



WHAT'S INSIDE THIS WEEK:



B-52 BOMBERS DEPLOY TO MIDDLE EAST

A2



EXPANDED CHILD CARE: BALANCING PARENTHOOD AND THE GLOBAL STRIKE MISSION

A11



WINTER BUSSING 2024-2025

B6



Members of Team Minot gather for the grand opening of the McAdoo Fitness Center Athletic Dome at Minot Air Force Base, North Dakota, Nov. 1, 2024. The dome is currently the only indoor satellite track and field facility within Air Force Global Strike Command and the only one located at an Air Force installation that qualifies for cold weather incentive pay.

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



INSIDE TODAY'S EDITION

TRIBUTE TO SERVICE

VETERANS DAY 2024



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

B-52 Bombers Deploy to Middle East to Deter Iran, More F-15E Fighters to Come

CHRIS GORDON, AIR & SPACE FORCES MAGAZINE

U.S. Air Force B-52 Stratofortress bombers have arrived in the Middle East to deter Iran and its proxies, the U.S. military announced Nov. 3. It is the first time that B-52s have deployed to a base in the region since 2019.

The U.S. is deploying a total of six B-52s, an additional squadron of F-15E Strike Eagles, and more aerial refueling tankers to support those aircraft, U.S. officials told Air & Space Forces Magazine.

The fresh airpower is designed to compensate for the upcoming departure of the USS Abraham Lincoln carrier strike group, U.S. officials said. It also comes as senior Iranian officials have threatened to attack Israel following Israel’s retaliatory airstrikes on Iranian air defenses and ballistic missile production sites Oct. 26.

“These movements demonstrate the flexible nature of U.S. global defense posture and U.S. capability to deploy worldwide on short notice to meet evolving national security threats,” Pentagon Press Secretary Air Force Maj. Gen. Patrick S. Ryder said in a Nov. 1 statement.

The U.S. military did not say where the B-52s, which are from the 5th Bomb Wing at Minot Air Base, N.D., will be based in the region. But cargo aircraft originating in Minot have arrived at Al Udeid Air Base, Qatar, in recent days. Al Udeid is the largest U.S. base in the Middle East and has previously hosted

B-52s.

The Lincoln battlegroup includes warships capable of shooting down ballistic missiles. U.S. cruisers and destroyers weapons helped defend Israel from Iranian ballistic missiles in April and October. Defense Secretary Lloyd J. Austin III has also ordered more missile defense-capable destroyers to the region.

“These forces will begin to arrive in coming months,” Ryder said.

These moves come on the heels of other steps the Pentagon has taken to strengthen the U.S. military posture in the region.

Last month, the U.S. deployed a Terminal High Altitude Area Defense (THAAD) ballistic missile defense system to Israel along with nearly 100 U.S. troops to operate it. Some 2,000-plus Marines are in the eastern Mediterranean as part of an Amphibious Ready Group

Marine Expeditionary Unit (ARG/MEU) led by the USS Wasp amphibious assault ship.

A fresh squadron of F-16s, the 480th Fighter Squadron from Spangdahlem Air Base, Germany, deployed to the Middle East in late October. KC-46 Pegasus tankers deployed to CENTCOM in early October before Austin ordered more airpower to the region.

Austin made the decision on the B-52s and other assets “in keeping with our commitments to the protection of U.S. citizens and forces in the Middle East, the defense of Israel, and de-escalation through deterrence and diplomacy,” Ryder said. “Secretary Austin continues to make clear that should Iran, its partners, or its proxies use this moment to target American personnel or interests in the region, the United States will take every measure necessary to defend our people.”



B-52H Stratofortress strategic bombers from Minot Air Force Base’s 5th Bomb Wing arrived in the U.S. Central Command area of responsibility Nov. 2, 2024.

U.S. AIR FORCE PHOTO

Hensen's

FUR & LEATHER

Men's & Woman's Fine Leather Jackets

Huge Selection – Great prices

Ladies V-Italia Boots & Shoes

European Fashion & Comfort

Best selection anywhere of Quality Men's & Ladies Leather Gloves

- Bowron Sheepskin Rugs
- Beautiful Selection of Brighton Jewelry
- Fur Coats, Hats, and much more!

Proud to Support Minot AFB

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

2001 8th Ave. SE, Minot
701.720.0215
701.720.4494

Minot's Hotspot for all things
Antique, Vintage, & Repurposed!
2100 SQ. FT.

Open THURSDAY-SATURDAY
NOV 7-8-9
10AM-5PM

Buying and Selling everything
antique, vintage and retro!

**5 DAY MONEY BACK
30 DAY EXCHANGE**

3520 S. BROADWAY

CARTIVADOFMINOT.COM

the northern sentry Salute

SSgt Shenille Bendickson

5TH OPERATIONS SUPPORT SQUADRON

Hometown: Alva, Oklahoma

As the Ops Group Unit Training Manager, SSgt Bendickson played a critical role in shaping the competence and readiness of our force. Through meticulous management and dedication, she ensured the training, qualification, and proficiency of 359 personnel across 14 specialties covering 3 separate squadrons. Through her commitment to excellence, she uncovered 60 errors during a full record scrub, ensuring Ops Group Airmen were qualified for world-wide taskings which directly contributed to Minot's ability to conduct Bomber Task Force deployments.

GAME SALUTE: FRIDAY, NOVEMBER 15

SrA Steven Manriquez

91ST MISSILE SECURITY FORCES

Hometown: Atlanta, Georgia

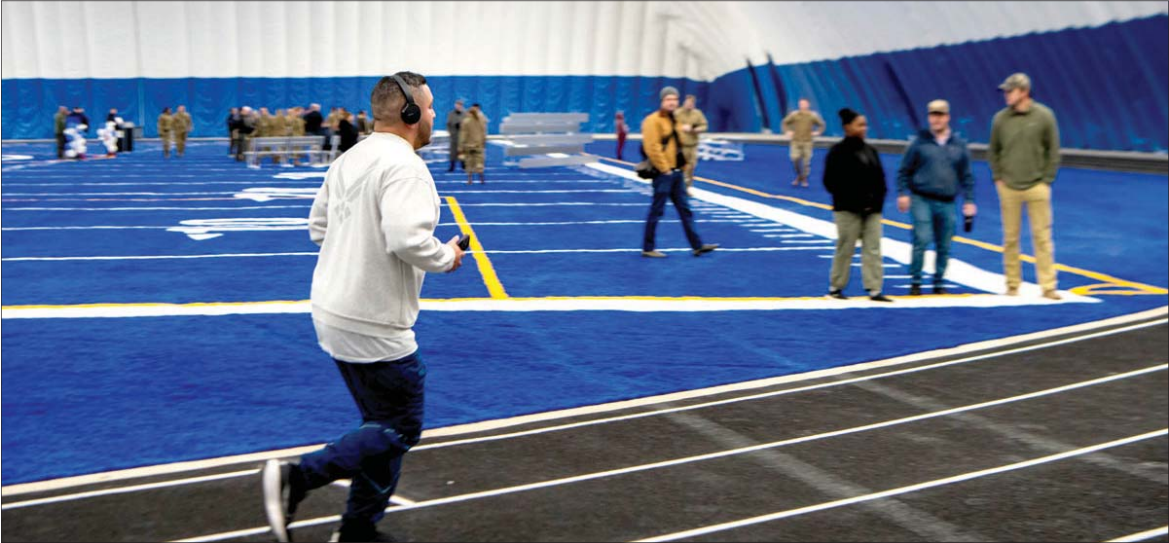
Senior Airman Manriquez has led the defense of 180 maintenance operations throughout Minot's missile complex and was recognized as his unit's top rifle shooter out of 197 personnel, during a full squadron training deployment to Wyoming. Additionally, he has provided valuable mentorship and sportsmanship to our Minot youth over the last three years while coaching community soccer teams.

GAME SALUTE: SATURDAY, NOVEMBER 16

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.

It Changes The Entire Skyline

Ribbon Cutting Held for New Fitness Facility



A Team Minot Airman runs on the newly opened McAdoo Fitness Center Athletic Dome at Minot Air Force Base, North Dakota, Nov. 1, 2024.

ROD WILSON, NORTHERN SENTRY

re-sil-ient
Able to withstand or recover quickly from difficult conditions.

The dream of an indoor facility that can accommodate the needs of Minot Air Force Base has come true with the opening of the new Fitness Center (yet to be given an official name) Dome facility that will officially open on November 15th.

“Today Minot Air Force Base becomes more resilient” said Col. Jesse Lamarand at the official ribbon cutting held on Friday, November 1st. MAFB and civic leaders gathered to cut the ribbon, but some work remains before the official takeover of the facility according to TSgt. Trevor Boutin who is acting Fitness Center section chief. “Our staff worked with contracting and CE to oversee the bubble getting set up and then to take over the function of it. When that happens it just becomes another piece of equipment. It will host physical activities and intramural sports, and lastly for family use when scheduling allows.”

Looking more like a huge pillow, or as some have jokingly called it, the big marshmallow, the Fitness Center will be year round and climate controlled. Even though the Fitness Center will not officially open until November 15th, TSgt Boutin emphasizes that the facility will be open immediately while the finishing work installing cameras and HVAC systems, “but we are very close” according to Boutin. The operating hours will mirror the other MAFB fitness center, Monday through Friday from 0500 to 2100 and Saturdays and Sundays 0800 to 1600, and on holidays and family days it will be closed. “Once the cameras are installed it will turn into a 24/7 access facility, with access gained through a card system, using a CAC card, or if you don’t have a CAC card, a proxy card, that will unlock the doors. With our dual wings, Minot Air Force Base has a unique mission, so if you so desire you can access the facility even at 3 AM” explains Boutin.

Boutin anticipates the Fitness Center will get a lot of use for squadron PT, but potential activities can be schedule by calling (701) 723-2145. Currently we are going to allow 2 squadrons to use the facility at the same time, basically cutting the field in half.”

There is no question that the new Fitness Dome dominates the skyline of Minot Air Force Base. TSgt. Boutin said that when

new airmen are brought into the facility they are mostly speechless. “They look up and see the 87 foot peak of the ceiling and they are thinking about all the potential the facility has especially during the wintertime when it is cold. It’s been a great response from the airmen and the community. A ton of excitement, and a ton of events we plan on hosting here in the future. The sky is definitely the limit.”

The dome is fully insulated,

and definitely secure so that it can withstand the elements, including the high winds that frequent Minot Air Force Base.

Even though the new turf at the Fitness Center is blue, it seems to be the right color for a facility on Minot Air Force Base. And even for a base that houses B 52 bombers in expansive facilities, the expanse of the dome will certainly impress those who are stationed here today, and in the future.

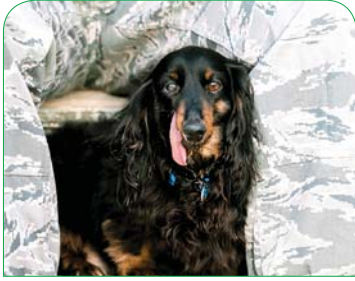


Minot AFB opens the McAdoo Fitness Center Athletic Dome at Minot Air Force Base, North Dakota, Nov. 1, 2024.

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

All About Pets

AF Life with Pets



Elmer Fudd, Dogs on Deployment Mascot 2019 with USAF Capt. Bryan Moore

As many Airmen and families already know, military life is not easy. Here are a few tips to help you make manage your busy Air Force life while also taking proper care of your pet!

- Get a low maintenance pet—snakes, certain varieties of fish, hamsters and other rodents, and turtles are just a few ideas of pets that are relatively low maintenance compared to your everyday dogs and cats. It’s still important to provide adequate enrichment, environments, and food for them, but if you do all those things, these pets will be just fine during long work hours. Be sure to check with you housing authority first to make sure these pets are allowed.
- Find a “lazy” pet—high energy and working dog breeds are not recommended for owners who are away from home a lot and do not have the time, energy, and resources to keep their dogs fully enriched. You could consider bringing home a characteristically “lazy” breed instead. Basset Hounds, Boston Terriers, Bull Mastiffs, and Maltese are a few dog breeds that pop up often in the conversation around low-energy breeds. However, it’s still important to note that all dogs are different. You may find a dog that is a couch-potato by nature, or you may find a “low-energy” dog that wants to go 24/7. Make sure you consider the needs of certain breeds and individual dogs (or cats) before adopting, and even if you have a low-energy dog, you still need to meet their basic requirements. Which is why working people should consider . . .
- Outside help—for shorter periods (a week in the field, a 12 hour day at work), it would

be beneficial to hire a pet sitter, dog walker, or even a neighbor or family member who is willing to help out. While some pets won’t go crazy at home all day, they still need to be provided with socialization and enrichment. See if you can find someone to pop in every few hours to play with, feed, and let your pet outside! Doggy daycare is a great option for many canine parents, and while cats and other small pets are usually alright left alone, it’s never a bad idea for them to have someone to play with. Don’t be afraid to reach out to the base community through Facebook or your friends/family for help if you’re feeling overwhelmed with your pet-parental duties. Chances are there is someone out there who is willing to help you and your pet out.

- For bigger challenges, consider finding a temporary foster home for your pet. Family members, close friends, and even willing community members are always options for long-term pet care instead of rehoming. There are also “deployed pet” help sites that can connect you with temporary fosters, such as Dogs on Deployment and Guardian Angels for Soldier’s Pets. If you’re thinking about rehoming your pet due to the cost of PCSing with them, consider applying for SPCA International’s Operation Military Pets grant.

Taking care of pets is a big responsibility, but when we bring them into our home, it’s our duty to treat them with the care and love that they give us as well. Military life can make it more difficult, but there are so many resources out there to help.

**Simonson
STATION STORES**

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

**NOVEMBER
MILITARY DISCOUNTS**
**10 CENTS OFF
PER GAL.***
**\$4.00 OFF
PREMIUM CAR WASH***
*Minot Location Only

**Wrangler
NFR**
LAS VEGAS 2024


**VEGAS TRIP GIVEAWAY | NOV 8**
Qualify: Oct 21 - Nov 7 | Register: Nov 8 from 2 PM - 6 PM

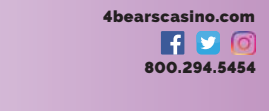



**carly pearce
hummingbird**
2024/2025 world tour
NOV 9
Tickets on Sale Now!
Fun buses available!

**SILVERADO
SHOWDOWN**
WIN A 2024 CHEVY SILVERADO HIGH COUNTRY
DEC 7
QUALIFY: Sept 8 to Dec 6 | REGISTRATION: Dec 7 from 3 PM - 6 PM

**Roots & Boots**
90's Electric Throwdown
January 18
**TICKETS ON SALE DEC 9**

**90'S
PARTY CRUISE
GIVEAWAY**
JAN 4
Royal Caribbean's
Serenade of the Seas
Cruise Package for 2
Airfare to Tampa,
Cruise to Cozumel
& Costa Maya

**4 BEARS
CASINO & LODGE**
4 MILES WEST OF NEW TOWN

**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.

**Your favorite
neighborhood
store serves
up big fun.**

Join Our Pack!
Sign up in store or online today.
Preferred Pet Club Benefits Include:
Freebies, exclusive coupons,
member only pricing,
birthday gift for your pet.

**PET SUPPLIES PLUS.**
Minus the hassle.

2215 16th St NW, Minot, ND
701-857-4070
HOURS Mon–Sat: 09:00 AM - 09:00 PM
Sun: 10:00 AM - 06:00 PM

**Stay Connected
with Pet Supplies Plus**


CONTACTUS

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

Rod Wilson
Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY
Nikki Greening
nsads@srt.com

MINOT AIR FORCE BASE
PUBLIC AFFAIRS
Chief of PA
Maj. Thomas Barger

NCOIC of PA
Technical Sgt. Rusty Frank

NCOIC of Command Information
Tech. Sgt. Ryann Holzapfel

Chief, Community Relations
Mrs. Abigail Kinder

NCOIC of COMREL
Tech. Sgt. Zade Vadnaiss

Chief, Media Operations
2nd Lt. Casen Salitore

PA Specialists
Senior Airman Alex Nottingham
Senior Airman Kyle Wilson
Airman 1st Class Trust Tate
Airman 1st Class Alyssa Bankston
Airman 1st Class Luis Gomez
Airman 1st Class Wesley Davies
Airman 1st Class Vincent Padilla

COMMANDERS
5th Bomb Wing Commander:
Col. Jesse W. Lamarand

5th Bomb Wing Deputy Commander:
Col. Benjamin D. Jensen

91st Missile Wing Commander:
Col. James L. Schlabach

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.northernsentry.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.



A VIEW FROM
OUR SIDE
ROD WILSON

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

When COVID went global, and people were forced to stay home and find ways to carry on their vocation, a new set of rules emerged. We were already entering a time when working from home, and not in a brick and mortar office, was going to become more of a norm than an exception. But COVID pushed us over the edge.

Working from home, no brick and mortar offices, zoom meetings...all of those things work fairly well for businesses, except if you are a local community newspaper. That's not to say that the Northern Sentry hasn't adopted some of those best practices. For example, our operation and editorial information zoom call take place at 12:45 PM Central Time on Fridays. Publisher Ted Bolton and I are in Minot, but not often in the same office. Editor & Social Media Specialist Erin Beene is in Hawaii, and head of production and graphics, Nikki Greening is in New Brunswick, as in Canada. The difference in time zones between Erin and Nikki? 6 hours...during Standard Time, 5 hours during Daylight time. To put things a bit more into perspective. Nikki's kids are just getting home from school and looking for those after school snacks. Erin's kids are getting ready to begin their school day. As for Ted and I? We have just had lunch and are thinking a nap would be good, if we had time.

As I have so often stated, the job of the Northern Sentry is to cover the mission of the Minot Air Force Base. The Minot AFB is a community all to its' own,



UPSIDE DOWN
UNDER
MARVIN BAKER

Often times we focus on the negative and how nothing seems to go right. Instead, we should always try to think of the glass as half full rather than half empty. Sometimes good things do happen to us, but we tend to live in the moment then forget about it. An event like that happened to me a couple of weeks ago and I want to share it with readers. I was invited to spend a morning with the staff at the Mystician, the Bismarck State College newspaper. When I got there I met editor in chief Kayden Schmitcke and Mysticast video executive producer Isaiah Johnson. It was part of an interview I agreed to do since I was the editor of the Mystician during the 1985-86 school year. It was 38 years ago when I left that

To Work With Great People

and like most communities there are a plethora of activities not only involving the mission of the base, but the community.

For example, there are 3 schools on base and each of them creates newsworthy events that need to be covered. Schools are just one example. There are clubs and organizations that cater to every part of the Minot AFB population. To accomplish the task of covering all of these events we have myself and Erin, and 3 part time reporters. Sometimes that number isn't enough boots on the ground to cover all of the activities so we rely on submitted news stories and photos (thank you!)

All of us on the Northern Sentry staff have a common passion. We want to deliver the absolute best community newspaper, hands down. And it's that passion that makes our product so special.

I would certainly be remiss without mentioning the partnership we have with 5th Bomb Wing Public Affairs. The collaboration between the Northern Sentry and PA (as we call them) is probably unmatched anywhere in the country.

YOU'VE MADE IT WORK,
SO WHAT?

Next Monday is Veteran's Day, and it is with pride that the Northern Sentry presents our Tribute to Service insert. This year we have increased the pages in our Tribute to 12. Besides our normal staff, we add in articles from our regularly featured columnists. No local community newspaper can boast the quantity, and more important the quality of these additional editorial staff. Amy Allender, Kim Fundingsland and Marvin Baker have all submitted articles.

What I have learned over my years as a journalist is that each of us has a different style and flair to our writing. To combine those styles into one well produced piece is a lot of work. Please, take the time to read the Tribute to Service, and I am sure you will be as amazed as I am at this treasure of stories. Our goal is a Tribute to the men and women who either serve their country as active duty,

or support those who serve with contributions of time and efforts on their behalf. I think we have accomplished and exceeded that goal. It could not have been done without the dedication of our staff. It's nice to work with great people.



A GREAT NATION

If there is one underlying theme in the stories of this year's Tribute to Service, it would be that of sacrifice. Mothers who saw multiple members of their family sent off to battlefields so far away. Men and women who not only saw the need to enlist in one war but stepped up and were ready to serve their country in a second. Stories of those returning home and just kind of stepping back into their

lives without any expectations of heroes welcomes. And that same sacrifice continues today. We awoke Monday morning to news of the deployment of 5 B52's from Minot Air Force Base to the Middle East to send a solid warning to our adversaries that indeed we are ready again, should the need arise, to defend our country. As we celebrate Veteran's Day, let us never forget those who served, and are serving the greatest nation in the world. **AND FINALLY, A BIT OF A CHUCKLE**

We really do assume too much sometimes. Recently I was paging through one of those rummage sale sites that have become so common on Facebook. A lady had posted a photo of "A Couple of Antiques- For Sale Cheap." The photos were quite clear. There was an old IBM typewriter sitting next to a 50's era dial phone. In the comment section, and I kid you not, was a question? What are they? The answer? I'm not sure. They came from my grandfather's house, so they must be old... **BEST KEPT SECRET**

Have you ever tried curling? The Minot Curling Club has always opened its doors to people who want to learn to curl. On the club website, minotcurling.com, there is a calendar that includes open house events. Nope, don't need expensive equipment. Instruction and equipment provided free of charge.



What an honor...

herself and how she, at such a young age, handles a staff of more than a dozen people.

I found out quickly that both her and Isaiah have a lot of confidence in what they are doing. They both have a passion for their jobs despite being new to college journalism. They are both focused on their work and carry a sense of professionalism not often found among college freshmen.

These kids were taught well. I suspect parents, teachers, professors all had hands in giving Kayden and Isaiah the tools to excel in their current positions.

Another part of our conversation confirmed what I already knew. Journalism has changed dramatically in the past 40 years.

We didn't have computers as we know them today. We didn't have pagination, so newspaper pages were put together with strips of copy and wax. We didn't have a television studio to branch out on campus. And, newspapers today are more photo friendly and color is used much more than it was in 1986.

I explained to Kayden that back then color was expensive

so most editors used it sparingly because budgets for color were mostly earmarked for ads and then, it was almost always one color.

During our campus tour, Kayden and Isaiah took me to the room where the Mystician was located when I worked there. It's a classroom now, but I certainly remembered a lot stepping into that room.

I met the staff and the Mystician adviser Karen Bauer. She remembers my adviser Jordis Conrad, who I have to say right here and now, taught me, a naive newcomer to college, a lot about journalism and leadership. Now Karen is teaching the same to Kayden and Isaiah.

Saying goodbye to these two young journalists was difficult because we bonded so quickly and we had so much fun spending valuable professional time together.

Following our interview, I told Kayden it was one of the coolest things I've ever done. I'm pretty sure she feels the same way, but would most likely use a different word since "cool" dates me.

From Daylight to Darkness: Practical Tips for NoDak’s Dark Season



SHE’S NOT FROM AROUND HERE
AMY ALLENDER

It’s been nearly a week since we all changes our clocks back, “falling back” an hour. When I was younger and child-free, I used to call it “invincibility weekend.” Normally sluggish and not exactly a “morning person,” I’d suddenly feel well-rested, perky, and eager to get out of bed as my internal clock was tricked into thinking it was later than it really was.

Now, things are different. I’m not just managing my own internal schedule, but my children’s as well. Last Sunday, I definitely didn’t feel invincible. Honestly, I felt confused. Around 3 p.m., I caught myself saying, “Welp, I better start getting dinner ready.” Wrong. By 5 p.m., it was nearly dark, yet we still had an hour until dinner and more than three until bedtime.

As I often tell newcomers, the endless summer daylight in Minot can be disorienting, but the early darkness of winter is equally confusing. The long days of sunlight in Hotdish Land have a dark side (pun intended): we pay for those extended summer days

with very dark winters.

You know I prefer to focus on the positive and create an abundance mindset. However, I’m not completely detached from reality. This time of year can be challenging, especially for those who aren’t from around here.

While adults may struggle, small children can find this change especially confusing. They have less life experience and only a loose concept of time. I remember when my oldest first noticed the seasonal shifts. At about three years old, he didn’t care that we were still eating dinner when the clock read 6 p.m. All he knew was that it was dark, and he felt afraid because he couldn’t see out the window. To him, darkness meant bedtime, and being out in the evening was unsettling.

I promise, it gets easier. With a little time, you’ll adjust to the new rhythm—but here are some practical tips I’ve learned to help us navigate—even embrace—the dark side of the year:

1. Strategically prevent isolation. This is perhaps the most important advice I can give. When it’s dark and cold, it’s easy to stay home. But Hotdish Land winters are long. Without intentional social interactions, it’s easy to strain your family dynamics from being cooped up together for too long. The same goes for those without a spouse or children—isolating during winter can strain friendships, leading to feelings of loneliness, depression, and anxiety.

Go into the season with a plan. I recommend joining a club, class, league, or group that meets regularly for accountability. This

creates anchor points in your week, giving you something to look forward to during the cold, dark months. Check the Visit Minot community calendar and attend events. It’s a perfect time to learn something new or invest in the community.

2. Keep your home well-lit. I know people who swear by daylight bulbs. For my family, we don’t switch bulbs, but we ensure our living spaces are well-lit. Smart lights, nightlights with program settings, or traditional timers can also be helpful. For instance, we set lights in our kids’ rooms to turn on at bedtime as a cue, since it often looks like bedtime long before it actually is.

3. Get outside when possible. Invest in quality winter gear (you can save money by shopping secondhand) and take advantage of days when the windchill is above zero. In other words, get the light when you can. Embracing the outdoors in winter can be refreshing and breaks up the monotony of indoor life.

4. Find indoor activities. If it’s too cold to be outside, get active indoors. I love walking at the MSU indoor track. Winter is also a great time to try activities like curling, pickleball, self-defense classes, or even square dancing. (I’ve tried all of these over the years!)

5. Take a vitamin D supplement. Every health care provider I’ve seen in North Dakota has stressed the importance of vitamin D. The lack of sunlight in winter makes it especially beneficial.

Finally, do your best to embrace winter’s uniqueness. North Dakota’s extreme winters are



unlike anything most Americans will experience. Lean into it! Minot works hard to make the most of the cold. Take charge of your own narrative and discover how much fun you can have—even when others insist there’s “nothing to do” in North Dakota.

For more ideas and tips on living in Hotdish Land, connect with me online at amyallender.com or Instagram @HeyMinot or @amy_allender. Find me on Facebook @amyallenderblog.

★ *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/Welcome Gift

**Based on Availability*

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



WIFI SPEEDS THAT KEEP UP WITH YOUR LIFE — AND LIFESTYLE.

SRT has the fastest, most reliable internet on MAFB. Whether you’re streaming, browsing, meeting, or gaming, SRT Internet won’t slow you down.

FIBER 350 350 x 350 Mbps	\$49⁹⁵ PER MONTH
FIBER 700 700 x 700 Mbps	\$69⁹⁵ PER MONTH
FIBER GIG 1 Gig x 1 Gig	\$89⁹⁵ PER MONTH

Call us today and sign up by
December 31, 2024 to
**GET 3 MONTHS
FREE**

701.858.1200 / SRT.COM/MAFB



Offer valid for new and upgrading residential customers. Offer expires on December 31, 2024. Offer subject to change. Actual speeds dependent on technical limits, customer equipment performance and configuration, and/or greater Internet traffic. Internet service speeds are founded on a wired customer device. Customer devices may connect slower over WiFi. This institution is an equal opportunity provider and employer.

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF C-141 IS THE FIRST JET TO LAND IN ANTARCTICA
— NOVEMBER 14, 1966 —

The first C-141 to land at McMurdo Sound, Antarctica on Nov. 14, 1966 (USAF)

On November 14, 1966, a USAF Lockheed C-141 became the first jet to land in Antarctica as a part of “Operation Deep Freeze.” Operation Deep Freeze began in 1955 when major nations collaborated to conduct earth science research in one of the least explored areas on Earth. The Air Force began its involvement in 1956 and continues running airlifts to this day. Previously, the USAF had only deployed propeller planes to Antarctica, but on November 14, the 60th Air Mobility Wing landed the first jet carrying 12.9 tons of cargo. Over hundreds of missions, the C-141s would carry essential supplies to installations in Antarctica, as well as hosting passengers that included penguins, gulls, and seal pups. Lockheed C-141s would continue participating in Operation Deep Freeze until they were decommissioned from the Air Force in 2004. Due to the Antarctic Treaty of 1959, US military involvement in Antarctica, including Operation Deep Freeze, continues to be for peaceful and scientific purposes only.

Information courtesy of: www.amc.af.mil / “Operation Deep Freeze,” Office of History Air Mobility Command

**CELEBRATE LIFE
SERVING YOU SINCE 1926**

304
S MAIN ST
MINOT, ND

**THOMAS
FAMILY
FUNERAL HOME**

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

TEAM MINOT BRINGS RECOGNITION TO DOMESTIC VIOLENCE AWARENESS MONTH



Volunteers assist the 5th Bomb Wing Prevention Office by handing out pamphlets for domestic violence awareness to members at Minot Air Force Base, North Dakota, Oct. 29, 2024. Since 1989, October has been a time to support domestic violence victims and raise awareness around the issue.

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



Tech. Sgt. Michael May, assigned to the 5th Bomb Wing Security Forces Squadron, assists the 5th Bomb Wing Prevention Office by giving out pamphlets for domestic violence awareness and resources to members at Minot Air Force Base, North Dakota, Oct. 29, 2024. Since 1989, October has been a time to support domestic violence survivors and advocate for victims.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS WESLEY DAVIES



Staff Sgt. Brandon Hall, assigned to 5th Bomb Wing Security Forces Squadron, assists the 5th Bomb Wing Prevention Office by handing out information on domestic violence awareness to members at Minot Air Force Base, North Dakota, Oct. 29, 2024. Domestic Violence Awareness Month started as the national Day of Unity on Oct. 17 in 1981 before becoming Domestic Violence Awareness Month in 1989.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS WESLEY DAVIES

THE BLUE RIDER
MINOT, ND
SINCE 1994

SQUADRON OF THE MONTH
5TH HEALTHCARE OPERATIONS SQUADRON
WEDNESDAY-SATURDAY
NOV. 13-16
FIRST DRINK FREE!
(alcoholic or non-alcoholic)
With Military ID

EVENTS THIS WEEK

TODD KIEFFER
Saturday, November 9
at 9:00pm

CRAFT NIGHT
Monday, November 11
at 7:00pm

TRIVIA NIGHT
Wednesday, November 13
at 7:00pm

FREE NACHOS
Thursday, November 14
4:00pm-Close

DREW HANSON & RICK WATSON
Thursday, November 14
at 7:30pm

JOSEY
Friday, November 15 at 9:00pm

MILITARY APPRECIATION DAY
NOVEMBER 15
FIRST DRINK FREE!
(ALCOHOLIC OR NON-ALCOHOLIC)
WITH MILITARY ID

HOURS

Mon/Tue/Wed/Thu
4:00pm - 1:00am

Fri/Sat
4:00pm - 2:00am

118 1st Avenue SE, Minot, ND

SPONSORED BY

NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

ANTLERS AND AGE

Patricia Stockdill

Antlers are a fascinating thing. Just think that all members of the cervid family - deer, elk, caribou, and moose - grow and shed a pair of antlers every single season. There are many nutritional requirements to develop a set of antlers only to have them fall off and have to do it again each coming spring. However, it is more than diet and nutrition. True, diet plays a significant role in antler growth. Genetics are another factor. Weather also influences diet because good growing conditions create good, healthy forage for good nutrition. Soil types are another influencing factor. The bottom line is that it takes a lot of factors to go right for any cervid to grow a set of antlers, regardless of the size. The funny thing about antlers, though, is that they're not a major factor in determining the age of a deer, elk, moose, or caribou (not that there are any caribou in North Dakota, but they're cervids). With deer season getting underway, let's focus on antlers, an animal's age, whitetails, and mule deer: It's true, antlers can give a person an idea of whether a deer is a young buck or fully mature. For example, young bucks aren't as likely to have massive, heavy, multi-point antlers their first year. However, it's equally true older deer aren't necessarily going to have the biggest set of antlers. They tend to put fewer nutrients into antler growth. For those old boys, it's more about being able to prepare for winter and staying alive than developing big antlers. They know what it takes to survive a northern winter. It's true that antler and body size can be an indication of just how old a deer is but the reality is physical looks don't always translate into actual age. It really goes back to diet and genetics when it comes to antler development. When it comes to aging a deer, the truth lies not in ones' antlers It's in one's teeth. North Dakota hunters might be surprised to learn that most deer harvested in the state typically aren't those elderly statesmen. One study found most North Dakota deer taken by hunters were 2 and ½ years of age and younger – 80 percent, according to one game check that enabled biologists to age deer brought to the check station. Tooth development and tooth wear reveals the secrets to a deer's age. Like humans, deer replace baby teeth. By the time a young deer is about 18 months old it's in the process of getting its 'big boy' or "big girl" teeth as it gets its third premolar. All permanent teeth are in place by the time a deer is 2 ½ years of age so biologists can age young deer by the presence – or lack of – permanent teeth. Once they're older than 2 1/2, though, tooth wear is the method used to age deer even though soil types and diet can influence tooth wear. Once they're older than 5 ½ years of age aging a deer by visual inspection of tooth wear is less reliable. The most accurate way to age deer is by cross sectioning a tooth, much like rings on a tree. Folks curious about estimating the age of a deer – or other big game species, for that matter – can simply go to the Game and Fish Department website, (gf.nd.gov), and type in "how to age big game" for a link to aging deer, elk, moose, and pronghorn. The site includes photos of examples of a fawn with its emerging permanent incisors in comparison to one whose permanent front teeth are fully emerged. While incisors can help identify if a deer is a fawn, it's the cheek teeth – premolars and molars – that are better indicators. It also shows the jaws of teeth from deer that are 1 ½, 2 ½, 3 ½, 4 ½, and 5 ½ years of age, along with an elder statesman for comparison. The bottom line is that while antler size can help hunters get a guestimate of the age of their buck; it really comes down to the teeth of the matter. Or, as the Game and Fish Department website article "How Old is My Deer?" reminds hunters: "The number of antler points in no way corresponds to age."

BEST SMOKED RIBS & BRISKET IN TOWN!
FRESH SMOKED MADE FROM SCRATCH RECIPES
NOW OPEN • NEW LOCATION
417 NORTH BROADWAY
BONESBBQMINOT.COM

Costume Contest Winners Don't Disappoint

ERIN BEENE, NORTHERN SENTRY

Every year we look forward to our Facebook notifications being filled with smiling kids, scary adults and unique costumes from our annual Halloween costume contest! We get amazing submissions from all over the base community. This year was no different. In years past, the winner has been chosen by the Northern Sentry staff, but for a slightly different twist this year: we allowed the Northern Sentry Facebook followers to vote on the winner by “liking” the photo.

The runner-up photo, submitted by Emma Arnold, showed off her cute kiddos dressed up as a ninja (William) and as lions (Harry and Grayson). Emma said, “We decided on something warm for the twins since Minot is usually always cold for Halloween. My oldest, on the other hand, decided

he wanted to be a ninja because it was ‘cool’.” Emma explained that Halloween is a special time for their family because her husband’s birthday falls on October 31st. When talking about what they appreciate about the spooky season on Minot AFB, Emma said, “Our favorite event at MAFB is the trail of treats hosted by the 5th Med Group and the Trunk or Treat event hosted by 91 SFG & 5 SFS.”

The big winner of the contest was Vonica Oliva, dressed up as Nacho Libre. The character she depicted was from the 2006 movie featuring actor Jack Black as Libre himself. Nacho Libre the movie was inspired by the life of Sergio Gutiérrez Benítez, a Mexican Catholic priest who also was a professional wrestler. When describing why she wanted to

dress up as this character, Vonica said, “I wanted to do it out on a whim to channel my inner Nacho Libre haha. But, growing up I was a HUGE Nacho Libre fan. It’s been my dream to wear the iconic costume and channel my inner Eagle spirit. Overall, I LOVE LOVE LOVE Halloween especially getting to dress up, and make people laugh and being able to see all the children in their awesome costumes. I hope everyone had a great Halloween and got tons of candy!”

Both Vonica and Emma will both receive a night stay at the Grand Hotel in Minot for their amazing costume photo submissions. Shout out to the entire MAFB community for submitting and voting for your favorite Halloween costumes again this year!



Northern Sentry Costume Contest Winner with 81 “likes” was Vonica Oliva as Nacho Libre!



Runner up, with 51 “likes,” goes to Emma Arnold and her ninja and two little lions!

MINOT GUN SHOW

ND STATE FAIR CENTER
NOV 29-DEC 1, 2024

SHOW HOURS: FRI. 5 p.m. - 8 p.m.
SAT. 9 a.m. - 5 p.m.
SUN. 9 a.m. - 3 p.m.

PUBLIC IS INVITED!

Public Admission - \$5.00 Each Day
CHILDREN UNDER 12 FREE WITH PARENT
FOOD ON PREMISES

DEALER SET UP - Fri. 1 p.m. - 9 p.m.
BUY - SELL - SWAP - TRADE

ALL FEDERAL, STATE AND LOCAL GUN LAWS TO BE OBEYED
Not Responsible for Theft or Accidents

THE STARVING ROOSTER

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*
- Thursday: Pasta Pack

*Changes Weekly – Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

Custom Laser Engraving & Gifts

Focused Beam Engraving

MINOT'S NEWEST RC HOBBY SHOP

- Planes • Boats • Cars

Eflite FMS

hobbyzone

2001 8th Ave SE Suite E
839-9677 • 240-7975
fbdesigns@gmail.com

www.focusedbeamengraving.com ONLINE STORE

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

Instagram: @megalattecoffee Phone: 701-838-8479 Address: 2045 N Broadway Suite #100

Come in We're OPEN

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- Milwaukee Tools

Tool Surplus Center
Best prices on tools in the state!

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

Rental Equipment Available!

EXCELPowerBikes
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.



5TH BOMB WING 3RD
QUARTERLY AWARDS 2024

Another one for the history books! Congratulations to all of the winners. Only the best come North!

- Brian Boschert**
Cat I Civilian
of the Quarter

Christerfer James
Cat II Civilian
of the Quarter

Carrie Rawls
Cat III Civilian
of the Quarter

Brent Cornejo
NAF Cat I Civilian
of the Quarter

April Brown
NAF Cat II Civilian
of the Quarter
- A1C Andrew Islas**
Amn of the Quarter

TSgt Jacob Klone
NCO of the Quarter

MSgt Quintin Small
SNCO of the Quarter

Maj Nicholas Ponce
FGO of the Quarter

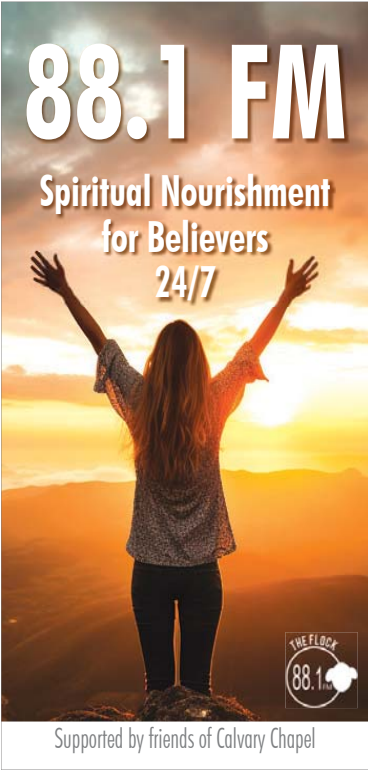
Capt Natalie Petro
CGO of the Quarter

U.S. AIR FORCE PHOTOS
MINOT AFB PA



88.1 FM

Spiritual Nourishment
for Believers
24/7



THE FLOCK
88.1 FM

Supported by friends of Calvary Chapel



JAMAICAN
VYBZ
KITCHEN

**AUTHENTIC
JAMAICAN
FOOD**

**NOW OPEN
NEW LOCATION**
DAKOTA SQUARE MALL
FOOD COURT
HOURS
OPEN DAILY 11AM-7PM

TAKE OUT OR DINE IN

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 the Phone
Services for AADD



Supplying Calling Cards and Posters
to Local Establishments

**FULL SERVICE
CATERING**

Holiday & Office Parties, Corporate
& Private Events and Celebrations




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




Local y Owned

**NOW OPEN
NEW LOCATION**

ORDER NOW! 701-838-9140
BonesBBQMinot.com 437 N Broadway, Minot



ANIMAL SPOTLIGHT



AFRICAN LION

CREATURE FEATURES

- Lions live in prides dominated by one male, including several females and cubs.
- Their long retractable claws help the lion grab and hold prey. Lions have massive shoulders and strong forelimbs, long, sharp claws, and short, powerful jaws to aid them while hunting.
- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.




Fact File

Life Span	10 – 14 years
Weight	300 – 600 pounds
Height to Shoulder	4 feet
Body Length	8 – 9 feet
Tail Length	26 – 39 inches
Top Speed	50 mph
Wild Diet	Omnivore Carnivore Herbivore Antelope, Giraffe, Zebra, Wildebeest, Impala

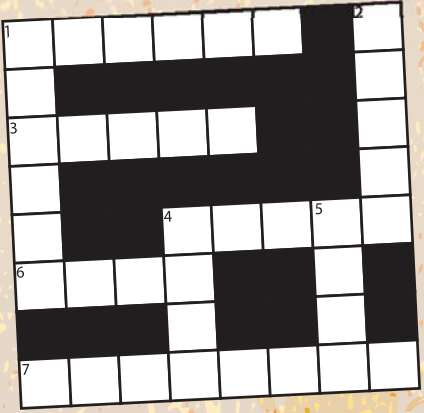
Photo by Amanda Cone

FOLLOW US ON FACEBOOK

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



CROSSWORD PUZZLE



ACROSS

- Condition of being protected
- Of great weight
- Aches and _____
- Large vehicle (abbr.)
- Gaining knowledge

DOWN

- Education building
- Things to read
- Flow into a stream
- Person, place or thing

Answers:

Across
1. Safety 3. Heavy
Down
1. School 2. Books
3. Noun 4. Pour
5. Noun 6. Limo
7. Learning

UPCOMING EVENTS

DECEMBER 8
CHRISTMAS AT THE ZOO

MILITARY DISCOUNT

\$5.00 off a \$85.00
Annual Family Pass

WINTER DRIVING TIPS

HEAR A KNOCKING SOUND WHEN DRIVING? HERE'S WHY

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

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

WHAT IS ENGINE KNOCK?

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

When an engine functions properly, fuel (usually gasoline) is mixed with air and then compressed. A spark plug ignites the compressed mix, which then combusts. The explosion pushes the engine pistons down, which drives the engine's power. This process is repeated over and over to power the vehicle. When you hear the engine knocking on acceleration or continuously while driving, something may be causing the combustion to occur at the wrong time. Keep reading to learn why this could happen.

WHAT DOES ENGINE KNOCK SOUND LIKE?

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

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

WHY DOES ENGINE KNOCK HAPPEN?

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

1. INCORRECT OR LOW-OCTANE FUEL

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

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

2. BAD SPARK PLUGS

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

3. EXCESSIVE CARBON DEPOSITS AND BUILD-UP

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

4. INCORRECT AIR-FUEL MIXTURE

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

5. OVERLY ADVANCED IGNITION TIMING

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

HOW TO FIX AND PREVENT ENGINE KNOCK

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


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

WHAT SHOULD YOU DO IF YOUR ENGINE STARTS MAKING NOISE?

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


TIRES PLUS CAN HELP PREVENT AND FIX ENGINE KNOCK


Don't let engine knocking linger; take action today by visiting your local Tires Plus. Our skilled technicians will diagnose and resolve the issue, restoring your engine's smooth, quiet function. Don't wait — schedule your service appointment today.



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



The Holidays are Here?

ERIN BEENE, NORTHERN SENTRY

Halloween is barely behind us. In fact, there are still lingering spooky decorations to be seen around base housing. But despite the calendar displaying barely November, it feels like the Holiday season is encroaching quickly, extremely quickly.

Arguably, Minot weather around this time of year does lend itself to snuggly sweaters and hot cocoa. The desire to snuggle up on the couch watching a feel-good holiday movie is likely stronger than other parts of the country. Even as we all await the first quality snow, and the season of thanks, we also can feel the Christmas season approaching at warp speed whether we like it or not.

Based on a poll the Northern Sentry Facebook page gathered, (42%) of 246 Minot AFB community members agree that the appropriate time to decorate your house for the Christmas Holidays is November 1st, the day after Halloween. Only 58 people (24%) voted that the best time to decorate is AFTER Thanksgiving and not a second before.

If you are Team “Don’t Skip Thanksgiving” or Team “Life’s Too Short to NOT have Holiday Decor”, it does seem like Christmas is coming sooner and sooner every year. For example, there are several holiday markets, craft shows and Christmas events both on- and off-base in the next week!

It’s almost as if, since Thanksgiving is later into November this year, it is cutting the official Christmas season shorter than usual. People are overcompensating by making everything happen right now and throughout November instead of waiting until December. A few iconic Minot holiday events are sooner than you may think.

The Downtown Winter Wonderland Open House is November 8th, from 10am-5pm. In this delightful downtown celebration, they boast, “great sales, treats, gift basket drawing, and activities at each location! The perfect time to get started (or finish!) your holiday shopping!”

Light Up The Scandinavian

Heritage Park is November 16th at 5:30pm. The holiday twinkling lights at the park will shine brightly. They say it is a “magical evening to kickstart your holiday spirit!”


The Magic City Discovery Center is hosting *Chopped: Holiday Edition* on November 20th, from 2-4pm. It is said to feature an “artistic twist on the cooking show, only this time with the magic of the Holiday Season!”

If it’s Holiday spirit you want now, there are plenty of opportunities to start your cheer early. If you want to wait until the “proper” time after Thanksgiving, there are also plenty of things still happening then too. The famous Holiday BCPKC Holiday Train will arrive at the Minot station on December 17th, and much more. Whichever way you like to celebrate, enjoy the Holiday season your way!





HELLO BABY



Emersyn Riley Long

BABY GIRL BORN ON
WEDNESDAY, OCTOBER 23, 2024 TO:
WHITNEY AND GEREMI LONG
MINOT, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby.



LET'S PARTY!



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




Musik Worx

D.J. & Photo Booths

jeremymork@yahoo.com

25% MILITARY DISCOUNT




A Typical

BREWERY & BARRELWORKS

CHEERS MAFB!

FOLLOW US ON





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
\$200 (TAX INCLUDED)
\$10 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$230 (TAX INCLUDED)
\$10 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
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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

CROSSWORD PUZZLE

Across

- 1. Says goodbye without saying it
- 6. Passion Sunday period
- 10. Some PCs
- 14. The Little Mermaid
- 15. New York canal
- 16. "Say, Say, Say" say
- 17. Street-sweeper's bane
- 19. Online auction site
- 20. Gen. Lee's gp.
- 21. Port side if sailing south
- 22. Maintaining equilibrium
- 24. That WNBA player
- 25. UPS delivery
- 26. Con artist's accomplice
- 27. Require a designated driver
- 29. Comic Philips
- 32. Worst case of burning desire?
- 35. It's usually not covered
- 37. QB Flutie
- 38. Certain speed units
- 40. Act the siren
- 41. Variety store
- 43. Cupolas
- 44. Formerly called
- 45. Finishing
- 48. Singer's asset
- 50. Goddess of the morning
- 51. Pick, pick, pick
- 54. "Taps" necessities
- 56. Dramatis personae
- 57. Kin of bravo
- 58. Be all leers
- 59. Dentifrice
- 62. Speak like a tosspot
- 63. Twice halved
- 64. Parting word, somewhere
- 65. No, somewhere
- 66. Time many chose to draw?
- 67. Odin's mythology

1	2	3	4	5		6	7	8	9		10	11	12	13		
14						15					16					
17						18					19					
20					21				22	23						
24					25				26							
					27				28				29	30	31	
32	33	34							35				36			
37						38	39					40				
41						42						43				
44						45				46	47					
						48	49				50			51	52	53
54	55								56					57		
58													61			
62												64				
65												67				

Down

- 1. Ascertain
 - 2. Questions do it
 - 3. "The --- of Wakefield"
 - 4. "A mouse!"
 - 5. Turn off the alarm
 - 6. "What are we waiting for?"
 - 7. The "E" in QED
 - 8. Tuck's partner
 - 9. Drives
 - 10. Just right
 - 11. Penny purchase, once
 - 12. Lunch or brunch
 - 13. Eye sore
- 18. Profligate
 - 23. Baseball's Martinez
 - 26. Religious splinter group
 - 27. For takeout
 - 28. Ruth's mother-in-law
 - 30. What a hog wants
 - 31. Keats creations
 - 32. Mideast's Gulf of ---
 - 33. Site of the 1960 Olympics
 - 34. Powerful adhesive
 - 36. Big failure
 - 38. Jamaica's capital
 - 39. Hosiery shade
- 42. Mr. Descartes
 - 43. Household tool
 - 46. Tidy
 - 47. Gee's kin
 - 49. Qui vive
 - 51. Private reply, maybe
 - 52. Some choir members
 - 53. They travel in formation
 - 54. Petty officer, for short
 - 55. Far from fair
 - 56. Designer Chanel
 - 60. Lennon's widow
 - 61. Fuss



**STARTS FRIDAY
AT OAK PARK THEATER**

FOR SHOWTIMES
VISIT WWW.OAKPARKTHEATER.NET

SATURDAY NIGHT
(2024) Docudrama, Biography, Comedy, History (R)

TRANSFORMERS ONE
(2024) Action, Animation, Adventure (PG)

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

REAGAN
(2024) Biography, Drama, History, Docudrama (pg-13)

THE FORGE
(2024) Drama, Family (PG)

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 Community Service Times:
Traditional Service 9:00am
Breakfast Fellowship 10:00am
Contemporary Service 11:00am
(Holy Communion 1st Sunday)
Children's Church available

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, November 9
5PM, No Vespers

Sunday, November 10
Prayer Service

Bread of Life

Welcoming, deepening, and serving in faith for all of God's people

SUNDAY 10AM
(SUNDAY SCHOOL DURING WORSHIP)

WEDNESDAY
COMMUNITY MEAL 5:15PM
WORSHIP 6PM
CHILDREN AND YOUTH FAITH FORMATION 6:45-7:30PM

SATURDAY 5PM

WWW.BREADOFLIFEMINOT.COM



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 Share

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**

SUNDAY 9:00am Coffee Fellowship 9:15am Sunday School 10:30am Worship
WEDNESDAY 11:30am Soup Kitchen 5:30pm Family Supper 6:30pm Adult Bible Study, IBCY, Kids' Club

Pastor Brian Keithline

Christ Reformed Church

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

Buddhist Group In Minot

**SGI-USA**
Buddhist Group In Minot
Meets monthly
Email: bispsych@yahoo.com
Phone: (701) 838-9348

JOURNEYCHURCH

ASSEMBLY OF GOD

1805 2nd St. SE 838-1111

Sunday Services
8:00 am | 9:30 am
11:00 am

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
Morning Bible Study and Sunday School 11:00 AM
Wednesdays
Kid Connection..... 6:00 PM

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

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 88.1 FM- The Flock
8:30 a.m./p.m. Sat/Sun

oslc

**where faith & life meet**

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

Pastor Heath Trampe
Rev. Rick Jones

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

Wednesdays 6-7pm
Adult Choir
OSKids (age 4- 5th grade)
Confirmation (grades 6-8)
Psalm23Teens (6-8pm)

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week

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

Expanded Child Care: Balancing Parenthood and the Global Strike Mission

NATALY ZARRELLA, NORTHERN SENTRY

Have you ever been in a situation where your schedule for a certain time is changed, and you need extra hours of childcare? I think many military families can answer “yes” to these questions as their everyday life can be changed at any moment due to mission needs. For Active Duty, Reserve/Guard Member in an Active Duty status, or DoD Civilian parents who are Mil to Mil, have a spouse who works outside the home, or a have a one parent household, childcare can sometimes be a stressful subject.

Minot Air Force Base leadership in conjunction with the Air Force Service Center (AFSVC) headquartered at Joint Base San Antonio-Lackland Texas have worked together to bring Expanded Child Care (ECC) to Minot AFB in order to assist families in obtaining “high-quality childcare from certified providers at or near the installation” according to the Department of the Air Force Child and Youth Program. The ECC program brought in many programs such as Missile Care (MC) and Permanent Change of Station Child Care (PCSCC) in addition to many other programs to assist members with childcare needs.

The Missile Care program aims to assist members in getting childcare when a member is scheduled to work and the second parent or single parents who are scheduled to work outside their normal childcare hours. Missile care allow members to be able to continue working the mission like tripping out the field while having 24/7 care for their child.

What many may not know is that his program is open to a wide range of military families, not just those that work in the missile communities. Mrs. Alyssa Kelly, the Community Child Care Coordinator at the Family Child Care (FCC) Office shared that Missile Care is open to all military members and civilian assigned to Minot AFB who have their child in full time care with a FCC provider, Child Development Center or before or

PCS CHILD CARE

Are you moving to or leaving Minot AFB?
You can receive up to 20 hours of free child care per child through available FCC Providers!

To receive your PCS Child Care Voucher, take a copy of your sponsor's orders over to the M&FRC at 291 Peacekeeper Place Minot AFB, ND 58704 Hours: 0730-1630 Phone: (701) 723-3950

The PCS Child Care Voucher can be used with any FCC Provider!

Please contact the FCC Office for more details or to find an FCC Provider. Phone: (701) 723-6662



 **5THFORCESUPPORT.COM** 

after school Youth Program. For care to be provided, the eligible member must fill out the ECC form, provide a copy of their work schedule and spouse's work schedule, if applicable, with the FCC Office and complete all enrollment documents with the Department of the Air Force Certified FCC Provider. Once all documents have been returned to the FCC Office, they will be routed to AFSVC for review and approval/denial. When AFSVC approves a care, all care provided during Missile Care is free to members when they have already purchased other full-time care or before/after school such as YP, CDC or FCC program provider.

One FCC provider who is currently enrolled as a Missile Care provider described the program as, “A home away from home.” When providing missile care providers essentially bring the child into the family, children are pick up from their normal provider or school and taken to the providers home for care. Children do all the things that a child in the family would do with the provider such as, going to the grocery with the family, have meals and are part of the family while they are being cared for by the provider.

FCC providers that choose to be providers for the Missile Care program are people that understand the need for this

program and are ready to help Minot AFB Airmen be able to have work the mission requirements while ensuring their children are cared for and provided a safe and caring environment.

PCS Child Care is something that has been advertised a lot here at Minot AFB but not many people know how to and when they can utilize it. PCSCS must be approved by Military & Family Readiness Center who will require a copy of the member's order and will provide the parent with a “certificate” for 20 hours of care for each child and can be used within the 60 days before PCS date or 60 days after getting the certificate when you arrive at Minot AFB. The member will take the certificate to the FCC Office, along with FCC Program Provider application to request care once approved members can utilized the hours as needed and coordinated with their FCC provider to schedule care. These hours can be used for any care needed to prepare for the PCS (i.e. packing, in-processing and out-processing, final walk through with housing)

These programs, while underutilized, are a great resource for Team Minot. The Expanded Child Care programs help ensure that the Airman is not only taking care of the Nuclear mission but also their family.



FLOWER Central

Voted Minot's #1 Flower Shop

405 Central Ave. E. • 701.852.6224



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

Come learn about our organization and our affiliated organizations by stopping by before one of our meetings!

MINOT MASONIC CENTER



Come learn about Freemasonry and its community of appendant organizations by attending a meet-and-greet session with our members before one of our regularly scheduled business meetings!

Monthly Business Meeting Schedule • Meet-and-Greets
Blue Lodge - 1st and 3rd Mondays at 6:00PM
Shriners - 2nd Wednesday at 6:00PM
Scottish Rite - 1st Wednesday at 6:00PM
Eastern Star - 1st and 3rd Tuesdays at 7:00PM
Prince Hall - 2nd Saturday at 9:00AM



2 Winners Every Week!

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

No Limit, Enter As Many Times As You Wish!

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.

YOUTH IN ACTION

Winter Bussing 2024-2025

Winter Busing began November 4th, 2024, and as the Contracting Officer Representative, there are a few notes I would like to share with our community:

• Stakeholders: The ultimate goal of “Winter Busing” is the safe arrival and departure of students to their designated locations. This involves multiple stakeholders to include Yellowfin Bus Transportation, Minot Public Schools (North Plains, Dakota, and Memorial), the Youth Center and Minot AFB families.

• Bus Arrivals and Departures: The busing routes were curated for the timely arrival and departure of students. However, there were changes this school year and we ask for your patience in the initial weeks of busing. Please exhibit patience with Yellowfin Bus Transportation, Minot AFB Schools, students, and families. There are also other factors which may impact this to include weather. Please know the School Liaison Office (SLO), Contracting (5 CONS), and Yellowfin Bus Transportation will work together to mitigate problems or concerns.

• Bus Tags/Information: At this moment, bug tags were distributed and readily available for pick up at Building 168, Youth Center Annex. Please ensure your student(s) are aware of the bus number, bus pick up and drop off location, and have their tag available. This is important for Minot Public Schools and the Youth Center to reference. If you did not pick up a bus tag (especially with K-3 students), please write this information in the agenda of your student, so teachers, staff, and/or youth center workers are able to seamlessly facilitate the departure of students from the schools.

• Bus Safety: At the request of Yellowfin Bus Transportation, please ensure students are at the bus stop 5 minutes prior to the bus arrival. In addition, I will include the “Bus Safety” Slide used during the Busing Town Hall in a follow up post.

• Winter Gear: With temperatures decreasing, please be sure students are dressed appropriately to wait for the bus at the designated bus stop.

• The ultimate goal is the safe arrival and departure of students to their designated locations.



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



There may be challenges encountered, however we will problem solve and implement solutions to accomplish the aforementioned objective.



Behind the safe transportation of students attending Minot AFB Schools, District #160 are the Yellowfin Transportation-Minot AFB Winter Bus Team! This team has planned and trained for this upcoming winter bus season and has a passion for students and their safety.

MINOT AFB SCHOOL LIAISON OFFICE PHOTO

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@srt.com

AUTHENTIC MEXICAN FOOD

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

3816 SOUTH BROADWAY, MINOT, ND
701-858-0777
WWW.MIMEXICOMINOTND.COM

DISCOVER.
CREATE.
EXPLORE.
PLAY.

MAGIC CITY
DISCOVERY
CENTER

MagicCityDiscoveryCenter.com
701-858-7529

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

FIND
THE
RIGHT
FIT.

Tour our
HOUSING
OPTIONS

701.852.5028
CREATIVEMINOT.COM

YOUTH IN ACTION

Dakota Elementary
Soaring Eagle Awards
November - Assertiveness

KIRCHER Mia Anderson Bryce Blackmon	OGRODNICK Arya Degler Amelia Pinnow	LITTLE LIBRARIANS Mrs. Ferguson's Class <i>Respectful and responsible in library</i>
HOLM Olivea Bickett Lorelei Hueber	SEASTRAND Alonzo Marquez Daniel Spangler	FABULOUS FITNESS Miss Seastrand's Class <i>Respectful,, responsible, and safe</i>
FOERSTER Lahni Gonzalez Emerald Martinez	FERGUSON Will Bickett Kiley Frie	RECESS ROCKSTARS Mrs. Foerster's Class <i>Responsible and safe at recess</i>
AXELSON Charleigh Goodlett	KELLER Karlee Marquez	GOLDEN LUNCHROOM Mrs. Murray's Class <i>Respectful by being polite.</i>
MURRAY Nova Driver Jackson Boutin	MUSIC MAESTROS Mrs. Ferguson's Class	
ESPESETH Kennedy Ledford Luke Chavers		
DELZER Rylan Bockman Ben Foerster		



Calver'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



Richie Capote



Richie found a Golden Ticket in the Northern Sentry delivered to their home in base housing. Hey Richie, thanks for reading your MAFB newspaper.

Pick up the Northern Sentry, you may be the next winner!

NOTES ON BEING SAFE

TOP HOLIDAY FOOD SAFETY TIPS
DON'T BE A TURKEY
ABOUT FOOD SAFETY
THIS SEASON

Cooks across the country are making plans for holiday feasts that include everyone's favorite dishes, from cornbread stuffing to pumpkin pie. Friends and families are invited, and excitement is in the air. Food safety is probably not the first thing you think about when planning a holiday dinner. But to keep your gathering from being memorable in the wrong way, it's important to take steps to protect your guests from food-borne illnesses.

While the U.S. food supply is one of the safest in the world, some 76 million people get sick from food-borne illness every year, according to the CDC. And food safety can be a special challenge during the holidays. Not only is it cold and flu season, but the menu may includes more dishes than there is room for in the refrigerator or oven.

To make sure your holiday dinner is not only delicious but as safe as possible, here a few top suggestions:

Have a master plan. Chefs do it, and so should you. Consider your refrigerator, freezer and oven space, and how you'll manage to keep hot foods at 140 degrees or higher and cold foods at 40 degrees or below.

Cook to proper temperature -- and use a thermometer. There is simply no other way to determine that food has been cooked enough to kill bacteria.

Refrigerate leftovers within two hours of preparation. Leaving food out too long is one of the biggest holiday food safety problems.

Properly defrost your turkey, or buy a fresh one. "If you choose a frozen turkey, allocate 24 hours per 5 pounds to defrost in the refrigerator, and whatever you do, don't defrost the bird on the kitchen counter

Wash your hands thoroughly and often -- before, during, and after

food preparation. "Simply washing hands is one of the easiest ways to minimize bacterial contamination and keep your food safe

Wash all fresh produce. Wash even prepackaged greens, to minimize potential bacterial contamination.

If you need additional information on holiday food safety tips, please visit one of these websites:

U.S. Food and Drug Administration 1-888-SAFEFOOD:



For questions about safe handling of the many foods that go into a delicious holiday meal, including eggs, dairy, fresh produce and seafood.

U.S. Department of Agriculture Meat and Poultry Hotline, 1-888-MPHOTLINE (1-888-674-6854). M-F, 10 a.m. – 4 p.m. EST.

Open Thanksgiving Day, 8 a.m. – 2 p.m. EST. E-mail questions to the hotline at: mphotline.fsis@usda.gov



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



Handcrafted BURGERS

Bold & Crisp SALADS

Tasty SANDWICHES & More

Eatin' Lunch in the Neighborhood™
Applebee's

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



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

Provider of the Month Feature

NOVEMBER 2024



MEGAN MANSEAU

What do you enjoy most about being an FCC Provider?

The thing I enjoy most about being a provider is the relationships I build with the families in my care. It's a blessing to be trusted to care for their children and it's so fun to watch the kids grow and celebrate their accomplishments!

What are your interests/hobbies?

In my free time I enjoy reading and playing games on my Switch. Disney Dreamlight Valley and Stardew Valley are my current favorites! I also love board games and movie nights with my family and taking my kids to playgrounds and parks when the weather is nice!

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

My biggest advice for new providers is to know your AFI and be confident in your business. Don't be afraid to reach out to the other providers when you need help! This job is rewarding but can be very hard and the support of our group of providers is necessary to help your program thrive.

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

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



11 NOV

SEWING MACHINE BASICS
9:00 AM - 12:00 AM
Magic City Discovery Center
1545 1st St NW

Do you know an adult that uses a sewing machine?
Or have you ever wondered how people use them?
Join us for this class where you will be able to learn sewing machine basics!
In this class, we will go over how to thread a needle and use the pedal, basic stitches, stitch length, and thread tension.
Once you learn the basics of a sewing machine, you can continue to grow your skills and learn how to make simple projects like pillowcases, stuffed pillows, or tote bags.
Stay tuned for upcoming classes like Simple Sewing Machine Projects and Intro to Quilting



For more information:
[Facebook/ Magic City Discovery Center /Events](#)

13 NOV

TRIVIA NIGHT
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!

For more information:
[Facebook/ Blue Rider/ Events](#)

14 NOV

DREW HANSON AND RICK WATSON
7:30 PM
Blue Rider
118 1st Avenue SE, Minot

Live music with Drew & Rick! A hat will be passed around at each of these musical Thursdays to raise money for Independence Inc, a nonprofit committed to empowering individuals with disabilities, seniors, and people with behavioral health disorders to live independently.

For more information:
[Facebook/ Blue Rider/ Events](#)

16 NOV

MINOT MINOTAUROS VS ABERDEEN WINGS
7:35PM
Maysa Arena,
2501 West Burdick Expy, Minot

Minot Minotauros host the Aberdeen Wings at the Maysa Arena. Puck drops at 7:35pm. Join us at the Maysa Arena for an unforgettable night of Minot Minotauros hockey! Witness the intensity and excitement as our team battles it out on the ice against the Aberdeen Wings. Our games are more than just hockey; they are a community event where fans of all ages come together to cheer, celebrate, and create lasting memories. Enjoy the electrifying atmosphere, with high-energy music, engaging intermission activities, and plenty of concessions to keep you fueled. Perfect for families, friends, or a unique date night, Minotauros hockey games promise an action-packed and entertaining experience that you won't want to miss.

GAME DAY

MINOT ABERDEEN

VS

WINGS

WPEPSI RINK | MAYSA ARENA

MINOT MINOTAUROS HOCKEY

For more information:
www.minotauroshockey.com

22-23 NOV

DAKOTA HOPE'S FESTIVAL OF TREES
7:35PM
State Fair Grounds, Minot

Dakota Hope's Festival of Trees is returning to the State Fair Grounds November 22nd and 23rd! With countless Christmas-themed events to choose from, there is something for the whole family to enjoy at Festival of Trees. General admission is free. Ticketed events include the Dinner and Live Auction and Dashing Through the Snow 5k and fun run. Other Events at the Festival include: •Silent Auction •Raffle Row (raffle trees) •David Laflin Illusionist •North Pole Play Zone: Bounce Houses, Coloring, Balloon Artists, Story time with Buddy. •Tea in the Trees •Live Music •Bake Sale •Follow the Star: Interactive Nativity with Live Animals •Petting Zoo •Pony Rides •Vendor Show •And more! All events have their own schedule, but general admission doors are open from 12:00pm to 8:00pm on Friday, November 22nd, and 9:00am to 3:00pm on Saturday, November 23rd.



For more information:
[Facebook/ Festival of Trees / Events](#)

NEW Community at the Northern Sentry

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

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

NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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

CLASSIFIEDS

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

NOTICE

Minot AFB, ND-
Capt Deborah Tucker from the
5 Healthcare Operations
Squadron has been appointed
the Summary Court Officer
(SCO) for the estate of
**A1C ANIYAH BESS,
5 OPERATIONAL MEDICAL
READINESS SQUADRON.**
All claims for or against the
estate of the deceased must be
submitted to the SCO.
For more information, please
contact Capt Deborah Tucker:
Email: deborah.tucker.2@us.af.mil

HELP WANTED

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

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

AUTO BENT UP OR JUNKED??

Would like to buy...

Running and non-running cars.
Call 701.240.2147

tfn

\$ \$ \$ QUICK CASH \$ \$ \$ Paying
cash now for any car or truck,
running or not. We also sell cars,
give us a call. Edwardson Towing
839-9512, cell: 720-6150 (Will
haul junk cars or trucks away, no
charge)

tfn



**northern
sentry
community
calendar**



Events from
Minot & Minot AFB
in ONE PLACE!

THRIFT STORE

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

RENTALS

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

tfn

HOUSE FOR RENT IN GLENBURN ND.



Rent is \$900.00 a month
with \$900.00 deposit. Three
bedrooms, two full bathrooms,
kitchen/dining area, and office
space on the main floor - full
finished basement. Attached single
garage. Tenant pays utilities. Call
Dianne Hensen 701-721-3089

tfn

IMMEDIATE FULL AND PART TIME OPENINGS

for
daytime and evening custodial
positions cleaning buildings at
the Minot Air Force Base. Pay
is \$14.49/hour plus health
& welfare benefit. Hours
Days 8a or 9a-finish typically
Monday through Friday, may
include weekend work. Nights
5p-finish. Apply in person
at: 605 27th St SE, Minot
ND 58701 or contact: Matt
Mackey By email or phone at
mmackey@kalixnd.org
701-852-1014.

tfn

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.

Part-Time Retail sales 25-35 hrs/
week occasional Sat. closed
Sun. Apply in person at Aeroport
Hobby Shoppe, 2112 N.
Broadway.

tfn

THE NORTH DAKOTA NATIONAL GUARD

have openings available
in a variety of career fields across
the state and in Minot. Continue
your military career on a part-
time basis. For more information
call 420-5903 or 420-5904 in
Minot.

tfn

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/lclouse.
701-839-0475 or 701-721-0475

tfn

SUDOKU SOLUTION PUZZLE ON PAGE B3

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

JOHN'S



AUTOBODY

**Pays Up To
\$500**

Insurance Deductibles

**We Guarantee All
Work & Color Match**

4121 S. Broadway
839-8896

FRESH EGGS

FRESH EGGS Located just 20
minutes with delivery to the base.
email: esavelkoul@srt.com.

tfn

WANTED

UNWANTED CARS, TRUCKS & SCRAP METAL.

Call 701.240-7453

tfn

**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

tfn

AUTOMOTIVE

QUICK CASH!!

Running & Non-Running
Cars & Trucks



EDWARDSON TOWING

We Also Sell Cars

839-9512

Cell **720-6150**

Will Haul Junk Cars Free of Charge
Cash for Scrap & Farm Clean Up



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

PET GROOMING

KING'S MANE CAT GROOMING



OFFERING YOUR CAT THE ROYAL TREATMENT

CALL 701-240-7291

FOR AN APPOINTMENT OR VISIT US ONLINE

KINGSMANECATGROOMING.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

ACCOUNTANT

BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS

24 W. Central, Minot • 852-0196

www.bradmartz.com

**CONTACT
ROD WILSON TO GET YOUR
BUSINESS LISTED HERE!
701.839.0946
SENTRYSALES@SRT.COM**



NOMINATE A
Neighborhood
HERO

*Doin' Good in
the Neighborhood*
Applebee's

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

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

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. 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

SCHOOL BOARD MINUTES

UNOFFICIAL MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 ANNUAL MEETING MINUTES OCTOBER 29, 2024

The School Board of Minot Air Force Base Public School District No. 160 held a regular meeting on October 29, 2024. The meeting was conducted at the Library of Memorial Middle School.

Board Members Present: Eric Fileccia, Anthony Foerster, Wesley Hoffman, Chris Tilstra

Board Members Absent: None

Call to Order:

President Fileccia called the meeting to order at 5:00 p.m.

Pledge of Allegiance:

The pledge of allegiance was recited.

Preview of the Agenda:

Motion by Foerster, seconded by Tilstra to approve the agenda as presented. Roll call vote carried 4-0.

MAFB School Liaison Officer Report:

MAFB School Liaison Officer, Joy-Nicole Smith, reported to the Board on recent and upcoming events.

Approval of Consent Agenda:

Motion by Tilstra, seconded by Hoffman to approve the Consent Agenda to include the July 31, 2024 MAFB PSD #160 annual school board meeting minutes and the July, August & September 2024 financial reports as presented including the accounts payable in the amount of \$27,560.30. Roll call vote carried 4-0.

Military Installation Construction Funding:

The Board was updated on the information gathered to date on the Military Installation School Construction funding program.

School District Finance Report:

Motion by Tilstra, seconded by Foerster, to approve the 2023-2024 MAFB #160 School District Financial Report as presented. Roll call vote carried 4-0.

2023-2024 School District Audit:

Motion by Foerster, seconded by Tilstra to approve the 2023-2024 Minot Air Force Base District No. 160 Audit as prepared by Brady Martz & Associates. Roll call vote carried 4-0.

Announcements:

1. MAFB School Board Meeting – January 21, 2025

Adjournment:

The meeting was adjourned at 5:38 p.m.

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.

TIMMOTHY TIMM



RESTAURANT & ENTERTAINMENT GUIDE



Atypical Brewery & Barrel Works

510 Central Ave E, Minot
Phone: 701.833.0567
FB: Atypical Brewery & Barrelworks

Applebee's Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

Culver's Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

Meg-A-Latte

2045 N Broadway Suite #100
Minot, ND 58703
Phone: 701-838-8479
www.meg-a-latte.com

Mi Mexico

3816 South Broadway Minot
Phone: 701.852.0777
www.mimexicominotnd.com

N.D. Asia

3400 16th St SW, Minot
Phone: 701.852.1240
www.ND-Asia.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Pink's Bar & Grill

102 128th Ave NW Minot
Phone: 701.852-2385
FB: PinksBarGrill

The Blue Rider

118 1st Avenue SE Minot
Phone: 701.852.9050
www.theblueriderbar.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
www.starvingrooster.com



★Hotel★
REVEL

Weddings for Warriors

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

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

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

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

Musicians Of Minot AFB Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring you own Instruments

Don't know how to play anything? Come sing

Hosted at the Base Theater on
Saturdays from 12:00 to 6:00!

JOIN OUR DISCORD,
FACEBOOK,
OR INSTAGRAM

For updates and socialization:
<https://discord.com/invite/xQtPFRBr>
Minot AFB Musicians On Facebook
[Minotafb_musicians](#) On Instagram



Congratulations Defenders



Defender Nation,
Please join me in congratulating our Defenders selected for Wing and Group Command positions in 2025! It truly is an honor to lead Airmen at these levels and selection for these positions is highly competitive.
Our Airmen expect and deserve your very best; I know you will deliver. You will lead them through one of the most significant structural changes in Air Force history.
We are proud to have you leading the next generation of Airmen. My sincerest congratulations to you and your families on this amazing opportunity!
WING COMMAND:
COL JAMES CLARK:
11th Wing, Joint Base Andrews
COL MIKE JEWELL:
501st Combat Support Wing, RAF Fairford
COL JUSTIN SECREST:
377th Air Base Wing, Kirtland Air Force Base
COL MIKE SHIRLEY:
Scott Air Base Wing, Scott Air Force Base
COL BILL SMITH:
Hurlburt SpecOps Air Base Wing, Hurlburt Field
GROUP COMMAND:
COL JOE BINCAROUSKY:
316th Security Forces Group, Joint Base Andrews
COL DREW GEHLER:
341st Security Forces Group, Malmstrom Air Force Base
COL MEGAN HALL:
820th Base Defense Group, Moody Air Force Base
COL JEREMY SHEPPARD:
90th Security Forces Group, F. E. Warren Air Force Base
COL RICH ZEIGLER:
5th Mission Support Group, Minot Air Force Base
I am proud to serve with you all!
Colonel Filler

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

N.D. Asia
RESTAURANT & LOUNGE

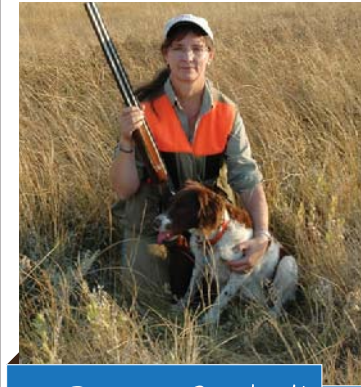
UNDER NEW MANAGEMENT

LUNCH SPECIALS
MONDAY-FRIDAY
11AM to 3PM
(except holidays)

\$5 OFF
with Minimun 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

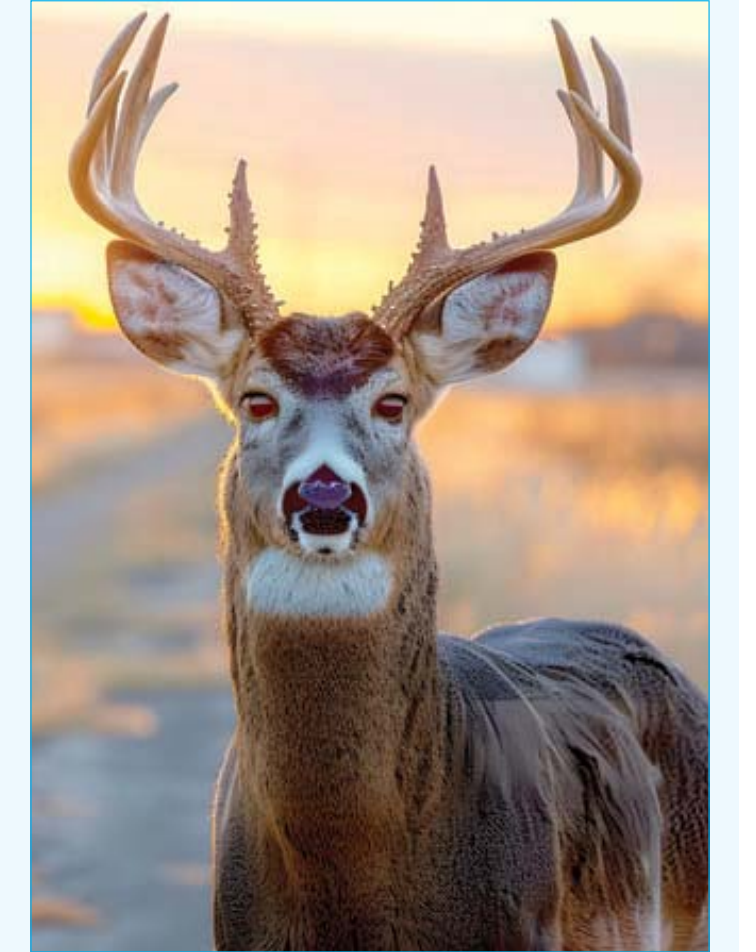


by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, Nov. 4: 1,837.64 feet above mean sea level (MSL); 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.
Devi's Lake elevation: 1,449.47 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.31 MSL.
• N.D. Game & Fish Dept. game wardens: Improving walleye activity around Deepwater Bay on Lake Sakakawea. Some walleye success continues along the Lake Darling bridges.
• Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.
• Devils Lake, Woodland Resort, Devils Lake: No new reports with limited activity.
• Lake Darling, Karma C-Store, Ruthville: No new reports.
• Lake Metigoshe, Four Seasons, Bottineau: Little activity.
• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not much activity but anglers working the east end of Lake Sakakawea still finding a few walleye working shallower water.
• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports from either Lake Audubon or Lake Sakakawea.
• Lake Sakakawea, New Town: Limited angler numbers but those going still finding a few walleye in 20 to 25 feet.
• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited activity on the Missouri River tailrace. No new reports from Lake Sakakawea.
• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers remain clear

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](https://www.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.

- Nov. 8: Deer gun season opens.
- Nov. 10: Sandhill crane season closes.
- Nov. 12: N.D. Game & Fish Dept. public advisory meeting, Lake Region State College Chautauqua Room, 1801 College Dr. N., Devils Lake, 7 p.m.
- Nov. 13: Minot Curling Club volunteer work night, Circle & Lines Paint Night.



and continue producing nice walleye and sauger success using jigs and minnows. Try crankbaits on the Yellowstone River. Not much activity on the upper end of Lake Sakakawea.
• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little to no activity on the Souris River and area lakes.
Hunting:
• Cranes: Fair numbers of birds remain in northwest N.D.
• Deer: Some EHD-impacted areas experiencing fewer deer numbers. Look for mixed success.
• Waterfowl: Good snow goose numbers remain in northwest N.D. with more ducks moving in. Snow geese moving into north-central and west-central N.D. and along Lake Audubon and east half of Lake Sakakawea. Good waterfowl numbers remain around the Devils Lake area.
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

WHAT'S GOING ON MINOT AFB

FRIDAY 08

- AFGSC Family Day
- For a full listing of Veterans Day holiday facility hours, visit 5thforcesupport.com
- Brownie Day, 1030-1330 Dakota Inn Dining Facility
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Final Fiesta Friday, 1800-2200, Rockers Bar & Grill

TUESDAY 12

- AFFT, 0530, McAdoo Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center— Room 211
- AFFT, 1100, McAdoo Fitness Center
- Vehicle Maintenance Class - Winterization, 1730-1930, Auto Hobby Shop
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 15

- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Turkey Bingo, 1800-2000, Youth Center

SATURDAY 09

- For a full listing of Veterans Day holiday facility hours, visit 5thforcesupport.com
- Pirates Escape Room Game Begins, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

WEDNESDAY 13

- Registration Closes: Lifeguard Course, Outdoor Recreation
- AFFT, 0530, McAdoo Fitness Center
- Pacific – NCO Tier, 0800-1200, Professional Development Center
- Spouses Welcome on the Road, 0830-1430, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Family Strength & Tone Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Top 3 Mentorship Hour, 1130-1230, Professional Development Center
- Parent Advisory Board Meeting, 1200-1300, Youth Center
- SAPR Tier 2 Brief, 1300-1400, Professional Development Center
- Moving Out of the Dorms Budget Classes, 1300-1500, M&FRC
- Yoga, 1700, McAdoo Fitness Center
- Dorm Series Craft Class – Boho Dried Flower Wall Hanging, 1700-1900, Erchberger Hall
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 16

- Zumba, 0900, McAdoo Fitness Center
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SUNDAY 10

- For a full listing of Veterans Day holiday facility hours, visit 5thforcesupport.com

MONDAY 11

- Veterans Day
- For a full listing of Veterans Day holiday facility hours, visit 5thforcesupport.com
- Veterans Day Special Lunch, 1030-1300, Dakota Inn Dining Facility

THURSDAY 14

- AFFT, 0530, McAdoo Fitness Center
- Indo Pacific – AMN Tier, 0800-1200, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Minot Myth Busters, 1045-1145, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Pie in a Cup, 1500-1700, Youth Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item

Caprese Salad

Spring mix with tomatoes, fresh mozzarella, balsamic reduction, and olive oil.

The B-Fifty Brew Featured Item

Muffins

Flavors include: Cinnamon Apple, Banana Nut, Chocolate, Blueberry, and Lemon Cranberry.

Rockers Bar & Grill Featured Item

Fish & Chips

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



LIFEGUARD CLASS
OUTDOOR RECREATION

18 NOV - 16 DEC 2024
REGISTER BY 13 NOV

EVERY MONDAY
5:00PM - 9:30PM

**EXPLORE OPPORTUNITIES FOR
EMPLOYMENT AT OUR INDOOR
POOL!**

ONLY \$125 MUST BE AGES 16+
**THIS CLASS INVOLVES AN 8-HOUR ONLINE
PORTION & IN-PERSON SESSIONS**
COST REIMBURSED WHEN HIRED

723-3648

IN PARTNERSHIP WITH
FORCE
RECREATION FOUNDATION

5THFORCESUPPORT.COM

AIR FORCE

OUTDOOR RECREATION



A horizontal banner with a white background. On the left is the logo for Jerome's Collision Center, featuring a stylized 'J' in black and orange, followed by the word 'Jerome's' in orange and 'COLLISION CENTER' in black. To the right of the logo, the text reads: 'Military Friendly and Proud to Serve Our Active Duty Military & Veterans' in black, followed by 'Closest Full Service Collision Center to Minot AFB' in orange. On the far right, the address '2705 North Broadway, Minot, ND 58703' is in orange, the phone number '(701) 852-5126' is in large black font, and the website 'jeromescollision.com' is in orange.