

# northern sentry


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## WHATS INSIDE THIS WEEK:



**MEET THE NEWEST FCC PROVIDERS**

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**TAKE A WINTER HOLIDAY TO HOLIDAY MOUNTAIN**

**A7**

# BARKSDALE TROPHY PRESENTED IN STATE CAPITOL



L to R: LTC Jay Sheldon, ND National Guard; Mr. Peter Hankla, Task Force 21; Ms. Brekka Kramer, Minot Area Chamber EDC, Task Force 21; MG Alan Dohrmann, ND National Guard; Lt. Gov. Tammy Miller, State of ND; Mr. Thomas Ford, Grand Forks County; Ms. Brenda Nagel, Bismarck Mandan Chamber EDC; and Mr. Keith Lund, Grand Forks County EDC.

COURTESY PHOTO

### MINOT AREA CHAMBER EDC

The Task Force for Military Issues in North Dakota (TF MIND) met in December for a 2025-29 strategic planning session. TF MIND is chaired by Lt. Gov. Tammy Miller and is served by ten other members, including local, state, and military leaders.

TF MIND was created to establish a statewide strategic process to ensure the continued relevance of the military forces, bases and mission within our state. They examine current military challenges, anticipate future military opportunities, provide a framework

to help the ND Dept. of Commerce in administering funds and propose policy that improves North Dakota's status as "military friendly," while serving as an informational conduit on military matters for national-level military leaders and elected ND State officials.

Pictured with the TF MIND members at the meeting is the Barksdale Trophy, an honor that is awarded for outstanding support to an Air Force Global Strike Command (AFGSC) base. Due to leadership at all levels, including North Dakota congressional representatives in

Washington, D.C., to state and local leadership, this collaborative effort brought this trophy home to our "military-friendly" state and we are so thankful for the partnership and support that made it possible.



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# Meet the Newest FCC Providers



Sabrina Mulrain



Jelena Sandoval



Rebecca Bailey



Linda Rodriguez

Mr. Bruce Bartholomew, FCC Chairman presents four new FCC providers with their licenses during a recent ribbon cutting on base last week. The FCC providers offer in home care for families on base.

### SABRINA MULRAIN

My name is Sabrina, and I am the mother of 5 wonderful and crazy kiddos. My family just PCS'd to Minot this past August. We've been lucky enough to be stationed all over the place, and in many of those bases I've been able to work with or help create activities and events for children. I was a part of MOMS club (moms offering moms support) in Germany and helped in my daughter's girl scout troop in Italy. I was also able to put together a fun base wide family event in Alaska called Juneoween, it was a Halloween in summer event for the children living on base. I am excited to open my home and offer childcare for the families here in Minot. I also hope to help bring some fun activities to this base. I'd just like to say, Hello Minot I can't wait to see what's in store for us!

### LINDA RODRIGUEZ

Hello, my name is Linda Rodriguez. Alongside my husband and our dog, I have lived in Minot for the past two years. I am thrilled for my new journey as an FCC provider.

### REBECCA BAILEY

Hello, I am Rebecca Bailey. I am from Ohio and we have been here for almost 2 years, moving here about 2 weeks after we got married. We have two dogs, a German Shepherd and Chocolate Lab who will both be 2 this year. I have been around children for as long as I can remember, as my

dad was the children's director at our church and then my parents became foster parents. Children are so special to me, and I can't wait to work with your children and make a difference for them!

### JELENA SANDOVAL

Hey there, I'm Jelena Sandoval, a newly-minted FCC provider with a child development certification. I'm all about spreading the love to all families in the community, regardless of age. My passion for teaching is what drives me, and I'm currently working towards a degree in education with a focus on World Geography. At home, I have two adorable kiddos, Leila and Zayn, and we're thrilled to be diving into the military lifestyle and connecting with other families.

As a child development expert, I get that kids need a safe and nurturing environment to thrive. That's why my daycare is a place where every child feels like a superstar, supported and

encouraged to chase their dreams. My curriculum is all about fostering creativity, critical thinking, and social-emotional development so that every child can grow with confidence.

But, I don't stop there! I'm also working hard on my degree in education because my passion for teaching doesn't stay cooped up in my daycare. I believe that understanding the world and different cultures is key to being a global citizen, so I'm making World Geography my focus.

As a military family ourselves, we know how tough it can be to adjust to new surroundings. That's why I'm dedicated to providing a warm and welcoming space for families who may be new to the area or in need of reliable childcare. To me, building a strong community is what it's all about.

I can't wait to meet you and your family! Got questions or want to take a look around my daycare? Just give me a holler.

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# Air Force Global Strike Command selected for \$18 million research allocation

MAJ. LAUREN LINSKOTT, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command is the first major command selected for a Small Business Innovation Research (SBIR) Specific Topic under AFWERX with four approved solicitations and two pending applications.

AFWERX, the innovation arm of the Department of the Air Force and a directorate within the Air Force Research Laboratory, brings cutting-edge American ingenuity from small businesses and start-ups to address the most pressing challenges of the DAF.

The Specific Topics designation allows military end-users to define narrow operations or equipment problem sets that require special attention. Commercial companies can then propose solutions, and—if selected for funding—begin technology development, testing, and integration efforts.

The AFWERX office allocated up to \$18 million for AFGSC across the four solicitations and could add another \$7 million if the two pending applications are selected. This allows Strikers the unique opportunity to work directly with potential vendors on the most effective means to modernize legacy systems and integrate new innovative capabilities that meet command priorities.

Since taking command of AFGSC, General Thomas A. Bussiere has stressed the need for improvement in present weapons systems while concurrently building the next generation of bombers and ICBMs. "I used to say our last B-52 pilot hasn't been born yet...It might now be our last B-52 father or grandfather hasn't been born yet," stated Bussiere in his keynote speech at the AFA Warfare Symposium in Aurora, Colorado, in March 2023. "We're going to fly that weapon system to the 2050s... but we're going to put new motors, new radar, new avionics, and new weapons on that aircraft...We don't have any option other than to modernize."

To help meet modernization objectives, AFGSC created the A5N Division, which seeks new pathways to meet warfighter needs. They scout solutions from small commercial businesses since technology development proposals are on average faster and more cost-effective compared to those from the current majority Defense Prime

Contractors. The A5N division, better known as the Commercial Capabilities Integration Transition Division, in coordination with Building Our Region's Future, an economic development organization based in Shreveport, established the Entrepreneurial Accelerator Program (EAP). These entities along with the Small Business Consulting Corporation (SBCC) honed in on the Specific Topics opportunities to increase their reach.

Now critical areas of innovation can be addressed in months compared to the multi-year procurement process that includes building requirement definitions and laying out contract parameters before any manufacturing or design can begin. The first four AFGSC solicitations focus on B-52 pylon modification, advanced battery development and integration for airborne platforms, electromagnetic pulse hardening, and readiness spares package deployment improvements.

"Global Strike has proven their mission needs in the innovation space, and we must look at all means, to include high caliber small businesses, to accelerate procuring the right capabilities for the warfighter," explained CCIT

division deputy chief Nate Dawn. "That's the beauty of leveraging the Specific Topic process. We can actually talk to companies doing research and development, find funding through these AFWERX SBIR grants, and then shape product attributes to Striker needs."

In addition to their efforts in the AFWERX proposal space, CCIT is recruiting cutting edge companies through their annual showcase events and continual tech scouting. The BRF, EAP, and SBCC teams have been instrumental in their support of these activities. Over the past 30 months, the CCIT brought 45 new technologies and over \$100 million in contracts to AFGSC and is already moving 10 companies to transition.

"We've seen a significant improvement in outreach and visibility of Striker needs, improving the odds to solve those challenges. Leveraging this process funds projects that would otherwise not receive resources through standard channels," remarked Dawn. "This is a great way to advertise Air Force Global Strike Command's needs and capitalize on the amazing American commercial technology marketplace."



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### A1C Emmanuel Cruz



**5th Munitions Squadron**  
Hometown: Bradenton, Florida

Airman First Class Cruz has been a go-to Airmen in the Munitions Storage and Handling section since his arrival in December 2022. His constantly positive attitude and motivational spirit is contagious in his shop, pushing his team to always accomplish the mission, even in the face of Minot's harsh winter conditions. He also volunteers his off-duty time to the Airmen Against Drunk Driving program, providing safe and sober rides home to Team Minot members.

GAME SALUTE: FRIDAY, JANUARY 26

### Capt Shaquille James



**91 Operations Support Squadron**  
Hometown: Newark, New Jersey

Capt James serves as a nuclear cryptographic team chief for Intercontinental Ballistic Missile Operations at Minot AFB. Capt James is AFGSC's resident expert on Chinese and Korean affairs and his work has been published by Air University. During the past year, he led the 434 billion dollar cryptographic upgrade culminating in Air Force Global Strike Command's first ever electronic launch of a Minuteman III Intercontinental Ballistic Missile. Shaq's academic work on China and Korean affairs has proven to be critical in the current and future defense of our Nation.

GAME SALUTE: SATURDAY, JANUARY 27

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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# Like a Well-Rehearsed Ballet

I've seen it several times, and still the movement of a missile convoy across the plains of North Dakota amazes me. The movement of each vehicle in the convoy almost seems choreographed, and I am sure they are.

I had just left the main gate at Minot Air Force Base when the action began. Ahead I could see flashing lights, and soon the traffic on the highway ahead of me ground to a halt, interrupted by several white pickups and other military vehicles. 4 lanes of traffic on Highway 83, 2 heading north and 2 heading south, were stopped and on this very cold, blustery winter day we waited with anticipation



for the familiar blue and white transport vehicle to appear from the gate and head down the highway followed closely by the security police vehicles while a helicopter hovered overhead.

No vehicle looked out of place, and they all worked in unison to control traffic, provide security and move the convoy down the road. I started to think about how patient the people in the vehicles waiting for the convoy to pass really were. Would this work in a more populated state? Probably not as well as it does in North Dakota. I have been out for a bike ride and heard the sirens and the helicopters off in the distance. "Guess they're moving a missile again today" is my reaction as I go about my normal daily routine. But I can imagine that the process is certainly anything but routine for those involved in the movement of each convoy. I use the word ballet as a description in total respect.

**A LITTLE RE-ARRANGING**

The frigid weather last weekend brought to a standstill the activities at Bottineau Winter Park during the Martin Luther King holiday weekend...it was just too cold!!! BWP Manager Daniel Fett made the decision based on the dangers of the



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

On May 4, 2023, one of my employees and I attended the annual North Dakota Farmers' Market and Growers Association local foods conference in Bottineau. When we arrived at the hotel on schedule, nobody else was there.

The following morning people started to trickle in, but overall, the conference was poorly attended.

The venue for the conference, Dakota College, was just the right place, but the timing was completely off. That's the very weekend that most vegetable producers in North Dakota begin their spring planting.

Several weeks after the conference, the North Dakota Farmers' Market and Growers Association board of directors elected me as their president for the next year. So ever since the end of May, myself and several others having been working hard to re-brand the NDFMGA.

I didn't realize the depth of the issues until I dug into them. Several things happened nearly simultaneously that caused the association to falter. Our executive director passed away. Our liaison with the North Dakota Department of Agriculture left the department and a new executive director who

was hired, was on staff less than a year and quit.

In addition, for several years we partnered with the North Dakota Grape and Wine Association to split costs of putting on a statewide conference. Then, we partnered with Pride of Dakota. I'm not going to sugarcoat this, because I'm pretty sure those partnerships really affected our identity.

So, after the election, the vice-president and I had numerous phone conversations to talk about what we were going to do. We explored a lot of ideas and some of them went to the board for approval.

The first thing we did as a board, was hire an executive director. We picked someone who knows farmers' markets, knows vegetable production and knows a lot of people across North Dakota. His name is Keith Knudson, a retired instructor from Dakota College.

The second thing we did was to begin working on an annual conference that we promised from the get go would be held earlier in 2024 and would have more to offer.

Third, we agreed that we exist for our members and we have to do a better job to help, educate and represent. After all, membership has to have some value.

Fast forward to late December. Our conference committee, including our new liaison with the North Dakota Department of Agriculture, met to close out the year. At that time, we all agreed that we feel good about what's coming in 2024.

We've scheduled the local foods conference for March 21-23 at the North Dakota Heritage Center in

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**A VIEW FROM  
 OUR SIDE**  
 ROD WILSON



minus 50 plus degree wind chills on the hill. But the traditional Military Appreciation Day at Bottineau Winter Park is not cancelled, just postponed until February 19th, which happens to be Presidents Day, another federal holiday and normally a long weekend with no school on Monday. But due to scheduling conflicts, Minot Public Schools will be in session on President's Day. However Military Appreciation day will go on as planned.

The Northern Sentry and Bottineau Winter Park will sponsor 2 special days on President's Day Weekend. Sunday, February 18th will be Northern Sentry Military Family Day at Bottineau Winter Park. Bring your family to BWP on either Sunday or Monday to enjoy the military family discount prices...and a lot of fun. Watch the Northern Sentry and social media channels for details.

**TIME FOR A WINTER WALK**

The next few days are going to give us all a chance to get back

outside for some winter exercise, like walking, snowshoeing or even ice skating. Looking for more details on those activities, head to the Minot Park District web site. Trail maps, equipment rental details; you'll find it all.

**BEST KEPT SECRET-  
 HEY, WE'RE OPEN!**

And on one of those really nice above freezing days, head to Roosevelt Park Zoo. You will be surprised at how many animals are comfortable in our North Dakota weather. Again, there are more details on the Roosevelt Park Zoo ([rpzoo.com](http://rpzoo.com)), or the Minot Park District ([minotparks.com](http://minotparks.com)) web sites.

The Roosevelt Park Zoo is Open 10 AM to 3 PM daily.

**THIS WEEK'S CHUCKLE**

We're now coming upon that season of year when the health clubs get less crowded as people abandon their New Year's resolutions to get in shape.

## Doing a major rebranding...

Bismarck. We decided we needed a new and exciting venue and we got it.

Once we got the Heritage Center booked, we started looking for speakers and demonstrators. They include the USDA, food safety experts, local chefs, a soil health expert, how to successfully market your product and we'll have a young people's panel discussion because we strongly believe our panelists will motivate the next generation of farmers' market vendors.

We also reached out to find a keynote speaker that wouldn't let us down. We found her in Christy Rost, a chef from Dallas who has been featured on public television and has a show on the Food Network.

And when we started negotiations with Christy, we found out that North Dakota is in the top 10 states

of her fan base.

That means two things. No. 1, she is going to be an attendance draw which is why we booked her in the first place. No. 2, a number of her fans are going to get to meet her should they attend the local foods conference. That includes a cookbook signing on March 22.

The six of us on the conference committee having been working hard to make this conference successful and right now, we strongly believe we are on the right track.

As a result, it would behoove anyone who has an interest in local foods, farm to school, farmers' markets, CSA, Christy Rost or food safety, to attend the conference and see for yourself what's in store.

More information is available at (<https://www.ndfarmersmarkets.org/>).

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# Cold Adjustment

don't start. Water pipes freeze. Pets don't want to go outside. Roads get icy. Those walks from a parking spot to the door of a business are challenging. Fingers, toes, and ears are constantly in danger of frostbite. Sliding off a road into a ditch is life threatening. Enough.

We know what real cold feels like and how it disrupts our lives. And now, with bitter cold in our rear-view mirror, our newly adjusted attitude is that 15-20 degrees is quite nice. Hey, the forecasts say we'll even have temperatures pushing close to 40 degrees in the days ahead.

No. That's not summertime weather but it isn't the hibernating kind either. However, it will seem rather "balmy" compared to the miserable cold we recently experienced.

Heat wave? Hardly. Just days much more agreeable than the sub-

zero and windy kind. Should we give thanks to this past cold snap for putting our views of winter weather back into perspective? I'm not sure we need to go that far, but let's enjoy what is going to go down as one of the mildest winters in North Dakota history.

Winter is not over yet. We know that, but the hours of sunlight are increasing each month as the calendar turns to spring and summer. Those are the days when our current temperatures, no matter how "mild" they become, will then seem ridiculously cold.

The ice will melt from our lakes and rivers, furnaces will give way to air conditioning, and people will return to campgrounds across our state. That is North Dakota and the wonders of definitive four season living, where the temperatures ranges from 30 below to 100 above.

Weird how 0-10 degrees feels pretty good after a spell of below zero temperatures and "dangerous" wind chills. I call it a North Dakota heat wave.

A bit much perhaps, but after a cold snap of several days like what was experienced throughout the state recently, a dose of warmer weather sure seems agreeable. Crazy how that works. Crazy to call even a few degrees above zero warm.

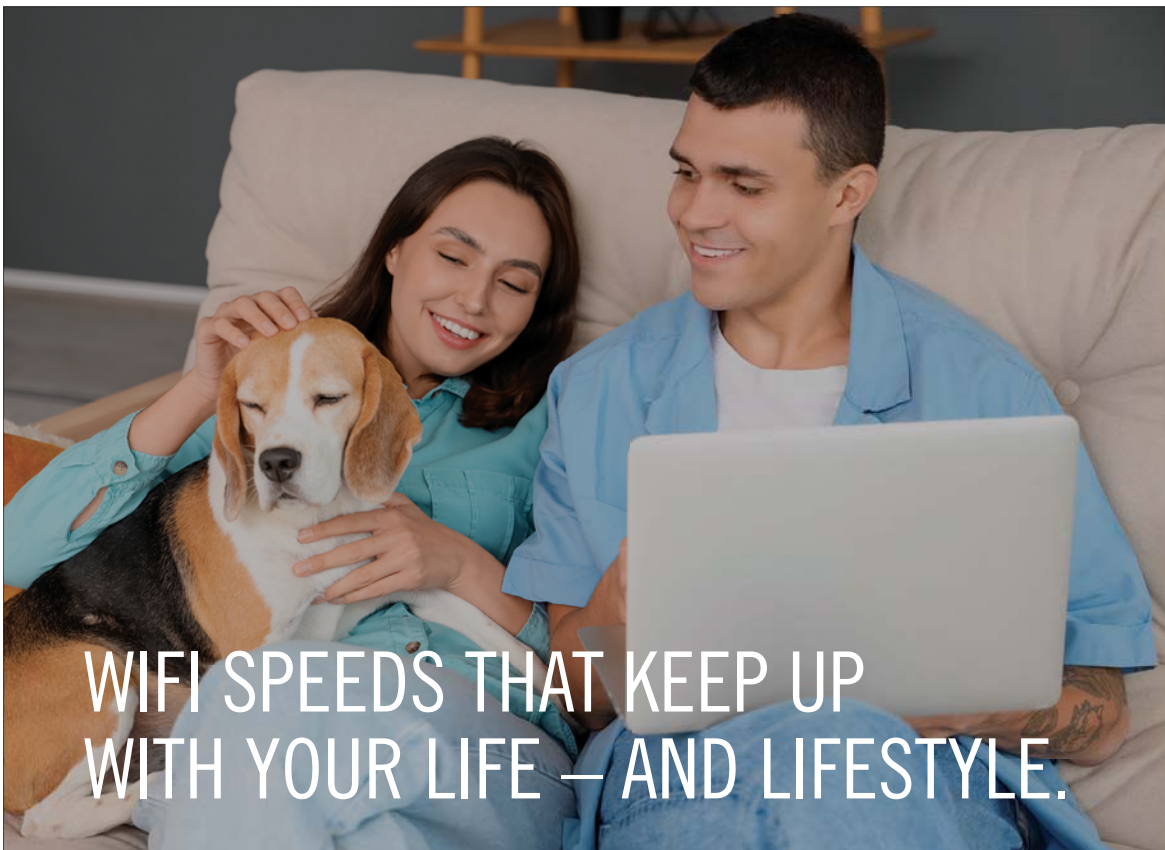
Our weather can do that, cause a sort of attitude adjustment. Twenty below zero and windy is downright nasty. But hey, it puts complaining about 0-10 in perspective real quick. It's not that 0-10 degrees isn't considered cold, it is, but it is a nice improvement from that 20-30 below zero stuff.

As a lifetime resident of this state and knowing full well what winter in North Dakota can bring in the way of cold and miserable weather, I was thoroughly enjoying our "warm" and mild days of December. Unseasonable? Certainly. But the El Nino predictions were spot on.

Then came that awful cold blast that changes everyone's life. Cars



KIM FUNDINGSLAND PHOTO



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MINOT AFB, ND

BABY BOY BORN ON SUNDAY, JANUARY 14, 2024 TO:  
WILLIEJO AND COLLIN KNIGHT  
NEW TOWN, ND

*If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com.*

*Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.*

## Ski the Jewel above the Prairie!

### SNOW REPORT

6 inches of new snow in the last week.  
All runs & lifts including chair lift and new T-bar are open.  
Terrain Park is open and Tubing is 100% Open!

### HOURS

Friday, January 26	12:00-9:00pm
Saturday, January 27	10:00am-5:00pm
Sunday, January 28	10:00am-5:00pm

Military Appreciation Day Rescheduled to President's Day  
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Keep an eye on our FB page for updates, schedule changes and weather conditions.

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# Taking to the Skies with Minot AFB for B-52 Training Flight

MINOT AREA CHAMBER EDC

Minot Air Force Base is the height of nuclear deterrence, made possible through the hard work of thousands of personnel that maintain the 5th Bomb Wing's B-52 Stratofortress planes and the 91st Missile Wing's Minuteman III missiles. At the end of 2023, MACEDC President | CEO Brekka Kramer got a glimpse of the day-to-day life of the B-52 operator's position necessary to provide global support by flying along with Minot AFB's airmen during a training exercise.

Being a passenger in one of the world's most powerful aircrafts requires specific training and preparation. Medical clearance is necessary, along with proper education on the equipment required to fly that includes a flight suit and masks. Parachute training is also important, and all passengers are trained with a special VR module that instructs on ejections from both the top and bottom of the plane, due to the pilot seats location in the top and weapons operators location at the bottom of the aircraft.

The flight began with a takeoff from Minot AFB with a team



of 5 that includes an aircraft commander, pilot, radar navigator, navigator, and electronic warfare officer. The B-52 can weigh up to half a million pounds and can carry up to 60,000 pounds of bombs which includes gravity bombs, cluster bombs, precision guided missiles and joint direct attack munitions. Throughout the flight, the crew participated in a refueling exercise mid-air. During air-to-air refueling, masks and parachutes are required as refueling, along with takeoff and landing, is considered a critical flight phase. The B-52 takes on 7,000 pounds of fuel per minute, and due to mid-air refueling, the only thing that limits the plane is aircrew endurance, as it has an unrefueled combat range of over 8,800 miles. The crew trains to stay in the air as long as possible, thus the B-52 can be in the air for

over 72 hours at a time.

After almost 7 hours in flight, the crew returned from a successful training mission. We're grateful for such an amazing partnership with Minot AFB that allowed for this unique experience and are incredibly appreciative of the military personnel that take flight every single day.



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**Holiday Mountain**

**MOUNTAIN REPORT**

Snow conditions of the groomed trails are excellent. Groomed trails are bunny hill, Ridley, Macoubrey, Groff and Turner.

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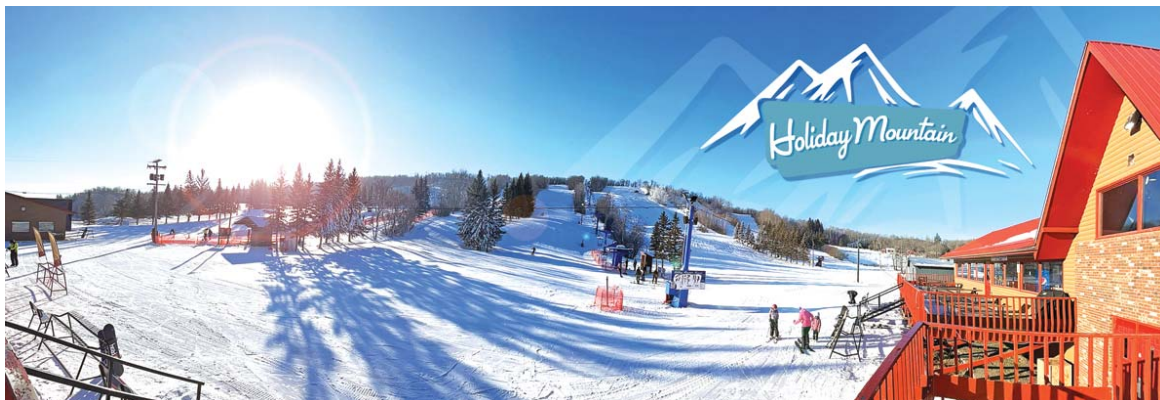
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# Take a Winter Holiday to Holiday Mountain

ERIN BEENE, NORTHERN SENTRY

Nothing makes an already long winter feel even longer than being stuck inside for months on end. One of the most surprising things this writer witnessed as a newbie to North Dakota is how many things seem to “shut-down” for the winter. Finding something to do from January-March felt impossible until the quaint Canadian ski resort of Holiday Mountain came into sight.

Not only a perfect place to get some exercise and fly down the slopes, but also the home to some adorable A-frame cabins within driving distance! Take a quick stay here sometime in the next few months and you will save yourself some winter mania.

Holiday Mountain ski park, even though located in Manitoba, Canada, is right around a 3-hour drive from Minot. In good weather, that is a doable day trip. In trickier weather, that is a nice excuse for a weekend away, since this is actually one of the very few ski resorts within driving distance that also offers overnight accommodation—and reasonably priced ones at that!

The Holiday Mountain manager, Abe Sawatzky, told the Northern Sentry that besides offering all the things one can expect in a ski resort—rentals, ski lessons, different levels of runs, ski lifts and much more—what makes Holiday Mountain especially unique is their different lounges. One offers food and seating and another sits at the base of the resort, where non-skiers have a clear view of the mountain and lifts which makes for excellent viewing. Additionally, they have a brand new terrain park just waiting for those hard-core shredders to take a stab. Abe also mentioned that Holiday Mountain prides itself on its really top notch ski instructors and he said it is the perfect place to take a class for beginners or those looking for some extra tips.

Holiday Mountain maintains a 10% discount for American military members and their families on lift tickets, rentals and lessons all year long. But Abe said that they really want the Airmen at Minot to come out and visit them so they are offering an additional 10% discount on Presidents’ Day (February 19) this year. Which would make most things 20% off for that day only!

Now let’s talk about the accommodations mentioned earlier. Holiday Mountain has several A-frame mini cabins located right on their property, within ski and

walking distance to the slopes, which are available to rent out. The cabins have everything you and your family needs for a relaxing stay—think glamping meets winter escape—and start at less than \$90 US per night. Remember their prices on their website are in the Canadian dollar. At these prices, you’ll want to come back every year for your annual winter escape from Minot.

Now, I know a lot of us Americans may get slightly nervous about crossing over that border and what that means for us. Never fear, it is actually way easier than you might think. Most adults will need a valid passport; they are actually suggested for everyone traveling but children should be able to get in with other proof of identification. This can change so please check the Canadian Government travel requirements for yourself before departure. Other than that, you will have a few questions to answer and may have to hand over any fruit or meat you have in the car, but otherwise it’s not scary. (Also, please note to leave any weapons at home as you cannot carry them and could get in major trouble if they are found in your vehicle.)

If it is your first Canadian Adventure, check out: Canada: It’s ALMOST like the US on the Northern Sentry website. It offers some obscure, yet poignant tips about driving to Canada from Minot.



Holiday Mountain A-Frame cabins make for a perfect weekend getaway from Minot.

#### HOLIDAY MOUNTAIN PHOTOS

Have the warm scenic lodges, adorable cabins and thrill of the exotic Canadian lifestyle made you now longing for a visit to Holiday Mountain? Still don’t have the funds? We got you! Head on over to the Northern Sentry Facebook Page to enter to win a FREE Family 5- pass to Holiday Mountain! Yep, it includes lift tickets and rentals. All you have to do is enter and you could win! Hurry up and do so too because this giveaway won’t last long!

Either way, a visit to Holiday Mountain ski resort is a drive away and the perfect mini-vacation in the winter.

<p><b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b></p> <p>\$2 off All Apps</p> <p>\$3 House Wine &amp; Domestic Pints Bavarian Pretzels with Beer Cheese Sauce</p> <p>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</p> <p>\$5 Moscow Mule</p> <p>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps ½ Flat Bread Pizza</p>	<p><b>DAILY SPECIALS</b></p> <p>Monday \$5 Moscow Mules (all day)</p> <p>Tuesday \$4 ND Breweries (all day)</p> <p>Wednesday ½ Price Wine by the glass/bottle (all day)</p> <p>Thursday \$1 up for all Tall Taps (all day)</p> <p>Sunday BRUNCH (11am-2pm)</p> <p>\$7 TSR Bloody Mary &amp; Caesars</p> <p>\$12 Bottomless Mimosas</p> <p>\$6 Breakfast Shots</p>	<p><b>FAMILY PACKS</b></p> <p>Monday Pizza Pack Combo</p> <p>Tuesday Sandwich Pack</p> <p>Wednesday Chef Creation*</p> <p>*Changes Weekly – Check our Facebook Page</p> <p>Thursday Pasta Pack</p>
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played a pivotal role in supporting the Vehicle Management Flight. He assisted with 235 repairs, conducted 72 inspections, and ensured the timely completion of 458 maintenance tasks, significantly advancing mission sustainment for Air Force Global Strike Command's largest vehicle fleet valued at 144 million dollars. Additionally, to ensure safety, serviceability, and reliability of Minot Air Force Base's Nuclear Certified Equipment vehicle fleet, prior to the kickoff of events, he assisted with the in-field inspection of 65 vehicles. His team identified 19 unserviceable assets and removed them from service and averted potential mission mishaps and posturing strategic movements for a major exercise.

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Saturday: 2 a month by appt  
Sunday: Closed

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## BACTRIAN CAMEL



**Fact File**

Life Span	20 - 40 years
Weight	1,000 - 2,000 pounds
Height	6 - 7 feet
Head and Body Length	9 1/2 feet
Wild Diet	Omnivore Carnivore <b>Herbivore</b> Grasses, Shrubs, Leaves

**CREATURE FEATURES**

- The species' thick, brown coat changes with the seasons. During winter, it thickens to provide added insulation against the cold while large chunks of fur are shed in the summer to keep the animal cool.
- Their hairs can be more than 9 inches in length.
- They have large flat footpads which help them navigate rocky terrain and shifting desert sands without sinking.
- They can go for long periods without water. An adult camel can drink up to 30 gallons in only 13 minutes.
- A Bactrian Camel can run at speeds of 10 - 20 mph.
- Nomads in Asia depend on Bactrian Camels for wool, meat, milk and for transporting people and goods.

### ON THE FARM SEEK AND FIND

find the objects in the picture and say how many

- ?
- ?
- ?
- ?
- ?
- ?
- ?
- ?



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# Winter Driving Tips

## BEFORE YOU GO

**GET YOUR CAR SERVICED**  
Visit your mechanic for a tune-up and ask them to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

**CHECK FOR RECALLS**  
NHTSA's Recalls Look-up Tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for FREE. Check [www.nhtsa.gov/recalls](http://www.nhtsa.gov/recalls).

**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.

**STOCK YOUR VEHICLE**  
Carry items in your vehicle to handle common winter driving related tasks, and supplies you might need in an emergency, including:

- Snow shovel, broom, and ice scraper;
- Abrasive material such as sand or kitty litter, in case your vehicle gets stuck in the snow;
- Jumper cables, flashlight, and warning devices such as flares and emergency markers;
- Blankets for protection from the cold; and
- A cell phone with charger, water, food, and any necessary medicine (for longer trips or when driving in lightly populated areas).



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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE





# North Dakota CAP Aids Tripling Minot Pilots

CIVIL AIR PATROL / U.S. AIR FORCE AUXILIARY

Flight instructors from around North Dakota gathered at Avflight, Minot International Airport Sunday, starting the process of tripling Magic City Composite Squadron's number of qualified pilots. Minot's local squadron has only one Cessna 172 and no Civil Air Patrol instructors. Pilots from Fargo, Carrington, and Dickinson brought their unit's aircraft and expertise to train three new members and re-qualify two experienced members in CAP flying.

Pilots certified by the FAA can join CAP to fly search and rescue, transport, disaster response, and cadet orientation flights, however, additional CAP specific training is required. Magic City's Sebastian Forster coordinated with North Dakota Wing's Lt. Col. Chad Smith, based in Fargo, to gather the two additional aircraft and four instructor pilots required for the day's training. Three pilots, experienced in

flying, but new to CAP received corporate sponsored training, up to two hours, in a Cessna 172. These initial flights are provided to better prepare pilots for their initial flight check to become a CAP pilot.

Two experienced CAP pilots, based in Minot, also received secondary training and evaluation today. Capt. Jeremy Skalicky and Capt. Benjamin Conlin required use of Fargo's Cessna 182 to maintain advanced qualification, not available in the locally based 172 aircraft. "The 172 is great for bringing new pilots onboard," said Skalicky, however, North Dakota Wing has twice as many 182 aircraft as 172 which requires distinct practice. Skalicky was able to complete his annual evaluation, while Conlin returned to flying fixed-wing aircraft in preparation for his re-evaluation.

Continued training is still required for CAP pilots at Minot. One student became sick the

night prior to scheduled training while another new member, from Minot's Williston section, missed this month's training altogether due to a scheduling conflict. Four of the pilots who flew today still required initial examination flights. The next flight training day for Minot is scheduled for mid-February, depending on weather conditions.

Air and ground crews from the Magic City and squadrons around the state have also been scheduled for advanced search and rescue training next month. Members are planned to fly and drive to Mandan, on February 10th, to train as ground search and rescue teams for members age 12 and up and aircrew for members at least 18 years old. Previous flying experience or pilot licensing not required to participate.

Several team positions remain open to be filled in the Magic City Composite Squadron. Positions include, but are not



Pilots from around the state prepare for the day of flight training at Civil Air Patrol Magic City Composite Squadron. Left to right, Capt. Benjamin Conlin, 1st Lt. Mollianne Flood, Capt. Jeremy Skalicky, Capt. John Nienhuis, Travis Lancaster, and Lt. Col. Chad Smith.

MAJ. JEFFREY SLOCUM PHOTO

limited to, aerospace education instructors, ground support, and of course, aircrew. People who are interested in finding out more about Civil Air Patrol in

Minot can call or text squadron commander, Maj. Jeffrey Slocum at 701-360-5948, or visit weekly squadron meetings 6:30 Tuesday evenings upstairs at Avflight.

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Civil Air Patrol North Dakota aircraft wait between training flights at Minot International Airport Sunday morning.

SEBASTIAN FORSTER PHOTO

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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.

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

**SUDOKU**

Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Like most roads
- 6. Take --- at (attempt)
- 11. Wayne's word
- 14. Hispaniola part
- 15. Sour cream additive
- 16. "Shogun" sash
- 17. Hanging tapestry
- 18. Marathoner
- 19. Perch, at first
- 20. Famous TV ranch
- 22. Took out the king?
- 24. Two of nine?
- 25. Prepare to be shot
- 26. No-thing connector
- 27. Even the greatest men hail them
- 28. Obliquely
- 31. Luster
- 34. Type of charge
- 35. Word with bank or student
- 36. Country of Juan Carlos
- 38. Wallet stuffers
- 39. Teach
- 41. Short-tailed lemur
- 42. Groups of four
- 43. Type of deal
- 45. Noted Broadway debut, October, 1982
- 46. One of a ballroom couple
- 47. "--- was saying"
- 50. String instrument
- 52. Movie starring Yul Brynner
- 54. Sort or type
- 55. "Three Coins..." fountain
- 57. Bovine trademark
- 58. Position for Palmer
- 59. More fit for the task
- 60. Hotelier Helmsley
- 61. Jug handle
- 62. Appellation
- 63. Years

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	32	33				34						
35				36	37				38			
39				40					41			
42							43	44				
		45				46				47	48	49
50	51				52					53		
54				55	56				57			
58				59					60			
61				62						63		

**Down**

- 1. Project segment
- 2. Spelling or Burr
- 3. Computer illness
- 4. "L'--- c'est moi"
- 5. Descriptor for wrinkled hands
- 6. Opposite of this clue
- 7. Stock unit
- 8. Clock sound
- 9. Hail from the past
- 10. Famous triangle
- 11. Henry Moore creation
- 12. Reedy instrument
- 13. 10-10, e.g.
- 21. O. Henry gift
- 23. Paint remover or solvent
- 26. Aries or Taurus
- 27. New York City park
- 28. Six, in Siena
- 29. State vehemently
- 30. Sammy Davis Jr's "-- Can"
- 31. Narrow opening
- 32. Use a whetstone
- 33. T. S. Eliot work
- 34. "Unforgettable" Cole
- 36. Soap bubbles
- 37. Many home computers
- 40. Sound heard in a parade
- 41. Live inside, as a spirit
- 43. Name of Tennessee's streetcar
- 44. Granola morsel
- 46. Carpenter's need
- 47. Firebug's crime
- 48. Broken arm support
- 49. Lightbulbs, in the comics
- 50. Contemptible
- 51. Pelvic parts
- 52. Fight reminder
- 53. Margarine product
- 56. Box score stat

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

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

**All are Welcome!**  
[www.cornerstoneminot.com](http://www.cornerstoneminot.com)



## GriefShare

*Grief Support Group meets Mondays at 7:00pm starting January 29.*

**Contact Duane Deckert:**  
 701-838-0916 or  
[biblefellowship@srt.com](mailto:biblefellowship@srt.com)  
[www.griefshare.org](http://www.griefshare.org)

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

## Immanuel Baptist Church

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



**SUNDAYS:** 9:00 AM FELLOWSHIP  
 9:15 AM SUNDAY SCHOOL  
 10:30 AM WORSHIP


**WEDNESDAYS:** 11:30 AM SOUP KITCHEN  
 5:30 PM FAMILY SUPPER  
 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



## Christ Reformed Church

Worship 11:00 a.m. Sunday  
 234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

## St. John the Apostle Catholic Church



2600 West Central Ave • Minot, ND 58701  
**839-7076**

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

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



## First Lutheran Church - ELCA

120 5th Ave. NW  
 852-4853

Sunday Worship  
 9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am  
[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman

To Advertise your Church on this page,  
**Call 839-0946**

**Only \$9.00**  
 a space / per week



## JOURNEYCHURCH ASSEMBLY OF GOD

**1805 2nd St. SE 838-1111**

**Sunday Services**  
 9:00 AM & 11:00 AM

**Wednesday**  
 6:30 PM

## Minot Baptist Church

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

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

*Independent/Fundamental/KJV*  
**500 46th Ave NE • 839-1351**  
 Pastor David Miller



## Cross Roads Baptist

**Southern Baptist Convention**

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

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

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



## West Minot Church of God

*Family Worship Center*

**1105 16th St. NW • 839-1407**

Sunday School ..... 9:30 a.m.  
 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal ..... 5:30p.m.  
 Classes for All Ages ..... 6:30 p.m.  
 Youth Center, Friday ..... 7:00 - 11:00 p.m.  
 ABC Child Care Center ..... 852-6352

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

## St. Mark's Lutheran Church

*Missouri Synod*



**Sunday Divine Service**  
 9:30 AM

**Adult Bible Study and Sunday School**  
 11:00 AM

**Wednesdays Kid Connection**  
 5:15 PM

Reverend Philip Beyersdorf  
 2209 4th Avenue NW, Minot, ND  
**839-4663**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
*Join us on facebook*

## First Baptist Church

 **200 3rd St. SW • 852-4533**  
[www.fbcminot.org](http://www.fbcminot.org)

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

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

## Apostolic Faith Church, UPCI

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

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

**Jesse Starr, Pastor**



## Grace Baptist CHURCH OF MINOT

*A Reformed Baptist Church*

**Sunday Service: 4:00 p.m.**  
**Wed. Prayer: 5:30 p.m.**  
 at Living Word Lutheran bldg  
 710 46th Ave NE, Minot

**Web:** [gracebaptistminot.com](http://gracebaptistminot.com)  
**E-mail:** [gbcminot@gmail.com](mailto:gbcminot@gmail.com)

**RADIO BROADCAST**  
 KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



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 701-852-6404  
[www.oslcminot.com](http://www.oslcminot.com)

**Rev. Heath Trampe**  
**Rev. Brian Doel**

**Sunday Worship**  
 8:15am Traditional Service  
 9:30am Contemporary Service  
 9:30am Sunday School & Adult Bible Study  
 11:00am Contemporary (w/ livestream)

**Wednesdays from 6-7pm**  
 Adult Choir  
 OSKids (age 4-5th grade)  
 Confirmation (grades 6-8)  
 High School Youth Group (6-8pm)



## OUR REDEEMER'S CHURCH

*A Church of the Lutheran Brethren*

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

**700 16th Ave SE • 701-838-0750**

For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)



## ORCS KNIGHTS



Our Redeemer's Christian School  
 700 16th Avenue SE  
 Minot, ND 58701  
[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772  
[www.orcsknights.org](http://www.orcsknights.org)

## ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 37th year the fall of 2024 and we would love to have your child be a part of it!

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment



Please contact our school office or visit our website for more information.  
**701.839.0772**  
 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)



## Gospel Tabernacle Community Church

9999 27th St NE  
 4 miles south of MAFB  
**James W. Henderson**  
**Anna B. Henderson**

**Church: 701-838-4492**  
**Home: 701-838-5759**  
**KHRT 1320: 9 a.m. Sunday**

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.

ADVERTISE YOUR

# Church

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**Revisions MADE UPON NOTICE FROM THE CHURCH**

**Deadline TUESDAYS BY NOON WEEK OF PUBLICATION**

**CONTACT US**

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 701-839-0946

email  
[NSADS@SRT.COM](mailto:NSADS@SRT.COM)

VIEW OUR PAPER ONLINE AT  
**NORTHERNSENTRY.COM**



# YOUTH IN ACTION

## Realignment Priorities of Minot Public Schools, District #1, School Board

Realignment within a district can have a profound impact is on military connected students and families. Last week, the Minot Public Schools, District #1 surveyed and selected priorities for an upcoming district realignment.

In my attendance to this meeting, the following includes the realignment priorities from MPS School Board, District #1 which were ranked by each board member. Please reference the video in the comments for how each school board member ranked the priorities below.

As a note, this ranking does not include priorities or feedback from the Minot AFB, District #160, School Board.

Minot Public Schools, District #1 Realignment Priorities:

1. Close Elementary Schools with enrollment under 100 students and reassign staff
2. Close middle schools with enrollment under 300 students and reassign staff
3. Realignment of intervention



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



programs

4. Reduce Secondary Elective Course Offerings
5. Building Fund Levy
6. District Office Realignment
7. Reduce District Online Subscriptions/Licenses
8. Realignment of K-12 Enrichment Programs
9. Eliminate low impact extracurricular positions
10. Eliminate eCare Services
11. Other (Board/Building/ Department Recommendations)

As this is a developing situation and process, the Minot AFB

School Liaison Office will ensure all stakeholders are informed on upcoming school board meetings of MPS, District #1 School Board and Minot AFB, District #160 School Board meetings.

Lastly, stakeholder feedback is essential for our Minot AFB students and families. If there are questions or concerns, please email [MAFB.school.liaison@us.af.mil](mailto:MAFB.school.liaison@us.af.mil). In addition, reach out to Minot AFB, District #160 School Board Members at: <https://www.minot.k12.nd.us/.../mafb-school-board-19b4c7df>

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- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/dependent status by showing identification

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**HOLIDAY WEEKENDS**  
08:00 PM - 03:00 AM

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- MINOT DOWNTOWN BUSINESS & PROFESSIONAL ASSOCIATION

## MILITARY APPRECIATION DAY

AT BOTTINEAU WINTER PARK!

February 19, 2024  
Open 10am-5pm  
Flag ceremony 2pm

Due to Minot Public Schools being in session on the 19th, we will honor this price for military families on Sunday, February 18.

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# WINTER PHOTO CONTEST

For full details or to submit your photo for the Northern Sentry Wintery Photo Contest scan the QR code.



Grand Prize: Family Pack to Bottineau Winter Park!



New Years Day at Bottineau Winter Park, Beau Broussard, age 5, saw snow for the very first time! Being raised in Southern Louisiana, Beau was also a newbie at snow tubing, but had a blast!

Submitted by Mackenzie Broussard



Toddler enjoying a base playground despite how cold it was. Mom Gemma said, "Also, I did put mittens on her, she just refuses to keep them on!"

Submitted by Gemma Willette



Father & Son ice fishing on Lake Darling.

Submitted by Rusty Cooper



A small peaceful pond outside Minot taken on December 29, 2023.

Submitted by Dakota Shannon

## NOTES ON BEING SAFE

# OKAY I'M STUCK. NOW WHAT?



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC, OCCUPATIONAL SAFETY



North Dakota winters have a tendency to be severe, and bad weather can come on very fast, with little or no warning!

Even the experienced and safest drivers can find themselves temporarily stranded on North Dakota roadways, whether they be interstates, highways, or county roads. The Safety Office offers the following life-saving tips drivers should remember if they're trapped in their vehicle during a blizzard or stranded on the road during severe cold weather.

Stay in the vehicle. Don't leave the vehicle to search for help. The highway patrol advises to stay put. It is very easy for people to get disoriented when battling blowing and drifting snow. Being lost in open country during a blizzard is extremely dangerous. In a vehicle, people have shelter from the elements and are most likely to be found a lot faster.

Be seen. Display a trouble sign on the vehicle. Hang a brightly colored cloth on the vehicle's radio antenna and raise the hood. Using the headlights also makes the vehicle more visible to emergency crews, but use them sparingly to avoid draining the battery.

Avoid overexertion and exposure. Overexertion from trying to push a vehicle out of a snow drift, shoveling heavy drifts and performing other difficult tasks during strong winds, blinding snow and bitter cold may lead to a heart attack -- even for people who are in good physical condition.

Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open

for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.

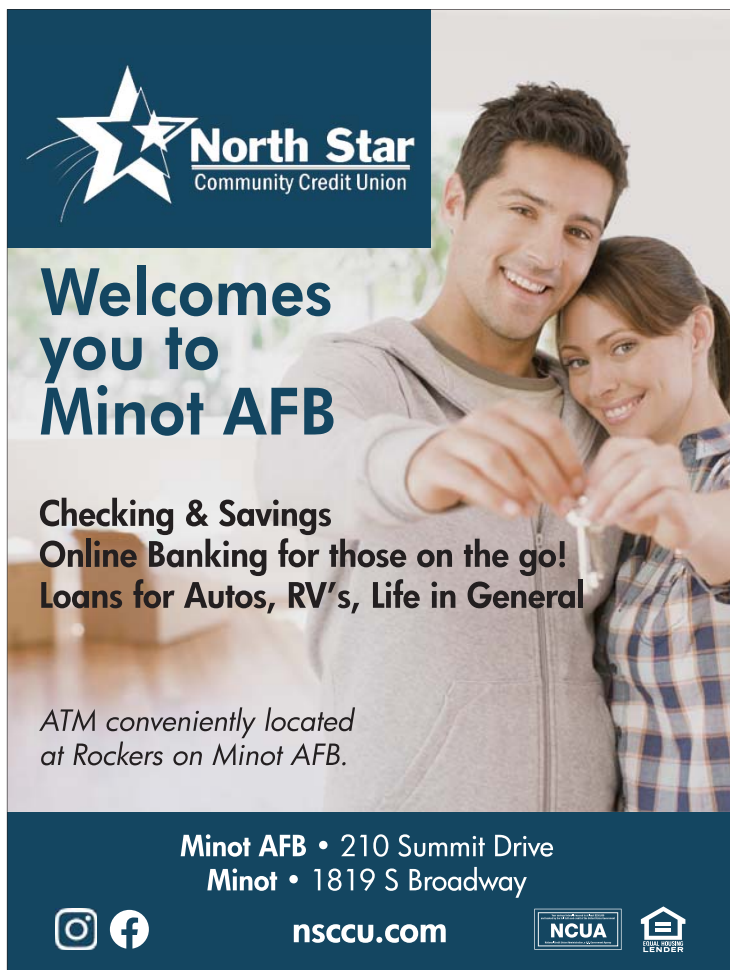
Conserve your vehicle's fuel. Allow the vehicle to run only long enough for the interior to get warm.

Keep moving. Use minor exercises to keep up circulation and stay warm. Try not to stay in one position for too long.

Make us of your winter survival kit. That is why you packed it

in your vehicle in the first place, to make use of it. Remember if you have used it, replaced used items as soon as possible!

Always remember when traveling during winter months use risk management practices as you would on the job, a little common sense goes a long way, especially when your stranded during a blizzard!



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## DEPARTMENT OF STATE REPRESENTATIVE VISITS MINOT AFB

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN



Mr. Paul Dean, Department of State Principal Deputy Assistant Secretary in the Bureau of Arms Control, Deterrence, and Stability, is given a tour of AGM-86 Air Launch Cruise Missiles (ALCMS) at Minot Air Force Base, North Dakota, Jan. 17, 2024. The ALCMS on display are used to train Airmen on how to load them onto the wings of B-52H Stratofortresses.



Col. Daniel Hoadley, 5th Bomb Wing commander, gives Mr. Paul Dean, Department of State Principal Deputy Assistant Secretary in the Bureau of Arms Control, Deterrence, and Stability, a tour of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Jan. 17, 2024. The B-52H that was toured is a static display, frequently used for training and load competition purposes.



Mr. Paul Dean, Department of State Principal Deputy Assistant Secretary in the Bureau of Arms Control, Deterrence, and Stability, looks into training Launch Facility Uniform-01 at Minot Air Force Base, North Dakota, Jan. 18, 2024. Uniform-01 is used for training by maintainers, defenders and the tactical response force.



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# Upcoming Events

**3 FEB** **FREE JR. GOLF CLINIC**  
9:30 AM - 3:00 PM  
Minot State University Dome

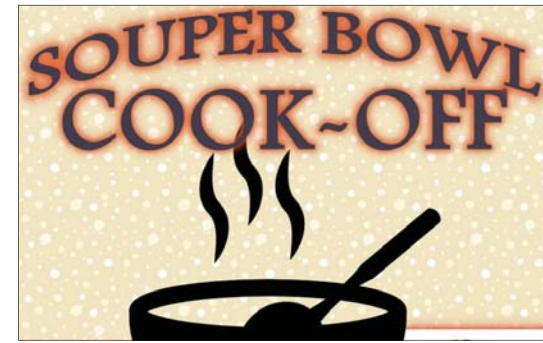
FREE DJGA and Minot Junior Golf Clinic at the Minot State Bubble, register at [www.djga.org](http://www.djga.org)  
Ages 5-9 9:30-10:30am  
Ages 10-12 10:45-11:45am  
Ages 13-18 12-1pm  
Clinics are Free to all. Please arrive early and enter through the Minot State Dome! Follow the signs. Golf clubs will be provided if needed.



**Free JUNIOR CLINIC**  
For more information:  
Facebook / Minot Junior Golf Association / Events

**10 FEB** **SOUPER BOWL COOK OFF**  
12:00 PM - 2:00 PM  
Magic City Harley Davidson  
6701 Hwy 83 South, Minot

Magic City Harley-Davidson challenges you to enter our first-ever Soup Cook-Off, the "Souper Bowl" of cook-offs!  
Come show us your best homemade soup recipe to take home the trophy. Making soup not your thing? Cook-Off taste testing & voting takes place from 12pm to 2pm.  
\*General Rules and Regulations\*  
• Contestants must pre-register to enter the contest. Call Kelsey @ 701-839-6330 to get registered or message us on Facebook.  
• Contestants must provide a minimum of (1) 6qt crockpot full of already prepared soup of their choice.  
• Contestant set up starts at 11:15am – tear down at 2pm  
• Winner will be picked via voters choice at 2:30pm



For more information:  
Facebook / Magic City Harley-Davidson / Events

**20 FEB** **SENSORY FRIENDLY NIGHT**  
4:00 PM - 5:30 PM  
Magic City Discovery Center  
1545 1st St NW, Minot

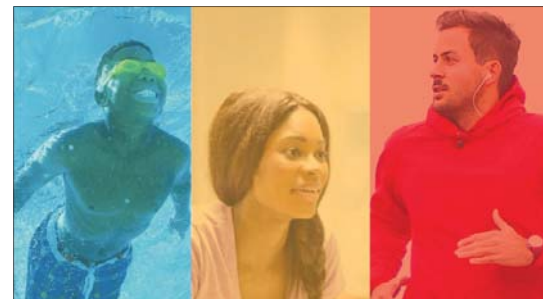
Sensory Nights are designed for children and their families who may have special needs, differently abled individuals, and those who have sensory sensitivities. We understand that the museum can be a bustling place. During Sensory Friendly Night, we provide adjusted sound levels and limit attendance to create a calmer environment. Sensory bags will also be available at the front desk. Families can explore the museum at their own pace. Sensory Night is held the third Tuesday of each month from 4:00 – 5:30 p.m. For more information or to sponsor a Sensory Night, please reach out to [tessia@magiccitydiscoverycenter.com](mailto:tessia@magiccitydiscoverycenter.com). Admission is FREE. No timed admission is required for this event.



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

**25 FEB** **SPLASH, SPIN, & DASH INDOOR TRIATHLON**  
1:00 PM - 6:00 PM  
Minot Family YMCA  
3515 16th St SW, Minot

Swim, bike, & run around the Y! Youth & adults of all skills & abilities can compete as individuals or teams for their division title. Begin in our pool, starting strong by swimming laps. Then jump on one of our LifeFitness Cycles or Matrix Krank Cycles in our cycling room to spin your heart out. Immediately following your ride, head up to the track so you can begin your run to the finish. Register by Jan. 24th to guarantee a shirt.  
Registration until Feb. 11th. Fees: Youth Individual: \$15. Youth Team: \$45  
Adult Individual: \$25. Adult Team: \$75. \$10 Late fee after Feb. 11th if space available Adaptive divisions available! Heats Announced: Feb 18th, 2024. Registration Link available in the facebook events page.



For more information:  
Facebook / Minot Family YMCA / Events

## NEW Community at the Northern Sentry

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



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

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**MLK DAY 2024**

Last week Minot AFB celebrated Martin Luther King Jr Day. The African-American Heritage Council shared knowledge about Martin Luther King Jr. and his role in the Civil Rights Movement.

U.S. AIR FORCE PHOTO | MINOT AFB PA



**A LOOK BACK  
THIS WEEK IN USAF HISTORY**

**LOOKING GLASS BEGINS AIRBORNE NUCLEAR COMMAND  
FEBRUARY 3, 1961**



Looking Glass battle staff (USAF Photo/Library of Congress)

The "Looking Glass" mission began on February 3, 1961, when Strategic Air Command recognized a potential need for airborne launch control systems in the event of ground-based command centers becoming inoperable. SAC initiated Looking Glass with the use of EC-135s, which would operate 24/7. The Boeing planes carried high-tech communication equipment operated by a battle staff who could remotely control Minuteman and Peacekeeper

ICBMs. In the late 1960s and early 1970s, Air Launch Control System crews came from the 44th Strategic Missile Wing at Ellsworth AFB, South Dakota, and the 91st SMW at Minot AFB, North Dakota. Soon, ALCS capable units were available at Offutt AFB, Nebraska, as well. The EC-135 was taken off of continuous airborne alert in 1990, and while the mission has evolved with the times, the US Air Force and Navy continue operational airborne command to this day.

Information courtesy of: [media.defense.gov](http://media.defense.gov) / [offutt.af.mil](http://offutt.af.mil) / [fas.org](http://fas.org)

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by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, Jan. 22: 1,837.56 feet above mean sea level (MSL); 19,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.23 feet above mean sea level (MSL).

• Stump Lake elevation: 1,449.15 MSL.

• N.D. Game & Fish Dept. game wardens: Northeast corner of Pelican Lake had open water last weekend even with cold weather so use extreme caution. Lots of activity on Devils Lake, including Creel Bay, but overall success slowed with cold weather. Ice conditions and depth varies so use caution. No reports from the Missouri River System or north-central area lakes.

• Devils Lake, Ed's Bait Shop, Devils Lake: Fair to good walleye success with lots of activity on Creel and 6-Mile bays. Use caution even after the cold weather because ice conditions vary with potential for new pressure ridges.

• Devils Lake, Woodland Resort, Devils Lake: Cold snap slowed activity for anglers to get out and move around and slower overall walleye and perch success. Look for stable weather to improve success.

• Lake Darling, Karma C-Store, Ruthville: Continued activity on Lake Audubon but overall walleye success is spotty and inconsistent. No Lake Darling reports.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

• Lake Metigoshe, Four Seasons, Bottineau: Improving bluegill success using wax worm with nice walleye activity, including several limits.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity on Douglas Bay on the east end of Lake Sakakawea using jigs and minnows. Lake Audubon remains fair for walleye with most activity

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

- Roosevelt Park Zoo winter hours: 9 a.m. to 3 p.m. daily.
- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.
- Jan. 20: Berthold Sportsmen annual banquet & auction, Sportsmen Club Building, Main St., Berthold, 5 p.m.
- Jan. 26: Winter WOW (Wild Outdoor Women) workshop registration closes. Got to ShowClix at <https://bit.ly/LMSPShowClix> to register with event details at <https://bit.ly/2024LMSPWinterWOW>.
- Feb. 3: Winter SnowFest sponsored by the Minot Parks & Recreation Dept., Souris Valley Golf Course, 2 p.m. to 5 p.m.
- Feb. 3: Little Missouri Badlands Rocky Mtn. Elk Foundation banquet, Roughrider Center, Watford City, 5 p.m.
- Feb. 8 - Feb. 10: Minot Curling Club Winter Bonspiel.
- Feb. 10: Souris River Basin Longbeards Nat'l. Wild Turkey Federation banquet, Grand Hotel, Minot, 5 p.m.
- Feb. 16: Date Night/Skate Night, Lewis & Clark State Park, 5 p.m.
- Feb. 17: WinterFest, Cross Ranch State Park, 1 p.m.

**TOURNAMENTS:**

- Jan. 27: Devils Lake, 6-Mile Bay.
- Feb. 3: Lake Sakakawea, Van Hook Arm; Lake Audubon.
- Feb. 10: North-South Carlson Lake.

still on the east end. Use caution on all area lakes, especially potential pressure ridges.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon slowed with better success in deeper water around 20 to 30 feet. Occasional pike. Some pike spearing activity on the east end of Lake Sakakawea.

• Lake Sakakawea, New Town: No new reports.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Not much activity on the Missouri River after the cold spell with potential for the wing walls to ice in. Most anglers going to Lake Audubon but limited walleye success.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Beware of new pressure ridges forming at any time on the upper end of Lake Sakakawea. Steady walleye bite in deeper water with south shore producing a little better success than the north shore on the upper end. Improving pike activity in back bays using smelt or herring. Decent walleye bite on the Yellowstone River. Blacktail Dam probably the better lake for panfish recently.

• Lonetree WMA area lakes, Harvey: No new reports.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports from area lakes.

**Downhill ski report** (conditions can change; contact the facility for recent updates):

• Bottineau Winter Park, Bottineau: 12- to 24-inch base with Bunny and Pony hills open and 4 trails. 2 Magic Carpets and T-bar with terrain and tubing parks open.

• Frostfire Ski Area, Walhalla: Open for skiing and snowboarding. Contact (701) 549-3600 for more information.

• Huff Hills Ski Area, Mandan: 12- to 15-inch machine groomed base. 5 runs with all lifts and tows open. Green Lift Terrain Park opening soon. Contact (701) 663-6421 for updates on snow conditions and snowmaking.

• Terry Peak, Leads, S.D.: 14- to 24-inch base. 17 trails, 1 carpet, and 3 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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for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

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PUZZLE ON PAGE B3

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

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 8 Jan-10 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007.

### MINOT STATE UNIVERSITY

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

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For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

## Local Cravings Restaurant Guide

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

### Badlands Restaurant & Bar

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Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone's BBQ Smokehouse & Grill

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Phone: 701.838.9140  
[www.bonesbbqminot.com](http://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](http://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

### Mi Mexico

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### N.D. Asia

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

### Noodles & Company

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701.491.9103  
[www.noodles.com](http://www.noodles.com)

### 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](http://www.prairieskybreads.com)

### Primo Restaurant

1505 N Broadway, Minot  
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[www.primominot.com](http://www.primominot.com)

### The Starving Rooster

30 1st St. NE, Minot  
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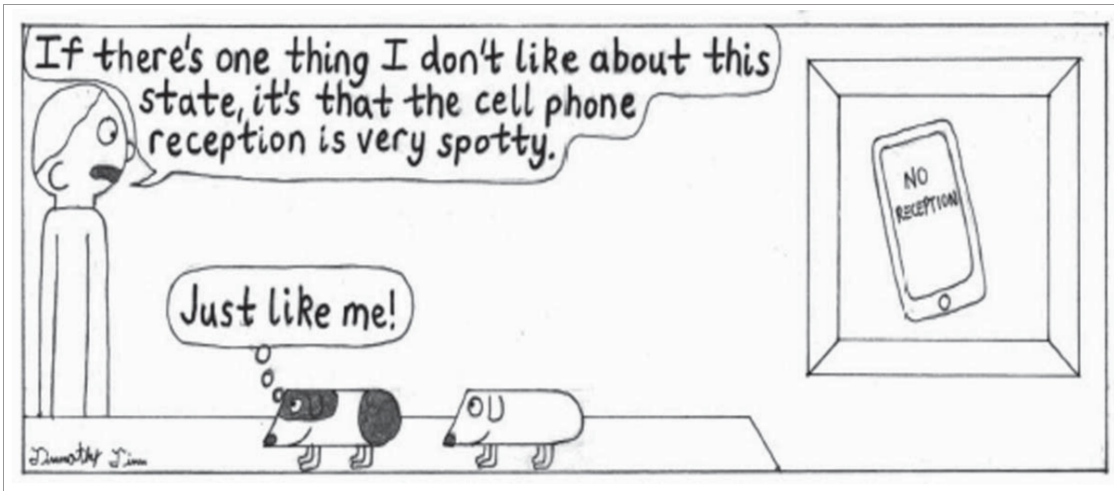
### Souris River Brewing

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Phone: 701.837.1884  
[www.sourisriverbrewing.com](http://www.sourisriverbrewing.com)

### Whiskey Nine

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Phone: 701.837.1090  
[www.whiskeyninennd.com](http://www.whiskeyninennd.com)

### TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*

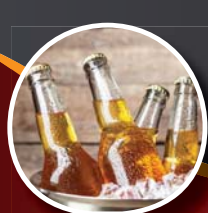


Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

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# community calendar

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# All Military Free! Minot State providing free admission to Beaver games

Minot State Athletics will honor all members of the military – active duty, guard, reserve, retired, veteran, and their spouse/dependent – with free admission to any regular season Minot State athletic contest for the remainder of the 2023-24 year.

“We are grateful for the men and women who serve or have served in any capacity,” said Janna McKechnie, Minot State’s Assistant Athletic Director for External Relations. “The Minot Air Force Base and Minot State University have a long history of collaboration and have always been great community partners. This is another opportunity to build on that foundation and give our service men and women something to do in town. We hope they pack the

stands.”

The partnership between Minot State and the military – and specifically with Minot Air Force Base – goes way beyond athletics:

1. Minot State educates the most active-duty military students in ND (evidenced by Tuition Assistance data: TADECIDE)

2. Minot State is the only campus providing in person courses on Minot Air Force Base

3. Minot State has no application fee for active-duty military students

4. Minot State offers a dedicated Military Resource Center to help guide students through their educational journey.

5. Minot State offers \$5 off tickets to Minot Symphony Orchestra and MSU Summer Theatre for Active-Duty military members

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**INGREDIENTS**

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1/3 CUP VEGETABLE OIL  
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1/4 CUP SUGAR  
1/2 TEASPOON SALT  
1 EGG  
3 1/2 CUP ALL-PURPOSE FLOUR  
AS NEEDED COOKING SPRAY

When ready to cook, set the Traeger to 400 degrees F. Preheat with the lid closed for 10 to 15 minutes.


In the bowl of a stand mixer, combine warm water, oil, yeast and sugar. Let mixture rest for 5-10 minutes or until frothy and bubbly.

With a dough hook, mix in salt, egg and 2 cups of flour until combined. Add remaining flour 1/2 cup at a time (dough will be sticky).

Prepare a cast iron pan with cooking spray and set aside.

Spray your hands with cooking spray and shape the dough into 12 balls.

After shaped, place in the prepared cast iron pan and let rest for 10 minutes. Bake in Traeger for about 10-12 minutes or until tops are lightly golden. Enjoy!



Ryan Davy - GM  
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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## ODE TO CAST IRON

Patricia Stockdill

It began innocently enough. A conversation – interview for a magazine, actually – with a discussion about the ambience of camping and what makes a meal by a campsite so special.

We talked about how it makes memories. It brings back thoughts of delicious tastes so good one can almost feel the mouth-watering goodness.

And then it evolved to... cast iron.

And cooking with cast iron.

How much better things taste when cooked, not just over a campfire or on a grill, but when cooked with cast iron.

Skillet, griddle, Dutch oven, whatever.

Just so it's cast iron.

Yes, that's how my love of cast iron evolved, doing a magazine interview about big game cooking and cooking with cast iron.

Oh, and it was complete with a few recipes the now retired N.D. Game and Fish Department Aquatic Nuisance Species Coordinator graciously shared for readers to devour. I wondered if perhaps he was a specialty chef in a different lifetime.

But back to cast iron: The darn stuff is heavy.

And it's black; almost unappealing to think of preparing food one is to consume.

The reality is I got past those thoughts.

In a hurry.

I found myself asking my mother if she might have some old cast iron skillets stashed in some deep, dark cupboard. Knowing her propensity to save things I wasn't surprised when she offered an array of skillets.

They were dusty from years of storage so the task became one of making them usable again.

Reading up on proper restoration and seasoning techniques led to filling my entire oven with cast iron one winter weekend with the ultimate joy of discovering it really isn't hard to restore old cast iron skillets – or any old cast iron cookware, for that matter.

A later conversation with an outdoor writer sparked yet another cast iron interest – its history. Like the fisheries biologist/chef, the writer from somewhere that I no longer remember, this cast iron aficionado was hooked as much on its history as the art of cooking with it.

That conversation led to yet more research on my part, discovering that federal law requires “country of origin” on products after 1961. What I thought was one of the oldest pieces in my collection was actually the only one made after 1961.

It was stamped with “Made in USA” on the bottom, along with the words “10 1/4” and “Square Skillet”, which I thought interesting because most people would be able to look at it and say, “yup, that's square.”

The fact that it's the only square skillet in my collection is why I thought it was old. Silly me.

But a person can always learn new things, like the fact that a little rust on cast iron doesn't equate to its demise. And they're not difficult to wash and clean.

Or that the number on cast iron doesn't always equate to its size.

Yes, cast iron is heavy but, really, it's a culinary exercise program, lifting light weights (skillet, griddle, or any of the array of cast iron bakeware, for example) while accomplishing the task of making a delicious meal.

Something that simply tastes better when made with cast iron than not.

Perhaps it's the fact that it's seasoned.

Or maybe it's those memories it brings back, I'm not sure.

I'm still trying to find the history on a piece of cast iron with 11 shallow oval muffin cups – or at least I think it's for muffins. My thought is cornbread muffins.

After all, cornbread and cast iron are synonymous, aren't they?

Not all of my cast iron was rescued from my mom's collection of old stuff.

While new cast iron comes in an array of enameled colors from an array of countries, the traditionalist in me still harkens back to the history of cast iron. Even my new “stuff” is black and made in the United States.

Tennessee, in fact.

Just as cornbread and cast iron goes together (like Dutch oven cooking and cast iron), my new pieces are from Lodge Cast Iron, making treasured pieces in South Pittsburg, Tenn. since their 1896 beginnings, according their website.

The mountains and rivers of Tennessee and cast iron – it just seems right.

Maybe it's not on a daily basis (but then again, maybe it is); that connection with cast iron and cooking – whether on the stove, grill, campfire, or oven, cast iron is part of the repertoire.

Just not in the microwave.



A sampling of antique and new cast iron – and there are so many more pieces to fall in love with.

PATRICIA STOCKDILL PHOTO

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# WHAT'S GOING ON MAFB

## FRIDAY 26

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Kids Rock Painting, 1700-1830, Arts & Crafts Center
- Progressive Bingo, 1700, Rockers Bar & Grill
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

## SATURDAY 27

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## SUNDAY 28

- Zumba, 1400, McAdoo Fitness Center

## MONDAY 29

- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

## TUESDAY 30

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Rainbow Wall Hanging Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 31

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Zumba Strong Nation, 1730, McAdoo Fitness Center

## THURSDAY 01

- 29 Day Push Up Challenge Begins, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Harry Potter Night, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 02

- January Fitness Challenge, 0500-2100, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Kids Rock Painting, 1700-1830, Arts & Crafts Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

## SATURDAY 03

- Harry Potter Escape Room Game Begins, Minot AFB Library
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

# BINGO

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PROGRESSIVE BINGO STARTS AT \$250 & INCREASES BY \$50 EACH MONTH UNTIL WE REACH \$500 OR SOMEONE WINS!

SCAN HERE TO SIGN UP OR GO  
[HTTP://TINYURL.COM/ROCKERSBINGO](http://tinyurl.com/rockersbingo)

MUST BE 18+ TO PLAY • DRINKS & FOOD AVAILABLE FOR PURCHASE

**FORCE** 5THFORCESUPPORT.COM

# RAINBOW WALL HANGING CLASS

ARTS & CRAFTS CENTER

**30 JANUARY 2024**  
 5:30PM - 7:30PM

**COST \$15**  
 ONLY 10 SPOTS AVAILABLE!  
 RESERVE YOUR SPOT AT  
 THE ARTS & CRAFTS CENTER  
 OR CALL 723-3640

CRAFT COLORS MAY VARY FROM THE IMAGE ABOVE

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## JAN SPECIALS

**Bomber Bistro Featured Item**  
**Veggie Cauliflower Pizza**  
 Fresh veggies over melted cheese, on a cauliflower crust – a healthy alternative to a delicious classic.

**The B-Fifty Brew Featured Item**  
**Sugar Free Red Bull Burners**  
 Enjoy a delicious caffeine boost from sugar free Red Bull, your choice of flavor, and lemonade or club soda.

**Rockers Bar & Grill Featured Item**  
**Beef Bites**  
 Two battered fritter beef steaks deep fried and cut in delicious bite size pieces served with fries!

People you know. Experience you trust.



**FIRST WESTERN BANK & TRUST** firstwestern.bank

- ✓ 5 DAY MONEY BACK
- ✓ 30 DAY EXCHANGE
- ✓ PEACE OF MIND



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