

# northern sentry

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## WHATS INSIDE THIS WEEK:



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U.S. Air Force Capt. Hudson Walberg, a B-52H Stratofortress pilot, receives a Republic of Korea Air Force patch from a ROKAF sergeant after a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd Expeditionary Bomb Squadron are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region. See page A4-A7 for more BTF 24-3 coverage.

U.S. AIR FORCE PHOTO | CAPT. STEPHEN J. COLLIER



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# Air Force to re-introduce warrant officer rank, other major changes

C. TODD LOPEZ, DOD NEWS

AURORA, Colo. (AFNS) -- To best optimize itself for Great Power Competition, the Air Force plans to, among other things, bring back warrant officers within the cyber and information technology professions, said Air Force Chief of Staff Gen. David W. Allvin during a presentation Feb. 12 at the Air Force Association's 2024 Warfare Symposium.

That change was among two dozen announced by senior Air Force officials. Each change is specifically designed to prepare the service for strategic power challenges from competitors like China and Russia.

"Both China and Russia are actively developing and fielding more advanced capabilities designed to defeat U.S. power projection," said Secretary of the Air Force Frank Kendall. "The need for modernization against capable, well-resourced strategic adversaries never stops. But modernization isn't the only thing we need to do to be competitive. Today we are announcing 24 key decisions we have made to improve both the readiness of the current force and our ability to stay competitive over time, to continuously generate enduring competitiveness."

Those changes, Kendall said, focus on people, readiness, power projection and capability development and are implemented within the Department of the Air Force, the Air Force and the Space Force.

## SPOTLIGHT: SCIENCE AND TECH

Within the Air Force, Allvin explained, the service is looking to

better attract and develop cutting-edge talent, specifically within information technology and cyber fields. The service plans to expand technical tracks for officers and create technical tracks for enlisted, and to also reintroduce the rank of warrant officer within the information technology and cyber fields as a way to maintain technical leadership with those skills.

"We know there are people who want to serve. They just want to code for their country. They would like to be network attack people and do that business," Allvin said. "But everybody needs to see themselves into the future beyond just this assignment or the next. So, developing that warrant officer track for this narrow career field, we anticipate will drive that talent in and help us to keep that talent. There's something specific about this career field, why it's attractive and it's a nice match for a warrant officer program. The pace of change of the cyber world, the coding world, the software world — it is so rapidly advancing, we need those airmen to be on the cutting edge and stay on the cutting edge."

The Air Force had warrant officers when it was created in 1947, after being split off from the U.S. Army. But the service stopped appointing warrant officers in the late 1950s.

Allvin also discussed changes in the way the Air Force will conduct exercises. The plan is for the service to implement large-scale exercises and mission-focused training which encompasses multiple operations plans to demonstrate and rehearse for complex, large-scale military operations, he said.

"We're going to reorient ourselves to more large-scale exercises rather

than a smaller scale that have been a product of the last two to three decades," Allvin said. "Large-scale means multiple weapons systems, multiple capabilities, coming together in a combat-simulated environment and showing our ability to execute the mission that's going to be expected of us in the high-end conflict."

Exercises in recent years, he said, have already been getting bigger. But those enhancements have been driven at the local level, not from the top down. That will change.

"Our Air Force needs to institutionalize this," he said. "And we're going to do that."

He said the Air Force is looking at fiscal year 2025 for its first large-scale, multi-combatant command exercise targeted at Indo-Pacom.

Chief of Space Operations Gen. Chance Saltzman said a change underway within the Space Force is to enhance readiness by implementing standards that reflect operations under contested conditions rather than those of a benign environment.

"The legacy force that we had, our roots ... were built around

efficiency, built around a benign environment," he said. "So, the standards for readiness that we kind of held our forces to was different. It wasn't built for the domains that we're facing, a contested domain."

Now, Saltzman said, the Space Force must rewrite its standards for readiness centered around a contested domain, rather than an uncontested domain.

## SPOTLIGHT: DOD SPACE STRATEGY

That, he said, means in part having the right mix of officers, enlisted personnel and civilians in Space Force units. It also means training must be aimed at more than just procedural competency.

"As soon as you put a red force in the mix, as soon as you put a threat in the mix, it radically changes your training," he said. "You have to have advanced training, you have to have tactics training, you have to understand how you work together, in-comms, out of comms, with other units, in order to continue to achieve the kinds of effects in a contested domain when an adversary, a capable adversary,

is doing everything they can to stop you from being successful."

Space Force, he said, will build a training infrastructure and a test infrastructure to validate its tactics so operators will know more than just how to operate equipment — but will be successful against an adversary.

Kristyn Jones, who is currently performing the duties of the under secretary of the Air Force, also pointed to changes at Department of the Air Force level. There, she said, among those changes, the department expects to create an Air Force Integrated Capabilities Office to lead capability development and resource prioritization. The office is expected to drive Department of the Air Force modernization investments.

"We'll be looking at capabilities across our services, not in stovepipes," she said. "We're enabling end-to-end creation of effects. This organization will help us to prioritize our investments and will be responsible for working with us to determine the next iteration of operational imperatives."



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SSgt Daniel Starr  
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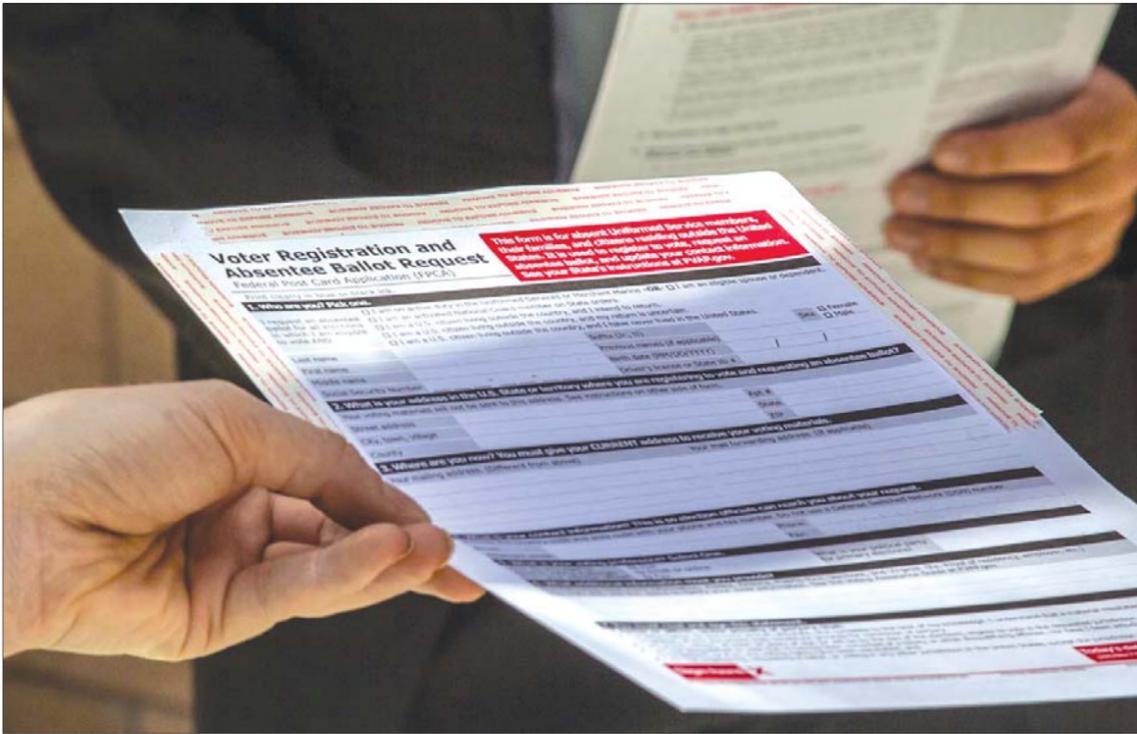
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MILITARY ONESOURCE IMAGE

# Military Voting in North Dakota: How & When

ERIN BEENE, NORTHERN SENTRY

First off, are you a North Dakota state resident?

Don't know? Do you have a ND state driver's license? If the answer is 'Yes', then most likely you ARE! That means a few things, but focusing on voting in upcoming elections, that means you can vote right here in the state for the local government and the presidential elections. North Dakota does not require you to register to vote separately; a state ID does that for you.

Let's briefly go over the importance of voting, why you should and how you can do it right here in Minot. Voting at all levels of government is pivotal to the American system. It goes without saying that one cannot complain about the current leaders unless at the bare minimum one did the most basic form of caring about the country: voting. It is our American right and privilege.

Don't feel informed enough to make a decision either way? Don't feel like one single vote will make any difference? These are all contemplations that plague all voters from time to time. But really, if all the people that felt this way actually voted and took half an hour to look through the options, then chances are we would have a much different political climate. Casting your vote for a candidate that you aren't 100% certain of can be intimidating; but if you don't see a main party

candidate you support, look over the Independents or take the opportunity to work towards getting the right people in the seats from lower elections. There is always something you can affect by voting. Vote for the best in the options available.

The city of Minot is dependent on Minot AFB and the community it provides. The city truly wants military members and their families to take part in Minot and the local leadership. They need you to speak your mind and tell them what you want and need. You are a part of the community as much as any life-long Minotian.

So, if you are a local ND'er now (AKA a North Dakota Resident), take some time to find out how to vote and where to do it. It takes a few minutes to represent the state you are now a resident of. This North Dakota official website answers every possible question you may have about voting in ND—where to go, who is running in every election and dates. It's got your back. Check it out now <https://vip.sos.nd.gov/civics101>. Deciding who to vote for and where to do it will be a worthwhile endeavor of your adult life.

If you are NOT a North Dakota state resident, never fear, you can and still should vote in your state and county and can do it easily by absentee voting. The Military Family Readiness Center can help you out if you have questions about

how to register for an absentee ballot. Also, According to Jolene Haller, Community Readiness Consultant MFRC, each squadron has at least one designated "Voting Representative" Airman who can assist with voting questions. She also mentioned that Key Spouses can help point family members in the right direction if questions arise. The MFRC will also be holding a Voting informational event later this spring. Go out and vote this year.

There's also the Federal Voting Assistance Program that has information for military members from any state of residence <https://www.fvap.gov/>.

### IMPORTANT UPCOMING DATES FOR THE PRESIDENTIAL ELECTION:

North Dakota State Primary Elections: March 2024 ( different dates/time for each party)  
General Election: November 5, 2024

\*If you have further questions about ND state residency and how it affects you as an AD member or spouse, check out this Northern Sentry article that explains it all. *License and Registration Please* <https://northernsentry.com/2023/01/13/license-and-registration-please/>

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## Capt Britton Blake



**69th Bomb Squadron  
Hometown: Sioux Falls, SD**

Capt Britton Blake is a B-52 aircraft commander and flight lead for the 69th Bomb Squadron, Minot Air Force Base, North Dakota. Capt Blake amassed 350 flight hours this calendar year alone across 55 flights. One of his most recent flights was a non-stop, 32-hour long flight from Minot. He has also supported three Minot B-52 formation flights across the Pacific assuring our nation's allies by demonstrating combat-credible B-52 strategic deterrence to our potential adversaries through sustained air and sea dominance. In addition to his love of aviation Britton plays hockey locally as a center in the MASH hockey league.

GAME SALUTE: FRIDAY, FEBRUARY 23

## MSgt Juan Gonzalez



**791 Missile Security Forces Squadron  
Hometown: Brownsville, Texas**

Master Sergeant Juan Gonzalez is a Flight Chief assigned to the 791 Missile Security Forces Squadron. He leads 60 Security Forces Defenders through missile field deployments and defense operations ensuring combat capability and global strategic deterrence. Juan is the first choice as additional duty First Sergeant where he is the focal point for readiness, health, moral and welfare for 267 personnel. He recently leveraged his missile field and training expertise while assisting 20th Air Force during an accident investigation board where he was able to guide policy to make missile field operations safer. He loves his Tauros almost as much as he loves his Airmen...lets go Tauros!

GAME SALUTE: SATURDAY, FEBRUARY 24

## SrA Jacob Ketron



**51st Force Support Squadron  
Hometown: Murfreesboro Tennessee**

Senior Airman Jacob Ketron has been in the United States Air Force for 5 years. He has served his first 4 years at Minot Air Force Base and is currently assigned to the 51st Force Support Squadron at Osan Air Base, Republic of Korea. As an Installation Personnel Readiness Technician, he has created over 117 orders for members base-wide deploying to other countries and safeguarded 8 million in entitlements. He was also elected to be the Sergeant at Arms of the Rising Four community in which he will be organizing events to raise quality of life for all Airmen at Osan Air Base.

GAME SALUTE: SATURDAY, FEBRUARY 24

Recipients of the Northern Sentries 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.

**GOLDEN TICKET Winner**

Pick up a copy of the Northern Sentry for your chance to win!

**Sarah & Jameson Candelaria**  
found a \$45 Golden Ticket in the Northern Sentry they picked up at the MAFB Library. It "Pays" to Read Your Community Newspaper!

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# What Do You Do, BePa?

It was President's Day weekend, and my grandkids were lucky enough to have Monday, President's Day, off from school. The decision was made to head for their home in West Fargo and spend a couple days with them. Yeah, I am BePa, and that is a story for another day. We have 4 grandchildren ages 12, 10, 7 & 3. After supper the kid's kind of fell into their normal routines. Note: Normal routines. What does that truly mean?

The oldest, a grandson who is in 8th grade hooked up with his buddy and started to play a video game. Later he explained to me that there can be several players sharing the game, but tonight it was just him and his good friend Jordan.

The next grandson grabbed the virtual reality headsets and was instantly sent to the world of working in some type of service industry. Both grandma and BePa were just amazed at the reality of what he was doing. Pushing at buttons, shaking his head, yes, and moving about a small area doing his job.

Then there is our 7 year old granddaughter, the only granddaughter (so far) who was sent to her room to do some cleaning. A quick tour allowed me to ascertain that this job was not going to be finished anytime soon,

especially when putting away one toy allowed to 3-4 to be pulled out of the various toy storage areas in her bedroom.

Then there is the youngest grandson, and my best description for him is "the Energizer Bunny", because he is pretty much on the go, consistently. He pretty much leaves a wake of toys anywhere he goes. There was a strong suggestion that he, too, spend some time cleaning his room. I have to applaud grandma for wading into the room and finding the floor as she put away about 50% of the toys that had been left strewn about the room.

So, what's the story, Rod? Kind of sounds like most normal millennial families, right? Grandparents in total amazement of the technology available to their grandchildren. But it was a follow up conversation with my 10 year old grandson that opened my eyes.

So how are things going in school Charles? What class do you like the most? Congrats for being the student of the month! Small talk to get on the same page and find some common ground. And then: "Hey BePa, what do you do for work? Dad says you are a writer. What does a writer do?", and before I could start to answer the first questions "and what do you write about?"

Where do you start? I decided to



The Whirl A Whip machine.



**UPSIDE DOWN  
UNDER**

MARVIN BAKER

For the past several months, and even going back a couple of years, I've noticed some interesting changes in radio across North Dakota.

I researched and found the official answer to this, but there are all kinds of speculation surrounding these changes on a national scale.

In any event, there have been a number of AM radio stations that have started broadcasting their signals from FM translators. These are most often low power signals that reach only a few miles.

The official answer to this is that since most AM stations have to cut their power at night, the FM broadcasts will help listeners stay tuned.

I'm not sure I believe that because even low powered AM stations will reach a few miles after their power is cut, usually at sundown.

Other speculation out there is that radio frequency interference from electric cars causes so much noise that you can't listen to AM, even local AM stations. Another rumor is that AM radio is going away completely.

Right now, there are 4,275 AM radio stations in the United States and roughly another 250 in Canada. They employ tens of thousands of people. Can you imagine if those jobs were suddenly cut?

Here in North Dakota, there are 34 AM radio stations and 19 of them are

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**A VIEW FROM  
OUR SIDE**  
ROD WILSON



ripple the waters a bit and talk about B 52 bombers. "What are they?" And then another suggestion "about the Minuteman missiles, and the Minot Air Force Base "that got us absolutely nowhere. There was a bit of a spark of interest in the B 52's, but I can't really say we were on a fast track to anywhere.

We had a chat about how many B 52 bombers the United States had, and where they were located. Then we talked about the missiles and how they were a deterrence force and how many missile silos were located around Minot, and how the Northern Sentry was a newspaper dedicated exclusively to covering the activities on Minot Air Force Base.

And then...off he went with his virtual reality gassed to play another game and transform his world into one skillfully created by a skilled graphic artist.

As much as I was ready to help my grandson understand "what it is that I do", I am thinking I fell short.

And then in a moment I thought "well what if there was a way to do a tour of Minot Air Force Base, or any other military base for that matter, and my grandkids could take the tour on their virtual reality glasses? Would that be possible, and of more importance; what would make my grandkids want to take the tour."

Charles did say that he could fly a helicopter, or a spaceship in his virtual reality world. Why not teach the younger generations about the

military missions through virtual reality glasses. Heck, it is probably already being done.

Maybe there needs to be a role reversal and BePa can put on the glasses and be sent to a virtual reality world? Hmmm.....

**BEST KEPT SECRETS**

A friend told me that his son's 3rd Grade class was going to ride Amtrak from Minot to Williston one day, and then spend a day at Fort Buford, the Yellowstone Confluence and Fort Union. Wow is that going to be a neat trip! First, all 3 of the destinations listed are kind of best kept secrets. And then, time allowing, they are going to stop in Stanley, at Dakota Drug and have a Whirl-A-Whip...another best kept secret. In my research, it appears that Dakota Drug may be the last of the Whirl-A-Whip (worth a google search) locations in the United States. "A Whirl-A-Whip is an ice cream treat that has candies or other ingredients mixed in. Just a few items you can mix into the ice cream are peanut butter, dill pickles, watermelon candies, and Oreo cookies."

It's certainly worth a family trip, although I am not sure dill pickles would be tops on my list.

**TODAY'S CHUCKLE**

Silicon Valley is always looking for disruptive technologies, but here's the most disruptive technology of all: pressing the "off" button on your cellphone once in a while.

# Creating a better product...

now operating FM translators.

They include KSJB and KQDJ in Jamestown, KDKT in Beulah, KQLX in Lisbon, KGFK and KNOX in Grand Forks, KFYZ in Bismarck, KDIX in Dickinson, KNDK in Langdon, KZZJ in Rugby, KHND in Harvey, KOVC in Valley City, KDLR in Devils Lake and WZFG, KQWB, WDAY, KFGO, KFNW and KNFL, all in Fargo.

One example I can give you as to why this is happening is in regard to KHND in Harvey. I live 99 miles from Harvey and during the day I can listen to the station on 1470 AM. At night, it's completely gone. However, because KHND is now broadcasting on 99.5 FM and is not subject to the same FCC rules as the AM parent, I'll often pick it up at night on 99.5 FM.

There is also a lot of Christian and public radio stations using FM translators, but those are all FM

stations to begin with such as Prairie Public Radio.

For example, Prairie Public operates low-power FM translators in Beach, Bowman, Hettinger and Plentywood, Mont. K220FG in Hettinger is the highest-powered Prairie Public translator at 9 watts. Prairie Public also set the stage 20 years ago for high definition radio. HD-1 and HD-2 became the norm for PPR, but nobody else in commercial radio picked up on the much better sounding signal, until recently.

There's been an explosion in radio stations switching from analog to high definition in Fargo led by KPFX of 107.9 FM. It has two subcarriers on HD-2 and HD-3. According to Radio Locator, there are 13 high definition radio stations in Fargo and several more on the Minnesota side.

Wahpeton has one and Valley City has one. There are no other HD commercial stations in North

Dakota, yet. It's only a matter of time before others follow. It provides CD quality sound and since 2016, auto companies have been equipping their new vehicles with HD receivers.

It's even rarer in AM, but that tide is beginning to turn. KSL, 1060-AM in Salt Lake City has been operating its AM station in high definition for several years. The only other one I can identify in this region is KOJM, 610 in Havre, Mont.

One other example doesn't yet exist, but has actually been announced. That's CBC Radio 1 on 990 AM in Winnipeg, whose legal identification is CBW. The radio station had undisclosed trouble and power has been reduced. When it's back to full strength, it will be only the second AM station in Canada broadcasting in high definition.

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**SLICE OF LIFE**  
KIM FUNDINGSLAND

Several years ago, when I was still riding with Company M, U.S. Army 7th Cavalry memorial regiment, I became friends with one of the older members of the unit. We were both very interested in the frontier military, and each had a collection of artifacts and reproduction items.

At one of our events he was talking to me about “slowing down a bit” and wondered if I was interested in a few old items that he had acquired. We agreed to meet at his house so I could look at the frontier Army items he

mentioned.

At the appointed time he showed me some old shell casings, original uniform buttons, and the like – interesting but not particularly unusual. Just as I was about to leave, he opened an old trunk and asked me if I was interested in an old uniform. He pulled out a blue officer’s coat that got my attention immediately.

The coat was beautiful. Wool, lined with cotton, double-breasted, original buttons, with a gold collar, and gold ornamental piping on the sleeves. Jaw dropping for a frontier military enthusiast. I knew immediately I was not leaving that house without that coat.

“Don’t think I have anything to trade for that,” I said.

“Just take it. You love history just like me. Take it,” he replied.

The U.S. Army switched from blue to green in 1917, so I knew the coat was old. It wasn’t until 1949 that the U.S. Air Force donned the blue. Now, whose coat was it?

# The Old Blue Coat



KIM FUNDINGSLAND PHOTO

Inside the coat on the right side was a small pocket which I knew sometimes carried the name of the coat’s owner. We looked inside that pocket with a flashlight and found sewn there a label with Col. R. M. Schofield, Dec. 1912, U.S.A. That tailor’s name was sewn inside the collar – John. G. Haas. A Haas label was on many officer’s jackets during that time.

According to an obituary published in The Oregonian on November 7, 1941. Schofield died at age 74. Born in 1867 in Richmond, Virginia, Richmond M. Schofield was the fourth son of Lieutenant General John M. Schofield, a Medal of Honor recipient for gallantry during the Civil War and Commanding General of the Army from 1888-1895.

It was John Schofield who was sent to Hawaii to assess its value as a strategic naval location. Schofield Barracks, constructed in 1908, was named after him.

Ironically, his son, Richmond, was

stationed in Hawaii in 1918 with the rank of colonel. His military service began in 1891 as a second lieutenant in the 5th Cavalry. He later served on his father’s staff as well when he commanded the Army under President Grover Cleveland.

To me the old blue coat is a piece of history. What stories it could tell!

Perhaps Richmond was wearing it while his father recounted his Civil War battles or told stories

of his time as Secretary of War under President Andrew Johnson, successor to the assassinated Abraham Lincoln. It’s possible. John Schofield passed away in 1906, 15 years after Richmond began his military career.

I’m still curious about the ornate piping on the sleeves of the coat, and the golden cuffs. Both patterns, I believe, were unusual in 1912. My guess is Richmond had the fanciest coat at the ball.



KIM FUNDINGSLAND PHOTO

## Ski the Jewel above the Prairie!

### SNOW REPORT

Snow conditions are great! 28" Base.  
All lifts, including the chair lift, and new T-Bar are running all runs are open. Both tubing hills are open

### HOURS

Friday, February 23	Noon-9:00pm
Saturday, February 24	10:00am-5:00pm
Sunday, February 25	10:00am-5:00pm

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

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# DOD Reduces On-Base Child Care Fees for Military Families

JOSEPH CLARK, DOD NEWS

The Defense Department is focused on making quality child care options affordable for military families as officials continue to prioritize initiatives to take care of those who serve.

Earlier this month the department implemented its new fee schedule for on base child care designed to reduce fees for lower income military families while maintaining high quality care at DOD child development centers around the world.

Chad Sheldon, DOD's associate director for child and youth programs policy, said the driver behind this year's fee change was "to make the child care fees more equitable and more affordable, specifically for those families with the greatest economic need."

"We wanted to be able to reduce the percentage of income that they're paying for child care and balance that across our fee schedule," he said.

The reduction in the basic weekly rate for on base child care is applied across several tiers under the new structure, as determined by military families' total family income:

Those with a total family income of \$45,000 will pay a basic weekly rate of \$54, down from \$82 under the previous fee schedule.

Those with a total family income of \$65,000 will pay a basic weekly rate of \$74, down from \$121 under the previous fee schedule.

Those with a total family income of \$90,000 will pay a basic weekly rate of \$104, down from \$143 under the previous fee schedule.

Those with a total family income of \$115,000 will pay a basic weekly rate of \$138, down from \$154 under



Lenese Rogers reads a story to a group of children at a child development center on Peterson Space Force Base, Colo., Nov. 9, 2023.

SPACE FORCE PHOTO | AIRMAN 1ST CLASS JUSTIN TODD

the previous fee schedule.

Sheldon said child care can be a major expense for new families who are typically still in the early stages of their careers and not at the peak of their earning potential.

"By making these adjustments to our fees, our intent is that they're going to have more money in their pocket to cover additional expenses - food, diapers, all those things that come along with being a parent as well," he said.

President Joe Biden and First Lady Dr. Jill Biden have made reducing child care costs for military families a key focus of the Biden-Harris administration.

The new fee structure follows Biden's executive order in April directing the DOD to improve child care affordability on military installations.

Secretary of Defense Lloyd J. Austin III has prioritized efforts to strengthen support for DOD personnel and family members

under his "Taking Care of Our Service Members and Families" initiative.

Improving access to child care is a key part of that effort.

The DOD operates one of the largest employer-sponsored child care programs in the U.S., serving more than 160,000 children every year, according to 2022 figures.

"Our service members matter," Sheldon said. "Their families matter. And certainly we have a vested interest in children and youth. Our mission is a really important one and one that we take seriously."

He said child care providers and child development center staff throughout DOD, take their mission to serve the children of military families to heart.

"I hope that service members know that their well-being and their family's well-being is something that is critically important to us," he said.

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# Jose Castaneda Sets His Sights on 40th District Senate Seat

## Former B-52 Pilot Says Minot Was Their Only Choice

ROD WILSON, NORTHERN SENTRY

“As an immigrant, I know firsthand that the opportunities that this country has to offer are second to none. But to turn opportunity into real success requires a tremendous amount of hard work and dedication. My goal is to truly represent every member of District 40 ensuring that the legislation that leaves Bismarck adds true and real opportunity for every person and family by protecting individual liberty, inspiring personal responsibility, and ensuring limited government.”

Lt. Col Jose Castaneda knew that Minot would more than likely be their home after retiring from the U.S. Air Force, and the 46 year naturalized citizen, originally from Mexico made another decision, “I decided that with Senator Karen Kresbach retiring from the District 40 Senate seat, I had an opportunity. Jose, inspired by his experience in the United States and North Dakota, wants to give back and as such, is currently an at-large member of the District 40 Republican Party and a candidate to serve the residents of District 40 in the state legislature. He intends to focus his legislative efforts on the Republican Party platform ideals of individual liberty, personal responsibility, and limited government.

Jose was born in Mexico City and his family legally immigrated to the United States in 1985. In 1992 he very proudly became an American citizen. Jose’s mom is a retired teacher, and his dad is an electrical engineer. He was raised in Tucson, Arizona and graduated

as a 2nd Lieutenant from the United States Air Force Academy in Colorado Springs, Colorado in 2000. Jose continued giving back to his adopted country by serving 20 years in the United States Air Force after graduation.

After serving as an instructor pilot at Sheppard Air Force Base, he became a B-52 pilot. He was initially stationed at Minot Air Force Base from 2008 to 2013 then after two and a half years at the Pentagon, he requested to return to Minot to finish his last assignment from 2016 until his retirement in 2020.

“I feel fortunate to have spent half of my military career at Minot Air Force Base in the great state of North Dakota. Like many veterans that have ‘come north’ to Minot Air Force Base, I decided to make Minot my home after retirement. I love this state and the people of Minot.”

Jose continued impacting his community after leaving the Air Force. He puts his military training to use by serving as a medevac pilot flying in and out of Minot International Airport.

The Castaneda family includes Jose’s wife, Felician, and children, Joseph, Gabriella, Matthew, Sarah, Isabel (the oldest at 23), Daniel & Hose (the youngest at 15).

“What North Dakota offers is special, and unique, and I don’t want that to change” according to Castaneda. “I am running as a true Republican. I believe in the right to bear arms; I believe that parents have the final authority in providing a quality education. I also

believe in the rule of law, which means secure elections and secure borders. Marxist ideals are going to destroy our country. However, North Dakota has a fervor for liberty and opportunity. I was born in Mexico City, but I am not a fan of illegal immigration. I look back and know that I could have worked 10 times as hard in Mexico and not gotten as far as I have.

The District 40 republican party endorsement is on March 12th, the primary election is on June 11th, and the general election is on November 5th.



Part of the Castaneda Family joins Lt. Col Castaneda at his fini flight.



Lt. Col Castaneda centered with copilot (L), helicopter pilot (R), and flight nurses (front) on a medevac flight February 20, 2023.



Lt. Col Castaneda and wife Felician.

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# Air Force wife prepares others for realities of motherhood

*'You're not alone. There is support,' counselor, military spouse Patience Riley tells fellow moms*

ELENA FERRARIN, MILITARY FAMILIES MAGAZINE

Patience Riley discusses motherhood openly and honestly — the good, the bad and the ugly, as she puts it — to try to ensure no one feels unprepared for its realities.

Patience, a military spouse in Georgia, is a certified professional coach and licensed professional counselor. She has specialized training in perinatal mood disorders, which encompass pregnancy up to about a year postpartum, and also works with clients who've lost babies.

"Teaching complex mental health tools in a simple way gives me life," she said.

Patience has a private counseling practice and became interested in perinatal mood disorders to better help her clients, she said. When she got pregnant and had her first child in 2019, it all hit home.

"That's when I started to see it even more clearly," she said.

Patience experienced the loneliness and anxiety of the all-consuming task of caring for a baby, and the irritability and anger that stem from being sleep deprived. Her husband, 1st Lt. George Riley, went to officer training when their baby was about 4 months old, which exacerbated the situation.

George has served in the Air Force for nine years and is an air battle manager at Robins Air Force Base. Originally from South Carolina, the couple recently celebrated their eighth anniversary and have two children, ages 2 and 4.

With her first child, Patience moved in with her parents until her husband had completed officer training, which helped tremendously, she said. Her experience after the birth of her second child in 2021 during the COVID-19 pandemic was more difficult because her husband deployed just after Thanksgiving. At the time, she was three months postpartum.

"We had just moved and, typically, you can start meeting people and creating your little village, your little community. But not with COVID. With the isolation came the depression," she said. "I was the perfect ball of risk factors."

Family and friends tried to visit as much as possible, and Patience forced herself to "white-knuckle it" for months, she said. Eventually, she and her young children went to stay with her parents for about a month,

then her mother returned home with them for a week, just before George's deployment ended in mid-April 2022. Finally, life started getting back on track, said Patience, who suspects she had undiagnosed postpartum depression.

There are several risk factors for perinatal mood disorders, including having family members who've been diagnosed with a mental health issue; having multiple children; being a single parent; being in the military; and having hormonal imbalances, Patience said.

A 2015 study showed that military wives dealing with a spouse's deployment were most at risk for postpartum depression or postpartum anxiety, and those who were alone during the delivery had the overall highest risk.

"One thing that I will always share with my clients, regardless of who you are — your occupation, how much money you make — you are not exempt from having issues with your mental health," she said.

The issue also can affect fathers: research shows that one in 10 are diagnosed with postpartum depression or postpartum anxiety, Patience said. The signs in fathers can be different, including anger, isolation and behaviors like spending more time at work or retreating into hobbies.

Getting adequate sleep is the No. 1 protective factor against perinatal mood disorders, Patience said.

"If your sleep is a mess, your mental health is a mess — regardless of who you are," she said.

It's imperative to develop a local support system in addition to the support of long-distance family and friends, Patience said. That's easiest done while living on base; families living off-base can try befriending neighbors, meeting regulars at the local coffee shop, or connecting with others during yoga or gym class, she said. In fact, the latter approach combines the two main protective factors for mental health: movement and fellowship, she said.

There are many resources available to parents, like free virtual support groups offered by Postpartum Support International, for which Patience started volunteering in 2020. The organization offers more than 30 support groups on various topics, including loss and infertility. There are also groups for fathers,

military mothers, Black mothers, Spanish speakers and more.

Virtual groups are an especially great resource for military members stationed outside of the U.S. who have fewer mental health resources at their disposal, said Patience, who leads a parents' mindfulness support group. She's also a substitute leader for a military moms support group.

George said it was frustrating to know that his wife struggled while he was deployed. He tried to help by asking friends to bring her dinner and spend time with her, and focused on being a supportive listener, he said. Now, he tries to give her regular respite by cooking dinner or taking care of the children, he said.

"I do think that it's awesome that she is using her experience to help others," he said. "I think she has a gift."

A stigma among many in the military regarding discussing mental health can prevent people from seeking help, according to Patience. Some of her clients paid her out of pocket because they worried that, if they billed insurance, someone would find out; others waited to seek help because they didn't want their male coworkers to believe they couldn't handle things, she said.

"I just want our military folks — whether they are serving, or they are a spouse — to know you're not alone," she said. "There is support."

People also should remember there isn't a "right" or "wrong" time to ask for help, said Patience, who in August started working as communications manager with the Perinatal Mental Health Alliance for People of Color, a program within PSI.

"It's OK to speak with a mental health professional when things are going well, so they can stay well, or when life is challenging."

Visit Postpartum Support International (PSI) for support and resources:

Call or text the PSI HelpLine at 800-944-4773.

Visit [postpartum.net](http://postpartum.net) for additional resources and free online support groups

Visit [psidirectory.com](http://psidirectory.com) to view the PSI online perinatal mental health provider directory

This story originally appeared in Military Families Magazine.



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With its long standing history in the Minot community, Bray's is one of only a handful of businesses that can say they have had a presence here for almost 100 years. The Nikitenkos have clearly found a way to keep tradition alive while adjusting to the ever changing needs of customers. It seems to be the perfect mix of history and progress that makes it a special treasure in Minot. Make sure to stop into Bray's Saddlery and Western Wear the next time you shop downtown.

In 1927, Sam opened a shoe repair shop in Bray's Cleaners. While the business has always been located in downtown Minot, it was housed in several buildings before landing in the current location of 215 Main St S. in about 1962. Sam passed the business onto his son, Andy, and in the 1970s, the western store was added. The family tradition has continued and the next generation is now the face of a business that has called Minot home for almost 100 years!

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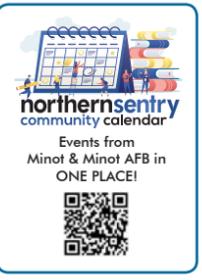
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Maj. Gen. Jeanne Holm (USAF Photo)

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Information courtesy of: [static.dma.mil](http://static.dma.mil) / [af.mil](http://af.mil) / Air Force Historical Foundation

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**BOMBER TASK FORCE 24-3**

**TEAM MINOT AIRMEN SUSTAIN MISSION READINESS WITH ANOTHER BOMBER TASK FORCE MISSION**



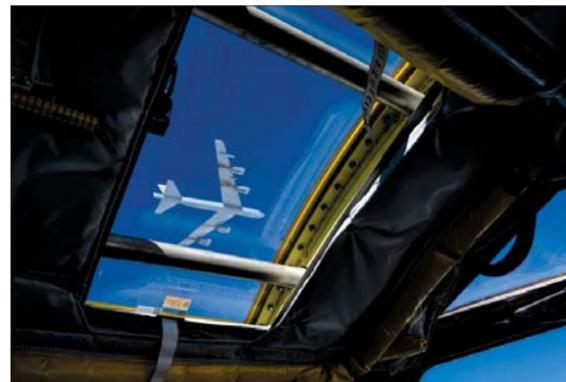
U.S. Air Force B-52H Stratofortress bombers assigned to the 23rd Expeditionary Bomb Squadron taxi for take off at Andersen Air Force Base, Guam, as part of a routine Bomber Task Force mission, Feb. 14, 2024. Demonstrating cutting-edge capabilities, forward presence, and commitment to our Allies and partners communicates the United States' resolve in the Indo-Pacific.

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



U.S. Air Force Lt. Col. Ryan "Vapor" Loucks, Commander of the 23rd Expeditionary Bomb Squadron and Airmen from the 5th Maintenance Squadron prepare for a routine Bomber Task Force mission at Andersen Air Force Base, Guam, Feb. 14, 2024. Bomber missions provide opportunities to train and work with our Allies and partners in joint and coalition operations and exercises.

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



A B-52H Stratofortress assigned to the 23rd Bomb Squadron flies above another B52-H over the Pacific Ocean, Feb. 12, 2024. Bomber Task Force missions enhance the readiness and training necessary to respond to any potential crisis or challenge worldwide.

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



U.S. Air Force Capt. Christian Dahl, 23rd Bomb Squadron aircraft commander, looks out the window as the B-52H Stratofortress flies over the Pacific Ocean, Feb. 12, 2024. The strategic bomber missions offer opportunities for U.S. integration with regional allies and partners, as well as theater familiarization for aircrew members.

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



U.S. Air Force Capt. Mark Gerken, pilot assigned to the 23rd Expeditionary Bomb Squadron, fist bumps another crew member as he prepares to board the B-52H Stratofortress at Andersen Air Force Base, Guam, Feb. 3, 2024. The United States maintains a strong, credible bomber force that enhances the security and stability of Allies and partners.

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



U.S. Air Force aircrew assigned to the 23rd Expeditionary Bomb Squadron prepare to board the B-52H Stratofortress at Andersen Air Force Base, Guam to fly a routine Bomber Task Force training mission, Feb. 3, 2024. The United States maintains a strong, credible bomber force that enhances the security and stability of Allies and partners.

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

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BOMBER TASK FORCE 24-3

MINOT MAINTAINERS PROPEL MISSION DURING BTF 24-3



U.S. Air Force Airmen wait as the B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron taxis in at Andersen Air Force Base, Guam, Feb. 1, 2024. Bomber Task Force missions, such as these, validate the always-ready, global strike capability of U.S. Strategic Command and enable Airmen to maintain a high state of proficiency and readiness.  
U.S. AIR FORCE PHOTO | MASTER SGT. AMY PICARD



U.S. Air Force Capt. Jonathan Hutnicki, pilot, assigned to the 23rd Expeditionary Bomb Squadron and Airmen from the 5th Maintenance Squadron prepare for a routine Bomber Task Force mission at Andersen Air Force Base, Guam, Feb. 16, 2024. Bomber missions provide opportunities to train and work with our Allies and partners in joint and coalition operations and exercises.  
U.S. AIR FORCE PHOTO | MASTER SGT. AMY PICARD



Two B-52H Stratofortress maintenance Airmen jump to close a hatch after receiving a bomber for post-flight inspection 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 and crew are deployed from the 5th Bomb Wing at Minot Air Force Base, North Dakota.  
U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON



A B-52H Stratofortress maintenance Airman prepares to inspect one of the bomber's eight engines at Andersen Air Force Base, Guam, Jan. 30, 2024. The United States maintains a strong, credible bomber force that enhances and reinforces the security and stability of Allies and partners in the Indo-Pacific region. The aircraft and Airmen are deployed from the 5th Bomb Wing at Minot Air Force Base, North Dakota.  
U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON



A U.S. Air Force crew chief assigned to the 5th Aircraft Maintenance Squadron sits under a B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron at Andersen Air Force Base, Guam, Feb. 1, 2024. Bomber Task Force missions, such as these, validate the always-ready, global strike capability of U.S. Strategic Command and enable Airmen to maintain a high state of proficiency and readiness.  
U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON

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BOMBER TASK FORCE 24-3

**ROKAF AIRMEN SEE B-52 OPERATIONS FIRST HAND DURING COPE NORTH 2024**

U.S. AIR FORCE PHOTO | CAPT. STEPHEN J. COLLIER



Members of the Republic of Korea Air Force listen on as their group translator explains instructions from U.S. Air Force Capt. Hudson Walberg, B-52H Stratofortress pilot, before beginning a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd Expeditionary Bomb Squadron are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region.



U.S. Air Force Capt. Hudson Walberg (right), a B-52H Stratofortress pilot, fields questions from Capt. (Ch.) Bermsoo Kim and members of the Republic of Korea Air Force during a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd Expeditionary Bomb Squadron are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region. Kim is assigned to the 18th Operations Group at Kadena Air Base, Japan.



U.S. Air Force Capt. Hudson Walberg, a B-52H Stratofortress pilot, hugs a Republic of Korea Air Force airman after swapping command patches at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd Expeditionary Bomb Squadron are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region.



U.S. Air Force Lt. Col. Ryan Loucks, 23rd Expeditionary Bomb Squadron commander, explains to members of the Republic of Korea Air Force B-52 operations during a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd EBS are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region.



A member of the Republic of Korea Air Force inquires into the capabilities of the B-52H Stratofortress to Air Force 1st Lt. Taylor Clendenin, B-52H Stratofortress electronic warfare officer, during a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024.

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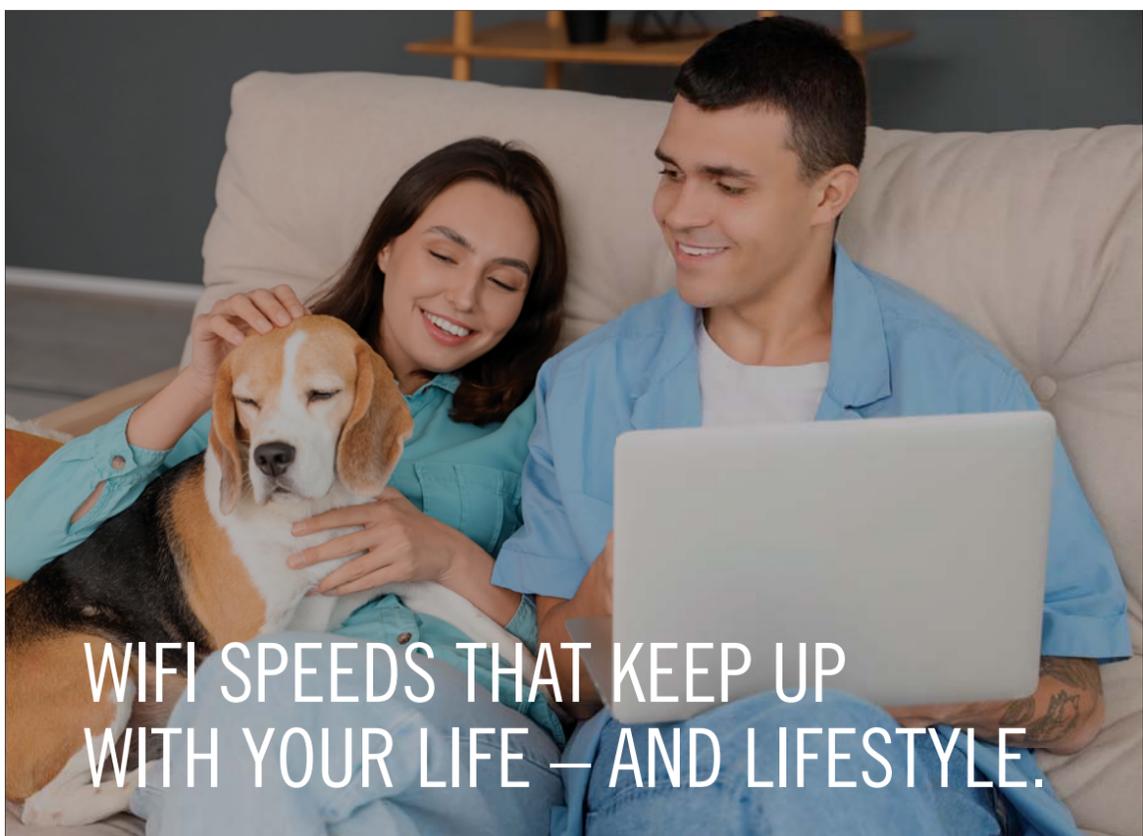
BOMBER TASK FORCE 24-3



U.S. Air Force Lt. Col. Ryan Loucks, 23rd Expeditionary Bomb Squadron commander, explained to Republic of Korea Air Force Col. Kim Seoun Kyu, B-52 operations during a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd EBS are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region.



U.S. Air Force 1st Lt. Taylor Clendenin, a B-52H Stratofortress electronic warfare officer, points out the operational features of the aircraft to members of the Republic of Korea Air Force during a static tour of the aircraft at Andersen Air Force Base, Guam, Feb. 13, 2024. The ROKAF airmen are deployed in support of COPE NORTH 2024, the largest multilateral exercise hosted by Pacific Air Forces. B-52s, aircrew and support personnel assigned to the 23rd Expeditionary Bomb Squadron are deployed to Guam from Minot Air Force Base, North Dakota, supporting a bomber task force aimed at deterring, and dissuading aggression from adversaries or competitors in the Pacific region.



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BABY BOY BORN ON SUNDAY, FEBRUARY 11, 2024 TO:  
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BABY GIRL BORN ON TUESDAY, FEBRUARY 13, 2024 TO:  
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If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.



## SCOTTISH HIGHLAND CATTLE

**CREATURE FEATURES**

- Native to the rough terrain of Scotland, Scottish Highland Cattle are the oldest registered breed of cattle. Registration goes back to the 6th century. They were brought to the United States in the 1890's.
- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

**Fact File**

Life Span	11 - 22 years
Weight	400 - 1200 pounds
Height to Shoulder	3 to 3 1/2 feet
Top Speed	25 mph
Wild Diet	Omnivore Carnivore <b>Herbivore</b> Grasses, Leaves, Flowers

Photos by Amanda Coine

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# WINTER DRIVING TIPS

## Car Maintenance Guidelines

### BATTERY

Today, most car batteries are maintenance-free, sealed, and can last more than three years. The first sign your battery should be replaced is often trouble starting the engine.

### TIRES

A car tire inflated to 35 pounds per square inch (psi) can lose one psi every month or for every 10 degrees Fahrenheit of temperature change, so your car maintenance checklist should include checking tire pressure. Find the recommended level in the owner's manual or sticker on the driver's side door jamb. And don't forget the spare.

Rotate tires every 6,000 miles to prevent uneven wear, replace them when they become worn and have the alignment checked if the car pulls to either side when driving or if you notice uneven tire wear.

### ENGINE OIL

Checking and changing oil is critical to keep today's engines running properly and efficiently. Follow manufacturer guidelines for changing the lubricant – generally, every 3,000 miles or three to six months.

Check the oil level with the engine off and the car parked on a level surface. Open the hood, remove the dipstick, wipe it clean with a cloth or paper towel, then return it to the oil reservoir. Take it out again and see whether the level is within the acceptable range marked on the dipstick. If you add oil, don't overfill, damaging the engine.

### TRANSMISSION FLUID

Checking the automatic transmission fluid is another essential item on the car maintenance checklist. Look for a reservoir marked ATF (automatic transmission fluid) and follow the same steps as monitoring the oil level – only this time, with the engine running. Follow manufacturer's recommendations for change intervals, about every 30,000 miles.

### ENGINE COOLANT

Replace most engine coolant or antifreeze every 30,000 miles – or every two to three years. Newer formulas, however, may last up to 50,000 miles. Turn the car off and wait for the engine to cool

to check the coolant level. Locate the coolant reservoir (usually a translucent plastic tank) and eyeball the level of the coolant against the full and low indicators.

### POWER STEERING FLUID

Power steering fluid should be changed every three years or 50,000 miles. If you have a power steering fluid reservoir, check the level visually; otherwise, follow the dipstick method. Low power steering fluid may indicate a leak, so have your mechanic take a look.

### BRAKES AND BRAKE FLUID

Check to ensure that brake fluid levels are within tolerance. How often you need to replace brake pads or other components depends on your driving and typical driving conditions. A brake problem warning signs include noise, vibration, or "grabbing" when you apply the brakes. Working on your brakes is a job probably best left to the professionals.

### AIR FILTER

Basic car maintenance suggests changing your air filter each year or every 12,000-15,000 miles. A clean air filter can help your engine "breathe" better, improve gas mileage, and reduce harmful emissions.

### FUEL FILTER

Replace it annually to help prevent debris from clogging your car's fuel line.

### WINDSHIELD WIPERS AND WIPER FLUID

Windshield wiper care is one of the most neglected basic car care tips. Replace the blades every six to 12 months or whenever the rubber becomes worn. Check the wiper fluid reservoir every week or so and keep it full.

### HEADLIGHTS AND BRAKE LIGHTS

With your car running and parked, have someone walk around to see that your lights are working – headlights, brake and tail lights, turn signals, etc. Replacing bulbs in today's vehicles can be a challenge. Have a mechanic do the job, mainly replacing and aiming headlights. A pro also knows if the problem is a blown fuse, not a burned-out bulb.

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This photo was taken by myself when I was on the bus traveling to school at Magic City Campus (21 Jan), and I looked out the window and saw that beautiful sunrise, and thought to myself that such a moment shouldn't go unrecognized and forgotten. It struck me in the moment how great the outdoors was, even if it was from a distance or through a window.

Submitted by Dallin Chapman



At the bottom of the photo, you can just barely see the toes of my black shoes. I was standing on the edge of the Souris River between Wee Links parking lot and the 16th St SW bridge in Minot. Upriver, where I am standing, the river looked like it was frozen solid, and it certainly was right there around that rock near the edge. However, despite a dog's pawprints further out on the ice, I knew better than to follow that dog!

Submitted by Christine Bartholomew



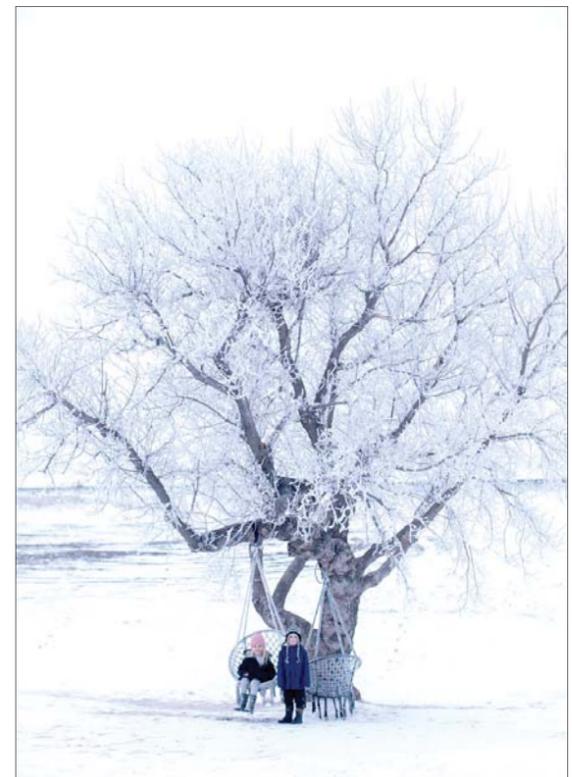
The following photo was taken at 8PM on Monday, 22 January 2024. No one was outside, and the sidewalks were covered with snow. I went for a walk. It was cold, but well worth the walk. These Light Pillars are a truly unique cold-weather phenomenon and help to make the winter darkness of the Northern Prairie much more interesting and manageable.

Submitted by Christine Bartholomew



This photo was taken when my family and I were returning from a scouting activity on the evening of Friday 26 Jan. The moon was shining really bright, creating a really cool looking sky. The skies do really cool things here.

Submitted by Dallin Chapman



Frost and Fog. Liam and Sydney woke up to a Winter Wonderland in their front yard in Burlington ND.

Submitted by Ashley Vanley



My husband and I took our dogs to the park and we noticed how beautiful the trees were at the beginning of winter, and had to take a picture of them! A true Winter Wonderland captured!"

Submitted by Kathiana Griffith-



"The most fun Family day of the year! We had the absolute best time tubing at Bottineau Winter Park, and are saving up to go again in December!"

Submitted by Aaron Gourdin



Taking one year old Tony on his first ice skating adventure at the Maysa Arena. January 2024.

Submitted by Lily Gourdin

## WINTERY PHOTO CONTEST

### DETAILS

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

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

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

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

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

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

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

## HOW TO ENTER

1. Message our Facebook Page (Minot Air Force Base Northern Sentry) with your photo and description. Please tell us who/what/when/where.
- OR
2. Submit your photo and who/what/when/where description on our website (QR)

## GRAND PRIZE

### FAMILY 5-PACK\* TO BOTTINEAU WINTER PARK!

The Bottineau prize is worth over \$300 & includes:  
 (5) Lift Tickets  
 (5) Ski OR Snowboard Rental Equipment for the day  
 (5) 2 Hour Tubing Passes

This opportunity is too good to pass up!  
Send us your winter photos now through February 28.

**RULES AND REGULATIONS:**

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

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

# Submissions Open: 2024 Air Force Art Contest

Get entered in the 2024 Air Force Art Contest! Entries accepted 1 March 2024 – 30 April 2024. The first place winner in each category will receive a \$500 Amazon Gift Card, second place will receive \$400, and third place will receive \$300! There will be both 2D and 3D winners in each category.

Categories:  
 Adult: Novice  
 Adult: Accomplished  
 Teens: 13 – 17 years  
 Pre-teens: 9 – 12 years  
 Children: 6 – 8 years  
 2D Art is considered to be two-dimensional as a drawing, sketch, or painting. Accepted media include oil, watercolor, acrylic, pastel, mixed

media, gouache, egg tempera, pen and ink, charcoal, colored pencil, scratch board, markers and metal point. (Digital art is not an accepted medium)

3D Art is considered to be three-dimensional such as, sculpture, ceramic, pottery, clay, glass art, metals, jewelry, wood, fiber, and textile

All you have to do is submit a photograph of your 2D or 3D art to <https://forcesupport.awardsplatform.com/> between 1 March 2024 at 12:00 PM CST and 30 April 2024 at 12:00 PM CST. This is open to all authorized patrons of Air Force Morale, Welfare and Recreation programs.

**2024 AIR FORCE ART CONTEST**  
MARCH 1 - APRIL 30

AIR FORCE ARTS & CRAFTS

Enter your 2D & 3D Artwork at [forcesupport.awardsplatform.com](https://forcesupport.awardsplatform.com)

**WIN UP TO \$500 IN AMAZON GIFT CARDS IN EACH CATEGORY:**  
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[alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)  
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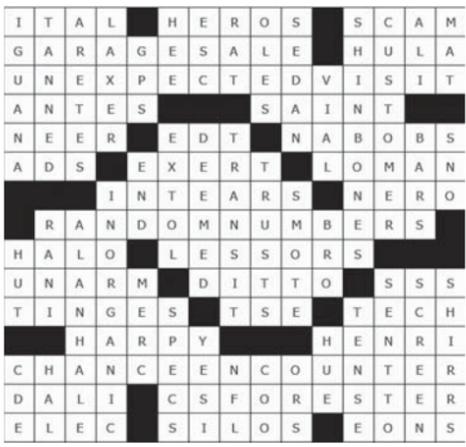
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MINOT AIR FORCE BASE NEWSPAPER | [WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

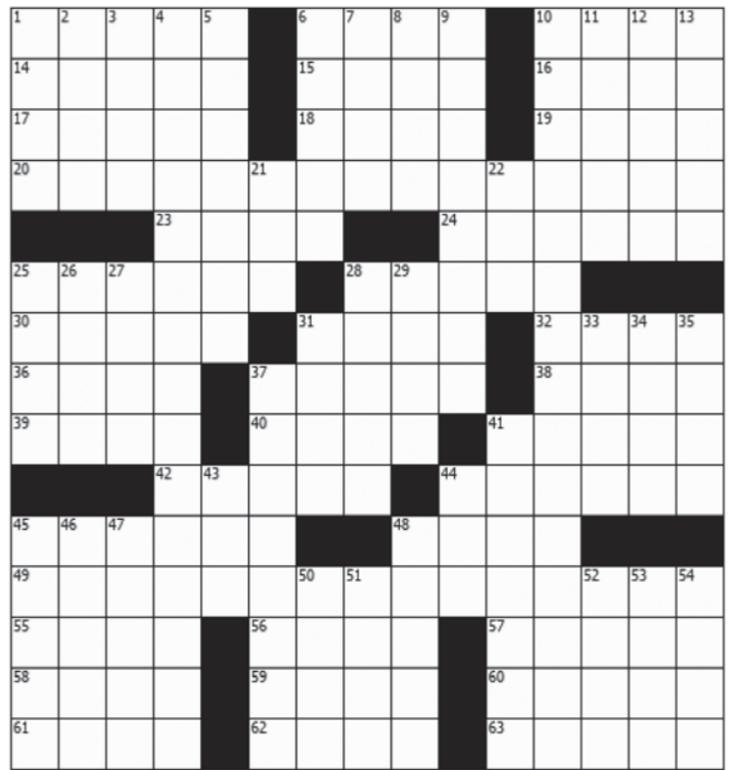
Solution to puzzle on page C9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Iron fishhooks
- 6. Monday chore, perhaps
- 10. Standoffs
- 14. Hirshhorn Museum attraction
- 15. Christiania until 1925
- 16. Leave unmentioned
- 17. Satchel's given name
- 18. Broadway King
- 19. Emulate a bull?
- 20. DIRECTION
- 23. Makeshift swing
- 24. Popular thesaurus
- 25. Revolted
- 28. Saw things
- 30. Presentation staple
- 31. Y2K presidential candidate
- 32. Hardy soul?
- 36. Like Bo Peep's sheep
- 37. Performance conclusion
- 38. Stewpot
- 39. Logical start?
- 40. Dawdles
- 41. G sharp
- 42. Prepares eggs, in a way
- 44. Mrs. Miller's partner, in a 1971 film
- 45. More than budding
- 48. Worst kind of loser
- 49. LOCATION
- 55. --- l'Évêque (French cheese)
- 56. Ms. Cantrell
- 57. Perform penance
- 58. "Let ---!" (advice to the obsessed)
- 59. They're nonreturnable
- 60. Offer to a hitchhiker
- 61. Science subj.
- 62. Netlike material
- 63. Eat away at



**Down**

- 1. Strange sport
- 2. Copycat
- 3. Gambling game
- 4. DIRECTION
- 5. Fashionable
- 6. Tom or Thomas
- 7. "Be that --- may ..."
- 8. Opening at a casino
- 9. Feted ones
- 10. LOCATION
- 11. Campaigner's concern
- 12. Center fielder, in the scoreboard
- 13. Nullifies a correction
- 21. Two-way preposition
- 22. Decompose
- 25. Fruit with a wrinkled rind
- 26. Cattle goad
- 27. Level flats
- 28. Iceman's tools
- 29. New Haven collegians
- 31. Radio feature
- 33. Comical Cinders
- 34. Strip of pavement
- 35. Surfeit
- 37. Con
- 41. Extensive ranch land
- 43. Exclamation of surprise
- 44. Soft shoe, for short
- 45. Meat garnish
- 46. Salvation Army founder
- 47. Swordsman's maneuver
- 48. Break into smithereens
- 50. Subspecies
- 51. Five breakers
- 52. Pet from Kansas
- 53. Author Bagnold
- 54. Russo or Coty

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# CHURCH DIRECTORY

## Chapel Services at MAFB

*North Plains Chapel in Base Housing*

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

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

*Northern Lights Chapel across from Rockers*

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

## St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

**Saturday, February 24**  
 5PM, Great Vespers

**Sunday, February 25**  
 10AM Holy Liturgy

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

## Vincent United Methodist Church

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

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

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

## Break Forth Bible Church

 **BIBLE CHURCH**

Wednesdays 7:00pm  
 and Sundays 10:30am

**1821 W Burdick Expressway**  
 For More Information:  
 701.838.2665 | [www.bfbc.tv](http://www.bfbc.tv)

## Faith United Methodist Church

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

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

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

## Trinity Church

 **CHURCH**

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

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

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

## Bible Fellowship Church



**Worship Service**  
 10:45am Sundays

**Sunday School**  
 9:45am

## GriefShare



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

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

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

## Immanuel Baptist Church

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



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

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

## Christ Reformed Church



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

## St. John the Apostle Catholic Church



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

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

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

## First Lutheran Church - ELCA



120 5th Ave. NW  
 852-4853

Sunday Worship  
 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

**To Advertise your Church on this page,**

**Call 839-0946**

**Only \$9.00 a space / per week**

## JOURNEYCHURCH ASSEMBLY OF GOD

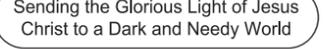


**1805 2nd St. SE 838-1111**

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

**Wednesday**  
 6:30 PM

## Minot Baptist Church



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

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

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

## Cross Roads Baptist



**Southern Baptist Convention**

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

[www.minotcrbc.org](http://www.minotcrbc.org)  
 email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick- Pastor**

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

## West Minot Church of God Family Worship Center



**1105 16th St. NW • 839-1407**

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

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

## St. Mark's Lutheran Church Missouri Synod



**Sunday Divine Service**  
 9:30 AM

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

**Wednesdays Kid Connection**  
 5:15 PM

Reverend Philip Beyersdorf  
 2209 4th Avenue NW, Minot, ND  
**839-4663**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
*Join us on facebook*

## First Baptist Church

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

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

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

## Apostolic Faith Church, UPCI

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

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

**Jesse Starr, Pastor**

## Grace Baptist Church of Minot



*A Reformed Baptist Church*

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

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

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

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 3705 11th St. SW  
 Minot, ND 58701  
 701-852-6404  
[www.oslcminot.com](http://www.oslcminot.com)  
**Rev. Heath Trampe**  
**Rev. Brian Doel**

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

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

## 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](http://www.ourredeemers.org)

## ORCS Knights





Our Redeemer's Christian School  
 700 16th Avenue SE  
 Minot, ND 58701  
[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772  
[www.orcsknights.org](http://www.orcsknights.org)

## ORCS Preschool



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

**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 each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment



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

## Gospel Tabernacle Community Church



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

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

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

# ADVERTISE YOUR Church

**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](mailto:NSADS@SRT.COM)

VIEW OUR PAPER ONLINE AT [NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)

# YOUTH IN ACTION

## Important Information: Kindergarten Enrollment 2024-2025

Credit: Minot Public Schools, Alexis Perez, Enrollment Specialist  
Minot Public Schools is excited to welcome students to the Kindergarten class for the 2024-2025 school year! The approximate first day of school August 22, 2024.

**NOTE:** Please complete the enrollment process by July 31, 2024 to insure a higher probability of the student attending their boundary school. Due to capacity limitations, those who wait too long may be placed in a different school and required to wait until the following year to be enrolled in their boundary school.

Parents are able to complete enrollment online. The registration process should take approximately 20-30 minutes per student.

We recommend collecting the following **REQUIRED** documents prior to beginning the online registration process. We request that you complete the registration process within two weeks.

Your child must be age 5 by July 31, 2024 to attend school in the fall.

- Parent/Guardian photo ID
- Copy of State Certified Birth Certificate
- Copy of Immunization Record
- Custody/guardianship paperwork (if applicable)
- Proof of Residence must apply to the dwelling (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase



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



Agreement, Homeowner's/Renter's Insurance Policy, Ward County Property Tax Statement) Parents who reside on Minot Air Force Base can use any one of the following for proof of residence: Lease, military orders, utility bill or military ID.

Now you are ready to begin! Please follow these steps using a computer NOT A SMARTPHONE:

-Verify the school your child will attend with your current physical address at Map My School

-Complete the Kindergarten\_Pre-Registration\_2023-24

-Once your pre-registration is approved, you will receive an email with instructions on how to create your PowerSchool Parent account (if you already have an account - it will provide instructions on how to add the new student to your existing PowerSchool Parent Account) -This email will arrive within 1 business day after submitting the Pre Register Form. If you do not see it in your inbox, make sure to check your

junk/spam folder.

If you have not received an email within 48 hours please contact Alexis Perez at 701-857-4444 or email at alexis.perez@minot.k12.nd.us

-Log into your PowerSchool Parent account and click on FORMS. Complete and submit each form, and upload your REQUIRED documents.

-After submitting all forms and uploads, remember to check out the Kindergarten Orientation document located on the 2024-25 Kindergarten Enrollment page for more information.

**SUGGESTIONS** for uploading documents:

-when uploading do not condense the document, upload as normal size

-when naming a document DO NOT use special characters like apostrophe, commas or quotation marks. Periods and dashes are acceptable

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Sunday  
7:00 am - 1:00 pm

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## ROOSEVELT PARK ZOO WILD AT ART

GALA & FUNDRAISER

MARCH 23, 2024

Please join Minot's Roosevelt Park Zoo and 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.

SCAN CODE OR VISIT WWW.RPZOO.COM FOR TICKETS & INFORMATION

Minot Optimist Club Presents

**24 FEB 2024**

# DADDY DAUGHTER DANCE

Let's Party

SCAN QR CODE TO PURCHASE YOUR TICKETS TODAY!

# Volunteers Practice Statewide Life-Saving Operations

CIVIL AIR PATROL / U.S. AIR FORCE AUXILIARY

Civil Air Patrol members from around the state expanded their search and rescue capabilities, during an all-day training-exercise Saturday. Operations were based in both Fargo and Mandan with Mandan hosting cadets and adults from Minot. Two aircrew from Jamestown also flew into Mandan to provide aircrew SAR training. Lessons learned during the day were imperative to developing lifesaving response for missing persons and aircraft.

Cadet 1st Lt. Joshua Unruh, cadet commander at the Mandan Composite Squadron, said, "It's great to see everyone have a chance to get out and practice for real. Better than just having classroom training." Cadets with smiling faces at the end of the day recalled

their field search for a simulated immobile person and emergency beacon transmitting a training signal. "We formed a long line and walked across the field for the first search, it was fun out there today!" said Cadet Senior Airman Culver, cadet commander from Magic City Composite Squadron. Cadet activities from the day included classroom training with video conferencing between Fargo, line search and other search techniques in the field, emergency beacon finding, and personnel extraction using a litter.

Low hanging clouds complicated aircrew search and rescue training operations, however, crews from Minot and Jamestown remained persistent. Afternoon weather allowed for a total of five training

flights plus round-trip travel for the Jamestown instructor aircrew. Two members from Magic City Composite Squadron were able to complete their first CAP aircrew qualification in the back seat of Cessna aircraft – allowing them to participate in future search and rescue missions as needed out of Minot. Moreover, Deputy Commander, Capt. Benjamin Conlin completed his SAR Pilot evaluation re-enabling airborne SAR capability in Minot.

Air and ground crews continued to practice their skills on the drive and flight back to Minot, after training was officially complete for the day. "It's exciting to see everyone press into the training today," noted Magic City Comp. Squadron Commander, Maj. Jeffrey Slocum. People who are interested in participating in CAP for search and rescue and aerospace education can visit [gocivilairpatrol.com](http://gocivilairpatrol.com) for details how to join, as early as age twelve.



Mandan Composite Squadron cadets prepare materials for their uniforms between training events.



Cadets from Mandan and Magic City pose after completing a successful day of training around the Mandan area.



Maj. Mark Butland of Mandan trains Sebastian Forster from Magic City Composite Squadron.



Maj. Mark Butland and Capt. Benjamin Conlin complete a successful search and rescue pilot evaluation.

## NOTES ON BEING SAFE

### Fall Protection at Work and at Home - Ladder Safety



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



As summer arrives, many people will be working outside of their homes or summer residences.

In an average year, 93,000 American are injured while using a ladder. In fact, falls are the second leading cause of accidental death for Americans after traffic collisions.

When working off the ground in any capacity you need the right mindset. Always think about safety and the safest way to accomplish the task at hand. Don't just jump on the ladder and go. Every time you use a ladder you need to inspect it, ensuring the base of the ladder is balanced and secure, the rungs are free from debris or liquids. If you are doing a high climb, it never hurts to have another person help balance the ladder - always error on the side of caution. Be sure to scan the work area for potential hazards especially if you're near electrical power lines. Never use a ladder if you are overly tired, injured or under the influence of drugs or alcohol. If you have any reservations about the climb - don't do it.

When you begin to climb a ladder make sure that you make a three point climb and always face the front of the ladder, never climb backwards or sideways! For a lot of you climbing a ladder may be "old-hat" but you never know the moment when you will catch your toe and if your hands aren't on the side rails, it will be nearly impossible to catch yourself. Lastly, keep your weight centered between the rails and walk one rung at a time. Climbing a ladder is all about balance and in addition

ladders are designed for the three point climb.

When climbing down a ladder the same three point climb applies. Balance is even more important on the decent. Make sure that you climb down one rung at a time and make sure that your foot is securely on the rung before moving the other foot. Visibility is more difficult on the way down and you may be carrying something that you weren't on the way up.

Over the years there have been many fatalities caused through negligent ladder

safety measures taken by the user. Because some people have successfully used ladders in the past without problems, they develop the attitude that "it can't happen to me". How wrong they are? This is when things do go wrong, and being over confident can be true folly. There is no place in the workplace for a slack attitude as it not only endangers the life of the person with that attitude, but fellow workers as well. If commonsense is used in regard to safety, ladders can be an asset in the workplace. Safety really depends on the user.

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[nscu.com](http://nscu.com)

# 21 Mental Health Facts That Can Help Your Loved Ones

STANLEY POPOVICH

I dealt with fear and anxiety for over twenty years and there are 21 facts that I discovered during my mental health struggles that can help anyone who struggles with fear and anxiety.

Knowing these important mental health facts can save someone you know a lot of time and money in the long run.

1. Getting help for your mental health is the best thing you can do.

2. Ignoring your mental health issues will only prolong the problem.

3. Running away from your mental health issues does not work.

4. There is no such thing as a quick fix when it comes to your mental health.

5. There is nothing wrong in asking for assistance for your anxieties and stresses.

6. Your situation is not hopeless regardless of what you may think.

7. Focus on your recovery rather than trying to please others.

8. Go to the nearest hospital if you are experiencing a mental health crisis.

9. Your mental health is just as important as your physical health.

10. You have to make an effort in finding the answers to your mental health issues.

11. Focus on the facts of your situation rather than your fearful thoughts.

12. Joining a support group is a great way of finding people who can relate to you.

13. Follow the advice from the professionals, rather than your friends.

14. Do not try to manage your mental health problems all by yourself.

15. Determine the source of your anxieties and then find ways

to overcome them.

16. Do not make assumptions regarding your current mental health situation.

17. Do not underestimate the power of God when it comes to your mental health.

18. Learning from your past mental health experiences will help you in the present.

19. Drugs and alcohol are not the answers. They just make things worse.

20. It takes practice in managing your mental health. Be patient but persistent.

21. Do not be afraid to ask questions when dealing with your mental health.

If you happen to struggle with fear, anxiety, or any other mental health related issues, it is important to admit that you have a problem and get some help.

Your doctor or other medical professionals in your area will know of some qualified mental health professionals who can give you some assistance.

The key to overcoming your mental health issues is to "learn" effective techniques to manage your anxieties and stresses and "applying" these skills to your life. The best way to learn these techniques is by talking to a mental health professional.

Everyone deals with stress and anxiety sometime in their life. You are not alone and there is nothing wrong with asking someone for advice on how to deal with these mental health related issues.

### BIOGRAPHY

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>

## 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

**VINCENT UNITED METHODIST CHURCH**

1024 2nd St. SE, Minot  
Church Fellowship Hall



## SMOKED LONGHORN BRISKET



**INGREDIENTS**  
1 (12-14 LB) WHOLE PACKER BRISKET, TRIMMED  
1/4 CUP TRAEGER PRIME RIB RUB  
2 TABLESPOON COFFEE GROUNDS

When ready to cook, set Traeger to 250° and preheat, lid closed for 15 minutes.

Rub brisket with Traeger Prime Rib Rub and coffee grounds.

Place brisket on the grill grate fat-side down and smoke until it reaches an internal temperature of 160°, this should take about 4 to 5 hours.

Remove brisket from grill and double wrap in foil. Return wrapped brisket to grill and cook until brisket reaches an internal temperature of 204°, about 2-1/2 to 3 hours.

Once finished, remove from grill, unwrap and let rest for 15 minutes. Slice against the grain and serve. Enjoy!



Ryan Davy - GM  
Minot

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

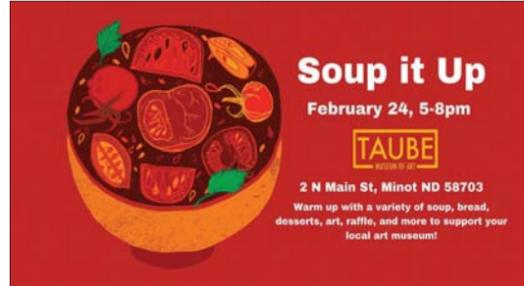


## Upcoming Events

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.)



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

24 FEB

**COFFEE & COCOA CRAWL**  
10:00 AM - 2:00 PM  
Downtown Minot  
Main Street North

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+.



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

25 FEB

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

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

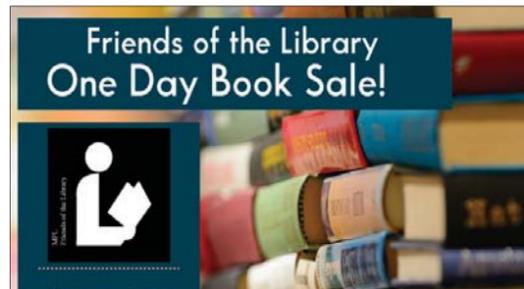


**For more information:**  
Facebook / Minot Family YMCA / Events

29 FEB

**FRIENDS OF THE MINOT PUBLIC LIBRARY ONE DAY BOOK SALE!**  
9:00 AM - 7:30 PM  
Minot Public Library  
516 2nd Ave SW, Minot

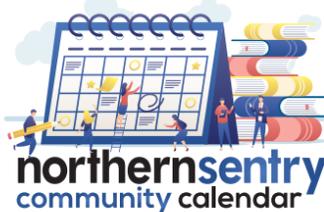
Don't miss this once in four year event!  
PLUS Members Only sale at 5pm to 7:30pm Wednesday!  
Free Will Offering - Take what you want, give what you can.  
Join the Friends of the Library at the pre-sale OR anytime for as little as \$10!



**For more information:**  
Facebook/ Friends of the Minot Public Library/ 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.



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, Feb. 19: 1,835.88 feet above mean sea level (MSL); 25,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.13 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.13 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports from throughout area lakes, Devils Lake, or Missouri River System.

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

•Devils Lake, Woodland Resort, Devils Lake: look for a short early morning walleye bite with anglers marking perch in the afternoon but the bite is finicky.

•Lake Darling, Karma C-Store, Ruthville: Generally slow throughout area lakes.

•Lake Metigoshe, Four Seasons, Bottineau: Improving panfish success with good bluegill activity and some perch mixed in. Fair walleye and pike success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not much activity on the east end of Lake Sakakawea. No reports from Lake Audubon. Improving walleye and catfish activity in the Missouri River tailrace from both boat and shore.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Activity slowing on Lake Audubon and Lake Sakakawea although a few anglers still chasing pike in Steinke, Centennial, and Garrison bays on the east end of Lake Sakakawea.

•Lake Sakakawea, New Town: Lots of anglers in the Van Hook Arm. Try working shallower in about 16 feet with jigs for walleye.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Wng walls continue producing walleye in the Missouri River tailrace. The few anglers on the river in boats are finding some walleye success. Not much activity on Lake Sakakawea or

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



•Ice conditions are 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.

•Roosevelt Park Zoo winter hours: 9 a.m. to 3 p.m. daily.

•Light goose season now open. Go to the Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)) for regulations and licensing information.

•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.

•March 1 & 2: N.D. high school state championship curling, Minot.

•March 2: Turtle Mtn. Rocky Mtn. Elk Foundation banquet, Cobblestone Inn, Bottineau, 5 p.m.

•March 9: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles, Harvey, 5 p.m.

**TOURNAMENTS**

•Feb. 24: Lake Sakakawea, Pick City; Devils Lake.

•March 1: Devils Lake, Woodland Resort.

Lake Audubon.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best activity on the upper end of Lake Sakakawea remains around Lund's landing in 20 feet. Try back bays for pike using smelt or herring. Missouri and Yellowstone rivers cleared up and producing nice walleye activity. Blacktail Dam continues producing some panfish.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Fair success on Sand Lake but limited success from other area lakes.

•Bottineau Winter Park, Bottineau: 12- to 24-inch base with Bunny

and Pony hills open and 4 trails. 2 Magic Carpets, 1 lift, and T-bar with terrain and tubing parks open.

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

•Huff Hills Ski Area, Mandan: 12- to 24-inch machine groomed base with 2 tows, 1 lift, and 6 runs open. Go to their website, ([www.huffhills.com](http://www.huffhills.com)) for updates on changing conditions.

•Terry Peak, Leads, S.D.: 14- to 22-inch base. All but 7 lifts open with all 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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 Tuesday \$4 ND Breweries (all day)  
 Wednesday 1/2 Price Wine by the glass/bottle (all day)  
 Thursday \$1 up for all Tall Taps (all day)  
 Sunday BRUNCH (11am-2pm)  
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 \$12 Bottomless Mimosas  
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### 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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## SUDOKU SOLUTION

PUZZLE ON PAGE C3

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

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## MINOT AFB ANNOUNCEMENTS

### 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](mailto: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](mailto:Brigitte.mikula@minotstateu.edu)

### PARK UNIVERSITY MINOT –

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



**★ Hotel ★ Revel Weddings for Warriors**

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

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

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

For further information, please send a message to the hotel at [revelnd.com](http://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.*



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

TIMOTHY TIMM



## VOLUNTEER OPPORTUNITIES

### Prairie Warrior Auction Volunteers

March 21  
**CALLING ALL VOLUNTEERS!!** The Prairie Warrior Auction is looking for a handful of volunteers to help make this year's event run as smooth as possible! From set up the day before to tear down the day of, we need YOU!! See the list below of what we need and SIGN UP NOW!!  
 -Transporting auction items from Minot Chamber to the ND State Fairgrounds Magic Place, 6 volunteers  
 -Staging auction items at auction location, 4 volunteers  
 -Check-in/Reception, 2 volunteers  
 -Online auction assistance, 2 volunteers  
 -Auction items "walk-arounds", 6 volunteers  
 -Raffle ticket/etc sales, 6 volunteers  
 -Silent auction table monitors, 4 volunteers  
 -Check-out runners, 6 volunteers  
 -After Auction tear down, 4 volunteers  
**POC:** PWA Volunteer Coordinator, Susan Wagers at [susan.wagers@us.af.mil](mailto:susan.wagers@us.af.mil) 701-723-6718/701-720-7203

### 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](mailto: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](mailto:carla@minotchamberedc.com)

### 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](mailto:brian.o.bermudezcartagena.mil@health.mil) or 723-5184.

### 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](mailto: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](mailto: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.govcivilairpatrol.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](mailto:Jonathan.mclemore@ndcap.us) 701-720-6410 | <https://nd021.cap.gov>

### 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](mailto:shelby.stuckey@caringedge.com)

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

# DAF sets documentation requirements for pet travel expense reimbursement

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS)--The Department of the Air Force has established documentation requirements for Airmen and Guardians planning to request reimbursement pet travel expenses due to permanent change of station moves.

The Defense Travel Management Office announced a new policy to cover pet travel expenses, including pet transportation and quarantine fees, in June 2023.

Starting Jan. 1, 2024, service members can be reimbursed up to \$550 in the continental U.S. for one household pet, either cat or dog, and up to \$2,000 for moves to or from a location outside the continental U.S. to cover costs related to the transportation of a pet which is defined by the Joint Travel Regulations as a cat or dog.

Members can request reimbursement along with their PCS travel voucher, but they must meet eligibility requirements and include all required documentation. Documentation requirements include:

- Service members must be on PCS orders, and all travel and expenses must take place on or after Jan. 1, 2024.
- Members must provide receipts for all costs.
- Receipts must be itemized, indicate they are for one pet and include the name of the pet if

possible (especially for specialized care the pet receives, such as vaccinations).

- If the pet is flying cargo because it exceeds the weight limit to travel via government or government-procured transportation, the receipt must include the weight of the pet.

- If a member self-procures a ticket at a location serviced by the Patriot Express, they must have a non-availability letter and appropriate remarks on their orders. Otherwise, the transportation portion of the reimbursement will be limited to the cost of shipping the pet via the Patriot Express. All documentation used to obtain a non-availability letter must be included when the member files their PCS travel voucher.

Costs eligible for reimbursement include mandatory microchipping, boarding fees, hotel service charges, licensing fees at the new primary duty station (PDS), and pet shipping fees if the member flies rather than drives or if the pet is shipped separately from the member.

For PCS to or between OCONUS moves, quarantine fees and testing titer level (antibodies) for entry are also eligible for reimbursement.

For more information, visit the DTMO FAQs webpage and the DAF FAQs webpage. In addition, please contact your local finance office if you need assistance with requesting reimbursement.



## LION OR LAMB, THAT IS THE QUESTION

Patricia Stockdill

There was something glorious about this winter, basking in autumn-like weather for much of the months of November, December, and January. Or maybe one should say the perennial spring weather we had in what is supposed to be winter. Just think, only light jackets or sweatshirts in January.

Shorts and flip-flops in January.

Yes, some folks were observed wearing flip-flops in January.

Outside in the Great Outdoors, not in buildings. Of course, the glorious weather also had its downside...no snowshoeing – or minimal at best. Ditto for cross-country skiing, ski-shoeing, and outdoor ice skating.

And there was that cold spell to remind people this is, indeed, the Frozen North. But then again, much of the United States endured similar weather so, hey, misery loves company, right?

Instead, let's reminisce about those beautiful days, those warm days that meant mud boots in January and February, not just April and May.

With February almost behind us, North Dakota should be on the downward side of the winter of 2023-2024 – what little winter weather we had.

Maybe.

No we're rapidly tumbling into March, that ever-so-finicky month. It's the month that spring officially arrives. It's the month North Dakotans can already think hunting and apply for elk, moose, or even bighorn sheep license as the month winds down. It's the month that new 2024 hunting, fishing, and trapping licenses become available from the N.D. Game and Fish Department.

It's a month that tends to offer some wonderful late season ice-fishing opportunities, although that might be iffy at best this year.

As shorelines begin to open, March is when northern pike are getting into their spawning mode and can be more active.

But March, being that ever-so-finicky month that it is can also be pretty nasty.

Let's face it, March is a lamb or lion – or both.

From an ice-fishing perspective, late season ice can be especially dangerous, particularly on reservoirs like Lake Sakakawea that are drawn down in the winter. There's the issue of slumping shoreline ice, for example.

And there's the issue of water on the ice with the higher angle of the sun as the coming of spring brings longer days. Granted, there could be more than a foot of good ice beneath the thin (and sometimes not-so-thin) layer of water but that can deteriorate in just a matter of a few days as ice begins to honeycomb and weaken.

It's a day-to-day thing any given year and it's especially true this year.

Even though anglers have until March 15 to take portable and permanent fish houses off the state's lakes, many anglers removed them already with the warm spell. Warmer days can create pools of water around the house and colder nights can freeze it back in.

If that house is still on the ice, make sure everything is in place to get it off without having to do some last minute scrambling and brainstorming to figure out how to wrench it out of the ice.

But then there is the flip side to March and weather could bring some major snow events making it difficult to get onto and move around on lakes again, let alone get a house off the ice. March is typically when North Dakota begins experiencing an upswing in precipitation but the big question is whether it's in the form of rain, snow, sleet, or ice.

It's just another reminder that this is the Northern Great Plains and weather extremes tend to be the norm rather than the exception.

As winter and winter ice fishing winds down, don't give up on catching fish before the open water season begins. It's just that it's sometimes all too easy for longtime winter anglers and beginners alike to forget about safety, whether it's getting on and off the ice or moving around on the ice. The same ice safety rules apply now as they did throughout the winter. Stay off gray or dark ice, it's likely honeycombing and weakened. Don't drive on a lake at night or drive through water – it might just be water on top of ice or it could open water.

Above all, remember it's the finicky month of March - be prepared to deal with emergencies. That also includes leaving winter emergency gear in one's vehicle, not just when venturing out fishing.

After all, March can be both lamb and lion.

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# WHAT'S GOING ON MAFB

## FRIDAY 23

- 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

## SATURDAY 24

- 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
- Saturday Cinema, 1730-2130, Rockers Bar & Grill

## SUNDAY 25

- Sunday Escapes Book Club, 1330, Minot AFB Library

## MONDAY 26

- Registration Opens: Youth Baseball, Softball & T-Ball, [app.afcyp.com](http://app.afcyp.com)
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

## TUESDAY 27

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Commissioning Briefing, 1130-1300, Professional Development Center
- Home Buying Seminar, 1300-1500, M&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 28

- Base Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center

## THURSDAY 29

- Black History Month Ends, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- 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

## FRIDAY 01

- Submissions Open: 2024 Air Force Art Contest, [forcesupport.awardsplatform.com](http://forcesupport.awardsplatform.com)
- Winter Reading Program Ends, Minot AFB Library
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

## SATURDAY 02

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center

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Open to kids of all ages.  
Youth under the age of 9 must  
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