



WHATS INSIDE
THIS WEEK:



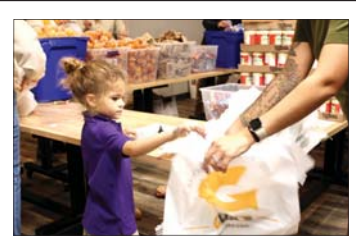
MINOT AFB FAMILY
FINDS STRENGTH IN
COMMUNITY

A5



5 MUST-SEE MAGIC
CITY HOLIDAY LIGHT
DISPLAYS!

B5



BACKPACK BUDDIES:
ADOPT A STUDENT,
CHANGE A LIFE

C4



Harley Wilson, her son, Jay and their friend John Driver last year on Giving Tuesday delivering decorations to the dorms. See page A2-A3 on ways to make a difference this holiday season.

CARRIE DRIVER PHOTO



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Dorm Airman showing his appreciation for those who turned up for the Adopt a Dorm decorating last year.



John Driver carrying a poinsettia plant donated from Lowe's. They donated one plant for each of the twelve dorms.

NOTES ON BEING SAFE

HOLIDAY FIRE AWARENESS

The holiday season is up on us again! That time of year when friends and family travel, decorations are hung and festive meals are prepared. In the mist of the holiday cheer and spirit, let us not forget about safety. This is something that must be on the forefront of the activities we have planned and are engaged in. When comes to lights and decorating; inspect the condition of the electrical cords for frayed wires, kinks and cracked sockets. Only use appropriate replacement light bulbs. Do not over load wiring with more than three light strands connected together unless the safety label for the lights states otherwise. Overloaded and poorly maintained electrical circuits and cords present a serious fire hazard.

Decorations should be non-flammable or flame resistant and placed away from heat, electrical or ignition- source. Paper chains, strung popcorn garland, homemade or crafted items are great. However, this is could become a problem is not displayed and cared for properly!

Live trees should be freshly cut and not dried out. Once your tree is in place, away from a heat source, ensure that it is kept well hydrated and the needles are hard to pull out of the branch. Should a tree catch a fire, it can quickly engulf a room and fill the air with toxic smoke and fumes.

One more tip to leave you with, scented candles fill the room and air with smells that places you

in a cheerful mood. Never leave a burning candle unattended. Unattended candles have been the cause of many house fires. According to the United States Fire Administration, each year fires claim the lives of over 400 people, injure 1,650 more, and cause over \$990 million in damage over the holiday season alone.

Sure this is the time to have fun and enjoy the current holiday season, let's do our

part to reduce these figures and the chances of an incidents occurring. By taking an extra second to practice personal risk management, this can mitigate a lot of these avoidable incidents.





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Giving and Volunteering Are One and the Same

ERIN BEENE, NORTHERN SENTRY

What's the best gift you can give during the holiday season? Your time.

Gifts, money, and food are all wonderful acts of generosity, but nothing compares to the impact - and the personal reward - of giving your time to someone who needs it. The holidays can be busy and overwhelming, but they also offer the perfect reminder that real joy comes from service. And with Giving Tuesday Military coming up on Dec. 2, it's the ideal moment to jump in. (But truly, any day works.)

No matter your schedule, skills, or age, everyone has time to give something. This year, gather your family, start a new tradition, and choose a volunteer opportunity that brings meaning to your holidays. Here are some great ways to donate your time on Minot AFB and throughout the local community:

AMERICAN RED CROSS

Make a meaningful impact by volunteering or giving a financial gift through the Minnesota and Dakotas Region.

Learn more: [RedCross.org/MNDAKS](https://www.RedCross.org/MNDAKS)

Contact: Lorie Herbel, Regional Program Manager, Service to the Armed Forces

MINOT AFB CHILD DEVELOPMENT CENTER

The CDC needs helping hands for light but meaningful tasks, including organizing supply areas, labeling shelves, and tidying shared spaces.

POC: Claribel Luna Torres
Front Desk: 701-723-3750

NORTHERN PARADISE AMC

The Airman Ministry Center in the Bistro/Brew building creates a welcoming place for Airmen to relax, complete with massage chairs and a movie room. Volunteers are needed to help staff the center.

Email: nathan.haugen.1@us.af.mil

SAFE RIDES (AADD) PROGRAM

Safe Rides is seeking volunteers to help keep Airmen safe during nights out.

POC: MSgt Nataja Cummings
nataja.cummings@us.af.mil
701-723-1124

CENTRAL MIDDLE SCHOOL - BULLDOG BUDDIES

Spend time with students of all abilities through games, crafts, and activities that promote inclusion and belonging.

Time: 8:40-9:20 a.m.
Next Date: January 30
Contact: Lynn Whitesell - lynn.whitesell@minot.k12.nd.us

GLENBURN PUBLIC SCHOOLS

Volunteers are needed to officiate school sporting events throughout the year.

POC: Emilie Walker - emilie.walker@k12.nd.us

ROOSEVELT PARK ZOO

The zoo welcomes volunteers to help with education programs, animal handling support, and outreach to schools and senior centers. Squadrons and groups are also encouraged to volunteer together.

Volunteers who complete 15 hours or four events may earn an LOA.

Signup: www.signupgenius.com/go/10C0A45AEAC2FA7FCC52-54165159-volunteer/

POCs: SSgt Brendan Miller & SSgt Malcom Williams

CIVIL AIR PATROL - MAGIC CITY COMPOSITE SQUADRON

Serve your community through aviation, emergency response, cyber education, and ground search and rescue. Volunteers can teach, mentor cadets, or participate directly in missions.

Meetings: Tuesdays, 6:30 p.m., AvFlight Minot

POC: Maj. Jeffrey Slocum - 021cc@ndwg.cap.gov

JUNIOR ACHIEVEMENT

Help local students learn financial literacy, work readiness, and practical life skills by teaching a weekly, one-hour JA lesson for five weeks. All materials and training are provided.

Contact: Carla - 701-857-8205 | carla@minotchamberedc.com

CITIZENS ALLEY

Looking for people to help manage skate rentals, art projects, ice bumper cars and more!

Sign up here: www.signupgenius.com/go/10C0C45AAA922A2F8C61-60621140-downtown#/

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CARING EDGE HOSPICE

Provide comfort and support to patients and families through companionship, conversation, and care.

POC: Danielle Hilzendeger - Danielle.Hilzendeger@caringedge.com

GIVING TUESDAY ON MINOT AFB, DECEMBER 2

While Giving Tuesday is all about giving your time, Minot AFB is also giving back to you this year.

Here's what's happening Tuesday, Dec. 2 according to organizer Carrie Driver:

~ First Command is helping decorate dorms as well as sponsoring the bar at Rockers during the After Party.

~ MAFB Housing Office will hand out free bracelets, grab one for yourself and one to gift.

~ The Adopt-a-Dorm Program invites the community to help Airmen decorate their dorms for the holidays. Volunteers can sign up, choose items to bring, and join in the decorating fun. www.signupgenius.com/go/10C044CABAF29A5FFC70-60657446-adopt?useFullSite=true#/

Volunteering isn't just good for others, it fills you up too. Helping someone organize a room, spending time with a child, offering a safe ride home, supporting a family in hospice care, or lending your skills to a nonprofit, it all counts. Every act of service strengthens our community, builds connection, and reminds us what the season is truly about.

So consider this your holiday nudge: get up, give your time, and show someone you care this season. You might brighten someone else's day, but you'll likely brighten your own as well.



Isabelle Driver at the cookie table with her homemade cookies and cards last year.



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So Much To Be Said



A VIEW FROM OUR SIDE

ROD WILSON



WHERE DO I START?


For that past 3 years my wife Sue and I have volunteered to deliver Thanksgiving baskets. The list of names we receive are gathered and vetted through a local agency. I am a member of the Magic City Lions, one of many groups who contribute money to purchase and deliver baskets. The demand this year outpaced last year's demand, and so the Lions are purchasing and packing more.

Once the baskets are packed the lists are handed out to those of us who have volunteered to deliver the baskets, and away we go. Recent advancements in GPS technology have made finding the addresses of the families that receive baskets a lot easier. If the weather cooperates, it's a pretty easy task to grab a basket, walk up to the door, ring the doorbell (or knock) and give whoever answers a Happy Thanksgiving and hand them the basket.

What is given in return often varies but most often includes a smile, a return "thank you" and sometimes even a hug. The whole process start to finish is about 4 hours, and well, the gratitude you receive is a lot more than the time you give.

BUT LEST WE FORGET

It would be naive of me to think that even though we deliver a lot of baskets, that we and the other organizations helping out with Thanksgiving baskets would reach everyone in need on this Thanksgiving 2025. The need will always far outpace the resources. And then there are those who just, for personal reasons, will not call



UPSIDE DOWN UNDER

MARVIN BAKER

In the world of radio we have some tools to help us better understand AM and FM that can tell us more than what we're hearing on the radio dial.

And in this day and age of Internet streaming, we can find out which radio stations provide streaming services.

It's called Radio Locator and it uses the website (radiolocator.com). All you have to do is put in the call letters of a radio station or of any city in the United States, Canada or Mexico and it will give you a number of details on any radio station in North America.

One feature is that it provides the coverage area of radio stations. And in the case of AM, the coverage area during the day and

and put their name on a list.

AND GIVING THANKS

As I share with as many people as possible, I am a very lucky person. First, I am very thankful for the job I have working at the Northern Sentry. I get to connect with the many organizations who want to get the word out about helping others. On the flip side, we will publish photos of events like the Thanksgiving basket deliveries to give a shout out to the organizations that make it all happen.

Second, I am a frequent visitor to the Minot Air Force Base and I have the privilege of meeting and getting to know hundreds of Airmen and their families. When we are looking at a Thanksgiving holiday, we have to remember that many at the Minot Air Force base are not celebrating with their families. Instead, they are manning the missile launch facilities and on the flightline, which is a 24/7/365 days a year job. The Minot AFB simply does not shut down on any holiday. We all should be very thankful for the dedication to the mission that all of our Airmen at Minot Air Force Base have.

We should also keep in mind the hundreds of young Airmen who may be spending their first holiday away from family and friends back home. Sure, there are Thanksgiving dinners served on base, and many families join together to create a community feeling with each family contributing something. I had to laugh that one of the Airmen I know well had been invited to a Thanksgiving get together and was in a quandary about what to bring because "Hey Mr. Wilson, I have never cooked anything in my entire life, and I don't have a car to get to town to buy a pie or anything that would do well at Thanksgiving." My answer to him was "OK, I understand. But I bet if you called the folks who are hosting and volunteered to come early and help wherever possible, they would welcome and appreciate the help."

As it turned out, he made the call, they accepted his offer and assured him that there would be more than enough food and not to worry about bringing anything. That's kind of how Thanksgiving works.



Fellow Magic City Lion Gary Thuner (left) and Nicole Swarthout packing Thanksgiving baskets early on Tuesday morning. The weather made delivering the baskets a bit of a challenge, but 41 baskets in all were delivered.

AND THEN THERE IS LUTEFISK!

I am going to end my column this week with a story that I have used several times...and it is a true story but still garners a laugh whenever I use it.

Our family was on the way to Thanksgiving Day dinner at grandma's house located on a farm just north of Velva, ND. I have 3 sons and we had been talking about them trying the oft maligned Norwegian holiday fish entrée, Lutefisk. If you don't know what Lutefisk is, ask around. Someone will eventually tell you it is the worst smelling and most undesirable dish on the Thanksgiving day table. Made from cod and soaked in lye, it is still a Thanksgiving day tradition on most Norwegian tables.

My middle son does not like fish, never has, never will. But we were nicely encouraging him to at least try a small piece of Lutefisk or he won't "get a piece of grandma's farm."

Enough said..

Happy Thanksgiving to all...



The traditional Norwegian entree at Thanksgiving & Christmas...Lutefisk.

Locating Radio Locator

the coverage area at night most often are not the same. Many AM radio stations decrease their power at night to protect others on the same frequency.

There are numerous other features. You can find radio stations from your location. It will use your location, if it's known, to provide a list of radio stations in your geographical region. As mentioned, type in the city or call letters, find a station by format, and finally who is streaming and who isn't.

Let's say you like the Chicago Black Hawks hockey team. Radio Locator will help you find WGN, 720-AM which streams the Black Hawks. It can also tell you the power of said radio station that might help determine if you can receive it in your geographical area.

Just go to (radiolocator.com) and type in Chicago or the call letters, WGN, and it will tell you exactly where the transmitter is located, the format, the power, etc.

I recently found an unfamiliar radio station on 750 AM. All I knew was the frequency. After a Google search, it told me it was in Melfort, Saskatchewan. So, I typed in Melfort and found it to be CKJH. From that point, I was able to get its power output, 25,000 watts, the number of transmitting towers it

uses and it's grid coordinates. I also found out it serves the nearby city of Saskatoon.

Another station was found on 1060 AM. Not being familiar with it, I listened until I heard a commercial about Grossenburg Implement, a John Deere dealership. I know there is a Grossenburg Implement in Winner, S.D., so I thought it must be in South Dakota someplace. Winner is close to Pierre so I typed "Pierre" into Radio Locator and there it was, KGFX, 1060 AM in Pierre.

It has a classic country format, uses 10,000 watts of power and uses four towers to broadcast. And after looking at a daytime coverage map, it shows the fringe area reaching just to the north of Bismarck. I live 155 miles northwest of Bismarck. Yes, it surprised me because I shouldn't be getting KGFX where I live.

FM is a bit different. Because FM radio waves don't travel as far as AM radio waves, we most often know what those radio stations are on our dial. However, sometimes we can be surprised by this as well.

This time I'll use KQZZ, 96.7 FM in Devils Lake as an example. It broadcasts from a tower just to the west of Fort Totten and its fringe area to the west reaches just to

Drake and Towner and north and east to Langdon and Park River.

According to Radio Locator, KQZZ transmits 38,000 watts of power, yet I'm able to receive it on any given day and I live roughly 75 miles northwest of Drake.

On the other hand, there is another radio station in Devils Lake on 102.5 FM called "Cruiser 102," and legally called KDVL. I like that radio station and even though it broadcasts 100,000 watts from just east of Fort Totten, I'm seldom able to receive it. KPPD, Prairie Public Radio in Devils Lake, is on 91.7 FM and is always available on my radio dial, but it is farther north and west, near Minnewaukan, so the logic there makes sense.

Streaming from overseas can provide good results. Let's say there's something important going on in a city in Belgium that you absolutely need to know about. You can find Belgian radio stations and Radio Locator will tell you if the station broadcasts in English or French and whether it provides an Internet stream.

Radio Locator is free to use, but there is a limit of 25 entries in a 24-hour period. There's also a premium option that you pay for and can get unlimited access.

A Season of Gratitude, Minot AFB Family Finds Strength in Community

NATALY ZARRELLA, NORTHERN SENTRY

As families across the country gather to reflect on what they are thankful for this Thanksgiving, one Minot Air Force Base family says their gratitude runs deeper than ever this year. For the Aggen family, the past few months have been marked by fear, uncertainty, and ultimately overwhelming support from a community that refused to let them face hardship alone.

In early September, Kali and her husband, Elias Aggen, who is assigned to the 91st Missile Security Operations Squadron, experienced every parent’s nightmare when their 4-year-old son suffered a severe neck injury after falling from a swing at a local park. What began as a simple afternoon outing quickly turned into a medical emergency that would change their lives. Their son was first airlifted to Fargo and then transported again to a children’s hospital in Minneapolis for specialized care.

The journey didn’t end there. In October, he required a more extensive surgery, sending the family back to Minneapolis for another round of treatment, anxiety, and hope.

Throughout it all, Kali says one thing became unmistakably clear: they were not alone.

“This community here. This base. Our church. Our friends who have been family, everyone stepped up to carry our family through this,” she shared. “I don’t think we will ever view life the same again.”

From meals, to messages of encouragement and constant prayer, support poured in from every direction. Minot AFB families rallied, their church community embraced them, and friends, near and far wrapped them in comfort. But the kindness didn’t stop at the gates of the base. After their son’s story was shared online, people across the country sent messages, donations, and prayers. Kali says she wants to make sure those distant supporters are not forgotten.

Today, their son is healing, and with him, the family is beginning to heal as well. The road ahead is still long, but progress comes a little more each day, and for that, they are profoundly grateful.

This Thanksgiving, the Aggen family is thankful for more than recovery, they are thankful for a community that held them up when they could not stand on their own. They are thankful for a base that feels like family, a network of friends who became their lifeline, and strangers from across the country who reached out with compassion.

In a season centered around gratitude, their story is a powerful reminder of the strength of community, the resilience of family, and the way love can reach across miles, circumstances, and even fear.



Surrounded by love, the Aggen family enters this season with renewed appreciation.

LISA FORTNEY PHOTOGRAPHY



United through every challenge, the Aggen family leans on love, faith, and community.

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All About Pets

**Helping
strays in the
cold**



Photo courtesy of Cole and Marmalade

As the chilly weather sets in, the need for proper care and quick action for stray animals is of the utmost importance, especially here in North Dakota. So what can you do if you find a stray animal during the winter?

- Call your local shelter: There are a few shelters in the Minot area who can guide you through the challenge of finding a stray animal. Souris Valley Animal Shelter (701-852-6133), Hairball Haven Feline Rescue (hairballhavenfr@gmail.com), or For Belle’s Sake (701-300-8182) may be able to offer you tips on how to catch or care for a stray. If the animal is a lost pet, they may even be able to help you find the owner!

- Bang on the hood of your car: This is something we hear a lot when winter time rolls around. Some feral cats will seek warmth and shelter in the nooks and crannies of your car as it gets colder, so banging on your car can give them time to move to a safer location before it starts up.

- Provide shelter: If you are willing or able, you can provide shelter and at home care for a stray animal until you are able to find a place for it. If you can lure it into your home or garage (treats and food are the best lures), you give the animal a safe place to rest and warm up until you are able to see a veterinarian or contact a shelter. If you want to help but don’t want to bring strays into your home, you can also provide makeshift shelters for them that you can leave on your porch, in

your driveway, or anywhere else a stray might come. You can DIY shelters using plastic bins that contain blankets, food, water, and some type of insulation.

- Provide sustenance: At the very least, you can also provide food and water to a stray animal. If you are able to keep water in an environment where it will not freeze, this is ideal for below-freezing temperatures.

- Be careful: Carefully handling stray animals is important any time of year. Some animals will be more comfortable around humans than others, so keep an eye out for uncomfortable or aggressive body language to keep yourself safe. If you do not feel comfortable approaching a nervous or aggressive animal, call a local shelter to notify them of the stray and either stay nearby or let them know the location of the sighting. You can also contact Minot’s Animal Control. Stray animals may also carry diseases that you do not want to bring home to your own pet. This is where it may be a good idea to keep them in the garage for safety until you are able to have them checked out by a veterinarian.

It takes a caring heart to take care of stray animals, especially in winter conditions. Whether you catch and bring one into your home for care, provide outdoor shelter, or even just make a phone call to someone who is able to help, you are doing a great service to the lost and wandering animals in Minot.

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A1C Gavin Eaton

5th Communications Squadron

Hometown: Bangor, Maine



A1C Gavin Eaton is a new addition to Team Minot, graduating from technical school as the top performer among his peers. He arrives mission-ready, bringing both technical expertise and a proven commitment to service. Beyond his professional skillset, A1C Eaton has already made an impact in the community by volunteering with the Safe Rides Program here in the Magic City. His dedication to service extends across his young Air Force career, where he directly supported the resiliency of more than 13,500 fellow Airmen through his work at the Crossroads Student Ministry Center. His stewardship of daily operations, implementation of Chapel policy, and preservation of a safe, respectful environment earned him formal recognition in a Letter of Appreciation from Goodfellow AFB leadership.

GAME SALUTE: FRIDAY, NOVEMBER 28

SSgt Joseph Avila

91 Maintenance Group

Quality Assurance

Hometown: Meza, Arizona



Staff Sergeant Avila has been in the United States Air Force and stationed at Minot AFB for seven years. He is currently attending college in pursuit of his CCAF degree. Following in his father's footsteps, Sergeant Avila is the second person to serve in his family and plans on making it a career. He enjoys watching hockey and attends every Minotauros home game.

GAME SALUTE: SATURDAY, NOVEMBER 29

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.

FACES OF

Senior Airman Bethany Jones, 23rd Bomber Generation Squadron crew chief, performs maintenance on a U.S. Air Force B-52H Stratofortress assigned to the 2nd Bomb Wing, Barksdale Air Force Base, Louisiana, as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 19, 2025.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

A Defender assigned to the 5th Security Forces Squadron guards the flightline as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 23, 2025.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN ALYSSA BANKSTON

Senior Airman John Richters, 96th Bomb Squadron crew chief, performs maintenance on B-52H Stratofortress assigned to the 2nd Operations Group, Barksdale Air Force Base, Louisiana, as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 19, 2025.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

Senior Airman Christopher Ray, 91st Missile Maintenance Squadron top side maintainer, conducts maintenance operations as part of Exercise Global Thunder 26 near Minot Air Force Base, North Dakota, Oct. 23, 2025.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS VINCENT PADILLA

Airman 1st Class Sean Cauthen, 23rd Bomber Generation Squadron crew chief, gives a thumbs-up as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 19, 2025.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

Airman 1st Class Haylie Allen, 69th Bomber Generation Squadron crew chief, performs towing operations as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 19, 2025.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

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U.S. Air Force Staff Sgt. Stanley Parong, 5th Maintenance Group weapons loader, instructs his team as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 22, 2025.
U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON



Senior Airman Shane Mickolick, 5th Maintenance Group weapons loader, instructs his team as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 22, 2025.
U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON



U.S. Air Force Staff Sgt. Josiah Holdford, 20th Bomber Generation Squadron crew chief, waves as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 19, 2025.
U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON



Airman 1st Class Derek Haas, 69th Bomber Generation Squadron B-52H Stratofortresses avionics journeyman, is driven down the flight line as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 25, 2025.
U.S. AIR FORCE PHOTO BY SENIOR AIRMAN ALYSSA BANKSTON



Airman Cash Jones, 5th Security Forces Squadron defender, stands guard on the flightline as part of Exercise Global Thunder 26 at Minot Air Force Base, North Dakota, Oct. 21, 2025.
U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

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Nostalgia, Collectibles, and Childhood Memories



HOPE ANDERSON

Three years ago, a shared passion for vintage toys and video games led three friends, Wayne Weidman, Cody Grindberg, and Troy Latta, to create a place in Minot where nostalgia lives on the shelves. What began as three collectors constantly bumping into each other, swapping finds, and building their personal collections has grown into 3D Relics, a shop, just recently relocated, and now, tucked beneath Coldwell Banker on Main Street. The name reflects both their love for retro 3D glasses and the fact that the business is run by “three dudes.”

The idea took off quickly. Three years ago, a friend mentioned an available retail space near Central High School, and within weeks the trio had transformed it into a full-fledged nostalgia store. The response was strong enough that, earlier this year, they moved into a larger and more visible location on Main Street to keep up with demand.

Inside 3D Relics, customers find a curated mix of treasures that span decades. Original carded Star Wars figures hang alongside Teenage Mutant Ninja Turtles, vintage G.I. Joes, CHiPs

and Rocky collectibles, and quirky '70s-'90s toys that spark instant recognition. The owners describe their inventory as “a little bit of everything that’s been cool throughout the years”, sprinkled with uranium glass, antiques,



and local memorabilia. The video game section is equally impressive, with consoles from boxed Atari systems to present-day platforms, and thousands of games lining the shelves.

As a retired Air Force member, Wayne is especially grateful for the military community and wants Minot Air Force Base residents to know they’re valued.

“I know firsthand how hard it can be doing what you do,” he said. “We just want to say thank you for your service and your sacrifice.”

The store’s variety is a big part of its charm, but what truly makes 3D Relics unique is the hunt behind the scenes. The team spends countless hours digging through basements, attics, and storage spaces, chasing leads and looking for the rare, the forgotten, and the just-plain-fun. They only put items on the shelf if they genuinely think they’re cool. That level of care shows and regular customers know that every Friday brings something new and unexpected.

That sense of discovery is one of the owners’ favorite parts of running the shop. The real reward, though, is the people. They love chatting with customers, hearing stories, seeing eyes light up when someone spots a long-lost toy from childhood, or listening to the surprised exclamations of “I didn’t even know they made one of those!” They’re also part of a strong small-business community in Minot, regularly sending customers to other local shops to help them track down the items they’re

searching for.

3D Relics is located at 219 S. Main Street (lower level) in Minot. The shop is open Friday through Sunday, 11 a.m. to 6 p.m., with occasional extended hours during downtown events.

For anyone who loves the thrill of discovery or who just wants to relive a chapter of their childhood, 3D Relics promises a trip down memory lane every time you walk through the door.



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Sertoma Christmas in the Park Giveaway

NORTHERN SENTRY

The Northern Sentry is giving away six tickets to a local Drive-Through Christmas Light Display-Sertoma’s Christmas in the Park. The giveaway is exclusively for Minot AFB Active Duty members and their dependents. The giveaway will run for several days on our Facebook page, starting November 29, where participants can enter for a chance to win. Be sure to follow along and join the holiday fun!



The Northern Sentry is giving away six tickets to a local Drive-Through Christmas Light Display-Sertoma’s Christmas in the Park. The giveaway is exclusively for Minot AFB Active Duty members and their dependents.

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Contest will close on on Dec 2 at 11: 59pm

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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**



Upcoming Events

06 DEC

DIY UGLY HOLIDAY SWEATER
6:00PM-8:00PM
Magic City Discovery Center,
1545 1st Street NW, Minot

Embrace the holiday spirit with a splash of creativity and a glass of wine at our Adults Crafting Night. You'll receive a plain sweater and all the materials needed to transform it into a uniquely festive Ugly Holiday Sweater. From glitter and tinsel to pom-poms and bells, we provide everything to make your sweater truly one-of-a-kind.

Ages: 21+ • Class Size: Max of 25
Locations: 3rd Floor Lobby
Cost: \$50 for Non-Members, \$45 for MCDC Members, \$40 for Military Members

DIY Ugly Holiday Sweaters
DECEMBER 6TH, 6 TO 8 PM



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

03 DEC

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

Bring your quarters to buy your chances at free drink questions, and as always, earn style points and Blue Rider respect for creative team names. Why? Because it's Wednesday. And that means Minot's toughest trivia game is on!! Starts at seven.

And feel free to bring your appetite; we've got Jimmy's Pizza, grilled cheese, pop-tarts and peanuts!



BLUE RIDER TRIVIA
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For more information:
Facebook/ Blue Rider/ Events

06 DEC

CHRISTMAS AT THE ZOO – GUESS WHO'S GREEN AND COMING TOO!
9:00AM-12:00 NOON
Roosevelt Park Zoo, 1219 E Burdick Expy

Something green is visiting the Zoo this holiday season! Join us at Roosevelt Park Zoo for a morning full of merry mischief, festive fun, and family memories. Slip into your coziest holiday pajamas and get ready to celebrate the season in true Zoo style!

A delicious pancake breakfast (PJs encouraged!)

Photos with Santa and a special surprise guest

A take-home holiday craft for kids

A cheerful stroll through the Zoo to see your favorite animals

Free for Zoo Members — or purchase your 2026 membership for free entry

\$5 for Non-Members — get \$1 off with a donation of a non-perishable food item or new toy!



CHRISTMAS AT THE ZOO
GUESS WHO'S GREEN AND COMING TOO!
Saturday, December 6, 2025
9am - 12pm

For more information:
Facebook / Roosevelt Park Zoo / Events

UNTIL JAN

SERTOMA CLUB: CHRISTMAS LIGHTS IN THE PARK
5:30-10:00 PM (SUN-THURS)
5:30-10:30 PM (FRI & SAT)
Minot Oak Park, 19th Ave SW, Minot

Christmas in the Park is held annually in Minot's Oak Park starting in the Friday after Thanksgiving and running through New Years Eve. Please join us in celebrating the season with a lovely light display!

\$5 per car (\$7 if paying with card)

Sunday – Thursday: 5:30 pm – 10:00 pm
Friday & Saturday 5:30 pm – 10:30 pm
Cash preferred, cards accepted with fee.



For more information:
Facebook / Minot Sertoma Club / Events

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5TH BOMB WING 2025 Q3 AWARDS

A full event album can be found on Minot AFB PA Flickr page.

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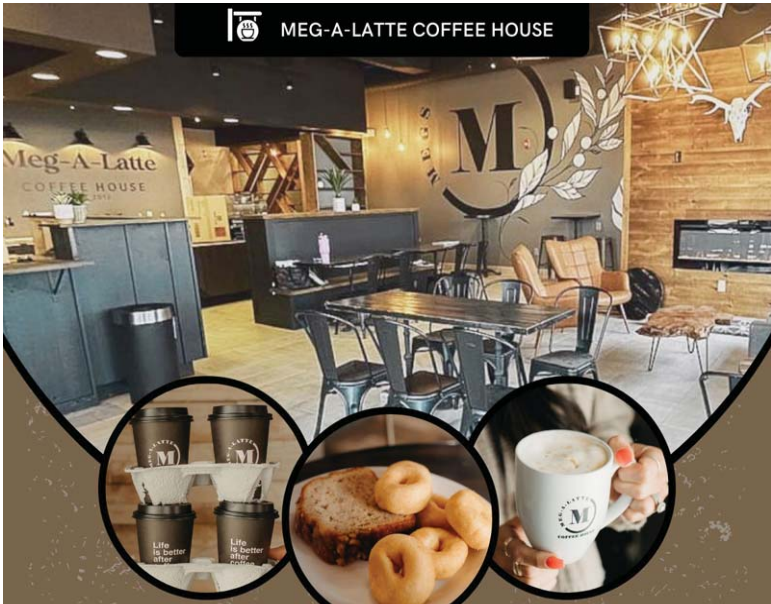
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Christmas in the Park Lights up Minot Starting Nov. 28

THE MINOT SERTOMA CLUB

The Minot Sertoma Club will bring light once again to Oak Park in Minot through its display of Christmas-themed lights for the community to enjoy.

“A drive through Christmas in the Park is sure to brighten your holidays,” said Keli Rosselli-Sullivan, Sertoma President. “We are excited to have several new displays this year to add to this holiday tradition for so many families.”

The Christmas lights are displayed Nov. 28, through Dec. 31; hours are 5:30-10 pm Sunday through Thursday and 5:30-10:30 pm Friday and Saturday. Christmas in the Park is a way for Sertoma to earn money and give back to the community by supporting local businesses with beautifully lighted Christmas displays. You will see more than 60 displays as you make your way through the park.

The cost for a trip through the park is \$7 per car; \$5 with cash. You can prepurchase tickets for \$5 at any MarketPlace Foods.

Money to support Sertoma activities is raised through a variety of activities such as Christmas in

the Park. Money earned goes back into the community through the different activities sponsored by Sertoma.

Sertoma is a community service group with the ultimate purpose of meeting the needs of communities through service. Minot Sertoma, which is short for “SERvice TO MAnkind,” has served the Minot community since 1959. Since then, Sertoma has donated more than \$1 million to the Minot community and surrounding area. Membership consists of more than 60 area businessmen and women who are committed to giving back to their community.

Minot Sertoma serves the Minot community in a variety of ways; areas of interest and service include speech and hearing disorders and youth-related activities. Sertoma supports local education through scholarships and supports organized activities such as STEAM T-ball league, yearly scholarships in Speech and Hearing studies at Minot State University, as well as purchasing sound systems and hearing equipment for local classrooms.



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“What does it feel like?”
“Does it hurt?”
“What even is it?”

I had all those same questions, too.

When I first started receiving SoftWave as part of my treatment plan back in January, I'd never even heard of it. I didn't know what to expect—only that I'd spent a decade living with chronic pain, and I was ready to try something different. Now, 11 months later, SoftWave therapy has become a key part of my wellness routine—so familiar, in fact, that even my kids know the drill.

My youngest actually calls the SoftWave room “the candy room,” because he knows that every time we go in, he gets to pick a complimentary chocolate while I get my treatment. (Honestly, it's not a bad trade for either of us.)

I receive SoftWave on my lower back, hip flexors, and IT bands. It's not a massage, and it's not heat therapy—it's something entirely unique. The treatment uses sound waves—yes, sound waves—to stimulate healing, reduce inflammation, and encourage the body to repair itself. The technician applies a warm, soothing gel to the skin, then moves a handheld wand slowly over the area being treated.

The first time I felt it, I was surprised. It's not painful, but it's not exactly comfortable either. Patients feel small bursts of pressure, and hear a clicking sound. The technician checks in constantly, adjusting the pressure to stay around what they call a “six” on the discomfort scale. I'll be honest—I actually like that it's a bit uncomfortable. It feels like proof that something's happening.

The best part is how customizable the treatment is. We can target specific areas that need the most attention, pause when we find a tender spot, and wait for the tension to release before moving on. The whole process is personal, intentional, and effective.

SoftWave therapy is based on something called extracorporeal shockwave technology, a noninvasive treatment that's been used for decades in Europe to accelerate healing in muscles, tendons, and joints. The sound waves penetrate deep into the tissue, stimulating stem cells and increasing blood flow to promote natural repair. Studies have shown it can help with everything from chronic pain and inflammation to sports injuries and arthritis.

Because many military members face repetitive-motion injuries and the wear-and-tear that comes with training or deployments, a non-invasive option like SoftWave therapy offers a meaningful path toward recovery without surgery or extended downtime. A Department of Veterans Affairs review and research published through PubMed found that shockwave therapies—like SoftWave—can safely improve pain and mobility for active populations managing chronic musculoskeletal conditions.

As for me, since beginning this treatment January, I've learned that discomfort can actually become comforting when we understand its purpose. Every time I feel those little pulses of pressure during a session, I'm reminded that healing isn't always pleasant, but it's progress. It's forward motion.

That mindset has carried into other areas of my life, too. Whether it's taking time for self-care, making lifestyle changes, or simply sticking to a plan that takes patience, the lesson is the same: growth doesn't



AMY ALLENDER

happen in comfort zones.

For me, SoftWave therapy is about more than reducing inflammation or easing stiffness. It's about investing in long-term wellness—treating the causes, not just the symptoms. I'm not even forty yet, and I hope to have many more decades of movement ahead of me. I've only got one body. That's reason enough to take care of it here and now as best I can.

I've also started thinking about my kids. They're growing up in a world filled with screens and forward head posture from tablets and phones. I'm grateful to know about treatments like this—because prevention and awareness can make all the difference later.

As for me, I'll keep showing up to the “candy room,” grateful for the opportunity to trade fifteen minutes of mild discomfort for the chance to live more comfortably in my body. It's worth it every single time.

Because sometimes, the best kind of comfort isn't avoiding discomfort—it's knowing that what feels hard today is helping us heal tomorrow.

For more encouragement and reflections on living well in North Dakota, visit amyallender.com or find me on Facebook and Instagram @HeyMinot.



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5 Must-See Magic City Holiday Light Displays!

ERIN BEENE, NORTHERN SENTRY

The winter nights are long and cold and dark. But, it is officially that time of year where the night sky gets a lot brighter thanks to the displays of holiday lights on houses, businesses and lampposts all over town. Just a few weeks after daylight savings brought darkness by 5pm, we get blessed with the joyful displays of red, blue, green and white lights every night.

To make sure you all take advantage of these festive sights, we have put together a list of some of the best places to go light looking in Minot. Although just driving through base housing and local neighborhoods is a way to go, these are so sure-fire places you don't want to miss for a bright holiday-spirited time!

1. MINOT SERTOMA CLUB "CHRISTMAS IN THE PARK" AT OAK PARK

This drive-through style light display is the best in town. The Sertoma Club has been putting it on annually, adding or adjusting slightly each year. So while we know it will be fantastic, we never know exactly where and how the magic will be laid out. The lights run every single night, Sunday-Thursday, 5:30-10pm, and Friday & Saturday, 5:30-10:30pm. It is only \$5/car if paying cash! The price goes to \$7/car if paying with card.

2. ZABLOTNEY'S HOLIDAY LIGHT SHOW- 1224 6TH ST SW MINOT

This amazing family house has been dazzling Minot residents for years! Not only do they put on a heart-pumping light show, queued to music for Christmas, but they also do a Halloween show. The Christmas light show opens Thanksgiving night at 6pm and is open all December until New Years. This free drive-by show is worthwhile for everyone in the family!

3. SPENCER HOLIDAY LIGHT DISPLAY- 202 SOURIS DRIVE

Featuring Christmas music, the lights run nightly from dusk to 10 p.m. until Christmas. Tune in to 88.3 FM to hear the show from your car. They also have a "Santa Post Box" where kiddos can bring letters to mail to Santa. If kids include a self-addressed envelope, rumor has it that they may just get a response from Santa himself!

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4. EASTWOOD PARK DISTRICT- LOCATED IN THE VICINITY OF ROOSEVELT PARK ZOO

While this area doesn't do a specific show or light display, they boast some of the most beautiful historic homes—built between 1900 and 1940—in all of Minot. Many homeowners love to light up their nights and display their lovely homes with beautiful light displays. For neighborhoods to check out, this one has never disappointed.

5. SCANDINAVIAN HERITAGE PARK

The lights from this park can easily be glimpsed while driving down Broadway; however, a quick

walk through the park at night will have everyone happy to brave the cold for a few minutes. The Scandinavian replica buildings and statues look glorious donned in sparkling lights amidst the snow covered buildings. Thanks to recent electrical upgrades and park enhancements, all four of the tallest evergreen trees will be lit for the first time this year. This is a magical site that is well worth parking and taking a few minutes outside the car to enjoy. And also FREE!

So hop in the car, take a warm blanket and some hot chocolate, blast the holiday tunes, and get ready to feast your eyes on all the Magic City's magical light displays.

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USAF B-52 Bombers, Navy Fighters Fly Near Venezuela

CHRIS GORDON, AIR & SPACE FORCES MAGAZINE

Multiple B-52H Stratofortress bombers flew off the northern coast of South America Nov. 20. U.S. officials told Air & Space Forces Magazine, the latest show of force by U.S. bombers in the region as the Trump administration builds up its military power in the Caribbean.

The B-52s took off from Minot Air Force Base, N.D., on the lengthy, nearly daylong flight, which a U.S. official said was a “presence patrol.”

At the same time that the B-52s were operating in the region, the U.S. also dispatched Navy F/A-18 Super Hornets embarked on the USS Gerald R. Ford, the world’s largest aircraft carrier, and a U.S. Air Force RC-135 Rivet Joint signals intelligence aircraft.

All the aircraft, including the fighters, switched on their transponders for parts of the mission, making them visible on flight tracking data. Doing so shows the U.S. was not attempting to hide the mission. RC-135s, which can gather data on land targets such as enemy radars, have flown multiple missions during this campaign, dubbed Operation Southern Spear. The F/A-18s entered the Caribbean Sea with the Ford on Nov. 16.

Air Forces Southern (AFSOUTH) confirmed the B-52 and fighter flights, without specifying the type, on social media, calling the mission a “bomber attack demo,” a term the U.S. military has used for other recent bomber sorties near South America.

The Pentagon referred questions to U.S. Southern Command which declined to answer questions about the mission. AFSOUTH did not comment beyond its public statement. Neither command addressed the RC-135’s operations.

U.S. long-range bombers have been conducting flights near Venezuela on a virtually weekly basis as the U.S. seeks to pressure Venezuelan President Nicolás Maduro to cede power. It has also

conducted at least 21 airstrikes on vessels in the Caribbean Sea and eastern Pacific Ocean, which the Trump administration says are transporting drugs, killing at least 83 people since Sept. 2.

The legal authority for those strikes has been questioned by some lawmakers and former officials, but the Trump administration holds that the president has the authority to attack because drug cartels are terrorist organizations that threaten the U.S. and the hemisphere.

Multiple U.S. Air Force MQ-9 Reaper drones have been operating from Puerto Rico, and at least one AC-130J Ghosthunter gunship has been spotted in both Puerto Rico and El Salvador.

The Ford also has EA-18 Growlers, which specialize in electronic jamming and are armed to destroy enemy defenses; its air wing adds to the 10 U.S. Marine Corps F-35s currently stationed in Puerto Rico, along with AV-8 Harrier jump jets and AH-1 Cobra attack helicopters operating aboard the amphibious assault ship USS Iwo Jima, which is also in the region.

The U.S. military has declined to say which U.S. platforms are conducting the strikes. In addition to the RC-135s, other intelligence-gathering assets, such as Navy land-based P-8 Poseidon maritime surveillance aircraft, are also operating in the region.

On Nov. 24, the U.S. will designate Cartel de Los Soles, a Venezuelan criminal group, as a “foreign terrorist organization” that is headed by Maduro and other high-ranking Venezuelan government officials.

“It gives more tools to our department to give options to the president,” Secretary of Defense Pete Hegseth told the outlet One America News in an interview that aired Nov. 20. “Nothing is off the table, but nothing is automatically on the table either.”

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Patricia Stockdill

North Dakota has a long and proud hunting, fishing, and trapping heritage. It's even in the state's Constitution protecting its residents' right to legal, regulated hunting, fishing, and trapping activities. Regulations for each is specific and for a purpose, regardless of whether it's hunting, fishing, or trapping. While trapping isn't a common outdoor activity, some areas do have traps set for animals such as coyotes and mink, including N.D. Game and Fish Department Wildlife Management Areas (WMA) unless posted as closed to trapping for management reasons. That means hunting dogs could potentially encounter a set trap, including during late season pheasant hunting. As with any potential in-the-field injury, it's better to be proactive, educated, and prepared when it comes to dealing dogs and injuries, including if a dog becomes entangled in a trap or cable device when trapping season is underway for several furbearing species. One of the best ways a dog owner can become educated is to go to the N.D. Game and Fish Department website page, (gf.nd.gov/hunting/trapping-and-dogs), and download each of three pamphlets: "Foothold Traps – Identification, Use, & Removing A Dog", "Cable Devices – Identification, Use & Removing A Dog", and "Body-Grip Traps – Identification, Use, & Removing A Dog". Each one begins with basic information to identify if it's a cable device or what type of trap. Perhaps most importantly, it describes how to safely and properly remove a dog with as little trauma and injury as possible. There is no doubt about it - finding your dog (or any animal not intended to be trapped) in a trap or cable device can be gut-wrenching. However, perhaps the singular best thing a dog owner can immediately do is to remain calm. That alone can help a person focus quickly and competently to remove the dog from the device. In addition, the dog is less apt to sense your stress if it's possible to remain as calm and reassuring as possible. It helps to understand that a cable device works much like a dog collar. Sometimes the cable's lock can be slid to enlarge the loop and remove the dog. Or, by carrying a cable cutter designed to cut galvanized aircraft cable a person can also cut the wire to remove the dog.

Education is important, but so, too, is awareness. Public lands such as Game and Fish Department Wildlife Management Areas are meant for multiple user groups, including trapping and snaring. It's a good idea for all dog owners – not just hunters but anyone simply hiking in the outdoors on a WMA – to become familiar with trapping regulations, seasons, trap and cable device types, and release techniques and equipment. Trappers with traditional foot-hold or body-grip traps and cable devices are required to obtain written permission from private landowners. When a hunter has the opportunity to contact the landowner to ask for permission to deer, waterfowl, or upland game hunt, it doesn't hurt to ask if they are allowing trapping or the use of cable devices so a person is aware of their potential presence. Taking safety and awareness a step farther, it can also be beneficial to find out what other state and federal agencies allow – or don't allow – on public land they manage when it comes to trapping and cable devices. Regardless of land ownership, dog owners should keep track of their dogs and not let them out of their sight for prolonged periods of time, whether hunting or hiking. The idea of developing the trap removal information evolved because of dog/trap encounters in neighboring states as well as occasional situations in North Dakota. Each link describes the device and how it works on its intended target, whether a body-grip trap, any of the various types of foothold traps, or a cable device – and perhaps most importantly - explains techniques for safely and efficiently removing a dog from the device, including illustrations demonstrating devices and removal techniques. It's also possible to download the three pamphlets are available directly from the North Dakota Fur Hunters and Trappers Association, (www.ndfhfa.com/educational-brochures). Scroll down to obtain high- or low- resolution copies. The organization partnered with the Game and Fish Department to develop the pamphlets as well as conduct the Fur Harvester Education program and training course. A dog owner doesn't have to be a trapper or biologist to know what to do. They simply need to get the pamphlets and become educated and aware. Share the information, as well. It could help save a dog.



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CROSSWORD
SOLUTION

Solution to last weeks
Crossword puzzle.

T	A	G	S	A	L	O	N	G		C	L	A	S	H
W	R	O	N	G	I	D	E	A		T	O	S	C	A
I	M	N	O	T	T	E	L	L	I	N	G	Y	O	U
N	Y	E			H	O	L	E	R		S	E	R	E
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SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Old VHS rival
- 5. "The final frontier"
- 10. Unruly child
- 14. Certain golf club
- 15. Clunker
- 16. Autobahn cruiser
- 17. STOMACH
- 19. Fit of bad temper
- 20. Regard highly
- 21. Medicinal brew
- 23. Funny Foxx
- 25. Time of note
- 26. Follower of Attila
- 27. Suburban chauffeurs
- 30. Lord's Prayer opener
- 32. "When all ___ fails, read the directions"
- 34. Alias indicator
- 35. Woolen fabric
- 37. Bouquet receivers?
- 40. EYE
- 43. Cowardly carnivore
- 44. Chief of the fallen angels
- 45. Feedbag morsel
- 46. They're good for a quick buck
- 48. ___ Paese cheese
- 49. A type of clover
- 50. Sure-footed animal
- 52. What's put before the carte?
- 54. Type of check
- 56. Thirties gin mixers?
- 59. Had aspirations
- 63. Kyrgyzstan mountain range
- 64. BACK
- 66. Large amounts
- 67. Globular yellow fruit
- 68. Hard or soft add-on
- 69. Outer limits
- 70. Rose oil variation
- 71. "Deephaven" author Sarah ___ Jewett

1	2	3	4		5	6	7	8	9		10	11	12	13
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56			57				58		59			60	61	62
63					64				65					
66					67						68			
69					70						71			

Down

- 1. Take the bait
 - 2. Greek god of love
 - 3. Make much of
 - 4. Gets in one's hair
 - 5. One way to tighten one's belt
 - 6. Stroke gently
 - 7. "Famous" cookie maker
 - 8. Detroit body style
 - 9. Intact
 - 10. Kind of metal
 - 11. HEAD
 - 12. It's usually bid
 - 13. Largest moon of Saturn
- 18. Half a laugh
 - 22. Hobbes' partner
 - 24. Twosomes
 - 27. Calculating course
 - 28. Not exactly a world-beater
 - 29. FACE
 - 31. Post-op regimen
 - 33. Sink in the middle
 - 35. Semitic deity
 - 36. Dissuade
 - 38. Inclusive abbr.
 - 39. Grounded commercial fleet
 - 41. Tolkien tree being
- 42. Buffet staple
 - 47. Nancy's buddy
 - 49. "___, buckle my shoe . . ."
 - 50. Wane
 - 51. Art gallery
 - 53. Up's partner
 - 55. Part of a portfolio
 - 57. Greet the villain
 - 58. OR command
 - 60. From where some worship
 - 61. Forenoon
 - 62. Leaves home?
 - 65. Reproductive cells



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Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.

• **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to

perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.

• **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.



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Fact File

Life Span	25 years
Weight	6 - 8 pounds
Height	3 1/2 feet
Wing Span	6 1/2 feet
Wild Diet	Omnivore Carnivore Herbivore Insects, Reptiles, Small Mammals, Grasses, Grains

Photo by Dong Kien

FILL IN THE MISSING NUMBERS

			4		7		10
11		13			16		19
			24		27		
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61						67	
	72		74				79
81				85			88
		93			96		100

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North Dakota State Student Congress

FATIMZAHRA ELBOUAB, AGE 16

By From November 6-7, the North Dakota State Student Congress was held in Bismarck's capitol—the only state to host its student congress competition in its actual capitol building. Students from across North Dakota participated in debates modeled after the House of Representatives and Senate. Following the presentation of the colors and Pledge of Allegiance in the chambers, debaters were sectioned off according to their Houses. After opening speeches for five resolutions in each House were given, students spent two days debating whether each bill would pass or fail. After debates were concluded, First Lady Kjersti Armstrong gave a speech, highlighting the significance of our legislatures, where debates, words, and bills can change the lives of every American. More importantly, she emphasized the art of learning how to disagree respectfully, to formulate a response, and defend decisions logically.

Her words resonated with all

students, especially Minot's very own student congress team, Minot United. Coached by Ms. Crystal Michels, Minot United had a strong showing at the NDHSAA-sanctioned event, with Ilana Tyan placing fourth and Youness Elbouab placing eighth in House 5. In House 4, Bryleigh McBride earned eighth place. Fatimazahra Elbouab became the state champion in House 3, while in House 1, Leah Dokken tied with two others for first place, also earning the title of state champion. Although Horace High School won the NDHSAA 2025 State Championship for student congress as a school, Minot United's results, placing 6th overall, clearly reflect the team's dedication, effort, and skill. Throughout the season, Minot has been shining, with various members placing at the October Congress and East Congress in Mandan. Despite being a relatively new and small team, Minot United's impressive results this year highlight that their best years are still ahead.



Top Row (L-R): Joy Jiang, Ella Withers, Leah Dokken, Darian Tyan, Youness Elbouab Bottom Row (left - right): Bryleigh McBride, Ilana Tyan, Abigail Hoffer, Fatimazahra Elbouab



Bottom Photo: (L-R): Joy Jiang, First Lady Kjersti Armstrong, Ilana Tyan, Youness Elbouab, Abigail Hoffer, Fatimazahra Elbouab

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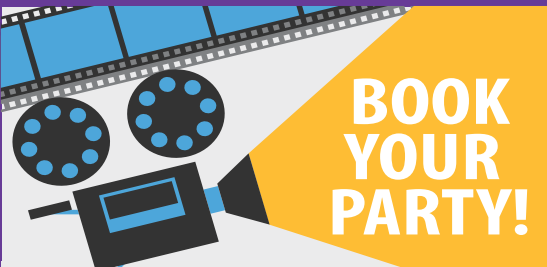
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MINOT NORTH

SENTINEL REPORT



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Minot North Weekly Sports Recap

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

This past week showed how quickly Minot North’s upcoming winter programs are tightening up and finding their rhythm. Across the board, athletes stepped up, delivered smarter performances, and proved that the Sentinels are settling into the season with a competitive edge.

The girls basketball team opened their week with the kind of win that sets a tone. Their defense fired first, forcing turnovers that turned into fast-break points, and their shooting stayed reliable through all four quarters. The bench played real minutes that mattered, and the team’s communication looked sharper than earlier games. It felt like the moment when their identity finally clicked into place.

The boys team had a tougher mid-week matchup, one of those games where every possession feels heavier than the scoreboard shows. They traded leads all night, showed better pace in transition, and fought until the final buzzer. Even

without the win, the improvement was obvious. You can see where they’re headed and how close they are to breaking open those tight matchups.

Wrestling brought some of the strongest individual performances of the week. Early pins in a couple weight classes built momentum that carried through the meet. New wrestlers held their own with clean technique, and returning athletes looked stronger and more composed than earlier in the season. It was the kind of meet that shows depth and growth.

On the ice, the boys hockey team leaned heavily on goaltending that kept every game close. Several key saves shifted momentum, and the offense created more pressure as the week went on. Longer offensive-zone stretches and an uptick in shots on goal suggest that the team is starting to build confidence in their transitions.

The swim team continued its quiet, consistent rise. Multiple

personal bests came out of the freestyle and backstroke events, and relay teams looked smooth and controlled. Their progress has been steady all season, but this week felt like another step toward becoming a real threat at upcoming invitationals.

Minot North heads into the new week with momentum in every program. Nothing feels accidental, the growth is clear, controlled, and building toward something bigger.



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North Dakota Nature: Four Opportunities for Students

Students thrive in nature. I learned this while studying and teaching PreK curricula, which is chock-full of hands-on experiences and nature-inspired connection. During my research, I found students who weren't exposed to the outdoors at an early age were less prepared and, more gravely, less successful in school. Fortunately, we have exciting NEW opportunities right here in North Dakota for young students!

Firstly, Minot Head Start was recently approved to receive a grant titled, "Supplemental funds for Nutrition and Healthy Eating for Head Start Children and Families." In the Spring, they will get an 8 x 12 greenhouse and four raised beds so children and families can garden together. Additionally, they hope to partner with NDSU Extension to offer a class on cooking with the foods they grow. Our earliest students will soon benefit from that special opportunity, but this isn't the only

early childhood program focused on nature.

Secondly, local Family Child Care (FCC) programs offer specialized opportunities amid low student-to-teacher ratios. Minot Air Force Base's 2025 Family Child Care (FCC) Provider of the Year, Ms. Tena Holmgren, offers numerous on-going natural learning opportunities for her students. One such opportunity is bird-identification, as she showcases a large poster of local birds in her living room near her giant front window and encourages curious students to name their feathered visitors. In addition, Ms. Holmgren has obtained certification with the Children's Environmental Health Network. It is a dedication to complying with a list of environmentally healthy best practices to create a toxic-free early learning setting. Some of these best practices include playing with non-toxic art supplies, improving air quality in the home, using EPA

registered cleaners, and reducing lead exposure.

Thirdly, on Minot AFB, Dr. Lynda LaFond, Biological Scientist, Mr. Robert Bohlender, Minot Public Schools' Facilities Director, and I are working on a Public Schools on Military Installation (PSMIs) Grounds Initiative to maximize educational opportunities for our on-base military-connected students. Back in August, we surveyed the PSMI grounds, toured Dr. LaFond's prairie garden at North Plains Elementary School, and brainstormed how to utilize and enhance all existing natural resources and man-made structures to encourage student and educator engagement. To strengthen our efforts, I registered to attend the "Beyond limits: Creating impactful outdoor adventure-based experiences" free youth development webinar on April 1st, 2026 offered through the University of Minnesota Extension. To register, please visit: <https://extension.umn.edu/youth-work-courses/youth-development-webinars>. More information on our PSMI initiative to come!

Lastly, those times we're all stuck inside due to -50 degree weather? Students can check out Roscoe the Raccoon! North Dakota Parks and Recreation's outdoor educators have recently expanded their Campfire Series, which showcases short, engaging videos on virtual adventures filled with native wildlife, plants, and ecosystems. Their target audience: elementary students.

All of these improvements



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Backpack Buddies: Adopt a Student, Change a Life

SOURIS VALLEY UNITED WAY/BACKPACK BUDDIES

Every Friday during the school year, hundreds of children across Minot head home with something small in their hands but powerful in its impact: a plastic bag filled with weekend meals. Inside are simple, easy to prepare items like mac and cheese, granola bars, oatmeal packets, tuna, and fruit cups. To an adult, it may look like a few groceries. To a child facing food insecurity, it means the difference between going hungry and having enough to get through the weekend.

This is the mission of Souris Valley United Way’s Backpack Buddies program: to make sure no child in our community goes hungry when school is not in session. The need is growing rapidly, and this school year is the largest expansion in the program’s history.

At the peak of last school year, Backpack Buddies fed 481 students every week. Already this year, that number has climbed to 560 students in Minot’s elementary schools alone. The program also stocks pantries serving approximately 50 students in two Minot middle schools, ensuring older students can discreetly access the food they need to get through the weekend. And, for the first time, Backpack Buddies expanded onto Minot Air Force Base, now serving children at Dakota and North Plains Elementary.

For many of these students, school meals are their most reliable source of nutrition. When the weekend arrives, food at home can be limited or unavailable due to a wide range of circumstances, whether it’s financial strain, unstable housing, or inconsistent family support. Backpack Buddies steps in to fill that gap so every child can start the week nourished and ready to learn.

The cost to provide these meal bags is surprisingly modest: \$8 per week per student. Over the course of the 33 weekends in the school year, that adds up to only \$264 to feed one child for an entire school year.

This is where the “Adopt a Backpack Buddy” opportunity becomes transformative. Community members, including families and personnel from Minot Air Force Base, can adopt a student for a year, sponsor a quarter, or contribute any amount to supports weekend meals. While the identities of students who receive Backpack Buddies is kept confidential, school staff often share that these bags relieve stress, build confidence, and give students a sense of security. Children frequently express excitement over the items they receive, or relief simply from



knowing they won’t be hungry.

As the program grows to meet rising needs, so does the financial strain of keeping up with food costs. Bulk purchasing helps stretch every dollar, but feeding more than 600 students each week requires consistent, reliable community support. Donations allow Backpack Buddies to plan ahead, purchase food in large quantities, and respond quickly when schools identify new students who need help.

For readers who want to see the impact firsthand, Souris Valley United Way hosts community packing nights where volunteers help pack the weekend bags. These events offer a behind-the-scenes look at how much care and coordination goes into the program. The next community packing night will take place open house style on Tuesday, December 9th from 4:00 to 6:00 PM at the Souris Valley United

Way office. Families, groups, and individuals are welcome to attend. It’s a meaningful opportunity to learn about food insecurity in our area and see exactly how Backpack Buddies operates.

Backpack Buddies is more than a food program. It is a promise to children that their community sees them, cares about them, and believes they deserve to thrive. It is an investment in their physical health, their emotional well-being, and their success in school. And for families under stress, it is one less thing to worry about as they work to build stability at home.

To adopt a child, sponsor a week, or learn more about the program, visit SVUnitedWay.com. Your support ensures that every student, including those right here at Minot Air Force Base, has the nourishment they need to grow, learn, and dream.



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A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION SUN RUN BREAKS TRANSCONTINENTAL SPEED RECORDS

NOVEMBER 27, 1957

On November 27, 1957, USAF pilots of the 363rd Tactical Reconnaissance Wing completed “Operation Sun Run” and broke three transcontinental speed records. Sun Run included six pilots, six McDonnell RF-101C aircraft, and the new KC-135 Stratotankers that would perform the mission’s in-flight refueling. Each flight took place between Los Angeles and New York, with two of the aircraft making a full round trip. Lt. Gustav Klatt set one record, flying from L.A. to New York in 3 hours, 7 minutes and 43 seconds. Capt. Robert Sweet established the new round-trip record of 6 hours, 46 minutes and 36 seconds, as well as the New York to L.A. record of 3 hours, 37 minutes and 32 seconds. “At that time the Air Force was only 10 years old, and this operation was an early endeavor to showcase the capabilities, speed and range of the first supersonic photo reconnaissance aircraft refueling from the first jet tanker,” said Christopher Koonce, the 20th Fighter Wing historian at Shaw AFB, SC. “It was an early display of the three effects of airpower: global vigilance, global reach and global power.”

Information courtesy of: nationalmuseum.af.mil / shaw.af.mil



McDonnell RF-101C Voodoo, named “Cin-Min” (USAF)

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Magic City Discovery Center Launches “Twice Blessed” Campaign

The Magic City Discovery Center is proud to once again participate in the Twice Blessed campaign through the Inspiritus Community Health Foundation. From November 15 through December 31, 2025, donations made to the Discovery Center will be matched dollar for dollar, up to \$10,000, by Inspiritus, doubling the impact of every contribution.

This year’s campaign supports the ongoing five-year community campaign to lift every visitor higher—literally and figuratively—through the funding of our building’s elevator, a critical feature that ensures accessibility throughout all four floors of the museum. The elevator allows visitors of all abilities to experience the full scope of exhibits and activities, making the Discovery Center an inclusive

destination for families, schools, and community members alike.

Through this five-year initiative, the Magic City Discovery Center continues to invest in creating a welcoming, engaging, and inclusive environment where curiosity, creativity, and community can thrive. Donations during this matching campaign help ensure that all children and families, regardless of physical ability, can explore the wonder of STEAM learning together.

Gifts can be made online at twiceblessednd.com beginning November 15. Every contribution during the Twice Blessed campaign directly supports the elevator project and doubles in impact thanks to Inspiritus Community Health Foundation.

Pioneer Village Museum Receives \$10,000 Donation for Gun Museum Building

After a recent donation of high value rifles to the Ward County Historical Society a decision was made to seek funding to build a security minded Gun Museum on the Pioneer Village Museum grounds.

A local economic development corporation, De Sour Valley EDC, saw value in the project and have committed giving an initial donation of \$10,000 to help get the project off the ground. Small and larger donations will be needed to make the Gun Museum a reality and need to be secured before construction begins.

Andy Fimrite, president of De Sour Valley EDC, is presenting Tim Hoff, Society Board Member, with a donation check. Besides Mr. Hoff being the lead project

representative for the Ward County Historical Society other members spearheading this project include Sheldon Albertson and Dave Lebrun.

The plan is for the donated Winchester Model 1886 lever action rifles to be displayed in the future building. Then other gun enthusiasts may want parts of their gun collections displayed for the public to view in the secure building also.

Anyone encouraged by the thought of having a local Gun Museum and willing to donate to the project or suggest fundraisers may contact the Pioneer Village Museum at (701) 839 –0785. Article written by Delwyn Groninger, Board Member.

Goal: \$625,000

100%

90%

80%

70%

60%

50%

40%

30%

20%

10%

UNITED

LIVE

Souris Valley United Way



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Nov. 24: 1,830.74 feet above mean sea level (MSL); 14,000 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,448.77 feet above mean sea level (MSL). Stump Lake elevation: 1,448.76 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Not much activity as anglers wait to transition to ice-fishing.
- Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling. When the lake ices over and conditions are safe, anglers can access for ice-fishing at designated locations only.
- Lake Metigoshe, Four Seasons, Bottineau: No activity with anglers waiting for ice-over.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No activity on the east end of Lake Sakakawea or Lake Audubon.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Water levels lowered from Lake Audubon last week in its annual fall drawdown. Weather conditions permitting, some late walleye activity might be available on the Lake Sakakawea side yet but conditions could change quickly.
- Lake Sakakawea, New Town: No new reports.
- Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Limited angler activity on the Missouri River tailrace but some walleye success off the wing walls with a few from shore casting crankbaits off the rocks at night. No reports from the east end of Lake Sakakawea.

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

- Beware of thin ice across lakes and always test conditions prior to accessing any lake.
- Nov. 28: Deer muzzleloader season opens (lottery license drawing).
- Nov. 28: Minot’s Downtown Christmas Tree Lighting and Open House, 3 p.m. with tree lighting at 6 p.m.
- Nov. 28 & 29: Fort Stevenson State Park Dicken Village Festival Ornament Geocache with coordinates live on park’s Facebook page at 8 a.m. Free with park daily entrance fee or annual pass.
- Nov. 28 & 29: Fort Stevenson State Park “Make It & Take It” gingerbread house for all ages from 10 a.m. to 4 p.m. Free with park daily entrance fee or annual pass.
- Nov. 29: Christmas Lights in the Park, Oak Park, sponsored by the Sertoma Club through New Year’s Eve, 5:30 p.m.
- Nov. 29: Dove season closes.
- Nov. 30: Snipe season closes.
- Dec. 5: Resident Canada Western Goose Zone season closes.
- Dec. 5, 6, 12, & 13: Fort Stevenson State Park Dicken Village Festival Ornament Geocache with coordinates live on park’s Facebook page at 8 a.m. Free with park daily entrance fee or annual pass.
- Dec. 5, 6, 12, & 13: Fort Stevenson State Park “Make It & Take It” gingerbread house for all ages from 10 a.m. to 4 p.m. Free with park daily entrance fee or annual pass.
- Dec. 7: Resident and nonresident High and Low Plains duck, coot, & merganser seasons close.
- Dec. 13: Resident and nonresident High Plains duck, coot, & merganser seasons open. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for regulations and open hunting unit description.
- Dec. 13: Ducks Unlimited Riverdale Raffle “Knight”, Knights Bar & Grill, Riverdale, 5 p.m.
- Dec. 14: Deer muzzleloader season closes.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Prior to the arrival of more seasonal weather, the Missouri and Yellowstone rivers were still producing walleye. Check on river and lake conditions with local bait shops prior to going out, however.
 - North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes or the Souris River until ice-over.
- HUNTING:**
- Predators: Good numbers of coyotes around the countryside for the start of some winter predator hunting opportunities.
 - Upland: Work heavier cover for pheasants with more fall-like weather. Good bird numbers yet along areas of the east end of Lake Sakakawea.
- Waterfowl: Good numbers of geese along the east end of the Missouri River System. Devils Lake had open water early in the week with some pockets of lingering geese and mallards. Birds will move out quickly as lake ices over. Earlier in the week hunters had some nice waterfowl opportunities in parts of east-central N.D. but birds will move out with wetlands and small to mid-sized lakes icing over. Birds largely moved out of north-central N.D.
- 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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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.

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What's Going On Minot AFB

FRIDAY28

- AFGSC Family Day
- For a full listing of Thanksgiving Day holiday facility hours, visit 5thforcesupport.com
- Friday Flicks, 1630-2300, Rockers Bar & Grill

SATURDAY29

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

SUNDAY30

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

MONDAY01

- Submissions Open: BGCA National Arts Contest, Youth Center
- Minot AFB Winter Reading Program Begins, Minot AFB Library
- Youth Cheerleading Registration Opens, Youth Center
- Youth Basketball Registration Opens, Youth Center
- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center

TUESDAY02

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Base Library
- AFFT, 1100, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Base Library

WEDNESDAY03

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- SkillBridge Brief, 1000, Education Center – Room 211
- Pre-Deployment/Remote Readiness Training, 1000-1100, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Storytime, 1030, Base Library
- Brown Bag Book Talk, 1200, Base Library
- Financial Literacy Class, 1530-1630, Youth Center
- Breakfast Quest Special Dinner, 1630-1830, McAdoo Fitness Center

THURSDAY04

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center
- AFFT, 1100, McAdoo Fitness Center
- Mike Super: Magic & Illusion, 1800, Base Theater

FRIDAY05

- Five Nights At Freddy's Escape Room Game Ends, Minot AFB Library
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY06

- Frostival, 1400-1700, The Turf

SPECIALS

Rockers Bar & Grill Featured Item
Chicken Club Wrap

Bomber Bistro Featured Item
Spanish Rice Burrito & Taco Salad

The B-Fifty Brew Featured Item
Sugar Cookie Latte, Peppermint Mocha, Carmel Brulee, Gingerbread Chai

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