


# northern sentry


FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 08 | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 24, 2023

## WHATS INSIDE THIS WEEK:



MAFB OPENS WALK-IN CONTRACEPTION CLINIC

A3



MANAGING TWO PILLARS ROSSELLI-SULLIVAN HIRED AS MILITARY LIAISON

A7



BISHOP RYAN TEACHES EDUCATION & VIRTUE

A11



# PODS PROVIDE PRIVACY FOR NURSING AIRMEN

Minot AFB has recently installed three lactation pods that are located in the Security Forces Armory (building 547), the Joint Training Facility (building 537), and in the WSA (Building 1107). All Airmen, including civilian employees, who are nursing mothers are permitted to use the lactation pods. These resources enable each unit meet mission requirements while taking care of Airmen. Find more information on page A2.

MAMAVA SOLO GRAPHIC



**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



## HOME OF THE GLOBAL STRIKER

Only The BEST Come North!

[WWW.MINOT.AF.MIL](http://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

# Team Minot Opens Three Lactation Pods for Nursing Airmen

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

MINOT AIR FORCE BASE, N.D.

Nursing Airmen serving at Minot AFB have more places to pump after the 5th Security Forces Squadron installed three new lactation pods around the base. This is the latest effort by the 5th SFS to accommodate women who have children while in uniform.

U.S. Air Force Master Sgt. Brian Lawley, 5th SFS training section chief, and his team spearheaded the project after assessing the conditions under which mothers had been nursing in the past. They saw a need for change, and they stepped up.

“Our training section had been talking about doing this for a long time,” said Lawley. “When mothers get back from primary caregiver leave they need to catch up on all the training they missed. We noticed while these mothers were catching up on training that they would always ask us to use a spare room for pumping. We had end-of-year funds and had been doing research, so we decided to go through with it.”

Prior to the installation of these pods, Team Minot had few lactation rooms, none of which were specifically designed for this purpose. What was typically a large closet in a hidden hallway is now a standalone pod. The lactation pods stand over seven feet tall

and have many comfort features to include soundproof walls and ceilings, locks, comfortable seating, and outlets to charge devices.

“Mothers needed a clean, scheduled, and reliable place to pump,” said Lawley. “Most mothers still need to pump even after taking primary caregiver leave and our Security Forces moms can work anywhere from nine to 14 hour shifts. The only place in the Weapons Storage Area to pump prior to the new pod was in either a bathroom or they had to ask to borrow an office.”

The pods are open 24/7 and are available to all Airmen who need to utilize them. They are located in the Security Forces Armory (building 547), the Joint Training Facility (building 537), and in the WSA (Building 1107). They can be unlocked by signing out a key

from the 5th SFS first sergeant, if the pod is not already unlocked.

Lactation pods have been rolling out at Air Force bases as an additional way to provide access for pregnant and nursing Airmen since 2019, in response to a Department of Defense mandate that secure and sanitary spaces be made available. The pods provide a quick solution that avoids more extensive construction costs or delays.

“Available space is hard to find in some of our buildings, and being able to place a pod that takes up a minimal amount of space is important,” said Lawley. “Space is a big factor in the WSA. The pod is lockable, has a fan for circulation, white noise machine, and an outlet for any devices they may need to plug in.”

The additional accommodation



Nursing Airmen serving at Minot AFB have more places to pump after the 5th Security Forces Squadron installed three new lactation pods around the base. This is the latest effort by the 5th SFS to accommodate women who have children while in uniform.

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

for Airmen comes with some policy changes over the past few years. A revision to Air Force policy allowed pregnant women to apply and compete for an Officer Training School commission. If selected, trainees could head to training as early as six months after giving birth.

The Department of the Air Force announced new guidance in 2020 that aimed to improve support to nursing mothers when they return to work after having a baby. The updated policy increased flexibility with lactation breaks and also mandated access to a refrigerator after pumping.



## Rummage Sale & Bake Sale

Saturday, Feb 25 • 9am-2pm

**Vincent United Methodist Church**  
1024 2nd St. SE, Minot, ND

Use South Door  
\*Four blocks east of Town & Country Center

**LUNCH**  
SOUP and SANDWICHES

**SWEET TREATS**  
ALL DAY

**BAG BARGAINS**  
1:00-2:00 PM



2001 8th Ave. SE, Minot  
701.720.0215  
701.720.4494

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

**Open THURSDAY & SATURDAY**  
**FEBRUARY 23 & 25**  
10AM-5PM

Buying and Selling everything  
antique, vintage and retro!




**PROFESSIONAL SERVICE**

## WESTLIE TIRE & SERVICE

BUY 3  
GET 1 FREE

On a set of 4 Tires..  
See us for Details

Good Year  
BR Goodrich  
Firestone  
Bridgestone  
and more..

\*1 Discount per visit  
Exp 3/31/23

10%

Military Disc  
Parts & Labor

With Military ID \*1 Discount per visit  
Exp 3/31/23

\$10 OFF

Oil Change

+ Free Inspection

\*1 Discount per visit  
Exp 3/31/23

More than a Tire Store..

**Brakes**

**Engine Repair**

**Heat / AC**

701.857.1632

**OPEN**  
**8-5:30 M-F \* 8-12 SAT**

600 N Bdwy, Minot ND

# MAFB opens walk-in contraception clinic

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

The 5th Medical Group has opened a walk-in contraception clinic at the Team Minot medical facility. The clinic is open every Friday from 1-2 p.m. Active duty members can visit the Personnel Reliability Assurance Program clinic for walk-in contraceptive assistance while dependents can be seen at the family health clinic. "The walk-in contraception clinic will help the base population

by allowing increased access to contraceptive care on a weekly basis," said U.S. Air Force Capt. Kasumi Anderson, 5th MDG physician assistant. "The services also decrease member wait times and off base referrals as not all primary care providers are credentialed for longer term contraception options." The clinic offers prescriptions and refills for various contraception methods including short-acting

reversible contraceptives such as pills, patches and rings, and hormonal and non-hormonal long-acting reversible contraceptives such as subdermal contraceptive implants and intrauterine devices (IUDs). Emergency birth control pills can be prescribed directly from the pharmacy without an appointment or prescription from one's primary provider. The clinic not only provides convenient access to contraception,

but also educates patients on menstrual suppression, proper use of various contraception methods, and natural family planning. Patients seeking pregnancy screening can utilize walk-in hours at any 5th MDG clinic, not just the contraceptive clinic. Anderson said opening a clinic focused solely on contraception will prevent patients from having to schedule an appointment with their primary care provider. The providers are then free to take more appointments than before. "Also, this clinic decreases the

number of off-base obstetrician-gynecologist referrals and all administrative work associated," said Anderson. The walk-in clinic was opened last month in response to a Defense Health Agency directive to expand contraceptive and reproductive health services within military communities, especially in locations where services may be scarce. Team Minot and the 5th MDG remain committed to ensuring Airmen and their families are healthy and well taken care of.

Contraception Clinic Infographic.

U.S. AIR FORCE GRAPHIC 1 MASTER SGT. RYAN BELL

## 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

Staff Sgt. Michael Richmond

Senior Airman Josh Strickland

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](http://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

# Weekly Post Brief Continues To Grow...

**northern  
sentry**

A VIEW FROM  
OUR SIDE  
ROD WILSON



## IT STARTED AS AN IDEA

The Northern Sentry does not have a lot of staff, well four to be exact. Ted Bolton owns the Northern Sentry, I am in Marketing & Sales, Erin Beene is our on base reporter and Nikki Greening is our Creative Director/Graphics. Each week we are tasked with producing a 28 page, or larger, paper.

Being a weekly paper is a challenge when it comes to the timing of articles, and events. The Northern Sentry is about 90% delivered by Noon on Fridays. Now back time a bit and our absolute deadline to have all materials to the printer is on Wednesdays at Noon. Having spent part of my career as a broadcast journalist, we worked toward providing news three times a day, noon, six and ten PM. Of course, that has certainly changed as you will have a hard time turning on your television and not finding a locally generated newscast, albeit they are more regional than local in nature. Erin and I do most of the local stories for the Northern Sentry. The content of these stories is generated mostly on Minot Air Force Base. But the base is a 24/7 news source and doesn't stop generating news at

Noon on Wednesday. And that's why we decided there was a need for another edition, and so the Weekly Post Brief was born.

## CAN'T STOP THE PRESS

Delaying the Northern Sentry was not the answer, and neither was generating another 28 page edition. The answer was to combine the internet, email addresses, and our talented (well Erin is talented) reporting staff to produce the Weekly Post Brief, an email that covers those stories that did not make The Northern Sentry. The editor of the Weekly Post Brief is Erin Beene, (see, I told you she was talented). The Weekly Post Brief also highlights some of the stories that were in the Northern Sentry, as well as an Event Of The Week. Erin wraps it all up into a neatly produced email that hits your email box around Noon on Friday.

## SIGN UP ON OUR WEB SITE

If you want to sign up for our Weekly Post Brief, just go to our website; [northern-sentry.com](http://northern-sentry.com), and follow the instructions. We would certainly like to share our "newest kid on the block" publication with you. Best of all, the Weekly Post Brief is absolutely free, and you

can unsubscribe at any time.

No, the Northern Sentry is not going away, actually our locally produced Northern Sentry is better than ever, with local columnists and articles that not only share the news of Minot Air Force Base, but news that affects the residents of the base and the many surrounding communities.

## BEST KEPT SECRET

Nothing on your calendar for February 25th? Why not come to Downtown Minot for the annual Coffee and Cocoa crawl. A \$10.00 ticket will allow you to tour the many participating merchants. Each will supply you with a small sample of a featured drink. Details are on the [downtownminot.com](http://downtownminot.com) website. See you there...

## SNOW EVENT?

I am not totally sure that I will buy into a change in weather that brings snow to North Dakota as a Snow Event. The Weather Channel has started to post weather information and for some reason they think we need to label this information as an event. "There is snow coming...a snowstorm...or even get ready for some winter weather." Just give us the facts. Honestly, I was watching

the Weather Channel and they said that we may experience a Wind Event. How does that differ from a windy day?

## TODAY'S CHUCKLE

The trouble with patience is, the more you have of it, the more people want to try it.

**SUBSCRIBE NOW**  
TO OUR WEEKLY EMAIL NEWSLETTER



**northern  
sentry**

MINOT AIR FORCE BASE NEWSPAPER  
WWW.NORTHERNSENTRY.COM



## UPSIDE DOWN UNDER

MARVIN BAKER

Well folks, it took 50 years, but North Dakota now has a three-class high school basketball system. The North Dakota High School Activities Association has now approved the starting a third class next fall.

Advocates, mostly from the smaller communities in the state, have fought for this since Class C went away in 1963. But the state's population dynamic has changed dramatically since then and it was time ramp up a third class.

This time, however, instead of Class C, the new class will be Class B, along with a Class A and Class AA.

As you might imagine, the largest high schools in the state,

those with 400 students or more, will be competing in Class AA. That means the big guys like Fargo Davies, Bismarck Century and the like will compete against each other.

Class A, with 162 to 400 students will take into account many schools that have grown over the years, but not enough to be competitive against the largest schools. The best examples here are Watford City and Central Cass.

For several years, Watford City was the fastest growing community in the state and as the town grew, so did the school system. Unfortunately, by virtue of that growth, the Wolves had to compete against the bigger schools and typically got clobbered because it was so new to them.

Central Cass has grown rapidly as well, in fact all of Cass County has seen substantial growth. But again, a growing school in Casselton just doesn't have the giddy up to beat the likes of West Fargo Sheyenne or Grand Forks Central.

Alexander is also an example of mismatching. For years it was one of the smallest schools in the state and it didn't have sports

teams, or if it did, as in football, it competed in a 6-man Montana league. As the oil boom pushed more people to Alexander, the school grew just like Watford City. Teams popped up, and because of the school's population, it had to compete against bigger schools like Dickinson Trinity, Beulah or Bowman. In the fall of 2023, the Comets will have a level playing field.

This new, three-class basketball system isn't totally equitable, but it's a big step in the right direction.

The smallest schools; Lewis & Clark North Shore, Glenburn, Lakota, Flasher, Wilton and others such as Strasburg-Zeeland, will play Class B as they have. But this time, any school with fewer than 162 students will be in Class B.

That still means there could be some lopsided competition, but as mentioned earlier, it's a step in the right direction.

Case in point: In a theoretical state Class B tournament, Alexander could play against Langdon, Beach could play against Ellendale or Lewis & Clark-Berthold might have to

play Cavalier.

But as we all know, tournaments can have upsets and near upsets. Remember tiny Epping vs. Hillsboro? Yes, Hillsboro won that 1977 tournament 56-52, but it was a classic David and Goliath scenario.

Before 1963, only the smallest schools were considered Class C. And without having to look it up, it's almost a guarantee that most of those schools don't exist any longer, or have consolidated with larger schools in the region.

Hague, Carpio, Border Central in Calvin, Streeter, Portal, Braddock, Willow City, Souris and Makoti are all schools that no longer exist but competed in the old Class C league.

This time around, there are plenty of co-ops, such as Linton-HMB, that still gives students from Braddock, Hazelton and Moffit a chance to play boys or girls basketball.

To some of us old-timers, we feel we've lost our identity when we co-op with another school. But the kids can be on championship teams and that's what counts here.

# It's about time!...



TIMOTHY TIMM

## TITUS &amp; PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

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



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

## Three More Minutes

in front of me and the cashier—as one does in Hot Dish Land.

“It’s full steam ahead from here. We’re gaining more than three minutes of daylight every day right now!” the gentleman said as he hefted jugs of milk back into his cart.

“Really?” I asked.

“Yes. And it adds up fast. Things really starts to snowball in February,” he replied. I laughed and asked if he intended to be clever with the “snowball” comment—he hadn’t. At that point, we all said “Welp,” and “I s’pose,” and the conversation broke up.

I keep thinking about what he said. About his excitement at three minutes of light. About the deeper truth that small things turn into big things when they accumulate. A small addition of minutes eventually turns into hours—until a day spent mostly in darkness is a day saturated in sunlight.

December 21 is the shortest day of the year. Here in Minot, daylight lasts a mere 8 hours and 24 minutes. (Yes, I know there are places with shorter days—but I’m not from here and that seems awfully dark to me.) On December 22 we gain three seconds of light. Then seven seconds. Then fourteen.

The seconds melt into minutes so gradually we often don’t notice nature doing its beautiful work until we stumble out of the library expecting darkness—only to be surprised by dazzling visibility, impossible to ignore.

Given time and consistency, small increments become monumental. When a shift begins with three seconds, three minutes begins to seem like a miracle.

In a world hungry for quick fixes, I find much comfort in the gradual return of longer days, and the method of which they approach. We are all moving toward something. Maybe it’s a healthier body, a calmer mind, career ambitions. Maybe it’s potty-training, or learning to read, or teaching your child to share their toys. Nature offers us beautiful proof that big changes

don’t need to happen overnight.

Today could be the day you are three seconds closer to your goal. Tomorrow, maybe you’ll be seven seconds nearer. The change and the effort you put forth in faith will snowball. Small effort will multiply into great impact with time.

Whatever you are moving toward, keep going. Remember, even majestic North Dakota summers begin as three extra seconds of daylight in the darkness of winter.

*For more stories of life in North Dakota and practical tips for honing positive mindset, join me on Instagram (@amy\_allender) or Facebook (@amyallenderblog).*



There’s something so reassuring and encouraging about the hours of daylight beginning to stretch toward summer

AMY ALLENDER PHOTO

**Simonson STATION STORES**

**FEBRUARY MILITARY DISCOUNTS**

**10 CENTS OFF PER GAL.\***

**\$4.00 OFF PREMIUM CAR WASH\***

**1310 South Broadway, Minot N.D**

\*Minot Location Only

**GET COLLEGE CREDITS**

**for PME, OJT and college coursework**

**Southern New Hampshire University**

**MILITARY FRIENDLY**  
22-23 GOLD TOP 10 SCHOOLS

Cole Gonchar  
SNHU Graduate

Scan the QR code or visit [snhu.edu/military](https://snhu.edu/military) to learn more

SCAN HERE

‘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



**SLICE OF LIFE**  
KIM FUNDINGSLAND

# Those Coveted Coffee Mugs

I've noticed that many coffee drinkers have a weird relationship with their favorite coffee mugs. They cling to them as if their very lives were dependent upon it. Strange.

Hmmm. As I write these lines, I confess to you, dear reader, that my favorite coffee mug is but a few inches away. That means I hereby, in a very public way, include myself among those who I previously expressed reservations regarding their highly caffeinated behavior, namely their relationship with a material vessel akin to some sort of false idol.

As I throw my complete effort into this written word, I do so with the knowledge that many of you will be reading this, favorite coffee mug in hand, or perhaps just inches away. You are my incentive, my inspiration, to freely share what perhaps may not actually be a shortcoming, but rather something worthy of the highest honor bestowed upon those who cling to a favorite coffee mug.

I have no clue what that honor might be, or who or what organization might bestow it, but you have my utmost assurance that I am infinitely qualified to receive it. You see, I have gone to unusual lengths to maintain the integrity and admiration of coffee mug fanciers everywhere. I'm

certain that distinct qualification must be written in the official coffee drinker's code somewhere.

It should be noted that I am not completely possessed with this coffee mug business. Partially maybe, but not completely. I don't have any selfies of me and my favorite coffee mug standing in front of the great pyramids of Egypt or on the slopes of Mount Everest. I suppose I would, just have never been to those places.

Nevertheless, my lack of worldly travels aside, I have taken my coveted coffee mug as far south as Florida where the sun turns Norwegian skin red in minutes, and as far north as the northern reaches of Saskatchewan where the sun sets for only an hour or two.



My favorite coffee mug is a hand-painted gem that has been dropped, banged around, misplaced, had its lid replaced, and usually goes wherever I go.

This is not just any coffee mug we're talking about here. Please, stay with me as I reveal a bit of history that helps explain my fondness for, of all things, a coffee mug.

The mug about which I am writing came into my possession, lawfully, when I purchased it at a C-Store which was promoting the sales of coffee to its customers. Buy a mug, get coffee for half price for a year. I quickly calculated I'd come out ahead on that deal in short order, and I did. Problem was though, that mug was dropped, banged around, left on the roof of my vehicle, misplaced for a time, and otherwise frightfully abused far beyond what any coffee mug should endure.

I had replaced shattered and broken lids a couple of times. The dents became a sort of "Red Badge of Courage", but the chipped paint began to seriously degrade the appearance of what had become my favorite coffee mug. Now what?

An ingenious plan was needed to save that mug from the dumpster, a fearful fate that I determined would have had an unknown effect on me, and one which I didn't wish to discover. I sought some advice from a friend, a known craftsman skilled in various methods of painting.

Not knowing what the outcome would be, but cautiously optimistic, I applied a couple of primer coats to my previously described coffee mug. That I followed with two coats of dull green paint, all of this over the top of the mug's former maroon color. It is here that things became quite problematic.



Those who drink coffee daily have a favorite coffee mug that is usually never more than an arm's length away.

KIM FUNDINGSLAND PHOTOS

You see, I make no claim to having any artistic ability, yet wished to personalize my coveted coffee mug. I tried several free hand drawings to test my ability. All were miserable failures, sad confirmation of what I already knew. Still, I remained the owner of a dull green coffee mug much in need of improvement.

I devised a plan that I thought I could execute. Even if not up to artistic standards, I reasoned, and expected, my coffee mug would be

very much my doing and therefore a valued asset. What I came up with was a combination of tracing my favorite home-made fishing lures and a mixture of actual innovative painting.

Perfect? Nope. But it's my creation, and both a reflection of my lack of ability as an artist and my passion for fishing. Plus, it is one of a kind and, like a loyal dog, will follow me anywhere. Really though, it has no other choice.



Sitting on a table in a cook tent in northern Saskatchewan, where the sun sets for only a few hours, is my reliable fishing-themed coffee mug.

## March Resident Council



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

The March Resident Council is scheduled for Wednesday, 1 March at 6pm. The meeting will be held at the Welcome Center, 183 Missile, across from the gas station. Agenda topics include: Neighborhood Safety, Services, Work Orders, Amenities, and more. There is still time for residents to submit input for the meeting via the anonymous online input form: <https://form.jotform.com/221374764660156>. The meeting will also be streaming live on Facebook @ minotAFBresidentadvocate. Meeting minutes are posted online each month and can be found at <https://tinyurl.com/mafbcouncilminutes2023>.

Residents who have questions or concerns related to housing at Minot AFB can contact the Resident Advocate at 701-818-7075.



Apply today!



**Paid training starts April 24, 2023!**

**Hiring Elite Service Associates working on-site  
2915 N Broadway Minot, ND 58703**

**Full-time opportunity that includes a comprehensive benefit package with world-wide travel privileges.**

**\$2,000 Sign-on bonus**

\*\*Sign on bonus is payable in two installments. The first installment of \$1,000.00 will be paid on the pay period following 90 days of employment and the second installment of \$1,000.00 will be paid on the pay period following 180 days of employment. Sign on bonus will be subject to normal tax requirements per Internal Revenue Code. Delta Vacations retains discretionary authority to modify or cancel this program at any time and for any reason. \*\*



**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**

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



# Managing Two Pillars Rosselli-Sullivan Hired As Military Liaison

ROD WILSON, NORTHERN SENTRY

There are a lot of reasons that the Minot Chamber EDC began a search for someone to handle the management of two of the five pillars of a recent strategic plan unveiled by Chamber EDC CEO Brekka Kramer and 2023 Chairman of the Board, Kevin Black. The five pillars are Economic Development, Community Development, Workforce Development, Member Services and Military Support.

A recent report on the economic impact of Minot Air Force Base reinforced the need for a more consistent management plan to reach out and embrace the military personnel at Minot AFB, as the base community contributes over \$595 million dollars annually to the Minot community.

The position, for the time being, is listed as the Workforce Development and Military Liaison, and the person filling that position is Keli Rosselli-Sullivan, a Minot native who, in her own words, "has a tremendous passion for this community."

Rosselli-Sullivan was born in Minot, moved away for about 20 years after college, and returned to her hometown in 2011. "I've been pretty involved with the community, especially the last seven years." Rosselli-Sullivan has served on

the board of the YWCA where she was board president, The Minot Chamber Ambassadors Committee and has been involved with the Souris Valley United Way where she has served as co-chair for their annual fund-raising campaign for two years. She also worked for Balfour Beatty, the resident housing management firm on Minot AFB.

"Basically, the Military Liaison is the voice of the Minot community, and [I will] help bridge that gap between the community downtown and the Minot Air Force Base and especially the military members who are coming in and are going to be stationed here," according to Rosselli-Sullivan. "We don't want them to feel like 'oh my gosh, I am stuck in Minot, North Dakota,' but instead make them feel that Minot is a great city to be a part of." In the Military Liaison role, Rosselli-Sullivan will help the population at Minot AFB to experience the "downtown" community and help them become thriving members of it when they get here.

Programs that are important to providing that warm welcome will include the Adopt an Airman program that teams a first-term airmen arriving at Minot AFB with a family in the community, and a new

program, Wayfinders, that will also provide a link between an Airmen or family and key community champions. "It's a website and arriving (military personnel) get paired up with a community Wayfinder to help answer any questions, like what can I do in Minot and what can I expect?" The program will be launched before the Minot Chamber EDC annual meeting on March 27.

Keli will also be managing the Prairie Warrior Auction which is scheduled for March 16. "[The Prairie Warrior Auction] benefits the squadrons and their families, just helping to build teamwork and helping the families get together and do events like picnics and

other activities. We've added something else this year... we've added VIP tables that are available, and the money raised from the VIP table will go the fund the new program Home for the Holidays which will allow Airmen to get home because obviously they are away from their families, and we want them to be able to spend time with their families over the holidays."

For Keli, barely four weeks into her new position, the challenge becomes defining what the Military Liaison position will bring to the table for the Minot Air Force Base, now and in the future.



**Keli Rosselli-Sullivan**  
MACEDC Workforce Development Specialist & Military Liaison



We are looking for a dynamic squadron photo that represents what your unit is all about visually! Send us a photo of your unit working hard, or doing something awesome for a chance to be featured on the front page of the Northern Sentry to get your squadron the recognition it deserves!

Additionally, do you have a favorite hang out on base or a favorite restaurant in town? Nominate them for the Northern Sentry's 'Best Of' Awards too!

**OPEN VOTING WILL BEGIN MARCH 1,  
SO GET THOSE NOMINATIONS IN TODAY!**



## You could miss out, or you could choose USAA.

Members switched and saved **an average of \$725 per year.<sup>1</sup>**

If you know, you know.

If you don't, we do.



**AUTO  
INSURANCE**

[usaa.com/auto](https://usaa.com/auto)

<sup>1</sup>Potential average annual savings, rounded to the nearest \$25 increment, based on countrywide survey of new customers who switched to United Services Automobile Association and self-reported savings from March 11, 2019 to March 18, 2021. Individual savings may vary and isn't guaranteed. Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, Texas; USAA Limited (UK) and USAA S.A. (Europe), and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. No Department of Defense or government agency endorsement. © 2023 USAA. 280415-0922

# Rare Open Season for Survivor Benefit Plan

RICHY ROSADO, 88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – A rare open season for the Survivor Benefit Plan began on Dec. 23, 2022, providing retirees who receive retired pay or former members who are unenrolled and awaiting retired pay the opportunity to enroll now.

The open season also allows enrolled retirees, Guard and Reserve members and Gray Area retirees to discontinue their coverage from the program prior to the close of open season on Jan. 1, 2024.

In 1972, Congress met with spouses of military members who were requesting more decision power in their financial future. Congress agreed and established the SBP. The SBP gives retiring service members a way to provide a monthly income to their eligible spouses and/or children should they pass away after retirement.

The SBP benefit amount is a percentage of retiree's pay. The member's election of full or reduced coverage will determine the percentage. The eligible beneficiary may receive up to 55 percent of a service member's retired pay upon the death of the member.

"Open season for SBP is very rare. There has been four since 1972, with the last one being in 2005," said Bill Mayo Survivor's Benefit Casualty Program Manager for Wright-Patterson. "As a retiree I know that when I pass, my

military retirement pay will stop, and I wanted to ensure that my spouse receives financial support through the SBP program. As an SBP counselor for many years, I've seen the negative financial effects when SBP is not chosen and how it puts the spouse in a financially difficult situation."

Military retirees who chose not to participate in the SBP program when they left military service will get a rare second chance to enroll thanks to the 2023 National Defense Authorization Act. Retirees who enroll during the open season will have to pay the premiums they missed since retiring as well as interest according to the new law. Current enrollees can choose to discontinue their coverage during the SBP open season with their spouse and covered beneficiary's consent.

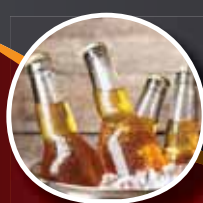
The Defense Finance Accounting Service is still working to prepare the forms, policies, and processes and will inform the SBP counselors when they can begin processing enrollments and disenrollments.

If you have questions about SBP open season, please visit the link below: <https://www.dfas.mil/RetiredMilitary/provide/sbp/SBP-Open-Season-NDAA2023/>

If you would like to speak to an SBP counselor, please contact the 88 Force Support Squadron at 88.FSS.FSHCasualtyServices@us.af.mil or call 937 257-6405.

## 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

### NOTES ON BEING SAFE

## Fall Protection at Work and at Home - Ladder Safety



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



As summer arrives, many people will be working outside of their homes or summer residences.

In an average year, 93,000 American are injured while using a ladder. In fact, falls are the second leading cause of accidental death for Americans after traffic collisions.

When working off the ground in any capacity you need the right mindset. Always think about safety and the safest way to accomplish the task at hand. Don't just jump on the ladder and go. Every time you use a ladder you need to inspect it, ensuring the base of the ladder is balanced and secure, the rungs are free from debris or liquids. If you are doing a high climb, it never hurts to have another person help balance the ladder - always error on the side of caution. Be sure to scan the work area for potential hazards especially if you're near electrical power lines. Never use a ladder if you are overly tired, injured or under the influence of drugs or alcohol. If you have any reservations about the climb - don't do it.

When you begin to climb a ladder make sure that you make a three point climb and always face the front of the ladder, never climb backwards or sideways! For a lot of you climbing a ladder may be "old-hat" but you never know the moment when you will catch your toe and if your hands aren't on the side rails, it will be nearly impossible to catch yourself. Lastly, keep your weight centered between the rails and walk one rung at a time. Climbing a ladder is all about balance and in addition

ladders are designed for the three point climb.

When climbing down a ladder the same three point climb applies. Balance is even more important on the decent. Make sure that you climb down one rung at a time and make sure that your foot is securely on the rung before moving the other foot. Visibility is more difficult on the way down and you may be carrying something that you weren't on the way up.

Over the years there have been many fatalities caused through negligent ladder

safety measures taken by the user. Because some people have successfully used ladders in the past without problems, they develop the attitude that "it can't happen to me". How wrong they are? This is when things do go wrong, and being over confident can be true folly. There is no place in the workplace for a slack attitude as it not only endangers the life of the person with that attitude, but fellow workers as well. If commonsense is used in regard to safety, ladders can be an asset in the workplace. Safety really depends on the user.

MINOT AIR FORCE BASE

# Finest



SSGT DIXIE SCOTT

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

MINOT'S *Finest* COLLISION CENTER

Proudly Serving MAFB for over 30 years!  
[www.minotfinest.com](http://www.minotfinest.com)

701.839.0989  
524 31st Avenue SW • Minot, ND



## 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](http://nscu.com)



## 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**





The MH-139A Grey Wolf is a multi-capable twin-engine helicopter capable of providing a wide range of mission support depending on the aircraft's assigned Major Command.

AIRMAN MAGAZINE PHOTO

# Airframe: MH-139A Grey Wolf

AIRMAN MAGAZINE

The MH-139A Grey Wolf is a multi-capable twin-engine helicopter capable of providing a wide range of mission support depending on the aircraft's assigned Major Command. While the platform provides search and rescue capabilities to all commands, it also is slated to provide emergency security response for nuclear security missions within Air Force Global Strike Command and contingency response and airlift to Air Force District of Washington.

Additionally, the MH-139A will provide support to secondary missions within Pacific Air Forces, Air Force Materiel Command and Air Education and Training Command, ranging from general operations support to medical evacuation.

The MH-139A is based on the Leonardo AW139, a commercially-available and proven helicopter. The craft is outfitted with additional capabilities including military communication capabilities, navigation and enhanced survivability features, including an armored cockpit and cabin, a missile warning and countermeasure system, two mounted M240s, and bolstered self-sealing fuel cells.

The Grey Wolf was designed to accomplish a three-hour flight time while cruising at 135 knots (155 mph) without the need for refueling. It's also capable of carrying nine personnel with necessary combat and security response equipment.

### DEVELOPMENT:

The MH-139A was designed to be a direct replacement to the Air Force's aging fleet of UH-1N Huey helicopters. The Grey Wolf provides the ability to cruise 50% faster and farther than the Huey, while also having a 30% larger cabin and capability to lift 5,000 pounds more.

In the interest of quality-of-life features, the MH-139A is equipped with full autopilot capability, as well as cutting-edge avionics that enhance situational awareness, reducing both pilot and crew

workload.

Because the MH-139A is based on the commercial AW139, there is a wide availability of rotorcraft parts and previously established support systems. This redundancy leads to overall lower operating costs and increased reliability and maintainability, resulting in more than \$1 billion in Air Force savings across the life of the helicopter. Additionally, the flight training transition is eased due to previously existing AW139 flight trainers.

### OPERATIONAL HISTORY:

The AFGSC stood up Detachment 7 at Duke Field, Florida, to support testing and evaluation of the MH-139A. The detachment worked in conjunction with the 96th Test Wing's 413th Flight Test Squadron.

The first two airframes were delivered for testing in 2019 and the first test flight occurred in February 2020. The first developmental flight after the Air Force took ownership of the crafts took place in August 2022, which marked the milestone for Air Force-only aircrew to test military mission capabilities.

In 2020, Maxwell Air Force Base, Alabama, was selected as the preferred location to host the MH-139A Grey Wolf Formal Training Unit and the 908th Airlift Wing was tasked with the mission. Since then, members have been strategically preparing and anticipating its arrival.

During November 2022, 908th AW's Unit Training Assembly, one MH-139A Grey Wolf from the 413th Flight Test Squadron in Duke Field, Florida, and two UH-1N Huey's from the 23rd Flying Training Squadron in Fort Rucker, Alabama, made a stop at Maxwell AFB.

The primary purpose of the visit was for 908th Operations Group and 908th Maintenance Group members to get familiar with the incoming and retiring aircraft, communicate with the helicopter crew and build a closer relationship between each other. This was the first time 908th AW members observed and interacted with their future mission and the legacy they

are now inheriting.

The acquisition was contracted through Boeing during a full and open competition at a cost of \$2.38 billion — \$1.7 billion under budget.

Gen. Timothy Ray, AFGSC commander, named the helicopter "Grey Wolf" during a naming and unveiling ceremony at Duke Field, Florida, Dec. 19, 2019, comparing the helicopter to the wild animal that bears the same name.

"It strikes fear in the hearts of many," Ray explained. "Its range is absolutely inherent to the — [intercontinental ballistic missile] fields we have. As they hunt as a pack, they attack as one, they bring the force of many. That's exactly how you need to approach the nuclear security mission."

The helicopters will provide security and support for the nation's ICBM fields, which span Wyoming, Montana, North Dakota, Colorado and Nebraska, in support of U.S. Strategic Command's nuclear deterrence operations aligned with the National Defense Strategy.

### AIRCRAFT STATS:

- Primary Function: Intercontinental ballistic missile field security and support, DV lift, aircrew survival training
- Contractor: Boeing, Leonardo and Honeywell
- Power Plant: Two Pratt & Whitney PT6C-67C turboshaft
- Thrust: 1,100 shaft horsepower
- Rotor Diameter: 45.2 feet
- Length: 54.7 feet
- Height: 16.3 feet
- Maximum Takeoff Weight: 14,110 pounds
- Max Cruising Speed: 135 knots (155 mph)
- Range: 225 nautical miles
- Ceiling: Up to 20,000 feet
- Armament: Two M240 7.62mm machine guns
- Crew: Two pilots, one flight engineer
- First Flight: 2019
- Initial Operating Capability: Planned for 2023
- Inventory: N/A, 84 planned

(Current as of February 2023)

**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**

**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

# 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



# 91st Security Forces Group Fourth Quarter and Annual Award Winners

COLONEL ANTHONY S. MCCARTY

Defenders,  
It does not go unnoticed the amount of effort you all put into making the 91 SFG the greatest in Defender Nation!

Chief Broughman and I are beyond proud of all you continue to accomplish. That said, it is truly humbling to watch many of you stand out amongst a team chalked full of superstars!

Please join the Chief and I in congratulating our Security Forces Group 4th quarter and annual award winners, as well as our USSTRATCOM and Security Forces Annual Unit award winners! The Chief and I cannot wait to personally recognize each of our award recipients...

## 2022 USSTRATCOM:

Junior Tier Enlisted:  
A1C Heath Clement  
(91 MSOS)

Middle Tier Enlisted:  
TSgt Robert Short  
(891 MSFS)

Senior Tier Enlisted:  
MSgt Meldion Shehu  
(91 MSOS)

FGO: Maj Kristopher Schmutz  
(91 MSOS)

Junior Civilian:  
Mr. Gregory Rector  
(791 MSFS)

Team: Tactical Response Force  
(91 MSOS)

## 2022 SECURITY FORCES ANNUAL:

Small Unit:  
91 MSOS

Large Unit:  
891 MSFS -  
AFGSC level winners!

## 2022 4TH QUARTER:

Amn: A1C David Jimenez  
(91 MSOS)

NCO: TSgt Robert Graham  
(91 MSFS)

SNCO: MSgt Christina Lee  
(891 MSFS)

FI/CC: 1st Lt Chris DeLong  
(91 MSOS)

CGO: Capt Derek Forte  
(91 MSOS)

FGO: Maj Kristopher Schmutz  
(91 MSOS)

Volunteer:  
SSgt Miguel Farias  
(S5)

Key Spouse:  
Mrs. Jocilynn Culver  
(91 MSFS)

Cat-I Civ:  
Mr. William McDougle  
(91 MSOS)

Cat-II Civ:  
Mr. William Haas  
(91 MSOS)

Team: Tactical Response Force  
(91 MSOS)

## 2022 ANNUALS:

Amn: SrA Taylor Hendrickson  
(91 MSFS)

NCO: TSgt Jennel Edwards  
(SFV)

SNCO: MSgt Seth Harrier  
(91 MSFS)

FSoY: MSgt Andrew Scheutz  
(91 MSOS)

FI/CC: 1st Lt Chris DeLong  
(91 MSOS)

CGO: Capt Ryan Coker  
(91 MSOS)

FGO: Maj Kristopher Schmutz  
(91 MSOS)

Volunteer:  
TSgt Nicholas Simmons  
(SFV)

Key Spouse Program:  
791 MSFS

Key Spouse:  
Mrs. JoAnna Gonzalez  
(791 MSFS)

Cat-I Civ:  
Mr. William McDougle  
(91 MSOS)

Cat-II Civ:  
Mrs. DiNell Hall  
(791 MSFS)

Team: SFG Standardization  
and Evaluations

Thanks for all you do!  
Defenders...Lead the way!

**CENTURY eyewear**

GUCCI COACH DIOR OAKLEY Ray-Ban FENDI kate spade NEW YORK

DR. JASON L. BRADLEY, D.D.

207 SOUTH MAIN STREET DOWNTOWN MINOT

**701.852.5626**

ONE HOUR LAB SERVICE

LOCALLY OWNED SERVING MINOT SINCE 1976 | NEWEST STYLES HOTTEST TRENDS BEST SELECTION

CENTURYEYEWEAR.COM

**f**

FOLLOW US ON FACEBOOK

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
WWW.NORTHERNSENTRY.COM

**CAPITAL R.V.**

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

# OUTDOOR

## REPORT



PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Feb. 20: 1,826.39 feet above mean sea level (MSL); 23,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.44 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.35 MSL.

•N.D. Game & Fish Dept. game wardens: Devils Lake producing perch on the Minnewaukan Flats and East Devils Lake. No north-central or Missouri River System reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Stink Lake south of Churchs Ferry producing a nice walleye bite. East Bay on Devils Lake continues producing good perch activity but tracked vehicles needed to move around on the ice.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good perch success with fish moving a little deeper. Overall fair walleye success. Moving around on the lake remains challenging at times in areas but if possible move around and drill a lot of holes to locate fish.

•Lake Darling, Karma C-Store, Ruthville: Lake Audubon slowed for walleye but Lake Darling continues producing small walleye. No reports from Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Some nice-sized pike showing up with a mix of spearing and hook-and-line. Look for a short walleye bite of about 45 minutes before sundown.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Hit-and-miss walleye success on Lake Audubon. Try working a variety of depths. Steinke and Centennial bays also hit-and-miss for walleye on the east end of Lake Sakakawea with some perch activity.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Slow walleye bite on the east end of Lake Sakakawea but pike anglers finding a few fish. No reports from Lake Audubon.

## OUTDOOR NOTES:

PATRICIA STOCKDILL

NORTH DAKOTA GAME & FISH DEPARTMENT PHOTO



- 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. 24: West Dakota Waterfowlers Delta Waterfowl banquet, Grand Hotel, 5 p.m.
- Feb. 28: Tree squirrel season closes.
- March 1: Minot area Pheasants Forever chapter start-up meeting, 7 p.m., Sports on Tap.
- March 3: Souris Valley Mule Deer Foundation, Minot Sports on Tap, 5 p.m.

## TOURNAMENTS:

- Feb. 24: Devils Lake.
- March 4: Devils Lake.

•Lake Sakakawea, New Town: Van Hook Arm and New Town area generally slow with occasional walleye at best.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing some walleye activity from both boat and shore, weather permitting. Lots of pike spearing activity on the east end of Lake Sakakawea.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea producing walleye just outside of White Earth Bay along the east and west flats. Little Knife Bay also producing decent walleye activity. Look for the Yellowstone and Missouri rivers to improve as the water clears. Try working larger bays for pike on Lake Sakakawea as the spawn moves closer. Blacktail Dam fair for decent perch with a mix of other species.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Reports

remain limited from area lakes but look for some activity from Bisbee Dam.

**Downhill skiing (conditions may vary):**

•Big Sky Ski Resort, Big Sky, Mont.: 63- to 68-inch powder, packed powder base with 32 lifts and 260 runs open.

•Bottineau Winter Park, Bottineau: 36- to 40-inch base with good conditions. 2 Magic Carpets and 1 lift, 7 runs, and tubing and terrain parks open.

•Huff Hills Ski Area, Mandan: 20- to 35-inch loose granular, machine groomed base. Antelope, Badger, Big Rock, & Cougar runs closed but all other runs open along with 2 lifts, 1 tow, and Terrain Park open. Donut Hole Hiking Area closed.

•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!

# Bishop Ryan Teaches Education & Virtue

ERIN BEENE, NORTHERN SENTRY

Education. It means more than schooling in a classroom setting. Education is discovering, asking questions, and training up a child in ways that will serve them later in life. Fr. Jady Nelson, President of Bishop Ryan Catholic School, explains his school's view of education like this: "We are very focused on instilling virtue in the minds and hearts of our students. This world takes a skeptical and unprincipled approach to morality, wherein the only defining characteristic of a 'good' behavior is that it didn't hurt anyone else. We are aware that this prevailing vision of morality is inadequate to inspire people to live flourishing lives and to build a foundation for happiness that is built upon solid foundations, not the superficial morality of our wider society."

Bishop Ryan Catholic School is located in Minot, right off HWY 83 as it turns into Broadway when driving from the base. The school hosts all grades, Pre-K through high school, and offers a wide range of activities, special opportunities and ways to encourage students to grow and learn in a God-centered environment.

Although Bishop Ryan is "unabashedly Catholic," Fr. Nelson also explained that, "We believe that faith is always to be proposed, not imposed." He continued to clarify by saying, "We are open to working with any parents who buy-in to our vision of education. We have many non-Catholic families who are part of our school and love it. In order for faith to be authentic, a person must freely assent to what is proposed for belief. So we welcome non-Catholic families as an important part of our Bishop Ryan family and an opportunity for us to share with them what we find so compelling about being Catholic."

Military families looking for the right schooling option for their children should know that Bishop Ryan strives to create a "foundation for lasting happiness through education in virtue." Many families have already and currently enrolled their children at the school for this very reason. Nadine Hunt, a Bishop Ryan parent of two elementary age students and base resident, said, "When we first got here in summer 2020 (during the pandemic) it took the public schools here a very long time to decide if they would go back to in person teaching or not. Bishop Ryan was faster and had a plan for in-person class on hand. We toured the school, liked what we saw and haven't regretted it. We also do like the smaller classes and the Catholic education."

Amanda Adrian, another base Bishop Ryan parent, explained why they choose and love the school saying, "From our first call to the school when we found out we were moving to Minot to now, we have felt welcomed by the school. They were excited that we were interested in the school and worked with us to figure out the best placement for our daughter. We've felt welcomed by the families as well. We already know we will miss Bishop Ryan and their school community when it's time for us to move."

Another MAFB & Bishop Ryan parent responded with similar positive feelings towards the school. Lisa Wheeler said, "I love that I can go into the school any time I want to have lunch with my kids or to meet them at their classrooms at the end of the day."

While most parents interviewed had elementary aged students, the upper grades also have unique opportunities at Bishop Ryan. High school students have the ability walk right across the street to UND

and take dual credit classes, which is a huge opportunity for students and their parents alike.

Military families that live on base may be concerned about the time-consuming drive if their child attends Bishop Ryan; however, the school has recently worked with some base parents and they can now offer a morning bussing system from the base. Utilizing the bus does have a per student fee, but Fr. Nelson said they and the families have loved this opportunity and hope to continue the service in the future. Parent Maurina Renda said, "I love the bus from Minot AFB. It gives me more time in the morning to get ready for my day after ensuring that my children are ready for theirs" Additionally, Bishop Ryan offers a military scholarship and other scholarship opportunities for those who may need or want assistance with tuition costs.

Fr. Nelson explained that the school is filling up very quickly and they have begun a master plan to expand and build a new campus or building to accommodate the growing classes. Even though classrooms are filling, Jaimie Brunner, Bishop Ryan Enrollment



Morning Gathering. Instead of starting the day over the intercom, the elementary students gather together each morning for the Angelus, the Pledge of Allegiance, and the chance to go over daily announcements and celebrate birthdays as a full group. It's a great way to start each school day!

Director, is available to speak with prospective families for enrollment this coming school year. The school presents a "Lion for a Day" program in which students can come to a class and participate, meet the students and teachers and discover what it would be like to attend Bishop Ryan. Additionally, Fr. Nelson even said that they work around work schedules and have campus tours whenever it is convenient for the family. He said, "They can schedule a tour of our campus and receive that packet as part of their visit, too, and because we know that moms and dads are busy, we try our best to have tour times available outside of the

traditional work day, upon request."

Ultimately, education is a family choice based on circumstances and beliefs. Bishop Ryan strives to be an institution that teaches more than fact figures, but to expand minds and truly engage students. Fr. Nelson said, "In our school, faith and reason work together to help students to discover and explore all of reality, not just what can be measured and tested by the scientific method, although we do that too. We help students to escape the materialist narrative that holds sway in wider culture today and to discover that they are more than first meets the eye."



The Anderson kids enjoy riding the Bishop Ryan bus to school from MAFB.



Mass with Fr. Gregory Crane, Bishop Ryan's School Chaplain, in the Chapel of Divine Mercy.

**Come be a Lion for a Day**

Students currently in Grades 1-11 are invited to join us for a day in the life of the Lions.

Our "Lion for a Day" opportunities are scheduled individually with interested families. For questions, more information, or to schedule your "Lion for a Day" experience, please contact Jaimie Brunner at (701) 838-3355 or jbrunner@brhs.com.

**Live our #lionpride**

**BISHOP RYAN CATHOLIC SCHOOL**

**noodles & COMPANY**

**15% Military Discount**  
Dine In or Take Out Only\*

**304 4th Ave NW Minot**  
Open Daily 11:00 AM to 8:45 PM

**www.noodles.com**

**HOME & GARDEN SHOW**

Minot Association of Builders

**MARCH 3RD & MARCH 4TH, 2023**  
FRIDAY 12PM - 7PM • SATURDAY 10AM - 4PM

**OVER 100 BOOTHS!**

**ND STATE FAIR CENTER**  
MAGIC PLACE ROOM

SAVE \$1.00 OFF ADMISSION WITH MILITARY ID  
OR SAVE \$1.00 OFF ADMISSION WITH CANNED FOOD DONATION

**ADMISSION \$5**  
KIDS 12 AND UNDER FREE!

**NEW THIS YEAR!! COLOR THE MURAL WALL**  
Created by ART BY MAX

**\$50 CASH GIVEAWAY EVERY HOUR**  
Sponsored by Ward Title

**ENTER TO WIN EXHIBITOR PRIZES!**

**FIND HOMER THE GNOME TO WIN!**

**BUILD YOUR OWN SUCCULENT**  
With Pockets Full of Posies

**FIRST 500 KIDS IN THE DOOR RECEIVE A HARD HAT & HAMMER**  
Sponsored by Future Builders Inc.

**GRAB A COLD DRINK IN THE PATIO PUB!**  
Integrity Outdoor Living

**KIDS ZONE**  
BRING THE KIDS TO DIG IN THE SAND!

**The Ready Builders Inc. LEGO COMPETITION IS BACK!**

# Military OneSource MilTax now available for 2023 tax filing, support

DEFENSE.GOV

The Defense Department announced that free expert support and e-filing for the 2023 tax season are now available for the military community.

A DOD benefit offered through Military OneSource, MilTax includes tax preparation and e-filing software developed specifically for the military community, as well as personalized virtual support.

MilTax consultants are specially trained to help service members and their immediate families understand complex tax situations, such as tax forgiveness and refunds for surviving family members, extensions and deadlines, and much more. This full suite of tax services addresses scenarios that civilians rarely encounter, such as deployments, combat, training pay, housing and multistate filing.

"Tax season is something all Americans must navigate each year. Service members and military families are no exception — however, the added complexities of military life can make it feel stressful and at times overwhelming," said Patricia Montes Barron, deputy assistant secretary of defense for Military Community and Family Policy. "MilTax eases that burden for service members and their

families by providing them with knowledgeable tax assistance and industry-leading preparation and e-filing software free of charge."

The MilTax tax preparation and e-filing software is available now through April 18, with extensions through Oct. 17, 2023. Service members and their immediate families can find more information and get started at [www.militaryonesource.mil/miltax](http://www.militaryonesource.mil/miltax).

MilTax consultants are available year-round to answer questions. Service members, spouses and survivors can also meet with Military OneSource financial counselors for free help managing their refunds and becoming more financially secure in the future.

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These DOD services can be accessed 24/7/365 around the world.

## A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST USAF WOMEN TO ATTAIN PERMANENT  
RANK OF COLONEL  
FEBRUARY 29, 1968



Maj. Gen. Jeanne Holm  
(USAF Photo)

After Public Law 90-130 was signed by President Lyndon Johnson on November 8, 1967, Major General Jeanne M. Holm and Colonel Helen O'Day became the first women promoted to the permanent rank of colonel in the United States Air Force. Gen. Holm enlisted in the Women's Army Auxiliary Corps in 1942. In 1949, she transferred to the USAF. She was appointed director of Women in the Air Force, Office of the Deputy Chief of Staff, Personnel, in November of 1965. Gen. Holm helped to modernize Air Force policies for women and expanded their job opportunities. Col. O'Day joined the WAAC in July 1943. She was promoted to major in 1951, and became the first woman assigned to the Air Force Legislative Liaison Office in the House of Representatives. For six years, she served in Paris before retiring in July of 1967. She came back to active duty as one of the first female colonels soon after President Johnson signed the new law into effect, which lifted many promotion restrictions for Air Force women. Maj. Gen. Holm and Col. O'Day are two USAF women who broke many glass ceilings throughout their careers, and spearheaded the progress of women in the Air Force to where it stands today.

Information courtesy of: [static.dma.mil](http://static.dma.mil) / [af.mil](http://af.mil) / Air Force Historical Foundation

## CELEBRATE LIFE SERVING YOU SINCE 1926

304  
S MAIN ST  
MINOT, ND

THOMAS  
FAMILY  
FUNERAL HOME

CALL  
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM



## Tire Rotation

Appropriate Tire Rotation must be done every 3,000 - 6,000 miles or with every oil change. Tires Plus of North Dakota offers quality affordable auto repair services on Minot AFB.

### What it does

Rotating your tires is important for making your tires last longer. Rotating your tires suggests changing them from one side of the auto to the all other, moving them from front to back or a mix of both, depending on your auto and what was done before. Some tires need to be rotated at specific intervals, while others will need to be rotated depending on the wear.

### Why service is essential

Uneven tire wear can result in unsatisfactory performance, unsatisfactory gas efficiency, shorten the life of the tire and may cause safety concerns.

### Proper Tire Rotation Prolongs Tire Life

#### Several aspects can cause unequal tire wear

- Vigorous driving practices, stop and go city traffic, road construction, etc. Broken terrain and pot holes
- Under inflated tires
- Worn Shocks
- Unaligned steering wheels
- Used parts
- Not rotating your tires

### What we do during tire rotation

- Tires are rotated in alternating patterns
- Check overall quality and safety of tires
- Inspect tire tread
- Examine for effective inflation
- Tighten lug nuts

To discover when your tires have to be rotated, consult your automobile's owner's handbook or ask one of our auto mechanic - tire professionals today. Come see our technicians for your tire rotation on base today! Call Tires Plus to arrange your next tire rotation auto repair services on Minot AFB. Tires Plus is thrilled to be your number one auto repair shop and provider of tires.



## OIL & FILTER SERVICE

### OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



\$10 off  
VALVOLINE OIL CHANGE



Auto Care - Valvoline Instant Oil - Tires  
Minot AFB | 61 Missile Ave | 701-727-4141  
Minot | 1301 20th Ave SW | 701-837-1301



YOU CAN DEPEND ON  
YOUR HOMETOWN EXPERTS  
TO SERVE ALL YOUR  
CAR CARE NEEDS IN MINOT.

Auto Care - Valvoline Instant Oil - Tires  
Minot AFB | 61 Missile Ave | 701-727-4141  
Minot | 1301 20th Ave SW | 701-837-1301



# 2023 DAF Art Contest opens March 1

DEBBIE ARAGON, AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

The Department of the Air Force 2023 Art Contest opens March 1 and runs through April 30, 2023.

For the first time, this year's contest includes both two-dimensional and three-dimensional works of art. The submission window is extended to allow artists time to submit in their age category. Any authorized patron of DAF facilities beginning at age six can participate.

"We're excited to add 3D art to the contest," said Jamie Compton, Air Force Services Center Community and Leisure branch chief. "It has been requested by the field so we're hoping that adding it to the program opens up the contest to people who may not have participated otherwise."

With 3D art, the contest is expanded to items such as hand-made sculptures, basket weaving, jewelry, pottery and

quilting, as long as it's three dimensional.

For 2D art, artists can create submissions in oil, watercolor, acrylic, pastel, mixed media, gouache, egg tempera, pen and ink, charcoal, colored pencil, scratch board, markers and metal point. Digital art isn't included in the contest.

Artists can submit one or two photos of their entry at <https://forcesupport.awardsplatform.com/> no later than April 30 at 11:59 p.m. CDT.

"Art highlights the inner quality of your creative self," said Susan Lear, AFSVC community services analyst and art contest program manager.

"Creating a work of art not only gives the artist an avenue to express themselves. It allows others to be inspired by it as well," Compton said. "Whether they are encouraged to try a project of their own or just to appreciate the art for what it is by recognizing the love and effort that the artist put into the

project. "Anytime we can encourage someone to continue their passion, in this case art, or encourage someone to try something new, we are helping to create a more resilient individual."

After the competition closes, a panel of judges will look for impact, creativity and technical expertise when deciding the winners in each of these categories: Adult novice and adult accomplished for those 18 and older at the time of entry. Adult novice category is for new or inexperienced artists while accomplished is for those with knowledge based on education, training, experience or those who operate as professional artists. Youth categories, based on the age of the artist at the time of submission, are ages 6-8, pre-teens ages 9-12 and teens ages 13-17.

AFSVC will announce the top three winners in each category this summer.



The Department of the Air Force 2023 Art Contest opens March 1 and runs through April 30, 2023. This year's contest features both 2D and 3D art.

U.S. AIR FORCE GRAPHIC BY THE AIR FORCE SERVICES CENTER

**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.

WARRANTY FOREVER!

**LOVE.**  
It's what makes  
Subaru, Subaru.

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

# Beat the Mid-Winter Blues... DO SOMETHING FUN!

## SNOW DISAPPEARING IN MINOT?

### WE HAVE LOTS!

#### SNOW REPORT

Excellent conditions with a 3.5 foot base + 5 inches of new snow. All ski lifts and runs are open, including our terrain park and both tubing hills. We offer ski and snowboard rentals. Come try all the great new food in the kitchen. Home-made soups, Metigoshe melt sandwich and lots of other great options!

#### HOURS

Friday, February 24  
Check Facebook for updates!  
Saturday, February 25  
10am-5pm  
Sunday, February 26  
10am-5pm

Bring Your Group to BWP



Established in 1969  
**BOTTINEAU WINTER PARK**

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



#### MILITARY DISCOUNT

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



explore experience discover bring out your inner artist!

### Painting for a Purpose At Margie's for MAFB AADD



NO APPOINTMENT NECESSARY!

Margie's will donate 10% of your Ceramic cost to  
**Minot AFB Airmen Against Drunk Driving**  
March 1st-4th & March 14th-18th

Gift Shop • Coffee & Smoothie Bar  
• Ceramic Glass Studio

## MARGIE'S



ALL NEW STORE FRONT!

109 South Main St. Minot • 701.837.8555  
margiesartglass.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

# 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



# DoD Releases Policies to Ensure Access to Non-Covered Reproductive Health Care

DEFENSE.GOV

On October 20, 2022, the Secretary of Defense released a memorandum, "Ensuring Access to Reproductive Health Care," directing the Department to take a series of actions to ensure Service members and their families are able to access non-covered reproductive health care. These policies reinforce the Secretary of Defense's commitment to taking care of our people, ensuring their health and well-being, and ensuring the Force remains ready and resilient.

Today, the Department of Defense has released the directed policies on command notification of pregnancy, administrative absence for non-covered reproductive health care, and travel allowances for non-covered reproductive health care. These policies will be effective within 30 days from today to allow the Military Departments time to implement and incorporate these policies into their Service regulations, and to allow time for Service specific guidance to be developed.

The policy on command notification of pregnancy provides Service members the time and flexibility to make private health care decisions while accounting for the responsibility placed on commanders to meet operational requirements and protect the

health and safety of those in their care. This policy standardizes and extends the timeframe for Service members to inform their commanders about a pregnancy, generally allowing Service members until up to 20 weeks of pregnancy to notify their commanders of their pregnancy status, with limited exceptions to account for specific military duties, occupational health hazards, and medical conditions.

The policy for administrative absence for non-covered reproductive health care provides Service members the ability to request an administrative absence from their normal duty station to access non-covered reproductive health care without being charged leave. Service members may be granted an administrative absence to access, or to accompany a dual-military spouse or a dependent to access, non-covered reproductive health care.

Travel and transportation allowances may be authorized for Service members and dependents to travel to access non-covered reproductive health care. Travel and transportation allowances may be authorized when access to non-covered reproductive health care services is not available within the local area of the member's permanent duty station, temporary duty location,

or the last location the dependent was transported on Government orders. The non-covered reproductive health care is at the Service member's expense.

Our Service members and their families do not control where they are stationed, and due to the nature of military service, are frequently required to travel or move to meet operational requirements. The efforts taken by the Department today will not only ensure that Service members and their families are afforded time and flexibility to make private health care decisions, but will also ensure Service members are able to access non-covered reproductive health care regardless of where they are stationed.

For more information on the Department's actions on non-covered reproductive health care, visit: [www.health.mil/EnsuringAccessstoReproductiveHealth](http://www.health.mil/EnsuringAccessstoReproductiveHealth).

For comprehensive information and resources related to women's and gender-specific care, information about reproductive health, and information about the full range of contraception methods, and TRICARE benefits for contraceptive services, visit: <https://health.mil/Military-Health-Topics/Womens-Health>.

### BOMBER TASK FORCE

A B-52H Stratofortress aircraft assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., receives fuel from a KC-135 Stratotanker aircraft assigned to the 100th Air Refueling Wing, Royal Air Force Mildenhall, England, during a Bomber Task Force mission, Jan. 27, 2023. BTF missions provide a unique opportunity to improve combined readiness, promote interoperability and demonstrate global power projection alongside our European allies.

U.S. AIR FORCE PHOTOS | STAFF SGT. NICHOLAS SWIFT



<p><b>EVERYDAY HAPPY HOUR - 3PM - 6PM</b></p> <p>\$2 off All Apps                  \$3 House Wine &amp; Domestic Pints                  Bavarian Pretzels with Beer Cheese Sauce                  \$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups                  \$5 Moscow Mule                  \$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps                  1/2 Flat Bread Pizza</p>	<p><b>DAILY SPECIALS</b></p> <p>Monday \$5 Moscow Mules (all day)                  Tuesday \$4 ND Breweries (all day)                  Wednesday 1/2 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 &amp; Caesars                  \$12 Bottomless Mimosas                  \$6 Breakfast Shots</p>	<p><b>FAMILY PACKS</b></p> <p>Monday Pizza Pack Combo                  Tuesday Sandwich Pack                  Wednesday Chef Creation*                  Thursday Pasta Pack</p> <p><small>*Changes Weekly - Check our Facebook Page</small></p>
---	---	---

**MILITARY DISCOUNT 10% OFF**

thestarvingrooster.com

welcome baby

**BABY BOY BORN ON  
 SATURDAY, FEBRUARY 18, 2023 TO:  
 BROOKE KREGER AND UNIQUE WATERS  
 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

present's **JUNGLE JENN**

## AMUR LEOPARD

**CREATURE FEATURES**

- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.

**Fact File**

Life Span	10 - 15 years
Weight	55 - 105 pounds
Head & Body Length	5 feet
Tail Length	32 - 35 inches
Height to Shoulder	2 - 2.5 feet
Speed	37 mph
Wild Diet	Omnivore (Carnivore) Herbivore Roe Deer, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer



### DOMINO ADDITION

Count the number of dots on each domino and fill in the total.

 How many spots? ____	 How many spots? ____	 How many spots? ____
 How many spots? ____	 How many spots? ____	 How many spots? ____

**HOURS:  
 OPEN DAILY  
 10AM-3PM**

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

**UPCOMING EVENT  
 SCHOOL'S OUT  
 DAY CAMP AT THE ZOO  
 MARCH 9 & 10**

**MILITARY DISCOUNT  
 \$5.00 off an  
 Annual Family Pass**



# Minot Area Chamber EDC to Host 2023 Annual Meeting

Featured Speaker is Gov. Doug Burgum; Now Seeking Nominees for Community Awards

MINOT AREA CHAMBER EDC

The Minot Area Chamber EDC (MACEDC) is pleased to invite the community to its 2023 Annual Meeting.

The event is scheduled for Monday, March 27, 2023 at the Grand Hotel in Minot, beginning with a social at 5:00 PM. Dinner will be served and the meeting will begin at 5:30 PM.

The evening will be headlined by a keynote address from Governor Doug Burgum. In addition, MACEDC will share its major accomplishments of 2022, its plans for 2023, and a look at what's on the horizon with its newly developed five-year strategic plan.

MACEDC is also happy to announce that it is introducing the Impact Awards to recognize businesses, organizations, and individuals who go above and beyond in our community. Nominations are now being accepted for Impact Award recipients in the following categories:

- Outstanding Small Business

(awarded to a business with 25 or fewer employees)

- Outstanding Community Impact (awarded to a business or organization of any size)

- Outstanding Leadership (awarded to an individual person)
- Outstanding Military Support (awarded to an individual, business, or organization)

Nominations will be accepted on the Minot Area Chamber EDC's website until 4:00 PM on Friday, March 10, 2023. "2022 was a fantastic year for the Minot Area Chamber EDC," said Brekka Kramer, President | CEO of the organization, "and the future is even brighter. We're excited to share our progress, celebrate community wins, hear from Governor Burgum, and honor local champions with our new Impact Awards on the 27th."

An RSVP is required to attend the Annual Meeting, which can be found on [www.minotchamberedc.com/](http://www.minotchamberedc.com/)

## Human Trafficking Awareness Training

Dakota Hope Clinic will host two Human Trafficking Awareness training sessions next week. Training will be presented by Sarah Johnston, Central Navigator with North Dakota Human Trafficking Task Force.

They need your help to combat human trafficking in N.D.

Start with educating yourself about trafficking in N.D., find out how YOU can help victims and end trafficking in our state.

The sessions will be held February 28, 2023. There is a morning session that will run 9:00 - 10:30 am or an afternoon session from 2:00 - 3:30 pm. Both sessions will be held at the NDSU North Central Research Extension Center. The training is free to attend and open to the public, but has limited seating, so registration is required.

Please scan the QR code to register.

For more information you can reach out to Mandy Crocker at Dakota Hope Clinic at 701-852-4675 or by e-mail at: [mandy@dakotahope.org](mailto:mandy@dakotahope.org)



9:00 - 10:30 am



2:00 - 3:30 pm

# GOT A DIRTY CAR?



MAGIC CITY

10%  
MILITARY  
DISCOUNT

CARWASH

619 NORTH BROADWAY  
HOURS: 8 AM TO 9 PM DAILY



## Your Collision Experts

### What We Do



Vehicle Collision Repair



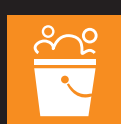
Boat & Fiberglass Repair



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](http://jeromescollision.com)

# Community VOICES

## Family Time

MARTINA KRANZ

Cell phones all over the state simultaneously shrilled that morning. Residents quickly scanned the emergency alert, attempted to contact their family members, or raced to find them, and prepared. Meanwhile, in the Ewa Forest Reserve in Oahu, the Miyagi family had turned off their cell phones and packed them inside their backpacks. Koturi and Fujio, the mother and father, extinguished their breakfast campfire by the peaceful, meandering river. The children, Saro and Riku, laughed as they donned their hiking gear. "I'll beat you up the trail, big brother," Riku said. "You'll try," Saro said. "No running boys," Fujio said. "I don't want any sprained or broken ankles." He wanted to escape on this trip. They arrived only yesterday, and he didn't feel like returning to the city just yet. The forest sounded eerily quiet for a forest. It seemed as if the entire organism stopped moving and breathing. Like when a human stops breathing for a few moments when they experience extreme pain or loss. "Is something bothering you?" Koturi asked. Fujio looked at his wife. "No. Why?" Koturi lifted her eyebrows. "You were staring into the forest." As he grew older, Fujio's clairvoyance grew stronger, and today it rose to life inside him. A "gift" that he inherited from his father and his father before him.

"Let's go. Our sons are restless." Fujio helped Koturi with her backpack and then lifted his own onto his back. Riku, then Saro, began to walk on the trail, then his wife, then he. Several minutes later, he picked up a smooth, whitish rock from the riverbank and slid it into his pocket. His younger son always loved to collect and paint rocks. At home, they littered his bedroom. Fujio sighed and shook his head. His older son preferred the hikes or any athletics for that matter. The complete opposite of his brother. Sports books and his golf equipment littered his room. As they all walked along the trail, Fujio's discomfort grew. His mind told him something was wrong, but he didn't want to stop and check his cell. The forest sounded even quieter, and the river flowed without any gurgle or splash. He and his family were making the only noise.

Koturi slowed, and Fujio walked alongside her. He wrapped his arm around her.

"Happy you decided to come along?" Fujio asked. Koturi laughed. "Yes, I am. I needed to unchain my cell phone from my wrist."

Fujio had so hoped that she would change her mind. He hadn't wanted to leave her alone. He wanted them all together. Riku slipped another rock into his pocket. Saro grabbed a big stick on the side of the trail and used it as a staff. Koturi stepped softly, but firmly. That sound normally soothed him. He itched to stop and check his phone. Something was off. His mind wouldn't settle. When they reached a bench on the trail, he'd make some excuse to his wife and sons and turn on his cell. Fujio checked his watch. 8:07. Koturi and the boys sat on the riverbank and pulled their granola bars from their backpacks. He sat on a rock on the further side of the trail and retrieved his cell. The screen read: BALLISTIC

MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL. His breath rushed from his body, and his heart nearly stopped. Fujio stood and yelled. "Let's go! Now!" They had to get to the waterfall. There they would be surrounded by rock. It was the only place he could think of going. His family turned around and looked at him.

"What's wrong Dad!" Saro shouted.

"Just grab your packs and let's go!" "What's the matter?" Koturi asked. Fujio ran to his family. "There's no time! I'll tell you when we get there!"

They reached the waterfall, breathing heavily and sweating profusely. Fujio herded his family toward the dense foliage near the falls.

"What's...the...story...Dad?" Saro asked.

Fujio dropped his pack and pulled his cell from his pocket. His family gathered around him to read the screen. His family put their arms around him and Riku began to cry. Fujio stroked his son's hair. Koturi kissed Riku, and Saro squeezed his arm. After a few minutes of just standing there, they sat close together in the damp rich greenery, waiting for the destruction to come. Saro and Riku laid their heads on their father's chest, and Koturi laid her head on his shoulder. "North Korea must've decided to prove they could hit us," Koturi

said. "This is what you sensed earlier." She stroked his t-shirt with a shaky hand.

Saro looked up into his father's face. "Are you scared, Dad?" Riku looked up too.

"I'm very scared, son, but I'm just glad we're all together," Fujio said. "No wasting precious time trying to find you or call you. We're together."

"When will it come?" Riku asked. "I don't know, son. I don't know." They sat together in silence for several more minutes before Fujio's cell alerted again. He picked it up. The time: 8:45.

The screen read: THERE IS NO MISSILE THREAT OR DANGER TO THE STATE OF HAWAII. REPEAT. THERE IS NO MISSILE THREAT OR DANGER TO THE STATE OF HAWAII. FALSE ALARM.

"Thank God," Koturi said. "Let's stay here a while longer," Fujio said.

They listened to the quiet for some time and then walked down the trail toward their car.

The End

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com




www.whiskeyninennd.com 109 West Central Avenue  
701-837-1090 Minot, ND



**2 Winners Every Week!**

# 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**

*No Limit, Enter As Many Times As You Wish!*

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.



**15% Military Discount**  
Dine In or Take Out Only\*

**304 4th Ave NW Minot**  
Open Daily 11:00 AM to 8:45 PM

[www.noodles.com](http://www.noodles.com)



## Local Cravings Restaurant Guide

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



**BATTLE OF THE RANKS**

The African American Heritage Council hosts a Battle of the Ranks basketball game at Minot Air Force Base, North Dakota, Feb. 18, 2023. The basketball game consisted of E-5 and below versus E-6 and above. The E-5 and below team won with a score of 74 to 72.

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



Upcoming Events

25 FEB

**DOWNTOWN MINOT COFFEE & COCOA CRAWL**  
10:00AM-2:00PM  
Downtown Minot  
Various Locations

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. Please be ready to show your ticket at each participating business.



For more information:  
Facebook / Minot Downtown Business & Professional Association / Events

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

1-4 MAR

**PAINTING FOR A PURPOSE AT MARGIE'S FOR MAFB AADD**  
MARCH 1ST-4TH  
MARCH 14TH-18TH  
109 South Main Street, Minot

Margie's will donate 10% of your ceramic cost to Minot AFB Airmen Against Drunk Driving. No Appointment Necessary!  
Monday: Closed  
Tuesday: 10:00 - 8:30  
Wednesday: 10:00 - 5:30  
Thursday: 10:00 8:30  
Friday: 10:00 - 5:30  
Saturday: 10:00 - 5:30  
Sunday: Closed



For more information:  
www.margiesartglass.com

3-4 MAR

**MINOT HOME & GARDEN SHOW**  
FRI. MAR. 3 • 12 PM TO 7 PM  
SAT. MAR. 4 • 10 AM TO 4 PM  
North Dakota State Fair Center,  
2005 Burdick Expy E. Minot

The MAB Home and Garden Show is the ultimate resource when planning your next home project in Western North Dakota. Whether you are building a new home, considering a kitchen remodel, or installing your dream outdoor living space, the MAB Home and Garden Show is the ideal venue for inspiration with over a hundred exhibits featuring landscape design, lawn and garden equipment, interior design, windows and window treatments, flooring, decking, outdoor living, home entertainment and automation, and much more. Admission is \$5/person, with children 12 and under free. Bring a canned food item to save \$1 off admission, or show your military ID to save \$1 off admission.



For more information:  
www.minotab.com/homeshow/

*NEW Community at the Northern Sentry*

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



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

SPONSORED BY



# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## IT'S HERE EVEN IF THE BIRDS AREN'T

Patricia Stockdill

Splotches of snowdrifts and snow dot the frozen ground across the prairie landscape.

Lakes and wetlands still look like large, amazing ice cubes despite a late January and February break in winter weather.

Any sheet water from melting snow or ice is likely to harden rapidly because, let's face it, it's February and in North Dakota that means potential cold, snow, blizzards, and wind.

And more cold, snow, blizzards, and wind.

Any type of waterfowl remaining in the state has called the Missouri River's open water below Garrison Dam home – some hardy ducks and even harder Canada geese.

Any reasonable light goose – snows, blues, and Ross's – booked their flight for warmer southern weather long ago.

However, that being said, should a brave, hardy light goose decide it wants to test the elements and head north for an early start on Arctic nesting activity, the North Dakota Light Goose Conservation Order opened Feb. 18. And that means hunters can head afield if one is in the state.

More than likely, though, any and all light geese are still languishing in their southern climate. They're soaking up the sun and warmth, feeding, and putting on weight in preparation for their journey stretching more than 1,500 miles.

Depending on when Mother Nature decides to shift from winter to spring mode light geese probably won't be anywhere in North Dakota until enough snow melts allowing for sheet water in fields and open water wetlands for birds to feed and rest.

That may or may not happen anytime soon, although this is North Dakota and anything can happen. Who knows, we could get another April blizzard like the one in 2022 or we could move right into spring. Mother Nature tends to like to mix things up and keep residents of the Northern Great Plains guessing.

So while light geese likely won't show up anytime soon, there is a reason the Conservation Order opens so early: It allows ample time for harvest opportunities if any decide to head this way. That philosophy also applies to the fact that it doesn't end until May 14. While a vast majority, if not all, light geese have long settled into their Arctic summer homes by then, some may have missed that memo.

North Dakota isn't a large player in harvest totals during the light goose conservation order in large part because of weather. When birds start to make their northward move they tend to languish more in South Dakota, resting on fields covered with sheet water from melting snow and feeding.

When it comes to North Dakota the state generally needs a snow line or adverse weather and shallow sheet water in fields and temporary wetlands to hold them so they can rest.

Otherwise, most opt to view North Dakota from the air. The peak light goose migration in North Dakota centers around April 1 – a week on either side of that date.

Another reason North Dakota isn't a major player in harvest is, admittedly, it's hard to get into position to be able to harvest birds in the spring.

For starters, there are thousands – tens of thousands and more – flying in large flocks. That's a lot of eyes in the air and those adults are pretty suspicious when it comes to identifying potential dangers, even when they're flying high in the sky.

In other words, they're darn smart birds and they're hard to decoy.

In addition, fields are usually muddy by the time they're moving through in late March and early April. Access is difficult and it's imperative to get permission – even if fields aren't posted either electronically or with physical signs – because landowners don't appreciate having muddy fields torn up by hunters.

Another challenge in the spring is light geese tend to move rapidly. They typically need a storm to hold them in the state. Otherwise, they can be in one location one day and well into Canada the next morning if they decide to take flight.

However, generous regulations during the light good conservation order are designed to allow for a larger harvest and make it a little easier to be successful. It's still worth checking out for more information on license requirements, regulations, and other details. Go to the N.D. Game and Fish Department website, (gf.nd.gov) for details.

Besides, it's a wondrous sight and sound as they journey over the state – and worth watching for hunter and non-hunter alike.

# Month of the Military Child (MOMC) Working Group



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



April is the perfect month to usher in Spring but it is also a great time to "Purple Up" for military connected students! The Month of the Military Child (MOMC) is celebrated in April and is a time to show our support for military connected students across the United States and also abroad. In North Dakota, there are more than 12,500 active duty, national guard and reserve military members in North Dakota. In addition, more than 8,500 military connected children in North Dakota have a parent or guardian serving in the military. Therefore, April is an incredible time to show appreciation for the strength and resilience of military connected students.

The School Liaison Office is beyond thrilled to lead the Month of the Military Child (MOMC) Working Group with stakeholders in our community. These stakeholders include 5th Mission Support Group, 5th Force Support Squadron Flight Chiefs, Child and

Youth Programs Managers, the Minot AFB Library, Key Spouses, and so much more! We are working together to orchestrate a month where our students are valued and appreciated.

The work of the MOMC Working group occurs at different levels to include coordinating the signing of the MOMC Proclamation with the State of North Dakota, connecting with the North Dakota leadership to advocate for legislation enhancing quality of life measures, partnering with agencies and businesses, building a comprehensive calendar for Minot AFB and organizing events with schools located on and off Minot Air Force Base. The School Liaison Office desires for this effort to be collaborative and engaging.

April will be bustling with activity and we would like to invite our community to take part in this special time. If you are interested in serving as a volunteer for MOMC, please send an email to MAFB.school.liaison@us.af.mil.

## 2022-2023 MPS CALENDAR

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

March 8  
P/T Comp Day - No School  
March 9 & 10  
Spring Day Break #1 & #2



- Vacation Days - not contracted day
- Parent/Teacher Comp Days
- Early Release Days - 1:15pm
- PD Days - contracted day
- Holidays
- \* Weather Make-up Day

**MI MEXICO**  
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**



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

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

# The Cutest Mardi Gras Parade in Minot

ERIN BEENE, NORTHERN SENTRY

Fat Tuesday -Mardi Gras, the day before Ash Wednesday and the kickoff of the Lent season- is not widely celebrated in North Dakota. But this year it was embraced in the cutest way possible. On the morning of Tuesday, February 21, a handful of toddlers and preschoolers marched around Building 164 for its first-ever Mardi Gras Parade.

Mardi Gras parades and celebrations are well enjoyed in some southern states, famously Louisiana and Alabama, where the first Mardi Gras Parade was thought to have taken place. Mardi Gras is also known as Carnival season to celebrate eating and revelry prior to "giving up" certain foods or activities for Lent. Most cities in Louisiana are filled with balls, parties, king cakes and of course colorful parades. Air Force families that have spent time at Barksdale AFB, near Shreveport, Louisiana, will understand that Mardi Gras and Carnival are huge, family friendly (usually) celebrations that

rival Christmas as far as decor and merriment. Even though Mardi Gras is life to some southerners, many others are completely oblivious to the holiday and what it means.

In order to help spread culture and her joy of Mardi Gras, Family Child Care provider Gina Clark-Nelson organized her own parade with her children she cares for and allowed their family members to come watch and participate too. As an FCC provider she is encouraged to create at least two parent involvement activities per year and thought the kids would enjoy it immensely. With the help of the Child & Youth Services, Clark-Nelson created a small presentation about the history of Mardi Gras and the fun behind the tasty king cakes for the parents. She explained that finding the little plastic baby in the cake means you will have good luck in the coming year! Clark-Nelson mentioned that it was funny because she put a lot

of mini plastic babies in the cake and so almost everyone found one, therefore bestowing good luck on all the parents!

The smiling babies & toddlers were pulled around the makeshift parade route in wagons and strollers which were decorated to look like floats. Everyone had a blast throwing beads and waving at their guests. Even though the parade only lasted about 3-5 minutes in total, it was a unique event for the parents and kids alike. Clark-Nelson will be moving away before next year's Mardi Gras, but said she had fun organizing the event and is thinking about making this a yearly tradition for her in-home FCC daycare no matter where they live.

While this Mardi Gras event was the only one held in a public place, many other FCC providers also celebrated the day with mock parades and fun activities at their homes.

## YOUTH IN ACTION



FCC Provider Gina Clark-Nelson created a Mardi Gras style parade for her tiny students.



Families learned about the Mardi Gras holiday and enjoyed watching the adorable parade.



We offer Jr. Preschool classes for children 3-4 years old and Preschool classes for children 4-6 years old.

Our unique curriculum uses a multiple intelligences approach to teaching. We offer Yoga, STEM, Sign Language, Art, Music, Literacy Activities, Cooking and much more!

Welcoming Minot and Minot AFB families since 2005. Convenient by-pass access!

LEARN MORE AT [www.minotpreschool.com](http://www.minotpreschool.com)

- 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!**

**T&E USA TOOLS**

**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

**Vibeto Orthodontics**

**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

# The Reasons I Enjoy Winnipeg, Canada

LUKE SMITH, 9 YEARS OLD



Winnipeg is a city in Manitoba, Canada and is about four hours away from Minot Air Force Base by car. In this essay, I will discuss why I enjoy Winnipeg. The reasons I enjoy Winnipeg are the yummy foods, Pirates Cove, The Children's Museum, playing with different people, and The Leaf.

In Winnipeg, I adore the restaurant in the Delta Hotel. I also like the Little Sister Café and

Eva's Gelato. The food smelled so great and tasted awesome. At the hotel restaurant, I made a Bacon Egg Sandwich which had a fried egg, crispy bacon, and a Wheat bread. My cute but deadly little sister Lydia only likes bacon. She's a human so don't worry about her destroying the world.

The Pirates Cove Playland is really exciting and cool. The playland has a pool and a game where I could

shoot balls inside the playland. Pirates Cove is on the second floor, it looked so colorful and it had a slide. The playland is in the hotel my family and I stayed at. I also went to the Delta hotel and it had a separate pool and hot tub.

Another reason I enjoy Canada is meeting new friends that are nice. An area that has lots of people I can play with is the Children's Museum. One of the people I met

in the childrens museum is Max. He is eight and loves cars. I met him on the freight train inside. Max reminded me of a very nice friend from Germany named Cedric. He had a toy Bugatti Chiron 300 Super Sport.

The Leaf is a indoor "horticultural attraction" in Winnipeg. It means a greenery building with plants and Butterflies. I enjoy The Leaf because there is many green plants

and butterflies. I wanted to see more greenery and animals. I mostly liked the butterfly area on the top floor. I admired the indoor waterfall and the fish.

Did you have fun listening to my article? Maybe, you can ask your parents to go to Winnipeg. You would really like Winnipeg because of the delicious foods, Pirate's Cove, Children's Museum, and The Leaf.



Eating breakfast at the Delta Hotel.



Playing at The Children's Museum.



Visiting "The Leaf".

# North Plains Elementary School

EVAN REINHOLD, 8 YEARS OLD

North Plains is a great school! It has LOTS of people to play with. Gym is a LOT OF FUN, it is half an hour long! At Music, we make/play songs!

At Library, you get 1-3 books, it is SO FUN! At Counselor, we read a book, it is GOOOOOOOOOOD!

In Kindergarten, your teacher is Ms.Filkins or Ms.Little. In 1st grade, it is Ms.White or Ms.Lyon. In 2nd - Ms.Decker or Ms.Braaten. In 3rd - Ms.Burns or Ms.Peterson.

In 4th - Ms.Ziegler or Ms.Leeson. In 5th - Ms.Potts or Ms.Lakuduk! I am in Ms. Braaten's second grade, and my big brother Lucas is in fifth with Ms. Potts.

I enjoy playing with my friends Luke, Natalie, Adin and Bryant. We play outside during recess.

My favorite subject is Math.

My mom comes once every week to help in our classroom.

North Plains is the best!



Evan Reinhold as student teacher for the day.

Tour our HOUSING OPTIONS

701.852.5028  
CREATIVEMINOT.COM

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

Find specifics about Northern Sentry's Jr. Journalism Program and how your story can be featured:

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

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

Complete Auto Repair • Over 100 Years Combined Experience!

# CHURCH DIRECTORY

<p><b>Chapel Services at MAFB</b></p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i></p> <p><b>Christ Chapel</b> 0900</p> <p><i>Protestant</i></p> <p><b>Sunday Community Service</b> 1030</p> <p>(Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i></p> <p><b>Open Circle</b> 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p><b>Catholic Mass</b></p> <p>Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, February 25</b> 5 PM, Great Vespers</p> <p><b>Sunday, February 26</b> 10AM, Holy Liturgy</p> <p><b>V. Rev. Fr. Paul Hodge</b></p>	 <p><b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b></p> <p>For More Information: 701.353.9337   <a href="http://www.bfbc.tv">www.bfbc.tv</a></p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b></p> <p><a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • <a href="http://www.ibcminot.org">www.ibcminot.org</a></b> <b>701-839-3694</b></p>  <p><b>SUNDAYS:</b> 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p><b>WEDNESDAYS:</b> 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY &amp; ADULT BIBLE STUDY</p>	 <p><b>Christ Reformed Church</b></p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE</p> <p><a href="http://www.christreformedchurchminot.com">www.christreformedchurchminot.com</a></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>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.</p>
 <p><b>1805 2nd St. SE 838-1111</b></p> <p><b>Sunday Services</b> 9:00 AM &amp; 11:00 AM</p> <p><b>Wednesday</b> 6:30 PM</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i></p> <p><b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	 <p><b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 5:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcbbc.org">www.minotcbbc.org</a> email: <a href="mailto:minotcbbc@gmail.com">minotcbbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>
<p><b>First Baptist Church</b></p> <p>200 3rd St. SW • 852-4533 <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Sunday School (All Ages) ..... 9:45 a.m. Contemporary Worship Service ..... 9:50 a.m. Adult Sunday School ..... 11:00 a.m. Contemporary Worship Service ..... 11:05 a.m. Children's Church ..... 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m. Fridays, Celebrate Recovery ..... 7:00 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Elaine Carlson, Children's Ministry Director</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	 <p><b>Grace Baptist Church of Minot</b> <i>A Reformed Baptist Church</i></p> <p><b>Sunday Service: 4:00 p.m.</b> <b>Wed. Prayer: 5:30 p.m.</b> at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p><b>Web:</b> <a href="http://gracebaptistminot.com">gracebaptistminot.com</a> <b>E-mail:</b> <a href="mailto:gbcminot@gmail.com">gbcminot@gmail.com</a></p> <p><b>RADIO BROADCAST</b> KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	 <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <a href="http://www.oslcminot.com">www.oslcminot.com</a></p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>Sunday Worship 8:15am Traditional Service 9:30am Contemporary (w/ livestream) 9:30am Sunday School &amp; Adult Bible study 11:00am Contemporary Service</p> <p>Wednesdays 6-7pm Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>



**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](http://www.ourredeemers.org)




**OUR REDEEMER'S CHRISTIAN SCHOOL**  
700 16th Avenue SE  
Minot, ND 58701  
[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772

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

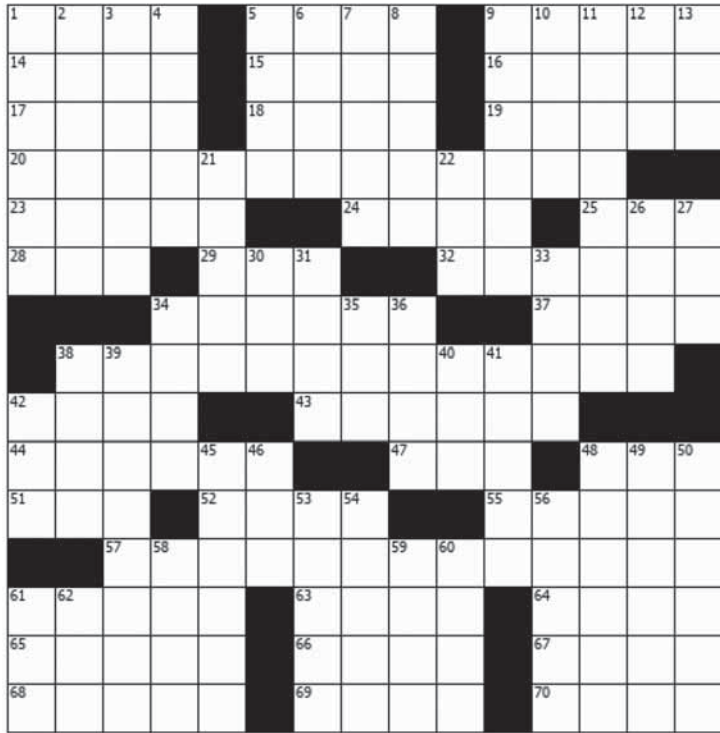
email  
[NSADS@SRT.COM](mailto:NSADS@SRT.COM)

VIEW OUR PAPER ONLINE AT  
[NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)

# CROSSWORD PUZZLE

**Across**

- 1. Astonishes
- 5. Trips around the track
- 9. Take action at an auction
- 14. "I smell \_\_\_!"
- 15. Nautical adverb
- 16. Casual
- 17. Kicking back
- 18. Wherever you are
- 19. Hosni's predecessor
- 20. AARP member
- 23. Prominent pachyderm feature
- 24. Traditional knowledge
- 25. Pollen spreader
- 28. Former JFK visitor
- 29. Pose a poser
- 32. Permission
- 34. Cast forth
- 37. Mauna Loa output
- 38. Future first-stringers
- 42. Himalayan legend
- 43. Uprising
- 44. Folk-blues singer
- 47. Rolling Stones label
- 48. Vermont hrs.

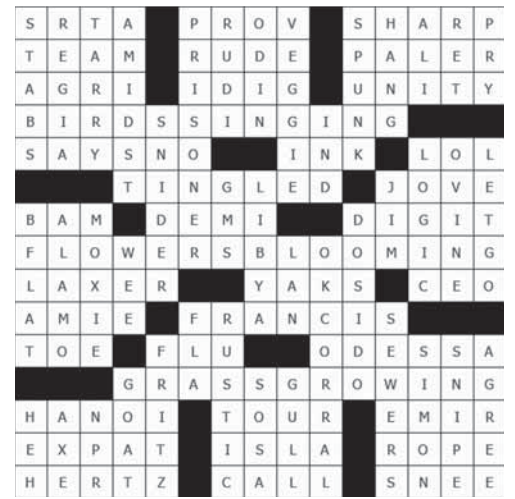


**Down**

- 51.
- 52. Scandinavian capital
- 55. Donnybrook
- 57. Second-year pro's bad luck
- 61. Computer command
- 63. Renown
- 64. Annual checkup
- 65. "Amadeus" star
- 66. Compared to
- 67. Give as a reference
- 68. "Ghosts" writer
- 69. Sensible
- 70. "Jurassic Park" beast
- 1. Belted areas
- 2. Things to fill
- 3. Waldorf-salad ingredient
- 4. "The Autobiography of Alice B. Toklas" author
- 5. Cowardly Lion portrayer
- 6. Sir \_\_\_ Guinness
- 7. Jeopardy
- 8. Be responsible for
- 9. Raging fires
- 10. Actress Skye
- 11. Jazz magazine
- 12. NAFTA signatory
- 13. \_\_\_ capita income
- 21. Giraffe cousin
- 22. Writer Levin
- 26. Green feeling
- 27. LAX info
- 30. Sign of success
- 31. "The King and I" actress
- 33. Skirt feature
- 34. Bad mood
- 35. "\_\_\_ Maria"
- 36. Letterman nickname
- 38. Luke Skywalker, for one
- 39. Spoon, fork and knife
- 40. CD-\_\_\_
- 41. Gunky stuff
- 42. \_\_\_ Kippur
- 45. "Billboard" list
- 46. Bat wood
- 48. Magic potion
- 49. Capitol group
- 50. Spicy cuisine
- 53. Art workshops, often
- 54. Cornhusker State city
- 56. Throw out
- 58. Without repetition
- 59. Middle East sultanate
- 60. Russo of "Tin Cup"
- 61. Upsilon follower
- 62. Difficulty

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



## SUDOKU

Solution to puzzle on page C14

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

**STARTS FRIDAY AT OAK PARK THEATER**  
FOR SHOWTIMES VISIT [WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)

**A MAN CALLED OTTO**  
(2022) Comedy, Drama (PG-13)

**Held Over**  
**PINOCCHIO**  
(2022) Animation, Drama, Family (PG)

**Week End Only**  
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**

Find objects in the puzzle and discover the hidden word

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

CASTLE  
KING  
QUEEN  
PRINCESS  
KNIGHT  
CARRIAGE  
CROWN  
PRINCE  
BUFFOON

**THE IRONHORSE KITCHEN + BAR**

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

21 E CENTRAL AVENUE  
DOWNTOWN MINOT

701.852.8183



# 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](http://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](http://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: \$3.  
Kids Admission Free All Weekend.  
Active Military & Veterans' Admission Free on Sunday.  
Vendor information: [dakotafleamarkets@gmail.com](mailto:dakotafleamarkets@gmail.com) or call or 701-550-1318

## 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](http://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](http://www.airporthobby.com)

**AUTOMOTIVE**

**CARQUEST 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](mailto: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 C12

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

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

### PARK UNIVERSITY MINOT –

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

### MINOT STATE UNIVERSITY

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



# VOLUNTEER OPPORTUNITIES

#### Minot AFB Library Mini-Golf Volunteers

(February 24)  
The Base Library is looking for volunteers to help with our Mini-Golf at the Library Program. Set up at 1700, program 1800-1930, cleanup: 1930-2000 In need of volunteers to build set-ups using existing props, books, and other items for one or more golf holes. Then, supervise your creations during play, editing and repairing as necessary.  
POC: Julie Reiten, Supervisory Librarian  
Julie.Reiten@us.af.mil • 701-723-4554

#### The Prairie Warrior Auction Volunteers

(March 15-March 16)  
The Prairie Warrior Auction is an annual auction designed to raise funds for Minot AFB private organizations. Each year local businesses and on base organizations donate gift baskets, services, goods etc., that will be auctioned at the event. A portion of proceeds is infused back into the Minot AFB community. The Prairie Warrior Association is looking for motivated volunteers to ensure this is the best auction to date! From set up, to tear down we need YOU!!  
Wednesday, 15 March, 2023: Transportation Team - Staging Team  
Thursday, 16 March, 2023: Reception Team - Security Team - Cashier Team - Display Team - Raffle Team -Tear-down  
POC/Sign Up: PWA Volunteer Coordinator, SSgt Jamaal Taylor  
jamaal.taylor@us.af.mil • 701-723-7767.

#### Minot Shrine Circus Volunteers

(May 11, 12, 13)  
We are looking for volunteers to help with various tasks before, during, and after performances at the ND State Fair Center. Meals/snacks will be provided to volunteers.  
POC: Minot Shrine Club Circus Director,  
John Young at (701) 214-0928 or jrilyoung85@gmail.com

#### Pride Month Volunteers

(June)  
If you're interested in supporting the Minot AFB LGBTQIA+ community, including volunteering for June's Pride Month events, please contact SrA Edwin Washington. You can also join the Minot AFB LGBTQIA+ Support Club on Facebook at www.facebook.com/groups/930024054132263.  
POC: SrA Edwin Washington, edwin.washington.3@us.af.mil  
701-723-3011

#### 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 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

#### 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

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

MINOT AFB CHAPEL ENDURANCE SPORTS CLUB

# FARGO MARATHON

## 13.1 / 26.2

WEEKLY TRAINING RUNS: WEDNESDAYS @ 1700  
INDOOR TRACK: 2ND FLOOR MCADOO FITNESS CENTER

RACE DATE: MAY 20, 2023

WANT TO RUN YOUR FIRST OR FASTEST FULL/ HALF MARATHON?  
THIS IS YOUR YEAR!

LET'S COME TOGETHER TO MAKE THE MOST OUT OF THIS WINTER  
& FOREVER SAY YOU TRAINED FOR THE FARGO MARATHON  
DURING A NORTH DAKOTA WINTER!

\* NEEDS BASED SCHOLARSHIPS AVAILABLE

POC: Chaplain Bradshaw  
mark.bradshaw.2@us.af.mil 723-2456

SIGN UP HERE

# IN THE HISTORY BOOKS

(INFORMATION COURTESY OF THE 91 MW HISTORIAN)



## 91ST BOMBARDMENT GROUP

The 91st Missile Wing's origin can be traced back to the 91st Bombardment Group which flew B-17s during World War II. Could you imagine if we had two Bomber Wings on Minot Air Force Base?

## Not Your Mama's Meatloaf



### INGREDIENTS

- 2lb Ground Beef
- 1/4 Ground Sausage
- 1 cup Breadcrumbs
- 1 cup Milk
- 2 tsp Onion, chopped
- 1/2 tsp Ground Sage
- 2 tsp Salt
- 2 Eggs, beaten

### GLAZE

- 1 cup TRAEGER 'QUE BBQ Sauce
- 1/2 cup Apple Juice

- 1) When ready to cook, set the temperature to 225° and preheat, lid closed for 15 minutes.
- 2) Combine breadcrumbs, milk, onion, sage, and salt. Add beaten eggs. Add both ground beef and ground sausage and mix well.
- 3) Form mixture into a loaf, packing tightly. Place meatloaf directly on grill grate, and cook for 2 hours, or until it reaches an internal temperature of 160°.
- 4) For the Glaze: Combine Traeger 'Que Sauce with the apple juice. Glaze meatloaf during the last 20 minutes of cooking.
- 5) Let meatloaf rest 5-10 minutes before slicing. Enjoy!

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

Access this, and over a thousand other Traeger recipes on the Traeger App.



Ryan Davy - GM  
HOE Minot

[www.HofE.com/BBQHQ](http://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.*

1901 NORTH BROADWAY MINOT, ND  
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

## Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!  
Call for details!

109 South Main St. Minot **701.837.8555**

## 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](mailto: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](http://WWW.HIGHAIRGROUND.COM)

## 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**

## 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 24

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Family Game Night, 1700-1900, Lil' Riders inside of Bomber Bistro
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- Magic The Gathering Powered Synergy Cube, 1800, ESC
- Mini-Golf, 1800-1900, Minot AFB Library

## TUESDAY 28

- Black History Month Ends, Dakota Inn Dining Facility
- TAP (VA), 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

## FRIDAY 03

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Fish Fry Special Lunch, 1030-1330, Dakota Inn Dining Facility
- First Friday, 1600-2100, Jimmy Doolittle Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

## SATURDAY 25

- Youth Bowling League, 1400, Rough Rider Lanes

## WEDNESDAY 01

- Air Force Art Contest Submissions Open, [forcesupport.awardsplatform.com](https://forcesupport.awardsplatform.com)
- Winter Reading Program Ends, Minot AFB Library
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

## 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.

## SUNDAY 26

- Zumba, 1400, Fitness Center

## THURSDAY 02

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- EFMP Craft – Valentine's Day Card, 1530-1730, M&FRC
- Extramural Bowling, 1730, Rough Rider Lanes

## MAR. SPECIALS

**Bomber Bistro • Chicken Caesar Wrap**  
Grilled chicken, lettuce, parmesan cheese, croutons, and caesar dressing.

**The B-Fifty Brew • Breakfast Burritos**  
A burrito stuffed with eggs, cheese, hash browns, and your choice of ham, bacon, or sausage.

**Rockers Bar & Grill • Chicken Tender Basket**  
Tasty tenders served with our famous fries and your choice of dipping sauce.

**NOW HIRING!**  
**AT B-FIFTY BREW & BISTRO**

**2 CASHIER/BARISTA POSITIONS**  
**FOR SHIFTS BETWEEN 0530 – 1700**  
**FLEXIBLE HOURS AT \$15 AN HOUR**

**FORCE 5THFORCESUPPORT.COM**

**SUPER SMASH BROTHERS TOURNAMENT**

10 March 2023 • Youth Center  
6:00pm - 8:00pm • Ages 9+  
Members: \$10 • Non-Members: \$15  
Register in CYPBMS by 7 March 2023  
Snack bar will be open, cash only!  
Prizes will be awarded!  
For details, call the Youth Center at 723-2838

**FORCE 5THFORCESUPPORT.COM**

**FIRST FRIDAY**  
**JIMMY DOOLITTLE CENTER**

**MARCH 3RD**  
**4:00PM - 9:00PM**

**CORN HOLE, GAMES, BOUNCEHOUSES, & MORE!**

**DELICIOUS FOOD**  
CLUB MEMBERS EAT FREE  
NON-MEMBER \$25 PER PERSON • \$20 FOR FAMILIES

**FORCE 5THFORCESUPPORT.COM**

**QUALITY HEALTHCARE FOR ALL**

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

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

**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](http://cfmminot.UND.edu)



**GAS UP. SNACK UP. GET GOIN'.**

**FUEL RESTROOMS COFFEE FOOD & DRINKS**

**ON the RUN**

2625 N. Broadway    2005 N. Broadway    1105 S. Broadway    7141 US HWY 2