

# northern sentry

FREE | [WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM) | VOL. 64 • ISSUE 06 | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 6, 2026



WHAT'S INSIDE  
THIS WEEK:



OPSEC: WHY  
OPERATIONAL  
SECURITY  
MATTERS

A2



COLD WEATHER  
DEFENDER  
COURSE

A3



MINOT NORTH  
CHEER SHINES  
AT STATE

C1



## ODHIAMBO TAKES HOME \$500 IN KARAOKE BATTLE

U.S. Air Force Tech. Sgt. Tessi Odhiambo of the 5th Force Support Squadron, assigned to Minot Air Force Base, celebrates after winning the Karaoke Battle Finale at Rockers Bar & Grill, Jan. 30, 2026. Members from the 5th Bomb Wing and 91st Missile Wing competed in the event, with Odhiambo taking home the \$500 grand prize. See page A6 for more from the event.

69TH BGS KNIGHTHAWKS PHOTO

NORTHERN  
PLAINS  
CHILDREN'S  
ADVOCACY  
CENTER'S

## Champagne AND Ice Gala

Diamonds, Bubbles & Bidding

SATURDAY, FEBRUARY 14

6 PM

CLARION HOTEL

TICKETS \$50; MUST BE 21 AND OLDER  
AVAILABLE AT [HTTPS://NPCACGALA.CBO.IO](https://NPCACGALA.CBO.IO)  
OR ON OUR FB PAGE



## HOME OF THE GLOBAL STRIKER

Only The BEST Come North!

[WWW.MINOT.AF.MIL](http://WWW.MINOT.AF.MIL)

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • [V35BW.PA@US.AF.MIL](mailto:V35BW.PA@US.AF.MIL)

Minot AFB Videos



Find us on Minot Air Force Base

# OPSEC: Why Operational Security Matters

NATALY ZARRELLA, NORTHERN SENTRY

Operations Security, commonly known as OPSEC, is a critical responsibility shared by military personnel, their families, and civilians living or working on military installations. While the term "OPSEC" is frequently heard in military environments, its importance cannot be overstated, especially during real-world or ongoing situations.

OPSEC is the practice of identifying, controlling, and protecting sensitive information from unauthorized access. This includes details that, if disclosed, could compromise missions, endanger personnel, or place civilians at risk. Even information that may seem harmless on its own can become dangerous when combined with other details and accessed by those with harmful intent.

When incidents or operations are occurring on a military installation, it is essential that information is released only through official channels. Individuals may sometimes believe they are helping by sharing updates or details, particularly if they feel informed or connected to the situation. However, releasing information outside of approved sources, especially during ongoing events can do more harm than good. Unofficial information can interfere with mission execution, hinder first responders, and create unnecessary risk for service members and their families.

Violations of OPSEC can occur both in person and on social media. In face-to-face situations, examples include discussing troop movements, security procedures, or incident details in public places such as restaurants, gyms, or airports where conversations can

be overheard. Sharing timelines, locations of emergency responses, or speculating about ongoing investigations with friends or family can also unintentionally expose sensitive information.

On social media, OPSEC violations are even more common and far-reaching. Posting photos or videos that show restricted areas, security checkpoints, badge access points, or response vehicles can reveal vulnerabilities. Sharing real-time updates about base lockdowns, active incidents, deployment schedules, or emergency activity. During these times military bases might be at their most vulnerable and sharing this type of information can put personnel at risk.

Another common violation includes reposting or commenting on unofficial rumors or leaked information. When individuals share details that have not been released through official channels, they may unknowingly spread misinformation or confirm sensitive facts. This can create confusion,

panic, or operational challenges during critical moments.

In many cases, public communication is delayed intentionally. During emergencies or active situations, safety, coordination, and mission success take priority over immediate information sharing. This is not secrecy for its own sake, but a deliberate effort to protect lives and operational effectiveness.

OPSEC is not solely the responsibility of leadership or security forces, it is everyone's job. Whether on duty or off, in uniform or not, each person on a military installation plays a role in safeguarding sensitive information. Understanding OPSEC and respecting its principles helps ensure the safety of personnel, the success of missions, and the security of the installation as a whole.

Remember, when in doubt, do not share. Trust official channels, and let OPSEC guide responsible decision-making.



Operational Security (OPSEC) is more critical than ever, and Wing leaders are urging Airmen to adopt new digital habits in 2026 to counter adversaries exploiting everything from smart devices to artificial intelligence (AI) tools.

U.S. AIR FORCE PHOTO | MAJ. JENNIFER GERHARDT

**THE BRASS BAND OF MINOT PRESENTS**

# LET THE SHOW BEGIN

**FEBRUARY 15, 2026**  
**ANN NICOLE NELSON HALL**  
**4:00PM**

**FREE ADMISSION**  
**FREEWILL OFFERING**

**SPONSORED IN PART BY:**

**SRT**

**NORTH Dakota**  
 Be Legendary.  
 Council on the Arts

**Eckroth Music**  
 Employee Owned

**Dakota Square Arco**

**Berni's**  
 Hair Designers, Inc.

• Melisa Ellison •  
**701-240-1385**

Located on North Hill  
 2001 3rd St NW • Minot

HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

**UNDER NEW MANAGEMENT**

**N.D. Asia**  
 RESTAURANT & LOUNGE

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

**\$5 OFF**  
 with Minimum Purchase of \$30.  
 (Dine-in only, 1 coupon per table.  
 Can not be combined with other any  
 other promotions.)

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

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

**Online Order** [www.ND-Asia.com](http://www.ND-Asia.com)

**DON'T RISK IT ALL,**  
**GIVE US A CALL!**

**SAFE RIDES**  
 MINOT AFB

**FREE AND CONFIDENTIAL • SAVING LIVES AND CAREERS**

Available to **ALL** Minot AFB  
 Military Members and Spouses

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

**SCAN TO BECOME A VOLUNTEER**



**SAFE RIDES**  
 (FORMERLY KNOWN AS AADD)  
**(701) 727-2233**

**PROUD SUPPORTERS OF SAFE RIDES MINOT AFB**



Donating the Phone  
 Services for Safe Rides

**northern**  
**sentry**

MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

Supplying Calling Cards  
 and Posters to  
 Local Establishments



Supplying  
 Calling Cards

# Cold Weather Defender Course reinforces 91st Missile Wing security mission

91ST MISSILE WING

MINOT AIR FORCE BASE, N.D. - Airmen assigned to the 91st Security Forces Group strengthened readiness and resilience during the Cold Weather Defender Course, a three-phase exercise focused on extreme cold while responding to high-stress tactical scenarios, Jan. 20, 2026.

The course challenged participants both mentally and physically, combining medical readiness and tactical response while operating in temperatures as low as 20 degrees below zero, conditions routinely faced in the region during winter months.

The full day course began with a tactical combat casualty Care (TCCC) refresher brief and rope descent instruction, followed by a simulated launch facility recapture and recovery, and concluded with a 12 hour scenario requiring Defenders to apply TCCC principles and cold weather-survival techniques.



Senior Airman Alexander Kenueck (right) and Senior Airman Chase Siler (left), 91st Security Forces Group Defenders, conduct a simulated launch facility recapture and recovery during the Cold Weather Defender Course at Minot Air Force Base, North Dakota, Jan. 20, 2026. The three-phase course reinforced Tactical Combat Casualty Care skills, small unit coordination, and the ability to operate effectively in subzero temperatures.



U.S. Air Force Airmen assigned to the 91st Security Forces Group load equipment into a vehicle during the Cold Weather Defender Course at Minot Air Force Base, North Dakota, Jan. 20, 2026. The training emphasized mission planning, equipment accountability, and readiness supporting missile field security.

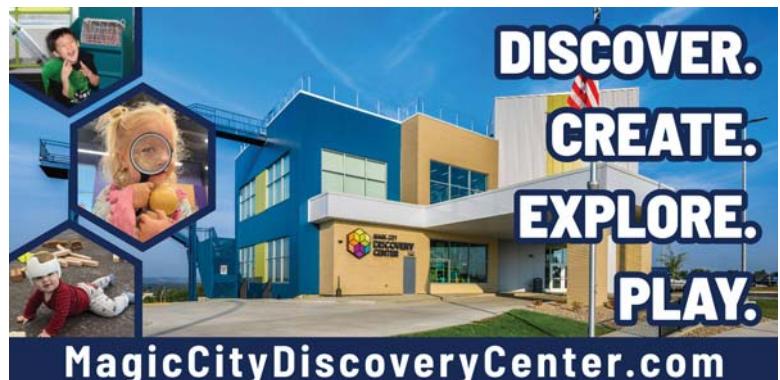


U.S. Air Force security forces Airmen with the 91st Security Forces Group participate in a simulated launch facility recapture and recovery as part of the Cold Weather Defender Course at Minot Air Force Base, North Dakota, Jan. 20, 2026. The exercise emphasized movement, decision-making and the application of lifesaving medical skills under realistic conditions.



Senior Airman Chase Siler, 91st Security Forces Group Defender, conducts a simulated launch facility recapture and recovery during the Cold Weather Defender Course at Minot Air Force Base, North Dakota, Jan. 20, 2026. The three-phase course reinforced Tactical Combat Casualty Care skills, small unit coordination, and the ability to operate effectively in subzero temperatures.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS VINCENT PADILLA



MagicCityDiscoveryCenter.com

**Kim Albert Agency**

AUTO - HOME - RENTERS - MOTORCYCLE

2825 S. Broadway, Suite 2

**701-852-1460**

Winter Hours

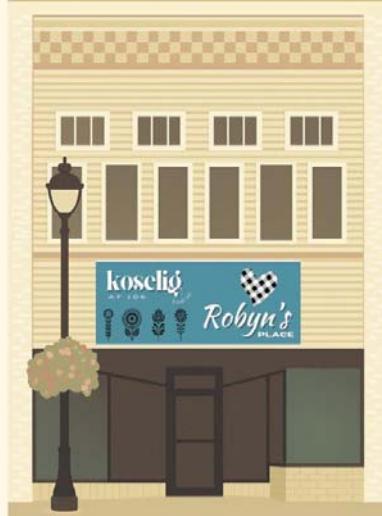
Wed-Fri 11-5

Sat 11-3

SHOP LOCAL.

SHOP SMALL.

- THOUGHTFUL GIFTS
- VINTAGE TREASURES
- NORTH DAKOTA CRAFTED PRODUCTS
- NORDIC INSPIRED GOODS
- ARTISAN MADE TREASURES
- UNIQUE FINDS



106 MAIN ST S

You relied on  
“The Big Guy”  
at the Tax Center

*“Keep your confidence  
with the one you trust”*

**Tax Preparation by Clint**

35 Years Experience

Expert on Military Returns

All States and International

“Reasonable Rates”

**TAX  
0%  
PREP**

Call or Text: (701) 389-2389

Email: taxprepbyclint@gmail.com

**Jerome's**  
COLLISION CENTER

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

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

**CONTACT US**

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

Rod Wilson  
Business Development | Marketing  
sentraysales@srt.com

**GRAPHIC DESIGN BY**  
Nikki Greening  
nsads@srt.com

**MINOT AIR FORCE BASE PUBLIC AFFAIRS**

Chief of PA  
Maj. Thomas Barger

NCOIC of PA  
TSGt. Ryann Holzapfel

NCOIC of Command Information  
SSgt. Brendan Miller

PA Specialists  
2nd Lt. Melissa Kagels

Senior Airman Kyle Wilson  
Senior Airman Alyssa Bankston  
Senior Airman Kendra Ransom  
Senior Airman Luis Gomez  
Airman 1st Class Wesley Davies  
Airman 1st Class Vincent Padilla  
Airman 1st Class Anthony Ramey

**COMMANDERS**

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

5th Bomb Wing Deputy Commander:  
Col. Thomas M. Taylor

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

91st Missile Wing Deputy Commander:  
Col. Matthew J. Crosman

**NEWS SUBMISSIONS**

Northern Sentry Office  
nsads@srt.com | 701.839.0946

MAFB Public Affairs Office  
v35bw.pa@us.af.mil  
701.723.6212

**MAIL**  
109 Main St S, Minot ND 58701

**VIEW ONLINE**  
[www.northernsentry.com](http://www.northernsentry.com)  
[www.minot.af.mil](http://www.minot.af.mil)

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

**MORE ABOUT US****STAY CONNECTED**

**weekly post brief**  
News delivered straight to your inbox



[/northernsentryafb](http://northernsentryafb) [/NorthernSentry](http://NorthernSentry)

**A VIEW FROM OUR SIDE**

ROD WILSON

**northern**sentry

MINOT AIR FORCE BASE NEWSPAPER | [WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

Sometimes it happens...You spend time editing your column to make sure that everything is spelled correctly, all the I's are dotted and t's crossed, there are no extra words...well in general you are supposed to proof what you write at least 3 times. My journalism teacher back at the University of North Dakota wanted our articles 100% mistake free "No matter how many times you have to proof them!" I have often remembered her marking up our articles. It really hurt to see her cross through words and phrases.

And correcting an article is only a small part of what needs to be accomplished. I need to follow through and get the corrected document to the production side, which will end up being the FINAL proof, the one you read in the newspaper on Friday.

I almost felt like a young freshman in Journalism class when I read the final copy of our January 30th edition. There in front of me were countless mistakes that had been corrected, but never were part of the final article that many of you may have read. For this mistake I apologize. I looked back in my files and there it was...the final proof of my article just waiting to be sent.

Darn! I just hate it when things like that happen. It's kind of life I guess. We can only strive to do better next time.

**ANYWHERE IN THE WORLD**

I had the opportunity to watch part of a nuclear deterrence symposium where Senator Kevin Cramer spoke about the importance of Minot and Minot Air Force Base. Senators Cramer and Hoeven are important voices

# The Task At Hand

for Minot Air Force Base, as both are on important committees that are key to continued funding for projects like Sentinel and the B 52 J modernization. You can call it "rhetoric" because what they say is such a common theme, but important rhetoric as we must keep the message about Minot AFB front and center.

I guess from my perspective the entire world is downrange from Minot Air Force Base. Of course, the Minuteman III missiles can and will strike any target, anywhere if needed. But add to that the ability to use our B 52's to deploy when and where they are needed. There is no geographic limitation to the deployments of the B 52's, and Col John Burrell, soon to be the commander of the 5th Bomb Wing, outlined the activity of the 5th Bomb Wing at a recent Air and Space Force Association meeting.

Col Burrell pointed out that there were no limitations when it comes to the B 52's at Minot Air Force Base. "They will go where they are needed, when they are needed, and with the purpose of sending a message to our adversaries that we are ready" according to Burrell.

The missions? They are pretty well defined, albeit expanding every day as the world becomes a bit more dangerous. The task at hand needs to be well defined, and the message from people like Senator Cramer is so important as Minot Air Force Base prepares for the future.

**A GREAT OPPORTUNITY- TOUR THE PEACE GARDEN**

On Feb. 8, entry to the Garden is free for all active military and their families. We appreciate the dedication of our servicemen and servicewomen. Our deep winter may be new for families stationed at Minot, Grand Forks, Shiloh, Winnipeg and Portage La Prairie. There's a great beauty in the Turtle Mountain cold, so come one out and let us show the possibilities when embracing winter.

**TODAY'S CHUCKLE**

It's better to have loved and lost than never to have loved at all; assuming, of course, you're the one who ended up with the house and the dog.

## Snowmobile safety becomes a concern

**UPSIDE DOWN UNDER**

MARVIN BAKER

There's no denying we've had a mild winter thus far. But as most of us know, that can change in a heartbeat. And when it does, about the only consolation is snowmobiling.

Snowmobiling is a lot of fun and it actually brings tourists to various parts of North Dakota several weekends throughout the winter.

That sort of activity needs to continue to be promoted because there are parts of the state that don't get a lot, if any snow, and for them, the parts of North Dakota that are white, can become

quite attractive to someone who doesn't have snow on the ground at their home, most often in the southwest.

Getting on your snowmobile and riding endlessly turns wherever you are into a winter wonderland. The Turtle Mountains, the Pembina Hills, Fort Ransom, Devils Lake and the Missouri River corridor are all places that make a snowmobile worth having.

But there are drawbacks that need to be discussed because it seems every year someone forgets the most basic rule of riding a snowmobile and that is safety.

Every year we get reports of people driving through communities.

Snowmobile traffic at random is not usually something that's done. A lot of communities have specified routes if people want to ride into town for a meal or a beer. They later take the same route out of town.

When snowmobiles are driving around town, safety becomes paramount because many people aren't aware of snowmobiles on city streets outside of designated routes. So, motorists in general aren't watching for snowmobile traffic like they would be watching for general traffic.

It's important to say this, even

though it shouldn't have to be said more than once, if a car and a snowmobile collide, guess who's going to win? And, depending on the speed of the sled vs. the car, there could be some serious bodily injuries.

Most sheriff's departments across the state admit it's difficult to stop and ticket snowmobilers because they don't have easily read license plates, they can go places a police car can't and when wearing a helmet, the driver isn't recognizable.

But there are other ways to identify violators and sheriff's departments have the authority to arrest violators in many city limits.

A Cavalier County deputy says he sees snowmobile accidents every year and he's seen serious violators try to outrun the cops. He's seen young children try to handle a machine that has more power than most adults need.

And, he said he can preach forever and nothing ever changes until somebody gets killed.

He said he hopes it never has to come to that and the entire Cavalier County Sheriff's Department is urging caution, safety, and abide by the rules and everyone can have a good time on

their sleds wherever they may be.

Police and snowmobile clubs have long worked together to make the winter season an enjoyable one all across the state of North Dakota.

Selling snowmobiles is also good business for dealers across the state.... that is when it isn't too warm for snow to appear. They too will talk about safety. One of the first things discussed before purchasing a new snowmobile is the safety aspect of it.

It should also be pointed out that numerous people from across North Dakota, travel to parts of Montana to spend their "holiday" snowmobiling. There's usually better snowpack in western Montana or very northern Minnesota, but the same holds true. Those county mounties are going to be stressing the same safety concerns as our own law enforcement in North Dakota.

The worst-case scenario is when people drink too much and get on a snowmobile. It's gotten much better in recent years because most people recognize the risk before drinking. If not, that's a giant powder keg waiting to explode.



**EMAIL: [SENTRYSALES@SRT.COM](mailto:SENTRYSALES@SRT.COM) |**  
INCLUDE NOMINEE'S NAME, PHOTO AND  
THE REASON THEY ARE A NEIGHBORHOOD HERO

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

**NOMINATE A  
Neighborhood  
HERO**

*Doin' Good in  
the Neighborhood*  
Applebee's

2302 15TH ST SW, MINOT, ND  
[APPLEBEES.COM](http://APPLEBEES.COM)

# February Squadron of the Month

## Heart and Hustle: 5th Healthcare Operations Squadron

The 5th Bomb Wing Command Team is proud to congratulate the 5th Healthcare Operations Squadron (5th HCOS) for their selection as the February Squadron of the Month!

At a time of year when the winter chill can settle in, the 5th HCOS has been a source of warmth and energy for the entire Minot community. Their leadership team hosted a festive "Breakfast with Santa," bringing families and friends together for food, crafts, and holiday cheer. The squadron's Senior NCOs also spread joy throughout the clinic with music and treats, lifting spirits and strengthening their team bond.

This commitment to people and morale is the foundation of their mission success.

Even as holiday celebrations were in full swing, the Diagnostics and Therapeutics team demonstrated their unwavering dedication by keeping the pharmacy, laboratory,

and radiology services open on Christmas Eve to care for 31 patients.

The squadron's creative and resilient spirit shines brightest in the face of challenges. Currently operating with only one-third of its technician manning, the medical lab has shown incredible resourcefulness. By collaborating with the Clinical Operations Flight, medical technicians have stepped up to augment phlebotomy services, collecting vital blood specimens for both diagnostics and deployment readiness.

Their teamwork ensures that every service member is medically fit to answer our nation's call.

The 5th Healthcare Operations Squadron embodies the principle of "service before self." Their actions, both in the clinic and in the community, demonstrate a powerful commitment to providing the best care to Minot AFB and a dedication to the well-being of every Airman and their family. Congratulations to the entire 5th HCOS team on this well-deserved recognition!



### APPLICATION FEE WAIVED

Get started on a skills-based degree or certificate that can help you succeed again. Study at an accredited state university consistently ranked among the top military- and veteran-trusted colleges. **Apply by February 11 and pay no application fee.**

- 135+ affordable, skills-based degrees & certificates
- Online & hybrid courses
- No-cost digital materials in place of textbooks for most courses



**APPLY NOW & SAVE**  
**UMGC.EDU | 701-317-9263**

**NEW  
YEAR  
NEW  
SUCCESS**



**UNIVERSITY OF  
MARYLAND  
GLOBAL CAMPUS**  
AT YOUR SERVICE SINCE 1947

© 2026 University of Maryland Global Campus

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

# MINOT MASONIC CENTER



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

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

# Dakota Hope Clinic

**UNEXPECTED PREGNANCY SOLUTIONS**

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



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



Eatin' Lunch in the Neighborhood™  
 Applebee's

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

# Karaoke Battle of the Wings Brings the House Down

NATALY ZARRELLA, NORTHERN SENTRY

Minot Air Force Base saw its fair share of high notes, big laughs, and friendly rivalry as the Karaoke Battle Finale took over Rockers Bar & Grill, proving once again that the installation is packed with hidden talent.

The high-energy finale featured a head-to-head showdown between the 5th Bomb Wing Warbirds and the 91st Missile Wing Bullys, drawing Airmen, spouses, and civilian employees from across the base. Those who missed the event missed more than just impressive vocals, there were prizes, crowd-favorite performances, and music trivia spanning classic hits, 2000s throwbacks, Disney favorites, and hip-hop.

While many in attendance hoped

to see Chief Sharp, Command Chief of the 5th Bomb Wing, and Chief Thomas, Command Chief of the 91st Missile Wing, take the stage themselves, the two instead served as judges for the night. Even without their vocal debut, their presence added excitement and friendly competition to the event.

Karaoke at Rockers may not be new, but its popularity has soared over the past year, and this finale showed exactly why. Competitors stepped out of their comfort zones to bring personal stories and favorite songs to the stage.

Timothy Gates from the 5th Security Forces Squadron chose the R&B classic "If I Ever Fall in Love" by Shai, a song rooted in childhood memories. Gates shared

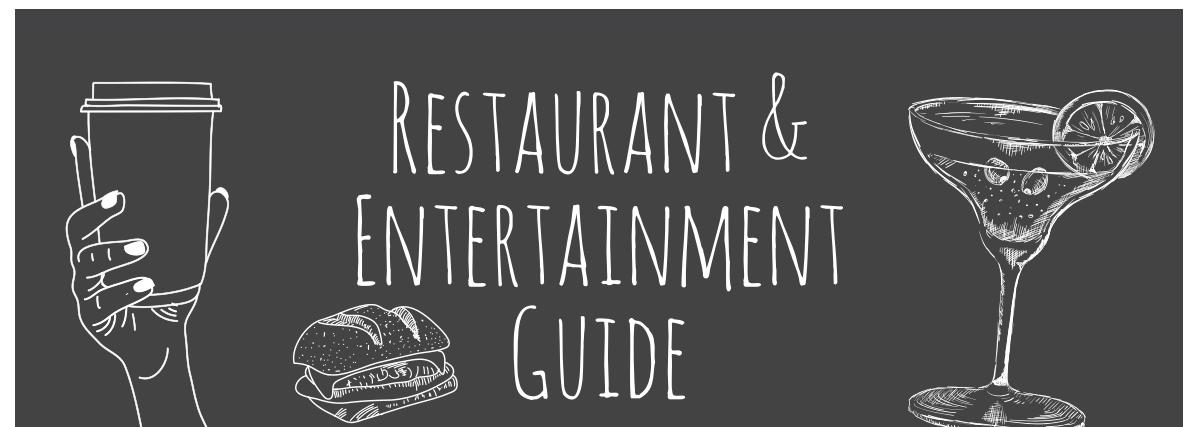
that he grew up listening to old-school music with his parents and had only attended karaoke the week before. "I usually only sing in my shower or in my room," he admitted, making his performance even more impressive.

Representing the 91st Missile Security Forces Squadron, Christian Hardy brought country vibes to the competition with "Alright" by Darius Rucker. Introduced to country music later in life, Hardy summed up his song choice simply: he loves "country music, beer, Darius Rucker, and our country."

The night ultimately belonged to Technical Sergeant Tessi Odhiambo of the 5th Force Support Squadron, who claimed the top spot in the



5 FSS hosts the Minot AFB Karaoke Battle Finale at Rockers Bar & Grill.



## Applebee's Grill & Bar

2302 15th St SW, Minot  
 Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

## Culver's Restaurant

3000 S Broadway, Minot  
 Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

## Meg-A-Latte

2045 N Broadway  
 Suite #100, Minot  
 Phone: 701.838.8479  
[www.meg-alatte.com](http://www.meg-alatte.com)

## Noodles & Company

304 4th Ave NW Minot  
 701.491.9103  
[www.noodles.com](http://www.noodles.com)

## Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
 Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

## Do Eat Asian Cuisine All You Can Eat

2400 10th Street Southwest, #522, Minot  
 Phone: 701.837.9999  
[www.doeataasiccuisine.com](http://www.doeataasiccuisine.com)

## Mi Mexico

3816 South Broadway, Minot  
 Phone: 701.858.0777  
[www.mimexicomind.com](http://www.mimexicomind.com)

## The Blue Rider

118 1st Avenue SE, Minot  
 Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

## Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot  
 Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

## Ironhorse Kitchen + Bar

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

## N.D. Asia

3400 16th St SW, Minot  
 Phone: 701.852.1240  
[www.ND-Asia.com](http://www.ND-Asia.com)

## The Lamplighter Liquor Store & Lounge

200 16th Street SW, Minot  
 Phone: 701.838.9500  
 Facebook/Lamplighter Lounge



## The Starving Rooster

30 1st St. NE, Minot  
 Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)

Call Rod to Get Your Business Listed Here 701.839.0946



Minot AFB members from the 5th Bomb Wing and 91st Missile Wing compete during the Karaoke Battle Finale at Rockers Bar & Grill on Jan. 30, 2026.

finale and \$500. What began as a fun night out turned into an unforgettable victory. TSgt Odhiambo shared that she never expected to reach the finals, let alone win. Having sung since childhood on the choir team and discovered karaoke while stationed in Korea, she said the experience meant more than she imagined.

Despite nerves and moments of self-doubt, Odhiambo credited her success to the support of her family, FSS teammates, and Chief Sharp. "I just wanted to have fun and bring energy," she shared, adding her gratitude for everyone

who pushed her to keep showing up and believe in herself.

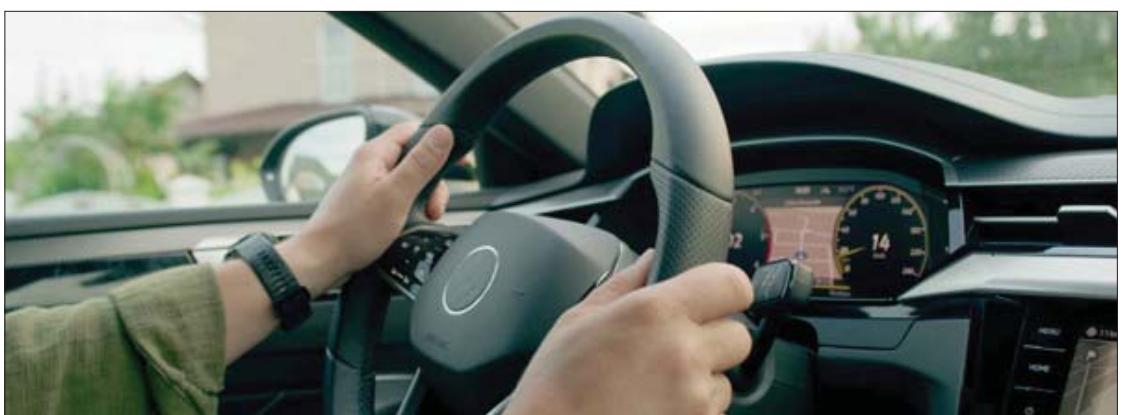
For those inspired by the performances or simply looking for a fun night out Rockers Bar & Grill is keeping the music going. Karaoke Nights return on February 20 and March 20, offering another chance to showcase talent, cheer on friends, or just escape the dorms or home for a night of laughs and music. You might be surprised by just how much talent is hiding right here on Minot AFB and Rockers Bar & Grill is the place to be.



CMSgt Sharp and CMSgt Thomas present TSgt Odhiambo with the winning check at the Karaoke Battle Finale.

## NOTES ON BEING SAFE

# IT COULD HAPPEN TO YOU



It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" I hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine my ability to drive. Impaired, I've driven many times before, maybe in worse shape than this. As I completed the tests, even I decided I shouldn't have driven. My reflection became reality as

the officer applied the handcuffs and placed me in the rear of his car. I began to contemplate my actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The impending punishment would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it?

This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol - DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!



**ONCE A MEMBER,  
ALWAYS A MEMBER.**  
Wherever life takes you.

**Checking Accounts  
Savings & Youth Accounts  
Auto Loans, Personal Loans,  
Mortgage, Credit Cards & more!**

Online and Mobile Access  
to your accounts 24/7 from  
anywhere in the world!

210 Summit Drive, MAFB  
1819 S Broadway, Minot  
COMING SOON:  
2150 15th St NW, Minot



## WONDERING HOW HIGHWAY 83 LOOKS?

### CHECK HERE FIRST!

# THE 83 DRIVE

LIVE ROAD CAMERAS AND UP-TO-DATE DRIVING CONDITIONS BETWEEN MINOT AND MINOT AFB.

**northernsentry**  
MINOT AIR FORCE BASE NEWSPAPER

BROUGHT TO YOU BY

**Jerome's**  
COLLISION CENTER

FAMILY BUSINESS FOUNDED IN 1975  
ON 83 NORTH- CLOSEST COLLISION CENTER TO BASE  
MILITARY FRIENDLY  
JEROMESCOLLISION.COM  
(701) 852-5126

# Norsk Høstfest announces end of festival

Dear Friends of Norsk Høstfest, We share this message with deep gratitude for the volunteers who were the heart and backbone of Norsk Høstfest year after year. From long hours and early mornings to welcoming guests, supporting performers, and doing the countless unseen tasks that made the festival run, your dedication and generosity shaped the Høstfest experience. Delivering this news is especially difficult, knowing how much time, care, and pride you invested in making the festival a success.

The Board of Directors of Norsk Høstfest Association today announced that the annual Norsk Høstfest festival, long recognized as North America's largest Scandinavian festival, will no longer continue after the conclusion of the 2025 event.

For more than four decades, Norsk Høstfest brought together millions of attendees to celebrate Nordic culture through community, music, art, food, and education. The festival was founded in 1978 by the late Chester Reiten and a group of friends who shared his interest in celebrating their Nordic heritage. The decision to end the festival was not made lightly. After careful evaluation, the Board determined that rising operational costs combined with declining attendance have made it financially unsustainable to continue the event at the scale and quality expected by patrons, artists, and partners.

"In recent years, the festival has faced significant increases in the cost of nationally recognized performers, as well as insurance, facilities, labor, and logistics," said festival leadership. "At the same time, attendance levels

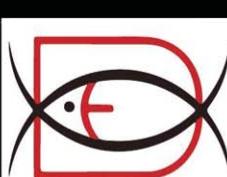
have not rebounded to pre-pandemic levels, creating ongoing financial challenges that cannot be responsibly overcome."

While the festival, as we know it, is ending, its spirit lives on in Minot through the Scandinavian Heritage Association (SHA). As the creator and steward of the Scandinavian Heritage Park, the SHA remains committed to this legacy through ongoing education and community engagement. We invite the community to help shape this future by volunteering, joining a society, or contributing their time and talents; to learn more or get involved, please visit [scandinavianheritage.org](http://scandinavianheritage.org).

Norsk Høstfest has been made possible through generations of volunteers, staff, performers, donors, vendors, sponsors, and supporters whose passion and dedication built the festival into a beloved international tradition. The organization extends its deepest gratitude to the community of Minot and to the people of North Dakota, as well as to supporters across the United States, Canada, and the Nordic region. We also offer special appreciation to Minot's sister city, Skien, Norway; to the many dignitaries who have joined us over the years; and to the Royal Family of Norway, whom we were honored to host. Together, these individuals and communities were instrumental in making Norsk Høstfest a cherished and enduring success.

Thank you for being part of this remarkable journey and for your continued support of Scandinavian culture.

With sincere appreciation,  
Norsk Høstfest Association



## Do Eat

**Sushi, Steak & Thai Asian Cuisine  
ALL YOU CAN EAT**

*A la carte menu available*

**SCHEDULE YOUR  
PARTIES AND SPECIAL  
EVENTS TODAY!**



**Great Menu Choices!!!**

Contact: [kiky@doeatasiancuisine.com](mailto:kiky@doeatasiancuisine.com)

**10%**  
Military  
Discount

### HOURS

Thurs: 11:00 am - 9:30 pm  
Friday: 11:00 am - 10:00 pm  
Saturday: 11:00 am - 10:00 pm

**Dakota Square Mall**  
[www.doeatasiancuisine.com](http://www.doeatasiancuisine.com)



## Upcoming Events

**07  
FEB**

### ICE CREAM FOR BREAKFAST DAY

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

**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.

**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!

**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).

**21  
FEB**

### Polaris Park FROZEN FUN DAY

**POLARIS PARK | Feb 21 | SATURDAY 11AM - 2PM**



FEBRUARY 7TH | 9:00AM - 11:00AM | @ SOURIS VALLEY GOLF COURSE

**For more information:**  
Facebook / Minot Parks / Events



**Tickets available now at:**  
[www.npcacgala.cbo.io](http://www.npcacgala.cbo.io)



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



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



**For more information:**  
Facebook / Minot Parks / Events

## NEW Community at the Northern Sentry

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



For more events visit our online Community Calendar at [www.northern Sentry.com/calendar/](http://www.northern Sentry.com/calendar/)



MONDAY NIGHTS  
[BLGRILL.COM](http://BLGRILL.COM) | 1400 31ST AVE | MINOT, ND | 701-852-7335



# CORNERSTONE

## Map Out The Road To Good Health

# Love Yourself, So You Can Love Others

February is the month of hearts and cards and all things LOVE. Lately, I've been thinking about a conversation I had about love—not the romantic kind, but about self-love. Before you start rolling your eyes and picturing bubble baths and spa-night facial masks, let me clarify.

I'm talking about the kind of self-love that doesn't show up in the self-care aisle of Target. Rather, the kind that looks like learning to support yourself, and value who you are—whether you're in a relationship or not.

Self-love isn't indulgent or selfish. It's foundational. When I'm confident in my value and sure I can meet my own needs—without pretending I don't need anyone else—I stop obsessing over myself. I'm less concerned with whether I'm doing enough. I'm not preoccupied with my own worries, or comparing myself to others. I'm free to notice other people. To show up with patience. To love others more deeply, without burning out.

When you are supported, you are better equipped to support others. Self-love is the proverbial fuel for that work.

With love on the mind this month, I've been reflecting on what self-love looks like in practical, everyday ways—February and beyond. Here are four simple ways to show yourself some love.

**Prioritize movement.** We've all heard the science by now, but it bears repeating: regular movement supports physical health, mental health, and resilience. You don't need a gym membership, simply the will to intentionally be active every day: a short walk, stretching before bed, or finding a form of exercise you actually look forward to. Moving your body is one of the kindest ways to remind it that it matters.

**Explore preventative care.** Love

yourself by investing in your health before things fall apart. Many of us are conditioned to wait—until pain interrupts sleep, until stress becomes unmanageable, until our bodies force us to pay attention before getting help. Preventive care flips that script. It says, "I'm paying attention now."

This is where places like Cornerstone Chiropractic come into my own story—not as a quick fix, but as a long-term partner in understanding my body better. Their approach emphasizes education, consistency, and customized care plans that adapt as life changes. The goal isn't perfection; it's sustainability. Caring for your body in this way isn't about chasing peak performance. It's about giving yourself the support to keep showing up—for work, for family, for daily life—without running yourself into the ground.

**Invest in your mental health.** Loving yourself means tending to your mind, not just your schedule. It means developing tools to process emotions you've been carrying for years, learning how to set healthy boundaries, and sharpening your ability to communicate clearly and recover from stress. These skills don't just benefit you—they improve every relationship you're part of. And the best part is, these are skills that can be learned.

One thing I've appreciated about Cornerstone is how they view certain therapies as complementary, not standalone solutions. Hyperbaric oxygen therapy, for example, is offered as a support alongside other forms of care. By increasing oxygen availability in the body, it can help support recovery and overall wellness. My own experience was subtle but meaningful: less mental fog, more even energy, and fewer moments of decision fatigue. It didn't replace other supports in my life, but



AMY ALLENDER

it fit into the bigger picture of caring for myself more intentionally.

**Foster relationships.** Self-love doesn't have to happen in solitude. In fact, one of the most loving things you can do for yourself is to invest in relationships that give life back to you. Time with friends who make you laugh. Conversations that go deeper than logistics. Moments with a spouse, partner, or children that are unhurried and undistracted. Sometimes choosing connection over productivity is the most generous choice you can make for yourself.

As Valentine's Day approaches, I'm not suggesting we skip the cards, candy, or dinner plans. Those things are lovely. I'm simply inviting a wider view of love—one that includes how we treat ourselves when no one is watching. Listening to your body. Supporting your mind. Choosing care that's steady and thoughtful, not reactive.

When we love ourselves well, we create the space to love others better. And that kind of love lasts far longer than February.

For more information on Cornerstone Chiropractic, reach out to their office. For more on living well in North Dakota, join me online at [amyallender.com](http://amyallender.com) or social media @heyminot.



This ice igloo has been such a fun family project! If you can't beat the temps might as well join them and have some fun and make lasting memories as a family!

MACY HUMISTON PHOTO



The Smiths enjoy sledding all winter long, despite the temperature!

JESI SMITH PHOTO



Having fun outside in the snow.

SHYLA PARRIS PHOTO



Married in the snow at the Scandinavian center!

VANESSA DIVITTORIO PHOTO



## CORNERSTONE

### CHIROPRACTIC

Dr. Matthew Hanson

Dr. William Fielhaber

Dr. Benjamin Whitten



1515 24TH AVE SW, MINOT, ND 58701

(701) 852-2800

YOURCORNERSTONECHIRO.COM

# How Cold Is Too Cold for Dogs? Plus, How to Calm the Comment Section

ERIN BEENE, NORTHERN SENTRY

It's North Dakota. It's well below freezing. Dogs still need to go outside to relieve themselves, and some need time outdoors to burn off energy. On base, where backyards are often visible to neighbors, pets are frequently in plain sight. When temperatures drop into the negatives, those sightings often spark outrage. Neighbors take to social media, convinced that dogs left outside will freeze to death or are being subjected to cruelty. Those posts are frequently met with defensive, sometimes aggressive, responses insisting the pet is fine and that others should mind their own business.

This debate resurfaces every winter, often multiple times. On one side are those who believe any extended time outdoors in extreme cold is harmful or abusive. On the other are owners who say they know their dogs' limits and monitor them closely. So who is right? Is there a specific temperature, time limit, or breed where dogs can safely be outside in subzero conditions? As with many things, the answer is not straightforward.

First, this writer looked into whether North Dakota has a state law or ordinance that specifically addresses dogs being outside in freezing temperatures. After reviewing state statutes, no law was found that sets exact temperature thresholds or time limits. Instead, the issue falls under broader animal welfare language. The 2009 North Dakota Code of Humane Treatment of Animals states that pet owners must provide "adequate care," defined as "normal and prudent attention to the needs of an animal including wholesome food, clean water, shelter and health care as necessary, to maintain good health, in a specific species of animal."

While that definition establishes a legal obligation, it does not offer specific guidance on cold-weather exposure, leaving much of the interpretation to owners, and fueling ongoing disagreements.

That brings the conversation into ethical territory, where opinions diverge. However, many people agree on at least one point: how a dog tolerates cold depends largely on breed, size, health, and individual characteristics.

Military spouse and science-based dog trainer Monica Heath-Brost, who holds a bachelor's degree in animal behavior, weighed in on the issue. She emphasized that breed plays a significant role in cold tolerance. "Dogs are unique because selective breeding of individuals for a specific purpose has created identical physical, genetic, and behavioral characteristics that are passed on to offspring," she said.

Heath-Brost stressed that there is



Sled dogs in Alaska. These dogs run better in colder temperatures. The dogs feel 30 degrees is too warm. Once temperatures lowered from 33F to 16F, the dogs started running faster and were having more fun.

MONICA HEATH-BROST PHOTO

no universal rule. "Each situation should be assessed individually to ensure each dog is healthy and happy. There are always limits to ensure a dog is safe; however, these limits can be influenced by multiple factors."

She pointed to the stark contrast between breeds as an example. Alaskan Malamutes, bred for pulling sleds in harsh Arctic conditions, have thick, dense double coats designed to withstand cold, wind, and snow. "A Malamute will beg to be outside for endless hours in a winter blizzard," Heath-Brost said, "while a Saluki will prefer a warm beach vacation. Both breeds have different physical features that make them well suited to the environments they were developed in."

She also acknowledged why the topic becomes emotionally charged each winter. "I went to college for animal behavior and have dedicated countless hours to education and advocating for dogs," she said. "Misconceptions and misunderstandings lead to frustration and conflict."

Beyond breed, paying close attention to a dog's behavior is critical. Leanna Porter, a Minot AFB resident, said dogs often show clear signs when they are too cold. "If you pay attention to your pet, they will indicate it by slowing down, lifting their paws, or laying down," she said. "It's also a pretty good indicator if they're sitting at the door barking or whimpering that they're not okay."

Another base member, who asked to remain anonymous, shared a deeply emotional experience, stating, "If any dog is outside when it's under -10, they die in 20 minutes or less. My dog ran down the block when it was -15, and he froze mid-run. It looked like a statue. My kids couldn't sleep for three days." While such experiences are extreme and not universal, they underscore why fear and urgency often drive public

reactions.

Veterinary guidance consistently emphasizes observation over rigid rules. According to PetMD.com, "The best way to monitor your dog is to keep a close eye on their behavior. If you notice your dog shivering, acting anxious, whining, slowing down, searching out warm locations, or holding up one or more paws, it's time to head inside and warm up."

In the end, there is no magic temperature or set amount of time that determines when it is safe or unsafe for a dog to be outside in subzero weather. Responsible pet ownership means understanding your individual dog, monitoring them closely, and responding quickly to signs of distress.

If you believe a pet is in immediate danger, seek help. If you're concerned about a neighbor's dog, a respectful conversation can go a long way. For situations requiring official assistance on Minot AFB, the non-emergency Security Forces line can be reached at (701) 723-3982 or 723-3983.



Sigrid is a Belgian Malinois. She LOVES the snow and will spend hours outside playing in it. She loves to shove her face into snow.

MONICA HEATH-BROST PHOTO

## NEW TO MINOT, OR WANT TO MOVE OFF BASE?

WE STRIVE TO HELP OUR AIRMEN TO FIND  
THEIR PLACE TO CALL HOME!



Our rental inventory is always changing  
so bookmark our website and watch  
for your perfect match.



**noodles**  
& COMPANY

15%  
Military  
Discount

Dine In or  
Take Out Only\*

304 4th Ave NW Minot  
Open Daily 10:30 AM to 10:00 PM

[www.noodles.com](http://www.noodles.com)



### AFA Mission

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](mailto:nd135.president@afa.org)

[AFA.org](http://AFA.org)



AIR & SPACE FORCES ASSOCIATION

**DAVID C. JONES CHAPTER - 135**

MINOT, ND - MINOT AIR FORCE BASE

[Jones.afa.org](http://Jones.afa.org)

SELECTION  
OF TOP END  
BOURBONS &  
WHISKEY

**The Lamplighter**

Minot's Premiere  
Drive Thru Liquor Store and  
Neighborhood Lounge.

200 16th Street SW

**AEROPORT**  
**HOBBY**  
RCCARS-PLANES-DRONES-TRAINS & MORE  
FULL LINE HOBBY SHOP  
RC Airplanes, Monster Trucks-  
Cars, Boats, Rockets & Kites  
HO/N Scale Trains (Lionel & more)  
Plastic Models ie. GUNDAM & Much More  
HOURS: Mon-Sat 10am-6pm  
2112 North Broadway  
701-838-1658

**NEW TO MINOT,  
OR WANT TO  
MOVE OFF BASE?**

WE STRIVE TO HELP OUR AIRMEN TO FIND  
THEIR PLACE TO CALL HOME!

# Fire-Smart Starts Here: SPARKY's February Safety Tips

- Candles and fireplaces can set a romantic mood, but they also bring a fire risk. Keep candles and any other open flames away from flammable items like blankets, decorations, and clothing. Always extinguish candles and fires before you leave the room or go to bed.

- Carbon monoxide (CO) is a colorless, odorless gas that can be deadly. DO NOT park your car in a garage & leave the door to the house open if the car is running.

- Never leave cooking unattended, especially when frying or grilling.

- Be sure to have a fully charged fire extinguisher readily available in the kitchen.



**SPARKY SAYS**  
MINOT AFB FIRE & EMERGENCY SERVICES

## PANCAKE BRUNCH AT MINOT VET CENTER 3300 SOUTH BROADWAY



Monday, February 9<sup>th</sup>  
9:00am – 12 noon  
All Veterans Welcome!

MINOT  
AIR FORCE  
BASE

# Finest

### 1ST LIEUTENANT JOSEPH DERKS

is a pilot in the 23rd Bomb Squadron at Minot Air Force Base. Lieutenant Derks has logged over 400 hours piloting high performance military aircraft and has dropped nearly 12,000 pounds of high explosive ordnance. In addition to his flying duties, Lieutenant Derks is one of the 23rd Bomb Squadron's Resource Advisors, managing funds to ensure the squadron maintains combat readiness. Lieutenant Derks was recognized as Group Volunteer of the Quarter for his exceptional commitment to volunteering, demonstrated through his engagement with key stakeholders, emphasizing the critical need for advocacy and support for essential system advancements.  
Info from Feb 2025



MINOT'S  
COLLISION CENTER  
Proudly Serving  
Minot AFB  
for over 35 years!  
701.839.0989  
524 31st Avenue SW • Minot, ND  
[www.minotsfinest.com](http://www.minotsfinest.com)

SPONSORED BY

**NORTHERN CELEBRATIONS**  
Embracing our North Dakota Lifestyle

## DOG TREAT CONUNDRUM

Kim Fundingsland

All dog owners do this. They stand in a store and stare at shelves of dog treats with completely dazed looks on their faces. I know this. I've been doing it for years.

There's too many choices. Too many decisions to make. And your pet's happiness and health is at risk. It's overwhelming for a concerned dog owner. Woof.

What chemicals are in what dog treat? Is a treat healthy, fattening, or likely to cause digestive problems? Is it really necessary to buy a treat to fight bad breath? Do they work? Will your dog eat them? How many treats are in a box or package? How big is a medium-sized dog biscuit anyway? Is this the kind of treat that will cause a dog to quit eating dog food? What do Milk Bones have to do with milk? And on, and on it goes.

Good dog. Bad dog. Any dog, the problem is infinitely perplexing. But when you can't live without a dog, regular visits to dog treat shelves are mandatory— gotta' be done whether or not you are at the end of your rope, or leash. Fetch 'em up is your mission!

Admit it. You find yourself shopping for dog treats as if you were trying to pick out that extra special present for your child's birthday. All dog owners do it. As you look at the great variety of selections on the shelves today you seek out the one very special and unique treat that will make your dog jump for joy.

As any dog owner knows, this is not easy. There's just too many things to consider to get it right. Do you go for the traditional hard pressed Milk Bone or Milk Bone look-a-like treat, or maybe the chewy kind? Regular? Flavor variety? Small, medium, large? There's treats specially formulated to promote healthy teeth too. Does that mean other dog treats are bad for teeth?

There's another doggone serious issue as well – your dog's health. Sure, your dog will happily eat some moldy, putrid unknown substance he finds outside, probably after rolling in it and covering himself in stink, but you want to make certain any dog treat you purchase is loaded



That look of loyalty, love, and trust is just one of many reasons dog owners keep a variety of dog treats within reach at all times.

with all the proper vitamins and minerals and is labeled "veterinarian recommended". Then you place those ideal dog treats in your grocery cart next to the chips and frosted donuts. Go figure.

Yes. We love our dogs. We want to treat them right like they always do for us. They're amazing. I have a sign in my TV room that reads, "My goal in life is to be the kind of person my dog thinks I am." I try, but it's impossible really.

Dogs are always so complimentary and understanding and treat their owners right. Maybe that's why buying the right treats for them is so darned important to us.



Dog treat choices today include a wide variety of selections.

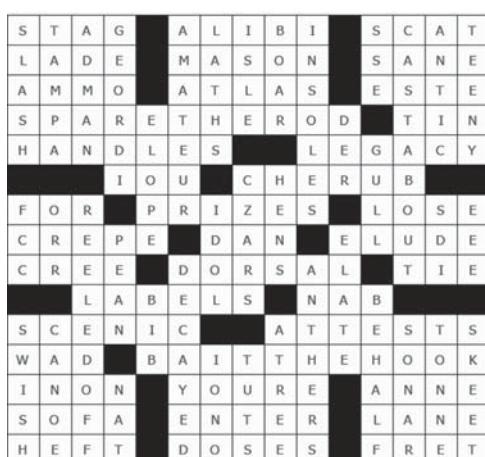


## BEST SMOKED RIBS & BRISKET IN TOWN!

FRESH SMOKED MADE FROM SCRATCH RECIPES

NOW OPEN • NEW LOCATION  
417 NORTH BROADWAY

**BONESBBQMINOT.COM**

CROSSWORD  
SOLUTION

## SUDOKU

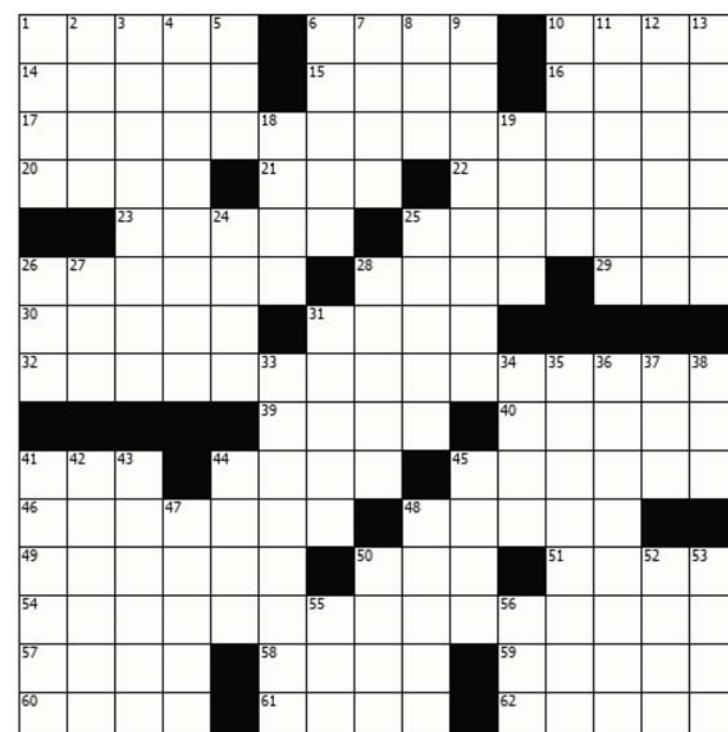
Solution to puzzle on page B7



## CROSSWORD PUZZLE

## Across

1. Abbr. of origin
6. Watch displays, briefly
10. Guy
14. Emmy winner Christine
15. Seniors' gp.
16. Israeli dance
17. TACKS
20. Highlands tongue
21. Augsburg article
22. Yet to be marketed
23. Talent
25. Chalet environs
26. Quick-witted
28. Tibia
29. '60s radical gp.
30. Panoramic view
31. Kublai \_\_
32. TACHS
39. Hides the gray
40. Short time
41. ER measures
44. Minn. neighbor
45. In a saucy way
46. Insurer's delight
48. After-school drink
49. Melodic piece
50. Affleck of "Good Will Hunting"
51. '70s Olympics name
54. TAX
57. Like a milquetoast
58. Actress Sedgwick
59. Crusoe's creator
60. Actor Mineo et al.
61. Psychic
62. Skilled



## Down

1. "What \_\_ can I say?"
18. Angular lead-in
19. "Nothin' \_\_!"
24. Ishmael's overseer
25. Some herrings
26. T-shirt brand
27. River inlet
28. Filmdom ogre
31. Enclosed canoe
33. Laundry mysteries
34. "Hey, wait \_\_!"
35. Torn from the ground
36. Retort to a meddler
37. Angular shape
38. Stallone's nickname
41. They may be staked
42. 55-Down part
43. Whirl around, as on a chair
44. Señor's "Sure thing!"
45. Polliwog's place
47. Corner pieces?
48. Aromatic wood
50. Like Hubbard's cupboard
52. Sticky stuff
53. Work without \_\_
55. Looker?
56. "Rhoda" mom

**PAINT YOUR OWN Pottery Studio**

**Drop-In**  
(No Appointment Needed)

**Margie's**  
Art Glass Studio

109 South Main St.  
Minot • 701.837.8555  
[margiesartglass.com](http://margiesartglass.com)

**VOLUNTEER**

Calling all adult volunteers willing to spend some time at the zoo! Call us today!

**ROOSEVELT PARK ZOO**

FOLLOW US ON FACEBOOK  
1219 BURDICK EXPY EAST MINOT, ND  
[rooseveltparkzoo.com](http://rooseveltparkzoo.com)  
701-857-4166

**NOW SHOWING**  
**AT OAK PARK THEATER**

FOR SHOWTIMES  
VISIT [WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)

**CHARLIE THE WONDERDOG**  
(2025) Animal Animation, Comedy, Family (PG-13)

**ELLA MCCAY**  
(2025) Comedy, Drama (PG-13)

**MARTY SUPREME**  
(2025) Epic, Period Drama, Sport (R)

**BUFFALO KIDS**  
(2024) Animation, Adventure, Comedy, Family (PG)

HELD OVER

STARTS FRIDAY

1500 4TH AVE NW, MINOT, ND

# Missile community study nears completion, town hall planned for spring 2026

1ST LT SYDNEY SEDLAK, AFGSC PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

The Missile Community Cancer Study (MCCS) continues burn testing and assessments research in 2026, with a town hall to be announced once assessments are completed.

Audience input from previous town halls has expanded the burn studies, which now include additional materials in the testing regimen.

During the burn exposure simulations, a physics model was used to understand, predict, and simulate the behavior of the burn materials.

"Physics models are based on fundamental physical laws using numerical techniques to find solutions to input equations," said Lt. Col. Thomas Doker, AFGSC Public Health Officer. "This model used takes into account a single exposure. To account for multiple exposures as experienced per each individual, analysts can multiply that single exposure as many times as necessary to cover the entire course of a missileer's career."

For the model, the burn test used materials identical to those burned in the launch control centers (LCCs).

"AFGSC provided scenarios and locations where the burning of materials in LCCs most likely occurred," Doker continued. "A burn test was conducted in a controlled environment to

accurately capture emissions from accelerants and materials."

Due to a lack of appropriations for Fiscal Year 2026, there was a pause in the burn study, the epidemiological study, and the access release for members' Individual Longitudinal Exposer Records (ILER). Those working on these three projects have since resumed testing and research and are on track to have updated information for the next town hall, scheduled for March 2026.

Other ongoing efforts include the cleaning of Polychlorinated biphenyls (PCBs) from the LCCs including working areas that may have been affected.

The command will continue to host town halls to provide the testing results with those impacted.

The next virtual town hall is projected for spring of 2026 and will discuss results of recent burn testing and provide an opportunity for the audience to ask questions. Please reference the AFGSC website or social media pages for town hall announcements and information on how to join the town hall.

For more information on MCCS, virtual town hall announcements, and frequently asked questions, please visit <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/> (will update with new link once site switches to AFGSC).



by Patricia Stockdill

## FISHING:

Lake Sakakawea elevation, Feb. 2: 1,827.92 feet above mean sea level (MSL); 15,800 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: 1,448.8 MSL.

• N.D. Game & Fish Dept. game wardens: No new reports.

• Devils Lake, Woodland Resort, Devils Lake: Try 8 to 15 feet for walleye with better success in the evening hours around Doc Hagen's on the south end of 6-Mile Bay, the north end of the bay, or Military Point on Creel Bay.

• Lake Darling, Karma C-Store, Ruthville: No new reports.

• Lake Metigoshe, Four Seasons, Bottineau: Some nice bluegill starting to show up. Better walleye success remains at night. Generally nice water clarity for pike spearing with occasional nice-sized fish taken.

• 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 fair for walleye but inconsistent and success varies day-to-day. Try 20 feet. OK pike spearfishing success on the east end of Lake Sakakawea with fairly good water clarity. However, use extreme caution throughout the east end bays with warm weather creating open water in locations with pressure ridges, springs, and sunken humps and islands with flowing water.

• Lake Sakakawea, New Town: More activity on the Van Hook Arm in the Lake Sakakawea midsection with some walleye activity. Continue to use caution on the ice, however.

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto: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.

• Feb. 6 & 7: Minot Curling Club Winter Fest Bonspiel.

• Feb. 6 & 7: Magic City International Figure Skating Competition, MAYS 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, Souris Valley Golf Course. Free ice cream, toppings, coffee and hot chocolate with board games and optional tubing down the course sledding hill (\$5 for tube rental).

• Feb. 11: Spring turkey applications due. More information and application is available on the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov))

• Feb. 14: Winterfest Cabin Fever, Cross Ranch State Park south of Hensler, 11 a.m. Children's activities, guided hike, cast iron and Dutch oven cooking demonstrations, and more.

• Feb. 15: Boots & Birds free wildlife photography adventure with photographer Seth Owens. Meet at Badlands Bar & Grill for introductory session and then hit area parks to observe and learn wildlife photography tips. Sponsored by Souris Valley Pheasants Forever, 2 p.m. go to the website, ([events.pheasantsforever.org/events](http://events.pheasantsforever.org/events)), for more information.

• Feb. 20: West Dakota Waterfowlers Delta Waterfowl banquet, 5 p.m., Clarion Hotel & Convention Center, Minot.

• Feb. 21: Souris River longbeards Nat'l. Wild Turkey Federation banquet, Grand Hotel, 1505 N. Broadway, Minot.

• Feb. 21: Frozen Fun Day, Polaris Park, featuring winter activities, games, s'mores, and more, 11 a.m.

## TOURNAMENTS:

• Feb. 7: Devils Lake, Spirit Lake Casino.

• Feb. 14: Stump Lake, South Carlson Lake.

• Feb. 21: Lake Audubon, Totten Trail.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City:

Limited reports and activity on the Missouri River tailrace. Try evening hours on Lake Audubon for walleye but use caution if traveling on the ice in the dark. Be extremely careful with variable ice conditions throughout many bays on the east end of Lake Sakakawea.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston:

Missouri and Yellowstone rivers fair to good for walleye but water levels likely to increase with warming weather so look for muddy water. Upper end of Lake Sakakawea continues producing some walleye around Lund's Landing area but watch for pressure ridges popping up, including a large one at Tobacco Garden on the south side. Also try the river channel off Little Beaver Bay in 30 feet. Some pike activity along back bay edges along areas of the lake.

Springbrook Dam producing nice-sized perch. Blacktail Dam still producing some panfish with

occasional walleye and pike.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes.

## DOWNHILL SKI REPORTS:

• Big Sky Resort, Big Sky, Mont., (800) 548-4486: 28- to 46-inch base with 267 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: 8 runs open.

• Huff Hills Ski Area, Mandan, (701) 663-6421: 16- to 26-inch machine groomed base with 10 runs, 2 lifts, and 1 tow open.

• Terry Peak, Lead, S.D., (605) 584-2165: 16- to 36-inch base with 20 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.

**cartiva**

**5 DAY MONEY BACK**  
**30 DAY EXCHANGE**

**3520 S. BROADWAY**

**CARTIVAOFMNDOT.COM**

**Black Iguana**  
COFFEE & SMOOTHIE BAR

Located Inside Margie's Art Glass Studio

109 South Main St. Minot 701.837.8555

**WOODLAND RESORT**

**Fish North Dakota's Premiere Ice Fishing Lake**

**701-662-5996**

**WOODLANDRESORT.COM**

## CHURCH DIRECTORY

## Chapel Services at MAFB

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

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

Northern Lights Chapel  
230 Missile Ave  
(across from Rockers)

Catholic Mass  
Sunday 1000  
Daily Monday-Friday 1200  
Open Circle (Wiccan/ Neo-Pagan)  
1000 on 1st & 3rd Saturdays  
Hof (Norse Pagan)  
1700 on 2nd & 4th Wednesdays

## St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE  
Minot • 838-3094

Saturday, February 7  
5PM, Great Vespers

Sunday, February 8  
10AM, Holy Pentecost

Father Bill Neumann

## Vincent United Methodist Church

1024 2nd St. SE • 838-4425  
Behind Town & Country Shopping Center

Come As You Are!

Sunday School ..... 9:00 a.m.  
Sunday Worship Service .... 10:00 a.m.  
Fellowship..... 11:00 a.m.

[www.vincentumc.com](http://www.vincentumc.com)



OUR SAVIOR LUTHERAN CHURCH  
3705 11th St. SW  
Minot, ND 58701  
701-852-6404  
[www.oslcminot.com](http://www.oslcminot.com)  
Pastor Dan Haugen

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

Wednesdays 6-7pm  
OSKids (age 4-5th grade)  
Confirmation (grades 6-8)  
Psalm23Teen (6-8pm)  
Adult Choir



## An Evangelical Free Church

3500 4th St. SW • 839-5127

(Just North of Super Wal-Mart)

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

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

## Bible Fellowship Church

Worship Service  
10:45am Sundays

Sunday School  
9:45am

1720 4th Ave NW, Minot  
838-0916

[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

## Immanuel Baptist Church

1615 2nd St. SE  
[www.ibcminot.org](http://www.ibcminot.org)  
701-839-3694

SUNDAY  
9:00am Coffee & Fellowship  
9:15am Sunday School  
10:30am Worship  
WEDNESDAY  
11:30am Soup Kitchen  
5:45pm Family Supper  
6:15pm K-5th & Middle School Start  
6:30pm HS & Adult Start

Pastor Brian Keithline

## CONGREGATIONAL UNITED CHURCH OF CHRIST

"WE LEAVE THE JUDGING TO GOD"

430 NORTH BROADWAY, MINOT ND  
Sunday Service.... 11:00 am  
Sunday School ....11:00 am

[congregationalchurch@minot.com](mailto:congregationalchurch@minot.com)  
701-839-1064

We are looking forward to meeting you.

## St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701

839-7076

Daily Mass Schedule:

Tuesday ..... 5:15 p.m.  
Wednesday - Friday ..... 7:00 a.m.  
Saturday ..... 5:00 p.m.  
Sunday ..... 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor  
Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

## 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

All are Welcome!

[www.cornerstoneminot.com](http://www.cornerstoneminot.com)

## Faith United Methodist Church

5900 Highway 83 N, Minot  
[www.faithumcminot.com](http://www.faithumcminot.com)

Pastor Rick Craig  
701-838-1540

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

To Advertise your Church in this space.

Call 839-0946

Only \$9.00  
a space / per week

## JOURNEY CHURCH

1805 2nd St. SE  
838-1111

Sunday Services  
9:00 am / 10:30 am /  
Noon

## Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School ..... 9:45 a.m.  
Morning Worship .... 11:00 a.m.  
Evening Worship ..... 6:00 p.m.  
Wednesday Evening..... 7:00 p.m.

Independent/Fundamental/KJV  
500 46th Ave NE • 839-1351

Pastor David Miller

## Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) ..... 9:45 a.m.  
Sunday Worship ..... 11 a.m. & 5:30 p.m.  
Wednesdays (Prayer & Missions) ...6:30 p.m.

[www.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
Gabe McCormick- Pastor

415 28th Ave SE (Behind Menards)  
838-1873

## West Minot Church of God

Family Worship Center  
1105 16th St. NW • 839-1407

Sunday School ..... 9:30 a.m.  
Sunday Worship ..... 10:30 a.m.

Children's Church & Nursery

Wednesday Family Training Hour

Meal..... 5:30p.m.

Classes for All Ages ..... 6:30 p.m.

Youth Center, Friday..... 7:00 - 11:00 p.m.

ABC Child Care Center.....852-6352

[westminot.com](http://westminot.com)

[facebook.com/westminot](http://facebook.com/westminot)

## St. Mark's Lutheran Church

Missouri Synod

Sunday Divine Service

9:30 AM

Sunday Bible Study & Sunday School

11:00 AM

Wednesday Kid Connection

6:00-7:00 PM

Reverend Philip Beyersdorf

2209 4th Avenue NW, Minot, ND

839-4663

[www.minotstmarks.com](http://www.minotstmarks.com)

Join us on facebook

## OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

Sundays

Worship ..... 9:00 a.m. & 11:00 a.m.

Sunday School (for all ages) ..... 10:00 a.m.

## Wednesday Bible Study

Children's and Middle School ..... 6:00 p.m.

Adult ..... 6:15 p.m.

High School ..... 7:15 p.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:

[www.ourredeemers.org](http://www.ourredeemers.org)

## First Baptist Church

## Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot  
Located off Hwy 83 Bypass West  
(701) 838-0609

Saturday School ..... 2:00 p.m.  
Sunday Worship ..... 3:30 p.m.  
Wednesday Bible Study ....7:30 p.m.

Jesse Starr, Pastor

## To Advertise your Church in this space.

Call 839-0946

Only \$9.00  
a space / per week

## Gospel Tabernacle Church of God in Christ

9999 27th St NE  
4 miles south of MAFB

James R. Henderson

Lorna Y. Henderson

Church: 701-838-4492

Cell: 701-240-3435

Sunday Worship...11:00 a.m.

Advertise  
FOR ONLY \$9 PER WEEK

CONTACT US

call  
701-839-0946

email  
[NSADS@srt.com](mailto:nsads@srt.com)

VIEW OUR PAPER ONLINE AT  
[NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)

we've got the church  
you've been looking for  
Your life matters to God!



# CLASSIFIEDS

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

**88.1 FM**  
Spiritual Nourishment  
for Believers  
24/7

Supported by friends of Calvary Chapel

## HELP WANTED

**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.

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Airport Hobby Shoppe, 2112 N. Broadway.

**LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?**  
Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.  
Apply in person at:  
605 27th St SE, Minot ND 58701  
Or contact: Alicia Mello  
By email or phone at  
amello@kalixnd.org  
701-852-1014

## RENTALS

**THREE-BEDROOM HOUSE AVAILABLE** for rent with a two-car garage currently under construction. Call 701-833-3689 to inquire.

02-06

**GLENBURN**, 3 bedrooms - 3 level duplex with 1 full bathroom and a 1/2 master bathroom. Attached single garage. Available now for \$600.00 monthly, plus a deposit, and the tenant pays utilities. Call 701-720-3089

tfn

## FOR SALE

**BRIDGESTONE BLIZZAK WS 90**  
225-145 R17 Snow Tires- Set of 4  
Mint Condition- \$300.00.  
Someone Will Get A GREAT  
Deal! (701) 818-0739

tfn

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

tfn

## WANTED

**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**  
MINOT AIR FORCE BASE NEWSPAPER | www.NORTHERNSENTRY.COM



## TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



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

TIMMOTHY TIMM

## AUTOMOTIVE

**AUTO BENT UP OR JUNKED??**

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

tfn

## PROFESSIONALS



PICTURE PERFECT

BLINDS, LLC

**PICTURE PERFECT BLINDS, LLC**  
Make your windows picture perfect! Custom window blinds and coverings. Professional measuring, ordering, and installation, with local and reliable service. Call for a free consultation today! 701-340-7729

02-20-26

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**

www.marykay.com/1clouse.  
701-839-0475 or 701-721-0475

## MINOT AFB

## EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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

## MINOT STATE UNIVERSITY

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

## PARK UNIVERSITY MINOT

Your degree, Your way. Park University is enrolling now. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

# BUSINESSES & SERVICES

## AUTOMOTIVE



If Dad can't fix it, no one can!

### AUTOMOTIVE REPAIR

- State Vehicle Inspector

Ask about our  
Military Discount

Need A Tow? Call Dad's First

Lonn Satran (aka: Dad)  
4725 Burdick Expy E  
Minot, ND 58701  
701.420.2003  
701.720.7208

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

### CARQUEST

### AUTO PARTS

#### HOURS:

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

425 Burdick Expy W Minot, ND 58701

**(701) 852-3301**

Proud to serve Minot AFB

## PET GROOMING

### KING'S MANE

### CAT GROOMING

OFFERING YOUR CAT THE ROYAL TREATMENT

CALL 701-240-7291

FOR AN APPOINTMENT OR VISIT US ONLINE

KINGSMANECHATGROOMING.COM

## ACCOUNTING

### BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS

24 W. Central, Minot • 852-0196

www.bradmartz.com

## How to make driving in inclement weather more safe

Impaired visibility can be a safety hazard while driving. Everything from sun glare to hail can affect a driver's ability to see the road and navigate it effectively. Before drivers get behind the wheel, they should make note of their local forecast and make a plan for what to do if rain, snow or other conditions make it challenging to drive.

The International Association of Traffic and Safety Sciences indicates that, based on an examination of crash test data conducted by the National Oceanic and Atmospheric Administration, the "likelihood of a crash increases during periods of low visibility, despite the tendency for less traffic and for lower speeds to prevail during these times."

Drivers can take several steps to improve their visibility when driving in poor weather conditions.

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield. If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.
- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splatter

in the spring and summer. Use the front and rear defrost if condensation fogs up windshields and windows. Slow down. Foul weather can reduce drivers' ability to see far into the distance. Drivers should always drive slower in inclement weather in order to improve reaction time.

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.

- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, staying focused and using regular headlights and not high beams when driving in fog.

- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.

- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

Drivers can take steps to improve visibility when inclement weather makes roadways hard to navigate.



### Auto Care - Valvoline Instant Oil - Tires

Minot AFB | 61 Missile Ave | 701-727-4141

Minot | 1301 20th Ave SW | 701-837-1301



### OIL & FILTER SERVICE

#### OIL, LUBE AND FILTER SERVICES CONSIST OF:

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

**\$10 off**  
VALVOLINE OIL CHANGE



**ROOSEVELT PARK ZOO**

**ANIMAL SPOTLIGHT**

**BALD EAGLE**

**CREATURE FEATURES**

- The national bird of the United States, it is the only eagle unique to North America.
- A Bald Eagle's eye is almost as large as a human's. Their eyesight is 4 times sharper than a human with perfect vision.
- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers, lined with down. Their feet are cold resistant, consisting mostly of tendons.

**MILITARY DISCOUNT**  
10% off an Annual Family Pass

**Fact File**

Life Span	15 – 20 years
Weight	10 – 14 pounds
Body Height	30 – 37 inches
Wingspan	70 – 90 inches
Top Speed	30 – 35 mph
Wild Diet	Omnivore   Carnivore   Herbivore Fish, Other birds, Carrion

**HOURS:**  
**DAILY**  
10AM-3PM

**FOLLOW US ON FACEBOOK**

**1219 BURDICK EXPY EAST MINOT, ND**  
**rooseveltparkzoo.com • 701-857-4166**

**SPOT 5 DIFFERENCES**

**Visit our Facebook page for upcoming events**



# Minot North Cheer Shines at State with Multiple Titles and Top Honors



BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The Minot North High School cheer team delivered an outstanding performance at the North Dakota State Cheer Competition, earning multiple state championships, top finishes across divisions, and several prestigious individual and team awards. With precision, power, and undeniable team chemistry, Minot North proved itself as one of the most dominant programs in the state.

One of the team's biggest highlights came in the Time Out Team Routine, where Minot North claimed the state championship title. The routine showcased sharp motions, synchronized timing, and high energy, capturing the

attention of judges and the crowd alike. The win reflected months of preparation and the team's ability to execute under pressure on the biggest stage.

Minot North also earned an impressive second-place finish in the Game Day division, a category that emphasizes crowd engagement, spirit, and school pride. The team's performance demonstrated strong leadership, clean execution, and the ability to bring intensity and excitement to the arena, narrowly missing the top spot in a highly competitive field.

In another standout achievement, Minot North took first place and the state championship

in the CDR/PR division, further solidifying its versatility and technical excellence. The routine blended sharp choreography with strong performance quality, earning high marks across all judging categories.

The team's success extended to stunt groups as well. Navy Storm, one of Minot North's stunt groups, captured first place, while Silver Strike followed closely with an impressive second-place finish. Both groups demonstrated advanced stunting skills, stability, and confidence, highlighting the depth of talent within the program and the athletes' trust in one another.

Individual accolades added

to Minot North's memorable weekend. Victoria Cauldron was named an All-State Cheer Athlete, an honor awarded to athletes who demonstrate exceptional skill, leadership, and commitment to the sport. Her recognition reflects not only her technical ability but also her impact on the team as a whole.

Senior athletes were also recognized for their dedication and excellence. Ariana and Payton each received the Elite Senior Award, honoring their years of hard work, leadership, and contributions to the cheer program. Both athletes played key roles in the team's success and left a lasting legacy for future Minot

North cheerleaders.

In addition to competitive success, Minot North Cheer earned the Team Scholar Award, recognizing the squad's academic achievement and commitment to excellence both on and off the mat.

With multiple state titles, top placements, and individual honors, the Minot North cheer team concluded its season with a performance that exemplified discipline, teamwork, and pride. Their

success at state not only brought home hardware, but also reinforced Minot North's reputation as a powerhouse in North Dakota cheer.



## NDCCA STATE CHAMPIONS

Time-Out Division Class A - Large & Performance Division Class A - Large



## NDCCA TEAM SCHOLAR AWARD

Minot North Cheer 2025-2026



## STUNT GROUP

Navy Storm - 1st Place Champions

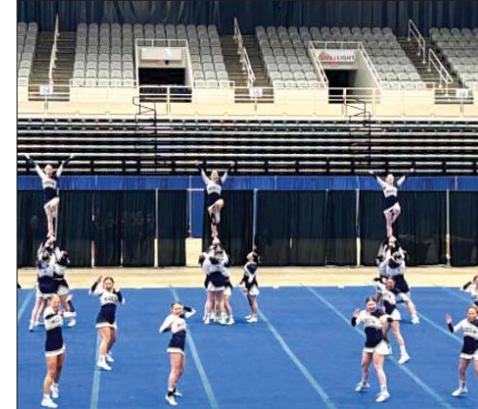
Silver Strike - 2nd Place

## ALL STATE CHEERLEADER

Victoria - 1st Minot North Cheer  
All State Athlete

## ELITE SENIOR AWARD

Ariana & Payton



## TEAM EVENTS

Game Day - 2nd Place

CDR/PR - 1st Place State Champions

Time Out - 1st Place State Champions



## JUMP OFF

Kiarra - 15th Place

Vreelyn - 1st Place State Champion

Makynzie - 2nd Place

Victoria - 5th Place

Eleanor - 13th Place

## TOP SIDELINE



SPONSORED BY

# Sentinels Deliver Statement Performances Across Winter Sports

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

Minot North athletes were busy making noise across multiple sports this past stretch, delivering big wins, standout individual performances, and moments that defined what it means to compete as a Sentinel.

The boys basketball team earned a memorable 72-69 victory on Military Appreciation Night, rallying together for a complete team win in front of a packed home crowd. TJ Hjelmstad, Brayden Blikre, and Josh Myers shared The Sentinel honor after stepping up in key moments and showing resilience from tip to final buzzer. Each made crucial plays down the stretch, helping seal the win in a tightly contested matchup. The night also served as a meaningful thank-you to military families in attendance, recognizing their continued service and sacrifice. The boys return to action Tuesday, January 27, when they host Legacy at 7:45 p.m.

On the girls side, Minot North split a pair of home contests that showcased both dominance and determination. The Sentinels protected home court with an impressive 84-70 win over the Dickinson Mavericks, led by senior Kinzy Welstad. Welstad poured in 24 points while setting the tone

with leadership, intensity, and confidence. Her performance earned her the Isaac Award, a reflection of her impact on both ends of the floor. Brayden Blikre also earned The Sentinel recognition for stepping up in a tough defensive matchup, while Cambree Phillips provided a spark with her hustle and energy.

In a later matchup, despite a 60-73 final score, the Sentinels showed heart from start to finish. Cambree Phillips delivered a standout night, scoring 25 points and bringing relentless pressure defensively. Her effort did not go unnoticed, as she earned the Isaac Award for her grit, leadership, and refusal to back down. While the result didn't fall Minot North's way, the performance reflected the toughness and unity of this group.

United Hockey kicked off its senior spotlights by honoring Jaxon Dahl. A longtime player who has been on the ice since the age of three, Dahl credits his music as his pregame superstition and lists playing at the Ralph as his favorite hockey memory. Despite an early varsity mishap, falling three times in his first shift, Dahl has remained persistent, offering advice to younger players to stay

committed and remember why they play. Following graduation, he plans to pursue Mechanical Engineering in college.

In the pool, boys swimming continued a demanding slate of meets. At the West Fargo Invite on January 31, the Sentinels placed 10th with a team score of 108.5 against a deep field of state competition. Gavin Diederich delivered a highlight moment by state-qualifying, marking a major accomplishment for the program. Earlier, Minot North placed 8th at the Minot Invite on January 24 with a score of 153, competing against schools from across the state. The Sentinels also picked up a strong dual win over West Fargo Horace, defeating the Hawks 116-64 on January 23. Additional meets included tough contests against Minot High, Jamestown, and other regional opponents, continuing to build experience and momentum as the season progressed.

Across the court, ice, and pool, Minot North athletes continue to represent their school with pride, resilience, and relentless effort. With key matchups ahead and postseason preparation underway, the Sentinels remain focused, unified, and ready for whatever comes next.

## rainbow photo labs

- Walk-in Passport Photos
- Restoration
- Film Processing
- Reprints/Enlargements, Etc.



701-852-4569

minotrainbowphoto@gmail.com

215 11th Ave SW Minot, ND 58702

# Culver's

Welcome to delicious.®

10% DISCOUNT  
FOR ALL MILITARY  
PERSONNEL

(with valid ID and cannot combine with other offers/discounts)



CULVER'S OF MINOT

3000 S Broadway Minot, ND 58701

701-852-4800

# FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations



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

ORDER NOW!

701-838-9140

BonesBBQMinot.com

437 N Broadway  
MinotFIRST  
COMMAND

### TAKE THE FIRST STEP TOWARD THE LIFE YOU IMAGINE

There is no better time than now to take control of your financial future. Your local First Command Financial Advisor will work with you to build a personalized plan for pursuing your short and long-term goals.

**FIRST COMMAND FINANCIAL SERVICES**  
24 1st St NE Suite 2  
Minot, ND 58703  
www.firstcommand.com  
701.839.6669

©2025 First Command Financial Services, Inc. is the parent company of First Command Brokerage Services, Inc. (Member: SIPC, FINRA), First Command Advisory Services, Inc. and First Command Insurance Services, Inc. Securities products and brokerage services are provided by First Command Brokerage Services, Inc., a broker-dealer. Financial planning and investment advisory services are provided by First Command Advisory Services, Inc., an investment adviser. Insurance products and services are provided by First Command Insurance Services, Inc. A financial advisor, by itself, cannot assure that retirement or other financial goals will be met. First Command Financial Services, Inc. and its related entities are not affiliated with or endorsed by the U.S. government or the U.S. Armed Forces.

### MAGIC CITY CAR WASH

619 NORTH BROADWAY  
HOURS: 8 AM TO 8 PM DAILY  
WINTER HOURS MAY VARY

## WELCOME TO THE CLEAN ZONE

10%  
MILITARY  
DISCOUNT

MONTHLY PASSES  
AVAILABLE

FREE VACUUMS WITH  
WASH PURCHASE

ADVANCED WASH  
TECHNOLOGY





# Minot United Cheer Celebrates Historic Finish at 2026 NDADD State

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

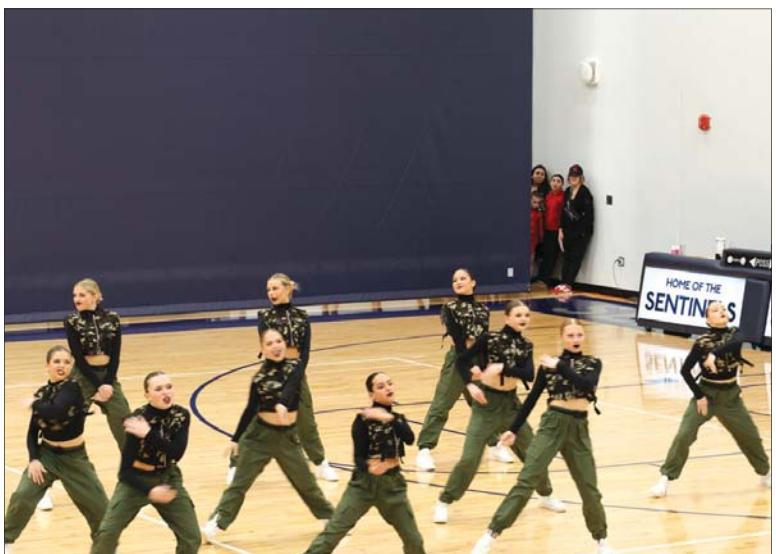
Minot United Cheer closed out its season in unforgettable fashion at the 2026 NDADD State Competition, delivering one of the strongest performances in program history. Competing against top teams from across the state, Minot United advanced to finals in all four routines and finished top three in every category, a testament to the team's consistency, resilience, and relentless work ethic.

The weekend's biggest

triumph came in Class A Jazz, where Minot United earned the State Championship title. The routine stood out for its precision, performance quality, and emotional impact, ultimately securing the top spot and bringing home the program's highest honor of the competition. The championship performance marked a defining moment for the team and capped off months of preparation and growth.

Minot United also delivered

strong finishes across its remaining routines. In Class A Pom, the team earned second place, showcasing sharp motions, clean transitions, and exceptional synchronization. The Class A Large Kick routine followed with another second-place finish, highlighting technical strength, timing, and endurance. Rounding out the competition, Minot United placed third in Class A Hip Hop, a high-energy routine that emphasized creativity, power,



Minot United Dance Hip Hop Routine

and crowd engagement.

Beyond placements, the team's ability to improve from prelims to finals stood out. Each routine peaked at the right moment, with the athletes delivering their strongest performances of the season when it mattered most. Their grit and determination were evident on the floor, reflecting the countless hours spent refining details and pushing past limits.

Minot United's success extended beyond performance scores. The team was honored with the Team Scholar Award, recognizing its commitment to academic excellence alongside athletic achievement. In addition, the Hip Hop routine earned the Fan Favorite Award, highlighting the team's connection with the audience and its ability to bring

energy and excitement to the arena.

Leadership played a major role in the team's standout season. Head Coach Sarah was named one of only two Coach of the Year recipients, an honor that reflects her dedication, vision, and impact on the athletes and program. Her guidance helped shape a season defined by growth, unity, and confidence.

As the 2025-26 season comes to a close, Minot United Cheer leaves state with championships, top finishes, and lasting memories. With strong momentum and continued support from the community, the team looks ahead with excitement, ready to build on this success and return even stronger next season.



Minot United Kick Routine

**MINOT'S PREMIER PARTY LOCATION**

**PLANET PIZZA**

**BIRTHDAY PARTY PACKAGES** (Priced Per Child)

<b>COSMIC PACKAGE</b> 10 Credit Game Card <b>\$10.99</b>	<b>GALACTIC PACKAGE</b> 14 Credit Game Card Party Bag for Each Child T-Shirt for Bday Child <b>\$17.99</b>	<b>ULTIMATE PACKAGE</b> 20 Credit Game Card Party Bag for Each Child T-Shirt for Bday Child Laser Tag Pass <b>\$24.99</b>
--	--	--

Each Party Package Reservation Receives:  
 • Drink Cup • Ice Cream Sundae  
 • 3 Slices of Pizza • 2-Hour Time Block  
 • Balloons and Table Covers • Plates and Napkins

Book Online  or call 701-852-1700

220 SOUTH BROADWAY, MINOT

**BOOK YOUR PARTY!**

**BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS**

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

Email for details:  
[alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)

**WWW.OAKPARKTHEATER.NET**

# LET'S PARTY

GET THE WORD OUT ABOUT YOUR PARTY PACKAGES, EVENT SPACES, AND PARTY ENHANCEMENT SERVICES TODAY. EMAIL [SENTRYSALES@SRT.COM](mailto:SENTRYSALES@SRT.COM)

**Party Room**

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun! Call for details!

**109 South Main St. Minot** **701.837.8555**

**NEW AT COOKIES FOR YOU BIRTHDAY PARTIES!**

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200.

Available weekdays after 5:00pm and Saturdays after 3:00pm.

FOR MORE DETAILS OR TO SCHEDULE CALL 701-839-4975.

**COOKIES FOR YOU** and cupcakes too! A Cookie Gift + Bouquet Company

**Birthday PARTIES** **North Hill BOWL**

**SUPER PARTY**  
 • 2 Hour Party for up to 10 People  
 • Shoe Rental  
 • Pop and Ice Cream  
**\$200 (TAX INCLUDED)**  
 \$10 for each additional person

**MEGA PARTY**  
 • 2 Hour Party for up to 10 People  
 • Shoe Rental  
 • 2-16" Pizzas, Pop and Ice Cream  
**\$230 (TAX INCLUDED)**  
 \$10 for each additional person

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

Additional \$10 for X-treme Bowling

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

# Mission: Transition – Managing Stress Together Workshop for Families is Back On!

Minot AFB's School Liaison Office is hosting a "Mission: Transition – Managing Stress Together" all-day fun, hands-on workshop for military families (including homeschooled) at the Jimmy Doolittle Center on Tuesday, February 24th, 2026. This workshop was originally scheduled for November, but unfortunately the government shutdown thwarted efforts for its realization. Back on, five on-base offices serve to provide a one-stop experience for families seeking tips/tools for transitional success! In addition, United Through Reading is donating books for all attendees!

Families can take part in one, two, and/or all sessions in which each presenter – School Liaison Program Manager, Exceptional Family Member Program Coordinator, Military and Family Life Counselor, Minot AFB Librarian, and Family Advocacy Program Support Nurse – will provide support specific to moving, stress, TDYs/deployments, and bullying. Activities can be brought home by parents for their children currently in school to create. Parent attendance is highly encouraged, as the educational wealth gleaned from the workshops will be invaluable!

Here's what to expect:

9:00am-9:50am, School Liaison Program: Families can create an Education Binder for their student. This binder has ten tabs with hands-on customizable sections (e.g. Unofficial Transcript, Teacher/Guidance Counselor Recommendation, and Military Interstate Compact). Parents will learn about the vital importance of each section, and receive printouts of the Compact and other resources to be placed directly in their student's binder. In addition, the School Liaison will emphasize the importance of parents providing their student's binder to his/her gaining school following a PCS and how parents can utilize this one resource—requiring only minor updates—all throughout their student's educational career.

10:00am-10:50am, Exceptional Family Member Program: Families can participate in a hands-on Calm and Reset activity. The project provides calm corner cards where the parent will be able to select strategies that best support their child's needs.

11:00am-11:50am, Military and Family Life Counseling Program: Families will learn how to support children's emotional well-being during deployment cycles by strengthening connection, communication, and coping skills. Participants will also take part in a Paper Hug activity, creating a simple hands-on tool children can use to feel comfort and closeness when a loved one is away.

12:00pm-12:50pm, Minot Air Force Library's Transitions and Tea Storytime: Families can have tea and sandwiches/cookies plus engage



in listening to stories, singing songs, and completing activities about some of the common transitions children experience as part of military family life, including PCSing and deployments. In addition, How to Handle Bullying activity books and crayons provided by the School Liaison Office will be available.

1:00pm-1:50pm, Family Advocacy Program: Families can take part in a Create a Hand activity, which helps children and families identify the safe people with whom children feel comfortable expressing their thoughts and feelings when they need support. This is very important when children are experiencing transitions and starts the discussion for families about positive relationships and open

communication.

Instead of visiting each office in their separate locations, every program is coming to YOU at the Jimmy Doolittle Center on Tuesday, February 24th to engage, teach, and support your military family, so that you remain strong and resilient amid the constant change that is military life, and our forces—in turn—stand strong and ready to provide nuclear deterrence and global strike capabilities anytime, anywhere.

*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.*



## Volunteer With UNITED THROUGH READING

Help military families  
stay connected through  
the power of shared storytime.

We are looking for volunteers to assist with recording opportunities, attend special events and resource fairs and share your personal UTR experience with military families.

### As a volunteer, you will:

- Support military families in your community
- Build your resume
- Earn volunteer hours

Get Started Today:  
[UnitedThroughReading.org/Volunteer](http://UnitedThroughReading.org/Volunteer)



Questions?  
[Volunteer@UTR.org](mailto:Volunteer@UTR.org) [f](https://www.facebook.com/UnitedThroughReading) [l](https://www.linkedin.com/company/united-through-reading/)

UNITED  
THROUGH  
READING.  
Reading Together Linking Military Families

## YOUTH IN ACTION



ALYSSA KELLY  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



### Custom Laser Engraving & Gifts



### MINOT'S NEWEST RC HOBBY SHOP

• Planes • Boats • Cars



hobbyzone



[www.focusedbeamengraving.com](http://www.focusedbeamengraving.com)



4715 NORTH BROADWAY, MINOT  
701-500-7066

**Vibeto Orthodontics**

BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

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

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

(701) 839-6010  
2615 Elk Drive Suite 2  
Minot, ND 58701

Bryan Vibeto, DDS, MS

YOUTH IN ACTION SPONSORED BY:

The logo for Mi Mexico, featuring the words "Mi Mexico" in a stylized font with a map of Mexico and the text "AUTHENTIC MEXICAN FOOD".

701-858-0777

MINOT NORTH DAKOTA'S  
Best Authentic Mexican Restaurant

CALL AHEAD AND TAKE OUT • DELIVERY AVAILABLE!  
MON-THUR 11 AM TO 10 PM • FRI-SAT 11 AM TO 10:30 PM  
SUN 11 AM TO 9 PM

3816 S. Broadway, Minot, ND  
[www.mimexicominotnd.com](http://www.mimexicominotnd.com)

A photo of a Mexican dish, likely fajitas, served with rice and beans.

# Keystone Club Gears Up for Youth of the Year and a Busy Spring of Service

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The Keystone Club at the Boys & Girls Club is kicking off the spring season with exciting events, meaningful service, and a strong focus on leadership through the Youth of the Year program. As the Club's premier teen leadership group, Keystone members continue to play a vital role in supporting younger members while preparing themselves for future success.

Several upcoming events are set to bring the community

together at the Youth Center. Teen Movie Night will take place on February 13 from 6-8 p.m. for ages 13 and up with parent permission. The Sweetheart Dance follows on February 16 from 6-8 p.m. for ages 9-18, offering a fun and welcoming environment for Club members. Cupid's Skate Night will round out the month on February 20 from 6-8 p.m. and is open to ages 5-18. At each event, Keystone members will assist

with setup, games, concessions, and ensuring everything runs smoothly.

Keystone Club is also hosting several Silver Charter events focused on career readiness. A Career Fair on March 11 will feature mock interviews, résumé writing, The Game of Life activity, and military recruiters. On March 13, members will attend a Career Prep event at Bismarck State College, followed by a group meal at Chick-fil-A. The next day,

Keystone members will mentor Torch Club students by sharing high school advice, eating with them, and participating in activities together.

This spring also highlights the National Project on Bullying Awareness, encouraging kindness, respect, and leadership among youth.

Central to these efforts is the Youth of the Year program, the Boys & Girls Clubs of America's premier leadership recognition initiative. Established in 1947, the program honors teens ages 14-18

who demonstrate outstanding leadership, service, academic excellence, and commitment to healthy lifestyles. Auditions were held at the Youth Center on January 28, with participants developing public speaking skills and representing the voice of youth as they advance through local, state, regional, and national levels for scholarship opportunities.

Keystone Club continues to lead by example, serving the community while shaping the next generation of leaders.



Youth of the Year Auditions

*Inspiring*  
young artists since  
**1956**

REGISTER ONLINE  
FOR JUNE & JULY!  
[www.internationalmusiccamp.com](http://www.internationalmusiccamp.com)  
(701) 838-8472

INTERNATIONAL  
MUSIC CAMP

**STORYTIME**  
and activity with Miss Kristi  
Tuesday and Friday 11 am

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

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

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm  
8 Main St S • Downtown Minot • 839-4050 • [www.mainstreetbooksminot.com](http://www.mainstreetbooksminot.com) • [mainstreetbooks@srt.com](mailto:mainstreetbooks@srt.com)

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



1201 11th Avenue SW, Minot, ND  
Phone 701.858.6700, 800.841.7321  
Hours: Monday-Friday 8 a.m.-5 p.m.  
[cfmminot.UND.edu](http://cfmminot.UND.edu)



**MEG-A-LATTE COFFEE HOUSE**



**GENUINE NORTH  
DAKOTA WARMTH...**  
LOCATED ACROSS FROM THE AIRPORT

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

[www.meg-a-latte.com](http://www.meg-a-latte.com)

 @megalattecoffee  701-838-8479  
 2045 N Broadway Suite #100

# Erik Ramstad Middle School Cheer Places 2nd at State

ILIANA MCBRIDE, 12 YEARS OLD

The 7th and 8th grade Erik Ramstad cheer team competed in the North Dakota State Cheerleading Championship at the Bismarck Event Center on January 31st. They worked very hard even when they had to change the routine the day before the competition because a few girls weren't able to attend.

There were 5 teams competing in the Middle School Time Out Division: Central Middle School, Erik Ramstad Middle School, Jim Hill Middle School, Mandan Middle School, and Williston Middle School. Erik Ramstad cheer team placed 2nd, after Mandan Middle School.

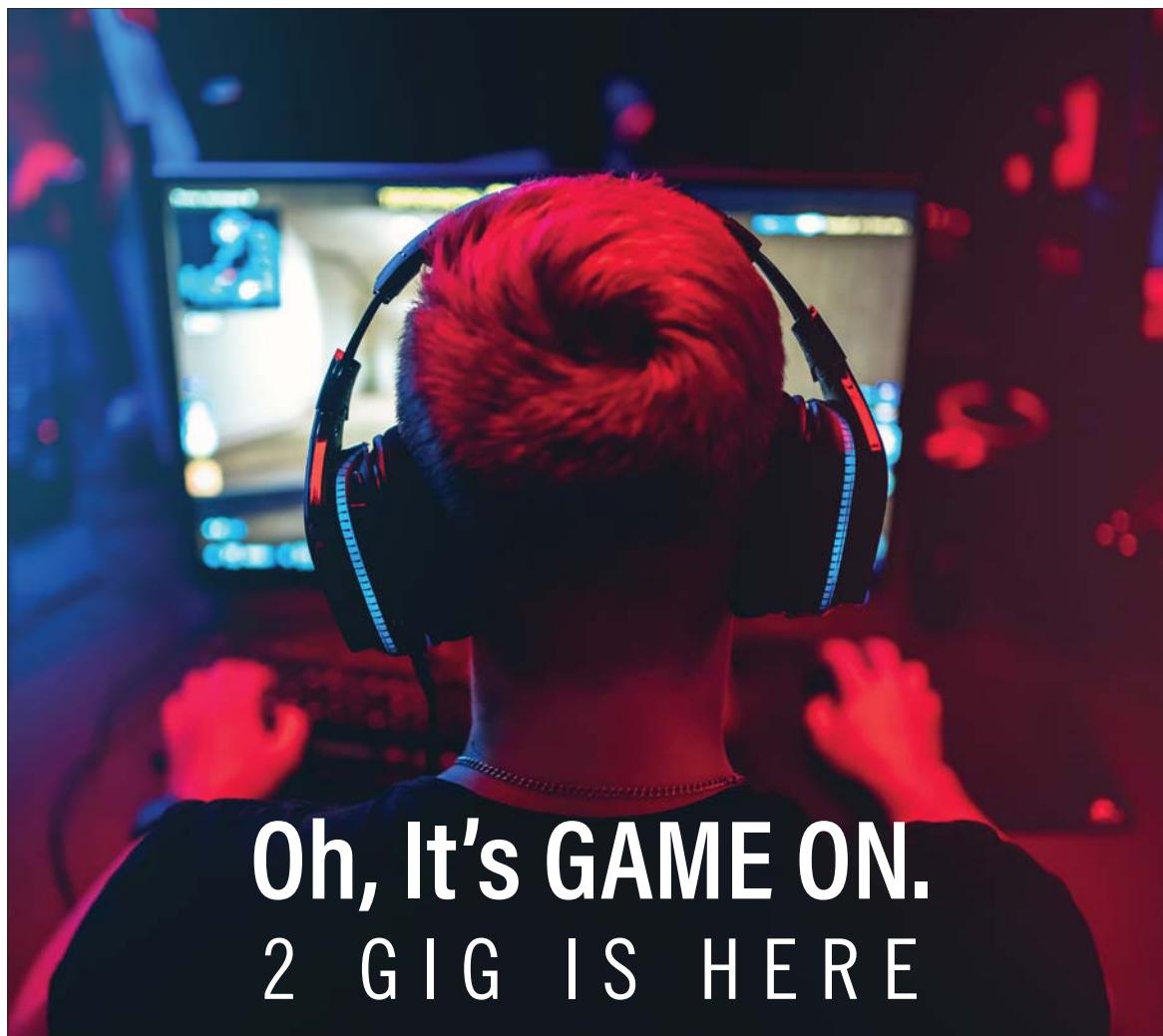
The winter cheer season is ending soon and they left a good impression.



SCAN THE QR CODE FOR MORE DETAILS ON HOW YOUR ARTICLE CAN BE FEATURED IN THE NORTHERN SENTRY!



2nd Place Timeout - Erik Ramstad Cheer Team



Oh, It's GAME ON.  
2 GIG IS HERE



LEARN MORE AT [SRT.COM/2GIG](http://SRT.COM/2GIG)



Actual speeds dependent on technical limits, customer equipment performance and configuration, and/or greater Internet traffic. Internet service speeds are founded on a wired customer device. Customer devices may connect slower over WiFi. This institution is an equal opportunity provider and employer.

**JR.** JOURNALISM  
PROGRAM  
northern



Iliana McBride performs flyer stunt (7th grade).

**Hansen's**  
FUR & LEATHER

Native American  
Art & Jewelry



Coolest Bomber  
Hats Ever!!

Pendleton Wool  
(since 1904)  
Jackets/Shirts/  
Blankets & More

**BEYOND  
UNIQUE!**

Huge  
Selection  
of  
Leather  
Jackets



Handbags



Hand  
Made  
Moccasins

Cozy Old Friend  
Sheep Skin  
Slippers



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

- Cow Hide Rugs
- Sheep Skin Rugs
- Beautiful Selection of Brighton Jewelry
- Fur Coats, Hats, and much more!

701.852.0722  
525 20th Ave SE • Minot  
Next to Happy Joe's Pizza

OPEN:  
Mon-Sat  
10am-5pm

# Local Music Educator Named VFW State Teacher of the Year, Advances to National Competition

Dr. Amanda Capote, a music educator serving students at North Plains and Dakota Elementary Schools, has been named the Post 753 Veterans of Foreign Wars (VFW) 2025 Teacher of the Year, earning top honors at the local, district, and state levels.

With this achievement, Dr. Capote now advances to the national stage of the VFW Teacher of the Year competition, with national results expected in June or July.

Dr. Capote was formally recognized during a ceremony held Saturday, January 31, at the VFW. The award honors her outstanding dedication to education, excellence in teaching, and commitment to fostering a love of music among her students.

Known for her passion for music and her positive impact on students across both school communities, Dr. Capote continues to inspire through her leadership and dedication to the arts. School officials and community members have expressed pride in her accomplishments and enthusiasm as she represents the region at the national level.

## MINOT VFW POST 753 AWARD RECIPIENTS

### VOICE OF DEMOCRACY WINNERS

1st place- Emily R Ulland-Velva

2nd place- Nikaya L Hillestad-South Prairie

3rd place- Kenley J Beeter-Velva

### PATRIOTS PEN WINNERS

1st place- Hudson R Johnston-Jim Hill Middle School

2nd place- Gavin Schmaltz-Velva

3rd place- Odin Gjelstad-Velva

### TEACHER OF THE YEAR WINNERS

Amanda Capote- North Plains K-8 MAFB

Doug Richter- Bishop Ryan Catholic School 9-12

Congratulations to all the winners



Teacher of the Year Award Recipients Doug Richter- Bishop Ryan Catholic and Dr. Amanda Capote- North Plains Elementary School pose for a photo with VFW Members.



VFW Member presents Dr. Amanda Capote with the Teacher of the Year Award.



Dr. Capote with some of her North Plains colleagues who came to celebrate her achievement.

DAKOTA ELEMENTARY SCHOOL PHOTOS



Dr. Amanda Capote poses for a photo with her family at the January 31 Minot VFW Post 753 award ceremony.



**VETERANS OF FOREIGN WARS.**  
**POST 753**

**OPEN TO THE PUBLIC**  
**WATCH FOR FEBRUARY MEAT RAFFLES**  
**FOLLOW US ON FACEBOOK**

**1100 31st Street SE, Minot ND**

## A LOOK BACK

### THIS WEEK IN USAF HISTORY

USAF AIRLIFTS SUPPLIES TO NEW ENGLAND AFTER DEVASTATING BLIZZARD

FEBRUARY 8-17, 1978



In early February 1978, a massive blizzard blanketed New England in 27 or more inches of snow accompanied by winds up to 90 miles per hour. Approximately 54 people from Massachusetts, Connecticut, and Rhode Island died as a result of the storm, and nearly 2,100 coastal homes were destroyed. On February 8, 1978, Air Force cargo aircraft from units across the country began flying Army personnel, snow removal equipment, and other resources to the areas affected. Over the course of the next week, Air Force C-5s, C-141s, and C-130s airlifted over 1,000 personnel and 2,339 tons of snow removal equipment to the New England area. Equipment included generators, communications equipment, bulldozers, and more. The mission, named after a similar operation in Ohio just a week prior, was called Operation Snow Blow II.

Information courtesy of: media.defense.gov (The United States Air Force and Humanitarian Airlift Operations by Daniel Haulman) / www.newengland.com



**CELEBRATE LIFE**  
**SERVING YOU SINCE 1926**

304 S MAIN ST  
MINOT, ND

THOMAS  
FAMILY  
FUNERAL HOME

CALL  
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

# What's Going On Minot AFB

Note: While the partial government shutdown is in effect, the asterisked (\*) events in this calendar will be cancelled.

**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
- Fun Fri-yay, 1630-2000, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Sweetheart Dance, 1800-2000, Youth Center

**TUESDAY 10**

- Valentine's Day Treats, Dakota Inn Dining Facility
- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course 300, 0730-1600, Professional Development Center
- \* Bundles for Babies, 0900-1030, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- \* Game Day, 1000-1930, Bass Library
- AFFT, 1100, McAdoo Fitness Center
- Strength & Mobility, 1100, McAdoo Fitness Center
- \* Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Creative Cupid, 1730-1930, Arts & Crafts Center

**FRIDAY 13**

- \* Sweetheart Ice Skates Special, Outdoor Recreation
- Valentine's Day Treats, Dakota Inn Dining Facility
- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course 300, 0730-1600, Professional Development Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Teen Movie Night: Five Nights at Freddy's 2, 1800-2000, Youth Center

**SATURDAY 07**

- Norwegian Ruck March Training, 0600, McAdoo Fitness Center
- \* Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page

**WEDNESDAY 11**

- Valentine's Day Treats, Dakota Inn Dining Facility
- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course 300, 0730-1600, Professional Development Center
- \* Spouses Welcome on the Road, 0830-1430, M&FRC
- \* Pre-Deployment/Remote Readiness Training, 1000-1100, M&FRC
- \* Storytime, 1030, Base Library
- AFFT, 1100, McAdoo Fitness Center

**SATURDAY 14**

- \* Sweetheart Ice Skates Special, Outdoor Recreation
- Valentine's Day Treats, Dakota Inn Dining Facility
- \* Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- \* Mad Science Party, 1300, Minot AFB Library

Scan for full event details



**SUNDAY 08**

- The Big Game Special Lunch, 1030-1330, Dakota Inn Dining Facility
- The Big Game Special Dinner, 1630-1830, Dakota Inn Dining Facility
- The Big Game Buffet, 1630-2300, Rockers Bar & Grill

**MONDAY 09**

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course 300, 0730-1600, Professional Development Center
- \* Reintegration Briefing, 1000-1100, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- \* Sponsorship Training, 1300-1400, M&FRC
- Parent Advisory Board & Quality Improvement Team, 1300-1600, Youth Center
- \* Craft Club, 1800-1900, Base Library

**THURSDAY 12**

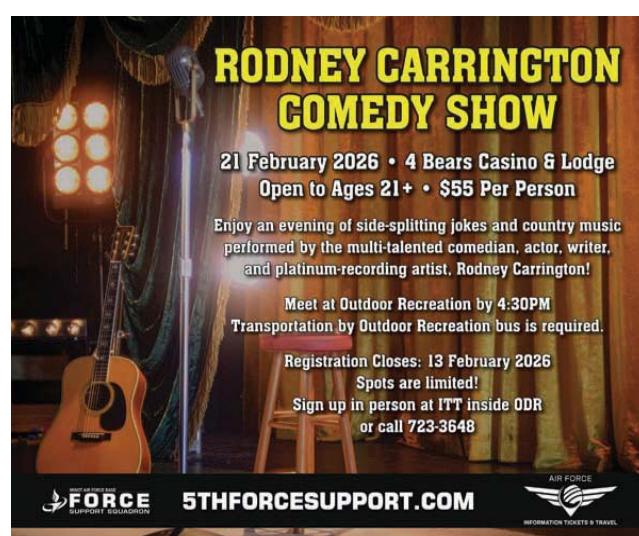
- Valentine's Day Treats, Dakota Inn Dining Facility
- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course 300, 0730-1600, Professional Development Center
- \* Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- \* Minot Myth Busters, 1045-1130, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Iron Endurance Circuit Training, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center

**SPECIALS**

Rockers Bar & Grill Featured Item  
**Philly Cheesesteak**

Bomber Bistro Featured Item  
**Chicken Fried Rice and Pork Egg Roll**

The B-Fifty Brew Featured Item  
**Dubai Chocolate**



**CLOSER TO YOUR DESTINATION**



**MINOT**  
INTERNATIONAL AIRPORT  
[MOTAIRPORT.COM](http://MOTAIRPORT.COM)

**DIRECT FLIGHTS**  
MINNEAPOLIS LAS VEGAS  
DENVER PHOENIX



**MAIN MEDICAL BUILDING**

315 SOUTH MAIN STREET, MINOT  
[www.mainmedicalbuilding.com](http://www.mainmedicalbuilding.com)



**IPM PROPERTY MANAGEMENT**  
701.852.1157  
Rental Spaces Available