

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 13 | MINOT AIR FORCE BASE | FRIDAY, MARCH 29, 2024

WHATS INSIDE THIS WEEK:



MINOT TASK FORCE 21 TO HOST NUCLEAR TRIAD SYMPOSIUM

A3



ABUSE VICTIMS TAUGHT TO BE ALL THEY CAN BE

A11



2024 DAF ART CONTEST OPENS FOR 2D, 3D ARTISTS

B2



TEAM MINOT'S NEWEST SENIOR MASTER SERGEANTS

Master Sergeants from the 5th Bomb Wing and 91st Missile Wing celebrate their promotion to Senior Master Sgt. with base leadership, wingmen, family and friends at the Jimmy Doolittle Event Center at Minot Air Force Base, North Dakota, March 15, 2024. Being the second highest enlisted rank in the U.S. Air Force, only 2.5% of the entire enlisted force could hold the rank at all times. See page A7 for more photos from the event.

U.S. AIR FORCE PHOTO | MINOT AFB PA



Military Friendly and Proud to Serve Our Active Duty Military & Veterans
Closest Full Service Collision Center to Minot AFB

2705 North Broadway,
Minot, ND 58703
(701) 852-5126
jeromescollision.com



HOME OF THE GLOBAL STRIKER

Only The BEST Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on Minot Air Force Base

New class of Striker Airmen Coders graduate from AFGSC Cyber Innovation Center

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS, SEAN GREEN
AIR FORCE GLOBAL STRIKE COMMAND, STRIKEWERX

BOSSIER CITY, La. -- A group of Striker Airmen from across Air Force Global Strike Command (AFGSC) recently celebrated graduating from the command's Striker Airmen Coder (SAC) program in Bossier City, Louisiana.

The team was the sixth cohort of Airmen to finish the six-month program, administered by the Cyber Innovation Center through a partnership intermediary agreement with AFGSC. The command aimed to train Airmen in software development, data analytics and other essential coding skill, equipped to innovate and efficiently solve technical problems in their own units.

The Department of the Air Force recently announced plans to reoptimize the Air and Space Forces to adapt and advance capabilities that are vital for a changing threat environment. The SAC program is just one of the numerous ways that AFGSC, and the entire DAF, are adapting to meet the present and

future challenges within the space, cyber, and information spheres in an era of Great Power Competition.

Amongst the recently graduated class is a team of four Airmen who developed an app that provides users real-time resource availability for their installation's Logistics Readiness Squadron warehouses. The intent is to enable LRS Airmen to reallocate time and energy to instead be more focused on the other required aspects of the asset-acquiring process; they hope streamlining the process will result in an overall decrease in work hours for everyone involved.

"We have a good proof of concept and hope we can stand up this solution to take back to our unit," said Senior Airman Gabriel Stokes, 791st Maintenance Squadron maintainer from Minot Air Force Base, North Dakota. "This program is a great resource for Airmen because it strengthens a skill set that is going to be needed more as we move forward."

Another team of Airmen

worked with the AFGSC Logistics Wing Directorate to expedite and simplify the Nuclear Command, Control, and Communication (NC3) report process. Airman First Class Brandon Estrada-Herrera, 2nd Communications Squadron knowledge management technician from Barksdale AFB, Louisiana, worked on the NC3 project. He noted their design should increase both the quantity and quality of data being transformed into easily communicable findings, getting in-depth information to decision makers faster.

"I feel like this project will have a huge impact Globe Strike-wide," added Estrada-Herrera. "This can be used by everybody."

Airmen who applied to the



Airmen from various units belonging to Air Force Global Strike Command pose for a photo after graduating from the command's Striker Airmen Coder program in Bossier City, Louisiana, on March 12, 2024. The team was the sixth cohort of Airmen to finish the six-month program, administered by the Cyber Innovation Center through a partnership intermediary agreement with AFGSC, that is aimed at training Airmen in software development, data analytics and other essential coding skill; equipping them to innovate and efficiently solve technical problems in their own units.

U.S. AIR FORCE PHOTO | SEAN GREEN, STRIKEWERX

program were picked through a combination of testing and endorsements by their leadership; members chosen then participated in a three-month coding boot camp. The remainder of the six months was spent working on software and

data science problems with industry experts in Shreveport, Louisiana, to create their projects.

For questions, email AFGSC.STWorkflow@us.af.mil or rachel.tobey.1.ctr@us.af.mil

MARCH 30 OPENING ACT



NATE SMITH

Jordan Rainer

TICKETS ON SALE NOW

FUN BUSES AVAILABLE!

Swing into Spring at 4 Bears

LUCKY STROKE DRIVERS DRAW

We're giving away Ping G430 Max10k Drivers!

Wager for your chance to be one of the lucky 4 winners!

Get a free drink and putt for extra giveaway tickets when you wager on any golf event.

MAY 11 7 PM



TESLA

KEEPIN' IT REAL TOUR 2024

TICKETS ON SALE APRIL 1

FUN BUSES AVAILABLE!

APRIL 20 | 7 PM

EVENT CENTER

Doors open at 6 PM



FLO RIDA

TICKETS ON SALE NOW!

Fun Buses Available!

Check our website for more details.

JOB FAIR: We're Hiring!

April 8 & 9
9 AM to 3 PM

Sleep Inn
2400 10th St SW
Minot, ND 58701

Hiring for multiple positions including Live Games Dealers, Cage Cashiers, Bartenders, Cocktail Servers and more!

\$1,500 sign on bonus for full time employees!

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.



4bearscasino.com
800.294.5454

NEW HOURS

CASINO: Mon-Thurs 8 AM-2 AM; Fri and Sat open 24 hours; Sun closes at 2 AM
CENTER BAR HOURS: Sun-Thurs 10 AM-1 AM; Fri and Sat 10 AM-2 AM
POCKET ACES BAR HOURS: Sun-Thurs Noon-1 AM; Fri and Sat Noon-2 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

Hensen's

FUR & LEATHER



"It's A Bikers Dream"

Offering a Full Line of Vests, Jackets, Chaps and more!





Beautiful Selection of *Brighton* Jewelry!

- Pendleton Wool Blankets
- Bowron Sheepskin Rugs
- Acorn® Sheepskin Slippers and Much More!



Leather Gloves All Styles

Quality Service & Workmanship at affordable rates for over **50 YEARS**

701.852.0722

525 20th Ave SE • Minot

Next to Happy Joe's Pizza

OPEN: Mon-Sat 10am-5pm

GOLDEN TICKET Winners



Emma Vance
found a \$45 Golden Ticket delivered right to their door in Base housing. Thank you Vance family for reading Your MAFB Community Newspaper



Christine Bartholomew
found \$45 Golden Ticket in the base paper she picked up at the Northern Lights Chapel.



Patrick Grammel
found a \$45 Golden Ticket in the Northern SENTRY he picked up on base.

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

Minot Task Force 21 to Host Nuclear Triad Symposium in North Dakota

THE MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) Task Force 21 announced they will host a nuclear triad symposium in Minot, North Dakota Tuesday, April 23, 2024. The symposium will focus on sustaining credible nuclear deterrence amidst growing challenges while speakers cover modernization including the Sentinel and B-52 projects, the state of nuclear deterrence, and our adversaries.

The event's keynote speaker is career space and missile officer Lt. Gen. Michael J. Lutton, the Deputy Commander, Air Force Global Strike Command (AFGSC) and Deputy Commander, Air Forces Strategic-Air, U.S. Strategic Command, Barksdale Air Force Base, Louisiana. Prior to his current assignment, Lt. Gen. Lutton commanded the Twentieth Air Force, AFGSC, F.E. Warren Air Force Base, Wyoming. From June 2014 – June 2016, he served as Minot Air Force Base 91st Missile Wing Commander.

"We know that Minot Air Force Base serves an important role as the bedrock of nuclear deterrence by being the only base with two legs of the nuclear triad," Brekka Kramer MACEDC President | CEO shared. "Together, it is imperative that we continuously educate and build understanding and advocacy around the importance of nuclear deterrence and what Minot Air Force Base does for our nation, allies, and partners. It is critical that leaders understand the role we play, the threats that face our nation, and importance of modernization."

Major modernization projects are underway for bombers, missiles, and weapons systems. In addition to the advocacy and education efforts of Task Force 21, there is a focus on preparing the state for the Sentinel project. Sentinel is the weapon system to replace the aging Minuteman III intercontinental ballistic missile (ICBM) system representing the modernization of the land-based leg of the U.S. nuclear triad. What makes Sentinel unique is the off-base construction and footprint it covers, including 15 missile alert facilities and 150 launch facilities.

U.S. Senator John Hoeven and U.S. Representative Kelly Armstrong of North Dakota are also scheduled to speak. The National Defense Industrial Association Northern Tier Chapter is an event partner bringing in experts on Russia and China. In addition, an update on Sentinel and the final report of the Congressional Commission on the Strategic Posture of the United States are planned for the event.



Lt. Gen. Michael J. Lutton

U.S. AIR FORCE PHOTO

The half-day symposium will start with continental breakfast at about 7:00 a.m. (CDT) at the Clarion Event Center, 2200 Burdick Expressway East, Minot, N.D. There is no cost to attend this in-person symposium and registration is now open. A full line up of speakers and event agenda will be announced soon.

More information can be found at TaskForce21.com or by contacting the Minot Area Chamber EDC at 701-852-6000 or minot@minotchamberedc.com.

In 2024, Task Force 21 will host two nuclear triad symposiums, the April 23 event in Minot, N.D. and one in Washington, D.C. on September 20, 2024.



SWING INTO

ALLEY'S

Repair & Alignment Inc.

COOLING & HEATING SPECIALISTS!

OPEN
M-F 8-5:30

2635 Valley Street, Minot, ND • 701-839-7112 • alleys@srt.com

Serving Minot, MAFB & Surrounding Areas Since 1976

Let **ALLEY'S** take the **OOPS** out of your vehicles!

- | | | | |
|------------------------------|--------------|------------------|------------------------------|
| • Fuel Injection System | • 4 WDs | • Tire Balancing | • All General Repair |
| • Electronic Diagnostics | • Struts | • Suspension | • Brakes |
| • Cooling System Specialists | • Shocks | • Tires | • Full Vehicle Inspections |
| • MotorVac Carbon Clean | • Alignments | • Tune-ups | • Heating System Specialists |



Complete Auto Repair • Over 100 Years Combined Experience!

SUBSCRIBE NOW

TO OUR WEEKLY EMAIL NEWSLETTER



northsensentry
MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM



UNDER NEW MANAGEMENT

LUNCH SPECIALS

MONDAY-FRIDAY

11AM to 3PM
(except holidays)

\$5 OFF

with Minimum Purchase of \$30.
(Dine-in only, 1 coupon per table. Can not be combined with other any other promotions.)

GET FREE:

2 Fried / Steamed Gyozas / 2 Egg Rolls /
2 Crab Rangoons / 2 Spring Rolls
with purchase of 1 Signature Sushi Roll
(All Day Everyday)
(Dine-in only, 1 coupon per table. Can not be combined with other any other promotions.)

3400 16th St SW, Minot
701-852-1240

Online Order www.ND-Asia.com

HAVE MORE FUN AS A HOST FAMILY!

- FREE TICKETS TO GAMES**
- FREE GEAR**
- EARLY ACCESS TO EVENTS**
- CONCESSION DISCOUNTS**

WHETHER YOU HAVE A LITTLE SLUGGER AT HOME, AN EXTRA ROOM TO SPARE, OR SIMPLY A PASSION FOR COMMUNITY INVOLVEMENT, YOU'RE THE PERFECT CANDIDATE TO JOIN OUR HOST FAMILY PROGRAM!

Call or Visit Today!

701-838-8687

1905 2nd St SE, Minot, ND 58701

CONTACTUS

Ted Bolton

Publisher | Advertising
701-240-5039
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrystales@srt.com

GRAPHIC DESIGN BY

Nikki Greening
nsads@srt.com

**MINOT AIR FORCE BASE
PUBLIC AFFAIRS**

Chief of PA

Capt. Christopher Thibeaux-Moore

NCOIC of PA

Technical Sgt. Rusty Frank

**NCOIC of Command
Information**

Tech. Sgt. Ryann Holzapfel

**Community Relations &
Media Operations Advisor**

Mrs. Abigail Kinder

NCOIC of COMREL

Tech. Sgt. Zade Vadnais

Public Affairs Officer

2nd Lt. Casen Salitore

PA Specialists

Tech. Sgt. Zade Vadnais

Tech. Sgt. Ryann Holzapfel

Staff Sgt. Brendan Miller

Senior Airman Caleb Kimmell

Senior Airman Evan Lichtenhan

Senior Airman Alex Nottingham

Airman 1st Class Trust Tate

Airman 1st Class Kyle Wilson

Airman 1st Class Alyssa Bankston

Airman 1st Class Luis Gomez

COMMANDERS

5th Bomb Wing Commander:

Col. Daniel S. Hoadley

**5th Bomb Wing Deputy
Commander:**

Col. Benjamin Jensen

**91st Missile Wing
Commander:**

Col. Kenneth C. McGhee

**91st Missile Wing Deputy
Commander:**

Col. George L. Chapman

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL

315 South Main Street, Suite 202

Minot, ND 58701

VIEW ONLINE

www.northern-sentry.com

www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

Lion or Lamb?

There is a saying, March comes in like a lion and goes out like a lamb. So, what is Mother Nature doing scheduling a winter snow "event" on the 24th of March? When I am out shoveling, and the wind is biting me to the bone, it sure seems like more of a lion than a lamb to me. Today at my normal coffee gathering there were several that were trying to soft sell the weather over the weekend. I get "you know, Rod, we've had snow in May." I don't really care about the past folks; we're talking right now. Did they not experience the below zero windchills this (Tuesday) morning? And then there is always that eternal optimist who chimes up and says, "well it won't last long, it's supposed to get into the 50's next week." Again, here, and now. It was 50 in February. That doesn't do us a bit of good on March 24th. "But haven't you lived here all of your life, Rod. No need to complain" says another. I point out that even us native North Dakotans get a couple of chances a year to complain about the weather. We are less than a week from April showers that bring May flowers. If you ask me, March is in a bit of a role reversal. The lion waited until the end of the month to roar. I

suppose, we'll have to give Mother Nature a bit of a wide track, though. Her winter was pretty darn nice... up to this point!

SPEAKING OF LIONS

Word came out mid-week that a brand new lion cub has arrived at Roosevelt Park Zoo. Congratulations to RPZ staff who have been caring for the new arrival while mom took a while to recover from the Cesarian Section birth. The photos of the little cub are cute. Can't wait until the little cub makes an appearance outside this spring.

FINISHING A STORY

I shared a story about my grandkids, and failed to finish the story as to why, and how, I got to be known as BePa (instead of grandpa, poppy, or whatever other name you insert instead of grandpa). My first grandson, Carter, had originally chosen the name, BePa, for me. Not exactly sure why, but it didn't quite catch-on with me at first. I thought grandpa would be fine.

Then came the day when I needed a toddler for a photo shoot at a local credit union. They have a Pee Wee Penguin account to teach little kids



License plate tells it all.



UPSIDE DOWN UNDER
MARVIN BAKER

Several weeks ago my wife and I met a friend from New Zealand who was visiting North Dakota. We agreed to meet in Bismarck and chose the downtown restaurant Pirogue Grille.

Several years ago we frequented that restaurant, but because we live on the northern tier of the state, it's hard to get to Bismarck on a regular basis.

But, when we met Kiwi Kate there, it was as if nothing had changed. The restaurant looked the same, the staff was nearly the same and the menu which was new each time you went to the restaurant, was still offering unique choices, many of them having to do with local foods.

In addition, as I sat there waiting for our meal, Ilene and Kate were deep into conversation so I just looked around the restaurant and watched a busy place operate.

The management had a full staff and it didn't take a lot of effort to see that the kitchen staff and wait staff were all content in their jobs. This was a Saturday night and it was very busy, something that could stress out some people, but I didn't see any of that, at least on the surface.

I also took note of downtown Bismarck itself. Thirteen years ago a

**northern
sentry**

**A VIEW FROM
OUR SIDE**
ROD WILSON



BEST KEPT SECRETS

But they won't be for long. Downtown has a couple of new businesses. A great new restaurant located in the old Soo Line depot at the north end of Main Street. The Depot and Baggage Claim has great food, in a nostalgic atmosphere. Give it a try.

And almost right across the street is another new business, The Ugly Box. If you like digging for bargains, this is your store. Miscellaneous merchandise arrives from warehouses where it was unclaimed. New, but without a home. Every day is a different bargain, in a different box. Or maybe even different bargains in different boxes. Check it out.

TODAY'S CHUCKLE

Grandparents are important in the lives of children. They're usually the ones with all the money

how to save their pennies, and we needed a small actor to be putting money into a small bank.

It was pretty simple, I was to pick up Carter at daycare, and take him to the credit union. I arrived at the daycare, and all of the kids were downstairs. It was lunch time, and so I walked down the steps to see about 10 little folks sitting around tables eating what else, macaroni and cheese.

Carter caught a glimpse of me coming down the steps and quickly jumped up on top of the table and announced to all of the kids; "That's my BePa, and I'm going with him!" They all cheered! Yep, been BePa ever since. Even got one of those fancy license plates for my pickup. There have been plenty of questions about the license plate. Everyone (especially grandparents) smile when I tell them the story.



Nostalgic depot atmosphere. The food is great!

A model for business...

new restaurant called Toasted Frog opened right across the street from Pirogue Grille. On the street it was said to be much better than Pirogue Grille and offered a better drink menu, etc.

This time, however, that downtown building was empty. We found out that Toasted Frog closed permanently last year in April.

Pirogue Grille survived direct competition right across the street. It took more than a decade, but the surviving restaurant continues to thrive.

It's interesting to point this out, not because I'm trying to put in a plug for Pirogue Grille, but because in this day and age, when the service industry is having extreme difficulty getting employees to not only work in a busy environment like this, but stay and be content for many years, is a big plus.

What's the secret? I don't know, I'm not privy to Pirogue Grille's

business plan. What I do know is when we met owners Stuart and Cheryl Tracy in 2009, they had already been in business four years and were doing quite well.

We got to know them fairly well through our community supported agriculture venture. It was obvious several weeks ago that Stuart and Cheryl haven't changed either. Cheryl greeted us and we had a nice chat as she seated us. Several minutes later Stuart, the head chef, came out of the kitchen to greet us, remembering us from a six-year absence.

This is a high-end restaurant and continues to be popular during a time when dining out has become more expensive. Why?

There may be a simple solution here. Stuart and Cheryl obviously treat their employees like a team, not as employees or helpers.

This place was operating like a well-oiled machine and it's

presumably because of those little things. After Stuart left our table, he quietly spoke to several wait staff before going back into the kitchen.

In a business like this, there have to be incentives to keep the employees happy. They may get a more competitive pay check, there may other benefits such as good health insurance or other perks like extended time off. Or, it could be just those little things like a pat on the back that make the employees feel like they are making a difference.

Whatever it is, it's working like magic. There are a lot of restaurants in Bismarck and we've stopped at a lot of them, but we've never seen such a content place given how busy it was.

So I have to commend the Tracys, not just because I like the food, but because they are doing something to be successful in a grueling business world.

FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations

**10% OFF
ALL MILITARY
PERSONNEL**
WITH MILITARY I.D.

Locally Owned

ORDER NOW!

📞 701-838-9140

🌐 BonesBBQMinot.com

📍 1412 2nd Ave, SW, Minot



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Simplifying Spring Symbols

is a special time for all of us. It is a vital part of life's rhythm, brimming with hope. Spring signals renewal and new growth, even after a season of stillness and snow. These transitional weeks are exhilarating, reassuring us that change is imminent. Spring and Easter reaffirm that warmth will return, life will regenerate, and growth persists—even when we can't see it.

When explaining Easter to my children, I emphasize that all symbols of Easter and spring signify new life. "Did you know rabbits have a superpower?" I asked my boys. They laughed, and my three-year-old guessed that it was hopping. I elaborated, explaining that a bunny's superpower is its ability to have babies. Lots and lots of babies. Rabbits remain fairly concealed throughout winter, almost forgotten. Then, spring arrives, and suddenly, bunnies abound—an abundance of life, almost as if by magic.

Spring serves as a reminder that life flourishes and multiplies after periods of scarcity.

We then discussed eggs. From the outside, an egg seems mundane. It lays hidden, wears muted colors, and remains motionless. To the untrained eye, an egg appears dull and lifeless, resembling little more than a rock. However, inside, life is burgeoning, awaiting the perfect moment to emerge.

Inside the egg, a life form develops in darkness, instinctively moving towards transformation. For a chick, hatching propels them from a secure, dim world into a vivid,

vibrant realm of life and possibility.

Spring reminds us that life happens even in dark, unremarkable places. It underscores that growth isn't always flashy. Spring invites us to step into the light, embrace a colorful existence, leaving behind our empty shells.

Why do we hide eggs? Because signs of new life and growth are worth seeking. Why are there treats inside? Because surviving winter to welcome back spring and summer merits celebration.

"You also said it doesn't look like spring. You're right," I said. Look outside. What do you notice about the trees and grass?"

"They're dead."

"The leaves are gone, and the grass isn't green. But they aren't dead. Death is final, irreversible. Do you think our trees will have leaves next month?" They both agreed they would. Not only do leaves return, but perennials come back heartier. Bushes grow taller, and grass requires regular trimming.

Winter ushers life into a dormant state. But dormant isn't dead.

Spring reminds us that dormancy is temporary. Life can rebound more vigorously, even after months of bitter cold stillness.

May this Easter weekend fill you with hope, and may spring inspire positivity. May the resilience of nature instill awe at life's capacity to rejuvenate, refresh, and flourish anew.

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



As someone who works against a natural bent toward pessimism, Easter and spring are always a welcome reminder of positivity and hope.

AMY ALLENDER PHOTO

MINOT AIR FORCE BASE NEWSPAPER

BEST ^{of} Awards

Thanks to all the MAFB community members who nominated and voted in the Best of Minot AFB Awards this year! Because of you, we are able to highlight the special places and businesses around town that are truly loved.

The 2024 Winners ARE.....

BEST FOOD PLACE ON BASE
Bomber Bistro

BEST HANG OUT ON BASE
B-Fifty Brew

BEST RESTAURANT IN TOWN (MINOT)
Don Tapatio

BEST LOCAL WINTER ACTIVITY/RECREATION
Minotauros Hockey

BEST LOCAL SUMMER ACTIVITY/RECREATION
North Dakota State Fair

BEST DAY TRIP LOCATION (WITHIN 4 HOUR DRIVE FROM MAFB)
Teddy Roosevelt National Park

BEST SCHOOL ON OR OFF BASE
North Plains Elementary

BEST LOCAL NIGHTTIME HOTSPOT
Atypical Brewery

the northern sentry

Salute

presents

Captain Matt Rogers

741st Missile Squadron
Hometown: Plano, TX

Captain Rogers has served the United States Air Force for 14 years as an enlisted airman and officer. He has been stationed at Minot AFB for seven years and currently works as an ICBM Operations Officer. Captain Rogers transitioned to the Air Force Reserves in 2021 to make Minot a permanent home for his family. In his civilian role, Rogers enjoys spending time with his children Taylor, Jolene, Marshall & Patrick and supporting his wife Amy's real estate agent business.

GAME SALUTE: FRIDAY, MARCH 29

91st Security Forces Group Standards & Evaluations Team

Ladies and gentlemen, let's give it up for the powerhouse that is the 91st Security Forces Group Standards and Evaluations team! With precision and dedication, they serve not just 1,100 Air Force Security Forces members and 5 commanders, but the very backbone of our nation's defense. Their expertise shines as they evaluate and certify 16 diverse duty positions crucial to safeguarding the Minot Missile Complex. And that's not all! These defenders augment the 91st Missile Wing Inspector General team, ensuring programs across the Wing are in compliance with the strictest Air Force regulations! Lastly, they orchestrate group and wing-level exercises, seamlessly integrating with up to five base agencies. Together, they test the bounds of agility and forward aggression, all while safeguarding the world's most deadly assets!"

GAME SALUTE: SATURDAY, MARCH 30

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

True Tale from Dakota Territory



SLICE OF LIFE
KIM FUNDINGSLAND

A story that captured the attention of newspaper readers all across the United States had an unbelievable ending in North Dakota, then Dakota Territory.

The year was 1877, one year after the defeat of Lt. Colonel George Custer and five companies of the vaunted 7th Cavalry at the Battle of the Little Bighorn. The Nez Perce, led by legendary Chief Joseph, fled their reservation land near Walla Walla, Washington after months of mistreatment by a corrupt Indian Agent.

The news quickly spread that Joseph hoped to unite the Nez Perce with famous Hunkpapa Sioux Chief Sitting Bull. Sitting Bull, the recognized leader of the various tribes on the Northern Plains, and many of his followers fled to Canada following the Little Bighorn fight.

The Army immediately put troops in the field in pursuit of Joseph and the Nez Perce. Several battles were fought but the Nez Perce eluded defeat and capture. Newspapers were soon carrying accounts of the Army's top commanders being outmaneuvered by the clever Chief Joseph. Joseph was thrust into the national spotlight as readers marveled behind the plight of the Nez Perce.

General Samuel Sturgis had Custer's former regiment, the 7th Cavalry, in the field. Rumors flew that the 7th was about to be caught between the forces of Joseph and Sitting Bull. The St. Paul Pioneer Press wrote, "The situation is regarded in Washington as extremely critical."

Other troops in the field were commands led by Gen. Oliver Otis Howard and Gen. Nelson A. Miles, considered among the most effective leaders in the Army, yet Joseph maintained the upper hand each time an engagement occurred.

Ultimately, after being chased several hundred miles by the Army's finest, Joseph's weary

followers found themselves in a hot fight in the Bear Paw Mountains of present-day Montana just a few miles from the safety of the Canadian border. Gen. Miles' troopers inflicted heavy casualties, captured many Nez Perce ponies, blankets, and supplies.

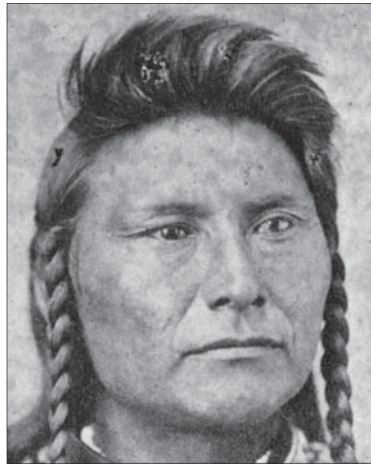
Joseph had little choice but to surrender. He did so in clothing riddled with seven bullet holes, eloquently delivering to Miles the famous words that were printed in newspapers through the country:

"From where the sun now stands, I shall fight no more forever."

Miles marched the Nez Perce survivors to Bismarck, allowing Joseph alone to keep his horse so he could ride into Bismarck as a chief. Bismarck's Sheridan House Hotel hosted a banquet in honor of Joseph and his sub-chiefs. Among those requesting Joseph's presence was Henry Porter, the Army surgeon who treated the wounded while under attack on Reno hill during the Little Bighorn fight the previous year.

After the meal was served Joseph rose to speak, saying, "I always try to entertain good sentiments in my heart, and I would now make you understand that I entertain them at this moment. Just as we plant a good tree to grow good fruit, I keep good sentiments to make a good man. All of us should have good sentiments and express them. If everybody did there would be no trouble all the world over."

A day later Joseph and his band boarded a Northern Pacific train leaving Bismarck. Necessarily, the train made a stop for water 100 miles east at Jamestown. But



KIM FUNDINGSLAND PHOTOS

when the train departed Joseph was not on board.

While at the Jamestown water stop a conductor invited Joseph to join him at a local eating house. After that meal, Joseph wandered into a store to purchase bread for his wife and son who remained on the train. Thus, the clever chief that had been chased nearly halfway across the continent by three columns of the U.S. Army had escaped custody in Dakota!

An alarm was immediately raised, the train stopped about two miles outside of Jamestown, then reversed. The obviously frantic conductor who believed he was responsible for the missing chief, was both relieved and surprised to discover Joseph running down the track toward the train. Joseph, out of breath when he finally boarded the train, was clutching a loaf of bread.

Ironically, the legendary Chief Joseph, chased throughout the northwest by the Army's finest generals, was "captured" while chasing a train in Dakota Territory.

HOW TO OBTAIN A DOD TENANT SATISFACTION SURVEY

OMB CONTROL NUMBER:
0704-0553
OMB EXPIRATION DATE:
05/31/2025

FOR DEPARTMENT OF THE AIR FORCE HOUSING FY24

The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. We have provided information below on how to obtain a survey.

Check your Email Inbox/
Text Messages:

OR Go to "Find my Survey":

If you have not received a survey email or text by Wednesday March 6, 2024:

1. Check your spam folder. The initial email came from AirForceHousingSurvey@celassociates.com.
2. Check with your spouse, partner, or other household member(s) to determine if they received the email or text.

If you still need assistance or can't locate your survey, go to "Find my Survey".

Use URL or Scan QR Code Below
Go to: <https://celsurvey.com/findmysurvey>



Enter the information requested. The information must match information provided by management.

General Survey Information

1. The survey will be launched on Monday, March 4, 2024.
2. The survey results are confidential and anonymous. Only CEL has access to your survey responses, so please express your true opinions and thoughts.
3. Each household may only complete one survey.

Thank you for your participation.



A LOOK BACK THIS WEEK IN USAF HISTORY

PAUL W. AIREY BECOMES THE FIRST CHIEF MASTER SERGEANT OF THE AIR FORCE
APRIL 3, 1967



CMSAF Paul W. Airey (USAF Photo)

Paul Airey was born in 1923 and raised in Quincy, Massachusetts. He joined the Army Air Forces on November 16, 1942 and spent his more than 27 years in service as an aerial gunner, radio operator, first sergeant, personnel sergeant major, and as the first Chief Master Sergeant of the Air Force. During World War II, Airey was a crew member on a B-24 bomber that was downed by antiaircraft fire over Vienna, Austria. The crew of that bomber were immediately captured and kept as prisoners of war until May 2, 1945. In 1967, he was promoted to the new position of CMSAF, making Airey the highest ranking enlisted Airman. He aided and advised the secretary of the Air Force and the chief of staff on matters pertaining to enlisted airmen, such as assignments and promotions. He was also a strong advocate for enlisted professional military education and pushed the Air Force to give more training to Senior Noncommissioned Officers. After his time as CMSAF, Airey returned to Tyndall AFB, Florida where he became a first sergeant. Paul Airey retired on August 1, 1970 and moved to Florida with his wife, Shirley. He became an active part of the Air Force Sergeants Association, Air University Foundation, Airmen Memorial Museum, and Airmen Memorial Foundation. He passed away on March 11, 2009.

Information static.dma.mil/ / media.defense.gov

Simonson STATION STORES

APRIL MILITARY DISCOUNTS

10 CENTS OFF PER GAL.*

\$4.00 OFF PREMIUM CAR WASH*

1310 South Broadway, Minot N.D. *Minot Location Only

MEG-A-LATTE COFFEE HOUSE

NEW TO MINOT

LOCATED ACROSS FROM THE AIRPORT

Offering 10% off for all active military, veterans, & first responders.

www.meg-a-latte.com

2045 N Broadway Suite #100

CENTURY eyewear

PRADA
TOM FORD EYEWEAR
COACH
OAKLEY
kate spade

DR. JASON L. BRADLEY, O.D.

NEW LOCATION
10 1st Street SW Downtown Minot
701.852.5626

ONE HOUR LAB SERVICE
LOCALLY OWNED SERVING MINOT SINCE 1976
NEWEST STYLES HOTTEST TRENDS BEST SELECTION

CENTURYEYEWEAR.COM

CELEBRATE LIFE
SERVING YOU SINCE 1926

304 S MAIN ST
MINOT, ND

THOMAS FAMILY FUNERAL HOME

CALL 701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

SMSGT RELEASE PARTY

U.S. AIR FORCE PHOTOS | MINOT AFB PA



5TH OPERATIONS SUPPORT SQUADRON
Michael Carnley



5TH MAINTENANCE GROUP
Micah Botteicher



5TH MAINTENANCE GROUP
Destinee Jones



705TH MUNITIONS SQUADRON
Zachary Lee



5TH MAINTENANCE SQUADRON
Jackson Nay



705TH MUNITIONS SQUADRON
Jonathan Salvador



5TH MUNITIONS SQUADRON
Michael Shaw



5TH CIVIL ENGINEERING SQUADRON
Mitchell Meis



5TH LOGISTICS READINESS SQUADRON
Carrie Oria



91ST MISSILE MAINTENANCE SQUADRON
Joshua Melendez



91ST MAINTENANCE GROUP
Joshua Norris



MORE than you might think



Auto



Home



Life



Banking



Credit Cards

You might know USAA for our awesome insurance for your car, home and other belongings. But we also have banking and other perks, all for the military community and their eligible family members.



Find out more today at usaa.com

Investments/Insurance: Not a Deposit • Not FDIC Insured • Not Bank Issued, Guaranteed or Underwritten • May Lose Value
Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. To join USAA, separated military personnel must have received a discharge type of Honorable or General Under Honorable Conditions. Eligible former dependents of USAA members may join USAA. Property and casualty insurance underwritten by United Services Automobile Association (USAA), USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, NOBLR Reciprocal Exchange, based in San Antonio, Texas; USAA Limited (UK) and USAA S.A. (Europe) and is available only to persons eligible for property and casualty group membership. Each company has sole financial responsibility for its own products. Coverages subject to the terms and conditions of the policy. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. All insurance products are subject to state availability, issue limitations and contractual terms and conditions. Each company has sole financial responsibility for its own products. Credit cards are issued by USAA Savings Bank and serviced by USAA Federal Savings Bank. Other bank products are provided by USAA Federal Savings Bank. Both banks are Member FDIC. All credit cards subject to approval. No Department of Defense or government agency endorsement. © 2024 USAA. 6380934.0324

Military Life WILL Change You

ERIN BEENE, NORTHERN SENTRY

People change as they grow older. It's a natural way of life. Perspectives broaden, priorities alter and experiences make each of us evolve as the years go by. Everyone is different at age 20 than at age 40. This happens. But, it happens differently – and drastically – for many mil spouses. Me included.

I'm not the same bright-eyed, adventure seeking 23 year-old I was when I first became a mil spouse. Nearly 15 years into this journey and I have changed drastically. Not just the physical changes that happen to all middle-aged women (hello unwanted weight and forehead lines) but something much deeper is becoming very apparent.

I look back to my life prior to being a mil spouse: I was young, excited and eager about what would come next, but secretly, I was intimidated by the military lifestyle that faced me. It all seemed so official and looming- this military world- at the time. Besides growing up in San Antonio, Texas – "Military City USA" – I had no knowledge of any inner workings of the military until I met my husband at age 20. Suddenly, I fell in love and was elated to begin the new unknown and exciting life of the military. Life was all in front of me and I was ready for it.

However, I am not that same young lady anymore.

Now, my life has changed. I have changed. I have unabashedly lived (not just stayed for a while) in six completely different places (two overseas). Each of these places claimed different cultures, ways of life, weather and types of people. I have lived thousands of miles away from my family. I have had to plant roots, then uproot them. I have had to make new friends and shift my lifestyle with every move. With every new location, I become different. I am not that same young woman who braved her Southerner fear of cold and drove through an



Back in 2010 and less than a year into the Air Force lifestyle, my fears hit a little differently.

ice storm in Montana three days before Christmas. She was afraid of many different things than I am now.

One cannot uproot their lives so many times and not change themselves deeply. We are different and we are different in this way from our non-military friends and family whether we like it or not.

Change isn't bad but it can sometimes be hard for old friends and family to keep up. They likely haven't had to change as much. They will probably have more traces of their younger self left than you and I might. As mil spouses we are expected to always be adapting, making things work, have no plans and make the best of it, and we do. But, as I get older, I find that people "back home" can find this harder to understand because they simply don't have to live in 2-year segments. They can make long-term home investments. They can have yearly family traditions. They can, quite frankly, plan for the future.

Future planning was less daunting when I was in my 20s. Now, in my late 30s it's creeping up on me. Kids' college funds, retirement accounts and trying to make life long goals without any context to what the next 5-7 years will even look like feels

impossibly frustrating and scary. The cold weather doesn't scare me anymore thanks to Malmstrom and Minot, but other things, deeper things, do.

So, it's a tradeoff. Had I stayed in Texas my whole life I never would have never gotten over my fear of driving in the snow or traveling alone with my kids all over the world on all types of public transit. I would have bought a house, started and stayed in a career field and I would likely have done many of the things I now sometimes dream of.

So, I have changed. And yes, I have missed out on traditions and extended family time and making well-informed, long term housing/vehicle decisions. But when I write it all out like this, I realized something. While I have changed a lot, I really actually think I have changed for the better....

Military life changes us, and it's hard. Super freaking hard. But when you sit down and think about it, the changes have probably made you stronger, wiser and more adaptable. Let's be honest, mil life probably hasn't made you richer, but richer in experiences, challenges and obstacles is actually much more valuable in a lifetime.

I'm glad I have changed.

Ski the Jewel above the Prairie!

SNOW REPORT

Snow is still good. It's gonna be great spring skiing. If you wear a costume or spring attire you'll get 10% off lift tickets and tubing passes both days. A cardboard conundrum, Easter egg hunt and coloring contest with prizes on Saturday. Also, last chance chance to get Metigoshie melt, and the Snow Café will open early for breakfast on Saturday 8:30 AM

HOURS

Friday, March 29 Noon-9:00pm
Saturday, March 30 10:00am-5:00pm



Check Facebook for all the details happening this weekend



Established in 1969
BOTTINEAU WINTER PARK

1 Winter Park Road, Bottineau, N.D.

701-263-4556

www.skibwp.com



Dakota Hope Clinic

UNEXPECTED PREGNANCY SOLUTIONS

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



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

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools

Tool Surplus Center
Best prices on tools in the state!

T&E USA TOOLS

Rental Equipment Available!

Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

26" Step-Thru Fat Tire
• up to 50+ mile range
• max speed 20 MPH

1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500

find us on facebook

www.hwy83llt.com

HOURS:

Monday - Friday:
5:30 a.m. - 5:00 p.m.
Saturday:
5:30 a.m. - Noon
Now Open Sunday
8:00 a.m. - 2:00 p.m.

noodles & COMPANY

15% Military Discount

Dine In or Take Out Only*

304 4th Ave NW Minot

Open Daily 10:30 AM to 10:00 PM

www.noodles.com

Roll into Motorcycle Season 2024 Safely

STAFF SGT. LAUREN DOUGLAS



Motorcycle Preseason, March 21 through May 16, is underway and motorcycle riders need to be aware and prepared to ensure 2024 is the safest riding season yet.

U.S. AIR FORCE GRAPHIC
STAFF SGT. LAUREN DOUGLAS

KIRTLAND AIR FORCE BASE, N.M. --

The time is coming! Days will be longer and warmer soon which means more outdoor activities and motorcycles on the road. Understanding motorcycle safety is essential for all motorcycle riders. Awareness of hazards, personal protective equipment, and safety precautions all contribute to mitigating risks. This Motorcycle Preseason, March 21 through May 16, motorcycle riders need to be aware and prepared to ensure 2024 is the safest riding season yet.

Motor vehicle mishaps are the most common threats to road safety. In 2023, there were 22 motorcycle fatalities across the Department of the Air Force. Of those, 16 were in excess of 25 miles over the speed limit, and seven involved an intoxicating substance. This preseason, the Department of the Air Force intends to contact and register 100% of its riders, then schedule and train all riders, followed by a unit sweep to identify any unregistered riders and get them up to code.

The Motorcycle Unit Safety Tracking Tool was designed to provide training data for DAF motorcycle riders. Ten of last year's fatalities were found to have inactive MUSTT accounts or no account at all. This mandatory training and tracking system is vital to serving motorcycle riders and could save lives.

"Untrained riders, regardless of

age or years of riding experience, are most susceptible to unsafe practices," said David R. Brandt, Traffic Safety deputy branch chief. "Riding and training are two separate things. Training and practice help to make riding safer."

As the motorcycle safety program manager and a 25-year rider, Brandt recommends that riders build skills through diligent practice and training. With training, riders will be able to avoid dangerous situations and prevent themselves from getting hurt, or worse.

Risk takers, who deliberately break rules, is another serious issue when riding. Lack of compliance to regulatory guidance is a main area of concern. Riding under the influence, riding with no personal protective equipment or proper training, directly leads to unsafe practices. When a member does break the rules, they are subject to a Line of Duty determination where they could lose benefits or must pay their own mishap costs.

Proper training gives Airman and Guardian riders an avenue to acquire skills, build a rider's mentality, and educate other riders on current standards and techniques. Every DAF Rider should be physically capable, mechanically sound, and mentally prepared to mitigate risks before riding a motorcycle.

Brandt's top tip for riders is learn how to brake effectively.

"With all the data and research we have, effective braking could solve

75% of all motorcycle mishaps," Brandt said. "Emergency braking and learning to trail brake in the corners would completely change the way you ride."

The DAF Rider website is a one-stop shop for all things motorcycle in the Department of the Air Force. For questions that aren't answered on the site, each unit also has a motorcycle safety representative who is knowledgeable of all requirements. Riders can also contact their Wing or MAJCOM Safety offices with questions. The Traffic Safety branch here at the Air Force Safety Center is also here to help answer any questions you may have. There is no reason a DAF member should be lost regarding motorcycle requirements.

For more information see the DAF Rider page at <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Air-Force-Rider/> or contact your motorcycle safety representative.

★ *Hotel* ★

REVEL

MUSIC • ART • COFFEE • BEER • WINE

== MINOT, ND ==

1510 26th Ave SW
Former Kelly Inn, Next to the Mall
www.revelnd.com

**Pool Side Rooms
Weekend Specials**

★ Perks Include: ★

- Heated Salt Water Pool & Hot Tub
- Full Hot Breakfast
- PAC-MAN Arcade Machine for Free Use
- Late Check Out - Up to 3:00pm upon request
- Mention Kenny the Duck to receive Snack and Soda Swag/Welcoming Gift

* Based on Availability

Call us now at (701) 852-4300 or 800-735-5868

MYTHIC EMPORIUM

NEW COMICS BOARD GAMES AND RPG ITEMS

CRYSTALS FANTASY BOOKS

1125 N BROADWAY SUITE A, MINOT
MYTHICEMPORIUMND.COM

JAMAICAN VYBZ KITCHEN

AUTHENTIC JAMAICAN FOOD

HOURS
Tuesday-Thursday 11 AM – 4 PM
Friday-Saturday 11 AM to 6 PM
Closed Sunday & Monday

SUITE 200, 315 S MAIN STREET
MAIN MEDICAL BUILDING, MINOT

Check out our Facebook Page for Special Events!

TAKE OUT OR DINE IN

NORTH STAR FARMS

**CERTIFIED ORGANIC CSA SHARES
Now Available**

16 WEEKS OF PRODUCE
FULL SHARE: \$600.00
1/2 SHARE \$475.00
Convenient Delivery

SIGN UP ONLINE
at northstarcario.com
It's now easier than ever!

FOR MORE INFORMATION EMAIL: mbaker@northstarcario.com
NORTHSTARCARIO.COM

INTERACTIVE ACTIVITIES GAMES PRIZES FREE FOOD

Minot A7B ADAPT Team Presents

"ARE YOU UP FOR THE CHALLENGE?"

FEATURING...

**FRIDAY APRIL 26 FROM 1000-1400
AT THE TURF**

PRESENTED BY MINOT AFB ADAPT TEAM IN COLLABORATION WITH THE MAFB IPPW OFFICE

Be-the-Cause is Sold Out!

ERIN BEENE, NORTHERN SENTRY

Once in a while, something unique and extra-meaningful pops along to Minot's art scene. The Be-the-Cause Art Show and Auction, coming up on April 15, is one such event. Spearheaded by Holly Jacobs and Kim Urban and hosted by the Minot Country Club, Be-the-Cause is the first known local art expo to highlight such a specific arts-centered theme.

This formal event will feature live music, games, food and drinks—all in the name of art. More specifically, "Disability Art", which is art and art therapy created by a person with any type of disability. Jacobs told the Northern Sentry that she became passionate about this cause several years ago when she was diagnosed with early onset Parkinson's; however, she really disliked the term "Disability Art". When it came time to find a name for her awareness event, she went another way with the term "Be-the-Cause of Art".

All proceeds from this event will be donated to the Department of American Veterans and (W)evolve Therapy Services. Jacobs explained, "I chose the DAV because my husband is retired from the military and (W)evolve will be using our donations for a startup program paint and chat for their clients to

participate free of charge!"

At the time of the interview, Jacobs informed the Northern Sentry that the event was delightfully all sold out to attendees, but that people can still donate to the cause by utilizing the paypal account linked to the QR code. Despite the sought after event now being closed, Jacobs went into detail describing what the lucky guests can expect saying, "[guests will] enjoy cocktails (cash bar) and jazz music from local saxophonist Erik Anderson from the Minot Symphony Orchestra. They will peruse the silent auction with beautiful pieces of art all donated from artists from our local area. We will also have Josephine Vargo Photography taking photos of the guests! We will have Lee Anna Hughes LCSW from (W)evolve Therapy Services speak about art therapy, PD, mental health,

and their new program! Shaun Sipma will be our emcee and our auctioneer for the live auction part at the end of the night."

All of the art pieces up for both silent and live auction during the evening have been donated by local North Dakota artists. Jacobs said that people warned her she might have a hard time getting artists to donate their work to the cause, but surprisingly she got a positive response from almost every artist she spoke to.

Jacobs is hoping to raise at least \$10,000 to support the art classes and therapy programs for any affected by mental or physical illness.

"To practice any art, no matter how well or how badly, is a way to make your soul grow, for heaven's sake. So do it." – Kurt Vonnegut



219 Main St S.
Downtown Minot
www.koseligiving.com

LET'S GET COZY

Gift Shop • Handmade Items • Scandinavian Inspired • North Dakota Products • Unique Finds • One of a Kind

KOSELIG
(KOOSH LEE)
THE COZY SHOP
COZY INSPIRED LIVING

Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot Phone: 701.852.8183 www.blgrill.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>
<p>Meg-A-Latte</p> <p>2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701-838-8479 www.meg-a-latte.com</p>	<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.852.0777 www.mimexicomintnd.com</p>	<p>N.D. Asia</p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>	

DON'T RISK IT ALL!
IF THERE IS ANY DOUBT CALL

AIRMEN AGAINST DRUNK DRIVING

Free and Confidential *Saving Lives and Careers*

Available to ALL Minot AFB Military Members and Spouses

CONTACT US AT:
(701) 727-2233
(701) 727-AADD

- ▶ Call AADD
- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/dependent status by showing identification

THURSDAY, FRIDAY & SATURDAYS
09:00 PM - 02:00 AM
HOLIDAY WEEKENDS
08:00 PM - 03:00 AM

PROUD SUPPORTERS OF MINOT AADD

Donating Car Washes to the AADD Drivers	Donating the Phone Services for AADD	Supplying Calling Cards and Posters to Local Establishments
Supplying Gas Cards to AADD Drivers		

FINANCIAL SUPPORT PROVIDED BY

THE SPOT	MARGIE'S ART GLASS STUDIO	ROD & SUE WILSON
-----------------	----------------------------------	-----------------------------

DRIVER OF THE MONTH AWARDS PROVIDED BY

<ul style="list-style-type: none"> • NOODLES & COMPANY • THE MINOT MINOTAUROS • REVEL HOTEL • MAGIC CITY SWEETS & HOAGIES • COOKIES FOR YOU 	<ul style="list-style-type: none"> • HIGHAIR GROUND TRAMPOLINE PARK • MINOT DOWNTOWN BUSINESS & PROFESSIONAL ASSOCIATION
--	--

community calendar

Events from Minot & Minot AFB in ONE PLACE!

Abuse Victims Taught To Be All They Can Be

ROD WILSON, NORTHERN SENTRY

Her April 7th Breakthrough Retreat is titled Created to Shine, Unlock Your Hope, Peace & Purpose. The retreat is during April purposely because it is Sexual Assault Awareness month. But for Mary Lingelbach, who has been holding these retreats for over 10 years, returning to her hometown of Minot is important because "I am able to bring this retreat to them where women from all around, Velva, Sawyer, Max, (and of course the Minot Air Force Base) can attend" according to Mary. And the retreat is not only about sexual abuse, "it deals with wounds from the past. Divorce, incest, abortion, miscarriage" continues Mary "by working with women to teach them to live intentionally free every day, to walk in their purpose. It's not my purpose, it's totally their purpose."

Mary Lingelbach shares that many deal with these issues every day. "But when they try to find help they are sabotaged by fear and doubt and that causes them to stumble along the way as they struggle to find help."

She explains that the very nature of a woman is to care. "The find themselves caring for a family and kids while still maintaining a job. They are the first ones out there, on the front lines, and thus they turn themselves ragged and start to wear down. They often find themselves dealing with depression, stressed relationships, and health issues. We (women) kind of do it backwards. In an airplane they tell you that if the oxygen masks come down to help yourself first, and then help others. We find ourselves helping others and not have the time or the energy to help ourselves."

Mary explains that she doesn't want women who attend the retreat to think that they will hear from someone who thinks they have it all together "I don't" she explains "All women deal with these things, and they don't necessarily have the energy or the time to stop and take care of themselves."

I believe that we need to "live life intentionally every day. We all have hurts, kind of like pricking you finger with a thorn. But you can't dwell on that hurt forever. All those hurts don't have to define you. Life is full of thorns, that doesn't have to ruin your life. A lot of times in life we need to just rip off the scab and address the hurt. We can't do that too soon, sometimes it takes time, but we need to take steps toward a life of hope and peace, and experience what that life may look like."

According to Mary women who attend the retreat will be learning about themselves, "and learning that from the knowledge they gain, they can apply that knowledge and gain wisdom. Not one size fits all. They can answer the questions they have about their lives, and now they can define themselves. As a life coach I have worked with women who are millionaires. But having money doesn't mean they have it all together."

Mary hopes that women at the

retreat learn about themselves, and then they can apply that knowledge to walk in the gifts they have and help others. "I'm really pretty black & white. I am there to help the women who attend. If what we find out hurts, it hurts. If it's sad, it's sad. I want to be able to encourage them to step out because there is so much more. Fear holds us back; My heart is for the women to be able to come, and not just take away knowledge, but take away a nugget of truth and be that person that they were created to be. They have been equipped and empowered to carry that through life. So often 2-5 years later they are dealing with the same things. I want to show them how to move on."

Mary shares that "the #1 thing women do? They care for others. Once we have been abused then we (women) pull back and don't want to care for others. We often hide behind the caring. There are those around us who are very caring. But we look into their life and it's a train wreck."



Mary Lingelbach

Mary also hopes to teach women "To be able to love like you've never been hurt. And yet we know that life is going to hurt us."

No reservations needed for the April 7th retreat. It takes place at the Grand Hotel, 1505 North Broadway, from 4 to 6 PM in the Kevske room. "Created to Shine. Come expecting to receive what you need to be all that you can be."



Holiday Mountain

MOUNTAIN REPORT

Holiday Mountain is pleased to announce that ALL RUNS are now open and fully groomed. This marks a significant milestone and achievement, as it has been over a decade since ALL RUNS had an adequate, man-made snow base on them as well as being fully groomed.

SATURDAY	9:30AM - 5:00PM
Night	7:00PM - 10:00PM
SUNDAY	9:30AM - 5:00PM
MONDAY	9:30AM - 5:00PM
TUESDAY	CLOSED
WEDNESDAY	9:30AM - 5:00PM
THURSDAY	9:30AM - 5:00PM
FRIDAY	9:30AM - 5:00PM
Night	7:00PM - 10:00PM

Only 3 Hours from Minot
La Riviere, Manitoba, Canada
204-242-2172

WWW.HOLIDAYMOUNTAIN.CA

EVERYDAY HAPPY HOUR - 3PM - 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

DAILY SPECIALS

- Monday \$5 Moscow Mules (all day)
- 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)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

FAMILY PACKS

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation*
- *Changes Weekly - Check our Facebook Page
- Thursday Pasta Pack

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

Women's BREAKTHROUGH RETREAT

CREATED TO SHINE

UNLOCK YOUR HOPE, PEACE & PURPOSE

APRIL 7, 2024 • 4:00-6:00 PM
GRAND HOTEL (KEYSKE ROOM)
MINOT, ND

MARY LINGELBACH
heartlandministry@gmail.com

Handcrafted BURGERS

Bold & Crisp SALADS

Tasty SANDWICHES & More

Eatin' Lunch in the Neighborhood™

Applebee's

2302 15th St SW, Minot
www.applebees.com

CORNERSTONE CHIROPRACTIC

1515 24TH AVE SW, MINOT, ND 58701

Dr. Matthew Hanson Dr. William Fielhaber Dr. Benjamin Whitten

BUSINESS HOURS

- Monday: 7:30am - 6:00pm
- Tuesday: 9:00am - 6:00pm
- Wednesday: 7:30am - 6:00pm
- Thursday: 7:30am - 6:00pm
- Friday: 7:30am - 4:30pm
- Saturday: 2 a month by appt
- Sunday: Closed

(701) 852-2800



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 (Herbivore) Grasses, Leaves, Flowers

Photos by Amanda Cole

HOW MANY

HOURS:
MON-SAT
10AM-3PM

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
WWW.RPZOO.COM • 701-857-4166

Upcoming Event
EASTER AT THE ZOO
MARCH 30

MILITARY DISCOUNT
\$5.00 off an Annual Family Pass

SPRING CAR CARE

Minot AFB Tire Repair

Flat Tires may create the rim of the wheel to rest on the tire tread or on the ground possibly triggering in loss of control of the auto or irreparable damages to the tire. One of the most usual source for a flat tire is penetrating of the tire by a sharp object, such as a nail, allowing air escape. Depending on the size of the puncture, the tire could deflate slowly or swiftly. Which may lead to the following concerns:

- Failure of or damages to the valve stem;
- Allowing air to escape from the valve or triggering damages through intentional puncturing
- Rubbing of the tire versus the roadway, tearing the tire, or splitting up of tire and rim by collision with additional objects;
- Too much wear of the tire tread causing explosive tire failing or permitting roadway fragments to tear through it
- Some tires, particularly a slow leakage, may be fixed and re-inflated; others, particularly those from worn tread, have to be changed.

Here are some simple methods to catch tire troubles before they become pricey or unsafe. Take a good examination of each tire in a well lit atmosphere. Examine for uneven tire wear, which can easily be created by:

- Too much or insufficient air pressure
- Issues with tire alignment or tire balancing
- Troubles with the suspension
- Unequal tire wear could be an indicator that you may have to have your tires rotated

These could suggest you need brand-new tires-- soon. Driving with a flat tire, specifically at high speeds, may cause a fatal accident. These troubles have the possibility to create a blowout, causing a loss of control that may be incredibly harmful.

- Fracturing or bulging treads or sidewalls that may suggest there is wear or weak point
- Foreign items that pass through in to the tire (nails, screws, glass)
- Tread tearing away from the body of the tire

If you find any of these issues, come see us for a thorough and speedy tire repair. We'll inspect and adjust your air pressure and do an aesthetic tire check, and receive you on the road in no time at all. Call us now to book your next flat tire repair or auto repair service. Trusted Tire is proud to be your local Minot AFB auto repair center and provider of tires.



Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301





OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

\$10 off VALVOLINE OIL CHANGE



GO SMART. GO CERTIFIED.

<p>2023</p> <p>HYUNDAI TUCSON SEL</p>  <p>15K MILES SHIMMERING SILVER Stock#: M12089 \$29,995</p>	<p>2022</p> <p>HYUNDAI PALISADE AWD LIMITED</p>  <p>34K MILES HYPER WHITE Stock#: M12420A \$42,995</p>	<p>2022</p> <p>HYUNDAI PALISADE AWD SEL PREMIUM</p>  <p>30K MILES TYPHOON SILVER Stock#: M12423A \$37,995</p>	<p>2021</p> <p>HYUNDAI ACCENT SE</p>  <p>59K MILES ABSOLUTE BLACK Stock#: M25933 \$15,995</p>
<p>2023</p> <p>HYUNDAI KONA SEL</p>  <p>8K MILES LUNAR WHITE Stock#: M12484A \$23,995</p>	<p>2023</p> <p>HYUNDAI SANTA FE SE 2.5L FWD</p>  <p>10K MILES CALYPSO RED Stock#: M12017 \$28,995</p>	<p>2022</p> <p>HYUNDAI SONATA SEL PLUS</p>  <p>3K MILES CURATED SILVER Stock#: M12081 \$29,995</p>	<p>CERTIFIED USED HYUNDAI ELANTRAS IN STOCK STARTING AT \$18,995</p>
<p>5-Year/ 60,000-Mile New Vehicle Limited Warranty</p>	<p>10-Year/ 100,000-Mile CPO Powertrain Limited Warranty*</p>	<p>CARFAX® All Hyundai CPO vehicles include complimentary CARFAX® Vehicle History Report™</p>	<p>SiriusXM® Every Hyundai CPO vehicle comes with a complimentary 90-day trial*</p>

179-point inspection with EV/HEV/PHEV; 190-point inspection with Equus.
 *\$2,349 represents the national value of benefits included in the purchase of a Hyundai CPO vehicle as compared to a non-certified used Hyundai. Since \$2,349 represents an average for all Hyundai COP vehicles sold nationally, individual value received may vary. See dealer for program benefit details.

DON BESSETTE HYUNDAI
 1715 N BROADWAY MINOT, ND 701.852.3300
WWW.DONBESSETTEHYUNDAI.COM

**Hyundai
 Certified Used Vehicles**



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 compensation will depend on experience.

For more information send a resume and letter of application to:
 Rod Wilson, Northern Sentry
sentrysales@srt.com

**northern
 sentry**
 MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

2024 DAF Art Contest opens for 2D, 3D artists

DEBBIE ARAGON, AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

The 2024 Department of the Air Force Art Contest opened March 1 and runs through April 30.

Any authorized patrons of DAF morale, welfare and recreation programs and facilities – beginning at age six – can participate in the contest.

Following the success of last year's introduction of three-dimensional art, this year's contest, managed by the Air Force Services Center, again includes both 2D and 3D works of art.

"We're excited to have 3D art be a part of our annual art contest," said Abbie Pollard, AFSVC Community Programs team lead.

With 3D art, the contest now includes items such as hand-made sculptures, basket weaving, jewelry, pottery and quilting, as long as it's three dimensional.

For 2D art, artists can create submissions in oil, watercolor, acrylic, pastel, mixed media, gouache, egg tempera, pen and ink, charcoal, colored pencil, scratch board, markers, and metal point. Digital art isn't included in the contest.

Artists can submit one or two photos of their entry at <https://forcesupport.awardsplatform.com>

no later than April 30 at 11:59 p.m. CDT.

"This is a great opportunity for our Air Force and Space Force families to showcase a talent that reflects the beauty of their creativity," said Naybu Fullman, AFSVC art contest program manager.

"Art increases social interaction, allows for open conversations and expressions of all types of topics, creating a bridge of understanding between diverse groups," Pollard said. "It opens a space for people to feel confident in sharing who they are and expressing their personality."

After the competition closes, a panel of judges will look for impact, creativity and technical expertise when deciding the winners in each of these categories: Adult novice and adult accomplished for those 18 and older at the time of entry. Adult novice category is for new or inexperienced artists while accomplished is for those with knowledge based on education, training, experience, or those who operate as professional artists. Youth categories, based on the age of the artist at the time of submission, are ages 6-8, pre-teens ages 9-12 and teens ages 13-17.

AFSVC will announce the top three winners in each category this summer.

2024 AIR FORCE ART CONTEST
MARCH 1 - APRIL 30

WIN UP TO \$500 IN AMAZON GIFT CARDS IN EACH CATEGORY:
Youth 6 - 8 | Youth 9 - 12 | Youth 13 - 17
Adult Novice | Adult Accomplished

Enter your 2D & 3D Artwork at forcesupport.awardsplatform.com

The 2024 Department of the Air Force Art Contest is underway and closes April 30, 2024. Authorized Air Force morale, welfare and recreation program and facilities patrons ages 6 and older can participate by entering 2- or 3-dimensional art.

U.S. AIR FORCE GRAPHIC | AFSVC

Dakota Flea Market

ND State Fair Grounds
Minot, ND

April 5-6-7

Friday 12:00noon-6:00 pm
Saturday 8:00am-6:00pm
Sunday 10:00am-4:00pm

Admission \$3.00
Vendor Information
dakotafleamarkets@gmail.com
Call/Text Gar 701-550-1318

Kids Admission FREE all Weekend.
Active Military & Veterans' Admission FREE on Sunday.

3 DAY EVENT!

LET'S PLAN YOUR PARTY!

Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!
We have a party space available for all of your fun!
Call for details!

109 South Main St. Minot 701.837.8555

Birthday Parties

X-TREME OR OPEN BOWLING

SUPER PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$195
\$15 for each additional person

MEGA PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$225
\$18 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Bowling, Shoe Rentals, Pop and Ice Cream

1901 NORTH BROADWAY MINOT, ND
NORTHMILLBOWL.COM FOR RESERVATIONS PLEASE CALL 852-4108

You relied on "The Big Guy" at the Tax Center

"Keep your confidence with the one you trust"

Tax Preparation by Clint

35 Years Experience
Expert on Military Returns
All States and International
"Reasonable Rates"

TAX% PREP

Call or Text: (701) 389-2389
Email: taxprepbyclint@gmail.com

BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:
• 10 AM-12:30 PM
• 1 PM-4 PM
• 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

High Air Ground

• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT

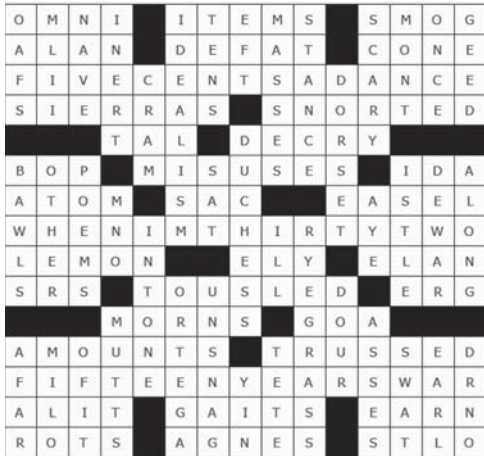
\$55.00

Includes:
• 4 Jumpers
• Marco's Pizza
• Four 16 oz. Drinks
• Additional Jumpers Only \$10!

www.highairground.com

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

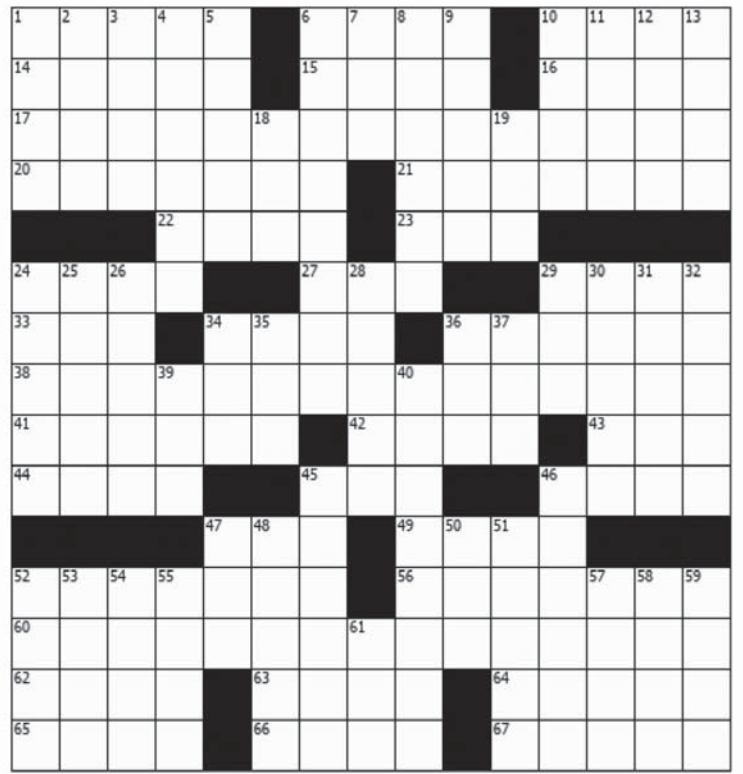
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Capital of Ghana
- 6. Be extremely furious
- 10. A South African
- 14. Billing information
- 15. Country in Asia
- 16. Part of the Ivy League
- 17. The whole story
- 20. Award recipient
- 21. Took a shot in the dark
- 22. Go around in circles
- 23. Rent
- 24. Capricorn sign
- 27. Presidential nickname
- 29. Coral construction
- 33. Provider of accommodations
- 34. Animated fish
- 36. Clavicle connectors
- 38. Provider of accommodations
- 41. Noble's partner
- 42. Industrial show, e.g.
- 43. Seek redress from
- 44. Have fun on a white bed?
- 45. Fare for the toothless
- 46. Dates
- 47. Onassis nickname
- 49. Sixth out of six
- 52. Consultant
- 56. Siege raised by Joan of Arc
- 60. Stonework
- 62. Follower of the news
- 63. Siouan Indian
- 64. Bandleader's concern
- 65. Adam's apple locale?
- 66. Some family rooms
- 67. Radiator attachments



Down

- 1. Aqueduct formation
- 2. Small salmon
- 3. Kinsmen
- 4. Kind of card
- 5. Jetson's pet
- 6. Flipper, e.g.
- 7. Actress Thurman
- 8. Clothes dryer
- 9. Invest with power
- 10. Parting words
- 11. Lifeboat needs
- 12. Word of choice
- 13. Pastoral pipe
- 18. Smoked or jellied dish
- 19. Boxer healer
- 24. The Bee Gees family
- 25. 1995 NBA scoring champ
- 26. "My Dinner With ___"
- 28. Divided nation
- 29. Short mediator
- 30. Do more than bleep
- 31. Come next
- 32. Clotho, et al.
- 34. Compass heading
- 35. Mss. emenders
- 36. It runs in the woods
- 37. Boxing abbreviation
- 39. Word in every theme entry
- 40. Blows up or loses it
- 45. Penzance denizen
- 46. Pioneer item
- 47. Start of a JFK quote
- 48. Fix a yard
- 50. Supply with heaters
- 51. Aversion to exertion
- 52. In a position to help
- 53. Historic Scott
- 54. Hollywood intersection
- 55. Graphic symbol
- 57. People withdraw from them
- 58. Scruff
- 59. Full-house notices (Abbr.)
- 61. Stick or stop starter

HAVE FUN AS A VOLUNTEER AT

Team building?
We have volunteer opportunities that fit your style and your schedule!
Painting, lifting, raking, chopping, staining, picking, etc.

CALL US TODAY!

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

THIS PAGE IS SPONSORED BY:

HOURS:
MONDAY - THURSDAY
11AM - 12AM
FRIDAY & SATURDAY:
11AM - 1AM

21 E CENTRAL AVENUE
DOWNTOWN MINOT

701.852.8183

STARTS FRIDAY AT OAK PARK THEATER

FOR SHOWTIMES VISIT WWW.OAKPARKTHEATER.NET

ARGILLE
(2024) Action, Comedy, Thriller (R)

WONKA
(2023) Adventure, Comedy, Family (PG)

MIGRATION
(2023) Animation, Adventure, Comedy (PG)

BEEKEEPER
(2023) Action, Thriller (R)

HELD OVER

HELD OVER

HELD OVER

RENT THE THEATER FOR EVENTS!
CHECK OUR WEBSITE FOR MORE INFO

1500 4TH AVE NW, MINOT, ND

CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel
290 Peacekeeper Pl
(across from North Plains Elementary School)

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

Northern Lights Chapel
230 Missile Ave
(across from Rockers)

Catholic Mass
Sunday 1000
Daily Monday-Friday 1200

Open Circle (Wiccan/ Neo-Pagan)
1000 on 1st & 3rd Saturdays

Hof (Norse Pagan)
1700 on 2nd & 4th Wednesdays

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094

Saturday, March 30
5PM, No Vespers

Sunday, March 31
10AM, Congregational Prayer Service

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



Break Forth Bible Church

Wednesdays 7:00pm
and Sundays 10:30am

1821 W Burdick Expressway
For More Information:
701.838.2665 | www.bfbc.tv



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

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



Trinity Church

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

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

www.trinitychurchminot.org



Bible Fellowship Church

Worship Service
10:45am Sundays

Sunday School
9:45am



Grief Support Group
meets Mondays at 7:00pm

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

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

Immanuel Baptist Church

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

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

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



First Lutheran Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

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

Only \$9.00
a space / per week



Journey Church

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
email: 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
facebook.com/westminot

St. Mark's Lutheran Church

Missouri Synod



Sunday Divine Service
9:30 AM

Adult Bible Study and Sunday School
11:00 AM

Wednesdays Kid Connection
5:15 PM

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org

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
E-mail: gbcminot@gmail.com

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



OUR SAVIOR LUTHERAN CHURCH
3705 11th St. SW
Minot, ND 58701
701-852-6404
www.oslcminot.com

Rev. Heath Trampe
Rev. Brian Doel

Friday, March 29
7pm Good Friday Service

Easter Sunday, March 31
7:00am Sunrise Service
8:00-11:00am Easter Breakfast
8:15 & 9:30am Traditional Service
11:00am Contemporary Service (with Livestream)

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.com
Join us on facebook



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



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
Website: www.orcsknights.org



Gospel Tabernacle Community Church

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

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

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family 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

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM



OUR REDEEMER'S CHURCH KNIGHTS

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

YOUTH IN ACTION

Minot AFB Exchange Celebrates Month of the Military Child

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AFB EXCHANGE – Throughout April, the Army & Air Force Exchange Service is saluting America’s youngest heroes at Minot Exchange with an exclusive sweepstakes during the Month of the Military Child.

Starting April 1, the Minot AFB Exchange will give away military “brat patches.” Military children can pick up the collectible patch, an exclusive accessory designed by the Exchange for military children since 2017, at checkout while supplies last.

“Military children serve an important role, and the Exchange is honored to celebrate their service and sacrifice,” said Minot AFB Exchange General Manager Kyle Omler. “America’s youngest heroes at Minot AFB can join in the fun at

the BX with a chance to win cool prizes during the month of April.”

Events and offers include:

- An exclusive sweepstakes giving away more than \$23,000 in top trending toys and Exchange gift cards to military kids. Authorized shoppers 18 and older can enter on their favorite military child’s behalf at ShopMyExchange.com/sweepstakes through May 2.

- An exclusive coupon for military children 18 and younger to receive a free treat at participating Exchange restaurants beginning April 1. Coupon is valid for a free side item, fountain drink or dessert. Shoppers can visit the Exchange food court to pick up the coupon while supplies last.

Military children can also receive a free goodie bag and a certificate

of appreciation during Purple Up Day 15-April-2024. Shoppers can contact the BX at 701-727-4717 for more information on the event date and time.

Authorized shoppers can find more information on Month of the Military child exclusive deals, event details, sweepstakes information and more on the Exchange’s community Hub at <https://aafes.media/MoMC24>.

TOGETHER, WE IMPROVE QUALITY OF LIFE Same day appointments available.






1201 11th Avenue SW, Minot, ND
 Phone 701.858.6700, 800.841.7321
 Hours: Monday–Friday 8 a.m.–5 p.m.
cfmminot.UND.edu

WHISKEY NINE

golf. food. cocktails.



www.whiskeynined.com 109 West Central Avenue
 701-837-1090 Minot, ND



Neighborhood HERO

Master Sgt John Silva
5TH FORCE SUPPORT SQUADRON



This week we tip our hats to MSgt John Silva, who led a group of First Sergeants in the development of a new Minot AFB Unit Patch. The patch has been approved, and several have been ordered and will be offered for sale once they arrive. Watch the Northern Sentry for locations and times that the patches will be available for sale. MSgt Silva and his development have certainly captured the spirit of the dual missions at Minot AFB. Congrats to MSgt Silva and his team.

NOMINATE A NEIGHBORHOOD HERO

EMAIL SENTRYSALES@SRT.COM
 INCLUDE NOMINEES NAME, PHOTO AND THE REASON THEY ARE A NEIGHBORHOOD HERO

SELECTED NOMINEES RECEIVE RECOGNITION IN THE NORTHERN SENTRY AND A \$25.00 APPLEBEE'S GIFT CARD


 2302 15TH ST SW, MINOT, ND
APPLEBEES.COM

NOTES ON BEING SAFE

AF needs members to get 'backs' in shape



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



What costs more than \$80 billion a year, affects eight out of ten people sometime in their life and is the leading medical reason for people to miss work?

Another hint: it costs more money and causes more disability than any other work-related injury. It may surprise you that the answer to these questions is back pain. Sometimes there is a specific injury that causes back pain, but most of the time back pain occurs gradually as the result of cumulative daily stress.

There are many things that can be done to reduce the risk for future back injury. Unfortunately, most of us neglect our backs until an injury does occur.

In the Air Force we recognize that a rigid program of preventative maintenance saves countless lives and millions of dollars by preventing aircraft failures. We certainly would not accept an 80 percent mishap rate for the life expectancy of our jets. So why don't people practice preventative care to avoid disabling back pain?

Our back is a complex structure made of bones, muscles and ligaments. Its complexity makes it prone to degenerate naturally with time.

Poor posture, faulty body mechanics, stressful living and working habits, loss of flexibility and strength and general decline of physical fitness all contribute to the back's degeneration. Preventative maintenance slows down the daily wear and tear by keeping the back healthy. Some things you can do to prevent and reduce back pain are: improve posture, increase flexibility, strengthen abdominal muscles, improve overall fitness, quit smoking and lose excess weight.

Improve posture and body mechanics: To improve posture, avoid slump sitting, standing stooped with rounded shoulders or getting into awkward positions. Lifting should be done with your legs instead of your back, and your back should be kept straight (avoid twisting and lifting).

Increase flexibility: To increase flexibility, work on the hamstrings by lying flat on your back with your legs stretched out, then raise one leg as high as you can without bending your knee (hold for 15-30 seconds). Then switch legs. While also on your back, bend each knee individually up to your chest. Then bring both knees up to your chest.

Strengthen the abdominal muscles: Mini crunches, or partial sit-ups where the back remains on the floor, are the most effective way to strengthen your abdominal

muscles without stressing your back. Lie on your back with your knees bent. Slowly raise your shoulders off the floor. Your lower back always stays in contact with the floor. Work on increasing the duration you can perform this exercise.

Get fit: To increase your general fitness there are a variety of exercises you can do. The guideline is to exercise continuously for 20-30 minutes four to five times a week. It doesn't matter what specific activity you choose. It is better if you enjoy the activity because you will be more likely to continue exercising on a regular basis.

Stop smoking: Recent research determined that smoking increases your chances for getting back pain. Nicotine causes contraction of small blood vessels, thus decreasing the vital blood supply to muscles that are in constant use in the back. Smoking also slows down the healing process therefore prolonging the back pain.



Lose weight: If you are overweight, the extra weight puts added daily stress on your back and other joints. This added stress accumulates over time and accelerates the natural degeneration of your spine.

One of the major factors that contributes to the development of back pain is a person's attitude. When people get back pain they fail to accept the responsibility that their neglect has contributed.

People with back pain often believe they shouldn't have to change anything they do. They always say "I've done it that way for years and it never hurt me before." But it is important to understand that it may take years of accumulative stress from bad habits to damage the back before it actually causes pain.

Once the injury occurs, pain is the clue that bad habits need to be changed. Unfortunately, injury should not have to occur before you decide to implement the above recommendations. If you make a conscious effort to take care of your back, you decrease your chances for back pain or at least reduce the severity of it.

So, don't fly in a plane that hasn't had its proper scheduled maintenance. Don't take a trip in a car that has never had its oil changed and don't live with a back that hasn't been properly taken care of. Take care of your back.







Welcomes you to Minot AFB

**Checking & Savings
Online Banking for those on the go!
Loans for Autos, RV's, Life in General**

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive
Minot • 1819 S Broadway


nscu.com





Upcoming Events

02 APR
DINOSAUR CLASS
 9:00 AM - 12:00 NOON
 Magic City Discovery Center
 1545 1st St NW, Minot, ND

Have you ever wondered what it would be like to discover a dinosaur bone or learn about their bone structure? We invite you to come discover some real-life fossil replicas with us. During this class we will also make our own bone fossils or molds and do our best to be creative and assemble a dinosaur with the supplies that are available!
 The Dinosaur Class will be taught by Karen Langemo and will be held in the Community Rooms from 9:00 A.M.-12:00 P.M. on April 2, 2024 - There is no school this day!
 Cost: \$40.50 for MCDC Members, \$45 for Non-Members.



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

09 APR
LADIES' NIGHT AT GOURMET CHEF!
 6:00 PM - 8:00 PM
 Gourmet Chef
 122 Main St S, Minot, ND

Bring a girlfriend to our Shop-Till-You-Drop Ladies' Night at Gourmet Chef! We'll be celebrating the store turning 31 with appetizers, wine provided by Urban Winery, grab bags, vendor set ups, and a raffle! We'll have special deals and groups of 5 or more get a discount for 20% off, applied automatically at checkout!



For more information:
<https://shop.gchef.com/>

12-13 APR
THE BIG ONE CRAFT FAIR - MINOT SPRING SHOW
 10:00 AM - 8:00 PM FRIDAY
 9:00 AM - 5:00 PM SATURDAY
 North Dakota State Fair Center
 2005 E Burdick Expy, Minot

Our 2024 shows kick off in Minot on April 12th and 13th, 2024 at the ND State Fair Center!
 Shop from over 150 vendors filling 275+ booths with arts, crafts and baked goods that all have a touch of being handmade! The doors are open on Friday, April 12th from 10am-8pm and Saturday, April 13th from 9am-5pm!
 Admission, \$5 at the door only. 12 and under are free!



For more information:
<https://thebigone.biz/minot-spring-show/>

26 APR
IMAGICON
 9:00 AM - 12:00 NOON
 Minot Municipal Auditorium
 420 3rd Ave SW, Minot

iMagicon is back for our 10th Year Anniversary!
 This fan-driven pop culture event blends a variety of genres and fandoms together under one roof.
 From cosplay to anime to sci-fi to gaming, there is plenty to explore at the 3-Day event.
 iMagicon After Hours begins in the evenings and runs for two nights as well - so get ready for some epic fun! Learn more at imagiconnd.com



For more information:
<https://imagiconnd.com/>

NEW Community at the Northern Sentry

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



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

HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

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



North Plains March Star Students

MISS JOCHIM'S KINDERGARTEN CLASS
 Adam T.
 Azalea B.
 Isabella A.
 Tayden C.

MRS. BURN'S 3RD GRADE CLASS
 Amelia M.
 Aris C.
 Jett K.
 Laila Sanon

MRS. HOADLEY'S KINDERGARTEN CLASS
 Isabella S.
 Jensen G.

MRS. PETERSON'S 3RD GRADE CLASS
 Bryndi H.
 Evette C.
 Scarlet M.

MRS. LITTLE'S 1ST GRADE CLASS
 Emily H.
 Kameron J.
 Lil C.
 Tank D.

MRS. LAKODUK'S AND LEESON'S 4TH GRADE CLASS

Aubrey B.
 Marcus R.
 Scarlett B.
 Wyatt H.
 Everly K.
 Callen M.
 Mia M.
 Nicolas W.
 Piercen P.

MRS. WHITE'S 1ST GRADE CLASS
 Evelyn B.
 Serenity M.
 Greyson S.
 Wesley S.

MRS. BRAATEN'S 2ND GRADE CLASS
 Camilla R.
 Harvey M.
 Mason S.
 Romina HG
 Hunter S.

MISS POTTS' 5TH GRADE CLASS
 Jada C.
 Charlotte L.
 Jaxon J.
 Theo H.

MRS. FILKINS'S 2ND GRADE CLASS
 Delaney K.
 Aiden C.
 Janessa L.
 Marjorie AM
 Mia H.

The Spirit Award went to - Kindergarten. Miss Jochim and Mrs Hoadley's Class
 Recess - Mrs. Peterson's 3rd Grade Class
 PE - Mrs. Braaten's 2nd Grade Class
 Music - Mrs Lakoduk's 4th Grade Class

PURPLE UP DAY

3 April 2024

April is Month of the Military Child, where the sacrifices made by military connected students and families are honored and recognized.

Purple represents the melding together of each branch of the United States Armed Forces.

Join North Dakota and show support for the military youth by wearing purple on, 3 April 2024!



FORCE SUPPORT SQUADRON **5THFORCESUPPORT.COM**



DISCOVER. CREATE. EXPLORE. PLAY.

MAGIC CITY DISCOVERY CENTER
MagicCityDiscoveryCenter.com
 701-858-7529

YOUTH IN ACTION

Purple Up Day




JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-12
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM

It is almost time for North Dakota to “Purple Up” in celebration of military connected children statewide across all services on April 3rd, 2024! We are beyond thrilled to partner with incredible stakeholders to host the Month of the Military Child (MOMC) Proclamation Event at Memorial Middle School at Minot AFB on April 3rd, 2024 with Lt. Governor Miller!
Note: No federal endorsement intended.

When:
April 3, 2024
10am - 10:45am

Where:
Memorial Middle School
1 Rocket Rd, Minot AFB, ND 58704

Celebrating our military connected children!

Featuring •
Proclamation Presentation by Lt. Gov. Tammy Miller **RSVP**
Comments from state, community, and military leaders



#PurpleUpND



main street BOOKS
NEW & USED
"Best Toys in Town"

STORYTIME

and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!
10% Off Everything. Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srf.com



MEXICO

AUTHENTIC MEXICAN FOOD

3816 SOUTH BROADWAY
MINOT, ND
701-858-0777

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

MON-THUR 11 AM TO 10 PM
FRI-SAT 11 AM TO 10:30 PM
SUN 11 AM TO 9 PM

WWW.MIMEXICOMINOTND.COM



OUTDOOR

REPORT



by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, March 25: 1,835.4 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.15 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.2 MSL.
*N.D. Game & Fish Dept. game wardens: Dangerous thin ice along the shorelines on Lake Sakakawea. No reports from north-central area lakes or Devils Lake.

*Devils Lake, Ed's Bait Shop, Devils Lake: Fair walleye success with some anglers walking onto Devils Lake.
*Devils Lake, Woodland Resort, Devils Lake: A few anglers still walking onto Devils Lake with fair walleye success. Work shallow but beware of open water around the bridges.
*Lake Darling, Karma C-Store, Ruthville: Little activity and no new reports from Lake Darling due to weather and poor ice.
*Lake Metigoshe, Four Seasons, Bottineau: Little activity due to weather with anglers generally now waiting for open water.
*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No reports from the east end of Lake Sakakawea and Lake Audubon. No access recommended due to thin ice over previously open water along lake shorelines.
*Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: A few anglers

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



- April 5 – 7: Minot Curling Club Short Sleeve Bonspiel.
- April 6: Ducks Unlimited banquet, Upper Missouri Valley Fairgrounds, Williston, 5 p.m.
- April 13 & 14: USPSA Match, Minot Rifle & Pistol Club.
- April 13: Spring turkey season opens.
- April 13: Maple Sugaring Day, Fort Stevenson State Park, Garrison, 10 a.m.
- April 13: Easter Egg Hunt, Lewis & Clark State Park east of Williston.

still on the search for pike but use extreme caution with thin ice and snow covering what was open water along the shorelines on the east end of Lake Sakakawea after last weekend's storm.
*Lake Sakakawea, New Town: No new reports from the Van Hook Arm or river portion of Lake Sakakawea around New Town.
*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited activity on the Missouri River tailrace and no new reports.
*Lake Sakakawea/northwest N.D. lakes, Scenic Sports,

Williston: Some activity on the Missouri and Yellowstone rivers with open water and boat access at the pump house.
*Lonetree WMA area lakes, Harvey: No activity on area lakes.
*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes. The Souris River remains low and ice slumped.
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.



WOODLAND RESORT

Fish North Dakota's Premiere Ice Fishing Lake

701-662-5996
WOODLANDRESORT.COM





RTA GRADUATION (MARCH 2024)

Team Minot conducted the Resiliency Training Assistance Program graduation in celebration of the Airmen that completed the course. Congratulations! More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

Culver's
Welcome to delicious.®

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
3000 S Broadway Minot, ND 58701
701-852-4800

Vibeto Orthodontics

BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS (701) 839-6010
2615 Elk Drive Suite 2
Minot, ND 58701

BAKED CORNBREAD WITH CORN & HONEY BUTTER

Home of ECONOMY

INGREDIENTS
4 WHOLE CORN, EARS
1 CUP CORNMEAL
1 CUP ALL-PURPOSE FLOUR
2/3 CUP WHITE SUGAR
1 1/2 TEASPOON BAKING POWDER
1/2 TEASPOON BAKING SODA
1/2 TEASPOON SALT
1/2 CUP BUTTER, SOFTENED
1 CUP BUTTERMILK
2 WHOLE EGGS
1/4 CUP HONEY
1/2 CUP BUTTER, SOFTENED

When ready to cook, set temperature to high (500 ° F) and preheat, lid closed for 15 minutes. Peel back the outer layer of the corn husk keeping it attached to the cob. Remove the silk from the corn and place the husk back into place. Soak the corn in cold water for 10 minutes. Place the corn directly on the grill grate and cook for 15-20 minutes turning occasionally until the kernels are tender. Remove from grill and set aside. Turn the grill temperature down to 350 ° F.

In a large separate bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt. In a separate bowl, mix together the butter, buttermilk, and eggs. Pour the wet mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy). Pour the batter into a greased 9" x 13" baking dish.

Cut the kernels from the corn and sprinkle over the top of the batter pressing the kernels down with a spoon to submerge. Bake the cornbread until the top is golden brown and a tester inserted into the middle of the cornbread comes out clean, about 20 to 25 minutes.

Remove the cornbread from the oven and let cool for 10 minutes before serving. To make the honey butter, mix honey and butter until combined. Serve with warm cornbread. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

FIND THE RIGHT FIT.

Tour our HOUSING OPTIONS

CPM
701.852.5028
CREATIVEMINOT.COM

CLASSIFIEDS

www.northernentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

HELP WANTED

CARRIERS NEEDED

The Northern Sentry is now hiring carriers to deliver papers on Minot AFB.

Call or Text 701-833-9007 for more information.



northern sentry

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at: 605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at mmackey@kalixnd.org 701-852-1014

FLEA MARKET



— MINOT, NORTH DAKOTA —

ANTIQUES, JUNK, OLD & NEW DAKOTA FLEA MARKET

NEXT MARKET DATES: APRIL 6 & 7, 2024

N.D. State Fair Grounds. Admission: \$3. Kids Admission Free All Weekend.

Active Military & Veterans' Admission Free on Sunday. Vendor information: dakotafleamarkets@gmail.com or call or 701-550-1318

THRIFT STORE



A Little Bit Of Everything... With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway

Furniture, Tools, Movies, Misc. & Interesting Items
Monday - Saturday - 8:30 AM to 6 PM
Sunday - 12 PM to 5 PM

15% Military Discount!
<https://www.facebook.com/4rhomethrift>

Back Door Treasure's



Minot's Newest & Biggest Thrift Store is

NOW ACCEPTING

ALL donations, estate settlements, and commercial (rental & real estate left behinds)

105 1st Street. SE Minot
Open 9-6 Mon-Sat
(701) 837-1819

SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

AUTOMOTIVE

NORTHERN AUTO AUCTION

1st & 3rd Saturday Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995



4DR, with extended warranty, with plenty of warranty left. No issues or rust. Front wheel drive. Mileage 58880. \$10,000. More pictures available just ask. 701-500-1611

April 19

FOR SALE: 1977 CHEVY CORVETTE



350 c.i. motor with vortex heads and new sanderson headers, numerous other upgrades recently completed. Air Cond, T-Tops. Recently serviced/up-graded TH350 3 speed transmission. New tires and exhaust. Suspension, brakes, rear diff all recently serviced. New paint (PPG Delfleet single stage), front and rear clips. Many new trim parts including glass. New carpet, steering wheel, Alpine stereo with 4 speakers. Clock up-graded to quartz. Original owners manual and car cover included. You will not find a cleaner, nicer 70's Vette at a reasonable price. \$26,000. Rod Krause 701 721 5095

tfm

AUTO BENT UP OR JUNKED??

Would like to buy... Running and non-running cars. Call 701.240.2147

tfm

\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

tfm

RENTALS

2 BEDROOM APT. Partially Furnished. Off street parking. Washer/Dryer. Call for more information. 701-833-9943, 701-240-5007

Mar 8

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Matt or Peggy at IPM. 852-1157

tfm

WANTED

UNWANTED CARS, TRUCKS & SCRAP METAL.
Call 701.240-7453

tfm

IF YOU HAVE A SMALL DOG, REPTILE OR BIRD that you no longer can care for, call me or text me at (701) 822-3455

tfm

BUSINESSES & SERVICES

AUTOMOTIVE

QUICK CASH!!

Running & Non-Running Cars & Trucks



Edwardson Sales
839-9512

We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

REAL ESTATE

BUYING or Selling?



I CAN HELP YOU!

Odalis Jones Martinez
RE/MAX Bakken Realty
REALTOR®
English, Spanish

CONTACT ME!

(662) 497-0596

odalismart97@gmail.com

@odalisjonesmartinez_realtor

www.bakkenrealty.com



Contact Rod Wilson to get your business listed here!
701.839.0946
sentrysales@srt.com



HOURS:

Monday-Friday 7am-7pm
Saturday 7am-4pm
Sunday 10am-3pm

425 Burdick Expy W Minot, ND 58701

(701) 852-3301

Proud to serve Minot AFB

ACCOUNTANT

BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradmartz.com

PET GROOMING

KING'S MANE CAT GROOMING

OFFERING YOUR CAT THE ROYAL TREATMENT
CALL 701-240-7291
FOR AN APPOINTMENT OR VISIT US ONLINE
KINGSMANEACATGROOMING.COM

HOBBY SHOP

AEROPORT HOBBY SHOP

RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues. We Have GUNDAM!

838-1658

2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

northern sentry

MINOT AIR FORCE BASE NEWSPAPER
www.NORTHERNSENTRY.COM

CLASSIFIEDS

www.northernsentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 8 Jan-10 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

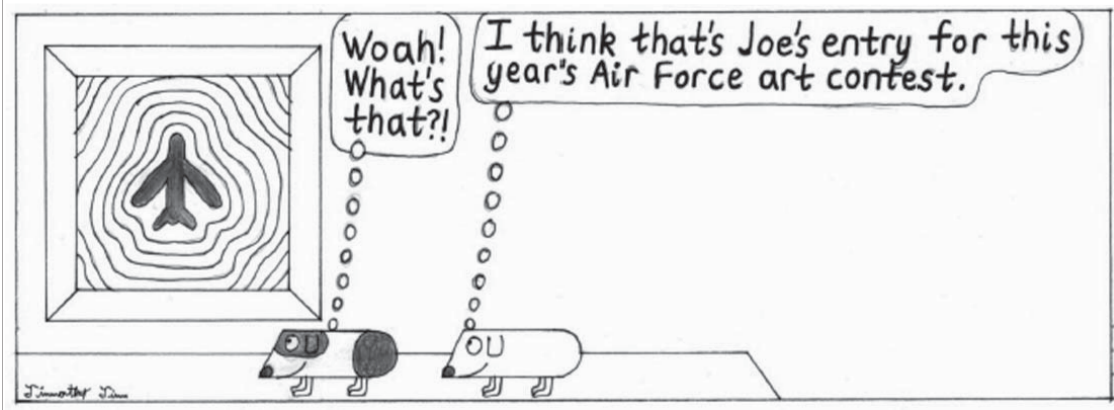
PARK UNIVERSITY MINOT –

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. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU




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

Month of the Military Child (MOMC) Working Group

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

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

Holocaust Days of Remembrance Volunteers

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

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

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

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

Junior Achievement (JA) Program Volunteers

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

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

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>

POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil
or 723-5184.

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

Volunteer Coaches

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

- Ages 3–4-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the fields behind the Youth Center

- Ages 5–6-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 at the fields behind the Youth Center

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

- Ages 9–12-year-old Baseball/Softball: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the Youth Center

All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status or previous background checks completed outside of Child and Youth Programs. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.

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

Magic City Civil Air Patrol Composite Squadron

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

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

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

POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.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

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





FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

APRIL 2024



ALEXANDRA IPINA

What do you enjoy most about being an FCC Provider?

What I enjoy most about being a provider is being able to watch how each child learns and processes things differently. Also, seeing them get so excited for the little things is so heartwarming and makes my heart happy.

What are your interests/hobbies?

One of my interests/hobbies is that I really enjoy playing tennis. I used to play in the Varsity team back in high school and it's just something I've kept since then. I

also do enjoy playing video games from time to time.

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

Advice I have for new providers is to take it slow and not feel so pressured with all the overwhelming information at the start. It's not an easy job and it definitely takes a lot but seeing them smile at the end of the day and then giving you random hugs throughout the day, makes it all worth it.

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

2 Winners Every Week!

BADLANDS
RESTAURANT & BAR

WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

No Limit, Enter As Many Times As You Wish!

SPONSORED BY

NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

NEW LICENSES; NEW FISHING THE SKY IS ALIVE: IT'S SPRING MIGRATION

Patricia Stockdill

Little tidbits of inspiration began trickling in slowly at first. As daylight inches longer and longer, the sun stretches higher in the sky, and gentle warming temperatures filter through one's body, each passing day brings more inspiring reminders that life goes on in a joyous way. It's spring and migration is underway with even more yet to come.

Birds in a variety of sizes and destinations are focused on one thing: Their mission is life itself, especially for those who must take flight on journeys of several hundred, or, indeed, several thousand miles simply to get back home to nest.

To continue life. Migration is essential for many birds. It means life or death, not just for themselves but for an entire species, if they can complete their mission.

Yet given the intensely critical nature of that mission, for the humans on the ground privileged to observe their spring and fall flights, it's simply a marvel.

And a reminder that yet another spring has arrived, even if it felt like it back in February.

Or, to borrow the words of one birder with a post on an avian social media birding site, "This time of year is so joyful with returning birds."

It is joyful even if it's muddy, trees are still bare, and grass is brown. Yet if a person looks closely, hints of green already appear in some parts of lawns.

Throng of Canada geese have been moving in and through – and staying – for the past few weeks. Heck, a record number of them lounged on the Missouri River tailrace below Garrison Dam all winter rather than expanding energy flying any farther south than was necessary.

Maybe they knew something we didn't. Maybe they knew it would be a mild winter.

Or maybe they're smart enough to conserve that valuable energy for nesting rather than flying south.

Crows are social creatures. Their morning gatherings as they awaken can be quite boisterous as they prepare for flight departure or land for their evening roost and rest while en route to their summer destinations. They're moving through parts of North Dakota, as are snow geese.

Soon reports of the wide array of hawks and other raptors begin. And meadowlarks.

The first bluebird arrivals are much beloved as they return to their nesting boxes often crafted by human hands.

And in April purple martins truly signal spring's arrival. Bald eagles – the ones that didn't winter along the Missouri River like the Canada geese - will make their way along open waters of rivers throughout the state, soaring, gliding, and weaving their way to a meal they detect on the ground or even in flight. Ducks and mergansers will be trickling in.

Reports of killdeers will increase as April progresses. Sandhill cranes will be arriving, sometimes with their rare cousin, the endangered whooping crane. North Dakota is smack in the heart of the whooping crane migration between their southern Texas wintering grounds and northern Canadian breeding grounds. Every single whooping crane in North America with the exception of the resident Florida flock and the Wisconsin colony fly over North Dakota.

Every single one of them.

They're a joy for anyone fortunate enough to see one. They provide yet another opportunity to appreciate the extreme toil that is migration.

Other birds will be arriving, including gulls and terns. Some will stay, calling North Dakota home for the summer, including many duck species. After all, North Dakota is also heart of the Lower 48 breeding duck population for species such as mallards and gadwalls.

Other birds will simply fly over the state, not even pausing. Some will stop to rest, perhaps feed a little, and then move north to Canada. For others, the journey doesn't end until they reach the farthest northern points of the Canadian Arctic tundra.

Go online and search some of North Dakota's major U.S. Fish and Wildlife Service National Wildlife Refuges, such as J. Clark Salyer near Upham and Upper Souris near Foxholm, to download their list of bird species to help with identification. Bird identification guides and apps can also be found online simply by googling.

Look to the sky this spring. Go outside and listen. Observe the trees and the prairie. Spring is here and so, too, are the birds. It is in indeed a joyous time of year.

BEST SMOKED RIBS & BRISKET IN TOWN!
FRESH SMOKED MADE FROM SCRATCH RECIPES
1412 2ND AVE, SW. MINOT
701.839.9140
BONESBBQMINOT.COM

WHAT'S GOING ON MINOT AFB

FRIDAY 29

- Registration Closes: Youth Baseball, Softball & T-Ball, Youth Center
- Senior TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Project Enigma, 0800-1500, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

SATURDAY 30

- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center
- Saturday Cinema, 1730-2130, Rockers Bar & Grill

SUNDAY 31

- Women's Her Story Month Ends, Dakota Inn Dining Facility
- Easter Bunch, 1030-1300, Jimmy Doolittle Center
- Easter Sunday Special Bunch, 1030-1330, Dakota Inn Dining Facility
- Eggstravaganza, 1100-1315, Building 164, hosted by the Youth Center

MONDAY 01

- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library

TUESDAY 02

- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Thrift Savings Plan for Civilian Employees, 1300-1500, M&FRC
- DIY Art & Resin Charcuterie Boards, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 03

- Purple Up Day
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Strength & Tone, 1000, McAdoo Fitness Center
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Rockin' into Month of the Military Child, 1445-1730, Youth Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

THURSDAY 04

- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Bring Your Own Board Game Night, 1630-1730, M&FRC
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 05

- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

SATURDAY 06

- Time Gumshoes Escape Room Game Begins, Minot AFB Library
- Zumba, 1100, McAdoo Fitness Center

EGGSTRAVAGANZA!

31 MARCH 2024
11:00AM - 1:15PM
BUILDING 164

JOIN US FOR A FREE KIDS EVENT HELD IN THE BUILDING ACROSS THE STREET FROM THE JIMMY DOOLITTLE CENTER!

GET YOUR PICTURE TAKEN WITH THE EASTER BUNNY AT OUR PHOTO BOOTH!

KIDS EGG HUNT SCHEDULE	
TIME	AGE
11:00-11:15	0-1 YEARS
11:30-11:45	1-2 YEARS
12:00-12:15	3-5 YEARS
12:30-12:45	6-9 YEARS
1:00-1:15	10+ YEARS

FOR DETAILS, CALL THE YOUTH CENTER AT 723-2838

FORCE 5THFORCESUPPORT.COM

MAFB Introductory Flight

13 Apr 24

\$20/person

Outdoor Rec
Arrive by 8:30 am
Departing 8:45 am

Transportation &
Lunch included

Single Airmen ONLY

Register 25 Mar - 10 Apr

Limited spots available, stop by Outdoor Recreation to reserve yours today!

For more information visit:

<https://minotaerocenter.com/flight-instruction/>

723-3648

FORCE 5THFORCESUPPORT.COM

ART RESIN CHARCUTERIE BOARDS

ARTS & CRAFTS CENTER

2 APRIL 2024 • 5:30PM - 6:30PM



CREATE YOUR OWN CHARCUTERIE BOARD IN THIS STEP-BY-STEP CLASS, CALL TO RESERVE YOUR SPOT TODAY!

COST \$10

723-3640

FORCE 5THFORCESUPPORT.COM

MARCH SPECIALS

Bomber Bistro Featured Item

St. Paddy's Pizza

A small, cheese pizza with bell pepper slices, sausage, and onion

The B-Fifty Brew Featured Item

Luck of the Irish Burner

Cocoberry Red Bull with lime and coconut flavoring.

Rockers Bar & Grill Featured Item

Fish & Chips

Two English-style battered cod fillets served with crispy fries and tartar sauce.

GAS UP. SNACK UP. GET GOIN'.

FUEL RESTROOMS COFFEE FOOD & DRINKS

2625 N. Broadway

2005 N. Broadway

1105 S. Broadway

7141 US HWY 2

ON the RUN

CLOSER TO YOUR DESTINATION



MINOT
INTERNATIONAL AIRPORT
MOTAIRPORT.COM

DIRECT FLIGHTS
MINNEAPOLIS LAS VEGAS
DENVER PHOENIX

