

WHATS INSIDE THIS WEEK:



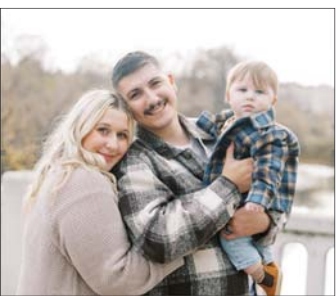
2024 HONORARY COMMANDERS INDUCTION CEREMONY

A6



MEG-A-LATTE' IS CUSTOMER DRIVEN

A9



FCC PROVIDER OF THE MONTH

A3

FORMER MINOT AFB COMMANDER TAKES 20 AF REIGNS



Gen. Thomas Bussiere, commander of Air Force Global Strike Command, passes the guidon to Maj. Gen. Stacy J. Huser, Twentieth Air Force commander, during the 20 AF change of command ceremony on F.E. Warren Air Force Base, Wyoming, Jan. 5, 2024. The ceremony signified the transition of command to Maj. Gen. Stacy J. Huser from Maj. Gen. Michael J. Lutton. Get to know more about Huser on page A2 and A3.

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Twentieth Air Force welcomes first female commander

GLENN S. ROBERTSON, TWENTIETH AIR FORCE PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. --

Maj. Gen. Stacy Jo Huser assumed command of Twentieth Air Force from Maj. Gen. Michael Lutton during a change of command ceremony on F.E. Warren Air Force Base, Wyoming, Jan. 5, 2024.

As 20 AF commander, Huser will be responsible for more than 12,000 Airmen providing nuclear global strike and nuclear weapons sustainment for the U.S. Air Force. She is the 25th and first-ever female commander of the historic Twentieth Air Force.

"I am so incredibly honored to serve as the commander of Twentieth Air Force, where the teams here and across our wings are smart, hard-working, and most of all, passionate about what they do on behalf of our nation," said Huser. "I am looking forward to working hand-in-hand in these exciting times with our many mission partners and community support networks to modernize our strategic deterrent."

Huser commissioned through Officer Training School in 1996 and has extensive experience in space and missile operations. She has commanded the 625th Strategic Operations Squadron, Offutt Air Force Base, Nebraska; the 91st Missile Operations Group, Minot AFB, North Dakota; and the 90th Missile Wing at F.E. Warren AFB.

Coming to 20 AF from the Department of Energy National Nuclear Security Administration, Huser previously served as



Maj. Gen. Stacy J. Huser, Twentieth Air Force commander, renders her first salute during the 20 AF change of command ceremony on F.E. Warren Air Force Base, Wyoming, Jan. 5, 2024. The ceremony signified the transition of command to Huser from Maj. Gen. Michael J. Lutton.

U.S. AIR FORCE PHOTOS | GLENN S. ROBERTSON

the Principal Assistant Deputy Administrator for Military Application. There, she assisted in maintaining the safety, security and reliability of the nation's nuclear weapons stockpile.

Gen. Thomas Bussiere, commander of Air Force Global Strike Command, officiated the ceremony and recognized Huser as the perfect fit for the organization at this moment.

"Selecting commanders is one of the most important and toughest things we do in the Air Force,"

said Bussiere. "We have to pick the right person at the right time for the organization, for the service and for our nation to lead, guide, mentor and develop those that serve."

Lutton, who commanded 20 AF from July 2020 until this month, was the longest-serving commander in its history. Lutton has since promoted to the rank of lieutenant general and is now serving as the deputy commander of Air Force Global Strike Command at Barksdale AFB, Louisiana.

BAKED SALMON CAKES



INGREDIENTS

- 2 POUND SALMON
- TO TASTE SALT
- TO TASTE GROUND BLACK PEPPER
- 1/2 SMALL ONION, DICED
- 1 CELERY, STALKS
- 1 BELL PEPPER, RED
- 1 TABLESPOON DILL, FRESH OR DRIED
- 1 TEASPOON LEMON ZEST
- 1/2 TEASPOON BLACK PEPPER
- 1/4 TEASPOON COARSE SEA SALT
- 1 1/2 TABLESPOON BREADCRUMBS
- 2 LARGE EGGS
- 3 TABLESPOON EXTRA-VIRGIN OLIVE OIL

When ready to cook, set the Traeger to 275° and preheat, lid closed for 15 minutes.

Season the salmon fillets with salt and pepper and place directly on the grill grate. Grill until internal temperature reaches 120°. Remove from grill and set aside to cool.

Place the cooled salmon fillets in a large bowl and break up with a fork. Add onions, celery (diced), bell pepper (diced), dill, lemon zest, salt and pepper, bread crumbs and eggs. Mix well.

Shape the salmon mixture into 6 patties, roughly 2" wide. Increase grill temperature to 375° and preheat lid closed for 10-15 minutes.

When the oil is hot, add the patties to the cast iron and cook in batches. Cook for 10-12 minutes, flipping once halfway through or until sides are golden brown. Enjoy!



Ryan Davy - GM Minot

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GALA & FUNDRAISER



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Get to Know the Twentieth Air Force Commander: Maj. Gen. Stacy Huser

20TH AIR FORCE PUBLIC AFFAIRS



Maj. Gen. Stacy Jo Huser
20th Air Force Commander

U.S. AIR FORCE PHOTO

F.E. WARREN AIR FORCE BASE, Wyo. --

WHAT WAS YOUR CHILDHOOD AND YOUR UPBRINGING LIKE? WHAT PUT YOU ON YOUR JOURNEY INTO THE AIR FORCE?

I grew up in northern Indiana farm country and my parents had both been born and raised Amish. My dad had been enlisted in the Air Force, but he retired when I was only two years old, so, I don't really have any memory of the Air Force from that time. But he was stationed at K.I. Sawyer Air Force Base in Marquette, Michigan, when he retired, which was a B-52 base. So, nukes have always been in my life, apparently.

Both of my parents switched over from being Amish to what we call being "English," which is just not being Amish anymore. My mom was about 18 and my dad was 13 when they switched over. They were a little bit older when they met each other and got married, and then they had me and my younger brother. After dad's retirement, my parents always worked in the restaurant business, in one way or another. When I was a teenager, they owned their own cafe in our hometown, so I grew up working in the restaurant. From washing dishes to cooking back in the kitchen, to running the grill, to waitressing, I would do that on the weekends and spring breaks and summers. It was from that where I learned to work hard and get up early, which is not always fun.

When I graduated high school, I went to college at a very small school called North Central College outside of Chicago. I was a psychology/pre-med major, deciding to go pre-med my senior year, which was not a fun thing to do. My advisor at the time told me I would have to be okay with getting B's in my classes, but I was not okay with it, so I worked hard not to get those grades. But I graduated with a psychology/pre-med degree, went to work in a hospital while I applied to medical schools, where I was put on waiting lists.

It didn't take long for me to get tired of that. My husband and I had only been married about six months when I was talking to a friend who was a missileer and he was making twice as much money as I was at the hospital working overtime and night shifts. My friend was making twice as much money as me as a second lieutenant in the Air Force. So I went down to the recruiter, a female with a degree in 1996. They really wanted us, so it was pretty, I won't say easy, but I was selected for Officer Training School and got a commission. My first assignment was as a space operator when space and missiles was still combined, where I flew GPS satellites. Then I taught space operations out of Vandenberg and that's when I met Missileers, and that's when I decided I wanted what they had. So, I volunteered to be a Missileer and I've been a Missileer ever since.

WHAT WOULD YOU SAY IS YOUR FAVORITE ASSIGNMENT?

I actually have a lot of favorite assignments. I really enjoyed being a squadron commander at Offutt Air Force Base in Omaha because I was geographically separated from my boss, so, I had to be alone and unafraid, taking care of the people who worked for me. It was a very small squadron where each person was hand selected not because they were a shiny penny, but because they were an amazing person and an awesome team player. It's a very close-knit squadron. I really loved my time there and I'm still friends with everybody in that squadron.

I also really loved being at Minot, which people always laugh at. But there truly is something special

about Minot. You become very close to the people you live and work with on base because the winters are hard and you are pretty far away from town. You become close with the people there, but you also have a community that supports you better than I've ever seen - it's just an incredible community.

I also loved being at F.E. Warren, and so does my family. We love the town. We love the people. We love Cheyenne Frontier Days. We love the historic base. We love the mission. Coming back here to Cheyenne was like coming home for the family. So awesome.

ON THE OTHER SIDE OF THAT COIN, WHAT WAS YOUR MOST CHALLENGING ASSIGNMENT?

I would have to stay that my most challenging assignment was just a one-year job when I worked in the legislative liaison office at the Pentagon, but it wasn't really the job that was challenging. I worked with amazing people and we got to take care of a lot of Airmen and their families, but my personal life was challenging. During that time, I lost my dad, and my husband and I lost a baby. That was really hard, but I was surrounded with people who cared about me and us and took care of us during that challenging time. So even though it was challenging, that's probably where I learned the importance of my Air Force family and how I needed to learn to lean on them more than I had ever done in my life.

CAN YOU TELL ME ABOUT YOUR FAMILY?

I'm married and my husband has never been in the military but he's incredibly supportive. When we first joined the Air Force, we didn't know if we were going to fit in, but we quickly found that we fit really well because everybody comes from so many diverse backgrounds. We found that it doesn't matter where you come from, you'll fit in the Air Force.

We waited a little bit later to have children, so I still have school aged kids. I have a 14-year-old eighth grader in middle school, and a 16-year-old junior in high school. I'm lucky because they both still love the Air Force life. I thought when they became teenagers, they would want to stop moving, but they still love it. At one point, about a year ago, I talked about the possibility of retiring and one of them started crying because they did not want me to retire, which was reassuring. So, when it came time to move again, they were like, "Alright, where are we going?" and they were happy to move. I know I'm really lucky and

I know that a lot of our airmen are single parents, or they have a spouse or partner whose job is just as important to them as the Airman's job is. We have airmen with aging parents, or siblings who need to be cared for, or even airmen who are fur parents with fur babies. So I know that I'm lucky that I have a spouse who's mostly a stay-at-home spouse who can help support me and everything I need to do, between TDYs and long hours.

We really do like to spend time as a family, watching movies, playing video games, board games, and go do activities, go out to eat, that kind of thing.

WHAT'S YOUR FAVORITE MOVIE?

I have a running list of favorite movies. I love Ready Player One because it has everything. It's got sci fi. It's got 80's references. It's got love. That's one of my favorites.

The Ryan Reynolds one where he realizes he's in a video game, Free Guy. That's a good one. I like Independence Day and Terminator 2, as well.

HOW ABOUT A FAVORITE BOOK?

So my first favorites that I'll mention here are not professional books. There's an author named Fredrik Backman. He's a Swedish author, so his books are all translated into English, and they're all really funny, touching books. Some he's written are hard to read, because they talk about painful subjects. He also wrote a book, A Man Called Ove, which they recently turned into a movie. I love reading his books.

I love reading sci fi. Orson Scott Card, Robert Heinlein, Isaac Asimov, all those writers.

I do read professional books, like Leaders Eat Last and there's a really good book called XLR8 (accelerate), which talks about small teams getting innovative work done and how to make that happen. Also, I really like Start with Why.

I'm reading one now, that's not really a leadership book, but it's called The Fourth Turning, and it discusses how our society is almost cyclical, and how, through the generations we will move through crises, and then we'll rebuild. We will have a generation of plenty and success, then one of struggle, and how we just keep going through these cycles over hundreds of years.

BACK TO THE JOB ...

WHAT ARE YOUR GOALS FOR THE NEXT FEW YEARS?

For 20th Air Force, I have four main priorities. These aren't necessarily goals, but they lead into goals. My first one is people, and it's all Airmen. Civilian Airmen, enlisted

Airmen, Officer Airmen, and their amazing families. My first priority is to take care of them, because I believe if you take care of them, everything else happens. If I take care of Airmen and truly care about them, then they'll feel supported, they'll get support, they'll have the resources they need to do their jobs and their families will be taken care of. And then, the mission will happen.

Leading into that, the mission is my second priority, because we need to maintain our strategic deterrence with the weapon systems that we have. So, it is on the backs of our Airmen that we do that, that we ensure these systems are credible, that they're deterring our adversaries, and they're assuring our allies.

My next priority is to modernize because we're bringing on a new strategic deterrence system and we need to be able to do everything we can as 20th Air Force and all of our people, working with all of our partners, to make sure that we're ready and helping in any way we can to modernize for the future.

My last priority is to engage with all of our mission partners to maintain our current systems and to modernize, and then to engage with our congressional members and our community leaders, and USSTRATCOM and big Air Force and Global Strike Command and just everybody who has an interest in what we do and can support and advocate for us. We need to

be engaging with and telling our story, forming personal connections, making sure they know the Airmen they're fighting for, and then making sure they know the missions that they're supporting.

WHAT DO YOU WANT THE AIRMEN OF THE 20TH AIR FORCE TO KNOW?

This is going to sound like a cliché, but I would want them to know that no matter what their role is in this mission, that what they're doing is incredibly important. If they ever have a doubt that what they're doing isn't important, I'm ready and I will sit down with them and discuss it with them. I will cheer for them and remind them and show them examples of how what they're doing is so important for our nation. Maybe our nation, the public, doesn't see what they're doing every day, but the rest of us know. Our adversaries know and our allies know. I'm ready to remind them if they need reminding.

NOTICE

Minot AFB, ND -
Maj Brian Ludwig from the 219th Security Forces Squadron has been appointed the Summary Court Officer (SCO) for the estate of
MSGT NICHOLAS VAN PELT 219th SECURITY FORCES SQUADRON.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact
Maj Brian Ludwig:
DSN: 453-1972
Cell: 701-739-0191

NOTICE

Minot AFB, ND -
Capt. Jake Bergman from the 5th IRS has been appointed the Summary Court Officer (SCO) for the estate of
TSGT SEAN PETERSON, 5th LOGISTICS READINESS SQUADRON.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact
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And No One Took A Knee

It was one of those days... running a bit behind but headed to the base to cover a Star Student assembly/celebration at North Plains Elementary School.

The Northern Sentry had been contacted by several North Plains teachers asking if we could cover their monthly celebrations, and it certainly seemed like something that we should cover with a reporter/photographer, that being me.

When I arrived, it was apparent that the Star Student assembly was a big deal both to the students and the parents. The North Plains gym would be the location for the assembly. The young lady who showed be the way to the gym pulled out a chair and invited me to take a seat next to the stage.

Gazing across the gym I took inventory of the many cones, one for each classroom, placed in order on the gym floor. I guessed that the students would arrive soon. Behind the cones were some rows of chairs for parents, grandparents, and friends, and of course there were the steps leading down to the gym floor that served as convenient seating.

One by one each classroom would arrive and took their position in neat rows near their perspective cones.

Last year I was a Junior Achievement instructor at North Plains for Mrs. White's class, and as fate would have it, I was seated

right next to them. Of course, different year-different class, but it was nice to see Mrs. White again. We confirmed that I would again be visiting their classroom this spring teaching Junior Achievement classes.



And then it started....

First with clapping, and then music on the speakers and then singing. At first the clapping seemed a bit disjointed, but soon the entire gym was clapping in rhythm and singing a song about friends (words were displayed on a screen, but a white board blocked my view).

As with any assembly, there were announcements with older teachers and students (assuming they were 6th graders) serving as EMCEE's.

Their energy in the gym was amazing. There was certainly a purpose for this assembly, and we



UPSIDE DOWN UNDER
MARVIN BAKER

From March 12-16, there's an event happening in Anaheim, Calif., that is unlike any other in the United States, except for a parallel event that happens each September in Baltimore.

It's called Natural Products Expo West and it brings tens of thousands of exhibitors, guests, media and sponsors together to look at the latest innovations in everything organic from retail to farming.

A number of entrepreneurs from North Dakota have made the trip to Anaheim over the years in an effort to make a difference in the world of business and some of them have become quite successful because of the exposure at Expo West.

Several years ago I had the opportunity to go as a journalist. My job was to highlight those registered from North Dakota and what it may have been doing for their bottom line.

That was in 2005 and a couple of the things that really stuck out in my mind; 80,000 people attended that year's expo despite it being quite expensive to exhibit or go just as a curious participant.

The other memory was that of the tenacity of participants to embrace organic agriculture, organic food, organic cosmetics and even organic pet food.

At that time (March 2005) North Dakota had roughly 300 organic crop and/or livestock producers. Today that number has dropped to

northern sentry

A VIEW FROM OUR SIDE
ROD WILSON



were working our way toward the start of the awards. Cool! Oh, did I forget, there was an award for the classroom that showed their North Plains colors most prominently. Pretty much every class would have been in the running...it was North Plains everywhere!

If you've been reading along in this article, you are probably wondering why I am spending so much time on a Star Student assembly? The next 10 minutes would define the whole assembly for me.

I need to start by saying that I am true, very true, red, white & blue. When the students and visitors were asked to stand for the Pledge of Allegiance, I was right there with them...hand over my heart, in a powerful and sure voice. But then so was every other person in the gym.

Had the Pledge been the end of the opening ceremonies, I would not have been disappointed. But following the Pledge was the National Anthem. As a writer I am supposed to find words that describe events. How about tears...I cried as the whole gym sang the National Anthem. In front of me were several uniformed service

members standing at attention. To my right was a class of first graders singing with intensity and clarity. No mumbling here, each word pronounced to perfection. What a perfect way to start my day.

BEST KEPT SECRETS

Todd Berning, owner of the "M" building attended the Magic City Lions meeting the day after the brand new "M" was installed on top of the building.

According to Gene Neal, who at one time had a pharmacy in the building, the original "M" was installed in 1976 at a cost of \$27,000.00. "That would seem reasonable" replied Todd "but it was certainly a lot more than that this time." The original "M" was donated to Minot High and is on the NW corner of the football field. And the "M" that was just removed is going to be donated to Minot Public Schools for the new Minot North Athletic complex. Hopefully the 2024 "M" will be at home on top of the M building for a long time.

TODAY'S CHUCKLE

What's wrong with feeling sorry for yourself? If you don't, who else will?

Natural Products Expo West

117, according to the latest statistics from USDA.

Unfortunately, that's not where consumer demand is headed. Ever since USDA set an organic standard in 2002, demand for organic products has risen by double digits nearly every year since. And when they didn't, they were single digit increases. As a result, organic grocery stores such as Whole Foods and Wild Oats Market have sprung up all over the country. In addition, traditional grocery stores began carrying many more organic products.

And just one year after attending Expo West, my National Guard unit was mobilized to U.S. Central Command in Tampa, Fla. There wasn't any housing for us on MacDill Air Force Base so CENTCOM put us up in apartments in the city of Tampa.

On my time off, I explored the cities of Tampa and St. Pete and saw exactly the same enthusiasm for organic products as I did a year earlier in Anaheim.

It wasn't hard for me to connect the dots. Organic businesses from North Dakota at Expo West, tens of thousands of people engaged in organic interest at Expo West, and people all over the Tampa Bay metro flocking to stores and farmers' markets that sold organic products that included organic wine and beer in liquor stores.

That's part of the reason my wife and I created our market gardening business. Not only did we see a need before my trip to Anaheim, but my guess was that after seeing what I saw in 2005, then again in 2006, I knew it was only a matter of time before that same organic consumer interest would reach North Dakota consumers. And it did!

Our business has done quite well at the farmers' market in downtown Minot. Unfortunately, two things have happened in North Dakota that go against this grain of organic consumer demand.

The number of overall organic farms in the state has dropped sharply in the past 20 years. It could be simply a matter of fewer farmers. Secondly, there are fewer organic certifiers than there were in 2005, which makes it more difficult to transition to organic.

There was a time before 2010 that North Dakota was second in the nation in organic agriculture production following California. Now, it doesn't even crack the top 10.

The consumer demand for organic products is going to continue and if American producers don't satisfy the demand, others will pick up the

slack.

Looking at a nation of 332 million, Australia, Canada, Argentina, Chile and Mexico all seem to understand this consumer demand and are taking advantage of it. Just read the labels of organic products next time you go to the grocery store. I just bought some organic blueberries... product of Peru.

Most often our products like wheat, soybeans or canola, that are so plentiful in North Dakota, are not coming from here when they are labeled organic. Is this a missed opportunity?



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Loathing Winter is a Choice: Here's How to Choose More Contentment



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

When it comes to Hotdish Land winters, we don't choose the wind chill, select the date for a blizzard, or have the luxury of opting out of subzero temps. Maybe you didn't choose to move here. Maybe in the middle of a Minot winter, it seems like you have no choices; like you're stuck. Maybe in the darkest, coldest days of the year, it seems like you have little control.

If you're anything like me, the notion of having little control doesn't sit well.

Northern winters are notoriously challenging. While much of season's circumstances may be out of our hands, we can seize control of our perspective. You may naturally prefer lake days to dressing in layers, but when it comes down to it, living in a state of winter-loathing is a choice. And it's not much fun. Here are five simple ways to choose more contentment this winter.

1. The Content Life is Not Always Easy

In challenging circumstances, feeling content can be difficult. Contentment is something you must work at; something you must train yourself to experience. Actively seeking the good, and chronically noticing things to be grateful for become easier with time.

Get started by proactively

planning things that spark happiness. Take part in the community, or make your own fun. Creating moments of joy doesn't mean waiting for perfect conditions; it means intentionally crafting moments that warm your heart in the midst of the cold.

2. Adopt an Abundance Mindset
Instead of focusing on what you can't do during winter, focus on the unique opportunities winter affords. Embrace the chance to delve into hobbies or learn something new. Winter's slower pace allows you to be discerning about how you spend your time. The coldest days help us decide what is truly worth leaving the house for in a -40° windchill.

Consider the winter months as an opportunity for growth and exploration. Use the extra hours indoors to engage in activities that nurture your mind, energy, and home. Take up a hobby, try something new, declutter and transform your house into a home you love. Use this time to cultivate a sense of accomplishment, abundance, and order.

3. Contentment Thrives in Community, Not Isolation

The doldrums of winter are exacerbated by isolation. We can't choose the weather, but we can each choose to be social in a way that best fits our personality. Winter is an excellent time to strengthen bonds while everyone is in town, not away at The Lake.

Resist the temptation to isolate yourself. Instead, use the colder months as an opportunity to connect with others. Contentment is fed when we invest in relationships among friends, and the community.

4. Set Screen Time Boundaries and Limits

It's tempting to burrow down under a blanket, binge watch a favorite show, and endlessly scroll newsfeeds during the

colder months. But excess screen time disrupts sleep and fosters unhealthy comparisons—which are both major drains on energy and contentment. Be diligent in setting boundaries on screen time during these long days indoors. The real world is out there, waiting for you to put on a coat and join in.

Mindful consumption of digital content—especially social media is crucial during the winter. By limiting screen time, you open up space for genuine connections, self-reflection, and activities our community has to offer.

5. Remember That This is Literally a Season

Amidst the biting cold, it's important to remind ourselves that winter is but a season—a temporary phase in the larger tapestry of our lives. It's part of our yearly rhythm, and is a small price to pay for the long, light days of summer, and quality of life Minot affords. Rather than dwelling on discomfort, shift your focus to the unique experiences and opportunities winter presents. Embrace seasonal activities, relish the beauty of snowy expanses, and find solace in the fact that spring will inevitably follow.

So, let's choose to embrace the snow, savor the chilly moments, and find joy in the unique gifts that winter brings. After all, loathing winter is a choice, but so is choosing contentment. Let's make the latter our winter anthem, and see how it transforms not just the season, but our outlook on life.

For more on cultivating a life of contentment through simple strategies and stories, join me online at amyallender.com, on Instagram (@amy_allender), or Facebook (@amyallenderblog.)



To be honest, winter isn't my favorite either—but it's more fun to enjoy it, than dread it

AMY ALLENDER PHOTO

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Mr. Brent Lohnes



5 CONS/CC Lt Col Stephen Kroft (not pictured)
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5 SFS/CC Lt Col John-Paul Adrian (not pictured)
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5TH AMXS COMPETES IN ANNUAL LOAD CREW COMPETITION

U.S. AIR FORCE PHOTOS | MINOT AFB



Members of the 5th Aircraft Maintenance Squadron load an inert AGM-158 Joint Air to Surface Standoff Missile (JASSM) onto a B-52H Stratofortress as part of the 2024 annual weapons load competition at Minot Air Force Base, North Dakota, Jan. 19, 2024. Airmen loaded an inert AGM-158 JASSM onto a B-52H Stratofortress as quickly as possible while maintaining all safety precautions.



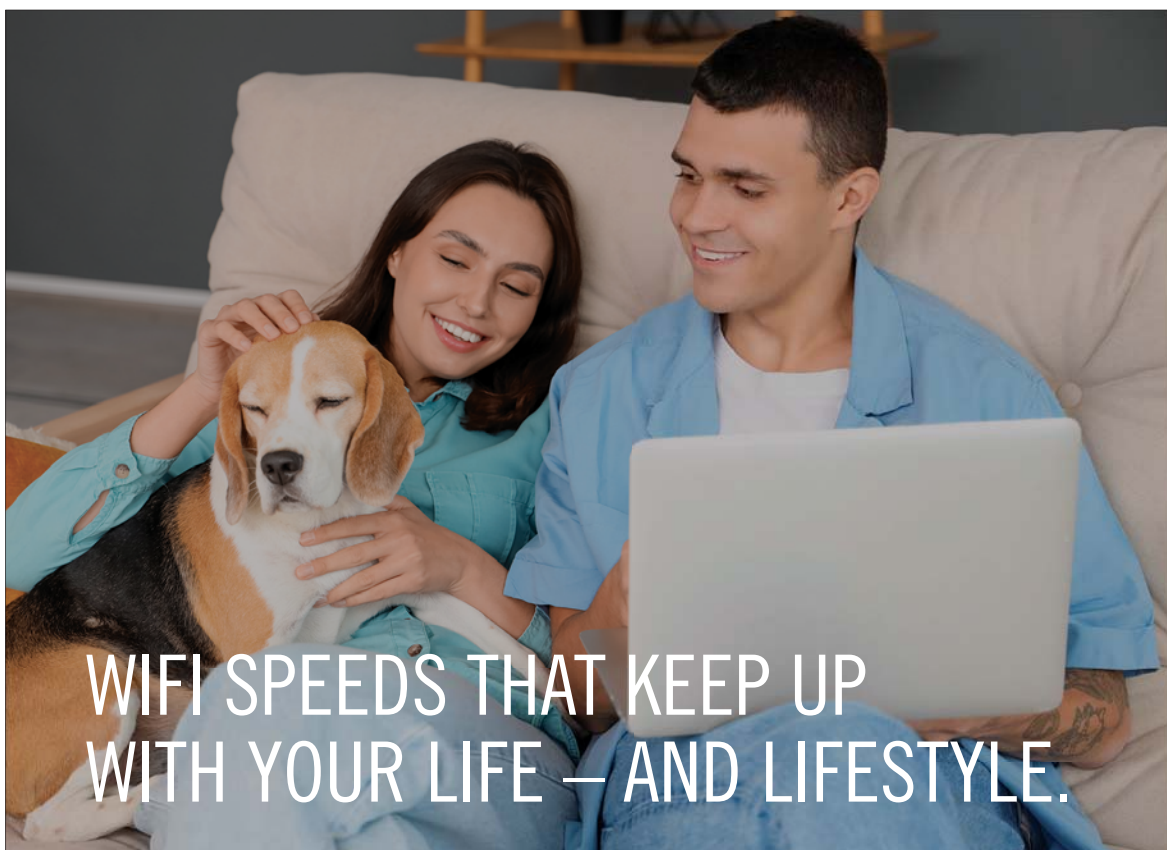
Senior Airman Benjamin Rivera, 5th Aircraft Maintenance Squadron load crew member, loads an inert AGM-158 Joint Air to Surface Standoff Missile (JASSM) onto a B-52H Stratofortress during the 2024 annual weapons load competition at Minot Air Force Base, North Dakota, Jan. 19, 2024. Rivera's team was judged on how quickly and efficiently they could load an inert missile onto a B-52H Stratofortress.



Weapons load crew Airmen from the 5th Aircraft Maintenance Squadron compete to see who can load an inert AGM-158 Joint Air to Surface Standoff Missile (JASSM) onto a B-52H Stratofortress first at Minot Air Force Base, North Dakota, Jan. 19, 2024. Airmen are judged on not only how fast and accurately they can load the JASSM, but also on their dress and appearance, as well as a written exam.



Senior Airman Benjamin Rivera, 5th Aircraft Maintenance Squadron weapons load crew member, drives a missile carrier during the 2024 annual weapons load competition at Minot Air Force Base, North Dakota, Jan. 19, 2024. This competition allowed Airmen to see how efficiently and safely they could load an inert JASSM onto a B-52H Stratofortress in a high stress environment.



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Meg-A-Latte' Is Customer Driven

ROD WILSON, NORTHERN SENTRY

Not everyone can weave their name, and their personality, into a business venture like a coffee shop, but for Meg-A-Latte owner Megan Wold it was fairly easy. "People call me Meg" explains Wold "and I started out in interior design in Fargo, eventually branching into fashion design."

But like any college kid, Meg(an) would need a job to help pay her way through college "and so I managed a coffee shop in Fargo before I went to work for Vanity." Her Vanity job was the continuation of her degree in fashion design. At the time Vanity had around 200 stores.

Originally from Williston, Megan made the decision to return to her hometown and was employed by Haliburton. After the birth of her first child Megan and her husband knew that raising a family would be next in their lives, and the Haliburton job would not be conducive to family life.

That would bring us to February of 2012 when Megan would lean back into another one of her college experiences, managing a coffee shop. They would eventually open the first of 3 Meg-A-Latte' coffee shops in Williston. It was perfect timing as Williston was in the middle of the oil boom, and coffee always seemed to be something people wanted.

Maybe the word "full service" is not exactly accurate for a coffee shop, but once you enter a Meg-A-Latte' coffee shop the atmosphere, complete with nice little spaces, will surround you. Megan has taken her interior design talents and designed the perfect coffee shop "complete with hot and cold drinks, a full-on café with breakfasts & lunch and over 80 different syrups and flavors to give people exactly what they want" according to Megan. Watford City would be the 4th location for Meg-A-Latte.

The next target for a Meg-A-Latte location would be Minot. "The Reason why Minot has been a destination for Meg-A-Latte is because we have had our Meg-A-Latte Coffee Trailer at the North Dakota state fair for 7 years" adds Megan. "That is where we started our connection to the Minot community. Customers at the fair would ask when Meg-A-Latte would be opening a shop in Minot...We've always liked Minot" Meg continues. She would open her location across from the Minot International Airport next to the Qdoba location on North Hill in a space that used to house Tim Hortons. Besides the airport the location would be perfect to catch the Minot Air Force Base crowd on their way to, and from, work. "We'll always have a 10% military discount for active duty and retired military customers, to show them we are thankful for their service to our country."



Meg-A-Latte owner Megan Wold.



Meg-A-Latte Minot barista Celeste.



Meg-A-Latte Minot barista Makenzie.

For those who enter Meg-A-Latte, the sky is pretty much the limit. On the day I stopped, Celeste was the Barista, and the drink she prepared to me was absolutely perfect. It was hot, sugar free and had just enough sweet to it to make superb. Celeste and Meg both talk about the connection they make with their customers. "I have always been a people person" says Celeste "and this job fed right into that passion."

Meg has grown her coffee business by adding corporate coffee clubs for those businesses that would like coffee delivered to their location and of course she has developed an app so that potential customers can order online from their phone and

"not waste a lot of time."

Meg is a North Dakota native and is happily married to Eddie. Together they have four kids and love spending time outdoors and doing family activities. Eddie adds a huge artistic value to the coffee shops in multiple ways, from the initial layout design to the artwork displayed. Collectively, they make a great team.

Ahead Meg can possibly see another Minot location, but when and where is still to be determined.

When, and if, it opens "it will have the same atmosphere and our customers will always be our number one priority."

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Americano	3.5	4	4.5	Creamy Smoothie	5	5.5	6
Café Au Lait	4	4.5	5	Fruit Smoothie	6	7	8
Breve	6.5	7.5	8	Blended London Fog	5	5.5	6
Cappuccino	5	6	6.5	Blended Chai	5	5.5	6
Latte	5	6	6.5	Frozen Hot Chocolate	5	5.5	6
Mocha	6	7	7.5				
Caramel Macchiato	5.5	6.5	7.5	BAKERY			
Cold Brew	4.5	5	5.5	Bagel (Plain, Blueberry, Everything)	4.5		
Signature Cold Brew	5.5	6	6.5	Muffin	4.5		
Bullet Proof Coffee	7.5	8		(Banana) Nut, Blueberry, Chocolate, GF Blueberry	5		
Nitro Coffee	6	6.5	7.5	Mini Donuts	5		
				Scone	5		
				Caramel/Cinnamon Roll	5		
				Specialty Breads	5		
				Maple Long John	3.5		
				Single Macaron	3		
				6-Pack Macaron	16		
EXTRAS				FOOD			
Shot of Espresso			.85	BREAKFAST			
Coconut/Oat Milk	1	1.5	2	Egg Bites	5		
Cold Foam			5	Oatmeal	6		
TEA & ENERGY							
Apple Cider	3.5	4	4.5	SNACKS			
				Pretzel Bites (Original or Cinnamon)	5		

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New ICBM Has 'Critical' Cost and Schedule Overruns, Needs SecDef Certification to Continue

JOHN A. TIRPAK, AIR & SPACE FORCES MAGAZINE

The new Sentinel intercontinental ballistic missile program being developed by the Air Force and Northrop Grumman will cost 37 percent more than expected and take at least two years longer than previous projections before achieving initial operational capability—compelling the service to extend the life of some of its Minuteman ICBMs, senior service and Northrop officials told Air & Space Forces Magazine.

Just before close of business Jan. 18, the Air Force sent Congress notification of a Nunn-McCurdy breach on the Sentinel program. The Nunn-McCurdy Act requires the Pentagon to inform lawmakers if a program incurs a cost or schedule overrun of more than 15 percent. Any breach over 15 percent is considered "significant," while a breach of 30 percent is considered "critical."

The Sentinel's Program Acquisition Unit Cost—which includes development, acquisition, and construction costs—is increasing by 37 percent, making its Nunn-McCurdy breach "critical," the senior official said. Its Average Unit Procurement Cost—which is focused on acquisition costs—will rise by 17 percent. The two figures are not additive.

An Air Force spokesperson said that when the program was baselined in 2020, the PAUC was \$118 million. The 37 percent increase now puts that estimate at \$162 million for the PAUC, the spokesperson said.

Under Nunn-McCurdy, programs in "critical" status are assumed to be headed for termination, unless the Secretary of Defense certifies there's no alternative. Defense Secretary Lloyd Austin is expected to make that certification, given the time it would take to start over and the urgency with which the 50-year-old Minuteman missiles must be replaced.

The estimated cost of Sentinel before the "program deviation" was \$95.3 billion, indicating its new cost could be more than \$125 billion. The Air Force expects to have a new cost and schedule for Sentinel by summer 2024, assistant secretary of the Air Force for acquisition, technology, and logistics Andrew Hunter said. That assumes the Nunn-McCurdy process takes its full course and the program is allowed to continue.

The cost and schedule growth stems largely from the ground element of Sentinel. These include the command and launch segment—silos and launch control facilities, which will be "significantly bigger" than those for Minuteman—as well as the communications infrastructure the Air Force had hoped to reuse from the Minuteman, but which is too old and lacking in necessary bandwidth to do the job. A big element of that will be cabling and cable ducting which must be replaced, as well as land easements and other infrastructure expenses not well understood when the program baseline was set.

Inflation also played a role. Air Force Secretary Frank Kendall has also noted Sentinel has struggled with issues such as adequate labor and security clearances for workers.

While there is some escalation in the cost of the LGM-35A missile itself, it was not a major factor in the Nunn-McCurdy breach, Hunter said.

"There's been a little bit of cost growth on the missile side, but comparatively much less than what you see with command and launch segment. (The missile) would not probably, on its own, have triggered

any kind of a breach in terms of cost," he said.

The schedule slip also adds cost to the program, since engineers and workers have to be kept on the project longer than expected. Moreover, some previously unexpected costs "were not included" in the Milestone B review of the program in 2020, a USAF official said.

Sentinel and Minuteman will also have to operate simultaneously for a time, creating challenges for the communications network.

In years to come, Hunter said, "there will be significant budgetary changes as a result of this cost growth, on both the Sentinel and Minuteman side."

Work continues on the program while the Nunn-McCurdy process plays out; no stop-work order has been sent to Northrop Grumman or its subcontractor team.

While no Sentinel-related financial changes are expected to the fiscal 2025 budget request soon to go to Capitol Hill, the cost increases will be reflected in the five-year program objective memoranda (POM).

According to the Sentinel's Selected Acquisition Report for 2022, procurement accounts for \$61.6 billion of the program cost estimate, while research, development, test

and evaluation is \$25.5 billion and military construction is \$8.7 billion.

In order for Sentinel to continue, Defense Secretary Lloyd J. Austin III must certify the program is crucially needed. The certification requires five conditions be met:

The program must be deemed essential to national security.

The root cause of the overrun must be clearly understood.

New cost estimates must be validated by the Pentagon's Cost Assessment and Program Evaluation shop as reasonable.

There are no lower-cost alternatives to the program.

The program is a higher priority than other programs that must be reduced or eliminated to pay for the overrun.

A Nunn-McCurdy breach must also be addressed by restructuring the program in a way that corrects the root cause of the overrun, and new program milestones must be set.

Programmatically, the Sentinel is expected to go through a series of "rolling" critical design reviews in the coming months, a Northrop official told Air & Space Forces Magazine.

There may be ways to mitigate the two-year delay, he said.

"There's IOC and there's FOC,"

Hunter noted, referring to Initial Operational Capability and Full Operational Capability. "IOC is when you get started and FOC is when you are done. What really matters for Minuteman III is when are you done. ... FOC is obviously farther out in time. So there will be options to really look at to how do we perhaps keep [the] FOC date from moving as much as other parts of the program."

The Sentinel program calls for production of 634 missiles. Of those, 450 will replace Minuteman III missiles now in silos, 184 will be used to demonstrate periodically—to allies and potential adversaries alike—that the system works, and 25 will be developmental test vehicles.

The program also calls for dozens of launch control facilities; maintenance and management buildings; integrated control centers at F. E. Warren, Malmstrom, and Minot Air Force Bases; weapons storage facilities; 56 loading and transport vehicles, and some 7,500 miles of cabling, a Northrop official

said. Collectively, the massive program is "like five MDAPs (Major Defense Acquisition Programs) combined," he said.

In response to the Nunn-McCurdy notification, Northrop said it and the Air Force "continue to make significant progress on this highly complex program, achieving key milestones to mature the design and reduce risk." As part of its engineering and manufacturing development contract, "our team is committed to supporting the Air Force as it assesses and updates acquisition cost forecasts for the future phases of the program, to include construction projects, production, and deployment of the weapon system."

"We are focused on continuing to perform and meet our commitments under the EMD contract as we move toward delivery of this essential national security capability," a spokesperson added.

Northrop CEO Kathy Warden will preside over the company's fourth-quarter 2022 earnings call on Jan. 25.

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MINOT, ND

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What a Snarled Mess



SLICE OF LIFE
KIM FUNDINGSLAND



It didn't seem so bad with the door closed but, good grief, what a mess. A real, big time, embarrassing mess.

What kind of person could create such an embarrassment? Ah...me.

Now, dear reader, I respectfully ask that you do not rush to judgement as to my general habits in creating such a mess. Rather, I think, and I'm certain you will agree, more details are needed before a verdict can be reached. In the following lines, I offer a precise reflection of all events pertaining to the messy room.

You see, one room of my modest home is dedicated entirely to fishing. Some might see it as a kind of shrine, but it is much more than that. It is there that I engage in lure making, tackle sorting, rod and reel maintenance, daydreaming and, on occasion, accidentally telling a few mild lies of the sort that might be attributed to any fisherman.

During the active months of the fishing season I am usually fishing, meaning there is less time to spend in the fishing room. At the conclusion of the open water season, and I'm sure you'll understand, the amount

of "fishing stuff" returned to the room reaches the overflow level.

Fortunately, with some clever rearranging and sheer determination, I was able to close the door to the room and thereby hide a miserable mess. You know, out of sight out of mind. However, that only created the daily agony of knowing that eventually I was going to have to tackle the wicked mess of tackle for which I alone was responsible.

Those thoughts were accompanied by any number of reasons why the once organized room became such a nightmare, all of course that exonerated me from any responsibility. Reasons like more or better shelving was needed, more bins for lure parts, the dog did it, there was an earthquake, Sundays are my day off and, I know you can relate, the need to watch a favorite movie for the 300th time.

Excuses. Excuses. Excuses. And the room was still a mess. There was only one responsible, adult thing to do – go fishing. Unfortunately, the weather was much too forbidding for that.

With lures to make and a workstation covered in tools, hooks, beads, connectors and so many miscellaneous parts that I could hardly remember what they were used for, I dove into the long-postponed task of cleaning up a mess entirely of my own making.

It proved to be a three-day task, but my fishing room is functional once again. I can wheel my chair wherever I want. All components for making and repairing lures are in their proper place. Rods, reels, tools, lure boxes too.

I've promised myself never to repeat the situation. Lesson learned? We'll see.



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BALD EAGLE



Fact File

Life Span	15 - 20 years
Weight	10 - 14 pounds
Body Height	30 - 37 inches
Wingspan	70 - 90 inches
Top Speed	30 - 35 mph
Wild Diet	Omnivore (Carnivore) Herbivore Fish, Other birds, Carrion

CREATURE FEATURES

- The national bird of the United States, it is the only eagle unique to North America.
- A Bald Eagle's eye is almost as large as a human's. Their eyesight is 4 times sharper than a human with perfect vision.
- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.



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WINTER DRIVING TIPS

HOW LONG CAN YOU GO IN BETWEEN GETTING AN OIL CHANGE?

Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?
When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.

Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?
Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

DON'T MISS OUT ON YOUR NEXT OIL CHANGE
When it is time to schedule service at the auto shop, there's plenty of benefits to getting your oil changed at Tires Plus. Each oil change comes with a free courtesy inspection, speedy service, and we regularly offer coupons to save you money. Find your nearest Tires Plus for assistance from our auto experts on all your car maintenance and tires needs.



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Adela Denise Sosa



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Haley Payne



Christine Bartholomew



Emily Marsh



Sarah Ewing



Stephanie Howse



Shaun Sipma



Diane Gray



Drew Triplett



Kristen Cooper



Allie Payne

WINTERY 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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 (5) Lift Tickets
 (5) Ski OR Snowboard Rental Equipment for the day
 (5) 2 Hour Tubing Passes

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senry

SENTRY

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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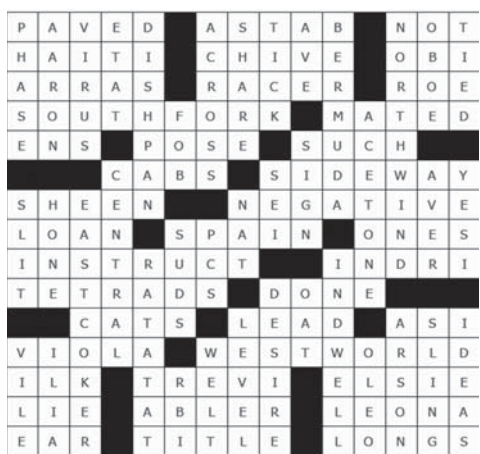
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

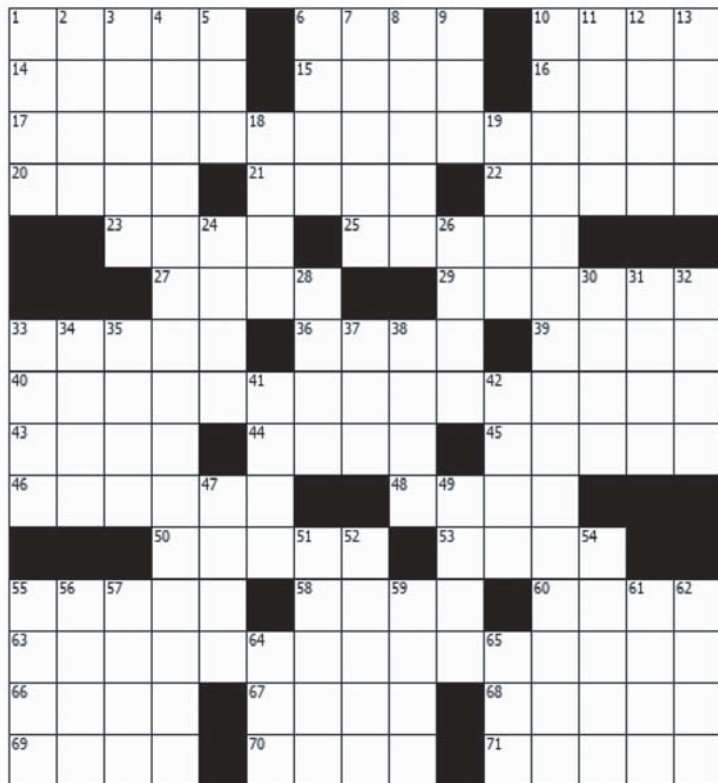
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Short infection?
- 6. Survey findings
- 10. Cause of thuds for suds
- 14. Ancient port on the Tiber
- 15. Moms in wool coats
- 16. "___ La Douce"
- 17. Three sticks
- 20. Jazz-influenced composer Satie
- 21. Wear out
- 22. Prescription amounts
- 23. Rubik's teaser
- 25. Accede
- 27. One ahead of a bishop
- 29. Egyptian god of the underworld
- 33. Actress Streep
- 36. Black, in verse
- 39. Golf rental
- 40. Three sticks
- 43. Lab culture
- 44. Entire gamut
- 45. The Spirit of St. Louis, e.g.
- 46. Soaked through
- 48. Teammate of Mickey and Whitey
- 50. Half a German resort
- 53. It's played on base
- 55. MVP of the first two Super Bowls
- 58. Ricky portrayer
- 60. Fizzled fireworks
- 63. Three sticks
- 66. Continental coin
- 67. Out of the ordinary
- 68. It's played on base
- 69. Stuff to the brim
- 70. Plant family that includes the philodendron
- 71. Salmonlike fish



Down

- 1. A few
- 2. Ruler until 1917
- 3. Rummager's spot
- 4. Three sticks
- 5. "Told you so!"
- 6. Ham's showcase
- 7. Medal or trophy
- 8. Apache abode
- 9. Krakatoa emanation
- 10. Three sticks
- 11. Irritates
- 12. Hook partner
- 13. Forks over
- 18. Jambalaya, e.g.
- 19. Dedicatory poems
- 24. Glabrous
- 26. "Happy Days" role
- 28. Eye needed in a "Macbeth" recipe
- 30. Hindu prince
- 31. Kind of hand or fist
- 32. Eye annoyance
- 33. Bus. students' goals
- 34. Hence
- 35. Peruse
- 37. Fan club info
- 38. Famed bat biter
- 41. Beach towel coating
- 42. Org. for women drivers?
- 47. Make an hourly wage
- 49. Ear-related
- 51. Painter Degas
- 52. Indira Gandhi's father
- 54. Sudden forceful flow
- 55. Schematic detail, briefly
- 56. It leads de force?
- 57. Uttar Pradesh city
- 59. Main part of a word
- 61. Baby's stand-in
- 62. Editor's "let it be"
- 64. Sinn Fein org.
- 65. They're often crunched

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Pastor Mark Ehrmantraut
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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

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 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
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839-7076

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 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.

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Gabe McCormick- Pastor

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 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

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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

Reverend Philip Beyersdorf
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 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

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 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor



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A Reformed Baptist Church

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Wed. Prayer: 5:30 p.m.
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www.orcsknights.org

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 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org




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 Bible Study/Child-Adult
 Children Worship (Wed).... 7 p.m.
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YOUTH IN ACTION

Realignment Priorities of Minot Public Schools, District #1, School Board

Realignment within a district can have a profound impact is on military connected students and families. Last week, the Minot Public Schools, District #1 surveyed and selected priorities for an upcoming district realignment.

In my attendance to this meeting, the following includes the realignment priorities from MPS School Board, District #1 which were ranked by each board member. Please reference the video in the comments for how each school board member ranked the priorities below.

As a note, this ranking does not include priorities or feedback from the Minot AFB, District #160, School Board.

Minot Public Schools, District #1 Realignment Priorities:

1. Close Elementary Schools with enrollment under 100 students and reassign staff
2. Close middle schools with enrollment under 300 students and reassign staff
3. Realignment of intervention programs
4. Reduce Secondary Elective Course Offerings
5. Building Fund Levy
6. District Office Realignment
7. Reduce District Online Subscriptions/Licenses
8. Realignment of K-12 Enrichment Programs
9. Eliminate low impact



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



extracurricular positions

10. Eliminate eCare Services
11. Other (Board/Building/ Department Recommendations)

As this is a developing situation and process, the Minot AFB School Liaison Office will ensure all stakeholders are informed on upcoming school board meetings of MPS, District #1 School Board and Minot AFB, District #160

School Board meetings.

Lastly, stakeholder feedback is essential for our Minot AFB students and families. If there are questions or concerns, please email MAFB.school.liaison@us.af.mil. In addition, reach out to Minot AFB, District #160 School Board Members at: <https://www.minot.k12.nd.us/.../mafb-school-board-19b4c7df>

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All About Pets

Contra-free-loading explained

Contrafree-loading is a term that many pet owners probably have not heard before. Coined in 1963, contrafree-loading is the concept that some animals prefer to work for their food instead of having it handed to them for free. When given the choice between free food or food that requires effort to obtain, giraffes, rats, monkeys, dogs, and even humans have been observed as choosing the work over "free-loading." Note that contrafree-loading is not consistent for every individual pet or species, but it is a very useful concept, especially for those pets that prefer to have a job to do such as working dogs. Also, it has been shown that most house cats prefer to be served instead of working for their food, and there is nothing wrong with that! Many people know how hard dogs will work for food. This motivation can come from two places: extrinsic motivation, which comes from the actual reward, and intrinsic motivation, or the feeling of achievement individuals experience having worked for the reward. Some dogs were bred by humans to have a job to do, so their motivation to work is going to be higher. These types of pets will often find effort to be rewarding, and a lack of meaningful activity to be stressful or boring, which can be detrimental to a pet's wellbeing. This goes hand in hand with enrichment, which is essential for your pet's quality of life. Animals like to have a sense of control over their environments, and working for food offers this. That sense of control can help your pet's confidence and willingness to explore the world and try new things. Instances of contrafree-loading tend to decline in times of food shortage or when the effort required to obtain the food increases too much, as well as with other factors such as old age. Also, some pets just do not have the motivation to work too hard for their food and prefer easy access, and others are just not food motivated. This is completely normal. But what we can take from contrafree-loading is the importance of opportunities for problem solving and mental and sensory enrichment for our pets. Instead of sitting your dog's food in a bowl at the same time every day, try using a puzzle toy or snuffle mat. Use her kibble for a training session or ask her to perform a few tricks before eating. For those dogs who love to sniff, scent work is a great way to let them use their natural instincts while also earning a wonderful reward. If you are doing these types of enrichment with your pet, be sure to set them up for success by starting out easy and upping the ante as it gets faster and better at the activity. If your pet is showing signs of frustration, it is not beneficial for them. You can even try to observe contrafree-loading in your own home! My dog loves food, but if I sit his bowl on the ground with no work of any kind, he is not very interested. He enjoys his training sessions, and when I incorporate his food into those every day, he is a happier and more motivated dog. Between scatter feeding and a puzzle toy, my dog will choose the puzzle first. For those who are interested in animal behavior, it is a very interesting thing to witness. Think of contrafree-loading from a human perspective. In a day and age where food is readily accessible to us, some people still prefer to grow their own food or make things from scratch simply for the satisfaction it brings. But it is not the same for everyone! If your dog enjoys being challenged in positive ways, then try finding some new and exciting tasks for them. If they don't, then feeding from a bowl is perfectly fine as well! It's all about learning your dog's personality and doing what is best for him or her.

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JOKE OF THE WEEK

Q: What is a really sad Strawberry called?
A: A Blueberry

Do you have a funny joke you would like to see in our Kids Zone?

Submit to our website or email nsads@srt.com

MATH CROSSWORD

17 - 3 = 14		- 4 = 10	
+		-	
2		11	3
=		=	
10 + 9 = 19		- 16 = 3	
-		+	
4	1	12	1
=		=	
6 + 14 = 20		- 5 = 15	
-		-	
2		7	2
=		=	
18 - 10 = 8		+ 8 = 16	

* Fill in the missing numbers and signs

ADDITION AND SUBTRACTION

WORD SEARCH PUZZLE

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

- Mango •Pear •Strawberry
- Mandarin •Blackberry
- Lime •Cherry •Apple
- Pear •Kiwi •Fig •Orange
- Grape •Lemon •Peach
- Guava •Plum



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NOTES ON BEING SAFE

LET'S GO HUNTING



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Whether you've hunted for years or this is your first time, each hunting adventure always brings a "new experience!" It can be good or bad depending on the WHO, WHAT, WHEN, WHERE, and HOW.

WHO you hunt with is important as far as their experience, habits, and general knowledge of wild game and its habitat. Normally, an experienced hunter will ask a potential partner tons of questions to determine whether they want to go hunting with them or not. This is especially important when you consider that around 40 percent of the hunters injured each year are accidentally shot by their hunting partner while another 35 percent figure out ways to shoot themselves! For the sake of your own safety -- as well as that of your partner -- make sure you take into account both parties' skill levels and knowledge base.

WHAT type of wild game are you planning to hunt? Some of the most common are deer, elk, bear, duck, turkey, quail, pheasant, squirrel, rabbits, grouse, fox, and raccoon -- not to mention skunk, boar, woodchuck, coyote, weasel, and porcupine! And guess what? The seasons overlap each other. So, if you're not careful, there's a big window of opportunity out there for you to become some hunter's trophy! Keep in mind, however, that the most serious accidents typically occur during deer season. This is mainly because of the greater shooting distance and destructive power associated with high velocity rifles.

WHEN are you going hunting? You may want to consider scheduling your foray when the level of activity for big game -- like deer or bear -- is low. Since the total number of hunters is highest when big game season first opens up, scheduling your hunt in the middle or last part of hunting season will reduce your risk of accidentally being shot by another hunter.

WHERE you hunt could be the difference between life and death! It would seem totally ridiculous for hunters to just jump in a 4x4 and drive for hours to hunt in a place they have never been before or haven't visited since last season, but it happens. You need to do some pre-hunt scouting to visually check the areas you plan to hunt. This includes checking to make

sure the land is open to hunting; checking for trails, ponds, game, etc.; determining if your cellular phone operates or locating occupied areas where telephones or help may be available; and talking with local officials and residents.

HOW you hunt will largely determine whether you succeed or not. Just as seasons overlap, the weapons you use to hunt with may also have some overlap. You can use muzzleloaders, assorted firearms, and the good old bow and arrow (archery), as long as you obey the rules and guidelines set by each state. Each state usually publishes their hunting regulations and includes pamphlets with special game permits that are a "must read" for all hunters. Cellular phones, two-way radios, etc., are very important in keeping hunters in contact and obtaining help in the event of an emergency. A backpack with food, water, first aid kit, flashlight, blankets, tools,

etc., always comes in handy. It's not a bad idea to include signaling devices such as mirrors, flares, etc., whether you are in a remote location or not! Most states also ask or require you to wear hunter orange clothing. This helps other hunters to be absolutely positive of their target. Consider what is behind your targeted game to ensure your projectile doesn't glide through buildings, people, or in the direction of a road. One of the oldest safety messages is the control of your firearm's muzzle. Also, ensure that your firearms are properly secured and stored on base. This can be accomplished through the Security Forces Armory.

To summarize, don't forget to communicate your planned courses of action for any potential situations, wear that hunter orange clothing, pick your hunting buddies with care, and "keep your gun barrel pointed in the right direction!"

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Provider of the Month Feature

JANUARY 2024



KAYLEE BENNETT

What do you enjoy most about being an FCC Provider?

What I enjoy about being an FCC provider is spending my day with my children and getting to know all about them. I love watching my own little learn from all his new friends that he gets to see each and every day. From going to the park, doing crafts, and activities makes my heart warm watching each and every child learn something new everyday! I also love the relationships that I create with each family member and makes me happy knowing they trust me with their kiddos!

What are your interests/hobbies?

Hobbies and interests are spending time with friends and family, going to hockey games, working out at the gym, watching my little learn new

things, traveling, taking my dogs on walks, and so much more! I am hoping to one day go back to school to be a NICU Nurse!

What advice do you have for new providers/those interested in being FCC Providers?

Advice that I have for new providers would be, every step is worth it. The classes are very informational and it can be very overwhelming but it is worth it. Take the time and learn your own ways, and how you want to achieve your goals of being an FCC Provider. If you have any questions, REACH OUT! The Coordinators and the other FCC Providers are always there to help, and answer all the questions you may have, even if you think it is silly, ask!

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

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Upcoming
Events

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

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.

Free JUNIOR CLINIC

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

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

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

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

20 FEB **SENSORY FRIENDLY NIGHT**
4:00 PM - 5:30 PM
Magic City Discovery Center
1545 1st St NW, Minot

Sensory Nights are designed for children and their families who may have special needs, differently abled individuals, and those who have sensory sensitivities. We understand that the museum can be a bustling place. During Sensory Friendly Night, we provide adjusted sound levels and limit attendance to create a calmer environment. Sensory bags will also be available at the front desk. Families can explore the museum at their own pace. Sensory Night is held the third Tuesday of each month from 4:00 – 5:30 p.m. For more information or to sponsor a Sensory Night, please reach out to tessia@magiccitydiscoverycenter.com. Admission is FREE. No timed admission is required for this event.

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

25 FEB **SPLASH, SPIN, & DASH**
INDOOR TRIATHLON
1:00 PM - 6:00 PM
Minot Family YMCA
3515 16th St SW, Minot

Swim, bike, & run around the Y! Youth & adults of all skills & abilities can compete as individuals or teams for their division title. Begin in our pool, starting strong by swimming laps. Then jump on one of our LifeFitness Cycles or Matrix Krank Cycles in our cycling room to spin your heart out. Immediately following your ride, head up to the track so you can begin your run to the finish. Register by Jan. 24th to guarantee a shirt.
Registration until Feb. 11th. Fees: Youth Individual: \$15. Youth Team: \$45
Adult Individual: \$25. Adult Team: \$75. \$10 Late fee after Feb. 11th if space available Adaptive divisions available! Heats Announced: Feb 18th, 2024. Registration Link available in the facebook events page.

For more information:
Facebook / Minot Family YMCA / Events

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Roosevelt Park Zoo & Greater Minot Zoological Society introduces Wild At Art

Roosevelt Park Zoo & the Greater Minot Zoological Society will host the brand new Wild At Art gala and fundraiser, a 21+ event, taking place at Sleep Inn & Suites in Minot, ND on March 24, 2023, featuring local artists, live entertainment, dinner, and live and silent auctions. The event kicks off with cocktail hour at 5:30pm.

Roosevelt Park Zoo & the Greater Minot Zoological Society are proud to bring the 1st annual Wild At Art gala and fundraiser to Minot. Wild At Art is a collaborative event between the Greater Minot Zoological Society and artists in an effort to raise funds for our Minot Roosevelt Park Zoo while providing a platform for local artists to showcase their work. The evening will boast an array of artistic styles. Art pieces will be offered at both a silent and live auction. Entertainment will include live art by Wendy Voeller, as she creates a masterpiece through the course of the evening as you enjoy dinner, drinks, and auctions. Guest

speakers will be some of the Zoo's very own zookeepers!

Throughout the years our beloved Zoo has seen immense change and growth and continues to be ever evolving, with big projects in the near future. Recognizing the coming needs, GMZS wanted to create a one-of-a-kind event that people will continue to support for years to come. Wild At Art committee chair,

Amanda Manuwal said, "We wanted to offer something more upscale and totally different than anything else we have done in the past. One of our board members came to us with the idea of an art gala/fundraiser, and we

knew this was the event we had been looking for and the wheels started turning. We have desired to host a collaborative event of this nature for some time and believe that by supporting local talent, our fundraising efforts benefit more of the community as a whole, as well as the Zoo."

Tickets on sale now and can be purchased at rpzoo.com/wild-at-art



WILD AT ART

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF AIRLIFTS SUPPLIES TO NEW ENGLAND AFTER DEVASTATING BLIZZARD

FEBRUARY 8-17, 1978



In early February 1978, a massive blizzard blanketed New England in 27 or more inches of snow accompanied by winds up to 90 miles per hour. Approximately 54 people from Massachusetts, Connecticut, and Rhode Island died as a result of the storm, and nearly 2,100 coastal homes were destroyed. On February 8, 1978, Air Force cargo aircraft from units across the country began flying Army personnel, snow removal equipment, and other resources to the areas affected. Over the

Cars stuck in the snow on the highway near Needham, Massachusetts (U.S. Army Corps of Engineers/National Archives)

course of the next week, Air Force C-5s, C-141s, and C-130s airlifted over 1,000 personnel and 2,339 tons of snow removal equipment to the New England area. Equipment included generators, communications equipment, bulldozers, and more. The mission, named after a similar operation in Ohio just a week prior, was called Operation Snow Blow II.

Information courtesy of: media.defense.gov (The United States Air Force and Humanitarian Airlift Operations by Daniel Haulman) / www.newengland.com

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Jan. 29: 1,837.13 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.25 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.11 MSL.

•N.D. Game & Fish Dept. game wardens: No Lake Sakakawea or Devils Lake reports. Lake Metigoshe producing a few bluegill.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Continued walleye success with best activity in the morning working shallow in 5 to 8 feet. Try jigs and minnow on lake Alice and Lake Irvine. Work 35 to 40 feet for perch but there's a finicky bite.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling. Lake Audubon somewhat slow for walleye.

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

•Lake Metigoshe, Four Seasons, Bottineau: Lots of activity with continued fair to good walleye success. Some nice-sized pike coming on smelt with continued bluegill activity using wax worms.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity on Steinke and Douglas bays on the east end of Lake Sakakawea. Water a bit cloudy, though, for spearing in some of the back bays. Work deeper water on Lake Audubon for walleye.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon producing walleye at night from about 10 p.m. to midnight. Try 25 to 30 feet as well as 15 to 20 feet. Spearers finding some success for small pike on the east end of Lake Sakakawea in

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.

•Spring turkey applications now available. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for details and application.

•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.

•Feb. 3: Winter SnowFest sponsored by the Minot Parks & Recreation Dept., Souris Valley Golf Course, 2 p.m. to 5 p.m.

•Feb. 3: Little Missouri Badlands Rocky Mtn. Elk Foundation banquet, Roughrider Center, Watford City, 5 p.m.

•Feb. 8 - Feb. 10: Minot Curling Club Winter Bonspiel.

•Feb. 10: Souris River Basin Longbeards Nat'l. Wild Turkey Federation banquet, Grand Hotel, Minot, 5 p.m.

•Feb. 16: Date Night/Skate Night, Lewis & Clark State Park, 5 p.m.

•Feb. 17: WinterFest, Cross Ranch State Park, 1 p.m.

•Feb. 18: Registration closes for the Fishing Rod Building workshop, Lake Metigoshe State Park, Bottineau. Go to (<https://bit.ly/LMSPShowClix>) for details and registration.

TOURNAMENTS:

•Feb. 3: Lake Sakakawea, Van Hook Arm; Lake Audubon.

•Feb. 10: North-South Carlson Lake, Stump Lake.

•Feb. 17: Lake Audubon.

Steinke and Centennial bays.

•Lake Sakakawea, New Town: OK walleye success with most activity in the river around New Town. Try jigs and minnows.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace OK for walleye but not many anglers on the water. Beware of the potential for the ramp to be iced in, however, for boat access in the tailrace. Lake Sakakawea spotty with some pike activity in Wolf Creek for both spearing and hook-and-line. Look for a fair night bite on Lake Audubon.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea remains fair around Lewis & Clark State Park and White Earth Bay working deeper water. Try dead sticks or plain hook and minnow. Short Creek continues producing some bluegill. McCloud Lake producing smaller pike with perch mixed in.

•Lonetree WMA area lakes, Harvey: Area lakes generally slow with mixed success at best.

•North-central/central N.D. lakes,

Towner Hdwe. Hank, Towner: Buffalo Lodge Lake continues producing pike.

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 4 trails. 2 Magic Carpets and 1 lift 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. 7 runs with all lifts open. Green Lift Terrain Park opening soon. Contact (701) 663-6421 for updates on snow conditions and snowmaking.

•Terry Peak, Leads, S.D.: 14- to 24-inch base. 17 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.

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NOTICE

NOTICE

Minot AFB, ND - Maj Brian Ludwig from the 219th Security Forces Squadron has been appointed the Summary Court Officer (SCO) for the estate of **MSGT NICHOLAS VAN PELT 219th SECURITY FORCES SQUADRON.**

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact Maj Brian Ludwig: DSN: 453-1972 Cell: 701-739-0191

NOTICE

Minot AFB, ND - Capt. Jake Bergman from the 5th LRS has been appointed the Summary Court Officer (SCO) for the estate of **TSGT SEAN PETERSON, 5th LOGISTICS READINESS SQUADRON.**

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact Capt. Jake Bergman: DSN: 453-2699 Cell: 919-280-8403

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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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7	9	5	6	2	8	3	4	1

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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.

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

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

★ 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.

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

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

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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.

TIMMOTHY TIMM



VOLUNTEER OPPORTUNITIES

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

Volunteer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming basketball season. The season will run from 5 February – 29 March 2024. 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 at the Youth Center
- Ages 7–8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the Youth Center
- Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 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 or previous background checks completed outside of Child and Youth Programs. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.

POC: All interested applicants please contact April Lawrence at youth sports either via email to april.lawrence.2@us.af.mil or by calling the youth center at 701-723-2838.

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.

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 2024 WEEKLY SCHEDULE-
<https://volunteersignup.org/FHLLR>

POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

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

1. Cadet Programs
 2. Aerospace Education
 3. Emergency Services.
- 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 McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.go>

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/fkmqNeYulr>

POC: Abigail Kinder, Community Relations & Media Operations,
Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

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



Fall 2023 President's List

MINOT, N.D. – Minot State University announced a total of 465 students were named to the Fall 2023 President's List, according to MSU President Dr. Steven Shirley.

Students who earned a term grade point average of 3.8 or higher while enrolled for 12 or more credits during the Fall 2023 semester were named to the list. The honor will show on the student's transcript for the semester it was earned.

MINOT

Sam Aannerud, Halia Aldrich, Mariah Arlien, Kelby Armstrong, Skylar Arnold, Marie Audet, Alissa Barber, Madison Barker, Abigail Bartschi, Sydney Beck, Mikkel Benjamin, Brooklyn Benno, Tea Boeckel, Kiya Braasch, Averi Bradley, Kendal Braun, Trystan Brey, Keely Briggs, Trey Burk, Leah Calavera, Grace Candrian, Chloe Carlson, Cassidy Carmichael, Christopher Cebulak, Sydney Clark, Kubsam Daniel II, Emily Day, Dominik Degele, Dominic Demma, Cheyenne Douglas, Deborah Doyle, Brenna Dyke, Kaelie Eggen, Brandon Engh, Chenoa Erz, Trae Farren, Kilee Fehd, Drew Feist, Kailee Frank, Madison Fried, Alaina Gochanour, Alyssa Grandstaff, Adamas Greenwell, Melaina Haagenson, Makenzie Haffner, Ezra Hagerott, Alexis Haider, Brooklyn Hansen, Nicholas Harbort, Jenna Hardy, Kimberly Hassel, Faith Hauck, Sarah Haugen, Charisse Hawley, Keegan Henjum, Erica Hermanson, Miah Hoff, Shelby Houle, Isabella Howard, Taylor Hrichena, Addyson Hughes, Parker Hummel, Tanner Hunskor, Shelby Hysjulien, Kerry Israel Brook Jenks,

Iris Jessen, Brianna Johnson, Hailee Jundt, Halle Keller, Mikayla Kippen, Gracie Klabunde, Chauncey Knittel, Ryan Kostenko, Nora Kramer, Reagan Kroke, Brittney Kuklis, Hannah Landry, Christina Larsen, Elizabeth Larsen, Casey Larson, Easton Larson, Iyanna Latimer, Alexis Leier, Patrick Lips, Shelby Lunde, Berkley Lundeen, Faith Malsom, Weston Martell, Haylie Mccollough, Leah McDonald, Clair Melkert, Carson Merck, Emily Mills, Maura Mills, Kyle Mischke, Erik Moore, Ana Morelli, Derek Morse, Aynzlee Mosser, Aubree Mueller, Abbie Napoles, Arik Napoles, Allie Nelson, Kali Nett, Brynn Neumann, Rebecca Nord Jr., Sierra Nordloef, Eden Olson, Colby Opp, Chuka Osuala, Basak Özdemir, Kalie Paulus, Jordan Pederson, Kaitlyn Pellenwessel, Jonathan Perry, Hannah Peterson, Jason Procka, Evan Putt, Tanner Rafteseth, Isaac Rathbun, Olivia Reiser, Abigail Richardson, Chase Ritter, Emma Rouse, Sealy Rovig, Bryer Samuelson, Sadie Scherger, Katelyn Schmaltz, Noralda Sementsov, Samantha Senger, Aunnah Shaw, Morgan Shay, Elena Sheetz, Anna Smith, Addison Sorenson, Olivia Spengler, Carolyn Steinke, Jena Stromberg, Audrey Sundahl, Megan Swenson, Reese Sys, Ashley Tapp, Reese Terrel, Emily Thiele, Abigail Tofteland, Sydney Upton, Madison Vandeventer, Brendon Watson, Zoe Weishaar, Jayden Wenstad, Heili Wiley, Josh Will, Makito Yumoto

MINOT AFB

Krista Basto, Jocelyn Garza, Ivy Ozanic, Ivy Palchik, Emma Vance

Fall 2023 VPAA and Engagement Honor Roll

MINOT, N.D. – Minot State University announced a total of 265 students were named to the Vice President for Academic Affairs' Honor Roll for Fall 2023 and 10 students earned a spot on the Engagement Honor Roll.

Students who earned a term grade point average of 3.5-3.79 while enrolled for 12 or more credits during the Fall 2023 semester were named to the VPAA list. The honor will show on the student's transcript for the semester it was earned.

The Engagement Honor Roll is an opportunity for Minot State University undergraduate students to receive recognition for the engagement activities they participate in while a student at MSU through the inclusion of this distinction on their transcripts. Students must complete a minimum of 50 hours, verified by supervisors, in any combination of engagement activities in order to be recognized during any given term.

MINOT

Griffen Aannerud, Cameron Abel, Mia Aberle, Zenn Alvarez, Sonja Andersen, Peyton Andes, Morgan Baker, Mattison Balas, Thomas Beaulieu, Marissa Beck, Megan Bender, Sydney Berg, Eva Bloom, Kristen Boger, Benjamin Bohl, Tristan Bolstad, Matthew Bosch, Brady Braasch, Katyrie Brown, Kevin Castillo, Alyssa Chandler, Tyler Collins, Virginia Conn, Taylor Coonrod, Harli Dickman, Alassane Diop, Brenna Dutenhafer, Alyssa

Enns, Isabella Espe, Hannah Foss, Cambry Frantsvog, Ashlyn Freeman, Delaney Fried, Abigail Gathman, Krysten Glab, Jaxon Gunville, Connor Guthrie, Amaryssia Hale, Caleb Harris, Dalton Harvey, Annika Henjum, Chawnda Hereford, Naima Jacques, Camden Jasmin, Jersey Johnson, Wayne Joint, Abbygayle Kelley, Stefan Kettelkamp, Megan Klabo, Marlee Knittel, Amanda Kolobakken, Kaley Kostelnik, Jamey Kragh, Rebecca Kubler, Seth La Bodda, Nathon Lakoduk, Logan Layman, Addyson Leier, Madison Leonard, Zayda Lochthowe, Jaeger Lundeen, Asher Lutz, Isabelle Markey, Rachel Martinson, Alivia McCulley, Madison McDonald, Evelyn Mensah-Dzomeku, Aubree Meyer, Makayla Meyers, Kendall Nordgaard, Caylie Paulson, Morgan Perrin, Addison Peterson, Hailee Peterson, Sydney Poppinga, Lauren Potter, Haley Pottinger, Riley Racine, Candice Randolph, Seth Roedocker, Rebecca Rudzinski, Analise Ryan-Sypolt, Annie Scheeler, Marcus Schwarzrock, Melanie Segura, Tre Sortland, Kaitlyn Sundbakken, Benjamin Svangstu, Braya Thompson, Brek Thompson, Hayden Tinker, Marissa Votava, Rufus Ward, Janelle Warren, Samuel Wedar, Sophie Wedar, Emily Weeks, Connor White, Elizabeth Wilson, Mason Zietz

MINOT AFB

Crystal Garcia, Nerisa Jeong, Kennedy McCain, Nkhope Mphanza, Xavier Ottinger

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DON'T WISH WINTER AWAY - DO SOMETHING ABOUT IT

Patricia Stockdill

Dreaming of warm, sunny days fishing on the water; wishing away lingering cold winter days and nights just doesn't cut it.

We can't change the weather. But we can do something to bring summer's warmth to reality even in February – we can craft a custom fishing rod. It's a good way to spend a winter weekend. It's a productive way to spend a winter weekend. Plus it's creating one's personal, functional work-of-art. How many people can honestly say they built the fishing rod that landed that whopper bass, walleye, or perch?

The answer is simple: Those attending the hands-on Fishing Rod Building Workshop at Lake Metigoshe State Park north of Bottineau can.

Chuck DeRemer, a Fargo, N.D. custom fishing rod maker, is providing step-by-step instructions for participants ages 14 and older beginning 6 p.m. Feb. 23. The workshop continues Sat., Feb. 24. It concludes with anglers taking their rods home the morning of Feb. 25 after spin-drying overnight.

The workshop is limited to 12 participants but park Interpreter/Outdoor Education Coordinator Amy Schimetz said limited space is still available to register.

The \$250 registration fee includes the cost of basic rod building materials and Saturday breakfast and lunch. Participants also need daily park entrance fees or a 2024 state park annual pass. Upgrading their fishing rod can be done by purchasing options onsite at the workshop.

The workshop will be held at Lake Metigoshe State Park's dining hall.

The beauty of the workshop's location is that several lodging options are available within the park. Want to go fancy? Rent one of the park's full service cabins. Want something a little more basic? Semi-primitive cabins are available.

Want a little more winter adventure along with dreaming of summer fishing while at the park crafting that custom fishing rod? Well, a primitive cabin or semi-primitive yurt are available. Simply bring your own bedding, towels, washcloths, and personal toiletries. Cabin and yurt prices range from \$70 to \$150 per night (two-night minimum). Reservations can be made via telephone (800) 807-4723, or online at the N.D. Parks and Recreation website, (parkrec.nd.gov).

Other lodging options are available in Bottineau and the Lake Metigoshe area.

More information about the custom rod building workshop and registration is available at (<https://bit.ly/LMSPShowClix>). Registration closes Feb. 18.

The workshop isn't the only thing going on during February at area state parks to help while away winter hours.

Snow conditions permitting, parks like Lake Metigoshe, Fort Stevenson near Garrison, Grahams Island near Devils Lake, and Lewis and Clark east of Williston have trails available for winter activities, such as cross-country skiing, snowshoeing, fat tire bike riding, kicksledding, and even ski-shoeing.

Fort Stevenson has cross-country ski trails. Other trails can be used for snowshoeing, fat tire bike riding or kicksledding. Cross-country skis, kicksleds, fat tire bikes, and snowshoe rentals are also available.

Folks can cross-country ski and snowshoe at Grahams Island State Park while Lake Metigoshe State Park offers cross-country skiing, snowshoes, kicksledding, and ski-shoeing opportunities. The park also rents cross-country skis, kicksleds, ski-shoes, and snowshoes.

People can snowshoe Lewis and Clark State Park trails with snowshoe rental available.

The only caveat is people are asked to only use groomed cross-country ski areas for skiing.

In addition, Lake Metigoshe State Park isn't the only area state park with special opportunities for visitors. Consider these activities designed to get people out and about, to appreciate late winter and – maybe – early spring in the Peace Garden State:

*Feb. 16: Date Night/Skate Night, Lewis & Clark State Park, about 19 miles east of Williston, beginning at 5 p.m. All ages are invited with activities including sledding and a luminary night hike. More information is available on the park's Facebook page.

*Feb. 24: Full Snow Moon Candlelight Hike, Fort Stevenson State Park, three miles south of Garrison, beginning at 6 p.m. Contact the park, (701) 337-5576, for details.

The only cost is either a \$7 daily entrance fee or \$35 N.D. Parks and Recreation Department single vehicle annual pass, good throughout the year at all state parks.

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WHAT'S GOING ON MAFB

FRIDAY 02

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Masters of the Air FREE Viewing Party, 1600, Jimmy Doolittle Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 03

- Harry Potter Escape Room Game Begins, Minot AFB Library
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center

SUNDAY 04

- Registration Ends: Tailgate Trivia, memberplanet.com/events/minotafbclubs/tailgatetrivia
- Zumba, 1400, McAdoo Fitness Center

MONDAY 05

- February Fitness Challenge, 0500-2100, McAdoo Fitness Center
- JCM – Developing the Leader Within You, 0800-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Kids Canvas Painting, 1700-1830, Arts & Crafts Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

TUESDAY 06

- February Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- 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
- Cycle & Core, 1115, McAdoo Fitness Center
- DIY Art & Resin Charcuterie Boards, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 07

- February Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- National Children's Dental Health Month Storytime, 1030, Minot AFB Library
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Acrylic Paint Pouring, 1730-1930, Arts & Crafts Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

THURSDAY 08

- February Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 09

- February Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- National Children's Dental Health Month Storytime, 1100, Minot AFB Library
- Cycle & Core, 1115, McAdoo Fitness Center
- First Fri-yay, 1600-2100, Jimmy Doolittle Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Sweetheart Dance, 1800-2000, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 10

- Registration Ends: Couples 9 Pin No Tap Tournament, Rough Rider Bowling Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- Mad Science Party, 1300, Minot AFB Library
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center

MASTERS OF THE AIR

FREE Viewing Party at the Jimmy Doolittle Center
2 February 2024 • 4PM Bar Opens • 5PM Show Begins

From the producers of *Band of Brothers* and *The Pacific*, *Masters of the Air* chronicles the 100th Bomb Group and their missions over the skies of Europe during World War II.

This is a limited venue, select showing of the premier episode of this series.
Free food and soft drinks available. Alcohol available for purchase.

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Bomber Bistro Featured Item
Heart-Shaped Pizza
Upgrade any large pizza into a heart shape at no extra cost!

The B-Fifty Brew Featured Item
Strawberry Cold Foam
Enjoy a taste of Spring with our mocha cold brew topped with strawberry sweet cream cold foam.

Rockers Bar & Grill Featured Item
Fish & Chips
Two English-style battered cod fillets served with crispy fries and tartar sauce.

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- ✓ 30 DAY EXCHANGE
- ✓ PEACE OF MIND

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