

# northern sentry

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# WORKING DOG OPERATIONS EXCEL



Scott, 5th Security Forces Squadron military working dog, is awarded his toy after a successful search of a hangar in support of Exercise Prairie Vigilance/Bayou Vigilance 24-2 at Minot Air Force Base, North Dakota, Jan. 5, 2024. Security Forces employ dogs to help detect threats that may be missed by human senses. See page B11 for more on the exercise.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALEXANDER NOTTINGHAM

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# Some of the Best Little Slopes in ND: Frost Fire Park

ERIN BEENE, NORTHERN SENTRY

What is the best part of suffering through this breath-catching frigid season? Is it dreaming of the delicious summer weather only a few long months away? Well, yes. But this arctic season also offers a few snippets of fun that those stationed in Florida never get to experience. One of those advantages of North Dakota is the quaint and affordable ski slopes and parks within driving distance. Even though it isn't known for its mountainous terrain, the Peace Garden State offers several small, but mighty, ski resorts. One of which is Frost Fire Park, located in Walhalla, about three and half hours away from Minot.

This fully-stocked winter park has everything any beginner or serious shredder would need. Patricia Gorder, Frost Fire General Manager, said she meets people everyday who are amazed and fully impressed with the snow and quality of runs at Frost Fire. She mentioned that semi-professional skiers and snowboards often stop in at Frost Fire Park before heading out west to some of the larger and more exotic (and more expensive) ski resorts. The park is also newly reopened this year after their snow infrastructure failed in 2022-23. The park was devastated to have to be closed an entire season—after all they even remained open during the height of the Covid Pandemic—so this was a hard hit. But, they are back this year better than ever and ready to brave the freezing temps together with a brand new snow machine.

When asked what makes Frost Fire

stand out from the other small-ish ski parks in the state, Gorder said, "Our unique lodge, which offers a different vibe, as well as our customer service, quality of snow and family-friendly atmosphere".

Frost Fire is generally open on weekends and holidays from 10am-4pm, but make sure and check their website <https://frostfirepark.org/winter-season-calendar> for opening times as these can always change. A unique function of Frost Fire, and clear representation of the supportive and good-will of the state itself, is the "Sister Resort" program. A few of the resorts in their "Sister Resort" program are Bottineau Winter Park, Huff Hills, Thrill Hills Ski Area, Andes Tower Hills, and Buena Vista Ski Area. Their website states, "Frost Fire Park will offer full day lift tickets at half price to season pass holders from the area resorts."

Frost Fire also gives a 10% military discount everyday on lift tickets, rentals and lessons. Don't let the cold

get you down this winter. Bundle up and head out to Frost Fire Park and discover why you too can become a chionophile (I dare you to look it up) and enjoy the winter here in North Dakota maybe even more than the summer.



FROST FIRE PARK FACEBOOK PAGE PHOTO



FROST FIRE PARK PHOTO

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Photo from the "Day in the Life of the 91 SFG" video



# Reality Check: Day in the Life of the 91 SFG

ERIN BEENE, NORTHERN SENTRY

Once upon a time, Minot AFB was rumored to be a place that no first term Security Forces Airman wanted to be a part of. It was among the few bases in the Air Force that everyone seemed to have an opinion about, especially those who had never been stationed there. It's safe to say that Minot AFB was among the most ominous of bases which filled first term Airmen with dread. Well, that stigma is about to change. Thanks in no small part to the Defender "Day in the Life of the 91st SFG" honest and real-talk video that was recently released.

The concept was originally spearheaded by Colonel Thomas Segars who took command of the 91st Security Forces Group in the summer 2020. The atmosphere surrounding Minot AFB stigma was at an all-time low, and General Ray, Air Force Global Strike Command, wanted a change. Col Segars, Chief Sullivan, MSgt Greg Willingham and several others launched a mission to find ways to show new Airmen the actual truth about Minot life and not the glorified 'doom and gloom'. The concept of "Defender Culture" was about to take a new shape.

Col Segars thought of a way to start right at the source and develop a video project based on real life Airmen currently stationed at Minot AFB. But first, he needed the help and buy-in of the Group's four squadron leadership teams. Segars said, "Their senior enlisted leaders were the entirety of Defender Culture, including this video. Without their support, and I know some of it came begrudgingly, it would have failed." The video sets out to represent actual highs and lows of the base, the SFG mission and North Dakota as a whole. So, Segars commissioned the 3rd Audio Visual Squadron out of Lackland AFB to create a video to represent the truth of the base. Matthew Hester and his team from Lackland made their way to Minot AFB in late 2021 to begin the filming process. The filming team selected SFG Security Forces Airmen to interview and film all without interference, scripts or even knowledge from leadership. Segars wanted the video to be completely organic and not influenced by leadership perceptions.

By May 2022, the first draft of the video came through and by June of that year Col Segars transitioned out of the Group Commander role and handed the torch to Colonel Anthony McCarty. He also handed off in good faith the work of the "Day in the Life" video concept still in progress. Col McCarty gracefully took on the challenge. After two more rounds of filming (in all seasons and weather conditions) editing and other legal paperwork, the video was ready for

its initial test showing in May 2023. It began showing at the Security Forces schoolhouse as part of the training for new Airmen. Lt Col Brian Mack, 343 TRS Commander at Lackland AFB at the time, gave his thoughts about the video saying, "I think the video provides an emotional connection between a new Defender and one that is already stationed at Minot. I think it provides a sense of reassurance to a new troop that Minot is really not what they initially believed it to be. The reassurance comes from the body language and smiles of Airmen they see on the video. It provides them a connection with someone that is closer to their own rank, age, and experience."

The video itself presents actual SFG Airmen who post out to the missile field, experience life and share all their truths:

"I absolutely love the sense of community out here. It is probably one of my favorite things about Minot. We're all here together. It's kind of like a remote location, like Minot does not have a lot around it, but it brings us all together."

"It sucks at first, but it becomes beautiful because people open up."

"It boils down to the people here"

As the final release of the video was published on DVIDS in November 2023, the video seems to be working as it's intended purpose. Upon seeing the completed video, Col Segars remarked that it "[the video] was impressive and hit the mark of what it was trying to convey

with funny and real stories from the Airmen themselves." Segars was thrilled with the way the finished product came out and was pleased to have been able to see a project team work so nicely even between command changes. Col McCarty was also pleased with the video and was pleasantly surprised to see that the Airmen had a lot of positive things to say about Minot. McCarty also mentioned this was a huge team effort and wanted to give a special shout out to MSgt Willingham, who was a lead on the project from the very beginning and all members of his Security Forces Group Defender Culture team for their efforts in making the video a huge success.

Going forward, the video will be shown at the Security Forces apprentice course before assignment drop in hopes of presenting the realistic perspective of Minot AFB instead of the glamorized horror-rumored version that previously circulated around basic training and tech school.

As the "Day in the Life: 91st Security Forces Group" realistic video begins to become a staple of all Security Forces members training, time will tell if it results in any real change in the stigma that previously was Minot AFB.

Watch, share and let us know your thoughts about the DVIDS "Day in the Life: 91st Security Forces Group" Video here >>>>><https://www.dvidshub.net/video/905374/day-life-91st-security-forces-group>



At the Basic Defender Course at Lackland AFB new Defenders view the Minot centered "Day in the Life" video.

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## All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon  
(Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries  
(Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi

- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats  
(Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.



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# I'm From Around Here- And It's Cold!

My Thursday started with a trip to the Minot AFB. I had several appointments, and hey, I'm used to this cold weather, right? As I approached the base I was able to watch a B 52 take off. The smoke generated by the takeoff on this -18 degree day was amazing. Quickly my mind slipped into thinking about the Airmen who had to be out on the flight line to get this B 52 into the air when we had double digit below zero temps and wind chills. My thoughts continued, thinking that a flight on a day like today proves to our adversaries that even extreme weather conditions don't stop the mission(s) at the Minot AFB. What we can, as a community and a nation, say to those Airmen is "thank you".

Of course, there is a second mission on Minot AFB, that being the 91st Missile Wing. They, too, must contend with the sub-zero temperatures and the blustery conditions. I drove by one of the missile silos in my travels and sure enough, there were vehicles parked at the silo and Airmen were walking around outside. Again, to the Airmen of the 91st, thank you. The missile mission is 24/7, and the mission does not stop because of the weather.

**IT'S NORTH DAKOTA**

Those of us who have spent a majority of our lives in North Dakota have a bit of a kinship to those who put on their winter gear and go out and "get 'r done". Sure, the small grain farming is over, but there were many days when I was a youngster where I would go help my Dad, or a local farmer, complete their missions. My dad was a telephone technician and would do whatever he could to keep the phones to rural farmsteads operating. Wind, snow and ice would cause poles and lines to literally break. Ever set a telephone pole in sub-zero temperatures? It's a job that wasn't for the faint of heart.

And then there was the daily feeding of cattle by my farming friends. Things are somewhat better today with the larger pole barns. At least you can get the cattle out of the wind and the worst of the elements. But 20 below zero is a challenge, even with a sheltered area.

What I am leading to is that like the Airmen on base, the farming community of North Dakota has a job to do, and they get it done; in all kinds of weather. We can also appreciate the mission that has to be done each and every day on Minot AFB.



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

When I worked as ag reporter for the Minot Daily News, I did an annual report on the crops in North Dakota. This was generally a fairly long article because as you know, this state produces a lot of agricultural products.

We produce a lot, but many of those crops and livestock don't get the recognition they should.

As an example, you've most likely seen a report that comes out from the North Dakota Department of Agriculture outlining the 11, No. 1 crops that put North Dakota at the top of a national list.

Soybeans, wheat, canola, flax and honey are always mentioned among others like pinto beans, navy beans, chickpeas and others.

But there are other producers who are working hard to get their crops and livestock to market. Take for example wagyu beef. Sure, these are cattle, but they are a Japanese breed in which it's said that marbling is in the red meat making it tender and moist.

Years ago, black angus became a buzzword and before we knew

it, you could order black angus burgers at several fast-food restaurants. It's unclear if wagyu will get to that point, but there are ranchers in North Dakota raising wagyu cattle.

Another livestock is emu. Roughly 20 years ago, emus were raised on numerous farms and ranches across the state. Some of the people turned that production into emu oil, made it into a cosmetic and sold it at Pride of Dakota shows and in drugstores.

Emus are still raised here and the cosmetic oil is still being produced, but since the hype went away, we don't often hear about it anymore unless someone like a journalist brings it up.

There's also lamb and meat goats. These meats are far more obscure, but they do exist, as does goat's milk. At one time, there was a lamb vendor at North Prairie Farmers' Market in Minot, but Kiwi Kate has since moved back to her native New Zealand. However, there are others still producing these products.

When it comes to crops, we could go on all day. But, we can start out with lentils. There was a time not so long ago when the growing of lentils was a novelty in North Dakota. As it turns out, North Dakota surpassed Idaho and Washington to become the nation's second-leading lentil producer behind Montana.

Rye is kind of forgotten crop, yet North Dakota remains the second-leading rye producer in the nation

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**A VIEW FROM  
 OUR SIDE**  
 ROD WILSON



**IT'S A CHALLENGE**

A number of times I have entered into a conversation with someone about being from North Dakota. This time of year, I hear the words "Oh, you're used to it" when we talk about below zero temps and wind chills. I will somewhat agree that having been a resident we learn how to "dress" and "deal" with extreme weather conditions. But I don't think you ever get used to it. As a matter of fact, I think the older you get, less apt you are to take on those conditions. There is much to be said for just staying home and staying warm.

I am not talking about hibernation, folks. The lakes cover over with ice, so we go ice fishing, in heated houses if we have access to one. And why stay home when you could join a curling league or watch a hockey game. My kids all learned to snow ski and we had a couple of toboggans that would make for a great day on a local snow covered hill. It was a challenge the first time we did each of these activities, but soon you learned what it took to be successful. And that's so true

of being from North Dakota. You don't necessarily "get used to it". Instead, I am going to say that you accept the challenges and overcome them.

**BEST KEPT SECRETS**

I had a chance to talk to a friend of mine about his battery powered gloves and vest. He said it makes a huge difference when you are outdoors. I have used battery powered heated gloves, and I am convinced that if you keep your hands warm you will stay warm much longer (well except for those of us that don't have much hair on top of our head-enough said). Next time you are looking for gloves, head to the local hardware store and try on a pair of these gloves and one of the battery powered vests.

**TODAY'S CHUCKLE**

There's a new after shave that is guaranteed to drive teen-aged girls out of their minds. It smells like a cell phone...

# Touting the unusual...

behind Oklahoma.

When we talk about potatoes on a national scale, Idaho always enters the conversation. However, North Dakota is the fourth-leading producer of potatoes, ahead of California, but behind Idaho, Washington and Wisconsin.

Maine is also known for potato growing. The "famous potatoes" slogan is on Maine's license plates. Truth is, Maine doesn't even come close to North Dakota's production. In fact, I can't find the statistic, but I doubt Maine is even in the top 10 of national potato producers.

There are numerous other crops that make these lists but are often lower on the scale. I no longer have access to USDA's database so I can't quantify some of these items, but just know they are listed.

Among them, safflower, onions, carrots, sorghum, alfalfa,

pumpkins, cabbage, asparagus, spinach, rhubarb, horseradish, and would you believe lettuce.

Larry Schumaker of Fullerton grows hydroponic lettuce in his greenhouse year round. It took several years to get his operation up and running, but now that it is, he supplies numerous grocers in eastern North Dakota with fresh romaine lettuce and other items like bok choy.

It's a fact that traditional garden vegetables are difficult to perfect in a field environment, but there are numerous people doing it, that includes broccoli, tomatoes and even cut flowers.

Fruit trees are also on the rise. They include apple, cherry, apricot, grape and pear. In the 1920s, North Dakota had more than 1,300 fruit orchards. That went away but is now making a resurgence.

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# There's No Pause Button: The Worst Advice I Ever Got



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

The first time the I got the worst advice of my life, I was sitting in a bland meeting room at Whiting Naval Air Station, in Milton, FL. I was fresh out of college, new to town, and had been married a whopping three months. I knew nothing about being a military spouse, and to be honest, I was terrified.

My job hunt was stalled, the house was clean, friends were few. This was my first true, "she's not from around here," experience. With nothing else filling my schedule, I attended a meeting for new spouses whose husbands were in pilot training. The email said I could meet some friends, get some first-hand knowledge about how much (or little) I could expect to see my husband over the next year, and get help decoding some of the acronyms constantly flying over my head.

Only three things from this meeting stuck with me. I remember the painfully-awkward ice-breaker, the presenter promising us that we would eventually look forward to deployments (spoiler: I never did), and advice that it might be best to "hit pause" on our own lives for a while.

"This is an exciting time," she said. "Your husband is doing something really important. He needs your support. But that means your life might need to hit the pause button until his career is complete."

Years later, at a different base, while sitting in the clinic, grappling with crushing depression and anxiety the advice came again. The table paper crinkled under me while the provider said, "Your life just needs to be on pause for a while. Imagine the next five years like a clock ticking down. Once you can separate from active-duty service, you can get back to your life. Maybe then it can be 'your turn.'"

Then as a new mother, I shared my desire to write and teach with

an acquaintance who looked at me sympathetically and replied, "Goals like that will need to be on hold until your kids are in school."

These people all meant well, but living like life has a pause button is bad advice.

Here's what I wish someone would have said instead:

Life doesn't wait, it can't be put "on hold." If something unforeseen interrupts your plans, or undesirable circumstances cloud the picture of what you expected—don't press pause. This is life. All of it. Embrace it. Make it work for you. Make your interests and ambitions work as assets in your favor—instead of living as a slave to hopes drafted on paper, or viewing yourself as a failure when goals go unmet. Pursue a path, but be brave enough to maintain an open mind about where that path may lead.

The old cliché holds true: you only get one life. If you view inconveniences and interruptions as reasons to put your "real" life on pause, you'll end up feeling bitter and burned out. You'll wonder when your "real" life will begin. Then you'll wake up and realize life never actually stopped at all. Life kept happening—and you almost missed it.

All of the hardships, small victories, big wins, and deep losses make up the story your life is telling. The part you may have

seen as "paused" may turn out to be the best plot-point in the narrative.

Find an abundance mindset deep inside. You can't always change your circumstances, but you get to decide how to play what you've been dealt. Even a crummy hand can score points when laid with savvy. And often those hands make for the best stories.

Life doesn't have a pause button—so don't build one.

As a friend recently said, "Even when everything seems upside down and awful, simple goodness just keeps slapping me across the face. Like a reminder, even though it's not how I imagined, life is still happening, and there is plenty of good left out there."

Your life is happening. Take it from me, a woman who refused to count down her days, and instead decided to live each and every minute, then went on to travel, teach, and write while being a stay-at-home-mom—embracing the life you're in is superior to "waiting your turn."

I don't know where this new year finds you. But my hope for 2024 is that we'll all hit play. Let's live, and live it all.

*Get more stories and inspiration for a positive perspective by connecting with me at amyallender.com, on Instagram @amy\_allender, or Facebook @amyallenderblog.*



In the fall we went TDY for three months with my husband. I was tempted to think I was putting life on hold. Really, I was living life to the fullest.

AMY ALLENDER PHOTO

## welcome baby

BABY GIRL BORN ON FRIDAY, JANUARY 05, 2024 TO:  
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BABY GIRL BORN ON MONDAY, JANUARY 08, 2024 TO:  
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BABY GIRL BORN ON TUESDAY, JANUARY 09, 2024 TO:  
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BABY GIRL BORN ON TUESDAY, JANUARY 09, 2024 TO:  
AMY AND ANDREW SMITH  
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.*

## Ski the Jewel above the Prairie!

### SNOW REPORT

4 Inches of Fresh Snow with more expected before the weekend.

Chairlift, New T Bar, Runs & Lifts Magic Carpets, Tubing Hills & Runs will all be open this weekend

### HOURS

Friday, January 19	4:00-9:00pm
Saturday, January 20	10:00am-5:00pm
Sunday, January 21	10:00am-5:00pm

Military Appreciation Day/Martin Luther King Jr. Day Rescheduled to Monday, February 19, 10:00am-5:00pm  
Flag Ceremony 2:00pm

Keep an eye on our FB page for updates, schedule changes and weather conditions.

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**SLICE OF LIFE**  
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# An Examination of Normal

to me that a choice of normal coffee was abnormal. I mean, what is normal really? Does it even exist? Is it normal to wonder that? I wonder.

Anyway, there it was, normal coffee in a normal cup. It seemed odd to see the “normal” label in this day of Starbucks and Caribou and countless other specialized coffee choices. Normal is weird. How can that be?

Normal anything used to be, well – normal. Now, I think, the new normal is abnormal, which is becoming the normal. In one generation we’ve gone from coffee, perhaps with cream or sugar, which was normal, to an endless variety of brands, blends, and flavorings in a simple cup of coffee within a single generation. Presto! The new normal. And that’s just coffee.

It used to be normal to leave doors unlocked. That’s gone from normal to abnormal. Can’t do that anymore. The new normal is cameras and security systems. All I wanted was a simple cup of salted caramel coffee from Jamaica with pink artificial sweetener and I was face to face with the reality of normal. Cripes!

I couldn’t get “normal” off my

mind. That gave me more energy than the normal coffee. Start thinking about how many things you once considered normal that are now abnormal, and you will find the list never ends.

Progress? Evolution? Changing times? I guess so. Normal becomes abnormal until abnormal becomes normal. But for how long?

Well, that’s different. So different that it is normal. Huh?

When purchasing a cup of coffee a few days ago at a local convenience store, choosing what brew I would try, I found myself staring at normal as a selection. I was expecting to see Carribean sunrise, morning breakfast blend, or maybe extra-dark French roast. But normal? What in the world is that?

I paused for a moment, my finger hovering over the “normal” button, wondering if I dared give normal a try. I did, cautiously. The coffee streamed into the Styrofoam cup just the same as anything other than “normal” would. Tasted normal too, I guess. But I started thinking that something just was not right about normal.

That’s right. It seemed normal



KIM FUNDINGSLAND PHOTO



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## CornerStone Chiropractic

1515 24TH AVE SW, MINOT, ND 58701

*Dr. Matt Hanson*    *Dr. Willy Fielhaber*    *Dr. Benjamin Whitten*

### 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**

# Less Pain- More Gain Soft Wave Still Amazes Patients

ROD WILSON, NORTHERN SENTRY

For Michelle Erickson, Chiropractic Assistant at Cornerstone Chiropractic, her over 8 months of administering Soft Wave treatments has given her the opportunity to interact with patients and be part of their healing process. "I had not heard of Soft Wave Therapy when I started here, but after sitting in on sessions with the Dr. Matt and Dr. Fielhaber I was able to learn about Soft Wave, and the benefits it has for the patients" according to Erickson. The most obvious question for Michelle was if she had taken Soft Wave treatments "which I have, on my foot" shares Erickson "I had gotten new shoes, with heels, and they ended up hurting my foot."

The parts of the body most common for Soft Wave treatment? "Well feet for sure, and then backs, knees, shoulders and hips" says Erickson. What Erickson has discovered is that most of the time when you have pain in your lower back, it more than likely is going to be connected to something else "like their TFL (tensor fasciae latae) muscle that is in their hips and their IT (iliotibial) band which works with the muscles in your thigh to provide support to the outside of the knee joint" and there will normally be a lot of pain in those two areas that are symptomatic and cause pain in a lot of patients.

The first Soft Wave session is exploratory to determine where the pain and discomfort may be coming from. Of those patients who have the first session "I would say that almost 80 per cent of them will be candidates for the Soft Wave therapy" according to Erickson.



Most patients will feel immediate relief after just one session of Soft Wave "and that's the really cool thing about Soft Wave" says Erickson "once they feel relief it gives them the incentive to keep going."

Not every patient is a Soft Wave patient, but there are many patient testimonials that speak to the

effectiveness of Soft Wave. "There was one woman who came in and the pain was so intense that she was angry, angry about having so much pain in her back and hip. When we were done I told her to sit up and focus on how she felt right now. How much different is your pain right now than when you walked through the door" tells Erickson. "She sat up and started crying. She had been in pain for so long, she did not know what it was like to not feel pain and she told me that she did not feel any pain."

There was also an older gentleman that had fallen on his shoulder that signed up for Soft Wave treatments and after a few months of not being able to sit or sleep comfortably, the Soft Wave treatments were effective and he was able to sleep, sit and do normal household activities like mowing the lawn and raking leaves.

Soft Wave is part of the total care package offered at Cornerstone Chiropractic, and Erickson is quick to point out that it is not a one size fits all kind of program.

For more information about Soft Wave treatments, you can go to the Cornerstone Chiropractic Facebook page or website or call and talk to Michelle at (701) 852-2800.



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## MOUNTAIN REPORT

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## AMERICAN BISON



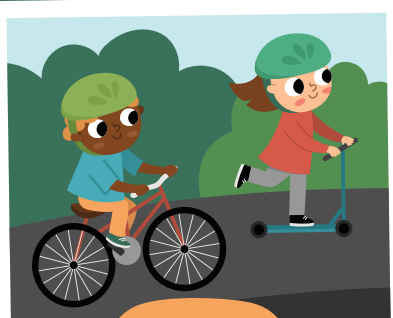
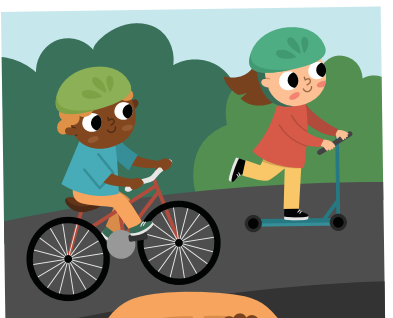
**Fact File**



Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Omnivore Carnivore <b>Herbivore</b> Grasses, Sedges, Shrubs

**CREATURE FEATURES**

- Bison are the largest land animals in North America.
- They have adapted to extreme weather conditions. Bison use their heads and hooves to dig through deep snow to reach vegetation.
- Bison are good swimmers and can cross rivers over half a mile wide.
- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.

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# WINTER DRIVING TIPS

## HEAR A KNOCKING SOUND WHEN DRIVING? HERE'S WHY

Knock, knock! This isn't the start of a joke – it's your engine's sound while driving down the road. Hearing an unusual knocking sound coming from your engine can be concerning. If your motor is knocking, what does that mean? And even more importantly, how do you fix it?

Learn what causes engine knock, how to prevent it, and how to fix it when it does happen.

**WHAT IS ENGINE KNOCK?**

Engine knock often occurs when the air and fuel mixture in the engine cylinders is not properly ignited in a controlled manner, or when metal components are hitting together that shouldn't be.

When an engine functions properly, fuel (usually gasoline) is mixed with air and then compressed. A spark plug ignites the compressed mix, which then combusts. The explosion pushes the engine pistons down, which drives the engine's power. This process is repeated over and over to power the vehicle.

When you hear the engine knocking on acceleration or continuously while driving, something may be causing the combustion to occur at the wrong time. Keep reading to learn why this could happen.

**WHAT DOES ENGINE KNOCK SOUND LIKE?**

Engine knock is not always as evident as a loud, thunking, knocking sound when driving down the road. In fact, it can be pretty subtle, and if you regularly cruise with your music at full blast, you may not even notice it!

Engine knock can be a metallic pinging, a repetitive tapping noise, or metal plinking against metal. Depending on the cause and severity of it, it can vary in loudness, frequency, and exactly when it occurs. The most obvious times are usually when you're accelerating.

**WHY DOES ENGINE KNOCK HAPPEN?**

If you've experienced your car making a knocking sound, then a problem is likely occurring upon combustion within the engine. There are several possible causes for this:

**1. INCORRECT OR LOW-OCTANE FUEL**

When you fill your vehicle with gas, you typically have several options for fuel type: regular, mid-grade, and premium. These fuel grades are also paired with numbers, which are the fuel's octane. Octane is a measurement that tells you how resistant a fuel is to abnormal combustion.

If you use a lower octane than recommended by your vehicle owners manual, the fuel can pre-ignite and cause engine knock. All vehicles have specific octane requirements; check your owner's manual to see what the manufacturer recommends for your make and model.

**2. BAD SPARK PLUGS**

Spark plugs convert electrical energy into a spark, which ignites your engine's fuel and air mixture – making them crucial to your engine's performance. If your spark plugs are old or faulty, they can cause fuel ignition problems and cause engine knock.

Spark plug replacement is part of your manufacturer's suggested maintenance schedule. Check your vehicle's owner's manual or contact your local Tires Plus to find out when your spark plugs should be replaced or to have them inspected.

**3. EXCESSIVE CARBON DEPOSITS AND BUILD-UP**

Gasoline contains carbon, which can leave deposits and buildup on critical engine components like the combustion chamber surfaces. Although gas in the United States requires additives that help prevent carbon buildup, a small amount can still occur. When there's carbon buildup in your engine, it can cause hot spots that make the air-fuel mixture ignite prematurely.

**4. INCORRECT AIR-FUEL MIXTURE**

The mix of air and fuel that goes into your engine must be precise for the engine to work correctly. If your vehicle has a malfunctioning sensor, vacuum leak, or fuel delivery issues, the air-fuel mixture can be too lean, meaning it has more air than a given amount of fuel. When you have a lean air-fuel mixture, engine knock can occur.

**5. OVERLY ADVANCED IGNITION TIMING**

Advanced ignition timing doesn't mean it's high-tech! If the spark plug ignites the air-fuel mixture too early in the piston's stroke, then the timing is too advanced or occurs too soon. Overly advanced ignition timing can cause engine knock.

**HOW TO FIX AND PREVENT ENGINE KNOCK**

Helping prevent engine knock can be as easy as keeping up with your regular scheduled maintenance! To start, ensure that your spark plugs are replaced when specified by the manufacturer.

In addition to your regular maintenance, fill your tank with the correct octane fuel every trip to the pump, even if your wallet protests at the higher price tag. While higher octane fuel is typically more expensive, you should follow your vehicle manufacturer's recommendations.

**WHAT SHOULD YOU DO IF YOUR ENGINE STARTS MAKING NOISE?**

So you've noticed a knocking sound under the car when driving. What now? If your car knocks when accelerating, or just driving in normal conditions, addressing it as soon as possible is essential. Have your vehicle inspected and diagnosed by a qualified technician as soon as possible. It may be as simple as a bad spark plug or require more complex repairs to diagnose the chain of problems.

**TIRES PLUS CAN HELP PREVENT AND FIX ENGINE KNOCK**

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# YOUTH IN ACTION

## Bus Safety at Minot AFB Schools

Safety reminders for Minot Air Force Base Parents and Guardians during parent drop off and pick up at Minot AFB Schools during Winter Busing:

The bus lanes and areas are designated for the safe drop off and pick up of students at each school.

At Memorial Middle School - Minot AFB, the main parking lot in front of the school is designated for bus drop off and pick up. As buses are staged in this area, please do not drive around the bus. This results in serious safety concerns especially if a child exits the bus.

At North Plains Elementary and Dakota Elementary, as buses are pulling into the schools, please



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



wait for buses to be staged before crossing the road to enter the school. Our goal is to ensure the safe arrival and departure of all students. Alternatives include utilizing the parking lots and parents/guardians escorting students to the school outside of

the designated bus lanes.

Please be sure to use the cross walks outside of the designated bus lanes for students to cross safely.

Please share for increased awareness and assurance of the safety of students at Minot AFB.



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2023-2024 Semester 1

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- Moses Ellis III • Ian Finney • Sara Garver • Ariana Gonzalez
- Henry Karabelski • Jack-Tyler Karst • Ilyana Lavalais • Krishal Mahat
- Luciana Mason • Asher Muhs • Frank Prebble • Stella Prebble
- Leilani Smith

**Grade 7**

- Tucker Black • Isaiah Coon • Caitlyn Cummock • Zaire Dorsey
- Milania Gomez • Tyson Hann • Jay Jensen • Gavin Kennedy
- Melanie Monson • Liam Starr • Nora Turner • Jayden Whitfield

**Grade 6**

- Blake Baloga • Liesl Chapman • Layvee Fortin • Lucy Hoadley
- Savannah Kingsley • Easton Minter • Ellie Moomey • Noah Myers
- Logan Scirica • Laurel-Elaine Smith • Lucas Smith • Atlys Wang
- Hazel Wheeldon • Taylor Williams

### Honors

**Grade 8**

- Mason Culver • Bennett Flavin • Mason Foerster • Kendalyn Hansen
- Mylah Jackson-Montgomery • Christian Mendoza • Peter Michaud
- Charlee Morris • Rainyn Opetaiia-Donaldson • Jacob Smith
- Nicole Szabo • Patrick Theran • Nichelle Williams • Myesha Wright

**Grade 7**

- Iverrie Brim • Isaac Brinkley • Macy Bryant • Jayden Finley
- Alexandra Guzman Munoz • Paycen Irvin • Aria Jeong
- Cameron Kozak • Abigail Miller • Madison Palmer • Michael Scheller
- Jeremy Selman • Chloe Stitt • Nayeli Umana • Landon Wilson
- Thor Winn

**Grade 6**

- Ethan Arnholtz • Nayla Baez Otero • Ethan Constante • Aniya Diggins
- Meauta Donaldson • William Filiowich • Ayla Flavin • Peyton Helseth
- Adrian Raymh Hinal • Olivia Huntley • Ariyana King • Elijah Nay
- Aurora Reese • Sophia Riviera • Brooke Ruediger

### High Honors

**Grade 8**

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- Anthony King • Nevaeh Lowery

**Grade 7**

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### MATH CROSSWORD

	+	2	=	20		3	=				6	=	10
-			-		-				+			+	
8									8				
=			=		=				=			=	
10	+		=	17		3	=	14	-	2	=		13
			-		+				+			+	
						2			1			2	
			=		=				=			=	
	+	4	=	8	+	8	=		-	3	=	13	
			-		+				-			-	
16			1		3				11			5	
=			=		=				=			=	
20	-	13	=		+	12	=	19		+	8	=	10

\* Fill in the missing numbers and signs **ADDITION AND SUBTRACTION**

### WORD SEARCH PUZZLE

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



- Fig • Pear • Pineapple • Apple
- Cherry • Orange • Melon
- Grape • Watermelon • Peach
- Lemon • Bananas • Kiwi



### JOKES OF THE WEEK

Q: Why couldn't the pony sing a lullaby?  
A: She was a little horse.

Q: What do you get when you put three ducks in a box?  
A: A box of quackers

Q: Why did the bird get in trouble in class?  
A: He was tweeting on a test.

Do you have a funny joke you would like to see in our Kids Zone? Submit to our website or email [nsads@srt.com](mailto:nsads@srt.com)

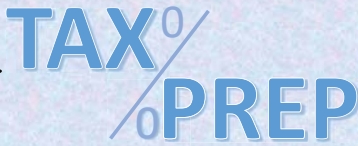
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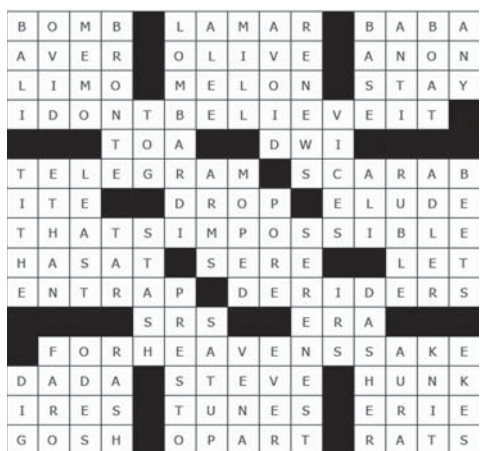
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

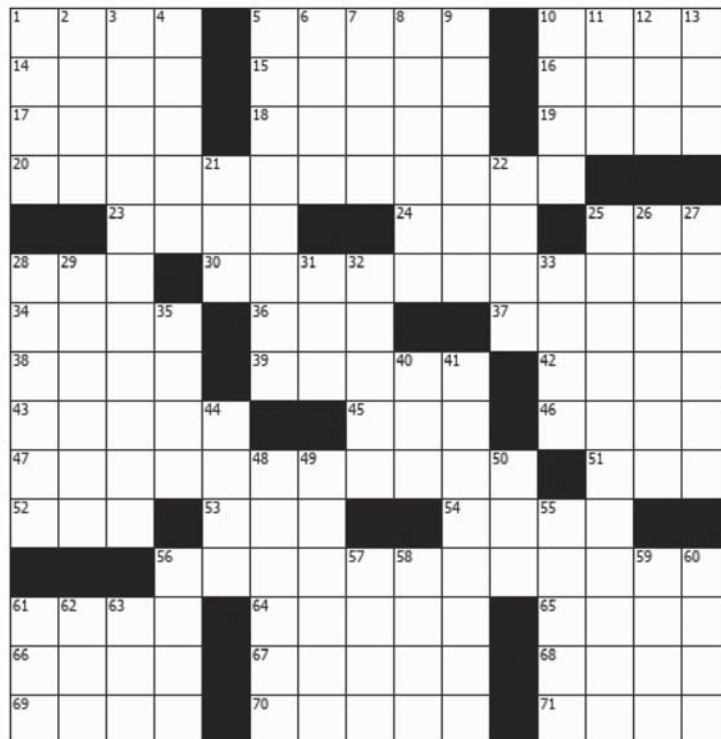
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Star trekkers?
- 5. Futuristic worker
- 10. Anastasia's father, e.g.
- 14. Spirit
- 15. Old public square
- 16. Perfect, as a skill
- 17. Methodically organize, as clothes
- 18. Part of Norton's network
- 19. Howard's four-letter film
- 20. Good for your pumper
- 23. Enter
- 24. \_\_\_ Paulo, Brazil
- 25. Tax preparer
- 28. Had a little something
- 30. Where Tris Speaker performed
- 34. Is deceptive
- 36. Thoroughbred Barton's title
- 37. Unit of capacitance
- 38. Type of estate
- 39. Kind of presidential dinner
- 42. It's read at 39-Across
- 43. Breathing anomaly
- 45. Large U.S. airport
- 46. Quad VIP
- 47. Hobbit's milieu
- 51. Yearling's number
- 52. Two inner needs?
- 53. Small amount
- 54. Forest fighter's aid
- 56. Workout of abs and obliques
- 61. Therefore
- 64. True partner
- 65. It ends up in the crease
- 66. Athletic blade
- 67. Birch kin
- 68. Garage job
- 69. Describe in drawing or words
- 70. Overly intellectual, stereotypically
- 71. Roman being



**Down**

- 1. Come together nicely
- 2. Succulent plant
- 3. What some rock groups started as
- 4. Emcee's forte
- 5. Foolhardiness
- 6. S-shaped curve
- 7. Phillies manager
- 8. Part of a threat
- 9. Dentist's target
- 10. Unnamed ones
- 11. Ground layer
- 12. Animated role for Woody Allen
- 13. Pt. of rpm
- 21. First O of O-O-O
- 22. Chemistry Nobelist Jacobus van't
- 25. Like a solemn observance
- 26. Expect for sure
- 27. Present as evidence
- 28. Simple cabin style
- 29. Haberdashery fastener
- 31. Picker's trivial concern?
- 32. Singer's first syllables, perhaps
- 33. Poet's foot
- 35. It gets the support of runners
- 40. Salt
- 41. Martini type
- 44. Choir role
- 48. Wildlife identification
- 49. Channel swimmer
- 50. "Bali \_\_\_"
- 55. Hearth
- 56. Filmdom's Joel or Ethan
- 57. Daily ebb and flow
- 58. Smell strongly
- 59. Catches red-handed
- 60. Joyousness
- 61. Fish without scales
- 62. Inst. in Troy, N.Y.
- 63. Rare find

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# CHURCH DIRECTORY

## Chapel Services at MAFB

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*Protestant*  
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 1030  
 (Holy Communion 1st Sunday)  
 Children's Church during school year

*Wicca, Pagan, and Neopagan Services*  
**Open Circle**  
 1000 on the 1st and 3rd  
 Saturdays of every month

*Northern Lights Chapel across from Rockers*

**Catholic Mass**  
 Sunday ..... 1000  
 Daily ..... Monday-Thursday at 1200

## St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

**Saturday, January 20**  
 5PM, Great Vespers

**Sunday, January 21**  
 10AM Holy Liturgy

**V. Rev. Fr. Paul Hodge**



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 and Sundays 10:30am

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 701.838.2665 | [www.bfbc.tv](http://www.bfbc.tv)



## Trinity Church

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

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

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)



## Bible Fellowship Church

**Worship Service**  
 10:45am Sundays

**Sunday School**  
 9:45am



## Vincent United Methodist Church

**1024 2nd St. SE • 838-4425**  
*Behind Town & Country Shopping Center*  
**Come As You Are!**

Sunday School ..... 9:00 a.m.  
 Sunday Worship Service .... 10:00 a.m.  
 Fellowship..... 11:00 a.m.

**Pastor Mark Ehrmantraut**  
[www.vincentumc.com](http://www.vincentumc.com)



## Faith United Methodist Church

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)

**Pastor Ken Mund**  
 701-838-1540

Sunday School (All Ages): 9:45 a.m.  
 Sunday Coffee Fellowship: 10:30 a.m.  
 Worship Services: Sunday 11 a.m.

## Cornerstone Presbyterian Church

**1000 NE 3rd Street 852-0315**

**Sunday Schedule**  
 Contemporary Worship ..... 9:00am  
 Sunday School (All Ages) ..... 10:00am  
 Traditional Worship ..... 11:00am

**Wednesday Evening Schedule**  
 Community Dinner ..... 5:30-6:30pm  
 Contemporary Worship ..... 6:30pm  
 Youth Group & Small Groups.. 7:15pm

**All are Welcome!**  
[www.cornerstoneminot.com](http://www.cornerstoneminot.com)



## GriefShare

*Grief Support Group meets Mondays at 7:00pm starting January 29.*

**Contact Duane Deckert:**  
 701-838-0916 or [biblefellowship@srt.com](mailto:biblefellowship@srt.com)  
[www.griefshare.org](http://www.griefshare.org)

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

## Immanuel Baptist Church

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



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

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



## Christ Reformed Church

Worship 11:00 a.m. Sunday  
 234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

## St. John the Apostle Catholic Church

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

Daily Mass Schedule:  
 Tuesday ..... 5:15 p.m.  
 Wednesday - Friday ..... 7:00 a.m.  
 Saturday ..... 5:00 p.m.  
 Sunday ..... 8:00 & 10:30 a.m.

*Fr. David A. Richter, Pastor*  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)



## First Lutheran Church - ELCA

120 5th Ave. NW  
 852-4853

Sunday Worship 9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am  
[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman

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**1805 2nd St. SE 838-1111**

**Sunday Services**  
 9:00 AM & 11:00 AM

**Wednesday**  
 6:30 PM

## Minot Baptist Church

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

Sunday School ..... 9:45 a.m.  
 Morning Worship .... 11:00 a.m.  
 Evening Worship ..... 6:00 p.m.  
 Wednesday Evening..... 7:00 p.m.

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**500 46th Ave NE • 839-1351**  
 Pastor David Miller



## Cross Roads Baptist

**Southern Baptist Convention**

Sunday School (all ages) ..... 9:45 a.m.  
 Sunday Worship ..... 11 a.m. & 5:30 p.m.  
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

[www.minotcbbc.org](http://www.minotcbbc.org)  
 email: [minotcbbc@gmail.com](mailto:minotcbbc@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..... 5:30p.m.  
 Classes for All Ages ..... 6:30 p.m.  
 Youth Center, Friday..... 7:00 - 11:00 p.m.  
 ABC Child Care Center..... 852-6352

[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

## St. Mark's Lutheran Church

*Missouri Synod*



**Sunday Divine Service**  
 9:30 AM

**Adult Bible Study and Sunday School**  
 11:00 AM

**Wednesdays Kid Connection**  
 5:15 PM

## First Baptist Church

200 3rd St. SW • 852-4533  
[www.fbcminot.org](http://www.fbcminot.org)

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

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

## Apostolic Faith Church, UPCI

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

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

**Jesse Starr, Pastor**



## Grace Baptist Church of Minot

*A Reformed Baptist Church*

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

**Web:** [gracebaptistminot.com](http://gracebaptistminot.com)  
**E-mail:** [gbcminot@gmail.com](mailto:gbcminot@gmail.com)

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**Rev. Heath Trampe**  
**Rev. Brian Doel**

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

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 OSKids (age 4-5th grade)  
 Confirmation (grades 6-8)  
 High School Youth Group (6-8pm)

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

**700 16th Ave SE • 701-838-0750**

For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)



## ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 37th year the fall of 2024 and we would love to have your child be a part of it!

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- Christ-centered environment

**Please contact our school office or visit our website for more information.**  
**701.839.0772**  
 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)





## Gospel Tabernacle Community Church

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

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

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

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## KNIGHTS



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# It's All in the Family Recipes

HOPE ANDERSON



When Jesús Quiñones emigrated from Jalisco, a state in Mexico, 13 years ago, he never expected that he would be opening a restaurant in Minot, ND, but that is exactly what happened in November of last year. After working in the food industry for many years, Jesús decided that it was time to open his own restaurant and after discussing it with his family, he found a location that couldn't be beat and opened Don Tapatio, located at 7 1st St SE in downtown Minot. The restaurant is truly a family partnership and anyone who walks in the door can feel that family atmosphere immediately.

The passion for serving authentic Mexican food is at the heart of Don Tapatio. Each family recipe is tested and tried to ensure only the best food is served to each customer. The kitchen staff starts preparing food at 6 am each morning and they make everything fresh each day. The hard work behind the scenes is what makes the food special and true to their family heritage.

One of their most popular menu items are the birria tacos, which are made with tender shredded beef and melted cheese coated in sauce and pan fried until crispy. The made to order guacamole is flavorful and goes great with the crispy tortilla chips. They offer vegetarian options, which I can attest are delicious with a combination of vegetables seasoned in diablo sauce: onions, poblano pepper, yellow squash, pineapple, and mushrooms and can be made to order

several different ways. Gluten free options are also available.

The set up of the restaurant is unique in that it occupies 3 floors and has room for family and small group seating on the first floor, a bar on the 2nd floor for 21 and older, and a 3rd floor that is open for group of 15+. If you are looking for a space to have a large group meal, contact the restaurant to reserve the 3rd floor dining space. The historic downtown building makes the dining atmosphere even more special as you are welcomed in with a mix of bright colors, wood tones, and painted brick.

If you are looking for a place to go for a date night, family meal, group dining experience, or appetizers out with friends, Don Tapatio is an excellent choice. With so many different menu options, there is something for everyone (and don't forget to try out one of their gigantic margaritas, too!).



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## A LOOK BACK THIS WEEK IN USAF HISTORY

57TH AIR DIVISION IS ACTIVATED AT MINOT AFB  
 JANUARY 22, 1975



On January 22, 1975, the 57th Air Division was activated at Minot Air Force Base, ND. The unit had a long history overseas and at many other United States bases before moving without personnel or equipment to Minot. It took on the resources of the base and lent vital support to the 91st Strategic Missile Wing and 5th Bombardment Wing. The 57th AD would go on to become the host unit of the base after the Iran

Hostage Crisis in 1980, when Strategic Air Command tasked them with organizing the Strategic Protection Force. The 57th AD was the first division in SAC to implement the concept. At the forefront of the force were the B-52 Stratofortresses, which could provide worldwide warfare capabilities. The 57th Air Division was in control of all missile and bomb wings in North Dakota, including those at Grand Forks AFB and Minot. The unit was deactivated in June of 1991 and the 5th Bomb Wing became the host wing, and continues to assume host responsibilities to this day.

Information courtesy of: minot.af.mil / Air Force Combat Wings by Charles Ravenstein / History of Minot AFB c. 1980

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For full details or to submit your photo for the Northern Sentry Wintery Photo Contest scan the QR code.



Grand Prize: Family Pack to Bottineau Winter Park!



Hiking alone near Bottineau Winter Park on Dec 28, 2023 Ming said, "I am a big believer that beauty is everywhere, we just have to look for it."

Submitted by Ming Ni



On December 31, 2023 the trees in front of the North Plains Chapel endured such insane weather. They frost over and still produce leaves and pines every single year. Sarah said, "Seeing this beautiful view on the last day of the year reminded me of God's goodness, his faithfulness, and his undying and unfading love for us."

Submitted by Sarah Weidman

NOTES ON BEING SAFE

Basic principals for safe lifting



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



You would never use a jack without also using a jack stand right!

The vehicle lifts that are supporting a vehicle you are working or being stored can represent one of the most productive tools in your shop, or one of the most dangerous pieces of equipment for you if not used and maintained properly. You'd never drive a vehicle that hadn't had the brakes inspected in years. Here are some basic and common sense principles apply to vehicle lifts in your shop and daily inspections are part of your job.

Whether you're using two-post lifts, parallelograms, mobile column lifts, drive-on lifts or in-ground lifts for servicing vehicles, you should follow these basic safety rules.

1. BUY CERTIFIED LIFTS

There's only one nationally recognized safety standard for vehicle lifts: ANSI-ALI/ALCTV/CE, administered by the Automotive Lift Institute (ALI/ETL). ETL testing labs verify that a manufacturer's lifts meet the national safety standard for vehicles lift. The Automotive Lift Institute working through ETL testing procedures involves rigorous third-party testing verifying lift manufacturers comply with current ANSI requirements for lifts as defined by the International Building Code, which mandates that lifts be third party tested to meet these safety requirements. To verify equipment status, look for the gold ALI/ETL verification tag next to the lift's controls.

2. BUY CERTIFIED LIFT OPTIONS

A commonly overlooked mistake is using an uncertified option or accessory on a certified lift. Doing so will void the lift's certification. It's simple: If the optional accessory isn't certified then the lift isn't certified. ALI/ETL standards (&ANSI standards & building code standards), require all accessories, such as drive-on lifts, rolling jacks and truck adaptors, to be certified. Although certification is good for the life of the lift, older models may not meet the most current standards. Complying with American National Standards Institute (ANSI), Occupational Safety and Health Administration (OSHA) and Public Employees Occupational Safety and Health (PEOSH) requirements is the key to keeping vehicle lifts at the

highest possible safety level.

3. NO LOCKS ARE LIABILITY

Always raise the vehicle and then lower it onto the lift's mechanical locks as required by ANSI. Refer to ALI safety manual lifting it Right or the manufacturer's operating instructions for detailed information. An easy way to visually verify the locks are being used is to include a weight gauge (a pressure gauge calibrated to the lift's lifting capacity) on your lift. A weight gauge can also be a great diagnostic tool. If using an old in-ground lift that doesn't have locks, it's time for a new lift. While some in-ground lifts can be retrofitted with an aftermarket lock, it's not the most cost-effective option, and your lift will still not be ALI/ETL certified to be compliant with ANSI rules and building code laws.

4. IT'S EASY TO OVERLOAD

Manufacturers of the most common two-post side by side lifts mandate that none of the four swing arms be overloaded. As an example: Some may think

that a 15,000 pound rated lift that's loaded with a 14,200 pound ambulance isn't near capacity. They're wrong! It's easy to see why two-post side-by-side lifts are often overloaded, even though the total lift capacity hasn't been exceeded.

5. INSPECT EQUIPMENT ANNUALLY

ANSI/Automotive Lift Institute ALCTV Standard for Automotive Lifts-"Safety Requirements for Construction, Testing, and Validation" requires technicians to perform a daily operational safety check. The code also requires an annual inspection by a qualified individual. Failing to do so could expose your shop to liabilities that could be associated with an injury if an accident were to happen.

6. Training and Testing Contact the Automotive Lift Institute, your lift supplier, or a local lift inspection company for a copy of the 20-minute lifting it Right video hosted by legendary. Like any product, lifts vary in style, type, capability, longevity and warranty.

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Submitted by Ashley Vanley



Waylon making colored ice bricks for an epic winter fort.

Submitted by Kristen Cooper

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## Upcoming Events

**20 JAN** **MIGHTY MOUSE ICE FISHING DERBY**  
 12:00-3:00 PM  
 North Dakota State Fair Grounds  
 2005 E Burdick Expy Minot, ND

Game and Fishpond at the North Dakota State Fair Grounds. Participants have the chance to enjoy a day of fishing and compete for exciting prizes. All teams must have one child (under 16) to participate in this event. There are two divisions for registration. One for those who need rental equipment and one for those who have their own equipment. Parents/Guardians are welcome to register and fish with their children. However, it is not a requirement. A Parent/Guardian is required to be present at all times. \$15 per fisher / \$4 to rent pole. Register at MINOTPARKS.COM



For more information:  
 Facebook / Minot Parks / Events

**23 JAN** **MINOT FUN ZONE**  
 9:00 AM  
 Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Tuesdays, Wednesdays, and Thursdays from 9:00am-Noon starting on November 28, 2023 and going through March 28, 2024 (\*\* There will be a two week break for the Christmas holiday. The Fun Zone will be closed from Tuesday, December 19-Thursday, December 28, 2023. We will resume on Tuesday, January 2, 2024.)



For more information:  
 Facebook / Minot Parks / Events

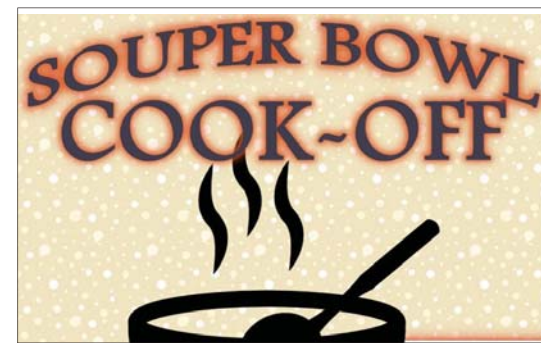
**3 FEB** **FREE JR. GOLF CLINIC**  
 9:30 AM - 3:00 PM  
 Minot State University Dome



For more information:  
 Facebook / Minot Junior Golf Association / Events

FREE DJGA and Minot Junior Golf Clinic at the Minot State Bubble, register at www.djga.org  
 Ages 5-9 9:30-10:30am  
 Ages 10-12 10:45-11:45am  
 Ages 13-18 12-1pm  
 Clinics are Free to all. Please arrive early and enter through the Minot State Dome! Follow the signs. Golf clubs will be provided if needed.

**10 FEB** **SOUPER BOWL COOK OFF**  
 12:00 PM - 2:00 PM  
 Magic City Harley Davidson  
 6701 Hwy 83 South, Minot



For more information:  
 Facebook / Magic City Harley-Davidson / Events

Magic City Harley-Davidson challenges you to enter our first-ever Soup Cook-Off, the "Souper Bowl" of cook-offs! Come show us your best homemade soup recipe to take home the trophy. Making soup not your thing? Cook-Off taste testing & voting takes place from 12pm to 2pm.  
 \*General Rules and Regulations\*  
 • Contestants must pre-register to enter the contest. Call Kelsey @ 701-839-6330 to get registered or message us on Facebook.  
 • Contestants must provide a minimum of (1) 6qt crockpot full of already prepared soup of their choice.  
 • Contestant set up starts at 11:15am - tear down at 2pm  
 • Winner will be picked via voters choice at 2:30pm

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# Champagne and Ice Gala February 17

Did you know that 1 in 20 boys under the age of 18 are sexually abused? Yet only a small fraction of them report the abuse. This year's Champagne and Ice Gala, hosted by the Northern Plains Children's Advocacy Center, will feature a presentation from Sasha Joseph Neulinger, who was sexually abused starting at age 4 by three male family members.

This year's Champagne and Ice Gala will be held on Saturday February 17 at 6 pm at the Clarion Hotel. Tickets for this 14th annual event are available at <https://npcac.cbo.io>.

The NPCAC provides a compassionate and effective way to serve children victimized by sexual abuse and other crimes. Families that come to NPCAC are never charged for services. Funding for NPCAC comes from grants and community donations, so events like this are vital in continuing to serve children and families.

"Centers like this significantly reduce the trauma associated with child abuse and assists in holding offenders accountable. Every year, we serve more children than the last; in 2023 we saw more than 1,000 individuals," said Christal Halseth, NPCAC Executive Director. "This gala has grown into our most valuable source of funding."

An online auction will begin on February 10, concluding on February 17 at 8:15 pm. The auction will include baskets donated by area businesses, an autographed jersey and photo from Miracle on Ice hockey team, a Deion Sanders autographed full-size Dallas Cowboys helmet, and guitars autographed by Kane Brown, Blake Blake Shelton and Kelly Clarkson. The bidding site is located on our Champagne & Ice page at <https://npcac.cbo.io>.

The gala will begin with a cocktail hour with hors d'oeuvres. Neulinger will present before the live auction.

After suffering years of sexual abuse from two uncles and a male cousin, Neulinger broke his silence to his mother when he realized his younger sister also was being abused.

An Emmy nominated filmmaker, Neulinger created the autobiographical feature length documentary REWIND, that details the years of abuse he suffered. He also is the founder of Voice for the Kids, an organization that empowers children of abuse to reclaim their voice.

"I did not choose my trauma, nor have I chosen to be defined by it. But I did choose how I responded to it: how it would contribute to the shaping of who I am today" he said. "Through embracing my fear and confronting what scared me the most, I rediscovered my beauty and learned to harness my power. I built a loving and respectful relationship with myself and reclaimed ownership of my life... and it feels absolutely amazing!"

Tickets are \$50/person; guests must be 21 or older to attend. Gatsby themed attire is encouraged and there will even be a best dressed contest! Raffle tickets are available for a 14k diamond tennis bracelet donated by Knowles Jewelry of Minot and valued at more than \$10,000. Tickets are \$20 each and available through any NPCAC staff or board member.

"The Northern Plains Children's Advocacy Center brings together a heroic team to fight for the most severe child abuse victims in our region while restoring hope and helping them focus on what really matters—being a kid," Halseth said. "We work very closely with all levels of law enforcement, child protective services and prosecution."

Be sure to check out the NPCAC's Facebook page for gala updates. Please call 701-852-0836 or email [christal@northernplainscac.org](mailto:christal@northernplainscac.org) for raffle ticket information.



by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, Jan. 15: 1,838.16 feet above mean sea level (MSL); 16,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.26 feet above mean sea level (MSL). Stump Lake elevation: 1,449.16 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports with cold and dangerous weather conditions throughout the week.

•Devils Lake, Woodland Resort, Devils Lake: Cold weather helping improve ice depths on Devils Lake but be prepared with emergency gear with the cold conditions. Continued fair success.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Anglers in permanent icehouses are finding continued pike and walleye activity. Bluegill success slowed.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather conditions dangerous for getting out and onto area lakes.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Use extreme caution on lakes even though colder temperatures are helping make ice. Ice depths are still extremely variable with rough ice and pressure ridges on Lake Audubon and the east end of Lake Sakakawea. Prior to the cold weather anglers on the east end of Lake Sakakawea found varying ice depths in Centennial and Steinke bays with a few

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto: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.
- Jan. 20: Berthold Sportsmen annual banquet & auction, Sportsmen Club Building, Main St., Berthold, 5 p.m.
- Feb. 3: Little Missouri Badlands Rocky Mtn. Elk Foundation banquet, Roughrider Center, Watford City, 5 p.m.

### TOURNAMENTS:

- Jan. 20: Lake Sakakawea, Tobacco Garden.
- Jan. 27: Devils Lake, 6-Mile Bay.

walleye in 15 to 25 feet. Some pike spearing in Centennial and Steinke bays as well as Wolf Creek on the south side but, again, use extreme caution and test ice depths. Ice conditions and depth also extremely variable on Lake Audubon. Better walleye bite towards evening using tip-ups and dead sticks. Beware of pressure ridges, as well.

•Lake Sakakawea, New Town: No activity due to weather. Ice depth improving in the Van Hook Arm but continue using caution when venturing out and wait for warmer weather.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace was producing walleye and ling from the wing walls prior to the bitter cold but that could change with the weather. East end of Lake Sakakawea iced over with extremely rough and dangerous ice conditions. No access recommended.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Limited activity due to weather but overall walleye success slower on the upper end of Lake Sakakawea with fish finicky. Try tip-ups and minnows for a slow presentation around Lewis & Clark State Park but be careful in the cold weather conditions.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity due to weather but anglers were finding cloudier water on Buffalo Lodge Lake for pike spearing when going out prior to the cold and wind.

**Downhill ski report** (conditions can change; contact the facility for recent updates):

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

•Frostfire Ski Area, Walhalla: Open for skiing and snowboarding. Contact (701) 549-3600 for more information.

•Huff Hills Ski Area, Mandan: 12- to 15-inch machine groomed base. 3 runs, 1 lift and 1 tow open. Contact (701) 663-6421 for updates on snow conditions and snowmaking.

•Terry Peak, Leads, S.D.: 14- to 24-inch base. 13 trails, 1 carpet, and 3 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.

## ROASTED COD WITH MEYER LEMON HERB BUTTER

**INGREDIENTS**

- 4 TABLESPOON SALTED BUTTER, SOFTENED
- 1/2 MEYER LEMON, ZESTED, JUICED
- 1 CLOVE GARLIC, MINCED
- 1 TABLESPOON FRESH HERBS SUCH AS TARRAGON, PARSLEY, BASIL, OR CHIVES
- 2 TRAEGER SALMON SHAKE

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Compound butter: Combine butter, lemon zest and juice, the garlic, herbs, and the Traeger Salmon Shake. Refrigerate if not using right away.

Use a tablespoon of the butter to grease a heat-proof baking dish.

Arrange the cod fillets in a single layer in the baking dish. Dot evenly with bits of the compound butter.

Bake for 12 to 15 minutes, or until the fish is cooked through.

Spoon sauce over each serving. Enjoy!

Ryan Davy - GM  
Minot

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

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Jan26

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 mmackey@kalixnd.org  
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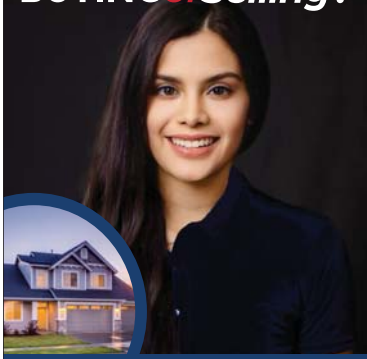
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3	7	4	9	8	5	1	2	6
5	2	6	3	1	7	8	4	9
1	9	8	6	4	2	5	3	7

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## MINOT AFB ANNOUNCEMENTS

### 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

### SCHOOL BOARD MINUTES

#### MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING JULY 25, 2023

The School Board of the Minot Air Force Base Public School District No.160 held an annual meeting on July 25, 2023. The meeting was conducted at the Library of Memorial Middle School.

**Board Members Present:** Brian Lawley

**Board Members Absent:**

**Call to Order:** Brian Lawley presided over the meeting and called the meeting to order at 5:00 p.m.

**Pledge of Allegiance:** The pledge of allegiance was recited.

**Preview of the Agenda:** No changes.

**Appointment of Board Members:**

Brian Lawley appointed the following MAFB Board Members: Anthony Foerster, Shavana Jones, Wesley Hoffman and Eric Fileccia.

**MAFB School Liaison Officer Report:**

MAFB School Liaison Officer, Joy-Nicole Smith, gave a report to the Board.

**Reorganization of the Board, Elections:**

Anthony Foerster nominated Brian Lawley for School Board President. Eric Fileccia seconded the nomination. There were no other nominations. Motion carried 5-0.

**Appointment of Liaison for the MPS Board meetings:**

There was consensus to have Brian Lawley attend the MPS board meetings as the Liaison but to have a rotating schedule, so all MAFB board members have the opportunity to be at the MPS Board meeting in the Liaison seat.

**Approval of Minutes:**

Motion by Foerster, seconded by Jones to approve the February, March, April, May and June 2023 financial reports as presented, including the accounts payable of \$7,836,563.25. Motion carried 5-0.

**Minot North Construction:**

Superintendent Vollmer discussed the Minot North High School Construction Project. Minot School District #1 will receive a CTE Inflationary Grant for the project to assist with the finances.

**MAFB School Board resignations:**

Motion by Foerster, seconded by Sileccia to accept the resignation of the MAFB Board member Janelle Burton. Motion carried 5-0.

Motion by Foerster, seconded by Jones to accept the resignation of MAFB Board member Ellen Reed. Motion carried 5-0.

**2023-2024 Agreement:**

Motion by Foerster, seconded by Fileccia to approve the 2023-2024 Agreement and Addendum #1 and #2 between the Minot Public School District #1 and the Minot Air Force Base School District #160. Motion carried 5-0.

**Joint Powers Agreement:**

Motion by Fileccia, seconded by Foerster to approve the Joint Powers Agreement to have Minot Air Force Base School District #160 join the Northwest North Dakota Career and Technical Center. Motion carried 5-0.

**2023-2024 Budget:**

Business Manager Laura Dokken, presented the 2023-2024 MAFB School District #160 General Fund and Building Fund budgets. Motion by Foerster, seconded by Jones to approve the 2023-2024 MAFB School District \$160 General Fund and Building Fund budgets as presented. Motion carried 5-0.

**Federal Impact Aid Authorized Representative:**

Motion by Fileccia, seconded by Hoffman to appoint Business Manager Laura Dokken as the 2023-2024 Federal Impact Air Authorized Representative. Motion carried 5-0.

**Pledged Securities:**

Motion by Foerster, seconded by Jones to approve the pledge securities as of June 30, 2023 as presented. Motion carried 5-0.

**Designated Depositories:**

Motion by Foerster, seconded by Fileccia to approve the designated depositories for the school district funds as presented. Motion carried 5-0.

**2023-2024 School Board Visits:**

Motion by Jones, seconded by Hoffman to approve the schedule as presented for School Board visits to schools for 2023-2024. Motion carried 5-0.

**2023-2024 School Board Meetings:**

Motion by Foerster, seconded by Jones to set the 2023-2024 board meeting schedule as the third Tuesday of the month at 5:00 p.m. at Memorial Middle School Library as the regular date and time with noted exceptions. Motion carried 5-0.

**Announcements:**

1. New Teacher Orientation – August 16 & 17, 2023
2. Teaching Staff Back – August 21, 2023
3. MAFB School Board Meeting – October 17, 2023

**Adjournment:**

The meeting was adjourned at 6:00 p.m.

\_\_\_\_\_  
President

*Laura Dokken*  
Business Manager

### 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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**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.

## Local Cravings

# Restaurant Guide

<p><b>Applebee's Grill &amp; Bar</b></p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p><b>Badlands Restaurant &amp; Bar</b></p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>	<p><b>Bone's BBQ Smokehouse &amp; Grill</b></p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p><b>28 Tastes &amp; Taps</b></p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes &amp; Taps</p>	<p><b>Culver's Restaurant</b></p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p><b>Ironhorse Kitchen + Bar</b></p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p><b>Jamaican Vybz Kitchen</b></p> <p>Suite 200 315 Main Street S Minot Phone: 701.441.9309 FB: Jamaican Vybz Kitchen</p>	<p><b>Mi Mexico</b></p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p><b>N.D. Asia</b></p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
<p><b>Noodles &amp; Company</b></p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p><b>Pink's Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p>	<p><b>Prairie Sky Breads</b></p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>
<p><b>Primo Restaurant</b></p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	<p><b>Souris River Brewing</b></p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p><b>Whiskey Nine</b></p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>		

**EXERCISE PRAIRIE/  
BAYOU VIGILANCE 24-2**



A B-52H Stratofortress assigned to the 23rd Bomb Squadron has its engines tested at night in support of Exercise Prairie Vigilance/Bayou Vigilance 24-2 at Minot Air Force Base, North Dakota, Jan. 6, 2024. Air Force Global Strike Command maintains a credible strategic capability that enhances deterrence of threats to the United States, its allies and partners.



Airmen from the 2nd Aircraft Maintenance Squadron work on a flightline heater tube in support of Exercise Prairie Vigilance/Bayou Vigilance 24-2 at Minot Air Force Base, North Dakota, Jan. 7, 2024. The exercise enhances readiness while ensuring that associated strategic assets are safe, secure, and effective.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ALEXANDER NOTTINGHAM

*★ Hotel ★*  
**REVEL** *Weddings for Warriors*

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## NO COUCH POTATOES ALLOWED

Patricia Stockdill

It's the heart of January – and it's couch potato time. Wrong, it definitely shouldn't be couch potato time for people or their favorite four-legged Hunting Maniac. By settling deep into the folds of the couch, it's that much harder to bring a hunting dog back into condition come spring training, summer fun, and the upcoming hunting season.

But it's not up to the dog... nope, it's up to you.

Let's face it, we tend to have our routines and in the winter – even as nice of one as this has been – it's easy to settle into a couch potato routine. Those long dark nights make it hard to find time to do much of anything when it comes to working out the Hunting Maniac.

But wait, so what if there is icky weather out there or it's dark?

Go to the basement or garage and work a few minutes on training fundamentals. Heck, even an apartment is good for reinforcing basic hunting commands, including whatever terminology one chooses for things such as "please don't rip the head off the rooster" and "no, don't pluck the duck".

"Come" means come now, not sometime within the next 24 hours and "drop" means give the bird (or ball or whatever the Hunting Maniac is supposed to find, retrieve, and deliver to you, the treasured hunter), not hiding it somewhere.

Short, indoor "reminder" training sessions accomplish two things – reinforcing some of the little things that can easily slip to the background during hunting season, like "sit" when by or in a vehicle as a hunter gets ready to go afield, and commands like "heel", and "whoa".

Just as off-season training and conditioning is necessary for athletes, off-season reminders for basic commands allow a hunter to regain control of that four-legged Hunting Maniac. The other advantage is the dog – and hunter – aren't dealing with field distractions. Plus it gets dog and hunter alike moving during the off-season, which is good for all involved.

Take walks when it's nice outside even if it's on a leash down the street.

It's also a good idea for hunters to take their dog to

their veterinarian for a post-season checkup in early spring, especially to check for internal or external parasites and evaluate body condition. It's also a good way to stay current on any needed vaccinations.

Ask if it's beneficial to have the dog on year-around heartworm and flea and tick preventatives.

Hunters need to increase their dog's caloric intake as it moves into hunting season to provide adequate nutrition, protein and fat for energy, essential minerals, and other nutrients.

The problem is that it's easy to forget to decrease the amount of caloric intake after hunting season.

When combining less exercise (that couch potato thing) with the same amount of dog food as when the dog was working hard in the field, it's a recipe for portliness.

Cut back 30 percent of the amount of caloric intake once hunting season is over. Do it gradually, though, or it's likely the dog will try to convince you that he or she is being deprived of the last food morsel on the planet. Reducing caloric intake during the off-season doesn't translate into changing the type of dog food, however. Because it takes time for a dog to adjust to different food, simply feed hunting dogs food designed for hard-working dogs year-around. Don't switch to a lower calorie dog food because dogs need those same nutrients year-around, just in lower levels.

Instead, simply decrease the quantity gradually. When it gets to be the time of year when training and conditioning for the upcoming hunting season begins, gradually start increasing the quantity.

The bottom line?

Admittedly, this is the time of year when it's easy to become a couch potato.

For the good of all involved, get outside as much as possible and take the dog along for walks. When it's icky outside, spend some time indoors fixing those little things a person let slip by during hunting season. Reinforce commands.

Back off on the food, which probably is good advice whether two- or four-legged.

Besides, before we know it hunting season will be right around the corner.



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# WHAT'S GOING ON MAFB

## FRIDAY 19

- NCO Foundation Course, 0800-1630, Professional Development Center
- JCM – 360 Degree Leader, 0800-1630, Professional Development Center
- Bistro Family Night, 1700-1900, Bomber Bistro
- Just Dance Competition, 1700, McAdoo Fitness Center
- Kids Canvas Painting Class, 1700-1800, Arts & Crafts Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

## SATURDAY 20

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## SUNDAY 21

- Zumba, 1400, McAdoo Fitness Center

## MONDAY 22

- January Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Yoga, 1830, McAdoo Fitness Center

## TUESDAY 23

- January Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Swim Clinic, 0900-1100, Indoor Pool, hosted by Outdoor Recreation
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 24

- January Fitness Challenge, 0500-2100, McAdoo Fitness Center
- Base Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) Overview, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Swim Clinic, 0900-1100, Indoor Pool, hosted by Outdoor Recreation
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

## THURSDAY 25

- January Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 26

- January Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Kids Rock Painting, 1700-1830, Arts & Crafts Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

## SATURDAY 27

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## Rock Painting

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The B-Fifty Brew Featured Item  
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Rockers Bar & Grill Featured Item  
**Beef Bites**  
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