

northern sentry

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STAYING MISSION READY AT HOME

A6



FROM PLACE TO PLACE - A LIFE IN MOTION, A VOICE IN WORDS

B6



FROM MAFB DEPENDENT TO COLLEGIATE ATHLETE

Current Minot North High School student Evan Berg, a former Memorial Middle School attendee, signs to continue his football career at Bismarck State College on February 25, 2026, seated alongside his family. See full coverage on page B8.

NORTHERN SENTRY PHOTO | FATIMZAHRA ELBOUAB



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March Squadron of the Month 891st Missile Security Forces Squadron

The 91st Missile Wing proudly recognizes the 891st Missile Security Forces Squadron (MSFS) as March's Squadron of the Month for their outstanding performance, mission success, and unwavering dedication.

Throughout the month, the 891 successfully completed 346 alarm responses, 450 antiterrorism measures in support of 14 days of maintenance and missile field operations. This example of premier command and control ensured 100% mission integrity across the 8.5K square mile missile complex.

In addition, the 891 MSFS sent members to 10 unique TDY's, equipping the squadron with advanced weapons techniques and enhanced communication strategies. Boosting overall readiness for the 91st Missile Wing's high-stake mission in

support of the nuclear enterprise.

Their teamwork has extended beyond the missile field. Throughout the month they have supported the Souris Valley Animal Shelter, Bel Air Elementary and the Valentines Gala. Culminating in over 100 hours of volunteer community service.

The Shadow Warriors braved bone chilling temperatures, crushing the Cold Weather Defender Course. Learning valuable skills to thrive in Minot's unyielding winter weather. Ultimately, completing a first of its kind 3-day field training exercise.

Through their tactical expertise and mission support, the 891st Missile Security Forces Squadron has proven why they are truly deserving of this honor. "Hell Yeah!"



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

the northern sentry Salute

A1C Wil De Vera



**5th Force Support Squadron
Hometown: Sacramento, California**
A1C Wil De Vera is a Force Management Technician who manages more than 6,000 employee records, ensuring each one is accurate and up to date. He also trained staff members from 19 Commander Support Staff teams on how to correctly update job information and performance reports, helping improve the accuracy of promotion and personnel records across Minot Air Force Base.

GAME SALUTE: FRIDAY, MARCH 6

A1C Ethan Lawson



**91st Missile Maintenance Squadron
Hometown: Canton, Georgia**
Airman Lawson has been in the Air Force for 7 months and has been stationed at Minot AFB, ND for 2 months. He joined the Air Force to pursue his education goals of achieving a Bachelor's Degree in Forensic Science and to gain professional experience. Airman Lawson enjoys working out, reading, and hanging out with his friends. He also enjoys volunteering at his church and giving back to the local youth.

GAME SALUTE: SATURDAY, MARCH 7

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.



Air Force modernizes Physical Fitness Program to bolster readiness, long-term health

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Air Force announced an update to its Physical Fitness Readiness Program (PFRP) in a Directive Type Memorandum introducing new standards and scoring models designed to better align with the demands of modern warfare and promote the long-term health of every Airman.

The modernized program is anchored in scientifically grounded health measures and a more rigorous assessment model. The goal is to enhance warfighter readiness by encouraging Airmen to build durable fitness habits that support sustained, career-long performance.

“Our new standards are designed to help Airmen build fitness habits that will serve them throughout their careers and hopefully a long life,” said Air Force Chief of Staff Gen. Ken Wilsbach. “This update is not just about increasing the physical fitness test standards; it’s about ensuring our warfighters are fit, ready, and prioritizing their long-term health.”

In conjunction with the updated program, score charts have been updated with increased minimums for each scored component, as well as separate charts now available for Occupationally Specific Physical Fitness Assessments. These adjustments are intentional and directly align with the program’s renewed emphasis on long-term health, readiness, and overall warfighter effectiveness.

To ensure a smooth transition, the Air Force will implement a baseline window for Airmen

to take diagnostic tests starting March 1, 2026. This period is designed to give Airmen time to understand the new standards, assess their current performance against the updated charts, and adjust their training focus before scoring becomes official on July 1, 2026. The baseline period will also provide the data required to assess and refine score charts in advance of full implementation of the new standards. Airmen who complete the Physical Fitness Readiness Assessment (PFRA) during the baseline period may elect to record their diagnostic test score as an official fitness test score. This may be especially beneficial for Airmen in cold-weather locations who wish to align their next due-date to a time when weather is more conducive to outdoor testing in their region.

Airmen may reference the PFRA Due Date Matrix on MyFSS in the Knowledge Base application to learn more about testing timelines.

Body composition will return as a scored component assessed in the PFRA. Airmen may elect to take this component of the test up to five duty days before assessing the remaining PFRA components.

Airmen and commanders are encouraged to make full use of diagnostic testing during this baseline period. This phase will provide valuable data to ensure the updated PFRP is implemented in a manner that is fair, accurate, and effective across the force. To support the force through this transition, a robust set of resources will be available:

Master Fitness Leaders: These trained experts will be available at installations to guide unit-level Peer Fitness Leaders and Airmen through safe and effective conditioning, reconditioning, and adaptive fitness programs.

The Warfighter Fitness Playbook: This guide offers detailed guidance on workouts, recovery strategies, sleep optimization, and nutrition—all interconnected elements essential for sustained performance.

The Pregnancy & Postpartum Performance Training Guide: To ensure comprehensive support for all Airmen, this guide provides tailored physical training and wellness recommendations for pregnant and postpartum Airmen.

The certification of the 2-mile run tracks to ensure all Air Force tracks meet official standards is in progress. Final guidance on measurement specifications (e.g. meters, feet, yards, etc.) will be published in AFMAN 36-2905.

“Airmen are the heart of the Air Force, and their readiness is essential to mission success,” said Chief Master Sgt. of the Air Force David R. Wolfe. “Our new standards are designed to prepare them for the demands of today and the future fight. They give every one of our Airmen an opportunity to grow in an important part of their lives.”

Additionally, as previously announced, PFRA scores will become part of an Airman’s annual evaluation to incorporate a full picture of an individual’s performance and contributions. Official guidance in AFI 36-



Airmen and special warfare recruits participate in physical training during Exercise Bolt and Dagger at Nellis Air Force Base, Nev., Dec. 16, 2025. The three-day exercise incorporates physical fitness as one of several foundational components that prepare Airmen for the demands of the Tactical Air Control Party mission and overall readiness.

U.S. AIR FORCE PHOTO | WILLIAM R. LEWIS

2406 released this week for implementation.

This evolution of the fitness program represents a deliberate investment in the force, ensuring

that Airmen are not only prepared for the challenges of today, but are also physically sustained for a long and healthy career.

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We'll Be Looking For You?



**A VIEW FROM
 OUR SIDE**
 ROD WILSON

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 MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

I sat down and thought about the number of non-profit groups that I either belong to or work with in the City of Minot. The purpose of this article is certainly not to brag about the number of volunteer hours I give to these organizations, but more to let you all know that there are myriad of groups that could use an extra hand, or a bunch of extra hands, in the services they provide to the community.

And then it struck me...I am the guy who writes an article for the Northern Sentry that is distributed to every housing unit and hopefully every shop and commons area on Minot Air Force Base. As my Dad would say, maybe you can "kill two birds with one stone", that being telling people about the organization, and letting you know about opportunities for volunteer help.

We'll start with the Minot Shrine Club. Members of the Minot Shrine Club are Shriners, and you may have been able to connect our group to the annual Shrine Circus. This year's circus will be held on May 7th through the 9th at the All Seasons Arena on the North Dakota

State Fairgrounds. As Shriners we try to give every young person between the ages of 5 and 10 a free ticket to the Shrine Circus. We spend hundreds of hours going from town to town handing out the tickets and soliciting businesses to help pay for the tickets.

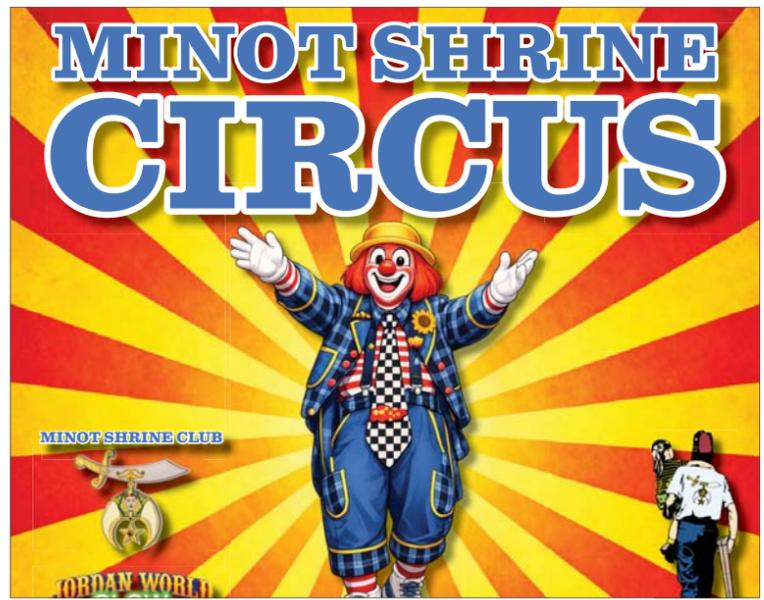
During the days of the circus, we are the volunteers that handle the parking, sell and collect tickets, sell the novelties and provide arena candy bar and cotton candy sales. There are a lot of other jobs behind the scenes that require volunteer hours. In the end, all of the proceeds from the Shrine Circus go to the Minot Shrine Club. For example, we use the money to fund travel for kids and families who use the Shrine Clinics. There is one in Minneapolis, but other Shrine Clinics around the United States also accept youth-aged patients who need specialty care.

The Red Fez that we wear lets you know we are Shriners. For more information about the Minot Shrine Club you can go to minotshriners.org, or you can contact me at rodw@srt.com.

MAGIC CITY LIONS

Lions Clubs International is one of the largest volunteer service clubs in the world. Magic City Lions is just one of the thousands of Lions clubs through the U.S. and other countries. Our meetings are held every Tuesday morning at 7:30 AM at the Parker Center. For those of you who are not early risers, there is a second Lions Club, The Minot Lions that meet at noon.

Both clubs are certainly dedicated to helping out our community. On our website, minotmagiccitylions.com, you can get a lot of information about our club and the eight pillars that serve as our global causes. The Magic City Lions do not have an event like the Shrine Circus as part of



The Minot Shrine Club Shrine Circus is our biggest event!

their volunteer activities. Instead you will see our yellow vests at a myriad of events as volunteers lending a hand.

Again, if you want to know more about the Magic City, or the Minot Lions, send me an email at rodw@srt.com.

THE DOWNTOWN BUSINESS AND PROFESSIONAL ASSOCIATION

The heart of any community is normally their downtown business district, and Minot is no different. The independent businesses and professionals that make up the DBPA are volunteers dedicated to promoting the downtown business district and surrounding area. You may have attended our largest promotion: the Downtown Minot Fall Festival. But we have several more events like the Downtown Minot Christmas Open House, the Easter Bunny Hop, the Coffee and Cocoa Crawl and our Straight Up & Toasted events. Once again, we are volunteers...promoting the heart of our community, downtown Minot.

If you want to know more about

the events in Downtown Minot, go to our website at downtownminot.com.

GET INVOLVED

I have only listed a few of the groups in Minot that need volunteers. Without people stepping up and helping out, many of these groups would not exist. Looking for opportunities? Shoot me an email at rodw@srt.com. I'll be more than happy to connect you to a group based on your time and talents.

SPEAKING OF SHRINE CIRCUS

March 14th Magic City Hoagies will host a Shrine Clowns Downtown Event. Hours are from 11 AM to 2 PM. We'll have clowns and giveaways including those always appreciated balloon creatures created by none other than Dizzy the Clown. It's free and a great family event. See you there!

TODAY'S CHUCKLE

A garage sale is where money changes hands and objects are moved from one garage to another.

The small communities are just as important as the cities



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

We seem to put a lot of emphasis on "the big four," Fargo, Bismarck, Minot and Grand Forks. And, in a way, a lot of activity is generated in those communities, so there would naturally be a lot of talk, media attention, just general support.

But let's not forget all the small towns across the state, some of which are hanging on and others that are surprisingly thriving. With a state wrestling tournament recently finished and state basketball tournaments coming up, many of the small towns that qualify for the tournaments get mentioned a lot on radio and TV because of their participation in said tournaments.

You have to keep in mind, there are numerous other communities with unique things going on, communities that don't often go to a state tournament. And, there are those that are perennial qualifiers and we get to know their names quite well, but do we know what else is happening there?

That's the challenge. Those of us who live here and are committed

to making it a better state, should consider our neighbors and what they may be dealing with, good or bad.

I want to point out LaMoure for a moment. I spent a lot of my free time there in the early 1980s. There was a Coast Guard station there, yes, Coast Guard, that's not an error. There was a communications tower called the "Omega Tower," that relayed messages from ships ocean to ocean.

As a result, the community of LaMoure had a small military presence and those personnel contributed to the local economy, so much so that the community of LaMoure built a shopping mall called the Omega Plaza.

Today, the mall is still there, and like many others, isn't filled with retail stores any longer, but there is some retail, some office space, medical clinics etc.

Even though LaMoure has lost a double digit percentage of population in the past 40 years, it's hanging on. All things considered, it's doing well. And yes, we sometimes see and hear about LaMoure in state tournaments, especially in recent football and volleyball tournaments.

I sometimes think about my hometown of Hazelton. It too was suffering from the population drain. But a couple of things happened there that have helped stabilize the population and now there are several alumni who are considering retiring there.

First, a bond issue was passed in 1999 to build a new school. That was a big boost because parents could once again believe in the local school and its mission. It also brought regional tournaments to

the gym, something that hadn't happened since the early 1960s. Not a big deal, but exposure and a little bit of extra money circulating in the community.

The second thing is many of the old buildings on Main Street were razed and new ones put up in their locations. There's a new post office, grocery store, credit union, and yes, a small mall with other spaces filled and some with availability.

Watford City has seen the opposite. The McKenzie County seat, which had about 1,300 people in 2000, temporarily grew to approximately 12,000 during the oil boom, but has now tapered off to about 6,000. Things were changing

so fast there, my wife, who grew up in Watford City, didn't recognize it when we visited one day during the peak of the boom.

The good news is, with or without oil, Watford City is now and will always be a stable economic force in northwestern North Dakota.

Cavalier, Gwinner, Elgin, Kenmare, Langdon, Garrison, Linton, Mohall, Cooperstown, Bowman, Belfield, and some of the small towns like Wimbledon and Sherwood are all doing clever and unique things to ensure their communities survive and thrive.

I suggest you visit and see for yourself!

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Cast Your Vote: Best of Minot AFB Awards 2026!

The nominees for the Best of Minot AFB Awards 2026 are in, and now it's your turn to show some love! Celebrate your favorite spots both on and off base and help honor the best of our community.

Voting is open March 6-15 — don't miss your chance to make your voice heard!

The Nominees are....

BEST EATERY ON BASE:

- Central Brew Kiosk
- Bomber Bistro
- B-Fifty Brew

BEST HANGOUT ON BASE:

- Rockers
- Lil' Riders Indoor Playground
- Entertainment Social Center (ESC) Room
- Minot Air Force Base Library

BEST LOCAL RESTAURANT IN MINOT:

- Don Tapatío
- Basecamp Indian Kitchen
- Wurst Case Scenario
- Kroll's Diner
- Try Thai Food
- Ebenezer's Eatery & Irish Pub
- Buffalo Wild Wings
- Pink's Bar & Grill

BEST LOCAL WINTER ACTIVITY/RECREATION:

- Bottineau Winter Park
- Minotauros Hockey
- Citizens Alley



BEST LOCAL SUMMER ACTIVITY/RECREATION:

- Lake Sakakwea
- Minot Food Truck Festival
- North Dakota State Fair
- Hair of the Dog 5K

BEST DAY TRIP DESTINATION:

- Medora
- Bismarck
- Fargo
- Pointe of View Winery

BEST SCHOOL ON OR OFF BASE:

- Memorial Middle School
- North Plains Elementary
- Minot North High School

BEST LOCAL NIGHTTIME HOTSPOT:

- The Original Bar and Nightclub
- Atypical Brewery & Barrelworks
- Arny's 2.0 Lounge & Bottle Shop

Vote now and help your favorites take the crown in the Best of Minot AFB Awards 2026!



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MONTHLY MEETING (Third Tuesday of Each Month)
Tuesday, March 17
1200, Rockers Bar & Grill, Minot AFB
Looking for all AFA members, and potential AFA members.

For more information contact:
Jim Bowman - nd135.president@afa.org

AFA.org

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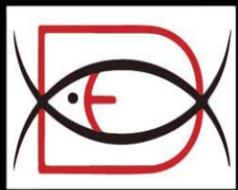
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Staying Mission Ready at Home

NATALY ZARRELLA, NORTHERN SENTRY

As global tensions rise and uncertainty lingers, military families across the nation find themselves navigating a familiar but never-easy reality: the possibility of deployment. While headlines speculate about international developments and national defense decisions, families connected to service members quietly prepare for what could come next. Emotions often run high for spouses, children and extended family members who may face the sudden absence of a loved one.

Although there is no definitive public roadmap outlining how the United States Department of War will respond to unfolding global events, including tensions involving Iran, one constant remains: readiness is essential. For service members, readiness often means medical fitness, training proficiency and mission capability. For families, readiness requires a different but equally important set of preparations.

Military leaders frequently emphasize the importance of being ready to deploy at a moment's notice, whether for a short-notice expeditionary mission or a temporary duty assignment. But experts say the question families should ask is: How ready are we at home?

Across installations worldwide, the Military and Family Readiness Center (MFRC) plays a central role in ensuring families are prepared. At Minot Air Force Base, for example, the MFRC provides a range of services designed to ease the burdens that come with separation.

"MFRC staff can connect families with units, key support liaisons, support groups and with individuals to provide assistance," according to information provided by the center. "Materials are



Military & Family Readiness Center: Where mission readiness begins at home.

available for single people who have different issues to prepare for deployment. Morale Calls, Car Care and Give Parents a Break programs are available for families that have a deployed or remote member. The MFRC also hosts regular activities for deployed and remote families."

Financial preparation is often one of the most critical steps in reducing stress during deployment. Experts recommend setting bills to automatic payment and notifying companies such as cell phone providers or auto insurance carriers about deployment status to request service pauses or cost reductions when applicable. Establishing a clear financial plan can prevent unnecessary complications if communication becomes limited.

Legal readiness is another essential component. Powers of attorney should be updated

to allow a spouse or trusted individual to manage matters such as vehicle registration, tax filings, property transactions or child-related decisions. This is particularly important for single parents or dual-military couples, where responsibilities may shift quickly.

Service members are encouraged to utilize their installation's legal office for assistance with these important documents. Base legal offices provide free services to eligible members, including drafting wills and preparing powers of attorney tailored to individual needs. Legal professionals can also review existing documents to ensure they are current and compliant with state and federal requirements. Taking advantage of these services before a deployment can prevent delays and reduce

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Minot AFB Military & Family Readiness Center a place for service members and families can seek assistance in ensuring they are keeping their home mission ready.

uncertainty for loved ones left at home.

Though often uncomfortable to discuss, wills and estate planning are equally important. Because service members may face unique occupational hazards, having a current will ensures that property and assets are distributed according to their wishes. Without one, loved ones could face additional legal and emotional strain during an already difficult time.

Identification cards for dependents should also be reviewed. If a dependent's military ID is set to expire during a deployment, families are encouraged to renew it in advance or ensure required documents are readily available for renewal while the service member is away.

Technology has made staying connected easier than in previous decades, but communication during deployment is not always guaranteed. Internet access may be limited, and mission requirements can interrupt regular contact. Families and service members alike

are encouraged to develop both a Plan A and a Plan B for handling finances, household maintenance and emergencies.

Ultimately, readiness extends beyond physical fitness tests and mission checklists. True readiness includes peace of mind. When personal affairs are in order and families know where to turn for support, deployed service members can focus on their responsibilities without added worry about unresolved matters at home.

In times of uncertainty, preparation becomes a form of strength. Ensuring that both service members and their families are ready can mean the difference between a deployment weighed down by avoidable stress and one carried out with confidence that home is secure.

For families seeking assistance, the Military and Family Readiness Center at Minot Air Force Base can be reached at: Military and Family Readiness Center 291 Peacekeeper Place, Minot AFB, ND 58705, 701-723-3950.

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MEMORIES OF MAIN STREET

Kim Fundingsland



The beginning of the Magic City all started in downtown Minot, the heart of sales and services for a rapidly growing community emerging on the fading frontier. Of course, over the years there's been lots of changes. More people. More businesses. More opportunities. Expanded city limits.

Interestingly though, are the buildings on Main Street where almost all city activity was funneled for many years – banking, shopping, medical services, entertainment, restaurants, railroad passengers. A surprising number of those early day buildings still overlook downtown. No, not the earliest ones that succumbed to fire or were torn down, but certainly several that easily surpass 100 years.

One of the anchors of early day Main Street remains in place today – the former 1st National Bank building at the north end of the street. The first bank on that location was the Great Northern, established in 1897.

“That building stood until it was demolished in 1929 to make room for a new bank,” said Dave Lehner, creator and historian for Minot Memories. “There's been a bank on that corner for well over 100 years.”

A bank in the center of business in a growing community was quite fitting. Across the street to the east in those early days was the Leland Parker Hotel, Minot's first hotel with electricity and its own septic system.

One of the older structures on Main Street is the

Scofield Block building constructed in 1905. It was built by James Scofield, Minot's first mayor.

The Fair building, originally built by the Ellison brothers, still stands on a corner of south Main. It housed Ellison's Department Store which had expanded from its 25-foot-wide location to 50 feet by annexing an adjacent business.

There's something about walking the sidewalks on Main Street today, thinking about all the history associated with the early days of Minot. It really wasn't very long ago when horses watered from a fountain on Main, and cars mixed with horses and wagons and people.

Those days are gone now, but many of the buildings that played important roles in Minot's history remain in use today.



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SEEING THE UNSEEN: HOW 5MXS' NONDESTRUCTIVE INSPECTION SPECIALISTS CHECK WHAT EYES CANNOT

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KENDRA A. RANSUM



Airmen from the 5th Maintenance Squadron nondestructive inspection (NDI) shop practice inspection procedures on training equipment at Minot Air Force Base, North Dakota, February 5, 2026. NDI specialists use noninvasive methods to identify possible defects in systems and equipment before anything can become hazards.



Airman 1st Class Brendan Conklin, 5th Maintenance Squadron nondestructive inspection technician, simulates activating the X-ray system at Minot Air Force Base, North Dakota, February 5, 2026. The NDI shop takes several precautions to safeguard its members while working near a radiation area, including using a Geiger counter, wearing a warning device to detect if local radiation levels are too high, and wearing a thermoluminescent dosimeter to track an individual's lifetime exposure to radiation.



Airman 1st Class Krizel Tuazon, 5th Maintenance Squadron nondestructive inspection (5MXS NDI) technician, places an engine oil sample into an analyzer at Minot Air Force Base, North Dakota, February 5, 2026. The 5MXS NDI shop, through the Joint Oil Analysis Program, is responsible for testing the oil for all types of aircraft for Minot AFB and other bases that send in their engine oil samples.



U.S. Air Force Tech. Sgt. Lorenzo Yanez, 5th Maintenance Squadron nondestructive inspection (NDI) non-commissioned officer in charge, lays a test plate on top of a blank sheet of X-ray film at Minot Air Force Base, North Dakota, February 5, 2026. NDI specialists utilize tools such as X-rays and ultrasonic inspection kits to inspect the interior of a piece of equipment without requiring it to be opened or dismantled.

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<p style="font-size: 0.7em;">SOURDOUGH CLASS</p> <p style="font-weight: bold; color: green;">FRIDAY</p> <p style="font-weight: bold; font-size: 1.2em;">2:30</p>	<p style="font-size: 0.7em;">SOURDOUGH CLASS</p> <p style="font-weight: bold; color: green;">FRIDAY</p> <p style="font-weight: bold; font-size: 1.2em;">5:30</p>
<p style="font-size: 0.7em;">KOKEDAMA CLASS</p> <p style="font-weight: bold; color: green;">SATURDAY</p> <p style="font-weight: bold; font-size: 1.2em;">12:15</p>	<p style="font-size: 0.7em;">SEED STARTING CLASS</p> <p style="font-weight: bold; color: green;">SATURDAY</p> <p style="font-weight: bold; font-size: 1.2em;">2:30</p>

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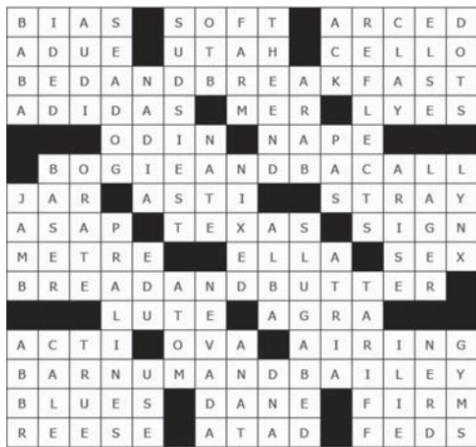
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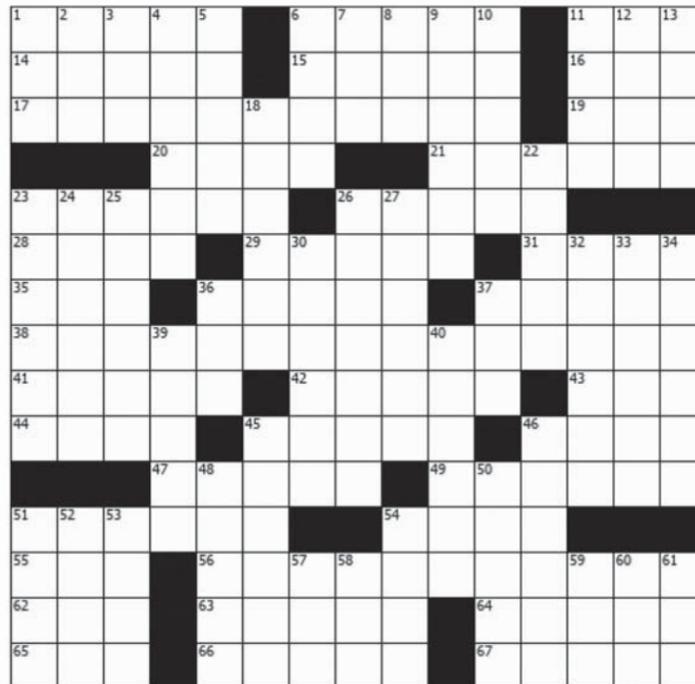
Solution to puzzle on page B10

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

CROSSWORD PUZZLE

Across

1. A funny thing happened on the way here
6. Entrance into society
11. Toward an airplane's tail
14. It has a flat neck
15. Pica alternative
16. Sine ___ non
17. Mom's cure-all
19. It may be bookmarked
20. Delilah portrayer
21. Remembrance of things past
23. Birthplace of Saint Francis
26. Person who digs hard rock?
28. Bright light in the big city
29. Characters in a Tchaikovsky ballet
31. Beatles song "Back in the ___"
35. Street in some movies
36. Baby kangaroos
37. Conductor Zubin
38. Meals for fundamentalists?
41. Something acquired at a wedding?
42. Poetic grief
43. Garner
44. Early offspring
45. Famous person, informally
46. Stubborn creature
47. Forest place
49. Someone making amends
51. Legendary lumberjack
54. Protection (Var.)
55. Compass dir.
56. An easy crossword, e.g.
62. "Cries and Whispers" star Ullmann
63. Declare legally void
64. Golf course shouts
65. Terminate ungraciously



Down

1. Govt. broadcast regulators
2. Amazed exclamation
3. Bonds stat.
4. Oliver Twist, for one
5. Fabricates
6. One-third of a liar's policy
7. Overhead trains
8. Life story, shortly
9. Complete reversals
10. Conical quarters
11. Marine or plane starter
12. Roll up, as a flag
13. Like some orders
18. Inventor with a bright idea
22. Oil container
23. Lacking vitality
24. Late Mexican-American vocalist
25. Certain dweller along the Horn of Africa
26. Something to dance around
27. Brogan cushion
30. United
32. James Clavell novel
33. Political writer Sir Richard
34. Set of horizontal lines
36. Skull part
37. Cause damage to
39. Having a sharp flavor
40. Island united with Trinidad
45. Eyetooth
46. 1980 Olympics site
48. City in western Bolivia
50. Spats
51. Lugosi of "The Raven"
52. Computer operating system
53. Field of granular snow
54. Snakelike fish
57. Naval off.
58. Director's cry
59. Stepfather of John F. Kennedy, Jr.
60. It's tapped into
61. Road shape, sometimes

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North Plains Chapel
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(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

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1000 on 1st & 3rd Saturdays

Hof (Norse Pagan)
1700 on 2nd & 4th Wednesdays

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE
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Saturday, March 7
5PM, Great Vespers

Sunday, March 8
10AM, Divine Liturgy

Father Bill Neumann



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Minot, ND 58701
701-852-6404
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
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Confirmation (grades 6-8)
Psalm23Teens (6-8pm)
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Lenten Worship Service (7pm)



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Worship 10:30 a.m.

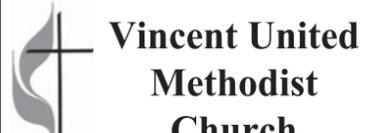
www.trinitychurchminot.org



Worship Service
10:45am Sundays

Sunday School
9:45am

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org



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



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10:00am Sundays

Pastor Larry Borud
Pastor Bob Paulson

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Northlandharvest.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



Faith United Methodist Church

5900 Highway 83 N, Minot
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.



Immanuel Baptist Church

1615 2nd St. SE
www.ibcminot.org
701-839-3694

SUNDAY 9:00am Coffee & Fellowship
9:15am Sunday School
10:30am Worship

WEDNESDAY 11:30am Soup Kitchen
5:45pm Family Supper
6:15pm K-5th & Middle School Start
6:30pm HS & Adult Start

Pastor Brian Keithline

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

Fr. David A. Richter, Pastor
Parish website: www.stjohnminot.com



First Lutheran Church - ELCA
120 5th Ave. NW
852-4853

Sunday Worship 9:30 am

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Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets

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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
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Pastor David Miller



Southern Baptist Convention

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

www.minotcrbc.org
email: minotcrbc@gmail.com
Gabe McCormick- Pastor

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



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
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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
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839-4663
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200 3rd St. SW • 852-4533
www.fbcminot.org

Classic Worship Service 8:30 a.m.
Sunday School (All Ages)..... 9:45 a.m.
Contemporary Worship Service..... 9:50 a.m.
Adult Sunday School 11:00 a.m.
Contemporary Worship Service..... 11:05 a.m.
Children's Church 11:05 a.m.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
Located off Hwy 83 Bypass West
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Saturday School 2:00 p.m.
Sunday Worship 3:30 p.m.
Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

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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.



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.

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Minot Parks Snowshoe Trails Open at Oak Park!

MAGIC CITY DISCOVERY CENTER

While the cross country trail crew requires 7-8 inches of snow on the ground to groom ski trails, recent conditions have allowed crews to prepare trails in Oak Park that are perfect for snowshoeing enthusiasts.

Snow may be scarce this year, but we're still making our own winter fun! Thanks to the hard work of our trail crew, visitors can enjoy two groomed loop options: an outer loop measuring approximately one mile and a shorter inner loop of about half a mile.

"We're excited that, even with so little snow this year, our crews were able to groom Oak Park trails for snowshoeing," said Elly DesLauriers, Minot Parks Executive Director. "With warm temperatures coming within the next week, this

may be our one and only chance of the season!"

The trails are also suitable for skis and HOK skis, offering another great way to get outside and enjoy the frozen white fun while the cooler weather lasts.

Need equipment? Snowshoe rentals are available at the Main Office, located at 420 3rd Ave SW. Bundle up, get outside, and make the most of winter at Oak Park!

For more information, please call the Minot Park District office at (701) 857-4136.

Minot Park District
Ashley Gathman
Director of Marketing and Development
(701)857-4136
ashley@minotparks.com
www.minotparks.com

Minot UFOs Return

JAYME L. JOB
DAKOTA DATEBOOK

An unbelievable UFO sighting occurred on this date over the Minot Air Force base in 1967. Unbeknownst to many North Dakotans, the state has proved fertile ground for UFO sightings for several decades. In fact, the state even has a connection to the first UFO sighting in history, when the term "UFO" was first coined.

That 1947 event began over Washington state, when pilot Kenneth Arnold "...spotted nine unidentified objects flying near Mount Rainier." Arnold's report led reporters to term the entities, 'unidentified flying objects,' or UFOs. Arnold grew up in Minot, attending grade and high school there during the 1920s and '30s. After the initial description and media coverage, UFO sightings became much more common. In response, the Air Force created a catalog of UFO sightings in an attempt to chronicle and explain the phenomenon. Referred to as "Project Blue Book," the catalog documents dozens of UFO reports from North Dakota, most taking place near the Minot and Grand Forks Air Force Bases.

The UFO sighting on March 5, 1967, took place only three days after two sightings were reported near Mohall and Velva. Then on March 5, Minot Air Force Base security teams were alerted when Air Defense Command radar detected an "...unidentified target descending over the Minuteman missile silos of the 91st Strategic

Missile Wing..."

When security police responded to the call, they saw a large metallic disk hovering over the missile silos. The disk was ringed with bright flashing lights. Before F-106 interceptors at the base were scrambled, the UFO left the silos, moving first over the launch control facility, and then climbing straight up into the air before taking off at an "incredible speed."

Between the years of 1967 and 1968, a number of UFO incidents occurred at or near the nuclear missile sites in North Dakota. One eyewitness, Lt. David Schuur, claimed in interviews that a brightly lit UFO hovering near missile sites in 1967 was responsible for initiating a launch sequence at the Echo Launch Control Center. Once the glowing object left the vicinity, Schuur was able to activate the launch inhibit switch. Robert Hastings, the professional UFO reporter who interviewed Schuur, called the interview "one of the most disturbing" of his career.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.



Upcoming Events

11 MAR ST. PATRICK'S DAY SUCCULENTS AND SIPS
6:00PM-8:00PM
Minot Parks Horticulture Department, 300 14th St NE

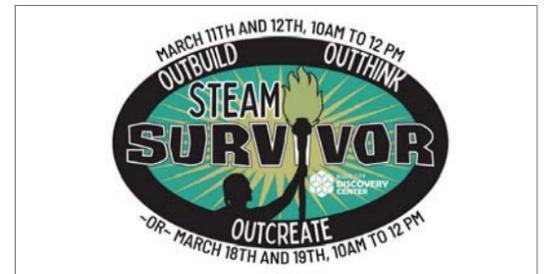
We had such a blast at our last Succulents & Sips event that we're doing it again for St. Patrick's Day! Cost: \$25. This event is 21+. This session will be a little different. We'll be planting one festive favorite, a lucky shamrock plant! If you joined us last time, don't worry, we'll be planting something new! Bring your favorite drink (BYOB), enjoy some tasty snacks, and get ready for a night full of fun, laughs, and greenery. Spots are limited, so grab yours and let's celebrate with some green vibes and good times!



For more information:
Facebook / Minot Parks/ events

11-12 MAR STEAM SURVIVOR CAMP
10:00AM-12:00PM
Magic City Discovery Center, 1545 1st Street NW, Minot

Can you out-build, out-think, and out-create in our STEM Survivor Camp? Join your "tribe" for two days of hands-on fun as you tackle engineering builds, mystery puzzles, and creative challenges inspired by the hit show Survivor! Work together to complete team tasks, earn tribe tokens, and design your own flag. Who will become the Ultimate STEAM Survivor? Ages: 8-13 years old Dates: March 11th - March 12th (2 Day Class). Time: 10:00am - 12:00pm. Location: Community Rooms at the Magic City Discovery Center. Cost: Cost: \$48 for Non-Members, \$43.20 for MCDC Members, \$38.40 for Military Members



Sign up today:
www.magiccitydiscoverycenter.com

22 MAR PANCAKES WITH THE EASTER BUNNY
7:00 PM
Minot Loyal Order of the Moose, 400 9th Street SW

Adults eat for \$5 Children under 12 free. Enjoy a hearty pancake and sausage with orange juice breakfast. Kids will be able to take a photo with the Easter Bunny.



For more information:
Facebook / Minot Loyal Order of the Moose/ Events

27-29 MAR MINOT RIFLE & PISTOL CLUB SPRING GUN SHOW
VARIOUS TIMES
All Seasons Arena, 2005 Burdick Expressway East

The Minot Rifle & Pistol Club Gun Show has upcoming dates scheduled in Minot, ND. This Minot Gun Show is held at All Seasons Arena, North Dakota State Fairgrounds and hosted by Minot Rifle & Pistol Club. All federal and local firearm laws and ordinances must be obeyed.



For more information:
Facebook / Minot Rifle & Pistol Club/ Events

10 APR THE BIG ONE - MINOT SPRING SHOW
10:00AM-12:00PM
ND State Fair Center, 2005 Burdick Expressway East

The 35th Annual Minot Spring Show includes over 250 booths showcasing products handmade from across the US. Over 175 exhibitors will fill their booths with arts, crafts, and baked goods that all have a touch of being handmade. Admission: \$5.00. Friday, April 10th, 2026 - 10am - 8pm Saturday, April 11th, 2026 - 9am - 5pm



For more information:
https://thebigone.biz/minot-spring-show/

NEW Community at the Northern Sentry

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



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



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Fire-Smart Starts Here: SPARKY'S March Safety Tips

- Piles of old magazines and other flammable materials can easily ignite and spread a fire. Be sure to properly dispose of any clutter around your home.

- Check for any frayed or damaged electrical cords and replace them immediately. Avoid running cords under rugs or furniture.

- Keep your grill at least 10 feet away from your house and any other structures. Never leave a grill unattended and be sure to properly extinguish the coals when you are finished.

- If you are planning on having a campfire, be sure to build it in a safe location away from any trees or other flammable materials. Never leave a campfire unattended and be sure to completely extinguish it



SPARKY SAYS
MINOT AFB FIRE & EMERGENCY SERVICES

before you leave.

- Clean the lint from your dryer's lint trap after every use. The buildup of lint can be a fire hazard.



A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST FLIGHT OF SIKORSKY HH-53B HELICOPTER
MARCH 15, 1967



A flight engineer looks over a minigun while his helicopter flies in formation with a Sikorsky HH-53C Super Jolly Green Giant of the 40th Aerospace Rescue and Recovery Squadron, Vietnam, October 1972.

(Ken Hackman, U.S. Air Force)

On March 15, 1967, the "Super Jolly Green Giant," or the Sikorsky HH-53B helicopter, made its initial flight. At the time, the HH-53B was the largest, most powerful, and the fastest helicopter in the United States Air Force. The maiden flight of 66-14428 took place in Stratford, Connecticut and was piloted by James R. Wright and Patrick A. Guinn. The helicopters were then sent to the 37th Air Rescue and Recovery Squadron at Eglin Air Force Base, Florida and Vietnam to perform combat search and rescue missions, as well as special

operations. The aircraft were key participants in the Son Tay Raid, where joint military forces flew a covert night mission to a POW camp in Vietnam to rescue American prisoners. By 1988, the HH-53s were modified to a new special operations configuration. In 2007, 66-14428 was retired to The Boneyard in Tucson, Arizona, and all of the models were withdrawn by September of 2008.

Information courtesy of: thisdayinaviation.com/history.net

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In January, taking a deep breath hurt.

It wasn't gradual. I woke up one morning uncomfortable, and within a few days the discomfort had spread. Deep breaths were sharp. My upper back ached. Awful headaches ensued. My muscles felt tight and irritable — and if I'm honest, so did I.

Pain has a way of shrinking your world.

I've been seeing Dr. Matt at Cornerstone Chiropractic for just over a year. Low back stiffness and lingering lower-body tightness is our main focus. But at my next appointment, when he asked about my usual issues, I surprised him.

"I need you to look at my shoulder blade," I said.

During the adjustment, he found something unexpected: a rib out of place.

This had only happened to me once before — during my first pregnancy — and that rib issue was low. This one was so high in my back that it didn't even occur to me that it could be a rib. Dr. Matt explained that this kind of issue isn't uncommon in winter. Cold weather makes us tense our shoulders. We lug heavy winter gear. We hunch against wind. Sometimes it's just a fluke.

It took two appointments a week for several weeks to keep that rib in place. The pain decreased. It shifted. It wasn't sharp anymore — but it was still oppressive.

So I went back again, this time I saw Dr. Ben.

It wasn't the rib out of place. Now, the residual issue was muscular.

And this is where I was reminded — again — why Cornerstone's approach is different. They don't treat symptoms in isolation. They treat people as whole systems.

Instead of stopping at "the rib is fixed," we looked deeper.

The root of the problem, he

suggested, might be posture. Not dramatic slouching. Not cartoonish bad posture. But rounded shoulders. Tech neck. The subtle forward drift that comes from working on a computer, holding a phone, driving kids around, living modern life.

When your shoulders round forward, constant stress is placed on the muscles between your shoulder blades. Over time, those muscles fatigue. They strain. They struggle to heal — especially if the structural alignment underneath them isn't ideal.

The rib may have been the trigger. But posture was likely the pattern.

Our focus shifted.

Months ago, I had started using the Denneroll — a posture-correcting device designed to restore the natural curve of the spine. But like many good habits, my progress derailed around the holidays.

Now I've resumed using it daily, focusing on lifting my collarbone and restoring the curve my spine was designed to have. In just the past month, I've seen noticeable progress.

We've also incorporated SoftWave therapy to support muscular healing in my upper back. The improvement has been significant.

But here's what stands out most:

For the first time in years, I'm able to focus on a new area of my body because my lower back is holding the progress I've made.

The changes there have stuck.

I'm not constantly chasing the same pain cycle.

That stability has given me the freedom to address something new.

That's what whole-body care looks like.

It's not crisis management. It's not just "fix what hurts today." It's building structural strength and alignment so your body can support itself long term. It's recognizing that



AMY ALLENDER

posture affects muscle health. That muscle health affects inflammation. That inflammation affects mood, sleep, and energy. That everything is connected.

Cornerstone has never treated me like a complaint to solve. They treat me like a person to support.

We've talked about posture, muscle balance, alignment, stress, and even broader wellness concerns that may warrant conversations with my primary care manager. They're not working against traditional medicine — they're working alongside it, helping me understand what questions to ask and what systems might be involved.

There's something empowering about that.

When you understand how your body connects — structure to muscle to habit to lifestyle — you're not just reacting to pain. You're participating in your own wellness.

What started as "it hurts to breathe" turned into a reminder that healing isn't always linear — and that surface-level fixes rarely tell the whole story.

Sometimes it's a rib.

Sometimes it's posture.

Almost always, it's connected.

And when your care team sees the whole picture, you start to see it too.



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Vehicle maintenance tasks drivers don't want to overlook

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

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

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

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

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

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

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

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



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From War Skies to White Coats: The Beck Family's Journey Through Service and the Berry Plan

JOANNE RADEMACHER, CONTRIBUTOR

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Navy Lieutenant Linwood Beck



Dr. Richard Beck, an internal medicine physician

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This is the story of a young Navy pilot, his son the physician, and the Berry Plan. On September 7, 1945, Joycelyn Beck, wife of Navy aviator Linwood Beck, gave birth to identical twin boys, Richard and Charles.

Navy Lieutenant Beck flew PBY sea planes during WWII rescuing downed pilots in the Pacific Ocean. He had been stationed in the Aleutian Islands, Pearl Harbor, and the Solomon Islands. After returning to the mainland, he was stationed in Pensacola, Florida where he worked as a flight instructor.

This was where his sons were born. In October 1945, after Lt. Beck's Honorable Discharge, he moved his young family home to Fergus Falls, Minnesota and civilian life.

According to Richard (Dick), his dad never talked about his service. It still scared him. Dick did learn of a time when LT Beck was scheduled for a flight out of Hawaii that was bumped to a later time. The earlier

scheduled mission went down and the whole crew was killed.

Life in Minnesota was peaceful and the family thrived. Linwood and Joycelyn grew a business and added two more sons to the family. Dick and Charles (Chuck) were equally matched scholastically and athletically, graduating from high school in 1963. Both went on to study at University of Minnesota, receiving student deferments of military service which allowed them to finish college and apply for medical school. Here is where we begin to follow Dick's experiences with the Berry Plan and military service.

In 1945, the Draft was allowed to expire. Reenacted in 1948 and until 1973, through war and peace, men were drafted to fill vacancies not filled by volunteers. Physicians had been drafted since WWII and could be forced to suspend any remaining training they were in. Frank Berry, M.D., was an Assistant Secretary of Defense from 1954 to 1961. He devised a way to allow U.S. trained physicians to defer military service until they had completed medical training. The Berry Plan allowed deferment until they completed

one year of internship, one year of residency, or fully completed a residency program. Most, although not all, were allowed to complete residency before service. The Plan ended in 1973 with the last four physicians completing training and entering service in 1980.

Dick signed onto the Berry Plan when his college deferment expired and he was about to enter medical school. It would allow him to complete residency before active service. At this point he was commissioned First Lieutenant Richard Beck. In September 1966, he married his high school sweetheart, my sister, Mary. My family was very blessed that day! They made their home in Minneapolis where he began medical school twelve days after the wedding.

In the fall of 1969 during his senior year of medical school, 24 year-old 1st Lt Beck and Mary made a road trip west. He interviewed for residency in Internal Medicine in Denver, Salt Lake City, Portland, and Seattle which triggered a rather involved selection process between hospital programs and graduates.

They didn't know until April where they would be in June. 1st Lt



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Beck's first choice was Denver where he was one of only twenty residents chosen out of fifteen hundred applications. His specialty required three years of residency with no internship.

During residency in Denver, the 1st Lt worked in the University of Colorado Medical Center, the Denver VA, and Denver General Hospital. Denver General moved into a brand new facility in 1971 so he enjoyed working in a state of the art hospital. The young couple enjoyed their years in Denver where Mary gave birth to their first son.

In April 1973, nearing the end of his residency, 1st Lt Beck got orders to report to Hill Air Force Base at Ogden, Utah. At about the same time, he signed a one-year contract with the St. Cloud Medical Group. From Denver, the Becks moved to St. Cloud, Minnesota where he fulfilled fourteen weeks of his contract before moving to Utah.

The first step into active military service took 1st Lt Beck to Sheppard AFB at Wichita Falls, Texas for two weeks of orientation to Air Force standards and protocols. It was at Sheppard he was commissioned Captain Richard Beck. He also got his first military hair cut which included a bleeding "ear cut"! Mary remained in St. Cloud where she took a cab to the hospital to give birth to their second son. I'm sure that's a familiar scenario to many military wives!

In September 1973, the growing Beck family moved to Utah. Their first home there was about 5 miles off base, in a motel at the base of

the Wasatch Mountains. The scenery was great but as the only Internist on base, Capt Beck was on call 24/7 making life difficult for him and for Mary, who was often alone in a motel with a two year-old and a newborn. One night, when the base commander, a General, was in the emergency room needing attention and the Internist wasn't available, the General was taken to the city hospital for treatment. The next day, a house on base was found for the Becks.

Again, Capt Beck was fortunate to work in a new hospital which was built during his first year on base. After the first year came his commission to Major Richard Beck. Hill AFB was a logistics base where supplies were shipped in, then sent off to Vietnam. No combat casualties were treated there. About 30% of his patients were on-base active duty and the other 70% were retired military personnel who lived in the area. Internists treat many elderly patients so even in private practice Dr. Beck served many veterans.

From Utah, it was back to St. Cloud in September 1975 to finish out his contract, and for the birth of their third son. The family was complete. From there they spent nineteen and a half years in Fergus Falls, MN and two years in Corvallis, OR. Then,

returning to Minnesota, Dr. Beck practiced at Park Nicollet Clinic in Minneapolis for over 29 years until retiring the 8th of January this year.

Dr. Beck looks back fondly on his two years at Hill AFB. He says the best part was that it was a good training ground for a doctor fresh out of residency under the umbrella of Uncle Sam, on base housing, along with Base Exchange and Commissary. The Officer's Club was always the best local restaurant.

They got to know a lot of good people there and appreciated the professionalism and friendship afforded them.

Following his father's example, Dr. Richard Beck brought his passion for saving lives and pursuit of excellence to his service in the United States Air Force. Led into it by the Berry Plan, young Major Beck left Hill AFB for private practice with a sense of accomplishment and priceless experiences in medicine and life.

Dick has always been a go-to guy when our family needed kindness and strength. With humility and a caring heart, he shares his vast medical knowledge when needed. Nobody is perfect, but Richard Beck is perfectly one with us in love of God, family, and country.

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Operation Round Up Grant Boosts Ward County Carousel Restoration Project

PIONEER VILLAGE MUSEUM

A project by the Ward County Historical Society to restore an antique, 24-horse carousel got a boost from Verendrye Electric Cooperative members with a \$1,500 grant recently.

The grant came from Verendrye's Operation Round Up program, which is funded by Verendrye members who voluntarily round their bills to the nearest dollar each month. A board comprised of Verendrye members decides on the grants three times a year.

Dan Caswell, president of the WCHS, said he and all the volunteers appreciate the grant.

"Volunteers spend hundreds of hours working at the Pioneer Village and donations like this help us preserve the history of Ward County and create a place for community events and gatherings," Caswell said.

The WCHS operates the Pioneer Village Museum, located in Burlington. The museum has several historical buildings and artifacts. Volunteers are currently restoring the carousel that used to be located at a Minot park. Work includes painting the horses and restoring the wood. Plans are to restore the carousel to a usable condition and house it inside a building.

"There's some really neat things to see at the Pioneer Village and Verendrye is proud to support all of the dedicated volunteers that have a passion for Ward County and its history," said Verendrye Member Services Manager Tom Rafferty.

The museum currently has several projects underway that are in need of funding, and they also need funding for general operating funds. If you would like to make a donation the organization is a 501c3 and donations are tax deductible.

They have recently been donated a generous collection of antique firearms, and they want to build a gun museum. They are also in need of a building to house museum owned vehicles as well as loaned vehicles. The erection of this building will enable them to empty out their maintenance building so they can get their machine, upholstery, wood working, etc. shops set up and do restoration and maintenance work on their artifacts. This building, even though it is up and being used, needs funds for insulating and



Left to Right: WCHS Board Members Sheldon Albertson and Suzy Bergan, WCHS President Dan Caswell, Verendrye Electric's Tom Rafferty, WCHS Board members Bob Bruhaug, Steve Perry and Jim Norlin

completing the interior.

The museum is open Wednesday through Sunday from early spring until late fall and is available at other times with a phone call. They are also available for family reunions, weddings in their church and other events.

This summer they have three large events scheduled:

- June 20 and 21: Pioneer Days Weekend
- July 11 and 12th: Anniversary Celebration for our Nation's 250th, the Museum's 75th and Northern Bottling Pepsi's 75th.
- Aug. 1 and 2: Car, truck, tractor, motorcycle, snowmobile & etc. show.

These events all start with a free will pancake and sausage

breakfast each day from 8 a.m. to 10 a.m. There will be live and DJ music all day, food trucks, flea markets, rummage sales and hayrides. For the July 11 and 12th event, there will also be a petting zoo from Rocky Top Farms! The museum does not charge admission; it is entirely supported by volunteers and donations.

For more information on the Museum see their web page at <https://www.wardcountyhistoricalsociety.com> or their Facebook page. You can also call 701-839-0785. They are located on the South side of Highway 2 & 52, just east of the east Burlington entrance at 8181 Highway 2/52 West, Burlington, ND 58722.

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From Place to Place A Life in Motion, A Voice in Words

FATIMZAHRA ELBOUAB, NORTHERN SENTRY INTERN

Growing up as a military child, moving from place to place fueled my love for travel and storytelling. I believe that stories are more than words, but the foundation of history and all we remember. Knowing we will one day become part of the past, I find it important to preserve stories and experiences. Having lived in seven different places, including Minot, each move gave me a new perspective and curiosity about the people around me. Writing has been my way of understanding the world, and journalism is the perfect combination of that curiosity, perspective, and storytelling.

and I am 16 years old. My love for writing began in second grade, and by eighth grade, I had published the first book of my trilogy, "Drowning Truths." It's available on Amazon here: <https://a.co/d/0hRAEgsq>. Since then, reading and writing has been a central part of my life, shaping how I see the world and connect with others.

I attend Minot North High School, where I am involved in the National Honor Society, FBLA, HOSA, Keystone Club, Science Olympiad, FRC Robotics, and Speech. In Student Congress, I placed first in House 3 at the state competition, becoming a state champion. I am also on the swim,

track, and varsity wrestling teams, placing sixth at 118 pounds at the state tournament. Outside of school and athletics, I enjoy traveling, scrapbooking, photography, and spending time with my family. I have played the piano for 11 years and competed in piano competitions, earning second prize at the Jugend Musiziert competition in Germany. I also enjoy playing the cello and studying new languages such as German, while continuing to enhance the current languages I know, which are Turkish and Moroccan Arabic. Learning new languages has helped me see the world from different perspectives. I am interested in aerospace engineering, biochemistry, neuroscience, and astrophysics, and I aspire to be an astronaut, neurosurgeon, and U.S. senator.

I am drawn to journalism because it combines my love for writing with the world around me. I enjoy meeting new people, hearing their stories, and sharing



Fatimzahra Elbouab sits in the North Dakota State Capitol chambers in Bismarck for Student Congress.

those experiences with others. This internship is an exciting opportunity for me to enhance my writing skills and explore new ways to tell stories that matter. I hope to grow both as a journalist and storyteller, bringing passion and

a new perspective to every piece I work on. I look forward to learning from the team, meeting readers, and contributing meaningful stories while continuing to develop my voice as a writer.



Fatimzahra and her siblings enjoy the view from Kotor Fortress in Montenegro.



Fatimzahra Elbouab performs piano for the First County Councilor at the Jugend Musiziert Award Ceremony in Kaiserslautern.

NOTES ON BEING SAFE

THE SECOND IMPACT IS OFTEN THE DEADLIEST

Americans love football, hotdogs, apple pie and wearing seat belts. Well, maybe Americans aren't too thrilled about wearing seat belts.

In fact, according to statistics compiled by the Department of Transportation, in 2017 (the most current data year) there were 17,452 fatalities in which restraints were not used, or an average of 349 deaths annually per state.

What many people fail to realize is that during most vehicle accidents, occupants experience two separate impacts. First, there is the initial impact. This occurs when the vehicle hits another object, but this impact alone may not be enough to cause serious harm. The second impact is the culprit behind most car injuries.

Sir Issac Newton's first law of motion comes into play here. Simply put, the law states that every object will remain in motion until acted upon by an outside force, and the results can be deadly.

The second impact occurs inside the vehicle after the force from the initial impact turns the occupants into flying projectiles, slamming them into the dashboard, windshield, or other hardened parts of the interior. Imagine this: A car traveling at 50 miles per hour (MPH) hits a stationary object and comes to a complete and sudden stop. An unbelted occupant and everything inside the car not secured will continue to travel at 50 MPH. Go a step further and compute the force with which the occupant will hit a stationary object inside the car—the vehicle's dash for instance. An occupant weighing 160 lbs traveling at a speed of 50 MPH, the force generated at the point of impact will be 8,000 pounds! Not too many bones in the body can withstand that kind of punishment; you can only imagine the damage to internal organs and soft tissue from a blow of 4 tons. Unlike a vehicle that can be repaired or replaced, the human body isn't easily repaired and is impossible to replace.

Nothing can prevent the second collision; it's a law of physics. The only thing that can be done is to reduce severity. Fortunately, there is a device inside your car that is designed for just that purpose: your seat belt.

The seatbelt wraps across the torso and waist of the driver and passenger to give the body something softer to absorb the impact. It also helps protect your body from being injured by the unyielding hard surfaces of metal and plastic on the inside of your car. Seatbelts keep you behind the

wheel where you can continue to drive and possibly take further evasive action, and also prevent you from being ejected from the vehicle—one of the biggest causes of motor vehicle fatalities.

Many new cars come with airbags and this feature gives some motorists a false sense of security. Airbags are passive devices, not active systems like seatbelts that require your action to latch. Passive can be good, because it's easy, but may not necessarily be as effective. Statistically, fewer injuries and fatalities occur in crashes of vehicles equipped with airbags, (overall, airbags reduce driver deaths by 14 percent and passenger deaths by 11 percent) but the deployment of an airbag alone during a high-speed collision may not be enough to save the life of an unbelted occupant.

Although some new cars offer side airbags, many do not. Dash mounted airbags offer no protection at all from side or rear collisions, only from the front. Supplemental don't offer during roll-overs, either. Wearing a lap belt keeps you anchored to the car seat and your shoulder belt keeps your upper body

from pitching forward and hitting the airbag as it deploys. Remember, airbags are designed to compliment seatbelts, not replace them.

According to the National Highway Traffic Safety Administration, seat belt usage across the United States is on the rise and recently topped 80%. Seat belt compliance rates on most bases is over 99%, but the fact that Airmen continue to lose their lives off base by failing to buckle up suggests that off-base use still has massive room! for improvement. Supervisors are often faced with a tough job changing the ingrained habit patterns of Airmen who may have spent 18 or more years of their lives not wearing seatbelts. Persistence, sincerity, example, and constant awareness are the keys to success.

What choices do we have? Without the belt, people can look forward to skull fractures, facial lacerations, broken teeth, ribs and other nasty internal injuries and in the worst case, even death. The final decision is up to you. I know the choice I'll make. Remember, if the first impact doesn't get you the second one just might.

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From Minot North to Bismarck: Evan Berg's New Chapter Begins

FATIMZAHRA ELBOUAB, NORTHERN SENTRY INTERN

Signing day on Feb. 25 marked a major milestone for senior Evan Berg, signaling both an achievement and a new beginning. On this day, Berg formally committed to Bismarck State College to play football at the collegiate level. "The signing means a lot to me because I get to go on and play in college, as well as a new chance to start another program," he said. Coach Holmen, the head coach of Minot North's football team, said the "football program could not be more proud of Evan." The program looks forward to watching Berg develop at the college level as his biggest fans.

Berg, who has been playing football for four years, stated that he only started taking the sport seriously in his sophomore year. His father convinced him to play football during his freshman year, and since then, both his parents have supported him throughout his journey.

The realization that college football was within reach came

after his junior year, when he earned All-State. That recognition confirmed what years of hard work and dedication had been building toward, opening the door to the next level.

Choosing a program to commit to wasn't a light decision. He selected Bismarck State College to play with because of the coaches and their vision for the future. "Playing at Minot North showed me what a great team environment and coaches are like," Berg explained. "Meeting [the coaches] at Bismarck State felt like Minot North again."

Now, as he transitions to college-level play, Berg is focused on preparation and improvement. "I plan to keep working hard to improve," he said, highlighting his commitment to become a starter for Bismarck State during their first season. Coach Holmen described him as a tremendous worker and "as tough as they come," noting that nobody in the program has played more snaps than Berg.

Berg plays both fullback and

middle linebacker, positions he believes suits him because of his toughness. However, football has always been more than just a game.

"My favorite part is playing with all my good friends," he said. Beyond the game itself, Berg said football has taught him important life lessons. "Sometimes things don't go your way," he explained, reflecting on the challenges he faced during his freshman year, when he struggled with the desire to quit. Pushing through those moments helped shape his growth as both an athlete and a person. Coach Holmen added that the team relied heavily on Berg during challenging times, demonstrating the resilience and leadership he brought to every game.

When asked what advice he would give younger athletes hoping to follow in his footsteps, he had a simple and direct response: "Keep working hard." Berg's message shows the dedication and discipline that have defined his football journey, all the way from his first years in high school to his next chapter at Bismarck State.



Evan Berg stands with his grandparents after signing. NORTHERN SENTRY PHOTO | BRYLEIGH MCBRIDE

Beyond his performance on the field, Berg's leadership has been a monumental part of the team. He served as a captain for three seasons, and Coach Holmen said that, "for as good as Evan is as a football player, he is an even better person. The example he set for our younger players was vital in helping develop the standard of what it looks like to be a Sentinel."

His journey from Minot North to Bismarck State not only reflects talent and dedication, but also support, resilience, and a love for the game. Coach Holmen stated that Berg was a joy to coach and an invaluable leader and someone the program will remember for years to come. With college football as his next step, Evan Berg is ready to take on the next challenge while carrying the lessons and experiences of the past with him.



Evan Berg and his Minot North football teammates huddle for a group photo.



Evan Berg stands with Minot North football coaches after his signing. NORTHERN SENTRY PHOTOS | FATIMZAHRA ELBOUAB

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AMUR TIGER



Fact File

Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Omnivore Carnivore Herbivore Deer, Pigs, Water Buffalo, Antelope

CREATURE FEATURES

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

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YOUTH IN ACTION

Purple Graduation Cords



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

Attention all local military-affiliated graduating seniors! The Minot Spouses Club is providing purple graduation cords again this year! The eligibility criteria: Military-affiliated public, private, and homeschool students with parents who are active duty, retired, or veteran military members across all branches in the local area surrounding Minot AFB.

Purple represents all services and the sacrifice our youth make as they are moved around by their families, adapting to new schools and communities. These cords are a reminder that these seniors are strong, seen, and supported.

When asked why the Minot Spouses Club started this initiative in 2023, President of the Minot Spouses Club, Marissa Morrison, says, "As we find new ways to recognize our military families, we never lose sight of those who carry the weight of service in their own quiet way—our children. Military life asks much of them: frequent transitions, long separations, and constant change. Yet they rise with courage and strength beyond their years. Our military children are our most treasured blessing, and their

sacrifices deserve our deepest gratitude and recognition."

To obtain a purple graduation cord, just fill out the following survey from now until April 15th: <https://www.surveymonkey.com/r/26purplecord>. By May 1st, I will send everyone a personalized email verifying I received your information and the location for your cord pick-up.

Please note: If you already provided your information for a purple cord earlier this year to either Minot North High School or Minot High School, I already have your information. Of course, you're welcome to input it again in this survey. You will receive a personalized email by May 1st.

Next SY 2026-2027, pending the Minot Spouses Club's continued sponsorship, my office—only—will send out a survey; no information will be collected by Minot North High School or Minot High School. Thank you, Ms. Shannon Murphy, Administrative Assistant at Minot North High School, and Ms. Jennifer Kranz, Administrative Assistant at Minot High School, for your former assistance!

Parents, if you have a graduating senior next year, please look out



Minot Spouses Club

for a survey posted on my School Liaison Facebook page: <https://www.facebook.com/minotslo/>. This survey link will also be provided on a flyer to all local schools.

Congratulations military-affiliated graduating seniors! You did it! We are so proud.

The information in this article is provided as a resource and does not constitute endorsement by Minot

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Minot Spouses Club President Marissa Morrison



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Minot Among Nation's Top Metros In *Site Selection* Economic Development Report

North Dakota earns Governor's Cup for per-capita project performance

THE MINOT AREA CHAMBER EDC

Minot, ND – Minot's economic momentum is earning national recognition: In *Site Selection* magazine's 2025 economic development report, Minot ranked twice among the nation's Top Tier 3 Metros (population 50,000–200,000), tying for #4 in total qualifying projects and ranking #2 nationally for projects per capita in its category.

The rankings, published in *Site Selection*'s March 2026 issue, recognize communities that demonstrate exceptional success in attracting and expanding corporate facility projects, a key benchmark for economic vitality and competitiveness.

The Minot Area Chamber EDC continues to prioritize economic development, as outlined in its five-year strategic plan.

"These rankings reflect the intentional, strategic work happening across the Minot region," said Brekka Kramer, Minot Area Chamber EDC President | CEO. "This recognition belongs to our employers, our local leaders, our state partners, and the entire community that continues to lean in and move projects forward. Minot competes because we are aligned — investing in infrastructure, strengthening our logistics and industrial assets, and creating the kind of business climate where companies and families can build for the long

term. We're proud of this moment, and even more focused on what's next."

Minot's strong performance also contributed to a broader statewide achievement. North Dakota claimed the top spot in *Site Selection*'s 2025 Governor's Cup rankings for projects per capita, unseating South Dakota and earning national recognition for the most qualifying corporate facility projects per million residents.

Governor Kelly Armstrong emphasized that the accomplishment reflects long-term planning and infrastructure readiness across the state.

"This achievement is the product of steady, coordinated effort and a holistic approach to economic development," Armstrong said in a news release. "Communities, lawmakers and industry partners

have all played a role in positioning North Dakota for long-term success. We're proud of the momentum we've built, and we're just getting started."

In an interview with *Site Selection*, Armstrong highlighted the importance of engaged local leadership and strong partnerships — a formula that continues to power results in the Magic City.

"You have to have local buy-in. You have to have forward-thinking county commissioners, city commissioners, economic development councils," Armstrong said. "You can't bring somebody in if the community is not engaged in doing it."

You can read *Site Selection*'s cover story on North Dakota at <https://siteselection.com/governors-cup-part-ii-welcome-to-the-club/>.

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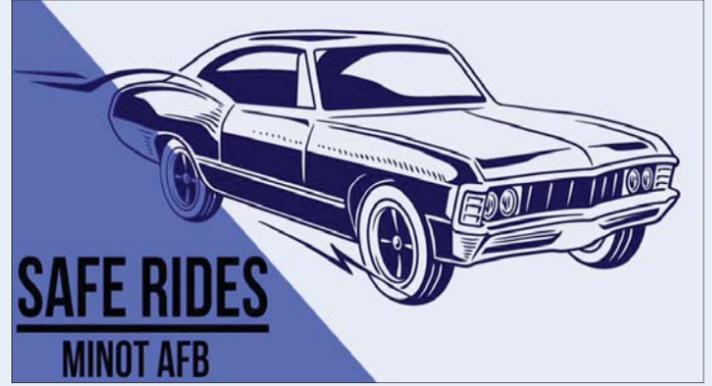
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Everyday adventures of Titus and Philemon and their owner Joe.



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

SUDOKU SOLUTION

PUZZLE ON PAGE A9

1	2	7	9	3	5	4	8	6
5	8	9	6	1	4	2	3	7
6	4	3	7	2	8	5	1	9
8	9	1	2	4	6	7	5	3
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Have all electrical work done by a qualified electrician.

When you are buying or remodeling a home, have it inspected by a qualified private inspector or in accordance with local requirements.

Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.

Major appliances (refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.

Arc-fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Consider having them installed in your home.

Use ground-fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in

bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.

Test AFCIs and GFCIs once a month according to the manufacturer's recommendations. You do not need a flame to start a fire. Fires can start when heat builds up near things that burn. This can happen when a hot light bulb is near things that burn, such as cloth or paper, or a cord has been placed under a carpet.

Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.

Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.

Important Reminders:
Call a qualified electrician or your landlord if you have:

Frequent problems with blowing fuses or tripping circuit breakers

A tingling feeling when you touch an electrical appliance

Discolored or warm wall outlets

A burning or rubbery smell coming from an appliance

Flickering or dimming lights

Sparks from an outlet



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, March. 2: 1,827.45 feet above mean sea level (MSL); 16,00 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.97 feet above mean sea level (MSL). Stump Lake elevation: 1,448.91 MSL.

• N.D. Game & Fish Dept. game wardens: Devils Lake remains generally slow for walleye and perch but try evening hours for walleye.

• Devils Lake, Woodland Resort, Devils Lake: Fair to good morning and evening walleye bite. Work shallow in 8 to 10 feet with jigs and minnows. Improving perch activity on Pelican Lake.

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

• Lake Metigoshe, Four Seasons, Bottineau: Overall slower walleye success with some continued bluegill activity.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No new reports

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Improving walleye bite on Lake Audubon working in shallower water. Try deeper water on the east end of Lake Sakakawea for walleye.

• Lake Sakakawea, New Town: Occasional walleye success in the Van Hook Arm with enough activity to warrant a return trip. Fair pike spearing activity, as well. No reports from the river portion of Lake Sakakawea around the New Town area.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited reports from the Missouri River tailrace but look

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

- Ice is never completely safe and honeycombing ice is extremely dangerous. Beware of slumping shorelines on reservoirs, as well.
- March 7: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Hotel, Minot, 5 p.m.
- March 13 - 15: KX Sport Show, N.D. State Fair Center, Minot.
- March 13: Muddy Buck Mule Deer Foundation banquet, Grand Williston Hotel & Convention Center, Williston, 5 p.m.
- March 14: Turtle Mtn. Rocky Mtn. Elk Foundation banquet, Cobblestone Inn & Suites, Bottineau, 5 p.m.
- March 15: Darkhouse spearing season closes.
- March 15: All unoccupied ice houses must be removed from all state water bodies.
- March 17: Leprechaun's Gold Geocache, Fort Stevenson State Park, Garrison. Contact the park, (701) 337-5576, for details.
- March 21: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles Club, Harvey, 5 p.m.
- March 21: Watford City Ducks Unlimited banquet, Youth & Ag Expo Center, Watford City, 5 p.m.
- March 21: Bird Dog First Aid Course, \$100 class fee with free canine first aid kit sponsored by Sakakawea Pheasants Forever chapter, Totten Trail (north end of Lake Audubon along U.S. Hwy. 83). Registration and more information available on the website, (events.pheasantsforever.org), selecting North Dakota for listings.

TOURNAMENTS:

- March 7: Devils Lake, Minnewaukan.
- March 14: Devils Lake, Woodland Resort.

for increasing activity with warmer weather on the river and Lake Audubon.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around White Earth Bay on the upper end of Lake Sakakawea with best success in late afternoon and evening. Also try Little Egypt or Hofflund Islands. Some nice pike from Lund's Landing using tip-ups with large smelt or herring. Trenton Lake continues producing crappie.

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

DOWNHILL SKI REPORTS:

• Big Sky Resort, Big Sky, Mont., (800) 548-4486: 37- to 55-inch base with 278 runs open.

• Bottineau Winter Park, Bottineau,

(701) 263-4556: 12- to 24-inch base with 6 runs, 2 carpets, chair, lift, and tubing and terrain parks open.

• Frostfire Ski Area, Walhalla, (701) 549-3600: 8 runs open.

• Huff Hills Ski Area, Mandan, (701) 663-6421: 12- to 20-inch powder, packed powder base. 11 runs, 2 lifts, 1 tow, and Terrain Park open.

• Terry Peak, Lead, S.D., (605) 584-2165: 16- to 36-inch base with all but 6 runs open with all lifts and carpet 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.

What's Going On Minot AFB

FRIDAY 06

- Fish Fry Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Fish Fry Special Dinner, 1630-1830, Dakota Inn Dining Facility
- Fun Fri-yay, 1630-2000, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Pre-Teen Movie Night: The SpongeBob Movie: Search for SquarePants, 1800-2000, Youth Center

SATURDAY 07

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Chess Club, 1200-1400, Minot AFB Library

SUNDAY 08

MONDAY 09

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Minot AFB ALS Open House, 1100-1400, Airman Leadership School
- Craft Club, 1800-1900, Minot AFB Library Facebook Page

TUESDAY 10

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

WEDNESDAY 11

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- Youth Career Fair, 0900-1200, Youth Center
- Leap Into Spring, 0900-1600, the Turf
- Pre-Deployment/Remote Readiness Training, 1000-1100, M&FRC
- Storytime, 1030, Base Library
- AFFT, 1100, McAdoo Fitness Center

THURSDAY 12

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Leap Into Spring, 0900-1600, the Turf
- Bismarck State College Field Trip, 0900-1900, Youth Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Iron Endurance Circuit Training, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center

FRIDAY 13

- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Leap Into Spring, 0900-1600, the Turf
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Luck O' the Irish Skate Night, 1800-2000, Youth Center

SATURDAY 14

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Dr. Seuss Day, 1300, Minot AFB Library

Scan for full event details



SPECIALS

Rockers Bar & Grill Featured Item
Fish and Chips Basket

Bomber Bistro Featured Item
Reuben Sandwich

The B-Fifty Brew Featured Item
Dubai Parfait

LEAP INTO SPRING!
11-13 MARCH 2026
AT THE TURF 0900-1600
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BISMARCK FOODIE TOUR
28 March 2026 • \$50
Open to E1 - E4 Airmen
Experience a gourmet foodie tour of local restaurants, cultural attractions, and historic sites in Bismarck, North Dakota!
Meet at Outdoor Recreation by 10:30AM. Transportation by Outdoor Recreation bus is required.
Registration: 2 - 23 March 2026
Spots are limited!
Sign up in person at ITT inside ODR or call 723-3648
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