



Col. Christopher Cain, 5th Bomb Wing vice commander (center left), Col. Johnny Galbert, 91st Missile Wing vice commander (center right), and members of Women Inspiring the Next Generation (WINGS) pose for a photo following the 2023 Women's History Month opening ceremony and proclamation signing at Minot Air Force Base, North Dakota, March 6, 2023. WINGS is a non-profit, private organization that is meant to inspire and advocate for the next generation of Airmen - men, women, and their support systems. See page A7 for more on Women's History Month

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB S. KIMMELL

Team Minot Women Inspire Next Generation of Airmen

SENIOR AIRMAN CALEB S. KIMMELL, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Women Inspiring the Next Generation (WINGS) held an opening ceremony and proclamation signing in recognition of Women's History Month March 6 at the Minot Air Force Base Exchange.

"Women are essential to Team Minot and the Air Force," said Col. Christopher Cain, 5th Bomb Wing vice commander. "We

are paying attention to these pathmakers, and are very excited to recognize the contributions and sacrifices they make every day."

WINGS is a non-profit, private organization that is meant to inspire and advocate for the next generation of Airmen - men, women, and their support systems. The organization aims to provide a platform of diversity; encourage personal growth, awareness, independence,

strength and resiliency; and to cultivate an intellectual image through military experience.

The WINGS Organization was formed in March of last year and has assumed responsibility for hosting and organizing WHM events at Minot AFB. Team Minot now has an established organization that focuses on education, mentorship, empowerment, and advocacy for the next generation of female

Airmen.

"In the past, the WHM Committee was just a group of individuals that came together to set up WHM events," said Staff Sgt. Jan Mariel DeCosse, 372nd Training Squadron, Detachment 22 B-52H Stratofortress armament systems instructor. "But now, Team Minot has an established team that can handle the activities."

WINGS is scheduled to host

several events this month, including a Women Storytellers event, a Valiant Warrior Yoga class at the Combined Community Complex (Turf), and a Women of Wisdom symposium at the Jimmy Doolittle Event Center, which focuses on advocating for women's rights, paving the way forward, breaking the ceiling, and reevaluating what "right" looks like.



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BOMBER TASK FORCE 23-2

Bomber Task Force 23-2: 23rd EBS Returns to Morón

SENIOR AIRMAN ZACHARY WRIGHT, 23RD EXPEDITIONARY BOMB SQUADRON

MORÓN AIR BASE, SPAIN – The 23rd Expeditionary Bomb Squadron out of Morón Air Base, Spain, began their Bomber Task Force operations Feb. 24, 2023.

BTF operations are U.S. Strategic Command’s means of conducting Dynamic Force Employment in support of the National Defense Strategy and familiarizes aircrew with air bases and operations in different geographic combatant command areas of operations.

“Our team has hit the ground running here in Morón,” said Lt. Col. Ryan Loucks, commander, 23rd Expeditionary Bomb Squadron. “We are excited to be working with our NATO Allies and Partners here in Europe again.”

On their way to the United States European Command area of responsibility, the 23rd EBS conducted a low approach flyby of 2 B-52H Stratofortress aircraft in Tallinn, Estonia, in celebration of Estonia’s Independence Day. While flying sorties in Northern Europe, the 23rd EBS participated in a bi-lateral training exercise with Royal Air Force F-35s and performed close-air-support training with Norwegian Joint-Terminal Attack Controllers.

“This week we worked hand-in-hand with our Norwegian allies to develop robust training and promote interoperability,” said Lt. Col. Joseph Cangealose, Director



Capt. Angelico Palparan, weapon system officer assigned to the 23rd Expeditionary Bomb Squadron, inspects a B-52H Stratofortress targeting pod before takeoff at Morón Air Base, Spain, Mar. 1, 2023. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

of Operations, 23rd Expeditionary Bomb Squadron. “Exercises like these allow our aircrew to familiarize themselves with air bases and operations in different geographic combatant command areas of operations.”

On March 3, 2023, the 23rd EBS conducted simulated close-air-support training with French and Spanish Joint-Terminal Attack Controllers, Demonstrating and communicating NATO’s

capabilities to enhance the robust collective defense posture of the Alliance. Bomber Task Force missions demonstrate the credibility of our forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.

See more coverage on Bomber Task Force 23-2 throughout this week’s edition.

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891st MSFS achieves new heights

STAFF SERGEANT MICHAEL A. RICHMOND,
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 891st Missile Security Forces Squadron was awarded the 2022 Security Forces Squadron Outstanding Large Unit Award at the Major Command level for the first time in the unit's history, and will go on to compete for the award at the Air Force level. The award recognizes the importance of the mission the 891st MSFS supports and the lengths the Airmen assigned to the unit went in order to ensure that mission was accomplished.

"This is a unique win," said Maj. Chase Shields, 891st MSFS commander. "I don't remember the last time an MSFS has ever won this award in Air Force Global Strike Command. So to be selected for this award is not just a win for the 891st MSFS, but it's a win for all missile security forces squadrons. On top of that, it's also a win for the 91st Missile Wing."

“Every single person in this unit played a role in us getting this award

TECH. SGT. JENNEL EDWARDS,
91ST SECURITY FORCES GROUP
SECURITY FORCES EVALUATOR

that we utilize in air base defense and security," said Edwards. This in turn enhanced the preparedness of U.S. coalition partners against near peer threats and allowed the PAF to enhance their air base defense and security measures.

As the 891st MSFS Shadow Warriors march forward, they can use lessons learned and accomplishments achieved in 2022 as a blueprint to build upon and achieve even greater heights.

"Every single person in this unit played a role in us getting this award," said Edwards. "It brings pride not just to the unit or security forces as an enterprise, but to each individual person. It's another reason to walk with your head held high."



The 891st Missile Security Forces Squadron was awarded the 2022 Security Forces Squadron Outstanding Large Unit Award at the Major Command level for the first time in the unit's history, and will go on to compete for the award at the Air Force level. The award recognizes the importance of the mission the 891st MSFS supports and the lengths the Airmen assigned to the unit went in order to ensure that mission was accomplished.

U.S. AIR FORCE PHOTO | MINOT AFB PA



Two Airmen pose for a photo together on Minot Air Force Base, North Dakota, April 26, 2022. The Airmen were assisting in the shoveling of snow to create a trench to help water flow away from a missile launch facility.



Airmen dig a trench April 26, 2022 at Minot Air Force Base, North Dakota. They shoveled over two feet of snow to prepare for the possible flooding from the melting snow.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CALEB KIMMELL

Just from reading the 891st MSFS's unit name, one can assume the Airmen assigned there are charged with an immense responsibility; safeguarding some of the nation's most sensitive assets and greatest deterrents against potential adversaries. Airmen assigned to the 891st MSFS went beyond those responsibilities on multiple occasions, ensuring Minot AFB's mission—and the protection of the United States—did not fall into jeopardy.

One of those instances in which 891st MSFS Airmen went above and beyond was during their snow removal efforts around the missile launch facilities following Blizzard Haley. The Airmen dug snow trenches for a combined distance of 18 miles in an effort to prevent the snow from melting into the missile launch facilities.

"We got the notification and at first we all went 'We're doing what? What's happening?,'" said Tech. Sgt. Christopher Moore, 891st MSFS non-commissioned officer in charge of training. "We were told we needed to remove the snow in order to keep the mission and assets operational. So we got out there at the break of dawn, rolled up our sleeves and went to work. It wasn't very glamorous work but the camaraderie this unit already had helped us come together and get the job done."

In addition to the 891st MSFS's snow removal efforts, the unit also had many more notable accomplishments such as sending Tech. Sgt. Jennel Edwards, 91st Security Forces Group security forces evaluator who was requested by name to represent the U.S. Air Force, to the Philippines to lead a tactics exchange with members of the Philippine Air Force.

"What we do is we go over to the Philippines and we train their force on tactics and different tools

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CONTACTUS

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

Rod Wilson
 Business Development | Marketing
 sentrysales@srt.com

GRAPHIC DESIGN BY

Nikki Greening
 nsads@srt.com or
 nsgraphics@srt.com

**MINOT AIR FORCE BASE
 PUBLIC AFFAIRS
 Chief**

Maj. Jhanelle Haag
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NEWS SUBMISSIONS

Northern Sentry Office
 nsads@srt.com | 701.839.0946

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

MAIL

315 South Main Street, Suite 202
 Minot, ND 58701

VIEW ONLINE

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MINOT AIR FORCE BASE NEWSPAPER
 WWW.NORTHERNSENTRY.COM

"March"ing On! Still Neat Things To Do In March

We pulled into Cross Ranch State Park. It was a warm Friday afternoon. The park was clearing out over 12 inches of new snow that had fallen just a few days previous to our arrival. For those of you who don't know, Cross Ranch State Park is located on the west bank of the Missouri River about six miles Southwest of Washburn, ND. The Cross Ranch boasts the oldest stand of Cottonwood trees in North Dakota.

For us, we had rented the Pretty Point Yurt. If you are curious as to what a "yurt" is, photos of the three yurts are available on the Cross Ranch website. Pretty Point is a modernized yurt complete with running water, shower, complete kitchen, and enough room to sleep six. The other yurts at The Cross Ranch are not quite as modern. My spouse believes that indoor plumbing is one of



Pretty Point Yurt

NORTH DAKOTA
 PARKS & RECREATION PHOTO

those modern features that far outweighs outdoor pit toilets. There are also three cabins at the Cross Ranch. The newest, The York Cabin, is similar to Pretty Point Yurt, in that it has all of the modern amenities.

Reservations for the Cross Ranch yurts and cabins are on their web site but let me give you a hint to plan ahead. These facilities are booked out into 2024 already.

So why bother, Rod? If we can't book the cabins and yurts, the Cross Ranch may not be an option. Saturday's weather was such that packing the family up and heading to the Cross Ranch for a day of family fun in the North Dakota outdoors was certainly worth the trip. The cross ranch is less than 90 minutes from Minot. An early morning departure will get you there around 10 AM. Of course, you will have packed a lunch to enjoy either in your car, or out on the trails. There are also restaurants in Washburn, but the Cross Ranch is six miles from Washburn as the crow flies, probably closer to 20 miles by car. But it's up to you. Whatever works.

Once at the Cross Ranch your options are many. First, there are a lot of trails that they keep groomed for cross country skiers. One of those trails parallels the

**northern
 sentry**

**A VIEW FROM
 OUR SIDE**
 ROD WILSON



Missouri River. Saturday the river was completely frozen over. However, on Sunday the river had opened up. Not exactly sure why, but soon the river will be the winter home to hundreds of Canadian Honker geese who spend the winter in North Dakota

Another option, snowshoes that are available to rent at the visitor's center. I kind of put this activity with ice fishing and curling. Telling people, you had the opportunity to snowshoe in North Dakota, well that should garner their attention, right? Another hint. Snowshoeing and cross country skiing are not for the faint of heart. Allow time to traverse the trails and enjoy the scenery. Once again, there are trail maps available at the visitor's center. My 11 year old grandson took a photo of a cottonwood tree that was more than likely alive during the Lewis and Clark Expedition in 1804. He is from West Fargo and thought he would share the photo with his Social Studies Class. He fell out of favor for just a minute when he asked if I could remember the Lewis & Clark Expedition. Gotta love those grandkids...

Speaking of Lewis & Clark. As you turn to go west on Highway 200 in Washburn, to your right is the Lewis & Clark interpretive

center. I could list it in best kept secrets, but it is worth stopping and learning about the expedition that opened the west to civilization. Even if the Cross Ranch is not your destination, it's a wonderful place to stop and stretch your legs and learn.

Our trip to the Cross Ranch ended early on Sunday morning as we were watching a Blizzard Warning that was soon to encompass the area. The Cross Ranch is an annual trip for us. May as well enjoy what winter has to offer, and at the Cross Ranch it offers a lot.

BEST KEPT SECRETS

The Audubon Wildlife Refuge is just off of Highway 83 as you are headed south towards Bismarck. This is another of those family destinations that will keep you entertained. If you are limited in time, there is a free auto tour of the over 15,000 acre wildlife refuge. Always teaming with wildlife, be sure to bring your binoculars. The refuge center has maps and guidebooks.

TODAY'S CHUCKLE

You know you're getting old when your children are studying in history what you studied in current events.

New Ukrainians in North Dakota...



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

According to the Centre of Research & Analysis of Migration in London, approximately 19 million Ukrainians have fled the country as of Feb. 13. However, nearly 10 million of them have returned over the past year.

The exodus for at least 8 million are other countries in Europe, mostly Poland, while the United States has taken in 220,000, Canada 132,000, Australia 4,000 and New Zealand 4,000. Ironically, more than 2 million have fled to Russia.

Here in North Dakota the number is approximately 280, according to North Dakota Refugee Services with most settling in Bismarck (34 percent). The state of North Dakota says all Ukrainian refugees here since Putin's "special military operation" started last Feb. 24 have approved sponsors in the state.

Holly Triska-Dally is the North Dakota Refugee coordinator. She works with Lutheran Immigration & Refugee Service in Fargo and Bismarck Global Neighbors to settle displaced Ukrainians.

According to Triska-Dally, there is no cap regarding the number of sponsored Ukrainians who may arrive here. She said the vast majority are women and children because men between the ages of 18 and 60 are prohibited from

leaving.

According to Triska-Dally, sponsor support through a federal program called Welcome US, is especially critical during the first 90 days and begins with an application process and a declaration of financial support. The North Dakota Office of Refugee Services connects newcomers to a case manager who supports their skill, development, workforce outcome and community integration.

But hardly any have come to North Dakota through that program.

North Dakotans who don't necessarily have a connection to Ukrainian refugees can help, filling out an I-134 form through the Department of Homeland Security shows a financial means to support refugees for a period of time.

There seems to be an anomaly here. A North Dakota Job Service report in late December showed the state had 16,133 job openings while only 230 Ukrainians have come to the state. Some are accountants, lawyers, truck drivers and engineers. Others are capable of filling most job openings.

Looking at our neighbors, 1,000 Ukrainian refugees have come to Minnesota, only six have landed in South Dakota, according to the Black Hills Pioneer in Spearfish, and it's hard to pin a total number down in Montana. Instead reports there show refugees in localities like Kalispel, Whitefish and the Flat Head.

On the Canadian side, Manitoba has accepted 12,500 of the refugees and 2,000 have fled to Saskatchewan. Most of the Ukrainians who have come to Saskatchewan have been offered some kind of employment while all of them are offered adult English lessons.

This could be a golden opportunity for North Dakota. If you know Ukrainians, you can tell by their resolve in the war, that they are resourceful, hard working, intelligent and most do speak some English. It would not be difficult for them to fit in.

Regardless, there is a war going on and there are refugees who need sanctuary. But it isn't just Ukrainians. Apparently there have been reports of as many as 700,000

Russian men have gone on the lam since the war began, with most of them showing up in Finland, Sweden and Norway.

A Norwegian TV reporter recently interviewed a Russian defector who fled to Norway. He said there are war crimes and atrocities happening all the time. He told Norwegian TV that 40,000 of the 50,000 fighters in the Wagner Group (Putin's private army) are convicts. If they live through six months of the war, they receive pardons. If they decide they don't want to be there, they are executed on the spot.

But here, Ukrainian refugees are being welcomed into our state as much as sponsors will allow them to be. There are already Ukrainian enclaves in North Dakota that could be expanded, especially when it comes to the farm sector.

Many of the Ukrainians coming to the United States are dairy farmers, cattle ranchers and grain farmers. And it seems every rural property in this state needs workers. Refugee children could help prop up some of the rural schools' dwindling populations.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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.



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

The Other Side of the Midwest

the bad news that everything seemed to be 30 minutes away. Thirty minutes?! Excuse me, but who has time for that kind of commute? Who has that kind of endurance? My children do not have that kind of car-riding stamina. We brace ourselves for the weekly trip to base for grocery pick up. If we go south of 20th Ave South, we pack snacks.

Not knowing exactly where to go, or what to do, we spent an hour in the hotel room. I hoped my littlest would nap, but the boys ended up jumping on beds, while I furiously Googled towns nearby that might be worth a drive through.

Turns out, the opposite side of the Midwest is much more densely populated than NoDak. Everything bleeds together into one big blob of populated area. How does one choose where to live? What if you live in Farmington, but decide you want to go to church in Rochester, and you discover your new best friend lives in Brighton—and they are all 30 minutes away from each other? Limitless options, limitless stress. It all seemed very high stakes for someone who struggles to decide whether to get the kneophla from Schatz Crossroads or Kroll's Diner.

Eventually, armed with a list of small communities, I buckled my boys into their car seats and boldly drove away. Only 30 minutes to destiny.

We drove through one commercial district. Then another. And another. And another. By the time we reached our intended destination, my youngest was asleep, and it was obvious this wasn't a place I wanted to live. I'd chosen poorly.

There was no time to try again. We needed to pick up my husband. Again, I watched the scenery going by, noting of the endless choices of places to shop, worship, eat, and live. I was

completely overwhelmed. Then I remembered—this is normal. This used to be normal to me. My parents each commuted 30 minutes to work—each in different towns.

When I first moved to Minot, the shock was the lack of options, not the fire hose of choices.

A few days I read options from a list on my laptop, "It says here the fee for twice-weekly arts camp is only \$15. Or you can do t-ball again. The Y has day camp. Or we could look into soccer, or zoo camp."

"This is the stuff we need to consider when we talk about moving. It's not just the place, but the quality of life we can have there. Even if a town has more choices, would we really take advantage of them if the commute is long, or it's too expensive?" my husband replied.

He's right. It's not that we'll never move, but right now Minot, ND is good to us. Right now, it's a good fit. Right now, nothing seems better than a place where run into friends when we go out. A place where we can easily afford summer activities, zoo memberships, tickets to the symphony, or the community pool. A place with more free fun than we can take advantage of through parks programs, library activities, downtown events, brass band concerts, and a myriad of playgrounds—all within a ten-minute drive.

For now, I'm happy to be right here in Hot Dish Territory. I'm happy to laugh at my misadventures in the Michigan suburbs, and smile at how accustom I've become to place that once seemed so vastly different. I'm not from around here, but I sure have gotten used to it.

For more stories from Hot Dish Land and tips for honing a positive mindset, join me on Instagram @ amy_allender or Facebook @ amyallenderblog.



Recently we entertained the idea of relocating to another part of the Midwest—turns out I don't think I'm quite ready.

AMY ALLENDER PHOTO

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A1C Ethan Kapps
5th Security Forces Squadron
Home Town: Apple Valley, Minnesota

Airman First Class Kapps has been in the Air Force for a year and been stationed at Minot AFB for six months. He plans to attend college for commercial aviation and has a goal of becoming an advanced designated marksman. Kapps is the first to serve in his family and plans on making it a career. He enjoys golfing and has grown up skating and playing hockey since he was three years old.

GAME SALUTE: MARCH 10

Airman Lilliana Sosa
5th Security Forces Squadron
Home town: Dallas, Texas

Airman Sosa has been in the United States Air Force for a year and attends college part-time. She is the first person in her family to join the Air Force. Airman Sosa is motivated to learn new things every day and dedicated to making the Air Force a better place by the time she retires.

GAME SALUTE: MARCH 11

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.

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SLICE OF LIFE
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Snarling Ghost Dogs of Dog Den Butte



The east side of Dog Den Butte.

KIM FUNDINGSLAND PHOTO

Once was – maybe. Maybe yet today.

I've always had an interest in the history of our state, mostly the early days before roadways and fences and towns. The period when Dakota Territory was the "Old West". Sometimes I wish I'd lived back then, just to say I saw it.

When I travel in the state today I see landmarks on the countryside and wonder what meaning they played in the early days prior to statehood. What might have happened there? Was it of any importance? If a vivid imagination doesn't bring an area to life, a little research usually will.

A favorite spot of mine is the often overlooked Dog Den Butte near the tiny town of Butte, located southeast of Velva just inside the McLean County line. A few miles to the west of Dog Den Butte is Strawberry Lake, a popular body of water ringed with cabins.

The region has a lot of history associated with it. The Totten Trail, a mail route from Fort Totten south of Devils Lake, to Fort Stevenson located south of present day Garrison, ran near the Dog Den. Mail carriers and others traveling on the frontier used Strawberry Lake to fill canteens and water horses in the unsettled region.

Dog Den Butte rises tall over the surrounding landscape, offering a superb view of the prairie below. It was a well-known landmark to early day travelers crossing land marked by few distinguishing

features. While the butte served as a lookout spot on the frontier, today it supports various communication towers.

In 1868 Col. Philippe Regis de Trobriand, commander at Fort Stevenson, traversed the Totten Trail with a military escort. He was seeking to find the remains of two mail carriers killed on the trail near Strawberry Lake. He found a bloody sock, nothing else, but he noted in his journal that some on the frontier believed that nearby Dog Den Butte was guarded by "snarling ghost dogs".

Although it cannot be said with certainty, one of the murdered mail carriers was believed to be dispatched by young Hunkpapa Sioux Sitting Bull who would later become a nationally known figure for his leadership at the Battle of the Little Bighorn and his fierce defense of the Indian way of life.

A much larger shooting scrape, known as the Battle of the Grand Coteau, occurred near the Dog Den July 13-14, 1851. A band of Metis on a hunting foray found themselves surrounded and greatly outnumbered by Sioux warriors.

An eyewitness to the engagement described the land as where "bison grazed in peace" and hunters "were only worried by the passage of war parties, which were looking for scalps."

The Metis gathered their carts to form a defensive perimeter, placing the women and children in protective dugouts underneath the carts. The Sioux made several attempts to overrun the hastily built fortress but eventually withdrew. The defenders estimated they had killed a dozen Sioux. Despite "thousands of bullets" no Metis were killed in the fight, but a man taken prisoner by the Sioux was executed within view of the Metis fortification.

When I see the Dog Den today, I think about what it has witnessed throughout history, great herds of buffalo, early day inhabitants, and the like. There are many other landmarks in North Dakota that have very interesting stories associated with them too.

A little history and a little imagination make such landmarks come alive, no longer just another part of innocuous landscape passing outside a car window.

All About Pets

Traveling with Pets



The holidays are right around the corner, which means that many pet owners will be traveling to see family (with or without their furry friends)! Thinking about bringing your pet home for the holidays? Here are a few tips, tricks, and things to consider.

- **Do or Don't:** First things first, you have to decide if bringing your pet along is a good idea. If you have an older pet, one who suffers from extreme anxiety or other behavioral issues around groups of people, a pet suffering from major health problems, or you just don't have the space to travel with or house your pet, you may want to consider finding a dogsitter while you are gone. Otherwise, traveling with a pet can be a great new experience for them!

- **Preparing to Travel:** If you are driving home, make sure to prepare your car (and dog) for the trip. There are a variety of seat covers available for those with pets who are safe to free roam in the car that will protect your seats and often come with leashes attached. If your dog or cat moves too much or has anxiety on car rides, you may want to consider securing a crate for them somewhere in the car. Make sure your pet has access to fresh water, food, and the occasional fan or open window (thicker coated pets are prone to overheating in the car), and bring plenty of toys and treats to keep them occupied! If you are flying, it's important to make sure your pet has a sturdy crate and ample blankets to keep them warm (if flying in cargo). If your pet has never traveled with you before, you may want to begin preparing as soon as possible by getting them accustomed to a crate, getting in

the car, potty training, and even scheduling a check up with the vet in case any medications are needed. Some pets have so much anxiety over traveling that medication is necessary for their wellbeing!

- **Have a Plan:** Traveling with a pet can make plans a little more complicated, so it's best to get things squared away ahead of time. Make sure your hotels are pet-friendly, whoever you are staying with has a space for your pet to sleep and be alone (if needed), and it is never a bad idea to go ahead and find a local veterinarian in case of any emergencies. Make sure you bring any important documents you may need for your pet as well as any medications or special food. If you are staying with someone who has other pets, it is especially important to either make sure everyone gets along well or ensure your pet has a safe place to hang out while the festivities happen.

- **Have Fun:** Traveling with pets should be fun! Stop off at a unique pet-friendly spot along the way or take them to a local park while you're home. Buy them some holiday themed treats or toys, and don't be afraid to let your pet munch on some of the (pet safe) holiday food. If you're bringing them along, chances are they are a big part of your family, meaning they deserve to enjoy the trip as well. While traveling with pets can be a little more stressful, have your furry friend around for the holidays with the rest of the family is one of the best ways to spend the season. Have fun, be safe, and have a happy holiday season!

Women's HISTORY month

Military Women & The Month that Celebrates Them

ERIN BEENE, NORTHERN SENTRY

For 36 years, Women's History Month has commemorated women. March has shined a light on women's contributions in both history and society while also ushering a new type of feminist awareness. This history month represents more than women today, but also women of the past and those yet to come who have or plan to make a difference in the world. This month celebrates them.

While the month covers women from all walks of life, the base gives a special nod to the female military members specifically during this month. In today's gender equality armed forces, it is sometimes easy to forget that women have not always been allowed to serve their country in this capacity. However, digging through history will produce story after story of women who un-officially fought for their countries. There are those who disguised themselves as men to sneak into battle, and there are those who selflessly rushed into dangerous situations to nurse injured soldiers. Women have always been around the military, but it wasn't until WW1 and the turn of the century when women began to be more than a background in the military.

In 1901, the U.S. Army Nurse Corps (ANC) was formally established allowing women to serve in the military as nurses. By the time WW2 rolled around, becoming an Army nurse was a popular way for women to serve. Additionally, when the U.S. military found themselves in need of the jobs filled by the Military back home, they allowed women to officially join the Armed Forces, in non-combat roles. According to the United Service Organizations (USO), "In total, nearly 350,000 American women served in uniform during World War II." By 1948, President Truman signed the Women's Armed Services Integration Act into law which officially allowed women to serve in all branches of the Armed Services.

During the Vietnam War, approximately 11,000 women served overseas as Army nurses. Many volunteered to go. "In 1967, President Lyndon B. Johnson opened promotions for women to general and flag ranks and in 1972, women were allowed to command units that included men." Additionally, just one year later, pregnant women were finally allowed to remain in the military. The Gulf Wars in the early 1990's led to 40,000 women deployed to combat zones, even though they still were not allowed to fight in combat, but they could engage as flyers or advisors.

In 2015, the ban for women in combat was finally lifted. "This historic change opened up hundreds of thousands of jobs for women in the military and essentially ensured that as long as female service members completed the necessary training and requirements, they could now serve in almost any role in the U.S. Armed Forces."

Why the truncated history lesson about women in the military? Because that is what Women's History Month is all about. It is about celebrating women famous or unknown and learning about their contributions. This is exactly the concept of the organization, Women Inspiring the Next Generation (WINGS), does all year long, but especially in the month of March. Staff Sgt.



Staff Sgt. Jan Mariel Decosse, 372nd Training Squadron, Detachment 22 B-52H Stratofortress armament systems instructor and member of Women Inspiring the Next Generation (WINGS), greets Airmen at the 2023 Women's History Month opening ceremony and proclamation signing at Minot Air Force Base, North Dakota, March 6, 2023. WINGS is a non-profit, private organization that is meant to inspire and advocate for the next generation of Airmen - men, women, and their support systems.



Col. Christopher Cain, 5th Bomb Wing vice commander (left), and Col. Johnny Galbert, 91st Missile Wing vice commander, sign the 2023 Women's History Month proclamation at Minot Air Force Base, North Dakota, March 6, 2023. "Women are essential to Team Minot and the Air Force," said Cain. "We are paying attention to these pathmakers, and are very excited to recognize the contributions and sacrifices they make every day."

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CALEB KIMMELL

Jan Mariel Decosse, vice president of the MAFB WINGS chapter, explained how this organization helps advocate and inspire female military leaders and Airmen. She mentioned that in the Armed Forces there is a notably small number of noncommissioned officer and officer women, so she and others like her work hard to help women in the Armed forces understand their role and importance.

To celebrate the official launch of the month, on Monday, March 6, Decosse and the WINGS organization hosted the kick-off event for Women's History Month at the MAFB Exchange. The event featured the traditional signing of

the proclamation of the month from both vice wing commanders, Col. Christopher Cain and Col. Johnny Galbert, and the decor contained posters displaying prominent and lesser-known women of influence throughout history. This opening event was just the beginning of a month-long series of events run by WINGS to promote the importance of the month and the women who have served.

Interested in learning more about women's history in the Armed Forces? Check out this article from the USO, <https://www.uso.org/stories/3005-over-200-years-of-service-the-history-of-women-in-the-us-military>.

Women's History Month 2023

Proceeds raised during various events will be donated to the Minot Domestic Violence Crisis Center and National Women Veterans Memorial. Thank you for your support!

MAR 11

0730 | Morning Class
1630 | Afternoon Class

Valiant Warrior Yoga @The TURF

Come out and join us for the morning or afternoon yoga classes taught by Donita Theiler. Refreshments and mats provided. Classes are free to participate.

Women of Wisdom: Symposium @Jimmy Doolittle Center

Participate in riveting discussions as we focus on advocating for our rights, paving the way forward, and connecting through shared experiences. Refreshments provided.

MAR 15

1530-1630

MAR 31

1630-1830

WINGS FLY Event @The TURF

Join us in our closing ceremony event with food, face painting, photo booths, Bunco games, and more! Certain activities require a \$5 fee. Entrance is free.

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MARCH MAC LUNCH

Representatives from Minot Air Force Base and the local community came together for the monthly Military Affairs Committee (MAC) lunch on March 2, 2023. The MAC cultivates relations between members of the community and base personnel, promoting the communication and understanding of subjects that affect both parties.

U.S. AIR FORCE PHOTOS | MINOT PA

**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](http://thisdayinaviation.com/history.net)

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The Key Word Is Community

ROD WILSON, NORTHERN SENTRY

Jason Zimmerman is a Minot native, and a member of Task Force 21, the organization tasked with maintaining the connection between Minot and Minot Air Force Base. However, as they sometimes say his real job is President of the Minot Area Community Foundation whose mission is to enrich the quality of life for the people of this area by: Encouraging philanthropy, by providing attractive solutions to donors, being a catalyst for community cooperation and serving as a resource for Minot area charitable organizations.

“What do we do that benefits base families? You can take pretty much any quality of life project in Minot, and we’ve probably been involved, big or small. Everything from the Roosevelt Park Zoo, the big cat exhibits, the tiger exhibit, the Amur Leopard exhibit that is coming online shortly; those are pretty substantial gifts of over half a million dollars between the two. Then there is our biggest and most notable, the Magic City Discovery Center. The concept of a children’s museum came from one of our giving circles, Give 360, about eight or nine years ago the group got together and said, wouldn’t this be great” according to Zimmerman.

So, the Give 360 group did some initial seed funding to kick off some studies “and now 20 million dollars later up on North Hill.



Jason Zimmerman
Minot Area Community
Foundation President

The Magic Climber Exhibit is the single largest gift to date from The Foundation of \$750,000 dollars.” With other gifts and endowments, the MACF has a total of \$1.3 million dollars into the Magic City Discovery Project. Other notable gifts have funded the trail system with infrastructure including bathrooms on the trails. “There’s also other smaller gifts” according to Zimmerman “including The Fun Zone, a Minot District project

over at the armory. Not a whole lot of money, \$6,000 dollars, but in the winter months it’s a place for parents to take kids, younger kids especially, for a little activity.”

The MACF recently awarded \$40,000 for remodel of the Children’s Library at the Minot Public Library. Knowing that a lot of the community and military families are big hockey fans, the MACF invested in the third rink, more commonly known as The Pepsi Rink at the MAYSA arena. “There’s a lot of different things that we have had our fingers in that benefit not only the citizens of Minot, but our friends and families, really, on the Minot Air Force Base.

The MACF wants to encourage philanthropy in the Minot community. They establish endowments on behalf of their many donors. Those donors can advise their funds on an annual basis when they are alive. The profits from the endowments are funneled back into the community to the various non-profits who use the money on the many projects throughout the community. There are also discretionary funds “Which is pretty unique for a foundation of our size” says Zimmerman “we have eight or nine endowments that 100%



Magic City Discovery Center.

BENNETT CREATIVE MEDIA PHOTO

discretionary. We have a group of community individuals called our community invest advisors that meet every month and make recommendations on grant requests for those dollars. Those are the funds that we use for larger projects like the Discovery Center, the zoo projects, because we are able to pool some resources.”

The MACF has up to a 3-year carryover allowing donors to hold their funds up to three years allowing them to make a larger donation to a particular project or initiative.

Community Foundations like the MACF help to fund projects that to a better community and that helps to sell Minot as a positive community in which to live. “Base families are always looking for a better quality of life, and family

activities and we are always looking for the niche to help out only the Minot community, but the Minot Air Force Base” according to Zimmerman.



Roosevelt Park Zoo big cat exhibit.

ROOSEVELT PARK ZOO PHOTO



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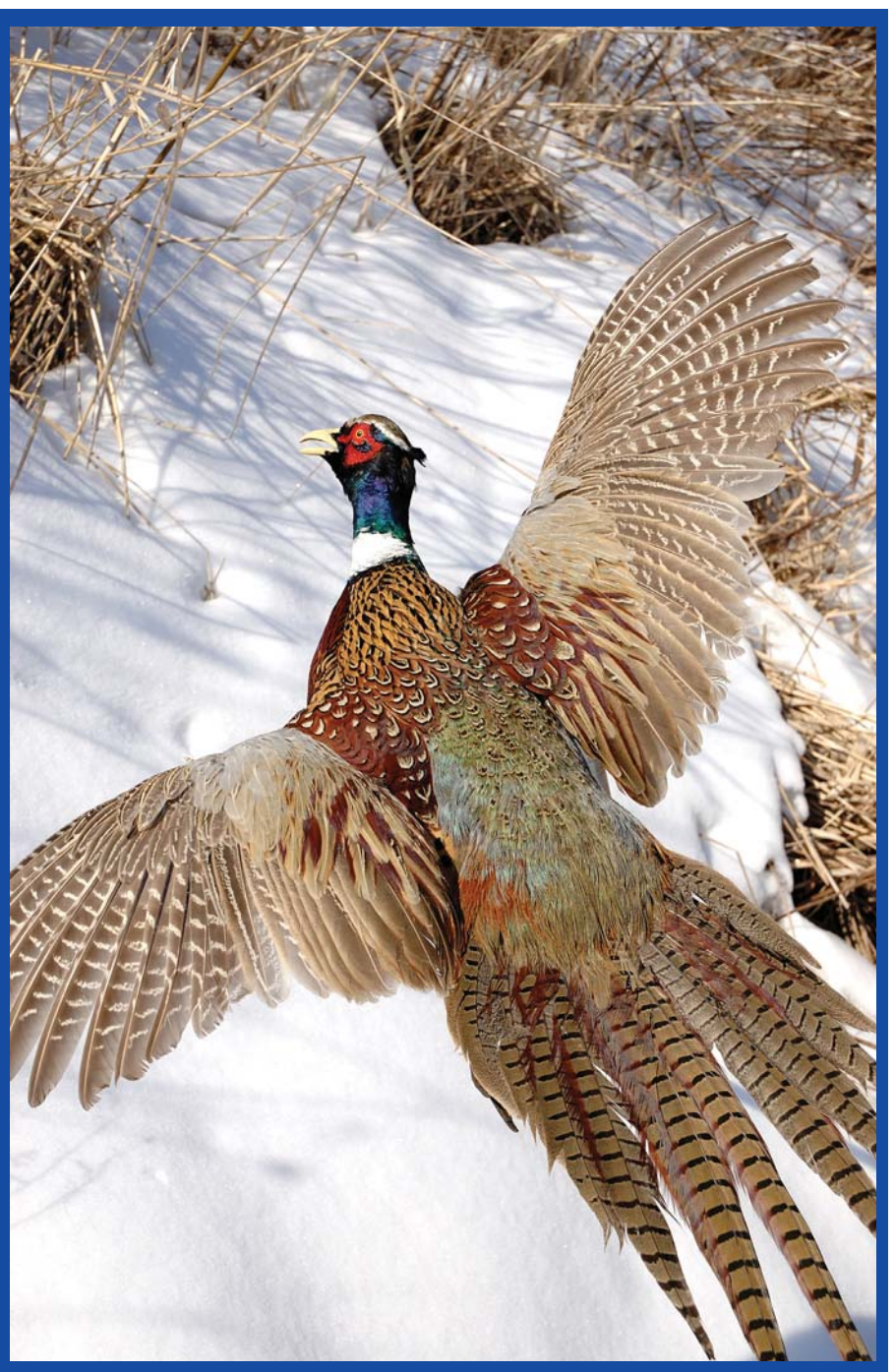
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Painting for a Purpose Downtown Business Helps AADD

ROD WILSON, NORTHERN SENTRY

Hundreds of folks will spend time in the basement of Margie's Art Glass studio painting a ceramic piece that they have chosen from the inventory on the wall. It's a great way to socialize and doesn't make a difference if you consider yourself a professional painter or not, the piece will be a signature statement for you, or members of your family when it is done.

"When they come in and choose a project to paint, I will give donate 15% of what their final bill is to Airman Against Drunk Driving" according to Margie Bolton, owner. The event is March 14th through the 18th, and the contribution is on the ceramics portion of someone's bill only. "Still, most people who come in will spend an average of \$30.00 on ceramics and painting, so the donations to AADD will add up."

For Margie, whose husband Ted owns the Northern Sentry, it is paying forward to the many volunteers who provide safe rides home to Airmen who do not want to take the risk of driving when they are impaired.

Besides the donation to AADD, Margie provides a sanctuary for people who just want to relax and be creative. "Last night we had 2 sisters and a couple of friends who went downstairs and just spend time painting and creating" according to Bolton. "If they are coming in for the promotion, they just need to let us know so we can make the donation to AADD on their behalf."

Young and young at heart will enjoy painting ceramics according to Bolton. "They don't need to make reservations, they just need



Margie Bolton, Owner of Margie's Art Glass Studio displays a project painted by one of her customers.

to show up between the hours of 10 AM to 5:30 pm, except on Tuesdays and Thursdays when we are open until 8:30 (PM)" adds Bolton.

"We don't charge a studio fee and if they want to order something to drink, that is available."

For Margie Bolton her efforts on behalf of AADD is important, not only for the Airmen who use the service, but also for her family. "You never know who's

out there driving and could be a threat because they are driving impaired. We want to promote that it is socially unacceptable to drive drunk, and it's socially acceptable to ask for help. Community wise it's smart" says Bolton.

For those who want to get involved, they only need to show up at Margie's Art Glass Studio at 109 Main Street and let the staff know you are there to be part of Painting for a Purpose.

MINOT AIR FORCE BASE

SSGT. MATTHEW A. ROTHE

Finest

5th Civil Engineer Squadron's SSgt Matthew A. Rothe is a stellar NCO that has dedicated his time and efforts into improving the quality of life for Airmen that resides in the dormitories at Minot AFB, ND as a Airmen Dorm Leader. He has devoted his focus to guiding Airmen Dorm Council with multiple base events, and facilitates the monthly dorm dinners. He has developed a series of "how to" videos to assist First Term Airmen to further adjust living in the dorms. He is also a loving father, husband and a wingman.

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Mouse River Players present... "The Elves and the Shoemaker"

MOUSE RIVER PLAYERS

Tired of the winter blues and looking for a break from your regular March routine? Consider a short drive into downtown Minot to Mouse River Players' Community Theatre and take in a performance of "The Elves and the Shoemaker" by Noah Smith on March 17 through 19th and March 24th through 26th.

Contrary to popular belief, the Elves in this family friendly production "... don't build toys, don't play with magic rings, and don't do windows. But, we do make shoes!" Loosely based off the well-known Grimm's story, the magic Elves of our play are called upon to help the last two traditional shoemakers keep their promise of producing 100 to 200 to 500 pairs of shoes overnight for a wealthy customer. Does that ring like the plot of a fairy tale or two?

Relocating the story from the forests of old Germany to an early 20th century American metropolis, the classic tale is transformed into a vaudevillian romp as the devious millionaire head of ShoeBucks, Midas J. Omnivereaux played by Bart Burns, attempts to seize control of Avner (Al Johnson) and his son Izzy's (Connor Donovan) Shoe Store, the last of its kind in the bustling business district. But Izzy calls on reinforcements in the form of zany magical elves to save the family business.

The mixture of fairy tales, crazy jokes and puns, and a melodramatic plot line will give the audience plenty of opportunity to cheer the 'good guy' and boo/hiss the 'bad guy.' The show is intended to entertain all ages with jokes for the adults to laugh and groan at and the crazy stunts of the Elves for the kids to enjoy.

Other adult members of our talented cast includes both new and familiar faces such as Sarah Mujule (the storyteller), Stephanie Coombes (Dot), Amanda Lindstrom (Mrs. Dumontingly), D. Jean Larson

(Police #1/delivery person), and Arrisa Marquard (Police #2/delivery person).

Our antic Elf Squad includes: Russell Hokenson (Brogan), Archer Schnaible (Plimsol), Logan Lindstrom (Ghillie), Tyson Coombes (Air Jordan), Liam Anderson (Crocs), Lilly DeBold (Vans), Levi Mujule (Puma), Dustin Pittsley (Dudes), Abigail Grater (Tennies), Bella Filkins (Cat), Kara Szczur (Aero), Anna Simonson (Flipflops), and Serenity Ruby (Nike).

Veteran director Holly Eidsness helms the operation with Paula Simonson choreographing the Elves' music sequence. Sheree Diede is the dance captain for the production. Virginia Dohms (assistant director) and Al Johnson are collaborating on the sound cues and music sequences.

The shoemaker's store and workshop will feature E.J.Rose's visual flare in set creation. His

scenic artwork has been a part of our stage many times. You may have seen his talents on display during the MRP productions of "The Lion, Witch and the Wardrobe," "Alice in Wonderland," and "A Christmas Carol" among others. Our set construction captains are Grant Johnson and Dorian Garland with help from many cast members.

Ken Haarstad will use his creative talent to formulate the light visuals and sound cues. Our head Costumer, Angie Thompson has been hard at work constructing Elf hats, shorts, and shoes. Sarah Mujule is chairing the organization of the props. Graphics artist Courtney DuPona created our whimsical poster and program. Our Mouse River Players social media coordinator, Brittany Montez, regularly posts on social media and will prepare a pre-show Behind the Beam video. Watch our Facebook page for upcoming giveaways and

announcements. Finally, special thank yous to Nancy Pearson for keeping track of the details as our Producer and to our production sponsor, the Minot Elks Lodge 1089.

Once upon a time, and not so long ago, Mouse River Players, with the help of our contributors, were able to finish the Phase 1 Renovation of the façade of our theater building. The new windows, brighter signage, and update to our entrance is awaiting the final touches for completion.

When we reach the next level of funding, we will continue with Phase II of our plan to open up the lobby foyer and move the

current bathroom facilities out of the auditorium and into the lobby area. If you are interested in contributing to our renovation fund or would like more information, you can contact us at www.info@mouseriverplayers.com.

Performances of The Elves and the Shoemaker are Friday and Saturday evenings at 7:30 pm with Sunday matinees at 2 pm. Prices for adults are \$15.00, \$10.00 for children under 12, and \$13.00 for military with ID, students, and senior citizens. Tickets can be purchased by going to www.tickets@mouseriverplayers.com. Reservations are highly recommended.

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Fact File

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

Animals of Africa CROSSWORD

1 Camel 2 Zebra 3 Gorilla 4 Crocodile 5 Elephant
6 Lion 7 Buffalo 8 Giraffe 9 Hyena 10 Caracal 11 Meerkat

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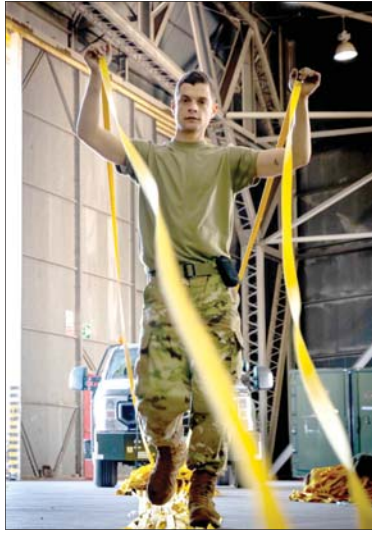
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BOMBER TASK FORCE 23-2



Senior Airman Dylan Whitcome and Airman 1st Class Grant Zirtzman, 5th Bomb Wing aircrew flight equipment, packs a drag parachute for a B52-H Stratofortress at Morón Air Base, Spain, Feb. 27, 2023. BTF missions familiarize aircrew with air bases and operations in different geographic combatant command areas of operations.

AFE



5th Bomb Wing Airmen perform a communications check at Morón Air Base, Spain, Feb. 27, 2023. BTF missions familiarize aircrew with air bases and operations in different geographic combatant command areas of operations.



5th Bomb Wing Airman performs a communications check at Morón Air Base, Spain, Feb. 27, 2023. BTF missions enable crews to maintain a high state of readiness proficiency, and validate our always-ready, global strike capability.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

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BOMBER TASK FORCE 23-2

LANDING



B-52H Stratofortress aircraft lands at Morón Air Base, Spain on Mar. 1, 2023. BTF operations are U.S. Strategic Command's means of conducting Dynamic Force Employment in support of the National Defense Strategy.



A maintenance professional with the 23rd Expeditionary Bomb Squadron usher in a B-52H Stratofortress aircraft after returning from a Bomber Task Force Mission at Morón Air Base, Spain on Mar. 1, 2023.



Maintenance professionals with the 23rd Expeditionary Bomb Squadron examine a B-52H Stratofortress engine after returning from a Bomber Task Force Mission at Morón Air Base, Spain on Mar. 1, 2023.

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL

Lake Sakakawea elevation, March 6: 1,825.28 feet above mean sea level (MSL); 20,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.41 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.34MSL.

•N.D. Game & Fish Dept. game wardens: No Missouri River System, Devils Lake, or north-central area lakes reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports but look for continued perch activity in East Bay. Moving around on the ice is still difficult without tracked vehicles.

•Devils Lake, Woodland Resort, Devils Lake: Continued good perch success around East Bay. Work early morning hours or late afternoon for walleye. Access remains challenging on many areas of the lake, however.

•Lake Darling, Karma C-Store, Ruthville: Some activity on Lake Darling and Grano for small walleye. Lake Audubon producing some small walleye, as well.

•Lake Metigoshe, Four Seasons, Bottineau: Occasional nice walleye but sort through for keepers with better numbers of smaller fish. Some nice-sized pike showing up for those spearing.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some nice-sized walleye west of Douglas Bay but no access points other than at Douglas Bay so travel on the ice for about 3 miles is necessary. Spotty walleye success elsewhere on the east end. Work any of the upper ends of back bays for the start of a pike bite. Try deep in about 35 feet on Lake Audubon for walleye but be prepared to keep fish caught that deep.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: A more consistent pike bite is showing up on the east end of Lake Sakakawea. Focus on larger flats adjacent to deeper



•Check on ice houses occasionally to make certain they haven't iced in after warming weather.

•Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.

•Reminder that it's illegal to chase, harass, or pursue any wildlife species with motorized vehicle.

•Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

•March 10 – 12: KX Sports Show, N.D. State Fairgrounds All Seasons Arena.

•March 11: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles Club, 5 p.m.

•March 15: Permanent houses must be off area lakes but can be used if removed daily.

•March 17: Pheasants for the Future banquet, All Seasons Arena N.D. State Fairgrounds, 4:30 p.m.

•March 17: Bakken Muley Masters Mule Deer Foundation banquet, Watford City Eagles Club, 5:30 p.m.

•March 23: Minot Ducks Unlimited Hunter's Raffle, Minot Sleep Inn, 5:30 p.m.

water in back bays with smelt or herring. Walleye remain spotty on Lake Sakakawea and Lake Audubon.

•Lake Sakakawea, New Town: Van Hook Arm and midsection remain quiet for walleye.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace walleye success remains slow. Weather limiting activity on Lake Sakakawea.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Slightly improving walleye bite around Lund's Landing with most consistent success still around Red Mike's and White Earth Bay on the upper end of Lake Sakakawea. Try jigs but dead sticks continue producing the most success.

Missouri and Yellowstone rivers continue producing walleye and sauger. Blacktail Dam producing panfish with occasional pike. Look for a few more perch with nicer sizes from Springbrook Dam.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet with limited reports.

Downhill skiing
 (conditions may vary):

•Big Sky Ski Resort, Big Sky, Mont.: 70- to 71-inch powder, packed powder base with 30 lifts and 311 runs open.

•Bottineau Winter Park, Bottineau: 36- to 40-inch base with good conditions. 2 Magic Carpets and 1 lift, 7 runs, and tubing and terrain parks open.

•Huff Hills Ski Area, Mandan: 20- to 35-inch powder, packed powder base. All runs open along with 2 lifts, 1 tow, and Green Lift Terrain Park open. Donut Hole Hiking Area also open.

•Terry Peak, Leads, S.D.: 26- to 36-inch base. 30 trails and 5 lifts open.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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Uncover Treasure Nearby: Vintage City

ERIN BEENE, NORTHERN SENTRY

In search of: Treasure Hunters. Exotic art, priceless antiques and quirky one-of-a-kind decor awaits anyone who enjoys the thrill of the hunt! Sounds like an adventure from fairy tales right? Well, that may be so, but there is also treasure to be found right here in Minot! Hidden near the North Dakota State Fairgrounds is the mom-and-pop unique store of Vintage City, where the most unknown of fortunes can be discovered.

Vintage City Owner Marla Uscensky described the contents of her store like this: "We carry everything from furniture, construction salvage, tools, linens, glassware, pottery, repurposed, rusty, outdoor yard junk, cast iron cookware, comic books, record albums, crocks, a vintage variety of whatever we find interesting that brings joy to us and our customers! Our inventory changes every time we are open - you never know what you'll find." The store is a mix of antiques, home decor and lots more.

Vintage City is not a consignment store but instead is stocked by the owners. Marla and Bill Uscensky's store merchandise comes from a variety of places,

but mostly from individuals who invite the Uscensky's into their home when they are moving,



Marla and Bill Uscensky have been the proud owners of Vintage City for 10 years.

changing decor or having an estate sale. They buy or are given pieces of interest to then re-sell at Vintage City. Uscensky said, "We are willing to travel and buy one piece or an entire household, barn and/or outbuildings full of years and years of treasures! This is so

much fun and a real thrill for us! We never know what we might come across and have ready for our customers the next time we are open."

The Uscenskys opened Vintage City about 10 years ago and are constantly thrilled by the consistent business they maintain with the shop. The owners plan to stay in business as long as it is profitable because they love the work and the people. "The greatest part has been and continues to be the friends we have made and the support we have been given by our family, friends and of course the community. We find ourselves anxious to see these familiar faces who have shared their lives with us starting with a common interest of something old or collectible and continuing as friends."



At Vintage City you can find beautiful antiques, quirky home decor, fascinating furniture and so much more!

Vintage City is open at unique hours: every 2nd and 4th Thursday, Friday & Saturday of each month, 10AM - 5PM. The shop also hosts several "bonus" days during the year when they open just for the fun of it last

minute. These "bonus" day hours can be found by following their Facebook page. <https://www.facebook.com/VintageCityMinot>

Vintage City is the perfect place to find new-to-you treasure. Give them a try and stop by today.



The treasure trove at Vintage City can be found at 2001 8th Ave SE

NOTES ON BEING SAFE

The Second impact is often the deadliest



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



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.

welcome baby

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MONDAY, FEBRUARY 27, 2023 TO:
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WEDNESDAY, MARCH 01, 2023 TO:
KATHRYN AND DAVID HERR
MINOT, ND

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KNOW YOUR CAR

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

PLUG IT IN

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

PLAN YOUR TRAVEL AND ROUTE

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

JR JOURNALISM PROGRAM

northsensentry

Skiing in Bottineau

EVAN REINHOLD, AGE 8

Bottineau is a fun place. One day, I went tubing and in the middle of the day I asked my mom if I could try skiing. She said yes. I took one lesson with an instructor. In one hour, I WAS SKIING!!! Then I went down the big hills.

That was some time ago. And

this past weekend, I went skiing with my dad and I went on the jumps. I fell ten times and didn't fall nine times.

I really enjoy skiing. And I hope I can go skiing next year, too.

And if you go to Bottineau, get the chicken nuggets, because they are amazing :)



Skiing at Bottineau Winter Park.

Find specifics about Northern Sentry's Jr. Journalism Program and how your story can be featured:



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SALMON WITH SPRING VEGETABLES AND PESTO



INGREDIENTS

- 4 (4 OZ EACH) SALMON, SKIN-ON, PIN BONES REMOVED
- 2 TABLESPOON OLIVE OIL
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
- 2/3 BUNCH ASPARAGUS, BOTTOM THIRDS OF STALKS REMOVED AND SLICED INTO 1 INCH PIECES ON THE BIAS
- 2/3 POUND SUGAR SNAP PEAS, ENDS TRIMMED AND SLICED INTO 1/2 INCH PIECES ON THE BIAS
- 6 2/3 OUNCE CHERRY TOMATOES, RINSED AND HALVED
- 1 1/3 LEMONS, HALVED
- 1/3 CUP FRESH PESTO
- 2/3 LEMON, ZESTED
- FRESH BASIL LEAVES, FOR GARNISH

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Place a piece of parchment paper on a large baking sheet or in a roasting pan. Rinse the salmon and pat dry. Brush all sides of the salmon with olive oil, and sprinkle generously with salt and black pepper on all sides. Place the salmon pieces skin-side up on the sheet tray leaving 2 inches between each piece. Place the asparagus, snap peas, and cherry tomatoes in a bowl. Gently mix the vegetables with the remaining tablespoon of olive oil, 1/2 teaspoon salt and a fresh grinding of pepper. Scatter the vegetables evenly onto the sheet pan. Place the sheet pan on the grill. In addition, place the lemons cut-side down directly on the grill grate towards the front of the grill. Close the lid and cook for 5 minutes. After 5 minutes, remove the lemons from the grill and stir the vegetables. Close the lid and cook for 5 more minutes, or until the fish reaches an internal temperature of 140°F and can be flaked with a fork.

Remove the sheet pan from the grill. Place the fish and vegetables on a serving platter and drizzle with the pesto. Squeeze the grilled lemon over the top of the fish and vegetables. Sprinkle the lemon zest over the fish and add a few basil leaves for garnish. Serve immediately.

Enjoy!



Ryan Davy - GM
Minot

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YOUTH IN ACTION

Month of the Military Child (MOMC) Working Group



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



April is the perfect month to usher in Spring but it is also a great time to “Purple Up” for military connected students! The Month of the Military Child (MOMC) is celebrated in April and is a time to show our support for military connected students across the United States and also abroad. In North Dakota, there are more than 12,500 active duty, national guard and reserve military members in North Dakota. In addition, more than 8,500 military connected children in North Dakota have a parent or guardian serving in the military. Therefore, April is an incredible time to show appreciation for the strength and resilience of military connected students.

The School Liaison Office is beyond thrilled to lead the Month of the Military Child (MOMC) Working Group with stakeholders in our community. These stakeholders include 5th Mission Support Group, 5th Force Support Squadron Flight Chiefs, Child and Youth Programs Managers, the

Minot AFB Library, Key Spouses, and so much more! We are working together to orchestrate a month where our students are valued and appreciated.

The work of the MOMC Working group occurs at different levels to include coordinating the signing of the MOMC Proclamation with the State of North Dakota, connecting with the North Dakota leadership to advocate for legislation enhancing quality of life measures, partnering with agencies and businesses, building a comprehensive calendar for Minot AFB and organizing events with schools located on and off Minot Air Force Base. The School Liaison Office desires for this effort to be collaborative and engaging.

April will be bustling with activity and we would like to invite our community to take part in this special time. If you are interested in serving as a volunteer for MOMC, please send an email to MAFB.school.liaison@us.af.mil.

2022-2023 MPS CALENDAR

March 2023							20 days
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

March 8
P/T Comp Day - No School
March 9 & 10
Spring Day Break #1 & #2



- Vacation Days - not contracted day
- Parent/Teacher Comp Days
- Early Release Days - 1:15pm
- PD Days - contracted day
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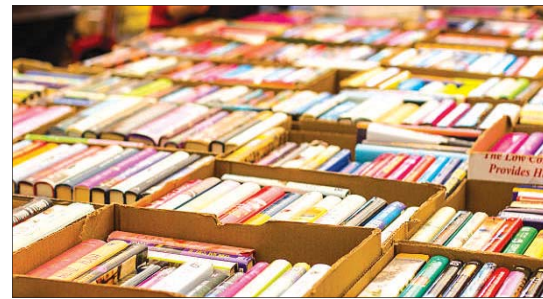
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Upcoming Events

15 MAR FRIENDS OF THE MINOT PUBLIC LIBRARY ONE DAY BOOK SALE
9:00 AM TO 8:30 PM
516 2nd Ave SW, Minot

One Day Book Sale
The Friends of the Minot Public Library host a One Day Book Sale on Wednesday, 3/15 from 9:00 am to 8:30 pm. This sale is a free will offering so shoppers are encouraged to take what they want and pay what they can - all proceeds will go to the Friends of the Library.



For more information:
Facebook/ Minot Public Library/ Events

11 MAR FAMILY STORY TIME
10:30 AM - 11:15 AM
Minot Public Library
516 2nd Ave SW, Minot

Everyone is welcome! This story time is the 2nd Saturday of the month at 10:30 am. We will read books, sing songs, and do a craft with a community helper. We are hoping this story time will help start great conversations for families. This month, we welcome Travis Heil from the Roosevelt Park Zoo!



For more information: Facebook/Minot Public Library/Events

11 MAR KINDNESS KNIGHTS
1:00 PM - 2:00 PM
Minot Public Library
516 2nd Ave SW, Minot

We will help our community together and learn how to be Kindness Knights. During this program, we will meet at the Minot Public Library and help out Companions for Children. Kindness Knights is for children grades 2-6 on the second Saturday of the month at 1:00 pm.



This month we will helping Companions for Children

14-18 MAR PAINTING FOR A PURPOSE AT MARGIE'S FOR MAFB AADD
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Thursday: 10:00 8:30
Friday: 10:00 -5:30
Saturday: 10:00 - 5:30
Sunday: Closed



For more information:
www.margiesartglass.com

19 MAR ROOSEVELT PARK ZOO WILD ONE BIRTHDAY FOR TIGER CUBS
12:00PM- 1:00PM
1219 Burdick Expy E, Minot

Celebrate the tiger cubs at Roosevelt Park Zoo!
\$2 zoo members
\$3 non members
Funds: 1/2 conservation 1/2 capital campaign
Admission table will open at 11:00am
Enrichment (presents!) at 12:00 noon



For more information:
Facebook/ Roosevelt Park Zoo/ Events

NEW Community at the Northern Sentry



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

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2023 Prairie Warrior Auction


MINOT AREA CHAMBER EDC

This year, the Minot Area Chamber EDC in conjunction with the 5FSS, will hold the 36th annual Prairie Warrior Auction. This event started out with just a couple of community members who cared about the relationship between the Minot community and the Air Force Base. The first year it consisted of a murder mystery dinner with an auction. It was a hit! The next year, Mrs. Betty Fedorchak, one of the founding members, became the chairperson for the event and carried that position for 31 years. Every year it grew more successful and more fun.

This annual event, now called The Prairie Warrior Auction, consists of a social, a silent and live auction along with a 50/50 raffle with the proceeds supporting events and team-building activities for the squadrons of Team

Minot and their families. The donations for the auction come from our member investors in the community as well as members of the military community. What would Minot be without our military families? This is our way of helping where we can. Over the past 36 years, the auction has raised over \$680,000! We are very proud of this annual event and the fact it keeps getting bigger each year.

The Prairie Warrior Auction takes place on Thursday, March 16th at the Grand Hotel starting at 5:30pm. Thanks to Verendrye Electric Cooperative for helping make this event FREE for anyone with an active military ID! Tickets can be purchased online at www.minotchamberedc.com for both active military and nonmilitary. This event is open to the public.



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NORTH DAKOTA'S "BIG THREE"
Patricia Stockdill

Sometimes the saying "the Big Three" conjures images of the three largest auto manufacturers in the United States. Or maybe the three largest Big Tech companies in the country. Perhaps it's the Big Three of college NCAA FBS football, possibly Alabama, Georgia, or Ohio State in recent years – or from the FCS it's possibly North Dakota State University – despite getting thumped by rival South Dakota State in this season's FCS championship – or Sam Houston State, now in the mid-level FBS realm of competition.

However, to hunters around North Dakota, it conjures up images of the state's three largest big game species – moose, elk, and bighorn sheep. They're the "Big Three" not just because of their size. They're the "Big Three" because they should be considered the most treasured license a North Dakota hunter can obtain.

Drawing a moose, elk, or bighorn sheep license is a once-in-a-lifetime opportunity to hunt that species in the state. Hunters can't apply in the lottery again if they're unsuccessful in harvesting their moose, elk, or bighorn sheep should they beat the odds and draw a license. A hunter with a moose, elk, or bighorn sheep license has one chance to hunt that species in North Dakota.

The exception would be if someone truly beat the odds and won a moose or elk license from a special raffle available to non-profit organizations.

While those odds are steep, it can and has happened where a hunter is drawn for a moose or elk license through the standard lottery and had their name drawn in the raffle. But in reality, most hunters are just darn lucky to get a moose, elk, or bighorn sheep license in the state.

Applicants must meet North Dakota residency hunting requirements. Online applications are due March 29 for the upcoming fall hunting seasons so there is time to ponder options in each of the available units for each species.

For most hunters, moose hunting brings images of forests and swampy wetlands and lakes.

In North Dakota, moose hunting is a tad different. For starters, moose seem to have missed the memo they live only in wooded areas dotted with swamps and wetlands, feasting largely on tender woody browse.

Instead, North Dakota's moose went exploring and adapted quite well to living in woody shelterbelts planted by humans to stop the wind. They also found cornstalks, cattails, and sunflowers substitute for woody browse.

In other words, moose in North Dakota expanded outside their historical range, which is north-central and northeastern North Dakota's Turtle Mountains and Pembina Hills. That's typical moose habitat.

Nowadays, though, more moose are in northwest and west-central North Dakota.

Someone drawing a moose tag will want to do their share of preseason scouting to make certain they can hunt private land.

Another option for those applying for units M10 or M9 is to consider hunting Upper Souris (M10) or J. Clark Salyer (M9) National Wildlife Refuges. Remember, though, hunters can't drive off-trail to retrieve big game on refuges so anyone with a moose tag for those areas will want to work with the refuge in advance.

With chronic wasting disease identified in deer in some moose units hunters should also consider the fact they must follow CWD transportation regulations for any member of the cervid family – elk, moose, and deer. While getting an entire moose out in one piece is rare, at best, in many other areas of North America, it's fairly common in North Dakota.

The odds of drawing one of North Dakota's "Big Three" are admittedly slim – and it's different hunting elk in the Badland compared to mountain states or hunting moose on the prairie compared to the Canadian forests – but it's still worth applying for a license.

People can and do beat the odds and get drawn their first or second time they apply.

Go to the N.D. Game and Fish Department website, (gf.nd.gov) for details and online application.



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<p>Immanuel Baptist Church</p> <p>1615 2nd St. SE • www.ibcminot.org 701-839-3694</p>  <p>SUNDAYS: 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p>WEDNESDAYS: 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY</p>	 <p>Christ Reformed Church</p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE</p> <p>www.christreformedchurchminot.com</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	 <p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
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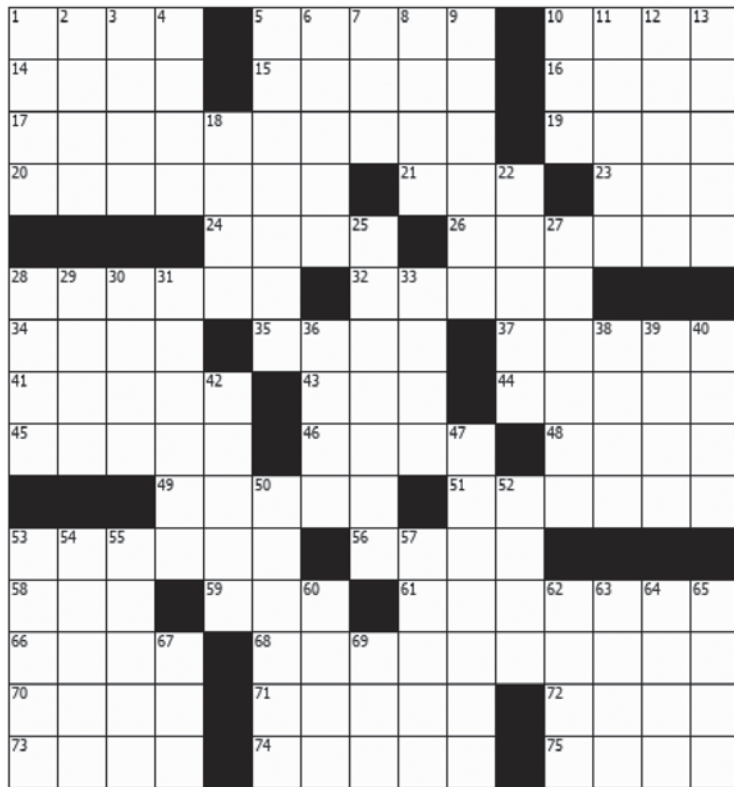
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CROSSWORD PUZZLE

Across

- 1. Rural building
- 5. Location
- 10. Cheeky
- 14. Go up
- 15. Ceremonies
- 16. Finished
- 17. Academic guidance
- 19. Plunge headfirst
- 20. Exhaust
- 21. Spigot
- 23. Stage signal
- 24. Interlock
- 26. Sips
- 28. Ankle problem
- 32. Vote in
- 34. Gambler's notes
- 35. Be bold
- 37. Vagrant
- 41. Oklahoma metropolis
- 43. ___ constrictor
- 44. ___ eclipse
- 45. Hard metal
- 46. Hoist
- 48. Loony
- 49. Warning signal
- 51. In dreamland
- 53. Juneau's state
- 56. Old West lawman
- 58. Motor vehicle
- 59. Clairvoyant's letters
- 61. Endurance
- 66. Detail
- 68. ___ shopping
- 70. Innings number
- 71. Foreign
- 72. Coin opening
- 73. Chew on
- 74. Slants
- 75. Certain bills

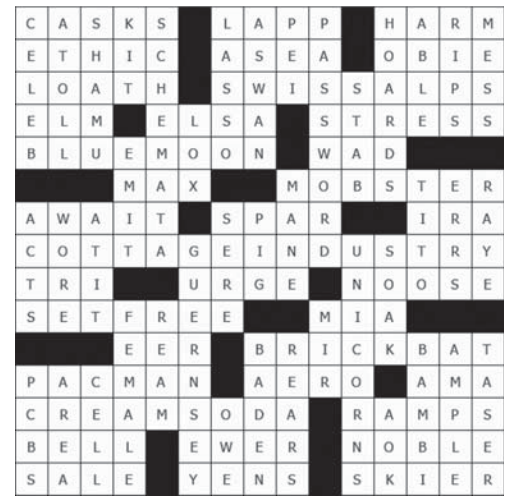


Down

- 1. Actor ___ Pitt
- 2. Staff officer
- 3. Invitation inits.
- 4. Playwright ___ Simon
- 5. Make believe
- 6. Green fruits
- 7. Had a snack
- 8. Lincoln's coin
- 9. Manor
- 10. Pea holder
- 11. Boot out
- 12. Musical show
- 13. Forest growths
- 18. Trucker's vehicle
- 22. Treaties
- 25. Leading lady
- 27. Walk leisurely
- 28. Perches
- 29. Mope
- 30. Regulation
- 31. Evaluate
- 33. Tree greenery
- 36. Skillful
- 38. Burn reliever
- 39. Nutmeglike spice
- 40. Bolster
- 42. Similar
- 47. Scottish plaids
- 50. Scoundrel
- 52. Mast
- 53. Serving perfectly
- 54. Caesar's language
- 55. Sports locale
- 57. Ski resort
- 60. Warsaw native
- 62. Fine spray
- 63. ___ of Capri
- 64. High ___
- 65. Picnic visitors
- 67. Kitten's cry
- 69. Actress ___ Farrow

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

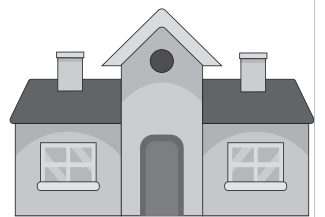
Solution to puzzle on page B14

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

SCHOOL WORDS SEARCH PUZZLE

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

- SCHOOL
- BOOK
- FRIENDS
- TEACHER
- BUS
- LEARN
- FUN
- TABLE



(The words may be hidden vertically, horizontally and diagonally)

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SUDOKU SOLUTION

PUZZLE ON PAGE C12

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

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MINOT STATE UNIVERSITY

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



VOLUNTEER OPPORTUNITIES

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYlR>
POC: Abigail Kinder, Community Relations & Media Operations
Minot Air Force Base Public Affairs
Comm: 701-723-6768
DSN: 453-6768

Base Library Dr Seuss Day Program Volunteers

(March 11)
Volunteers should arrive at 1230 to be briefed on their activity. Volunteers will assist with a craft or activity for kids; options include: making kites, making climbing hot air balloons, Cat in the Hat hats, colored glasses, and playdoh.
POC: Julie Reiten, Supervisory Librarian, Minot AFB Library
COM: 701-723-4554 DSN: 453-4554
Julie.Reiten@us.af.mil

Women's History Month Volunteers

During the month of March, the Women's History Month events coordinators are seeking volunteers for the following events:
• March 11th (0730 and 1630): Yoga and Donuts/Coffee at the TURF
• March 15th (1530-1630): Women's Symposium at the JDC
• March 31st (1630-1830) WINGS Fly (Closing Event) at TURF.
If you have any questions or want to get more involved with WINGS (Women Inspiring the Next Generations Success), please let me know
POC: DIXIE L. SCOTT, SSgt, USAF, NCOIC, Mortuary Affairs
DSN: 701-723-4290
Mortuary Affairs Cell: 701-818-0192

KX Sports Show Volunteers

(March 10-12)
Who: The Minot Optimist Club runs admission for the KX Sports Show.
What: Volunteers will operate admissions & stamping hands for people coming into the event. Volunteers are welcome to attend the event before or after their shift as well if they would like. Sign-up link:
<https://www.signupgenius.com/go/70a0b4ea8a72ea0fc1-2023#/>
POC: Brandyn D Hendrickson, CLU®, CASL®, Financial Advisor
1 North Main Street Suite 401 | Minot
Office 701-401-3487 | Mobile 701-721-8487
Email bhendrickson@americanisg.com

The Prairie Warrior Auction Volunteers

(March 15-March 16)
The Prairie Warrior Auction is an annual auction designed to raise funds for Minot AFB private organizations. Each year local businesses and on base organizations donate gift baskets, services, goods etc., that will be auctioned at the event. A portion of proceeds is infused back into the Minot AFB community. The Prairie Warrior Association is looking for motivated volunteers to ensure this is the best auction to date! From set up, to tear down we need YOU!!
Wednesday, 15 March, 2023: Transportation Team - Staging Team
Thursday, 16 March, 2023: Reception Team - Security Team - Cashier Team - Display Team - Raffle Team - Tear-down
POC/Sign Up: PWA Volunteer Coordinator, SSgt. Jamaal Taylor
jamaal.taylor@us.af.mil - 701-723-7767.

Minot Shrine Circus Volunteers

(May 11, 12, 13)
We are looking for volunteers to help with various tasks before, during, and after performances at the ND State Fair Center. Meals/snacks will be provided to volunteers.
POC: Minot Shrine Club Circus Director, John Young
701-214-0928 or jrjyoung85@gmail.com

Minot AFB AADD Volunteers

On behalf of the AADD council, it has been a privilege being your AADD Council. We enjoyed and took pride in keeping our Wingmen safe, but it is time to give the opportunity to new members. We are looking for motivated, passionate and caring individuals who value the Airmen Against Drunk Driving mission. I (VP) will join SSgt Decosse and continue as a Council Advisor for the upcoming year. Below and attached is an info gram with important details to clarify some common misconceptions and help you understand how AADD operates with our link to apply for open positions.
• APPLY FOR COUNCIL POSITION HERE:
<https://form.jotform.com/230193776201048>
• WEEKLY AADD SIGNUP:
<https://volunteersignup.org/events/summary/446266>

North Dakota State Fair Volunteers

(July 21-29)
The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shutting golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.
POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)
5fss.family.support@us.af.mil

Local Cravings Restaurant Guide



Applebee's Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

28 Tastes & Taps

1603 35th Ave SW Minot
Phone: 701.838.2828
FB: 28 Tastes & Taps

Culver's Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

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

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

Pink's Bar & Grill

102 128th Ave NW Minot
Phone: 701.852.2385
FB: PinksBarGrill

Prairie Sky Breads

3 1st St. SE, Minot
Phone: 701.858.0612
www.prairieskybreads.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Mi Mexico

3816 South Broadway Minot
Phone: 701.838.0777
www.mimexicomintnd.com

Primo Restaurant

1505 N Broadway, Minot
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot
Phone: 701.837.1884
www.sourisriverbrewing.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.837.1090
www.starvingrooster.com

Whiskey Nine

109 Central Ave, Minot
Phone: 701.837.1090
www.whiskeyninennd.com

Air Force conducts Sentinel static fire test

AIR FORCE NUCLEAR WEAPONS CENTER PUBLIC AFFAIRS

HILL AIR FORCE BASE, Utah --

The Air Force and Northrop Grumman conducted a static fire test March 2, 2023, for the LGM-35A Sentinel weapon system at Northrop Grumman's facility in Promontory, Utah.

This open-air test is the first in a series of static fire tests that will validate the design and performance of Sentinel's three-stage propulsion system during its development. The Stage-1 solid rocket motor (SRM) tested here is the largest of Sentinel's three stages and the first SRM to fire upon missile launch.

"This test is just one part of our comprehensive ground and flight test program designed to help us shake down the design as we approach its critical design review. By testing early, we reduce risk to the overall weapon system schedule," said Maj. Gen. John

Newberry, Air Force Nuclear Weapons Center commander and Air Force program executive officer for strategic systems.

The test results are currently being analyzed by a team of experts from AFNWC and Northrop Grumman.

"This test shows that the Sentinel program is now in the phase of its development where physical hardware is being tested in real-world conditions," Newberry said. "It is further evidence that AFNWC will successfully deliver this capability to the warfighter."

The Air Force plans to replace the fielded Minuteman III intercontinental ballistic missile with the next-generation Sentinel system currently in development. The Sentinel acquisition program represents the modernization of the land-based leg of the U.S. nuclear triad.



The Air Force Nuclear Weapons Center conducted its first full-scale static test fire of the LGM-35A Sentinel stage-one solid rocket motor at the Northrop Grumman test facility in Promontory, Utah, March 2, 2023. The Air Force plans to replace the fielded Minuteman III intercontinental ballistic missile with the next-generation Sentinel system currently in development. The Sentinel acquisition program represents the modernization of the land-based leg of the U.S. nuclear triad.

U.S. AIR FORCE PHOTO | R. NIAL BRADSHAW

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WHAT'S GOING ON MAFB

FRIDAY 10

- HIIT Strength & Conditioning, 0500, Fitness Center
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Thrift Savings Plan For Military Members, 1300-1500, M&FRC
- Pizza Buffet, 1700-1900, Bomber Bistro
- Super Smash Brothers Tournament, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

TUESDAY 14

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (VA), 0800-1600, M&FRC
- Relocation Newcomers Pre-Orientation, 0800-0900, M&FRC, Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 17

- HIIT Strength & Conditioning, 0500, Fitness Center
- Green Eggs & Ham Burrito Special, 0600-1030, M&FRC
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- St. Patrick's Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Luck O' the Irish Skate Night, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY 11

- Dog Sledding Trip to Ely, MN, Hosted by Outdoor Recreation
- Cycle, 0900, Fitness Center
- Dr. Seuss Day, 1300, Minot AFB Library

WEDNESDAY 15

- Designer Bag Bingo Registration Opens on memberplanet.com
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Yoga for Fitness, 1830, Fitness Center

SATURDAY 18

- Winter STEAM Challenges End, Minot AFB Library
- Cycle, 0900, Fitness Center
- Deployed Affected Families & Single Airman Free Bowling, 1700-2100, Rough Rider Lanes

SUNDAY 12

- Zumba, 1400, Fitness Center

THURSDAY 16

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Extramural Bowling, 1730, Rough Rider Lanes
- Craft Club, 1800, Minot AFB Library

MAR. SPECIALS

Bomber Bistro • Chicken Caesar Wrap
Grilled chicken, lettuce, parmesan cheese, croutons, and caesar dressing.

The B-Fifty Brew • Breakfast Burritos
A burrito stuffed with eggs, cheese, hash browns, and your choice of ham, bacon, or sausage.

Rockers Bar & Grill • Chicken Tender Basket
Tasty tenders served with our famous fries and your choice of dipping sauce.

MONDAY 13

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Craft Club, 1800, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

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