

WHATS INSIDE
THIS WEEK:



DAF SURGEON
GENERAL VISITS
MINOT AIR FORCE
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A3



TRAINING TEACHES
MINOT AIRMEN
LIFE-SAVING
SKILLS

A6



5th BOMB WING
4TH QUARTERLY
AWARDS
CEREMONY


B1



U.S. Air Force Capt. Christian Ashley, electronic warfare officer, assigned to the 23rd Expeditionary Bomb Squadron, prepares to board the B-52H Stratofortress at Andersen Air Force Base, Guam, as part of a routine Bomber Task Force mission, Feb. 5, 2024. Bomber missions enable crews to maintain a high state of readiness and proficiency and validate our always-ready global strike capability. See page A8 on the recently conducted Cope North 24 exercise.

U.S. AIR FORCE PHOTO | MASTER SGT. AMY PICARD

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Department of the Air Force Surgeon General visits Minot Air Force Base

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

U.S. Air Force Surgeon General, Lt. Gen. Robert Miller, visited Minot Air Force Base Feb. 5, to observe the 5th Medical Group’s impact on readiness and share the Air Force Medical Service’s efforts to meet the demands of Great Power Competition.

During the visit, Miller toured the veterinary clinic, various facilities inside of the 5th Medical Group, and engaged with medical Airmen and leaders during a 5th Medical Group all-call.

“You all have a no fail mission,” said Miller, noting the impact dramatic winters in North Dakota have on the people and mission. Considering the challenges, Miller said he appreciated the resilience demonstrated by the Airmen at Minot.

During the all-call, Miller answered questions and discussed the future direction of the AFMS. He also spoke to them about how critical the 5th Medical Group’s readiness is to Minot Air Force Base’s mission, their direct role in deterrence, and preparation for Great Power Competition.

“We appreciate all of the things you are doing right now,” said Miller. “Our goal is to support you all, and make sure you have the right top cover, and have everything you need.”



U.S. Air Force Lt. Gen. Robert Miller, Air Force Surgeon General, speaks to members of the 5th Medical Group during an All-Call at Minot Air Force Base, North Dakota, Feb. 5, 2024. As the Surgeon General for the United States Air Force, Miller advises the Secretary of the Air Force, the Air Force Chief of Staff, the Space Force Chief of Space Operations and the Assistant Secretary of Defense for Health Affairs on matters pertaining to the medical aspects of the air expeditionary force and the health of Airmen and Guardians.



U.S. Air Force Lt. Gen. Robert Miller, Air Force Surgeon General, and Chief Master Sgt. Dawn Kolczynski, Chief of the Medical Enlisted Force, are given a tour of the veterinary clinic at Minot Air Force Base, North Dakota, Feb. 5, 2024. Miller toured base facilities playing vital dynamic roles in the medical readiness portion of the Minot Air Force Base mission.

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



U.S. Air Force Lt. Gen. Robert Miller, Air Force Surgeon General, listens to a question from a member of the 5th Medical Group during an All-Call at Minot Air Force Base, North Dakota, Feb. 5, 2024. As the Surgeon General for the United States Air Force, Miller advises the Secretary of the Air Force, the Air Force Chief of Staff, the Space Force Chief of Space Operations and the Assistant Secretary of Defense for Health Affairs on matters pertaining to the medical aspects of the air expeditionary force and the health of Airmen and Guardians.

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You've Exceeded Our Expectations!

There is a saying that beauty is truly in the eye of the beholder. A young Airmen was explaining to me that she had never been one to carry a camera, and that most of her photos were the selfies of her and her friends.

Well, that was until she came to North Dakota and Minot Air Force Base. Her explanation continued that her friends back home in Florida wanted to see where she lived. Looking around her dorm room afforded her very little of an explanation of the environment into which she was thrust. Her friends would want to see more. She rode a bike to work most every morning and would stop along her route to shoot photos that simply described her new home in Minot, North Dakota.

Like most young Airmen, she arrived in Minot in the fall. Soon the landscape would start to change. Every tree would start to change

color. Overhead she would not only have B-52's on take-off and approach to Minot AFB, but one day she experienced the sights and sounds of massive flocks of geese as they headed south for the winter. She also had the same difficulty as we all have had, "How do I take a photo that truly explains the beauty of a North Dakota sunset, or the 180 degrees of a summer rainbow?"

I have taught photography at a college level, and if there was a perfect answer to that question I could write a book and soon be a very rich man. It would certainly be "fair to say" (remember that phrase from last week's column?) that many of my best photos have come completely by accident. True, the subject matter has to be in place, and you have to work hard to be in the right place at the right time, but some of the greatest photos I have judged or taken have been accidents.



"Yesterday, February 12, my family and I went to Lake Darling to experience our first time walking on a frozen lake. The sky was beautiful and we enjoyed the sunset together."

WINTER
PHOTO CONTEST
SUBMISSION FROM
LILY GOURDIN



UPSIDE DOWN
UNDER
MARVIN BAKER

There's a situation happening right now that could have a long-term effect on the human psyche, and it doesn't appear that too many people are concerned about it, at least not publicly.

If you've gone to a fast-food establishment lately, you may have noticed that some have completely replaced actual employees with kiosks where you order your food. Some of them have gone so far as to make you start an email account or you can't order.

Supermarkets have gone to self checkout some time ago, but it appears that some of them are considering taking out the self checkout.

That would be a positive step because if you talk to any psychologist, they will tell you that when the human element is taken out of an equation, it creates a skepticism of others.

I'm not going to blame COVID for this, but three years ago when it was pandemic, a lot of people were thankful that self help kiosks and self checkouts popped up as a way to continue to function.

In addition, Zoom and Facetime became household words in the business world as either of those allowed us to carry out our daily business routines without fear of getting sick, not to mention Zoom

school sessions.

The disease is in the rearview mirror now but the Zoom and Facetime calls continue. It's systematically removing human interaction outside the office and that could be where it's most important.

No more jokes around the water cooler, no more advice at the copier, no more calls for assistance to get an old car up and running.

Instead, there are hundreds and thousands of people in office buildings all over that no longer communicate outside work and work-related issues.

Think about this! When you look at people who occupy office space in some of the nation's largest buildings, how many do you think actually communicate or have relationships outside that setting?

The Sears Tower in Chicago, the Trans America Building in San Francisco, the Wells Fargo Center in Minneapolis, Republic Plaza in Denver and the AT&T Center in St. Louis all have the same thing in common.

According to Brita, yes the water cooler people, only 20 percent of office employees are currently engaged in the workplace. And management reports that because of that, it's often harder to retain employees than it is to hire them in the first place.

If people have friends in the immediate work environment, they become more engaged in their work and there's a heightened factor of satisfaction and production.

According to Gallup, engaged employees are "those who are involved in, enthusiastic about and committed to their work and their workplace."

And better productivity means more to the bottom line and more to

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**A VIEW FROM
OUR SIDE**
ROD WILSON



THE REST OF THE STORY

We all remember that bitter cold snap in January/February, right? My boss, Ted Bolton has lived in North Dakota since he retired from the Air Force. On one of the coldest mornings when the temperature was 20+ below zero, Ted thought it would be a great day for a photo contest of the beautiful "sundogs" that accompanied our bright North Dakota sky and sun that day. "Let's just use our social media channels at the Northern Sentry to solicit photos. We'll gather up a few special prizes to award to those who participate, and see what kind of results we get."

We have been truly amazed by not only the quantity of the photos we have received, but the quality, too. Once the sundogs disappeared (no more sun) we had those beautiful mornings where Hoar Frost coated the trees and landscape. That was followed by those few days when we had rain coating the landscape, and nature's ice sculptures appeared everywhere. Hoar Frost and Ice Sculptures are two of those natural phenomena's that create almost a perfect photo scene.

JUST ADD PEOPLE

A lot of our photogs grabbed family members, or pets, to be models. What a perfect way to not only describe North Dakota at its

finest but mark a time and a place. "That was the winter of 2024 in North Dakota. Aren't those sundogs amazing?" Yes, it was a bit chilly, but the sun was absolutely perfect, creating several levels of sundogs.

At the Northern Sentry we were amazed! And what has happened since then? People are continuing to send us photos, like the ones that accompanied this story.

So, keep those photos coming, and make sure you share them on Facebook, or Twitter, or any of those other social media channels. We are working on a way to award those of you who have helped us out.

TODAY'S CHUCKLE

When you're young you want to set the world on fire. Then you get older and just want to live close to the fire station.

BEST KEPT SECRETS

If this is your first winter in North Dakota, you will soon notice that our days are getting longer, and the sun is a bit higher in the sky. Start to plan some outdoor walks and catch a few of our local inhabitants out and about. One of my favorite trails is Oak Park. Carry a few peanuts with you, and the squirrels will soon be your best friends. My Dad used to say, "take advantage of every minute of daylight." How great is that? We are gaining over an hour of sunlight every month!

Missing the human element...

the workers' mental state.

So let's face it. We need that human element because without it, we often become less trustworthy, agitated and even angry at things we perceive rather than actual events that occur.

Five years ago, a young woman came here from New York City to work for us. She loved being out in nature every day and told us that she absolutely hated the New York

business world because nobody talked to each other and it was as if hundreds of zombies were walking around the office building.

We only see the tip of the iceberg here in North Dakota, but imagine elsewhere, in any big city. Perhaps the most stressful part of the job is not having friends, or very few in the workplace.



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

As I pushed the door open, the aroma of fresh coffee enveloped me. The coffee shop had just opened, and only one other customer stood at the counter. Typically, I'm not an early riser, but my body clock was still set to Hotdish Time. Back home, it was nearing lunchtime, but in Kona, Hawaii, the day was just beginning.

During a recent trip, I spent two quick days on the Big Island. As a coffee drinker, I'm familiar with the hype around Hawaiian coffee, particularly Kona coffee. If you're coffee averse (bless your heart), or unfamiliar, I'll give you a little background.

Kona coffee is widely praised as one of the world's best, celebrated for its rich flavor profile and purity. It's also renowned for its rarity, produced in only one place on earth: Kona, HI. The rocky, volcanic terrain makes growing and harvesting excessively difficult, requiring much of the work to be done by hand. Consequently, it's one of the world's most expensive coffees, giving it an air of exclusivity.

That morning, as I walked into the shop, I had one mission in mind:

tasting pure, Kona coffee.

"What can I get started for you?" the barista asked. When I hesitated, she smiled and added, "Take your time, let me know if you've got questions."

"Actually, I do have a question," I said, trying not to come across as an obnoxious tourist. "This is my first time in Hawaii. Obviously, there's lots of hype about Kona coffee—do you guys sell that?"

She let out a sigh and dropped her elbows to the counter. "We get this all the time. We're Ka'u Coffee Mill. We sell Ka'u coffee from our farm—and it's so good. I actually like it better." As she spoke, she produced a map and pamphlet from under the counter. Her enthusiasm was earnest. It was clear that she believed in the company, its work, and its product.

"I know you may be biased, but is Kona coffee really that unique? Does it really taste that much better than anything else?" I asked.

She laughed. "It's different in that it's hard to grow, and it's really expensive. You'd have to try it and decide for yourself, but I think a lot of the appeal is its rarity." After handing me a cup, gestured to another counter and told me to sample all the available roasts before deciding which one I preferred.

Several minutes later, I left with an amazing cup of coffee. As I walked back to my hotel, I couldn't stop thinking about our encounter. Without saying anything negative about Kona coffee, she had completely sold me on an alternative. Her positivity and enthusiasm for what she was representing had shifted my mindset. My initial disappointment at not finding what I had sought

had been replaced by excitement to try something that hadn't even been on my radar.

There are many good lessons here, but I'll offer three.

First of all, positivity changes things. It changes minds, puts others at ease, and allows contentment to flourish. Being positive and invested in one thing doesn't mean dismissal of all others. Instead, it means making peace with where you are, believing in the good around you, finding reasons to support that case, and speaking up about it to others.

Second, good things happen when we aren't dismissive of one another. The barista could have brushed me off as an annoying tourist and sent me to another shop. I could have walked away when Kona coffee wasn't on the menu. Something delicious and inspiring unfolded when we were mutually authentic, curious, and open to learning something new.

Finally, I think we can all learn that no matter where we are, we can inspire each other. Our attitudes, experiences, and how we articulate our opinions impact the experiences of those around us.

I know for many in town, Minot wasn't the first option. They set out looking for Kona coffee, only to discover it wasn't on the menu. But I keep thinking back to my short interaction at the coffee shop. What if we each took a few minutes to latch onto some good that is unique to Minot? What if we were ready to share that with someone a little skeptical? What if those who hoped for something different or more alluring approached the proverbial counter with an open mind?

I think good things would happen. I think we'd be happy with



I'm constantly amazed at the impact of a positive narrative.
AMY ALLENDER
PHOTO

the coffee in our cup, even knowing there are other cups available elsewhere.

For more positive perspectives, and stories from life in Hotdish Land, join me online at amyallender.com, Instagram (@amy_allender), or Facebook (@amyallenderblog).

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The leading preventable cause of death in combat is massive hemorrhaging, for this reason, the Department of Defense trains every Airman on Tactical Combat Casualty Care (TCCC).

“TCCC is the foundation of life-saving measures in a prehospital environment, which has been developed from years of learning from prior wars,” said Maj Jessica Scirica, 5th Medical Group flight commander of education and training. “The standardized training for our troops has been proven that it saves lives.”

Airmen are taught the acronym MARCH to easily remember the five steps needed to complete TCCC. MARCH ensures the most life-threatening situations in combat are triaged first and then followed by the next most threatening.

“M”, massive bleeding, is completed first. Bleeding is the most common life-threatening emergency on the battlefield and becomes deadly the fastest. To address this issue an Airman is taught the proper use of a tourniquet, hemostatic gauze and pressure bandages. The proper use of these items can subdue major bleeding.

“A”, airway and resuscitation. Once bleeding is controlled, an Airman investigates the airway of the wounded, if an obstruction is identified it’s removed with haste and the injured is placed in a recovery position to maximize breathing capability.

During “R”, respiration, an Airman is trained to check for any injury to the torso impeding breathing. If a wound is located, it’s covered up with light pressure from the Airman performing TCCC or a vented chest seal; this is to avoid tension pneumothorax, which is pressure build-up in the chest that can be fatal.

“C”, circulation, is when an Airman will perform a head-to-toe sweep looking for any bleeding. If any wound is pinpointed, bleeding is controlled by using bandages and replacing them as necessary.

“H”, hypothermia, is treated last. Hypothermia does not only occur in a cold environment but also occurs as blood is lost and the body temperature lowers. An Airman treating the casualty would remove the patient’s wet clothes and get the patient dry as soon as possible. If no dry clothes or hypothermia blanket is available, an Airman may offer up their own clothes to save a wingman.

“The MARCH is simple because the simple repetition is the key to learning and memorization,” said Scirica. When you’re in a crisis, that repetition, that muscle memory, will make it easy to remember what needs to be done and act.”

Airmen must also recognize the threat to their own lives while rendering aid, two critically wounded troops are worse than one. It’s for this reason, TCCC has three phases: Care Under Fire (CUF), Tactical Field Care (TFC) and Tactical Evacuation Care (TACEVAC). During the CUF phase, there is an active threat, an Airman’s focus is on current life-threatening wounds, focusing on the “M” of MARCH.

The TFC stage can be completed once the location is safe or the wounded have been taken to a more secure area. During this point, the focus can be moved to the other phases of MARCH, where Airmen work to stabilize the wounded.

The TACEVAC is the phase where MARCH has been completed and the injured is moved to a definitive treatment area. Once the injured is evacuated, a medical expert takes over treatment.

“I have deployed six times, all down range, and I have seen firsthand the importance of this life-saving training,” said Lt. Col. Donna Eaton, 5th Medical Group chief nurse executive. “One may feel they are just checking a box like any other training, but this training can be critical in saving a life.”


During the conflict in Afghanistan, TCCC increased survival rates for critically injured casualties increased from 2.2% to 39.9%. Team Minot trains upwards of 5,000 Airmen on TCCC every 3 years. It is the Air Force’s goal that 100% of active-duty members are to be trained on TCCC to stop preventable deaths.

A LOOK BACK

THIS WEEK IN USAF HISTORY

FIRST TEST SATELLITE OF USAF NAVSTAR GPS IS LAUNCHED INTO ORBIT

FEBRUARY 22, 1978



NAVSTAR 1 was the first GPS satellite launched from Vandenberg AFB, California. (USAF Photo)

On February 22, 1978, the United States Air Force launched its first Global Positioning System satellite into orbit. Known as NAVSTAR 1 or OPS 5111, the satellite was launched at 23:44 Coordinated Universal Time from Vandenberg AFB, California, and was the first of eleven test satellites that would be launched in the coming years. The Block I satellites were a precursor to the modern GPS constellation that provides accurate 3D location, velocity, and time information. Originally, GPS was envisioned as a military system, but over the years it has evolved to have a variety of uses for not only the military, but millions of civilians nationwide. NAVSTAR 1 was retired from service on July 17, 1985, and the Block I satellites were replaced with fully operational Block II satellites, many of which are still operational today.

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U.S. Air Force Airmen in a Tactical Combat Casualty Care (TCCC) tier II course transport a simulated injured Airman to an evacuation point at Minot Air Force Base, North Dakota, Jan. 19, 2024.



Airmen from the 5th Security Forces Squadron approach two simulated downed allies during Tactical Combat Casualty Care (TCCC) training at Minot Air Force Base, North Dakota, Jan. 19, 2024.



A 5th Security Forces Squadron Airman applies a tourniquet to a training dummy's leg during Tactical Combat Casualty Care (TCCC) training at Minot Air Force Base, North Dakota, Jan. 19, 2024.



A 5th Security Forces Squadron Airman packs a simulated bullet wound during Tactical Combat Casualty Care (TCCC) training at Minot Air Force Base, North Dakota, Jan. 19, 2024. TCCC guidelines are a set of evidence-based, best practice guidelines for battlefield trauma care, which has been continually developed over more than 18 years.

A U.S. Air Force 5th Medical Readiness Squadron Airmen prepares wound dressing for a simulated injured troop during a Tactical Combat Casualty Care (TCCC) tier II course at Minot Air Force Base, North Dakota, Jan. 19, 2024. TCCC was originally established by the United States Special Operations Command (USSOCOM) in 2002. Due to the course's success in preventing deaths, it is a standard training for all U.S. service members.

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

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Allies and Partners move as one in Cope North 24

SENIOR AIRMAN CEDRIQUE OLDAKER, PACAF

ANDERSEN AIR FORCE BASE, Guam --

As you and your team arrive, you see it; a sea of various uniforms moving as waves across the facility. You make your way to your equipment, hearing all the different languages that fill the space, all to support the same event, all to move together as waves in unison. You step into motion with the wave, hurtling towards the collective goal of enhancing our warfighting advantage.

This is Cope North 24. Originating in 1978 at Misawa Air Base, Japan, Cope North has transformed into the U.S. Pacific Air Force's largest annual multilateral exercise. Service members from the U.S., Japanese, French, Australian, Canadian and Korean uniformed services will work interchangeably across three islands and six airfields as part of CN24.

"Exercise Cope North will provide training opportunities and invaluable experience for our people in a challenging scenario, and we are looking forward to working with our friends from the U.S. and Japan again," said Group Capt. Kylie Green, Royal Australian Air Force Task Group commander. "We are focused on deepening our relationships with the United States Pacific Air Forces and the Koku-Jieitai, and also the participation of Canada, France and the Republic of Korea."

Cope North enhances U.S. relations and interoperability with regional Allies and partners by fostering the exchange of information and refining shared tactics, techniques, and procedures to better integrate multilateral defense capabilities and enhance interoperability in support



U.S. Air Force F-16CM, USAF F-15C, JASDF F-2 and a U.S. Marine Corps F/A-18 Hornet fly next to USAF B-52H Stratofortress over Tinian and Saipan during Cope North 24, Feb. 6, 2024. Cope North allows participants to exercise interoperability through agile combat employment and integrated generation of airpower from dispersed locations across the Indo-Pacific.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON

of regional security.

Exercise participants are focused on refining agile combat employment capabilities while integrating aerial mission planning and execution. Additionally, participants will employ effective command and control operations at a tactical level with airlift and logistics training missions from dispersed locations.

The effectiveness of these capabilities was first showcased with an elephant walk to kick off the start of CN24.

"The planning and execution was

excellent because all of our partner nations were included in the planning process and physically in the same room to keep the flow of communication rolling," expressed U.S. Air Force Master Sgt. Steven Hood, 756th Air Refueling Squadron KC-135 boom operator. "It was a surreal experience to be a part of the taxi formation alongside our international partners. Everyone's professionalism and eagerness to work together will propel our warfighting capabilities in the Pacific."

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Saturday, February 17	10:00am-5:00pm
Sunday, February 18	10:00am-5:00pm

Northern Sentry Family Day
Sunday, February 18th

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President's Day • Monday, February 19th
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Air Force Investing \$1.1 Billion in Dorms After Report on Poor Living Conditions

UNSHIN LEE HARPLEY, AIR & SPACE FORCES MAGAZINE

The Department of the Air Force is planning a billion-dollar investment in its dormitories in the coming years, installations boss Ravi Chaudhary told lawmakers Feb. 7, as part of its response to a report on poor living conditions.

Chaudhary, the assistant secretary of the Air Force for energy, installations, and environment, outlined the service's initiative for the House Armed Services Committee.

"Pending passage of an appropriation, the department is planning its largest dorm investment program in over a decade, estimated \$1.1 billion through FY22 through FY26," Chaudhary said. "... If appropriated, the DAF intends to invest in three new dormitories from FY24 to FY28, to address capacity shortfalls and recapitalized facilities."

The planned investment involves plans for renovations and restoration at approximately 60 installations—23 of those 60 are planned to be completed in fiscal 2024, according to Chaudhary.

Chaudhary's remarks come several months after the the Government Accountability Office released a report that revealed poor living conditions in military housing with issues such as mold growth, water quality problems, bugs, and overcrowded dorm rooms, impacting service members' mental and physical health.

The GAO report didn't specify which problems were observed at particular services' dorms, but it identified shortcomings in how each service manages barracks, where junior enlisted unmarried service members are often required to live. Noting that the report authors visited two DAF installations, Chaudhary said the Air Force is working on issues across all of its installations.

"This year, the Air Force held project owners accountable for \$58 million in cost to address mold problems in 560 units and more are on the way," Chaudhary said. "In 2023, project owners were held accountable for approximately 600 payments to address health and safety issues totaling \$60 million in cost, but there is more work to be done, and we recognize that."

Chaudhary said he personally visited 25 Air Force bases and held 40 round tables with personnel for feedback, including bases hit by recent typhoons and hurricanes that are currently recovering in Guam, Japan and Florida. He claimed the department is "pulling out all the stops" to address the GAO report, with his visits shaping the Air

Force's investment plans.

"We're accelerating efforts in privatized housing," Chaudhary said. "We've also hired 218 civilians to add direct oversight, including resident advocates on base to represent our service members alongside the chain of command."

Chaudhary highlighted the significance of infrastructure resilience against a range of threats, from extreme weather to great power competition. He pointed to Kadena Air Force Base in Japan as an example, which successfully weathered a typhoon without experiencing any power outages.

"These critical investments could prove to be the margin of victory in great power competition," Chaudhary said.

Many of the GAO's recommendations for the services and the Department of Defense involved overhauling how they conduct condition assessments. For instance, GAO analysis revealed that nearly 50 percent of Air Force

dormitories classified as 'at risk of significant degradation' still had condition scores of 80 or above. The Defense Department needs to reevaluate those assessments and offer guidance based on its findings, the authors wrote.

"The DOD has, in too many instances, failed to live up to our role in making sure the housing we provide honors the commitment of the service members and their families and enables them to bring their best versions of themselves to their critical missions," said Brendan Owens, the assistant secretary of Defense for installations, energy and environment. He highlighted that the GAO report shaped priorities, with the Pentagon now focusing on new standards, accessibility, maintenance plans, and quality of life of the service members.

"We anticipate implementing 28 of the 31 GAO recommendations this year," Owens added.

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Talking Tennis Ball



SLICE OF LIFE
KIM FUNDINGSLAND

I know what you are thinking, this guy must have hit his head in a foiled attempt to leap the net. There is no such thing as a talking tennis ball.

True, to my knowledge, but since you’ve already been lured in by a catchy headline and are curious about my sanity, at least let me offer the following explanation.

Dedicated readers of this vaunted column are aware that I have been a dog owner for years. I estimate the number to be well over 1,000 years. For those of you proclaiming this to be an impossibility and solid confirmation of my loss of faculties, it is a figure reached by dogs I’ve owned times years of age times seven. The latter number being the often accepted “dog years.”

Please stop trying to figure out how many dogs I’ve owned through some sort of reverse mathematical calculation. The number is a clever estimate designed to challenge your thinking. In other words, I made it up. The point is – I’m a long-time dog owner who, as I suspect many dog owners are, always trying to figure out what a dog is saying.

If you are around dogs long enough you develop some understanding of postures, sounds, ear, tail, and eye movements that have meanings. We teach dogs a foreign language with words like sit, stay, and come but quite often do not understand how they communicate with us, or try to. Sometimes they will sit by the door when they want out. That’s easy to understand.

They get excited when certain boots or shoes are being pulled on, or when a leash gets pulled off a hook. The tail moves rapidly, the eyes get bright, and it is easy to understand their enthusiasm for getting out of the house. Sometimes though, dogs say things in other ways that are not so easy to understand.

I’ve had a dog that pawed at my leg or placed a paw on my foot every time I was away from my phone and a text message arrived. It took me a while to figure that one out. I guess she saw me responding to text messages and figured I should know about them even when I was outside, in the garage, or somewhere distant from my phone.

Here’s another example of canine communication that is a

harder sell to those who didn’t witness it. I had a talking dog. No, we didn’t have long, philosophical conversations, but rather just a single word.

You see, accompanied by this particular dog, I often visited my mother and father. Mom would always greet the dog in a very friendly way and there was usually a treat involved. The result was that my mother became a favorite person in this dog’s life.

One day when this dog was sitting by the back door, a clear message she needed to go outside, I opened the door, but she just sat there. She looked up at me and, in a kind of yawning manner, said “mom.” Shocked, I repeated the word mom, and my dog said the same thing back to me and went outside to sit next to my vehicle. How goofy am I, I thought as I opened the car door and the dog jumped in.

At my mother’s house the happy dog greeted her with “mom.” It was so clear and unmistakable that my mother had tears in her eyes. As we said mom to the dog

the dog would return the word. Significantly, I never heard my dog make any sounds even close to sounding like “mom” in any other situation.

Question that story as you must, let us move on to the talking tennis ball which is the real inspiration for this writing. The dog I own today, an Australian shepherd named “Sally,” does not verbally communicate in the English language but rather in many ways. She was quick to learn from me. I’ve been a bit slower to learn from her, which is the essence of this tale.

For reasons unknown to me, Sally has chosen tennis ball communication. It started during my occasional naps on either end of a couch with built-in recliners in my TV room. I’d wake up after nodding off for a few minutes to discover a tennis ball at my side. Sometimes it would be multiple tennis balls. Huh?

I knew Sally was responsible and at first just thought she wanted to play. When I tried that she just put the tennis ball back at my side and looked at me with sad eyes, telling me I wasn’t responding as intended.

“Out we go?” I asked, and Sally immediately turned toward the door.

Now she drops tennis balls on my lap whenever she wants to go outside. There are times though, when dropping a tennis ball on the couch means something else as she doesn’t respond with any movement when I ask her if she wants to go out.

As near as I can interpret this tennis ball talk, she’s asking, or rather telling me to take her for a walk or a run. At least that’s what I think. Admittedly, I’ve still got a lot to learn about talking tennis balls.



KIM FUNDINGSLAND PHOTO

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U.S. AIR FORCE PHOTOS | MINOT AFB



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Fact File

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WINTER DRIVING TIPS

HEAR A KNOCKING SOUND WHEN DRIVING? HERE'S WHY

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

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

WHAT IS ENGINE KNOCK?

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

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

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

WHAT DOES ENGINE KNOCK SOUND LIKE?

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

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

WHY DOES ENGINE KNOCK HAPPEN?

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

1. INCORRECT OR LOW-OCTANE FUEL

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

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

2. BAD SPARK PLUGS

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

3. EXCESSIVE CARBON DEPOSITS AND BUILD-UP

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

4. INCORRECT AIR-FUEL MIXTURE

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

5. OVERLY ADVANCED IGNITION TIMING

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

HOW TO FIX AND PREVENT ENGINE KNOCK

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

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

WHAT SHOULD YOU DO IF YOUR ENGINE STARTS MAKING NOISE?

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

TIRES PLUS CAN HELP PREVENT AND FIX ENGINE KNOCK

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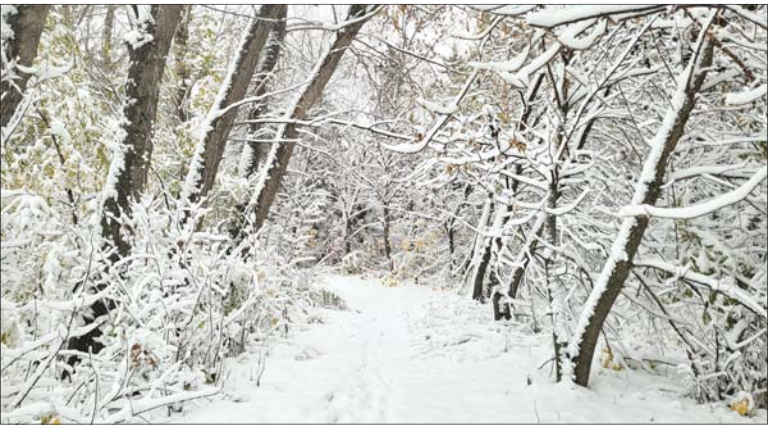
"These beautiful snowflakes were on our car window from October! It was the first time I ever saw snow having been raised in the south. I felt like a little kid waking up getting to see how beautiful it is here!"

Submitted by Alexandra Tiblier



On base in a pretty little line of trees, Nathalie spotted a perfect photo opportunity. Her daughter Livvy (5) wanted to go play in the snow, so Nathalie jumped at the opportunity to spend time together. Nathalie said, "We moved here in May, so this is our first winter here and it's very special and important to me to document these moments we are being so blessed with to experience and see, so that we can look back on all of these unique places and adventures the Air Force brought us."

Submitted by Nathalie Triplett



This photo was taken on a trail in Surrey, North Dakota back in October during the first snowstorm of the season. Steven said, "I like [this photo] due the stillness and quiet of the snow and how the snow stuck to the trees. It reminds me of walking through a mysterious forest path."

Submitted by Steven Boleware



Northern Lights just above Dakota Elementary. Taken December 2023.

Submitted by Lily Gourdin



On Missile Avenue, Jan 15, at 5:20PM, Christine snapped this photo while out running errands. She said "I was taking photos of the blowing snow to document the feel and look and sound of it for myself. I had forgotten what winter is really like here. After the past two weeks, I am remembering clearly now!"

Submitted by Christine Bartholomew



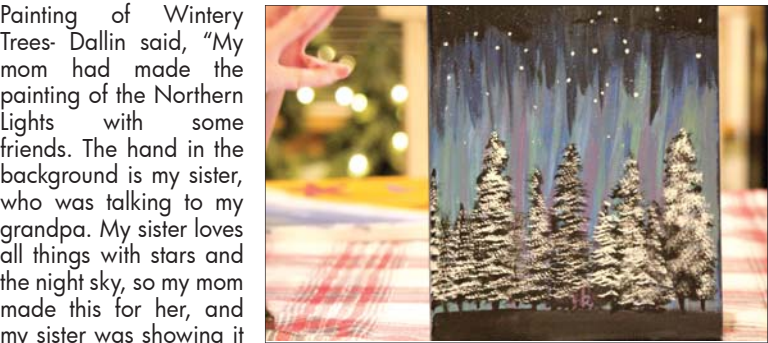
Lily Gourdin and her kids enjoying a Minotauros hockey Win in January 2024.

Submitted by Aaron Gourdin



Working on our ice castle and goal of 1000 hours outside during the "heat wave" on Sunday, Jan 21.

Submitted by Kristen Cooper



Painting of Wintery Trees- Dallin said, "My mom had made the painting of the Northern Lights with some friends. The hand in the background is my sister, who was talking to my grandpa. My sister loves all things with stars and the night sky, so my mom made this for her, and my sister was showing it to my grandpa. Overall, I just thought that it would be a really cool photo, as it is interesting both in the foreground and background."

Submitted by Dallin Chapman



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As a former Texas congressman and founder of the voting rights and voter registration organization Powered By People, Beto is uniquely qualified to explain both the challenges and opportunities that lay ahead as we approach the most consequential elections of our time.

Tickets to this event include discussion with Beto and the opportunity to purchase a signed copy of his latest book, WE'VE GOT TO TRY: How the Fight for Voting Rights Makes Everything Else Possible.

Activist and political leader Beto O'Rourke blends history, sociology, and travelogue for a thrilling, inspiring case for how voting rights is essential to a productive and healthy democracy.

In We've Got To Try, O'Rourke shines a spotlight on the heroic life and work of Dr. Lawrence Aaron Nixon and the west Texas town where he made his stand. The son of an enslaved man, Nixon grew up in the Confederate stronghold of Marshall, Texas before moving to El Paso, becoming a civil rights leader, and helping to win one of the most significant civil and voting rights victories in American history: the defeat of the all-white primary. His fight for the ballot spanned 20 years and twice took him to the U.S. Supreme Court.


With heart, eloquence, and powerful storytelling, O'Rourke weaves together Nixon's story with those of other great Texans who changed the course of voting rights and improved America's democracy. While connecting voting rights and democracy to the major issues of our time, O'Rourke also shares what he saw, heard, and learned while on his own journey throughout the 254

counties of his home state. By telling the stories of those he met along the way and bringing us into the epicenter of the current fight against voter suppression, the former El Paso Congressman shows just how essential it is that the sacred right to vote is protected and that we each do our part to save our democracy for generations to come.

The Beto O'Rourke event will take place at Main Street Books from 5 to 7 PM on February 21st. For more information check out the Main Street Books Facebook and web site page.



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SOLUTION

Solution to last week's
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

1. Slanted type (Abbr.)
5. Deli offerings
10. Con game
14. Home shopping event?
16. Hawaiian dance
17. Surprise house call
19. Poker bets
20. Peter or Paul
21. Opposite of alway
22. N.Y.C. clock setting
25. Wealthy men
28. Wanted items?
29. Bring to bear
31. "Death of a Salesman" salesman
32. Sobbing
34. Roman despot
35. Dice generate them
38. Head band?
39. Landlords
40. Render harmless
42. "Same"
43. Serpent's warning
46. Shades
48. "The Waste Land" poet's monogram
49. Part of MIT (abbr.)
50. Winged monster of Greek myth
52. Matisse or Rousseau
53. Accidental meeting
58. Painter Salvador
59. "The African Queen" author
60. Part of G.E. (abbr.)
61. Farm towers
62. Long periods, geologically

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17										18				
19								20						
21					22	23	24		25				26	27
28					29				30		31			
					32					33		34		
		35	36								37			
38						39								
40					41		42					43	44	45
46					47		48				49			
53	54						51				52			
								55	56	57				
58							59							
60							61						62	

Down

1. Large lizard
2. Bronzed from the beach
3. Rocky ridges
4. Less severe
5. "___ Haw"
6. PC key
7. Stoolie
8. Bullring bravos
9. Closed car
10. Tibias
11. Client
12. Forty Thieves foe
13. Wrestler's surface
15. Some A.M.A. members
18. Medicine bottle
22. Glorify
23. Considered
24. It may be rapid
26. Sots' spots
27. ___-cone
29. Put the kibosh on
30. Confidences
32. Not fundamental
33. Hit hard
35. Punjab princess
36. Skipper portrayer on "Gilligan's Island"
37. Sibling of sis
38. Pizza ___
41. Sable maker, for short
43. ___ jail (imprisoned)
44. Monitor part
45. Bakes eggs, in a way
47. Eyeglasses
49. On edge
51. "___ Can" (Sammy Davis Jr. autobiography)
52. Shade
53. B followers
54. Lindsey or Linden
55. Cowboys' org.
56. Dove's call
57. Alternatives

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YOUTH IN ACTION

Month of the Military Child (MOMC) Working Group

April is the perfect month to usher in Spring but it is also a great time to “Purple Up” for military connected students! The Month of the Military Child (MOMC) is celebrated in April and is a time to show our support for military connected students across the United States and also abroad. In North Dakota, there are more than 12,500 active duty, national guard and reserve military members in North Dakota. In addition, more than 8,500 military connected children in North Dakota have a parent or guardian serving in the military. Therefore, April is an incredible time to show appreciation for the strength and resilience of military connected students.

The School Liaison Office is beyond thrilled to lead the Month of the Military Child (MOMC) Working Group with stakeholders in our community. These stakeholders include 5th Mission Support Group, 5th Force Support



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

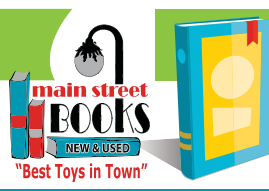


Squadron Flight Chiefs, Child and Youth Programs Managers, the Minot AFB Library, Key Spouses, and so much more! We are working together to orchestrate a month where our students are valued and appreciated.

The work of the MOMC Working group occurs at different levels to include coordinating the signing of the MOMC Proclamation with the State of North Dakota, connecting with the North Dakota leadership to advocate for legislation enhancing quality


of life measures, partnering with agencies and businesses, building a comprehensive calendar for Minot AFB and organizing events with schools located on and off Minot Air Force Base. The School Liaison Office desires for this effort to be collaborative and engaging.

April will be bustling with activity and we would like to invite our community to take part in this special time. If you are interested in serving as a volunteer for MOMC, please send an email to MAFB.school.liaison@us.af.mil.



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All About Pets

Handling Picky Eaters



Having a dog who is a picky eater can be one of the biggest challenges for pet owners. Like all pets, dogs have specific nutritional needs that must be met and if they are fussy eaters, fulfilling those needs can be difficult. Here are a few tips to help you find the right solution for your pet.

- **Health problems:** If your dog has suddenly developed an aversion to certain food or you have been dealing with pickiness for a while, try speaking with your veterinarian. Your dog may have an underlying health issue that could be creating the pickiness. In that case, your vet may be able to recommend the best food for your dog's situation. Some dogs also have food allergies, and your vet can perform tests or offer suggestions to help you identify what they are.
- **Stick to a routine:** Domesticated dogs are creatures of habit. Stick to a set routine to avoid messing up your dog's schedule. For example, feed at 7 a.m. and 4 p.m. every day and take uneaten food away after some time. However, it is important to keep in mind that some dogs do actually prefer to graze throughout the day. Free feeding works great for some dogs, so monitor Fido closely to figure out what works best.
- **Boredom:** Some dogs will simply refuse to eat if they are bored of what they're getting. Eating the same food out of the same bowl every day can be monotonous, and humans wouldn't want to do that either. If your dog doesn't seem interested in its food, try switching up the method of feeding. For normally food-motivated dogs, kibble can be used during training sessions to make it more fun. You can also try other more mentally-stimulating methods of feeding such as scatter feeding, snuffle mats, puzzle toys, etc.

Believe it or not, some dogs actually like to work for their food! You can also encourage your dog to eat by adding in supplements such as fresh or frozen fruits and vegetables, canned pumpkin or yogurt, wet food, no salt added, plain chicken broth, eggs, or if you're into it, freeze dried or raw meat supplements. Some dog owners even prefer to feed entirely raw diets. It should be noted that you should consult your veterinarian before making any major changes to your dog's diet, and when it comes to feeding raw, consulting a nutrition specialist is very important to make sure your dog is getting all of the necessary nutrients.

- **Stress:** Picky eating can also be caused by stress and anxiety. Especially in changing environments, such as rehoming situations, moving, or bringing another pet into the home, your pet may not feel like eating. If you suspect your pet is not eating due to stress, try returning your routine back to normal as much as you can. You can try to reduce stressors by allowing your dog to eat in a quiet, calm space in the home, or by separating them from whatever they are triggered by. In some instances, all it takes is time and trust building to get your pet to start eating. This is where it can be especially important to try different foods and toppers to encourage your dog to eat, even just a little bit.

Some dogs are just picky eaters by nature, similar to how humans have preferences in what they eat. If your dog has recently developed pickiness, it may be time to visit the vet to figure out the cause. Otherwise healthy dogs can go several days (with water) without food, but the best practice is to solve the problem before ever getting there.



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Minot Task Force 21 Members Attend the National Strategic Deterrent Coalition Board of Regents Workshop in Washington, D.C.

THE MINOT AREA CHAMBER EDC

Washington, D.C. – Task Force 21 members engaged in the national Strategic Deterrent Coalition (SDC) eighth annual board of regents workshop in Washington, D.C. on January 31. SDC focuses on the nation’s strategic deterrent – why it works, why it must be maintained, and how it contributes to global stability, and the workshop informs SDC leadership of key nuclear discussions taking place. The information gathered at the workshop supports SDC’s work to inform decision makers and thought leaders on how America’s nuclear weapons contribute to our strategic position in a world where potential adversaries are modernizing, innovating, and expanding in almost every way.

An overview of “America’s Strategic Posture: The Final Report of the Congressional Commission on the Strategic Posture of the United States,” which highlights strategic challenges requiring urgent action, was presented by Bill Chambers, Maj. Gen. United States Air Force (retired), Commission Executive Director, Institute for Defense Analyses. In the executive summary,

it states: Given current threat trajectories, our nation will soon encounter a fundamentally different global setting than it has ever experienced: we will face a world where two nations possess nuclear arsenals on par with our own. In addition, the risk of conflict with these two nuclear peers is increasing. It is an existential challenge for which the United States is ill-prepared, unless its leaders make decisions now to adjust the U.S. strategic posture.

Additional experts led discussions on strategic deterrence and discussed navigating national security through the lens of cybersecurity and infrastructure protection, conventional/nuclear integration to strengthen deterrence, and the increasing North Korean challenge.

“Task Force 21 continues to focus on advocacy and awareness with a focus on the major modernization projects that are underway. Groups like SDC are critical to have in place as this is an effort that takes a lot of key partnerships and work,” Bruce Christianson shared. “Task Force 21 helped to start up SDC and was a founding member of the

organization. I personally have seen the difference we can make through strategic partnerships at all levels.”

SDC is broadening awareness of the Strategic Posture Commission report as part of the educational effort to inform local communities, states, and the nation on the importance of maintaining a safe, secure, and effective nuclear deterrent.

For North Dakota, these discussions are tied directly to the role Minot Air Force Base serves in protecting the nation with two-legs of the nuclear triad. The Task Force 21 leaders who represent North Dakota on the SDC board of directors are Bruce Christianson, Mark Jantzer, and Brekka Kramer.

“SDC is a coalition of community leaders, organizations, and industry partners that support maintaining America’s strategic nuclear deterrent in an era of reduced resources. Our work compliments the work that’s done in each of our communities and states, strengthening everyone’s



PHOTO L TO R: Task Force 21 leaders Bruce Christianson, Brekka Kramer, and Mark Jantzer attend the National Strategic Deterrent Coalition Board of Regents Workshop in Washington, D.C.

efforts”, said Scott Landguth, SDC board president.

SDC will host their annual symposium in Las Vegas May 8 and 9. In 2024, Task Force 21 will

host two nuclear triad symposiums, one in Minot, North Dakota in April and one in Washington, D.C. on September 20.

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NOTES ON BEING SAFE

WINTER VEHICLE PREP... GETTING READY FOR ANOTHER COLD MORNING



SSGT JOE VERGARA
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Winter driving can be trying on both the vehicle and its operator. As with many other things in life, preparation is the key to success. A few cold-weather parts and preparatory procedures can make the difference between being stuck in a drift and making it home.

Routine vehicle care is the best way to keep from being left out in the cold. This includes tune-ups and inspection and replacement of worn belts and hoses. Cold weather makes pliable materials stiffer and more brittle. It also makes fluids thicker. With this in mind, people who live in extreme climates often use light-viscosity synthetic lubricants, which work across a wider temperature range than conventional oil. Those who don’t want the added expense sometimes use lighter-weight oils in the winter, such as 5W30.

Antifreeze should be kept at approximately a 60:40 coolant-to-water ratio. In extreme conditions, too little antifreeze in the mix can allow the coolant to freeze and crack the engine block. Installing a higher-temperature thermostat, say 195 degrees, will help heater performance and help the engine burn off condensation.

Battery maintenance will also improve cold-weather performance. For batteries that require maintenance, make sure that all cells are full of water. Keep all battery terminals and cable ends clean, and make sure the battery is well grounded.

Several engine-block heating systems are available, both on the OE level and from the aftermarket. Most new vehicles sold in cold country come with factory-installed block heaters that replace one of the engine’s freeze plugs or connect to the heater hose.

PRE-FLIGHT CHECK

Perform a general check of brakes, lights, defroster/heater, fluid levels, belts, hoses and exhaust system.

Check the condition of wiper blades and consider upgrading to winter/snow blades. Always “park” blades before turning off the vehicle to minimize chances of sticking to the glass. Better yet, lift blades off the glass overnight.

Check the coolant level and make sure that the radiator has the proper mixture of antifreeze and water.

Check tire inflation to verify optimal tire contact with the road.

Keep the gas tank at least half full. This limits the amount of condensation that can enter the fuel system and also can improve traction, especially in rear-wheel-drive vehicles, by adding weight. Adding gasoline antifreeze to the fuel tank will help protect against fuel-line freezing.

Consider adding weight to the trunk or pickup bed in rear-wheel drive vehicles. Bags of sand both add traction-improving weight and can be dumped on ice to improve traction further. Make sure to secure

the extra weight to the vehicle with motorcycle straps or other suitable restraints.

Before departing, scrape ice and snow from the roof in addition to every window, mirror and light. Never splash hot water on glass to melt ice.

Lube door locks and latches and coat weather stripping with silicone spray to help keep doors from freezing shut.

Prepare for the worst. Put extra winter clothes, blankets and even a sleeping bag in the trunk, take water and food (such as energy bars), pack a flashlight, extra batteries, matches and a first-aid kit. Take along a cell phone if possible.

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91ST MSOS WINS AFGSC
OUTSTANDING TEAM AWARD

Members of the 91st Operations Support Squadron pose for a group photo at Minot Air Force Base, North Dakota, Feb. 1, 2024. This is the third consecutive year the 91st Missile Support Operations Squadron has secured the Sergeant Dee Campbell Outstanding Large Unit of the Year award, which encompasses the entire aviation resource management career field.

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

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

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

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

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

Ryan Davy - GM
Minot

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Upcoming
Events

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

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

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24 FEB
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.)

Soup it Up
February 24, 5-8pm

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

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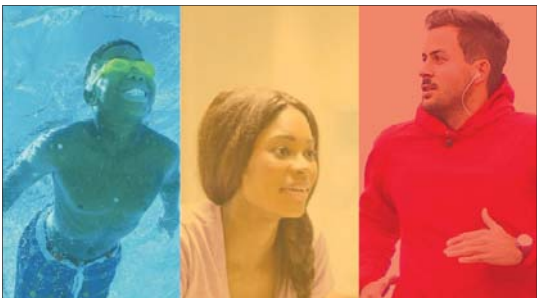
Join us Saturday, February 24th, from 10 am-2 pm as businesses give you an extra reason to warm up Downtown. Stop in to participating shops and sample coffee or cocoa and other sweet Treats along with some sweet deals. Tickets are 10+ tax and can be purchased online or at Gourmet Chef. Please be ready to show your ticket at each participating business. Some stops may be 21+.

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For more information:
Facebook/ Minot Downtown Business & Professional Association/ Events

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For more information:
Facebook / Minot Family YMCA / Events

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‘Best of Minot AFB’ Now Open for NOMINATIONS!

What makes something “The Best”? Is it the service, the attitude, or the work ethic? You get to decide! The Northern Sentry is kicking off the second annual Best Of Minot AFB Awards. We want to highlight the places that YOU, the Minot AFB community, treasure the most. But, we need your input first. We know the Air Force has lots of awards, but these awards are based on the popular vote, not a cumbersome awards package.) We want to show off the “Best Of” the base and town and have some fun

too! So brag a little on your favorite restaurant or activity and nominate them today for the Northern Sentry’s “Best Of Minot AFB” Awards! In March, we will vote and announce the winners in each category! But for now, we are open for nominations only. Check out the categories below, go to the Northern Sentry website and nominate your favorite restaurant, activity or hang out by February 25 2024.



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by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, Feb. 12: 1,836.43 feet above mean sea level (MSL); 24,900 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.15 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.14 MSL.

- N.D. Game & Fish Dept. game wardens: No north-central lake or Missouri River System reports. Most permanent fish houses are off Devils Lake due to poor and variable ice conditions with varying reports of success.
- Devils Lake, Ed’s Bait Shop, Devils Lake: No new reports with many anglers taking permanent houses off Devils Lake and other area lakes due to poor ice conditions.
- Devils Lake, Woodland Resort, Devils Lake: Fair walleye success working shallow water. Better activity in low morning light hours than later in the day. Try Lake Irvine or Pelican Lake. Use caution with varying ice conditions.
- Lake Darling, Karma C-Store, Ruthville: Anglers starting to move fish houses off Lake Audubon. No reports from Lake Darling.
- Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: No new reports.
- Lake Metigoshe, Four Seasons, Bottineau: A few anglers starting to venture back onto Lake Metigoshe with fair walleye success. Test ice along the way with varying depth and conditions throughout the lake.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon slowed for walleye. Some walleye success on Steinke Bay on the east end of Lake Sakakawea. A narrow window walleye bite on Douglas Bay in the morning. Use caution on the ice with mushy and rough shorelines and slush on top. Some pike spearing activity in Steinke Bay.
- Lake Sakakawea/Lake

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

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

TOURNAMENTS
(ice conditions could change scheduled dates):

- Feb. 17: Lake Audubon.
- Feb. 24: Devils Lake.

Audubon, Hwy. 83 Lawn & Leisure, Garrison: Increasing number of anglers walking onto back bays on the east end of Lake Sakakawea for pike, a combination of spearing and hook-and-line. Use extreme caution, however, with varying ice conditions due to inconsistent weather. Limited walleye reports from both Lake Sakakawea and Lake Audubon.

- Lake Sakakawea, New Town: Not many anglers out but those going continue finding fair walleye in the Van Hook Arm. Stay off the ice on the river portion of Lake Sakakawea in the New Town area with treacherous ice conditions.
- 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: Try White Earth Bay in 28 to 34 feet during the first and last hours of low light conditions for walleye on the upper end of Lake Sakakawea or Lund’s Landing in 24 to 28 feet. Missouri and Yellowstone rivers clearing so look for improving walleye success.

- Lonetree WMA area lakes, Harvey: No new reports.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No reports from area lakes. Souris River starting to open in spots with poor and variable conditions.

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

- Bottineau Winter Park, Bottineau: 12- to 24-inch base with Bunny and Pony hills open and 4 trails. 2 Magic Carpets and 1 lift and T-bar with terrain and tubing parks open.
- Frostfire Ski Area, Walhalla: Open for skiing and snowboarding. Contact (701) 549-3600 for more information.
- Huff Hills Ski Area, Mandan: 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) 328-9921.

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HELP WANTED



REPORTER

The Northern Sentry Team is looking for a part-time reporter to cover stories on the Minot Air Force Base. A normal week would be to cover 1-2 stories about life on Minot Air Force Base. Story lengths can vary, but most often stories would be 400-600 words with accompanying photos. Stories would be assigned on a weekly basis. Some journalism experience would be appreciated, but not necessary. Must have Minot AFB credentials. This is a 1099 talent contract and salary would depend on experience.

For more information send a resume and letter of application to:
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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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REVEL

Weddings

for Warriors

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

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

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

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

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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

VOLUNTEER OPPORTUNITIES

Month of the Military Child (MOMC) Working Group

The Month of the Military Child (MOMC) is in April and approaching. The School Liaison Office is forming a MOMC Working Group to support efforts in North Dakota, Minot, and Minot AFB. If interested in joining, please send an email to mafbschool.liaison@us.af.mil.

POC: Joy-Nicole Smith, GS-11, MAT, DAF
School Liaison Program Manager

Holocaust Days of Remembrance Volunteers

I am looking for a handful of volunteers to help plan for the Holocaust Days of Remembrance (5-12 May).

This observance honors the victims of atrocities carried out by Nazi Germany a between 1933 and 1945 and their liberators.

If you are interested in being a part of this committee, please let me know.

POC: CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers)
Director, 5 BW Diversity, Equity, Inclusion & Accessibility
723-7288

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

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 Youth Center
- Ages 7–8-year-old T-Ball/coach pitch: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the Youth Center
- 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 the season start.

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

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members. REGULAR 2024 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP’s three primary missions:

1. Cadet Programs
2. Aerospace Education
3. Emergency Services.

Adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there’s certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.gocivilairpatrol.com> or contact the POC below. Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.go>

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

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WANNA HUNT IN NORTH DAKOTA? DON’T FORGET HUNTER EDUCATION

Patricia Stockdill

Late winter and spring might not conjure up images of hunting. Yet in North Dakota, it’s the most popular time of year to teach individuals the basics of hunting, firearm safety, and ethics and responsibility that come along with what it means to a hunter.

This time of year is when many communities across North Dakota, including the Minot area, host N.D. Game and Fish Department Hunter Education courses. It’s the time of year when hundreds of volunteers contribute their time and dedication to introduce people to hunting.

North Dakota has one of the smallest wildlife and natural resources agencies in the country, which is why several hundred volunteers scattered across the state play such an important role in teaching Hunter Education. As volunteers, instructors - especially those in small communities - often schedule classes around activities such as winter high school sports or busy farming times of the year.

As part of becoming a volunteer Hunter Education instructor a person must pass a background check, complete instructor training, attend in-service and training workshops, complete and submit detailed reports, and adhere to the Game and Fish Department mission and philosophies.

In other words, they’re an extremely dedicated group of people contributing many hours to educate and encourage hunting, firearm safety, and wildlife conservation.

While the course is geared towards anyone 11 years of age and older, some instructors offer classes geared to specific groups, such as school-aged students, adults only, or girls and women classes.

North Dakota law requires anyone born after 1961 who is 12 years of age and older to have completed Hunter Education certification in order to obtain hunting licenses. Children who turn 11 in the calendar year can take a course.

There are a couple of exceptions: After the state authorized a one-time ‘apprentice license’ an adult who hasn’t completed Hunter Education can get a small game license or apply and get drawn for a deer gun license and hunt. However, they must be accompanied by an adult 18 years of age or older with a valid North Dakota hunting license. That individual’s license can’t be an apprentice license, which means the person completed Hunter

Education certification.

After getting one apprentice license, the individual must obtain Hunter Education certification in order to purchase hunting licenses or apply for lottery licenses.

Another Hunter Education certification exception is children less than 12 years of age can hunt with parent, guardian, or authorized adult but the child must possess valid hunting licenses.

Classes often fill early so anyone interested in attending an in-person class should go to the Game and Fish Department website, (gf.nd.gov), click “Education” on the home page menu, “Courses”, and “Hunter Education”.

The in-person Hunter Education course is free and includes 14 hours of classroom and hands-on training followed by a test.

An online course option is also available, which includes online home study and in-person classroom hands-on learning. However, North Dakota requires anyone taking the online course to attend the first and final session in person, per the volunteer instructor’s requirements.

Interested people can log onto the website to see if additional classes are available as well as sign up to receive email or text notices when new classes are added throughout the year in the state.

Hunter education has been mandatory in North Dakota since 1979. Archery education courses are also available at various times in the some North Dakota communities, as well, although bow hunting education isn’t required to obtain an archery license.

Just a reminder, too – lottery license applicants must have their Hunter Education certification number before applying for a lottery license – including upcoming once-in-a-lifetime elk and moose applications.

Another caveat – North Dakota recognizes certification through other state’s wildlife or conservation agencies but not courses through organizations such as 4-H, FFA, or the National Rifle Association. In addition, it doesn’t recognizes courses taught completely online, such as through websites like (www.hunter-ed.com) or (www.beasafehunter.org).

Go to the N.D. Game and Fish Dept. website for complete details and then all you need is a pen or pencil to take notes.

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WHAT'S GOING ON MAFB

FRIDAY16

- 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
- Snow Globe Tumbler Class, 1730-1930, Arts & Crafts Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY17

- 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

SUNDAY18

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

MONDAY19

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

TUESDAY20

- SNCO Foundations Course (SNCO PES), 0830-1500, Professional Development Center
- Spouses Welcome, 0830-1430, M&FRC
- Thrift Savings Plan for Military Members, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY21

- SNCO Foundations Course (SNCO PES), 0830-1500, Professional Development Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center — Room 211
- Storytime, 1030, Minot AFB Library
- Macramé Plant Holder Class for Beginners, 1730-1930, Arts & Crafts Center

THURSDAY22

- SNCO Foundations Course (SNCO PES), 0830-1500, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY23

- Spring Break Lifeguard Registration Ends, Outdoor Recreation
- SNCO Foundations Course (SNCO PES), 0830-1500, Professional Development Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Progressive Bingo, 1730, Rockers Bar & Grill
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY24

- Wallyball Tournament, 0930, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center

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