

northern sentry

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WHAT'S INSIDE
THIS WEEK:



UPCOMING GALA
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FOR CHILDREN

A6



MINDGYM CONTINUES
SUPPORTING
MENTAL FITNESS
AT MAFB

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TAKE FLIGHT IN THE
AIR FORCES
GALLERY

B4



Three Knighthawks from the 69th Bomber Generation Squadron—SrA Jake Lewis, A1C Livia Winning, and SrA Seth Ramsey were coined by the 5th Bomb Wing commander for outstanding flightline performance and dedication to B-52 mission readiness. See more from the coining ceremony on page A2.

69TH BGS KNIGHTHAWKS PHOTO



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69th BGS Knighthawks Honored for Mission-Ready Excellence



Senior Airman Seth Ramsey



Senior Airman Jake Lewis

Congratulations to three exceptional Knighthawks who were recently coined by the Commander of the 5th Bomb Wing, Col. Jesse W. Lamarand in recognition of their outstanding performance on the flightline. Their professionalism, attention to detail, and unwavering work ethic are vital to mission success, ensuring aircraft remain safe, reliable, and lethal when called upon.

Their dedication to maintaining B-52 mission readiness exemplifies the highest standards of the Air Force. Because of Airmen like these, the 69th Bomber Generation Squadron continues to deliver excellence and set the benchmark for flightline operations each and every day. This recognition is well deserved.

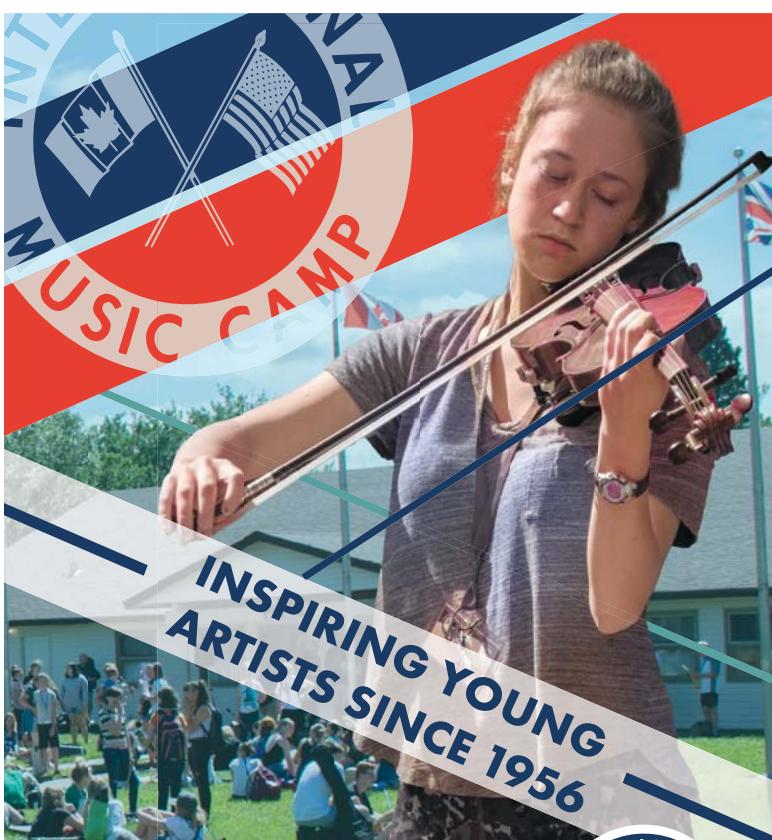


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Air Force Drops Mandatory 2-Mile Run on New PT Test, Moves Start Date Up to July

MATTHEW COX, AIR & SPACE FORCES MAGAZINE

Airman will start being officially scored on the new physical fitness assessment in July rather than September and will have an alternative to a two-mile run to prove their cardio fitness, the Air Force announced Jan. 6.

The moves change the plan the service announced in September 2025, which introduced twice-yearly tests and made it mandatory for Airmen to complete a two-mile run during at least one of those tests. Now, Airmen can still do a two-mile run, but they can also choose to do a 20-meter High Aerobic Multi-shuttle Run every six months instead. The 20-meter HAMR requires participants to dash between lines 20 meters apart for timed periods as the exercise increases in intensity.

The Air Force's previous fitness test let Airmen choose between the 20-meter HAMR and a 1.5-mile run.

The change is meant to "give Airmen a choice," an Air Force official told Air & Space Forces Magazine. "The goal is to test physical fitness and cardiovascular fitness—both the two-mile run and the 20-meter HAMR do that equally."

The official added that the "the HAMR is not an easy test; you're sprinting toward the end of it and running hard to get a good score."

In contrast, the Space Force made its own PT announcement Jan. 6, and it is going with the Air Force's original plan: Guardians will have to do a two-mile run on at least one of the two mandatory fitness assessments every year, starting Jan. 1.

By comparison, the Air Force paused its scoring of fitness testing Jan. 1 and will begin a diagnostic testing period on March 1 to allow Airmen a chance to work up to the new standards. But while the service had previously planned for the diagnostic testing period to last until Sept. 1, the new guidance says it will be cut by two month to end on July 1.

The Air Force official could not immediately say why the diagnostic testing period was shortened.

The latest version of the Air Force four-component PFA includes:

- Cardiovascular: two-mile run or 20-meter HAMR every six months, which counts for 50 percent of the total score

- Strength: One minute of push-ups or two minutes of hand-release push-ups. Hand-release push-ups require Airmen to lower their chest all the way to the ground and extend their hands out to the sides before pushing up again. This component



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counts for 15 percent of the total score.

- Core: One minute of sit-ups, two minutes of cross-leg reverse crunches, or a timed forearm plank. This component measures muscle core endurance and counts for another 15 percent of the total score.

- Body Composition: Waist-to-Height Ratio measurement that requires Airmen divide their waist length by their height in inches. For example, an Airman who stands 69 inches tall and has a waist of 36 inches would have a waist-to-height ratio of 0.52. This component counts for 20 percent of the total score.

Some officers and senior enlisted will have their fitness scores included in their performance briefs before official July 1 scoring begins, a mandate from Secretary of War Pete Hegseth, the announcement states.

Colonels will be first group effected by this requirement beginning in February followed by lieutenant colonels, majors, and chief master sergeants in May 2026. These performance briefs may include results from tests completed under previous fitness standards, the announcement states.

"Your physical health is important to us, not just as a readiness metric but as a human being as well," Chief Master Sergeant of the Air Force David R. Wolfe said in the statement. "When you're physically healthy, you are not only happier, but in a better position to excel at your job."

The four components of the PFA are scored differently than the past fitness test. The new test's ratios count 50 percent for cardio, 20 percent for body composition, 15 percent for muscle strength and 15 percent for muscle endurance. In the past, it was 60 percent cardio, 20 percent body composition, 10 percent muscle strength, 10 percent muscle endurance.

Updated fitness score charts incorporating feedback from the field will be released soon, along with an updated version of AFMAN 36-2905, Air Force Physical Fitness Program, according to the announcement.

The Air Force removed the body composition measurement from the physical fitness test amid the COVID-19 pandemic in 2021. Since then, Airmen had their body composition measurements taken during their birth month or during their annual physical.

In the new PFA, the Air Force will score body composition as part of the physical fitness test again,



U.S. AIR NATIONAL GUARD PHOTO BY STAFF SGT. TYLER CATANACH

but Airmen do not have to take it the same day as their fitness test. In 2019, officials noticed holding both events on the same day sometimes prompted Airmen to adopt dangerous practices such as taking diuretics or just avoid eating to pass the tape test.

"We care about the long-term health of our Airmen and that starts with physical fitness," said Air Force Chief of Staff Gen. Kenneth S. Wilsbach. "The habits Airmen build by working out daily directly impact their quality of life in and out of uniform. I am confident our commanders will continue to implement a culture of fitness so our warfighters are healthy and ready."

In addition to its fitness assessment, the Space Force is pushing its Continuous Fitness Assessment Program to encourage and track regular exercise through wearable technology.

The effort launched a Personalized Readiness Integrated Through Monitoring and Engagement study, or PRIME, in October to collect data that will refine physical readiness standards, increase exercise goals and promote long-term health habits, according to the Space Force announcement. More than 7,300 Guardians enrolled in the first window of the study, which will be followed by a second enrollment window in early 2026.

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Not Many Have the Opportunity

A VIEW FROM
OUR SIDE

ROD WILSON

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

As I was waiting in line to enter the Minot Air Force Base the other day I thought about how lucky I really am to enter the world of the U.S. Air Force and encounter the many Airmen and civilians who pretty much have one common goal, the deterrence of our adversaries.

President Teddy Roosevelt may have started the ball rolling with his coined phrase "speak softly and carry a big stick; you will go far" signifying diplomacy backed by military strength should be used to protect national interests and project influence without constant conflict.

More than once, and in more than one venue, someone speaking on behalf of the U.S. Air Force will talk about the deterrence missions that we have at Minot Air Force Base. Often referred to as 2 out of 3 legs of our nuclear triad, the Minuteman III and B 52 bombers stand ready deterrents between our peaceful lifestyle at home in the United States and the many, and unfortunately ever increasing, adversaries around the globe.

So how do the Airmen of the Minot Air Force Base carry on those now famous words of President Teddy Roosevelt. But being the best trained at what they do. By believing in the missions that they shoulder every day. By keeping those missions, B 52's and Minuteman III missiles ready to win the next war, wherever and whenever that is. And certainly, don't get me wrong here. Teddy Roosevelt did not mean take the big stick and go out looking for a fight but instead carry the big stick as a warning to our adversaries, and our allies, that we are ready to carry the battle to wherever it is. To land B 52's in far-away countries and let those adversaries know that we are ready, if and when we are called upon, to protect peace.

On the day I waited in line to enter the Minot Air Force Base my turn finally came. A Security Forces Airmen welcomed me with a smile

and a comment about the sun breaking through the clouds on this rather blustery afternoon. Shortly after that I was treated to the Mayor of Minot answering questions from Minot AFB kids about just what the Mayor Minot does. But watching in the audience were Col Lamarand, Col Schlabach, and Chiefs Sharp and Thomas. Afterwards I talked with the command team for a few minutes and we chuckled at some of the pertinent, for the kids, questions that they Mayor fielded like "what's your favorite food."

While driving out, whether by chance or by design, I was able to watch a B 52 on its final approach to the Minot AFB runway, watching it glide gracefully down and admiring as I always do, this 60 year old and still relevant bomber. In the distance I could see flashing lights and soon the organized event of a convoy moving what I could only assume was a Minuteman III asset of some type. And that is where the inspiration for this column came from. There are roughly 50,000 citizens in the city of Minot, give or take, and I am probably the only one who could sit back and appreciate what I had experienced on this particular day. Again, how lucky can I be?

The missions of the Minot Air Force Base are so very relevant to the peace of our nation. The Airmen who work those missions make

them relevant. The B 52 is not a new plane, and the Minuteman III is not a new missile. The young men and women who support the mission don't throw up their hands and say, "These are old, we can't make them work." Nope! Instead, they develop procedures and competitions to make sure that these missions stay relevant until they are replaced.

What they do is so special, and they keep doing it so well. And I am, and will continue to be, thankful for the opportunities I have to tell their story.

GETTING' AROUND

Erin Beene sent us a photo of an Extreme Cold Watch in Texas as their temperatures approach the freezing mark. She said, "folks are really freaking out here." On the flip side Meteorologist Tom Schroeder said we're looking for warmer temperature after this extreme cold snap. Temps could get into the 40's. We'll be looking forward to that.

Guess that goes to show it all depends on your perspective and your attitude.

TODAY'S CHUCKLE

I heard a kid explain to another the other day...back in the old days they used to do stupid things like sticking their tongues on cold metal stuff on the playground. That was back when they didn't have plastic....



An unarmed Minuteman III intercontinental ballistic missile launches during a developmental test at Vandenberg Air Force Base, Calif.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CLAYTON WEAR

UPSIDE DOWN
UNDER

MARVIN BAKER

Note: It's been 40 years since nearly everyone in this country witnessed what has become one of the most unusual tragedies in American history.

On live television, 74 seconds after the launch of the Space Shuttle Challenger, something went drastically wrong and the aircraft literally exploded before our bewildered eyes. The following is an editorial I wrote that appeared in the Feb. 5, 1986 edition of The Mystician, the Bismarck State College newspaper.

Jan. 28, 1986 will be remembered by Americans for a long time, just like Dec. 7, 1941 and Nov. 22, 1963. The space shuttle tragedy can only be described as horrible

Recalling the Space Shuttle tragedy

shock. It's a shock to every American who assumed this flight of the Challenger would be another routine mission.

Why did this tragic event occur? Are we getting too far ahead of ourselves in technology? Perhaps not. Maybe it was just an accident that couldn't have been stopped.

It does, however, bring to mind all the air disasters in the past few years. People take air travel for granted, but there have been some recent plane crashes.

The Space Shuttle explosion will make people think twice about how routine a flight like this actually is and what it entails.

Teachers in space, journalists in space, doctors in space, they are all examples of what NASA has in mind. That may change.

Christa McAuliffe, who was to be the first teacher in space, can be described as a brave American because she knew the risk involved. Imagine, however, what went through the minds of all her students in Concord, N.H., as they watched the Space Shuttle explode on live television.

Prior to the departure, a teacher from Velva and a teacher from

Dickinson were among the 100 finalists for the teacher in space program. Will they continue to seek out space travel after this?

On the other hand, is this just another setback on the road to progress? It was in 1865 that Jules Verne wrote a book called *De La Terre à La Lune* (From the Earth to the Moon) about sending men to the moon from a base in Florida. One-hundred-four years later it actually happened.

In the 1970s, NASA conceived Space Shuttle flights, becoming a reality just 10 years on. We have landed a spacecraft on Mars, and now have a probe (*Voyager*) traveling through deep space.

Its the fascination of exploration that will keep Americans moving ahead on the space program. Our forefathers moved ahead when they colonized America. It was done again when people crossed the North Pole for the first time and again when Neil Armstrong stepped onto the moon's surface.

After so many flights, it makes a person wonder why this would happen now? The bottom line here is the Space Shuttle is expensive and taxpayers will want to know

why this happened.

The period of mourning is over, but this tragedy will be remembered for a long time to come, especially in the minds of the school children in Concord, N.H.

What were you doing when the Space Shuttle exploded? Were you watching TV or listening to the radio? Some people from North Dakota were actually at Cape Canaveral watching it from the ground. I was a college student working after school in a food warehouse in Bismarck. I was bagging oranges when a co-worker walked up to my bench and told me what had happened.

This guy was the warehouse clown, but he had an incredible serious look on his face. I knew it was no joke. Something awful had just happened. When I got home from work that night, I watched the news cycle repeating itself about the day's events.

There was a short period of time after that in which we discussed the explosion in sociology class. It wasn't part of the curriculum, but the professor told us it was something we needed to talk about before we moved on to other subject matter.



B-52 from the 23rd Bomb Squadron.

Never Have I Ever, North Dakota



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

A few weeks ago, after glancing at my family's shared Google calendar, I felt a twinge of disappointment.

I scrolled through the coming weeks and saw very few entries that felt special. Mostly, it was the steady rhythm of everyday life: school drop-off, volunteer shifts, church commitments, practices penciled neatly into their recurring slots.

I caught myself thinking, *Ugh. January and February are so hard.* I wanted Christmas back — when something festive seemed to happen every other day. Or summer, when festivals and late nights spill over into one another and the calendar feels crowded in the best way.

Then — because I've had a lot of practice doing this — I stopped myself.

"I need a new way to think about this." I thought. "What if this is the perfect moment when life slows enough to notice what's always here?"

With fewer "special events" competing for attention, there is room to enjoy Minot as it is — not dressed up for a holiday, not bursting at the seams with summer energy, just steady and present. And then another thought followed close behind, *"This might actually be the perfect time to try something I've never*

done before."

So, I played a quiet game of "never have I ever" with myself. I made a short list of winter activities I'd lived alongside for years but never tried. Then I shared that list on Hey Minot, a social media channel I run to help others embrace life in North Dakota.

The video gained traction, and lots of fun comments followed.

People chimed in with ideas they'd always wanted to try but hadn't — or things they enjoy, and thought I might, too. The enthusiasm was contagious, and honestly, the ideas were too good not to share.

If you've been feeling a little restless during these in-between winter weeks — after the holidays but before spring — consider this permission slip to experiment.

Here are a few local winter experiences mentioned that you may want to investigate.

SLED HOCKEY WITH PRAIRIE GRIT ADAPTIVE SPORTS.

This free program welcomes adaptive and able-bodied athletes, ages 18 and up. No experience is required, and all equipment is provided. Games are held Wednesday nights from 8:45 to 10 p.m. at the MAYSA Arena. It's fast-paced, welcoming, and surprisingly fun to watch — even if you're just there to see what it's all about.

KICK SLEDDING.

If you've never seen one, a kick sled looks like a chair mounted on steel runners, propelled scooter-style by the rider. Kick sleds are available at several North Dakota state parks, including Fort Stevenson near Garrison and Lake Metigoshe near Bottineau. It's a simple, old-school way to get outside without

committing to a full workout.

FAT-TIRE BIKING.

Fat-tire bikes — with their oversized tires — are designed to glide over snow and uneven terrain. Rentals are available at several state parks, with Fort Stevenson being the closest option to Minot. They're surprisingly beginner-friendly and a great way to enjoy cycling in winter.

ICE FISHING.

You don't need to own a truck or an auger to try it. A quick search will turn up rental options near Lake Sakakawea, and even outfitters who will handle the logistics. Minot Air Force Base Outdoor Recreation also rents equipment.

CROSS-COUNTRY SKIING.

Skis are available for rent right here in Minot through the Parks Department at the Corbett Field warming house. Trails exist in town, with additional options at state parks throughout the region.

SNOWSHOEING.

Also rentable at Corbett Field, snowshoes offer an easy, quiet way to explore winter trails without needing special skills.

OUTDOOR SKATING.

Minot maintains several outdoor rinks, many with warming houses where skates can be rented for just \$2. Skating is also available downtown at Citizens Alley, with rentals for \$5.

DOWNSHILL SKIING OR TUBING.

Bottineau Winter Park and Huff Hills offer both, with equipment rentals available on-site. Tubing is also offered locally at Souris Valley Golf Course on Saturdays through Minot Parks.

None of these activities are about becoming an expert or checking off a bucket list. They're about



Until recently I had never been tubing at Bottineau Winter Park. The lull after the holidays gave us time to finally check it out—and our whole family loved it.

curiosity — about letting winter be something we participate in rather than endure.

These months may lack the sparkle of December or the ease of July, but they offer something else: space. Space to try, to notice, to shift the story we tell ourselves about where we live and how we're living.

Instead of focusing on what winter takes away, maybe we can ask what it leaves room for — and



Stretch your legs and let the kids burn off some energy this weekend with a visit to a North Dakota State Park. Rent fat tire bikes, cross-country skis, snowshoes, or even try a kicksled! Make the most of the warm-up and get some fresh air!

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Upcoming Champagne and Ice Gala Supports Healing for Children

NATALY ZARRELLA, NORTHERN SENTRY

Northern Plains Children's Advocacy Center (NPCAC) will host its 16th annual Champagne and Ice Gala on Saturday, February 14, at 6 p.m. at the Clarion Hotel in Minot. The Valentine's Day event is the center's most significant fundraiser and plays a vital role in ensuring children and families affected by abuse receive services at no cost.

NPCAC provides compassionate, high-quality care to children who have experienced sexual abuse and other crimes. The center relies on grants and community support to continue its work. NPCAC Executive Director Christal Halseth NPCAC shared that the organization has helped just under 600 children and their families in 2025, guiding them through some of the most difficult moments of their lives.

Christal Halseth shared, "Centers like this significantly reduce the trauma associated with child abuse and assist in holding offenders accountable and statistics show that without an advocacy center, a child will have to tell their story as many as 17 times."

Jessica Erdmann, secretary of the NPCAC Board of Directors, echoed the importance of the organization's mission. Erdmann, who has served on the board since 2019, said the staff at the advocacy center are the true heroes. She shared that the NPCAC believes every child deserves to be heard, protected, and supported. In 2024 alone, the center served 645 children and their families, helping reduce trauma while also holding offenders accountable.

This year's gala will feature a cocktail hour with hors d'oeuvres, followed by a keynote presentation from Gaelin Elmore, a former NFL player, former foster youth, and nationally recognized speaker. According to the press release, Elmore will share his story of resilience and hope, highlighting the life-changing impact caring adults can have on children facing adversity. His presentation will take place before the live auction.

An online auction will begin February 7 and conclude on February 14 at 8:15 p.m. Auction items include baskets donated by area businesses, an autographed Shaquille O'Neal Lakers jersey, a Franklin baseball glove signed by Sammy Sosa, autographed and framed photos from TJ Oshie, Taylor Swift, the Purple People Eaters, and Joe Mauer, as well as guitars autographed by Post Malone and Kelly Clarkson. The auction can be accessed through the Champagne and Ice page at npcac.cbo.io.

Tickets to attend the gala are \$50 per person, and guests must be 21 or older. Gatsby-themed attire is encouraged, and a best-dressed



One night. One cause. Real impact. Proceeds from last year's Champagne Gala supported over 600 children in North Dakota.

contest will be held. Raffle tickets are also available for a Diamond Station necklace, bracelet, and earrings valued at more than \$11,000. Tickets are \$20 each and can be purchased through NPCAC staff or board members.

"The Northern Plains Children's Advocacy Center brings together a heroic team to fight for child abuse victims in our region while restoring hope and helping them focus on what really matters, being a kid. Plan to spend your Valentine's Day with us and help us bring healing and justice to children and their families affected by abuse," Halseth said in the press release.

Tickets for the Champagne and Ice Gala are available at npcacgala.cbo.io. For raffle ticket information, individuals can call 701-852-0836 or email christal@northernplainscac.org. Updates about the event will be shared on the NPCAC Facebook page.



Join NPCAC for an impactful evening dedicated to helping children in North Dakota, complete with auctions and an inspiring keynote from Gaelin Elmore.

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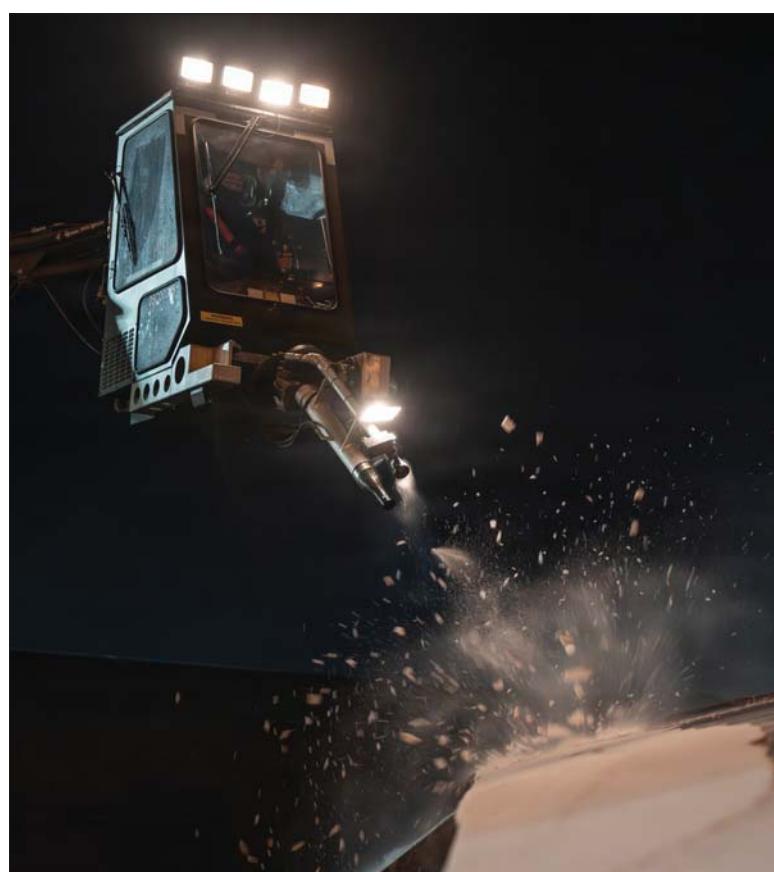
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BREAKING THE ICE: AIRCRAFT MAINTENANCE ENSURES MINOT B-52S ARE MISSION READY

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



Airman 1st Class Naim Haji, 23rd Bomb Generation Squadron aerospace propulsion journeyman, prepares to de-ice a B-52H Stratofortress at Minot Air Force Base, North Dakota, Jan. 21, 2026. Aircraft are de-iced to remove ice, snow and frost that has formed on the wings, tail, and control surfaces.



Airman 1st Class Naim Haji, 23rd Bomb Generation Squadron aerospace propulsion journeyman, de-ices the wing of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Jan. 21, 2026. De-icing ensures the aircraft is safe, effective, and ready for takeoff in winter conditions.

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14 MAR	LAS VEGAS, NV
20 MAR	YAKIMA, WA
21 MAR	YAKIMA, WA
27 MAR	GREAT FALLS, MT
28 MAR	GREAT FALLS, MT
03 APR	GRANT COUNTY, WA
04 APR	GRANT COUNTY, WA
08 MAY	WILLAMETTE VALLEY, OR
09 MAY	WILLAMETTE VALLEY, OR
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16 MAY	MESA, AZ

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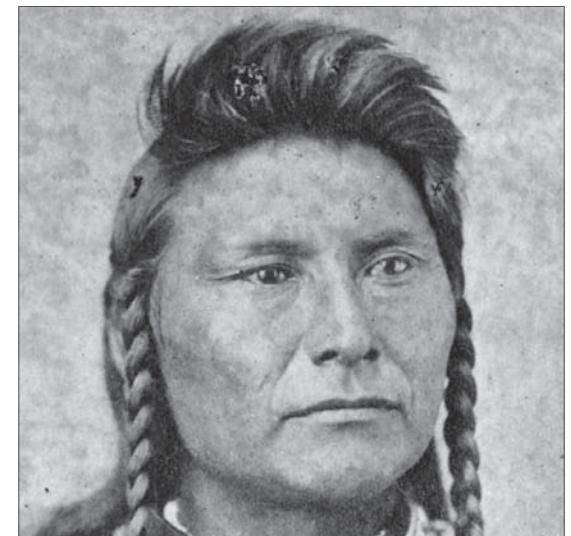


NORTHERN CELEBRATIONS

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TRUE TALE FROM DAKOTA TERRITORY

Kim Fundingsland



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

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

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

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

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

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

Ultimately, after being chased several hundred miles by the Army's finest, Joseph's weary followers found themselves in a hot fight in the Bear Paw Mountains of present-day Montana just a few miles from the safety of the Canadian border. Gen. Miles' troopers inflicted heavy casualties, captured many Nez Perce ponies, blankets, and supplies.

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

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

Miles marched the Nez Perce survivors to Bismarck, allowing Joseph alone to keep his horse so he could ride into Bismarck as a chief. Bismarck's Sheridan House Hotel hosted a banquet in honor of Joseph and his sub-chiefs. Among those requesting Joseph's presence was Henry Porter, the Army surgeon who treated the

wounded while under attack on Reno hill during the Little Bighorn fight the previous year.

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

A day later Joseph and his band boarded a Northern Pacific train leaving Bismarck. Necessarily, the train made a stop for water 100 miles east at Jamestown. But when the train departed Joseph was not on board. While at the Jamestown water stop a conductor invited Joseph to join him at a local eating house. After that meal, Joseph wandered into a store to purchase bread for his wife and son who remained on the train. Thus, the clever chief that had been chased nearly halfway across the continent by three columns of the U.S. Army had escaped custody in Dakota!

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

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



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Wreath Cleanup at Rosehill Memorial Park

WREATHS ACROSS AMERICA

On Saturday afternoon, the paths of Rosehill Memorial Park will once again fill with the sound of footsteps — not for ceremony, but for care. At noon on January 31, 2026, Civil Air Patrol members and volunteers from across Minot will gather to gently retire the wreaths placed in December to honor the veterans laid to rest there. It's a simple act, but one that carries the same reverence as the day the wreaths were first laid.

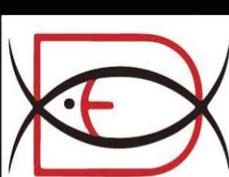
Just six weeks ago, Rosehill was alive with the energy of the Wreaths Across America ceremony. Bundled in winter wear, veterans, active-duty military, cadets, and community leaders stood shoulder to shoulder. A ceremonial wreath was placed for each branch of the Armed Forces, and the names of local heroes were spoken aloud — a tradition that ensures every veteran is remembered as an individual. Thanks to the generosity of sponsors and the dedication of volunteers, not only did every veteran at Rosehill

receive a wreath this year, but Minot was also able to send wreaths to the approximately 350 North Dakota veterans buried in Arlington National Cemetery, continuing the community's commitment to the mission to Remember, Honor, and Teach.

Now, as January draws to a close, the community is invited back to complete the circle. Wreath Cleanup Day is quieter than the ceremony, but no less meaningful. Volunteers will walk the rows, lift each wreath with care, and help restore the

cemetery grounds for the months ahead. For many, it's a moment of reflection — a chance to honor service not just with ceremony, but with stewardship.

MinotWreaths.org welcomes anyone who wishes to help. No registration is needed; warm clothing and gloves are encouraged. With enough hands, the work takes less than an hour, but the impact lasts far longer.



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**07
FEB**

ICE CREAM FOR BREAKFAST DAY

9:00AM-11:00AM
Souris Valley Golf Course
2400 14th Ave SW

Calling all ice cream lovers! Help us celebrate Ice Cream For Breakfast day on February 7th, at Souris Valley Golf Course! Join us for free ice cream, all your favorite toppings, coffee, hot cocoa, and board games! After you get your morning fuel, rent a tube for \$5.00 and head down our sledding hill (weather permitting)! This is a free event; however, tube rental fees do still apply. *No pre-registration is required for this event*



For more information:
Facebook / Minot Parks / Events

**14
FEB**

16TH ANNUAL CHAMPAGNE & ICE GALA

6:00PM

Clarion Hotel and Convention Center,
2200 E Burdick Expy

Benefiting the Northern Plains Children's Advocacy Center. Join us for an elegant and inspiring evening at the 16th Annual Champagne & Ice Gala, featuring Gaelin Elmore — former NFL player and nationally recognized speaker. Gaelin shares his powerful story of resilience and hope, reminding us of the life-changing difference caring adults can make in the lives of children who have faced adversity. Enjoy an unforgettable night with:

- Complimentary hors d'oeuvres and champagne
- Live and silent auctions
- Inspiring stories and community celebration. All proceeds support the Northern Plains CAC and our mission to bring healing and justice to children and families affected by abuse.



Tickets available now at:
www.npcacgala.cbo.io

**14
FEB**

HUNT FOR HEARTS AT THE MAGIC CITY DISCOVERY CENTER

10:00AM-6:00PM

Magic City Discovery Center,
1545 1st Street NW, Minot

Love is in the air and hidden all around the museum! Join us for Hunt for Hearts, a special Valentine's Day adventure where guests can explore the Discovery Center while searching for hidden hearts throughout the galleries. Each guest may find one heart to turn in at the front desk. Most hearts will earn an MCDC Valentine, but four lucky hearts will win a \$25 gift card! All other hearts receive a Valentine's treat. This event is included with regular museum admission and is perfect for families, friends, and little explorers looking for a fun and festive way to celebrate Valentine's Day. • One heart per guest • While supplies last. Come play, explore, and see if you can find the heart that wins!



Sign up today:
Facebook / Magic City Discovery Center / Events

**21
FEB**

FROZEN FUN DAY

11:00AM-2:00PM

Polaris Park,
712 26th Ave NW, Minot

Due to projected extreme cold temperatures and a lack of snow, we are rescheduling Frozen Fun Day to February 21st from 11am to 2pm at Polaris Park. It is going to be little too frozen out there, and we want the day to be fun, not painfully chilly. Bundle up, stay warm, and we look forward to celebrating with you on the new date for a much more enjoyable Frozen Fun Day! • Skating on both rinks • Delicious hearty foods, hot cocoa, & more!

- Frozen bubbles, snow painting, scavenger hunt and rentals (ski and skating!)
- S'mores around the firepits. This event is free and includes all rentals used for the duration of the event (rentals are limited).



For more information:
Facebook / Minot Parks/ events

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Minot Hot Tots & Honeybees Announce 2026 Schedule

THE MINOT HOT TOTS AND MINOT HONEYBEES

The Minot Hot Tots and Minot Honeybees have announced their 2026 schedules, setting the stage for another unforgettable season of baseball and softball at Corbett Field.

The Hot Tots will kick off their fourth Northwoods League season on Memorial Day (Monday, May 25) with a 6:35 p.m. matchup against local North Dakota rival Badlands Big Sticks, marking the first opening game in the team's history without a start against the St. Cloud Rox. This season the Hot Tots will host 36 home games, taking on eight Great Plains Division opponents.

Two of these games are sure to create standout moments this season: the Hot Tots will hit the road for a pair of special home games in an off-site North Dakota location, marking the town's first time ever hosting a Northwoods League matchup.

Back for their third season after a historic playoff run, the Honeybees are set to light up Corbett Field with 21 home games in 2026; 5 double headers and 16 single games. They'll take on familiar foes like their 2025 playoff opponents, the Madison Night Mares, and welcome a new in-state rivalry as the Grand Forks Spitfires make their Northwoods Softball League debut.

HIGHLIGHTS OF THE 2026 SEASON INCLUDE:

- Season Opener: May 25, 2026, Hot Tots vs. Badlands Big Sticks
- In-State Rivalry Games: 17 electrifying home matchups against in-state rivals
- Off Site Location Games: Two

Hot Tots games at an off site location in North Dakota

- First-Ever Home Game vs. New In-State Rival: July 7, 2026, Honeybees vs. Grand Forks Spitfires
- Final Home Game: August 4, 2026, Hot Tots vs. Bismarck Larks

The Hot Tots and Honeybees also look forward to debuting some major changes to the ballpark experience. The largest of these upgrades is a brand-new video board, proudly donated to the Minot Park District by local partner Northern Bottling Co. The video board is set to elevate the game day experience with dynamic visuals designed to bring the energy at Corbett Field to the next level.

Physical upgrades at Corbett Field are not the only changes fans will be seeing this year. Fans can enjoy the best games of the summer with the new Hot Tots and Honeybees 4-Game Mini Plan, powered by Scheels. Formerly the 5-Pack, the revamped plan packs a massive value with 4 tickets to the summer's top matches, 90 minutes of all-you-can-eat ballpark favorites, all-you-can-drink soda (with an optional upgrade to the first ever all-you-can-drink beer option), and free Fun Zone access at the ballpark, starting at just \$75.

Don't miss the opportunity to enjoy the excitement of both baseball and softball in 2026. Visit www.hottotsbaseball.com or www.honeybeessoftball.com for schedules, ticket packages, and more. Contact the Front Office at 701-838-8687 for any inquiries.

2026 HOT TOTS & HONEYBEES SCHEDULE



2026 Season Presented By



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MAY/JUNE 2026						
SUN	MON	TUES	WED	THURS	FRI	SAT
	25 BBS 6:35 PM	26 BBS 6:35 PM				
31	1	2	ROC 6:35 PM	ROC 6:35 PM	STC 6:35 PM	STC 6:35 PM
7	STC 1:05 PM	8	9	10	11	12
			MAN 6:35 PM	MAN 9:05 AM 6:35 PM	MAN 6:35 PM	MD 6:35 PM 5:35 PM
15	BIS 6:35 PM	16	17	MAN 6:35 PM	18	19
21	WS 1:05 PM	22	WS 6:35 PM	BIS 6:35 PM	WIL 6:35 PM	20
28	WS 6:35 PM	29	WS 6:35 PM	MAN 6:35 PM	WIL 6:35 PM	27

BBS | Badlands Big Sticks
BIS | Bismarck Larks
DUL | Duluth Huskies
MAN | Mankato Moondogs

MIN | MN Mud Puppies
STC | St. Cloud Rox
WIL | Willmar Stingers

JULY 2026						
SUN	MON	TUES	WED	THURS	FRI	SAT
GF LC MD MK WS	Grand Forks Spitfires Lakota Sioux Madison Night Mares Mankato Habeneros Wausau Ignite	1	2	3	4	
5	6	7	GF 6:35 PM	GF 6:35 PM	10	11
12	DUL 5:05 PM	13	LC 6:35 PM	LC 6:35 PM	17	18
19	STC	20	MIN 3:35 PM	MIN 3:35 PM	23	25
26	BBS 3:35 PM	27	BBS 6:35 PM	GF 6:35 PM	BIS 6:35 PM	

GF | Grand Forks Spitfires
LC | Lakota Sioux
MD | Madison Night Mares
MK | Mankato Habeneros
WS | Wausau Ignite

AUGUST 2026						
SUN	MON	TUES	WED	THURS	FRI	SAT
						1
						WIL 6:35 PM
2	3	4	BIS 6:35 PM	5	6	7
						8

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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



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WINTERY PHOTO CONTEST

northernsentry
MINOT AIR FORCE BASE NEWSPAPER



It's way too cold to do anything outside but badminton is life! We had an amazing time playing with family and friends and we loved seeing the little ones join in and enjoy playing alongside us adults. So much fun all around!

LYRA PARONG PHOTO



Beautiful snowy landscape in Minot AFB on 28 Nov 25.

JOANNA REYES PHOTO



Just a couple of best friends on the ski lift!

ALEXIS ESPANON PHOTO



It's way too cold to do anything outside but badminton is life! We had an amazing time playing with family and friends and we loved seeing the little ones join in and enjoy playing alongside us adults. So much fun all around!

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MindGym Continues Supporting Mental Fitness at Minot AFB

NATALY ZARRELLA, NORTHERN SENTRY

The MindGym located inside the McAdoo Fitness Center at Minot Air Force Base continues to offer Airmen a unique tool for strengthening mental fitness, stress regulation, and overall readiness. Since its launch in November 2024, the MindGym has become an increasingly recognized resource for Airmen seeking to improve focus, resilience, and performance in high-pressure environments.

The Lumena MindGym was introduced at Minot AFB as part of a broader Air Force Global Strike Command initiative. In spring 2024, General Thomas Bussiere explored funding to place a MindGym at each AFGSC installation, and by the end of fiscal year 2024, the technology was purchased for all AFGSC bases. Minot's MindGym officially became available to Airmen on November 15, 2024.

According to Laurel Gram, Director of Integrated Prevention and Response at Minot AFB, the MindGym was designed to provide mental training in the same way traditional gyms support physical fitness. The system uses sensory deprivation and bio-responsive mindfulness sessions guided by light and sound to help users transition between mental states.

The MindGym is housed in a mirrored cube that immerses users in low-sensory lighting

and ambient sound. Wearable technology tracks stress levels and other biometric responses, providing feedback on how the body and brain respond during sessions. The system also adapts over time, remembering individual users and tailoring future sessions to their goals and preferences.

Unlike traditional classroom or instructor-led training, the MindGym operates through a user-friendly kiosk and requires no facilitator. Airmen can book sessions directly from their phones and use the system during McAdoo Fitness Center hours, allowing integration into daily schedules without disrupting mission requirements.

Sessions focus on developing skills such as stress regulation, focus, nervous system control, and rapid transitions from stress to rest. Both guided and unguided options are available, and new Air Force, specific training sessions continue to be added. The goal, Mrs. Gram said, is to help Airmen build "mental muscle memory" that supports performance in operational and real-world scenarios.

Mental fitness has become an increasing priority across the Air Force, and the MindGym supports that focus by offering measurable feedback through pre- and post-session cognitive tasks. These

assessments allow users to track changes in reaction time and task accuracy.

While Minot AFB continues to build its own usage data, studies conducted by Lumena at Hill Air Force Base have shown measurable benefits. Participants in those studies demonstrated improved reaction time and accuracy under stress, reduced stress levels, and improved mood after MindGym sessions. Self-reported outcomes also included better sleep, improved workouts, stronger focus, and improved work-life transitions.

At Minot, Mrs. Gram said feedback from Airmen has been largely positive. Those who have shared their experiences most often report decreased anxiety, reduced stress, and improved ability to focus.

The MindGym complements existing resilience and mental health resources available on base, offering another avenue for Airmen to support their overall wellness. Discussions are currently in early stages regarding the potential addition of a second MindGym at Minot AFB, reflecting growing interest and engagement.



U.S. Air Force Col. Michael Suden, 91st Operations Group commander, prepares for his MindGym session at Minot Air Force Base, North Dakota, Nov. 15, 2024. The MindGym is an immersive domain made using sensory deprivation, light therapy, reflections and music therapy to enhance mental focus.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS TRUST TATE

Mrs. Gram said the long-term goal remains clear: to reinforce the idea that mental fitness is just as essential as physical fitness. As awareness continues to grow, the MindGym remains available to Airmen looking to strengthen both mind and mission readiness.

Airmen interested in experiencing the MindGym firsthand are

encouraged to visit the McAdoo Fitness Center during regular hours of operation to book a session. The MindGym remains available as a free resource for eligible users at Minot Air Force Base, offering Airmen another opportunity to invest in their mental fitness and overall readiness.

NOTES ON BEING SAFE

STAYING WARM IN THE WINTER



attention is needed.

With all of the cold winds we have here at Minot, frostbite can occur at any time especially if we're not paying attention to the time limit we are spending outside. Frostbite can happen without hypothermia present. Frostbite is a serious condition where the fluids around the affected area freeze. It can be an irreversible tissue damaging affect and requires attention immediately. The most vulnerable parts are the face, ears, hands and toes. Symptoms of this condition include coldness and tingling in the affected area, followed by numbness. The skin color may change to white or grayish-yellow.

Pain may also occur in the affected area as the condition worsens and possibly blisters.

Whether you're working out on the flightline, riding an ATV or snowmobile, or just simply building a snowman, stay alert for the possibility of cold stress. Monitor your coworkers or your children, whatever applies to your situation and remember what to look for. Take these steps to protect yourself and others.

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Our mission is to promote dominant U.S. Air and Space Forces as the foundation of a strong National Defense; to honor and support our Airmen, Guardians, and their Families; and to remember and respect our enduring Heritage.

MONTHLY MEETING (Third Tuesday of Each Month)

Tuesday, February 19

1200, Rockers Bar & Grill, Minot AFB

Looking for all AFA members, and potential AFA members.

For more information contact:

Jim Bowman- nd135.president@afa.org

AFA.org



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Jones.afa.org

The buddy system in work or play should be used. Look out for one another and know what to look for. A person with hypothermia might not be aware they have it. The first signs of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows down and may become irregular and the pulse weakens. Severe shaking and rigid muscles may be evident and that would be the second sign that the condition is worsening. The victim may slur their speech, the memory lapses and may feel drowsy. Exhaustion, cool skin, slow, irregular breathing occur as the body temperature drops even lower. Immediate medical

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Why service is essential

Why Service is Essential
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Several aspects can cause unequal tire wear

- Vigorous driving practices, stop and go city traffic, road construction, etc. Broken terrain and pot holes



- Under inflated tires
- Worn Shocks
- Unaligned steering wheels
- Used parts
- Not rotating your tires

• Not rotating your tires

- Tires are rotated in alternating patterns
- Check overall quality and safety of tires
- Inspect tire tread
- Examine for effective inflation
- Tighten lug nuts

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The image is a collage of various zoo-related content. At the top left is the Roosevelt Park Zoo logo with a tiger illustration. To the right is a large image of a lemur. Below the logo is a section about a Bactrian camel, featuring a photo of a camel, a world map, and a 'Fact File' table. To the right of the camel section is a 'Find 5 Differences' puzzle comparing two clownfish. At the bottom left is a 'Hours' section with 'DAILY 10AM-3PM'. In the bottom center is a call to 'Follow Us on Facebook' with a Facebook icon. To the right is a 'Military Discount' offer. The background features tropical foliage and a tiger.

STAFF SGT. LEE CONTINUES AIR FORCE SERVICE

Staff Sgt. Lee reenlisted in the U.S. Air Force, reaffirming his commitment to continued military service. Unit leadership said they are proud of Lee and look forward to his continued contributions. Capt. Kramer, an honorary Minot Fire and Emergency Services firefighter, administered the oath of enlistment.

MINOT AFB FIRE & EMERGENCY SERVICES PHOTO





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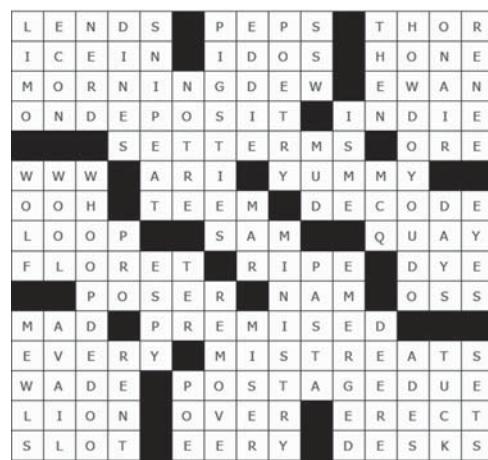
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CROSSWORD SOLUTION

Solution to December 19
Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

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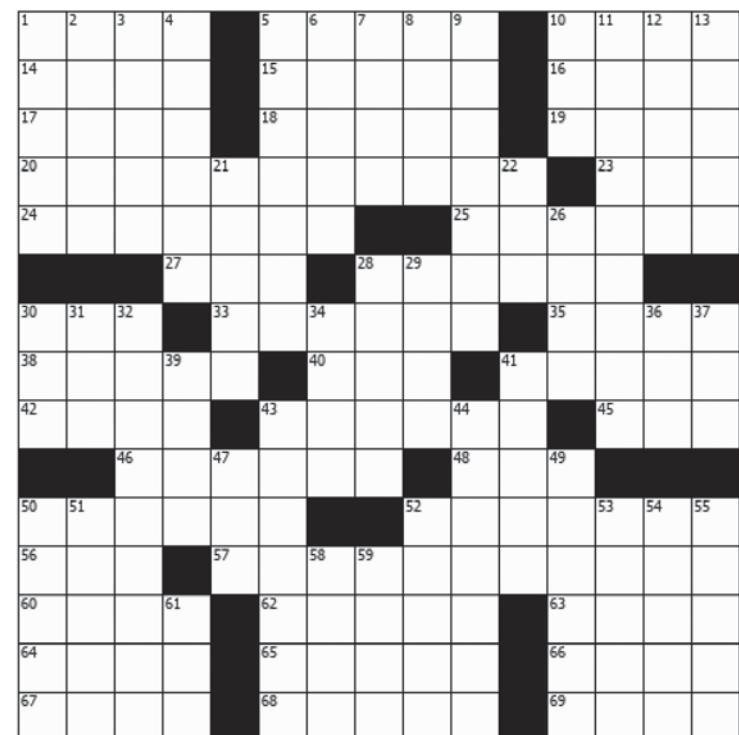
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CROSSWORD PUZZLE

Across

- Hind's partner
- "I was at the movies," e.g.
- Cab Calloway's forte
- Put on board, as cargo
- One who dresses stone
- Compos mentis
- Live shot
- Mythical titan
- Ninety degrees from norte
- Be lenient
- Plating material
- Manages
- Inheritance
- Letters of credit
- Member of the second order of angels
- In favor of
- Fair favors
- Take a beating
- Crinkly fabric
- Seals, of song
- Escape detection
- Canadian Indian
- Main fin
- June gift, perhaps
- Stereotypical names
- Capture a crook
- Affording a view
- Bears witness
- Tobacco chaw
- Tempt
- Privy to
- "__ a Good Man, Charlie Brown"
- Green Gables girl
- Parlor fixture
- Script direction
- Well-defined path
- Weight
- Medicament units
- Wring one's hands



Down

- Diagonal divider
- Florida bay
- Jingle writer
- Enterprise Lt. Cmdr. La Forge
- No expert
- They may get plastered
- Minute land mass
- Pen pal?
- Foot comforters
- Indianapolis-to-Louisville dir.
- Seek a clue
- Monkey business
- Microscopic
- Skip out on the big wedding
- German article
- Aquatic bird
- Crest-fallen Russians?
- Some mothers
- TV police
- Hockey great Bobby
- Recited fluently
- Joss house figure
- Star Wars, to R.W.R.
- Specification at Thom McAn
- Hymn to Apollo
- Make merry?
- Rotted
- Pollen producers
- It may contain baby food
- Representing (with "on")
- Sound made by taffeta
- It needs a good paddling
- Up __ (cornered)
- Subs defense system
- 2204.62 avoirdupois pounds
- Target shooting
- Sphere opening
- Words of contempt
- Styron's "The Confessions of __ Turner"

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Take Flight in the Air Forces Gallery

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What if you could see air, feel wind, and use it to launch, lift, spin, and soar? At the Magic City Discovery Center, you can do exactly that in our Air Forces Gallery, where air becomes an exciting force you can experiment with, control, and explore.

Air is everywhere, yet it's often invisible. In the Air Forces Gallery, we make this powerful natural resource visible, tangible, and unforgettable through hands-on exhibits that invite visitors of all ages to move their bodies, test ideas, and think like scientists and engineers.

WHY AIR MATTERS

Earth's air is made up of about 78% nitrogen, 21% oxygen, and small amounts of other gases like carbon dioxide and neon. Air can even hold water, which we experience as humidity. Although air feels light, it pushes down on us all the time, creating air pressure, which is strongest at sea level and weaker at higher elevations.

Air also carries life. Tiny living organisms called bioaerosols float through the atmosphere, and wind shapes weather, ecosystems, and renewable energy systems around the world. The strongest wind gust ever recorded reached 253 miles per hour, and even right here in North Dakota, winds have reached 93 mph in recent years!

LEARNING THROUGH MOVEMENT, PLAY, AND EXPERIMENTATION

The Air Forces Gallery is designed around open-ended exploration, meaning there's no single "right"

way to play. Visitors choose, move, make, and test objects of different shapes and sizes while discovering how air behaves.

As children experiment, they naturally follow the scientific process:

Asking questions
Making predictions
Testing ideas
Observing results
Adjusting and trying again
This kind of learning builds confidence, persistence, and curiosity!

WHAT YOU'LL EXPERIENCE IN THE AIR FORCES GALLERY

Giant Whoosh & Junior Whoosh: Our iconic pneumatic experience introduces the power of moving air as foam balls shoot through tubes overhead. Kids quickly learn how air pressure, speed, and distance affect motion.

Air Fountains: Instead of water, these fountains use air! Visitors lift balls and objects using streams of air, experiment with tubes and ports, and explore the Bernoulli Principle, which is the same science that helps airplanes fly.

Tube Tunnels: Design your own horizontal air maze using tubes, corners, and connectors. As air pushes foam balls through the system, kids discover how distance, turbulence, and pressure loss affect movement!

Bernoulli Basketball: Can you guide a floating beach ball through rings using only air? This challenge helps visitors understand airflow, pressure differences, and control, all while having a blast.

Tennis Ball Launcher: Using muscle power and a pulley system, visitors compress air to launch tennis balls toward the ceiling. It's

an exciting way to explore stored energy, force, and motion.

Parachute Drop: Send parachutes high into the air and watch them float gently down. This exhibit demonstrates air resistance and drag, showing why parachutes are such powerful, life-saving tools.

Windmills & Wind Turbines: Design, build, and test your own turbine. Change blade angles and shapes to see how wind can be transformed into renewable energy.

Mist Tornado: Create and control a swirling vortex of vapor to explore how tornadoes form and how air behaves during extreme weather events.

Hover Track: Using a blanket of air similar to an air hockey table, objects glide smoothly across the surface, demonstrating reduced friction and airflow dynamics.

In the Air! Spin Browser: Slow down, speed up, or reverse videos of birds, seeds, airplanes, and insects in flight. This immersive station helps visitors closely observe lift, flow, and formation movement in ways the naked eye can't.

HOW ADULTS CAN SUPPORT LEARNING IN AIR FORCES

Adults play an important role in deepening discovery. Try:

Encouraging kids to change one variable at a time, like air strength or direction

Asking open-ended questions:
What happens if you use a lighter object?

How does shape affect movement?
Why do you think this one moved faster?

Connecting discoveries to real life, like kites, planes, or wind-powered toys

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Whoosh!

MAGIC CITY DISCOVERY CENTER PHOTO

SKILLS BUILT THROUGH AIR PLAY

As children explore the Air Forces Gallery, they develop:

Fine motor skills while building, folding, and placing objects

Spatial awareness by tracking objects moving through space

Collaboration and communication through shared problem-solving

Scientific vocabulary and reasoning through hands-on experimentation

The gallery aligns with North Dakota Early Childhood Standards, state science standards, and NGSS, supporting learners from preschool through high school.

DISCOVER THE POWER OF AIR AT THE MAGIC CITY DISCOVERY CENTER

The Air Forces Gallery turns an invisible force into a thrilling, educational adventure. From launching tennis balls to floating basketballs and building wind turbines, every exhibit invites visitors to ask questions, test ideas, and experience the incredible power of air.

Tube Tunnels

Whether you're a curious kid, a hands-on learner, or an adult rediscovering the joy of experimentation, the Air Forces Gallery proves that air isn't empty.

It's full of possibilities.

Come explore, experiment, and let your curiosity take flight at the Magic City Discovery Center.



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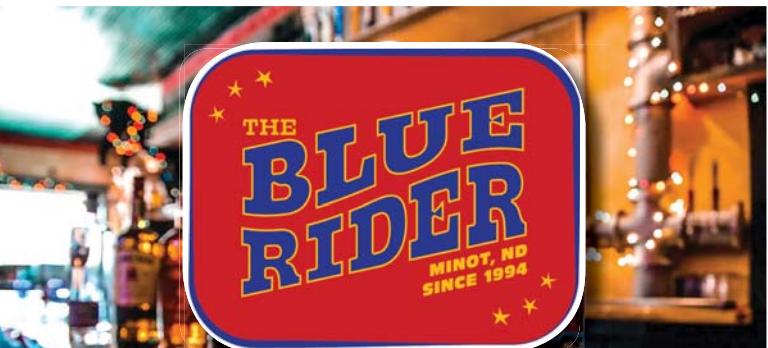
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A LOOK BACK

THIS WEEK IN USAF HISTORY

B-52 STRATOFORTRESS CREW PERFORMS LAST SORTIE OF OPERATION ARC LIGHT

January 28, 1973



A B-52 Stratofortress refuels en route to a target in Vietnam. (USAF Photo)

On January 28, 1973, a B-52 Stratofortress crew flew the last sortie of Operation Arc Light, bombing enemy targets in South Vietnam at 0628 hours local time. Operation Arc Light began on June 18, 1965 as 27 B-52F bombers from the 7th and 320th Bombardment Wings based in Guam attacked a Viet Cong jungle fortification. From its beginning to end, the operation was carried out by personnel from Strategic Air Command bases all over the United States and overseas facilities, who performed temporary duty rotations up to 179 days, with some Airmen

serving over 1,000 days during intermittent tours on Arc Light. In 1967, U-Tapao Royal Thai Air Base was added to the roster to relieve over crowding in Guam and reduce flight times to Vietnam, and one year later, B-52s were flying out of Kadena Air Base, Okinawa, Japan. Overall, Operation Arc Light and the B-52 bombers flew over 126,000 sorties.

Information courtesy of: media.defense.gov / airforcemag.com / afhistory.of.mil

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YOUTH IN ACTION

Leadership Approves Condensed STARBASE ND Program Due to Government Shutdown

The STARBASE ND program was recently approved to operate a three-day program (rather than their usual five-day program) in order to ensure every fifth-grade classroom scheduled to attend has an opportunity to do so. The students in these classrooms come from three local school districts: Minot Public Schools, Glenburn Public School, and South Prairie Public School. Mr. Jon Dawson, Director of STARBASE ND, requested this exception to policy regarding the program's operating tempo, because of STARBASE ND's temporary closure from October through November 2025 during the federal government shutdown.

In total, the program has 31 classrooms scheduled this school year. From August through September, as well as, December through January—eleven classrooms successfully graduated from the five-day program. With only 65 usable school days left in this school year and 20 remaining classrooms, the three-day program

is the only viable option so that no classrooms miss out. Now, all the fifth graders from the above three school districts can experience the STARBASE curriculum and interact with positive, active-duty role models.

I can honestly say it is an honor working with Mr. Dawson, because not only does he have passion for STARBASE ND, but he has compassion for our students. He quickly conceptualized a solution to accommodate all classrooms and we efficiently routed his exception to policy request, which Dr. Faul, Superintendent of Minot Public Schools, and Col Zeigler,

5th Mission Support Group Commander, signed. This was approved on Monday, January 19th, 2026 by Col Jim Hogan, Director of Innovative Readiness Training and Acting Director of Civil-Military Programs from the Office of the Under Secretary of Defense for Personnel and Readiness/Reserve Integration.

The information in this article is provided as a resource and does not constitute endorsement by Minot AFB, the United States Air Force, or the Department of War of the external website, or the information, products, or services contained therein.



Ms. Hannah Powell and Mr. Jon Dawson: MPS Employees for STARBASE ND.



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Minot North Athletics Shine Across Courts, Ice, Screens, and Stage

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

Minot North Athletics stayed busy this week, showcasing talent across the hardwood, the ice, the digital arena, and the dance floor. Last weekend, the Minot United Dance Home Show was a major success, bringing together all Minot dance teams in a collaborative performance that highlighted teamwork, skill, and creativity as they prepare for state this weekend. Building on that momentum, the Minot North dance team will perform again this Friday and Saturday, giving fans another chance to see the team's precision and energy.

On the hardwood, boys basketball picked up a close win over Williston, edging out

a 72-69 victory before falling to Jamestown in a nail-biting 78-82 matchup. Meanwhile, the girls basketball team faced a challenging week, dropping a 49-97 contest to Williston, where Elli Laskowski earned the Isaac Award for her leadership and performance. The team later fell 61-90 to Jamestown, with Cambree Phillips taking home the Isaac Award in recognition of her efforts.

Minot North E-Sports continues to dominate the state scene, standing first in League of Legends, fourth in Valorant, third in Rocket League, fifth in Marvel Rivals, nineteenth in Mario Kart, and seventy-seventh in Chess. In Smash Ultimate,

Clorox Wipe remains undefeated and tied for first, King W is tied for fifth, and E. Gadd is tied for fourth, highlighting depth and skill across the team's roster.

On the ice, Minot United Hockey Boys delivered multiple strong performances. Last Friday, the team traveled to Dickinson and earned a 6-0 shutout victory, with Canton Christians securing the shutout in net. Thompson and Bradley each recorded three points, while Haaland and Christopher added two apiece. Earlier in the week, JV won 4-2 with Hall in net, and varsity followed with a 6-2 victory, powered by the line of Slind, Schmeichel, and Knowles. L. Richeson was solid in goal, Bradley scored two goals, Christopher added three points, and Haugenoe and Danielson also contributed, showing multiple layers of depth and teamwork.

Looking ahead, the Magi will travel to Jamestown on Tuesday before hosting their Prairie Grit game Thursday, featuring special jerseys and fan events. With strong performances across sports, e-sports, and dance, Minot North continues to compete with determination, skill, and school pride.



Minot Dance Kick Performance.



Minot Dance Kick Performance.

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First Tech Competition, National Civics Bee, and More From a Ramstad Student

ILIANA MCBRIDE, 12 YEARS OLD

FIRST Tech Challenge is a competitive challenge for 7-12 grade students. They build, design, code, and CAD. They work hard on their robots to perfect them so they have a chance to make it to state.

The competition is simple. First you start with an autonomous, which is a code you create to shoot balls while you aren't holding the controller. If your robot moves from its starting place you will get three points. Next, you must put 3 balls which in this case are called artifacts, in a certain order that is required and shoot them into a rack. If you get the order correct you get five points total, three come from shooting the artifact into the goal and it makes it and two bonus points for making the artifacts in the correct order.

In the endgame you shoot your final artifacts and move over to the base area. The base area is where your robot parks for points. If the robot is partially in that is five points, if the robot is fully inside of the box that is ten points. If one robot lifts over another robot that is a total of 30 points.

Minot has two teams going to state. They are Rogue Robots and Spare Parts. They work hard to improve their robots in any way possible. These teams are actually sister teams working together even though they aren't on the same team.

Spare Parts is a rookie team that was made this year. The name was made because all the members of the team came from Rogue Robots and were transitioned to Spare Parts.

Rogue Robots is the original team. They are special because the coders worked extra hard this year so the robot can move smoothly.

Both teams will be competing for a chance to go to nationals on February 14th in Bismarck.

The 2026 National Civics Bee is coming around the corner!

All kids through 6th, 7th,



Spare Parts 32434 Drive Team.

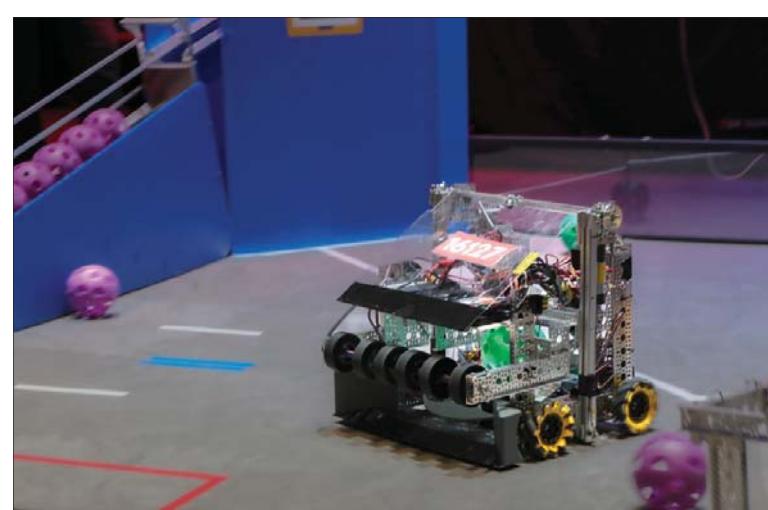
ILIANA MCBRIDE PHOTO

and 8th grade that go to public schools, private schools, and are homeschooled in North Dakota are welcome to apply to this event.

Students submit a four paragraph essay that involves ideas about improving their communities and city. The top scoring essay finalists are invited to do a live quiz in Minot. This helps students with

writing, public speaking, and civics.

The first place winners will earn the opportunity to go to Washington D.C. to compete at the National Championship, and compete for cash prizes, \$100,000 education saving plan, and national recognition.



Rogue Robots 16127 in Action.

BRYLEIGH MCBRIDE PHOTO



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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?

- 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.

- 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



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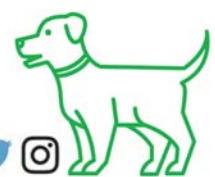
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IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include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

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

weekly post brief
northernsentry
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MINOT AFB

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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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TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



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

TIMOTHY TIMM

SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

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Contemporary Service 11:00am
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5PM, Great Vespers

Sunday, February 1
10AM, Holy Pentecost

Father Jason Ketz



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Sunday School

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MinotBibleFellowship.org

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

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
Contemporary Worship 9:00am
Sunday School (All Ages) 10:00am
Traditional Worship 11:00am

Wednesday Evening Schedule

Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm

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A Sweet Start to the Day

MINOT PARKS

Minot Parks is excited to invite the community to kick off their morning in a fun and unexpected way at Ice Cream for Breakfast Day, returning to Souris Valley Golf Course on Saturday, February 7, 2026, from 9:00am – 11:00am. This free, family-friendly event combines sweet treats, winter fun, and time together outdoors to create a memorable experience for all ages.

Following an overwhelmingly successful event last year, Ice Cream for Breakfast Day is back by popular demand after welcoming hundreds of attendees. Guests this year can once again enjoy free ice cream and toppings, along with hot cocoa and coffee to stay warm, and board games. After breakfast, participants are encouraged to head outdoors and take advantage of the sledding hill (weather permitting). Tube rentals will be available for \$5, offering an easy way for families to extend the fun!

“Ice Cream for Breakfast Day

MINOT PARKS

ICE CREAM FOR Breakfast DAY

SATURDAY, FEBRUARY 7TH
9:00AM - 11:00AM
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OUTDOOR REPORT



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Jan. 26: 1,828.28 feet above mean sea level (MSL); 16,400 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,448.9 feet above mean sea level (MSL). Stump Lake elevation: 1,448.83 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports from Devils Lake, north-central area lakes, or Lake Sakakawea.

- Devils Lake, Woodland Resort, Devils Lake: Decent walleye activity on Devils Lake with spotty and inconsistent perch activity. Anglers continue marking perch but bite is like the weather – up and down.

- Lake Darling, Karma C-Store, Ruthville: No new reports with cold weather and winds limiting activity

- Lake Metigoshe, Four Seasons, Bottineau: Weather limited activity but look for continued bluegill opportunities with occasional walleye in the evening when anglers can get out more with stable weather.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon producing walleye in a variety of depths and locations using jigs or tip-ups. Try Douglas or Steinke bays on the east end of Lake Sakakawea but use caution with varying ice depths.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon producing nice smallmouth bass and walleye activity. East end of Lake Sakakawea seeing more angling activity but use caution with variable ice, springs, and potential pressure ridges.

- Lake Sakakawea, New Town: Activity remains limited in the Van Hook Arm and river portion of Lake Sakakawea in the New Town area due to weather.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace quiet due to weather. No reports from

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.

- 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.
- Jan. 31: Evening Hike Series: Full snow Moon Candlelight Hike, Fort Stevenson State Park, Garrison, featuring Team North Dakota Snow Sculpture team creating a campfire scene snow sculpture, weather permitting, 6:30 p.m.
- Feb. 4: Cabin Fever Gun Grab fundraiser sponsored by MonDak Pheasants Forever Chapter, Rivers Edge Bar & Grill, 1002 2nd St. W., Williston, 6 p.m.
- Feb. 6 & 7: Minot Curling Club Winter Fest Bonspiel.
- Feb. 6 & 7: Magic City International Figure Skating Competition, MAYSA Arena, Minot, beginning at 8 a.m.
- Feb. 7: Sakakawea Chapter Ducks Unlimited banquet, Washburn Memorial Hall, 5 p.m.
- Feb. 7: Little Missouri Badlands Chapter Rocky Mtn. Elk Foundation banquet, Roughrider Center, 2209 Wolves Den Pkwy, Watford City, 5 p.m.
- Feb. 7: Ice Cream for Breakfast. Free ice cream, coffee, and cocoa with board games and tubing on the sledding hill (\$5 tube rental available), Souris Valley Golf Course, 9 a.m.
- Feb. 11: Spring turkey applications due. More information and application is available on the N.D. Game & Fish Dept. website, (gf.nd.gov).
- Feb. 14: WinterFest Cabin Fever, Cross Ranch State Park near Hensler with inside and outside activities for the whole family, 11 a.m.

TOURNAMENTS:

- Jan. 31: Lake Sakakawea, Van Hook Arm; Devils Lake, 6-Mile Bay.
- Feb. 1: Makoti Lake.
- Feb. 7: Devils Lake, Spirit Lake Casino.
- Feb. 14: South Carlson Lake, Stump Lake.

Lake Audubon or east end of Lake Sakakawea.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone and Missouri rivers cleared and producing fair to good walleye activity. Best success is in evening hours using jigs. Tobacco Garden and Lund's areas continue producing the best walleye activity on the upper end of Lake Sakakawea. Try smaller presentations in 16 feet. Work shallow areas with smaller frozen smelt on the back bays for some nice pike activity. Smishek Dam producing a few perch with fair crappie activity remaining on Trenton Lake.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes or the Souris River around the Upham area but look for some success from Buffalo Lodge Lake.

DOWNHILL SKI REPORTS:

- Big Sky Resort, Big Sky, Mont., (800) 548-4486: 27- to 47-inch base with 230 runs and 34 lifts open.
- Bottineau Winter Park, Bottineau, (701) 263-4556: 12- to 24-inch base with 6 runs, terrain park, 1 chair, 1T-bar, and 2 carpets open.
- Frostfire Ski Area, Walhalla, (701) 549-3600: 7 runs open.
- Huff Hills Ski Area, Mandan, (701) 663-6421: 16- to 28-inch machine groomed base with 5 runs, 1 lift, and 1 tow open.
- Terry Peak, Lead, S.D., (605) 584-2165: 16- to 36-inch base with 12 runs and all lifts open.

NUMBERS TO KNOW:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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What's Going On Minot AFB

FRIDAY 30

- FTEC, 0730-1600, Professional Development Center
- Membership Day Winter Wonderland, 1600-1730, Youth Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Magic The Gathering Game Night, 1700, Bomber Bistro
- Karaoke Battle Finale, 1700, Rockers Bar & Grill

TUESDAY 03

- 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
- Strength & Mobility, 1100, McAdoo Fitness Center
- Retraining 101, 1300-1400, Professional Development Center
- Creative Cupid, 1730-1930, Arts & Crafts Center
- Quiet Book Club, 1800-1930, Base Library

FRIDAY 06

- Harry Potter Escape Room Game Begins, 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
- Sweetheart Dance, 1800-2000, Youth Center

SATURDAY 31

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page

WEDNESDAY 04

- 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
- Pre-Deployment/Remote Readiness Training, 1000-1100, M&FRC
- Storytime, 1030, Base Library
- AFFT, 1100, McAdoo Fitness Center
- Brown Bag Book Talk, 1200, Base Library

SATURDAY 07

- Norwegian Ruck March Training, 0600, McAdoo Fitness Center
- Ski Trip to Frost Fire Winter Park, 0600, Outdoor Recreation
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page

Scan for full event details



THURSDAY 05

- 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, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Iron Endurance Circuit Training, 1100, McAdoo Fitness Center
- First Duty Station Office Financial Course, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center
- Harry Potter Night, 1800, Minot AFB Library

SPECIALS

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Bomber Bistro Featured Item
Banh Mi Sandwich

The B-Fifty Brew Featured Item
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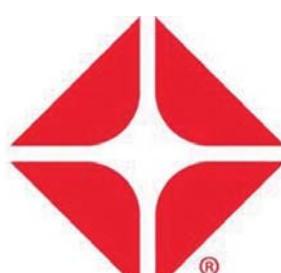
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