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WHATS INSIDE THIS WEEK:



A MUSICAL EDUCATION IN THE MAGIC CITY

A5



CRAFTING MEMORIES: THE ATYPICAL GEODOME EXPERIENCE

A6



EL MERCADITO: MINOT'S NEW LATIN MARKET

B2

Wingman, Leader, Warrior

Tech. Sgt. Brandee Hahn, 5th Security Forces Squadron Combat Arms and 5 SFS Armory section chief, poses for a photo supporting breast cancer awareness at Minot Air Force Base, North Dakota, Dec. 13, 2024. In 2021, Hahn received her diagnosis; Stage 3 breast cancer at the age of 31, last April she was diagnosed with Stage 4 breast cancer and is once again in remission. Since receiving her diagnosis, she's noticed how going through this experience has made her more understanding, more compassionate and an overall better leader, passionate about helping her Airmen and community. See story on page A2.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA BANKSTON



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Tech. Sgt. Brandee Hahn: Wingman, Leader, Warrior

SENIOR AIRMAN ALYSSA BANKSTON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The room felt unnaturally still as if the world outside had paused, holding its breath. The sterile, cold air of the medical group applying pressure, a weight that couldn't be shaken.

A Major entered the room. A primal instinct began to scream this wasn't a routine visit. Something wasn't right.

"The day I was diagnosed, I will never forget," said Tech. Sgt. Brandee Hahn, 5th Security Forces Squadron Combat Arms and 5 SFS Armory section chief.

In 2021, Hahn received her diagnosis; Stage 3 breast cancer at the age of 31. One could imagine how receiving a diagnosis while being a non-commissioned officer in the United States Air Force at a high-paced, isolated location, such as Minot Air Force Base, would feel overwhelming.

"Initially, I was feeling very small and alone," said Hahn. "Cancer does not run in my family so really the question in my mind was, 'Why me?' Though I still ask myself this question, I know I will never know why."

Many people believe if a service member is diagnosed with cancer they will automatically be discharged, which is a false and dangerous misconception. Instead, the military typically provides treatment and pays for care for the remainder of the service period while allowing the individual to continue performing duties as the diagnosis and job allow.

"That's why it's important to get checked," said Hahn. "When you have it, the military can help you go through it."

Thanks to Hahn's service, TRICARE lifted the financial stress by paying for her treatment including chemotherapy, radiation, double mastectomy and reconstructive surgery.

"The first time I got some pretty harsh chemotherapy, they call it 'The Red Devil' because it's red in color and, well, it takes a lot from you to include hair and energy," said Hahn. "I went through four rounds of that, eight rounds of Taxol and eight rounds of Carboplatin, all forms of chemotherapy."

From there, Hahn had her surgery and then endured 15 sessions of radiation, which Hahn described as, "a cakewalk compared to chemo."

Team Minot has played a big role in the support Hahn needed through her recovery.

"The community of Minot, the people here care so much, it's awesome," said Hahn.

Hahn credits her family, husband, leadership and the nurses at the Trinity CancerCare Center for supporting her through her experience.

"My squadron leadership has also been phenomenal through this whole experience," said Hahn.

Hahn specifically mentioned the commander of the 5 SFS at the time, United States Air Force Lt. Col. John-Paul Adrian. How he genuinely cared and constantly checked up on her meant a lot to her.

"He was like a second dad to me at times," said Hahn.

Over time, Hahn realized talking with Adrian forced her to understand her true feelings about her dire situation.

Although Hahn went into remission, this wouldn't be her last diagnosis. Last April she was diagnosed with Stage 4 breast cancer.

"My family comes from Norway, which deep down makes me a Viking, and one thing I know is that Vikings don't go down without a fight and that is what I set my mind to," said Hahn.

Stage 3 cancer is serious, but

recovery and a long life afterward is possible. When cancer reaches Stage 4, it means the disease has spread to another part of the body. It is an aggressive disease and if not taken under control, it can travel to other locations like the brain which can quickly become fatal.

"With that, I had to learn to appreciate life more and be less angry at things around me. I learned to appreciate smaller things and learned to forgive things in my life that hurt me," said Hahn. "Life is too short and precious to live such a way."

This time around, Hahn is on Trodelvy, a form of chemotherapy for people who have been re-diagnosed.

"It's not harsh, though it has taken all my hair," said Hahn.

In between sessions, she takes injections that trigger her body to go into overdrive to reproduce red and white blood cells to help her body recover from the chemo.

"Imagine taking five PT tests in the span of two hours, that's what it feels like," said Hahn. "The only thing you can do is sleep it off."

She spoke about how her journey with breast cancer has strengthened her resilience and given her a new perspective on life.

"It's made me understand and appreciate life more," said Hahn. "My experience in life was just kind of going through the motions and then when this happened, it was like I had to change my life."

Since receiving her diagnosis, she's noticed how going through this experience has made her more understanding,



Tech. Sgt. Brandee Hahn, 5th Security Forces Squadron Combat Arms and 5 SFS Armory section chief, delivers a speech before a breast cancer 5k at Minot Air Force Base, North Dakota, Oct. 10, 2024. Hahn hosted a breast cancer 5k to raise awareness and funds. She raised approximately \$1,900 for a local foundation, supporting chemotherapy patients.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA BANKSTON

more compassionate and an overall better leader, passionate about helping her Airmen and community.

When her journey with breast cancer started, she was a staff sergeant and has since been promoted to technical sergeant. She has also become a section chief in charge of two sections within the 5 SFS. Despite her challenges, she continues to succeed much like her Viking ancestors.

October is nationally recognized as Breast Cancer Awareness Month. The goal is to raise awareness of breast cancer signs and symptoms and emphasize the importance of an early diagnosis.

"We don't know when we have it unless you actually have a history of it, or you go get checked and it's found," said Hahn. "It's important to raise awareness about getting checked."

Last October, Hahn hosted a breast cancer 5k to raise awareness and funds. She raised approximately \$1,900 for

a local foundation, supporting chemotherapy patients.

When it comes to breast cancer awareness, one of the things Hahn emphasized is advocating for yourself. Due to the barriers that can restrict access to mammograms before the age of 35, Hahn believes people younger than 35 need to speak up for themselves and demand access when there's a possibility of a disease that can be as fatal as breast cancer.

"Breast cancer is the silent killer," said Hahn. "We have to have this awareness."

Hahn is once again in remission, serving her community, her Airmen and her country.

Throughout her journey, Hahn has been an exemplary Airman as defined by the Airman's Creed. A wingman who supports her Airmen and aids her community, a leader who develops herself and others, and a warrior who continues to fight for her country, for her loved ones and for herself.



A military working dog attends a 5k with its handlers at Minot Air Force Base, North Dakota, Oct. 10, 2024. Tech. Sgt. Brandee Hahn, 5th Security Forces Squadron Combat Arms and 5 SFS Armory section chief, hosted a breast cancer 5k to raise awareness and funds. She raised approximately \$1,900 for a local foundation, supporting chemotherapy patients.

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Minot AFB PA Specialist joins Joint Task Force-National Capital Region in support of the 60th Presidential Inauguration

TECH. SGT. ANASTASIA TOMPKINS, JOINT TASK FORCE-NATIONAL CAPITAL REGION

WASHINGTON – U.S. Air Force Senior Airman Alex Nottingham, a native of Fort Worth, Texas, recently joined the Joint Task Force-National Capital Region

(JTF-NCR), which is preparing to support the 60th Presidential Inauguration, Jan. 20, 2025.

Nottingham is one of more than 800 service members assigned

to JTF-NCR, a joint service command charged with executing all military ceremonial support for the inaugural period. The JTF-NCR is composed of service members from all branches of the armed forces of the United States, including Reserve and National Guard components.

Nottingham, a 2012 graduate of Boswell High School, Fort Worth, Texas, is assigned to the content production office as a public affairs specialist. He is responsible for documenting members of the task force and the presidential inauguration.

Nottingham is an active duty member of the U.S. Air Force and has served for four years.

“As a journalist in the United States Air Force, it’s an incredible honor to stand here and witness this inspiring moment in history,” said Nottingham. “Covering the 60th Presidential Inauguration is not just a career milestone, but a profound reminder of the ideals we serve and the enduring strengths of our democracy.”

JTF-NCR is the joint service command charged with planning, coordinating and providing U.S. military support to presidential inaugurations. During the upcoming inauguration, approximately 5,000 service members from every branch, including active and reserve components, will provide essential ceremonial and operational support for the 60th Presidential Inauguration.

Since 1789, when a military escort and full ceremonial procession

including a military contingent of 500 members of the Army, local militia and Revolutionary War veterans escorted the newly elected president to his swearing-in, military support has played a traditional role in presidential inaugurations.

Participation of the armed

forces in this time-honored tradition demonstrates the military’s support to the nation’s newly elected commander in chief, reaffirms civilian control of the nation’s military and the peaceful transition of power which celebrates the principles of democracy.



U.S. Air Force Senior Airman Alex Nottingham, a native of Fort Worth, Texas, is supporting the 60th Presidential Inauguration as a member of Joint Task Force-National Capital Region at Fort McNair, Washington, D.C. Nottingham is a public affairs specialist documenting the 60th Presidential Inauguration.

DEPARTMENT OF DEFENSE PHOTO BY TECH. SGT. ANASTASIA TOMPKINS

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- Shriners - 2nd Wednesday at 6:00PM
- Scottish Rite - 1st Wednesday at 6:00PM
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- Prince Hall - 2nd Saturday at 9:00AM



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MINOT AIR FORCE BASE NEWSPAPER
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A VIEW FROM OUR SIDE
 ROD WILSON



Happy New Year, and it's time to make your North Dakota (Winter) Bucket list, if you haven't already done so. I won't claim that I am going to do all of the activities that I am suggesting this winter, but I can guarantee you that they are all activities that I have done over my many years as a resident of North Dakota, and more recently, the past 48 years, as a resident of Minot.

WALKING

We'll start with the easiest and most obvious activity, bundling up and going for a winter walk in one of the many parks. My favorite, because it is close to where I live, is Oak Park. If you aren't close to a park, a short walk around the neighborhood is always great exercise. If you are in town and have a few minutes for an outdoor walk, the Minot Parks Department usually clears and sweeps most of the trails in Oak Park and Roosevelt Park.

BIRDING

When you are walking keep your eyes open for the many birds that are still left, even in the cold and snow of winter. There are quite a few, and the crisp, cold air and lack of vegetation makes it easy to spot them in the trees and on snow covered ground.



UPSIDE DOWN UNDER
 MARVIN BAKER

After searching statistics regarding various coffee brands, obscure entries on websites helped connect the dots about why Tim Horton's locations in North Dakota may have closed their doors.

At one time, there were four Tim Horton's franchises operating in North Dakota; Grand Forks (2), Fargo and Minot. The first to open was a coffee and bake shop across the street from the Alerus Center and Canad Inns in Grand Forks. That shouldn't be a surprise to anyone since Canadian visitors are the ones who frequent that hotel and shop in Grand Forks.

Shortly thereafter, a satellite opened in the Ralph Englestad Arena on the University of North Dakota campus and then a third shared a convenience store on 13th Avenue South in Fargo.

Finally a fourth Tim Horton's opened on North Hill in Minot and shared a building with Qdoba.

By the end of 2022, all of those locations had closed their doors despite a 2015 corporate initiative to open 15 locations in both Fargo and Minot.

The official statement of closure from Tim Horton's was vague, saying the North Dakota locations closed so the company could concentrate on its Canadian franchises.

If anyone believes that, there's a bridge for sale in Arizona. There are hundreds of locations in several

Your North Dakota Bucket List

When our kids were younger we started maintaining various types of feeders just outside our living room window. It's a great winter pastime to watch as various birds visit the feeders. Although we haven't done it lately, we used to keep a list of the birds that appeared at our feeder. Every once in a while we would have a new species visit our feeder that would send us to the bird book (everyone has to have a bird book) to identify the visitor.

CROSS COUNTRY SKIING & SNOWSHOEING

Never mind all of those reasons why you don't think you can cross country ski, it's very easy to rent equipment.

Hours: Monday – Friday: 4:00-9:30pm

Saturday and Sunday: 12:00-9:30pm

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The cost for rental skis and snowshoes is \$7. Rental skis and snowshoes are to be used on Minot Park District Property only. Trails are groomed at the Moose Park and Oak Park and when snow conditions allow.

All cross-country ski trails are groomed after fresh snowfall. It is important to note that trail routes may vary due to melting snow and the exposure of grass in some areas.

CURLING

Everyone's bucket list has to have curling as one of your activities, and the Minot Curling Club makes it easy. Hey, we were all beginners at one time, but it didn't take long to get passionate about the sport of curling. There are several "Learn to Curl" events that you can take advantage of. But let's get one thing clear...curling is not

bowling on ice. The Minot Curling Club suggests you take a look at the MCC Calendar and pick out one of the nights when there is either open curling or league curling activities. You can always stop in and watch from the upstairs lounge area and learn about curling before you take your first step out on the ice.

ICE FISHING

In it's true form, ice fishing used to mean trekking out onto a frozen lake with a sled or toboggan full of equipment, drilling a few holes with a hand driven ice auger, and sitting on a bucket with a small ice fishing rod hoping for a bite. You were dressed for warmth and had a couple of thermoses full of hot coffee to warm your insides.

Things have changed a bit in the ice fishing world. There are still those ice fishing purists who keep things simple; and then there are those who call a resort like Woodland Resort in Devils Lake (woodlandresort.com) and talk to my friend Kyle, the owner, and schedule a true ice fishing adventure. All you need to do is show up, and the staff at Woodland takes care of the rest. You have a heated icehouse, fishing gear, transportation to your icehouse and all the friendly advice you need to make this a true family outdoor adventure. Lots of fun guaranteed!

Or you may have a couple of friends who have invested in ice fishing gear, and you can tag along. Like most of the other outdoor sports, let people know you are interested, and an invitation may more than likely be forthcoming. I also have noticed that Outdoor Rec on base has a lot of ice fishing equipment for rent. Might be worth a quick call to find out what is available. What a great Christmas

card photo for 2026! The whole family on an ice fishing excursion in North Dakota...

ICE SKATING & HOCKEY

Once again we turn to the Minot Parks & Recreation web site (minotparks.com) for information on open skating at MAYSA arena, and at the various outdoor rinks around town. There is a list of the rinks and the hours for the various warming houses at the rinks.

The MAYSA arena is a great place to learn to skate, for kids and adults. Indoor may be your best choice, but it's always fun to skate outside on those warmer winter days.

OUTDOOR ACTIVITIES

Rent a tube and hit the slopes. When it looks like we will get some snow, make plans for tubing and sledding. The Minot Parks has several hills for tubing, but there are also quite a few hills that are popular and are available for family fun.

START CROSSING OFF ACTIVITIES

OK, let's get started! And don't forget to invite some friends. After you've had your fun outdoors, it's time for hot chocolate and a movie indoors. Don't let those cold temps get you down. Dress warm and head outside to enjoy winter. Have Fun!

BEST KEPT SECRETS

Minot State University has a couple of great hockey teams. Both the men's and women's teams put on a great show of good, clean, competitive hockey. Look for their home schedules at msubeavers.com.

TODAY'S CHUCKLE

What do you call a prom in the North Pole? A snow ball.

The picture is becoming clear...

states with most of them being in Ohio and New York. The coffee franchise is a corporate sponsor of the Buffalo Bills football team. Minnesota also has five locations.

In reality, there were a variety of reasons for the North Dakota closures with one of the most obvious being competition from Starbucks, Caribou and McDonald's, as well as numerous local coffee shops.

Although Tim Horton's is the third most popular coffee in the U.S. and Canada, Starbucks is No. 1 just about everywhere. It's difficult to compete against that regardless if you are Tim Horton's, Dunkin Donuts or Seattle's Best.

But what it allegedly boiled down to is lack of customer service and poor management.

Unofficial comments from customers about the Grand Forks location didn't paint a rosy picture. I suppose if you wanted coffee, no problem, but customer reviews complained of cold food, wrong orders and employees not knowing

what they were doing, or else providing lackadaisical customer service.

There were also some unofficial employee reviews across the board that didn't look good. One of them stated employees had to work without breaks and were constantly being yelled at. The comments aren't verified, but are comments posted from said employees on social media.

It is also known that to get a Tim Horton's franchise, you have to fork out a lot of money up front, not to mention, having a building, or at least be able to share one with someone else, as was the case in Fargo and Minot.

It's only a guess, but the Fargo Tim Horton's was most likely in the poorest financial shape. Seldom were people there even though it was on one of the busiest streets in Fargo near West Acres shopping mall.

Minot and Grand Forks did much better with customer traffic, at least initially. Apparently, the brand

was the draw until that alleged poor customer service trumped the quality of the coffee and donuts.

Tim Horton's remains a popular choice in North Dakota. Its coffee is available at North Dakota Target and some Walmart locations and in some other specialty shops. People living near the border often travel to Canadian locations to get their Tim Horton's fix.

A new location may have opened on 19th Ave. S., in Fargo, but the Fargo Convention and Visitors Bureau isn't aware of it and a Popeye's Chicken is operating in that space in a Petro Serve plaza.

Hopefully lessons were learned, but still the results were unfortunate for customers. Right now, the closest location to Grand Forks is Morris, Manitoba, and Minot's closest location is Estevan, Saskatchewan.

Grand Forks and Minot continue to grow, but at a slower pace than Fargo, so let's hope we see the franchise re-emerge in Minot and Grand Forks so we can get our Timbits and coffee.

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KERIANNE NOEL, NORTHERN SENTRY

“I would teach children music, physics, and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to understanding the universe.” These immortal words attributed to Socrates in Plato’s Republic sound less like those of an ancient sage and more like someone who is up to date on the latest research in cognitive development. Mindy Dicken, singer/songwriter, teacher, and, as of March 2024, the newest owner of Children’s Music Academy (CMA) of Minot would wholeheartedly agree with his statement.

Mindy’s enthusiasm for unlocking a child’s musical potential during the period known as the “musical window,” approximately between ages four and eight is apparent to anyone who talks to her. She cites not just known cognitive boosts in focus, coordination and memory, but on the emotional and social benefits that come with learning in a small group and becoming proficient at something you’ve worked hard on. CMA’s studio, is not merely strewn with various instruments and the current seasonally themed snowflake decor, but handouts that show all the parts of the brain that must communicate with one another, when someone plays an instrument or sings (it’s pretty much all of them.) Mindy’s goal is to make these benefits tangible both through CMA and her company Everjoy Music.

The opportunity to take over CMA from previous owner and friend, Terri Aldrich, happened by chance as Terri made the decision to retire and move closer to grand-children. CMA of Minot, which first came to the Magic City in 2005, utilizes a copyrighted curriculum to teach keyboard, singing, harmony, rhythm, note reading, theory, ear training, composition, ensemble playing, recorder, guitar and more. The Pre-Junior course includes eight week sessions featuring seasonal themes and is designed for three to four year olds. The Junior and Intermediate courses offer the full CMA curriculum over either 2.5 years for students in first grade up to age 9 or 3.5 years for students as young as 4.5. These longer courses follow the school calendar and are paid for annually or in monthly installments. Classes meet one hour a week and require a parent to be present to learn alongside the student and then guide them at home.

Military families may wonder about the commitment involved when faced with the uncertainties of TDYs, deployments, and the PCS cycle. Mindy’s first piece of advice is to simply jump in and join for



Owner Mindy Dicken (left) poses with former CMA owner Terri Aldrich.

whatever amount of time you do have in Minot because, “the brain benefits are there for that age, and you only get busier later in their lives.” She notes that families with similar age kids can enroll both in the class and that those with busier work schedules have utilized friends, sitters and extended family to make lessons possible. She also shared that, while they are not ideal conditions for learning to take place, for a committed family there is the option to do zoom lessons when a parent is sick, the roads from base are less than optimal, or a family is temporarily away from Minot for a TDY. She has even had a military family continue to finish up the program via zoom after moving away.

Families pay for the multi-year program one year at a time and Mindy noted that, for those who pay in installments, she would not apply the dis-enrollment fee for military families faced with a PCS. She added, “for military families who prefer full-pay rather than installments (which will save them some money,) I offer a prorated tuition and full-pay discount

[families] who know they will be moving during that year’s tuition period.” In short, when it comes to making the most of a child’s musical education, Mindy’s chief focus is to help as many families as possible succeed. She noted that even if there is not a CMA program at the next duty station, there are similar enough programs out there that she is confident there will be ways to continue forward, even after just one year with CMA.

With the next set of preschool classes opening up in March, and a few openings left for the next Junior/Intermediate Course, which start the third week of January, CMA has plenty to offer Minot’s military community. Mindy concluded, “if you’re a human being, music is for you. So why not enjoy it and understand it and develop a basic skill set that you can do something with. Most people don’t grow and say they wish they had been better at math, but almost everyone wants to be better at music!” For more information about CMA go to <https://childrensmusicacademy.org/minot-nd/>



The inside of CMA’s studio is ready for a new year of classes.

CHILDREN’S MUSIC ACADEMY PHOTOS



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Crafting Memories: The Atypical Geodome Experience

KERIANNE NOEL, NORTHERN SENTRY

"In a hole in the ground there lived a hobbit. Not a nasty, dirty, wet hole, filled with the ends of worms and an oozy smell, nor yet a dry, bare, sandy hole with nothing in it to sit down on or to eat: it was a hobbit-hole, and that means comfort." So began J.R.R. Tolkien's *The Hobbit*. And it is this image that is conjured up every time one drives past Atypical, a microbrewery right in the heart of the Magic City. Located on 510 E Central Avenue, just outside of downtown Minot, one might find it hard to believe that just seven years ago this space that aesthetically harkens back to an older world was being utilized as nothing more than a storage facility complete with dirt floors and, before that, a gas station dating back to 1927!

Atypical Brewery & Barrelworks began as a joint venture between co-owners Nick Holwegner, brewer Eric Johnson, and two additional, silent partners in August 2018. They grew their business, their space, survived the Covid pandemic, and have become a well-loved local destination known for their craft beers, barrel aged sours, and cider. Their products can be enjoyed at the brewery itself as well as in restaurants across not just the Magic City but the state.

The key to success for Atypical has been their ability to provide not just delicious beverages, but innovative, communal experiences. These include the



Atypical Brewery & Barrelworks

presence of food trucks, trivia nights, a dog friendly atmosphere, and various live events all of which are well advertised through their social media pages. To get an idea of what is coming at Atypical, one just has to head over to Facebook and check out their monthly calendar. Recently they were one of the beneficiaries of the Destination Development Grant, intended to expand tourism experiences in North Dakota, which has enabled them to continue to develop their already inviting space.

While this grant will go toward various improvements, including a much anticipated indoor event venue, the most immediately noticeable has been the appearance of the igloo-like structure known as the Atypical

Geodome. Inspired by similar domes throughout the state, Atypical's dome was designed and built by Nick Holwegner and Brady Dixon of B.A.D. Creations, a custom woodworking and cabinetry business. The dome seats up to ten and boasts enough internal heat to keep a group comfortable, with temperatures getting to just over 50 degrees. The Northern SENTRY tested this out recently, and it remained pleasant inside of the dome for a group of nine, even as the outside temperature plummeted to below zero. With cafe lights providing gentle illumination from above, a wooden table in the center, and a personal speaker on which patrons can play their own music, it is a more intimate variation on the noisier pub

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Top photo: The Atypical Geodome, illuminated and ready for visitors. (Photo c/o Facebook)



Bottom photo: 5th OG leadership and spouses enjoying a New Year's drink inside the geodome.

experience. Additionally, if you are lucky enough to rent it while it is snowing outside, the effect, according to Nick, is very much like that of a reverse snow globe. How to enjoy the Atypical Geodome Experience? Reservations can be made online and currently cost \$75 for a two hour time slot or \$50 for one and a half hours. The link can be found through their Facebook and Instagram or the many QR codes that are posted around the brewery itself. And while drink service is not included, it is just a hop, skip and a jump to get back to the bar itself. When asked

about the reception the geodome has had, Nick shared that it has remained fully booked since its launch, and will continue to be available Friday, Saturday, and Sunday evenings for the duration of the winter season and into the Spring. If the enthusiasm continues, its hours may expand and an additional structure might also be in the works.

The best way to stay up to date on all the happenings at Atypical and on the dome's availability is to follow the brewery on social media or through the Visit Minot web site.

HELLO BABY

BABY BOY BORN ON TUESDAY, DECEMBER 24, 2024 TO: BEATRIZ AGUILAR AND MARQUISE WILLIAMS MINOT, ND

BABY GIRL BORN ON THURSDAY, DECEMBER 26, 2024 TO: AMBER AND AARON BARKER SURREY, ND

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BABY GIRL BORN ON FRIDAY, DECEMBER 27, 2024 TO: BEATRIZ BAGLIETTO RAMOS AND DANIEL HERCHEY GLENBURN, ND

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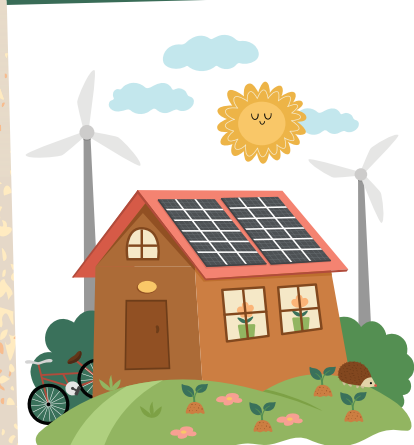
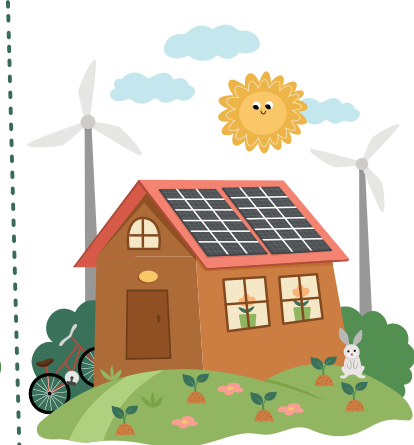
Fact File

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

CREATURE FEATURES

- The national bird of the United States, it is the only eagle unique to North America.
- A Bald Eagle's eye is almost as large as a human's. Their eyesight is 4 times sharper than a human with perfect vision.
- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.

Spot 5 differences

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How to make driving in inclement weather more safe

Impaired visibility can be a safety hazard while driving. Everything from sun glare to hail can affect a driver's ability to see the road and navigate it effectively. Before drivers get behind the wheel, they should make note of their local forecast and make a plan for what to do if rain, snow or other conditions make it challenging to drive.

The International Association of Traffic and Safety Sciences indicates that, based on an examination of crash test data conducted by the National Oceanic and Atmospheric Administration, the "likelihood of a crash increases during periods of low visibility, despite the tendency for less traffic and for lower speeds to prevail during these times."

Drivers can take several steps to improve their visibility when driving in poor weather conditions.

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield. If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.
- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splatter

in the spring and summer. Use the front and rear defrost if condensation fogs up windshields and windows. Slow down. Foul weather can reduce drivers' ability to see far into the distance. Drivers should always drive slower in inclement weather in order to improve reaction time.

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.
- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, staying focused and using regular headlights and not high beams when driving in fog.
- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.
- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

Drivers can take steps to improve visibility when inclement weather makes roadways hard to navigate.



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NOTES ON BEING SAFE

DON'T FORGET ABOUT YOUR PETS!

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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- In Person**
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Do you need to REFILL an existing prescription?

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 - 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?

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MHS Genesis Patient Portal



Q-Anywhere

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El Mercadito: Minot's New Latin Market Fulfills the Need for Authentic Products

NATALY ZARRELLA, NORTHERN SENTRY

El Mercadito Minot, a new grocery store, has opened in the heart of the Magic City, offering a wide variety of Latin and Central American products to the local community. "The Little Market," the store aims to fill a gap and provide an authentic shopping experience for those looking for familiar foods and ingredients from their homelands.

El Mercadito Minot is the second location in North Dakota, with its original store in Williston. The owners also operate both Taco Feliz Mexican restaurants in Minot. According to Diana Gutierrez, a sales associate and the owner's daughter, the goal behind opening El Mercadito Minot was not just to provide much needed products to the community, but also to offer a little piece of home to the community here in Minot.

The store offers a wide range of Mexican and Central American spices, meats, and snacks. Shoppers will find essentials like chiles, quesos, and aguas frescas, along with many traditional products such as piñatas and cleaning supplies imported from Mexico.

Understanding how difficult it can be to find familiar products, the owners are committed to offering not just traditional Mexican goods but also items from all across Central America. El Mercadito is designed not only for those who grew up in Latin America, but also for local residents curious about new flavors and cooking styles.

Minot Air Force Base resident Priscila Kerr shared her experience and what having El Mercadito Minot means to her. "I truly can't express how much it means to have something from home here. After being away for a while and not having full access to the foods and ingredients I grew up with, finding a store that offers them brings me so much joy. It's not just about convenience, it's about being able to share a piece of my heritage with my children and introduce them to the flavors of my childhood. It also gives me the chance to share a part of my culture with friends here, and for that, I am deeply grateful. I truly hope that one day this store continues to grow, expanding its offerings and becoming an even bigger hub for our community and our culture."



El Mercadito Minot located in the heart of Magic City.



Technical Sergeant Brian Zarrella making his first purchase at El Mercadito Minot for his mother in law to make pozole for his family.



New store brings in Mexican and Latin American essentials to the Minot community.

The store's grand opening last week was met with excitement and a warm response from the community. It's clear that Minot's growing Latin and Central American community now has a space to call their own, a place where the sights, sounds, and smells of home are always within reach.

El Mercadito is located at 1700 S. Broadway and is open daily from 11 a.m. to 8 p.m. For more information on the store's products and upcoming events, visit El Mercadito's social media pages or stop by their new location in Minot, ND.



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A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION POWER FLITE PUTS B-52 BOMBERS IN THE RECORD BOOK

JANUARY 16, 1957



After a disheartening string of crashes in the 1950s, USAF Strategic Air Command wanted to re-ignite public confidence in the B-52 bomber and reiterate their powerful capabilities to the world. SAC initiated Operation Power Flite, in which three B-52B Stratofortresses and their crews circumnavigated the globe in a historic flight that took 45 hours and 19 minutes. The original five planes, which were stationed with the 93rd Bomb Wing, departed from Castle AFB, California at 1:00 PM on January 16, 1957. Two of the bombers experienced equipment malfunctions and had to land in the USA and England for maintenance. Each plane held the normal six man crew, as well as an extra pilot, navigator, and the crew chief of each plane. Nearly 100 KC-97s from air bases all over the world took part in the operation, providing essential air refueling for the B-52s. The planes landed at March AFB, CA on the morning of January 18 and became the first jet powered planes to circumnavigate the globe without landing to refuel.

Information courtesy of: afdgsc.af.mil

The three B-52s that completed Operation Power Flite, grounded at March, AFB, CA. (USAF Photo)

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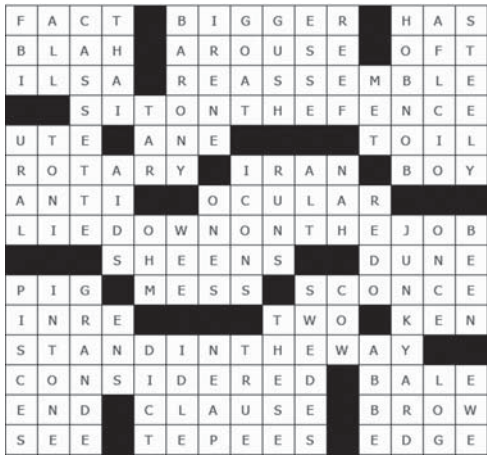
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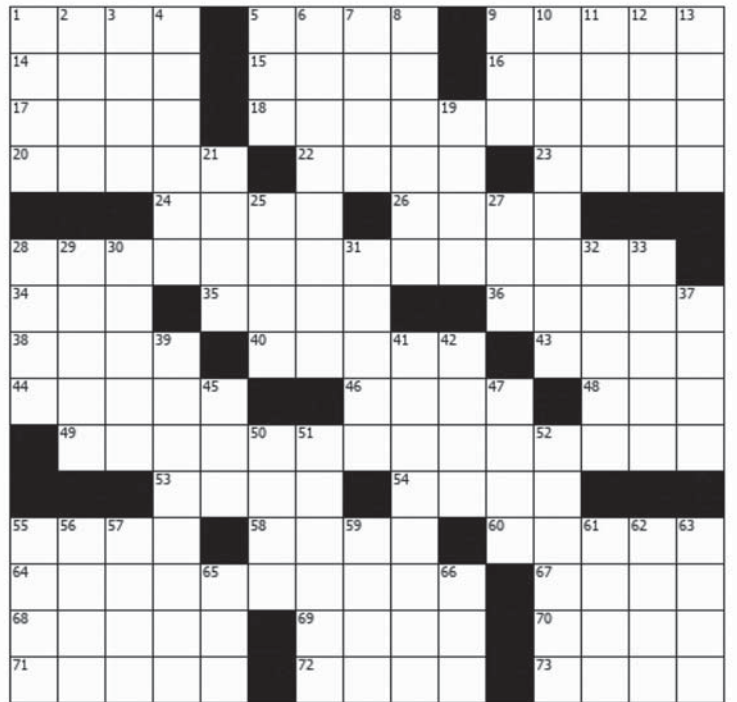
Solution to last week's Crossword puzzle.



CROSSWORD PUZZLE

Across

- 1. Pole at sea
- 5. Auction site
- 9. Small porch
- 14. "La Dragontea" poet ___ de Vega
- 15. Brash bird
- 16. Strauss composition
- 17. Tissue additive
- 18. Trashy musicians?
- 20. Tom of TV's "Cybill"
- 22. View from the back seat?
- 23. In order (to)
- 24. "Walkabout" director
- 26. Get to work on Time
- 28. Way out in the Midwest?
- 34. Bird: Prefix
- 35. Pope after Sixtus III
- 36. Eliminate
- 38. Do some last-minute learning
- 40. Evenly split
- 43. Standard Oil name
- 44. Roman emperor during the eruption of Mount Vesuvius
- 46. Crew needs
- 48. Suffix with Jacob
- 49. French sun worshiper's end-of-summer coup?
- 53. Skiff stabilizer
- 54. Spade et al., briefly
- 55. Beethoven's "Archduke," for one
- 58. Work hard
- 60. Diamond appearance
- 64. Shady Hercule Poirot countryman?
- 67. Proof word
- 68. "Inferiority complex" coiner
- 69. "Achilles and the Tortoise" paradox writer
- 70. Run ___
- 71. Lover's offering
- 72. Assns.
- 73. Canceled (and this puzzle's title)



Down

- 1. Side choice
- 2. Prince Charles's pastime
- 3. Per
- 4. Prove oneself worthy of again, as trust
- 5. Diplomatic bldg.
- 6. 1938 Oscar nominee for "You Can't Take It With You"
- 7. Broadway tutor
- 8. Went on and on
- 9. Sauna site
- 10. Hamleys of London, notably
- 11. Muffin topper
- 12. Cajun Bloody Mary garnish
- 13. It may be forward
- 19. Castor's mother
- 21. Instrument
- 25. "Dear mother Ida, harken ___ die": Tennyson
- 27. "South Park" sibling
- 28. Almanac bit
- 29. Canadian pop singer Lavigne
- 30. Rodeo rope
- 31. Try to pick up
- 32. Stun gun
- 33. Allegro __: very fast
- 37. Forever and ever
- 39. Oklahoma county or its seat
- 41. Be in line for an hour, say
- 42. Alençon's department
- 45. __-Foy, Quebec
- 47. Humane gp.
- 50. Musical main idea, to Menotti
- 51. Mourning in the NBA
- 52. Nautical direction
- 55. It'll give you a lift
- 56. Take 17, say
- 57. Troubles
- 59. Message writer, at times
- 61. Pizazz
- 62. Wide-eyed
- 63. "Rosanna" rock group
- 65. Treasury Dept. branch
- 66. Uniform features: Abbr.

SUDOKU

Solution to puzzle on page B9

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

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CHURCH DIRECTORY

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

Northern Lights Chapel
230 Missile Ave
(across from Rockers)

Catholic Mass
Sunday 1000
Daily Monday-Friday 1200

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

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

St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE
Minot • 838-3094**

Saturday, January 11
5PM, Great Vespers

Sunday, January 12
10AM, Holy Pentecost

Father Bill Neumann



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3705 11th St. SW
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701-852-6404
www.oslcmint.com

Rev. Rick Jones

Sunday Worship
8:15am Traditional Service
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)
Psalm 23 Teens (6-8pm)



An Evangelical Free Church
3500 4th St. SW • 839-5127
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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

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Daily Mass Schedule:
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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

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838-1111

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

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

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



Cross Roads Baptist

Southern Baptist Convention

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

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

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



West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

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facebook.com/westminot

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First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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

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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
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839-4663
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www.ourredeemers.org

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701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org



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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.

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Provider of the Month Feature

JANUARY 2025

LINDA RODRIGUEZ

What do you enjoy most about being an FCC Provider?

I enjoy the creativity that comes with being an FCC provider, seeing the children's faces light up when they learn something new is rewarding.

What are your interests/hobbies?

Staying busy outside of work with various activities and projects, but my absolute favorite thing to do is read.

What advice do you have for new providers/those interested in being FCC Providers?

For a new FCC provider I'd suggest focusing on building strong relationships with the children. It's also essential to prioritize self-care, time management, and seek support when needed.

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

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Upcoming Events

09 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

10 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

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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Navigating the Winter Months of the School Year: A Guide for K-12 Parents and Students- Part 1



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



Happy New Year! The winter months of the school year can feel long and challenging. From shorter days, colder weather, and the impact of holiday breaks, keeping a regular flow in schedule can be tough for both parents and students. However, with the right strategies, you can make it through this season successfully. Here are some tips to help you navigate this time of year while preparing for the months ahead.

1. SET GOALS FOR THE REMAINDER OF THE SCHOOL YEAR

Use this mid-year point to reflect on accomplishments and set new goals:

- Academic Goals: Whether it's improving a specific subject or acing upcoming tests, setting clear targets keeps students motivated.
- Personal Goals: Encourage resolutions like reading more books or learning a new skill. Even acquiring a new skill would be a personal goal to set.
- Family Goals: Plan family activities or challenges, such as a collective goal of volunteering a certain number of hours.

2. STAY ORGANIZED

- Create a Family Calendar: Use a shared digital or physical calendar to keep track of important dates such as tests, projects, events, and extracurricular activities.
- Establish Consistent Routines: Set a consistent routine to combat winter sluggishness and ensures productivity.
- Check-In Regularly: Have weekly check-ins with your children and/or family members to discuss their academic progress and challenges they may be facing. This proactive approach prevents problems from snowballing.

3. BEAT THE WINTER BLUES

Short days and limited outdoor

time can lead to seasonal doldrums. Combat this by:

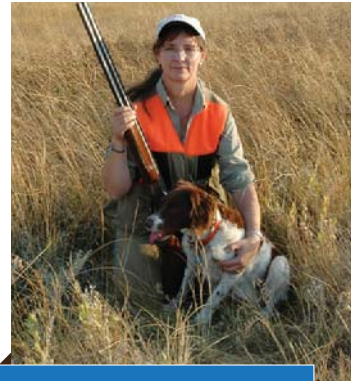
- Prioritize Physical Activity: Encourage movement, whether through indoor sports, family dance parties, or yoga sessions. This movement will be energizing on days that may be difficult in the winter.
- Get Outside When Possible: On sunny and milder, bundle up and head outdoors for fresh air and a dose of natural light. Since we are in North Dakota, ensure to have your winter gear ready.
- Foster Creativity: Winter is a great time for creative projects like painting, crafting, or building models. Take those paint brushes out and channel your inner artist!

4. MAINTAIN COMMUNICATION WITH TEACHERS

Strong parent-teacher communication is crucial, especially during the winter months and middle of the school year:

- Attend Parent-Teacher Conferences: These meetings provide insights into your child's progress and areas for improvement.
- Reach Out Proactively: If your child struggles with a specific subject or needs enrichment opportunities, initiate a conversation with their teacher.
- Stay Informed: Join school mailing lists, communication platforms (i.e ParentSquare) or follow the Minot AFB School Liaison Office to stay updated on important events and announcements.

Now you have additional tools in your kit while navigating winter. Next week, check back for Navigating the Winter Months of the School Year: A Guide for K-12 Parents and Students- Part 2.



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Jan. 6: 1,834.97 feet above mean sea level (MSL); 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.39 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.4 MSL.

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

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of anglers on Devils Lake but overall success is slow.

•Devils Lake, Woodland Resort, Devils Lake: Anglers marking walleye but there's a stubborn bite with somewhat slow success. Better success remains on Lake Irvine or west end of Devils Lake.

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

•*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some walleye activity on Lake Darling but earlier success slowed somewhat Auto tour route closed until spring but designed trails are open to hiking, snowshoeing, or cross-country skiing, weather permitting.

•Lake Metigoshe, Four Seasons, Bottineau: Fair for some nice-sized crappie and bluegill using wax worms. Better walleye activity remains after dark.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity in Douglas Bay on the east end of Lake Sakakawea, as well as the back part of Steinke Bay. Lake Audubon also producing some walleye. Try the east end or west side by Totten Trail in shallow water out to 35 to 40 feet depending on time of day and location.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports.

•Lake Sakakawea, New Town: Lots

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.

•Carry shovels and winter preparedness items when venturing out with the pre-Christmas snow potentially creating varying access conditions on area lakes – getting onto the ice as well as moving around on it.

- Jan. 10: Open Curl & Learn to Curl, MAFB league.
- Jan. 17: West Dakota Waterfowlers Delta Waterfowl banquet, Clarion Hotel Convention Center, Minot, 5 p.m.

TOURNAMENTS:

- Jan. 11: Lake Darling, West landing No. 3; Makoti Lake; Lake Sakakawea, Lewis & Clark State Park; Devils Lake, Woodland Resort.
- Jan. 17 & 18: Lake Sakakawea, Tobacco Garden.



of activity in the Van Hook Arm but walleye remain slow.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Lake Audubon hit-and-miss for walleye. Try flutter spoons or jigs and minnows in 10 to 15 feet. Bite is inconsistent, however. Missouri River tailrace generally slow with a few walleye showing up occasionally.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea producing decent walleye bite around the Guard Camp area with some activity still around White Earth Bay. Numbers of cisco and whitefish also showing up.

•Lund's Landing and Tobacco Garden producing some crappie. Missouri and Yellowstone rivers fair for walleye with some ling in the evening hours. Springbrook Dam producing some perch with better walleye activity after dark. Try McLeod Lake near Ray and Blacktail Dam for pike spearing with better walleye clarity. Kota-Ray Dam producing trout but walk-in access from the gate only.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo lodge lake producing a mix of walleye and pike. No report from other area lakes.

DOWNHILL SKI REPORTS:

•Big Sky Ski Resort, Big Sky, Mont.: 33 lifts, 261 runs, and 4 Terrain Parks open with more than 2 feet new snow over the last week.

•Bottineau Winter Park, Bottineau: 12- to 24-inch base with 2 carpets, T-bar, chair lift, 6 runs, and tubing and terrain parks open.

•Huff Hills Ski Area, Mandan: 16- to 20-inch packed powder, machine groomed base. 9 runs, 2 carpets, 2 lifts, and 2 tows open.

•Terry Peak, Leads, S.D.: 12- to 26-inch base with 3 lifts, 1 carpet, and 8 runs open.

NUMBERS TO KNOW:

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

•Report All Poachers: (701) 328-9921.

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Axtyn Roberts

HOLM
Conrad Jenson
Savannah Hursey

FOERSTER
Kyrie McCoy
Oliwia Martinez-Keczkowska

AXELSON
Reagan Turner
Cameron Warsaw

MURRAY
Lily Frie
Lukas Olson

ESPESETH
Della Rodriguez
Julian Heiser

DELZER
Timber Kenedy
Evelyn McKenzie

OGRODNICK
Charleigh Jackson
Blake Blackmon

SEASTRAND
Matthew Monson
Onyxx Ruiz

FERGUSON
Jaxon Prebble
Adeline Heizer

KELLER
Garrison Mordhorst
Paislee Henlee

MUSIC MAESTROS
Mrs. Ogradnick's Class
Being safe and responsible

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Home for the Holidays Program

AIMEE RAMSEUR:

I cannot express enough how thankful I am of Minot's local community. Since arriving to Minot, ND on 18 November 2023, I hadn't been to my hometown in a little over a year. All thoughts of visiting home were dismissed as I was unsure how I'd be able to afford and make time for it. Thanks to you all, along with my incredible leadership. I was able to spend an amazing 3 weeks with my #1 support system! I am truly grateful that I was granted this opportunity. What you guys are doing is very much appreciated, and all the greatness you are sharing to us will definitely come around back to you. I will only wish you all the best and send you all my love!! Have a great New Year, I hope 2025 treats you wonderfully.

KEITH GARCIA:

I would like to thank the Home for the Holidays Program, Mayor Tom Ross, The Minot Area Chamber EDC, Preferred Travel and everyone in the local community who may have contributed for giving me the opportunity to see my family this November. I hadn't been home since March of this year. I wasn't planning on going home this year for the holidays. I was out in the missile field for Thanksgiving, and I'm out here again on Christmas day as I'm typing this. For my job we live out here on site for a week at a time. I flew home to NM the week before Thanksgiving and went back into the field when I got back. The day I flew back home was my mother's birthday so that was a nice gift for her. I was able to see my father and his wife. I also got to see my Grandparents who aren't doing so well physically and mentally, especially my grandpa. I got to see my Godmother who has also seemed to decline cognitively since I've been home. She I also

got to see her daughter who is my cousin. I was able to play pool and bond with my father, as well as help him unload a large amount of pellets from his truck. He's capable but he is getting older and has had back problems most of his life, so I was glad I was there to help with that. I got to lose money at the casino with my mom, she wanted to go for her birthday. My mom has been suffering from Vertigo since March from when she flew my kids back to ID for me when we were all there visiting and I had to fly back here early for work. I helped her put together a small trampoline that her therapist recommended she get to help with her treatment. I helped my Grandparents put up their Christmas lights and ornaments on their tree. Watched Christmas movies with my mom and had a small Thanksgiving dinner. Besides that, I just hung out and relaxed. Thank you again for sending me home. I'm glad I was able to go because I wasn't planning to, and everyone is getting older and don't want any regrets not seeing them. I hope everyone had great holidays and Happy New Year to all!

JUSTENE RICHARDS:

The Home for the Holidays Program was an incredible opportunity that made my holiday season truly special. I have been away from my daughter for the past eight months, and this trip allowed me to reunite with her and bring her back with me. I was also able to host Christmas with my parents at their home and have the entire family together to celebrate.

This experience gave me the chance to create precious memories with my loved ones that I'll cherish forever. None of this would have been possible without the generosity of Minot's Mayor Tom Ross, the Minot Area

Chamber EDC, Preferred Travel, and the local community. I am deeply grateful for their kindness and support, which brought so much joy to my family and me this holiday season.



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

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★ Hotel ★ REVEL 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

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.

RESTAURANT & ENTERTAINMENT GUIDE

<p>Atypical Brewery & Barrel Works</p> <p>510 Central Ave E, Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks</p>	<p>Applebee’s Grill & Bar</p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>
<p>Bone’s BBQ Smokehouse & Grill</p> <p>437 N Broadway, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>	<p>Culver’s Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Dakota Square Mall, Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Meg-A-Latte</p> <p>2045 N Broadway Suite #100, Minot Phone: 701-838-8479 www.meg-a-latte.com</p>	<p>Mi Mexico</p> <p>3816 South Broadway, Minot Phone: 701.858.0777 www.mimexicomintnd.com</p>
<p>N.D. Asia</p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>	<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p>Pink’s Bar & Grill</p> <p>102 128th Ave NW, Minot Phone: 701.852-2385 FB: PinksBarGrill</p>
<p>The Blue Rider</p> <p>118 1st Avenue SE, Minot Phone: 701.852.9050 www.theblueriderbar.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	

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NORTH DAKOTA AND THE "CONSERVATION PRESIDENT"

Patricia Stockdill

At first it may seem weird North Dakota, a state some 1,500 miles from the State of New York has a deeply rooted love for Pres. Theodore Roosevelt.

There is good reason, however: Born in New York City, Roosevelt retreated to a ranch in what is nowadays North Dakota's western Badlands after the death of his wife. Back in 1884 it was a little slice of Dakota Territory.

It's been said he credits his nearly two-year experience in the Badlands as shaping much of what would later follow in his life, including as United States president. He wrote about those experiences in a book, "Hunting Trips of a Ranchman".

North Dakota unofficially adopted the 26th president and the national park named in his honor, Theodore Roosevelt National Park, near Medora, N.D. has become a major destination for residents and nonresidents alike.

His time on that western North Dakota ranch solidified his love of the land and of hunting. It also solidified his strength as a leader, defender, and advocate of his country.

En route to Yellowstone in 1903, friend and fellow passenger John Burroughs recalled traveling via train with Roosevelt through the Badlands: "Had he (Roosevelt) not gone West, he said he never would have raised the Rough Riders Regiment, and had he not raised the regiment and gone to the Cuban War, he would not have been made governor of New York; and had that not happened, the politicians would not unwittingly have made his rise to the Presidency so inevitable," Burroughs is quoted as saying.

To read some of Roosevelt's writings such as "Hunting Trips of Ranchman" is to understand Roosevelt and his love for what understandably might be perceived as rugged wasteland. It's brutal winters and summer heat, however, wasn't daunting – it was career and life-changing for Roosevelt.

Let's face it, winter in North Dakota and its winter nights tend to be long. Reading "Hunting Trips of a Ranchman" and two other books authored by Roosevelt in what could be considered a trilogy – "Ranch Life and the Hunting Trail" (published in 1888) and "The

Wilderness Hunter" (1893) – provide insight into a man who could easily earn the honor of being called "The Conservation President".

Understanding Roosevelt's dedication to conservation and his conservation philosophy is chronicled in the book "President Theodore Roosevelt's Conservation Legacy" by W. Todd Benson.

It provides insight into how Roosevelt was influenced in his conservation and hunting ethics through friendships with some of America's early and greatest hunters and conservationists. Roosevelt hosted a dinner pitching the idea of an organization dedicated to protecting the country's big game species that gave birth to the Boone and Crockett Club.

Roosevelt served as Vice-President under Pres. William McKinley, assuming the presidency after McKinley's death in September 1901. During his tenure in office he advocated for strong public land stewardship for future generations. From April 11, 1902 with the establishment of San Isabel and Santa Rita National Forests through the end of his presidency in 1909, Roosevelt was responsible for establishment of hundreds of national forests, parks, monuments, and national wildlife refuges.

Roosevelt established Sully's Hill National Game Preserve near Devils Lake in 1904 as a national park. It became a National Game Preserve in 1914 and would later come under U.S. Fish and Wildlife Service management. In 2019 its name was changed to White Horse Hill National Game Preserve.

Five islands within Stump Lake, also near Devils Lake, were designated as a National Bird Reservation in 1903. The Fish and Wildlife Service now manages the islands as part of the National Wildlife Refuge system. However, high water flooded the islands and the refuge is closed to the public.

Roosevelt's time in North Dakota admittedly wasn't a lengthy stay. Yet what he absorbed during that time stayed with him forever.

There is some great reading to provide insight into the nation's "Conservation President". A North Dakota winter is a good time for just that.



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WHAT'S GOING ON MINOT AFB

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- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Frossen Krig Weightlifting Competition, 0800, McAdoo Fitness Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BGCA National Arts Showcase, 1500-1730, Youth Center
- Club Membership Luau, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 11

- Zumba, 0800, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Dinosaur Discoveries, 1300, Minot AFB Library

SUNDAY 12

MONDAY 13

- AFFT, 0530, McAdoo Fitness Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Taking Care of Others, 1300-1500, M&FRC
- Cycle, 1700, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 14

- Registration Closes: Lifeguard Class, Outdoor Recreation
- AFFT, 0530, McAdoo Fitness Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1630, McAdoo Fitness Center
- Winter Warriors Winterization, 1730-1930, Auto Hobby Shop

WEDNESDAY 15

- AFFT, 0530, McAdoo Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 16

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1630, McAdoo Fitness Center
- Dungeons & Dragons Youth Club, 1730-1930, Youth Center

FRIDAY 17

- AFGSC Family Day
- For a full listing of Martin Luther King Jr Day holiday facility hours, visit 5thforcesupport.com
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 18

- For a full listing of Martin Luther King Jr Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 0800, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page

SPECIALS

Bomber Bistro Featured Item

Greek Salad

Spring mix with red onion, Italian olives, cherry tomatoes, and feta cheese with a pepperoncini and Greek dressing.

The B-Fifty Brew Featured Item

Health Kick Smoothie

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Rockers Bar & Grill Featured Item

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