

northern sentry

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WHATS INSIDE THIS WEEK:



BUILDING MEMORIES: GINGERBREAD DECORATING AT EDGEWOOD LIVING

A3



SHARING THE GIFT OF LOVE: A MILITARY ADOPTION STORY

A6



SHE GIVES THE GIFT OF MUSIC: SRA JESSICA SALGUERO

B2

WE'RE BACK!



The 69th Expeditionary Bomb Squadron from the 5th Bomb Wing returns to Minot on December 23, just in time for Christmas. Over 200 personnel were deployed to the CENTCOM area of responsibility on November 7, 2024.

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January Squadron of the Month

True North

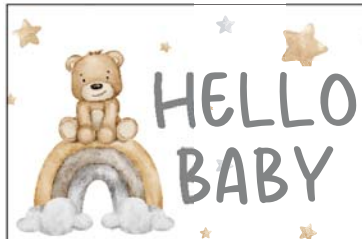


The 5th Bomb Wing Command Team is pleased to congratulate and recognize True North on being selected as January's Squadron of the Month.

True North is a multi-disciplinary team of professionals that are embedded in numerous squadrons/groups across the installation. Embedded True North team members become part of their unit's team and work alongside airmen. True North's focus is taking care of you when you need some extra support. The team provides primary prevention education, skill building, individual coaching and counseling to strengthen your understanding and build upon your skills as you manage life challenges and

mental health concerns. Most often, these services are provided right in your workplace.

Early mental health related intervention can reduce the risk of negative outcomes and save lives. Help seeking behaviors are considered a strength. By you reaching out to a True North team member in your unit has exponential benefit. True North not only supports active-duty personnel but their families as well. Strong family bonds events, marriage retreats, single airmen events, small group activities, even formal education, True North does it all. True North's licensed clinical social workers, chaplains, psychology technicians and religious affairs airmen are standing ready to support you!



BABY GIRL BORN ON FRIDAY, DECEMBER 13, 2024 TO: JAIMIE AND ALEX LLOYD MAFB, ND

BABY GIRL BORN ON WEDNESDAY, DECEMBER 18, 2024 TO: APRIL AND TIMOTHY BECK MINOT, ND

BABY GIRL BORN ON THURSDAY, DECEMBER 19, 2024 TO: MADISON REMINGTON AND TYLER BELL WILLISTON, ND

BABY BOY BORN ON THURSDAY, DECEMBER 19, 2024 TO: AUTUMN WEEMS MINOT, ND

BABY BOY BORN ON SUNDAY, DECEMBER 22, 2024 TO: MELODIE PERSON AND BRADEN VANGSNESS MINOT, ND

BABY GIRL BORN ON MONDAY, DECEMBER 23, 2024 TO: KELSEY AND SETH SPIDAHL MINOT, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby.

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Building Memories: Gingerbread Decorating at Edgewood Living

KERIANNE NOEL, NORTHERN SENTRY

On 21 December, in the midst of the final push towards Christmas, the spouses of the 91st Security Forces Group hosted a gingerbread village making event for the Edgewood Senior Living Community in Southwest Minot. An opportunity for music, snacks, fellowship, and fun, it was the first event of its kind put on by 91st SFG.

Organizer Julie Slaton shared that, "It got started from an idea to get military spouses and elderly together..." Julie originally pitched the idea at a spouses' coffee, where it was agreed that they would love to have a spouse event that would give back to the community in some way. Additionally, they knew that the elderly are sometimes overlooked, and need someone to bring them joy during the holiday season. "For [military families,] some can't go home for the holidays so it gave them an opportunity to have a 'grandparent' in their Christmas festivities and for the elderly, most [of whom] can't leave the facility, it just gave them the joy of being around people or 'family' so to speak."

Many individuals and groups helped bring this event together. Edgewood was chosen because Julie's friend Holly, a former milspouse, works with the facility to provide art therapies for those suffering from Parkinson's Disease, which she herself has been living with for close to 11 years. She put Julie and fellow 91 SFG spouse Carrie Driver in touch with the facility to coordinate the

event. The facility itself donated their space, cookies, hot chocolate, and also helped residents get to and from the Bistro. Julie shared that the gingerbread house kits were donated by True North, candy was donated by the Minot AFB Dental Clinic, which had bought back Halloween candy to send to military overseas, and the rest of the supplies were donated by the 91st SFG.

The day of the event was sunny, with plenty of light streaming in through the windows at Edgewood's Fireside Bistro. Christmas carols played in the background, while residents trickled in and out to build their creations, enjoy snacks, and make new friends. Families paired up with residents whose hands were not steady enough to assemble the houses themselves or built alongside them. All the while people were sharing stories from their past, such as Edgewood resident Carol, who joked that her creation probably looked about the same as those of her former first graders in Burlington. The children, who were either piling the candy onto their gingerbread like crazy or running around the room playing, also drew plenty of smiles from residents who seemed to particularly enjoy being in their presence. Funny enough, both groups were equally likely to sneak some candy or frosting when they thought no one was looking!

Sometimes, The best events include a bit of spontaneity and do not go completely according

to plan. While the original vision was to build a gingerbread village to put on display in the facility's entry area, most gingerbread architects were so excited by their creations that they opted to bring them back to their rooms instead. Additionally, while this event was put on by the spouses of the 91st SFG, word of mouth and a friendly, inclusive attitude meant there were also families from the 5th Bomb Wing's Mission Support Group, Maintenance Group and Operations Group present. It was an afternoon enjoyed by all, made possible by the hard work and planning of the SFG spouses.

The spouses of Team Minot do a lot to support the base and local community, especially during the holidays. When asked why she thinks people are willing to go that extra mile, even though they themselves are incredibly busy, Julie noted, "I know I jump in and help more because I want people to know that they are cared for and that they have value. The festivities and socials during this time of year just allow us to get more involved with people and events. The holidays are also full of various traditions so it enables more ideas and ways to reach different people that might not be thought of otherwise." She added, "I think it really happens all year, one just sees it more... during the holidays because [they] are a great time to show appreciation and gratitude for [our] community."



From L to R: Holly, Julie, Carrie and her kids, Maritza, and Sean pose with some of their creations by the Christmas Tree.

NORTHERN SENTRY PHOTOS | KERIANNE NOEL



SrA Sean Duffy of 5 MXG and wife Maritza taking time out of a busy weekend to give back to the Edgewood Vista community.



Sonia Bries and her children, helping Edgewood resident Carol assemble her house.



Edgewood resident Val is all smiles after finishing her gingerbread home.

Oh, It's GAME ON.
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CONTACTUS

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

Rod Wilson
 Business Development | Marketing
 sentrysales@srt.com

GRAPHIC DESIGN BY
Nikki Greening
 nsads@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

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NEWS SUBMISSIONS
 Northern Sentry Office
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MAFB Public Affairs Office
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MAIL
 315 South Main Street, Suite 202
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MINOT AIR FORCE BASE NEWSPAPER
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A VIEW FROM OUR SIDE
 ROD WILSON



OK! Let's slap our hands together and proclaim that all of our New Year's Resolutions for 2024 were taken care of. Let me see, I wanted to have a better attitude on life, lose weight, get in shape, spend more time reading and meet my goals for the Northern Sentry. Of all of those well thought out resolutions, I can say that I did, indeed, lose weight. But there is a caveat to that resolution, folks, and that would be that losing weight has been on the resolution list almost every year, and this is the first year that I can remember making that resolution a reality. One out of 55 is not a very good average. And guess what, I have once again resolved to lose weight in 2025. Let's see if we can make it 2 years in a row.

At the YMCA the jokes were circulating around the locker room about who(m) was going to step on the scale first in 2025, and of course set the weight that would be the measuring point for whether we did, or did not, lose weight this year. Not that 2025 should be all about losing weight, again. There has to be more to this New Year's



UPSIDE DOWN UNDER
 MARVIN BAKER

It doesn't matter where you go in North Dakota, you're going to find that retail, health care, government, farming, education and even sports franchises have job openings.

Just walk down the street in almost any community and you will see signs in windows that say "now hiring." Those messages used to say "now accepting applications," if there was a sign at all. Now, it's a little more blunt.

North Dakota is a growing state in economy and population, yet there remains a disparity between jobs available and population. From 2000 to 2022, the state's economy grew by 115 percent, but according to the Department of Commerce, there are now only 30 workers for every 100 jobs.

With a population of about 780,000, there are roughly 23,000 job openings across the state, according to Job Service North Dakota, and those are positions that are advertised. There may be many more such as openings for doctors or professors that don't go out to the general public.

At last report, the state had 9,900 people on unemployment and if every one of those people suddenly went to work, there would still be a labor shortage.

Some organizations are getting more aggressive about handling their local openings. One example is in the fast-food industry. Labor shortages have been so severe that some of these chains close their restaurants during parts of the day and focus only on drive-through business.

That's slowly changing, however, as restaurant chain administrations

New Year's Resolutions

resolution process. With that in mind I decided that in 2025 I would broaden the target a bit. Instead of a focus on weight, how about a larger focus on being healthy? Eating right, exercising, spending more time with family, reading a book a month; they would all be positive steps in the right direction. Let's make them happen! Ready or not 2025, we are here. Are you ready for us?

AN APOLOGY OF SORTS

We received notification that the 69th Bomb Squadron would be returning before Christmas, more than likely on the 23rd of December. Normally The Northern Sentry would be on hand to greet the deployed personnel as they returned to Minot Air Force Base, and the front page of our paper on December 27th would most certainly have been a photo from that event. However, because of the Christmas holiday, we had an early deadline for the 12/27 edition. It had to be at the printers on Friday, December 20th. The papers were delivered on the 26th & 27th as usual, but the return of the Bomber Task Force folks would not be part of the events covered in that paper. We have the same story for the January 3rd paper. Everything will once again be early. This paper went to press on December 27th. Every few years we run into this scheduling issue. We return to normal on January 10th.

However, if all worked out as planned, we will have had coverage of the BTF return in our 12/27 Weekly Post Brief email. What's

important is that we are certainly happy for the hundreds of families that were together for Christmas. There were lots of smiles, tears and hugs on the 23rd, and that's the way it should be.

A TIP OF THE HAT

The morning after Minot received about 6 inches of snow I was preparing to head outside and clear my sidewalks and my driveway. I have to be honest, I moved along at a snail's pace as moving snow is not one of my favorite tasks. But out of the corner of my eye I caught a wall of white snow in the air. Our next door neighbor, Denton, who is active duty military (91st MW) had taken advantage of the late reporting time at MAFB to start to clear neighborhood sidewalks with his electric snowblower. In talking to him later he would share "I would have done all the sidewalks in the neighborhood, but my battery went dead in my snowblower."

But a dead battery would not deter Denton. Soon he would be in the back alley clearing out a path for his car with a shovel. With piles on both sides of his driveway, he soon was headed to work on the base. What was more amazing was that he was dressed in his work uniform with his baseball style cap. From all of us in the neighborhood, thanks Denton. It's always nice for neighbors to share in keeping sidewalks clear.

GRANDKIDS SAY IT ALL

The Wilson house is pretty quiet these days. My wife, Sue is retired. I am still working for the

Northern Sentry and keep busy with volunteer hours for various organizations in Minot. And then... the grandkids arrive and the pace and energy in the house increases to a fever pitch...which is great. A popular show when I first started in the television business was Art Linkletter's "Kid's Say The Darndest Things". I absolutely loved that show, but I always thought the kids had to be encouraged by adults to make their comments. I know now that this was not the case. A weekend of grandkids supplies us with those kiddo comments as they speak their minds, observing what they see, and coming to conclusions like; "BePa (that would be me), why don't you get a remote that you can run?" or "what did my Dad do around here for fun? He says you guys didn't even have cell phones when he was my age". And then there is the 4-year old who is a clone of the Energizer bunny. "BePa (at 6 AM in the morning) I am up!" You can fill in the blank.

BEST KEPT SECRETS

The Northern Sentry Winter Guide is now in racks at Minot Air Force Base, ready to be picked up to guide you through winter 2025. Pick it up and take it home. We thank the many advertisers who make this free guide possible.

TODAY'S CHUCKLE

This is the time of year when you're wishing Santa would just bring you a big sack of money so you could pay off the holiday credit card debt.

Are we growing at the right pace...

are realizing that if they had better salaries, the shortage would be minimal. Recent pay hikes are also attracting many retired people.

Medical has been hit hard. A shortage of doctors and nurses is apparent across the board. In many cases, clinics lack doctors, but are staffed by nurse practitioners. Some clinics and hospitals use traveling doctors and nurses brought in from outside the United States, most notably from the Philippines.

Because farming is largely seasonal, it also has its challenges. Every aspect of farming is effected by this; livestock, sugar beets, grain, rail facilities, trucking and farm education.

Schools have relaxed their standards to participate in teaching. In many cases you can teach in a public school with any degree and in others you can teach as long as you are working toward a teaching degree.

Something is now being done on a larger scale to address these issues. In summer 2023, the Legislature passed a bill establishing the Office of Legal Immigration that is within the Department of Commerce.

It was created solely for the purpose of bringing foreign-born workers to North Dakota to address the labor shortage.

It has a long way to go, but is stepping out in the right direction. OLI was established, it has recognized the problem and now it is working on ways to solve it.

One of the ways to do that is by looking at case studies and one of them is in Utah. Between 2000 and 2019, the number of immigrants in Utah increased by 64 percent, almost double the amount of U.S.-born growth.

The top industries for immigrants in Utah include manufacturing, education, health care, construction, professional and retail. So it's much like our state with the only difference being population. Utah has 3.4 million residents with nearly half of them living in the Salt Lake City metro.

Utah has created refugee-friendly policies and legal pathways to arrive

in Salt Lake City paving the way for attracting immigrants. North Dakota is now analyzing this initiative.

Utah isn't Shangri La, but it has solved a lot of its employment issues since 2000. And as long as

North Dakota continues to grow, so will the labor shortage if the status quo continues. It's good that somebody is taking a look at this on a statewide scale.

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

The holiday season is great. I love the events that stretch from Thanksgiving through New Year's Eve. I love the special music, the candlelight, the décor, and the traditions. For me, most of the fun is wrapped up in the buildup to the Big Day. If the holiday season were a bell curve, Christmas would be the peak, and New Year's would mark the downhill slide.

But when it's all said and done, once the tree is out of the house and all the glitz has been relocated to its appropriate bins in the basement, there's a bit of a void. Especially here in Hotdish Land, where winter seasons to stretch out before us like a long, flat country road. We know it ends somewhere, but from this vantage point, it looks like it'll go on forever.

All that to say, now that the holiday high is over, a lot of us may be wondering, "What now?!" Glad you asked.

I love the North Dakota winter. Not because of the cold and wind—I've never met anyone who genuinely enjoys a -25° windchill. Rather, I love the winter because it gives us an opportunity to take a deep dive into what this community offers. In the warmer months, I tend to overlook our indoor fun, preferring to be outdoors, enjoying the endless summer light. Winter gives us a special chance to explore Minot's indoor spaces and activities.

Here is some inspiration for you—ideas for indoor fun that will fill the next couple of months with fond memories instead of cabin fever. The following list is not comprehensive, but it's a place to get you started. For convenience, ideas are listed alphabetically:

1. Ann Nicole Nelson Hall—Watch a variety of entertainment at Ann Nicole Nelson Hall at MSU. Everything from visiting artists to campus groups and music students perform here.

2. Bowling—Look into options and hours at North Hill Bowl (and Rough Rider Lanes if you have base access.)

3. Chaos Games—Check their schedule for events and game meet-ups.

4. Cooking Class—Prairie Sky Breads and Gourmet Chef both offer classes.

5. Escape Point—Try an escape room adventure.

6. Fun Zone—Kids 10 and under can enjoy free bounce houses and wheeled toys three days a week at the City Auditorium.

What Now? 25 Ideas of Indoor Fun

7. Get Air—Jump your heart out on the trampoline park.

8. Ice Skating—Rent skates or bring your own to Maysa Arena.

9. Indoor Golf—Try a golf simulator at GolfX or The Bunker.

10. Libraries—Be sure you have all your library cards (Minot Public, Ward County, and Minot AFB, if you are military). Then enjoy events like story times, board game meet-ups, LEGO/robot/Pokémon/reading clubs, and other free special events.

11. Live Music—Check out live music from the Minot Symphony Orchestra, Minot Brass Band, and Chamber Chorale. Or opt for something more upbeat with bands playing at venues like Ebenezer's and The Original.

12. Magic City Discovery Center—This is probably my family's favorite place to be indoors; we spend hours here during cold weather.

13. Margie's Art Glass—Take a class, or just paint ceramics.

14. Minotauros Hockey—Catch a hockey game and become a fan of our local team.

15. Movies—See a movie at Dakota Square or Oak Park Theater.

16. MSU Sports—Root for the Beavers in hockey and basketball.

17. Open Gym Gymagic—Gymagic offers open gym time for kids and adults.

18. Play Arcade Games—Play arcade games and laser tag at Tilt Arcade and Planet Pizza.

19. Putt District—Glow-in-the-dark mini-golf that's fun for all ages.

20. SCHEELS—Play roller ball (mini bowling) for just \$1/game for up to 4 people. They've also got arcade games and a fun candy shop to explore.

21. Splash Down—While it's freezing outside, splash and slide in a place where it's always 80°.

22. Take a Class—Learn something new by enrolling in a class through the Minot Adult Learning Center community ed program or MSU's Lifelong Learning Institute—where you can sign up for anything from crochet to AI art.

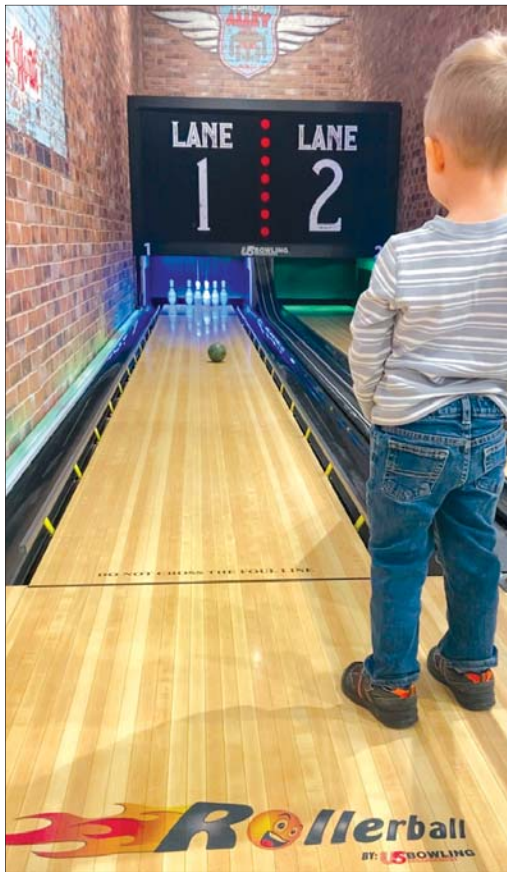
23. Theater Productions—Mouse River Players, Make a Scene Kids Theater (MASK), and MSU Theater all have productions or camps in the winter months.

24. Trivia Nights—Several bars offer weekly trivia nights. Form a team and test your knowledge.

25. Up Your Axe—Throw axes once or join a league for regular meet-ups.

Hopefully, this will get your wheels turning, and you'll be up for the challenge of embracing the chance to explore some indoor options this winter. Now you can't say there's nothing to do because this list proves otherwise.

For more great ideas about life in Hotdish Land or to connect with me further, visit amyallender.com, or follow along at [@HeyMinot](https://www.instagram.com/HeyMinot) or [@amy_allender](https://www.facebook.com/amy_allender) on social media.



Roller ball at SCHEELS is one of our favorite hidden gems for winter fun

AMY ALLENDER PHOTO

JAN 10 & 11 BIG GAME GIVEAWAY

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 - Click on 'Message' tab
- 2. Q-Anywhere**
 - Text "Get in line" to 1-833-274-5419
- 3. In Person**
 - Come pull a ticket at the pharmacy and wait for your number to be called

Do you need to REFILL an existing prescription?

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<https://patientportal.mhsgenesis.health.mil>
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 - Click on 'Rx Refills' tab
- 2. Automatic REFILL Hotline**
 - Call 1-701-937-4688
 - Follow the prompts

**If you are out of refills, a new prescription will need to be activated. Please contact your provider to get started.*

Do you need to COMMUNICATE with your pharmacy team?

Here are three ways you can COMMUNICATE with pharmacy staff:

- 1. MHS GENESIS Patient Portal**
<https://patientportal.mhsgenesis.health.mil>
 - Using the link or QR code
 - Click on 'Message' tab
- 2. Q-Anywhere**
 - Text "Get in line" to 1-833-274-5419
- 3. In Person**
 - Come pull a ticket at the pharmacy and wait for your number to be called

CORRECTION
Please note the article "Preparing for The Prairie Warrior Auction" published in the Northern Sentry Vol. 62, Issue 52, dated December 20, 2024 written by Rod Wilson, the date of the event was incorrect and should have stated April 24, 2025. Also referenced through the article was the incorrect spelling of Chairman's name and should have stated "Keli Rosselli-Sullivan."



MHS Genesis Patient Portal



Q-Anywhere

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Saturday: CLOSED
Sunday: CLOSED

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Sharing the Gift of Love: A Military Adoption Story

KERIANNE NOEL, NORTHERN SENTRY

The many unknowns of military life often present unique challenges for families trying to plan their future, despite a lack of stability. Family planning through adoption and foster care can be challenging to begin with. But while these unique ways of growing one's family may seem out of reach for those who move every few years, there are families here at Minot AFB who have successfully expanded their family through private adoption - with a bit of support from their Air Force family along the way!

Major Evan Pittman of the 5th Bomb Wing and his wife Dana have thoughtfully navigated the adoptions process twice. They adopted their daughter Della from her birth mother in April of 2023 and recently finalized the adoption process for her half-sister Nora Joy, who was born December of 2024. This happy ending is only the latest chapter in a series of downs as well as ups, that they have learned to navigate together.

The first question one might ask is 'where would a potential adoptive family begin?' And the answer, like so much else these days, is 'the internet.' Dana shared, "We've found a Facebook community called '{US Military Families} Adoption, Foster Care & Kinship Care Support' that has provided so much information on how these processes work within the military community. It connects us to other families who've gone through the same experiences and helps answer so many of our questions." She added that they've also found a lot of support from military families who have adopted within our own Minot AFB community. Local sources of information

are important because adoptive families are beholden to the laws of the state they are stationed in. These laws vary widely from state to state and therefore duty station to duty station.

Dana explained, "Adoption can be a wonderful thing, but it will always begin with the separation of mother and child. We never want to forget or downplay this part of Della and Nora's story..." After the initial decision to pursue adoption is made, it is time to select a reputable agency and embark on a next step: the home study. This is a 3-6 month process that assesses whether the prospective family is physically, financially, and emotionally ready to adopt. Depending on the type of adoption there may also be additional classes a family has to take.

Adoption is a significant financial commitment. In North Dakota private adoptions can cost anywhere from \$5,000 to \$11,000 or more just for the agency fee. However what this covers is not regulated and does not reflect the true cost of an adoption. Other costs may include legal representation, travel costs, the home study and background checks, or living costs for the birth mother. And while state and federal tax credits exist, there are fees that must be paid up front. Families have to come up with creative ways to cover these costs, often relying on their social networks to help them. The Pittmans were able to raise additional funds, some of which benefited from the enthusiastic support of Team Minot. "When we put on a bake sale to raise money for our youngest daughter's adoption... our Air Force family

showed up for us in a big way," shared Major Pittman.

They acknowledged that being a military family felt like a huge hindrance when they first started on their adoption journey. They worried that PCSing, deployments and the sometimes challenging work schedules would mean they wouldn't be chosen by families considering adoption. They shared, "What happened instead was a connection to a mom who understood all of the great things [about this life.] She saw the travel and the opportunities for our kids to make friends all across the world. She saw the tight knit community our kids will grow up in. And she knew that these people will be like a large extended family when we're away from our own." The Pittmans also expressed gratitude for the support of Major Pittman's commanders, base-wide programs such as FCC care, and unit initiated meal-trains that helped them along the way. He added that they were very thankful paternity leave is extended to adoptive families as



The Pittman family enjoying a sweet moment in front of Team Minot's favorite bomber.

well as foster parents.

When asked how it felt to watch their family grow a second time, Major Pittman shared that "It doesn't feel real yet. We never thought we'd even have one child, so being blessed a second time feels surreal. Watching our

daughter become a big sister is the best feeling in the world." For more information about adoption in North Dakota, prospective parents can go to <https://www.hhs.nd.gov/cfs/adoption-program/steps-adoption>.

NOTES ON BEING SAFE

STAYING WARM IN THE WINTER



SSGT JOE VERGARA
5TH BOMB WING
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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.

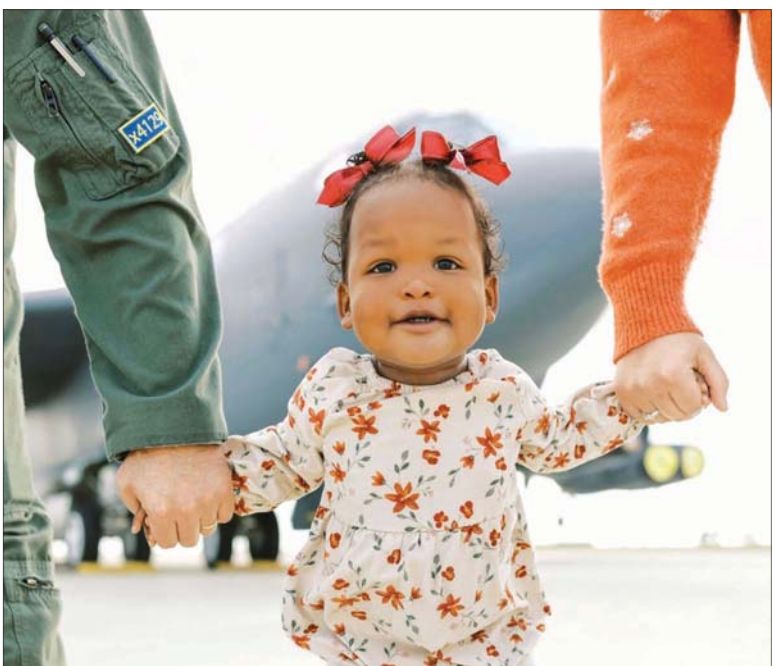
Whether you're working out on the flightline, riding an ATV or snowmobile, or just simply building a snowman, stay alert for the possibility of cold stress. Monitor your coworkers or your children, whatever applies to your situation and remember what to look for. Take these steps to protect yourself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



Major Evan Pittman, wife Dana and daughter Della, celebrating their first year as a family of three.



Della's sister, Nora Joy was born December of 2024. A gift that arrived just in time for Christmas!



Enjoying her time on the flight-line with mom and dad.

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Shirts Help Holidays Wishes Come True

ERIN BEENE, NORTHERN SENTRY

First Sergeants, commonly referred to as Shirts, take on many roles, often behind the scenes. During the holidays, the base Shirts take on even more by ensuring Airmen and their families have a little bit of extra support, and presents too! Their annual Holiday Wishing Tree Program served over seven dozen base kids this year!

Granting Christmas gifts to Airmen's children, Holiday Wishing Tree helps bring a little extra joy to those who receive and those who give. Master Sergeant Stephanie Hubbard, 5th Munitions Squadron, one of the coordinators for the whole project, said that the best part of the whole experience is "giving members the gifts, they are often not expecting them and they are very grateful." She explained how the joy radiates on their face and it makes the whole process worth it.

The Holiday Wishing Tree program works very similar to the Salvation Army's Angel Tree in that in the weeks before Christmas, a basewide notification is sent out requesting nominations

of families to bless with gifts this year. While people can and are welcome to sign-up themselves, MSgt Hubbard explained that most of the time people don't like to ask for gifts themselves, even if they are struggling. She mentioned that there is no stipulation to be nominated and gift donations are open to all base families of all ranks.

Once nominations are received, the Shirts gather the info about the children's ages, needs, wants and wishes. They then send it out to the base community to help and purchase the gifts for all the kiddos. MSgt Hubbard explains that "AAFES allowed us to put up a tree in the entrance area of the BX as well as a sign at the Shoppette with a QR code for sponsors to sign up. We also posted it on the Minot AFB Spouses Facebook page. This year we did digital sign-ups to help prevent the traditional tags that are usually used from getting lost as that has happened in the past." She said that this year they have gifts for 84 base kids: "We are overwhelmed with gifts this year,

which is a good thing!" She also mentioned that Operation Warm Heart always covers the cost for gifts that may not have been covered by the base community.

On Dec 20, the team of Shirts went around base surprising Airmen by presenting them with gifts for their children. Each took gifts to the members in his/her own squadron, offering a personal touch. This year MSgt Hubbard said that one Airman expressed how they have had a rough year with two deaths in the family recently, saying, "I didn't know how I was going to make this year special for my daughter. With everything that has happened, it's been hard to find the energy and motivation to make the holiday season feel joyful and magical. I am very thankful to those who helped."

Huge thanks goes out to this dedicated team of First Shirts who dedicated their time, effort and energy to making sure the Airmen and families on MAFB are supported. Thanks for making Holiday wishes come true!



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AFRICAN WARTHOG



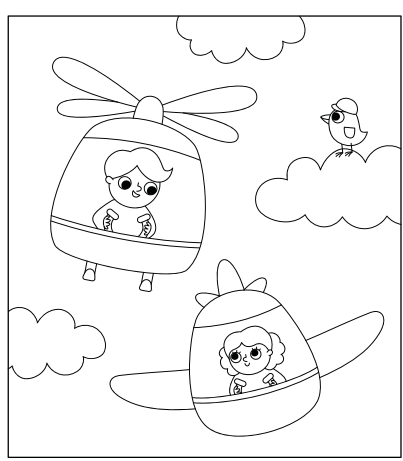
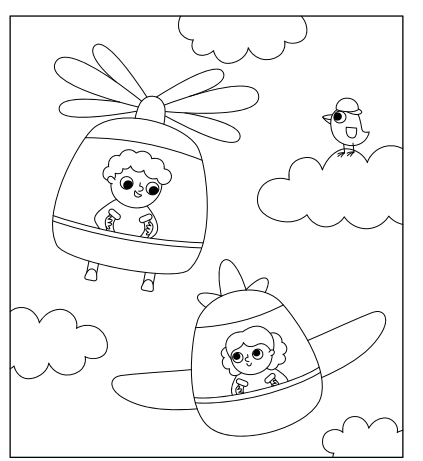
Fact File

Life Span	7 - 18 years
Weight	100 - 300 pounds
Height to Shoulder	25 - 33 inches
Head and Body Length	3 - 5 feet
Top Speed	34 mph
Wild Diet	Omnivore Carnivore (Herbivore) Grasses, Roots, Tubers, Berries, Bark

CREATURE FEATURES

- A Warthog's disproportionately sized head has thick protective pads on both sides that look like warts. Their warts serve as a fat reserve and are used for defense when males fight.
- Their tusks are actually teeth. They use them for fighting, rooting, or digging.
- Warthogs do not have sweat glands. They must wallow in the mud to cool off.
- Lions and leopards are the Warthog's chief enemies. Warthogs protect themselves from predators by fleeing or sliding backwards into a hole, thus being in a position to use their formidable tusks in an attack.

PUZZLE TIME Spot 5 differences

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Mileage-based vehicle maintenance intervals

Maintenance is an essential component of responsible vehicle ownership. Routine maintenance can help discover problems before they escalate into potentially costly issues. Maintenance also keeps vehicles running smoothly, making them more enjoyable to drive and extending their life expectancy.

Various factors can help to determine how often drivers should change their vehicles' fluids and take them in for tuneups. Such variables include how frequently a vehicle is driven, the type of driving (city or rural) drivers do and how many miles are on the car. However, drivers can still rely on this basic car maintenance schedule, courtesy of Advance Auto Parts, to serve as a guide.

3,000 miles/3 months

Advance Auto Parts notes that monthly fluid checks typically are unnecessary with newer vehicles, though older vehicles should be inspected for leaks once a month. Among the fluids to check after every 3,000 miles or three months, whichever comes first, are:

- Engine oil level
- Windshield washer fluid
- Coolant
- Brake fluid level
- Transmission fluid
- Power steering fluid

Drivers also can use 3,000 miles or three months as a benchmark to check tire pressure, hoses and belts. Many vehicles now display tire pressure for each tire on the dashboard, and drivers should pay attention to those

numbers and put air in their tires when necessary. When inspecting hoses, touch them to make sure they're not leaking and bulging. Hoses should be a little flexible, especially when they are warm.

5,000 miles/6 months

Oil and oil filters should be changed at this interval. In addition, this is a good time to rotate tires and inspect lights to make sure they're still operating at peak capacity. Drivers also can check their cabin and engine air filters and replace them if need be. Changing these filters is a simple DIY project, and drivers can find an assortment of YouTube tutorials to help them complete these projects. Wiper blades also can be inspected around this time or whenever drivers suspect the blades aren't operating at peak capacity. Replacing wiper blades is another simple DIY project that drivers can complete in a few minutes.

10,000 miles/12 months

Advance Auto Parts notes that synthetic oil is typically used in cars made since 2010. Each manufacturer is different, and drivers should check their manuals for recommendations. Synthetic oil and filters in vehicles that use synthetic oil is typically changed every 10,000 miles or 12 months, whichever comes first. Once a year drivers should ask their mechanics to check the alignment on their vehicles and the condition of their brakes. Routine maintenance can keep vehicles running strong for years on end.



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She Gives the Gift of Music; SrA Jessica Salguero

MARTINA KRANZ, NORTHERN SENTRY

Did you know that some famous musicians such as Elvis Presley, Ice-T, Jimmi Hendrix, and Kris Kristofferson served in the military? Consequently, the Minot Symphony Orchestra has its own musician too. Her name is Jessica Salguero. Salguero serves in the 5th Maintenance Squadron, a journeyman for the Aerospace Ground Equipment team (AGE) team that delivers support equipment to the aircraft. SrA Salguero earned her degree in Music Education in 2020 from the University of Redlands and hails from Bloomington, California. Salguero's sister also serves in the Air Force, and Salguero credits her sister for motivating her to join the Air Force. When asked about what she learned from juggling a military and music career, she explained that it helps her to spend her time wisely and not to feel guilty on those days when it feels as if she hasn't accomplished anything.

SrA Salguero enjoys writing, playing video games, learning new cooking and baking recipes, and playing bassoon. She doesn't only play the bassoon; she dabbles with other instruments too such as the clarinet and saxophone. Her favorite instrument is the French horn. When asked why she prefers this instrument over the others, she said, "I just enjoy listening to it and a lot of my favorite pieces have wonderful French horn solos, which has definitely endeared me to the instrument." SrA Salguero got into playing the bassoon in high school.

SrA Salguero got her start playing music in the fifth grade. She was simply excited to get out of regular class for a while, but then music class unexpectedly changed her tune. She said, "once I started actually learning and playing, it became something that I enjoy and looked forward to doing." In 2010, when she was a junior in high school, she began to play the bassoon. Her high school music director, John Zambrano, in her words, needed a "guinea pig." At the time, Mr. Zambrano was earning his master's degree and completing a class on double reeds—contain two pieces of cane that vibrate against each other when a musician blows against them. He needed a student to teach bassoon techniques to, and Salguero was up for the challenge. She has played the bassoon since then and hasn't regretted it.

Her performance, along with the two other bassoonists, in



SrA Salguero playing her bassoon in the Minot Symphony Orchestra's 95th performance of Handel's "Messiah" on Sunday, December 8, 2024.

COURTESY PHOTO

"Bassoon It Will Be Christmas" in the Minot Symphony Orchestra's (MSO) "Holiday Magic" concert on December 14th was endearing, and the audience's applause was appreciative. When asked about the audition process for the Minot Symphony Orchestra, SrA Salguero stated, "[The audition was] pretty straightforward. You get the excerpts and scales they want you to play, and you just work them up to the best of your ability. Probably the worst of it is actually playing and hoping your nerves don't get the best of you." Since getting stationed at Minot AFB, it has given Salguero the opportunity that she wouldn't have gotten in her hometown of Bloomington, CA. She further explained that being stationed in Minot gave her the chance to be part of an orchestra like the MSO

and to have the time to dedicate herself to music; two aspects that surprised Salguero the most about serving in the military and being a musician. Minot is a small city with a big art scene.

When asked what advice she would give new members of the military trying to achieve their personal goals, SrA Salguero explained that accomplishing goals is always possible. Airmen may just need the right drive to pursue their goals and make them happen. She said, "Be ambitious and don't lose sight of what it is you want in life, even if things get in the way of it. If you really want something, you'll find a way to get it."

Salguero serves her country and gives Minot the gift of music with the rest of the symphony. Thank you, on both counts.



To a sold-out house, the bassoonist perform their solo "Bassoon It Will Be Christmas" in the Minot Symphony's "Holiday Magic" concert on December 14th, 2024.

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A LOOK BACK THIS WEEK IN USAF HISTORY

B-52 STRATOFORTRESS FROM MINOT AFB PERFORMS RECORD-BREAKING OPERATION "PERSIAN RUG" JANUARY 11, 1962



Col. Clyde P. Evely with the crew of the record-setting B-52 from Minot AFB, ND. (USAF Photo)

On January 11, 1962, an eight man crew from Minot Air Force Base's 4136th Strategic Wing flew a record-breaking flight from Kadena Airbase, Japan to Torrejon Air Base, Spain. The flight, which was nicknamed Operation Persian Rug, broke several non-stop distance and speed records, some of which are still active. The B-52H Stratofortress and crew completed a nearly 22 hour non-refueled flight that spanned about 12,500 miles across the globe. It traveled at approximately 604 miles per hour. This historic flight, which took place nearly a year after the B-52 Model H was first unveiled, demonstrated the continual power and mission-ready capabilities of the bomber. The crew received awards for their accomplishment and were invited to Washington D.C. to be personally congratulated by President John F. Kennedy.

Information courtesy of: Minot, North Dakota and Area History by Bruce Anderson / thisdayinaviation.com / defencetalk.com



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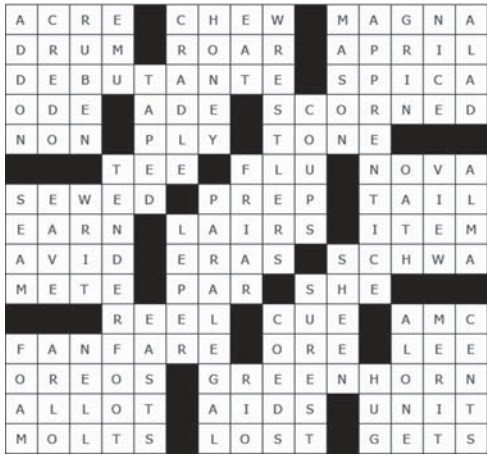
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Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Piece of accurate information
- 5. More important
- 11. Outwits
- 14. Mediocre
- 15. Impassion
- 16. 'Twixt ne'er and e'er
- 17. "Casablanca" character
- 18. Put together again
- 20. Be undecided
- 22. Member of the Shoshonean Indians
- 24. "Wheel of Fortune" request, maybe
- 25. Work hard
- 26. Old-fashioned phone
- 28. It was named in 1935
- 32. Man of the future
- 33. In a negative camp
- 34. Relating to the eye
- 36. Fail to pull your load
- 42. Lusters
- 43. Beach hill
- 44. Overeat (with "out")
- 47. Army meal
- 48. Wall bracket
- 50. Pertaining to
- 52. Humps on a Bactrian camel
- 53. He's quite a doll
- 54. Interfere with
- 60. Well thought out
- 61. Bundle of cotton
- 64. Close out
- 65. Subordinate or dependent item
- 66. Knitted item
- 67. Go steady
- 68. Plains homes
- 69. Slight advantage

Down

- 1. It did in Dillinger
- 2. Lock, stock and barrel
- 3. Testcase bungled?
- 4. Cuisine choice
- 5. Nobleman's domain
- 6. Dancing Castle
- 7. Navy mascot
- 8. Praise enthusiastically
- 9. Being, to a philosopher
- 10. Nautical hazard
- 11. Rub elbows with
- 12. Big union letters
- 13. Harsh, as some glances
- 19. Happened upon
- 21. Sea dog
- 22. Russian mountain range
- 23. Author Morrison
- 27. Provides succor
- 28. Sacred images
- 29. Scoreboard stats
- 30. Keyboard key
- 31. Slangy refusal
- 34. Handy bills
- 35. Change of dicor
- 37. Unit of electrical resistance
- 38. Very small
- 39. Spare parts source
- 40. Long ago
- 41. Existed
- 44. Sign after Aquarius
- 45. Chant
- 46. Its big in Spain
- 48. Certain Europeans
- 49. Brown Swiss, e.g.
- 51. Naval Academy grad (Abbr.)
- 52. "We hold ___ truths ..."
- 55. Desk ref. book
- 56. At leisure
- 57. Low high tide
- 58. Test answer, sometimes
- 59. French cleric
- 62. Ships written record
- 63. Female with a wool coat

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

Wednesdays 6-7pm
Adult Choir
OSKids (age 4-5th grade)
Confirmation (grades 6-8)
Psalm23Teens (6-8pm)



An Evangelical Free Church
3500 4th St. SW • 839-5127
(Just North of Super Wal-Mart)

Sunday School & Fellowship 9:00 a.m.
Worship 10:30 a.m.

www.trinitychurchminot.org



Bible Fellowship Church

Worship Service
10:45am Sundays

Sunday School
9:45am



Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center

Come As You Are!

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

Pastor Mark Ehrmantraut
www.vincentumc.com



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Rick Craig
701-838-1540

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

Cornerstone Presbyterian Church

**1000 NE 3rd Street
852-0315**

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

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

All are Welcome!
www.cornerstoneminot.com



Grief Support Group
meets Mondays at 7:00pm

Contact Duane Deckert:
701-838-0916 or
biblefellowship@srt.com
www.griefshare.org

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

Immanuel Baptist Church

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

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

Pastor Brian Keithline

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week

St. John the Apostle Catholic Church

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

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

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



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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week



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

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

Minot Baptist Church

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

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

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



Cross Roads Baptist

Southern Baptist Convention

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

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

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



West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week

First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Grace Baptist Church of Minot
A Reformed Baptist Church

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

Web: gbcminot.com
E-mail: gbcminot@gmail.com

RADIO BROADCAST
KFLK 88.1 FM- The Flock
8:30 a.m./p.m. Sat/Sun



St. Mark's Lutheran Church
Missouri Synod

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

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.com
Join us on facebook



SGI-USA

Buddhist Group In Minot
Meets monthly

Email: bispsych@yahoo.com
Phone: (701) 838-9348



A Church of the Lutheran Brethren

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

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org



Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

ORCS Preschool

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

HIGHLIGHTS OF OUR PROGRAM

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

Please contact our school office or visit our website for more information.
701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org



Gospel Tabernacle Community Church

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

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

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

ADVERTISE YOUR Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

CONTACT US

call 701-839-0946

email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

YOUTH IN ACTION

North Plains Elementary December Star Students

KINDERGARTEN

Amelia H
Caleb S
Levi B
Alek A
Ollie D
Clara C
Zane H
Mason P

Elliott L
Lila C
Tank D
Noah T

Isabella O
Ivanna H

5TH GRADE

Scarlett B
Logan W
Nicholas W
Gabby H
Mia McL
Luke S
Marcus R
Wyatt H

3RD GRADE

Chloe G
Gabbi O'C
Delaney K
Romina H-G
Leonardo V
Samiera B
Muriel C

1ST GRADE

Killian K
Mason K
Mason S
Isla S
Talion B
Teagan Y
Hawke T
Milli I

4TH GRADE

Lukas S
Carter J
Olivia W
Jordan C
Leo K
Skylar M
Addison C
Audrey R
Sadie S
ZaRon D

PE AWARD

Mrs Lakoduk's
4th Grade Class

MUSIC AWARD

Mrs Peterson's
3rd Grade Class

2ND GRADE

Aurie H
Madeline C
Vivian R
Greyson S

RECESS AWARD

Mrs Peterson's
3rd Grade Class

Congratulations



REBECCA NORD

Ryan Chevorlet
Teacher of the Month

Congratulations Miss Rebecca Nord. She received the Ryan Chevorlet Teacher of the Month Award. Nord teaches Kindergarten at North Plains Elementary. She is in her first year of teaching. Nord was born in Minot and both her parents work for Minot Public Schools.



Upcoming Events

07 JAN

FUN ZONE

9:00 AM-NOON
Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Fun Zone is for children 10 & under. Children and adults will enter facility and play at their own risk. Children must be supervised at all times. They are not to be dropped off. There must be at least one adult present for every 4 children. YOU are responsible for the kids that you bring. You must maintain a close physical presence at all times. No outside equipment/toys will be allowed. Individuals will be responsible to clean up any mess made. All equipment will be shared equally among those present.



For more information:
Facebook/ Minot Parks/ Events

07 JAN

CRAFTING THROUGH THE COLD

6:00 PM- 8:00 PM
Magic City Discovery Center
1545 1st St NW, Minot

"Embrace the holiday spirit with a splash of creativity and a glass of wine at our "Crafting Through the Cold Series." Join us for this cozy, creative class perfect for beating the winter blues. For January's craft, you will have the opportunity to learn about the art of soap making and create your own personalized melt and pour to take home with you." Ages: 21+, Class Size: Max of 30 Locations: 3rd Floor Lobby Cost: \$50 for Non-Members, \$45 for MCDC Members, \$40 for Military Members SIGN UP: magiccitydiscoverycenter.com



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

14 JAN

MIDWEST MURDER LIVE

7:00 PM
Oak Park Theater
1500 4th Ave. NW Minot

The best way to experience Midwest Murder is to attend a live podcast taping. With only about 25 live shows a year, these events are rare, captivating, and unforgettable. Don't miss this chance to join co-hosts Jonah Lantto and Dawn Palumbo as they bring their riveting storytelling to the stage for one night only in Minot! For mature audiences only. Concessions and Atypical available for purchase at the event. All tickets are general admission and \$35 each. Proceeds will benefit your Minot Symphony Orchestra. TICKETS: <https://app.arts-people.com/index.php?ticketing=mso>



For more information:
Facebook/ Midwest Murder Podcast/ Events

18 JAN

LIVE MUSIC WITH SEVERIO MANCIERI

7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Live music with Severio Mancieri!



For more information:
Facebook/ Blue Rider/ Events

20 JAN

CRAFT NIGHT

7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

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



For more information:
Facebook/ Blue Rider/ Events



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@megalattecoffee 701-838-8479 2045 N Broadway Suite #100

NEW Community at the Northern Sentry

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



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

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EVERY DAY

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Air Force School Liaisons



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



The Department of the Air Force School Liaisons (SLs) are the central point of contact for commanders, military families, and school districts in all Kindergarten through 12th grade school matters. Speaking the dual language of military to educators and education to the military; they are considered the K-12 education office in the local community and state. They advocate for military-connected students at the local, state, and national level. Differences in local demographics, installation mission, community characteristics, and education policy significantly impact students and families as they move. SLs can help smooth transitions between schools. SLs serve DoD Total Force members, DoD civilians, retirees, Guard/Reserve, and eligible family members to

include NOAA, USPHS, foreign national employees and contractors assigned. Services of the SL office include: local school navigation, scholarship and grant resources, community and education partnerships, deployment support, transition support, college/career/military readiness, professional development, homeschool support, and parent workshops. If you are new to the Minot area or soon to PCS and need support with your child's education contact the MAFB-SL, Joy-Nicole Smith, at 701-723-1447 or mafb.school.liaison@us.af.mil. For further information on the DAF Child & Youth Education Services- School Liaison Program visit <https://www.dafchildandyouth.com/school-liaison-program>



by Patricia Stockdill

FISHING:

- N.D. Game & Fish Dept. game wardens: No new reports from area lakes, Lake Sakakawea, Lake Audubon, and Devils Lake.
- Devils Lake, Ed's Bait Shop, Devils Lake: Most activity remains on Lake Irvine and Dry Lake with fair to good success.
- Devils Lake, Woodland Resort, Devils Lake: Better walleye and perch activity taking place on Devils Lake feeder lakes such as Lake Irvine. Devils Lake ice depths vary so no trucks recommended on the ice yet.
- Lake Darling, Karma C-Store, Ruthville: Limited reports from Lake Darling and the Grano area with some activity on Lake Audubon.
- Lake Metigoshe, Four Seasons, Bottineau: Improving bluegill activity. OK walleye success with better activity during dark hours more so than during the day. Continued pike success both spearing and hook-and-line.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: A few anglers fishing the back bay of Douglas Bay on the east end of Lake Sakakawea for walleye. Continued activity on Lake Audubon in about 15 feet around 3-Mile Bay. Use caution on all area lakes, however, and test ice conditions.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports but look for continued activity on Lake Audubon.
- Lake Sakakawea, New Town: Increasing number of anglers going out on the Van Hook Arm but not venturing far from the ramp yet. Walleye activity still somewhat slow, however.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Not much activity on the Missouri River tailrace. No reports from Lake Sakakawea.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston:

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

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night. Carry shovels and winter preparedness items when venturing out.
- Jan. 3: MAFB Extra Curl Curling League coaches meeting, McAadoo Fitness Center, MAFB.
- Jan. 5: Pheasant, turkey, grouse, partridge, and archery deer seasons close.
- Jan. 7: MAFB Extra Mural Curling League with learn to curl and exhibition match, Minot Curling Club, 2005 E. Burdick Expy.
- Jan. 10: Open Curl & Learn to Curl, MAFB league.

TOURNAMENTS:

- Jan. 11: Lake Darling, West landing No. 3; Lake Sakakawea, Lewis & Clark State Park.



Increasing activity on the upper end of Lake Sakakawea between White Earth Bay and Lewis & State Park State, although weather conditions could change access conditions quickly. Try 15 to 20 feet for walleye with tip-ups and frozen smelt and herring for pike. Epping-Springbrook and Blacktail dams continue producing walleye. Look for continued crappie activity on Trenton Lake.

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

DOWNHILL SKIING. TRAIL CONDITIONS AND OPEN DATES CAN VARY DUE TO WEATHER. CONTACT THE SKI AREA FOR UPDATES:

- Big Sky Ski Area, Big Sky, Mont.:

Website, (www.bigskyresort.com).

- Bottineau Winter Park, Bottineau: Website, (www.skibwp.com).
- Frostfire Ski Area, Walthalla: Website, (www.frostfirepark.org).
- Huff Hills Ski Area, Mandan: Website, (www.huffhills.com).
- Terry Peak Ski Area, Leads, S.D.: Website, (www.terrypeak.com):

NUMBERS TO KNOW:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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WOODLANDRESORT.COM

What's Coming for 2025

ERIN BEENE, NORTHERN SENTRY

The new year is here. As military families, we can't predict what will come in the coming months and years. We live with unpredictability and yet we embrace current situations. 2025 will likely be the same. However, while we can't predict the future, we can be prepared for what we do know is coming. And the Northern Sentry is here to offer even more ways to support YOU and the MAFB Community this year.

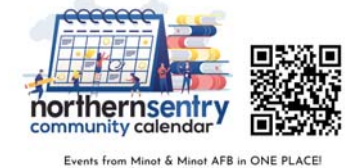
Here are some things to look forward this year, from us to you:

1. LAUNCHING A BRAND NEW WEBSITE!

The new NorthernSentry.com, coming mid-January, will feature an updated format and modernized design. The new site will allow for easier viewing for the user, as well as more opportunity for growth so we can find even more ways to serve you. More details about the release coming soon!

2. CURRENT PROGRAMS WILL BE EVEN BETTER

With the launch of the new website, we are doing a bigger push to show you all the programs, like Junior Journalism, the FREE Community Calendar, giveaways and photo contests. We love doing



these things for you, but will do a better job this year to make sure more people know about them so even more can enjoy them.



3. FOR THE 3RD YEAR, THE BEST OF MAFB AWARDS WILL USHER IN LOCAL COMPETITION

These awards are your chance to vote for the best places to eat, shop, go to school and enjoy both on and off base! The nominations start in February, so don't miss this chance to brag about your favorite places!



4. SPECIAL FEATURE ABOUT THE MAFB CHIEF SELECTS

This is one of FAVORITE editions because we interview each new Chief Master Sergeants on base and get to highlight their lives, careers and how they feel about reaching this major military milestone. Keep an eye out for this special edition in March or April.

5. WILL KEEP YOU INFORMED ABOUT EVEN MORE BASE HAPPENINGS.

With a full team of base reporters now, we strive to cover and get you information about everything that affects the base community. If you know of anything happening around base that you think everyone needs to know about. Please reach out to us! We love sharing your stories of personal growth, interesting personalities or spreading awareness about base events and programs.

These are just a few of the community support outreach programs the Northern Sentry will host in the next few months. However, we are always open to your ideas. If you think of some way that the Northern Sentry can better serve and share the MAFB community please let us know! You can send us a Facebook message or send an email to Erin Beene, Editor erin.beene@willowtreemarketing, for any suggestions! Our goal is to Share Your Minot AFB Adventure so please help us continue to do so!

How can the Northern Sentry better serve YOU in 2025?



Come learn about our organization and our affiliated organizations by stopping by before one of our meetings!

MINOT MASONIC CENTER



Come learn about Freemasonry and its community of appendant organizations by attending a meet-and-greet session with our members before one of our regularly scheduled business meetings!

Monthly Business Meeting Schedule • Meet-and-Greets
 Blue Lodge - 1st and 3rd Mondays at 6:00PM
 Shriners - 2nd Wednesday at 6:00PM
 Scottish Rite - 1st Wednesday at 6:00PM
 Eastern Star - 1st and 3rd Tuesdays at 7:00PM
 Prince Hall - 2nd Saturday at 9:00AM

MINOT AIR FORCE BASE

Date: Monday, January 6th
 11:00 am - 4:00 pm

Vitalant Blood Mobile
 BX Parking Lot

To schedule your life saving appointment, call Jessica at (505) 681-5433 or scan the QR Code!

This is Davi's story.



Davi needed 3 units of blood after suffering internal bleeding during surgery. The mom, grandma, sister, coach and military veteran is passionate about helping others and hopes her experience will inspire people to consider donating blood.

"If I had the chance to meet the individuals who donated the blood that saved my life, I would want to hug them. I would share pictures of my family and me on our hiking adventures and make sure they know they are angels on Earth."

Every 2 seconds someone in the US needs blood. In our life time, 80% of us will need blood at some point. Each unit collected on our military bases, goes towards a credit for Veterans at the VA Hospital!



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 vitalant.org



SSgt Davon Mitchell



791ST MISSILE SECURITY FORCES SQUADRON

SSgt Davon Mitchell supervises 10 Airmen and leads 40 Security Forces teams in direct support of Intercontinental Ballistic Missile maintenance operations to ensure the readiness of 150 Minuteman III weapon platforms. Additionally, he assists civil authorities across an 8,500 square-mile area of responsibility during nuclear-related incidents. Furthermore, as an Assistant Squad Leader he helps manage 22 Airmen, 14,000 training hours, and \$1.2M in equipment critical to the defense of \$9.9B in USSTRATCOM assets. Finally, SSgt Mitchell ensured that unit family members were provided the opportunity to visit their Airman while on-duty in the missile field during the Thanksgiving holiday, bridging the gap between families and mission.

GAME SALUTE: FRIDAY, JANUARY 3

SrA Ralsa Akafia



5TH FORCE SUPPORT SQUADRON

Not only has she completed her duties as missile chief, but she is currently conducting ration runs to missile sites, dropping and picking up personnel to and from sites, and acting as back-office administrator. She is also an RTA who assists with teaching and coordinating all RTA events at 5 FSS, as well as increasing her Sq to 90% for SAFR training for 2024. Furthermore, between June and July, she spent \$500 on her own account cooking 20+ brown bag dinners and supplies for the homeless and women in town, as well as handing out domestic violence/SAFR support cards. During August and October, she assisted three Airmen during afterhours by responding to mental health issues as a support network and reported concerns to the 5th FSS first sergeant and helped to identify Airman needs. During work hours, she has played an important role in escorting Airmen in need to mental health appointments and or the Chaplain.

GAME SALUTE: SATURDAY, JANUARY 4

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



TEAM MINOT HOLDS COOKIE DRIVE

Members of the Minot community, Team Minot leaders, and family members pose for a photo during the Cookie Drive at Minot Air Force Base, North Dakota, Dec. 19, 2024. As part of the Cookie Drive, members of the Minot community, Team Minot leaders, and family members baked and delivered cookies to Airman around Minot AFB.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

EVERYDAY HAPPY HOUR • 3PM – 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- ½ Flat Bread Pizza

DAILY SPECIALS

- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND Breweries (all day)
- Wednesday ½ Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

FAMILY PACKS

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation*
- Thursday Pasta Pack

*Changes Weekly – Check our Facebook Page

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• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
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8	1	5	2	4	9	7	3	6
7	9	4	6	3	8	2	5	1
2	3	6	5	1	7	8	9	4
9	8	7	1	6	2	3	4	5
5	2	1	3	8	4	6	7	9
4	6	3	9	7	5	1	8	2
6	5	9	8	2	3	4	1	7
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1	7	8	4	5	6	9	2	3

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MINOT AFB ANNOUNCEMENTS

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

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Weddings for Warriors

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

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

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

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

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

TIMMOTHY TIMM



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WINTERY PHOTO CONTEST



Clearing snow while on duty during a blizzard, November 20, 2024.

SUBMITTED BY IAN WILEY



Loki loves the snow.

SUBMITTED BY JESSI DEGLER

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FISHING FROM A BOAT? IN A NORTH DAKOTA WINTER?

Patricia Stockdill

On any given day, a boat could slip into the Missouri River below Garrison Dam, head down river, and catch a walleye or two.

Granted, during the summer it's a common sight in the chutes, tailrace, and downstream. But the quirky thing about North Dakota and its anglers is that they don't let a little thing like winter deter them from river fishing.

During any normal – not that there is anything normal about North Dakota winters – it could be possible to see a boat or two dotting the Missouri River below the U.S. Army Corps of Engineers tailrace boat ramp.

Weather permitting, that is.

It's just that in the winter anglers have to take a few extra precautions: Little things like strapping down a Mr. Heater, handy to occasionally warm one's feet and hands.

Always – and that can't be emphasized enough – always, wear a lifejacket when on the river. Winter fishing, though, makes it especially important.

While N. D. Game and Fish Department requirements designed to reduce the potential spread of aquatic nuisance species require emptying one's boat of water before leaving a water body, it's an absolute must in the winter. Failure to do so will likely crack a boat motor's lower unit when the water freezes, especially on larger boats with bigger, deeper lower units. Speaking of damaging things, don't put water in a live well.

Depending on the weather, at times the ramp can be ice-laden because slack water away from the chutes can ice in around the ramp area even if the river itself is wide open.

In addition, Garrison Dam releases fluctuate depending on the amount of water flowing from its hydropower plant release tunnels as it produces electricity.

Just because daily average water releases may be 16,000 or 18,000 cubic feet per second, for example, doesn't mean it's a steady flow. Sometimes getting a boat in the river can be difficult because of low releases or ice making it difficult or impossible to get down river.

Just as winter access onto North Dakota lakes doesn't come with a guarantee anglers can get to their favorite ice-fishing spot, there is no guarantee anglers can get their boat in at the tailrace boat ramp in the winter, whether it's low water or if the ramp is iced in.

The ramp itself can become icy as vehicles pull boats and trailers out of the water, leaving a slithering, slippery layer of icy concrete.

That's an accident waiting to happen, slipping and sliding on the icy ramp, let alone trying to get traction with a vehicle.

Winter techniques mirror summer techniques – minnows and jigs – with most anglers anchoring down river around the first or second coal veins and stumps in the winter. Jig size varies with the amount of current. Start with a light, ¼-ounce jig and 4- or 6-pound test line. Experiment from there with jig size.

The tailrace chutes typically have less activity in the winter, especially considering the combination of colder winter temperatures and stronger current.

Shore-fishing along the tailrace boat ramp rocks can also be popular year-around, weather permitting. Casting crankbaits from shore along the rocks is a staple anytime of the year.

Another tip – cast crankbaits away from any ice so they don't catch on it. If it does catch, don't go onto the ice attempting to retrieve it. No crankbait is worth breaking through into the water and endangering oneself – or others.

Just as the tailrace boat ramp can ice in with low water and cold temperatures, shore-fishing can be curtailed under those same conditions. The rocks can be slippery and icy, as well, so extreme caution is always a must from shore or boat.

With an extra cautious, safety-conscious approach, extra gloves, warm clothing, a Mr. Heater, and cooperation in the form of calm and sunny skies, people driving on U.S. Highway 83 or N.D. Highway 200 shouldn't be too surprised if they see someone pulling a boat.

They just might be heading to the Missouri River for some fishing.



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WHAT'S GOING ON MINOT AFB

FRIDAY 03

- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 04

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page

SUNDAY 05

MONDAY 06

- TAP Overview, 0800-1600, M&FRC
- Biggest Loser/Gainer – Initial Weigh In, 0800-1700, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library

TUESDAY 07

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY 08

- TAP (DOL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talk, 1200, Minot AFB Library

THURSDAY 09

- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Let It Snow, 1500-1700, Youth Center
- Dungeons & Dragons Youth Club, 1730-1930, Youth Center

FRIDAY 10

- Frosen Krig Weightlifting Competition, 0800, McAdoo Fitness Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Club Membership Luau, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- BGCA National Arts Showcase, 1800-1900, Youth Center

SATURDAY 11

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Dinosaur Discoveries, 1300, Minot AFB Library

SPECIALS

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