

northern sentry

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WHAT'S INSIDE THIS WEEK:



MINOT AFB RECEIVES BRAIN EXERCISE WITH MINDGYM

A2



THE COMMISSARY: WHAT TO KNOW FOR THE HOLIDAYS (AND BEYOND)

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SINGLE AIRMEN TAKE ON MINNEAPOLIS!

B5

SLIDING INTO WINTER



Aftermath of the first 2024 Winter snowfall, vehicle abandon in the roadway median after skidding off the road just south of MAFB on Hwy 83. See page A7 for more information to keep you safe this Winter season.

NORTHERN SENTRY PHOTO | NATALY ZARRELLA



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Minot AFB receives brain exercise with MindGym

AIRMAN 1ST CLASS TRUST TATE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Peaceful sounds, guided prompts and composed music soothe your ears while your eyes are captivated by reflective walls and lights. This is the environment of the MindGym.

MindGym is a cube-shaped virtual mental fitness trainer designed to use the combined power of isolation, reflection, light and sound to create an immersive cognitive training environment. The Mindgym is meant to regulate stress, improve focus and promote resilience.

Team Minot hosted a demonstration day of its newly acquired MindGym by Lumena Inc., at the McAdoo Fitness Center on Minot Air Force Base, North Dakota, Nov. 15, 2024.

U.S. Air Force Staff Sgt. Shelby Moore, 5th Mission Support Group Religious Affairs NCOIC, shared her hopes for positive change in Airmen's lives thanks to the Mindgym unit.

"This is a huge step towards mental health," stated Moore. "With this new initiative, Airmen can improve their mental health in so many ways and thrive while they are stationed here, especially during the winter season."

The MindGym is a 7 by 7 foot reflective cube, which fuses mindfulness training in an immersive domain with a biosensor headband. The biosensor headband uses Electroencephalogram technology which measures mental fitness by generating assessments on cognitive task management, clarity, and relaxation. Each session uses low lighting to stimulate and calm the user.

The appointments usually run 10-20 minutes and are divided into segments of peace, mental training and performance enhancement. During the session, the Mindgym measures the user's stress levels and monitors their mental performance which is then provided to the user.

Lumena Inc. has partnered with the U.S. Air Force Global Strike Command to ensure these cognitive training platforms are



U.S. Air Force Staff Sgt. Shelby Moore, 5th Mission Support Group NCOIC of religious affairs (left), receives a MindGym brief from Brandon Murphy, Lumena Inc.'s head of growth (right), at Minot Air Force Base, North Dakota, Nov.15, 2024. The MindGym is an immersive domain made using sensory deprivation, light therapy, reflections and music therapy to enhance mental focus

equipped at every Global Strike base.

"We have been working with General Bussiere, and he is a true visionary for building the most lethal warfighter and striker," stated Brandon Murphy, Lumena Inc.'s head of growth. "He understands the importance of prevention-based training to build resilient minds that have confidence when being called to do hard things."

Lumena studied the benefits of

MindGym at Hill Air Force Base, Utah, and found task completion by military members improved 29% while improving stress management by 61%.

Murphy said that Minot AFB is the fifth MindGym in Global Strike so far, and that Lumena Inc. will have MindGym units across all AFGSC installations by this year's end.

Learn more here: <https://lumenalabs.com/>



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

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



Fabian Perales, True North program manager (left), and Brandon Murphy, Lumena Inc.'s head of growth (right), pose for a photo at McAdoo Fitness Center at Minot Air Force Base, North Dakota, Nov. 15, 2024. The MindGym was created to improve cognitive response and brain function.

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Salute

MSgt Ryan Powell



5TH CIVIL ENGINEER SQUADRON
Hometown: Lancaster, Pennsylvania

Master Sergeant Ryan Powell has been in the Air Force for over 17 years and been stationed at Minot AFB since October of 2012. While stationed at Minot, Sergeant Powell has directed installation snow removal for 11 winters to ensure continuous base operations during inclement weather. He also led unit contingency training and planning for 336 engineers, posturing the squadron to fill combatant commander requirements for Middle East and Africa areas of responsibility. Finally, Ryan was project lead for a \$4.5 Million dollar airfield repair. He coordinated with 3 RED HORSE units and 5 agencies across the US to build a team of 65 engineers to repair 20K square foot of runway and 310 pavement defects 6 days ahead of schedule.

GAME SALUTE: FRIDAY, NOVEMBER 29

SrA Gage McKenzie



791ST MAINTENANCE SQUADRON

Hometown: Savannah, Georgia
SrA McKenzie has been in the Air Force for four years as a Missile Maintenance Technician. His excellent work ethic and positive attitude make him a great shift lead and trainer for his section. In his spare time, SrA McKenzie enjoys spending time with his family, playing video games, and coming to Minotauros games!

GAME SALUTE: SATURDAY, NOVEMBER 30

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.

FOOTBALL

Intramurals

MCADOO FITNESS CENTER

NOV 11-NOV 15

<p style="font-size: 0.8em;">TUES, 12-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">MSOS VS 91 MMXS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">43 42</p>	<p style="font-size: 0.8em;">TUES, 12-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">91 MSFS VS 5 MED</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">07 F</p>	<p style="font-size: 0.8em;">TUES, 12-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">LRS VS 740 MS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">42 26</p>
<p style="font-size: 0.8em;">WED, 13-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">740 MS VS 5 OSS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">07 F</p>	<p style="font-size: 0.8em;">WED, 13-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">5 MUNS VS 91 MSFS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">28 44</p>	
<p style="font-size: 0.8em;">THURS, 14-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">91 MMXS VS LRS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">06 46</p>	<p style="font-size: 0.8em;">THURS, 14-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">WEAPONS VS 5 SFS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">26 48</p>	<p style="font-size: 0.8em;">THURS, 14-NOV</p> <p style="font-weight: bold; font-size: 0.8em;">MSOS VS FSS</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">41 39</p>

GivingTuesday Military Aims to Inspire 1 Million Acts of Kindness Worldwide

Minot Air Force Base, ND Efforts Being Organized by Chapter Ambassador Carrie Driver, Military Spouse

GIVINGTUESDAY MILITARY



One act of kindness can change the world. It is with this in mind that three military spouses from different branches of service made the decision to go global and inspire 1 million acts of kindness by establishing the inaugural GivingTuesday Military. GivingTuesday, which is the Tuesday directly following Thanksgiving, was established in 2012 with one goal in mind, to make generosity go viral. This global day of giving is designed to inspire charitable giving to organizations that are changemakers in their communities, but also stimulate collaboration and volunteerism in communities.

Beyond monetary donations, it was this sense of community and generosity in mind that led 2019 Armed Forces Insurance Military Spouse of the Year Branch winners Jessica Manfre (Coast Guard), Stacy Bilodeau (Coast Guard) Maria Reed (Army) and Samantha Gomolka (National Guard) to come together for this global effort on Tuesday, December 3, 2024.

With it being the sixth year of operation, the military spouses are extending the call to action even bigger and broader than before!

Local Chapter Ambassador, Carrie Driver, a Air Force Wife from Minot Air Base, North Dakota, will be facilitating

kindness efforts on Minot AFB to encourage and assist those looking to join the movement with ideas of how to give back and get involved. Mrs. Driver has a passion for building Community and believes in bringing people together for the greater good.

"GivingTuesday Military is the perfect example of people working together to make a difference in the lives of others and transform their communities. It's inspiring to see military service members, veterans, and their families who already have committed so much to something bigger than themselves, lead the way to encourage one million acts of kindness," says Asha Curran, Chief Executive Officer of GivingTuesday.

The challenge to military service members, families (including gold star), and veterans is to complete 1 million acts of kindness and share a photo, video or post of their act through social media channels with #GivingTuesdayMilitary.

"These acts of kindness can be small, but give members of the military community an opportunity to connect with each other and the communities we live in," says Mrs. Driver. "The opportunities are limitless and could be as simple as buying a cup of coffee for a stranger, leaving a kind note on a car

windshield or simply sharing a hug with someone who needs it."

For more details about GivingTuesday Military, visit www.givingtuesdaymilitary.com or engage on Facebook, Instagram and Twitter through @GivingTuesdayMilitary or #GivingTuesdayMilitary.

About GivingTuesday Military GivingTuesday Military was

founded in 2019 by active duty military spouses Maria Reed, Jessica Manfre and Samantha Gomolka who were brought together through the Armed Forces Insurance Military Spouse of the Year program. Together they hope to unite all branches of service, Veterans, family members of those who have served, and patriotic supporters in a global day of

giving back to the communities they live and work in. Their focus is encouraging intentional giving of one's time and energy, in lieu of traditional gifting of monetary resources. The 2019 inaugural GivingTuesdayMilitary reached 2.5 million people and the 2020 campaign over 1 million, creating undeniable social impact.

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MINOT AIR FORCE BASE NEWSPAPER
 WWW.NORTHERNSENTRY.COM



A VIEW FROM OUR SIDE
 ROD WILSON



Looking out the window I am sure that we all had the same view on Tuesday afternoon. We had been given fair warning, and sure enough the wind, snow and colder temperatures arrived almost on cue. The National Weather service had waffled in the amount of snow we were going to receive, but when they issued a winter storm warning we all had to accept that for the time being our warmer than normal fall weather had come to an end, at least for the foreseeable future.

The President of the Magic City Lions announced this morning that she had pretty much pushed the limit. "Yesterday I mowed my lawn, and today I am getting the snowblower ready to go," Tracy shared. I admit that my lawn mower has been stored and the snowblower in place for about 2 weeks. The weather was nice enough yesterday to mow lawn, but you never know. I don't have a "day of destiny" for storing my lawnmower. But the price we pay for not having the snowblower up and running is sometimes pretty steep. Moving 3-5 inches of snow is always much easier with the John Deere than a shovel, and the older I get the harder that lesson becomes.

And then there are those that wait until the cold and snow seems imminent to put up their Christmas lighting. We can laugh at those show start to put up lights before Halloween, but when the snow hits and it seems that Christmas is right around the corner, all they have to do is flip a switch and voila, the lights are on.



UPSIDE DOWN UNDER
 MARVIN BAKER

With November being high school football playoff time in North Dakota, there's been a lot of talk about the teams that have gone through their respective divisions and onto the Dakota Bowl.

As many of us know, high school football has been realigned again and there are actually six divisions of North Dakota high school football. They include AAA, AA, A, 9-man, 6-man and independent.

And after looking at every team in every division, there are hyphenated community teams almost everywhere. Sports writers used to call the 9-man championship the "Hyphen Bowl," but that hasn't been tossed around much lately because even the big schools are catching that bug.

As an example, in the AA

What To Write About On A Blustery Tuesday Afternoon

IT'S ALL ABOUT ICE

Minot Curling Club

So it's cold, and windy, and there's snow on the ground. Let's just say for now that fall is in our rear view mirror, and winter is the here and now. What does that mean? Curling is right around the corner! The Minot Curling Club is located on the North Dakota State Fairgrounds. Sign-up has begun for winter curling leagues. Stay tuned for more information in next week's Northern Sentry.

MAYSA Arena

Don't know much about ice skating. MAYSA arena has public skating and public hockey times available. Check out the schedule on the Minot Park District web site minotparks.com.

Ice Fishing

This is more of a bucket list item for those of you who haven't experienced trekking out onto a frozen lake (or driving if the ice is thick enough) with your ice fishing equipment and bait bucket in hand. Now some people invest heavily in those fancy fish gizmos, but you don't need to. When you are making out your Christmas list, let your

relatives in those warm climates know that maybe a gift card to the local Runnings or Scheel's stores will allow you to pick up enough ice fishing equipment to at least get you started. Then when the weather gets cold and the ice gets thick, you are ready, or you hope to be ready.

FESTIVAL OF THE TREES

This weekend a special event takes place in the Magic City, The Festival of the Trees on Friday and Saturday. Once again, check out their website at festoftrees.com. Doors open on Friday at 9 AM. For a complete family experience, I encourage you to help support the Dakota Hope Clinic's Festival of Trees.



BEST KEPT SECRETS

The Minot Park District web site is certainly a great resource for all of those winter centric activities. Remember, we are just at the start of the winter season. Once Mother Nature gets going, we are hoping for a nice, even blanket of snow that will support popular outdoor activities like snowshoeing and cross country skiing. Living just a few blocks from Oak Park, I can keep track of when the cross country trails are officially opened and groomed.

MAKING A LIST

Curling, ice fishing, cross country skiing; let it snow, let it snow...and make sure that you update your Christmas list to include what is needed to take advantage of those winter opportunities that Minot offers.

TODAY'S CHUCKLE

Way before "friend" was a verb there were social networks. They were called neighborhoods.



Minot Curling Club 2022 Minot AFB Curling Tournament participants.

What's with the word salad?...

division, we have West Fargo-Horace. It's the only team in either AAA or AA with that moniker.

But when we get into A and 9-man, the examples explode.

In the A division there's Hillsboro-Central Valley, Ellendale-Edgeley-Kulm, Langdon Area-Munich, Harvey-Wells County, Des Lacs-Burlington, Ray-Powers Lake, Velva-Drake-Anamoose-Garrison and Minot Ryan-Our Redeemer's.

The 9-man ranks are even more profound with up to six communities making up one football team, many that used to have their own teams.

These are the teams; yndmere-Lidgerwood, LaMoure-Litchville-Marion, Fairmount-Campbell-Tintah-Rosholt, sometimes called Tri-State because the communities are in North Dakota, South Dakota and Minnesota, Griggs-Midkota, Mayville-Portland-Clifford-Galesburg, Hatton-Northwood, New Rockford-Sheyenne-Maddock, Midway-Minto, Mohall-Lansford-Sherwood, Westhope-Newburg-Glenburn, Kenmare-Bowbells, South Prairie-Max, Hettinger-Scranton, Richardton-Taylor-Hebron, Napoleon-Gackle-Streeter, New Salem-Almont and finally, Linton-Hazelton-Moffit-

Braddock-Strasburg-Zeeland.

There are two of these teams in 6-man including Center-Stanton and Parshall-North Shore-Plaza. And, New Town is the only independent team this year.

In defense of these communities, none of them can sustain a football team on their own so they go to the neighboring school, most likely a larger school and merge. This has worked fairly well and has made high school football in North Dakota, no doubt, more competitive.

However, this can be a nightmare for a sports reporter, or worse yet, someone doing play-by-play on the radio. And if a reporter happens to forget a town in the name, the phone will be ringing on Monday morning.

On the other side of that coin, sometimes the mosaic of these communities becomes one name and maybe that's where the word salad should go. Everybody has their sacred white elephant, but for the sake of professionalism, wouldn't it make more sense.

As an example, some of the teams have taken up the namesake of the county; Bowman County (Bowman), Sargent County (Forman), Nelson County (Lakota), Divide County (Crosby), Hettinger County (New England), Kidder County (Steele)

and Grant County (Elgin).

Some schools chose other names that seem to resonate throughout these communities collectively such as North Border, which is Walhalla and Pembina, North Prairie, Rolla and Rolette, North Star, Cando-Bisbee-Egeland, Standing Rock Community, Fort Yates, Heart River, Belfield and South Heart and South Border, Wishek and Ashley.

Keep in mind, these co-ops are football only. There are lots of other names in other sports. Ironically, some small towns remain islands of themselves such as Warwick, Mandaree, Beach, Alexander, Dunseith and Hankinson.

Some of these split community teams have been around a long time. As an example, there was Glenfield-Sutton-McHenry. That name changed to Glenfield-Sutton-McHenry-Grace City-Binford. That changed again to Midkota and now it's called Griggs (Cooperstown) Midkota.

Aside from all that, North Dakota high school football has added several new teams in recent years. They include South Prairie, Nedrose, West Fargo-Horace, Minot North, West Fargo Sheyenne and Bismarck Legacy.

Snowball Cookies: A sweet tradition to mark the start of winter



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Many things change over the course of a year. But some things seem to withstand the pace of the world, politics, and everything else. One of the steadfast hallmarks of life in Hotdish Land is wondering when the first snow will come, making guesses about when it will happen, and bracing for it—knowing that the first official snowfall marks the unofficial start of winter.

In a military town like this, snow can carry a lot of mixed emotions. Some are excited to see it. Some are unsure—maybe they've just PCS'ed, and this will be their first white winter. Some dread it and the cold, bitter months that follow.

I get it. I've been there. It's not that I dislike winter. But negative

attitudes can sometimes seem very loud, and there was a time when they weighed deeply on me. I didn't want to fall prey to the negativity. And as someone who spent years suffering from deep depression and anxiety, I know what it's like to wish time and life away. That's not a pattern of thinking I participate in anymore. Now, I try my very best to be intentional about not discounting any part of life's experience or any of its seasons.

Even the hard ones. Even the cold ones. They are all needed; they are all worthy of our curiosity and willingness to learn. They all yield lessons and relationships that shape our growth and, ultimately, the narrative of our lives.

On paper, that sounds poetic and easy. But in practice, it can be a bit trickier.

Winter doesn't have to be something to endure; it can be something to celebrate. That's why, years ago, I started a tradition. Instead of dreading the first snow and shirking winter—we would romanticize it a bit and mark it with a simple celebration. Every year, when the first snow arrives, I make Snowball Cookies with a recipe I've perfected over years of trial and error. They have simple ingredients, come together quickly, and are a kid-friendly recipe.

It's not a loud, obvious statement. But it's our small way of reminding ourselves that this season doesn't have to be bitter, lonely, and cold. It can be sweet, filled with togetherness, and as warm as fresh cookies. And winter eventually melts away—just like the cookies disappear from the jar.

Want to add this tradition to your house? You may have missed the first snowfall, but you can use it on the next one. Or on any cold day that you want to remember that the story this winter will tell is ultimately up to you.

SNOWBALL COOKIES

These buttery, melt in your mouth short bread cookies are our favorite way to usher in winter in Hotdish Land.

- 1 cup softened butter (I like salted best)
 - ¾ cup powdered sugar
 - ½ tsp salt
 - ¼ tsp cardamom
 - ¼ tsp ginger
 - 2 tsp vanilla
 - ¾ cup nuts, finely chopped (pecans, walnuts, almonds, or any mix of them)
 - 2 ¼ cups flour
 - 1 cup powdered sugar for coating after they bake
1. Preheat the oven to 350°.
 2. Use a stand mixer or hand mixer to cream the butter and sugar together for at least 2 minutes. Add in salt, spices, and vanilla. (If you don't have the spices on hand, they can be left out—or you can use something else like cinnamon, nutmeg, or allspice. Just proceed carefully so they don't become



Winter can be something to dread. Or we can be intentional about making it a season of sweet memories and togetherness.

AMY ALLENDER PHOTO



These simple cookies have become our tradition for marking the first snowfall of winter.

AMY ALLENDER PHOTO

over-spiced.)

3. Use a food processor or blender to chop the nuts up until they are very fine. (If you don't have a food processor, you can crush them in a Ziploc bag using a kitchen mallet.)

4. Mix in the nuts, then the flour. The dough should be thick, and if you touch it, your finger should come away clean. If it's too sticky, add one extra Tbsp of flour until the consistency is right.

5. Scoop cookies in 1 Tbsp lumps and roll into balls. Place on a baking sheet and bake for 8-10 minutes. They are done when they look dry

and only slightly brown.

6. Remove from the oven and allow them to cool just enough to touch. Then roll in powdered sugar. Allow cookies to cool completely on the counter before storing them in an airtight container.

Do you have a winter tradition I should know about? Want more simple ways we have fun all winter long? Visit amyallender.com. Or head to @HeyMinot or @amy_allender on Instagram or Facebook for more.

BIG BUCK CONTEST & SHOW

DEC 6 & 7
Festivities: 10 AM
Wild Game Feed: 4 PM
Drawings: 5 PM

Entry Fee: \$35
Includes Contest, Wild Game Feed, Door Prizes, and Grand Prize Entry (2025 Honey Hole Ice Castle)

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Surviving Minot's Snowstorms: Essential Tips for Safe Winter Driving

NATALY ZARRELLA, NORTHERN SENTRY

Minot, North Dakota experienced its first winter snowfall on 16 November, which, combined with rain, created hazardous driving conditions. The wet roads, sleet, and snow turned streets into icy surfaces, making travel dangerous. While snowfall is common in the area, rain mixed with snow is unusual and can catch drivers off guard. If you're new to Minot or winter driving, it's important to understand how to safely navigate these conditions. Here are some tips to help you stay safe on the roads:

1. SLOW DOWN

One of the biggest risks during the first snowfall is the slippery roads. Higher speeds require more time for your vehicle to stop, especially when the roads are slushy. Don't worry about other drivers; prioritize safety. Slowing down gives you more time to react if your vehicle starts to skid.

2. INCREASE FOLLOWING DISTANCE

It's crucial to maintain more distance between your vehicle and others. On slippery roads, it takes longer to stop, so start braking earlier than usual. As S. Elmore, a Minot AFB resident, advises: "Give yourself way more time to slow down and stop than you usually do, and more space to merge into traffic than you think you need."

3. AVOID CRUISE CONTROL

Cruise control can make it harder to respond quickly to changes in road conditions, such as sudden loss of traction. According to the North Dakota

Winter Survival Guide, cruise control should never be used on wet, snowy, or icy roads because it can increase the risk of losing control.

4. KNOW YOUR VEHICLE

Familiarizing yourself with your vehicle's features can help you respond more effectively in bad weather. Gary Wirzenburg, author of the article "How to Drive in Snow Safely", recommends drivers pay attention to their vehicle's "stability-control system warning light," which often appears as a car with squiggly lines behind it. If this light blinks, it means the tires are slipping. Drivers should ease off the accelerator to allow the tires to regain grip. If you do lose control, avoid slamming on the brakes, as this can worsen skidding. Instead, gently ease off the brake and steer in the direction you want to go.

5. WINTERIZE YOUR VEHICLE

Before winter weather hits, it's essential to ensure your vehicle is ready for the conditions. This includes checking your tires, windshield wipers, and ensuring you have proper windshield fluid and an emergency kit in your car. Having a well-prepared vehicle increases your chances of safely navigating through snow and ice.

6. SNOW PLOWS AND ROAD CLOSURES

Road closures may occur during severe weather until roads are cleared and deemed safe. The North Dakota Department of Transportation (NDOT) is responsible for plowing major

highways, including Highway 83 near Minot Air Force Base (AFB). According to the Minot AFB Official website, The 5th Mission Support Group Commander makes decisions about road conditions on base after communicating with ND DOT and consulting with leadership from both wings. In case of severe weather, delays or restricted duty reporting may be implemented. When traveling near snowplows, remember to stay a safe distance behind and avoid passing them. Snowplows can obscure visibility and make driving dangerous. Minot AFB prioritizes plowing, with main roads cleared first, followed by side streets, sidewalks, and driveways.

For Minot AFB members, notifications about weather conditions, road closures, and delayed reporting can be accessed through the AF Connect App, available to service members, their families, and federal employees. ND DOT also offers the NDRoads app, which provides real-time updates on road conditions, including live camera feeds and color-coded maps.

Winter driving in North Dakota can be challenging, but following these tips can help reduce your risk of accidents. Slow down, increase your following distance, avoid cruise control, understand your vehicle's features, and ensure it's winter-ready. By staying informed and being cautious, you can safely navigate the icy and snowy roads of Minot.



5th Civil Engineering Squadron hard at work clearing the Base Exchange parking lot after plowing all main and side roads.

NORTHERN SENTRY PHOTOS | NATALY ZARRELLA

Green - Normal day-to-day travel conditions.

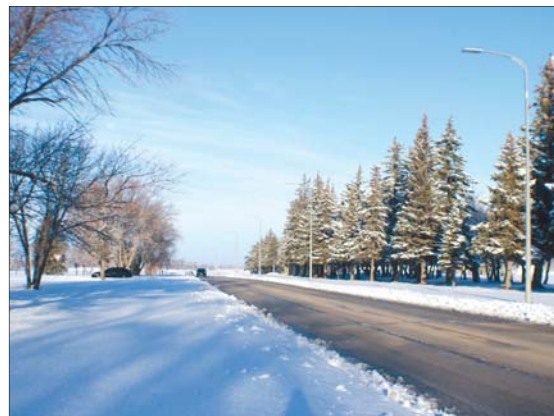
Yellow - Degraded environment when cautious conditions exist. Drive according to weather and road conditions. Use of cruise control is prohibited when operating a government vehicle.

Red - Degraded environment when hazardous conditions exist. Are the same as NDDOT "No travel advised." Storm/mission essential personnel may drive, but all other travel is restricted without 5th BW or 91st Missile Wing commanders or their designee's permission.

Black - Degraded environment when no travel or working conditions exist, except for storm-essential personnel and bona fide emergencies. Same as NDDOT "Road closed."

Delayed or restricted reporting is implemented, instructions are relayed to the command post and public affairs for dissemination via telephone notification and the MAFB Information Hotline.

MAFB OFFICIAL PAGE



Clear roads after Minot's first snow fall on November 16.



ND DOT plowing Hwy 83 adjacent to Minot AFB the morning after the first Winter snowfall.

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NOVEMBER DORM DINNER

North Star Community Credit Union and The Northern Sentry sponsored the November Dorm Dinner. The event was well attended by active duty personnel who live in the dorms. There wasn't any food left over, as the Noodles & Company catered food was perfect for a cloudy, cool, fall day.

NORTHERN SENTRY PHOTOS



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Patricia Stockdill

As Americans prepare to celebrate Thanksgiving next week - whether it's with a traditional turkey dinner with family or a new tradition with new friends - this time of year serves as a reminder that life can be tough for one's feathered friends when winter arrives.

Let's share some love by taking care of those hardy birds who opt to stay in North Dakota for the winter and those who call the state their wintering grounds - those northern species who, for them, North Dakota is as far south as they want to go.

For example, not all robins head south for the winter. And some that migrate down from Canada may opt to winter in the Peace Garden State. If they have enough food, shelter, and water - and mild winter weather helps - folks might still spot robins in the darker winter months.

Black-capped chickadees and blue jays are year-around residents. Black-eyed juncos will enjoy wintering in North Dakota. While common redpolls tend to prefer spending their time in flocks in the Canadian tundra, there are some winters when they "flock" down to southern Canada and North Dakota.

It's not too early to start feeding and setting up winter birdbaths and it doesn't have to involve a large expansive yard.

The caveat, though, is that if a person opts to provide alternative food sources other than Mother Nature's bounty, they need to be diligent and stick with it throughout the winter.

Birds, like other wildlife, become dependent on searching feeders for food. If feeders aren't filled and maintained regularly, more harm than good could result.

Place feeders and birdbaths in areas where trees and shrubs provide shelter from predators - things such as avian predators like hawks and owls, as well as critters like wandering coyotes or cats.

However, place the feeder far enough away from trees - about 10 feet - so predators aren't within easy reach. Also put them downwind from trees and shrubs.

Feeders should be in areas easily accessible for filling. If the feeder area is going to be in a location that fills with waist-deep snow a person is less apt to enthusiastically fill it.

Trust me on that one, having learned the hard way that it gets old donning snowshoes, trekking across snowdrifts

in not-so-gentle breezes in really chilly weather every time bird feeders need filling.

Those feathered friends also appreciate water in the winter. Yes, they can eat snow but, like people, staying hydrated is healthier if done with water. Like feeders, birdbaths should be in areas where they're easily filled yet close to shelter for the birds.

Plus it helps to have birdbaths in a relatively convenient area so extension cords don't have to be strung across an entire lawn.

Select birdbaths that automatically shut off when it's above 32 degrees and when empty. Be cautious if using extension cords - make sure they're designed for outdoor use.

Some other winter feeding tips:

- Use large feeders so they don't have to be filled as frequently and could sustain birds during a storm.

- Use suet high in fat and calories because birds burn extra energy to stay warm in the winter.

- Peanut butter is also high in oil and fat. Try mixing it with sunflowers and forming into balls or suet cakes, hanging them from a tree.

- Black oil sunflowers, hulled peanuts, and Niger seed are the best seeds to feed in the winter, especially sunflowers with their high oil content. A wide variety of wintering species eat those three main types of seeds.

- Keep suet and food on hand to avoid running out in severe weather.

Oh, and don't worry about birds freezing their little feet in the winter when they sit on metal feeder perches. Those little feet lack sweat glands so they won't freeze in cold temperatures.

In addition to feeders and birdbaths for wintering birds, it still boils down to habitat: Quality habitat serves two purposes - shelter from weather and predators and food - whether one lives in town or out in the country.

In addition, shrubs and trees with berries provide food for berry-feeding birds.

Winter is a great way to learn bird identification - they're easier to see in leaf-less trees and against snow.

Seeing birds and learning some identification basics can be a fun activity for children - feeders and birdbaths can bring their feathered friends more up-close and personal.

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North Dakota Leaders Support Nuclear Readiness During Minuteman III Launch at Vandenberg Space Force Base

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) Task Force 21 led a delegation of North Dakota leaders on a strategic military engagement with Minot Air Force Base (MAFB) and Air Force Global Strike Command (AFGSC) as Airmen and Navy aircrew launched an unarmed Minuteman III intercontinental ballistic missile (ICBM) Nov. 5, from Vandenberg Space Force Base, California.

The visit included mission briefs, meeting with military leadership, and the test launch of an ICBM equipped with multiple targetable re-entry vehicles from aboard the Airborne Launch Control System that was pulled from North Dakota's missile complex and transported to Vandenberg Space Force Base for the test. The North Dakota representatives in attendance included Lt. Gov. Tammy Miller representing the North Dakota Military Commission, Sally Johnson representing N.D. Senator John Hoeven, Minot Air Force Base, state and community leadership.

This test launch is part of routine and periodic activities intended to demonstrate that the United States' nuclear deterrent is safe, secure, reliable and effective to deter 21st century threats and reassure our allies. Such tests have occurred over 300 times before, and this test is not the result of current world events.

"These tests are demonstrative of what Striker Airmen bring to the fight if called by the president," said Gen. Thomas A. Bussiere, commander of AFGSC. "An airborne launch validates the survivability of our ICBMs, which serve as the strategic backstop of our nation's defense and defense of allies and partners."

The ICBM's reentry vehicle traveled approximately 4,200 miles to the U.S. Army Space and Missile Defense Command's Ronald Reagan Ballistic Missile Defense Test Site located within Republic of the Marshall Islands at the Kwajalein Atoll. Reagan Test Site sensors, including high-fidelity metric and signature radars, as well as optical sensors and telemetry, support the research, development, test and evaluation of America's defense and space programs. For these tests, RTS team members collect radar, optical and telemetry data in the terminal phase of flight to evaluate system performance.

"RTS is honored to be the nation's only long-range land impact site providing our strategic partners a safe environment and truth in testing for the continued development of the ICBM modernization efforts," said Army Lt. Col. Casel Rumpfelt, RTS range director. "This range and testing facilitate America's technical advantage on the global stage. Our team brings decades of experience and a level of professionalism that makes the impossible seem easy in a no-fail environment. I couldn't be prouder of this incredible team."

The test launch is a culmination of months of preparation that involve multiple government partners. Airmen from all three missile wings were selected for the task force to support the test launch. The missile bases within AFGSC have crew members standing alert 24 hours



Minot Area Chamber EDC Task Force 21 led a delegation of North Dakota leaders on a strategic military engagement with Minot Air Force Base and Air Force Global Strike Command as Airmen and Navy aircrew launched an unarmed Minuteman III intercontinental ballistic missile Nov. 5, from Vandenberg Space Force Base, California.

a day, year-round, overseeing the nation's ICBM alert forces.

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

Minot Air Force Base is home to two major Air Force units: the 5th Bomb Wing and 91st Missile Wing, which are Air Force Global Strike Command units. Minot is the only dual-wing nuclear-capable base in the nation, hosting two legs of the nuclear triad with a fleet of B-52H Stratofortress bombers and Minuteman III missiles. As one of the Air Force's three operational intercontinental ballistic missile units, the 91st Missile Wing, whose members are known as the Rough Riders, are responsible for strategic deterrence by operation,

maintaining and securing a fleet of 150 Minuteman III missile located in underground launch facilities positioned in a 8,500 square mile missile complex located in the northwest part of the state of North Dakota.

"It's imperative to understand the overall mission and day-to-day operations of our military members in order to support them in the best way possible. This engagement was a unique opportunity for leaders from across the state to learn more about North Dakota's unique role in protecting the nation. Proud to be a part of Team Minot," shared Cassidy Hjelmstad, Minot Area Chamber EDC Board Chair and Task Force 21 Member.

For questions regarding the launch window or Vandenberg SFB range operations, contact 30th Space Launch Delta Public Affairs at 805-606-3595 or 30sw.pa.workflow@us.af.mil.

For queries regarding the ICBM test launch purpose and missile, contact AFGSC Public Affairs at 318-456-1305 (After Hours 318-532-1215) or afgsc.paworkflow@us.af.mil.

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The Scoop On Remote Starters

ROD WILSON, NORTHERN SENTRY

In recent years many new cars have come equipped with remote starters. My Ford pickup, for example, not only came with a remote starting system, but the ability to access the remote start system from my smart phone.

But what about the 20% of the vehicles that do not come with a remote starting system, and the older model vehicles. What do I need to know about retrofitting those vehicles with remote starters? The folks I turned to is a local business, That Remote Starter Guy. For Shawn and his crew remote starting systems are not a sideline. They truly understand North Dakota, and just as important, warmer climates where a remote starter is used to cool down your car, a 180 turn from North Dakota where bringing a car up to temperature from double digit below zero makes life a little more bearable.

My contact for That Remote Starter Guy was Lindsay, who quickly explained that there are 2 functions that are important to the success of a good remote starter. The first being the distance, or range, that a remote starting FOB works from your car. Some less desirable units may have a limited range of around 500 feet. "Our system works up to 2 miles away from the car" explains Lindsay. In a situation where you are in a shopping center and your vehicle

in an adjoining parking lot, the 2 mile range means you can start your car from inside of the building. The second function that is important is the 2-way communication between the FOB and the starting system. The function of the FOB is pretty simple. Click once and your car is locked, click twice and your car is unlocked. Hold the button down and your car starts. The 2-way communication lets you know that your car has started. "One way communication means that your car may have started, but that isn't confirmed" says Lindsay.



The Articstart systems That Remote Start Guy sells also have options that allow you to control your auto start with your cell phone. "Your car can be sitting anywhere, and you can start and run it from your smartphone. A great option if your car has been sitting for a while and you just want to see if everything is OK, and your car will start" according

to Lindsay.

So, you've made that decision to purchase a remote start system. Are they going to need my car for a long time to install the auto start system. "Normally we can do an install in 3-4 hours, in an evening, on a weekend, whenever it works for you, and we try to get a vehicle scheduled and the remote starting system installed within a week" explains Lindsay.

As the weather gets colder, and people start to realize that having a remote starting system would certainly be nice, shops like That Remote Start Guy get busy "so better to look ahead and get it purchase and installed sooner than later."

And the cost? The most economical remote starting system That Remote Starter Guy sells is \$495.00. Prices can vary according to vehicles. That Remote Starter Guy offers discounts to active duty military and first responders with proper ID, and they are easy to contact through their Facebook page.

"Our systems have an option that allows us to set the run time once the car is started, of up to 35 minutes" says Lindsay "so whether you are in North Dakota warming up your vehicle or in California cooling down your vehicle, it's always a good option to have."



DR. LAPLANTE TOURS MINOT AFB

Dr. William LaPlante, Under Secretary of Defense for Acquisition and Sustainment (left), coins members of Team Minot at Minot Air Force Base, North Dakota, Oct. 31, 2024. LaPlante's visit underscores his commitment to advancing acquisition practices, sustaining military infrastructure and reinforcing the nation's capabilities.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS LUIS GOMEZ

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The Commissary: What to Know for the Holidays (And Beyond)

KERIANNE NOEL, NORTHERN SENTRY

“Your friendly, neighborhood commissary person here...” If you have spent any amount of time on unofficial Minot AFB-affiliated social media, you have most likely come across these words. What follows could be anything from an update as to newly arrived specialty items, information about where someone can find their left-behind wallet, or even a simple shout-out to the local community for maintaining their composure during a particularly hectic winter weather shopping frenzy. The person behind these posts? Carol Theran, Air Force spouse and, for two and a half years now, Commissary employee.

The origin story behind these updates is fairly straight forward: a desire to keep the community informed of the Commissary’s hours. “People travel far to get to us” shared Carol, “knowing if we’re open/closed or any changes in our hours helps them decide when or if they’ll make the trip.” As we head into the season of winter weather and holidays it’s easy to get these confused. There are always a few people who forget that the Commissary is closed on Thanksgiving, Christmas Day, and New Years Day. Similarly, when the white stuff hits and the base closes, it’s useful to know that so will the Commissary. However, since individuals getting off of work early due to inclement weather often need to do some last minute shopping, they usually attempt to stay open an extra hour or so past when the base let’s people head home. While it can be frustrating to have a more limited window to shop, it’s important to remember that our Commissary employees have to be able to make it home safely as well. No one wants a repeat of February 1997, when the night-crew ended up stuck inside of the store for three days straight!

Questions about special orders are also popular on social media. Japanese yams, dragonfruit and entire pigs’ legs are just some examples of things available due to customer requests. “When you come in, ask any cashier or the person at self-checkout for a special order form,” advised Carol. She suggested including as much detail as possible, such as brand name or quantity. Most importantly she reminded, “put at least your first name and a good contact number so they can contact you back.”

There are a few other services our local Commissary offers year round that are particularly helpful during the holidays. Need to feed a crowd? Sandwich, fruit, and veggie platters or the ever-popular charcuterie board can be ordered to your exact specifications. Looking for a cut of meat but don’t see it? From thinly slicing steak for



Our gang, enjoying some of Buddy’s favorite food groups, by the main holiday candy display.

bulgogi to requesting a particular grade and weight of Prime Rib to placing a bulk order - customers need only ring the service bell and ask.

In addition to these services, holiday specialty items have started to trickle in. Some will continue to be available all season (and, in the case of Christmas candy, go on sale for half price the day after Christmas,) while others, such as a particular brand of egg nog or the very well-hidden German Gingerbread tins, may be in more limited supply. You can find these items scattered throughout the store, but particularly on the end caps and by the bulk goods near check-out.

For some members of the community the holiday displays represent a season of bounty while for others they can exacerbate existing needs. For those who feel able, the Commissary offers many opportunities to give. The First Sergeants have a collection

box by the store entrance that can be filled with anything from non-perishable food items to diapers and formula. Additionally, customers can purchase gift cards for donation or buy a turkey or ham to be set aside for someone else’s holiday meal. Among the most giving Commissary patrons: local retirees, whose generosity demonstrates the strength of their continued attachment to our military community.

When asked what she felt set Minot apart from other places she has lived or worked, Carol observed that “it feels like a tighter community because of the remote location.” Taking her insider knowledge and cheerful attitude to social media has helped grow that community. Her posts are refreshing because they turn the online spaces associated with our base into places of access. Not just to their commissary lady or even a fellow mil spouse in the trenches, but to a warm-hearted neighbor.



Camilla Rosado, Nicole Rosado, Roland Noel, Jill Cangealose, Max Noel, and Mitchell Cangealose, enjoying the first (white - not yellow) snow of the season outside the Commissary. Store Hours on the sign behind them were recently changed and are current as of this printing.



Buddy did not find his dad, but he did find some amazing deals on Thanksgiving Turkey!

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!

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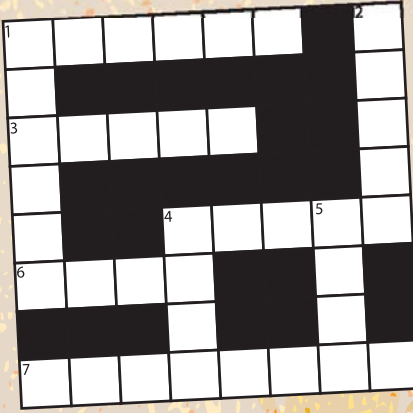
Fact File

Life Span	10 - 14 years
Weight	300 - 600 pounds
Height to Shoulder	4 feet
Body Length	8 - 9 feet
Tail Length	26 - 39 inches
Top Speed	50 mph
Wild Diet	Omnivore Carnivore Herbivore Antelope, Giraffe, Zebra, Wildebeest, Impala

CREATURE FEATURES

- Lions live in prides dominated by one male, including several females and cubs.
- Their long retractable claws help the lion grab and hold prey. Lions have massive shoulders and strong forelimbs, long, sharp claws, and short, powerful jaws to aid them while hunting.
- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

CROSSWORD PUZZLE



ACROSS

- Condition of being protected
- Of great weight
- Aches and _____
- Large vehicle (abbr.)
- Gaining knowledge

DOWN

- Education building
- Things to read
- Flow into a stream
- Person, place or thing

HOURS:
MON-SAT
10AM-3PM

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UPCOMING EVENTS
DECEMBER 8
CHRISTMAS AT THE ZOO

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.

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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GETTIN' AROUND DOWNTOWN MINOT

A Coffee Break Downtown



HOPE ANDERSON



Central Brew



Cookies for You



Prairie Sky Bread



Black Iguana

When you think of coffee, what comes to your mind? For some, it is that rich flavor and the perk of feeling awakened by that first sip. For others, it might be the idea of gathering with friends to have an iced coffee in the afternoon. Even if you don't like coffee and prefer hot cocoa or a cup of tea, coffee shops are a great gathering spot. Whatever thought comes to mind when you think of coffee, there is a place for you to grab a cup of joe in Downtown Minot.

According to nescafe.com, the history of coffee dates back to around 800 AD when an Ethiopian goat herder noticed that his goats were acting energized after eating some berries and decided to bring the berries to a group of monks. These monks thought the berries were the work of the devil and threw them into the fire. What happened next was not expected, but the heavenly scent that was released from these berries surprised them and they stored the berries in a jug of hot water to preserve them. They soon realized that this drink was as delicious as it smelled and that was the beginning of coffee.

Now is that story a tale or truth, we will likely never know, but it sure sounds like it could have been a good start to the art of coffee drinking. It is definitely true that coffee has been a drink of choice for many hundreds of years and I don't think that is going to change. If you are looking for a cup of coffee to wake you up in the morning or a chance to catch up with a friend, there are several perfect spots in Downtown Minot to savor the flavor.

Black Iguana in Margie's: From hot mochas and black coffee to boba tea and smoothies, there is so much more than coffee at Black Iguana. They have a large selection of syrups and can special make just about anything your heart desires. What is even more fun is that you can sit and paint ceramics and sip a hot or cold beverage in a fun environment that is sure to be a great spot to meet friends. Black Iguana is located at 109 Main St S. and is open Tuesdays and Thursday from 10:00 am - 8:30 pm and Wednesday, Fridays, and Saturdays from 10 am - 5:30 pm.

Prairie Sky Bread: If you are looking for a local bakery and coffee shop, Prairie Sky is your spot. It is a perfect spot to meet a friend or have a breakfast and coffee date. Located at 3 1st St SE, you will find a variety of seasonal fall drinks from Iced Caramel Apple Chai to Churro Cold Brew and Brown Sugar White Mochas to traditional coffee drinks. Prairie Sky Breads is open Tuesdays from 9 am - 2pm, Wednesdays, Thursdays, and Fridays from 7:30 am - 4 pm, and Saturdays and Sundays from 9:00 am - 4 pm.

Cookies for You: While Cookies for You is mainly known for their cookie selection, they also offer a selection of beverages including coffee, frappes, Italian sodas, bottled juices, and specialty coffee drinks. They have so many different syrups including a lot of sugar free options. Cookies for You is the fun choice for grabbing a cookie after school with the kiddos and a chance to get a little pick me up drink. Located at 117 Main St S., their hours are Monday-Friday from 8 am - 5pm and Saturdays from 9 am - 3 pm.

Central Brew: A cozy little shop for a study break or to visit with friends, Central Brew is located at 400 East Central Ave in the south end of The Foundry building. Their hours are Monday-Friday from 7 am - 5 pm and Saturdays from 8 am - 5 pm. They also have a great selection of seasonal drinks including the Maple Butter Pecan Latte, White Pumpkin Mocha, Caramel Apple Cider, and traditional coffee drinks. Spend some time relaxing on their cozy couch or at one of their tables. It is a quiet place to enjoy some time and a coffee.

Now that I have you dreaming of your next coffee drink, make a stop at one of the tasty coffee shops in Downtown Minot. Grab that to go cup and browse around all the fun shops for a day with friends or family. There is truly something for everyone downtown and autumn is a great time to find all those hidden gem shops that you just might not have discovered yet.

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Upcoming Events

22-23 NOV **DAKOTA HOPE'S FESTIVAL OF TREES**
7:35PM

State Fair Grounds, Minot

Dakota Hope's Festival of Trees is returning to the State Fair Grounds November 22nd and 23rd! With countless Christmas-themed events to choose from, there is something for the whole family to enjoy at Festival of Trees. General admission is free. Ticketed events include the Dinner and Live Auction and Dashing Through the Snow 5k and fun run. Other Events at the Festival include: • Silent Auction • Raffle Row (raffle trees) • David Laflin Illusionist • North Pole Play Zone: Bounce Houses, Coloring, Balloon Artists, Story time with Buddy. • Tea in the Trees • Live Music • Bake Sale • Follow the Star: Interactive Nativity with Live Animals • Petting Zoo • Pony Rides • Vendor Show • And more! All events have their own schedule, but general admission doors are open from 12:00pm to 8:00pm on Friday, November 22nd, and 9:00am to 3:00pm on Saturday, November 23rd.



NOVEMBER 22ND-23RD

For more information:
Facebook/ Festival of Trees / Events

24 NOV **MOVIE SKATE - DESPICABLE ME 4**
6:00 PM

Maysa Arena
2501 West Burdick Expy, Minot

Join Minot Parks for a showing of Despicable Me 4 on the big screen at the Pepsi Rink. The movie starts at 6:00 pm on Sunday, November 24th. \$5 to skate / \$5 for skate rentals. All ages and abilities are welcome.



For more information:
Facebook/ Minot Parks/ Events

25 NOV **CRAFT NIGHT**
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down!



For more information:
Facebook/ Blue Rider/ Events

27 NOV **TRIVIA NIGHT**
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!



For more information:
Facebook/ Blue Rider/ Events

28 NOV **MAGIC CITY TURKEY TROT**
9:00 AM - 10:00 AM
400 E Central Ave, Minot ND

Magic City Synchro is hosting it's 10th annual Magic City Turkey Trot, a 1 mile fun run/walk and 5k run/walk. Join us on Thanksgiving Day morning, Thursday, November 28th, 2024 at 9am starting at the Brick Building, 400 Central Ave, Minot, ND. Costumed runners encouraged! Let's see those Turkey hats! There will be prizes for our best dressed and most spirited runners! Sorry no refunds. Children 5 & under are free. Friendly dogs on leashes welcome!



For more information:
<https://runsignup.com/Race/ND/Minot/MagicCityTurkeyTrot>

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



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

NOTHING BEATS SUNDAY BRUNCH

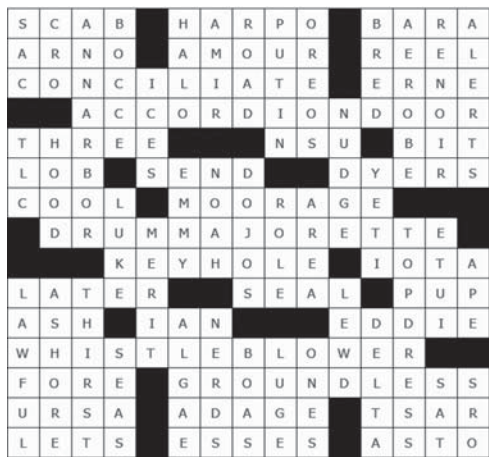
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

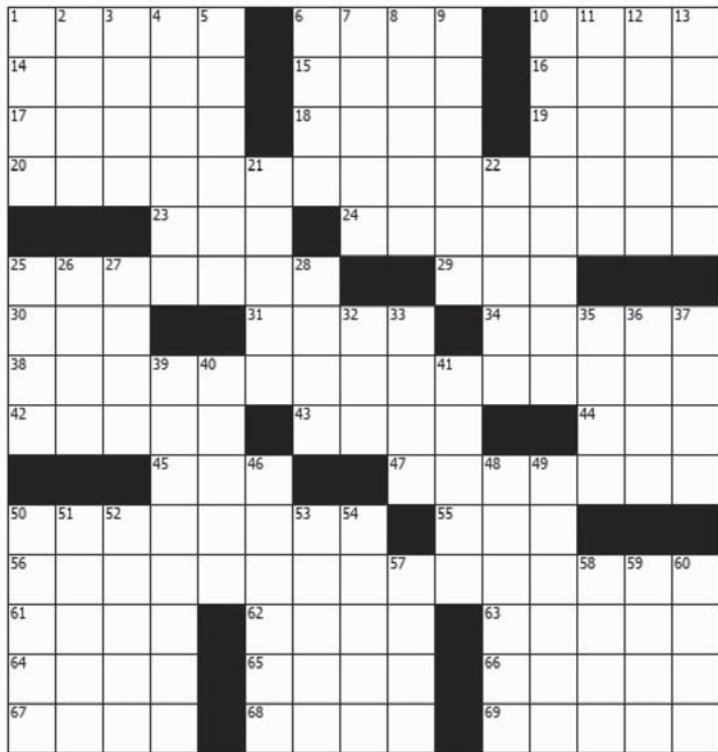
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

1. Run the meeting
6. Children's connectibles
10. Resort near Snowbird
14. Spin preceder
15. In unison, musically
16. Freshly cut, as a lawn
17. "So long" somewhere
18. 100 Ethiopian cents
19. Relative of "My word!"
20. Beatles hit sung by Ringo
23. MADD concern
24. Dock actions
25. Gives in
29. Major broadcaster
30. Word sometimes placed between two names
31. Jimmy Carter had one
34. Desert destination, perhaps
38. Warning to sailors
42. Ruhr Valley hub
43. Slowly permeate
44. One in a romper room
45. Felix, for one
47. Word with Homo
50. Pasta and such
55. Computer network acronym
56. Colorful Peggy Lee film
61. "What's ___ for me?"
62. Sounds from the cote
63. Fine thread
64. Hoosegow unit
65. Ending for disk or usher
66. Deprive of one's nerve
67. Suspect's demand, briefly
68. Divination practitioner
69. Wasn't kidding



Down

1. Kind of fish?
2. Part of the title of a child's game
3. Dyeing plant
4. Wagnerian heroine
5. Planted again
6. Artistic touches
7. Abhorrence
8. Start for jet, fan or charge
9. It was given on the Mount
10. It comes after all?
11. Enter one's computer password
12. Nasal tone
13. Chile's main ingredient?
21. Able to come back quickly
22. Pergola
25. How some steaks are cooked
26. Barely makes out
27. Ben Nevis boys
28. Seven with salt
32. 66 is one (Abbr.)
33. Ladies of St. Lo
35. Developer's purchase
36. Barge ___ (interrupt)
37. York, Pepper, et al.
39. Sub rosa
40. Special aptitude
41. Australian gems
46. Rival of ancient Athens
48. Soft cereal
49. Behaving properly
50. Star in Virgo
51. Palindromist's dogma
52. Like Pisa's most famous structure
53. Fill with glee
54. School board?
57. Embattled river of WWI
58. R.E. Lee's alma mater
59. Spiritedness
60. Dispatched

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

Northern Lights Chapel
230 Missile Ave
(across from Rockers)

Catholic Mass
Sunday 1000
Daily Monday-Friday 1200

Open Circle (Wiccan/ Neo-Pagan)
1000 on 1st & 3rd Saturdays

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

St. Peter The Aleut Eastern Orthodox Church

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Saturday, November 23
5PM, No Vespers

Sunday, November 24
Prayer Service

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CHILDREN AND YOUTH FAITH FORMATION 6:45-7:30PM

SATURDAY 5PM
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Trinity Church

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Worship 10:30 a.m.

www.trinitychurchminot.org

Bible Fellowship Church

Worship Service
10:45am Sundays

Sunday School
9:45am

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

Pastor Mark Ehrmantraut
www.vincentumc.com

Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Rick Craig
701-838-1540

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

Cornerstone Presbyterian Church

1000 NE 3rd Street 852-0315

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

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

All are Welcome!
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Grief Support Group meets Mondays at 7:00pm

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MinotBibleFellowship.org

Immanuel Baptist Church

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

SUNDAY 9:00am Coffee Fellowship
WEDNESDAY 11:30am Soup Kitchen
9:15am Sunday School 5:30pm Family Supper
10:30am Worship 6:30pm Adult Bible Study, IBCY, Kids' Club

Pastor Brian Keithline

Christ Reformed Church

Worship 11:00 a.m. Sunday
234 14th Ave SE
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

First Lutheran Church - ELCA

120 5th Ave. NW 852-4853

Sunday Worship 9:30 am

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Sunday 9:30 am
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Sunday Services
8:00 am | 9:30 am
11:00 am

Minot Baptist Church

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

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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
email: 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
facebook.com/westminot

St. Mark's Lutheran Church

Missouri Synod

Sunday Divine Service 9:30 AM
Morning Bible Study and Sunday School 11:00 AM
Wednesdays
Kid Connection 6:00 PM

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND 839-4663
www.minotstmarks.com
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First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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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.
at Living Word Lutheran bldg
710 46th Ave NE, Minot

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E-mail: gbcminot@gmail.com

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Rev. Rick Jones

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

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OSKids (age 4-5th grade)
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Single Airmen take on Minneapolis!

HANNAH WATERS, NORTHERN SENTRY

Minot AFB Outdoor Recreation hosted another fantastic single Airman trip to Minneapolis/St. Paul and the Mall of America on November 8-10. On this trip, five single Airmen traveled to the Twin Cities and spent Veterans Day weekend shopping, seeing the sites, and eating their weight in some of the best food.

Staff Sergeant Daniel Williams from 5 FSS went on this past trip to Minneapolis and said, "I just got here [to Minot]. I had never been to the Mall of America, [I] and thought it would be cool and, for \$200, of course!" The trip prices include lodging and travel costs and any activities that were specially chosen. For this specific trip, the Airmen got the chance to visit iFly, an indoor sky flying experience, go on a Behind the Scenes tour at SEALIFE in the Mall of America, and eat at one of the nicest restaurants the mall has to offer, Benihana.

Paige Pertuit, the Director of Outdoor Recreation, and Renatta Molioo, the Flight Chief over Outdoor Recreation, are experts at planning and orchestrating trips like this to Minneapolis. They explained that these types of trips allow Airmen to get out of the small-town atmosphere of Minot and experience some mind-blowing things that they normally may not have the funds or capability of doing on their own. Renatta commented, "Once we get away from the base everyone gets to relax."

This Mall of America Trip and, others like them, help build a community setting and allow Airmen to bolster friendships. Paige mentioned, "Some Airmen will bring their Xbox with them and end up hanging out with each other in the hotel rooms and kind of practicing that sense of community aspect and some of them become friends." Once everyone has made it back to the hotel at the end of each day of excursions, they can all kick back and relax. Paige explained that Airmen often continue to build connections between individuals that may have not met under different circumstances. Most of the time, Airmen are traveling on these trips alone and are not familiar with the people they will be traveling with. However, after eight hours in a car with someone, it can safely be said they are no longer strangers.

These trips are made possible with the help of Recharge for Resiliency (R4R). This program provides resources that foster



SSgt Daniel Williams 5FSS, A1C Stevan Tan 5CS, and A1C Kenneth Galindo 69 BGS

culture, mission, and a sense of community among Airmen and Guardians and their families. This trip for instance, only cost each Airmen \$200, where if they would have gone alone may have been closer to \$500. Paige explained that, "R4R and our sponsorship subsidized the activity fees and food cost. At the end of the day each Airmen had a savings of \$300 for activity fees that was covered by R4R and the food cost covered by our sponsorship." R4R is a wonderful program across the Air Force that understands

what being alone and away from family can mean when it comes to a single Airmen's lifestyle.

Some very exciting news is that there is another trip coming up with Outdoor Recreation. There will be a Sled Dog Trip in Minnesota leaving on the 17th of January 2025. For anyone looking to break out of their comfort zone and go on an amazing trip, keep an eye on the Outdoor Recreation Facebook page where they will post updates about when to sign up.



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A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION SUN RUN BREAKS TRANSCONTINENTAL SPEED RECORDS

NOVEMBER 27, 1957

On November 27, 1957, USAF pilots of the 363rd Tactical Reconnaissance Wing completed "Operation Sun Run" and broke three transcontinental speed records. Sun Run included six pilots, six McDonnell RF-101C aircraft, and the new KC-135 Stratotankers that would perform the mission's in-flight refueling.

Each flight took place between Los Angeles and New York, with two of the aircraft making a full round trip. Lt. Gustav Klatt set one record, flying from L.A. to New York in 3 hours, 7 minutes and 43 seconds. Capt. Robert Sweet established the new round-trip record of 6 hours, 46 minutes and 36 seconds, as well as the New York to L.A. record of 3 hours, 37 minutes and 32 seconds. "At that time the Air Force was only 10 years old, and this operation was an early endeavor to showcase the capabilities, speed and range of the first supersonic photo reconnaissance aircraft refueling from the first jet tanker," said Christopher Koonce, the 20th Fighter Wing historian at Shaw AFB, SC. "It was an early display of the three effects of airpower: global vigilance, global reach and global power."

McDonnell RF-101C Voodoo, named "Cin-Min" (USAF)

Information courtesy of: nationalmuseum.af.mil / show.af.mil

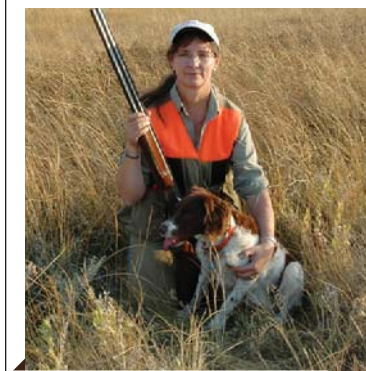
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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Nov. 18: 1,837.08 feet above mean sea level (MSL); 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,449.32 feet above mean sea level (MSL). Stump Lake elevation: 1,449.26 MSL.

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

•Devils Lake, Woodland Resort, Devils Lake: limited activity but those going out continue finding a nice fall walleye bite over the past weekend. Most anglers waiting for ice-over.

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

•Lake Metigoshe, Four Seasons, Bottineau: No new reports with little activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: limited activity on the east end of Lake Sakakawea but the handful of anglers out last week were finding some walleye success farther west around Douglas and Deepwater bays. Weather changes will slow any activity until quality ice conditions exist, however.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports with little activity on the east end of Lake Sakakawea and Lake Audubon.

•Lake Sakakawea, New Town: Activity around the Van Hook Arm and New Town areas generally ending until ice-over and good access conditions available.

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

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

•Nov. 24: Deer gun season closes.

•Nov. 25: Area Nat'l. Wildlife Refuges open for late season pheasant hunting: Audubon, Des Lacs, Lake Zahl, and Upper Souris Unit 2. Non-toxic shot required. Contact each refuge for refuge-specific regulations.

•Nov. 25: Hunter's Brunch, Audubon Nat'l. Wildlife Refuge, south shore of Lake Audubon. Free-will brunch from 9 a.m. to 1 p.m.

•Nov. 25 – 27: Minot Curling Club Open House, 2005 Burdick Expy. E.

•Nov. 26: Learn to Curl, Minot Curling Club, 2005 Burdick Expy. E., 6 p.m.

•Nov. 29: Muzzleloader deer season opens.

•Nov. 29: Dove season closes.

•Nov. 29 and Dec. 6: Fort Stevenson State Park, Dickens Village Festival Ornament Exchange Geocache. New coordinates posted Friday and live for 3 months.

•Dec. 1: High Plains and Low Plains duck, merganser, and coot seasons close.

•Dec. 1: Snipe and whitefront goose season closes.

•Dec. 1: Minot Curling League registration deadline.

•Dec. 6 & 7: Might Mallard Minot Curling Club Clubspiel.

•Dec. 7: High Plains duck, merganser, and coot season opens.



the Missouri River tailrace although the wing walls continue producing walleye along with some walleye success from shore at night. Little boat activity on the river. Lake Sakakawea generally quiet but those going still finding some walleye jigging in about 30 feet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Minimal activity on the Yellowstone and Missouri rivers. Weather permitting, a few anglers fishing around Lund's landing on the upper end of Lake Sakakawea but generally people are waiting for ice-over.

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

Hunting:

•Deer: More deer movement with the rut underway.

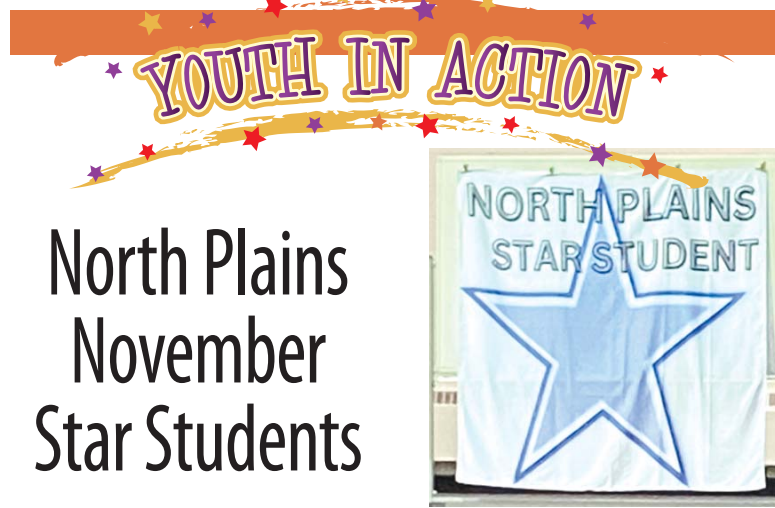
•Upland: Continued fair to good numbers of pheasants across several areas of the state.

•Waterfowl: Lots of geese moved out of the area around Lake Sakakawea's midsection and continue moving through northern parts of the state, although fair numbers lingered early in the week in some areas. Look for most remaining birds across northern and central N.D. to move out with weather change but could linger on large open water lakes for resting areas. Good duck numbers still around Devils Lake early in the week.

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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- Cillian K
- A'zier G
- Nani G
- Jalen V
- Justin C
- Emma E
- Margo K
- Zane H
- Indy B
- William G
- Nani G
- Cillian K
- Iris R
- Xander B
- Lilith C
- Ephraim J
- Lucas R
- Grady D

1ST GRADE

- Zurie A
- Jace E
- Rohan P
- Victoria L
- Mila B
- Scott L
- Tamera D
- Levi M
- Kitana K

2ND GRADE

- Xavier B
- Evelyn B
- Mei B
- Serenity M
- Elliott L
- Bailey S
- Nathan K
- Bree R
- Harrison M

3RD GRADE

- Charlie L
- Mia H
- Sofia M
- Alex L
- Janessa L
- Jacob P
- Reagan K
- Muriel C

4TH GRADE

- Aichanoor E
- Sophia S
- Scarlet M
- Reece M
- Kason K
- Killian W
- Emily S
- Skylar M
- Ian A
- Renny L

5TH GRADE

- Chloe W
- Sawyer T
- Harper H
- Jack S
- Mia M
- Cora J
- Shad J
- Cierah S
- Cassiopeia C
- Marcus R

PE AWARD

Mrs Filkins

MUSIC AWARD

Mrs Nord

RECESS AWARD

4th Grade

POPCORN AWARD

Mrs Lakoduk

DoDEA Virtual School



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-12
DEPARTMENT OF THE AIR FORCE SCHOOL
LIAISON PROGRAM



The Department of Defense Education Activity (DoDEA) launched a new program this school year aimed at expanding eligibility for dependents of members of the armed forces on active duty to register into the DoDEA Virtual High School (DVHS). The Expanded Eligibility Pilot is available to students in grades 9-12 for the 2024-25 school year and is now accepting applications for Spring semester. In order to be eligible for the program, students must be the dependents of active-duty military members serving in remote locations that do not have access to a DoDEA brick-and-mortar

school. Minot Air Force Base is one of the approved installations for this program and Minot Public Schools is prepared to process student requests. Participants registering in the DVHS as part of this program must obtain the approval of their local school system. Homeschooled students who do not have access to a DoDEA school can also register for the Expanded Eligibility Pilot Program. Enrollment in the program will be limited to 400 students, split evenly among the four services. Preference will be given to students entering the 12th grade. The pilot program was authorized as part of the 20-

21 National Defense Authorization Act (NDAA), giving it the authority to expand the eligibility for DVHS to stateside active duty military dependents in grades 9-12 who are currently ineligible for the DVHS program. The program offers students the chance to take up to two courses from a selection of more than 30 courses that are already offered by the DVHS. These courses include Advanced Placement, world language, and Career Technical Education. For more information visit the website www.dodea.edu/dvs/e2p2.cfm or contact the School Liaison at 701-723-1447 or mafbschool.liaison@us.af.mil.



EXPANDED ELIGIBILITY PILOT PROGRAM




Overview

The Expanded Eligibility Pilot Program (E2P2) gives military-connected high school students without access to a DoDEA brick-and-mortar high school the ability to take up to two online courses at no cost through the DoDEA Virtual High School. These courses supplement classes offered at local schools and must be used toward graduation requirements.

Submit your application at:
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Questions? e2p2@dodea.edu



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NOTES ON BEING SAFE

TOP HOLIDAY FOOD SAFETY TIPS

DON'T BE A TURKEY ABOUT FOOD SAFETY THIS SEASON



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL
SAFETY



Cooks across the country are making plans for holiday feasts that include everyone's favorite dishes, from cornbread stuffing to pumpkin pie. Friends and families are invited, and excitement is in the air. Food safety is probably not the first thing you think about when planning a holiday dinner. But to keep your gathering from being memorable in the wrong way, it's important to take steps to protect your guests from food-borne illnesses.

While the U.S. food supply is one of the safest in the world, some 76 million people get sick from food-borne illness every year, according to the CDC. And food safety can be a special challenge during the holidays. Not only is it cold and flu season, but the menu may include more dishes than there is room for in the refrigerator or oven.

To make sure your holiday dinner is not only delicious but as safe as possible, here a few top suggestions:

Have a master plan. Chefs do it, and so should you. Consider your refrigerator, freezer and oven space, and how you'll manage to keep hot foods at 140 degrees or higher and cold foods at 40 degrees or below.

Cook to proper temperature -- and use a thermometer. There is simply no other way to determine that food has been cooked enough to kill bacteria.

Refrigerate leftovers within two hours of preparation. Leaving food out too long is one of the biggest holiday food safety problems.

Properly defrost your turkey, or buy a fresh one. "If you choose a frozen turkey, allocate 24 hours per 5 pounds to defrost in the refrigerator, and whatever you do, don't defrost the bird on the kitchen counter

Wash your hands thoroughly and often -- before, during, and after food preparation. "Simply washing hands is one of the easiest ways to minimize bacterial contamination and keep your food safe

Wash all fresh produce. Wash even prepackaged greens, to minimize potential bacterial contamination.

If you need additional information on holiday food safety tips, please visit one of these websites:

U.S. Food and Drug Administration 1-888-SAFEFOOD:

For questions about safe handling of the many foods that go into a delicious holiday meal, including eggs, dairy, fresh produce and seafood.

U.S. Department of Agriculture Meat and Poultry Hotline, 1-888-MPHOTLINE (1-888-674-6854). M-F, 10 a.m. - 4 p.m. EST. Open Thanksgiving Day, 8 a.m. - 2 p.m. EST. E-mail questions to the hotline at: mphotline.fsis@usda.gov



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Dorm Decorating Drive: Volunteer Call

ERIN BEENE, NORTHERN SENTRY

Ding Dong the bells are chiming; the volunteer whistles are sounding! It's that time of year. As the holidays trickle in, people automatically think of love, cheer and time with family. But many dorm Airmen are spending their Christmas and holiday season away from family for the first time ever. This can make the bitter North Dakota cold feel even lonelier. In order to try to combat the solitude and bring in some extra cheer, Airmen Dorm Leader (ADL), SSgt Ariel Zamora, 5th CES thought of a plan to make the December days a bit brighter for the dorm Airmen. She plans to light up the halls and main rooms of the MAFB dormitory with cheery holiday decor.

There are 13 separate dormitories on base where single Airmen reside that need holiday festive decorations. SSgt Zamora is putting out a plea to the Minot Base community for a decorating drive! She observed that many people have unused or even unopened decor laying around garages and storage units. Why not put it to use this year and donate it to the Dorm Decorating Drive instead? SSgt Zamora said they will accept almost any

holiday decorations, new or gently used, as long as they are in working order. She said they would take many types of decor but she is looking specifically for lights, ornaments, wall décor, and garlands

"My intent behind this is to create a welcoming holiday environment for our dorm residence. Many of the residents are experiencing their first time away from home and/or don't have family here to celebrate with."

Decor donations can be dropped off at Etchberger Hall, Dorm 22, beside the Commissary, during duty hours, M-F from 0800-1600. Zamora also noted that she would accept decorations even on Decorating Days, but for planning purposes, it would be better to drop off earlier. Zamora plans to keep the decorations to use from year to year as well. Besides the need for actual decorations, the need for volunteers to help decorate the 13 dorms is a huge need as well. The days planned for decorations will run between Dec 2- Dec 6. Taking 2-3 dorm buildings each day. A sign-up has been created in order to help coordinate volunteer decorators

and allow for people to know where to go.

Spouses, AD members and even older kids are encouraged to sign-up and come by to volunteer. "Volunteering is at the very core of being a human. No one has made it through life without someone else's help." – Heather French Henry. Helping someone else out is a great way to build character, see life perspectives more than oneself and bring joy during the giving season.

With a large amount of space to cover, the quantity of decorations in need is huge, so please take some time to go over what you won't be needing this year and volunteer to help beautify the MAFB dorms with holiday decor. Volunteers are encouraged to bring their own hooks, extension cords, thumb tacks, or other helpful hanging equipment for use if possible.

So take some time away from your busy holiday season and give a few hours back to someone else.

>>>> <https://www.signupgenius.com/go/10C0D49AEAF29A2FDC34-53278397-dorm#/>



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NOTICE

Minot AFB, ND – 2d Lt Samuel B. Craig from the 791st Missile Security Forces Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA MATTHEW M. SHERBON, 791ST MISSILE SECURITY FORCES SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO. For more information, please contact 2d Lt Samuel Craig: DSN: (701) 723-4938 Email: samuel.craig.7@us.af.mil

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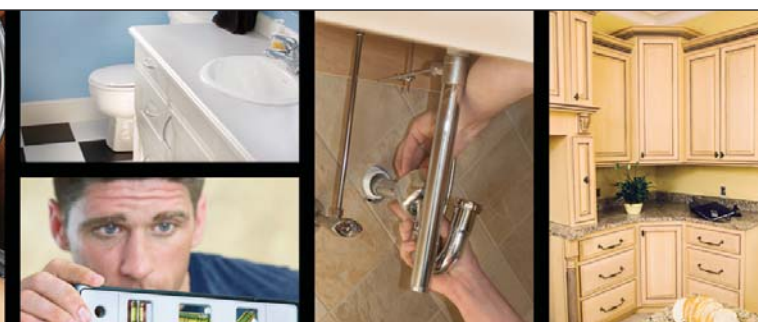
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MINOT AFB ANNOUNCEMENTS

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. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

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

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

Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot’s Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot’s Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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

TIMMOTHY TIMM



MINOT MILITARY PERSONNEL FLIGHT

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- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

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Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130

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MINOT MPF OFFICE



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www.bonesbbqminot.com

Culver's Restaurant

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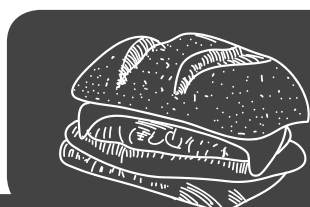
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Groovy Grown-Up Programs in Minot

MARTINA KRANZ, NORTHERN SENTRY

Calling all adult crafters, gamers, and readers. All year long, Minot Public Library (MPL) hosts several different programs for artful and ingenious adults. Now the Magic City Discovery Center (MCDC) is breaking into the adult program scene too. These two local organizations have the right ideas to serve grown-ups through Minot's long winters.

According to Emily Ostland, MPL's Adult Services Librarian, "We focus our efforts on community-building and connection-fostering programs, the kind of stuff where people can hang out and chat with their friends or make new ones while they work on something fun without the pressure of hosting or the burden of paying for an experience."

This reporter has completed MPL's monthly themed library scavenger hunt several times. The scavenger hunt begins at the front desk, which is accompanied by a 3-D printed, brightly colored bird. The hunt takes the hunter on a "tour" through the different sections of the library. At the end of the hunt, participants can search for a large "bonus" bird hidden in the library and then drop their answer sheet into the box at the front desk for a chance to win a \$10 gift card. It's a fun activity to learn in-depth usage of the online catalog and to learn the locations of the different areas of the library with enjoyable and often humorous clues.

For 2025, some original new programs are in the works. Ostland stated, "Our community is full of extremely talented, passionate, and kind people who are willing to share their expertise with others, and I am eager to give them a place to do that!" A prime example of MPL's collaboration with community members is the MPL's Chess Club. During the COVID-19 pandemic, Ostland said that many people, especially young people, started playing online chess. The club consists of kids learning the basics of the game to adults who regularly compete in tournaments. Everyone is eager to share their tips and strategies, and everyone is a good sport, whether they win or lose. Chess Club is thriving!

For the Books 'N Brews club, Ostland chose the books for 2024, but for the 2025 booklist, she took input from the club's members on the books they wanted to read. The book club meets on the first Thursday of each month at the Badlands restaurant in Minot. It's a fun and friendly group of people for 18+. To join the book club, grab the chosen book at the front desk and then attend the meeting.

The Magic City Discovery Center (MCDC), a children's museum and science center, has created a first ever class series for adults called Crafting Through the Cold. Each class will take place on the second Friday of the month from November to February from 6:00-8:00 p.m. According to Abigail Arnold, Marketing Coordinator for the MCDC, "We wanted to come up with a way to help people beat the winter blues. Having the monthly event gives them something to look forward to!"

The MCDC has already hosted November's event, the Ugly Holiday Sweater craft, and Arnold said that the attendees, "had a lot of fun and made some awesome holiday sweaters." Since December's craft session lands on Friday the 13th, its theme is the



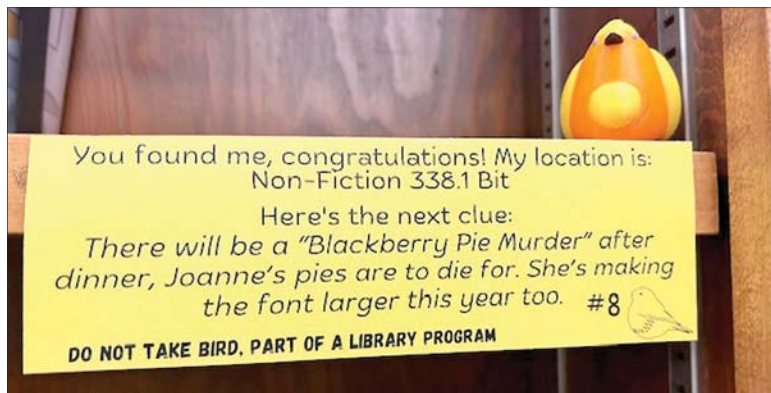
A close-up of a humorous sweater made by an attendee at the Ugly Holiday Sweater craft session at the Magic City Discovery Center's first-ever, adult-oriented Crafting Through the Cold on November 8, 2024.

"Nightmare Before Christmas." There are two choices of craft: clay magnets, jewelry, or keychains and a themed holiday wreath.

For January's Crafting Through the Cold craft, attendees will have the chance to learn about making soap and create their own personalized melt and pour. A melt and pour is crafting bar soap by melting the pre-made soap base, customizing it with assorted colors, fragrances, and additives and pouring it into shaped molds to cool and solidify. The last craft session in February, which falls on Valentine's Day, attendees will create a Hot Mess Canvas Painting. Classes are capped at 30

participants, so don't miss out! To register for a session or all three remaining sessions, visit magiccitydiscoverycenter.com/camps. Everyone is welcome to attend for a wonderful time during the long, cold winter.

Minot Public Library and the Magic City Discovery Center are working hard to please the community it serves. They work together to give Minot's citizens, which includes the military families on Minot AFB, an opportunity to enjoy something in their interest and without financial pressure. So, find an activity of interest and make new friends and connections in the city.



A clue from the Minot Public Library's passive, monthly scavenger hunt. Since the Thanksgiving holiday is approaching, the clue to the next "stop" features a reference to food.

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WHAT'S GOING ON MINOT AFB

FRIDAY 22

- FTEC, 0730-1600, Professional Development Center
- NCO Foundation Course, 0800-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- American Education Week, 0900-1500, Education Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730-1930, Rockers Bar & Grill
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 23

- Pirates Escape Room Game Ends, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SUNDAY 24

MONDAY 25

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp, 0900, McAdoo Fitness Center
- Sponsorship Training, 0900-1100, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Teen Bootcamp, 1015, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Holiday Spending, 1300-1500, M&FRC
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 26

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- AFFT, 1100, McAdoo Fitness Center
- Thrift Savings Plan for Military Members, 1300-1500, M&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Vehicle Maintenance Class - Advanced, 1730-1930, Auto Hobby Shop
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 27

- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Top 3 Mentorship Hour, 1130-1230, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 28

- Thanksgiving Day
- For a full listing of Thanksgiving Day holiday facility hours, visit 5thforcesupport.com
- Thanksgiving Meal, 1030-1330, Dakota Inn Dining Facility
- Thanksgiving Meal, 1630-1800, Dakota Inn Dining Facility

FRIDAY 29

- AFGSC Family Day
- For a full listing of Thanksgiving Day holiday facility hours, visit 5thforcesupport.com
- Tabletop Gaming, 1600-2200, Rough Rider Lanes Bowling Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 30

- For a full listing of Thanksgiving Day holiday facility hours, visit 5thforcesupport.com
- Native American Alaskan Native Heritage Month Ends, Dakota Inn Dining Facility
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

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