



WHAT'S INSIDE
THIS WEEK:



TRAVELING
THIS
SEASON:
KNOW YOUR
OPTIONS
BEFORE
YOU BOOK
A7



THERE'S NO
PLACE LIKE
HOME FOR
THE
HOLIDAYS
B1



SHOPPING
SMALL &
ETHICAL
IN THE
MAGIC CITY
B11



1st Lt. Evelyn McCoy and 1st Lt. Ashley Gregory making a breakfast fest on Thanksgiving morning for the 742nd Missile Squadron Team. See more on page A2.

NORTHERN SENTRY PHOTO | NATALY ZARRELLA

Supporting Missile Field Airmen This Thanksgiving

NATALY ZARRELLA, NORTHERN SENTRY

Thanksgiving is a time to reflect on what we're thankful to gather with family and friends, and to enjoy the warmth of home. However, for many members of the 91st Missile Wing, the holiday season requires them to be away from their families by carrying out their critical duties to ensure the security and readiness of the Nuclear Mission. These Airmen work tirelessly at missile sites around the clock, for weeks at a time, safeguarding our nation while maintaining mission readiness 24/7.

This year, the Minot AFB community came together in a remarkable show of support to ensure that no Airman in the missile field would feel forgotten this Thanksgiving. These initiatives demonstrated the deep bond between the Minot AFB community and those who serve, highlighting the strong connection between the local community and the military personnel at Minot Air Force Base. It illustrates how simple, thoughtful actions, such as giving pies, treat packages, or even offering a morning prayer, help strengthen the sense of unity and support between the community and those serving at the base.

To kick off the Thanksgiving festivities, the Key Spouse Liaisons of the 91st Missile Wing, in collaboration with the Minot community, organized the Annual Thanksgiving Pie Drive. With support from local families, businesses, and organizations, they collected 104 pies, from classic pumpkin to pecan, and apple. These pies were then delivered to 320 Airmen at 15 missile sites. The goal was simple: provide these dedicated service members with a taste of home and remind them that their sacrifices are deeply appreciated.

In addition to the Pie Drive, First Lieutenant Evelyn McCoy and First Lieutenant Ashley Gregory of the 742nd Missile Squadron went above and beyond to support their fellow Missileers. On Thanksgiving morning, they provided a warm and hearty breakfast featuring pancakes and other morning staples to the Airmen heading out to the missile sites. This thoughtful gesture ensured the Missileers headed out to the missile field on Thanksgiving morning started their day with full stomachs and high spirits, giving them the energy they needed to carry out their essential duties.

CONTINUED ON NEXT PAGE

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Thanksgiving

CONTINUED FROM FRONT PAGE

“I just wanted to lift morale for all the members heading out to the field who couldn’t be with their families on Thanksgiving,” shared 1st Lt. McCoy. “It was about making people happy and showing them they’re appreciated.”

The 91st Missile Security Forces Squadron Key Support Liaison Team also played a vital role in spreading Thanksgiving cheer. They prepared and delivered treat packages to 250 Security Forces members returning from the missile field. These boxes, filled with cookies, chocolates, and heartfelt thank-you notes, served as a reminder of the community’s deep gratitude for their hard work and dedication. For many Airmen, spending the Thanksgiving holiday away from their families can be especially tough, but these treat packages brought a little piece of home to those returning from the field. Airman First Class Donta Thorpe Jr. expressed his appreciation, saying, “This is my first Thanksgiving without my family, but I’m thankful for the treats. I’m also going to spend the holiday with another member’s family, so I won’t be alone.”

As part of the day’s efforts, Senior Airman Kenny Caniz Lopez from the 791st Missile Security Forces Squadron (791MSFS) delivered a meaningful morning prayer to the team as they prepared to head out to the missile sites. The prayer,

inspired by 1 Chronicles 16:34, read, “Give thanks to the Lord, for he is good; His love endures forever.” It offered a sense of spiritual connection, reminding the Airmen that their sacrifices are valued, not just by their families but by the larger community. It was a touching moment that reinforced the unity and support flowing through the 91st Missile Wing family.

These efforts: 104 pies donated by the community ,breakfast served to the 742 MS, treat packages for the 250 Security Forces members, and the morning prayer for the 791 MSFS, showcased the strong spirit of gratitude and solidarity between the Minot AFB community and the 91 MW. Though many Airmen were separated from their families this Thanksgiving, these small but meaningful gestures brought comfort, joy, and a sense of belonging.

Thanksgiving is a time to give thanks and share moments of warmth. This year, the Minot AFB community’s heartfelt support helped bring that warmth to Airmen who couldn’t be with their families, making sure they felt appreciated and connected to those they serve. As we look ahead to the holiday season, the gratitude and unity shown this Thanksgiving will continue to resonate within the 91st Missile Wing and the Minot community.



91st Missile Security Force Squadron Defenders returning from the field were greeted by 91 Key Support Liaisons with bake goods and treats.



Lt Col. Zachary Jones ensuring pies provided by 91st Missile Wing Key Support Liaisons are properly distributed to the Missile Alert Facilities at Minot AFB



Defender SrA Caniz Lopez sharing a prayer with the 791 MSFS headed out to Missile Field on Thanksgiving Day.

NORTHERN SENTRY PHOTOS | NATALY ZARRELLA

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December Squadron of the Month

740th Missile Squadron



The 91st Missile Wing Command Team is pleased to congratulate and recognize the 740th Missile Squadron on being selected as December's Squadron of the Month.

The 740th Missile Squadron Vulgar Vultures have had a busy year both on and off duty. In September, the 740th led a team of 91st Missile Wing and 576th Flight Test Squadron Personnel in the successful execution of four launch facilities and two launch control centers during the Simulated Electronic Test-Minuteman. This test provided crucial weapon system reliability data to both the Commander of

United States Strategic Command and the Commander of Air Force Global Strike Command. Additionally, the 740th was instrumental in the successful test launch of an unarmed Minuteman III on November 5th. The Vultures also guided the 91st Missile Wing through Crisis Action Team activities during Operation Global Thunder 2025, validating the flexibility and responsiveness of the land-based leg of the nuclear triad.

The Vultures were able to spend quality time with the Minot Community and Air Force Senior Leaders. In August, the 740th was recognized by

the Minot Hot Tots baseball team during their home game. Festivities included throwing out the ceremonial first pitch, on-field games, and a team photo. The Squadron also attended the Minot Minotauros' home opener, helping the community welcome hockey back to the region. At Vandenberg Space Force Base, Second Lieutenant Netsy Boyle was recognized by Major General Stacy Jo Huser and the Association of Air Force Missileers as a Rising Star in the Nuclear and Missile Operations community, as she shared her inspiring journey to become a Missileer.

The 740th continues to provide unrivaled capabilities to the United States, leading with dedication and professionalism, and is well deserving of this recognition. Give 'em the Bird!



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- 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

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Where do you put the lefse?



SHE’S NOT FROM AROUND HERE
AMY ALLENDER

On Thanksgiving morning, I woke up with a burning question on my mind: Where does a lefse go in a Hotdish Land holiday buffet line?

A couple months ago I made cookie salad for my first time, and documented the experience on Instagram. Nearly 100k views and hundreds comments and messages later, I had gotten many requests for a video showcasing Snickers Salad.

Although I’d heard locals talk about Snickers Salad, until the comments rolled in, I hadn’t really thought about the recipe. I guess I assumed it was a “salad” with elements that invoked the taste of a Snickers bar: nuts, caramel drizzle, maybe some chocolate pieces. I didn’t realize the recipe’s primary ingredient would be diced up candy bars tossed with apples.

I tried the recipe and posted the results on my Instagram account. Comments have been pretty positive, although I did make some mistakes in my technique. The best part, though was trying it with my family, and the fun we had testing out something special to the region we live in,

but outside of the traditions we grew up with.

With these cooking adventures fresh in my mind on Thanksgiving morning, I opened my eyes and immediately thought about lefse.

If cookies mixed with Cool Whip is a salad, and candy bars and apples were a salad—where does lefse fall in the holiday buffet line? In the past, I’ve been offered lefse with butter and sugar as a dessert, or after-meal treat. But in light of what I’ve recently learned about Upper Midwest “salads,” it just didn’t seem possible that lefse—a fairly bland, potato tortilla—could truly be served alongside pie and bars. (I’m hoping the locals will forgive my harsh description of your beloved lefse.)

After mulling it over with my husband and coming up with no suitable answer, I turned to social media to ask the experts: local Hotdishers to chime in and clear up the confusion.

In less than 24 hours, I got nearly 100 responses. While I’d like to say the comments clearly answered my question, that wasn’t the case. The relationship between Hotdish Land and lefse has simply proven to be as mysterious and intriguing as ever.

Here is a sampling of the responses I received. (Some responses have been shortened for clarity.)

“Lefse is normally, coffee break food, but on a holiday it’s served before and after dinner. Cookie salad goes with desserts.”

“Lefse is part of the main meal. We think of it like a dinner roll.”

“Lefse acts like a potato on Thanksgiving.”

“Snickers Salad is a side dish. Lefse is dessert. I don’t make the rules, I just follow them.”

“Lefse is its own category, it sits on the ‘old-people-playing-cards’ table. Everyone eats it all day.”

“Lefse is part of the meal, and a dessert, and a snack anytime of the day.”

“Anything called ‘salad’ is a side dish. Lefse is an appetizer.”

“Lefse is everything. My grandfather just rolled turkey and stuffing in it and dipped it in gravy—while I was spreading butter and sugar on mine.”

“Salads are sides, not dessert. Lefse is part of the main meal. Dessert is pies and bars.”

“Lefse goes with bread and rolls.”

“In our house, lefse never comes out until dessert.”

“Lefse is anything and everything you want it to be. Put it out with appetizers. Pass it around with the meal. Squeeze in a piece before dessert. Eat one after dessert. Have one to settle your stomach when you’re too full. Salads are for the main meal, then served again at dessert.”

By far, my question about lefse and “salads” created more discussion online than nearly anything else I’ve ever written. That last response really seems to sum it up: lefse is main dish, side dish, appetizer, and dessert. Salads are sides and dessert. After all the comments and private messages, one thing is clear: locals love their lefse. I’m still a little lost, but what do I know? After all, I’m not from around here.

For more stories of Hotdish Land, and to find recipes for cookie and Snickers Salad, join me on Instagram and Facebook at @HeyMinot. You can also find me online at amyallender.com.



I’ll probably never fully understand the allure of lefse, but I’ll probably never get tired of trying.
AMY ALLENDER PHOTO

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THINK SAFETY WITH THE NORTHERN RITUAL OF ICE-FISHING

Patricia Stockdill

It appears good ol’ Mother Nature just might let us enjoy another northern ritual this winter after all. Yup, looks like there will be some fishing opportunities. As in ice-fishing.

Admittedly, the lingering autumn weather was wonderful in many ways – great temperatures for sitting in bleachers watching high school and college football. Great for a weekend hike, especially not having to deal with an abundance of ice and snow until well into November.

From Garnet and Magnum’s perspective - the two four-legged Hunting Maniacs in the house - it was great weather to be out in pursuit of wily rooster ringneck pheasants.

But now we’re into the reality of winter temperatures coupled with the occasional “weather event” –more officially known as snow, wind, testy blizzards, and more wind and snow.

Granted, there will still be some late season pheasant hunting opportunities, especially if snow doesn’t become too abundant.

But now is the time of year to turn one’s outdoor attention to things like fishing.

Yes, fishing, as in ice-fishing.

However, the Number One Rule of ice-fishing can never, ever be forgotten: Do not ever take ice safety for granted. It doesn’t matter if it’s early ice-over, mid-season fishing, or lingering late season opportunities. For as enjoyable as ice-fishing is, it always requires safety remains in the forefront.

The N.D. Game and Fish Department has an ice safety link on their website home page that is well worth perusing. (gf.nd.gov/ice-safety), such as the fact that bad ice can exist on any lake in any year regardless of its location.

Snow is Mother’s Nature blanket, an insulator making it more difficult for thin ice to thicken. It also prevents formation of clear, blue ice – the safest type of ice.

In addition, snow can hide cracks, weak ice, and even open water. It could conceal a small pressure ridge.

Another kicker with Mother Nature is that she can change ice conditions on a whim. Daily temperature changes cause ice expansion and contraction, creating those potentially nasty cracks and pressure ridge. And a pressure ridge of any size can pop up literally in seconds, forming a dangerous swath of heaving ice.

Some emergency tips:

- Carry a safety kit that includes an ice chisel to check ice depth, ice picks or pair of screwdrivers that can be driven into the ice to pull yourself out should you break through, and a cell phone (not that it’s going to work everywhere, especially if it gets wet). But at least the cell phone might help.
- Try to avoid panicking if breaking through the ice. Remember the safest place to pull yourself back up onto the ice is the last place you stepped before breaking through, put hands and arms on the unbroken ice surface, kick your feet to work your way up onto the ice, use the ice picks to pull up onto the ice, and roll away from the weak, broken ice, and open water. However, don’t try to stand up – you’ll likely slip and fall, potentially back into the water.
- If a companion falls through, again try to remain calm but don’t run to assist the person. Instead, reach out to them with a blanket, pole, cable, or rope, and throw them something buoyant, such as an empty jug or lifejacket, so they can try to stay afloat. If others are nearby, try to form a human chain with rescuers lying on the ice, each person grasping the feet of the person in front of them.
- Treat the person falling in the water by removing wet clothing and replacing it with dry clothing. Get immediate medical assistance, and provide warm liquids, not hot. Wrap in blankets but don’t rub skin.

The Ice Safety web page has great photographs demonstrating how to help someone in the water after breaking through ice and how to get out if alone. It also discusses safety in vehicles and general ice safety tips.

Check out the ice safety link – there’s also a YouTube link worth watching – and keep this quote from the link in mind: “Traveling in a vehicle early or late in the season is an “accident waiting to happen”.



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Traveling this Season: Know Your Transportation Options Before You Book

NATALY ZARRELLA, NORTHERN SENTRY

Air travel in North Dakota serves as a vital lifeline for residents and visitors alike, connecting them to destinations across the country and beyond while playing a crucial role in facilitating mobility for business, leisure, and family visits. However, getting to and from the airport can often be a source of stress, whether it's figuring out transportation, deciding where to park, or dealing with the discomfort of leaving your vehicle at the airport. Whether you're a first-time traveler or a seasoned flyer, knowing your transportation options can help ensure a smoother, more efficient journey.

For those flying out of Minot International Airport (MOT), located approximately 13 miles south of Minot Air Force Base, transportation options are key. If you don't have a family member or friend available to give you a ride, parking at the airport or scheduling an airport shuttle are both excellent alternatives, each with its own set of benefits. Uncovered parking at Minot International Airport long-term and short-term lots are available anywhere from \$12 to \$14 per day, making it a convenient option for shorter trips but also exposes vehicles to inclement weather which might not be ideal during winter months. However, for longer travels, this can add up quickly, prompting many to explore other transportation

options.

Although parking at the airport may work for some, it can be more convenient to get a ride and avoid parking altogether. One popular airport shuttle service is Ren's Rides, operated by Ren Lorie, a resident of Minot AFB. Ren launched the service after recognizing a gap in transportation options for military members and their families on Minot AFB. He noticed frequent posts on Facebook from people needing rides to and from the airport, which inspired him to offer a solution. Ren is available for rides Monday through Friday from 4:30 p.m. to 7:30 a.m., and all day on weekends. His standard rate for a one-way trip to or from the airport is \$35, though prices may increase in the future due to the danger of traveling in snowy condition and the increase interior snow cleaning required after each trip. Currently, he only provides rides to MOT but is considering expanding his route to Bismarck Municipal Airport if demand arises.

Brenna Coline, a past user of Ren's Rides, shared her positive experience using the shuttle service when traveling home from MOT for the first time since arriving at Minot AFB. She explained, "Ren was recommended as someone offering rides to and from the airport, so I reached out since we didn't want to leave our car at the airport for a week due to the

cost. Ren was very friendly and accommodating. He took us to the airport at 5 a.m., and two days before our return, I contacted him to ask if he could pick us up at 1 a.m. from the airport, which wasn't an issue at all." Brenna also recalled that when they returned to Minot after their trip, heavy snowfall was coming down. Despite the weather, Ren safely picked them up and drove them to their residence.

For those willing to travel farther, Bismarck Municipal Airport (BIS) and Minneapolis-St. Paul International Airport (MSP) are alternative options. While both require a few hours of driving, they often offer lower fares and more flexible itineraries, making them worthwhile choices for budget-conscious travelers. Parking at BIS costs between \$9 and \$14 per day for short-term and long-term stays. Travelers heading to BIS can also choose from taxis, limousines, or buses for transportation.

One convenient option for reaching BIS is Jefferson Lines bus service which departs from Minot Transit Center at 201 1st St. SW, Minot, ND, 58701 and arrives at the bus depot at 3750 E Rosser Ave, Bismarck, ND 58501, just 10 minutes from the BIS airport. The bus ride takes approximately two hours and operates Monday through Friday, offering both a morning and afternoon departure options. Reservations are required



Minot International Airport provides both short and long term parking options.

and can be made through the Jefferson Lines website. Tickets average \$39 per person for a one-way trip, providing an affordable and hassle-free way to reach BIS without the need to drive.

For those traveling from Minot AFB to Minneapolis-St. Paul International Airport (MSP), options such as Greyhound buses and Amtrak trains are available. Both provide budget-friendly alternatives but require travelers to arrange transportation from the bus depot or train station to MSP. For those driving to MSP, the airport offers both short-term and long-term on-site parking. Additionally, off-site parking companies, such as The Parking Spot or RightWay Parking, partner with nearby hotels to provide more affordable long-term parking. Many of these partnerships include complimentary shuttle services to and from the airport, offering a cost-effective and convenient solution.

Minot AFB members and their families have numerous options for air travel. Whether using shuttles like Ren's Rides, buses like Jefferson Lines, or personal vehicles with parking solutions,

travelers can find cost-effective and convenient methods to suit their needs. Planning ahead and exploring these options ensures smoother and more efficient trips from Minot International Airport, Bismarck Municipal Airport, or Minneapolis-St. Paul International Airport.



Maisyn Long in Minot International Airport waiting on her flight to the happiest place on earth, Disneyland in California.



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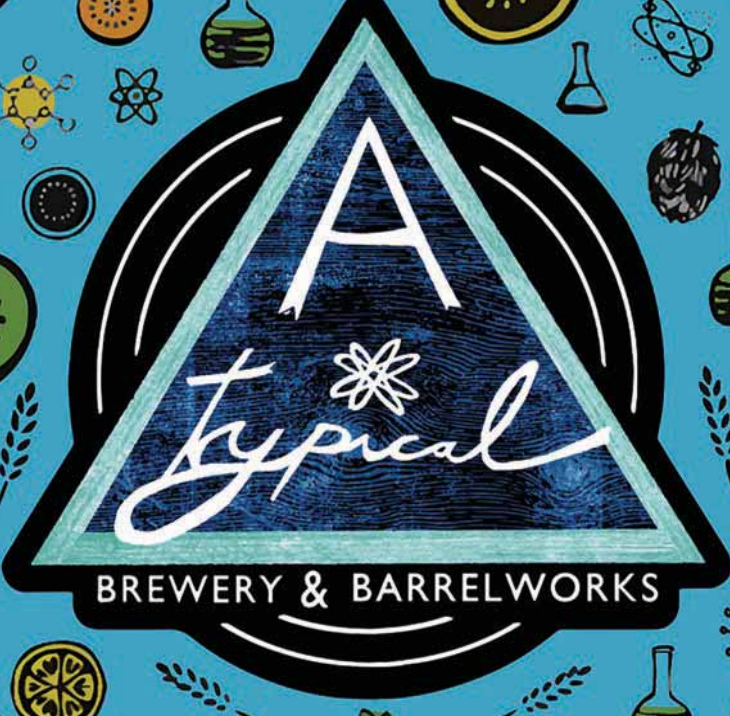
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Fact File

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NHTSA's Recalls Look-up Tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for FREE. Check www.nhtsa.gov/recalls.

KNOW YOUR CAR
Read your vehicle's manual to familiarize yourself with the safety features on your vehicle—such as antilock brakes and electronic stability control—and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.

PLUG IT IN
For electric and hybrid-electric vehicles, minimize the drain on the battery. If the vehicle has a thermal heating pack for the battery, plug your vehicle in whenever it's not in use. Start your vehicle and preheat the interior before you unplug your vehicle in the morning.

PLAN YOUR TRAVEL AND ROUTE
Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.

STOCK YOUR VEHICLE
Carry items in your vehicle to handle common winter driving related tasks, and supplies you might need in an emergency, including:

- Snow shovel, broom, and ice scraper;
- Abrasive material such as sand or kitty litter, in case your vehicle gets stuck in the snow;
- Jumper cables, flashlight, and warning devices such as flares and emergency markers;
- Blankets for protection from the cold; and
- A cell phone with charger, water, food, and any necessary medicine (for longer trips or when driving in lightly populated areas).



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- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

There’s No Place Like Home for the Holidays

ROD WILSON, NORTHERN SENTRY

It may be the title of a familiar Christmas tune, but the statement still rings strong especially for first term Airmen who find themselves on their first assignment hundreds of miles from home and without the financial means to purchase at ticket to make their Christmas dream a reality.

City of Minot Mayor Tom Ross recently released information on this year’s Home for the Holiday Campaign. “Last year was the first time the community took the project on, and we were able to raise enough funds to send 115 airmen home to be with their families during the holiday season. Community donations, and a raffle of a Harley Davidson motorcycle, donated by Anheuser-Busch, helped raise those funds.”

This year Magic City Beverage, Anheuser Busch, donated a grand prize for the raffle of a 2024 Chevy Trailblazer. Other community partners helped by providing prizes and donations including: A \$2,500 Delta Vacation Travel Voucher, \$2,000 Custom beef bundle from The Meat Co. and Bravera Bank, \$3,000 Electric Bicycle from Kona Big Wave, a \$1600 weekend stay at the 4 Seasons Minneapolis, and a \$1900 shuffleboard table from Paradise Spas were the other prizes awarded for this year’s fundraiser.

Mayor Ross continued, “this year with the raffle and support from the Chamber of Commerce through the Prairie Warrior event,

and other donations, we were able to increase the number of airmen sent home by 20%. This year 138 airmen from the Minot Air Force Base will be able to be home with their families during the holidays.” That number is compared to the 115 that were awarded tickets in 2023.

Other community partners who helped include, Ryan Family Dealerships, Minot Junior Golf, The Landing Bar and Bottle Shop, Lucky Strike, HESS, Verendrye Electric.

Col. Jesse Lamarand spoke highly of the Home of the Holidays promotion, “we are so proud of the City of Minot” Col Lamarand said at the recent tree lighting ceremony in Downtown Minot “in my 24 years in the Air Force, I just have not seen this type of

support from a community. They reach out to the folks at Minot Air Force Base and tell them we care. It is certainly a great relationship, and sending 138 Airmen home for the holidays speaks to the commitment of this city.”

For the 138 Airmen who are able to travel home this holiday season, they will remember their trip and certainly appreciate the efforts of the City of Minot. And who knows, they may end up singing a very familiar song;

“Oh, there’s no place like home for the holidays

‘Cause no matter how far away you roam

If you want to be happy in a million ways

For the holidays, you can’t beat home, sweet home....



2024 Chevy Trailblazer – Abby Martinson



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THREE HOLIDAY SONGS FROM HOME ALONE BY WILLIAMS

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*VIDEO WILL NOT BE PART OF THIS PERFORMANCE.

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The Holiday Magic concert is sold out, but you can still join the fun! Attend the \$5 **LIVESTREAM WATCH PARTY** at Aleshire Theater, MSU, for a big-screen experience with incredible sound, or enjoy it at home with a \$25 livestream ticket.

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

Provider of the Month Feature

DECEMBER 2024



AMANDA ROBERTS

What do you enjoy most about being an FCC Provider?

My FCC babies and their families! I also love working from home, and the friendships I’ve made with other providers. I’m constantly learning new things and getting ideas from everyone all the time.

What are your interests/hobbies?

Being a wife and mama to my 4 kids is at the top of that list but outside of that, football season is my favorite time of year - even as a Giants fan. I’m a huge Swiftie, I enjoy cold brew coffee from With Room Coffee and reading psychological thrillers on my kindle!

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

If your heart is really in this it can be a great opportunity to help provide for your family, however it’s not just babysitting. There is a LOT that goes into being an FCC provider and it is overwhelming at first. Don’t just jump in with 6 kids. Start slow, work up to more kids when you’ve figured out what works for you, what ages you’re comfortable with, how many kids your space holds comfortably, etc. Give it a little time, adjust to your kids/families in care, find what works for you, ASK QUESTIONS (to any of the providers - we’re always more than happy to help!), and have fun with your kids! You’ll find a rhythm. I’m always here to help if you need!

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

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Upcoming Events

6 DEC

PARENTS’ NIGHT OUT

5:30 PM - 8:30 PM

Minot Family YMCA

3515 16th Street SW, Minot

Want to enjoy a night away while your kids play? Drop off your children (Ages 4-10) for an evening of fun at the Y! From 5:30-8:30, the kids will play in our gyms, do arts & crafts, and have pizza all while being supervised by our amazing staff! Eligibility: Open to everyone from ages 4 to 10 Costs: Member: \$25.00, Non-Member: \$35.00 Other Upcoming Parent’s Night Outs: Session 2 - December 20th Session 3 - February 14th

NEED A NIGHT OUT?

THE YMCA CAN HELP WITH THAT!

PARENTS’ NIGHT OUT

Want to enjoy a night away while your kids play? Drop off your children for an evening of fun at the Y! Kids will be able to play games, do arts & crafts, make friends and eat pizza all while!

5:30PM TO 8:30PM

For more information: Facebook/ Minot Family YMCA/ Events

7 DEC

KID’S CHRISTMAS GIFT MAKE & TAKE

VARIOUS TIMES

Magic City Discovery Center

1545 1st St NW, Minot

Join us for a festive 45-minute crafting session where kids can create delightful holiday gifts to give to family and friends! We’re keeping the craft projects a surprise to ensure that the gifts are a delightful secret until Christmas. With four exciting craft options available, each child will have the opportunity to create something special and personal. Spaces are limited, so don’t miss out on this chance for your little ones to spread some holiday cheer through their own artistic creations. Sign up today and let the crafting magic begin! Ages: Ages 4 – 16. Class Size: Max of 20 (per time slot, 80 in total). 4 Different Time Slots: 12:00 – 12:45pm, 1:00 – 1:45pm, 2:00 – 2:45pm, & 3:00 – 3:45pm. Cost: \$20 for Non-Members, \$18 for MCDC Members, \$16 for Military Members

For more information: Facebook/ Minot Family YMCA/ Events

7 DEC

UGLY SWEATER BAR CRAWL

6:00 PM

Blue Rider

118 1st Avenue SE, Minot

Each stop will have speciality or themed drinks for purchase. Check in at The Spot - get a wristband and map of participating stops. Cost is \$10 -all the proceeds go to the Downtown Christmas Lights Project! Have fun and help make memories Downtown!

For more information: Facebook/ Blue Rider/ Events

11 DEC

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

UNTIL 31 DEC

SERTOMA CHRISTMAS LIGHTS IN OAK PARK

5:30-10:00 PM (SUN-THURS)

5:30-10:30 PM (FRI & SAT)

Minot Oak Park, 19th Ave SW, Minot

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club. Running daily until December 31.

For more information: Facebook / Minot Sertoma Club / Events

NEW Community at the Northern Sentry

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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

- Across**
- 1. Apple output
 - 5. Lord's laborers
 - 10. IRS employee
 - 14. One of the reeds
 - 15. Father of 6-Down
 - 16. Petrocelli of '60s-'70s baseball
 - 17. Noted Quaker
 - 18. "Of course!"
 - 19. Year, on a cornerstone
 - 20. "Soldier's shoulders," for one
 - 23. Where gulls gather
 - 25. Not first-class
 - 26. Geometry curve
 - 29. For the stock issue price
 - 33. Cultural interests
 - 34. What you say but don't mean
 - 37. Stat for Sosa
 - 38. Frodo's companion
 - 39. Washington's bill
 - 40. Paste's partner
 - 41. Fictional cuspid collector
 - 44. Author Janowitz
 - 45. Golfer with an "army"
 - 46. Early explorer, of necessity
 - 48. James gang member
 - 51. Without interruption
 - 52. Bungle things
 - 57. Trendy furniture store
 - 58. Qatari currency
 - 59. Marine shade
 - 62. Noggin
 - 63. Without peers
 - 64. Sign of decay
 - 65. This, in Tarragona
 - 66. Disney pooch
 - 67. Consider

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				59		60	61	
62						63				64				
65						66				67				

- Down**
- 1. Swab
 - 2. Tad's dad
 - 3. Human pretzel's act
 - 4. Ladies of Linares
 - 5. Emulate Jewel
 - 6. Son of 15-Across
 - 7. Loan document limit
 - 8. De __: actual
 - 9. The "e" sound in "the"
 - 10. Sensational programming, slangily
 - 11. Make cents
 - 12. Prom night woe
 - 13. King Hussein's widow
 - 21. Wyo. neighbor
 - 22. "Why should __?"
 - 23. Peloponnesian stronghold
 - 24. Safe haven
 - 27. Minnesota's St. __ College
 - 28. Soup bean
 - 30. Like "Don Quixote de la Mancha"
 - 31. Depth of perception
 - 32. Slow down
 - 35. Ticked off
 - 36. New Age songstress
 - 38. Bo Peep's loss
 - 42. Mexican border city
 - 43. "Don't try to hide!"
 - 44. Mead vessel
 - 47. Instead of
 - 49. Sandal feature
 - 50. Con man's accomplice
 - 52. Deride
 - 53. Four-stringed instruments
 - 54. Ham or lamb
 - 55. Wish for
 - 56. Sub in a tub
 - 60. Take advantage of
 - 61. PIN requester



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1st Sergeant Thanksgiving Meal Giveaway: Let the Turkey Eating Commence!

HANNAH WATERS, NORTHERN SENTRY

On November 23rd, Minot AFB First Sergeants hosted their annual Thanksgiving meal giveaway called “Share the Joy”. Every year, 150 Thanksgiving meals are given away for free to Airmen and their families on MAFB, thanks to Operation Warm Heart, which is longstanding organization within the Air Force that takes care of Airmen and their families when emergencies arise. Master Sergeant Sarah Bordges from 5LRS, President of Operation Warm Heart, MSgt Anastacia Schroeder formerly 5 LRS before PCS-ing, Vice President, and MSgt Chris Rutkowski from 705 MUNS, Treasurer, hosted this year’s event. With the help of the Mayor of Minot, Tom Ross, the MAFB Commissary, and the current students at the Airmen Leadership School (ALS), this event went off without a hitch!

When asked the importance of “Share the Joy”, MSgt Bordges said, “Airmen are spending a lot of money on different things, and so we want to help provide something... for Thanksgiving so they can kind of help with their families and maybe save a little bit of money.” She went on to describe the sense of community the event brings, and she hopes the Airmen know that their First Sergeants are there for them.

Minot has been participating in this event for years, and this year’s event was extra special because they were able to provide all the meals using internal funding instead of having to ask for donations from the base community. According to MSgt Bordges, “Our treasurer, MSgt Chris Rutkowski, did a huge job this year. He teamed up with the mayor of the city of Minot and helped us gather a lot of [financial] donations... So, we were able to pay for all of this out of pocket this year. Normally, we ask for donations from the community, but this year Chris (MSgt Rutkowski) did so great with raising all this money we were able to afford everything ourselves.”

All volunteers for the event woke up bright and early to be at the Food Pantry near 5 Civil Engineering Squadron by 9am. All the meals were packaged up, loaded and brought to the Turf parking lot for distribution. From there, all the excitement started at 10am. Cars lined up



MAFB First Sergeant’s took some time on Nov 23 to hand out free Thanksgiving to families on base.

HANNAH WATERS PHOTO | NORTHERN SENTRY

around the block in anticipation of the free meals to be handed out. The staff and volunteers were smiling and excited to begin their work. Chief Master Sergeant Becky Thomas from the 91 Missile Wing command team said, “This shirt council for real is amazing. They work day and night, and they take care of people. It’s the weekend, and it’s cold and they are giving out turkeys to make sure families are good. I I love it.” In my opinion, the excitement in the air and the sense of togetherness was inspiring.

The free meals were available to all families on MAFB regardless of rank. Each family who attended, received an entire turkey and all the fixings for creating a traditional Thanksgiving meal including ingredients for green bean casserole, stuffing, mashed potato, cranberry sauce, and rolls. There were 37 volunteers

at “Share the Joy” this year including a few First Sergeants, ALS students, and even some base families. When asked why Senior Airmen Oleesa James of the 91 Security Forces Group wanted to volunteer at this year’s event she said, “I love volunteering with my comrades and just giving back. It’s a beautiful time of the year and you know I am very thankful, and I want to give.” This beautiful sentiment seemed to resonate all around with everyone who volunteered at the event. Senior Airmen Tyler Wales from 5 Security Forces Squadron had similar feelings and said, “I wanted to give back to the community.”

By the time the event ended at 11am all 150 Thanksgiving Meals had been given out to grateful MAFB families. This year was another successful “Share the Joy” event for the books!



MSgt Michael Fuher 5 CES handing out Turkey after this family received the rest of their Thanksgiving fixings.



MSgt John Silva 5FSS and MSgt Randee Giannini 5FSS after MSgt Giannini received her Thanksgiving meal from MSgt Silva.



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A LOOK BACK

THIS WEEK IN USAF HISTORY

**MINOT’S 91ST SMW BECOMES FIRST COMBAT-READY
MINUTEMAN III WING IN THE AIR FORCE**

DECEMBER 13, 1971

On December 13, 1971, the 91st Strategic Missile Wing (predecessor to the 91st Missile Wing) became the first fully operational and combat-ready Minuteman III wing in the United States Air Force. The missiles were first placed at Minot AFB in 1970 under the 741st Strategic Missile Squadron. MAFB was at the forefront of the “Force Modernization” Program, which oversaw the switch from earlier ICBMs to the updated Minuteman III missiles. After the transition was completed, the 91st SMW was ready to provide strategic deterrence with a fleet of 150 ICBMs spread across 8,000 miles of North Dakota. Each Minuteman III weighs about 76,000 pounds and has a range of over 6,000 miles and a maximum speed of approximately 15,000 miles per hour. Each missile was projected to have a service lifespan of 10 years. However, the Minuteman III has remained in service for over 50 years, making it the oldest deployed strategic ballistic missile in the world.

Information courtesy of: History of Minot AFB c. 1980 / minot.af.mil / Minot Air Force Base Newcomer’s Guide c. 1989

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WOODLAND RESORT

OUTDOOR

REPORT



by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, Dec. 2: 1,836.18 feet above mean sea level (MSL); 6,100 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.35 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.33 MSL.
•N.D. Game & Fish Dept. game wardens: A few anglers walking on north-central area lakes but no vehicle access advised. No Lake Sakakawea reports with open water on the main lake. No Devils Lake reports.
•Devils Lake, Woodland Resort, Devils Lake: Ice varies in the back bays with walk-on activity only. Fair walleye success using jigs and minnows.
•Lake Darling, Karma C-Store, Ruthville: Some walk-on activity around Grano but no reports on success.
•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: A few anglers walking onto Lake Darling from the spillway ramp access point but test ice depth and use caution. No reports on success.
•Lake Metigoshe, Four Seasons, Bottineau: A few anglers walking onto Lake Metigoshe with limited access and using extreme caution. Some small walleye success with occasional pike but no bluegill activity yet.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon iced over use extreme caution if walking onto any back bays and beware of springs. Lake Sakakawea remains open on the main lake with back bays ice starting to ice-over but unsafe for any access yet.

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.

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don’t move around at night.
- Dec. 6 & 7: Mighty Mallard Minot Curling Club Clubspiel.
- Dec. 7: High Plains duck, merganser, and coot season opens.
- Dec. 14: Ducks Unlimited “Knight” Raffle, Knight’s Bar & Grill, Riverdale, 5 p.m.
- Dec. 15: Muzzleloader deer season closes.
- Dec. 16: Eastern Canada Goose Zone closes.
- Dec. 16: J. Clark Salyer Nat’l. Wildlife Refuge Christmas Bird Count. Contact the refuge, (701) 768-2548, for details.
- Dec. 17: Upper Souris Nat’l. Wildlife Refuge Christmas Bird Count. Contact the refuge, (701) 468-5467, for details.
- Dec. 19: Des Lacs Nat’l. Wildlife Refuge Christmas Bird Count. Contact the refuge, (701) 385-4232, for details.



- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some walk-on activity on 3-Mile and Nelson bays on Lake Audubon but walleye bite is generally slow. Use caution, test the ice, and stay off the main lake yet.
 - Lake Sakakawea, New Town: No activity as anglers wait for better ice on the Van Hook Arm.
 - Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Weather permitting, anglers are working from boats down river on the Missouri River tailrace for walleye using jigs and minnows and finding numbers of small fish. Also try casting crankbaits from the rocks at night from shore but use caution with slippery conditions from water and ice on the rocks.
 - Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Long Creek, Lewis & Clark State Park, and Lund’s
- Landing on the upper end of Lake Sakakawea producing some walleye success with a few crappie mixed. Use caution with variable ice conditions and test ice depths.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some walk-on activity on Buffalo Lodge Lake for northern pike.
- Hunting:**
- Upland: Continued pheasant success but birds becoming flighty. Work heavier cover.
 - Waterfowl: Canada geese moved to the Missouri River and open water on Lake Sakakawea.
- Numbers to know:**
- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
 - Report All Poachers: (701) 328-9921.



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MIC3: Military Interstate Children's Compact Commission

There are unique needs for Prek-12 military-connected families. Navigating educational systems across the United States is challenging as you prepare to relocate to a different community. As you prepare to PCS with your military-connected student, one available resource to ease this transition is the Military Interstate Children's Compact (MIC3).

MIC3 is an interstate compact across all 50 States and the District of Columbia. The compact addresses the challenges of the military children encounter on their frequent relocations stateside. It allows for the uniform treatment as military children transfer between school districts in member states. The Compact only applies to public schools and focuses on specific impacts on military connected children such as the transfer of records, course sequencing, graduation requirements, exclusion from extracurricular activities, redundant or missed entrance/exit testing, kindergarten and first grade entrance age variances, and



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



power of custodial parents while parents are deployed.

Military Interstate Children's Compact (MIC3) covers students of Active Duty Members of the Uniformed Services, including members of the National Guard and Reserve on active duty orders (Title 10), members or veterans who are medically discharged or retired for one year, members who die on active duty, for a period of one year after death, and uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public

Health Services (USPHS).

MIC3 is an incredible resource and is the policy ensuring consistency of the educational experiences of military connected student. For more information on the compact, visit mic3.net. If you are due to PCS or have educational questions or concerns, now is a great time to contact a School Liaison!

Please reach out to the Minot AFB School Liaison at mafb.school.liaison@us.af.mil or 701-723-1447.



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NOTES ON BEING SAFE



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Holiday Trip Planning Can Save A lot of Hard Ache

It's hard to believe that the holiday season is fast approaching! Along with the holiday season, many base personnel and their families will be heading out of the local area and even out of state to spend time with their loved ones. Here are some important suggestions to keep in mind to help ensure your trip is a safe one.

- Map the route you are driving. Do not alter from the planned route.
- Discuss your plan with your supervisor and leave a contact phone number.
- Ensure your vehicle is in good mechanical condition. Check the oil, window washer fluid, tire pressure, and ensure you have packed a survival kit. Essentials in the survival kit are; flashlight, candles, matches, sleeping bag (1 per occupant of vehicle), non-perishable food stuffs that can be eaten with out preparation. An MRE is a good idea.
- Plan rest stops for about every 2 hours of drive time.
- Get adequate rest before starting trip. Altering normal sleep patterns may make you more susceptible to drowsy driving.
- Wear sunglasses to prevent eye strain caused by glare off snow and road way.
- While en-route to your destination, have planned contact times to let your contact person know every thing is still okay. Unless surprising a person, it is best to use the person you are traveling to visit as the contact person. The contact person can inform you of current weather and road conditions, etc. The reason for this check in times is if you do not call, that person can notify the highway patrol of a potential stranded motorist.

Remember to give the contact person details such as; color, make & model of the vehicle, license plate number, and number of persons in vehicle.

- If you get stuck in the ditch, stay with your vehicle. Having a cell phone would be helpful. Remember to run your engine for about ten minutes every half hour. The American Automobile Association recommends cycling your engine every hour for about 20 minutes. By using ten minute half hour cycles, you allow the oil in the vehicle to

stay fluid, you also allow for less time to have vehicle lose the generated heat and now you can use the car radio to listen to weather updates and emergency broadcasts at the top and the bottom of the hour, instead of just one segment of the hour.

One last bit of advice: Drive for road conditions and your own capability. If you need additional information, please call the wing Safety office at ext 2259/3305.

Have a great Holiday Season and return safely!



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Minot legal office aids in citizenship process

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MINOT AIR FORCE BASE, ND. --

The 5th Bomb Wing legal office at Minot Air Force Base, North Dakota, has revived a valuable resource for service members and their families: the Citizenship and Immigration workshop. Originally initiated by Staff Sgt. Jessica Ramsey, this seminar provides crucial information and support for those navigating the often complex process of U.S. citizenship and immigration. The class is currently being facilitated by Mariana Soto, a civil law legal assistant at the 5BW legal office.

"I have gone through the naturalization process myself," said Soto. "I wanted to take over the Immigration and Naturalization workshop to also help any military members or dependents navigating a sometimes difficult process."

Soto is dedicated to continuing the workshop and making it

as accessible and informative as possible. The class serves as a resource for both military personnel and their families, offering guidance on various legal aspects of immigration and citizenship covering topics such as how to apply for citizenship and its requirements. The 5BW legal office has also been corresponding with the United States Citizenship and Immigration Services to further improve the reliability of the seminar and to provide more information and resources to its participants.

"The workshop has been incredibly helpful," says Christian Steinborn, military spouse. "It clarified many aspects of the process that I was unsure about. It also provided valuable resources that I wasn't aware of previously."

The workshop not only serves as a practical educational tool, but also fosters a sense of community

among the personnel at Minot AFB. The seminar provides an opportunity to meet with legal professionals, ask questions, and learn about their rights and responsibilities in a supportive environment. By reviving this class, the 5BW legal office is ensuring military families are equipped with the resources they need to make informed decisions about their citizenship and immigration paths. This ongoing effort reflects the commitment of Minot AFB to support the diverse needs of its service members and their families.

The next class is scheduled to be held on December 11, 2024 and will be held quarterly going into the new year. The 5BW legal office can be reached at 5bw.ja.civillaw@us.af.mil and (701) 723-3026 for registration or questions.



Two U.S. passports rest on an American flag. The first U.S. passports were issued in 1775 as paper certificates before being issued.

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

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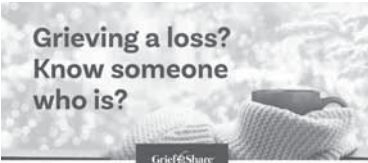
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8	2	7	3	9	1	4	6	5
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9	1	4	2	3	5	6	8	7
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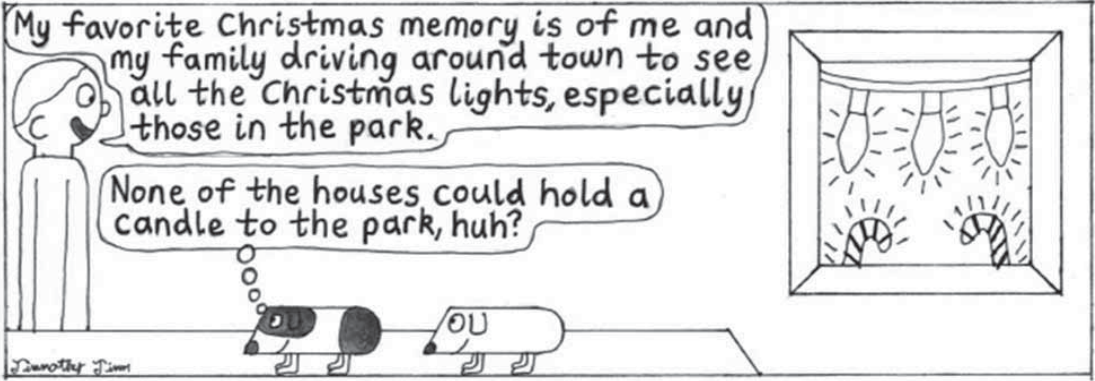
MINOT AFB ANNOUNCEMENTS

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

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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



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Shopping Small & Ethical in the Magic City

KERIANNE NOEL, NORTHERN SENTRY

It's the most wonderful time of year! Time for the holiday shopping rush, that is, and Team Minot is hard at work, checking off their Christmas lists. But plumbing the endless depths of the internet for that perfect gift can be time consuming and stressful. Certain popular retailers have a reputation for not merely crowding out brick-and-mortar stores but have been implicated in various other ethical concerns. In short, using online retailers may have impacts beyond giving away your personal information to yet another company. While it's impossible to completely avoid the internet or big box retailers, readers wishing to adjust how they spend their hard-earned paychecks need only remember to 'start small.' By supporting small, locally-owned businesses.

For those unsure of where or how to start, a great way is by supporting some of the many spouse run businesses on base. One place that strives to bring many of these together in one place is "The Best of Minot Air Force Base Neighborhood Vendor Market," led by Carrie Driver, a military spouse in the 91st Missile Wing. The market is a space for creatives who are trying to grow their businesses to share their goods and services in person, and not just through social media. "The coolest thing about the vendor market on base is that it is all [active duty] military or spouses," shared Carrie, who said she was concerned about the entry barriers faced by fellow mil spouses at vendor fairs in town, such as entry fees and lack of childcare. The final "Neighborhood Vendor Market" for the year will be held on 14 December at the Turf from 10:00-3:00. Whether you

are interested in food, fiber arts, watercolor paintings, or something else, be sure to come out and see what your local maker community has prepared, to round out your holiday gifting and help a military family just like you!

Everyone loves a customized gift, but not the potential impacts on one's wallet. Fortunately, the Minot Air Force Base Arts and Crafts Center can provide a wide variety of customization services, similar to vendors found on sites like Etsy at a fraction of the cost. They have more than just going away plaques and unit swag. With an eight-business day turnaround time, or in as little as 48 hours with a rush fee (think of it as the equivalent of the cost of shipping) you can give the gift of personalization. And while there are plenty of items available in the store to choose from, Faith Labrada, a veteran Arts and Crafts Center employee and fellow spouse, advised that if you have something more particular in mind "the rule of thumb is to bring it in" and they will work with you. From the more popular such as polar mugs and decanter sets to the unique (custom hockey sticks and even gun parts have been brought in), the Arts and Crafts Center has you covered this holiday season.

When it comes to shopping in the Magic City, downtown Main Street boasts many reliable favorites such as Gourmet Chef and Main Street Books. Want to browse a highly curated selection of North Dakota made or re-purposed products that you can't find at your local big box store? The Foundry, The Market on 4th, Koselig: the Cozy Shop and the many local thrift and antique shops are a fun way to spend an afternoon out while supporting the local economy and

business owners.

This reporter's favorite locally operated discovery of the season, is a brand new Christmas themed pop-up shop called "It's the Season." The holiday shop is managed and owned by Annie Kallias and her mother Lori Lauer. "I love Christmas and always wanted a "store" with new, used, vintage and crafted decor at reasonable prices," shared Annie. She added, "We both love Christmas and have different decor ideas. So if we like it...someone else will too!" They also boast an assortment of gift baskets and Hallmark collectibles. Located in front of Ascend Wellness, their hours are Monday-Friday from 9-5 and Saturdays from 10-4, but only for a few weeks longer.

Shopping small and supporting local businesses is important for keeping money and jobs in the community and for helping ensure that creativity survives in the modern marketplace. Whether supporting a military spouse, base-run organizations, or the many local businesses in the Magic City - there are many ways to shop local this holiday season.



Just some of the ready-to-gift-baskets available at "It's the Season"



A peek inside "It's the Season!" Minot's one stop Christmas shop.



Local businesses are all a-glow in fun, festive window displays.



In addition to their holiday items, Gourmet Chef boasts this display of "North Dakota Made" products all year long.

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- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Master Culinary Competition, 0900, Dakota Inn Dining Facility
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Snowflake Skate Jam, 1800-2000, Youth Center

SATURDAY07

- Zumba, 0800, McAdoo Fitness Center
- Frostival, 1400-1700, Turf
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SUNDAY08

MONDAY09

- AFFT, 0530, McAdoo Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Teen Bootcamp, 1015, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Cycle, 1700, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY10

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Home Buying Seminar, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Global Street Food Special Lunch - Antarctica, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance Seminar, 1500, Education Center — Room 211
- Zumba, 1700, McAdoo Fitness Center

WEDNESDAY11

- AFFT, 0530, McAdoo Fitness Center
- Indo Pacific — AMN Tier, 0800-1200, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Family Strength & Tone, 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, 1130-1300, Professional Development Center
- Moving Out of the Dorms Budget Classes, 1300-1500, M&FRC
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY12

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1300-1400, Professional Development Center
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Zumba, 1700, McAdoo Fitness Center

FRIDAY13

- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Zumba, 1630, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730-1930, Rockers Bar & Grill
- Youth of the Year Informational Meeting, 1745, Youth Center

SATURDAY14

- Zumba, 0800, McAdoo Fitness Center
- Frozen Fest, 1300, Minot AFB Library
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SPECIALS

Bomber Bistro Featured Item
Build Your Own Pasta
Choose your noodle, sauce, and protein to create the perfect lunch for you.

The B-Fifty Brew Featured Item
Muffins
Flavors include: Cinnamon Apple, Banana Nut, Chocolate, Blueberry, and Lemon Cranberry.

Rockers Bar & Grill Featured Item
Chicken Tenders
Four tasty tenders served with crispy fries and your choice of dipping sauce.



Frostival
Saturday, 7 Dec 2024
2pm - 5pm • The Turf

Pictures with Santa & The Mean One!
Holiday crafts, games, bouncy & concludes with the Tree Lighting at 5:30pm

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BINGO
ROCKERS BAR & GRILL

2024 DATES: 22 NOV • 13 DEC
2025 DATES: 24 JAN • 21 FEB • 14 MAR

NUMBERS CALLED AT 5:30PM • \$40 AT THE DOOR
CLUB MEMBERS \$30 • NON-MEMBERS \$40
\$10 EXTRA PACKET & \$10 EXTRA DAUBER

PROGRESSIVE JACKPOTS START AT \$500 & INCREASE EVERY HOUR UNTIL 10:00PM

SCAN HERE TO SIGN UP OR GO TO WWW.5THFORCESUPPORT.COM MUST BE 18+ TO PLAY

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FRIDAY FLICKS
ROCKERS BAR & GRILL
DOUBLE FEATURE LINE UP 4:30 PM

6 DEC 2024
SANTA CLAUSE 2 & BORDERLANDS

13 DEC 2024
SANTA CLAUSE 3: THE ESCAPE CLAUSE & WHITE CHRISTMAS

20 DEC 2024
ELF & ARTHUR CHRISTMAS

27 DEC 2024
MEET THE FOCKERS & LITTLE FOCKERS

FREE POPCORN FOOD & DRINKS AVAILABLE FOR PURCHASE

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