

# NORTH DAKOTA *Winter* GUIDE



**2024-2025**

**northersentry**

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

# NEVER WONDER WHAT TO DO IN OUR Winter Wonderland

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# Plan your winter road trip!

Journey to Fort Mandan in Washburn to see a larger-than-life statue of Seaman, Meriwether Lewis' Newfoundland dog, then visit the Lewis & Clark Interpretive Center. Keep traveling to Bismarck and stop at the North Dakota Heritage Center & State Museum to explore the state's rich history.

[history.nd.gov/visit](https://history.nd.gov/visit)



HISTORY FOR  
*everyone.*



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# WELCOME TO NORTH DAKOTA **WE'LL KEEP YOU BUSY...**

Thank you for picking up the 2024-2025 Minot Air Force Base Winter Adventure Guide. Take a few minutes to review the many articles about how to enjoy winter activities, and the many merchants who support outdoor, and indoor, winter activities.

Keep this Winter Adventure Guide handy and don't be afraid to try a few new winter activities. Whether you are spending your first winter in North Dakota, or are a veteran of many, this Winter Adventure Guide is full of valuable information.

Never been curling. Well now is your opportunity. Never strapped on a set of cross country skis. Nothing compares to the sights and sound of a new fallen snow underneath your skis, and the quite surroundings as you push your way through several wooded areas with cross country trails.

Some of the new activities include fat tire bike riding or dark house spearing on an ice covered lake. Snowmobiling, hockey snowboarding, tubing, you may have trouble fitting it all in.

We ask you to support the merchants who have purchased ads in The Winter Adventure Guide, and of course the Northern Sentry.

The staff of the Northern Sentry are proud to bring you the 2024-2025 Winter Adventure Guide. Thank you for taking the time to review the information that is gathered for your convenience.

Happy Winter Adventures!!

- **northrensentry**

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NORTHERN SENTRY**

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# ON THE COVER

## 2023's Wintery Photo Contest Winner

### ERIN BEENE, NORTHERN SENTRY

"I'm so sorry".... The response is often heard from Air Force members when someone tells them they got orders to Minot. MAFB is laughably one of the most talked and feared Air Force bases in the whole United State Air Force. Everyone seems to have a negative opinion about it, especially those who have never been here.

Those of us who have been here and lived to tell the tale often have a somewhat different experience than what the horrible reputation of Minot portrays. Just ask Senior Master Sergeant John Bozeman with the 5th Munitions Squadron. SMSgt Bozeman and his family were last year's big winners in the Northern Sentry's Wintery Photo Contest.

Their winning photo, snapped while enjoying a skiing and snow tubing day at Bottineau Winter Park, was taken by photographer and family friend Ashley Vanley. SMSgt Bozeman explained the day saying, "We love to ski and go snow tubing at the park. Also, we enjoy

the silence and beauty of the Turtle Mountains when riding the lift. It is just incredible!" Vanley described the photo op as a beautiful setting saying, "Our families went snow tubing together for Military Appreciation Day and I wanted to get photos of our kids playing in the snow. It was a beautiful day with the sun shining and the snow was white and untouched. I got a shot of the Bozemans before going back down the hill and asked them to put their hands up to get a fun shot of them together!"

The Vanleys and Bozemans connected at a previous base and discovered that Ashley's husband, MSgt Aaron Vanley, 91 MSFS, and SMSgt Bozeman had lived on the same street growing up, but didn't spend much time hanging out due to their age difference. Both families were thrilled when they were stationed together for the second time here in Minot a few years ago.

The Bozeman family -John, Michele, Nate and Kate- moved here from Texas, but have learned to embrace the outdoorsy spirit of

North Dakota. They also love the people and the community. SMSgt Bozeman explained, "The culture of Minot is outstanding. I've never lived in a place that had such an involved community. There are always events going on to bring people together."

Vanley is a photographer by trade and her photo also appeared on the cover of the Northern Sentry's Summer Guide 2024. From her stylistic view point, Vanley explained what makes North Dakota a beautiful place to live and photograph. "I love that there are a lot of untouched places in North Dakota where you can get that fresh snowfall shot without people driving or walking around messing up that untouched look. North Dakota also has unique spots to photograph wild animals in the cold and show off the snowy prairies and hills."

Both the Bozemans and the Vanleys have embraced their frigid time in Minot and look forward to the 2025 winter season!

Make sure and submit your North Dakota wintery photo for a chance to win the grand prize or to

Introducing 2024's Winter Photo Contest Winners: The Bozeman family, John, Michele, Nate and Kate enjoying a family day out at Bottineau Winter Park.



MSgt Aaron Vanley and photographer spouse Ashley at his SNCO induction ceremony in 2024 at Minot AFB. Directly to the right, SMSgt Bozeman is seen in the sabre arch formation.

become the cover photo for next year's Northern Sentry Winter Guide. For their winning photo, the Bozeman family won a Family 5-Pack ticket to Bottineau Winter Park. The same prize will be offered for this year's winner too so keep an eye out for a fabulous photo op.

This year's winner could be you!



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# WINTERY PHOTO CONTEST



## DETAILS

Send us your winter-related or snow photos and you could WIN a FREE day on the slopes at Bottineau Winter Park!

Winter in North Dakota isn't lackluster after all! The frigid weather brings on snow activities, frozen experiments, unique outdoor activities and wacky weather too. We want to see the way you and your family experience the uniqueness of this North Dakota season.

Send us your photos of snowmen, snow angels, Northern Lights, sundogs, blizzards, snowmobiling, winter activities or anything that shows the way you choose to spend this season! Photos can be with or without people, but we'd love to see your smiling faces!

The Northern Sentry staff will choose a few of the submitted photos to appear in our printed newspaper each week! Not only that, but each photo submitted secures you an entry to win the grand prize.

Only ONE photo, per person, per day will be accepted! Winner will be chosen at random from the pool of entries and announced on March 7, 2025 on the Northern Sentry Facebook page.

We can't wait to see all your photos!  
Good Luck!



## GRAND PRIZE

### FAMILY 5-PACK\* TO BOTTINEAU WINTER PARK!

The Bottineau prize is worth over \$300 & includes:  
(5) Lift Tickets  
(5) Ski OR Snowboard Rental Equipment for the day  
(5) 2 Hour Tubing Passes

**This opportunity is too good to pass up!**  
**Send us your winter photos now through February 28, 2025**



## HOW TO ENTER

Submit your photo and a description of who/what/when/where on the Northern Sentry website



### RULES AND REGULATIONS:

- The Northern Sentry reserves the right to refuse to post any photos that are deemed to be inappropriate, dangerous or go against the safety or purpose of the U.S Air Force.
- By submitting your photo to the Northern Sentry permission is given to the Northern Sentry to use the photos online, on social media and in the print versions of the newspaper.
- One entry per person/per day
- Contest is open to Minot AFB military personnel and their dependents, and the prize recipients are intended to be MAFB-affiliated personnel. Must be 18

- years of age or older to win and be able to prove MAFB affiliation.
- Prize must be used in its entirety in one day. The winter park entry cannot be spread over several days.
- All photo entries will be counted as submissions (if they follow the guidelines) even if they are not chosen to run in the Northern Sentry newspaper print edition.
- Photos must be taken in North Dakota and must be taken in the 2024/2025 winter season
- Contest will run from December 13, 2024 thru February 28, 2025
- Winner will be announced on March 7, 2025

DON'T SIT AROUND THIS  
WINTER, JOIN US AT

the  
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MONDAY - THURSDAY: 11AM - 1AM  
FRIDAY - SATURDAY: 11AM - 2AM  
SUNDAY: CLOSED

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(SPOT)



# WHEN SNOW GETS BORING:

## 7 Winter Experiments & Experiences

ERIN BEENE, NORTHERN SENTRY

Wintertime... In North Dakota, this longest season often starts with a little excitement and anticipation. Many people, even those who have long since lived here, enjoy seeing the first white flakes fall from the skies, and getting those cozy sweaters back out from the closet. The "Winter Wonderland" mentality of beauty stays put through the December Holidays and peaks with the joyous New Year.

But then what?

What do you do when the snow begins to be more of a pain than a joy, when bundling your kid up in a million layers just to get on the school bus is making you go a little crazy? Or when the frigid wind is making your nose hairs freeze well into what should be springtime? Well, you make the best of it, that's what. Because when it boils down to it, that's all we can do right?

So, here are a few things you can do and create for (mostly) free and enjoy right here in the freezing darkness of winter in the Northern Plains when the season is dragging on. Try something new, take a few pics and post it to social media, and we bet your hometown friends will think Minot isn't so bad with these unique and cool winter tricks and treats.

**1. MAKE MAPLE SYRUP SNOW CANDY-** This ultra simple treat requires only a fresh snowfall, some boiling maple syrup and a popsicle stick. You will impress any of your southern friends with this one.

**2. SEE BOILING WATER FREEZE INSTANTLY-** This will definitely be an Instagram or Tik Tok worthy photo/video! It is worth a try every year when the temps dip into the negatives. Make sure it's not a super windy day and always throw the water away from yourself. But, given the proper guidance, seeing boiling water freeze instantly and turn to a steam cloud is always miraculous to witness!

**3. WALK ON A FROZEN LAKE-** This is best later in the season when the water has gotten a chance to get good and frozen. Make sure the ice is at least 4 inches thick before you try this. It also may be best to go with a local who knows about ice safety if you aren't sure yourself. Additionally, always take a buddy and check the weather report before heading out! With the proper precautions taken, this activity is for any athletic ability and is a really magnificent feeling that you may never get to do anywhere else.

**4. ICE STACKING-** Liken this to the zen of rock stacking, but instead, add in a freezing atmosphere to create a bigger challenge. This requires a specific type of weather when there is a frozen coat of ice covering the ground or snow. Break it into pieces and then start your stack! This could be more centering than yoga, plus it gets you outdoors to soak up every little bit of sunshine.

**5. WATCH FOR WEATHER ANOMALIES-** Everyone has heard of the Northern Lights, which will peep in through the season, and are an item on many people's bucket lists. But North Dakota is filled with crazy extreme weather you won't see anywhere else. Here you may get to see Sun Dogs, Light Pillars, a Ground Blizzard, Lake Effect Blizzard, Hoarse Frost or even Ice Stacking on Lake Darling if you are really lucky. Don't know what those are? Google them now and keep your eyes peeled this winter!

**6. PAINT THE SNOW:** Tired of all that white? Paint it! This requires only washable paint and a paint brush and it is exactly what you would imagine. The snow is your canvas! Get out there and show your artistic side off for the neighbors (and before it snows again)!

**7. MAKE SNOW ICE CREAM-** Everyone loves ice cream and homemade is always better too! Fortunately for you, you can make a new batch any time a fresh snowfall makes its way down. All you will need are a few basic household kitchen items (sugar, milk & vanilla extract) and you have a delicious treat to chase the winter blues away.

There you have it! So before you start complaining about the snow and cold again, try one –or all– of these cool snowy experiments and truly discover how North Dakota can be a fascinating place in the winter.

*\*The Northern Sentry does NOT endorse any unsafe activity. ALL activities listed are at your own risk and dependent on you maintaining your own level of safety, so please research ahead of time and plan accordingly. We are not responsible for injury or illness.*



*Air Force Spouse, Melissa Lawyer, skillfully demonstrates the "Instant Freeze of Boiling Water Throw"*



*Maple Syrup Snow Candy is a simple and easy treat on a chilly day.*



*Frozen Lake Darling is perfect for a daytime winter stroll.*

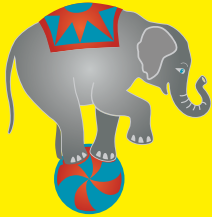


*Ice Stacking, could it be even better than rock stacking?*



*Light Pillars are a weather phenomenon that happen when light is refracted by ice crystals, making the light beam appear to stretch to the sky.*

**NORTHWEST SHRINE**



**CIRCUS**

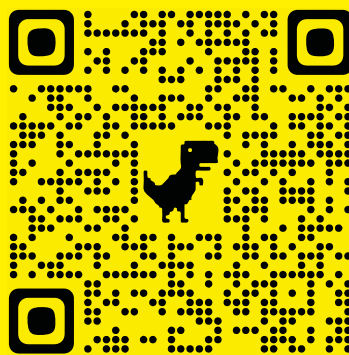
**ALL SEASONS ARENA**

THURSDAY, MAY 8  
10 a.m. & 7 p.m.

FRIDAY, MAY 9  
10 a.m. & 7 p.m.

SATURDAY, MAY 10  
10 a.m., 2 & 6 p.m.

For more details, visit our website  
<https://minotshriners.org>



# TRAVEL BY TRAIN AGAIN

ERIN BEENE, NORTHERN SENTRY

Traveling by railroad romanticizes history. We picture classic novels like *Murder on the Orient Express* or vintage movies like *White Christmas* where train passengers don their best outfits, enjoy fancy dinners, smoke long-necked cigarettes and doze in comfortable sleeping quarters. Is the glamorous travel of yesteryear realistic in today's world?

In the US, most of us have adopted the hustle of plane travel or superhighway road trips. But, believe it or not, you can reignite the ease and enjoyment of cross-country train travel staging right here out of Minot! It is here that the Amtrak line named the Empire Builder stops at the nearly-125-year-old historic railroad depot at 400 1st Ave SW.

The Empire Builder line runs from Seattle & Portland to Chicago. Normally, it takes about 28 hours from Minot to Seattle and about 18 hours eastbound to Chicago. While this seems so long, there are so many perks that make the time spent worthwhile.

Trains usually depart once a day in each direction from Minot station. Departure times depend on the direction of travel, but the preparations, unlike with air travel, could not be simpler. Free parking is located right at the depot and there is no need to arrive hours early. If you have luggage, you can check it (2 bags are free) or you can store it in one of the baggage areas.

Inside the train there are a few different seat classes to choose from: sleeper cars, observation cars and even dining cars, where you can eat your meals in style while rolling down the tracks. Coach seats are the most affordable and the seats are huge and very comfortable with tons of leg room. However, a downside to coach class is all food is

from the snack bar, or can be brought with you (which you are free to do). If you are traveling overnight, sleeping comfortably can be a little challenging. A major perk with the sleeper cars, like a roomette or bedroom suite, is that all the meals are served to you complimentary in the dining car. While not five star restaurant quality food, the meals are filling and the selections are more than adequate. Prices of rooms or seats vary significantly based on time of year and how far in advance you book travel. But, in the end, traveling in a coach seat is almost always cheaper than airfare to the same location.

While train travel is unique and adventurous, it does have its drawbacks. The Amtrak website can be cumbersome and difficult to deal with, so make sure you first know the train line on which you want to go before searching for fares. Another word of warning about train travel on Amtrak is that they are very susceptible to time delays due to prioritization of freight trains, which share the rails. Prior Amtrak rider, (C)MSgt Derek Geske, 91 MSFS, said that his family's ride on the Empire Builder from Minot heading east was a "super awesome experience!" He mentioned that "Trains are horrible being on time, but it was super comfy and roomy. It was way less expensive than a plane ticket."

As a train traveler in Minot, you not only have the major destinations to choose from, but all the stops along the way too. Westbound, you don't want to miss Montana's Glacier National Park, although the East Glacier Park station is closed during the winter months. Or at the Empire Builder's final eastbound destination, Chicago's famous Union Station, you can catch any number



*The Empire Builder ends eastbound at Chicago's Union Station, but from here the journey can continue with many other Amtrak routes.*

of trains going all sorts of places.

Rail is the way to travel when you want to see the sights, relax and enjoy a slower pace to your journey. Is it faster than air travel? No, but it is usually cheaper and gives you the time to finish a few books, take naps and take in magnificent views along the way. Is it more convenient than car travel? You do have to plan timetables and get to places on time, and you can't make stops whenever you need to, but you can walk around and stretch your legs. You don't have to worry about falling asleep at the wheel and you don't have to stress about directions or driving in poor weather conditions.

All in all, railroads offer a beautiful way to enjoy travel, truly unwind en route and enjoy the journey, and it can be easily done right out of the Magic City! It's about the journey, not the destination. Embrace it!



*SMSgt Geske and his daughter Vaeh, enjoy a dining car meal while headed east from Minot.*

*Amtrak's sleeping quarters have beds, meals included, and sometimes their own bathroom too!*



*SMSgt Derek Geske, 91 MSFS, and spouse MSgt Savannah Geske, 5 MDG pose near the Empire Builder before a family trip.*



# MAGIC CITY **DISCOVERY CENTER**



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# MAGIC CITY DISCOVERY CENTER

North Dakota's only interactive science center and children's museum is bursting with excitement this winter! Perched on Minot's North Hill, the glowing Magic City Discovery Center is a hub of activity, offering families a place to explore, learn, and play—no matter the season.

Keep kids engaged all winter long with 12 galleries featuring over 150 interactive exhibits, designed to captivate curious minds of all ages.

The Discovery Center also offers a variety of camps and classes to ignite creativity and inspire hands-on learning. From Dinosaur Camp and STEAM to the Stars to Chopped Discovery Center and Intro to Crochet, every program is packed with fun while fostering critical

thinking, teamwork, and a love for discovery.

At its core, the Magic City Discovery Center is dedicated to sparking curiosity and a passion for STEAM (science, technology, engineering, art, and math). Whether it's through interactive exhibits or engaging programs, every visit is a chance to imagine, create, and problem-solve—all while having fun.

With affordable yearly family memberships, military discounts, and flexible hours, the Magic City Discovery Center is your go-to destination for unforgettable winter fun.

Visit us this season and see how learning and play come together to make magic happen!

## northernentry



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# WINTER HUNTING SEASONS



**WEASEL**  
NOV 25 - MAR 15

**MINK**  
NOV 25 - MAY 10



**MUSKRAT**  
NOV 25 - MAY 10



**PHEASANT**  
OCT 12 - JAN 5



**WILD TURKEY**  
OCT 12 - JAN 5



**WHITE-TAILED  
DEER**  
NOV 29 - JAN 15



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## OKAY I'M STUCK, NOW WHAT?

### ROD KRAUSE

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

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

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

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

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

Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.

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

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

Make use of your winter survival kit. That is why you packed it in your vehicle in the first place, to make use of it. Remember if you have used it, replaced used items as soon as possible!

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



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(Many front wheel drive vehicles today require rear wheel adjustment at an additional cost.)  
Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Excludes some 4-wheel drive vehicles. Front wheel drive vehicles may require rear wheel adjustment at an additional cost. Vehicles with Electronic Stability Control may be extra. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. Redeem at a participating Pomp's location. See store for complete details. Offer ends 4/25/25.

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\$ 100.00 - 199.00	\$20.00 OFF
\$ 200.00 - 299.00	\$30.00 OFF
\$ 300.00 - 499.00	\$40.00 OFF
\$ 500.00 or MORE	\$50.00 OFF

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**Diagnostic Computer Scan**

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**Oil Change**

**\$10 OFF** Regular Price

Regular or Synthetic Oil Change  
Must present coupon to get this offer. Savings off regular price. Most vehicles. One coupon per customer per vehicle. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. Redeem at a participating Pomp's location. Offer ends 4/25/25.

**All Batteries**

**\$10 OFF** Regular Price

Brands may vary by location.  
Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. Redeem at a participating Pomp's location. Offer ends 4/25/25.



## Family-Friendly WINTER ACTIVITIES

Many people may run indoors when the temperatures outside approach or dip below freezing. But the truly adventurous see no reason why a little cold weather should keep them cooped up indoors for months at a time.

Sports and other physical activities can provide the perfect respite from the cabin fever that can settle in during long winters. Families looking to get some quality time outdoors together this winter can enjoy a host of activities in the great outdoors, even if the temperatures are a tad on the chilly side.

- **Sledding:** Sledding may remind adults of their childhoods and turn kids' snow days into fun afternoons they will never forget. Kids can seemingly ride their sleds and toboggans down snowy hills all day long, but even parents get a kick out of racing kids downhill or sharing a sled with their youngsters. While older kids can typically handle sleds on their own, parents should ride along with toddlers to prevent falls and handle steering duties. When sledding, keep a close eye for any signs that suggest kids might be getting too cold, such as shivering or clothes that are soaked through.

- **Snowshoeing:** Parents may not know that many retailers sell snowshoes for children. While snowshoeing can be physically demanding, it's also a fun way for families that like family walks to continue those traditions even if there are a few inches of snow on the ground. Make sure kids are bundled up, paying extra attention to their footwear. Kids will enjoy snowshoeing more if their boots are both comfortable and capable of keeping their feet warm.

- **Snowman building:** Perhaps no outdoor winter activity is more conducive to family fun than building a snowman. The season's first substantial snowfall provides the perfect opportunity for parents and their children to start building some snowmen. While "snowman building" is unlikely to find its way onto any gym schedules, building a snowman provides a great workout. Lifting snow is great strength training, while pushing snow to form Frosty's body is a great way to get in some cardiovascular exercise.

- **Skiing and snowboarding:** The earlier youngsters start skiing and/or snowboarding, the more likely such activities will prove second nature. Many resorts offer skiing and snowboarding lessons to kids and adults, so parents can book weekend getaways for the family to nearby resorts and foster a love of winter sports in youngsters.

While it's tempting to huddle up indoors when winter hits full swing, families who embrace the great outdoors when the temperatures dip can avoid cabin fever and enjoy one another's company along the way.

# CROSS COUNTRY TRAILS

**FORT STEVENSON  
STATE PARK**  
1252A 41st Ave NW,  
Garrison, ND  
3 miles (Groomed)

**FORT RANSOM  
STATE PARK**  
5981 Walt Hjelle Pkwy,  
Fort Ransom, ND  
6.5 miles (Groomed)

**LAKE SAKAKAWEA  
STATE PARK**  
781 42 1/2 Ave NW,  
Hazen, ND  
3 miles (Not Groomed)

**ICELANDIC STATE PARK  
13571 ND-5**  
Cavalier, ND  
3 miles (Groomed)

**CROSS RANCH  
STATE PARK**  
1403 River Rd,  
Center, ND  
10 miles (Groomed)

**LAKE METIGOSHE  
STATE PARK**  
2nd St E, Bottineau, ND  
8.5 miles (Groomed)

Visit [parkrec.nd.gov](http://parkrec.nd.gov) for more cross country skiing trails.

**BISON PLANT TRAIL**  
7801 54th Ave SE,  
Minot, ND  
3.1 miles

**OAK PARK**  
1300 4th Ave NW,  
Minot, ND

**WOODLAND TRAIL**  
Souris Valley Golf Course  
Minot, ND

**ROOSEVELT PARK**  
1215 E Burdick Expy,  
Minot, ND

## RENTALS

Cross Country Skis are available to rent at the Corbett Field warming house starting December 15th.

**Monday-Friday**  
4:00-9:30pm  
**Saturday and Sunday**  
12:00-9:30pm

*Located at 13th Street SE & East Burdick Expy (behind Corbett Field).*

*The cost for rental skis is \$7. Rental Skis are to be used on Minot Park District Property only. Trails are groomed at the Souris Valley Golf Course, Oak Park and the Bison Plant when snow conditions allow.*





# WINTER ICE SKATING IN MINOT:

## Embrace the Season with Outdoor and Indoor Rinks

**NATALY ZARRELLA, NORTHERN SENTRY**

While winter in Minot, North Dakota, might not be for everyone, it offers countless opportunities for adventure and memorable moments. One of the most enjoyable winter activities in the area is ice skating. Minot is home to several ice rinks, both indoor and outdoor, providing options for everyone to enjoy skating during the winter months. It's a great opportunity to embrace the cold Minot weather, which allows for outdoor ice rinks, something not many places offer. Skating outdoors under the stars and taking in the fresh air adds to the unique experience.

### OUTDOOR ICE RINKS IN MINOT:

Minot Park District operates three outdoor ice rinks for public use, which are perfect for those who love the crisp air and natural beauty of winter skating. These rinks are typically open by late December, depending on weather conditions, as the rinks need to be filled with water, and temperatures must be cold enough to freeze properly becoming ice sheets.

The outdoor rinks are located at:

- Roosevelt School: 619 9th St NE
- Corbett Field: 600 13th St SE
- Polaris Park: 712 26th Ave NW

*Maysa Arena ice skate rentals available for \$5*



While these rinks are available for skating at any time at no cost to visitors, warming houses are only open during designated hours for those looking to take a break, change their skates, or warm up with a hot drink at the concession stand for a small price (cash only). The warming houses are open during the following hours:

- Monday to Friday: 4:00 p.m. to 9:30 p.m.
- Saturday & Sunday: 12:00 p.m. to 9:30 p.m.

Visitors may bring their own ice skates to any rink, and for those needing rentals, skates are available for \$5 (cash only). While there are no age restrictions for skating, children must be accompanied by a parent or guardian. Skate rentals are only available during warming house business hours.

### INDOOR SKATING AT MAYSA ARENA

If you prefer skating indoors or want a break from the cold, head to Maysa Arena, which boasts three indoor ice rinks. As the third-largest ice rink facility in North Dakota, Maysa Arena is a popular destination for public skating. Since the rink hosts various events and hockey practices, be sure to check the arena's website for the latest public skating hours, which vary:

- Public Skating Admission: \$5
- Skate Rentals: \$5

In addition to public skating, Maysa Arena offers a changing area, concession stand and a Private Party Room for those looking to celebrate on the ice. Their Party Package costs \$228 and includes skate rentals for up to 12 skaters, one hour of ice time, and two hours in the private party room. Additional fees apply for groups larger than 12.

### A NEW CHAPTER FOR DOWNTOWN MINOT AND MINOT AIR FORCE BASE

For fans of downtown Minot, Citizen's Alley Ice Rink has long been a popular winter attraction. However, this rink will be closed for the 2024-2025 winter season due to construction. The rink is



*Minot Air Force Base children during a Homeschool field trip at the indoor ice skating rink at Maysa Arena.*



*Some winter fun at the outdoor ice rink at Perkett Elementary School operated by Minot Park District*

undergoing major renovations and is expected to reopen as part of a new four-season public plaza in Winter 2025-2026. This exciting new facility will bring year-round entertainment to downtown Minot, offering even more opportunities for recreation and community events.

Minot Air Force Base Housing has previously offered an ice skating rink for service members and their families during the winter months. However, at this time, Minot AFB Housing personnel are unable to confirm when, or if, an ice rink will be available on the installation this season. They have assured us that they will provide updates and share information with the community if the rink becomes available.

Whether you're skating under the open sky at one of Minot's outdoor rinks or enjoying the warmth of Maysa Arena's indoor facilities, the city offers something for every ice-skating enthusiast. So, gather your friends and family, lace up your skates, and make the most of this winter season with some fun on the ice!

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# COZYING UP WITH A GOOD BOOK THIS WINTER

KERIANNE NOEL, NORTHERN SENTRY

It's no secret that winters up North are long and frigid. Let's face it, sometimes the weather is not conducive to going anywhere. But how to stay busy while cooped up indoors? Julie Reiten, MAFB Librarian and lifelong North Dakota native has a mantra for when those blizzards are about to strike: "Grocery Store, Gas Station, Library." But reading can offer benefits beyond just passing the time while the weather turns extra harsh. It can reduce stress, improve brain function, expand imagination and develop empathy, just to name a few well-documented benefits.

But how to get started if your reading life has been in a rut lately or you struggle to focus? A good beginner practice is to read for a set amount of time instead of for a specific number of pages. Another hack that might work for some is to never be reading just one book at a time. Try to keep a challenging read, a lighter read, and some kind of self-improvement on hand. That enables you to choose what best suits your frame of mind on a given day. Ultimately, the way to becoming a better reader is to read regularly and across a variety of genres. Much like our bodies, our mental muscles also need to be strengthened through repetition and practice before we can dive into that classic work of literature or a contemporary piece of literary fiction.

Savannah Kingsley (left), Elida Kingsley (center), and Eloise Noel (right) know that there's nothing quite like a good book on a crisp, snowy day.



Anne Klein reading to daughter Margo, who offered up plenty of questions about the characters. Reading is a way to spark curiosity.

Finding your preferred reading format is also a game changer for many. E-readers save space and provide almost instant access to any book, including free or low cost books in the public domain. Audiobooks still count as books "read" and can be listened to while doing something else with your hands like cooking, working out, or driving to and from town (that's 200 minutes of reading a week!) But for some, there is nothing quite like the smell of ink on paper and the comforting feel a traditional book.

Often thought of as a solo pursuit, reading doesn't have to be. The social motivation of a book club discussion is a great incentive to read more. Whether gathering to discuss everyone's personal reading or a particular book, clubs are a way to unite around a shared love of reading. The good news is that the MAFB Base Library boasts a variety: the kid-friendly "Newberry Book Club," the "Sunday Escapes Book Club," and its newest offering "Quiet Book Club." For more information email mafblibrary@gmail.com. Can't find what you are looking for? Winter is a great time to start a club of your own!

It's difficult to recommend specific books since no two people will necessarily enjoy the same things. There are, however, a few favorite genres that seem to lend themselves well to winter reading. According to Julie, most popular with Minot AFB Library patrons is anything fantasy. From the "Wings of Fire" series popular with kids and traditional high fantasy by author Brian Sanderson, to the rise of adult women's interest in 'romantasy' such as "Fourth Wing," this genre in all its manifestations is having a moment. Julie also shared that our younger kids are especially into books on animals or dragons, such as the "Animal V. Animal" series of books. Some other categories to consider during the colder months include: cookbooks (and their cousin, the foodie memoir of which Stanley Tucci's "Taste" is a recent example), murder mysteries (you can't go wrong with Agatha Christie, but for something more modern why not try Robert Galbraith aka JK Rowling's "Cormoran Strike" books) self-help, and historical fiction.

To encourage more reading this winter, the Minot Air Force Base Library is holding its Winter Reading Program from 1 December through 1 March. Readers can sign up either online or in person. As always, there will be digital and hard copy ways to track one's reading. And while everyone who reads gets a prize, the more hours logged, the better one's chances are of winning one of the bigger prizes. More details on the winter reading program can be found on the 5th Force Support Squadron Website or by talking to our base librarians.

The Minot Air Force Base Library features many cozy spots to curl up with a good book.



Nathan Klein sharing some fun facts with brother James. Reading can help nurture those family bonds.

With that information, why not set some reading goals to get yourself not just through this winter, but the year? Whether you choose to track them through the library, Goodreads app, or in a hard copy journal, it's exciting to have something to work towards. Having a few aspirational reading goals can be a motivator, and ultimately, those are stories that you will carry with you for life. This winter, why not make a few strides towards a life well read.

northernsentry HOT COCOAS  
with **BOOKS**

## WINTER BOOK BINGO

Read a book about the Great Plains.	Read a book set in a dystopian world.	Read a book with a strong female protagonist.	Read a book purchased from a local bookstore.	Read a book with a nonfiction subplot.
Read a book that has won a major literary award.	Read a book that has been made into a movie or TV show.	Read a book set in a different country.	Read a book written about a historical event.	Read a book with a mystery plot.
Read a book about a natural disaster.	Read a book set in space or on another planet.	FREE SPACE	Read a book that deals with mental health or illness.	Read a book set in North Dakota.
Read a book that is part of a series.	Read a book written by a literary member in all genres.	Read a book with a sports theme.	Read a self-help or professional development book.	Re-read an old favorite of yours.
Read a book that has been on your TBR list for over a year.	Read a book about a long-distance road trip.	Read a book about a hobby you're interested in.	Read a book about an obscure topic.	Read a book about siblings.

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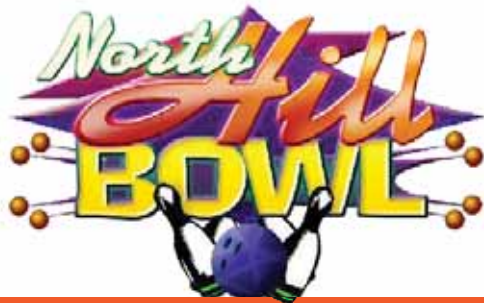
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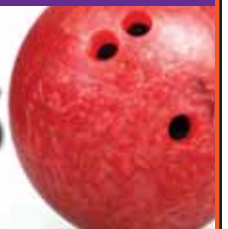
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# Don't Take a Vacation. TAKE A STAYCATION

MARTINA KRANZ, NORTHERN SENTRY

After the holiday stress has exhausted our budgets, health and stress levels, most of us could really use a little self-care to rest and recharge. Did you know that staycations—vacations where you stay at home or travel nearby—offer many of the same mental and physical benefits as a traditional vacation, but with less stress and a lower price tag? For example, no worrying about what to pack for an entire week or whether to bring dressy clothes for any parties or get-togethers. There are many other reasons that a staycation could be a viable option for a “winter break.”

Staycations don't involve early morning flights, large crowds, long travel days, lost luggage, or complicated trip logistics. Staycations may involve an out-

of-office reply and maybe a short drive. A staycation may help make the most of the earned and paid time-off. A military member earns 2 ½ days of leave a month. A normal weekend off doesn't involve using the earned leave if the destination is within four hours away, letting a military member keep accumulating the paid time off and saving it for much bigger trips.

With a vacation near home, there aren't large crowds to fight. Because of their simplicity and lower price tag, staycations also stretch the travel budget. Costs associated with tickets, baggage, taxi fares, long-term parking fees, and hotel fees can accumulate. With a staycation, these extra costs are almost eliminated. You can put that money toward an upgraded hotel



Whether you come for a relaxing float, dizzying twists and turns or thrilling plunges, Turtle Island Indoor Water Park won't disappoint. The 23,000 square foot facility includes 3 waterslides, 175 foot long lazy river, activity pool and Kiddie's play area.

room or a relaxing spa treatment. This creates a more relaxed and happier you and family!

If “vacation” in your household means a trip to the dog kennel, your pet will appreciate a staycation where they can come along. Some Minot hotels, such as Clarion Hotel Convention Center, the Sleep Inn & Suites Conference Center and Water Park, and Hotel Revel offer pet-friendly rooms, so you can relax and know that your pet is safe and sound with you, and they get in on the family fun too!

The greatest aspects of staycations are that they can be almost anything you want, and they are good excuses to check things off your home-town tourist to-do list. Just remember, laundry and chores can wait until the staycation ends. Treat yourself and your family to a nice meal without worrying about cooking it and washing the dishes. Busy schedules and daily routines sometimes don't leave much time for exploring new places or businesses around town. Wander through downtown Minot and visit the local businesses or drive through Oak Park or Roosevelt Park for the winter scenery. Minot is one of the smallest cities in the U.S. to have a full symphony orchestra, so enjoy a concert at Ann Nicole Nelson Hall at Minot State University.

One nearby destination to take a “staycation” is the SkyDancer Casino and Resort in Belcourt, nestled in the forested hills of North Dakota's Turtle Mountains, 97 miles or a 1 hr. 35-minute drive northeast of Minot

AFB. Sky Dancer offers comfortable rooms and suites, several dining options, and elevated amenities. Sky Dancer's 23,000-square-foot Turtle Mountain Water Park features an activity pool, 3 waterslides, a 175-foot-long lazy river with two spray features, a wading pool with zero-depth entry, a multi-level play structure, an elevated spa, and a kiddie's play area, which makes Sky Dancer Casino and Resort perfect for families to escape for a day or two. For Friday through Sunday day passes, this amazing water park is only \$20 for ages 3-11 and \$25 for ages 12+. Anyone under 3 years old is free. Have fun splashing in the water while the snow is coming down. For more information about admissions, visit <https://turtleislandadventureparks.com/indoor-water-park/admissions/>.

Don't feel like driving or worried about bad weather and icy roads? Then, make your own staycation in Minot. Book a hotel room at the Hotel Revel, located in the heart of Minot and next to the Dakota Square Mall, and lounge by the indoor saltwater pool and hot tub and enjoy a cocktail or mocktail. Hotel Revel's complimentary amenities include daily hot breakfast, high-speed internet, in-room streaming (Netflix, Hulu, etc.), and guest laundry. Also, there is a cash bar providing beer & wine. Get a good night's sleep without the worry about the drive home...or those chores.

So, take that staycation to rest and recharge to “survive” the dark winter hours.



Poolside Rooms at Hotel Revel are ideal for friend/family laid back gatherings.

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# ICE FISHING

## DEVIL'S LAKE

Your number one place to go ice fishing in North Dakota houses large perch, walleye, northern pike, and white bass. There are also a couple places for lodging if you want to fish multiple days. The rooms do cost money to rent, though. But with over 16,000 acres to fish at, you can't pass this opportunity up.

- Sweet Briar Dam, Morton County
- West Park Lake, McLean County

In addition to possessing a valid fishing license, all darkhouse spearfishing participants must first register on the North Dakota Game and Fish Department website, [gf.nd.gov](http://gf.nd.gov), or through any Game and Fish office.



## LAKE METIGOSHE

This lake is located north east of Bottineau and holds tons of walleye, perch, and northern pike. You also have the option of renting a cabin or other accommodations. This park does have an entry fee and fees for staying overnight, though.

## LAKE SAKAKAWEA

This lake a reservoir in the Missouri River basin in central North Dakota. It houses salmon, trout, perch, walleye, crappie, and northern pike and is located in Garrison. There's also a couple locations to lodge – one being a cabin.

## LAKE AUDUBON

This lake is filled with smallmouth bass, perch, and walleye and has great lodging options if you want to stay for a couple nights. Head north from Coleharbor (about 20 minutes from Garrison) to find this lake.

## LAKE DARLING

This lake is a reservoir located 16 miles north and 13 miles west of Minot. Fishermen will find a variety of fish including walleye, perch and northern pike here. Ice fishing on the refuge is accessible by car or truck from the Lake Darling Dam North to Dam 41 by designated access points only.

## DARKHOUSE SPEARFISHING

Spearfishing is legal from December 1 through March 15. All waters open to hook and line fishing are open to darkhouse spearfishing EXCEPT the following waters:

- Braun Lake, Logan County
- East Park Lake, McLean County
- Heckers Lake, Sheridan County
- Lake Audubon, McLean County
- McClusky Canal
- New Johns Lake, Burleigh County
- Red and Bois de Sioux rivers
- Red Willow Lake, Griggs County

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Night	7:00PM - 10:00PM
SUNDAY	9:30AM - 5:00PM
MONDAY	9:30AM - 5:00PM
TUESDAY	CLOSED
WEDNESDAY	9:30AM - 5:00PM
THURSDAY	9:30AM - 5:00PM
FRIDAY	9:30AM - 5:00PM
Night	7:00PM - 10:00PM



# HIT THE SLOPES FOR UNDER \$150!

HANNAH WATERS, NORTHERN SENTRY

Winter has begun in the beautiful state of North Dakota. In this time of freezing temperatures and extreme blizzards, some very popular outdoor activities are skiing and snowboarding. Sadly, winter sports are often not cheap, but it can be done affordably if you just know all the tricks!

Before you head out to the slopes, you are going to need some basic equipment and supplies. MAFB residents can rent ultra-affordable boots, skis or snowboards and a helmet for only 30\$ at Minot AFB Outdoor Recreation (ODR). They usually have plenty of equipment available, so going in on Friday before your weekend trip shouldn't be a problem. However, make sure to be aware of the family days when ODR is closed. If you don't already have good quality snow outdoor wear like ski pants, coats and gloves, the MAFB Thrift Shop offers some great options for well under retail price.

Another way to save some cash on your ski trip is to pack your lunch and snacks instead of purchasing at the resorts. You can get bread, peanut butter, jelly, small bags of chips, beef jerky, and water for less than \$30 at the MAFB Commissary. Or, for dorm Airmen who are using their meal card, going to the Dining Facility and stocking up on grab and go meals makes packing food totally free!

Once you're ready to hit the slopes, make sure to take advantage of the great military discounts

offered at all three of the closest ski resorts around MAFB: Bottineau Winter Park in Bottineau, ND, Frost Fire Park in Walhalla, ND, and Huff Hills Ski Resort in Fort Mandan, ND. All three locations offer a 10% discount for Military members and their families. The discount covers lift tickets as well as rentals (if you choose not to rent from ODR). It is important to note that gear will be more expensive if rented through the park, even with the mil discount. Lift ticket prices are around \$30 on a weekday after the military discount at both Bottineau Winter Park and Frost Fire Mountain. Huff Hill is slightly more expensive with their lift tickets being \$50 after the mil discount.

Make sure to watch out for all the promotional days as well! Bottineau Winter Park usually has a Military Appreciation Day on Martin Luther King Jr. Day in January. In the past, all Military members and families were able to ski or snowboard for \$30 total! This included rentals, lift tickets, and two hours of tubing year so be sure to keep an eye on the Northern Sentry Facebook page for any updates on upcoming events at Bottineau Winter Park as well as the other ski parks in the area.

Gas prices are also something to consider when trying to have a ski trip on a budget. Bottineau Winter Park is only a short one-hour drive from Minot AFB, so a last-minute trip is easy on the pocketbook! Huff

Hills Ski Resort is another great option for a day trip, and it's only a two-hour distance from Minot AFB and perfect for a nice day trip or even an overnighter. With a 3.5-hour drive, Frost Fire Park is a great option for an affordable weekend getaway. Take a good glance at the beautiful scenery and enjoy the ride knowing some great prices and slopes await. Frost Fire has a wonderful affordable hotel, the Forestwood Inn and C-Store, and their room prices start at only \$88 per night. Grab a few friends and split the cost of the room, with a group of four, you can spend \$22 and stay overnight and ski/snowboard for two days!

After considering about \$30 for gear, \$30ish for a lift ticket, \$10-\$50 for gas and hotel cost, \$30 for food, even those on the



*ATC Hannah Waters SFSS and ATC Katherin Loaiza SFSS after a hectic ride down the slopes at Frost Fire Mountain.*

tightest of budgets can afford a day snowboarding and skiing in North Dakota! The most important part of a Minot winter is to get out and have a great time! So, grab a few of your most adventurous friends, stop at one of these ski/snow resorts for under \$150, and check one thing off your winter checklist in Minot, ND!



*Starting from the left: ATC Katherin Loaiza SFSS, SrA Cody Prichard previously SFSS, ATC Hannah Waters SFSS, ATC Calvin Kirk SFSS on the Lift at Frost Fire Mountain.*

## Hit The Slopes This Winter!



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# Prepare for a **SLEDDING ADVENTURE**



Dashing through the snow in a one-horse open sleigh. Winter holidays are made all the more merry with the addition of some outdoor recreation. Sleights and sleds are par for the Christmas course, especially when a bounty of snow is in the forecast.

Sledding has been part of snowy celebrations for ages. Sledding is a fun-filled activity, but it can be made an even better time, and a little safer, if revelers learn a little more about it.

## **SLED STYLES**

Sleds come in many different styles, each with its own advantages. Sleds with metal blades will work like ice skates, balancing riders' weight on two metal runners. These sleds can work well during icy conditions or with hard-packed snow. Toboggans can fit multiple people, which can increase the fun factor and downhill speeds. Saucer-style sleds are good for one or two people. Foam liners on some saucers can absorb shock for riders, making those downhill bumps a little easier on the backside. Keep in mind that sleds with steering mechanisms are easier to control, which can equate to safer sledding.

## **LAYER UP**

It is best to dress in layers when going sledding. Even if it seems warm at home, it may be colder and windier at the top of hills. Sweating when it's cold out can increase a person's risk for hypothermia. According to experts at Timberline Trails, a person who works up a sweat and comes in

contact with ambient air when taking a break will feel an immediate chill. This is called evaporative danger, and can be remedied by dressing in layers and trying to stay dry.

## **INVEST IN A HELMET**

Sledding requires the use of a helmet. At high speeds, a blow to the head can cause a concussion or worse.

## **LET OTHERS GO FIRST**

Wait until some sledders have already gone downhill, allowing them to compact the snow, which should make for a smooth ride.

Choose safe hills, such as those that are free of bare spots, holes, trees, and obstructions, and do not end abruptly at a road. Hills with a long, flat areas at the end make for easy, safe stopping.

## **SAFETY FIRST**

Put safety first when sledding. Sled during the daytime so visibility is better. Keep arms and legs on the sled, and only sled feet-first, advises the National Safety Council.

By keeping these guidelines in mind, sledders can make sure this popular winter activity is as safe as it is fun.



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# Winter Vehicle STORAGE TIPS


**GEORGE MASTERS  
PRESIDENT, DAKOTA CRUISERS CAR CLUB OF MINOT**

How many of you buy magazine subscriptions by the dozens and never even have time to read 2 of them? Sometimes I fall into that category, however, yesterday I had the opportunity to take some time and actually read a few that I subscribe to. One article in particular caught my eye. It was in the Nov 2011 issue of Car and Driver magazine....HOW TO STORE A CAR FOR THE WINTER. Now, I usually write something along these lines each year for people as a reminder. In the past, I have written these tips of mine from my own experience, however, this article added a few items of interest that I thought might help some of you out. I'll highlight some of these article suggestions and add a few comments of my own. Here we go: (in no particular order)

1. Drive the car and bring all fluids up to the normal operating temperature. This will burn off any water condensation from the engine, transmission and drive train as a whole. Good idea to change the oil at this point too. Now everything is warm.
2. If you are going to store your car in extreme cold and have it in storage for more than 3 or 4 months, you will probably want to add a fuel conditioner such as Sta-Bil or another brand to keep the gasoline fresh. Top off your gas tank to full. A full tank will prevent air from getting in the void area. Voids contain air which translates into water vapor which will condense into liquid. Over time, the water can contaminate the gasoline and corrode the fuel system.
3. This next step is new to me, but it makes perfect sense if your car has a carburetor. Disconnect and plug the fuel source. Now run the car until all of the fuel is out of the carburetor. A dry carburetor will prevent fuel deposits from gumming up or clogging.
4. Never thought of this either: Spray a light of mist of WD-40 or other penetrating oil into the intake while cranking the engine. Doing so will give the cylinders and intake valves some corrosion protection.

5. If your storage area is not heated, remove the battery and keep it in a warm and dry place. Use a 'trickle charger' to keep the battery topped off because a discharged battery will be destroyed by exposure to freezing temperatures. You can get rid of the notion that a battery stored on concrete will discharge---it won't! If you have multiple batteries from your collection, you do not need to buy a 'trickle charger' for each battery unless money is no object. Just have the trickle charger rotated each week or every two weeks to the different batteries. This will do the job.
  6. Flush the coolant out of the system. Old coolant can corrode your engine, cooling system and the heater core. Now add the proper mixture to your system.
  7. Next is the 'rodent protection' tip. Tape off your exhaust system to deter mice from climbing in and building nests. Moth balls will deter, Bounce dryer sheets, rodent poisonings, and good 'ol mouse traps work wonders. When I did use mouse traps, I would set them on a rubber mat of some sort (self explanatory).
  8. My last step is to wax the car. Make sure it is good and clean and apply a good coat of wax that has 'carnuba' in it. This is especially useful for cars painted with base/clear coat paint jobs. Some people will place their vehicles on jack stands to prevent tire 'flat spotting' of the tires. This is your call. And if you have a really nice paint job, cover your car with a nice car cover.
- When it comes time for spring, you will be all set. Put the battery in, hook up the fuel line and you will be glad you took the previous actions for a fun summer of automotive enjoyment.





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# SNOW SHOEING

Snowshoeing is a great way to discover North Dakota State Parks during the winter months. It is inexpensive and easy to learn, providing easy access to areas covered in snow. It's a great cardiovascular exercise for adults and children and can be an entertaining group activity.

Without the dense foliage, it's easier to explore the parks and view the wildlife which is often hidden by the brush and trees. Park scenery is much different in the winter covered in a blanket of snow.

Snowshoes allow hikers to enjoy a stroll through the park without having to worry about the deep snow. Lake Metigoshe state park provides snowshoe rentals and occasionally provides guided tours.

Those wearing snowshoes in North Dakota State Parks are asked to refrain from using groomed cross-country ski trails, another popular winter activity. The snowshoes break up the ski trails making them difficult and even dangerous for skiers to traverse.

All North Dakota State Parks charge a daily vehicle entrance fee. 100 percent of entrance fees are used to fund the operation and maintenance of North State Parks. All trails are for non-motorized use. For more information on what winter activities are available at a state park near you, call the park directly. The park can usually provide trail maps which can guide snowshoeing enthusiasts during their excursions.

Trail use in State Forests, Recreation Areas and Natural Areas North Dakota's State Forests, Recreation Areas and Natural Areas also offer many opportunities for trail users.

Snowshoeing opportunities may be found at the following parks:

- Beaver Lake State Park
- Cross Ranch State Park
- Fort Abraham Lincoln State Park
- Fort Ransom State Park
- Fort Stevenson State Park
- Icelandic State Park
- Lake Metigoshe State Park
- Lake Sakakawea State Park
- Lewis and Clark State Park
- Little Missouri State Park
- Turtle River State Park

# STAYING WARM IN THE WINTER

**ROD KRAUSE**

Did you know that cold stress or "hypothermia" could occur any time of the year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit. People who are exposed to lower temperatures are at risk for injuries ranging from frostbite to serious loss of body heat to which could result in brain damage or death.

Knowing how to dress and keeping dry are the first steps to being prepared. Dress warm and in layers. Choose fabrics such as cotton and wool to which will insulate but also allow sweat to evaporate. Cover the head because over half of your body heat can get lost through it. Your limbs are especially important to protect since they're the furthest things from your heart. Keep extra clothing around in case you get wet, especially for your feet.

Take breaks frequently especially during strenuous activities. If you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling to which can quickly lead to cold stress. During your rest period, it would be wise to replenish your body with liquids or food. Eating a healthy diet provides your body with the right nutrients it needs to withstand cold stress.

The buddy system in work or play should be used. Look out for one another and know what to look for. A person with hypothermia might not be aware they have it. The first signs of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows down and may become irregular and the pulse weakens. Severe shaking and rigid muscles may be evident and that would be the second sign that the condition is worsening. The victim may slur their speech, the memory lapses and may feel drowsy. Exhaustion, cool skin, slow, irregular breathing occur as the body temperature drops even lower. Immediate medical attention is needed.

With all of the cold winds we have here at Minot, frostbite can occur at any time especially if we're not paying attention to the time limit we are spending outside. Frostbite can happen without hypothermia present. Frostbite is a serious condition where the fluids around the affected area freeze. It can be an irreversible tissue damaging affect and requires attention immediately. The most vulnerable parts are the face, ears, hands and toes. Symptoms of this condition include coldness and tingling in the affected area, followed by numbness. The skin color may change to white or grayish-yellow. Pain may also occur in the affected area as the condition worsens and possibly blisters.

Whether you're working out on the flightline, riding an ATV or snowmobile, or just simply building a snowman, stay alert for the possibility of cold stress. Monitor your coworkers or your children, whatever applies to your situation and remember what to look for. Take these steps to protect yourself and others.



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# COLD-WEATHER WORKOUT TIPS

Workouts are a part of many people's daily routines. Some look forward to their exercise sessions, while others only commit after finding ways to make them as enjoyable as possible. For people who don't enjoy working out indoors, finding ways to exercise in the great outdoors can provide the incentives necessary to commit to daily workouts.

Exercising outdoors is a great way to get some fresh air, but what about those days when the weather isn't so inviting? Lengthy periods of cold or inclement weather, which is common in fall and winter in many parts of the world, can interrupt daily routines and derail one's fitness goals. However, there are ways to overcome inclement weather so outdoor workouts can be enjoyed year-round.

- **Warm up for longer periods of time.** Muscles typically require more time to warm up in cold weather than they do in warm weather. The Canadian Chiropractic Association™ notes that many people feel as though their muscles are noticeably stiffer in cold weather than in warm weather. This can make people who exercise in such weather more vulnerable to musculoskeletal injuries. One way to reduce that risk is to warm up for longer periods of time than you might in warm weather. For example, runners might want to walk slowly outdoors for several minutes before they begin jogging. Doing so can loosen and warm up muscles that are naturally stiff in cold weather.

- **Dress appropriately.** The gear outdoor exercise enthusiasts wear can go a long way toward making cold weather workouts more enjoyable and safe. Layering clothing during cold weather workouts allows people to maintain steady body temperatures throughout a workout by removing layers as they heat up if they need to. Even though it's cold, your body will still sweat, so look for a wicking material that draws moisture away from your body. This is especially important for your core, as the outdoor recreation retailer The North Face®

notes that blood pulls toward the chest and abdominal area, making this the warmest part of your body. Focus on keeping the extremities, including fingers, toes and nose, warm with materials like gloves and tall socks. Face masks can be helpful to cover the nose and neck, but make sure they're made from breathable materials that won't hold moisture.

- **Reconsider your footwear and other support to improve balance.** Frozen ground is not as easy to traverse as unfrozen ground, so look for footwear that provides added traction. Winter running shoes that come with studded soles might be necessary. Trekking poles also can help hikers gain traction on frozen or snow-covered trails.

Outdoor workouts don't have to end when the weather gets cold. A few simple tricks can help people exercise outdoors throughout the year.



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# BE PREPARED FOR WINTER...

## before it settles in

ROD KRAUSE

From chilling temperatures to slippery sidewalks, winter is a season that brings unique safety concerns. Here are some important safety tips to keep your family cozy and safe this winter.

To start with, winter comes with a few hazards for homeowners, however there are plenty of things you can do to protect your property and your family.

### HOME HEATING INSPECTION

The fact that your central heating unit, space heater, or fireplace was working properly at the end of last season does not mean it's ready for this winter. Before the frigid temperatures set in, advise to hire a professional to conduct a safety inspection of your heating units, as well as your fireplace's flue and chimney. If any potential hazards are found, act immediately to remedy them. If you'll be using space heaters, make sure your rooms have proper ventilation and that the units are not placed near anything flammable. Using unsafe heating systems can result in fire, injuries, or carbon monoxide poisoning.

### BE AWARE OF CARBON MONOXIDE POISONING

When is the last time you have replaced your carbon monoxide (CO) detector? CO detectors usually wear out in 5-7 years. Replace them with a "fuel-cell electro-chemical" sensor type and with a "peak" level memory to alert you to the highest level of CO present. According to the Centers for Disease Control and Prevention (CDC), more than 400 people die annually of carbon monoxide poisoning. Carbon monoxide is a colorless, odorless vapor that is sometimes produced by gas furnaces and space heaters. Symptoms of carbon monoxide poisoning include nausea, dizziness, severe headache, confusion, and unconsciousness. If you notice these symptoms in yourself or a family member, go to the emergency room right away.

### CLEAR SNOW AND REMOVE ICE

According to the CDC, falls are the number one cause of injuries to adults. Many of these falls happen when sidewalks, driveways, and walkways are covered in snow and ice. Make sure any of these surfaces around your home are shoveled regularly and free from debris. Keep in mind that simply clearing the snow may not be enough to keep the area safe; ice is always a concern during the winter. Your regular routine for keeping access to your home clear should include adding sand or rock salt to slippery spots. Pay particular attention to stairs, since they can be hazardous and icy in colder months.

Always be careful when clearing snow and ice around your home, and keep a few snow removal safety tips in mind.

### PREPARE FOR WINTER STORMS

If you live in an area prone to winter storms,

it's important to plan for them early in the season. Stock up on the following supplies:

- Battery-powered radio
- Flashlights and lanterns, with spare batteries
- Drinking water
- Non-perishable food that doesn't require cooking
- Baby food and formula, if needed
- Pet food
- Prescription medications
- First aid kit

### WINTER ACTIVITY SAFETY TIPS

In addition to making sure that your home is prepared and stocked to deal with the winter weather situations that you can expect as the days get shorter and the temperatures drop, it's also important to consider winter safety tips for the activities that you and the other members of your family are likely to participate in this time of year.

### KNOW THE SIGNS OF HYPOTHERMIA

According to the National Institute of Health, anyone who spends extended periods outside in cold winter temperatures is at risk for hypothermia. Hypothermia can happen when your body temperature drops from its usual 98.6 degrees. It is a medical emergency if a person's temperature is 95 degrees or less.

In addition to the lowered temperature, someone experiencing hypothermia may have the following symptoms:

- Confusion
- Clumsiness and stumbling
- Dizziness and drowsiness
- Apathetic mental state
- Shivering
- Slurred speech
- Weak pulse and slow breathing

### DRESS APPROPRIATELY

When heading outdoors to participate in wintertime activities, whether you'll be hiking, skiing, shoveling snow from your driveway, or any other outdoor activity, make sure that you dress warmly. It's wise to dress in layers when you'll be exerting yourself in frigid temperatures so that you can start out properly insulated and then shed layers as your body temperature starts to rise as a result of your level of activity.

Make a point of wearing clothing made from synthetic materials to help conserve body heat. Avoid wearing clothing made from cotton fibers. If cotton gets wet, it takes some time to dry and during that time, you run the risk of becoming severely chilled and losing much-needed body heat.

### USE CAUTION ON FROZEN LAKES AND RIVERS

According to the Minnesota Department of Natural Resources, it can be very difficult to tell whether ice is solid just from looking at it. The



color or thickness of the ice will not necessarily tell you how much weight it can support. In general, new ice, which has formed in the last couple of weeks, is stronger than ice that has been there for months. Ice on moving water, such as rivers, is generally weaker than ice on lakes.

Always consult your local DNR about ice safety before heading out on the lake for ice fishing, ice skating, or other sports.

### USE PROPER EQUIPMENT

Skiing and snowboarding can be enjoyable winter pastimes, but you still need to keep personal safety in mind when you venture out onto the slopes. Wearing a helmet will help to prevent head injuries. If you don't own the right equipment, rent it from the ski resort.

Many winter sports require specific equipment. Make sure that your equipment is in good condition and properly maintained. For example, snow skis need to be properly waxed, ice skate blades need to be sharpened, and snowmobiles should be serviced at the beginning of each season. It's also important to make sure that sized items, such as snow ski boots and ice skates, are properly fitted. Because children grow so rapidly, there's a good chance they'll need a larger size each season.

### TAKE REGULAR BREAKS

Taking breaks at regular intervals is a good idea when you are enjoying the great outdoors in the winter. Go inside to warm up and get a snack and something to drink. While it may be tempting to go on one more run as the day winds down, a safer choice may be not to push yourself if you are already tired.

### TELL SOMEONE ABOUT YOUR PLANS

Before you head out in the snow, tell someone where you are going and what time you will be coming back. That way, if you are overdue, someone can alert authorities to start searching for you.

It's also important to stay on well-marked trails. Take a trail map with you and keep track of where you are while snowmobiling or skiing.

### WINTER DRIVING SAFETY

Winter also comes with driving hazards. Before you head out on the road this season, read up on winter driving safety tips. From choosing the right tires to controlling your car on ice, it's important to keep these items in mind.

### STAY SAFE ALL SEASON LONG

These are just a few of the many important safety tips that need to be observed to enjoy a safe, healthy and enjoyable winter season.





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# BLACK ICE

## A Dangerous Wintertime Hazard

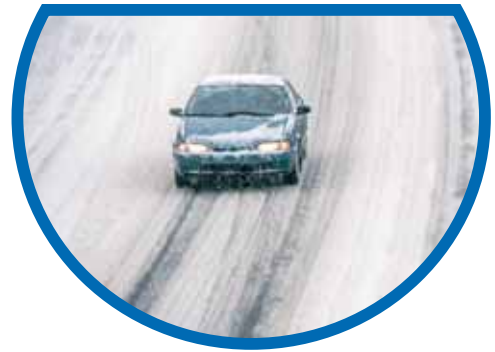
ROD KRAUSE

Black Ice -- It is not the name of the latest rap group. What it really is, is an age-old winter phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. Black ice can appear to be a spot of moisture on a road, or may have a slight glisten on black asphalt. Do not be mistaken: this thin ice is very slick, and your car can skid rapidly on it. Drive carefully on roads where snow banks have melted throughout the day, and exercise caution when driving under bridges and overpasses. If your car starts to skid, do not slam on your brakes unless your vehicle is equipped with an anti-lock braking system.

### WHAT CAN A PERSON DO TO PREPARE FOR BLACK ICE?

Look for signs of ice other than on the roadway. That means looking for ice on windshield wipers or side view mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

Then again, ice may not have formed on anything but the road. For example, it may have been a warm day during which the snow melted and then froze as ice after the temperature dropped at night. In other cases there will be ice in shaded areas, such as cuts through hills and along



banks, before there will be ice on the open roads. If you suspect there could be black ice on the pavement, you may want to test for it by gently wiggling the car a little bit or by applying the brakes lightly to see if there's any change in the feel of the road.

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. When the roads have been wet and the temperature drops below freezing, ice can form quickly. If you are a person who must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car, allowing you to monitor the outside temperature.

This is also the type of weather when it is especially important to watch for those signs that remind drivers that bridges freeze before roads. These signs tell you there is a bridge ahead and give you time to slow down so you have better control just in case there is ice on the bridge pavement.

If you live in an area where frost occurs, black ice is always a possibility. Use extreme caution when driving on cold mornings where there is evidence of frozen moisture on the roadway.

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# Always Be Prepared For **WINTER WEATHER CONDITIONS**

**ROD KRAUSE**

While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days.

As we face another North Dakota winter, it's important to plan ahead and start storing emergency food and water supplies for the family before a crisis happens.

It's a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person's age, physical condition, activity and diet, when storing water.

Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don't forget to include pets.

## **PREPARE AN EMERGENCY STOCKPILE**

Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular intake.

Avoid foods high in fat and protein, and don't stock salty foods since they make people thirsty. People should switch to salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and renew people's sense of security during stressful situations. Also, canned foods don't need cooking, water or special preparation.

The following are some recommended food storage plans:

## **STORAGE TIPS**

- Keep food in the driest and coolest spot in the house – a dark place if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to keep pests out.
- Inspect all food containers for signs of spoilage before use.

## **WHAT TO STOCK**

Though it's unlikely an emergency would cut off our food supply for days or weeks, it's a good idea to prepare supplies to last that long.

A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

An easy way to develop a two-week stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants.

Those who already keep a two-week supply of food on hand should rotate their supply once or twice a year.

## **SPECIAL CONSIDERATIONS TO REMEMBER**

When stocking food, consider your family's unique needs and tastes and include foods everyone enjoys that are also high in calories and nutrition.

Foods requiring no refrigeration, preparation or cooking work best.



Make sure you have a can opener and disposable utensils.

People with special diets and allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don't forget nonperishable foods for pets.

## **COOKING WITHOUT POWER**

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.

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- 3 large safety pins (tie string to safety pins and pin to car roof interior to suspend can over candle)
- 1 candle 2" diameter (place on lid under suspended can for melting snow). Canned Sterno will also work to heat water.
- 1 pocket knife, reasonably sharp (or substitute with scissors)
- 3 pieces of bright cloth 2" wide x 36" long (tie to antenna or door handle)
- Several packets of soup, hot chocolate, tea, bouillon cubes, etc. (mixed into melted snow to provide warmth and nutrition)
- Plastic spoons
- Packages of easy to eat, high energy foods like peanuts and candy or canned, ready-to-eat soups or fruit
- 1 pair of socks and 1 pair of gloves or glove liners; cotton is not recommended because it provides no insulation when wet).
- Extra clothing and a blanket or sleeping bag
- 2 packages of book matches
- 1 sun shield blanket or 2 large green or black plastic leaf bags (to reflect body heat)
- 1 flash light and batteries (keep separate)
- First aid kit

- Toilet paper and sealable container for bathroom purposes
- Fire extinguisher
- Small tool kit
- Ice scraper/snowbrush
- Shovel
- Sand or other traction aid
- Tow rope or chain
- Jumper cables
- Road flares or warning lights
- Gas line antifreeze
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- Pencil stub and paper
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You may want to keep the survival kit in the passenger compartment in case you go into a ditch and can't get to or open the trunk. Put all items in a plastic storage container and place in vehicle when traveling starting in mid October.



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# Know These WINTER TERMS



Watches and warnings for hazardous winter weather are issued by the National Weather Service. These weather statements should be listened to carefully since the weather affects all of us.

## **WINTER STORM WATCH**

Hazardous winter weather is expected in the form of heavy snow, heavy freezing rain, or heavy sleet. Issued 12 to 24 hours before the event is expected to begin.

## **WINTER STORM OUTLOOK**

Issued prior to a Winter Storm Watch, usually 3 to 5 days in advance of a possible winter storm.

## **WINTER STORM WARNING**

This is issued when a dangerous combination of heavy snow, with sleet and/or freezing rain, will occur or has a high probability of occurring within the next 12 hours.

## **BLIZZARD WARNING**

Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below  $\frac{1}{4}$  mile; these conditions should persist at least 3 hours.

## **WINDCHILL WARNING**

Issued when windchill temperatures are expected to be hazardous to life within several minutes of exposure.

## **WINDCHILL ADVISORY**

Issued when windchill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

## **HIGH WIND WARNING**

Winds of at least 40 miles per hour are expected to last for at least one hour. In some areas, this means strong, gusty winds occurring in shorter time periods.

## **WINTER WEATHER ADVISORIES**

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

## **DENSE FOG ADVISORY**

Issued when fog will reduce visibility to  $\frac{1}{4}$  mile or less over a widespread area.

## **SNOW FLURRIES**

Light snow falling for short durations. No accumulation or light dusting is all that is expected.

## **SNOW SHOWERS**

Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

## **SNOW SQUALLS**

Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

## **BLOWING SNOW**

Wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

## **SLEET**

Rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

## **FREEZING RAIN**

Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.

When bad weather is predicted, it is only common sense to take precautions. If you must travel, plan carefully and notify people of your plans. Otherwise, postpone the trip or delay your trip enroute and stay secure in a town along the way. Let others know of your plans when you decide to stop for the storm to prevent possibly life threatening searches for you.

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# SLOW DOWN, AND BE CAREFUL

ROD KRAUSE

Although it may seem a bit intimidating at first, it doesn't take much time for first-time winter drivers to learn to properly tackle snow-packed and icy roads in the local area. Patience is key when heading out on winter roads for the first time, many people end up in accidents each year because they drive too fast for the conditions. The following are things drivers should remember when the snow and ice starts to fall.

For maximum power when starting cars in cold temperatures, turn off all accessories, including the radio and heater, before turning the ignition key. For carbureted cars, depress the accelerator once and release it. For fuel-injected vehicles, don't touch the pedal. Turn the key and hold it for about 20 seconds. Don't over grind the starter; it can damage it. Let the engine run for at least a minute before driving. Don't accelerate too quickly for at least a mile or two.

Not all vehicles handle in winter weather conditions the same, and it's important for people to know how to handle their vehicle in demanding winter weather. It's a good idea for people to carefully practice slow-speed maneuvers on an empty snow- or ice-covered parking lot. The vehicle owner's manual also outlines handling characteristics.

Front-wheel-drive vehicles generally handle better than rear-wheel-drive vehicles on slippery roads because the engine's weight rests on the drive wheels to improve traction. The back end of rear-wheel drive vehicles,

especially pick-up trucks, tends to slide from side to side when turning on icy roads. To compensate, people with rear-wheel drive should add weight in the trunk or truck bed to give the wheels more grip.

Even a little bit of ice and snow can turn a 2,000-pound car into an unguided bobsled. To avoid accidents, drivers should pay special attention when approaching intersections.

Slow down before approaching an intersection. Scan left, then right, then left again for pedestrians and vehicles cars on cross streets. If you're having trouble stopping, they probably will too. Prepare for drivers sliding into intersections from the side, then decide if you can safely get through the intersection or stop to avoid hitting an oncoming vehicle. After stopping, press the accelerator slowly to get going again. Vehicles with manual transmissions should start in second gear to keep the wheels from spinning.


When approaching an icy hill, find a path with the best traction. Watch the cars ahead of you, and steer clear of spots where people are spinning their wheels or sliding backward. Try driving on unpacked snow; it sometimes offers better traction.

Build speed gradually while you're still on level ground. If you have shift-on-the-fly four-wheel drive, shift into it before you reach the hill. When you reach the crest, begin to decelerate slowly, shifting into a lower gear to allow engine drag versus your brakes to cut your speed.


Slow down before you enter an icy curve. Any sudden acceleration or deceleration in a turn could send you into a skid.

Controlled speed and smooth steering and braking helps prevent skids. If your wheels lose grip, gradually release the pressure from the pedal you're using. Smoothly steer in the direction you want the car to go.

People who get stuck in snow, ice or mud often do the wrong thing and stomp on the gas pedal and end up spinning their wheels and digging in deeper. To free your vehicle, try turning the steering wheel gently from side to side and use light foot pressure on the accelerator. Then rock the vehicle forward and backward while pointing the front wheels straight ahead. It's a good idea to check the owner's manual first because this procedure can damage the transmission on some cars. If you're still stuck, stay with your vehicle and make use of your winter survival kit until assistance arrives!



## Restaurant & Entertainment Guide

<b>Atypical Brewery &amp; Barrel Works</b> 510 Central Ave E, Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks	<b>Applebee's Grill &amp; Bar</b> 2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com	<b>Badlands Restaurant &amp; Bar</b> 1400 31st Ave SW, Minot Phone: 701.852.7335 www.tlgrill.com
<b>Bone's BBQ Smokehouse &amp; Grill</b> 437 N Broadway, Minot Phone: 701.838.9140 www.bonesbbqminot.com	<b>Culver's Restaurant</b> 3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com	<b>Ironhorse Kitchen + Bar</b> 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
<b>Jamaican Vybz Kitchen</b> Dakota Square Mall, Minot Phone: 701.441.9309 FB: Jamaican Vybz Kitchen	<b>Meg-A-Latte</b> 2045 N Broadway Suite #100, Minot Phone: 701.838.8479 www.megalatte.com	<b>Mi Mexico</b> 3816 South Broadway, Minot Phone: 701.858.0777 www.mimexicominotnd.com
<b>N.D. Asia</b> 3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com	<b>Noodles &amp; Company</b> 304 4th Ave NW, Minot Phone: 701.491.9103 www.noodles.com	<b>Pink's Bar &amp; Grill</b> 102 128th Ave NW, Minot Phone: 701.852.2385 FB: PinkBarGrill
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# Getting ready for **ANOTHER COLD MORNING**

**ROD KRAUSE**

Winter driving can be trying on both the vehicle and its pilot. As with many other things in life, preparation is the key to success. A few cold-weather parts and preparatory procedures can make the difference between being stuck in a drift and making it home.

Routine vehicle care is the best way to keep from being left out in the cold. This includes tune-ups and inspection and replacement of worn belts and hoses. Cold weather makes pliable materials stiffer and more brittle. It also makes fluids thicker. With this in mind, people who live in extreme climates often use light-viscosity synthetic lubricants, which work across a wider temperature range than conventional oil. Those who don't want the added expense sometimes use lighter-weight oils in the winter, such as 5W30.

Antifreeze should be kept at approximately a 60:40 coolant-to-water ratio. In extreme conditions, too little antifreeze in the mix can allow the coolant to freeze and crack the engine block. Installing a higher-temperature thermostat, say 195 degrees, will help heater performance and help the engine burn off condensation.

Battery maintenance will also improve cold-weather performance. For batteries that require maintenance, make sure that all cells are full of water. Keep all battery terminals and cable ends clean, and make sure the battery is well grounded.

Several engine-block heating systems are available, both on the OE level and from the aftermarket. Most new vehicles sold in cold country come with factory-installed block heaters that replace one of the engine's freeze plugs or connect to the heater hose.

## **PRE-FLIGHT CHECK**

Perform a general check of brakes, lights, defroster/heater, fluid levels, belts, hoses and exhaust system.

Check the condition of wiper blades and consider upgrading to winter/snow blades. Always "park" blades before turning off the vehicle to minimize chances of sticking to the glass. Better yet, lift blades off the glass overnight.

Check the coolant level and make sure that the radiator has the proper mixture of antifreeze and water.

Check tire inflation to verify optimal tire contact with the road.

Keep the gas tank at least half full. This limits the amount of condensation that can enter the fuel system and also can improve traction, especially in rear-wheel-drive vehicles, by adding weight. Adding gasoline antifreeze to the fuel tank will help protect against fuel-line freezing.

Consider adding weight to the trunk or pickup bed in rear-wheel drive vehicles. Bags of sand both add traction-improving weight and can be dumped on ice to improve traction further. Make sure to secure the extra weight to the vehicle with motorcycle straps or other suitable restraints.

Before departing, scrape ice and snow from the roof in addition to every window, mirror and light. Never splash hot water on glass to melt ice.

Lube door locks and latches and coat weather stripping with silicone spray to help keep doors from freezing shut.

Prepare for the worst. Put extra winter clothes, blankets and even a sleeping bag in the trunk, take water and food (such as energy bars), pack a flashlight, extra batteries, matches and a first-aid kit. Take along a cell phone if possible.

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# SNOWMOBILING SAFETY

## Simple Rules for a Safety Adventure

### 5TH BOMB WING OCCUPATIONAL SAFETY

Riding a snowmobile is an exciting recreational sport for the whole family to enjoy. It's been one of the most popular things to do during winter and its fun. However, accidents are bound to happen. The main factors proven to contribute to snowmobile mishaps and fatalities are:

- Impaired riding
- Excessive speeds
- Riding on highways/roads
- Riding on ice/unfamiliar terrain
- Riding after dark

Never consume alcoholic beverages or drugs of any kind before riding. These things can impair your judgment and slow reaction time. Alcohol also causes the body temperature to drop at an accelerated rate, which increases the likelihood of hypothermia.

Excessive speed is a contributing factor in all fatal snowmobile mishaps. Slow down especially if you don't know the trail. Stay at a comfortable speed enough for you to react appropriately for any situation. Always remember to drive defensively, especially after sun down.

When riding off base, it's highly recommended that you ride only on the trails meant for snowmobiles. Stay in the ditches or a marked trail. When crossing a road to get back to your trail, watch out for vehicles. Be alert of fences, tree stumps, and wire fences that may be concealed by the snow or blend in with the environment. Try to avoid riding on bodies of water when you are unsure of the thickness of ice. Especially running water and unpredictable weather as it changes all the time. They may affect the thickness and strength on lakes and ponds. Riding in the dark can also be a contributing factor to accidents. It can impair your vision and if you are unfamiliar with the environment, the snowmobile and the area it may be fatal. It's also highly recommended to carry a first aid kit. You never know when and where you'll need it.

In accordance with MAFB Instruction 31-116, a snowmobile may be operated to/from the operating area using the most direct route using the field area or within the right of way of any street or roadway on Minot AFB. Snowmobiles shall travel in the same direction as the direction of motor vehicles traveling on the side of the roadway immediately adjacent to the side of the right of way when conditions are such that no damage will be caused to seeded areas.

To operate a snowmobile on Minot AFB owners/operators must meet the following:

They must have an operational headlight and taillight, which must be illuminated while in operation and an operational brake light. Vehicles must have a properly installed muffler in good working order and a functional engine "kill" switch.

This is a list of required safety equipment for on-road use:

Headgear and impact resistant eye protection. Helmets will meet the standards of Snell Memorial Foundation (SMF), The American National Standards Institute (ANSI) or Department of Transportation (DOT).

Full finger gloves, long sleeve shirt or jacket, long pants, over-the-ankle boots.

Operators and passengers will wear brightly colored clothing or reflective and/or retro-reflective materials.

Operators must possess a valid drivers license or permit, carry military identification, maintain

current state registration, and vehicle insurance.

Operators under 16 years of age (YOA), but at least 12 (YOA), who do not possess a valid driver's license or permit, will not operate a snow mobile on Minot AFB unless the person has completed a state-sponsored safety training course as prescribed by the Director of the North Dakota State Parks and Recreation Department. The operator must then carry on their person and exhibit, upon demand to any law enforcement or safety official, the certificate of training. These persons must have adult supervision while operating the off-road vehicle

Snowmobiling is a fun and healthy recreation for people of all ages. Remember to follow and teach these tips to your children and be sure to have a safe and exciting time.



-Snowmobile North Dakota

North Dakota has 14 state snowmobile trails, totaling just over 2800 miles, that are maintained by members of Snowmobile North Dakota. Trails are open to snowmobiling enthusiasts from December 1 through April 1, providing that the trail has a minimum of four inches of packed snow. Many of the trails are on trail easements through private land. Snowmobilers are reminded to respect private property and remain on marked trail segments.

Snowmobile trail maps can be obtained at the following:

- Snowmobile North Dakota—Website information on snowmobiling in North Dakota that includes a North Dakota snowmobile trail map and trail locations.
- North Dakota GIS Hub Snowmobile Trail Map—GIS layered mapping of all state snowmobile trails.

#### NORTH DAKOTA RESIDENTS

All snowmobiles operated on public land must be registered with the North Dakota Department of Transportation at any of their statewide offices. The registration fee is \$50 for a two-year period. The fee must be paid in odd-numbered years.

#### OUT-OF-STATE VISITORS

Owners of out-of-state registered snowmobiles must purchase a non-resident public trails and lands access permit, at a cost of \$25 per year.



# North Dakota SNOWMOBILE TRAILS

## **PEACE GARDEN TRAIL**

Bottineau, ND  
198 Miles

Includes Bottineau and Rolette counties. In the north-central part of the state, trail runs through the Turtle Mountains, creating a beautiful scenic ride. This trail system connects with the Canadian trail system at Carbury Port and at the International Peace Garden. The International Peace Garden and the Lake Metigoshe State Park are located on the trail system.

## **NORTH CENTRAL TRAIL**

Rugby, ND  
183 Miles

Includes Benson, McHenry, Pierce, Ramsey and Towner counties. The riding is 80% cross country with the other 20% ditch riding. The trail gives the rider a great cross section of terrain that North Dakota has to offer.

## **LAKE REGION TRAIL**

Devils Lake, ND  
216 Miles

Includes Nelson and Ramsey counties. The trail system is centered on the city of Devils Lake in the northeast part of the state. A day of riding may include tight twisting trails, wide open lake runs and long straight sections of country road ditches. Heated and lighted warming houses are located in strategic points on the trail system.

## **NORTHEAST TRAIL**

Walhalla, ND  
476 Miles

Includes Cavalier, Pembina and Walsh counties. Known as the Pembina Gorge Trail, it is located in the northeast corner of the state. The Gorge itself is a must-see natural phenomenon. This system ties into the Canadian trail at three major points and also ties into two major Minnesota trails. This trail offers miles of riding and usually has very good snow.

## **RED RIVER NORTH TRAIL**

Grafton, ND  
146 Miles

Includes Pembina and Walsh counties. The western half is mainly ditch and shelter belt riding and the eastern half follows the Red River and the woods from Park River to Hoople. This trail association provides many places to stay for travelers on a snowmobile trip. The Red River North Trail system has a lot to offer snowmobilers who are looking for fun and relaxing snowmobile trips with the variety of riding and many miles of trail.

## **RED RIVER SOUTH TRAIL**

Fordville, ND  
193 Miles

Includes Grand Forks and Walsh Counties. The Red River South Trail Association grooms miles of marked snowmobile trails in the northeastern part of North Dakota.

## **CAT TAIL TRAIL**

Hope, ND  
91 Miles

Includes Barnes, Cass, Steele and Traill counties. The Cattail Trail offers trail traveling through field, woods, lakes, prairie trails, sloughs and ditches. There are also fuel stops, restaurants and bed and breakfasts.

## **EAST CENTRAL VALLEY TRAIL**

Fargo, ND  
200 Miles

Includes Cass and Richland counties. The trail system is in the southeast portion of North Dakota and primarily covers Cass County. It is about 20 miles from two different points on the Mayville-Portland Trail System (21 miles from Hillsboro and 17 miles from Galesburg). This trail also connects to two Minnesota trail systems managed by the Clay County Trail Blazers and Felton Roughriders.

## **SOUTHERN VALLEY TRAIL**

Wahpeton, ND  
136 Miles

Includes Richland County. It has miles of groomed snowmobile trail kinking nearly every city in Richland County.

## **SARGENT COUNTY TRAIL**

Milnor, ND  
90 Miles

Includes Richland and Sargent counties. The trail offers miles of riding in the southeastern portion of the state. Each community has restaurants, gas stations, motels, grocery stores and snowmobile repair shops.

## **SHEYENNE VALLEY TRAIL**

Lisbon, ND  
286 Miles

The Sheyenne Valley Trail system includes Barnes, Dickey, LaMoure, Ransom and Stutsman counties. The Sheyenne Valley Trail is located south of Jamestown and Valley City. There is a wide variety of riding in this system. The trail follows the Sheyenne River bottom and the James River. It also has ditch riding, shelter belts, and wide open fields. This takes you through the Fort Ransom State Park and also a park called Little Yellowstone. Several other stops are located along the way.

## **MISSOURI VALLEY TRAIL**

Linton, ND  
213 Miles

The Missouri Valley Trail includes Emmons and Burleigh counties. The trailhead is located 1.5 miles south of I-94's Exit 61 on Bismarck Expressway. This trail runs east 22 miles along Highway 10 to Sterling, where food and gas are available. The trail then turns south to Moffit 10 miles south of Sterling along Highway 83. South of Moffit are the towns of Hazelton (15 miles) and Linton (20 miles) which have gas, food and lodging available. The trailhead is 60 miles north of Beaver Bay.

# IT'S YOUR NIGHT OUT!

## 5TH BOMB WING OCCUPATIONAL SAFETY



It's 1:00 a.m. and you've got to be up and at 'em at 7:00 a.m. The problem is you're toasted. Uh huh, you've had the time of your life and enough alcohol to drink to keep you happy until 10:00 a.m. the next day! Somewhere in the fog reality strikes. You've got to get home. You look around. Your friends are toasted too. You draw sticks and hope for the best. Darn, you "won." You're thinking it's only a couple of "clicks" to the front gate and you don't feel THAT drunk. You toss a stick of chewing gum in your mouth and off you go. As you approach the gate you fumble for your ID. You're thinking if you could just get through the gate you'd be home free! You're hoping for that quickie ID check and a friendly wave to proceed. As you hand the guard your ID card he's observing your every move. He noticed the way you approached the gate - weaving (because you were fumbling for your ID card, of course). He notices your glossy pupils and the way your eyes fail to focus. He notices the slur of your speech when he asks you how you're doing this nice Okinawan evening. But all of your actions tell him to check you out a little closer. He can smell the alcohol emanating from your breath. He knows there's no such thing as Juicy Fruit alcohol-flavored gum. You're busted!

This is the scene over and over again. Night after night people are caught drinking and driving. Why? Because they fail to plan. They fail to assess the risks associated with drinking and driving. If you

take a minute or two to plan the evening you can save yourself great embarrassment, you can save your career, and most importantly, you can live to enjoy another of those great nights out.

While many of us have heard of Operational Risk Management, or ORM, many of us don't use it when we're off-duty. This common misconception is worth exploring. Let's see how we can apply ORM to the scenario above. The Air Force has a six-step process:

ORM - DRINKING & DRIVING		
1	Identify the Hazard	Drinking alcohol and operating a motor vehicle is a hazard!
2	Assess the Risk	- I could get caught, end up in jail, and destroy my career - I could get into an accident and kill myself or someone else
3	Analyze the Control Measures	- I could walk - I could take a taxi - I could find a designated driver (hint: one who won't drink alcohol)
4	Make Control Decisions	- Walk is too far. - Taxi costs money, but we could all pitch in and lower the cost. - Hey, Ken's ugly and can't get a date, but he's reliable. Let's see if he'll be our <i>designated driver</i> (but don't tell him he's ugly, okay?)
5	Risk Control Implementation	Ken's the choice! He's free and reliable.
6	Supervise and Review	Once you're sober. Evaluate how well your activity went. Adjust as needed and start the process again!

There are alternatives to drinking and driving. Just take a moment out and apply the ORM process. Drinking and driving is a choice. Don't you make the wrong one!

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# DON'T FORGET ABOUT YOUR PETS!



ROD KRAUSE

Pet owners should be made aware of winter's dangers, which include harsh weather; leaked antifreeze and road salt. Following are recommendations on steps you can take in order to ensure that the season is not marred by disaster.

One of the hazards a pet may face in winter is exposure to extreme cold. A pet's feet, ears and other areas of the body not covered by much hair get cold and can very well become frostbitten. Signs of frostbite include skin that is pale and cool to the touch and decreased sensation in the affected area. After thawing, there may be pain and the skin may look as though it was burned. If frostbite is suspected, gently thaw the area with warm water; then take your pet to a veterinarian.

The National Humane Education Society agrees with other humane organizations in advising owners of cats to keep them inside all year round. The cat can get enough exercise inside and won't get lost or injured. An enclosed "outdoor" environment such as a screened porch is certainly ideal for fresh air and sunshine but windows with a ledge or built-on perch can also provide much all-season pleasure.

During the cold weather, it is a good idea to knock on your car's hood or sound the horn before starting the engine, as cats permitted to run free can climb up inside the engine seeking warmth.

Deciding on whether to keep your dog outdoors depends largely on the dog's coat and the outside temperature. Ideally, the dog should live indoors, as part of the family. However, if the dog must live outdoors, adequate preparation for the cold months is essential. Be aware that large, long-haired dogs fare better outside during the winter than others.

**HAZARDOUS SUBSTANCES** - Ethylene glycol, the major ingredient in antifreeze, attracts both dogs and cats because of its sweet taste. But it is extremely poisonous. A tablespoon can kill a cat, and half a cup can be fatal to a 25-pound dog. Within two days, a fatal dose will cause prolonged vomiting, severe kidney pain, ulcers in the mouth and excruciating death from kidney failure. If your pet should swallow any antifreeze, call your veterinarian at once.

**ROCK SALT UNDERFOOT** - Rock salt is another substance to be wary of in winter. As it is abrasive, it may cut into an animal's paws and burn their mouths. Dogs may eat rock salt which will cause vomiting. When bringing in a pet from the outside during an icy-cold day, check its feet. Remove ice balls between the animal's toes and wipe its feet with a damp towel, especially after walking on heavily salted pavement.

Never let your dog off the leash on snow or ice, especially during a snowstorm--dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure they always wear I.D. tags.

Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a luxury, it is a necessity for many dogs.

Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal can freeze to death. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself. Never shave your dog down to the skin in winter. Leave the coat longer for more warmth. When you bathe your dog, completely dry him before taking him out for a walk. Make sure your companion animal has a warm place

to sleep away from all drafts and off the floor, such as in a dog or cat bed with a warm blanket or pillow in it.

Taking good care of your pets in winter and protecting them from the hazards of the season will bring a little warmth into the long, cold days of your own hibernation.



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