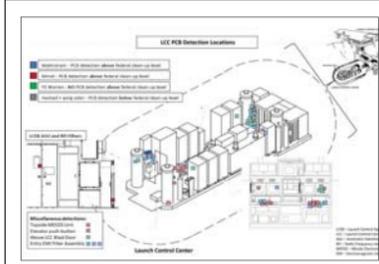


northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 52 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 29, 2023

WHATS INSIDE THIS WEEK:



**CANCER STUDY
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**A NEW ND LAW
CAN CUT YOUR
TAX BY HALF**

B2

91MW HOLIDAY CARE PACKAGES BRINGS SMILES



Holiday-themed care packages from Eisenhower Elementary School and Oak View Middle School were given to missileers and Missile Alert Facility managers who are tripping out over the holidays. See more photos on page A11.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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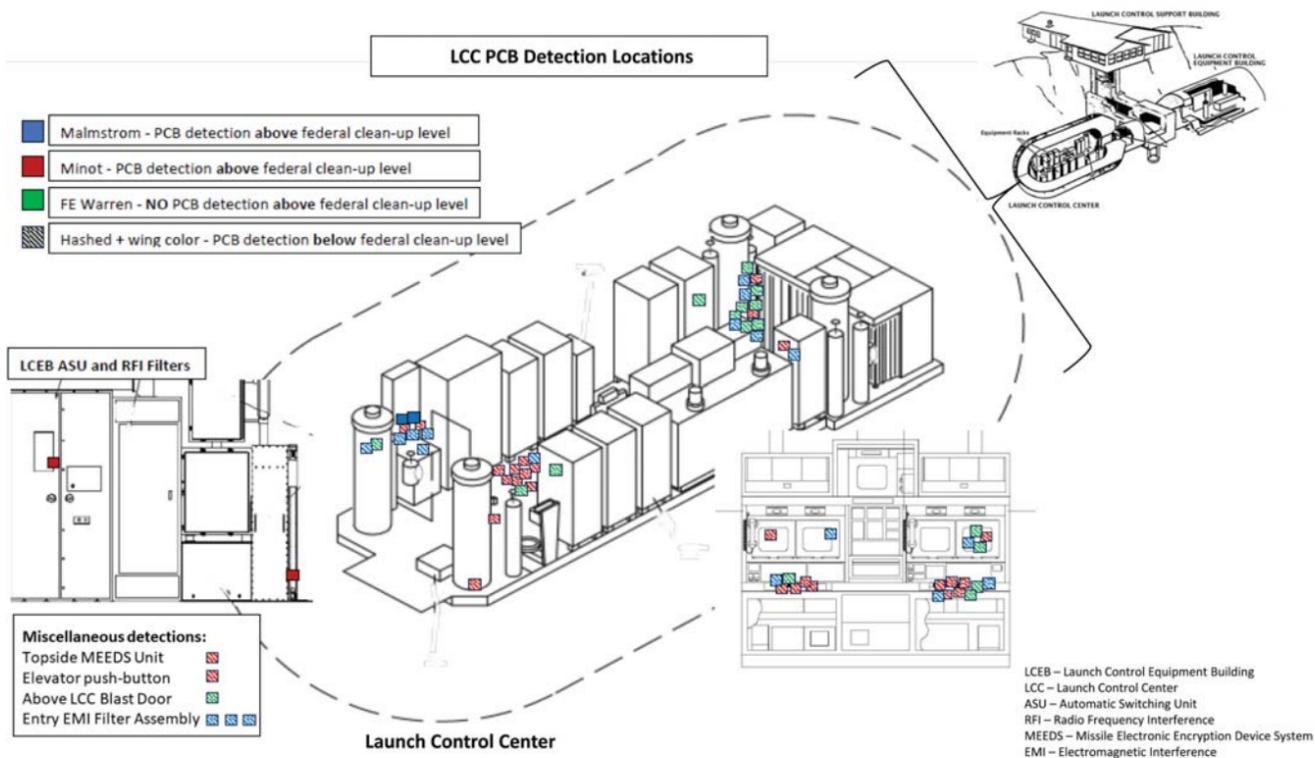


Figure 2: Air Force Global Strike Command also released a graphic today of the underground Launch Control Center (LCC) annotating where PCBs were detected as part of the ongoing Missile Community Cancer Study.

Missile Community Cancer Study Round 1 environmental sampling results release

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS, AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. --

The U.S. Air Force School of Aerospace Medicine and Air Force Global Strike Command released the complete results of the Round 1 Environmental Sampling effort at Malmstrom Air Force Base, Montana, F.E. Warren AFB, Wyoming, and Minot AFB, North Dakota, today.

The environmental sampling effort is half of the Missile Community Cancer Study, designed to sample for a broad range of known or suspected toxic chemicals in missile facilities. Two more rounds of environmental sampling are ongoing or planned, to capture possible seasonal variations. The sampling plan includes nitrates, nitrites, pesticides, semi-volatile organic compounds, diquat, paraquat, dioxin, volatile organic compounds, organophosphates and polychlorinated biphenyls (PCB).

The other half of the Cancer Study is an Epidemiology Review, which analyzes data across multiple government health databases and cancer incidence registries. Researchers are combing through the databases to determine if a link

exists between prior service members (dating back to the 1970s), service in the missile fields, and elevated risks of cancer. That review is expected to be complete in June of 2024.

A full depiction of the Environmental Sampling effort and the way ahead for the study is described in the slides below (See Attachment 1). These slides were originally presented during the Nov. 14 Town Hall hosted by the Air Force Global Strike Command commander, Gen. Thomas Bussiere.

Early in the Round 1 analysis, PCBs were detected on some surfaces in facilities at all three bases. Most were below the EPA's threshold for remediation, but four surface samples detected PCB levels above the remediation threshold (See Figure 1). Following those results, AFGSC Commander Gen. Thomas Bussiere ordered a thorough cleaning effort in all facilities where any level of PCBs was detected, whether or not they were above the EPA's standard for remediation.

Air Force Global Strike Command also released a graphic today of the underground Launch Control Center (LCC) annotating where PCBs were

detected (See Figure 2).

All other test results, which included air, drinking water, surfaces and soil samples, found no contaminants above the levels established by regulatory agencies for remediation.

"From the beginning of the Missile Community Cancer Study, our goal was to be as open and transparent as possible," said General Bussiere. "I'm grateful to the USAFSAM team for their efforts in collecting the most accurate, in-depth data we have on the environment of our missile facilities."

The 135-page reports outlining the PCB, air, water, and soil samples for Malmstrom AFB, F.E. Warren AFB, and Minot AFB are located on the MCCS website <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>.

"Our nation's defense rests on the shoulders of the men and women living and working out of these areas, and ensuring their safety is our top priority as we continue to move through this study," said Bussiere. "While the slides and information we're releasing today have already been presented at town halls, I want to make sure it is available to as wide an audience as possible."

Radon sampling is ongoing and will be conducted quarterly to account for seasonal variations. The first round of radon test results is undergoing the final stage of analysis and will be released when complete.

For more information or questions (including to submit a question of your own), visit the MCCS website at: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

More information about PCBs: <https://www.epa.gov/pcbs/learn-about-polychlorinated-biphenyls>

List of referenced documents (can be found online at <https://www.minot.af.mil/>):

Attachment 1: MCCS Town Hall Slides

Figure 1: PCB Survey Results
Figure 2: LCC PCB Detection Locations

Report: Malmstrom AFB Round 1 Results
Report: F.E. Warren AFB Round 1 Results
Report: Minot AFB Round 1 Results

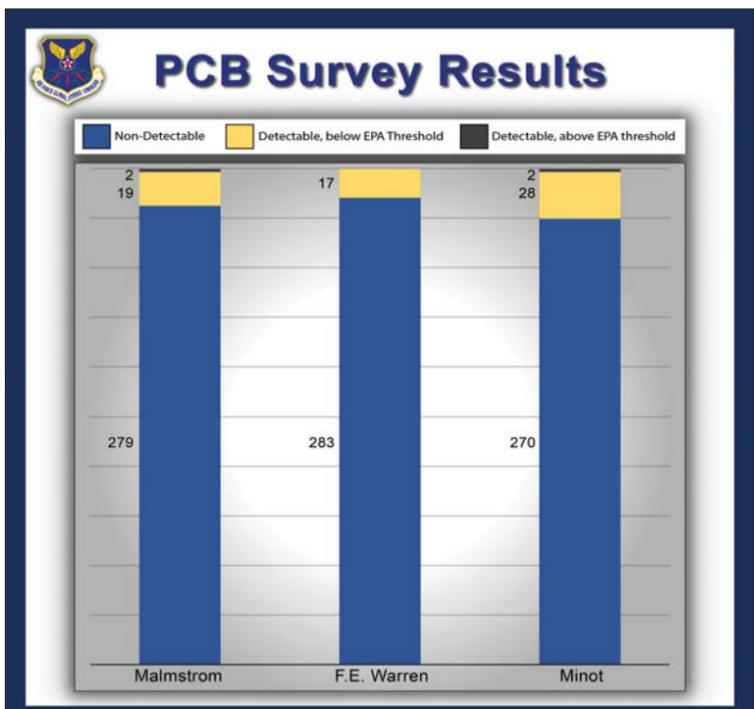


Figure 1: A total of 900 samples were taken from surfaces in missile facilities at Malmstrom, F.E. Warren, and Minot AFBs. This table shows the number of samples that detected any level of PCBs, as well as the four samples above the EPA's standard for mitigation.

U.S. AIR FORCE GRAPHIC | STAFF SGT. SHELBY THURMAN

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MINOTAUROS presents

1st Lt Thomas Carmack



**5 Operations Support Squadron
Hometown: Bangor, Maine**

Lt Thomas Carmack is an exceptional officer who stepped up to become a Resiliency Trainer Assistant and hosted a squadron wide event to connect over 170 Airmen. Tommy also moonlights as the Minot AFB Hockey Goalie and claims not to not be a Sieve. This was proven at the 2023 Armed Forces Hockey Tournament in Las Vegas, as he led his team to a shootout championship victory.

GAME SALUTE: FRIDAY, DECEMBER 29

SrA Peyton Deck



**91 Missile Security Forces Squadron
Hometown: Waterford, Michigan**

Senior Airman Peyton Deck has been in the United States Air Force for 3 years serving in the 91st Security Forces Group at Minot Air Force Base. She has been an Armorer for the last year where she has stepped into a leadership role managing 10 peers in the Largest Security Forces Armory within Air Force Global Strike Command. During Peyton's time working in the armory, she has developed new processes and procedures to ensure accountability of 3.3 thousand weapons and 400 thousand rounds of ammunition valued at \$10 million. Her leadership and dedication enable one thousand Security Forces Airmen to deploy and secure Minot's 8.5 thousand square mile missile complex.

GAME SALUTE: SATURDAY, DECEMBER 30

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.

Snow Shoveling Airman Part 2: Operation Free Driveways

ERIN BEENE, NORTHERN SENTRY

Last winter, after a particularly intense winter storm where most everyone was snowed in, there was one Minot Airman who suffered through the freezing temps and backbreaking work to help clear snow-covered driveways on base for trapped families. That Airman was SrA Jacob Willette, 791 MSFS.

The Northern Sentry covered the story last year (<https://northernsentry.com/2023/01/20/snow-shoveling-airman-donates-350-to-afas/>) as Willette managed to shovel 11-on base driveways and donated all the generated income to Air Force Aid Society (AFAS). This winter, Willette is back with what he is now calling "Operation Free Driveways". As a bigger and better

concept, Willette hopes this year he can recruit at least five other Airmen volunteers to cover more ground and shovel even more driveways, turning it into a real team effort. He would like to be ready to serve the off-base military community too if Mother Nature blesses Ward County with a white-out blizzard again this season.

Many MAFB families have no idea about snow and what to do when they can't leave their homes. Some spouses are left alone with young children while their AD spouse is away in the missile field or deployed, making getting the driveway cleared themselves nearly impossible. These are the people and families that Willette hopes

he can reach and help this year. In order to make this happen though, Willette needs volunteers. If you are able-bodied and willing to put in some donated hard work by helping others this winter season by shoveling driveways, please give Jacob Willette a call or text, 207-907-5711. Willette said he will provide snow shovels, but if you have your own or a snow blower that is welcome too.

Minot AFB in the winter season can be long and tough for many people. Instead of staying hidden away, now is the time to depend on each other. Reach out if you need help and volunteer to help SrA Willette clear more driveways this winter if you can!



SrA Jacob Willette getting ready for a long day of snow shoveling last year. He said, "It was so cold the only thing that kept me warm was military grade clothing."



Pippa Willette, Jacob's daughter loves the snow and will be ready for the shoveling season this year. It truly is a family affair.



SrA Willette and his spouse enjoying their first winter in Minot.

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Bird Chatter



SLICE OF LIFE
KIM FUNDINGSLAND

Every December dedicated bird watchers conduct Christmas Bird Counts throughout the United States. Several of the counts are conducted annually in the Minot Area. The counts are part of a national effort led by the Audubon Society.

Though I have never considered myself a serious birder, I've been present at numerous bird counts over the years and learned a lot by observing avid birders as they listen for certain sounds and identify mannerisms or characteristics of birds.

It's not always coloration that is used to identify birds. Sometimes, especially when the light isn't the best, wing beats and flight patterns are keys to identification.

I've always been fascinated by waterfowl and raptors, birds that piqued my interest in proper identification. There's been some special moments, such as holding a tiny sow-whet owl on a birding excursion in the Badlands.

I've been fortunate enough to see endangered whooping cranes several times, including nine

of the rare birds on the ground near Crosby when their entire population numbered less than 40. And I've never forgotten seeing a peregrine falcon fold up and dive on a cottontail rabbit.

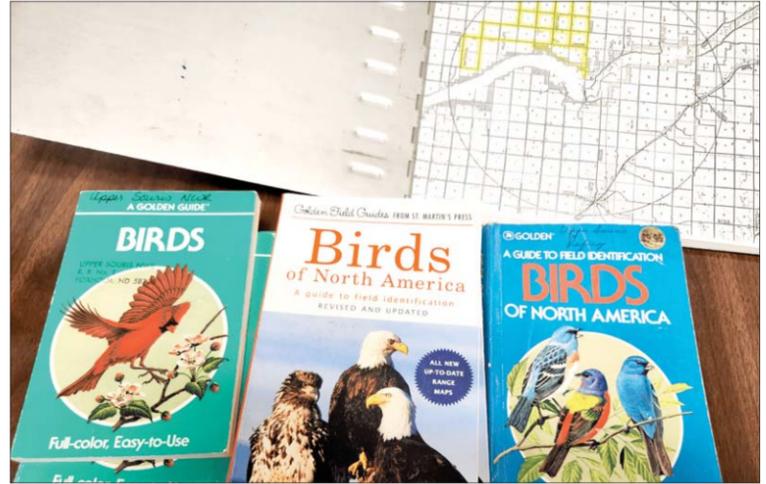
There's been many other moments too. Sometimes it was the sincere interest in birds shown by the people I was with. The list includes a Fish and Wildlife Service biologist stationed at J. Clark Salyer National Wildlife Refuge several years ago. We were taking an airboat tour of the marshes on the refuge when we got high centered, completely stuck.

While waiting for help to arrive we had a wonderful conversation free from the noise of the airboat. He told me he was hoping to get assigned to the Corkscrew Swamp Sanctuary in Naples, Florida. He talked about his intense interest in birds, which are the primary inhabitants of that sanctuary.

After that experience I purchased a couple of bird identification guides and stepped up my birding game a bit. I can't identify nearly as many species as those whom I've accompanied on birding trips, but I enjoy it nevertheless. It's an interesting activity.

Sadly, there's a downward trend in bird numbers, particularly songbirds, that shows no sign of abating. Down too is the number of bird watchers who actively participate in bird counts. Both trends are troubling.

Birds are an indicator of our changing environment. There's a reason their numbers continue to dwindle. It's a slice of life worthy of watching.



KIM FUNDINGSLAND PHOTOS



**UPSIDE DOWN
UNDER**
MARVIN BAKER

I think most people will agree that Christmas was around too long and now that it's in the rear-view mirror we wonder where the time went.

Honestly, I could have written this article two months ago, but I refused, waiting until Christmas was past before voicing my opinion about said holiday.

I get why retailers start with Christmas early. They aren't going to win the lottery, but will get some trickle sales leading up to Christmas.

But before Halloween?

I won't name the retailers that had Christmas decorations and Christmas items out for sale before Oct. 31. What I will say is those stores weren't too busy selling Christmas items before the end of October.

Another oddity seems to be in radio. There's a radio station in Minot and one in LaCrosse, Wis., that started playing Christmas music before Thanksgiving. The Minot station even advertised that right after Thanksgiving it would switch over to Christmas music.

What actually happened was Christmas music started playing a couple of days before Thanksgiving.

Then, there's Black Friday, an unofficial holiday that ushers in the Christmas season. At least "black Friday" retailers waited until the day after Thanksgiving rather than a week or two before Halloween.

Does anyone actually know what Black Friday means? I'm going to assume it's called that because every retailer's books are in the black for that day, hence the name?

There's another day called Black Tuesday and that was one day in history, Oct. 29, 1929. Nobody made money that day. It's when the stock market collapsed which started the Great Depression.

Some of us are traditionalists. We like to wait until several days... several days, before Christmas to do our shopping. There's more of an atmosphere, we know we are buying gifts for family and friends and we know it's all leading up to Christmas Eve.

I've always been that way. I could do all my shopping on two

or three days before Christmas. I guess I'm old enough now to say that it's more festive that way, like it used to be. Watch the old movies from the 1930s and '40s and you'll understand what I'm referring to here.

And when you live in a small town, that festive mood becomes even more apparent. Small-town retailers aren't going to do a Christmas marketing splash before Halloween because so few people would make purchases, it wouldn't be worth it.

In my adult life, I've lived in numerous small towns and that last week or last couple of weeks leading up to the Christmas holiday makes it special for everyone shopping retail in those communities.

And it doesn't seem to matter what small town it is, they all have that Christmas festive atmosphere. They wait until after Thanksgiving to market Christmas sales and they wait until after Thanksgiving

to have their Christmas parades. Consumers like it because of the festive atmosphere and retailers like it because they're making money.

But in the larger communities I've lived; Minot, Bismarck, Grand Forks, Fargo and Jamestown, it seems it's just the opposite. All those retailers want your holiday dollars early and so the Christmas retail season starts two months before we open gifts.

I guess it depends on what you like. We'll go to Florida in February or March and we'll see entire stores in St. Pete selling Christmas items all year round. That's their niche and it seems to work. But it's because there's only a few stores doing that in the United States.

But when everyone does it, the pie slices get smaller. Unfortunately, nobody wants to miss out, even on a small slice of pie so the Christmas season begins long before it once did.

Too much Christmas...

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Call It Giving Back

This is my last column...for 2023. So often I hear about the awesome support that the community of Minot gives the Minot Air Force Base. That may be true, but it's a 2-way street, and it's only fair to bring into focus what the Minot Air Force Base does for Minot, each and every year.

ECONOMIC IMPACT

Once a year we receive a report on the economic impact of the Minot AFB on the community of Minot. This year it was \$595 million dollars! Agriculture will always be the largest contributor to the economy of Minot, and the many other surrounding communities. But with the Sentinel modernization in the very near future, it is a good possibility that economic impact will increase significantly.

VOLUNTEER SUPPORT

When entities like the North

Dakota State Fair and Norsk Hostfest look for volunteers, they often ask the folks at Minot Air Force Base for manpower. Everything from security to ticket sales; it takes hundreds of volunteers, and the Minot Air Force Base has stepped up to the plate and provided the extra manpower resources that have been needed.

THE MISSION

The Minot Air Force Base is the only base in the continental United States to support 2 of the 3 legs of the nuclear triad. I know we hear about the mission of Minot Air Force Base often, but what does it really mean?

The B 52's from Minot Air Force Base have continuously deployed to several bases around the world to prove to not only our adversaries, but our allies, that the U.S. can, and will, send bombers anywhere to support the mission of maintaining freedom.

The Minuteman 3 missiles, even though they may have been in service for over 50 years, are still a deterrent to those governments that feel the need to aggressively challenge the freedom that we all enjoy.

I am so fortunate to be exposed to the many "stories with the story" of Minot Air Force Base. Every time I enter the front gate I think about what it takes to keep a base and community like Minot Air Force Base relevant. Amazing is such a cliché word...but it truly is amazing.

A SIMPLE "THANK YOU" FOR YOUR SERVICE

It really does mean a lot when you take time to say thank you to one of our Airmen at Minot Air Force Base. It's so easy to let them know that we appreciate what they do. Remember, very few of them will be able to "go home" for Christmas. I remember my first

**northern
sentry**

**A VIEW FROM
OUR SIDE**

ROD WILSON



Christmas away from home, and I am sure you do, too. A simple "thank you" certainly means a lot.

FINALLY...

Thanks to the men and women who have chosen to serve our country as members of the military. Your service does not go unnoticed.

TODAY'S CHUCKLE

If you can see the writing on the wall, you probably run a daycare center.

BEST KEPT SECRETS

Take a tour down Main Street Minot and look at the amazing buildings that have gotten new

life in the past year. Many have taken on a new look, albeit more of an "old look" with the façade program that gives incentives to building owners to replace years of remodeling changes with the original look.

Then there is the Ascend Wellness building on the 100 block of Main Street. We've watched as Melinda Howe has transformed a building that was once a Masonic Lodge, into a wellness center, and has managed to maintain much of the ambience of the original building. So much to see and do in Downtown Minot!

Free Ice Fishing Weekend

North Dakota's free ice fishing weekend is Dec. 30 and 31. Resident anglers may fish those two days without a license. All other winter fishing regulations apply.

The weekend provides a great opportunity to try ice fishing for the first time or take someone new. Share your story for a chance to win a fish house.

Information on regulations, where to fish and what equipment is needed to ice fish is available on the North Dakota Game and Fish Department's website at gf.nd.gov.



WINTER PHOTO CONTEST

DETAILS

Send us your winter-related or snow photos and you could WIN a FREE day on the slopes at Bottineau Winter Park!

Winter in North Dakota isn't lackluster after all! The frigid weather brings on snow activities, frozen experiments, unique outdoors activities and wacky weather too. We want to see the way you and your family experience the uniqueness of this North Dakota season.

Send us your photos of snowmen, snow angels, Northern Lights, sundogs, blizzards, snowmobiling, winter activities or anything that shows the way you choose to spend this season! Photos can be with or without people, but we'd love to see your smiling faces!

Each cold weather-related photo submitted could be displayed in the weekly newspaper and/or online too! Not only that, but each photo submitted secures you an entry to win a grand prize.

Winner will be chosen at random from the pool of entries and announced on March 8, 2024 on Facebook.

Additionally, our staff's FAVORITE overall photo could score a front page billing on the Northern Sentry FRONT PAGE!

We can't wait to see all your photos! Good Luck!

HOW TO ENTER

1. Message our Facebook Page (Minot Air Force Base Northern Sentry) with your photo and description. Please tell us who/what/when/where.

OR

2. Submit your photo and who/what/when/where description on our website (QR)



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RULES AND REGULATIONS:

- The Northern Sentry reserves the right to refuse to post any photos that are deemed to be inappropriate, dangerous or go against the safety or purpose of the U.S. Air Force.
- By submitting your photo to the Northern Sentry permission is given to the Northern Sentry to use the photos online, on social media and in the print versions of the newspaper.
- One entry per person/per day

- Contest is open to Minot AFB military personnel and their dependents, and the prize recipients are intended to be MAFB-affiliated personnel. Must be 18 years of age or older to win and be able to prove MAFB affiliation.
- Prize must be used in its entirety in one day. The winter park entry cannot be spread over several days.
- *Some restrictions may apply
- Contest will run from December 15, 2023 thru February 28, 2024
- Winner will be announced on March 8, 2024



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Data consolidation project enhances Air Force munitions logistics tracking

RICHARD ESSARY, 75TH AIR BASE WING PUBLIC AFFAIRS

HILL AIR FORCE BASE, Utah -- Organizations at Hill Air Force Base played a key role in completing a data consolidation project that will enhance the logistics tracking and management of munitions across the Air Force.

The project, which was initiated in response to a 2020 Headquarters Air Force directive to merge the Integrated Missile Data Base, was completed in early November. The new Accountable Property System of Record now accounts for and tracks information by component type and characteristics.

"The completion of this data integration project is a significant milestone that will enhance the ICBM community's ability to effectively manage and maintain its vital assets," said Col. Will Storms, director, Minuteman III Systems Directorate, Air Force Nuclear Weapons Center.

Damion Englen, a program manager for the Air Force Life Cycle Management Center and one of many personnel who had a hand in the project, said the migration effort was "a very big lift," but will have a "very big payoff" for the Air Force.

"Consolidating data into a single, authoritative system will yield significant resource and cost savings," said Englen. "The new system integrates the inventory with the existing Air Force conventional ammunition accountability system, serving munitions and weapons users worldwide, as well as senior Air Force leadership."

At the start of the project, the Air Force reviewed more than 700 different logistics systems that track everything from aircraft tires to vehicles to radar parts.

The Air Force consolidated all 700 systems into "clusters," with munitions becoming one of approximately two dozen clusters. Eventually, these clusters were merged into a singular system that performs the functions of the old eight legacy systems.

The new Accountable Property System of Record is a "modified" off-the-shelf commercial logistics management system, like what large retailers use to track their inventories.

However, the Air Force can modify the system to add special categories to track explosive weight or conduct inspections, something

most retailers don't deal with. The program will also continue to be updated and secured by the vendor, which will prevent software-related "legacy issues" the service has encountered with previous systems.

Throughout the migration process, personnel spent thousands of hours validating the accuracy and integrity of the data extracted from the old databases before inputting it into the new one.

"This project gave us the chance to scrub legacy data and update it with the latest catalog information. This way, the new system users can access the most accurate and relevant data available for their assets," said Joel Cochran, a senior software engineering with AFLCMC.

Cochran acknowledged that the new system would require some adjustments, as the software screens and processes would be different from the old system. However, he also highlighted the benefits of the new system, such as its enhanced asset tracking capabilities.

"It will allow users to track assets through multiple moves in near real-time – package, inspect and ship at the point of service – and quickly share such data with other



Organizations at Hill Air Force Base, Utah, played a key role in completing a data consolidation project to enhance logistics tracking and management of munitions across the Air Force. The project, initiated in response to a 2020 Headquarters Air Force directive to merge the Integrated Missile Data Base, was completed in November 2023. The new Accountable Property System of Record now accounts for and tracks information by component type and characteristics.

U.S. AIR FORCE PHOTO | STAFF SGT. JULIANNE SHOWALTER

systems, including sister services, such as the Army and the Navy, through modern methods and standards the old system could not support," he said.

Storms credited personnel from the AFLCMC Munitions Sustainment Division, AFNWC Minuteman III Systems Directorate, 309th Missile Maintenance Group, U.S. Space Force, contractors and other key logistics stakeholders for coming together the past 18 months to complete the migration of the

final pieces of data into the new system.

"This project is a testament to the dedication and hard work of our Airmen and Guardians, and I am proud of them for making this project a reality and pushing it across the goal line," he said. "I am confident that it will make a significant contribution to our mission and its benefits will be felt for many years to come."

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Baby listings will come from Trinity Health.*

First Sergeant's Corner: Caring

SMSGT ADRIAN GALCIK, FIRST SERGEANT,
AIR FORCE LIFE CYCLE MANAGEMENT CENTER

This month's AFMC connect is about Caring. Caring is at the forefront of not only being a First Sergeant, but an Airman in the United States Air Force. It is part of our Airmen's Creed; "Never leave an Airman behind." According to Webster's Dictionary, caring is defined as "displaying kindness and concern for others." There are endless synonyms to describe caring such as compassionate, loving, kindly, and warm. With the holidays upon us, caring is a part of the season...but what about the other ten months?

We ensure our Airman are taken care of, having holiday and squadron parties, even decorating the offices together to make it feel more festive. Yet, with all the outreach from people or supporting organizations, there are some people who still feel lost, alone, and as if no one cares about them. Many Airmen are away from their families during the holidays. Friends and loved ones are mere voices on the other end of a phone call. While we may open our homes or invite them to join us, they are still dealing with being somewhat isolated in their own way.

An Airman, a long time ago, detailed how they felt lost personally, alone, and didn't think anyone cared they existed. They poured themselves into work. They did all the volunteer events with a smile on their face. When they departed, their reality sunk in again. Sadness, depression, and exhaustion inundated their psyche. No connection to anyone local and their family was over two thousand miles away. The First Sergeant was the one to notice one day the Airman was behaving differently. He pulled the Airman into his office and asked the most powerful



4-word question, "How are you doing?" Within seconds the Airman unloaded everything they had been feeling. Wave after wave, 10 different emotions filled the office. Before the Airman left, he laid out a roadmap of how to heal personally and gain a sense of connectedness to others. Every couple days, the First Sergeant would check in, ensure the Airman was doing okay, and inquired as to where they were on the roadmap they generated. Thankfully the Airman was honest about where they were, or if no progress was made in a certain area. The First Sergeant cared enough to show them the potential path correction, then follow-up, to set them up for success. Days and months went by, not only the supervisors saw a change, but most importantly, the Airman could positively identify a true change in themselves. The First Sergeant, who impressively cared for a 530 personnel strong flying group, dedicated his time to help this Airman. Even though, initially, they didn't want to help themselves, but it worked out for the Airman. All it took was care. Even when that Airman PCS'd, this First Sergeant kept in touch and still wanted the best for them, ensuring they didn't

go back down a potentially dark hole, as was previously avoided. I can tell you confidently now, I was that Airman. The First Sergeant was retired Chief Master Sergeant Antonio Goldstrum. We still talk to this day, 19 years later and he ensures that I am still being cared for, as well as caring for myself.

Caring doesn't have to be something as extravagant as my story. Showing you care can be as simple just saying "Hi" in the hallway, giving a smile, or just asking if someone is okay when something seems a little off. The smallest hint that you truly care can change someone's whole perspective on that day, or life for that matter. "You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind or care. Don't wait for someone else to be kind or care first. Don't wait for better circumstances or for someone to change. Just care, because you never know how much someone needed it." -- Unknown

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Finding your village as a military spouse

ALEXA HARMON

One of my most significant pieces of advice for new military spouses is to build a village wherever you go.

A village is a group of people who are your people. They're your support system, the ones you call if your world falls apart, they're the friends who don't judge you, but judge with you. They're the Yang to your Grey, the Dom to your Brian (Toretto to your O'Connor), the Rachel to your Monica, or the Chandler to your Joey.

Simply put, your village has your back and will keep you going. We all need people; it's human nature. As military spouses, a village is, quite literally, essential to survival. Honestly, it should be at the top of all in-processing spouse checklists for every PCS. (I know spouses do not have a checklist, but this needs to change so I'm manifesting it.)

We pack up and move every two to four years, which means we have to keep starting over. We get familiar and find comfort where we plant our temporary roots only to uproot and throw all comfort and familiarity out the window. That means unpacking new homes, finding new schools, jobs, and day cares, and "re-building" our villages yet again.

It also means starting over with deployments and saying our routine – dreaded but expected – goodbyes to our friends and family. It means hopping on the emotional rollercoaster that is the military ride.

It's wild how hard it can be to make friends as an adult. So many seasons of life make it difficult, and I've learned that location, or rather, a duty station overseas versus stateside, is a huge factor.

Maybe it's harder to make friends as adults because we're too picky; we know what we like or who we can handle, right? Or maybe we don't have the time. Better yet, perhaps the older we get, the more we realize the importance of quality over quantity, and we know that finding the people we "click" with is like trying to find a needle in a haystack.

So finding those people becomes that much more remarkable. The struggle to make friends and the hardships behind building our village station after station might be life's way of making us appreciate those friendships. Whatever the reason, as hard as it may be, it is worth the struggle.

I am so lucky to have found my people and built the village that I have in past and present locations. It hasn't been easy, but because I respect my friends and want them in my life, I put in the work, make the time for FaceTime or Zoom meetings, text and, more recently, embarrass myself using apps like Marco Polo.

I love my people so dang hard that I want to tell you about my village. It is built on

commiserating about military life, raising tiny humans, good food, and life in general. It's about rallying around each other when days are hard. We are each other's cheerleaders, travel buddies, day-drinking companions, coffee dates, confidants, partners in crime and backup.

You pick on one of us, you get the whole village, it's that kind of bond, and it's such a genuine, heart-is-whole-and-happy, kind of feeling. We spend holidays together and eat our way through London, Tokyo and Paris together. We're Air Force aunties, godmothers and emergency contacts. These ladies are my people, and I can't imagine not having them in my life.

With my whole soul, I urge you to find and build your village and cherish them. They're not just



there when our life falls apart or when we're whole, but for everything else in between.

This story originally appeared in Military Families Magazine.

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Technical Sergeant Winn has been in the Air Force for 18 years, and calling Minot AFB home for the past for 5 years. She and her family enjoy spending time outdoors and participating in various seasonal activities. She recently earned her Bachelors in Healthcare Administration and is preparing for a master's degree. She takes pride in mentoring and facilitating morale for all the airman at the 5th Medical Group. She is the 5th Bomb Wing POC for the annual Trail of Treats put on by the 5th Medical Group and ensured 1,181 visitors enjoyed an amazing event this year.

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AFRICAN BLACK-FOOTED PENGUIN

CREATURE FEATURES

- A warm weather penguin, they are found in the subtropical climate, in waters of 41 to 68 degrees F, on the coast of South Africa.
- They are characterized by their erect posture, torpedo-shaped body, webbed black feet, hazel eyes, and stiff wings.
- Black-Footed Penguins have evolved to both survive in cooler water and the heat of the sun. Their body is covered by 70 – 80 waterproof feathers per square inch and a subcutaneous layer of fat helps fend off cold in the water. On land, they raise their feathers and hold their wings away from their bodies to release heat. The bare patch above their eyes also allows heat to escape.

Fact File

Life Span	10 – 11 years
Weight	5 – 9 pounds
Height	24 – 28 inches
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Wild Diet	Omnivore (Carnivore) Herbivore Fish, Crustaceans, Squid

Photo by Dong Kim

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- KNOW YOUR CAR**
 Read your vehicle's manual to familiarize yourself with the safety features on your vehicle—such as antilock brakes and electronic stability control—and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.
- PLUG IT IN**
 For electric and hybrid-electric vehicles, minimize the drain on the battery. If the vehicle has a thermal heating pack for the battery, plug your vehicle in whenever it's not in use. Start your vehicle and preheat the interior before you unplug your vehicle in the morning.
- PLAN YOUR TRAVEL AND ROUTE**
 Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.
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 Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:
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A New ND Law Can Cut Your Tax by Half

DAKOTA HOPE CLINIC

An innovative new law passed by the ND State legislature in 2023 can reduce taxes for individuals, businesses, and corporations, while freeing up more funds to help women, men, and families. According to section II of HB 1176, “a taxpayer is entitled to a credit against the (North Dakota) income tax liability ... for contributions made to a maternity home, child placing agency, or pregnancy help center.” The amount of credit allowed is limited to 50% of what the taxpayer owes or up to \$2,500, whichever is less.

For example, if a taxpayer owes \$500 in ND income taxes, they only have to pay \$250 if they have given at least \$250 to the qualified

ND charities. Because of the \$2500 credit limit, a taxpayer who owes more than \$5000 for ND income tax, would receive less than a 50% credit, but still a benefit for them and the charities.

Bottom line, the taxpayer is going to part with the amount of money they owe, but this law provides them a choice as to where up to half or up to \$2500 of this money goes. Another positive aspect of this law is that these dollars do not have to go to the government first, where administrative costs would eat up a chunk of the money.

Dakota Hope Clinic operates non-profit pregnancy help centers in Minot, Tioga, and Bottineau and their donors are eligible for

the tax credit. Clinic Director, Nadia Smetana, welcomes the extra incentive this law provides to their donors. “This is so important as the family is the foundation of our society. I know that each of the eligible ND charities can benefit from more direct donations. With the 35% growth we have seen in client visits, an 11% increase in new clients, and our new satellite clinics, Dakota Hope needs extra support and I like to see taxpayers have a choice in where their hard-earned dollars go.

Cindy Klingbeil, CPA is a tax preparer in Minot and serves on the Dakota Hope Clinic Finance Committee. She advises taxpayers to take advantage of the new law.

“The important thing to remember is that the contributions must be given during the tax year, by Dec. 31, in order to take this credit on your 2023 income tax return. If you know or get an estimate of what your ND income tax bill might be, then you can plan to make your donations before Jan. 1.”

The law became effective for the

2023 Tax Year. Any credit amount exceeding the limitation for the taxable year cannot be claimed as carryback or carryforward. If anyone would like to know what they have given to Dakota Hope so far during this tax year, call them at 701-852-4675 or contact any of the three types of charities you choose.



Ultrasound room at Dakota Hope Clinic in Bottineau. The satellite Clinic opened Sept. 2023 to provide free services to expectant and parenting women and men in the Bottineau area. Dakota Hope has been serving the Tioga area with a satellite clinic since Oct. of 2022.



Dakota Hope provides an incentive educational program where women and men can earn free diapers and other new baby and toddler items by completing lessons. Giving Trees like this one at Oak Park Theater in Minot provide a way for the public to donate items for families.

CUT YOUR TAX IN HALF

Dakota Hope clinic

Donate Directly to help Women and Families
A new ND Law, HB 1176, allows you to **cut up to 50% or \$2500 off your ND Income Tax** when you donate to a **Pregnancy Help Center (such as Dakota Hope Clinic), Maternity Home, or Child Placement Agency by Dec. 31st.**

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MONDAY, JAN 1	9:30AM-5:00PM
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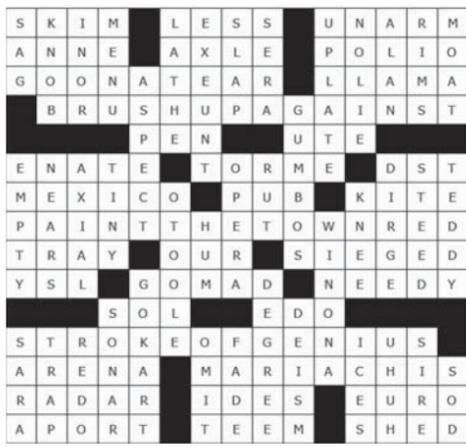
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CROSSWORD SOLUTION

Solution to December 15 Crossword puzzle.



SUDOKU

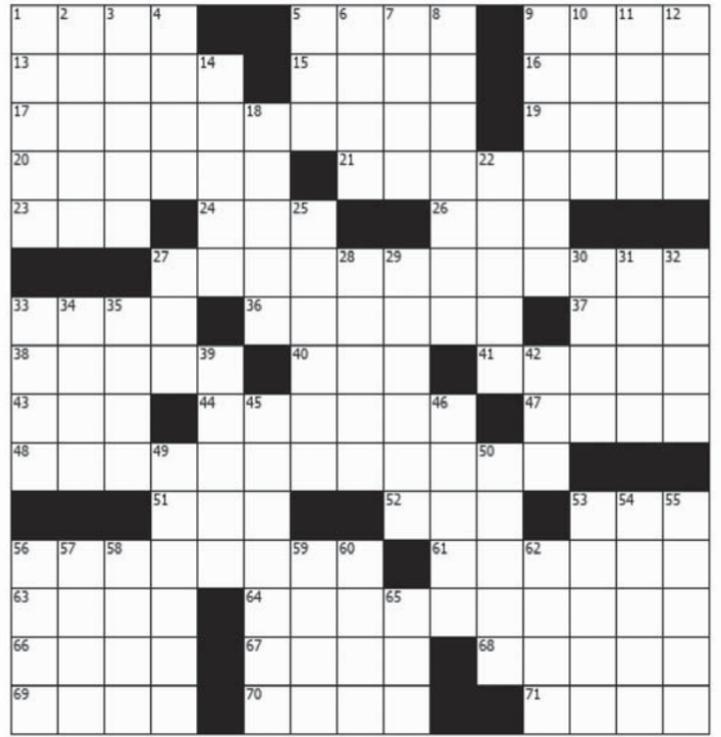
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Eyelid attachment
- 5. Imitated
- 9. Butter substitute
- 13. Fireplace residue
- 15. Electricity carrier
- 16. Cream of mushroom, e.g.
- 17. Inspirational leaders
- 19. Golf-course vehicle
- 20. Country in eastern Europe
- 21. High-pitched voices
- 23. Early afternoon
- 24. Swelled head
- 26. Atmosphere
- 27. Radio broadcast
- 33. Soft shine
- 36. New Jersey's largest city
- 37. Twosome
- 38. Purple flower
- 40. Put on, as clothes
- 41. Treat with contempt
- 43. __ mode (65 Down order)
- 44. Capital of Croatia
- 47. In addition
- 48. Inequality
- 51. Perform on a stage
- 52. NBC satire series
- 53. "__ Enterprise" ("Star Trek" vessel)
- 56. Naval fleet
- 61. Enter, as a building
- 63. Very much
- 64. Punishment for a student
- 66. Titled British woman
- 67. Prefix for freeze
- 68. Rock singer __ John
- 69. Fox Sports alternative
- 70. Wall St. org.
- 71. Catch sight of



Down

- 1. Lariat
- 2. Colorado resort
- 3. Be generous
- 4. Chef's seasoning
- 5. Shoemaker's tool
- 6. Name of 12 popes
- 7. Therefore
- 8. Lose hope
- 9. Wilde and Hammerstein
- 10. Bank offering
- 11. Money in Madrid
- 12. Makes a decision
- 14. Enjoyer of 2 Down
- 18. Heathen
- 22. Puts in jeopardy
- 25. Feeling tense
- 27. Former global airline
- 28. Taken an oath
- 29. Some French Impressionist paintings
- 30. Admired one
- 31. Yours and mine
- 32. It's forbidden
- 33. Feeling pleased
- 34. "Hi-__, Hi-Lo"
- 35. Norwegian royal name
- 39. Prague native
- 42. Coolidge nickname
- 45. Craftsperson
- 46. Pig out
- 49. "__ your seat belts"
- 50. Single-handedly
- 53. Groups of soldiers
- 54. Bend down
- 55. __ and Cher
- 56. Walk through water
- 57. "That's too bad!"
- 58. Win easily
- 59. Measly
- 60. Former Mach 2 fliers: Abbr.
- 62. South Pacific spot
- 65. Key lime or Dutch apple

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Sunday, December 31
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1615 2nd St. SE • www.ibcminot.org
701-839-3694



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 9:15 AM SUNDAY SCHOOL
 10:30 AM WORSHIP

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



Christ Reformed Church

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

St. John the Apostle Catholic Church



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

Daily Mass Schedule:
 Tuesday 5:15 p.m.
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 Sunday 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com



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Missouri Synod



Sunday Divine Service
 9:30 AM

Adult Bible Study and Sunday School
 11:00 AM

Wednesdays Kid Connection
 5:15 PM

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Wednesday
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 Evening Worship 6:00 p.m.
 Wednesday Evening 7:00 p.m.

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 Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

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 Sunday Worship 11 a.m. & 5:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
 email: minotcrbc@gmail.com
Gabe McCormick - Pastor

415 28th Ave SE (Behind Menards)
838-1873



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30 p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

westminot.com
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 Home: 701-838-5759
 KHRT 1320: 9 a.m. Sunday

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

First Baptist Church

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

Classic Worship Service 8:30 a.m.
 Sunday School (All Ages) 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Adult Sunday School 11:00 a.m.
 Contemporary Worship Service 11:05 a.m.
 Children's Church 11:05 am.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
 Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Grace Baptist Church of Minot

A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
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 710 46th Ave NE, Minot

Web: gracebaptistminot.com
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 Minot, ND 58701
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www.orcsknights.org

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 Email: jschultz@orcsknights.org
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Dog enjoying the North Dakota snow- Submitted by Courtney Chenevey



Liam Vanley running in excitement to go down the hill again at Bottineau Winter Park. Submitted by Ashley Vanley Photography



NOTES ON BEING SAFE

SLOW DOWN, AND BE CAREFUL



SSGT JOE VERGARA
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Although it may seem a bit intimidating at first, it doesn't take much time for first-time winter drivers to learn to properly tackle snow-packed and icy roads in the local area. Patience is key when heading out on winter roads for the first time, many people end up in accidents each year because they drive too fast for the conditions. The following are things drivers should remember when the snow and ice starts to fall.

For maximum power when starting cars in cold temperatures, turn off all accessories, including the radio and heater, before turning the ignition key. For carbureted cars, depress the accelerator once and release it. For fuel-injected vehicles, don't touch the pedal. Turn the key and hold it for about 20 seconds. Don't over grind the starter; it can damage it. Let the engine run for at least a minute before driving. Don't accelerate too quickly for at least a mile or two.

Not all vehicles handle in winter weather conditions the same, and it's important for people to know how to handle their vehicle in demanding winter weather. It's a good idea for people to carefully practice slow-speed maneuvers on an empty snow- or ice-covered parking lot. The vehicle owner's manual also outlines handling characteristics.

Front-wheel-drive vehicles generally handle better than rear-

wheel-drive vehicles on slippery roads because the engine's weight rests on the drive wheels to improve traction. The back end of rear-wheel drive vehicles, especially pick-up trucks, tends to slide from side to side when turning on icy roads. To compensate, people with rear-wheel drive should add weight in the trunk or truck bed to give the wheels more grip.

Even a little bit of ice and snow can turn a 2,000-pound car into an unguided bobsled. To avoid accidents, drivers should pay special attention when approaching intersections.

Slow down before approaching an intersection. Scan left, then right, then left again for pedestrians and vehicles cars on cross streets. If you're having trouble stopping, they probably will too. Prepare for drivers sliding into intersections from the side, then decide if you can safely get through the intersection or stop to avoid hitting an oncoming vehicle. After stopping, press the accelerator slowly to get going again. Vehicles with manual transmissions should start in second gear to keep the wheels from spinning.

When approaching an icy hill, find a path with the best traction. Watch the cars ahead of you, and steer clear of spots where people are spinning their wheels or sliding backward. Try driving

on unpacked snow; it sometimes offers better traction.

Build speed gradually while you're still on level ground. If you have shift-on-the-fly four-wheel drive, shift into it before you reach the hill. When you reach the crest, begin to decelerate slowly, shifting into a lower gear to allow engine drag versus your brakes to cut your speed.

Slow down before you enter an icy curve. Any sudden acceleration or deceleration in a turn could send you into a skid.

Controlled speed and smooth steering and braking helps prevent skids. If your wheels lose grip, gradually release the pressure from the pedal you're using. Smoothly steer in the direction you want the car to go.

People who get stuck in snow, ice or mud often do the wrong thing and stomp on the gas pedal and end up spinning their wheels and digging in deeper. To free your vehicle, try turning the steering wheel gently from side to side and use light foot pressure on the accelerator. Then rock the vehicle forward and backward while pointing the front wheels straight ahead. It's a good idea to check the owner's manual first because this procedure can damage the transmission on some cars. If you're still stuck, stay with your vehicle and make use of your winter survival kit until assistance arrives!

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YOUTH IN ACTION

North Dakota Purple Star Award



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



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

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

The North Dakota Purple Star Award for military-friendly schools recognizes schools that show a major commitment to

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

This past school year at an assembly at a Minot AFB School, a slide stated, "We will make this place your home." This statement was powerful and moving and shows how essential our schools are in creating environments for our students and families to thrive. With this, I believe our Minot AFB Schools and other schools and districts are poised and well positioned to serve our military connected students.

The hope of the MAFB School Liaison Office is to see Purple Star Awardees in North Dakota.



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Upcoming Events

30-31 DEC

MEMBERS ONLY NEW YEAR'S EVE EXTRAVAGANZA WEEKEND!

4:00 PM - 5:00 PM
Magic City Discovery Center
1545 1st St NW, Minot, ND

As promised, this will be the first of our members only events and we are looking forward to offering this extra opportunity to our members to enjoy special programming just for you! If you would like to join in on the fun you will be able to purchase a membership and still be able to attend this members only event! We would like members to sign up online to reserve their spot! We have 5 time slots available throughout the 2 day event. Sign up with the link HERE <https://bit.ly/40YmiX3> or call the discovery center for help getting signed up at 701-858-7529. We have a ton of fun activities going on during the event such as: Prize Walk, Glow Room Dance Party, STEAM Careers BINGO, Photo Booth, Plus many other art and science activities available!



MEMBERS ONLY
NEW YEAR'S EXTRAVAGANZA
SATURDAY, DECEMBER 30 - SUNDAY, DECEMBER 31

For more information:
Facebook / Magic City Discovery Center / Events

1-31 DEC

SERTOMA CHRISTMAS LIGHTS IN OAK PARK

5:30-10:00 PM (SUN-THURS)
5:30-10:30 PM (FRI & SAT)
Minot Oak Park, 19th Ave SW, Minot

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club. Running daily until December 31.



For more information:
Facebook / Minot Sertoma Club

2 JAN

READ DOGS

4:00 PM - 5:00 PM
Minot Public Library
516 2nd Ave SW, Minot

Our Reading Education Assistance Dogs will be available for children to read to on the first Tuesday of the month. These dogs LOVE listening to children read. Children may read for 15 minutes on a first come first serve basis. For more information about the READ dogs, contact the Children's Library at 838-0606.



Reading Education Assistance Dogs

For more information: Facebook / Minot Public Library / Events

8 JAN

MONDAY'S ARE FOR MURDER

6:30 PM - 8:30 PM
Minot Public Library
516 2nd Ave SW, Minot

Join us on the first Monday of the month for a totally tubular murder mystery party! This month it's Death by Bathub Gin. It's 1923, and the speakeasy is packed for the birthday party of Al Spumoni, the world-famous bootlegger and ice cream tycoon. *Ages 18+. Registration is required. You can stop by the adult circulation desk or call us at 701-852-1045 to register



For more information: Facebook / Prairie Grit Adaptive Sports / Events

8 JAN

SIBSHOPS WITH PRAIRIE GRIT

6:00-7:00PM
Inside the YMCA
3515 16th St SW, Minot

Join us for a fun-filled day at Sibshops with Prairie Grit! This in-person event will be held at the Minot Family YMCA. Sibshops is a unique opportunity for siblings of individuals with special needs to connect, share experiences, and have a blast together. Our team at Prairie Grit has planned an exciting evening packed with games, activities, and chances to make new friends. Don't miss out on this fantastic event exclusively for siblings. Pizza will be provided by Papa John's. Register now and get ready for an evening of laughter, bonding, and unforgettable memories. See you there! Sponsors: Qdoba and Papa John's



For more information:
Facebook / Prairie Grit Adaptive Sports / Events

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Minot Hot Tots Release 2024 Season Schedule

MINOT HOT TOTS

The first pitch of the Minot Hot Tots' second season in the Northwoods League will take place on at Corbett Field on May 29, 2024, at 6:35 p.m. against the St. Cloud Rox. Opening Day for the Northwoods League will take place two days earlier on Memorial Day.

Competing in the Great Plains Division, the Hot Tots will host familiar foes, including the Bismarck Larks, Duluth Huskies, Mankato Moondogs, Minnesota Mud Puppies, Rochester Honkers, St. Cloud Rox, and Willmar Stingers. Adding an extra layer of excitement, the division welcomes a new team, the Badlands Big Sticks, creating fresh rivalries and enhancing the competitive landscape.

"We are so excited to welcome the Badlands Big Sticks to the Northwoods League," said Monica Hocking, Minot Hot Tots General Manager and Managing Partner. "The Minot community is actually familiar with the Big Sticks from past teams, so it will be really awesome for the fan base to welcome back an old rival."

As the Hot Tots gear up for a competitive 2024 season, fans are encouraged to secure their spot at Corbett Field with a 5-Game Hot Dish Membership powered by Scheels. This ticket package guarantees the best seats for key matchups and gives fans access to exclusive perks — such as a free jersey, hat, and access to the team's Family Fun Zone — for an enhanced gameday experience.

"The best way to experience a Hot Tots game is with our 5-Game Hot Dish Memberships," said Hocking. "If you came out to a few games — or even just one — and you plan to return, this package will save you some big bucks, and is definitely worth looking into."

At their 36 home games in the Magic City, the Hot Tots will have a team of interns working at Corbett Field in various roles across broadcast positions to clubhouse management and ballpark operations. These valuable members of the organization help enhance the experience of players and fans alike.

"While we recruit nationally for our internship positions, we are always looking for people local to

Minot as well," said Hocking. "My internship in the Northwoods League was instrumental to my career in sports, and the opportunities with the Hot Tots are truly one of the best experiences in sports."

Along with the recruitment of these students for internships, the Hot Tots are also still signing athletes to bolster their roster for the upcoming season. Hot Tots head coach Mitch Gallagher is assembling a lineup of players who share a commitment to excellence on and off the field.

"I saw a lot of potential for the Hot Tots to become a huge part of the Minot community," Gallagher said. "I saw a community that has a lot of pride and I think with that, we need to build a winning culture to really draw in the community. It's a great family-friendly environment, but I believe if we are more competitive this summer, we can really start to build something special."

To stay competitive from the first pitch of the season to the season's final out, Gallagher has expanded the team's coaching staff and taken a new approach to building out the Hot Tots roster.

"Our main strategy for this summer is to recruit depth and experience," he said. "We had a very young roster last summer, and this league can be very challenging for some. We also learned about the difficulty of getting players to Minot in a pinch. With the injuries we had last summer, it left us short on players at times. My plan is to have more players coming throughout the summer to avoid injuries and having a thin roster. I'm also looking for players that have had a couple of seasons of success in college to bring in more veterans on our roster."

As the regular season concludes on August 10th with a home game against the Mankato Moondogs, the Hot Tots aim to continue their commitment to providing exceptional entertainment and fostering a strong connection with their dedicated fan base. For more information on memberships, internships, and other team-related opportunities, visit www.hottotsbaseball.com or contact the Hot Tots office at 701-838-8687.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Dec. 26: 1,839.11 feet above mean sea level (MSL); 17,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.24 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.17 MSL.

- N.D. Game & Fish Dept. game wardens: No activity on the lower end of Lake Sakakawea with poor ice in the back bays. No reports from area lakes or Devils Lake.

- Devils Lake, Ed's Bait Shop, Devils Lake: Good success for nice-sized perch in Creel Bay but walk-on access only yet.

- Devils Lake, Woodland Resort, Devils Lake: Not many walleye showing up yet but look for fair to good perch success with most activity around Creel Bay. Ice depths vary.

- Lake Darling, Karma C-Store, Ruthville: No reports from Lake Darling or Lake Audubon.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

- Lake Metigoshe, Four Seasons, Bottineau: Nice pike and walleye success, including spearing for pike, with improving bluegill activity. Try wax worms for the bluegill.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Walleye success slowed and is less consistent on the east end of Lake Audubon. Use extreme caution with varying ice conditions.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Continued fair walleye success on Lake Audubon in 10 to 15 feet around the old church and Velta Point on the east side. Use extreme caution with

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.



- Roosevelt Park Zoo winter hours: 9 a.m. to 3 p.m. daily.
- 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.
- Dec. 29: Missouri River Canada Goose Zone and light goose seasons close.
- Dec. 31: High Plains Duck Unit and tundra swan seasons close.
- Jan. 1, 2024: First Day Hike Evening Hike Series, Fort Stevenson State Park, Garrison, 6 p.m.
- Jan. 5: Prairie Grit & Open Curling, Minot Curling Club, 6 p.m.
- Jan. 7, 2024: Grouse, partridge, pheasant, turkey, and archery deer seasons close.

varying ice depths.

- Lake Sakakawea, New Town: Most activity is farther upriver from the New Town area on the upper end of Lake Sakakawea where there are better ice conditions, which still need to be tested as anglers walk on.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains OK for walleye from both boat and shore. Try a variety of presentations although weather can change access and success quickly. Some walleye activity from the wing walls, as well.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: No new reports.

- Lonetree WMA area lakes, Harvey: No new reports.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No reports from area lakes with marginal ice yet in

many areas.

Downhill ski trails (conditions can vary):

- Big Sky Ski Resort, Big Sky, Mont.: No report on base with 11 lifts and 109 runs open.

- Bottineau Winter Park, Bottineau: 12- to 24-inch base with Bunny and Pony hills open and 2 trails. 2 Magic Carpets and T-bar, and tubing park open.

- Huff Hills Ski Area, Mandan: Closed.

- Terry Peak, Leads, S.D.: 14- to 20-inch base. 5 trails and 3 lifts open.

Snowmobile N.D. trail system:

- All trails closed until snow conditions allow for grooming.

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.

BAKED CANDIED BACON CINNAMON ROLLS



- INGREDIENTS**
- 12 SLICES BACON, SLICED
 - 1/3 CUP BROWN SUGAR
 - PRE-MADE CINNAMON ROLLS
 - 2 OUNCE CREAM CHEESE

When ready to cook, set the Traeger to 350° F and preheat, lid closed for 15 minutes. Dredge 8 of the slices of bacon in brown sugar, making sure to cover both sides of the bacon. Place the brown sugared bacon slices along with the other slices of bacon on a cooling rack placed on top of a large baking sheet. Cook the bacon on the Traeger for 15-20 minutes or until the fat renders but bacon is still pliable.

Turn the Traeger down to 325° F. Open and unroll the cinnamon rolls. While bacon is still warm, place 1 slice of the brown sugared bacon on top of 1 of the unrolled rolls and roll back up. Repeat for all the rolls.

Place cinnamon rolls in an 8" x 8" baking dish or cake pan that has been sprayed with nonstick cooking spray. Cook the cinnamon rolls at 325° F for 10 to 15 minutes or until golden. Rotate the pan a half turn halfway through cooking time.

Meanwhile, take the provided cream cheese frosting and mix in the softened cream cheese. Crumble the cooked bacon and add into the cream cheese frosting.

Spread frosting over warm cinnamon rolls. Serve warm, enjoy!



Ryan Davy - GM Minot

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

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ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

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 Tuesday-Friday 7am-4pm
 • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm
- **TEEN HOURS**
 Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
 • Morning start times rotate & vary

IF INTERESTED SPEAK TO CHARLIE AT THE COMMISSARY OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.



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 community calendar



Events from Minot & Minot AFB in ONE PLACE!

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

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

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

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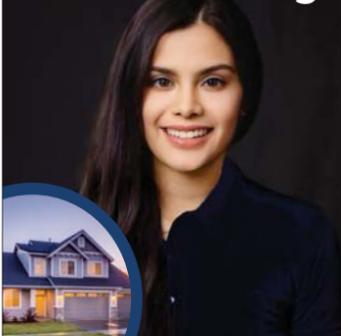
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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 8 Jan-10 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

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MINOT STATE UNIVERSITY

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




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.



VOLUNTEER OPPORTUNITIES

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members. •REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR> POC: SSGT Kristal A. Cruz Leon 723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM> POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). The program entails for schools: • The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher. • Large-scale pre-scheduled live events will include a program link after registration. • In-person engagements may be available depending on location and availability of local personnel. Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too. For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYUlr> Please feel free to reach out if you have any questions. POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director. POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA 701-852-0141

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base. POC: Shelby Stuckey, Volunteer Coordinator (888) 223-4287 shelby.stuckey@caringedge.com

Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows: • Ages 3–4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center • Ages 5–6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center • Ages 7–8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center • Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start. POC: Ms. April Lawrence, the Youth Sports Coordinator, 701-723-1477/2838 or email april.lawrence.2@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.gocivilairpatrol.com> or contact the POC below. Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday POC: 1st Lt Jon McEmore, CAP, Jonathan.mcemore@ndcap.us 701-720-6410 | <https://nd021.cap.go>

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



Northern Sentry Christmas Giveaway!

It's the season of giving! Here at the Northern Sentry, we want to say "Happy Holidays" to our loyal readers and base community. We couldn't do what we do without you and we want to say thank-you by blessing (2) Airmen or families with some extra cheer this season.

Since we can't give a gift to every single person (we wish), we are giving away TWO fantastic \$50 gift cards to a few lucky Minot AFB individuals instead!

We know everyone can use some extra dough at this time of year.

Sign up to win a \$50 gift card to Downtown Minot shops and make the holiday spending a little lighter.

To enter to win, simply subscribe to our email newsletter, the Weekly Post Brief <https://northernsentry.com/subscribe/>

Don't wait to sign up! The giveaway runs Dec 22, 2023 - 11:59pm (CST) Dec 31, 2023.

Good Luck and Happy Holidays!

***Winners will be chosen and notified via email on Jan 1, 2024 and given 24 hours to respond or another winner will be chosen.**

****Winners must be able to prove Minot AFB affiliation and have a deliverable address within Minot city limits or Minot AFB.**

*****Gift cards may be utilized at most of the shops and stores in Downtown Minot.**

A LOOK BACK THIS WEEK IN USAF HISTORY

SAC CHANGES MINUTEMAN & PEACEKEEPER ASSIGNMENTS TO INCLUDE MIXED GENDER CREWS JANUARY 1, 1988



Linda Aldrich at a Minuteman console in the 1980s. (Linda Aldrich, from nps.gov)

Up until the late 1970s, the United States Air Force restricted female service members to only noncombat positions. In 1978, women were finally given the chance to serve on Titan II missile crews, and their roles in the missile field only grew from there. However, for some time, missile crews were restricted to all-male or all-female assignments. It wasn't until January 1, 1988 that Strategic Air Command changed the policy for Minuteman and Peacekeeper crew assignments to permit mixed gender crews in launch facilities. This inclusive effort aimed to reduce scheduling issues and increase opportunities for female Airmen.

After the integration, SAC stressed the importance of guaranteeing equal career progression for men and women. This was one major step forward in the journey towards women's equality in the armed forces.

Information courtesy of: media.defense.gov/ / pccaf.af.mil/ / nps.gov

DIAMONDS DANCING IN THE DARK

Patricia Stockdill

Diamonds dance in the darkness in almost surreal delight on some New Year's nights.

Other times, it seems as if bottled sunshine is saying "Be patient, warm, sunny nights will come soon."

A person never really knows what the weather will bring for any given Fort Stevenson State Park's First Day Hike but – so far – participants have trekked lighted trails in the winter darkness to celebrate a New Year for the past decade.

Several North Dakota State Parks host First Day Hikes every Jan. 1 but Fort Stevenson created its own unique twist by having theirs in the dark.

Each year the park's staff places approximately 80 luminaries along a chosen trail to help guide participants. And, yes, so far Mother Nature hasn't deterred the event from taking place.

Granted some years only a few hardy souls venture out but oftentimes 30 or more people will hike, snowshoe, drive a kick-sled, or cross-country ski during the event, park spokesperson Tonya Balaban described.

Their chosen mode of transportation depends on snow conditions or sometimes the lack of snow conditions. Snowshoes, kick-sleds, and cross-country skis are available at the park for rental if participants don't already have their own, she added.

Participants can meet at the Visitor Center where hot chocolate will be available before and after the self-guided hike. A crackling fire outside of the Visitor Center affords the opportunity enjoy refreshments along with their hot chocolate in the crisp North Dakota night air, as well.

The First Day Hike kicks off the park's year-long Evening Hike Series, Balaban continued.

Six evening hikes are on the agenda in 2024 when the park celebrates its 50th anniversary: Following the Jan. 1 First Day Hike, the Full Snow Moon Candlelight Hike takes places Feb. 24, Full Flower Moon Fairy Hike on May 4, Sensory Hike on Aug. 17, the Lantern Hike closes out the month of August on Aug 31, and the final nighttime trek, the Halloween Hike on Oct. 26.

Each hike highlights something special about the time of year it's held and significance for that chosen

night. The Evening Hike Series are popular, Balaban added. "There is just something fun about hiking in the evening."

Or in this case on Jan. 1 – and again for the Feb. 24 hike – a trek in the dark guided by bottled sunshine.

The park's multitude of trails are one reason Fort Stevenson State Park remains popular year-around, Balaban described. Depending on snow cover, the miles of trails that hikers of all ages explore in the summer are converted to winter use. Some trails are groomed for cross-country skiing while others make great fat tire bike riding adventures. Still others offer kick-sledding or snowshoeing.

In years when Mother Nature – kind of the winter of 2023 – 2024 – decides, nope, keep that gear in storage, the trails are open for hiking.

Another Fort Stevenson winter attraction is Lake Sakakawea itself. The view of the vast expanse of open water stretching for miles when the big water hasn't iced over yet despite the weather seems contrary to what one thinks of for North Dakota and winter.

In other years the miles of ice allow anglers to access back bays adjacent to the park for ice-fishing. Weather and safe ice conditions permitting, places like deTrobiand and Garrison bays on the park's east and west sides will likely be dotted by folks in search of pike and walleye.

Look for the 11th Annual First Day Hike to be a "go" again on Jan. 1, 2024. But should Mother Nature have a turn of attitude, the park will post updates on its Instagram and Facebook pages, along with the Park and Recreation Department's website, (parkrec.nd.gov), if time permits.

The Visitor Center is located at the park entrance, which is three miles south of Cenex on McLean County Highway 15 on the west side of Garrison. The daily park entrance fee is \$7 but all of the the First Day Hike activities are free.

Annual passes are also available, which provide entrance to all state parks throughout the calendar year.

WHAT'S GOING ON MAFB

FRIDAY 29

- Registration Closes: Youth Basketball, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 30

- For a full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Jingle Bowling, 1700, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

SUNDAY 31

- For a full listing of New Year's holiday facility hours, visit 5thforcesupport.com

MONDAY 01

- New Year's Day
- For a full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- New Year's Day Brunch, 1030-1330, Dakota Inn Dining Facility

TUESDAY 02

- AFGSC Family Day
- For a full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- Game Day, 1000-1930, Minot AFB Library

WEDNESDAY 03

- Biggest Loser Competition – Initial Weigh-Ins, 0500-2100, McAdoo Fitness Center
- Sponsorship Training, 0900-1100, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- UVAO Training, 1300-1500, M&FRC

THURSDAY 04

- Biggest Loser Competition – Initial Weigh-Ins, 0500-2100, McAdoo Fitness Center
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Extramural Bowling, 1730, Rough Rider Bowling Center

FRIDAY 05

- Biggest Loser Competition – Initial Weigh-Ins, 0500-2100, McAdoo Fitness Center
- New Year Health & Fitness Expo, 0800-1600, McAdoo Fitness Center
- JCM – 5 Levels of Leadership, 0800-1600, Professional Development Center
- Club Membership Luau, 1600-2100, Jimmy Doolittle Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 06

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

DEC SPECIALS

Bomber Bistro Featured Item
Veggie Cauliflower Pizza
 Fresh veggies over melted cheese, on a cauliflower crust – a healthy alternative to a delicious classic.

The B-Fifty Brew Featured Item
Sugar Free Red Bull Burners
 Enjoy a delicious caffeine boost from sugar free Red Bull, your choice of flavor, and lemonade or club soda.

Rockers Bar & Grill Featured Item
Beef Bites
 Two battered fritter beef steaks deep fried and cut in delicious bite size pieces served with fries!

NEW YEAR HEALTH & FITNESS EXPO

MCADOO FITNESS CENTER
5 JANUARY 2024
 0800-1100 & 1200-1600
 LAST DAY TO SIGN UP FOR BIGGEST LOSER COMPETITION

HEALTH PROMOTIONS & THE FITNESS CENTER ARE COLLABORATING WITH BASE RESOURCES TO HOST AN EXPO FOR YOUR HEALTH & FITNESS!

2024

723-2145

FORCE 5THFORCESUPPORT.COM

PAINT & SIP

ARTS & CRAFTS CENTER
JANUARY 11TH, 2024 • 5:30PM - 7:30PM

BRING YOUR OWN DRINK & JOIN US TO PAINT!

SIGN UP BY CALLING THE ARTS & CRAFTS CENTER
 18+ AND ID REQUIRED FOR THOSE DRINKING ALCOHOL

COST \$25

723-3640

FORCE 5THFORCESUPPORT.COM

CLUB MEMBER APPRECIATION LUAU

5 JANUARY 2024
4PM - 9PM

BUFFET RUNS
 4:30PM - 6:30PM

NOT A MEMBER?
 SIGN UP THE NIGHT OF & JOIN IN ON THE FUN

OVER \$1.4K IN GIVEAWAYS
 INCLUDING A MINOT STAYCATION, CASINO PACKAGES, & MOVIE NIGHTS

FREE FOOD FOR CLUB MEMBERS, & FUN ACTIVITIES FOR ALL!

SCAN HERE OR GO TO
[HTTP://TINYURL.COM/LUAMENU](http://tinyurl.com/luamenu)
 FOR OUR MENU

FORCE 5THFORCESUPPORT.COM

FEATURED ITEMS

B-FIFTY BREW

HOLIDAY FAVORITES

PEPPERMINT MOCHA
 CREME BRULEE LATTE
 GINGERBREAD CHAI

GET THEM HOT OR ICED!

FORCE 5THFORCESUPPORT.COM

GAS UP. SNACK UP. GET GOIN'.

FUEL RESTROOMS COFFEE FOOD & DRINKS

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

ON the RUN

CLOSER TO YOUR DESTINATION

MINOT INTERNATIONAL AIRPORT

MOTAIRPORT.COM

DIRECT FLIGHTS

MINNEAPOLIS DENVER LAS VEGAS PHOENIX