active duty, dependents, and civilian military employees. That amount was nearly \$416 million dollars in 2022.

Another figure that affects local communities is the over 2,000 indirect jobs created by Minot Air Force Base, which adds another \$108 million dollars to the economy of the region.

Then there is the total economic impact figure, which this year was nearly \$595 million dollars. Impressive, and so important to Minot and the many other communities in the area.

On the way out the door after meeting several members of the committee were talking about the Minot AFB, and how taxpayers

can be sure that they have made a good investment in the base. I totally agree that what we spend to keep Minot Air Force Base alive and well is worth every penny. How do you measure the value of national security. Probably not in dollars and cents. The young men and women who are stationed at Minot AFB are world class. They are on duty 24/7, in all weather conditions, and their shifts often are "as long as it takes to get the job done".

And what about the volunteer hours that the Minot AFB contributes to our community? Thousands of hours every year given to non-profit organizations. We have a resource in Minot AFB that most other communities do not have.

Yeah, worth every penny invested, and more. \$595 million dollars more.

BEST KEPT SECRETS

Bottineau Winter Park will host another Military Appreciation Day on Friday, February 17th. Even though the weather in Minot may be above freezing, the Turtle Mountains are a bit cooler, and they often receive snow when Minot does not. Very family friendly, and on Military Appreciation Day, very affordable.

The Downtown Rink That Could OK, so I have talked about this

**northern
sentry**

A VIEW FROM
OUR SIDE

ROD WILSON



rink before. But there is nothing quite like skating outdoors on a quality ice surface. Yeah, it's nice to be warm, too. But grab your skates on head to the rink just behind Prairie Breads.

populated areas and cause injury or damage, but how did it get here? Will certainly be interesting to hear from our government what "really" happened.

TODAY'S CHUCKLE

A Norwegian answers the phone at 3 AM. He responds, oh no, you've got the wrong number, so the caller apologizes. Dats OK says the Norwegian, I had to get up to answer the phone anyway.

OPINION COLUMN

So, when a balloon from China floats over the U.S., it would seem that if I took an opinion poll at the local post office, most would say "shoot it down". Yeah, I get it that we don't want it to crash into



Military Appreciation Day will be held at Bottineau Winter Park on February 17.

Walkin' on Water

games take place on frozen lakes and ponds too, another form of walking on water. Even golf. The individuals involved escape me now, but I do remember a guy, a real duffer, waging big money that he could hit a golf ball further than another guy who was known as a big hitter off the tee. The only rule was that each man got to choose his time and place to make the big swing.

Our top-level golfer, professional I think, chose a neatly groomed course with an elevated tee box and sloping fairway and let 'er rip. Our duffer waited until he could get on a frozen lake, free of snow, and with a stiff wind behind him. He hit a golf ball that rolled a few miles, easily winning the bet.

One of my earliest memories of ice fishing was catching a limit of northern pike using whole hot dogs for bait. Although I don't eat hot dogs myself, I guess pretty much everybody and everything else does or will. Who knew northern pike did? Plain too.

Then there's an adventure in which I somehow avoided a life-sentence in the State Penitentiary. A friend and I were ice fishing, sitting comfortably in his icehouse. Killing time really. The fish weren't doing their part. So, we decided to drive my Ford Fairlane 500 to a few other clusters of icehouses and see if anyone was catching fish.

Ahhh, it was a beautiful day. The sun was out, the lake free of snow, and we were, well, darn stupid. My fishing companion, sitting in the passenger seat, challenged me to see how fast I could drive on the ice. Fair enough, right? Challenge accepted.

I didn't get going very fast. It was too slippery for that, at least until it was suggested that I try a few spins on the ice. Another challenge quickly accepted.

The first spin came easy enough. Then another and another. Then so many, so fast, that we were getting dizzy. We were picking up speed too. Somewhere in that

spinning sequence, nauseous and completely out of control, we passed through an entire village of occupied icehouses without hitting a single one.

After what seemed forever, my car stopped suddenly when it hit a pressure ridge about 100 yards after we spun through the icehouses. I still remember the left side of the car coming off the ice before dropping back down. Stopped, albeit suddenly, we looked back at the icehouses and could see no path through them. Our good fortune, and that of who knows how many ice fishermen, remains a mystery to this day.

We did see a number of enraged ice fishermen coming toward us. Our remarkable luck held, and I was able to drive the Ford off the ice and onto a nearby roadway where we left that angry mob in the rear-view mirror. Truly a "never again" moment.

In my many years of covering outdoor issues I've witnessed several vehicles that had fallen through the ice being pulled out by professionals operating heavy winch rigs. Some of the vehicles were completely submerged, sitting on the bottom of the lake. Not a pretty sight.

Such scenes are in the mind of those who ice fish and those who don't. It makes explaining the joys of ice fishing to those who don't partake quite difficult, yet the activity is engaged in by many. Very North Dakotan, and a few

other states too.

In Nebraska, where winters don't get as cold as in North Dakota, full-sized vehicles are not allowed on most lakes in the winter. The thinking is that, more often than not, the ice does not get thick enough to safely allow it. Snowmobiles and ATVs are the ice fisherman's choice in that state.

In good ol' North Dakota the problem is generally that the ice gets too thick during the winter. So thick that some ice augers need extensions to punch a hole and reach water.

Then there's the size of the hole in the ice too. An 8-inch hole is easier to drill, but a 10-inch hole makes it easier to pull fish through. A drawback? I'm told some children can slip through a 10 inch hole.

Don't ask me to explain dark-house spearfishing where participants cut the ice open in 4-foot by 4-foot squares. Not crazy about sitting on the edge of that much open water in the middle of winter. Some call it Norwegian television, staring into the water below for hours at a time.

Muskat and beaver have been known to pop up onto the ice through those large holes too, instantly scattering the occupants out the door of the icehouse. Ah, fun times, just hard to explain to non-ice fishermen.

No matter anyway. It's all good as long as you stay on top of the ice.



SLICE OF LIFE
KIM FUNDINGSLAND

A non-resident asks, "What makes you darned North Dakotan's so special?"

Resident -- "Well, we do walk on water."

Incredulous non-resident -- "Are all North Dakotans so arrogant and pompous?"

Resident -- "Nope. Some don't ice fish."

That kind of sums it up.

Oh yes. In North Dakota we walk on water, at least some of us do. Really, we have no choice if we want to visit a favorite lake sometime during our nine months or so of winter. But hey, we're not the only state to make that claim. There's a few other folks in the northern tier of states that are just as crazy about being on the ice.

Call it "brain freeze," and it's not from a stop at the Dairy Queen. Too cold for that. However, in North Dakota, seeing folks with gloves on holding an ice cream cone is not at all unusual. It's a sure sign of spring.

Back to the walking on water business. Our lakes, rivers, streams, feet, fingers, and ears all freeze during the winter. When the National Weather Service warns of "dangerously cold wind chills," we go ice fishing. Really, it's walking on water. Driving some too.

Incomprehensible? Foolish?

It is, of course, the preference of ice fishermen to stay on top of the ice. Sure, we lose a few now and then to the hazards of the endeavor but, in general, ice fishermen are a cautious bunch. Those that aren't won't last but a few seasons.

Pleasure skating and hockey



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Many of you may be familiar with the "Five Love Languages," but over the years I've discovered that Hot Dishers have a love language all their own.

You can't simply walk up to a Hot Disher and say, "I love you." That is far too aggressive for gentle sort, for whom being passive is a highly prized part of culture.

No, in order to express affection, you'll need to go a different route. If you're like me—not from around here—you may need a few tips. Since Valentine's Day is nearly here, I've come up with five ways to say, "I love you," in Hot Dish Speak.

1. SAY IT IN DOTS.

Locals love, and I mean L-O-V-E Dots Pretzels. Sure, they are delightfully delicious. But I have a theory that Dots taste especially good around here because North Dakota had them "first." It's rare for NoDaks to get in on the ground floor of a national craze, and Dots may be our only chance for a long time.

Buying a local all the available flavors of Dots will say, "I love you" in a way mere words cannot express. Bonus love points if you budget a little time to allow them to reminisce about how Dots started as a Pride of Dakota brand. Then nod and mimic their demeanor when they express their opinion about the company's recent sale to Hershey.

2. SAY IT IN YOUR GOODBYE.

Next time you are at a local's home, budget at minimum 10 extra minutes for a "proper" goodbye. Here's how you do it. Slap you knee a bit early, and declare, "Whelp, I guess I better get going." Put your boots and

coat on, stand next to the door, and thank them again for the good time. Then, ask a question that opens up a brand-new topic of conversation.

For a local, this is the perfect time to start discussing something serious or sensitive that they've been wanting to chat about, but have been too passive to bring it up without knowing there is a time limit to the conversation. A nice, long Midwestern-goodbye illustrates just how much you like spending time with this person—so much you hate to go. So much, you'll stand--sweating, in full outdoor gear just to get a few more minutes together.

3. SAY IT IN ICE-MELT AND SNOW REMOVAL.

Around here, there is no greater show of affection and appreciation than unprompted, snow and ice removal. You can drop off a bag of ice-melt to a friend, shovel or snow blow more than your fair share of the sidewalk, or do the back-breaking work of chopping up ice that has accumulated from snow thawing and refreezing. These gestures don't just say, "I love you." A local will hear, "I love you so much I don't want you to trip and break your leg on these steps. I appreciate you so much I'll stay outside in the windchill an extra hour. I value you so much I'll use the gas in my snow blower, so you can save yours for the next big snow."

4. SAY IT IN COMFORT FOOD.

Locals will feel seen, heard, and appreciated if you try to enjoy/understand their niche comfort foods. How does one get to the heart through the stomach in Hot Dish Land? A hot dish, of course! Go with the classic—Tater Tot Hot Dish. Don't you dare call it a casserole. Don't you dare use anything other than cream of mushroom.

Want to be even more surprising and awesome? Watch a YouTube video and whip up some rommegrot. Pronounce it right, and pretend to like it. Nod enthusiastically when they ask if you think it tastes "just like

Cinnabon." That's all part of the gesture on this one.

Not a cook? No problem. Buy someone frozen lefse, a bag of tater tots, a case of cream of mushroom soup, a container of frozen kneophla. Any of these techniques will be heard as, "I love you so much, I'll hype all the heavy cream and potato-based foods you love so much."

5. SAY IT IN SAVINGS.

A local friend told me, "...there's something about taking time to find a bargain that is a love language for NoDaks." Buying a fancy gift to demonstrate that you appreciate someone, "this many dollars worth," just won't do. The grander gesture around here is to give a gift, then wait giddily to declare, "...and I found it on sale!"

Double up on the heft of your sentiment by getting a deal. Buy those Dots on sale. Come prepared with an anecdote about getting tater tots on clearance. Brag about a coupon for sidewalk salt. This all spells love in the Great White North.

Jokes aside, a great way to tell a Hot Disher you care is simply to appreciate them, and where they're from. Instead of complaining about the cold, tell them you notice how hard this community works to create an enjoyable experience for residents—especially those who find themselves here without choice. Sometimes, "I see why people like calling Minot home," says it all.



Sometimes the best way to show the fine people of Hot Dish Land how much you love them, is simply to eat the lefse and chat about the wind.

AMY ALLENDER PHOTOS

For more stories of positive perspective and life in Minot, and small things that make a big impact on mental health and mindset, join me on Facebook (@amyallenderblog) and Instagram (@amy_allender).

Simonson STATION STORES

FEBRUARY MILITARY DISCOUNTS

10 CENTS OFF PER GAL.*

\$4.00 OFF PREMIUM CAR WASH*

**Minot Location Only*

1310 South Broadway, Minot N.D

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

LEGACY HEALTH CLINIC

Legacy Health Clinic provides comprehensive primary care for families of all ages, with an emphasis on health promotion.

701-838-6000
1324 20th Avenue SW, Minot, ND

Your Health is Our Priority

MILITARY APPRECIATION DAY

AT BOTTINEAU WINTER PARK!

Friday, February 17, 2023
Open 10am-9pm
Flag ceremony at 5:30pm
Light ceremony at 7:30pm

\$30/PERSON!
(\$85 VALUE)

**LIFT TICKET RENTAL
2-HOURS OF TUBING**

valid for active, reserved and retired military, as well as their immediate family members! Must show military ID

Established in 1969
BOTTINEAU WINTER PARK

skibwp@srt.com
701-263-4556

Longer, wider faster...



UPSIDE DOWN UNDER
MARVIN BAKER

Atlantic's success, the CFL is exploring neutral venues other than those cities in Atlantic Canada. As an example, the Saskatchewan Roughriders would play in Saskatoon, the Montreal Alouettes would play in Quebec City and the Winnipeg Blue Bombers would play in Thunder Bay, Ontario.

This idea is also where we come in, here in North Dakota.

A plan is being pushed to have the CFL teams play at neutral sites, close to their home base in American cities. So I'll get right to the chase here. The plan includes the Calgary Stampeders playing in Bozeman, Mont., the Winnipeg Blue Bombers playing in Grand Forks, the Edmonton Elks playing in Anchorage, Alaska and the Saskatchewan Roughriders playing in either Bismarck or Minot.

In past years, Fargo was mentioned as a possible place to expand the CFL. This time around, Fargo isn't mentioned in the Touchdown Atlantic scenario.

If you think about it, now that the worst of Covid is behind us and the international boundary is open again, on any given day, you'll see Canadian vehicles in Minot and Grand Forks with a handful in Bismarck, with many more on our highways.

The only venue a CFL team could use in Grand Forks would be the Alerus Center and because the CFL field is longer and wider, it would be a tight fit to get a CFL field in that building. In Minot, it would have to be the Minot State University football field and in Bismarck, the Community Bowl.

There's no question in anyone's mind that the Saskatchewan Roughriders have the most successful front office in the CFL. In plain English, that means the Roughriders would have a pretty large following if a game were to be played in Minot.

There's a book by Terry McEvoy titled "Rider Pride on the American Side," about all the Roughriders' following in the United States including North Dakota.

Given that people from Saskatchewan are in Minot all the time, it would be a bonus to them

to take in a "hometown" football game while in the "states." Those of us who are CFL fans would benefit as well, curious fans could see a new brand of football and this could, theoretically dwarf the attendance of a Class B boys basketball tournament.

The same can be said for Winnipeg playing in Grand Forks. Ninety percent of Winnipeg's 800,000 population has been in Grand Forks at one time or another and many wouldn't hesitate to drive the 150 miles and stay in the Canad Inns in Grand Forks

and take in a Blue Bomber game. Perhaps this idea has merit. If all else fails, it would be an economic bonanza for our cities for at least one or two days. Should it be successful, it could be the start of something newer, bigger and more profitable.

Tour our HOUSING OPTIONS

CPM

701.852.5028
CREATIVEMINOT.COM

COFFEE & COCOA CRAWL

SATURDAY
FEBRUARY 25, 2023

10AM - 2PM

Join us Saturday, February 25 from 10am - 2pm as businesses give you an extra reason to warm up downtown! Stop into participating shops and sample coffee or cocoa and other sweet treats, along with some sweet deals.

Tickets are \$10+tax and can be purchased online or also in-person at Gourmet Chef.



www.downtownminot.com



EVERYDAY HAPPY HOUR • 3PM - 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- ½ Flat Bread Pizza

DAILY SPECIALS

- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND Breweries (all day)
- Wednesday ½ Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

FAMILY PACKS

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation*
- Thursday Pasta Pack

*Changes Weekly - Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

Jerome's COLLISION CENTER

Military Friendly and Proud to Serve Our Active Duty Military & Veterans
Closest Full Service Collision Center to Minot AFB

2705 North Broadway, Minot, ND 58703
(701) 852-5126
jeromescollision.com

BLACK HISTORY MONTH



COLONEL KENNETH C. MCGHEE
91st Missile Wing Commander



COLONEL JOHNNY L. GALBERT
91st Missile Wing Vice Commander

At The Top

McGhee and Galbert Lead the 91st

ROD WILSON, NORTHERN SENTRY

For Col. Kenneth McGhee, his assignment to the 91st Missile Wing in Minot was a return to a city and a base that he knew well. He arrived at Minot Air Force Base for the first time in July of 2013 as Operations Officer the 740th Missile Squadron. He later assumed command of the 741st Missile Squadron, a position he held from November of 2014 to May of 2016. His next assignment would take him to Barksdale AFB in Louisiana.

For Col. Johnny Galbert, his position as Vice Commander of the 91 MW was his first assignment in Minot. Among other assignments, Galbert was also Commander of the 321st Missile Squadron at F.E. Warren AFB in Wyoming from June of 2015 to June of 2017. For Galbert, his sole command under F.E. Warren was his second time there from April of 2001 to May of 2005.

We were able to talk about how Minot and Minot Air Force Base were different from other bases where they had served. Galbert related that there were several strong relationships in Minot, the first being the relationship that the 91st has with the 5th Bomb Wing. The second relationship that Galbert noted was the one with the community of Minot. "I can't imagine there is a stronger relationship with the community than what we have in Minot," according to Galbert. McGhee agreed, but added that because of the weather, the mission, and the location of Minot Air Force Base, he truly believes that only the best come North. "It takes the best Airmen to handle the mission of this base," he said. "And yes, we do have a special relationship with the 5th Bomb Wing, and we work together in unique and extreme conditions to complete our mission every single day."

Both commanders had similar tracks and similar positions throughout their careers, but did Col. McGhee and Col. Galbert know each other before their assignment to MAFB? They did,

as their career ran similar paths while intersecting at different points. They each spent four years plus at different ICBM bases—McGhee at Malmstrom AFB and Galbert at F.E. Warren. Beyond that, there were several touch points in their careers including Vandenberg and the Pentagon. According to McGhee, "We've kind of tracked each other back and forth over the course of our careers, so we're not strangers." Because Galbert arrived a year before McGhee, Galbert's experience as the Vice Commander helped McGhee transition into command of the 91st. With their experience, McGhee and Galbert can continue to inspire their Airmen as leaders in the missile career field. During the month of February, which is also Black History Month, they set the example for young African Americans everywhere that anything is truly possible.

As February is Black History Month, how important is this month-long recognition to Minot AFB?

McGhee: I think this is really important. I think the major accomplishments of African Americans through the course of American history is really important. There is still a lot of history that isn't widely discussed when it comes to the contributions of African Americans and other minorities. Being able to take a month out of the year and teach African American history is very valuable. My goal is that we are able to re-educate people across on some of the things they have forgotten over time and strengthen bonds different cultural groups.

Galbert: It certainly is important that we recognize the accomplishments and successes of African Americans. A lot of people may not get that information any place else. To take the entire month of February to host events and educational opportunities put on by the African American Heritage Council is certainly important to our Airmen and shows how

much we value diversity, equity, and inclusion. We really are very excited about Black History Month.

When young black men and women are assigned to Minot Air Force Base, do they have reservations about coming to North Dakota because they will encounter a different culture or lifestyle than what they are used to?

McGhee: Early in my career, it took a long time for me to get adjusted to life in Great Falls, Montana. So, I'm sure there are reservations. With so many young African American men and women coming from cities across the United States who are not used to the cold weather, the long winters, and just the geographic differences between people, there are reservations. However, we talk to those young Airmen who have reservations and who experience challenges when they get here to help in their transition. And thanks to the community support, our civic leaders and other people across Team Minot, the transition is made easier for our Airmen here.

Galbert: Of course the weather is a concern, and making friends and thinking about the diversity here and what they are used to. Things like "where am I going to get my hair done or get my hair cut," all those are common concerns. I think we do a good job here of letting people know prior to their coming to Minot. When I was assigned to F.E. Warren, I had similar reservations. Growing up in the southern part of Arkansas, the one thing I was able to hang on to was the relationship I had with quite a few friends, so whenever I talk to Airmen, I talk about building that relationship, building that bond, and hanging around with the people you trust so you don't sit there and focus solely on the things that you might not like.

McGhee: I'll also add that one of the challenges that our young Airmen encounter when they get their initial notice of their assignment to Minot is will

they have the ability to go back home for vacations or just to go see their families? That makes it even more challenging for those Airmen who are coming to Minot. I would say that this issue is ethnic group or race agnostic. We have Airmen that come from cities and even countries that are far away. For example, we may have an Airman from the continent of Africa, and they want to go back home. Having the time and means to do so creates a challenge. So, when we talk about our young Airmen who come to Minot for the first time, or even after other assignments, there are reservations out there because of their ability to get back home.

As part of the 91 MW command team, do you two ever feel that both of you serving here sends a message about the culture at Minot Air Force Base?

Galbert: I don't think that both of us being here says anything about the culture of Minot as much as it says how our Air Force values diversity, equity, and inclusion... the fact that we have been able to bring two talented African American officers together. It's important that the Air Force and the community value diversity, equity, and inclusion. I can remember when I first came here and there was a young African American that held the door for me, and he looked at me like he had seen a ghost. He said he had never seen an African American Colonel before. I think it speaks to what we are trying to do across the Air Force, and that's to find talented officers of all ethnic backgrounds. There are Airmen in our wing who have never seen an African American Colonel, so for us to be here at the same time, at this location, I think that's special. I think it says something about how our career field, Global Strike Command and 20th Air Force all feel about diversity and the employment of it. It speaks to the value of our people and how the Air Force speaks to it every day.

Final Thoughts?

McGhee: For Black History Month, I would just like to challenge people to go out and learn something more, something different, something that is not necessarily mainstream that we have often sought regarding the history of African Americans in the course of U.S. history. Not necessarily Martin Luther King Jr. or Frederick Douglass, but I encourage you to go deeper. Take a good educational look at the history of African Americans since 1619 and moving forward. Study what really happened during slavery, during the Civil War, during reconstruction, and then advancing through post-Civil War times, and through Jim Crow and up through the 1950's, up to the point of where we are now. Get a better understanding of our history, African American history, and how that plays out in today's society, and then where can we take those lessons to make us all better Americans moving forward...that's my challenge.

Galbert: I would just maybe remind people that African American history is American history and black culture is African American culture. There isn't enough time to teach all of the history so it's important that we have these programs that we teach during Black History Month. A lot of people would not get that history. I have early fond memories of being at Vandenberg and doing the Black History Month celebrations, of bringing in Senior Airmen and all of the black officers of the base, and it gives a sense of pride. I just want to celebrate this month, the accomplishments, and relationships of our African American history and ensure that we educate ourselves.

McGhee: The last thing I will add is that people should not be afraid to have the conversations across ethnic and racial groups. I think we can take those opportunities to sit down, have open and honest dialogue and educate ourselves on each other's lives.





CornerStone Chiropractic

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

**MINOT WWII VET
TURNS 100 YEARS OLD!**

NORTHERN SENTRY PHOTOS



Ed Zilli celebrated this centennial celebration with his daughter Margie and son-in-law Ted Bolton.



D Day Veteran Ed Zilli celebrated his 100th birthday with cake and balloons at Parker Senior Center on February 8, 2023.



North Dakota RV Dealer
#1 Motor Home, Towable
& Toy Hauler RV Sales

3000 14th Ave SW • Minot, ND
Hours: Monday - Friday 8:00 am - 5:00 pm
Saturday 8:00 am - 2:00 pm
701-838-4343 • 800-488-7896
www.capitalrv.com

★ THE PERFECT CURE ★
for Cabin Fever

HEATED
SALT WATER
POOL &
HOT TUB

POOLSIDE
ROOMS
WITH
MILITARY
DISCOUNT

★ *Hotel* ★
REVEL
MUSIC • ART • COFFEE • BEER • WINE
MINOT, ND

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

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

@hottotsbaseball



**SOMETHING TO DO
IN MINOT**



**THE BEST DEAL FOR THE MAFB
5 GAME HOT DISH
MEMBERSHIPS**

Powered By **SCHEELS**



Box Seats At 5 of the
Best Baseball Games



All-You-Can-Eat Ballpark
Buffet for 3 Innings



FREE Jersey and Hat



Tickets Flexible to
Any Home Game

\$25 /GAME
= \$125 TOTAL

**The Best Baseball.
The Best Entertainment**

Call or Click Today
701-838-8687
www.hottotsbaseball.com



FEBRUARY MAC LUNCH

Representatives from Minot Air Force Base and the local community came together for the monthly Military Affairs Committee (MAC) lunch on February 2, 2023. The MAC cultivates relations between members of the community and base personnel, promoting the communication and understanding of subjects that affect both parties.

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



**MAGIC CITY
CAR WASH**

619 NORTH BROADWAY
HOURS: 8 AM TO 9 PM DAILY

WELCOME TO THE CLEAN ZONE

10%

**MILITARY
DISCOUNT**

MONTHLY PASSES
AVAILABLE

FREE VACUUMS WITH
WASH PURCHASE

ADVANCED WASH
TECHNOLOGY



RESERVE YOUR NEW SUBARU AT KRAMER

GET THE

Kramer

ADVANTAGE

At Kramer Subaru, you can get the vehicle you need, without the hassle.

With our one price, clearly marked, you know you're getting a great price from the start. Our 7-day money-back guarantee gives you the freedom to bring the car back within 7 days, no questions asked; and our 30-day exchange gives you even more time to change your mind if you need it. Top all that off with our Warranty Forever and you're sure to find the perfect vehicle.

Love is what makes Subaru, Subaru – and at Kramer you'll love not only your Subaru, but our service as well.

MANDAN • ND
Kramer

WARRANTY FOREVER!



LOVE.
It's what makes
Subaru, Subaru.

700 Old Red Trail NW • Mandan, ND
888.852.6376 • KramerSubaru.com

Food that fuels the force

AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Team Minot's Missile Alert Feeding Operation (MAFO) team has been selected as one of two finalists for the 2023 John L. Hennessy Award, a commendation that highlights outstanding achievement in the food service career field. Earlier this week, evaluators from the Hennessy Travelers Association observed Team Minot's MAFO team for two days in their quest to determine a winner: Team Minot or F.E. Warren AFB, Wyoming.

"The Hennessy Award competition allows us to show the evaluation team what we do day in and day out, and to be recognized for that hard work," said U.S. Air Force Tech. Sgt. Morgan Fellicia, 5th Force Support Squadron intercontinental ballistic missile feeding operations manager.

The annual competition brings together the HTA's team of traveling advisors and evaluators, recognized leaders in the civilian food service industry, and Air Force food service personnel to recognize excellence and offer mentorship to

Airmen in the food service career field.

Missile Alert Facilities (MAFs) are the heart of the 91st Missile Wing mission, which includes monitoring and maintaining 150 ICBM Minuteman missiles dispersed over an area of approximately 8,500 square miles surrounding Minot AFB. The wing is composed of three squadrons, each responsible for up to 50 missiles. This 24/7 responsibility requires Airmen to be always alert and always ready. It is the goal of the MAFO team to ensure every Airman deployed to a MAF is well fed and can continue to accomplish their mission.

The MAFO team's mission doesn't start at the remote MAF, but on Minot AFB where food service Airmen pack rations to be delivered quickly to the missile sites around Minot, some of which are as far as 75 miles away. The goal is for each site to never run out of supplies and continue to service the Airmen deployed there. These supplies are hand delivered to the on-site chef twice each week to ensure they have everything necessary to feed the ten to twenty

missileers, security forces Airmen, and other facility personnel during their deployment to that site.

A chef is deployed to each missile site to stay with the crew for the full deployment of at least one week. They are responsible for all made-to-order meals. MAFO chefs cook breakfast, lunch and dinner for 10 to 20 Airmen every day.

"We trip out on a Thursday and start work right away in the kitchen, from cleaning, administrative tasks, stocking, sales, and cooking," said U.S. Air Force Senior Airman Lindsey Gonzalez, 5th Force Support Squadron ICBM food service specialist. "It's a non-stop, high intensity job from 5 a.m. till 6 p.m."

MAF sites can be a more challenging environment than traditional food service work centers due to the austere environment and adverse weather Airmen deployed there face. Regardless of blizzards causing road closures or low visibility making travel dangerous, Airmen need to be fed, and nothing can stop the 5th FSS from achieving that goal.

"Roads covered in snow and ice were impossible to travel and we had to deploy a chef with as much rations as we could fit on a helicopter to the facility during the latest snow storm," said U.S. Air Force Tech. Sgt. Kaidy Lundquist, 5th FSS noncommissioned officer in charge of ICBM feeding operations.

Team Minot continues to ensure MAFs are staffed with talented Airmen, and those Airmen deserve the best food. That's why the best cooks come North.



U.S. Air Force Col. Kenneth C. McGhee, 91st Missile Wing commander, greets 5th Force Support Squadron Airmen at Minot Air Force Base, North Dakota, Jan. 30, 2023. Airmen assigned to the services career field maintain and operate hotels, restaurants and fitness centers through the Air Force.



U.S. Airmen assigned to the 5th Force Support Squadron receive mentorship from a member of the Hennessy Award committee at Minot Air Force Base, North Dakota, Jan. 31, 2023. Minot AFB was one of two finalists for the 2023 Hennessy Award, which recognizes excellence in food service.

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



U.S. Airmen assigned to the 5th Force Support Squadron receive compliments for their customer service and cooking during a lunch service from a member of the Hennessy Award committee at Minot Air Force Base, North Dakota, Jan. 31, 2023. Minot AFB was one of two finalists for the 2023 Hennessy Award.

the
northern sentry
Salute

MINOTAUROS
MINOT ND
presents

Tsgt Kevin Beaton
5th COMMUNICATIONS SQUADRON
NCOIC, CABLE & ANTENNA SYSTEMS

Technical Sergeant Beaton has performed to an outstanding level overseeing and supervising the new \$4.8M telephone service contract. He has also been instrumental with the push to transition of the current legacy systems to the modern digital, long-haul connectivity services for the base VoIP rollout, driving forward to meet the AFGSC deadline. He was also the critical member to finding, establishing and verifying the transition to a dedicated fiber path in support of a critical intelligence circuit connecting the 5 BW & 91 MW Intel teams.

GAME SALUTE: FEBRUARY 10

A1C Patrick Vasconcelos
5th COMMUNICATIONS SQUADRON
KNOWLEDGE MANAGEMENT TECHNICIAN

Airman First Class Vasconcelos always brings his positive attitude to the work center. As a junior member in our Air Force, he has taken on responsibilities that would normally be performed by a more seasoned NCO. He is always up for a challenge. During the last six months he audited 15 gigabytes worth of data in site content ensuring security and privacy compliance standards were met in support of \$24M cyber infrastructure.

GAME SALUTE: FEBRUARY 11

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.

MAIN MEDICAL

315 South Main Street
Minot

The Start of Main Street

TRIPLE C CLINIC



WALK-IN CLINIC OPEN
Monday-Thursday
9am- 4:30pm
Fridays
9am -12pm

Triple C Clinic
Suite 108
701-837-5757



Contact Us

IPM Property Management

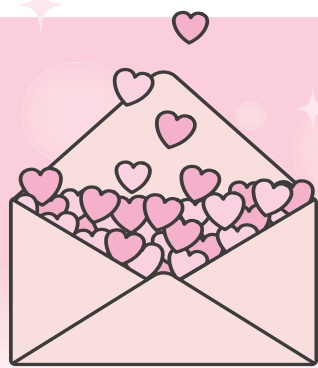
701.852.1157

Now Open!
Jamaican Vybz Kitchen



Deployed Sweethearts Share Love Stories

ERIN BEENE, NORTHERN SENTRY



Military love stories: it's something about that uniform, the thrill of the unknown lifestyle filled with just a little bit of danger that draws people and spouses to the military. There are people that fall in love with the military and then there are the people who fall in love with those people. As the saying goes, "first comes love, then comes marriage." The military lifestyle can break love stories, but it can also strengthen some. In celebration of Valentine's Day, the holiday of love, here are a few love stories from some deployed spouses who remain in love with their military members even after years gone by.

Sharing their love stories today are Brianna and Master Sgt. Timothy Bennett, 5th Civil Engineer Squadron, Tianna & Staff Sgt. Richard Lane, 5 CES, and Shakeera & Arman 1st Class Benjamin Miller, 791st Maintenance Squadron. All of the couples have different stories, but all have to share their love apart for this season of life.

HOW THEY MET:

Brianna and Tim met while bowling at Seymour Johnson AFB. Their hilarious "meet-cute" is filled with a movie-worthy mix up about Brianna's stepdad and grandfather and an innocent practical joke. In the end, Tim ended up asking Brianna out on a date via email to Brianna's stepdad's boss! "I agreed to go on a date, bowling of course, and then break it to him gently the joke my dad played on

him. He took it very well laughing and I told him how could I say no to someone who went through so much trouble to meet me? I knew he was something special right then," beamed Brianna.

Tianna and Richard started as friends, but found life together just made more sense. Tianna said, "Not love at first sight but he sure did put a sparkle in my eyes. We were just friends at first. It wasn't until 2010 we decided to try the relationship thing. He proposed in 2012 and we moved to Columbus, Ohio, and shortly found out we were having our first child."

Shakeera and Ben met while working at McDonald's as young teenagers. It wasn't until they connected a few years later that sparks flew. Shakeera mentioned, "In our younger years we didn't notice each other until I moved, came back and began working there again at 18. He was so kind and treated me like an old friend, it was touching."

THE WEDDING:

So in love, Brianna and Tim were faced with a major hardship of military ways of life right off the bat: orders. While they originally planned to wait until after Tim got back from his one-year assignment in Korea to get married, a last minute change of heart led them to tie the knot as soon as possible. "We love each other and there was no need to wait, so we decided to inform our family and whoever could make it in on short notice was welcome!" On January 15th, 2010, the couple married at the local courthouse in Wayne County, North Carolina. Brianna was 20 and Tim was 24. "Our ceremony took all of 10 minutes, we both

were crying and shaking with excitement...we left later that day for our last minute 'honeymoon,' over a three-day weekend, to Myrtle Beach, South Carolina. And then two weeks later he left for Korea," explained Brianna.

Tianna and Richard had a quick courthouse wedding on February 15, 2013, but celebrated their marriage with family and friends in April of that same year. "It was in Morgantown, West Virginia, and [we] had about 100 of our family & friends to celebrate with us. Even though I was eight months pregnant, it was the best night ever to have everyone celebrating our love with us!" gushed Tianna.

On the first day of January 2011, Shakeera walked down the aisle to marry Ben in Wilmington, North Carolina. Shakeera explained that it was memorable because the wedding started much later than planned. "I was 30 minutes late to the wedding because my hair wasn't finished and I was so embarrassed! The fact that my husband waited for me (and my guest didn't leave either) symbolizes the great patience he has for me."

MILITARY LIFE:

As a dependent growing up, the military lifestyle was not new to Brianna; however, she shared that being a spouse and dealing with months or even years without her partner was a different challenge. "When you're separated like that for six months to a year at a time, expecting everything to go back to how it was when you last saw each other is unrealistic. You each grow more independent and figuring out how to work together again can be difficult, but so worth it when you're with the person you love." Brianna admitted that every deployment is different, especially



SSgt Richard Lane 5 CES and Tianna Lane on their wedding day in 2013.

Lane Family 2022.

now when the couple has young children, but she continues to say, "Choosing to communicate and having the hard discussions have only made us stronger and grow as individuals and a couple."

Tianna said she and Richard were in civilian life for the first several years of their marriage when he joined the military in 2019. Tianna explained how the past few years in Minot have had a constructive effect on their marriage. "Military

choice to join the military has strengthened our marriage because we've had moments to reflect on what's important to us as individuals, a couple and parents in our time apart." Although Shakeera and Ben are currently experiencing their first long-term deployment, they are taking it in stride. Shakeera said, "I'm thankful to know love in a way that I believe we all long for. To feel seen, valued, encouraged in my



A1C Benjamin Miller 791 MSX and spouse Shakeera on their wedding day, January 1, 2011.



2022 Miller Family including children Abigail, Addalyn and Amina.

life has helped Richard and I grow together even more. Being so far away from family, you find you need your spouse more than ever. We have learned to understand each other differently than before in the three years we have been in Minot. We built through those [tough times] rather than breaking down."

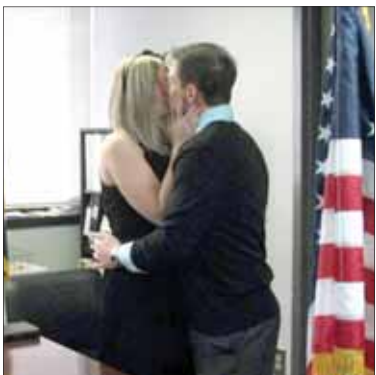
Shakeera also experienced marriage before the military and then during it. She said, "Basic Military Training was the longest we have ever been apart since our wedding day. I feel that his

desires, and have my hand held when the light of life seems dim."

These stories and many like them prove that "falling in love" can be fleeting. Remaining committed, dedicated and in love in the military is hard, but not impossible. Thank you to these deployed spouses for sharing these beautiful love stories and showing us that love in the military can overcome and prove to be long-lasting.



Summer 2009, MSgt Timothy Bennett 5 CES and spouse Brianna on their 1st trip to Michigan to meet Brianna's family.



Brianna and MSgt Bennett's wedding day on January 15, 2010 at a courthouse in North Carolina.

Minot's Hotspot for all things Antique, Vintage, & Repurposed!
2100 SQ. FT.

Vintage City

Open **THURSDAY-SATURDAY**
FEBRUARY 9-10-11
10AM-5PM

2001 8th Ave. SE, Minot
701.720.0215
701.720.4494

Buying and Selling everything antique, vintage and retro!

SWING INTO **ALLEY'S** Repair & Alignment Inc. COOLING & HEATING SPECIALISTS!

OPEN M-F 8-5:30

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

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

- Fuel Injection System
- Electronic Diagnostics
- Cooling System Specialists
- MotorVac Carbon Clean
- 4 WDs
- Struts
- Shocks
- Alignments
- Tire Balancing
- Suspension
- Tires
- Tune-ups
- All General Repair
- Brakes
- Full Vehicle Inspections
- Heating System Specialists

BFGoodrich TAKE CONTROL **GENERAL TIRE** GT **AUTOCARE CENTER** **GOODYEAR** **BRIDGESTONE** Firestone

Complete Auto Repair • Over 100 Years Combined Experience!

COFFEE & COCOA CRAWL

SATURDAY FEBRUARY 25, 2023
10AM - 2PM

Join us Saturday, February 25 from 10am - 2pm as businesses give you an extra reason to warm up downtown! Stop into participating shops and sample coffee or cocoa and other sweet treats, along with some sweet deals.

Tickets are \$10+tax and can be purchased online or also in-person at Gourmet Chef.

DOWNTOWN MINOT
www.downtownminot.com

AFGSC commander pledges transparency as service addresses missile base health concerns

COL. BRUS VIDAL, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

The Commander and Command Chief, Air Force Global Strike Command, held two virtual town halls Jan. 30 with AFGSC leadership teams and Airmen from the nuclear enterprise to discuss concerns from Airmen about the “Malmstrom Initiative Slide Deck,” which discussed a potential link to increased cases of non-Hodgkin’s lymphoma in missileers who had been stationed at Malmstrom Air Force Base, Montana.

“I want to share with you what I know right now, and my pledge to you is to be open and transparent as we work through this. Big picture: I take any allegation of health and health risks to our force extremely seriously,” Gen. Thomas A. Bussiere, AFGSC commander, said. “I want to make sure you all know how I’m approaching this; a lot is happening, so I want to provide to you the most current information and I will continue to do so.”

The general told Airmen he had been in a number of discussions with senior leadership across the Air Force about the issue.

“Over the past couple of weeks, since I learned about this, I spoke to our leadership teams last Monday and continue to be engaged with our service’s senior leaders and senior medical professionals,” he said, further noting that discussions with the AFGSC leadership team here, as well as discussions with the Air Force’s senior leaders and the Air Force Surgeon General, Lt. Gen. Robert I. Miller, continue on a daily – sometimes multiple times daily – basis. “In concert with the Air Force Surgeon General I requested the U.S. Air Force School of Aerospace Medicine (USAFSAM) to conduct a formal assessment. We are working together to create courses of action moving forward.

“I want a deep understanding of any potential risk there is or could be to our Airmen and Guardians and to the force. This is not about one base, one AFSC, or one rank. It’s about all Airmen of all AFSCs that support our mission and about all of our locations and operating environments,” Bussiere added. “I asked for a review that is comprehensive, and we are looking at all Air Force Specialty Codes and are rank agnostic.”

The general further elaborated he wants to consider all factors, such as time, environment or environmental factors, the variety of possible sources of potential exposure, and the varying circumstances at the different geographic locations of missile fields for all Air Force specialties but also for families and communities.

Chief Master Sergeant Melvina A. Smith, AFGSC Command Chief, underscored Bussiere’s message and added, from the perspective of the medical experts, there are no indicators right now or data that points to indicate you or any of our Strikers in the field are operating in an unsafe environment. Bussiere added to Smith’s statement, stating: “That (medical assessment that the operating environment is safe) is not going to stop us from looking (into potential issues). If we can prevent one bad thing from happening, that result will be worth all of our efforts.”

Bussiere continued: “I intend to stay connected with our Airmen, and that’s all Airmen serving within AFGSC but also our Airmen in other commands and on other staffs like HAF, STRATCOM, SPOC, USAFA, joint billets,” he said, also noting the need to communicate to all former Airmen who served

the nuclear enterprise in previous decades prior to the current group of Airmen serving.

“This issue is being taken incredibly seriously and I take it personally as a cancer survivor myself,” he said, explaining that in the past he personally experienced a rare form of cancer, as did several of his fellow Airmen. “I take this topic personally, and I’m never going to negate a concern when it comes to an Airman’s health, including the health of our Airmen who work in and around our missile fields; this is more than just operators, I am agnostic to rank or AFSC – it’s all missile Airmen, and all AFSCs in our Air Force who support our mission.”

Bussiere said he does not want to limit the scope of future analysis to specifics, instead he wants to make sure the study is as inclusive and comprehensive as it can be: looking holistically at all necessary issues that may include time, environment, potential exposure and what kind of potential exposure.

“My focus is openness and transparency,” Bussiere said. “I intend to be completely open and transparent throughout the process and speed of communication is important, I need the chain of command to do the same.”

“We ask that you keep your lines of communication open and don’t react to the speed of information of rumors or other kinds of information that may be pushed out, but instead work up and down the chain of command to keep lines of communication open,” he said. “If you hear, read or see something and are frustrated, confused or concerned please engage the chain of command.”

Bussiere and Smith both noted the chain of command is “absolutely responsible” for taking care of Airmen, families and the mission. They discussed the dynamic efforts to provide up-to-date information to Primary Care teams for discussions with patients. Bussiere and Smith also stressed their focus on keeping families informed, and an emphasis on actively sharing information with families. “There needs to be both a push and a pull” between the care teams, medical professionals and their patients, and our Airmen past and present, Guardians and family members.

The leaders drew attention to behind the scenes communication efforts to medical professionals and care teams, including the Air Force Surgeon General transmitting a medical notice, additional information to health care providers, and the dissemination of a “commander’s toolkit” to leaders in the field.

“I want that toolkit pushed all the way down the chain, from the very top to the flight levels of the chain of command,” Bussiere said.

The AFGSC Surgeon General, Col. Lee D. Williams, elaborated further.

“Our commander’s toolkit has a bevy of information to better arm leaders for discussions with our Airmen in the fields, and our medical providers have also been equipped with critical information to ensure they are better informed to have discussions with their Airmen as the providers at our installation medical clinics,” he said.

The leaders said they are engaged with elected officials at all levels and also Veteran’s Affairs

connections for retirees and former service members, and Smith stressed the importance leaders at all levels are placing on the issue.

“All of our senior leaders are very concerned about this, and leadership at all levels is engaged,” Smith said. “We are never going to marginalize or discount an Airman, family member or anyone who may have a concern.”

Bussiere then opened the forum for questions from those in the field, while adding: “We need open and transparent communications; transparency and communication is key and I’m adamant the chain of command communicated openly and transparently to our Airmen and our family members. If this is not happening then I want someone to let either myself

or Chief Smith know and you can come to me, directly.”

Bussiere also directly challenged his leadership team. Present for the event were all of the Numbered Air Force and Wing Commanders, Vice Commanders and Command Chiefs.

“Our leaders do not have to be a cancer survivor, like me, or be a parent of a child currently serving, like me, to take this issue incredibly seriously,” he told the group. “That certainly helps with my motivation, but I want the leaders in the field to treat our people like they are their own son or daughter.

“I am not asking the chain of command to be involved,” he concluded. “That is an obligation.”

WORLD'S BEST PITSTOP

FOOD DRINKS FUEL COFFEE

“Proud to support the AADD program!”

4 CONVENIENT MINOT LOCATIONS
2625 N. BROADWAY
2005 N. BROADWAY
1005 S. BROADWAY
7141 U.S. HWY 2



20% Military Discount

Primo

RESTAURANT

1505 N Broadway, Minot, ND 58703
(701) 838-7746

Grand

Closed Mondays
Tuesday - Saturday
7:00 am - 1:00 pm

Thursday - Saturday
5:00 pm - 9:00 pm

Sunday
7:00 am - 1:00 pm

welcome baby

BABY GIRL BORN ON
TUESDAY, JANUARY 31, 2023 TO:
BREANNA EPPS AND BRIAN POITRA
MINOT, ND

BABY BOY BORN ON
FRIDAY, FEBRUARY 03, 2023 TO:
CASSANDRA AND CODY MARTEL
MINOT, ND

BABY GIRL BORN ON
FRIDAY, FEBRUARY 03, 2023 TO:
MIRANDA AND CHRIS SEIFFERT
MINOT, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.

BABY ANNOUNCEMENTS SPONSORED BY:

LEGACY HEALTH CLINIC 701-838-6000
1324 20th Avenue SW,
Minot, ND

HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

Team building?
We have volunteer opportunities that fit your style and your schedule!
Painting, lifting, raking, chopping, staining, picking, etc.

CALL US TODAY!

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

5TH BOMB WING QUARTERLY AWARDS

Airmen, families and friends gathered at the Jimmy Doolittle Event Center to recognize 5th Bomb Wing Airmen for their outstanding work and Airmanship on Feb. 3, 2023, Minot AFB, North Dakota.

U.S. AIR FORCE PHOTOS | STAFF SGT. MICHAEL A. RICHMOND)



AIRMAN OF THE 4TH QUARTER WING STAFF AGENCY, SRA JESSICA J. RAMSAY

CGO OF THE 4TH QUARTER WING STAFF AGENCY, CAPT DAVID A. JENKINS

CATEGORY II CIVILIAN OF THE 4TH QUARTER 5TH MISSION SUPPORT GROUP, MS. NICOLE R. STROBEL

NCO OF THE 4TH QUARTER 5TH MISSION SUPPORT GROUP, SSGT MASON FALCK

FGO OF THE 4TH QUARTER WING STAFF AGENCY, MAJ CHRISTOPHER D. PORTER

CATEGORY III CIVILIAN OF THE 3RD QUARTER 5TH MISSION SUPPORT GROUP, MS. SUONG L. WILLSON

SNCO OF THE 4TH QUARTER 5TH MAINTENANCE GROUP, SMSGT JASON R. CASTILLO

CATEGORY I CIVILIAN OF THE 4TH QUARTER 5TH MEDICAL GROUP, MS. MARISSA DOLBEARE

Culver's
Welcome to delicious.[®]

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
3000 S Broadway Minot, ND 58701
701-852-4800

You relied on "The Big Guy" at the Tax Center

"Keep your confidence with the one you trust"

Tax Preparation by Clint
35 Years Experience
Expert on Military Returns
All States and International
"Reasonable Rates"

**TAX%
PREP**

Call or Text: (701) 389-2389
Email: taxprepbyclint@gmail.com

Ski the Jewel above the Prairie!

HOURS
Friday, February 10 12 noon-9pm
Saturday, February 11 10am-5pm
Sunday, February 12 10am-5pm

MILITARY APPRECIATION DAY!
Friday, February 17 10am-9pm
Saturday, February 18 10am-5pm
Sunday, February 19 10am-5pm

PRESIDENTS DAY
Monday, February 20 10am-5pm

SNOW REPORT
Additional 2 inches of new snow with a 3.5 foot base with excellent skiing conditions. All runs are open, including our terrain park. We also offer ski and snowboard rentals and a full cafeteria.

Bring Your Group to BWP

MILITARY DISCOUNT 10% OFF
Lift Tickets, Rentals & Tubing w/Military ID

BOTTINEAU WINTER PARK
Established in 1969

1 Winter Park Road, Bottineau, N.D.
701-263-4556 • 800-305-8079
www.skibwp.com

the SPOT

CORNHOLE

POOL

DARTS

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

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



The "Blue Bull" seen on older 5th Bomb Wing patches is a reference to 2nd Lt. Frank Luke Jr. (Born on May 19, 1897, in Phoenix, Arizona Territory - September 29, 1918, in Murvaux, France), posthumously promoted to 1st Lt. While assigned to the 1st Pursuit Group, 27th Aero Squadron, Frank became the first United States Army Air Service ace in a day and was accredited with 19 aerial victories - second most among USAAS pilots during World War I. All of which earned him the nickname "Arizona Balloon Buster" as well as the Medal of Honor, the Distinguished Flying Cross, the Italian War Cross and the Aero Club Medal for Bravery. The "Blue Bull" is the crest of the Luke family and was shown on older 5th Bomb Wing patches as a homage to the Luke legacy. Luke AFB, Ariz., is also named after him.

(INFORMATION COURTESY OF THE 5 BW HISTORIAN)

Keli Rosselli-Sullivan Joins MACEDC as Workforce Development Specialist & Military Liaison

MINOT AREA CHAMBER EDC

The Minot Area Chamber EDC is excited to welcome Keli Rosselli-Sullivan to the team.

Rosselli-Sullivan is MACEDC's Workforce Development Specialist & Military Liaison — a newly formed position that focuses on two of our organization's five key strategic pillars.

"This new role aligns with the passion I have for the Magic City," Rosselli-Sullivan said. "I want others to feel excited about coming to Minot and what we offer to individual families. I look forward to continuing to foster relationships within and outside the community

to let people know how amazing it is to live and work here!"

Rosselli-Sullivan brings a wealth of expertise to the MACEDC team, including more than a decade of business experience in Minot.

"Workforce development is one of our community's top priorities," said Brekka Kramer, President / CEO of MACEDC. "Keli will give a great deal of attention to that matter — as well as building upon the great relationships we've made with the men and women of Minot Air Force Base. We're lucky to have her!"



A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION HOMECOMING BRINGS VIETNAM POWS HOME
FEBRUARY 12, 1973



POWs celebrate their freedom after being released from Vietnam. (USAF Photo)

Due to the Paris Peace Accords of 1973, POWs were to be released from North Vietnam during a mission called Operation Homecoming. The first group of 40 POWs, which included some of the longest-held prisoners, left Hanoi on February 12, 1973 on a USAF C-141 Starlifter known as the Hanoi Taxi. The crew stopped at Clark Air Base, Philippines, to offer the POWs medical care, new uniforms, and delicious food before returning to the United States. During the operation, 591 POWs were liberated. 325 of them served in the Air Force, 138 in the Navy, 77 in the Army, 26 in the Marine Corps, and 25 were civilian employees. There were also POWs released from South Vietnam, Laos, and China. Navy Cmdr. Everett Alvarez Jr. was the longest-held POW, having been in captivity for over eight years. "Everything seemed like heaven," said Air Force Capt. Larry Chesley. "When the doors of that C-141 closed, there were tears in the eyes of every man aboard."

Information courtesy of: nationalmuseum.af.mil / af.mil

FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations

10% OFF ALL MILITARY PERSONNEL
WITH MILITARY I.D.

Locally Owned

ORDER NOW!

701-838-9140

BonesBBQMinot.com

1412 2nd Ave, SW, Minot

Local Cravings Restaurant Guide

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

CELEBRATE LIFE
SERVING YOU SINCE 1926

304 S MAIN ST
MINOT, ND

THOMAS

FAMILY FUNERAL HOME

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM



On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following as the Twentieth Air Force nominees:

FOR THE 2023 AIR FORCE SERGEANT'S ASSOCIATION PITSENBARGER AWARD:

A1C Bayly R. Cannon - 91 MSOS/S3C, Minot Air Force Base, ND

FOR THE 2022 SPIRIT OF HOPE AWARD:

Capt MacKenzie Paul - 54 HS, Minot Air Force Base, ND

The nominees will now compete at the AFGSC level.

Annual Spring Honor Dance and Powwow set for April 2023

MINOT STATE UNIVERSITY

MINOT, N.D. – Mark your calendar for the 33rd annual Spring Honor Dance and Powwow Celebration at Minot State University on April 21 and 22.

The two-day celebration, hosted by the Native American Cultural Center and Native American Cultural Awareness Club, will be held at the MSU Dome and feature standard dancing, drumming, and an honor parade for the Minot State graduating class of 2023.

“The University is made up of people doing different things across campus, and the Spring Honor Dance and Powwow Celebration is one of those times each year when the campus comes together to

host one of the largest student-led activities at Minot State,” Annette Mennem, Native American Center director said. “Come join us April 21 and 22, when we celebrate the graduating class of 2023.”

The event will also include three Grand Entries over the two days beginning on Friday at 7 p.m. Saturday will feature the traditional entry of dancers at 1 p.m. and 7 p.m.

While the Spring Honor Dance and Powwow Celebration is free and open to the public, vendors will be on site selling jewelry, clothing, crafts, food, and other items.

A full itinerary of the celebration will be released at a later date.

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

B&D

Berni's

Hair Designers, Inc.

• Melisa Ellison •

701-240-1385

Located on North Hill
2001 3rd St NW • Minot

HOURS: Mon, Tues, Thurs. 8:30-8:30 • Wed, Fri. 8:30-6:00 • Sat. 8:30-3:00

NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER'S

Champagne and Ice Gala

Diamonds, Bubbles & Bidding

SATURDAY, FEBRUARY 25
6 PM

GRAND HOTEL

TICKETS \$50; MUST BE 21 AND OLDER
AVAILABLE AT [HTTPS://NPCAC.CBO.IO](https://NPCAC.CBO.IO)
OR ON OUR FB PAGE



Your Collision Experts

What We Do



Vehicle Collision Repair



Boat & Fiberglass Repair



Semi-Tractor Body Work



RV Body Repair



Vehicle Detailing



Nationwide Lifetime Warranty

Don't Settle for Less,
Choose Jerome's

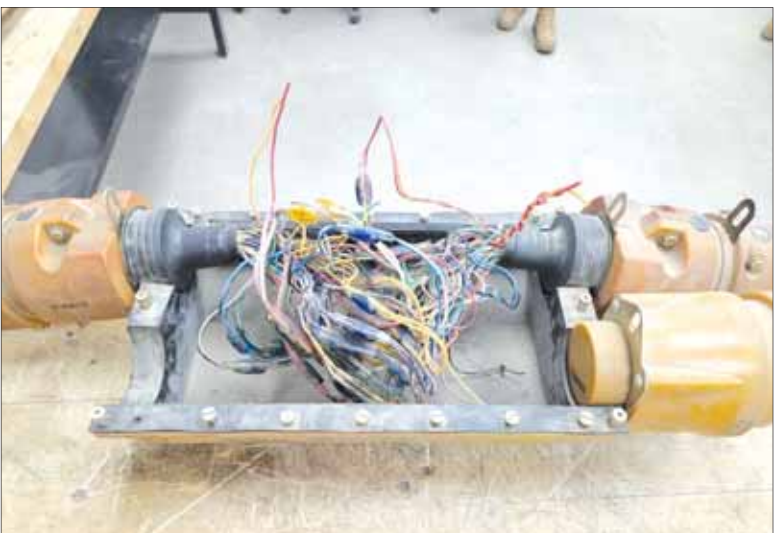
(701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703

Connect with us!

jeromescollision.com



HARDENED INTERSITE CABLE SYSTEMS

The HICS shop's mission is to repair, maintain and replace important communication lines for 91st Missile Wing Missilers while they're in the capsule. Recently they trained Airmen how to splice cables together. Thank you for supporting the 91st Missile Wing, Team Minot and Air Force Global Strike Command!



U.S. AIR FORCE PHOTOS
MINOT AFB PA



Tire maintenance keeps drivers safe

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

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

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

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

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

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

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

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

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

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

CMSGT. DAVIS PROMOTION CEREMONY

Chief Master Sgt. Jeremy Davis, Senior Enlisted Leader for the 5th Munitions Squadron's promotion ceremony Jan. 31, 2023 at Minot Air Force Base, North Dakota. Davis was one of six Team Minot senior non-commissioned officers selected for promotion to chief.

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



2 Winners Every Week!

BADLANDS
RESTAURANT BAR

WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.


\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

No Limit, Enter As Many Times As You Wish!



ALPACA



Fact File

Life Span	18 - 20 years
Weight	150 - 185 pounds
Height to Shoulder	3 feet
Height to Shoulder	4 1/2 feet
Wild Diet	Deciduous Conifers, Herbaceous Grasses, Shrubs, Weeds, Trees

CREATURE FEATURES

- Considered a treasure of the Andes Mountains for over 6,000 years, the oldest know records of alpaca are 1,000 years before the great pyramids of Giza.
- Their hair is called fleece or fiber rather than fur or wool. Alpaca fiber is softer than cashmere or angora and is warmer and lighter weight than wool.
- As a herd animal, they prefer companionship (safety in numbers).
- The main difference between a llama and an alpaca is their size and hair fiber.



HOURS: OPEN DAILY 10AM-3PM

FOLLOW US ON FACEBOOK

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

CHECK OUR FACEBOOK PAGE FOR UPCOMING EVENTS

MILITARY DISCOUNT
\$5.00 off an Annual Family Pass



WHAT'S HAPPENING AT THE
MINOT AFB EXCHANGE

MILITARY STAR Shoppers Receive Double Points Every Month at Minot AFB Express

MINOT AFB – Minot AFB Airmen and families can receive an extra bonus each month when they use their MILITARY STAR® card at the Army & Air Force Exchange Service Express store.

On the 15th of every month, cardholders will receive double rewards points on all purchases at the Express, earning four points per \$1 instead of the regular two.

Rewards points are earned everywhere the card is accepted, including all military exchanges, commissaries, ShopMyExchange.com, myNavyExchange.com, ShopCGX.com and Exchange mall vendors. Shoppers automatically receive a \$20 digital rewards card every time they earn 2,000 points. In 2021, shoppers received \$34.4 million in rewards cards.

“Double points at the Express are a mid-month bonus to say ‘thank you’ to our cardholders,” said Minot AFB Exchange General Manager Brian Read. “This offer will help Minot AFB shoppers get their next \$20 digital rewards card

even faster as they grab a hot or cold beverage or a healthy snack from the Express.”

The MILITARY STAR card is an exclusive line of credit for service members and their families to use at exchanges and commissaries – no matter where they serve. Other benefits of the card include:

- 10% discount on all first-day purchases for new cardholders
- 5 cents off every gallon of gas at Exchange fuel locations
- 10% off food purchases at participating Exchange restaurants
- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.
- One low APR for all cardholders, regardless of credit score
- No annual, late or over-limit fees
- Reduced-interest deployment plan with no payments required for eligible customers

Rewards exclude the Military Clothing Plan. For more information, see a store associate or visit MyECP.com.

Minot AFB Exchange Shoppers Can Kick-Start Fitness Goals with BE FIT 360 Essentials

MINOT AFB – Service members and their families at Minot AFB can kick-start their fitness goals in 2023 with the latest fitness apparel, accessories and gear from the Army & Air Force Exchange Service.

The Minot AFB Exchange features a BE FIT 360 concept shop that has the look and feel of major sporting goods stores, making it easy for shoppers to find the right products to meet their fitness resolutions.

Shoppers can pick up athletic apparel and footwear; digital fitness accessories; watches and wearable technology with fitness-tracking capability; and hydration accessories at military-exclusive prices, tax-free.

“The new year is a great time to begin a new fitness program,” said Minot Exchange General Manager

Brian Read. “The Exchange has a wide assortment of BE FIT 360 essential gear to support the Minot AFB community and keep service members ready and resilient all year long.”

Active-duty service members and their families, retirees, service-connected disabled Veterans, and Department of Defense and Coast Guard civilians can shop for essential BE FIT 360 gear in-store. Honorably discharged Veterans can shop the assortment at ShopMyExchange.com. Veterans can visit ShopMyExchange.com/Vets to learn more about the shopping benefit.

Minot AFB Exchange shoppers can also visit the BE FIT 360 page on the Exchange’s online community Hub for workout tips and more information.

**JAMAICAN
VYBZ
KITCHEN**

**Authentic
Jamaican
Food**

Hours
Tuesday-Thursday 11 AM – 4 PM
Friday-Saturday 11 AM to 6 PM
Closed Sunday & Monday

SUITE 200, 315 S MAIN STREET
MAIN MEDICAL BUILDING, MINOT

Check out our Facebook Page for Special Events!

TAKE OUT OR DINE IN

SPONSORED BY



NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

A STATE RECORD, A UNIQUE FISH

Patricia Stockdill

A late January announcement by the N.D. Game and Fish Department that a Minot angler caught a new state record burbot begs the question – just what is a burbot?

Burbot have an array of nicknames – ling, eelpout, and even lawyer, for example.

But first, some details about the new record: The 19-pound, 8-ounce fish caught Jan. 3, 2023 in the Missouri River tailrace measured 41.5 inches.

It broke a nearly 40-year-old record of an 18-pound, 4-ounce burbot taken in 1984 from the Knife River, a downstream tributary of the Mighty Missouri.

Now back to burbot with a little background on the unique fish:

- Its scientific name might be as intriguing as the fish itself - *Lota lota*.

- It's the only freshwater member of the cod family, closely related to haddock, pollock, and Atlantic cod.

- Burbot spawn in mid-winter under the ice, congregating in a swirling ball of multiple fish swimming in, out, and around in a fluctuating ball as they spawn.

- They tend to be most active at night.

- Its meat is dense, flaky, white, and bone-free – but it's really best enjoyed when eaten fresh.

- It's found only in the Northern Hemisphere.

- Burbot are native to the Missouri River in North Dakota.

- Burbot have a unique appearance compared to what a person thinks a fish should typically look like: It seems to appear as if it's a cross between a catfish and eel with a single barbell on its lower chin.

- They're also slender with embedded scales, which might explain why it feels smooth to the touch.

- They have a cream or pale-green body with brownish or olive green mottling that varies among each burbot. Its markings provide excellent camouflage allowing them to hide from their prey.

- Its mouth is lined with several rows of tiny teeth.

- While some people claim burbot can wrap

themselves around an angler's arm in all honesty that's probably an Old Wives' Tale.

Sadly for burbot, their unique appearance doesn't earn them a lot of respect, both when it comes to catching and eating. Handsome is probably not a word one thinks of when describing burbot.

But remember, beauty is more than skin and appearance: They're probably more delicious than one may think – just consider burbot as “poor man's lobster”. Simply filet them for their long slices of white meat, season with a seasoning mix such as Zatarain's Creole seasoning, boil, dip in melted butter, and enjoy.

Species such as burbot, sauger, and northern pike are the primary native species in the North Dakota especially in the Missouri River. Add paddlefish and pallid sturgeon as native Missouri River fish – and those two species are perhaps as unique in their own right as burbot.

Like native pike and sauger, burbot will get a little angling love from a small niche of anglers in North Dakota who cherish fishing for them and eating them. Simply use a jig and minnow because they're a predator fish like walleye. And remember, they tend to be most active at night.

In addition, mid-winter when they're spawning might also be a good time to try to catch a burbot – just think about the fact that new record burbot was taken in early January this year.

And if a person doesn't want to try Poor Man's Lobster, burbot-style, there is always catch-and-release back into the Missouri River tailrace waters. Burbot are a little more popular and desired in some places in the Northern Hemisphere – and the United States – than in North Dakota. That's what started Garrison Dam National Fish Hatchery's groundbreaking work to research the spawning and rearing of native burbot to see if it was something the hatchery could do to bolster declining populations across its historic range.

Perhaps it's appropriate that a new state record burbot was taken near where the hatchery is located - adjacent to the Missouri River downstream of Garrison Dam.



**BEST SMOKED RIBS
& BRISKET IN TOWN!**
FRESH SMOKED MADE FROM
SCRATCH RECIPES

1412 2ND AVE, SW. MINOT 701.839.9140
BONESBBQMINOT.COM

CHURCH DIRECTORY

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, February 11
 5 PM, No Vespers

Sunday, February 12
 10AM, Congregational Prayer Service


Break Forth BIBLE CHURCH

Wednesdays 7:00pm
 and Sundays 10:30am

1821 W Burdick Expressway
 For More Information:
 701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)

Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.

www.trinitychurchminot.org


Bible Fellowship Church

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

1720 4th Ave NW, Minot 838-0916
MinotBibleFellowship.org


Faith United Methodist Church

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
All are Welcome!
www.cornerstoneminot.com

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship 9:30 AM

2209 4th Avenue NW Minot, ND 839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
Join us on facebook

Immanuel Baptist Church

1615 2nd St. SE • www.ibcminot.org 701-839-3694



SUNDAYS: 9:00 AM FELLOWSHIP
 9:15 AM SUNDAY SCHOOL
 10:30 AM WORSHIP


WEDNESDAYS: 11:30 AM SOUP KITCHEN
 5:30 PM FAMILY SUPPER
 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



Christ Reformed Church

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

St. John the Apostle 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



Gospel Tabernacle Community Church

9999 27th St NE
 4 miles south of MAFB
 James W. Henderson
 Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


JOURNEYCHURCH
 ASSEMBLY OF GOD

1805 2nd St. SE 838-1111

Sunday Services 9:00 AM & 11:00 AM

Wednesday 6:30 PM

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School 9:45 a.m.
 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


West Minot 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

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week


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

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor


Grace Baptist Church of Minot
A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
 at Living Word Lutheran bldg
 710 46th Ave NE, Minot

Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

RADIO BROADCAST
 KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun


OSLC
 where faith & life meet

OUR SAVIOR LUTHERAN CHURCH
 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcminot.com
 Rev. Heath Trampe
 Rev. Brian Doel

Sunday Worship
 8:15am Traditional Service
 9:30am Contemporary (w/livestream)
 9:30am Sunday School & Adult Bible study
 11:00am Contemporary Service

Wednesdays 6-7pm
 Adult Choir
 OSKids (age 4-5th gr.)
 Bible Class (6th gr.)
 High School Youth Group (6-8pm)

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Sundays:
 Worship 9:00 a.m. & 11:00 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org


ORCS KNIGHTS



Our Redeemer's Christian School
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772

www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.
701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org



ADVERTISE YOUR

Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

CONTACT US

call 701-839-0946

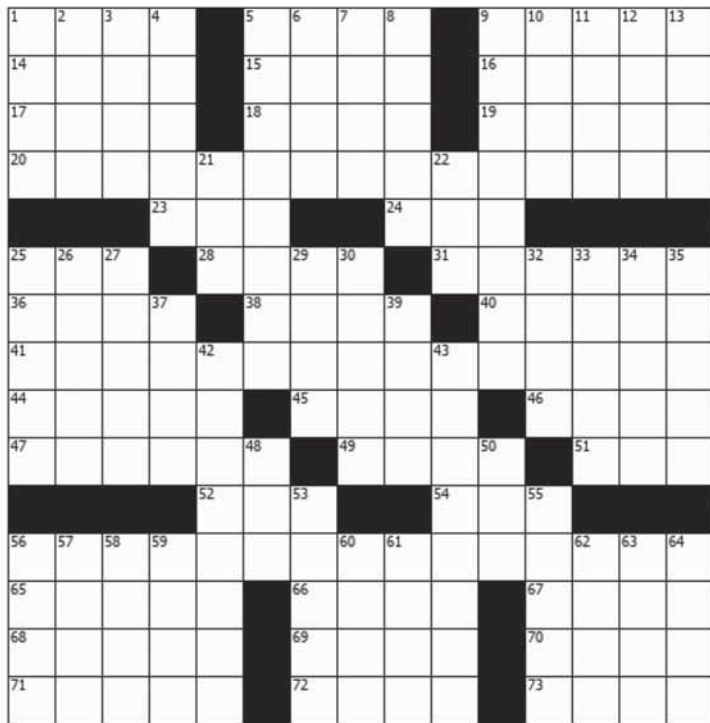
email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

CROSSWORD PUZZLE

Across

- 1. Young men
- 5. Toothed device
- 9. By land ___
- 14. List-curtailling abbr.
- 15. Absent
- 16. Draws nigh
- 17. Ides question
- 18. Pause in the music
- 19. Former Philippine president Fidel
- 20. Explorer of Florida
- 23. React to pectin
- 24. Cul-de-___
- 25. First name among legendary shortstops
- 28. Haughty attitudes
- 31. Catch forty winks
- 36. Buck attachment
- 38. Holiday season
- 40. ABC, to CBS
- 41. Noted circumnavigator
- 44. It's instant, according to Lennon
- 45. To ___ (precisely)
- 46. Genealogical diagram
- 47. Catches forty winks

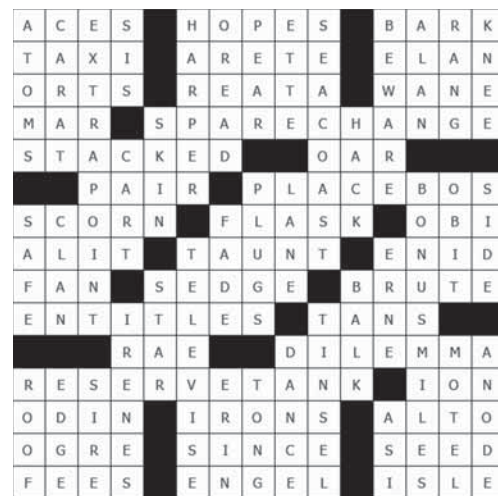


Down

- 1. Actor ___ Cobb
- 2. Westernmost Aleutian Island
- 3. Spreadsheet entries, e.g.
- 4. Tossed over the shoulder
- 5. North in South, in the U.S.
- 6. "The Virginian" author Wister
- 7. Macho (Abbr.)
- 8. Bit octets
- 9. Printed, as a quote
- 10. Heartfelt
- 11. Word with time, here or place
- 12. Switch attachment
- 13. Pt. of NAACP
- 21. Pod dweller
- 22. News anchor Rather
- 25. Amontillado holders
- 26. Popular font
- 27. "Casablanca" actor
- 29. Gossip queen Barrett
- 30. Religious groups
- 32. Scandalous gossip
- 33. Egg producer
- 34. Fudged
- 35. Runs in panic
- 37. "All ___" (Sinatra tune)
- 39. Stead
- 42. Transported, supernaturally
- 43. Out-of-the-way
- 48. "Comprende?"
- 50. Owns
- 53. Equally distant
- 55. Presidential administrators
- 56. Nasty shock
- 57. Yours, in Tours
- 58. Cohort
- 59. Famed liner, briefly
- 60. Word with bar or airport
- 61. Seep
- 62. Famous canal
- 63. Adolescent dilemma
- 64. Employs

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page C9

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

STARTS FRIDAY AT OAK PARK THEATER
FOR SHOWTIMES VISIT WWW.OAKPARKTHEATER.NET

Guillermo del Toro's **PINOCCHIO**
(2022) Animation, Drama, Family (PG)

BLACK PANTHER 2: WAKANDA FOREVER
(2022) Action, Adventure, Drama (PG-13)

Whitney Houston: **I WANNA DANCE WITH SOMEBODY**
(2022) Biography, Drama, Music (PG-13)

RENT THE THEATER FOR EVENTS!
CHECK OUR WEBSITE FOR MORE INFO

1500 4TH AVE NW, MINOT, ND

February 14

LOVELOCK BOW DIAMOND MAILBOX POTION LOVEBIRDS CHOCOLATE CARD FEBRUARY TEDDY BOUQUET GLASSES STRAWBERRY

THE IRONHORSE KITCHEN + BAR

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

21 E CENTRAL AVENUE
DOWNTOWN MINOT

701.852.8183



Upcoming Events

13 FEB **VALENTINE'S DAY COUPLES Scone CLASS**
 6:00PM- 8:00PM
 Prairie Sky Breads
 Minot 3 1st St. SE

Learn how to make PSB's infamous scones! Each participant will enjoy a specialty beverage (included in price) while making a variation of our classic scones. This is a hands-on class (your hands will get messy!) led by Travis Gerjets, baker at PSB.
 Couple: \$67/ couple (sharing a scone mix and bringing home one batch of 8 scones) 2 drinks!
 Individual: \$60 taking home a single batch of scones (8 scones) and getting a drink



For more information:
 Facebook/ Prairie Sky Breads Minot/ Events

16-25 FEB **HERITAGE SINGERS VARIETY SHOW VARIETY SHOW**
 5:00PM
 The Barn at 52 Pines
 Grayson Dr, Burlington

It's back! The Heritage Singers present their Variety Show Variety Show. Why say it twice? Well, this year's a little different with more variety and a new location, but many of the same OLD faces... \$45 gets you dinner, music, cash bar, a great location, and (we hope) a lot of laughs. ->Doors Open: 5:05 pm ->Dinner: 6:06 pm ->Show Starts: 7:07 pm Silent auction items will be available to bid on each night (something a little different for each show) AND there will be a special live auction during intermission to auction off some of our most popular edible treats from previous silent auctions. Get your tickets at the Minot Area Council of the Arts office in downtown Minot or by calling 701-852-2787 (no online purchases are available at this time). Dates: Feb 16-18, Feb 23-25.



For more information:
 Facebook / Minot Choral/ Events

17 FEB **VALENTINE SKATE 18+ ONLY**
 5:00PM- 8:00PM
 Citizen's Alley Ice Rink
 110 E Central Ave., Minot

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

25 FEB **13TH ANNUAL CHAMPAGNE & ICE GALA**
 6:00PM
 Grand Hotel
 1505 N Broadway, Minot

The NPCAC, a nonprofit organization that provides services to children victimized by crime and abuse will host its annual gala to raise much-needed funds to continue fighting child abuse. The 13th annual gala is centered around "Champagne & Ice." With this black tie optional affair, guests are encouraged to wear Gatsby themed attire to go along with the theme. Attendees will enjoy signature cocktails, complimentary champagne and appetizers, an impressive live and silent auction, and live music. The highlight of the evening is our special guest, Erin Merry, founder of Erin's Law, and named by PEOPLE Magazine a "HEROES Among us and one of fifteen women changing the world."



For more information:
 Facebook / Northern Plains Children's Advocacy Center / Events

NEW Community at the Northern Sentry



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

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



HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



YOUTH IN ACTION

STEM Learning at Minot Air Force Base



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



Is your child interested in Science, Technology, Engineering, and Mathematics (STEM)? Did you know there are national and local organizations in Minot that support STEM learning? Well, you are in the right place!

Organizations such as For Inspiration and Recognition of Science and Technology (FIRST) and Full Steam Ahead Minot are inspiring a generation of students to engage in STEM learning and its importance in our everyday lives. This inspiration takes the form programming such as FIRST Lego League (FLL).

FLL is a competitive national program designed to engage students in understanding core STEM principles and apply their skills in competition while encouraging learning, confidence, and teamwork skills.

In Minot, FLL is hosted by Full

STEAM Ahead with competitive teams throughout the area. FLL teams prepare from August to December for a local competition in January with hopes of advancing to the state competition in Grand Forks.


The Minot AFB Mystical Mavericks recently completed their first season however, a new team will form at Minot Air Force Base for 5th to 8th Grade students in August. We will be sure to share further information in the summer in preparation for the new season!

FLL is a great opportunity for students to be challenged academically while providing opportunities to build upon core STEM concepts shared in the classroom environment. Join us on our FLL journey! For more information, please email MAFB.school.liaison@us.af.mil or call 701-240-2380.

2022-2023 MPS CALENDAR

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
 Parent/Teacher Comp Days
 Early Release Days - 1:15pm
 PD Days - contracted day
 Holidays
* Weather Make-up Day




MIMEXICO

AUTHENTIC MEXICAN FOOD

**3816 SOUTH BROADWAY
 MINOT, ND
 701-858-0777**

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

MON-THUR 11 AM TO 10 PM
 FRI-SAT 11 AM TO 10:30 PM
 SUN 11 AM TO 9 PM

WWW.MIMEXICOMINOTND.COM

YOUTH IN ACTION

Minot FIRST Lego League Robotics Regional Tournament

ERIN BEENE, NORTHERN SENTRY



MAFB Robotics Team & Coaches



Team members, (not listed in order) Kate Maginness, David Maginness, Henry Karabelski, Laurel-Elaine Smith, Alex Hoffman and Lucy Hoadley represented MAFB at the Robotics Lego Tournament.

On Saturday, January 28, a gathering of robotics enthusiastic youngsters gathered at Minot State University for the Minot FIRST Lego League Regional Robotics Tournament. Fourteen groups from around the area, with kids ranging in ages from 9-14, competed in the event organized by Full STEAM Ahead. The theme for this year's tournament was "Super-Powered." All the challenges were based around the superpower concept of energy conservation and how to utilize it effectively.

A team from Minot Air Force Base proudly demonstrated their knowledge in both the problem solving and programming aspects as well as the presentation portion. The team from Minot AFB, proudly named the Mystical Mavericks, consisted of Kate Maginness, David Maginness, Henry Karabelski, Laurel-Elaine Smith, Alex Hoffman and Lucy Hoadley. These Mystical Mavericks completed six of their "Mission Tasks" at the competition and were busy the entire day from 8 a.m. until 4 p.m. when the competition finally wound down. This was the first year a team from MAFB has competed in this tournament and according to the team's Head Coach and MAFB School Liaison Joy-Nicole Smith, the team performed excellently and built camaraderie among the other teams.

Other coaches for the Mystical Mavericks were Senior Airman Edward Cromwell, 5th Communications Squadron, who volunteered to help guide

youngsters after seeing an email about the club and saw it as a way to use his coding experience to help teach others. Airman 1st Class Sarah Bence, 5th Civil Engineer Squadron, volunteered as a coach because her background is in engineering, and she saw this as a way to give back to the community. She mentioned the last few months have been "really fun watching the kids learn and explore." New coach SrA Diego Araja, 5th Maintenance Squadron, recently got on board because he has lots of experience working with techy things and 3-D printers. He is really into engineering and design work as well.

Most of the students on the team were new to the robotics world and joined the club earlier this fall because it seemed captivating and they wanted to learn more. Kate Maginness, age 11, said because of the Robotics Club she has been able to meet and talk to all sorts of new people that she never would have gotten the chance to get to know otherwise. Kate's good friend Lucy Hoadley, age 11, added that she joined the club because her older brother participated in a similar club and it looked like fun. Lucy also took the time to explain a few of their projects they had at the competition. She said the main project her team was working on was focusing on how to reduce the world's petroleum and take away fossil fuels in which the team had the idea to use wind tunnels instead. Lucy said her favorite part of the Robotics team was "building Legos and learning how to code."

Henry Karabelski, age 12, said he gets academic credit for being a part of the team and that his favorite part was just tinkering around with the robots, Legos and computer coding.

All-in-all, the Mystical Mavericks worked hard, presented their projects and completed tasks at the competition and were able to hold their heads high with pride in a job well done. Although the Robotics season is now at an end, Ms. Smith noted that a new team would begin to gather in September and is open to dependents of the base ages 9-14.



Laurel and Katie positioned their dinosaur clad robot in the starting area while a referee evaluated their mission.

NOTES ON BEING SAFE

OKAY I'M STUCK. NOW WHAT?



ROD KRAUSE
5TH BOMB WING
SAFETY & OCCUPATIONAL
HEALTH MANAGER



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

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

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

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

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

Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open

for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.

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

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

Make use of your winter survival kit. That is why you packed it

in your vehicle in the first place, to make use of it. Remember if you have used it, replaced used items as soon as possible!

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



FRIDAY & SATURDAY


OPEN BOWLING
7 DAYS A WEEK
NO OPEN BOWLING WEDNESDAYS 5PM-9PM

X-TREME BOWLING HOURS:
FRIDAY 9:15PM-CLOSE
SATURDAY 6PM-CLOSE


CELEBRATE WITH US!
WE DO BIRTHDAY PARTIES
FOR ALL AGES!

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

Military Discounts Available!



Vibeto Orthodontics



BEAUTIFUL SMILES FOR A LIFETIME


GREAT SMILES COME FROM VIBETO ORTHODONTICS


- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS

(701) 839-6010
2615 Elk Drive Suite 2
Minot, ND 58701






Welcomes you to Minot AFB



Checking & Savings
Online Banking for those on the go!
Loans for Autos, RV's, Life in General

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive
Minot • 1819 S Broadway



nscu.com

Heroes of Tomorrow

SENIOR AIRMAN CALEB S. KIMMELL, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Team Minot families and their children rallied at Minot AFB's Combined Community Complex Jan. 20 to learn about a variety of Air Force career fields as part of an event called Operation Hero. Airmen from 20 different agencies within the 5th Bomb Wing and 91st Missile Wing showcased their duties, conducted demonstrations, and provided interactive experiences to 210 participants.

Volunteers representing the career fields in attendance educated family members on their daily responsibilities, workplace challenges, and how they support the overall mission.

The event was led by Master Sgt. Christian Bird, 5th Force Support Squadron NCO in charge of the Military and Family Readiness Center. He showed his commitment to Operation Hero as he went booth to booth helping every participant.

"Operation Hero is an event focused on military children," said Bird. "We focused on how to interact with children so they can experience what their parents do, so the kids can be heroes themselves."

Airmen representing 20 Air Force specialties were present at Operation Hero. The Air Force offers more than 130 enlisted career choices in four specific aptitude areas—electronics, mechanical, administrative, and general.

"We're showing the kids what we do with all this equipment," said Airman 1st Class Joshua Kennedy, 5th Communications Squadron radio frequency transmissions systems specialist. "It's important

to share what we do, that way we can try to pass on what we know to other people who may be joining the career field."

The Airmen who participated in Operation Hero were thrilled to have the opportunity to share their career with families from the base. Security Forces Airmen from both wings equipped children in helmets and body armor while elaborating on the tools they use every day. Services Airmen assigned to the 5th FSS provided materials to decorate desserts while children learned about healthy eating habits. Military Working Dog handlers showcased the capability of their canine counterparts with a bite attacker scenario. Explosive Ordnance Disposal Airmen assigned to the 5th Civil Engineer Squadron let children wear a bomb suit helmet while operating a remotely piloted bomb defusing robot.

"I like doing these because I like to teach people what I know," said Senior Airman Libio Rodriguez, 5th CES EOD apprentice. "I get to show off my tools, what I've learned, and how awesome this career can be."

Operation Hero educated families about the different careers in the Air Force. The event aimed to teach families and their children about the many different paths they can take if they want to pursue a career in the Air Force.

"It's a lot of work, but the reward is seeing the smile on the kids' faces and hearing comments from the parents saying, 'Thank you,'" said Bird. "Our job as FSS and the MFRC is to take care of families."



U.S. Air Force Airman First Class Easton Jones, 5th Healthcare Operations Squadron ambulance service medical technician, teaches kids emergency breathing techniques as part of Operation Hero at the Community Complex Center at Minot Air Force Base, North Dakota, Jan. 20, 2023. Volunteer Airmen assigned to 20 different agencies from the 5th Bomb Wing and the 91st Missile Wing showcased their duties in an effort to teach families and their children about how many different career paths they can take in their lives.

U.S. AIR FORCE PHOTOS SENIOR AIRMAN CALEB S. KIMMELL



U.S. Air Force Staff Sgt. Spencer Odegard from the 5th Explosive Ordnance Disposal Squadron shows children how to operate a bomb defusing robot as part of Operation Hero in the Community Complex Center at Minot Air Force Base, North Dakota, Jan. 20, 2023.



U.S. Air Force Master Sgt. Ryan Bell, 791st Missile Security Forces Squadron 5th Bomb Wing Public Affairs augmentee, teaches kids how to capture imagery and edit footage during Operation Hero at the Community Complex Center at Minot Air Force Base, North Dakota, Jan. 20, 2023.

sentry *Carrier*

SHOWCASE

Evan & Lucas Reinhold

Evan and Lucas, sons of Major Reinhold of 5 FSS and Polina Reinhold, deliver 180 paper each week to Route 8 which is North and East of Dakota Elementary.

These two say they like the snow! Good thing, cause we've sure had our share so far!

In their free time they love reading, playing Legos, snowboarding and skiing.

Way to go boys!

Stay warm

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools

Tool Surplus Center
Best prices on tools in the state!

Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

Check 'em Out!!

YAMAHA Golf Cars

1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.
Saturday: 5:30 a.m. - Noon

YOUTH IN ACTION

National Museum of the U.S. Air Force hosts free virtual Read Across America program

LISA M. RILEY

Registration is now open for a free virtual Read Across America program hosted by the National Museum of the U.S. Air Force. The program will feature four aviation-themed books targeting second and third grade classrooms. Each registrant will receive a YouTube link to an 8-15 minute video, which includes the book reading with images from the book and a short tour of a corresponding museum exhibit.

The books and guest readers are: "The Tuskegee Airmen Story" read by Willie Reese, U.S. Air Force veteran and nephew of Tuskegee Airman Lt. Col. Luke Weathers, Jr. "Pilot Mom" read by Pilot Jo Dibble

"Mercedes and the Chocolate Pilot: A True Story of the Berlin Airlift and the Candy that Dropped from the Sky" read by Mark Hill, Ohio Education Association (OEA) secretary-treasurer

"A Boy and His Blackbird" read by Jeff Wensing, OEA vice president
Registration for this virtual program is open to all interested teachers and educators, no matter their geographic location. Register now by sending your name, city and state to NationalMuseum.MUT@us.af.mil with 'Read Across America' in the subject line. Links to the readings will be available from March 1-31, 2023.

Additional books may be added and will be announced on our website at www.nationalmuseum.af.mil.

Note: Read Across America was

launched in 1998 by the National Education Association and is the nation's largest celebration of reading. Federal Endorsement is not implied.

All links are provided with the support of the authors and publishers.

In 2023, the National Museum of the U.S. Air Force celebrates its 100th Anniversary. Since 1923 the museum has grown from a small engineering study collection to the world's largest military aviation museum and is a world-renowned center for air and space power technology and culture preservation. Join us throughout 2023 as we celebrate our storied history with special events and exhibits for visitors of all ages. Visit our website for more information at www.nationmuseum.af.mil.

The National Museum of the U.S. Air Force, located at Wright-Patterson Air Force Base near Dayton, Ohio, is the world's largest military aviation museum. With free admission and parking, the museum features more than 350 aerospace vehicles and missiles and thousands of artifacts amid more than 19 acres of indoor exhibit space. Each year thousands of visitors from around the world come to the museum. For more information, visit www.nationalmuseum.af.mil.

NOTE TO PUBLIC: For more information, contact the National Museum of the U.S. Air Force at (937) 255-3286.

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Feb. 6: 1,827.43 feet above mean sea level (MSL); 24,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.4 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.32 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports from the Missouri River System, Devils Lake, or area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: East Devils Lake producing nice-sized perch but tracked vehicles needed to move around. Lake Irvine remains fair to good for walleye.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye although moving around on the lake remains challenging in places. Try deep holes for some nice perch success. Work 15 to 25 feet for walleye.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling producing a few walleye with some success on Lake Audubon, as well.

•Lake Metigoshe, Four Seasons, Bottineau: Lots of activity with overall fair success for a mix of species. Not real consistent success but enough to keep an angler heading out.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea and Lake Audubon spotty for walleye. Move around on both lakes to locate fish, including from the bays to main lakes.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Fair walleye bite from Centennial and Steinke bays on the east end of Lake Sakakawea. Try 15 to 20 feet. Some pike spearing activity, as well. Lake Audubon remains hit-and-miss for walleye with best success in deeper water. Just remember to keep those fish because they won't survive coming up from deep water.

•Lake Sakakawea, New Town: Midsection remains generally slow for walleye.



- Spring turkey applications now available. Go online to (gf.nd.gov) to apply.
- All equipment such as game cameras and tree stands, etc. must be removed from all N. D. Game & Fish Dept. WMAs.
- Check on ice houses occasionally to make certain they haven't iced in after warming weather.
- 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. 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.
- Feb. 15: Spring turkey applications due.
- Feb. 18: Garrison Dam Nat'l. Fish Hatchery Winter Fun Day, 10 a.m. to 3 p.m. Free day to hike, cross-country ski, ski-shoe, or snowshoe the hatchery trails.
- Feb. 18: Little Missouri Badlands Rocky Mtn. Elk Foundation banquet, Roughrider Center, Watford City, 5 p.m.

TOURNAMENTS:

- Feb. 11: Lake Sakakawea; Van Hook Arm, Stump Lake.
- Feb. 18: Lake Audubon, Devils Lake.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace quiet but look for more activity with warmer weather and better access off the tailrace boat ramp. Lake Sakakawea dropping in elevation so beware of slumping shoreline edges in places. Limited Lake Audubon reports.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try deeper water around 30 feet in White Earth and Little Beaver bays for walleye with slow to fair bite at best. Try 4 to 10 feet for pike around Lund's Landing or Tobacco Garden. OK walleye and sauger success from the Yellowstone River. Fair panfish activity from Blacktail Dam with occasional walleye.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Look for some success on the Souris River around the Upham but limited reports from area lakes, including Buffalo Lodge Lake.

Downhill skiing:

•Big Sky Ski Resort, Big Sky, Mont.: 56- to 60-inch powder, packed powder base with 32 lifts and 294 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 open along with Blue Lift, Bunny Tow, and Green Lift Terrain Park open. Donut Hole Hiking Area open. Access off Pheasant Run gate near the top of Blue Lift area.

•Terry Peak, Leads, S.D.: 24- to 36-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.

THIS SPONSORSHIP SPACE IS AVAILABLE

CONTACT ROD AT SENTRYSALES@SRT.COM TODAY!

ONE STOP HIPPIE SHOP

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

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

CLASSIFIEDS

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

AUTOMOTIVE

\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

DON BESSETTE SERVICE CENTER

SERVICE SPECIAL

1715 North Broadway, Minot

ENGINE PAN HEATER SPECIAL

MAKE SURE YOUR VEHICLE STARTS IN FREEZING TEMPERATURES BY INSTALLING AN ENGINE PAN HEATER. INCLUDES INSTALLATION AND ROUTING OF PLUG IN CORD.

\$199.95
(plus applicable taxes)
Expires 3/1/23



Scan to Schedule Your Service Today!

KRAMER SUBARU SERVICE
700 Old Red Trail NW • Mandan, ND
888.856.2383



JOHN'S AUTOBODY



Pays Up To \$500 Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway
839-8896

NORTHERN AUTO AUCTION

1st & 3rd Saturday Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.!
Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

RENTALS

NICE HOUSE IN NW MINOT
VERY, VERY, Clean! 2 Bedrooms-Large Master Bedroom/Smaller upstairs bedroom. Large Bathroom. Full Basement. Includes washer/dryer. Off Street Parking. To View Call- (701) 240-5384

REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

1986 16' X 80' MOBILE HOME LOCATED IN DEERING, ND
3 Bedroom- Decks on Front & Back. Recently Winterized with New Insulation. Some New Windows. Located in Deering Mobile Home Park. \$10,500.00 OBO. Text /Call (701) 728-6965

REMODELED 3 BDRM RANCH STYLE HOME IN SURREY w/ attached garage, central air, large yard, patio, basement. Laminate flooring in kitchen, dining area & living room. Carpeting in bedrooms. Window coverings in all rooms. Washer/dryer included. NO SMOKING & NO PETS (701) 721-0355

WANTED TO BUY

AUTO BENT UP OR JUNKED??
We'll buy!! Also Scrap iron!!
CALL 701.240.2147 OR 701.240.7453.

NEW CONSTRUCTION
2-2 BEDROOM APARTMENTS
1-3 BEDROOM APARTMENTS

Partially Furnished
PRIVATELY OWNED - NO LEASE
Washer/Dryer, Cable, TV, WiFi, 2 car garage. 2 blocks from Arrowhead Shopping Center, Minot.
Singles Welcome
CALL 701-833-9943

SMALL PETS

IF YOU HAVE A SMALL DOG, LIZARD OR BIRD you can't care for, call me or text me at (701) 822-3455.

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT
www.marykay.com/1clouse.
701-839-0475 or 701-721-0475.

FLEA MARKET/THRIFT STORES

A Little Bit Of Everything...
With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway
Furniture, Tools, Movies, Misc. & Interesting Items
Monday - Saturday - 8:30 AM to 6 PM
Sunday - 12 PM to 5 PM

15% Military Discount!
<https://www.facebook.com/4rhomethrift>




ANTIQUES, JUNK, OLD & NEW DAKOTA FLEA MARKET

NEXT MARKET DATES: MARCH 4 & 5
N.D. State Fair Grounds.
Admission: Ages 10+: \$3.
Vendor information:
dakotafleamarkets@gmail.com
or call 701.278.0866

FOLLOW US!

northern sentry


MINOT AIR FORCE BASE NEWSPAPER

-  /NORTHERNSENTRY
-  /NORTHERNSENTRYMAFB
-  NORTHERNSENTRY.COM

BUSINESSES & SERVICES

AUTOMOTIVE

QUICK CASH!!
Running & Non-Running Cars & Trucks



Edwardson Sales 839-9512
We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

ACCOUNTANT

BradyMartz
Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

838-1658
2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

AUTOMOTIVE



AUTO PARTS

HOURS:
Monday-Friday 7am-7pm
Saturday 7am-4pm
Sunday 10am-3pm

425 Burdick Expy W Minot, ND 58701
(701) 852-3301
Proud to serve Minot AFB

STORAGE UNITS

NORTHERN PRAIRIE CONDOS & STORAGE, INC.
Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

Duane W. Block "Dewy" Owner

Call: **701.720.1093**
Today for more Information.

NPCS

8 46th AVE NE
Minot, North Dakota 58703

Contact Rod Wilson to get your business listed here!
sentrysales@srt.com • 701.839.0946

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!



#SOLD WITH US!

BROKERS12.COM

FLOWER SHOP



FLOWER Central

Voted Minot's #1 Flower Shop

405 Central Ave. E. • 701.852.6224

CLASSIFIEDS

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 at mmackey@kalixnd.org 701-852-1014.

tfm

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.

Part-Time Retail sales 25-35 hrs/ week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

tfm

THE NORTH DAKOTA NATIONAL GUARD

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.

tfm

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 service.

SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

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: 20 Mar-21 May. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 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. 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



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 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

northernsentry

MINOT AIR FORCE BASE NEWSPAPER



/NORTHERNSENTRY



/NORTHERNSENTRYMAFB



NORTHERNSENTRY.COM

For the First Time Since 2020 the Heritage Singers Present their Annual Variety Show

HERITAGE SINGERS



Tickets for the Heritage Singers Variety Show go on sale this Saturday for the first time in three years. Regular attendees of the popular event will recognize some familiar faces, and see a couple of new faces as well while enjoying the performance in a new location. Newcomers to the show will find out why audiences have been laughing and singing along at this annual tradition for over 30 years.

Music and comedy will fill your night at the Barn at 52 Pines, a new venue for the group. The Barn at 52 Pines is located west of Minot off highway 2 and 52, just off of the turn to Des Lacs at 3220 Grayson Drive. Well worth a jaunt out of city limits, this beautiful venue will create a perfect backdrop for this year's Variety Show.

The Heritage Singers Men's Choir will be celebrating 50 years of singing in Minot in 2024. They

perform traditional concerts in the fall and spring, but use the Variety Show to cut loose and have a little bit of fun. A wide variety of music will be mixed in with goofy comedy to entertain audiences. The event also includes dinner, a silent auction, and new for this year's event, a live auction of some of the most popular baked goods at the beginning of intermission.

Tickets are \$45 (\$47 with credit card), and go on sale on Saturday, January 28th, at 8:00 am at the Minot Area Council of the Arts office on Main Street, where hopeful attendees have been known to start lining up for ticket sales as early as 5:30 am. For more information, find The Heritage Singers of Minot on Facebook at www.facebook.com/MinotChoral or call the Minot Area Council of the Arts at (701) 852-2787.

POT ROASTED BEEF BRISKET

Home of ECONOMY

INGREDIENTS
 2 1/2 POUND FLAT CUT BEEF BRISKET
 TRAEGER PRIME RIB RUB
 1 LARGE YELLOW ONION, SLICED
 1 CLOVES GARLIC, MINCED
 2 1/2 MEDIUM CARROTS, CUT INTO 2 INCH SLICES
 1/2 STALK CELERY, DICED
 1/4 CUP DRY RED WINE
 1/2 TABLESPOON TOMATO PASTE
 1/2 TABLESPOON WORCESTERSHIRE SAUCE
 1/2 TEASPOON DRIED THYME
 1/2 CAN (14.5 OZ) DICED TOMATOES
 1 CUP LOW SODIUM BEEF BROTH
 1 BAY LEAF
 CHOPPED PARSLEY, FOR GARNISH

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Trim the fat cap on the brisket to 1/4-inch. Season all sides generously with Traeger Prime Rib Rub. In the bottom of a large roasting pan, add the onions, garlic, carrot, and celery.

In a small bowl, add the wine and whisk in the tomato paste, Worcestershire sauce, and thyme. Pour the wine mixture over the vegetables. Add the tomatoes and beef broth, and bury the bay leaves in the vegetables.

Lay the brisket fat-side up on top of the vegetables. Cover tightly with aluminum foil. Place the roasting pan directly on the grill grates. Close the lid and cook for 3 1/2-4 hours, or until the meat is fork-tender. Halfway through the cooking time, carefully lift the foil and turn the meat over. Replace the foil.

Remove the brisket from the grill, and let the brisket rest for 30 minutes. Remove and discard the bay leaves from the vegetables and skim any visible fat from the liquids. Transfer the brisket to a cutting board and slice into 1/4-inch-thick slices. Garnish with parsley, as desired. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

Let's Plan Your Party!

BIRTHDAY PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
 • Shoe Rental
 • Pop and Ice Cream
\$165+tax
 \$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
 • Shoe Rental
 • 2 - 16" Pizzas, Pop and Ice Cream
\$195+tax
 \$15 for each additional person

ALL PARTIES INCLUDE:
 Plates, Cups, Napkins, Utensils, Invitations & Balloons.
 Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
 You bring the cake and the kids!
 NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

Additional \$10 for X-treme Bowling

1901 NORTH BROADWAY MINOT, ND FOR RESERVATIONS PLEASE CALL **852-4108**
 NORTHHILLBOWL.COM

BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
 Time Slots Available:
 • 10 AM-12:30 PM
 • 1 PM-4 PM
 • 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

OAK PARK PACKAGE

• 4 One-Hour Jump Passes
 • \$10 in Gift Cards to The Shack
 • 2 Movie Tickets
 • BOGO Pizza

Only \$50!

High Air Ground

• TRAMPOLINE PARK •
 1210 4th Ave NW | Minot, ND 58703
701-837-JUMP
WWW.HIGHAIRGROUND.COM

New at Cookies For You Birthday Parties!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200. Available weekdays after 5:00pm and Saturdays after 3:00pm.

For more details or to schedule, call Cookies For You at 701-839-4975.

COOKIES FOR YOU and cupcakes too
 A Cookie Gift + Bouquet Company

WHAT'S GOING ON MAFB

FRIDAY 10

- Lifeguard Certification Class, Indoor Pool, hosted by Outdoor Recreation
- Valentine's Chocolate Desserts, Dakota Inn Dining Facility
- Youth of the Year Sign Up Ends, Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, M&FRC
- Pizza Buffet, 1700-1900, Youth Center
- Sweetheart Dance, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

TUESDAY 14

- Valentine's Chocolate Desserts, Dakota Inn Dining Facility
- Valentine's Day Donut Special, 0700-1030, B-Fifty Brew
- Moving Out of the Dorms Budget Class, 0900-1030, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Federal Employment Basics 101, 1300-1500, M&FRC
- Dinner & A Movie Date Night, 1600, Bomber Bistro and ESC
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 17

- AFGSC Family Day
- For a full listing of Washington's Birthday holiday facility hours, visit 5thforcesupport.com
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY 11

- Lifeguard Certification Class, Indoor Pool, hosted by Outdoor Recreation
- Valentine's Chocolate Desserts, Dakota Inn Dining Facility
- Mad Science Party, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes

WEDNESDAY 15

- Winter Reading Program — Last day to sign up, Minot AFB Library
- HIIT Strength & Conditioning, 0500, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

SATURDAY 18

- For a full listing of Washington's Birthday holiday facility hours, visit 5thforcesupport.com
- Harry Potter Escape Room Game Ends, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes

SUNDAY 12

- Lifeguard Certification Class, Indoor Pool, hosted by Outdoor Recreation
- Valentine's Chocolate Desserts, Dakota Inn Dining Facility
- The Big Game Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1400, Fitness Center
- The Big Game, 1700, Rockers Bar & Grill

MONDAY 13

- Valentine's Chocolate Desserts, Dakota Inn Dining Facility
- HIIT Strength & Conditioning, 0500, Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- First Duty Station Officer Financial Course, 1400-1600, M&FRC
- Swerk, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library

THURSDAY 16

- Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Thrift Savings Plan for Civilian Employees, 1300-1500, M&FRC
- Family Bootcamp, 1330, Turf, hosted by Fitness Center
- Ice Cream Social, 1700-1900, Bomber Bistro
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Extramural Bowling, 1730, Rough Rider Lanes
- Craft Club, 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.

THE BIG GAME
ROCKERS BAR & GRILL
FEB 12TH • DOORS OPEN 5PM
\$2.4K IN PRIZES!
\$10 ENTRY FEE COVERS BUFFET
AGES 6 & UNDER ARE FREE
BUILD-YOUR-OWN TOTCHO/NACHO/TACO BUFFET

SPONSORED BY:

FORCE 5THFORCESUPPORT.COM

VALENTINE'S DAY DONUT SPECIAL!
THE B-FIFTY BREW
FEB 14TH • 6AM - 1PM
2 RASPBERRY-FILLED DONUTS FOR \$4

NOT ESM APPROVED

FORCE 5THFORCESUPPORT.COM

JOIN US FOR AN **ICE CREAM SOCIAL**
BOMBER BISTRO
THURSDAY, FEB 16TH • 5PM - 7PM
DINE-IN ONLY

\$1 FOR A SCOOP OF ICE CREAM WITH THE PURCHASE OF ADULT ENTREE OR KIDS MEAL

COME IN FROM THE COLD & ENJOY SOME PLAYTIME AT OUR RIDERS INDOOR PLAYGROUND!

FORCE 5THFORCESUPPORT.COM

NOW OPEN IN MINOT!
Columbia College—Minot located on Minot Air Force Base

Over 30 programs offered online!

Military.CCIS.edu | (701) 714-0000 | Minot@CCIS.edu

Private. Non-Profit. Accredited.

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

Center for Family Medicine

UND SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfmminot.UND.edu