

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 11 | MINOT AIR FORCE BASE | FRIDAY, MARCH 17, 2023

HAPPY
ST. PATRICK'S
DAY

WHATS INSIDE THIS WEEK:



**BOMBER TASK
FORCE 23-2**

A2



**NEW
RESIDENT
DIETICIAN AT
MINOT AFB**

B1



**THE PCS
PET PLACE
TO GO**

B5

USAFSAM PAYS MAFB A VISIT



Master Sgt. Jonathan Salvador, 705th Munitions Squadron Missile Maintenance non-commissioned officer in charge (far right), speaks to Airmen from the U.S. Air Force School of Aerospace Medicine (USAFSAM) during their tour of the 5th Bomb Wing Weapons Storage Area at Minot Air Force Base, North Dakota, March 7, 2023. The USAFSAM team will conduct a study at the request of Gen. Tom Bussiere, Air Force Global Strike Command commander, and will accomplish their initial visits to the command's three active missile wings this week, where the teams will have full access to the facilities and personnel necessary to conduct their study. Maj. Gen. Lutton, 20th Air Force commander, thanked the team and emphasized to Woodard how, "Airmen and their families are counting on an objective, transparent, comprehensive, and credible study." See story on page B2-B3.

U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL A. RICHMOND



51st ANNUAL
MINOT RIFLE & PISTOL CLUB
MINOT GUN SHOW
ND STATE FAIR CENTER
MARCH 25 & 26, 2023

SHOW HOURS:
SAT. 9 a.m. - 5 p.m.
SUN. 9 a.m. - 3 p.m.

PUBLIC IS INVITED!
Public Admission - \$5.00 Each Day
CHILDREN UNDER 12 FREE WITH PARENT
FOOD ON PREMISES
DEALER SET UP - Fri. 1 p.m. - 9 p.m.
CALL FOR TABLE RESERVATIONS
AL HANSON: 701-720-3511
BUY - SELL - SWAP - TRADE
ALL FEDERAL, STATE AND LOCAL GUN LAWS TO BE OBEYED
NOT RESPONSIBLE FOR THEFT OR ACCIDENTS

HOME OF THE GLOBAL STRIKER

Only The **BEST** Come North!


WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on 
Minot Air Force Base



- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street
701-839-4975
www.cookiesforyou.com



explore experience, discover bring out your inner artist!

Painting for a Purpose At Margie's for MAFB AADD

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



NO APPOINTMENT NECESSARY!

Gift Shop • Coffee & Smoothie Bar • Ceramic Glass Studio

109 South Main St. Minot • 701.837.8555
margiesartglass.com

BOMBER TASK FORCE 23-2

Bomber Task Force 23-2: Maintaining the Task Force

AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM, 23RD EXPEDITIONARY BOMB SQUADRON

MORÓN AIR BASE, SPAIN -- The 23rd Aircraft Maintenance Unit out of Morón Air Base, Spain, has been working 24/7 to ensure the readiness of the 23rd Expeditionary Bomb Squadron's assets.

From routine inspections to preflight actions, the Barons are the driving force behind the Bomber Task Force missions being flown out of Morón Air Base, Spain.

"The crew chief for the B-52H Stratofortress does basic maintenance for the aircraft from oils, hydraulics, servicing, deservicing, tires, locks, and electrical as well as helping other shops with their operations on the aircraft," said Senior Airman Ian Arriaza, Dedicated Crew Chief for the B-52 Stratofortress aircraft dubbed "Dakota Avenger."

Arriaza is a Dedicated Crew Chief for the B-52 Stratofortress on the current Bomber Task Force mission and has ensured his aircraft was able to fly over 50+ hours worth of BTF missions since the squadron arrived in the area of responsibility. Missions have included multi-lateral training exercises, integration with air and ground components and countless other objectives alongside NATO Allies and Partners.

At Morón Air Base, maintainers are working 24/7 to generate mission-ready aircraft. The 23rd AMU supports the dynamic operations and exercises executed by the 23rd EBS by way of regular maintenance actions. Their efforts are what enable operations and engagements with our Allies and Partners, demonstrating and strengthening our shared commitment to global security and stability.

"The BTF mission offers us the opportunity to work in a different environment and receive training in host nation facilities," said Capt.



Members of the 23rd Aircraft Maintenance Unit perform a radar antenna swap on a B52-H Stratofortress at Morón Air Base, Spain, Mar. 10, 2023. The U.S. maintains a strong, credible strategic bomber force that enhances the security and stability of Allies and Partners.

Dylon Schwahn, officer in charge of 23rd AMU.

Bomber Task Force missions familiarize aircrew with air bases and operations in different geographic combatant command AORs. By forward deploying to the

United States European Command AOR crews, maintenance units and support personnel demonstrate the ability to maintain a high state of readiness proficiency, and validate our always-ready, global strike capability.



An airman assigned to the 23rd Aircraft Maintenance Unit performs an oxygen refill on a B52-H Stratofortress at Morón Air Base, Spain, Mar. 10, 2023. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.



Lt. Col. Ryan Loucks, 23rd Expeditionary Bomb Squadron Commander, reads over the maintenance log with a crew chief at Morón Air Base, Spain, Mar 8, 2023. Bomber Task Force missions enable crews to maintain a high state of readiness proficiency, and validate our always-ready, global strike capability.

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

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

BOMBER TASK FORCE 23-2

Allied Fighters and Heavy Bombers Conduct NATO Mission Over Romania

ALLIED AIR COMMAND PUBLIC AFFAIRS OFFICE

RAMSTEIN, Germany – United States Air Force B-52s and Allied fighters conducted coordinated combined air-to-ground drills over Romania further improving Allied capabilities on March 9.

Allied Air Command led a dynamic long-range operation above Romania with the Combined Air Operations Centre at Torrejón coordinating Allied fighter and bomber aircraft. Italian Eurofighters and USAF F15Es supported by USAF B-52s carried out a combined offensive against adversarial Air Defence systems, simulated by Romanian F-16s, Spanish F-18s and the French Mamba Surface-Based Air and Missile Defence (SBAMD) system deployed in Romania.

“These missions provide a valuable opportunity to train our crews in a complex, contested and dynamic environment,” said Colonel Michele Morelli, Italian Task Force Air “Gladiator” commander “Training these high-end capabilities including bomber and fighter integration ensures NATO can achieve a desired level of control of the air, wherein the Alliance is able to conduct the full range of its missions in peacetime, crisis and conflict,” he added

The participants were pitted against an intricate scenario based on peer threats demonstrating Alliance readiness and capability. This allowed Allied units to practice

tactics, techniques and procedures designed to defeat a complex set of potential real-world challenges in a contested air domain.

“These training opportunities are a key element in increasing the readiness and interoperability of Allied aircraft and SBAMD units,” said Lieutenant Colonel Gonzalo Tortosa Méndez, Commander, Spanish Detachment VIESPE “They provide the Spanish F-18 detachment with a valuable opportunity to operate with several of our Allies and apply NATO standards against a full spectrum of threats,” he added.

The combined training activity takes place in compliance with international laws and standards as part of a programme of regular and repeated vigilance activities aimed at shielding the eastern flank and assuring NATO Allies in the region.

The B-52s are currently conducting their Bomber Task Force rotation out of Moron, Spain. Over the next few weeks, the USAF bombers will fly alongside numerous Allied Air Forces across differing platforms furthering Alliance cohesion and interoperability.



A U.S. Air Force B-52H Stratofortress aircraft, assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., supported by Allied fighters over Romania during Allied Air Command led combined exercise.

ITALIAN AIR FORCE PHOTO

20% Military Discount

Primo

RESTAURANT

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

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

30th ANNIVERSARY • 30th ANNIVERSARY • 30th ANNIVERSARY • 30th ANNIVERSARY

Super Senior Wednesdays: get \$30 in free slot play and free lunch every Wednesday now through July 16!

JANUARY 1 – JULY 16

ST. PATRICK'S DAY

LUCKY IN LOOT \$15K GIVEAWAY

GREEN BEER & IRISH SPECIALTY DRINKS

CORN BEEF & CABBAGE

KARAOKE CONTEST

MAR 25
7PM

TICKETS ON SALE NOW!

YOUR CHANCE TO WIN A 2023 CHEVY SILVERADO 1500 CREW CAB LT

APRIL 22

QUALIFY MARCH 1 – APRIL 21

Win! A 2023 Polaris Sportsman 570 EPS 4-Wheeler!

Stop in to the C-Store to make qualifying purchases to earn your entry tickets!

DRAWING APRIL 21

Visit 4bearscasino.com for more details.

JOIN OUR WINNING TEAM

UP TO \$2000 SIGN-ON BONUS for select positions

HIRING ALL POSITIONS | GREAT PAY Limited Time Offer – Apply Now

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

4bearscasino.com

800.294.5454

4 MILES WEST OF NEW TOWN

CASINO: Mon-Thurs 10 AM-2 AM; Fri 10 AM-4 AM; Sat 8 AM-4 AM; Sun 8 AM-2 AM
CENTER BAR HOURS: Sun- Thurs 10 AM-1 AM; Fri and Sat 10 AM-2 AM
POCKET ACES BAR HOURS: Sun-Thurs Noon- 1 AM; Fri and Sat Noon- 2 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

GET COLLEGE CREDITS

for PME, OJT and college coursework

Southern New Hampshire University

Cole Gonchar
SNHU Graduate

SCAN HERE

Scan the QR code or visit snhu.edu/military to learn more

the northern sentry

Salute

SSgt Edward Maruna

742nd Missile Squadron
Home Town: Ramona, California

Staff Sergeant Edward Maruna serves as a Facility Manager of the 742nd Missile Squadron, Minot AFB, North Dakota. Sergeant Maruna manages a Missile Alert Facility, providing safe and reliable operations for his facility which supports 10 Minuteman III ICBMs. He has deployed for 145 days supporting missile operations, was elected as a Wolfpack Association treasurer and helped earn \$6.2K for annual morale events for the squadron.

GAME SALUTE: MARCH 18

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

BOMBER TASK FORCE 23-2

U.S. Air Forces Central conducts Bomber Task Force mission

U.S. CENTRAL COMMAND

AL UDEID AIR BASE, Qatar -- U.S. Air Forces Central conducted a Bomber Task Force mission, March 12.

"This Bomber Task Force mission is aimed at building partner capacity," said Maj. Gen. Mark Slocum, Ninth Air Force (Air Forces Central) deputy commander. "The Coalition conducts these integration events over partner nation airspace to expand our combined global reach and military power projection capabilities."

The B-52H Stratofortress aircraft integrated with several coalition fighter escort aircraft from 7 nations as they traversed portions of the CENTCOM area of responsibility, showcasing the ability to rapidly deploy integrated airpower across the region.

AFCENT regularly conducts

BTFs centered on strengthening regional partnerships, but the planning and execution of each iteration is unique.

"Each mission of this length and complexity succeeds by the efforts of our professional Airmen around the globe," said Slocum. "From those who maintain or fly these bomber, tanker and fighter aircraft, to those behind the scenes who provide the weather forecasts and mission planning for this intricate sequence of escort and refueling across the region, each BTF we execute allows us to cooperate and practice key operational tasks with our partners. This BTF, like many others, continues and deepens a trajectory of collaboration and solidarity with Coalition and Partner forces."



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron, flies in the U.S. Central Command area of responsibility during a Bomber Task Force mission, March 12, 2023. The short-notice, non-stop deployment underscores the U.S., and coalition force's commitment to their regional partners, while validating the ability to rapidly deploy combat airpower anywhere in the world.

U.S. AIR FORCE PHOTO STAFF SGT. KIRBY TURBAK

Gardening Saturday March 25th
 - Hosted by NoAH Garden Club - 

8am - 4pm @ The Grand Hotel
 \$45 entry fee Includes breakfast & lunch

Four Speakers on Gardening Topics
 Door Prizes and vendors

Vendor Room is FREE and Open to the Public



LIGHT
 up the **Night**

FATHER-DAUGHTER
Glow Dance

Friday, March 31
 6:00 p.m. - 9:00 p.m.
 The Grand Hotel

Tickets on Sale Now!

Registration opens @ 5:30
 Dinner @ 6:00
 Dancing to follow

Tickets available on Minot Optimist Club Facebook Page
 (Eventbrite Link)



PROFESSIONAL SERVICE

CHOOSE YOUR SAVINGS



\$20 OFF
Fluid Flush
 Coolant
 Transmission
 Power Steering
 Brake Fluid

* 1 Discount per visit
 Exp 3/31/23

10%
Military Disc
Parts & Labor

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

\$54⁹⁵
Oil Change
 + Free Inspection

* Up to 6 quarts.
 1 Discount per visit
 Exp 3/31/23



WESTLIE TIRE & SERVICE

Brakes

Engine Repair

Heat / AC

701.857.1632

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

600 N Bdwy, Minot ND
 Most vehicles, Plus Shop Supplies

It's A SAD Time Could It Be We Have Seasonal Affective Disorder?

**northern
sentry**

**A VIEW FROM
OUR SIDE**
ROD WILSON



Seasonal Affective Disorder

So, Mr. Weatherman, it's Sunday night. We received 13 inches of snow requiring that we once again drag out the snowblower (hey, not complaining, I am lucky I have one)

and the array of shovels to clear our sidewalks, driveway and plow trails through the backyard to get to our garbage receptacle in the back alley. Our time is messed up because of the Sunday morning switch to daylight savings time, our muscles are sore and from my window I can see flashing lights approaching from the south. Warning...Warning...snowplows approaching. Really?

It is not that I don't appreciate the City of Minot clearing the street in front of my house, and

even though they are using the gates on the plows to limit the amount of snow that is piled up in my driveway, the task at hand will be daunting in the morning.

I was feeling pretty sorry for myself, but the local weather guy really made it worse when he talked about SAD, short for Seasonal Affective Disorder. Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern. SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Some people with SAD may have symptoms during the summer and feel better during the winter. Not sure I know who that person is, but I'll certainly accept

that there are a minority of folks who may get tired of summer and yearn for the colder temperatures, mountains of snow and longer nights of winter. But it certainly is true that once the sun breaks through the once gray skies, most people will have a better attitude. However, I am here to tell you that over my years in North Dakota, I get to this time of the year and use a different acronym, "SATOW". Nah, it isn't a common word like SAD, but it does fit my mood right now. Many of you have already figured it out, but SATOW stands for "Sick and Tired of Winter"! It's that feeling you get when no matter what the calendar says, it is still winter. Take for example those record highs and lows reported by the meteorologists. Sunday's high for Minot, North Dakota was 70 degrees. What? When was that? My attitude does improve a bit when they also report that the record low for this date was -15 degrees Fahrenheit, and our 13 inches is also not a record. So, whether you use SAD or SATOW as your attitude

barometer, we all "get it". Winter can pack up and leave, because behind cold days with minus wind chills, there is spring, and that makes us all HAPPY! (nope, not even going to attempt an acronym for that many letters).

THIS WEEK'S BEST KEPT SECRET

It wasn't long after the snowfall diminished to snow flurries on Sunday, that I saw the Minot Park District was clearing the trails through Oak Park, even Camp Owetti. After being indoors for the better part of two days, your kids would certainly enjoy a trip through the seemingly wilderness terrain. It's about a mile around the park, just enough of a challenge for most adults and kids. A big Shout Out to the Minot Park District for keeping the trails clear on even some of the most challenging days.

TODAY'S CHUCKLE

America is a great country. If you can't make it in the rat race, they give you free cheese.



UPSIDE DOWN UNDER

MARVIN BAKER

Anyone who travels U.S. Highway 52 anywhere between Portal to Minot and beyond is fully aware of the number semi-trailers that are coming from western Canada.

I've written about this in the past and before retiring, sometimes counted those trucks to have statistics to back up the articles. The last time I did that was December 2019. Since the first of this year, however, there seems to be quite an uptick in the number of semis.

It used to be a fascination to me that so many from western Canada, with most coming from Calgary and Edmonton, would use a highway in western North Dakota to get from point A to point B.

But now, it seems as if it is

becoming a bit dangerous. So many people are in a hurry and because U.S. 52 is a two-lane road, some are passing in questionable spots. Thank goodness there haven't been any major accidents for several months, but that can change in a heartbeat.

To some of us who live in the northwest, this is preaching to the choir. But most people in North Dakota aren't even aware that this Canadian invasion is taking place. The good news is those trucks have over-the-road permits to haul across our state. The bad news is U.S. 52 is getting much too congested.

Unofficially since Jan. 1, each time I've been on U.S. 52 and it doesn't matter what portion of the highway, for every 10 trucks, you'll see four from Saskatchewan, three from Alberta, two from North Dakota and one from British Columbia, as an average.

Those numbers will turn around, but in no circumstance since Jan. 1 have I seen more than four from North Dakota for every 10 I've counted.

For a while in late 2022, there was quite an influx of trucks from British Columbia. That's tapered off and most are now coming from the prairie provinces, Manitoba

included.

If you don't believe this, schedule a trip from Minot to Bowbells or Velva to Kenmare and count the number of trucks with Canadian license plates.

We all know that Portal is one of three 24-hour ports of entry into North Dakota. Apparently, it is getting used a lot more than it once did, simply because of the volume of truck traffic. I doubt it will ever challenge the Pembina crossing since that's a main thoroughfare between Winnipeg and Kansas City.

But Portal is busy and so is U.S. Highway 52 and Saskatchewan Provincial Highway 39.

The North Dakota Department of Transportation has approved a plan to widen U.S. 52 from Portal to Jamestown, but that's going to take several years.

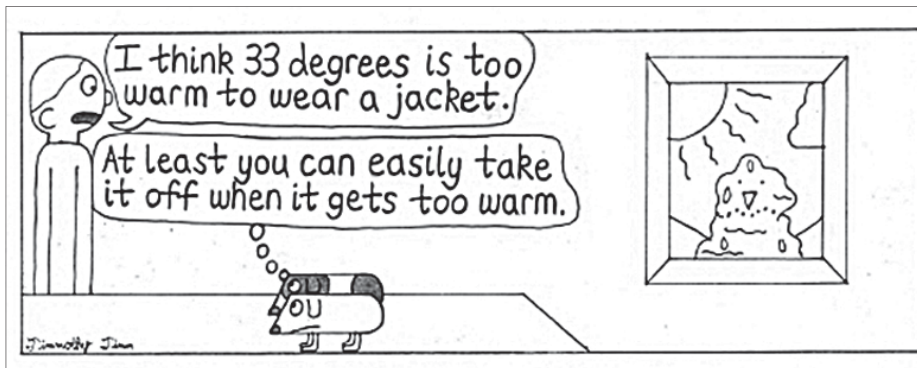
Some of us who were concerned about this as far back as 2017, formed a committee with U.S. and Canadian members on that committee to get the highway four-laned from Portal to U.S. Highway 2 west of Minot.

That didn't happen. Instead, the DOT decided to put in passing lanes at critical locations to mitigate the risk of accidents. It wasn't what we wanted, but it was

It's a Canadian invasion...

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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.

SUBSCRIBE NOW
TO OUR WEEKLY EMAIL NEWSLETTER

weekly post brief

**northern
sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM



CONTACTUS

Ted Bolton

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

Rod Wilson

Business Development | Marketing
sentrystales@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

Tech. Sgt. Ryann Holzapfel

Master Sgt. Ryan Bell

Staff Sgt. Michael Richmond

Staff Sgt. Brendan Miller

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. Christopher G. Cain

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.northernsentry.com

www.minot.af.mil

FIND US ON FACEBOOK

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

**northern
sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM



SLICE OF LIFE
KIM FUNDINGSLAND

There really doesn't seem to be very much to Minot's Souris River, generally meandering silently through the city. Usually those who walk the riverbank, or bicycle near it, must look down to see the water which, quite often, moves very little or not at all.

It's a ruse, of course. The history of flooding in the city should be proof enough that the aging river is really a sleeping giant. In 1969 the Souris, sometimes referred to as the "Mouse", became "The Mouse that Roared" as the river spilled out of its banks and inundated much of the city.

In 2011 the Souris would rise again, a lot, so much so it made the historic '69 flood look like a puddle. Although the 2011 flood produced the highest water ever recorded in the Souris River basin, causing extensive physical and emotional damage, it was just the last of many memorable Souris River floods that had affected Minot since its early years.

While many Minoters have learned to respect the sleepy Souris, there's those who have little reason to, save for the stories told by those who experienced its tenacious flooding. After all, the Souris is a mere stream when compared to much larger rivers like North Dakota's own Missouri and Red Rivers.

But the Souris is different. Its generally casual flow elicits complacency. It's hard to look at the Souris and imagine it to be anything other than compliant. Truth is, it is a very deceptive river. One to keep a watchful eye on.

In 1969 the Souris spilled out of its banks, encouraged somewhat by a high flow in the smaller Des Lacs River that joins the Souris at Burlington, causing lengthy and costly flooding. City officials scrambled to combat the rising water. A massive earthen dike was constructed to keep the city from being cut in two by a flooded river valley. The dike started atop the North Broadway viaduct and ended at the southeast corner of Minot State University.

I was in high school at the time of the '69 flood. School was cancelled due to a combination of a teacher's

Flooded Minot



Flooding in 2011 near the Jack Hoeven baseball complex.

SUBMITTED PHOTO

strike and problems associated with the flood. Many high school students found themselves helping sandbag and dike their own homes or helping others in need.

Since my folks lived high and dry on south hill, I was available to help elsewhere. I found myself, along with several others, filling sandbags and adding them to the top of a dike behind a residence in Tiercita Vallejo on the city's west side. We thought we had everything under control, enough so that we entered a walk-in basement with the intent of sitting and resting for a few minutes.

In an instant, and very much to our surprise and a slice of life moment, the basement floor exploded, and water came gushing in. I can still see the carpet being shredded by the broken concrete rising underneath. Fortunately, no one was seriously hurt. We had contained the river but had no idea there was so much pressure building underneath the ground. A few hours later the river topped our sandbags too. Sad stuff.

In the years that followed that brutal '69 flood the city engaged in a river improvement project. Mostly it proved to be construction of a series of coffer dams and the cutting off of a few river loops within the city to allow the slithering river to flow in a more direct route.

Then came the issue of "permanent" flood protection. When it became apparent a proposed Burlington Dam had too much opposition, the Canadians agreed, with U.S. and North Dakota assistance, to build two dams on the Souris River drainage - Rafferty and Alameda, now Grant Devine. Lake Darling Dam was raised too.

A few years later came the punishing flood of 2011. While the reservoir system had worked several times, holding some water here and letting some out there, it became an adversary of sorts

in 2011 when the reservoirs filled with snowmelt and rainwater, thereby negating the system of give and take.

I don't know how many cities have four reservoirs above them. There can't be many. Four? Yes, four. Boundary Reservoir at Estevan is connected to Rafferty. It's actually a good system when conditions permit.

However, as Minot and other locations learned in 2011, there's another side to the system too. And that is why many in the Souris River basin maintain a keen interest in the annual spring melt.



Live, work, and play on the beautiful New Hampshire Seacoast!



Seacoast New Hampshire welcomes you!

With local access to the outdoors, including the ocean, lakes region and mountain terrains, the Seacoast also offers a culture rich in history, arts and dining.

Tree-lined main streets in many of our communities have grown from small colonial villages and continues to be populated with locally owned shops and restaurants that radiate quintessential New England town.

We are seeking the following BC/BE Physicians to join our busy practices located in the beautiful seacoast regions of New Hampshire.

- ENT Physician
- Interventional Cardiologist
- Gastroenterologist Physician
- Primary Care Physician (Internal or Family Medicine)
- General Neurologist
- Obstetrics/Gynecology Physician
- Hospitalist

For more information contact:

Brock R. Clukey, Physician Recruitment Specialist

Phone: (603) 580-7131

Email: ProviderRecruitment@ehr.org
bclukey@ehr.org

Visit us at www.CorePhysicians.org



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

MARCH MILITARY DISCOUNTS

10 CENTS OFF PER GAL.*

\$4.00 OFF PREMIUM CAR WASH*

*Minot Location Only

1310 South Broadway, Minot N.D.

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

Move Out Procedures



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



A minimum of thirty days' written notice of intent to vacate should be provided by privatized housing residents to the Minot AFB Homes (MAFBH) Community Management Office. After submitting the written notice residents can expect to receive move-out guidelines which will include cleaning requirements. The home will need to meet provided guidelines and inspection standards at the time of the scheduled final move-out. A "pre-move-out" inspection will be scheduled within five days of the residents' provided notice to vacate. The pre-move-out inspection allows a review of the condition of the home and prepares the resident for final move-out. During the pre-move-out, residents should ask questions or raise any concerns about anticipated damage, charges, other assessments, the overall process, or any other concern. Residents will be expected to pay for damages (not associated with normal wear and tear) which are not remedied prior to final move-out. If a resident is concerned about the information provided, anticipated charges, or other details of the

pre-move-out they can contact the Community Management Office (701-727-0007), Military Housing (701-723-4661) or the Resident Advocate (701-818-7075). As many of the homes at Minot AFB have an assigned storage unit, residents will also be responsible for clearing out their assigned unit. At final move-out, a representative from the Community Management Office and the resident (or representative) will be present for the final move-out inspection. The resident will sign a move-out property condition report and return all keys. The Community Management Office representative will also assist in completing any other move-out paperwork and all balances must be paid in full to MAFBH by the resident. Additional move-out resources can be found at: <https://www.militaryonesource.mil/moving-pcs/> and <https://www.housing.af.mil/>. Questions about the move-out process can be directed to Minot AFB Homes (701-727-0007) or the Military Housing Office (701-723-4661), likewise the Resident Advocate is available to provide support (701-818-7075).

@hottotsbaseball



SOMETHING TO DO IN MINOT



THE BEST DEAL FOR THE MAFB 5 GAME HOT DISH MEMBERSHIPS

Powered By **SCHEELS**



Flexible Tickets to work with MAFB Schedules to Any Home Game



Comfortable Box Seating



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



FREE Jersey and Hat

\$25/GAME
= \$125 TOTAL

The Best Baseball. The Best Entertainment

Call or Click Today
701-838-8687

www.hottotsbaseball.com



Vote Now

THE FIRST ANNUAL "BEST OF MAFB" IS NOW OPEN FOR YOUR VOTES!

The Northern Sentry gathered up your favorite places both on the base and around town and now you decide which is the best!

Spread some love and take a quick minute to vote for your favorite activity, restaurant and school today!

Winners will be based solely on the popular vote so get as many votes in as you can!

★ 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

SHADOW WARRIOR SPOTLIGHT



A1C GUTIERREZ

MISSILE SECURITY OPERATOR

CHARLIE FLIGHT
(LOS ANGELES, CALIFORNIA)



HOBBIES/INTEREST:

I enjoy the gym, cooking (not baking!), and playing the guitar.

WHAT DOES BEING A SHADOW WARRIOR MEAN TO ME?

The people and the team, the support you receive from those members around you.

WHY DID YOU JOIN?

I joined the Air Force in order to sponsor citizenship for my family. I also want to receive a degree in Accounting to prepare for a future after my Air Force career.

A LOOK BACK THIS WEEK IN USAF HISTORY

AIR FORCE HOLDS ITS FIRST ALL-FEMALE ALERT
AT MINOT, F.E. WARREN, AND MALMSTROM AFB'S
MARCH 22, 2016



On March 22, 2016, missileers from the 20th Air Force made history by performing the first all-female ICBM alert. The idea was proposed by Col. Stacy Huser, former commander of the 91st Operations Group at Minot Air Force Base, North Dakota. The day consisted of 90 missileers from Minot AFB, F.E. Warren AFB, Wyoming, and Malmstrom AFB, Montana, as well as female B-52 air crews from Barksdale AFB, Louisiana and Minot, and aircrews from Offutt AFB, Nebraska. At

Each year, missileers who join the all-female alert receive a patch. This is the first patch from 2016. (USAF Photo / Airman Collin Schmidt) At F.E. Warren, missileers were joined by two women who trailblazed the way for today's female Airmen, Retired Col. Pat Fornes, the first female officer on a U.S. missile crew, and Retired Col. Linda Aldrich, the first female Minuteman ICBM crew member. The first all-female alert was an effort to show the strength and determination of female Airmen and to prove their vital roles in continuing the mission every day. "The fact that we can look across our pre-departure briefing room and see a woman sitting in every seat, for every combat crew going out on nuclear alert, is in itself, significant," said Col. Tom Wilcox, commander of the 341st Missile Wing at Malmstrom. The alert soon became a yearly celebration of Women's History Month, and it continues to this day.

Information courtesy of: warren.af.mil

CELEBRATE LIFE SERVING YOU SINCE 1926

304 S MAIN ST
MINOT, ND

THOMAS
FAMILY
FUNERAL HOME

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

Jerome's COLLISION CENTER



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

New resident dietician keeps Minot Airmen healthy, focused, active

SENIOR AIRMAN CALEB KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

A dietitian's work centers on food and its role in maintaining people's health. Julie Yi, health promotion dietician with the 5th Medical Group, is Team Minot's first resident dietician in over three years. By joining the team, she can have an impact on the daily lives of over 5,000 Airmen. She is indispensable to Team Minot.

"There is so much I want to do here," said Yi. "I feel this need to help the Airmen. If change needs to happen, I can give people the tools they need to make the change. At the end of the day however, it's up to the individual to make the effort."

In order for Airmen to perform at peak capacity, they need to be in top mental and physical condition. Yi helps Airmen develop healthy living practices and positive lifestyle changes. From conducting personal assessments

to implementing unique nutrition goals, Yi guides Team Minot Airmen to make decisions that keep them healthy, focused and active.

"The mission here is very stressful," said Yi. "Nutrition can help quell that stress, and also help your physical health as well. I give Airmen realistic, consistent, and attainable goals that I know they can achieve through hard work."

Dietitians work with a wide variety of patients. Clientele could be people struggling to lose weight, people who may have health issues, or people who are struggling with diabetes. When visiting a dietician, one can expect to make changes in the way they eat or think about food. Each person's reason for speaking with a dietician is different. They work with patients to understand their particular needs and challenges, and design meal plans accordingly.

"I want to see people who are

willing to learn and change some bad habits they may have, and I am willing to teach someone healthy lifestyles," said Yi. "At the end of the day, nutrition is a science, not an opinion."

Counseling sessions are available by appointment on weekdays. During a session, Yi will explain the benefits of a healthy eating regimen, and what could happen to the human body if it isn't well cared for.

"I love my job because I see nutrition as a preventative procedure," said Yi. "I see myself as a frontline defender to ensure Team Minot can complete the mission without being affected by metabolic issues. I love being here to help people."

To contact Yi to schedule a consultation or a briefing for your squadron, email her at julie.s.yi.ctr@health.mil, or call (701)-723-5274.



Julie Yi, 5th Medical Group health promotion dietician, poses for a photo at Minot Air Force Base, North Dakota, March 10, 2023. Yi can help Airmen develop healthy living practices and positive lifestyle changes. From conducting personal assessments to implementing unique nutrition goals, Yi helps Team Minot Airmen make decisions that keep them healthy, focused and active.



Julie Yi, 5th Medical Group health promotion dietician, schedules appointments for her patients at Minot Air Force Base, North Dakota, March 10, 2023.

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



**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!



SUBARU

LOVE.
It's what makes
Subaru, Subaru.

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

Ski the Jewel above the Prairie!

15 INCHES FRESH SNOW!
AWESOME CONDITIONS!

HOURS

Friday 12-9pm
Saturday 10am-5pm
Sunday 10am-5pm

Follow us on Facebook for updated conditions, hours and more events!

SNOW REPORT

• We have a 3.5 foot base with excellent skiing conditions. All runs are open, including our terrain park.
• We also offer ski and snowboard rentals and a full cafeteria

Bring Your Group to BWP



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

U.S. Air Force School of Aerospace Medicine completes visits to ICBM bases

COL BRUS VIDAL, AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE, La. -- The U.S. Air Force School of Aerospace Medicine began conducting its formal assessment for the Missile Community Cancer Study by visiting Air Force Global Strike Command's three intercontinental ballistic missile bases.

This step officially begins addressing specific cancer concerns raised by missile community members across related career fields, while also examining the possibility of clusters of Non-Hodgkin's Lymphoma at ICBM bases.

"Visiting the bases and seeing the mission is an important step in our process," said Col. Tory Woodard, USAFSAM commander. "I believe this will help USAFAM understand the operational and occupational environments, which will ultimately guide our development of epidemiologic studies and also help AFGSC medics develop immediate and future environmental risk assessment plans."

A USAFSAM team consisting of experts in aerospace medicine, public health and bioenvironmental engineering, along with additional leaders from the AFGSC Office of the Command Surgeon and the Defense Health Agency recently visited F.E. Warren Air Force Base, Wyoming; Malmstrom Air Force Base, Montana; and Minot Air Force Base, North Dakota.

The group conducted the initial visit to each base for an orientation of missile operations and base facilities. Woodard said the visits to the operational wings will help to develop strategies for assessing the presence of potential occupational exposure hazards in work environments associated with the missile career field. The visits specifically included base tours, tours of Missile Alert Facilities and Launch Control Centers, and weapons maintenance facilities.

The team also met with the 20th Air Force Commander, Maj. Gen. Michael J. Lutton, with the senior leadership teams at all three bases, and with leaders and experts from each base's Medical Groups – specifically medical, Public Health and Bioenvironmental Engineering experts.

In addition, the team conducted meetings with Air Force Nuclear Weapons Center experts to achieve greater context, and reviewed historical records of facilities to gain further understanding of complexity, equipment used and



Airmen from the U.S. Air Force School of Aerospace Medicine (USAFSAM) arrive at a Missile Alert Facility during a visit to Minot Air Force Base, North Dakota, March 6, 2023. The USAFSAM team will conduct a study at the request of Gen. Tom Bussiere, Air Force Global Strike Command commander, and will accomplish their initial visits to the command's three active missile wings this week, where the teams will have full access to the facilities and personnel necessary to conduct their study. Maj. Gen. Lutton, 20th Air Force commander, thanked the team and emphasized to Woodard how, "Airmen and their families are counting on an objective, transparent, comprehensive, and credible study."

potential hazards. Additionally, the team collaborated with base civil engineering experts to review environmental hazards, water sources, local environmental dynamics and other potential factors.

As part of the visits, the teams reviewed current environmental sampling efforts, with an eye towards determining what future efforts would be appropriate. One limitation medical teams have is that electronic monitoring equipment that can be used in other occupational environments must be specifically cleared to be used in the launch facilities and launch control centers. This often requires complex reviews and waivers to allow the equipment to be used in the sensitive spaces. Since the prior studies in 2001 and 2005, newer technology is available to the medics, but these will now need to be cleared. AFGSC leadership is aware and will be assisting USAFSAM in expediting these clearances, where possible.

Key concerns addressed by the assessment will include, but are not limited to: Are Airmen safe to continue missile field operations? Are active duty or retired missileers at increased risk of developing NHL? Are active duty or retired

career field members that support, or are associated with, the missile launch mission at increased risk of developing NHL or other cancers?

The ongoing studies will assess factors such as geographic locations, operating environments, local environmental factors and time spent in the mission environment. Current missile operations include three bases covering an operational area spanning five states (Colorado, Montana, Nebraska, North Dakota and Wyoming). Looking historically at the ICBM enterprise, ICBM units dating back to 1983 operated at nine bases, while currently there are only three active bases. While the study efforts may expand to additional bases down the road, Woodard noted the team is focusing its efforts on the three active bases in the initial stages of the process, stating, "One of our priority efforts is to ensure current operations are safe."

As the study design begins to take shape, other considerations include an evaluation of career fields supporting missile operations, an understanding of the size of career field personnel who work at limited duty locations, and ensuring the study includes as many missileers as possible to increase study accuracy.

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

W4 DREAMS

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

FIND THE RIGHT FIT.

Tour our HOUSING OPTIONS

CPM

701.852.5028
CREATIVEMINOT.COM

Evaluation by worksite locations will investigate launch control centers vs. missile launch facilities, as the significantly different exposures need to be evaluated to help the team determine specific potential cancer risks and types of cancers seen in these workers.

“A focus on NHL is required, but that may be too narrow of a focus,” Woodard said, noting the study will likely expand to investigate the most frequent cancers that may appear within the study population. “We are conducting the multi-phased study with trigger points that will help guide our need to access additional records or data sources, if indicated.”

“If there is any evidence of potential increased cancer risk, or an elevation in cancer incidence or mortality, as compared to national rates, leadership will immediately be notified,” Woodard said. “If any of those happen, additional studies or controlled studies will be initiated to help identify any potential causes, where possible.”

Woodard said if there is no elevation in cancer incidence or mortality as compared to national rates that phase of the study will conclude. Any study outcomes will help medics and patients better understand individual risks and will improve care, inform occupational assessments and may influence future cancer screening recommendations.

Throughout the process, experts will determine how many individuals it takes in a study population to compare to national averages to make a useful incidence calculation. The team is also working to ascertain how many years back they can go for data collection and analysis, as they

may be limited by the availability of accurate and attainable records that pre-date electronic medical records. Importantly, if the studies do find increased incidence and progresses to determine causation, additional steps and measures – such as potentially establishing a registry – will be necessary to continue the assessment

In this comprehensive look at Air Force Specialty Codes, worksites and additional cancers, the total estimated completion time for the study will likely be months, but Woodard said Gen. Thomas A. Bussiere, commander, Air Force Global Strike Command, chose an assessment that offers the shortest overall assessment timeline and one that will rapidly investigate NHL, specifically.

Woodard also noted the team charged with this extraordinarily important responsibility is a highly experienced team that previously completed the USAFSAM’s Fighter Aviator Cancer Study. In addition, he highlighted the existing synergy available to the team as USAFSAM already maintains access to DHA and AFPC databases, saving significant request processing time that could be accrued in working with outside agencies.

Importantly, Woodard said, the USAFSAM team also is partnered with the DHA. As part of the continued DHA transition, portions of the Public Health and Occupational and Environmental Health departments have now part of what is called the Defense Centers for Public Health Dayton. Additionally, experts from the Armed Forces Health Surveillance Division within DHA Public accompanied the team on the visits to Malmstrom and Minot Air

Force Bases, and will be assisting USAFSAM with their ongoing studies.

“Our top-notch professionals are uniquely positioned within the DoD and DHA enterprise to conduct this analysis efficiently and effectively,” Woodard said.

“As we move through the various phases of assessment and review, we will continue to provide updates, including pertinent information, as and when such information is discovered or identified,” Bussiere said. “While we continue to work through this process, service members, their family members and former service members who may have concerns or questions are encouraged to speak with their healthcare providers.”

If any Airman - past or present, Guardian, or family member has a question or concern, they are encouraged to speak to their medical provider or they can submit their question through the AFGSC Official Website at: <https://www.afgsc.af.mil/Contact-Us/> or via the Office of the Air Force Surgeon General at: <https://www.airforcemedicine.af.mil/Contact-Us/>.

In addition, a website specific to this issue is available as a resource



Col. Tory Woodard, M.D., United States Air Force School of Aerospace Medicine (USAFSAM) commander (right), and Col. Anthony Waldroup, USAFSAM chief of aerospace medicine, tour the 5th Bomb Wing Weapons Storage Area during a visit regarding health concerns raised by Airmen working in the missile community at Minot Air Force Base, North Dakota, March 7, 2023.

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

at: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

“It is my personal pledge to all Strikers, Airmen, Guardians and

family members - past and present - to remain transparent throughout this process and we will continue to maintain an open dialogue,” Bussiere said. “This is my priority.”



Col. Tory Woodard, M.D., United States Air Force School of Aerospace Medicine (USAFSAM) commander (center left), speaks with Col. Johnny Galbert, 91st Missile Wing (MW) commander (center right), during a meeting between USAFSAM, 5th Bomb Wing and 91st MW leadership at Minot Air Force Base, North Dakota, March 6, 2023.

Vibeto Orthodontics

BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

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

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS

(701) 839-6010

2615 Elk Drive Suite 2
Minot, ND 58701

FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations

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

ORDER NOW!

701-838-9140

1412 2nd Ave, SW, Minot

BonesBBQMinot.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!

Check 'em Out!!

YAMAHA Golf Cars

Lawn, Leisure & Tools

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

Hotel Revel announces a new program: Weddings for Warriors

NORTHERN SENTRY

Revel Hotel, the newly renovated hotel next to Dakota Square Mall in Minot ND, is launching Weddings for Warriors; this program will offer the use of Pilot's Bar and adjoining Billy Mitchell Conference Room on the hotels lower level one day per month, at no charge, to deserving Airmen for wedding parties, receptions or even a wedding ceremony.

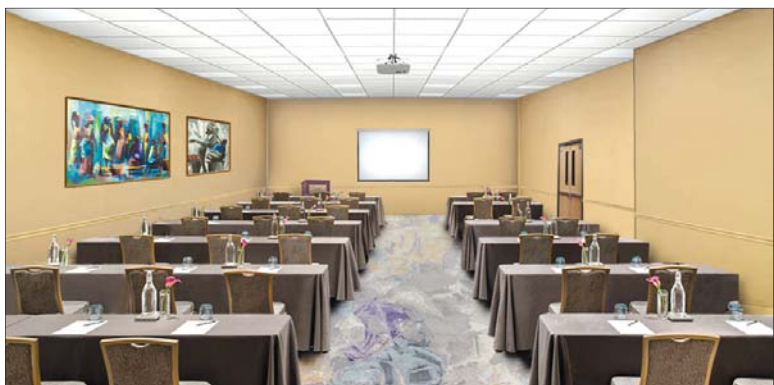
Asita Kanani, one of the hotel owners, said, "We want to show our support for the men and woman who serve in the United

States Air Force by providing use of the Pilot's Bar and Banquet space one day each month at no charge."

At least one partner must be an active duty member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

Bookings will be taken on a first come, first served basis.



The Billy Mitchell Conference Room at Revel Hotel.



The Pilot's Bar.

AFTER ALMOST ST. PADDY'S DAY PUB CRAWL
24 MARCH 7PM TO 11PM

Come downtown for a wee bit o' fun Friday, March 24 from 7pm to 11pm! Participating businesses will be offering speciality drinks and exclusive deals to pub crawlers!

Tickets are \$10+tax and can be purchased online or in-person at The Spot.



DOWNTOWN MINOT
www.downtownminot.com



SPONSORED BY



NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

SNOW, FISH, AND OXYGEN

Patricia Stockdill

More than just people are wanting this long winter to spring into spring sooner rather than later – wildlife and even fish would likely welcome a spring break.

Granted, there was that amazing January warm spell when even the wind offered a winter.

But now March has been more lion-like than lamb across several areas of North Dakota, which could spell problems for some lakes.

The issue is that as winter – and snow – lingers on and on dissolved oxygen levels can become depleted. Almost every year North Dakota lakes could have some level of winter fish mortality due to low dissolved oxygen (DO) levels, described N.D. Game and Fish Dept. Fisheries Management Leader Scott Gangl.

Several factors enter into maintaining healthy dissolved oxygen levels for fish, Gangl explained, including the timing of snow cover on a lake, how long snow lingers into spring, and how much sunlight can penetrate through the ice for plant growth, for example.

Even a lake's water volume influences DO quality. North Dakota's prairie lakes – natural and manmade – are prone to fluctuating water depths given the state's wet and dry precipitation cycles. They're often dependent on winter snow runoff and rains and both can be a roller-coaster ride.

The best winter conditions to minimize winter fish losses occur when lakes have a late ice-over and light snow cover allowing aquatic vegetation and algae to continue producing photosynthesis – and oxygen – for fish, Gangl described.

This year winter kill might be more evident because of November and December heavy snows and cold temperatures across the state. "We've had a long winter," Gangl admitted, even with the January thaw.

Fisheries biologists began sampling some lakes across the state in January this year given concerns for potential winter fish mortality, Gangl continued. Normally sampling begins in February.

Some lakes have a history of being susceptible to winter kill given their environmental conditions or depth.

With more than 400 lakes to manage, the Game and Fish Department doesn't sample every lake each year,

instead focusing on ones where conditions indicate potential fish losses or have a history of winter kill.

The North Dakota State Fair Pond and Glenburn Pond are two examples of small area lakes that tend to have some level of winter fish mortality. Both are stocked annually, including with rainbow trout.

Other area lakes with some degree of anticipated fish losses this year include Scooby Lake near Benedict, Carbury Dam in Bottineau County, Cottonwood Lake north of Butte, Brush Lake near Mercer, Crooked Lake north of Turtle Lake, North Carlson Lake in southern Ward County, and Buffalo Lodge Lake by Granville.

They all have histories of winter fish kills, Gangl added.

Some fish species can handle lower dissolved oxygen levels better than others. For example, northern pike and bullheads are hardy native fish and can survive in lower oxygen levels than walleye or panfish such as crappie, bluegill, and bass. Perch aren't quite as sensitive as walleye, Gangl added.

Trout are even more sensitive than walleye about the need for adequate dissolved oxygen. They aren't native to North Dakota and don't naturally reproduce in any of the state's waters so they're stocked by Game and Fish Department fisheries crews.

While common carp aren't native to the state, they can handle poor DO levels.

Most lakes don't experience a complete fish die-off, although a lake with a complete winter fish kill could have DO levels low enough so even carp, bullheads, and suckers can't survive.

Despite this winter's early, abundant, and lingering snow providing its share of misery to humans, wildlife, and fish alike there can be a positive to the all of its negative: While more lakes will likely experience winter fish kill this year that same snow will melt – eventually – and help refresh, restore, and replenish lakes in need of higher water volume after a couple of drought years in parts of North Dakota.

They can be more productive with rising waters flooding vegetation and helping provide food for fish and the prey the fish feed upon.

That could mean a better, more sustainable fishery and fishing opportunities.



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

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

The PCS Pet Place to Go

ERIN BEENE, NORTHERN SENTRY

“A dog is the only thing on earth that loves you more than you love yourself,” said 1800s humorist Josh Billings. Although nearly 200 years old now, most would agree that the statement remains sound to this day. People love their pets. Dogs, cats, guinea pigs, ferrets, fish, lizards and much more will until the end of time hold a special place in the hearts of their owners. Because the love for pets is real, MAFB makes sure there is a solid place where animals can get any medical help they need and also a place where their owners can get the much needed assistance for PCSing overseas at the on-base Veterinary Clinic.

The Minot AFB Vet Clinic offers a wide range of services for base pets, including routine check-ups, wellness vaccines, some radiology, some minor surgeries, and small dental procedures. When asked, U.S. Army Vet Tech, SSG Sally Dolence said they take all pets and situations on a pet-by-pet basis. They don't have a specific list of things they do and do not do or have a specific list of types of pets they can and cannot see; instead, she asks base residents to simply give them a call about their individual pet situation and they are happy to advise on what can be done. Dolence made it clear that the base vet clinic does not offer major surgeries, overnight stays or emergency after hours care, but they can see a pet, offer stabilizing medication and then refer to another local vet who may specialize in a certain situation.

The Vet Clinic, although a military medical facility and a part of the 5th Medical Group, is not a free service to military members and their pets. Fees and payments are expected at the time of service; however, most fees are comparable or less than off base providers. The clinic is operated by a small staff of active duty and civilian personnel. Interestingly, SSG Dolence, who is in the US Army, conveyed that all military veterinary services and clinics are operated by the Army. So even though this is on an Air Force installation, the US Army staffs it, which is why she is stationed here. Also on shift on the day of interview was Vet Tech Jennifer Webb and Civilian Dr. Kristen Entendencia. U.S. Army Captain Amber Norton is the standing officer-in-charge of the Vet Clinic, but was unavailable on the day of interview.

Dolence, Webb and Entendencia all stressed that one of the main ways the base Vet Clinic is helpful to military members is because of their vast knowledge of the difficulty of PCSing (Permanent Change of Station) with pets in tow, particularly to overseas locations. They all encouraged residents to give them a call as soon as they have an assignment or even a possibility of moving overseas, as the processes can be time consuming, confusing and complicated. They



Dr. Kristen Entendencia and Vet Tech Jennifer Webb help base pets feel better and their owners prepare for overseas PCS.

follow all regulations from the website <https://www.aphis.usda.gov/aphis/pet-travel> and suggest people to take a look at the website for complete information about moving with their pets to other countries.

Some things pets might need when PCSing is a working microchip, updated rabies vaccines, health certificates, Fluorescent Antibody Virus Neutralization (FAVN) test, or a number of other things as every country is different. Besides the number of things to complete in order to move overseas, a lot of countries require these steps to be taken months in

advance or entrance to the country can be denied. So it is important to get an appointment at the base Vet Clinic as soon as possible even if an overseas assignment is possible. Dr. Entendencia mentioned that in her experience the most extensive and complicated process for pets are PCS moves to Japan, Guam and Hawaii.

Whether your furry friend is feeling under the weather or you need some help preparing for a stressful move, the MAFB Vet Clinic is here to help. Give them a call and leave a message for them today. (701) 723-6449



The Veterinarian Clinic on MAFB loves and cares for many different kinds of pets.

WHISKEY NINE

golf. food. cocktails.

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

THE STARVING ROOSTER

<p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <ul style="list-style-type: none"> \$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps ½ Flat Bread Pizza 	<p>DAILY SPECIALS</p> <ul style="list-style-type: none"> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND breweries (all day) Wednesday ½ Price Wine by the glass/bottle (all day) Thursday BRUNCH (11am-2pm) Sunday \$1 up for all Tall Taps (all day) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots 	<p>FAMILY PACKS</p> <ul style="list-style-type: none"> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <p><small>*Changes Weekly – Check our Facebook Page</small></p>
--	--	--

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

Calling all adult volunteers willing to spend some afternoon hours at the zoo. Help kids with interactive animal encounters with our goats: feeding, brushing & reading!

CALL US TODAY!

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND

www.RPZoo.com • 701-857-4166

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

FINANCIAL SUPPORT PROVIDED BY

THE SPOT

MARGIE'S ART GLASS STUDIO

ROD & SUE WILSON

DRIVER OF THE MONTH AWARDS PROVIDED BY

- COOKIES FOR YOU
- THE MINOT MINOTAUROS
- REVEL HOTEL
- MAGIC CITY SWEETS & HOAGIES

- HIGHAIR GROUND
- MINOT DOWNTOWN BUSINESS & PROFESSIONAL ASSOCIATION

MINOT GUN SHOW

ND STATE FAIR CENTER

MARCH 25 & 26

SHOW HOURS: SAT. 9 a.m. - 5 p.m.
Sun. 9 a.m. - 3 p.m.

PUBLIC IS INVITED!

Public Admission - \$5.00 Each Day
CHILDREN UNDER 12 FREE WITH PARENT FOOD ON PREMISES

DEALER SET UP - Fri. 1 p.m. - 9 p.m.
BUY - SELL - SWAP - TRADE

ALL FEDERAL, STATE AND LOCAL GUN LAWS TO BE OBEYED
Not Responsible for Theft or Accidents

National Vietnam War Veterans Day

MINOT AFB EXCHANGE

This 29 March, 1100 - 1230—National Vietnam War Veterans Day—the Exchange will again partner with the United States of America Vietnam War Commemoration to honor all who served during the Vietnam War era. These heroes are invited to visit the Minot AFB Exchange to receive a special Vietnam Veteran lapel pin during ceremonies recognizing their valor and sacrifice.

The Vietnam War Commemoration is a program administered by the Office of the Secretary of Defense to commemorate the anniversary of the Vietnam War. The U.S. began commemoration of the Vietnam War's 50th anniversary in 2012 and will continue through Veterans Day 2025.

The Minot AFB Exchange is honored to be a Commemorative Partner, conducting events that recognize Vietnam Veterans and their families for service, valor and sacrifice in conjunction with the Commemoration.

We look forward to honoring our heroes on 29 March.



THE UNITED STATES OF AMERICA
**VIETNAM WAR
COMMEMORATION**
50th

**NATIONAL
VIETNAM WAR
VETERANS DAY**

29 March

*Join the Nation
... thank a
Vietnam veteran!*

vietnamwar50th.com




**JAMAICAN
VYBZ
KITCHEN**

**AUTHENTIC
JAMAICAN
FOOD**

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

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

Check out our Facebook Page for Special Events!

TAKE OUT OR DINE IN

**SMOKED MIDNIGHT
BRISKET**



INGREDIENTS
1 TABLESPOON WORCESTERSHIRE SAUCE
1 TABLESPOON TRAEGER BEEF RUB
1 TEASPOON TRAEGER CHICKEN RUB
1 TEASPOON TRAEGER BLACKENED SASKATCHEWAN RUB
1 (4-6 LB) FLAT CUT BRISKET
1 CUP BEEF BROTH

For the Sauce: Whisk Worcestershire sauce and Traeger rubs together in a bowl. Rub mixture into the meat.

When ready to cook, set Traeger temperature to 180° and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available.

Place brisket on the grill until internal temperature of the meat reaches 160°, about 5 to 7 hours.

Remove from the grill and double wrap tightly with foil and add 1/2 cup to 1 cup beef broth then return to grill.

Increase grill temperature to 225° and place brisket back on grill 4 to 5 hours until the internal temperature of the meat reaches 204°.

Remove from the grill and let it rest for at least 30 minutes before slicing against the grain. Serve with your favorite Traeger BBQ sauce. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



OUTDOOR

REPORT



PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, March 13: 1,825.05 feet above mean sea level (MSL); 15,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.5 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.41 MSL.

•N.D. Game & Fish Dept. game wardens: Little activity throughout area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports with difficult access in many areas on the lake.

•Devils Lake, Woodland Resort, Devils Lake: Tracked vehicles needed on Devils Lake with little activity otherwise. Look for continued perch success on the east end of the lake where anglers can get around and continue working early morning and evening hours for walleye.

•Lake Darling, Karma C-Store, Ruthville: Little activity on area lakes.

•Lake Metigoshe, Four Seasons, Bottineau: Lots of snow on Lake Metigoshe after last weekend's storm with little activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Increasing numbers of pike anglers on the east end of Lake Sakakawea, especially Douglas Bay. No Lake Audubon reports.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye bite slow on both Lake Sakakawea and Lake Audubon.

•Lake Sakakawea, New Town: Little activity with more snow now on the lake limiting angler's ability to move around without tracked vehicles.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City:

OUTDOOR NOTES:

PATRICIA STOCKDILL



- Permanent ice houses can't be left unattended on lakes.
- 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.
- March 17: Pheasants for the Future banquet, N.D. State Fair All Seasons Arena, 4 p.m.
- March 23: Minot Ducks Unlimited Hunter's Raffle, Sleep Inn, Minot, 5:30 p.m.
- March 25: Ducks Unlimited Crawfish Boil, Watford City Eagles Club, 5 p.m.

Missouri River tailrace and Lake Sakakawea quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Weather permitting, anglers still going out on the upper end of Lake Sakakawea and Yellowstone and Missouri rivers. Move around more, however, to locate fish with overall spotty success.

•Lonetree WMA area lakes, Harvey: No new reports with heavy snow on area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with poor access throughout area lakes.

Downhill skiing (conditions can vary):

•Big Sky Ski Resort, Big Sky, Mont.: 68- to 70-inch packed powder,

machine groomed base with 36 lifts and 303 runs open.

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

•Huff Hills Ski Area, Mandan: 30- to 35-inch powder, packed powder base. All runs open along with 2 lifts, 1 tow, and Green Lift Terrain Park open. Donut Hole Hiking Area also open.

•Terry Peak, Leads, S.D.: 26- to 36-inch base. 28 trails and 4 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!

Let's Make Sushi!

ERIN BEENE, NORTHERN SENTRY

Americans call almost anything sushi. Locally, "sushi" can refer to rice rolls, raw fish or basically anything at a "sushi restaurant". While sushi is a broad term for a Japanese dish made with vinegar flavored rice and usually raw fish, each type has specific names that are mostly unknown to the novice American sushi eater. This interesting tidbit and much more were explained at Gourmet Chef's Sushi Making class hosted by Suong (Sue) Willson.

One may not think that North Dakota is a premier place to acquire freshly made sushi. Completely landlocked and a small farm community, Minot does not have a readily available seawater cuisine location, but one can get the specific sushi and fish ingredients from Marketplace Foods on a good day. It is because of the lack of restaurant opportunities that the sushi making class at Gourmet Chef is so popular. Lovers of Maki Rice Rolls, in turn, line up to take the class so they can prepare the dish at home instead. The most recent class on Thursday, March 9, even contained people who didn't particularly love raw fish and rice,

but wanted to have the experience of learning how to make it just the same.

Willson led the class by preparing all the ingredients and laying them out for students to admire. The ingredients included several vegetables like cucumbers, carrots and avocados. Also amongst the ingredients were soy sauce, cream cheese, vinegar seasoned rice and nori- the seaweed outside cover. Willson then walked students through how to assemble the rolls, which ingredients are best together and -the trickiest part- how to spoon out the very sticky rice onto the nori. After combining all the ingredients, the class was instructed to roll the filled nori into the roll using a sushi mat or "makisu". Some students had perfect round rolls while others flopped into smashed looking sandwiches. The class proceeded to make six different types of rolls including crab, shrimp tempura and raw salmon. Willson also taught a lesson on how to make the rolls with sesame seeds and rice on the outside of the nori too.

The class was lighthearted but very informative. Willson taught



Nori, also known as the outside seaweed on a sushi roll, holds all the tasty ingredients together.



Gourmet Chef Instructor Sue Willson teaches a class on how to create sushi rolls.

from her experience and the love for the food she prepares. Learning about how to prepare raw saltwater fish safely was a new concept to many in the class and this reporter. As the two hour instructions wrapped up, the class finally got to reap the reward of their hard word by eating all the delicious

rolls they had made themselves. While some students couldn't wait to engulf their creations, and did so promptly, some took the time to work on the presentation of the sushi roll by adding a swirl of sauce or plating to perfection which was also instructed how-to by Willson.

This reporter won't give away all the secrets from the class, but it is safe to say that the sushi making class will be a fun way to learn something new! And each student got to take home their sushi mat and "shamoji" rice paddle so they could work on perfecting the skill in their own homes.



The final delicious product.

NOTES ON BEING SAFE

Workplace Safety for All of Us



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



'Workplace Safety Topics' - Maybe these 3 words put together in one sentence will make little sense to you. It is rare that we see workplace safety being given enough importance in our working lives. And that is why we talk about it! Workplace safety facts state that maintaining workplace safety is as important as maintaining safety at home. But why is safety at the workplace important? Think about it, we spend a major portion of our day at work so shouldn't we be assured of high levels of safety there? And how will you maintain those levels of safety if you don't know what you're supposed to maintain? That is why the following article will talk about some key safety tips and workplace safety topics that you should be looking into, if not already.

SAFETY TOPICS FOR THE WORKPLACE

For a start, take a look at the types of hazards that you may face in your office. Here is a list to help you out with determining what some of the workplace safety topics are.

SLIPS AND FALLS

Slipping, tripping and falling over are some of the most common accidents that can happen in the workplace. Why do these happen? It is probably because there are no proper delegated places that are allotted for things. There might be loose wires that are lying on the floor which are like an open invitation for falls. Along with that if there are no storage places for personal items such as briefcase and gym bags, then they will just be in the way and people will trip. Spills on the floor that are not cleaned can cause slips, so also the negligence of putting up signs that indicate when floors have been mopped can lead to the same.

There needs to be strict instructions given that informs employees to keep things in their delegated places and not keep them lying around. Also, if anyone sees any spills they need to inform the maintenance personnel and get them cleaned. There needs to be further instructions given like workplace safety slogans put up that tells employees to maintain certain decorum and make sure that their drawers and the like are kept properly closed in order to prevent anyone crashing against them and falling.

PORTABLE LADDER SAFETY

Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. Just remember that many workers carrying ladders hurt their backs, as well. If possible, have two people carry ladders.

ELECTRICITY MALFUNCTION

Where there are so many machines present, there is always the danger of electrical malfunction happening. Regular checkups and maintenance

of the electrical appliances has to be of primary concern for the matter of electrical safety. Too many wires plugged into one socket can lead to short circuits, frayed wires, and electric shocks become common place when there is no standard maintenance involved. That is why all employees need to be informed as part of workplace safety topics for meetings that they need to constantly be aware of the machines that they are using and if they find any problem with them, even if it is any doubt, they should inform the concerned personnel.

Along with that there need to be strict instructions given that there will be no inclusion of foods and drinks around the machines. Food and liquid spills can cause the malfunction to happen faster and put all the employees at risk. This could even lead to fires taking place, making this one of the most useful of workplace safety tips.

FIRE SAFETY

Fires might happen either due to negligence or due to a genuine problem. In case it is caused by negligence then the employees need to be given proper instructions on how to maintain fire safety (taking care of electrical appliances and wiring). In case of a fire, all employees should

be well informed of all the escape routes, the places where all the fire extinguishers are stored and the numbers of the fire department should be put up in bold where employees have had an opportunity to see and memorize them. Taking these precautionary steps along with workshops held on how to prevent and deal with fires will make the office a much safer place.

ERGONOMICS AT WORK

Ergonomic in the workplace are an essential component of office life. It is not necessary that only physical factors like fire and tripping need to be cared for - the office structure and the arrangement of the different components in the office are equally important. The chair on which the employees sit, the brightness of their computer screen, the lighting, the frequency of breaks and other external factors like noise etc. have a direct effect on the performance of the employees. That is why ergonomics becomes so important.

These are some of the key workplace safety topics that you should not ignore at any cost. The maintenance of these will ensure not only the safety of the employees, but will also make them more efficient, which is ultimately all in favor of the company's progress.

welcome baby

BABY BOY BORN ON TUESDAY, MARCH 07, 2023 TO:
KAYLEE AND DILLION MORRIS
MINOT, ND

BABY BOY BORN ON WEDNESDAY, MARCH 08, 2023 TO:
ARIEL AND RENE VENNE III
MINOT AFB, ND

BABY GIRL BORN ON WEDNESDAY, MARCH 08, 2023 TO:
MICHAELA NELSON AND ANDREW MARTIN
MINOT, ND

BABY BOY BORN ON WEDNESDAY, MARCH 08, 2023 TO:
STEFANI AND JOHN KINSEY
PARSHALL, ND

BABY GIRL BORN ON SUNDAY, MARCH 12, 2023 TO:
BRITANA GIROUX AND JOBY MILLER
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:



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

North Star
Community Credit Union

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

NCUA MEMBER LENDER

Minot AFB Dentist awarded Clinical Dentist of the Year

The Air Force Surgeon General is proud to announce the recipients of the 2022 Air Force Medical Service Annual Awards. The awards include both individual and team awards.

The nominations submitted reflect the extraordinary quality of Air Force medics. The accomplishments of those recognized demonstrate expertise, leadership and commitment across the full breadth of the mission support we provide to the Department of the Air Force and Combatant Commanders. We

also acknowledge the hard work and support of Wingmen, fellow medical professionals, at every level, who enabled success.

Congratulations to all the award recipients!

They represent the many outstanding Air Force medical professionals delivering "Trusted Care Anywhere!"

USAF Clinical Dentist of the Year was awarded to Maj Veranika Zakharyeva 5 OMRS/SGXD, Minot AFB, ND, AFGSC

A full list of this years recipients can be found at <https://www.airforcemedicine.af.mil/News/Display/Article/3307509>



YOUR LOCALLY OWNED VEHICLE MAINTENANCE SHOP

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

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

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

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

Culver's
Welcome to delicious.®

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

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

2 Winners Every Week!

BADLANDS RESTAURANT & BAR

WE'LL BUY YOU DINNER!

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

\$25.00 Gift Certificate From Badlands Restaurant & Bar

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.

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

TIRES PLUS TOTAL CAR CARE

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

TIRES PLUS TOTAL CAR CARE

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

My Spelling Bee Experience

LUCAS REINHOLD, AGE 11

On February 22nd, I competed in the Ward County Spelling Bee after winning my school Spelling Bee at North Plains Elementary. I had a busy day, and here is how it went.

I had to go to Minot State University, where the Spelling Bee was. While I was driving from base, I used the Word Club app to practice a little more. When I got to the building, I went to the third floor to wait for everybody to get there. After about half an hour, all 60 participants (5-8 graders) were there, and we began.

First, we had our written test where the pronouncer would say a word and we would have to write it. There were 50 words total:

railings, hitched, saints, bossiness, kneeling, twelve, hummingbird, donkeys, grimy, until, compute, decide, beyond, rituals, murals, probably, beginning, ceiling, riffled, potential, vertical, intertribal, minerals, inlet, deviation, adjusted, republic, efficient, menacing, temperature, limbering, switcheroo, shrivel, aggravate, cronies, maniacal, churned, tiara, inaudible, pistons, feisty, Chicago, reenactment, crevices, crevices, ordained, counterfeit, pioneered, prophetically, infrared, and encompass.

Out of all those 50 words, I only got 2 wrong: 'aggravate' and possibly 'reenactment'. I tied for second place, which is pretty good.

After that, we had our lunch break. At first, I had to wait for my mom to finish grading the papers

of everyone. When she got back, though, we went downstairs to eat lunch. I got a raspberry ice tea, 2 slices of pizza, and vanilla ice cream with gummy bears, Oreos, M&Ms, and chocolate syrup. After lunch, we wandered around the building exploring all the places including offices and a Barnes & Noble. Then, we went back to the Spelling Bee room and got ready.

Soon, the adults started giving out medals to everyone for winning at their school. After that, they gave out trophies. They were finalists among 5th, 6th, 7th, and 8th grades - 1st and 2nd place for the city and county. I won a trophy for 1st place in the city of Minot for 5th grade.

After the awards, the pronouncer told us the top 21 people that would go on to the oral round

which is where you go up to the microphone and spell out a word.

I was one of them. Everyone went up to the judges table and picked a name tag with a test word that we would spell first when we go up to the microphone, for practice (my test word was "hamster").

On the tag there was also a number which would decide where you would sit. My number was 9, so I was 9th.

We started out with easy words and then they got harder. We took turns spelling one word each. If you made a mistake, you were out. The words I got right were kidney, meteor, designer, seclusion, hackneyed, and vengeance.

After many words, there were only four other people, and that was when I spelled the word



JR. JOURNALISM PROGRAM

northsensentry

"topgallant" wrong: I thought it was 'topgalant'.

A lot of people cheered for me and congratulated me, including my principal and my mom. We decided to stay until we saw who won: it was between a 7th grader (who ended up winning) and an 8th grader. It was very close: they

went back and forth for a while.

After that, we drove back to my school, North Plains, to show my class my award. My classmates were very happy for me and really liked my trophy. It was a good day.

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



North Hill BOWL X-TREME BOWLING

FRIDAY & SATURDAY

OPEN BOWLING
7 DAYS A WEEK

NO OPEN BOWLING WEDNESDAYS 5PM-9PM

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

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

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

★ Military Discounts Available! ★

presents JUNGLE JENN



AMUR TIGER

Fact File

Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Omnivore Carnivore Herbivore Deer, Pigs, Water Buffalo, Antelope

CREATURE FEATURES

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are *not* symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

Color by numbers

HOURS: MON-SAT 10AM-3PM

FOLLOW US ON FACEBOOK

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

UPCOMING EVENT
WILD ONE TIGER CUBS BIRTHDAY PARTY
MARCH 19

MILITARY DISCOUNT

\$5.00 off an Annual Family Pass

YOUTH IN ACTION

MOMC "Clap In" at Minot AFB Schools



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



The Month of the Military Child (MOMC) occurs in April and is an opportunity to show our military connected children and students appreciation, support, commitment and dedication.

To kick-off the month, we are reaching out to our community to join us in our effort to "Clap In" our students that attend North Plains Elementary, Dakota Elementary, and Memorial Middle Schools.

On Monday April 3, 2023, come

out and show your support at the following times:

- Memorial Middle School: 7:15 am
- North Plains Elementary: 8:15 am
- Dakota Elementary: 8:45 am

This will be a coordinated effort and an incredible way to show appreciation for our military connected students. If interested in participating, please email mafb.school.liaison@us.af.mil.



STORYTIME

and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!
10% Off Everything, Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!
OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srf.com

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

Upcoming Events

14-18 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

19 MAR

ROOSEVELT PARK ZOO WILD ONE BIRTHDAY FOR TIGER CUBS
12:00PM- 1:00PM
1219 Burdick Expy E, Minot

Celebrate the tiger cubs at Roosevelt Park Zoo!
\$2 zoo members
\$3 non members
Funds: 1/2 conservation 1/2 capital campaign
Admission table will open at 11:00am
Enrichment (presents!) at 12:00 noon

Wild ONE

Sunday
March 19, 2023

Tiger Cubs' First Birthday

For more information:
Facebook/ Roosevelt Park Zoo/ Events

26 MAR

SOUP IT UP FUNDRAISER
9:30AM- 10:30AM
Taube Museum of Art
2 Main St N, Minot

Join us at the Taube Museum of Art for our annual Soup it Up fundraiser! Enjoy foods from local vendors and members TBD soon! There will be a dessert bar filled with locally made goodies, an art auction, and a gift card raffle! The first 80 attendees will get a free handmade ceramic bowl made by the MSU Ceramics Department. This lunch social will include beautiful art, a silent auction, and a raffle for a gift card bundle! Proceeds will go towards continuing our mission, to enrich lives through the visual arts; and towards the MSU Ceramics Scholarship! We hope to see you there! Prices are \$20 for non-members and \$17 for members. Sign up for a new membership or renew an expired one and receive a \$10 ticket! (membership renewal must be done at the Taube.)

SOUP IT UP
MARCH 26, 2023 | 12-3PM

FOOD, WINE, ART, SILENT AUCTION, AND A RAFFLE!
FIRST 80 ATTENDEES RECEIVE A HANDMADE CERAMIC BOWL BY MSU!

\$17 | MEMBERS
\$20 | NONMEMBERS

For more information:
Facebook/ Taube Museum of Art/ Events

27 MAR

EASTER BUNNY PET PHOTOS
9:30AM- 10:30AM
Dakota Square Mall
2400 10th St SW, Minot

Bring your furry friends for photos with the Easter Bunny during this special Monday series!
Pets are welcome all day on these dates:
Monday, March 27
Monday, April 3
Pets must be on a leash or in a carrier, and pet owners are responsible for cleaning up after them.
Photo packages will be available for purchase.



For more information:
Facebook/ Dakota Square/ Events

NEW Community at the Northern Sentry



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

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



NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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



CHURCH DIRECTORY

<p>Chapel Services at MAFB</p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i></p> <p>Christ Chapel 0900</p> <p><i>Protestant</i></p> <p>Sunday Community Service 1030</p> <p>(Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i></p> <p>Open Circle 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p>Catholic Mass</p> <p>Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Saturday, March 18 5 PM, Great Vespers</p> <p>Sunday, March 19 9:30AM, Holy Liturgy</p> <p>V. Rev. Fr. Paul Hodge</p>	 <p>Break Forth BIBLE CHURCH</p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway</p> <p>For More Information: 701.353.9337 www.bfbc.tv</p>	 <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916</p> <p>MinotBibleFellowship.org</p>
<p>Immanuel Baptist Church</p> <p>1615 2nd St. SE • www.ibcminot.org 701-839-3694</p>  <p>SUNDAYS: 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p>WEDNESDAYS: 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY</p>	 <p>Christ Reformed Church</p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE</p> <p>www.christreformedchurchminot.com</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	 <p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>1805 2nd St. SE 838-1111</p> <p>Sunday Services 9:00 AM & 11:00 AM</p> <p>Wednesday 6:30 PM</p>	<p>Minot Baptist Church</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> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	 <p>Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 5:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcbbc.org email: minotcbbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	 <p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>
<p>First Baptist Church</p> <p>200 3rd St. SW • 852-4533 www.fbcminot.org</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>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	 <p>Grace Baptist CHURCH OF MINOT <i>A Reformed Baptist Church</i></p> <p>Sunday Service: 4:00 p.m. Wed. Prayer: 5:30 p.m. at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p>Web: gracebaptistminot.com E-mail: gbcminot@gmail.com</p> <p>RADIO BROADCAST KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	 <p>OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</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 & 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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</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




OUR REDEEMER'S CHRISTIAN SCHOOL
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772

www.orcsknights.org

ORCS Preschool

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

NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

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

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



ADVERTISE YOUR

Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

CONTACT US

call
701-839-0946

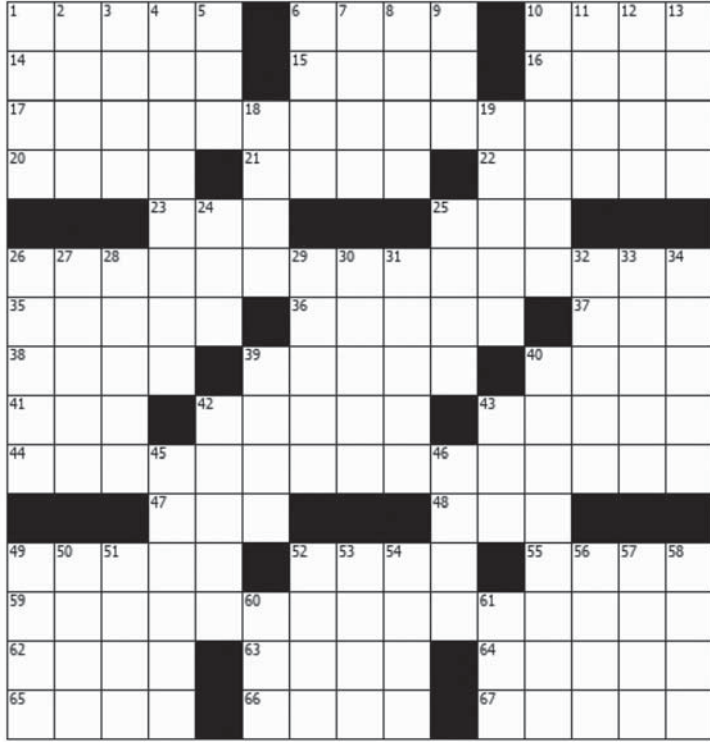
email
NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT
NORTHERNSENTRY.COM

CROSSWORD PUZZLE

Across

- 1. Angelic features
- 6. Dissolve
- 10. Decides
- 14. Still in play
- 15. Take ___ (acknowledge applause)
- 16. Croquet wicket
- 17. See 59-Across
- 20. Laugh at derisively
- 21. Daredevil specialty
- 22. Comeback
- 23. Word to a captain, perhaps
- 25. Service org.
- 26. See 59-Across
- 35. Road fees
- 36. Make suitable
- 37. Cry of triumph
- 38. Mayberry resident
- 39. "Paradise Lost" pit
- 40. Optimistically upbeat
- 41. Give ___ try
- 42. Out of whack
- 43. Lower the lighting
- 44. See 59-Across
- 47. Ship's sail
- 48. White House initials
- 49. Hail
- 52. Show opener
- 55. March Madness grp.
- 59. Clue for all words in 17, 26 and 44-Across
- 62. K following
- 63. Links hazard
- 64. Eye angrily
- 65. Some signs of success
- 66. Does alterations
- 67. Lordly poet?

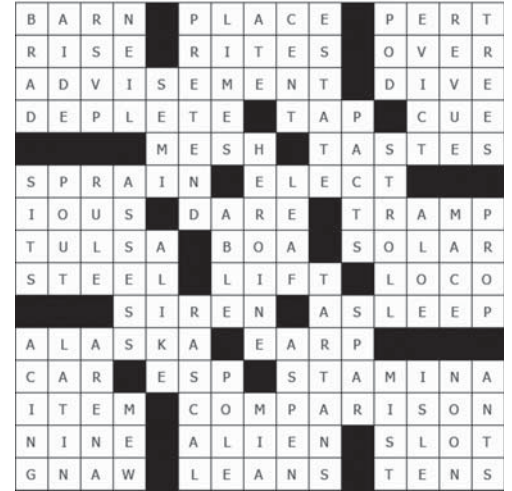


Down

- 1. Pilgrimage to Mecca
- 2. Soothing emollient
- 3. Resembling
- 4. Farm fashion
- 5. Discern
- 6. Travelers of note
- 7. Dwindles
- 8. Expression
- 9. Tenth of a score
- 10. Words of dismay
- 11. Tire (out)
- 12. Word with kit or around
- 13. Full of pep
- 18. Shot up
- 19. Banded, venomous snake
- 24. "Right!"
- 25. Rock gear
- 26. Impassive
- 27. Each state has one
- 28. Pitt movie inspiration
- 29. Daily routine
- 30. Pleasant interludes (Var.)
- 31. Ziti, for example
- 32. Role for Valerie
- 33. Haven
- 34. What Jay and Ray do
- 39. . . . men in ___
- 40. Of late
- 42. Baker of R&B
- 43. Zinnias' spot
- 45. Deplanes, in a crisis
- 46. It protects bank accts.
- 49. Arnold's early hangouts
- 50. Leo's alert
- 51. Lisbon change
- 52. Part of a plot
- 53. Hit the books
- 54. Faucets
- 56. Overgrill
- 57. Sleekly designed
- 58. Grace finale
- 60. Utmost
- 61. Putin's former org.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page C7

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

STARTS FRIDAY AT OAK PARK THEATER

FOR SHOWTIMES VISIT WWW.OAKPARKTHEATER.NET

HELD OVER
PUSS IN BOOTS: THE LAST WISH
(2022) Animation, Adventure, Comedy (PG)

HELD OVER
MAGIC MIKE'S LAST DANCE
(2023) Comedy, Drama (R)

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

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

1500 4TH AVE NW, MINOT, ND

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

21 E CENTRAL AVENUE
DOWNTOWN MINOT

701.852.8183

FLOWER Central

Voted Minot's #1 Flower Shop

405 Central Ave. E. • 701.852.6224

IN THE HISTORY BOOKS

(INFORMATION COURTESY OF THE MAFB PA)



5TH BOMB WING'S FIRST MISSION

The 5th Bomb Wing's mission has taken multiple postures, all in an effort to protect and deter against any potential adversaries. The 5 BW's first mission was to provide long-range strategic reconnaissance as the 5th Strategic Reconnaissance Wing, July 1949 – October 1955. During this time, the 5 SRW flew photo reconnaissance missions with the RB-29 and later on the RB-36 Peacemaker.

STRATEGIC PROJECTION FORCE

As the need to demonstrate America's ability to project strength worldwide surfaced, the Rapid Deployment Joint Task Force was formed. In response to this development, Strategic Air Command created the Strategic Projection Force (SPF) with the 5th Bomb Wing as the spearhead unit. One of the ways the 5th Bomb Wing's ability to perform its SPF mission was tested was with Bright Star in Nov. 1981. During the mission, two B-52s flew non-stop from Minot AFB to Egypt and back within a 31-hour time span.



TOGETHER, WE IMPROVE QUALITY OF LIFE Same day appointments available.



1201 11th Avenue SW, Minot, ND
Phone 701.858.6700, 800.841.7321
Hours: Monday–Friday 8 a.m.–5 p.m.
cfmminot.UND.edu



GOT A DIRTY CAR?

MAGIC CITY CARWASH

10% MILITARY DISCOUNT

619 NORTH BROADWAY
HOURS: 8 AM TO 9 PM DAILY

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
WWW.OAKPARKTHEATER.NET

High Air Ground

• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT

\$55.00

Includes:

- 4 Jumpers
- Marco's Pizza
- FOUR 16 oz. Drinks
- Additional Jumpers Only \$10!

www.highairground.com

NEW AT COOKIES FOR YOU BIRTHDAY PARTIES!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200.
Available weekdays after 5:00pm and Saturdays after 3:00pm.
For more details or to schedule, call Cookies For You at 701-839-4975.

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

CLASSIFIEDS

www.northernsentry.com | 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)

AUTO BENT UP OR JUNKED??
Would like to buy...
Running and non-running cars.
CALL 701.240.2147

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

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>



— MINOT, NORTH DAKOTA —

ANTIQUES, JUNK, OLD & NEW DAKOTA FLEA MARKET

NEXT MARKET DATES:
APRIL 1 & 2
N.D. State Fair Grounds.
Admission: \$3.
Kids Admission Free All Weekend.
Active Military & Veterans' Admission Free on Sunday.
Vendor information:
dakotafleamarkets@gmail.com
or call or 701-550-1318

Back Door Treasure's



Minot's Newest & Biggest Thrift Store is

NOW ACCEPTING ALL donations, estate settlements, and commercial (rental & real estate left behinds)

105 1st Street. SE Minot
Open 9-6 Mon-Sat
(701) 837-1819

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


BUSINESSES & SERVICES

RENTALS

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

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

REAL ESTATE

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

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.

PROFESSIONALS

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

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



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

ACCOUNTANT

BradyMartz

Make Every Day Count

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

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!



#SOLD WITH US!
BROKERS12.COM

STORAGE UNITS

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



- 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.



8 46th AVE NE
Minot, North Dakota
58703

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



"Keep your confidence with the one you trust"

Tax Preparation by Clint

35 Years Experience

Expert on Military Returns
All States and International
"Reasonable Rates"



Call or Text: (701) 389-2389

Email: taxprepbyclint@gmail.com

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

WHAT'S GOING ON MAFB

FRIDAY 17

- HIIT Strength & Conditioning, 0500, Fitness Center
- Green Eggs & Ham Burrito Special, 0600-1030, M&FRC
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- St. Patrick's Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Luck O' the Irish Skate Night, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

TUESDAY 21

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

FRIDAY 24

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Club Member Appreciation Luau, 1630-2100, Bomber Bistro
- Family Night, 1700-1900, Bomber Bistro
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY 18

- Winter STEAM Challenges End, Minot AFB Library
- Cycle, 0900, Fitness Center
- Deployed Affected Families & Single Airman Free Bowling, 1700-2100, Rough Rider Lanes

WEDNESDAY 22

- Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

SATURDAY 25

- Cycle, 0900, Fitness Center

SUNDAY 19

- Zumba, 1400, Fitness Center

THURSDAY 23

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- 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.

MONDAY 20

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

CLUB MEMBER APPRECIATION LUAU
JIMMY DOOLITTLE CENTER
FRIDAY, MARCH 24 • 4:30PM - 9PM
OVER \$1K IN PRIZES!
WE'RE THROWING AN EXCLUSIVE LUAU TO CELEBRATE OUR CLUB MEMBERS!
LIVE DJ, FUN GAMES, DELICIOUS FOOD, & MORE
FOOD SERVED BETWEEN 4:30PM - 7PM
DON'T MISS OUT ON THE FUN! BECOME A MEMBER TODAY BY SCANNING THE QR CODE OR VISITING THE LINK BELOW
[HTTPS://5THFORCESUPPORT.COM/CLUB](https://5thforcesupport.com/club)

FORCE 5THFORCESUPPORT.COM

FAMILY NIGHT
BOMBER BISTRO
MARCH 24TH • 5PM - 7PM
BUY AN ADULT ENTREE & RECEIVE 50% OFF AN ITEM ON THE KIDS MENU!
ADULT ENTREES CONSIST OF FULL SALADS, WRAPS, PASTA, & SANDWICH COMBOS.
KIDS AGES 12 & UNDER
DINE-IN ONLY

FORCE 5THFORCESUPPORT.COM

9TH ANNUAL WINTER GAMES
MCADOO FITNESS CENTER
MARCH 31ST • 8AM - 4PM
COMPETE WITH OTHER SQUADRONS TO WIN TROPHIES & EARN POINTS FOR THE COMMANDER'S CUP!
TO SIGN UP FOR THE EVENTS SCAN HERE OR GO TO MCADOO FITNESS CENTER. MINOT WINTER GAMES (SIGNUPGENIUS.COM)

SPONSORED BY ACKERMAN ESTVOLD
NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

FORCE 5THFORCESUPPORT.COM

NOW OPEN IN MINOT!
Columbia College-Minot located on Minot Air Force Base
Over 30 programs offered online!
Military.CCIS.edu | (701) 714-0000 | Minot@CCIS.edu
Private. Non-Profit. Accredited.

CLOSER TO YOUR DESTINATION

MINOT INTERNATIONAL AIRPORT
MOTAIRPORT.COM

DIRECT FLIGHTS
MINNEAPOLIS DENVER LAS VEGAS PHOENIX