northernsentry

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WHATS INSIDE THIS WEEK:



B-52s ARRIVE IN PACIFIC, PROVIDE STRATEGIC **DETERRENCE**

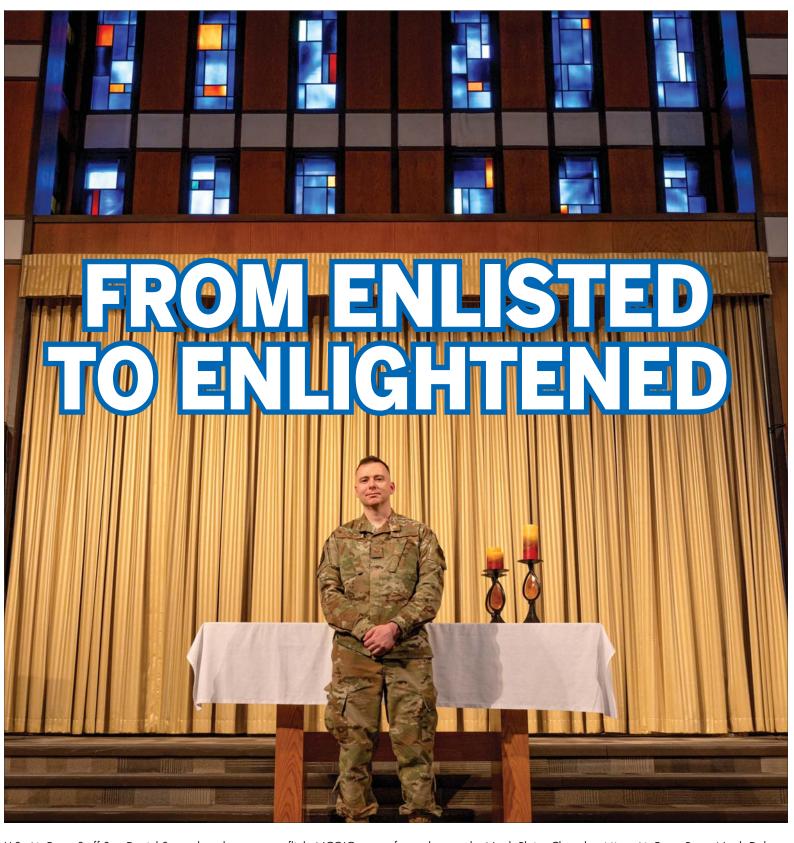


S. AIR FORCE CHAPLAIN MAJ. GEN. **RANDALL KITCHENS VISITS TEAM MINOT**



BREWING BEER IN THE MAGIC CITY

B1



U.S. Air Force Staff Sgt. Daniel Starr, chapel augmentee flight NCOIC, poses for a photo at the North Plains Chapel at Minot Air Force Base, North Dakota, Jan. 25, 2024. Starr was recently selected to attend Air Force Officer Training School to commission as a chaplain. See more on page A2.

U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS KYLE WILSON

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From enlisted to enlightened: One Airman's journey to becoming a chaplain

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Spiritual fitness. It's one of the four pillars that comprise Comprehensive Airman Fitness. It enables Airmen to maintain the resilience needed to accomplish the mission in the face of any challenge. Within the Air Force, there are personnel specifically tasked with being spiritual leaders and providing guidance to Airmen to bolster their spiritual fitness. These individuals are known as chaplains. Staff Sgt. Daniel Starr, chapel augmentee flight NCOIC, has answered the call to become one of the Air Force's newest chaplains.

Starr's career in the Air Force began 10 years ago as a B-52 avionics specialist at Minot AFB. Early on, he encountered challenges with his own spiritual and mental fitness. He says, at that time, the support systems in place for Airmen were lacking. These experiences inspired him to set the goal of becoming a chaplain himself someday.

Early in my career, I got to see the mental and spiritual health systems of the Air Force firsthand," said Starr. "Through that, I realized they needed more help."

The journey to become a chaplain has been a lengthy one for Starr. Through hard work and determination, he's paved the path to accomplishing his goal. Recently, he was selected to attend Air Force Officer Training School and commission as a chaplain.

"In order to be a chaplain, you have to have a master of divinity degree," said Starr. "At the time I started this process, I didn't even have my bachelor's degree. It's been a long road."

After completing his bachelor's degree, Starr learned about a program offered by the Air Force called the Career Intermission Program. This program allows eligible Airmen the opportunity to take up to a three year temporary break from active duty to pursue personal and professional development.

"For 26 months, I was gone from the Air Force attending divinity school," said Starr. "In that time, I accomplished 90 credit hours along with my master's thesis and I worked at a hospital as a chaplain

Because of his prior experience as an enlisted Airman, Starr believes he can bring a unique and valuable perspective to the Chaplain Corps. He says it will allow him to better understand and empathize with

Airmen.

"I've been an Airman 1st Class out on the flightline shoveling snow in minus 20 degree weather, I've been there," said Starr. "So they might think, 'maybe this guy understands us a bit more'."

Once he officially becomes a chaplain, there are some initiatives that Starr says he would like to implement. According to him, some Airmen may be intimidated by chaplains or reluctant to speak openly with them because of their status as commissioned officers.

"There's a divide where Airmen are reluctant to talk to chaplains because they have this perception of 'oh they're an officer'," said Starr. "Chaplains are special, they have the power to bridge that gap and connect with both realms; enlisted and officer."



U.S. Air Force Staff Sgt. Daniel Starr, chapel augmentee flight NCOIC, poses for a photo outside the North Plains Chapel at Minot Air Force Base, North Dakota, Jan. 25, 2024. Starr was recently selected to attend Air Force Officer Training School to commission as a chaplain.

U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS KYLE WILSON

Amongst the four pillars of Comprehensive Airman Fitness, Starr believes spiritual fitness isn't emphasized as much as it should be. He believes chaplains are the key to fostering spiritual fitness to build resiliency and connectedness within Airmen.

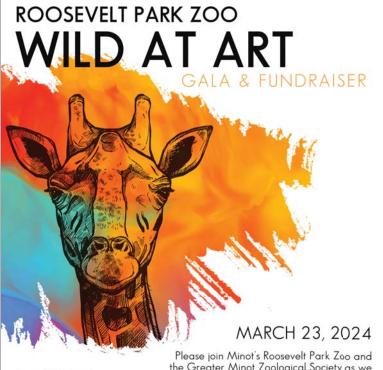
"Chaplains are the subject matter experts on spiritual fitness; you're not going to find anyone better to facilitate that than a chaplain" said Starr. "We help create families and if you're an Airmen and you're missing your family, come be a part of ours.



U.S. Air Force Staff Sgt. Daniel Starr, chapel augmentee flight NCOIC, poses for a photo at the North Plains Chapel at Minot Air Force Base, North Dakota, Jan. 25, 2024. Starr was interested in becoming a chaplain and was recently selected to attend Air Force Officer Training School and commission.

U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS KYLE WILSON





the Greater Minot Zoological Society as we host our first ever art gala and fundraiser "Wild at Art". Wine and dine while bidding on your favorite art piece and taking in local talent! Come dressed to impress and ready to outbid the rest! Proceeds from the auction to support Roosevelt Park Zoo.

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MAKING MORE POSSIBLE

Bombers abound: North Dakota-based B-52s arrive in Pacific, provide strategic deterrence

CAPT. STEPHEN J. COLLIER, PACIFIC AIR FORCES PUBLIC AFFAIRS

ANDERSEN AIR FORCE BASE. B-52 Stratofortress bombers assigned to the 5th Bomb Wing from Minot Air Force Base, North Dakota, landed at Andersen Air Force Base, Guam at the end of Ianuary as part of a Bomber Task Force to support strategic deterrence missions aimed at reinforcing the rules-based international order in the Indo-Pacific region.

While forward deployed to Guam, B-52 operations and support personnel are designated to the 23rd Expeditionary Bomb Squadron. The 23rd EBS will integrate alongside Allies and partners to demonstrate the U.S. commitment to security and stability throughout the region.

Designed to showcase the U.S.'s ability to deter, deny and dominate, BTF missions aim to influence and dissuade aggression from adversaries or competitors.

Reacting to the arrival of the aircraft, Capt. Zachary "Smash" Holmes, 23rd EBS weapons officer, said it was great to "finally have some iron on the ground."

"It's great to finally receive our crews so we're ready to go out and take part in the mission as well as get our maintenance personnel ready to support where they're needed," Holmes said. "We're ready

Aircrews and support personnel look for every opportunity to train alongside our allies and partners to build interoperability and bolster our collective ability to support a free and open Indo-Pacific.



A B-52H Stratofortress lands at Andersen Air Force Base, Guam, Jan. 30, 2024. Bomber missions familiarize aircrew with air bases and operations in different Geographic Combatant Commands areas of operations. The aircraft is deployed from the 5th Bomb Wing at Minot Air Force Base, North Dakota.



A B-52H Stratofortress, assigned to the 23rd Expeditionary Bomb Squadron, taxis on the flight line at Andersen Air Force Base, Guam, Jan. 30, 2024. Bomber missions enable crews to maintain a high state of readiness and proficiency and validate the United States global strike capability.

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS ALYSSA BANKSTON









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It's Fair To Say

TODAY' CHUCKLE

Kids have it easy these days. When we were young, we suffered terribly with nothing but flip phones and 100 cable channels.

BEST KEPT SECRETS

The Northern Sentry has been fortunate to receive several photos the past couple of weeks, with families taking part in winter activities. We had a photo of a young mom taking her toddler on the ice at MAYSA Arena for the very first time. We also had a family that had taken advantage of the great snow conditions at Bottineau Winter Park. We may look out at our back yard and not have snow, but the area ski resorts, Bottineau Winter Park, Huff Hills, Frost Fire and Holiday Mountain, have all reported excellent snow conditions. So, no secrets here...plan a weekend outing and enjoy what has been great winter weather conditions (except if you really wanted snow).

The Midwest translation of "what you say is accurate" is a 4-word statement, "it's fair to say." I don't believe there is a negative version to this saying, but let's put the statement to the test (another Midwest statement that gives finality to many conversations.)

So, it is fair to say that our winter weather so far is no indicative of a normal December and January in North Dakota. However, last night the local meteorologist did not want to completely sell out on the winter of 2023 & 2024. He said that "it is

fair to say that March weather can be more like winter than spring, so it is certainly still possible that we get some challenging winter weather. Because he is meteorologist, and has been in North Dakota all of his life, I think his statement makes sure that we are not at least thinking there is a possible return to winter, albeit that we have navigated a couple of the most challenging months of the year, with only about week of true winter weather.

And then we move on to another statement concerning the next couple of months. It is fair to say that spring could be early this year, and without much snow to melt there would be little run off. Or could it be easier summed up by saying "it would be fair to say that winter is over?"

Had I not lived in North Dakota for over 65 years, might accept the "Halleluiah, winter is over" statement. Certainly, I have little control over what Mother Nature sends our way, but I can remember several spring storms happening late in March and even early in April. What might be more accurate is the statement "it is fair to say that I don't think winter is quite over yet." Your length of tenure in North Dakota, and experience with normal winter weather will give you the credibility to make such a statement.

So, for all of you who are wondering, it is fair to say that indeed, we are probably not completely done with winter weather quite yet.

northern **sentry**

A VIEW FROM **OUR SIDE**

ROD WILSON



Don't head for the shed with your snow shovels. Don't move the snowblower to the front of your garage, and most important, plan of working around those overstuffed closets that are, and will be, filled with winter coats and accessories, ready to deploy at a moments'

And finally, it is certainly fair to say that even with our years of

the February 2nd event commonly referred to as Groundhog's Day. It pretty much fair to say that the advice we offer is nothing more than a wild guess. But still, it's acceptable to speak North Dakotan and "it's fair to say, people will nod, and accept."



UPSIDE DOWN UNDER

MARVIN BAKER

Minot was a busy place over the weekend. There were three major events going on so there were a lot of people in town.

First, the KMOT Ag Expo was happening. This has become one of the largest events of its kind on the northern Great Plains. Second, there was a farmers' market symposium at the NDSU Research Extension Center and third, the North Dakota Association of Dance and Drill hosted the state dance competition in the Minot State University Dome.

Thirty-eight teams from across the state were involved in the dance competition. It included junior high, junior varsity, Class B varsity and Class A varsity. And after attending both days of this competition, I've gained a whole new respect for what these girls do.

I'm biased in a sense that my niece's daughter was part of the Bismarck Legacy junior varsity team and they took two thirds and a second place out of the four categories of competition that included jazz, hip hop, high kick and pom. Congratulations Olivia!

But Legacy was one spoke in a much bigger wheel. There were a lot of other teams that performed well, dazzled the crowd, made new friends and took fan support to a whole new level.

Carrington swept the competition in Class B, while Valley City, Williston, Devils Lake, Minot, Jamestown, Northern Cass, Hazen, West Fargo, Legacy and others finished in the top four of their competition. In addition, Garrison

Gaining a whole new respect...

put on a novelty act that was nothing short of impressive.

Unfortunately, in the two days I was at that competition, I saw one news reporter. He was there from the Foster County Independent in Carrington. There may have been others, but he was the only one who was visible, taking photos and notes when the Carrington girls performed.

The local media covered Minot High and Our Redeemer's basketball teams well, but not a word on a statewide dance competition going on in the dome.

As I watched these girls go through a grueling 48-hour schedule, I thought about individual words that could best describe this competition. Determination, creativity, discipline, choreography, enthusiasm, energy, tireless, tenacity and time, could all be used effectively when describing these matchups.

Several girls were injured throughout the two days. Numerous performers had wrists, ankles and legs wrapped up presumably from previous injuries. One girl from Bismarck Century fell on her back during a flip, got back up and right back into the rhythm even though we could all tell she was in pain.

And think of this. During their events, they had turners on their feet. The best way I can describe it is similar to what ballet dancers wear. The Legacy girls performed seven times. So here they were on a hardwood floor without shoes, seven times, at about 3 minutes each. Yes, these are high school and junior high girls, but imagine how much their feet must have hurt by Saturday

Many of these kids practice yearround and some are working out before the school day starts, yet many of them are members of the National Honor Society, while still others have the time to volunteer in their communities.

Back in the day, I played 11 years

of baseball and I don't think I ever worked that hard except maybe when I had to beat out other players to make it on to the college team in

Honestly, I got tired just watching these kids. I can't imagine being them and still having the enthusiasm $\,$ at the end of the day on Saturday that they had.

Sports reporters and editors have argued for years that cheerleading and dance aren't sports. I beg to differ when you consider golf is a sport, curling is a sport, archery is

Maybe the North Dakota High

School Activities ought to re-evaluate this because based on the level of competition I witnessed, you darn straight it's a sport.

And at the end when results were being tabulated before the awards ceremony, all 38 teams were on the floor, dancing and singing together and having fun while music blared on the sound system. Some of the Simle Junior High (Bismarck) girls got quite creative with the music.

And as they were doing that, I leaned over and tapped my wife on the shoulder and told her, you won't see that kind of comraderie among teams after a baseball game.



Machine Talk



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I replied courteously and, realizing what I had done, looked around quickly to see if anyone was listening. There was. How embarrassing!

But wait. People within hearing distance were not staring, pointing or anything like that, just chatting. Much to my relief, nothing out of the ordinary was directed toward

However, some of those same people were talking back to the self-checkout screen that was backing up on-screen messages by verbally issuing instructions. It was the same odd behavior I had just caught myself doing.

At home I talk to Alexa, too much perhaps, but I'm not at all certain I can turn on a light by myself anymore. I'm too used to asking Alexa to do it even when I'm an arm's length from the light switch. But on this day, in a retail business with many other customers nearby, I was talking to a machine, at least until I realized what I was doing.

I had a look around, expecting

people to be putting some distance between themselves and the guy talking to himself, but that wasn't happening. Rather, I saw and heard other customers yakking away at self-checkout screens too.

Machine: "Please scan your first item.

While I'm fumbling around for the barcode on the item the machine tells me again, "Please scan your first item." I believe I detected a hint of impatience too.

Machine: "Place item in bag." Me: "Hang on. Let me get the darned thing open."

Alexa never gives me such orders. Not yet anyway.

After scanning the few items I wanted and placing them in the bag, it was time to insert, scan, or tap a credit/debit card and be on my way. Or so I thought.

Machine: "Would you like a receipt."

Me: "Ah, sure."

That's when I looked around to see who was watching. But hey, in my defense, at least I didn't start the conversation.

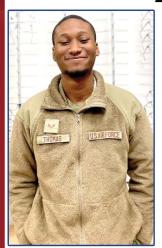
On a short walk to my vehicle in the parking lot I could not help but reflect on how much technology is affecting our everyday lives, for better or worse. Mostly for the better, I reasoned, but I kept those thoughts to myself rather than talking aloud.

I'm considering going back to the store's self-checkout to visit with the machine and ask a few questions. Perhaps say what I really think. Naw, that would probably get me an escort out of the building. Best I check with Alexa first.





SrA Jaylin Thomas



5th Operational Medical **Readiness Squadron** ietown. ray **North Carolina**

Senior Airman Thomas has been in the Air Force for 3 years and calling Minot AFB home for the past for 2 years. He and his family/friends enjoy spending time together and participating in various seasonal Minot activities. He currently is preparing and studying to test for the rank of Staff Sergeant. He takes pride in volunteering and helping the Airmen at the 5th Medical Group. He is the 5th Medical Groups Vice President of the Airman's Council, Vice President of the Booster Club, and as well as the 5th Medical Groups backup POC for "Airmen Against Drunk Driving".

GAME SALUTE: FRIDAY, FEBRUARY 9

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

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Fate, Family, and Coffee

HOPE ANDERSON



Central Brew coffee sprung to life in a short seven weeks this past fall, which can be chalked up to fate, the right things falling into place at the right time, and the dreams of two ladies, who had been friends for many years.

When Mary Prough learned that the coffee shop in the Brick + Mortar District building was available for rent, on a whim, she decided to contact the building owner for some details and the wheels started turning. It wasn't until having lunch with Dana Zaback the next week, where she mentioned the dream of owning a coffee shop and learned that it had been in Dana's heart, too, that the idea of Central Brew really came to life.

Often, people plan for years to start a business, but in this case, when it's right, it's right and within seven weeks, Central Brew coffee opened its doors to the public on October 19. With the help of friends and family, their dreams came to fruition.

When asked what people should know about Central Brew both Prough and Zaback said that it is just a cozy atmosphere. The neon sign hanging in the space that declares, "This is my happy place" says it all. They want people to feel welcome, relaxed, and comfortable when they walk in the door. It is a great place to meet a friend for a coffee, to stop for soup or a scone, but it is also great for college students to spend some time getting caffeinated and studying or writing a paper.

Their most popular drinks include the Lotus drinks, which they offer in a variety of flavors. The Bourbon Caramel latte is one of their specialty drinks and is highly sought after every day. They have a variety of sugar free syrup options and are really helpful when it comes to special dietary needs when recommending drink options.

Central Brew is located in the Brick + Mortar District building, formerly the Bricks building next to The Foundry. It is just east of Ebeneezers with a physical address of 400 East Central Ave, Suite 104..



They can be found on Facebook at Central Brew and on Instagram at Central Brew Minot.

The business is truly a family. From the owners who have been friends for many years to their spouses and 10 kids (5 each), who help out when they can and the baker, who is Prough's mother in law, to their staff, who they feel incredibly blessed to have, it really is a big extended family. Many of their baristas are college students, who love coffee and are very passionate about the industry. They also have people who just work Saturdays while having full time jobs during the week. Prough and Zaback both said that they feel incredibly fortunate to have the amazing staff that they do especially in times when it is often difficult to staff businesses.

If you are looking for a friendly atmosphere, delicious coffee, fresh made treats, a soup to warm your soul, or just a place to feel cozy, Central Brew is it. Their hours are Monday-Friday 7am-5pm and Saturday 8am-5pm. Check out their social media for updated information on seasonal drinks, treats of the week, and their soup offerings.

Whether you are grabbing a coffee to go or planning to spend a little time enjoying the cozy vibes, a stop downtown at Central Brew should be on your to do list. Walk through the doors and prepare to take a deep exhale and let your cares and concerns melt away for a moment while you enjoy a coffee and a treat. Make it your happy place today!



Dr. Matt Hanson

Vincent Rummage Sale

Saturday, February 24 9:00am-2:00pm

Household goods, toys, clothing, jewelry, etc. **LUNCH:** Soup & sandwiches starting at 11:00am **BAKE SALE:** Breads, pies, cookies, caramel rolls

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Dr. Willy Fielhaber

Dr. Benjamin Whitten

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Tuesday: 9:00am — 6:00pm
Wednesday: 7:30am — 6:00pm
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Friday: 7:30am — 4:30pm
Saturday: 2 a month by appt
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TEAM MINOT KICKS OFF BLACK HISTORY MONTH

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS LUIS GOMEZ



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, (left) and U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, pose before signing the Black History Month (BHM) proclamation at Minot Air Force Base, North Dakota, Feb. 1, 2024. It is a yearly tradition for the commanders at Minot AFB to sign a proclamation signifying the official start of Black History Month.





U.S. Air Force Col. Kenneth McGhee, 91st Missile Members of Team Minot mingle during the Black History Wing commander, gives opening remarks during the Month Opening Ceremony at Minot Air Force Base, North Black History Month (BHM) opening ceremony at Minot Dakota, Feb. 1, 2024. During the event, guests had the Air Force Base, North Dakota, Feb. 1, 2024. After the opportunity to learn more about black history through opening remarks members of Team Minot participated in speeches, food and trivia. BHM bingo and trivia games.

Month Opening Ceremony at Minot Air Force Base, North





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THIS WEEK IN USAF HISTORY

OPERATION HOMECOMING BRINGS VIETNAM POWS HOME **FEBRUARY 12, 1973**



POWs celebrate their freedom after being released from Vietnam. (USAF Photo)

Due to the Paris Peace Accords of 1973, POWs were to be released from North Vietnam during a mission called Operation Homecoming. The first group of 40 POWs, which included some of the longest-held prisoners, left Hanoi on February 12, 1973 on a USAF C-141 Starlifter known as the Hanoi Taxi. The crew stopped at Clark Air Base, Philippines, to offer the POWs medical care, new uniforms, and delicious food

before returning to the United States. During the operation, 591 POWs were liberated. 325 of them served in the Air Force, 138 in the Navy, 77 in the Army, 26 in the Marine Corps, and 25 were civilian employees. $\,$ There were also POWs released from South Vietnam, Laos, and China. Navy Cmdr. Everett Alvarez Jr. was the longest-held POW, having been in captivity for over eight years. "Everything seemed like heaven," said Air Force Capt. Larry Chesley. "When the doors of that C-141 closed, there were tears in the eyes of every man aboard."

Information courtesy of: nationalmuseum.af.mil / af.mil



Minot Air Force Base Announces **Economic Impact of Over \$621** Million for Minot Area in 2023

MINOT AREA CHAMBER EDC

The Budget Office of the 5th Bomb Wing Comptroller presented its annual economic impact analysis report for Minot Air Force Base at a meeting of the Minot Area Chamber EDC Military Affairs Committee on Thursday, February 1, 2024.

The group revealed that the total economic impact of MAFB (Minot Air Force Base) in 2023 was \$621,623,570.

"Minot isn't Minot without Minot Air Force Base, and the release of the economic impact statement each year really lays out the impact the base has on the community and state," Brekka Kramer, President I CEO of the Minot Area Chamber EDC, shared. "We are forever grateful for all who serve and what they do for our community and nation.'

The report estimated Minot AFB is responsible for 6,411 jobs on the base itself, and another 1,995 indirect positions in the Minot area. It is approximated that the total worth of base affiliated jobs are worth \$117 million.

In addition to the monetary significance on the local economy, AFB officials highlighted the base population and demographic information that often inspires local initiatives and activities. Overall, 11,827 people made up the Minot Air Force Base population that include military personnel, their families, and civilian employees on base.

Kramer highlighted how the report offers only a glimpse into the tremendous significance that Minot Air Force Base holds for the Minot area. "Having concrete numbers is a fantastic way to see the way that the base supports the local economy. However, Minot Air Force Base contributes so much more in its mission to protect our nation and for all who serve and call the Minot area home, whether that be for a few months or a lifetime. We are extremely lucky to have so many supportive people bringing new perspectives to the community and sharing the Magic in Minot," she

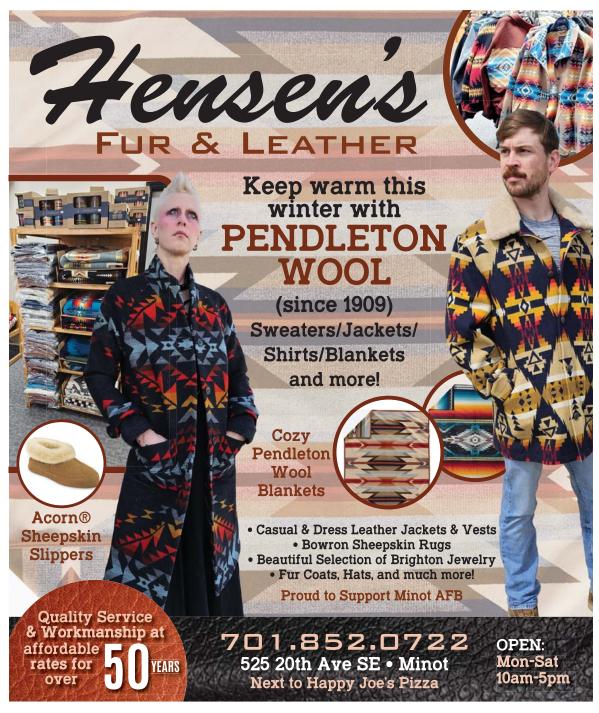


meeting to order.



Military Affairs Committee Chair Tom Rafferty brings the Maj. Andrew Triplett, Commander, 5th Comptroller Squadron delivers the results of the 2023 Economic Impact Analysis..

COURTESY PHOTOS





Ski the Jewel above the Prairie! **SNOW REPORT**

Expecting snow Thursday and Friday. All runs & lifts including chair lift and new T-bar are open. Terrain Park is open and Tubing is 100% open!

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Smartphones-One of the Most Dangerous Places for a Child to Be

Now that school is in full swing it is an important time to talk to our youth about the dangers of technology. More specifically, the dangers of the information we share, especially explicit photos or videos. Smartphones not only provide a sense of independence and confidence but also allow the readily available use of the internet and the production of photos and videos. "Snap. Send. That is how quickly a teen can send a sexually explicit image using a cell phone' (Capote, 2020).

Youth sexting may seem harmless, but the reality is that it is illegal. Children sending explicit content to another child is considered dissemination of child pornography or sexual exploitation. The child receiving and/or looking at that content is considered a perpetrator whether that content was received with consent or not. Unfortunately, this is one of the only crimes in America where you could fall both victim and an offender at the same

Through dissertation my research, the parents I interviewed on Minot Air Force Base and the city of Minot in 2020 felt their child would never partake in sexting. The reality is that "1 out of 4 minors are receiving sexts and 1 out of 7 are sending them" (Hurley, 2021), (Madigan, Ly, Rash, 2018). While 1 out of 7 minors are sending explicit content, studies have shown that roughly 53% of sexters are females and 47% of sexters are boys (Van Ouytsel, Lu, Temple, 2022). The



differentiation between genders could have many factors, but females are often more likely to send explicit content especially if they are in a relationship.

We do not teach the dangers of sexting at the kindergarten through 8th grade levels, but research supports that this age group is the one who needs it the most. Apps such as Snap Chat are quick ways to transmit explicit content and children think it deletes after a period of time, not realizing it could be screed shotted and that it could be retrieved from the cloud. Education is the most proactive way to deter youth from taking,

receiving, or exploiting explicit photos or videos.

How do we take action?

The simplest way to deter and prevent youth from the dangers of sexting is through education and monitoring. Children cannot know what they do not know; and through parental intervention of those dangers, they are more equipped to handle these types of situations. Situations can include someone sending them unwanted content or dealing with the pressure or demand of someone requesting it. We can teach them to report and teach them not to send.

Get involved and take action! It starts at home!



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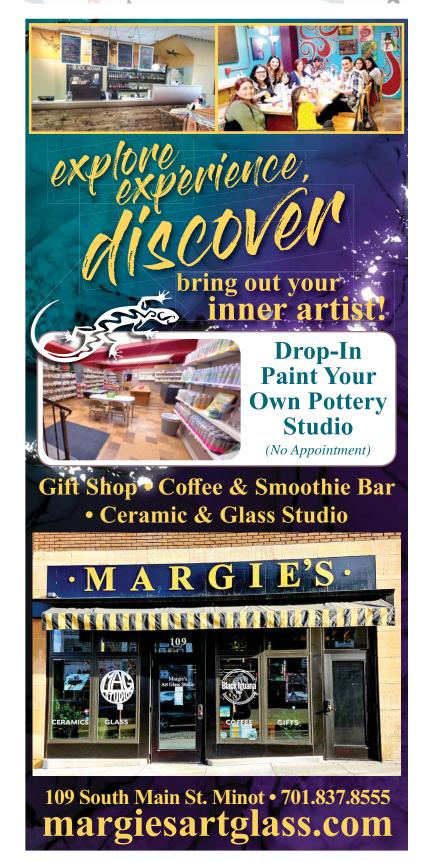
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U.S. Air Force Chaplain Maj. Gen. Randall Kitchens visits Team Minot

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MINOT AIR FORCE BASE, N.D.

U.S. Air Force Chaplain Major General Randall Kitchens, U.S. Air Force chief of chaplains, and U.S. Air Force Chief Master Sergeant Sadie Chambers, Religious Affairs senior enlisted advisor, visited Minot Air Force Base (AFB) Jan. 28-30, 2024. Kitchens and his team spent three days meeting with the Minot AFB chaplains, touring different units and facilities on base. and visiting a Missile Alert Facility

As the Chief of Chaplains, Kitchens leads the Department of the Air force Chaplain Corps of approximately 2,100 chaplains and religious affairs Airmen from the active duty and Air Reserve components. Kitchens establishes guidance and provides advice on all matters pertaining to the religious and moral welfare of Air and Space Force personnel and is responsible for establishing effective programs that meet the religious needs of Airmen, Guardians and their dependents.

"For those that are religious and non-religious the Chaplain Corps offers pastoral care, ministry and counseling in an environment that can be challenging to many," said Kitchens. "It is my hope that my team and I can offer to those that seek it, guidance, in a turbulent and sometimes difficult to navigate

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During his visit, Kitchens took the opportunity to recognize and commend outstanding Airmen for their exemplary service. The visit involved a tour of the MAF Bravo-01, a critical element of Minot AFB's strategic capabilities. This hands-on experience allowed Kitchens to gain insights into the unique challenges faced by the airmen in this sector and reinforced the importance of spiritual and emotional support in high-stress environments.

the demanding Recognizing nature of military service, the

Chaplain Corps aims to provide a supportive environment, fostering the mental fortitude needed to navigate challenges.

"Our Chaplain Corps plays an essential role in promoting the spiritual fitness of our warfighters and families," says Kitchens. "Spiritual fitness is not merely a characteristic but a dynamic quality of resilience that helps our Airmen and Guardians thrive. It's the foundation that fortifies the mind, uplifts the soul, and fosters an indomitable spirit within our military community."



U.S. Air Force Chaplain Maj. Gen. Randall Kitchens, U.S. Air Force chief of chaplains, concentrates on a presentation at the Missile Alert Facility Bravo-01, North Dakota, Jan. 30, 2024. As the Chief of Chaplains Board, Kitchens and his colleagues advise the secretary of Defense and the joint Chiefs of Staff on



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Winner will be announced on March 8, 2024

be spread over several days. *Some restrictions may apply

Contest is open to Minot AFB military personnel and their dependents.

and the prize recipients are intended to be MAFB-affiliated personnel. Must

· Prize must be used in its entirety in one day. The winter park entry cannot

be 18 years of age or older to win and be able to prove MAFB affiliation.

Contest will run from December 15, 2023 thru February 28, 2024



U.S. Air Force Chaplain Maj. Gen. Randall Kitchens, U.S. Air Force chief of chaplains, (center) and U.S. Air Force Chief Master Sgt. Sadie Chambers, Religious Affairs senior enlisted advisor, (left) are given a tour of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Jan. 29, 2024. As a member of the special staff of the Chief of Staff of the Air Force and Chief of Space Operations, Kitchens establishes guidance and provides advice on all matters pertaining to the religious and moral welfare of Air and Space Force personnel and is responsible for establishing effective programs to meet the religious needs of Airmen, Guardians and their dependents.

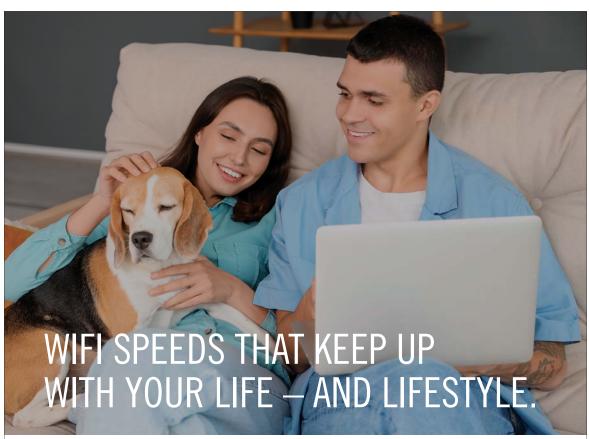


U.S. Air Force Chaplain Maj. Gen. Randall Kitchens, U.S. Air Force chief of chaplains, (left) coins U.S. Air Force Master Sgt. Jacob Schulze, 5th Bomb Wing chaplain, as U.S. Air Force Chief Master Sgt. Sadie Chambers, Religious Affairs senior enlisted advisor, (right) looks on at Minot Air Force Base, North Dakota, Jan. 29, 2024. As the Chief of Chaplains, Kitchens leads the Department of the Air Force Chaplain Corps of approximately 2,100 chaplains and religious affairs Airmen from the active duty and Air Reserve components.

> U.S. AIR FORCE PHOTOS AIRMAN 1ST CLASS LUIS GOMEZ



U.S. Air Force Chaplain Maj. Gen. Randall Kitchens, U.S. Air Force chief of chaplains, (center) and U.S. Air Force Capt. John Cavassa, 69th Bomb Squadron command support staff, prepare to go inside a B-52H Stratofortress at Minot Air Force Base, North Dakota, Jan. 29, 2024. As a member of the special staff of the Chief of Staff of the Air Force and Chief of Space Operations, Kitchens establishes guidance and provides advice on all matters pertaining to the religious and moral welfare of Air and Space Force personnel and is responsible for establishing effective programs to meet the religious needs of Airmen, Guardians and their dependents.



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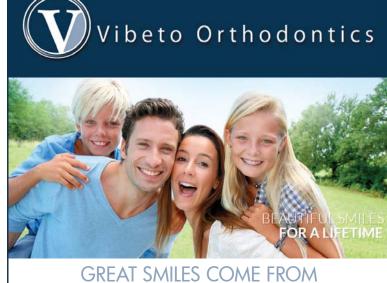
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TOP SYMPTOMS OF *AN ENGINE OIL LEAK*

Ugly, greasy stains on the driveway...a burning smell and smoke coming from your engine...and the oil light on your dashboard flicking on and off—yikes! This sounds like it could be an engine oil leak. Not only are these issues hard to ignore, but they're signs of a problem you can't afford to ignore. Putting off repairs for an oil leak could lead to bigger headaches later on, from serious engine damage to overheating on the side of the road. Study up on the top symptoms of an engine oil leak so you can recognize one if you see it, and learn more about the important role oil plays in the health of your vehicle.

FIVE SYMPTOMS OF AN OIL LEAK

1. DARK PUDDLES UNDER YOUR CAR

When you back out from your driveway or parking space, check to see if there are dark brown or yellow puddles where your car was sitting. (Pro-Tip: If you don't have a dedicated parking space you can watch for spotting, lay down a piece of cardboard or a plastic plate underneath your vehicle when you park. That way you can confirm the leak is coming from your car, not someone else's.) If your oil pan has a leak, it will spill out directly onto the pavement and could cause issues with oil levels and pressure.

2. SMOKE FROM THE ENGINE

If oil drips onto the exhaust manifold, it's going to result in smoke coming from the engine area. Leave this problem unattended for too long and leaking oil could damage the oxygen sensors or cause gaskets to break down.

3. THE DASHBOARD OIL LIGHT

Your oil light is a dashboard warning that you shouldn't ignore. It will alert you if the oil level or oil pressure is lower than normal. While it doesn't automatically indicate a leak, it does require further inspection.

4. ENGINE OVERHEATING

Engine oil plays an essential role in regulating the engine's temperature. It lubricates the pistons and makes sure they glide smoothly within their housing. Without proper lubrication, the pistons will grind against other parts of the engine, produce great amounts of heat, and potentially cause your engine to seize-up and stall. If there's an oil leak and the oil level drops too low, the engine could overheat.

5. SMELL OF BURNING OIL

If there's oil leaking onto your engine's hot metal parts, you're likely to smell burning oil and hear a sizzle, sizzle when the oil comes into contact with the hot engine. If you notice an unpleasant smell that's thick and bitter paired with the sound of bacon frying under the hood, you could have an oil leak.

"I THINK I HAVE AN OIL LEAK! NOW WHAT?"

If you believe you have an oil leak, don't waste time getting it checked out. Oil lubricates the moving parts of your engine, reducing friction and regulating the temperature of your engine. Driving with a leak could mean extra wear and tear on your vehicle and unfortunate engine damage.

The easiest way to spot an oil leak as soon as it sprouts is by getting your oil changed at the manufacturer's recommended intervals. Your car's manual will detail exactly how often this is. At Tires Plus, every oil change service comes with a courtesy vehicle inspection that can alert you to an evolving issue that may lead to an oil leak, or bring your attention to an existing leak.

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If you suspect something fishy is going on under your hood, visit your nearest Tires Plus and have our technicians take a look. They can help identify and repair leaks, but they can also take care of an important preventative service: your oil change. You can rely on them for excellent service and sound advice. And if your trusty vehicle has been loved for over 75,000 miles, talk to your technician about the benefits of high mileage oil too. This type of oil can help restore seals, prevent leaks, and enhance your overall engine performance. Schedule your appointment online or stop by your neighborhood Tires Plus today.



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Brewing Beer in the Magic City

Atypical Brewing Starts the Newest Batch of **Hot Charro Chocolate**

ROD WILSON, NORTHERN SENTRY

The process of brewing a batch of beer at Atypical starts long before the first ingredients hit the large fermenters in the brewing room. For Head Brewmaster Eric Johnson, the process of beginning a batch on January 29th started with Steven Yankovich, a member of the Minot Home Brewing Community contacting Johnson about the possibility of the Skillbridge Apprenticeship program. According to Johnson, "Steven and I had gotten to know each other over the years through the homebrewing community that exists in Minot. Since Steven had an interest in brewing and I owned a brewing business, Števen told me about the SkillBridge program that is offered to service members. This started me down an approximately 10-month long process to get Atypical Brewery registered with a Federal Apprenticeship program so that Steven was able to apply/register with us." This would give A-Typical a very reliable, well trained Assistant Brewer "Steven completed the Apprenticeship program with us last spring and has been acting as an Assistant Brewer under me ever since. This previous summer we had a second MAFB member, this time someone I did not know beforehand, who was interested in the SkillBridge program here at Atypical. Tristan Lewis has been hired on as a keg washer (where almost all brewery workers start) and now, starting on Jan 1st, Tristan will begin his

SkillBridge program with us." So, the stage was set for the next stage in the journey, Johnson "Here's where the story idea begins. As I stated before, there is

a small but dedicated homebrew community in Minot. We have had many MAFB members come and go over the years. People we hold near and dear to our hearts. One such member, Jeremiah "Wort-Hog' White began a tradition among us 7 years ago. He built a traveling trophy, along with a brewing competition held among our members. The winner (as judged by popular vote among meetinggoers) then gets the traveling trophy, along with a custom-made tap handle from the previous winner, and then they must decide the style to be brewed for the next competition. The tradition has been coveted ever since its inception." The players seemed to be in place for collaboration on a batch of beer using the A-Typical Brewery as Eric explains "One such winner was one of our great MAFB community members Angel Morales, who is currently still living in Minot. His





winning beer was a Mexican Hot

Chocolate Stout. Here at Atypical

we have occasionally invited

members of the homebrew group

to bring some of their best recipes

and brew full-sized batches on our

equipment. That is exactly what we

have planned to do with Angel and

his Mexican Hot Chocolate Stout

recipe. And since we will have one

retired MAFB member acting as my

Assistant Brewer, a second "soon to



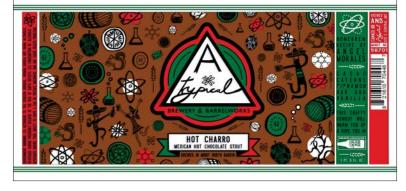
Eric Johnson - brewmaster; Steven Yankovich - retired AF & currently Assistant Brewer; Angel Morales - active-duty & homebrewer (his recipe); Tristan Lewis - active-duty & currently in our SkillBridge program on his way to retired.

be retired" MAFB member acting as my Apprentice, and a third active-duty member, all of them here, brewing a recipe that was designed by one of them, I believe this is an incredible opportunity for collaboration" according to Johnson.

By invitation, I was invited to view the brewing team in action as they began their collaborative batch on January 29th, with a target of early March for the batch to be ready for sales and consumption. "Here at Atypical we intend to fully document the event and use it to promote a Military Appreciation Week at Atypical to coincide with

the release of the beer. We are extremely thankful for the MAFB and the support that its members give us "continues Johnson. The Military Appreciation week will be the week of March 8th. "We really look forward to continuing to build our relationship with the Minot

For Johnson, and the other 3 members of the collaborative brew team, it will be an opportunity to show the public how the process of brewing a batch of beer works, as well as giving a bit of notoriety to the Magic City brewing community.



The new batch of Hot Charro-Mexican Hot Chocolate Stout, will be canned and ready for sales and consumption in early March



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- Feb 6th Wear Orange Day! Be sure to share your fits on social media!
- Feb 7th Healthy Relationships Dsicussions.
- Feb 8th Share your love through artistic expression!
- Feb 9th Self-love Day! Share how you practice self-love!

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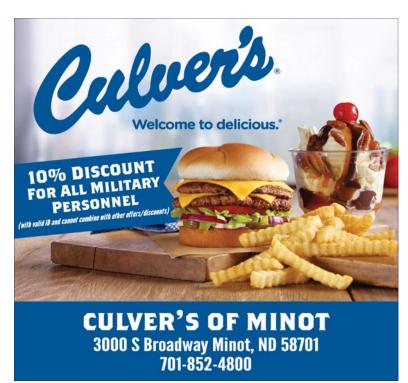
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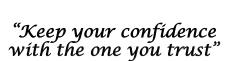
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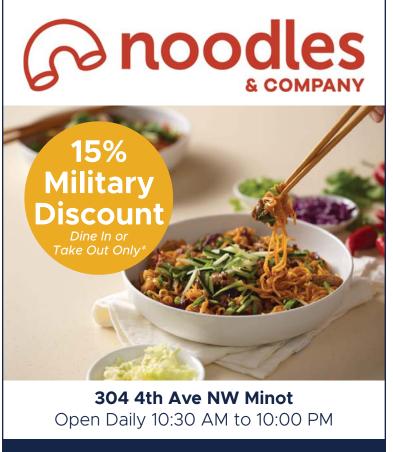
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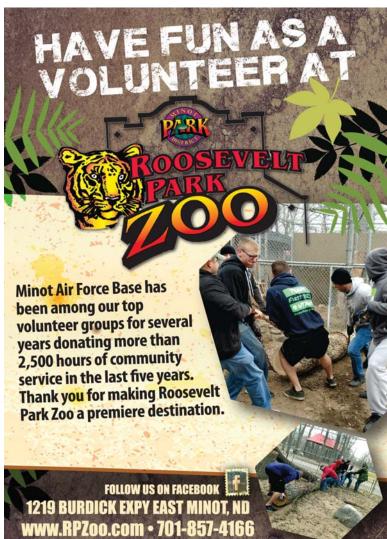
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SUDOKU

Solution to puzzle on page B9

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		6	9			1		



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CROSSWORD PUZZ

- 1. John Wayne title role of
- 6. Freudian error
- 10. Pantheon members
- 14. "Paper Moon" actor or
- 16. Type of sword
- 17. Condoleeza Rice's
- 21. Arabian Sea gulf
- **22**. ___ x height = area
- 25. Relations
- 26. Internal combustion
- **34**. Souvenirs from 53-Down
- 35. Bond creator Fleming
- **40**. "Lamp ___ My Feet"
- 41. Sternward
- short
- _ Joe (Twain character)
- 49. River leading to the
- **50**. Line dance
- 53. Sphagnum, for one
- 59. Union in Chicago, e.g.
- going
- 65. Part of WYSIWYG

- 1953

- actress
- 15. Abraded
- domain
- 20. Carrying a grudge
- 23. Hay unit
- device
- 33. Standoffish
- 37. Defunct weekly
- 38. Don't exist
- 42. The "dismal science," for
- 44. McQueen classic
- 48. Historic period
- Caspian
- **55**. Words of horror
- **62**. It turns a bachelor into a
- 63. It keeps the Tempo
- **64**. Pang
- **66**. It can precede the last word of 17, 26, 44 and 59-
- 67. Troublesome time, for

Down

- 1. Ben's boy
- 2. Word with catch or
- 3. Dear partner
- 4. You can plan on it 5. Corrida cheer
- 6. Garbo's homeland
- 7. Easy stride 8. Persia, since 1935
- 9. Part of p.p.d.o.
- 10. Sign of the twins
- 11. Essay page, for short
- 12. Nick's kin? 13. Dickens' Pecksniff
- 18. Painter of limp watches
- 19. Sprigs

- 24. Houseguest from Melmac
- 25. Purl counterpart
- 26. Joyous celebration 27. Soaring
- 28. Starter for fast or
- 29. "Maria ___" (Dorsey hit, 1941)
- **30**. Poetic time of day
- **31**. Type of warrior 32. Really enjoy
- 36. "But answer came there ___" (Lewis
- Carroll) 38. Caldwell's little plot
- 39. Certain egg mass
- 40. Disrobe
- 42. Actress Samantha 43. Rose-rose connector

- 45. Baby bateleur
- 46. Skirmish 47. Once, once
- 50. Rowing sport
- 51. Curse or vow
- 52. Actress Talbot or 53. Haleakala National
- Park locale
- **54**. Polish border river 56. What this gun's for?
- 57. Tiffin time
- 58. Wallet stuffers
- 60. Out of tune
- 61. Ma Bell



CHURCHDIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant **Sunday Community Service**

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

Wicca, Pagan, and Neopagan Services

Open Circle

1000 on the 1st and 3rd Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass

Sunday1000 Daily Monday-Thursday at 1200

St. Peter The Aleut **Eastern Orthodox** Church



109 6th St. SE Minot • 838-3094

Saturday, February 10 5PM, No Vespers

Sunday, February 11 10AM, Congregational Prayer Service

Vincent United

Methodist

Church

1024 2nd St. SE • 838-4425

Behind Town & Country Shopping Center

Come As You Are!

Sunday School9:00 a.m.

Sunday Worship Service 10:00 a.m.

Fellowship......11:00 a.m.

Pastor Mark Ehrmantraut

www.vincentumc.com



Wednesdays 7:00pm and Sundays 10:30am

1821 W Burdick Expressway

For More Information:

Faith United

Methodist

Church

701.838.2665 | www.bfbc.tv

5900 Highway 83 N, Minot

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.



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

& Fellowship9:00 a.m. Worship 10:30 a.m.

www.trinitychurchminot.org

Cornerstone Presbyterian Church

> 1000 NE 3rd Street 852-0315

> > **Sunday Schedule**

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

Wednesday Evening Schedule

Community Dinner..........5:30-6:30pm Contemporary Worship........6:30pm Youth Group & Small Groups..7:15pm All are Welcome!

www.cornerstoneminot.com

Bible 6 Fellowship

Worship Service 10:45am Sundays

Sunday School

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

Contact Duane Deckert: 701-838-0916 or biblefellowship@srt.com www.griefshare.org

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

Immanuel Baptist Church

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



WEDNESDAYS: 9:00 AM FELLOWSHIP 11:30 AM SOUP KITCHEN 9:15 AM SUNDAY SCHOOL 5:30 PM FAMILY SUPPER 10:30 AM WORSHIP 6:30 PM PRE-K/KIDS' CLUB **ABY & ADULT BIBLE STUDY**



Christ Reformed Church

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

www.christreformedchurchminot.com

St. John the Apostle **Catholic Church**



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

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



Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

To Advertise your Church on this page, Call 839-0946

Only \$9.00

a space / per week

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



1805 2nd St. SE 838-1111

Sunday Services 9:00 AM & 11:00 AM

Wednesday 6:30 PM

First Baptist Church

200 3rd St. SW • 852-4533

www.fbcminot.org

Minot **Baptist Church**

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

Sunday School	9:45 a.m.
Morning Worship	11:00 a.m.
Evening Worship	6:00 p.m.
Wednesday Evening	7:00 p.m.
T 1 1 /F 1	1/15 115

Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller

Apostolic Faith

Church, UPCI

2929 19th Ave NW • Minot

Located off Hwy 83 Bypass West

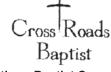
(701) 838-0609

Saturday School 2:00 p.m.

Sunday Worship 3:30 p.m.

Wednesday Bible Study7:30 p.m.

Jesse Starr, Pastor



Southern Baptist Convention

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

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

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

A Reformed Baptist Church

Sunday Service: 4:00 p.m.

Wed. Prayer: 5:30 p.m.

at Living Word Lutheran bldg

710 46th Ave NE, Minot

Web: gracebaptistminot.com

E-mail: gbcminot@gmail.com

RADIO BROADCAST

KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun

Grace Baptist

CHURCH OF MINOT



Sunday School 9:30 a.m. Sunday Worship 10:30 a.m.

Children's Church & Nursery Wednesday Family Training Hour Classes for All Ages 6:30 p.m. Youth Center, Friday......7:00 - 11:00 p.m.

ABC Child Care Center.....852-6352 westminot.com facebook.com/westminot



OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW

Minot, ND 58701 701-852-6404 www.oslcminot.com

Rev. Heath Trampe Rev. Brian Doel

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

Wednesdays from 6-7pn Adult Choir
OSKids (age 4-5th grade)
Confirmation (grades 6-8) High School Youth Group (6-8pm)

Reverend Philip Beyersdorf 2209 4th Avenue NW, Minot, ND 839-4663

www.minotstmarks.com

Join us on facebook

Contemporary Worship Service....... 11:05 a.m.

Adult Sunday School 11:00 a.m.

Classic Worship Service.

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

OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

Sundays:

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

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:

www.ourredeemers.org



Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772

www.orcsknights.org

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

HIGHLIGHTS OF OUR PROGRAM

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

each session

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

Website: www.orcsknights.org



Gospel Tabernacle Community Church

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

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

Sunday School 9:45 a.m. Adult/Children Worship...11 a.m. Family Hour6:30 p.m. Evening Worship7:30 p.m. Bible Study/Child-Adult Children Worship (Wed)....7 p.m. Prayer (Friday)7 P.m.

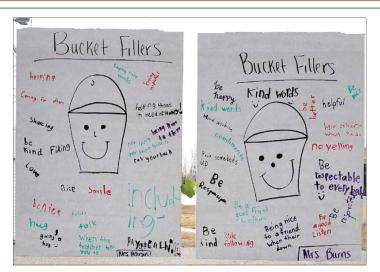


advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline **TUESDAYS BY NOON** WEEK OF PUBLICATION **CONTACT US call** 701-839-0946 email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM



WE ARE BUCKET FILLERS

North Plains Elementary students are leading the way to uplift each other by filling each other's invisible buckets with positivity.

SUBMITTED PHOTO

North Plains January Star Student recipients

MISS POTTS' 5TH GRADE

Gravson S. Joey A. Alaria C. Liam S.

MRS. WHITES' 1ST GRADE

Evelvn B. Avery S. Wesley S. Ellie B.

MRS. LITTLE/PERRY'S

1ST GRADE Ragnar C. Tank D.

Lola A. Davina L.

MRS. LEESON & MRS. LAKODUK'S 4TH GRADE

Cora J. Sawyer T. Luke N. Amaya Y. Shadrach J. Soyana M.

MRS. HOADLEY'S **KINDER**

Paxcen P. Ryder M.

Jensen G. Victoria L. Jace B.

MISS JOCHIM'S KINDER

Tavden C. Zurie A. Adrian M. Adam T.



MRS. FILKINS' **2ND GRADE**

Piper P. Blake W. Janessa L.

MRS. BRAATEN'S 2ND GRADE

Marc T. Chloe C. Harvey M. Isobel W. Samiera B.

MRS. PETERSON'S 3RD GRADE

Dominick S. Renny L. Kamden F. Charley S. Gavin B

MRS. BURNS' **3RD GRADE**

Laila S. Joshua N. Timothy D. Addison C.

The following classroom

received -

The Music Award went to Mrs. Filkins' 2nd Grade Classroom presented by Mrs.

The PE Award went to Miss Potts' 5th Grade Classroom presented by Mrs. Bauer.

The Recess Award went to Miss Potts' 5th Grade Classroom presented by Mrs. Erica and Mrs. Jocelyn.

Minot Public Schools, District #1, Realignment Update

Schools, District #1, held a special board meeting to further discuss the district wide budget. In a prior special board meeting, a middle school with fewer than 300 students was prioritized for realignment and closure. Memorial Middle School at Minot AFB met

However, on February 5th, 2024 it was outlined a potential realignment of Minot AFB Schools requires multi stakeholder discussions with the Department of the Air Force as a key player. The following includes a quotation from the presentation.

"Reexamination of schools with low enrollments-

Schools at Minot Air Force Base with under-utilized facilities. Please note: MPS provides educational services to Minot AFB through a cooperative agreement-any



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



proposed changes, or discussion of changes, would need to be in collaboration with the Air Force."

It is important to note, Minot Public Schools proposed efficiencies are to ensure the district wide budget operates with a balanced and manageable budget. In the midst of this, there are two schools in Minot slated for realignment to include McKinley Elementary and Bell Elementary.

With realignment, there are often challenging decisions a school board will make. However, as a stakeholder, your involvement is valuable and needed. The next school board meeting for Minot Public Schools, District #1 is February 15th, 2024. If there are questions or concerns, please email mafb.school.liaison@us.af.mil.











The Cooper family made a snowman from the snow that had accumulated in their master bathroom after the most recent winter storm.

Submitted by Kristin Cooper



Recently, on one of the coldest days of the year, Dan Kephart filled up his truck with gas at the Minot AFB Shoppette. Wife Sarah said, "We just got done warming up his truck and changing one of his batteries, it was a 'bitter cold' victory! We just moved here 4 weeks ago from Virginia and North Dakota is reminding how cold it REALLY can get!"

Submitted by Sarah Kephart





For full details or to submit your photo for the Northern Sentry Wintery Photo Contest scan the QR code. Grand Prize: Family Pack to Bottineau Winter Park!



On Saturday, January 6, Christine Bartholomew and husband Bruce were driving around Minot and accidentally ended up at the Veterans Section of the Rosehill Memorial Park cemetery in Minot. Christine said, " What really struck me was how the snowy wreaths on the simple iron crosses evoked a mixture of feelings, both sadness and gratitude, the cold loneliness of winter highlighting the stark reality of death intermingled with the warmth and love of the Christmas season and the family and friends who had placed those memorial wreaths. The row upon row of wreaths immediately brought to my mind our dads and all of the military who have made the ultimate sacrifice."

Submitted by Christine Bartholomew

NOTES ON BEING SAFE

IT COULD HAPPEN TO YOU

It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine my ability to drive. Impaired, I've driven many times before, maybe in worse shape than this. As I completed the tests,

even I decided I shouldn't have driven. My reflection

became reality as the officer

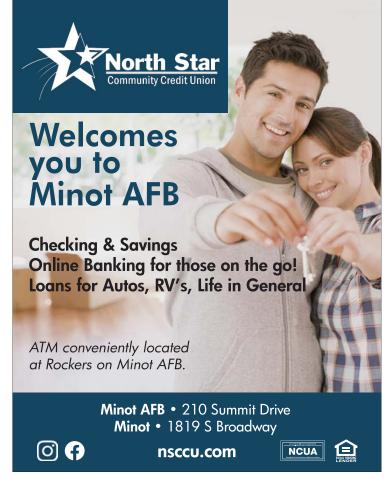


SSGT JOE VERGARA 5TH BOMB WING NCOIC, OCCUPATIONAL SAFETY

applied the handcuffs and placed me in the rear of his car. I began to contemplate my actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The punishment impending would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it?



This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol - DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!







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

SOUP IT UP 5:00 PM - 8:00 PM Taube Museum of Art 2 Main Street North, Minot

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



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

9TH ANNUAL DADDY DAUGHTER DANCE 5:00 PM - 9:00 PM The Grand Hotel

1505 North Broadway ND, Minot Let's Party! The Minot Optimist Club is hosting the 9th annual Daddy Daughter Dance! Join in a fun evening of dinner, dancing, and even ice

5:30 | Dinner (Alfredo & Garlic Toast), 6:00 | Dance Party! 7:00 | Ice Cream, \$40 | Individual Ticket, \$300 | Reserved Table of 8 Not limited to Dads and Daughters - All are welcome! Children must be accompanied by an adult.

cream! 5:00 | Registration, 5:00 to 5:30 | Professional Photo's

Please contact us at minotoptimist@gmail.com no later than one week before the event with dietary restrictions.

Ticket sales are non refundable, non transferrable.



For more information: Facebook / Minot Optimist Club / Events

Emily said, "We had unusual January weather and for 12 hours or so every fence post and tree branch was flocked so beautifully; I just had to capture it." Submitted by Emily Marsh

Taken mid-January in Minot ND, a local farm exhibited natural winter wonder.

Late in the night on January 7th, Christine Bartholomew snapped this photo

from outside her empty house on base. She and her husband had just moved

in and didn't yet have furniture, except an air mattress. Christine said, "I

was appreciating the beauty and peacefulness before the nighttime plowing

Submitted by Christine Bartholomew

commenced and ruined the pristine appearance."

ninend.com



109 West Central Avenue Minot, ND

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 you 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

ROASTED PORK TENDERLOIN WITH GARLIC AND HERBS



INGREDIENTS

- 2 (1 LB EACH) PORK TENDERLOINS
- 1 I FMON. JUICE AND 7FST OF HALF. REMAINING HALF THINLY SLICED
- 2 SPRIG FRESH THYME, STRIPPED, PLUS MORE FOR GARNISH
- 1 SPRIG FRESH ROSEMARY, STRIPPED, PLUS MORE FOR GARNISH
- 1 TABLESPOON SOY SAUCE
- 2 TEASPOON COARSE SALT
- 1 1/2 TEASPOON FRESHLY GROUND **BLACK PEPPER**
- 1 PINCH RED PEPPER FLAKES (OPTIONAL) 1/4 CUP EXTRA-VIRGIN OLIVE OIL, PLUS **MORE AS NEEDED**
- Using a sharp knife, trim both tenderloins of extra fat or

In the bowl of a mini-food processor or a blender jar, combine the garlic, lemon juice and zest, thyme, rosemary, soy sauce, salt, pepper, and red pepper flakes. Pulse until the garlic and herbs are finely chopped. Slowly drizzle in the olive oil while the machine is running until a paste forms.

Rub the garlic paste over both tenderloins, covering all surfaces. If desired, cover the pork tightly with plastic wrap and refrigerate for up to 8 hours before grilling.

When ready to cook, set Traeger temperature to 500°F and preheat with the lid closed for 15 minutes. Arrange the tenderloins directly on the grill grate and roast for 15

Using tongs, turn the tenderloins and continue to roast until the internal temperature in the thickest part of the meat registers at least 145°.

Let the meat rest for 5 minutes before carving into slices. Enjoy!



www.HofE.com/BBQHQ

NEW Community at the Northern Sentry



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



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



SERVING FROM 10AM - 2PM

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





Johnmunty

A Valentine Story

The full moon hung low, laughing at me, While I browsed the shelves of the Dollar Tree. The night before a day, mostly celebrated, One that I disliked, tolerated. I looked to find a great gift for my guy, For Valentine's Day, good night, Oh my! What to buy a guy who's so picky, Choosing can be stressful and tricky.

No high-priced presents, like at Christmas, Just whatnots, some useful, some delicious. Headphones for one dollar and twenty-five, Candy hearts, and always car supplies, All with a funny Valentine card, Scribbled with words from a romantic bard. I left the store, happy. Thank God. Amen. Because of love, though, I'd do it again.

I took the gifts home and patiently waited, For my husband to fall asleep, unabated, When something's a secret, Ed's a real hounder. I placed the card and gifts on the kitchen counter. In the morn, he saw his little gifts, Mine sat on the table, Oh! Ed was swift. I got chocolates for Valentine's Day, And a nice card that was red, pink and gray.

Ed opened his card, 'cause that's what he does first, And read the funny, racy lines, short and in verse. At the end I had signed I love you Ed, Tina. Ed laughed and called me his hack, his xena. My card echoed softness as I read, In it, he wrote I love you Tina, Ed. We both liked the gifts, but the words much more, Passion, flame, rapture, crush, yearning, amore.

These are words people like to see and hear, To let them know they're somebody's dear. All I needed was the sweet words, a kiss. Sincere words, a tender kiss. Truly bliss. For me, a card and candy bar would do, Ed instantly thought the same thought too. I love you is great said or in ink, Whether softly or in baby pink.

The End

Martina Kranz

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



UNEXPECTED PREGNANCY SOLUTIONS

- ULTRASOUND EXAM (DETERMINE HOW FAR ALONG YOU ARE)
- PREGNANCY & PARENTING EDUCATION



- @ dakotahope.org
- 315 S Main St #205 Minot, ND
- Client Line: 701-852-4673





by Patricia Stockdill

Lake Sakakawea elevation, Feb. 5: 1,836.69 feet above mean sea level (MSL); 25,300 cubic feet per second (CFS) Garrison Dam average daily

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

Stump Lake elevation: 1,449.1 MSL.

• N.D. Game & Fish Dept. game wardens: Use caution on the ice throughout area lakes, especially around pressure ridges after warm weather and with changing weather conditions. Look for more consistent walleye activity around Pelican Lake with inconsistent success on Devils Lake but ice conditions are poor.

• Devils Lake, Ed's Bait Shop, Devils Lake: Poor ice conditions with walk-on access only recommended. Overall fishing success slowed.

• Devils Lake, Woodland Resort, Devils Lake: Extremely poor ice conditions throughout Devils Lake with

slow walleye and perch activity.

• Lake Darling, Karma C-Store, Ruthville: Use extreme caution on the ice with deteriorating conditions after recent warm spell. Lake Darling producing some small with occasional walleye from Lake Audubon.

• Lake Metigoshe, Four Seasons, Bottineau: Lots of slush and water on top of the ice.

 Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Use extreme caution on area lakes after warm weather created slush, water on top of ice, and deteriorating ice conditions. Anglers walking onto Lake Sakakawea continue finding a few walleye in Steinke and Douglas bays on the east end with some success on Lake Audubon.

Hwy. 83 Lawn & Leisure, Garrison: Avoid pressure ridges with warm weather creating overall poor conditions; complicated with blowing wind and snow. Carry safety equipment, such as ice picks. Varying ice conditions on the east end of Lake Sakakawea with walking access only recommended. Centennial and

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.

• Ice conditions are dangerous after the warm spell created slush and water on top of the ice, deteriorating ice quality and increasing its variability. It's 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.

• 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.
Feb. 9 – 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. 14: Spring turkey applications due.

• Feb. 16: Date Night/Skate Night, Lewis & Clark State Park, 5 p.m. • Feb. 17: WinterFest, Cross Ranch State Park, Hensler, 1 p.m.

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

• Feb. 23 & 24: Minot Curling Club Outdoor Bonspiel, Citizens Alley. • Feb. 23: West Dakota Waterfowlers Delta Waterfowl banquet, Grand

Hotel, Minot, 5 p.m. • Feb. 24: Full Snow Moon Candlelight Hike Evening Hike Series, Fort

Stevenson State Park, Garrison, 6 p.m. • Feb. 24: Sakakawea Ducks Unlimited banquet, Washburn Memorial

TOURNAMENTS (tentative pending ice conditions):

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

• Feb. 17: Lake Audubon.

Feb. 24: Devils Lake

Steinke bays producing a few walleye in 15 to 25 feet. A few pike speared, as well, with some around Wolf Creek. Caution is a must, however.

 Lake Sakakawea, New Town: Anglers should wait to access areas on Lake Sakakawea after warm weather deteriorated ice conditions. Once anglers can get back on, look for continued fair walleye success in the Van Hook Arm but use extreme

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River fair to good for walleye from boat and shore with better success from boats. Many are nice eater-sized. Try jigs and minnows. Ice conditions poor on Lake Sakakawea and Lake Audubon.

 Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walk-on access only – at best recommended on the upper end of Lake Sakakawea. Use extreme caution even with more seasonal weather conditions with potential for snow and slush pockets. Look for better walleye success in White Earth Bay if access and ice conditions improve with pike activity inside larger bays.

• Lonetree WMA area lakes,

Harvey: No new reports.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing occasional pike but use caution with poor ice conditions. Not much activity on other area lakes

<u>Downhill ski report</u>

(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: Ski area temporarily closed due to poor snow conditions. Go to their website, (www.huffhills.com) for updates on changing conditions.

• Terry Peak, Leads, S.D.: 12- to 20-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-



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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. lake 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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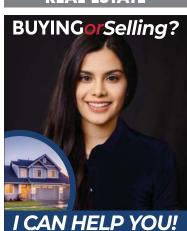


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MINOT AFB ANNOUNCEMENTS

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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TITUS & PHILEMON Everyday adventures of Titus and Philemon and their owner Joe.



Timmothy 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



Junior Achievement (JA) Program Volunteers

Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers.

POC: Carla Dolan, Vice President, Minot Area Chamber EDC 701-857-8205, carla@minotchamberedc.com

Mad Science Party Volunteers

The Base Library is looking for volunteers for our Mad Science Party, held Saturday, Feb 10th 1230-1430-ish at the Minot AFB Library. Volunteers needed to supervise science activities.

POC: Julie Reiten, Supervisory Librarian, Minot AFB Library Julie.Reiten@us.af.mil or 701-723-4554

Prairie Warrior Auction Volunteers/Donations

March 21

It's going to be a great opportunity to donate and build connections between the different squadrons. Remember any money made on one of our donations will come directly back to the unit, so if you are interested in donating; I will also attach the donation sheet that will need to be turned in to me along with what you are donating. This auction also creates a great volunteer opportunity, if you are interested in participating, please email me. If you have any further questions about volunteering or donating i.e., what volunteer opportunities are still available or what can be donated, please don't hesitate to reach out!

POC: Amn Hannah N Waters, Customer Support Technician **5th Force Support Squadron** DSN: 723-6722

YMCA Coach & 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: Chris Greek, Youth Sports Director, Minot Family YMCA

701-852-0141 www.ymcaminot.org

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're 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.

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

Volunteer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming T-Ball, Softball, and Baseball season. Coaching needs must be met by 1 April to ensure that the season can continue as scheduled. The season will run from 29 April – 14 June 2024. Coaching needs are as follows:

- Ages 3–4-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the fields behind the Youth Center
- Ages 5–6-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 at the fields behind the
- Ages 7—8-year-old T-Ball/coach pitch: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the
- Ages 9–12-year-old Baseball/Softball: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind 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

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.

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 SCHEDULEhttps://volunteersignup.org/FHLLR

POC: SSgt Kristal A. Cruz Leon

723-4633 kristal.cruz_leon@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

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

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

5 Reasons to Ice Fish at Devil's Lake

Devils Lake, North Dakota, is a fishing destination unlike anywhere else. I recently had a chance to go ice fishing on the lake and following are five reasons I think ice anglers need to add Devils Lake to their bucket list. Don't believe me? Check out what MeatEater's Steven Renilla had to say as well after he caught some good examples of all four of the fish species (perch, walleye, northern pike, and white bass) on this fishing hot spot.

1. You will catch fish! There's no guarantee you will leave town with a four-day limit of jumbo perch and walleye, but you always have a chance of limiting out on Devils Lake. When the bite slows down with walleye or perch, there are plenty of big pike that always give a good fight. Fish populations have kept up with the size of the lake over recent decades, and the lake is six times larger than it was 25 years ago!

2. Devils Lake is huge! The wideopen lake can get you away from the crowds with sweet fishing spots all over the place. Don't let the 180.000 acres intimidate you, there are numerous bait shops and maps available. Anyone can find great spots to fish without any experience on the lake. At the Sleep Inn, staff at the front desk and even the host of the breakfast area offered to point out some places that have been producing fish. It only takes about a day for non-residents to start talking like locals, dropping terms like the "towers," "golden highway," "black tiger," "pelican" or "Grahams" to describe where they were fishing. There are also plenty of terrific guides that would be happy to take you out on

3. Big healthy fish! Devils Lake is great for catching trophy perch, walleye and pike, all in the same trip. One thing you notice after you've gotten a few fish on Devils Lake is how healthy and fat the fish are. Large populations of fresh water shrimp accelerate the growth of perch and provide trickle-down forage for larger game fish. Big perch = huge Pike. Every once in a while you can get into some nice white bass.

4. Awesome places to stay and eat! Accommodations keep getting better around Devils Lake. You can stay in town at numerous hotels that accommodate anglers with onsite fish-cleaning stations. I stayed at the Sleep Inn with great rooms, service and pool, as well as a very

nice fish-cleaning station. If a hotel isn't your style, you could head out of town to a lodge like Woodland Resort with on-site guide services, a restaurant, bait shop and fishcleaning station. There is an option for any group, size and budget around the lake.

5. Long seasons! Devils Lake normally adds ice early and the ice goes off late. The lake has frozen over as early as November and as late as January. Some years the ice stays late into the spring, with fishable ice in April. At the beginning of March 2014, Devils Lake had a solid 60 inches of ice and anglers had to remember to pack auger extensions. In more recent years, ice houses were removed early and ice fishing guides ended their seasons early because of the lack of ice. The average is in the middle of those extremes and you can usually count on safe ice mid-December to late March. A seasonlong non-resident fishing license in North Dakota is only \$45 and the gamefish season never closes (April 1-March 31). Short-term three- and 10-day licenses are also available. Anglers get more time to explore early and late seasons when fishing is hot and other states have closed their game fishing season! And U.S. residents don't need a passport to go to Devils Lake!

There are so many reasons Devils Lake is a great fishing destination, summer or winter. Now is a good time to start planning and make reservations for next season. Call the Devils Lake CVB at 800-233-8048 or head to http://www.devilslakend. com/ for more information about fishing trips that will be Legendary for years to come.



Ice fishing is one of the best seasons of North Dakota - and most definitely one of my favorites! There's still plenty of time to hit the ice.

ND TOURISM PHOTO





Patricia Stockdill

Pastel edible candy hearts, chocolate, flowers, more quickly frozen lakes can go to open water. . chocolate, another bouquet, and more chocolate.

What's not to love about Valentine's Day?

But then again, from an outdoor perspective, what's not to love about North Dakota?

OK, maybe now isn't the time to ask that question as long as we're still technically in winter with the everpresent potential for a lot of chilly, windy, and snowy weather yet.

But seriously, from an outdoors perspective there is still a lot to love about North Dakota even when Mother Nature reminds us she is and always will be in control.

It's true the mountain removal project was completed decades ago - make that millions of years ago - so grandiose majestic mountain beauty occurs only when one heads westward more than a couple hundred miles.

And it's equally true there is still currently a whole lot of frozen ground so colorful flowers have to arrive in the form of a bouquet. But, hey, think positive — we're not buried under a glacier or cloaked in sweltering humidity.

But, seriously, there is still truly a lot to love about North Dakota's Great Outdoors. Just think of this:

Spring will arrive (trust me, the warm late January weather does not mean spring is here for good).

Someday perhaps in the next three or four months... What's not to love about that?

The state's variable weather means people always have something to talk about. The first question when greeting someone is how they're going. And then the conversation tackles the pressing issues of the day weather. You have to love it when there is always a built in conversation starter, even if it is about minus 20-degree temperatures or tropical storm strength

What's not to love about that?

North Dakota has Lake Sakakawea, the Missouri River, Lake Audubon, Lake Oahe, Devils Lake, and the list goes on and on -440 lakes of all sizes to fish and boat on.

Granted, right now fishing actual water isn't possible unless one treks to the Missouri River tailrace or Oliver County's Nelson Lake. But there are wonderful fishing opportunities still remaining when fishing through ice which will eventually melt. And, truly, it's amazing how

Another lovable thing about North Dakota is that those lakes can offer up some nice fishing activity oftentimes walleye.

What's not to love about that?

North Dakotans enjoy amazing bird migrations. Just think that nearly all endangered whooping cranes fly over North Dakota twice a year. Not many people can say they've seen the tall, graceful whooper.

But you can in North Dakota. Those who venture out in search of them each spring and fall just might catch a glimpse of one along a shallow wetland.

Toss in throngs of boisterous geese moving in multiple tiers of wave after wave of birds and think about what it takes for birds of all sizes to trek that journey twice a

It's pretty amazing.

And North Dakotans get to witness it.

What's not to love about that?

North Dakota has a constitution guaranteeing the right to hunt, fish, and trap as long as those doing so are within state laws and regulations. So far we're not yet South Dakota, Texas, or other states where many residents are relegated to hunting what public land is available without oftentimes having to pay to hunt the wildlife resources belonging to them.

What's not to love about that?

High school trapshooting and National Archery in the Schools programs continue gaining popularity, providing students with a healthy activity that can last a lifetime.

What's not to love about that?

And, finally, North Dakota has an array of outdoor opportunities from hunting to fishing to birding, hiking, paddle sports, and more.

What's not to love about that?

It's almost as good as chocolate.

And something else think about? How about this quote by Voltaire: "Love is a canvas furnished by Nature and embroidered by imagination."

Happy Valentine's Day.



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WHAT'S GOING ON MAFB

- 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
- Fun 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

WEDNESDAY

- Valentine's Day Treats, Dakota Inn Dining Facility
- Career & Certification Exploration Track, 0800-1630, M&FRC
- Self Care Workshop, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center Room 211

THURSDAY

JCM — Developing the Leaders Around You, 0800-1600,

• Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center • Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting

• Tuition Assistance (TA) Brief, 1330, Education Center — Room 211 • OSI Recruitment Briefing, 1500, Professional Development Center

Moving Out of the Dorms Budget Class, 1300-1500, M&FRC

• Extramural Bowling, 1730, Rough Rider Bowling Center

• Pre-Separation Counseling, 0830-1130, M&FRC

• Storytime, 1030, Minot AFB Library

Professional Development Center

- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Murder Mystery Casino Night, 1800, Jimmy Doolittle Center

 Registration Ends: Couples 9 Pin No Tap Tournament, Rough Rider Bowling Center

SATURDAY

- 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

SUNDAY



- The Big Game Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1400, McAdoo Fitness Center
- The Big Game, 1530, Rockers Bar & Grill

MONDAY

• Reintegration Briefing, 1000, M&FRC, Zoom Meeting

• Candy Heart Coasters, 1730-1930, Arts & Crafts Center

• Career & Certification Exploration Track, 0800-1630, M&FRC

• Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center

• Tuition Assistance (TA) Brief, 1000, Education Center — Room 211

Mardi Gras Special Lunch, 1030-1330, Dakota Inn Dining Facility

• Game Day, 1000-1930, Minot AFB Library

• Cycle & Core, 1115, McAdoo Fitness Center • Zumba, 1800, McAdoo Fitness Center

Informed Decision Seminar, 0800-1200, Professional Development Center

Zumba Strong Nation, 1730, McAdoo Fitness Center

Palace Chase/Front Briefing, 1400, Professional Development Center

Bundles for Babies, 0900-1030, M&FRC

• Sponsorship Training, 1300-1500, M&FRC

• Craft Club, 1800, Minot AFB Library Yoga, 1830, McAdoo Fitness Center

FRIDAY

Zumba, 1800, McAdoo Fitness Center



- AFGSC Family Day
- For a full listing of Washington's Birthday holiday facility hours, visit 5thforcesupport.com
- Cycle & Core, 1115, McAdoo Fitness Center
- Bistro Family Night, 1700-1900, Bomber Bistro
- Macramé Plant Holder Class for Beginners, 1730-1930, Arts & Crafts Center
- Snow Globe Tumbler Class, 1730-1930, Arts & Crafts Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY



- For a full listing of Washington's Birthday holiday facility hours, visit 5thforcesupport.com
- Harry Potter Escape Room Game Ends, 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
- Couples 9 Pin No Tap Tournament, 1800-2100, Rough Rider Bowling Center

Murder Mystery Casino Night Jimmy Doolittle Center 14 February 2024 • 1800

Everyone's a suspect

Club Members & Guest: \$15/person Spouse Club Members & Guest: \$15/person Non-members: \$20/person

se Club Members with E1-E3 Active Duty Spouse receive one free ticket with purchase. Food included!

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CANDY HEART COASTERS

ARTS & CRAFTS CENTER

12 FEBRUARY 2024 • 5.30PM-7.30PM



CREATE 3 ACRUUC CANDY HEART COASTERS IN THIS LOVEABLE CLASSI COST \$25

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FEB SPECIALS

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 **Shrimp Basket**

Breaded deep fried shrimp served with cocktail sauce.

QUALITY HEALTHCARE EUD VII

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

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







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