

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 63 • ISSUE 03 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 17, 2025

## Mother, Military Spouse, Author and Superwoman?

HANNAH WATERS,  
NORTHERN SENTRY

“I wanted to write something I would read” said MAFB mil spouse and debut author, Meridith Gray. Meridith is an avid reader, coffee addict, stay-at-home mom of four and now the author of a new book, *Becoming Indigo*. Meridith explained that the only way she was able to get to the finish line was from the support of her family. Meridith stayed at home to take care of the kids when her husband, Master Sergeant Robert Nathan Gray (Nate), joined the Air Force in 2011. She explained that “[Writing this book] was the first time I’ve done something for me, like just 100% for me to do.” The novel originally started as just a short story, based on a fun idea that came to Meridith’s head back in September 2023. She proceeded to add on little by little having her husband, Nate, and her father read it and give her feedback.

*Becoming Indigo* is a contemporary romance novel following a woman, “Girl” on the run. Girl has no identity, no family, and nowhere to go. After a gruesome run-in with a known serial killer, she is kidnapped by the leaders of a known motorcycle gang. This book has comedy, violence, a bit of danger, a slow-burn romance and a slight trigger warning too.

For Meridith, the writing process started with the song “Bad Memory” by K Flay featured in the movie *Birds of Prey*. “Bad Memory,” describes a psychotic kind of love, the kind that makes a person go insane. The song is centered around a girl whose emotions are all over the place after she has been wronged by her significant other. Meridith also compared her protagonist, “Girl”, to Harley Quinn, the main character in the movie.



Author Meridith Gray at her book signing event at Main Street Books.

NORTHERN SENTRY PHOTO | HANNAH WATERS

Meridith mentioned that after a certain point in the novel’s progression, her husband told her he thought it was good enough to become a published book if she wanted to make it one. Her husband’s comment

eventually made her decide to turn *Becoming Indigo* into an actual novel. Although she was determined to finish the book, there were some non-writing challenges that needed to be overcome, like how to be a parent

and an author at the same time. Meridith described the difficulties saying, “I had to find a balance of staying up with my kids, but also not forgetting me.”

CONTINUED ON NEXT PAGE



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# Superwoman

CONTINUED FROM FRONT PAGE

While the challenges of mom life and writer life combined put her through wringer, Meridith was adamant in pointing out that her family's and husband's support was the key to her success. According to Meridith, her children have been extremely helpful. She said that her 13-year-old son, Liam, wanted to read the book. "My 13-year-old understands, and he thinks it's neat. He's a big reader too." Meridith joked and explained that Liam was so excited about that book that he even wanted to take it and have placed in his school library. But, she explained that that might get her in trouble as it is not a book geared toward kids. Additionally, Meridith light-heartedly shared that her younger children, who don't yet have a grasp on the struggling writer concept, asked, "So are we rich?" While not famous yet, Meridith hopes this book will be the start of a passionate and lucrative writing career in the future. She also mentioned her brother and parents, despite not being huge readers of the book's genre, have also been very encouraging and supportive of her writing.

When discussing why she decided to self-publish, she explained the differences between traditional publishing and self-publishing. "It can be difficult to break into the traditional publishing industry... with traditional publishing, your book can be amazing, but if you don't have an agent, it is really hard to get them to notice you or pay attention to you." She explained

that self-publishing on the other hand can be done by anyone, it is completely on the author to market the book and make all necessary edits. She said, "I'm learning as I go, and marketing is the hardest part. Now that *Becoming Indigo* is complete, Meridith explained that "Its kind of surreal, because finishing things is hard for me. But now, I'm like what do I do?"

From start to finish, Meridith has been challenged on many aspects. Between raising her kids, being an Active-Duty military spouse, and now an author, she created an amazing story and did it without an editor or publisher. Meridith might just be superwomen in disguise.

*Becoming Indigo*. Available for purchase on Amazon, Barnes and Noble, and Main Street Books,



MSgt Robert Nathan Gray (Nate) with a copy of *Becoming Indigo*.

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# Airman Nominated For Red Cross "Life Saving Award"

AIRMAN 1ST CLASS VINCENT PADILLA, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Airmen of all ranks and career fields are required to complete many training courses throughout their career in the U.S. Air Force, some of which may feel monotonous, or irrelevant to a certain AFSC. However, Airman 1st Class Mohammad Ghazi found himself in a situation that exemplifies why all airmen must be prepared to act in a moment of emergency.

While on lunch, Airman 1st Class Matthew Murphy began to choke on his food and required immediate assistance. "He started to cough repeatedly, and eventually started to show signs of struggling to breathe," said Airman 1st Class Ghazi, who is currently enlisted in his first term as Security Forces in the 5th Bomb Wing at Minot Air Force Base, North Dakota.

Ghazi, having recently received annual cardiopulmonary resuscitation training, felt informed on how to correctly apply abdominal thrusts so that he may clear Murphy's airway.

"I undid the velcro, removed his ballistic, and began abdominal thrusts until the food was dislodged," said Ghazi.

Ghazi credits the recent CPR training he received in providing him with the confidence and ability to respond to the emergency and potentially save the life of airman Murphy.

Ghazi demonstrated an ability



Airman 1st Class Mohammad Ghazi

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS VINCENT PADILLA

to take action without hesitation, resulting in having potentially saved the life of a fellow airman. His actions have earned him a nomination for the American Red Cross Lifesaving Award for Professional Responders, recognizing trained Professional

Responders and Healthcare Professionals acting while on duty.

"I think every AFSC should receive this training because anyone can find themselves in this situation," said Ghazi.

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# Connections

**A VIEW FROM  
OUR SIDE**

ROD WILSON

**northern-sentry**  
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On 2 different sides of the country there were 2 events. The fires that were turning neighborhoods in Los Angeles into apocalyptic terrain, and the history making winter storm that rocked southeastern states and brought record ice and snowfall, and brought that part of the nation to a standstill.

I do not want you to think I am comparing these 2 events as being equal in scope and devastation. Rather, I would like to point out that the Minot Air Force Base population is in most part not from this area, and I am sure that they, like my wife and I, were glued to the TV as we watched the details unfold. We had someone who we were concerned about living in the affected areas.

Our son once lived in Monrovia, a small (by California standards) community just south and east of Los Angeles. At one time he had an apartment where he could actually see the iconic front gate of the Rose Bowl. In Monrovia a couple of years ago there were wildfires that were clearly visible in the hills that overlooked the city. The Bobcat Fire, as it was called back then, also threatened the historical Mount Wilson observatory, and the many communication antennas also on top of Mount Wilson.

Fast forward to January of 2025 and again the area is ravaged by another wildfire, now named the Eaton Fire, that has destroyed thousands of homes and structures and claimed at least 16 (at the time I am writing this) lives. History will hopefully repeat itself as it now appears that fire crews will be able to save the area on Mount Wilson from destruction, but the Eaton Fire has burned through 15,000 acres. Santa Ana winds are once again fanning the fires but at least it seems that the thousands of firefighters deployed to the area are finally turning the tide as the Eaton Fire is now about 33% contained.

So, what's your point, Rod? My point is that Los Angeles and Atlanta may seem a long way from North Dakota, but your next door neighbor could have a son, like us, or a daughter, or friends, that could be in harms' way. A lot of people who know that my son lives in California, and in particular the Los Angeles area, have sent me emails, or text messages or even called me to find out if my son is OK? There has never, and hopefully history will not repeat itself in this case, been a catastrophic fire event like the one that is still threatening hundreds of thousands of people in Los Angeles. And even though the southeast states will get back to somewhat normal in the next week or so, based on what we saw in our 2011 flood, Los Angeles and the areas affected by the fires, will probably never be the same.

With the advent of social media and cell phones, we are fortunately, and perhaps unfortunately, given access to never before seen coverage of the events that are now becoming common place in our world. But what we also have to remember is that Minot is different from other cities that have military bases. I have often seen Minot Air Force Base referred to as a "smaller

base" in the news media. But the truth is that in comparison Minot Air Force Base is much larger in terms of population percentage than other bases located closer to larger cities. It is very possible that your neighbor who is active duty could be from Los Angeles and have family members who were forced to evacuate. As connected as we have become, we can in a matter of minutes have vital infrastructure destroyed, and our connection to family, friends and relatives can disappear. Our son was able to communicate with us and (kind of) set our minds at ease about where his home was in relationship to the fires. But we quickly questioned him about others, including friends that lived near the Rose Bowl, who may still be waiting for the final word to evacuate. One family we knew had, and still have, both of their cars loaded and ready to leave. They would be lucky because there are stories of those who escaped with just their clothes on their backs.

So, for our friends and associates at Minot Air Force Base, we hope and pray that everyone you know is safe, and their homes were not destroyed. And if that is not the case, we keep you in our thoughts and prayers for safety for those you know as they deal with what is ahead for them.

One final point, and it comes as more of a final thought. Just a few short weeks ago we had one of our squadrons of B-52's deployed to the middle east. By nature, information about the deployment was very controlled. I would run into friends at Minot AFB who had relatives that were part of that deployment. How difficult it must be to be limited, again by design, on the information about the deployment. Not knowing how long the deployment would be, and the date of return.

The Minot Air Force Base is in the business of security, both for our nation and our allies. And to serve notice, however it best be done, to our adversaries that we will do what it takes to accomplish this mission. Yes indeed, as a base, and a community, and a country...we are connected.

**BEST KEPT SECRETS**

The date has been set...and we are guaranteed that the Downtown Minot Fall Festival will be held on September 13th, 2025. Mark your calendars and be sure to watch for more information coming your way.

**TODAY'S CHUCKLE**

This is one of those real life events created by my grandson. We had a bit of a snowstorm in West Fargo, and we woke Sunday to snow and cold. It was natural for me to look out and make a plan to shovel my son's driveway (we were grandkid sitting). I have 2 grandsons old enough to shovel. The oldest said he was ready and started getting dressed. The next in line said "Me, shovel? No thank you." Boy, I can't remember being given that option when I was a kid. If you guessed that grandpa won out and grandson #2 joined us outside...you are right. LOL

# After the rubber meets the road...

**UPSIDE DOWN  
UNDER**

MARVIN BAKER

Do you ever wonder what happens to your old tires after they're replaced on your car? Do you ever wonder if there was a better way to prolong tire wear? Do you ever wonder what kind of recycled uses there are for old rubber like worn out tires?

In today's world, whenever you get a new set of tires, there's an "environmental" fee for the service station to take them. Apparently, that helps offset the cost of getting them recycled into something useful.

If you have larger tires, they can be retreaded and there are companies in North Dakota that carry out that service. This is mostly done with large truck tires and some farm implement tires.

But generally speaking, if you travel around the state of North Dakota, especially on back roads like gravel and/or minimum maintenance roads, you'll find tires everywhere. Sometimes there are multitudes of them just sitting around on the prairie. And in most cases, those tires have been there for decades, much like some of the old machinery.

According to several tire companies, worn-out car tires are collected and taken to a recycler that turns them into playground surfaces, asphalt material, rubberized mats or even fuel in certain cases.

If you're a football fan, many of the professional, college and even some high schools are going to artificial turf. The material for this is crumb rubber, which is made from recycled tires.

So tires can and do get recycled, and there are places in North Dakota that do this, but there is a price for doing so. And in the grand scheme of things, how many retired or soon-to-be retired farmers are going to ante up to have the tires taken off their property and recycled?

Old farm machinery gets recycled, but in that case, the property owner is usually paid for the metal. In other cases, people make it their business to go out to farmsteads and clean up old machinery.

They take it for free and clean up your property. In return, they keep the nominal recycling earnings. It's a win win.

Tires aren't like that. Because they are a petroleum based, the method isn't as easy and takes more specialized equipment. One obvious example is in order to recycle tires into a playground surface, the wires embedded in the tires needs to be removed before the rubber can be chopped up.

Unfortunately, you can't recycle tires like you can metal, cardboard or lumber. There are ways to do it though, most notably using old tires for gardening beds. Sometimes they're used for dog beds or cut in half and used as tree swings.

Those noble ideas are all good and well, but they don't solve the problem of piles of old tires on the prairie landscape.

In the 1980s, less than 20 percent of tires were kept out of landfills. Today, that number is somewhere between 80 and 90 percent, but less than half of those are recycled, at least locally.

Getting into the tire shredding business can be highly profitable, but understand there are some high upfront costs. A commercial tire shredder can cost anywhere from \$50,000 to \$100,000.

There are lower-end tire recycling machines that are generally designed for municipal recycling operations. They can cost between \$15,000 and \$20,000, but apparently will shred rubber or plastic.

In today's world, \$20,000 isn't a lot of money, especially for a city like Fargo that has had a robust recycling program for more than 30 years. Some service stations have enough business to justify such an expense and others may want to avoid finding markets and just break down the rubber themselves and re-purpose it.

Whatever the reason, As recycling becomes more important to save landfills from filling too quickly, this is an opportunity that could benefit any established recycling program, especially in government subdivisions and be a big step in protecting the environment.

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**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

# How well do you know winter weather?

power lines.

**Ground Blizzard** – Strong winds lift existing snow off the ground, causing whiteout conditions even without new snowfall. Visibility is sustained at less than 1/4 mile, with winds up to 50-60 mph.

**Hoar Frost** – Ice crystals that form on surfaces like trees and fences during cold, clear nights. It looks like a light, feathery coating of frost and is caused by sublimation when water vapor turns directly into ice.

**Ice Fog** – Fog that forms in extremely cold temperatures when water vapor freezes into tiny ice crystals, creating a misty appearance.

**Ice Storm** – Occurs when freezing rain accumulates on surfaces, creating a layer of ice at least 0.25 inches thick. This can lead to hazardous travel, power outages, and significant damage.

**Light Pillars** – Vertical beams of light that appear above or below a light source, caused by light reflecting off ice crystals in the atmosphere in extremely cold conditions.

**Polar Vortex** – A large area of low pressure and cold air surrounding the Earth's poles that occasionally moves south, bringing prolonged extreme cold.

**Sleet (Ice Pellets)** – Snowflakes partially melt as they fall through a layer of warm air, then refreeze as ice pellets when they pass through freezing air near the ground. Sleet bounces on impact

and can accumulate like snow.

**Snow Squall** – An intense, short-lived burst of heavy snowfall that sharply reduces visibility and is often accompanied by gusty winds.

**Sun Dog** – Bright spots of light that appear on either side of the sun, often in a halo, caused by sunlight refracting through ice crystals in the atmosphere. A frequent sight on extremely cold days.

**Whiteout** – A condition where blowing snow reduces visibility to near zero, making it impossible to discern the horizon or landmarks.

**Windchill** – The perceived temperature felt on exposed skin due to the combination of air temperature and wind speed. It can make a cold day feel much colder.

**Winter Storm** – A broad term for various types of winter weather, such as heavy snowfall, freezing rain, or sleet, without the specific criteria of high winds and reduced visibility required for a blizzard.

Hopefully, these definitions help you as much as they do me. As I often say to my kids, "Words matter." I'm not from around here, but I want to use the right terms as I bear the cold and experience the majesty of these sometimes-extreme conditions.

For more stories from life in Hotdish Land, join me at amyallender.com, or on Instagram @HeyMinot or @amy\_allender.

"Did you bring sunglasses?" my four-year-old asked from the back seat. "It's so bright," he added, squinting and shielding his eyes with mitten-clad hands. He was right. The snow blanketed the ground, and the trees were covered in delicate layers of snow and ice, like lace clinging to the branches. The vast landscape was white, reflective, and brilliant.

"See the trees? They're covered in hoar frost this morning." I replied, passing him the spare aviators my husband keeps in the car for just such occasions.

He laughed, thinking I was making the term up. After some convincing and repeating the words, he accepted that I wasn't joking. Once at our destination, he pointed at the sky and said, "Look! The sun looks weird."

Sure enough, the sun did look strange, surrounded by a full halo of light. When I told him that was a "Sun Dog," the giggles and convincing started all over again.

A few days later, I heard the term "Clipper" on the nightly weather report. Although the meteorologist said it casually as though everyone should know what it was, I had to Google it.

Later that week, a friend asked me the difference between a winter storm and a squall.

There seems to be a deluge of winter terms around here. If it's confusing for me, maybe it's confusing for you, too. Today, I've rounded up fifteen winter weather definitions so we can all learn a little more and sound more nuanced when discussing the cold. (Definitions have been pulled from the National Weather Service, some have been edited for length and clarity.)

**Alberta Clipper (Clipper)** – A fast-moving, low-pressure system originating in the Canadian Rockies that brings light snow, strong winds, and a sharp drop in temperature.

**Blizzard** – A storm with large amounts of snow or blowing snow, winds exceeding 35 mph, and visibility less than 1/4 mile for at least three hours.

**Freezing Rain** – Liquid precipitation that freezes on contact, creating a glaze of ice on surfaces like roads, trees, and



In Hotdish Land we see all kinds of winter weather. Let's brush up on our terminology.

AMY ALLENDER PHOTO



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# Bringing the Costco Experience to Minot AFB Community

KERIANNE NOEL, NORTHERN SENTRY

For many, there are particular stores whose savings, line of products, or just the experience of it all are ones that can trigger a longing for the amenities of a previous duty station. Some well-loved grocery retailers not currently operating out of Minot include Aldi, Trader Joe's, Sprouts and, the most frequently mentioned, Costco. Fortunately, as of August 25, 2020 a Costco Experience is somewhat within reach for Minot residents - if they are willing and able to make the drive to Bismarck. "Is anybody going to Costco this weekend?"; "Does Costco deliver to Minot?"; and "I'm headed to Bismarck, what are the best things to get at Costco?" These are questions that can be found recurring on community social media pages in and around Minot.

Costco is a membership warehouse club that passes its bulk savings on to consumers, in addition to auto, optical, and pharmacy services as well as their iconic food court, where a hot dog and soda still only set you back \$1.50. The attraction is in the deals on anything from electronics to home furnishings to seasonal clothing, and of course groceries! For those who venture out less often or for bigger families there is also the all-important convenience and savings of being able to buy items in bulk. But the most significant deals at Costco come not from buying

their non-perishable goods but by buying perishables such as meat, eggs, and fresh produce. Their signature Kirkland brand of products are known to be both high quality and affordable. And while Costco delivers certain products to Minot via two-day delivery, perishables are only available to those in the immediate Bismarck area through third party delivery service Instacart, which heaps on additional fees for the service. This is why, the only way to take full advantage of the Costco experience has been to make the three hour trip down there oneself.

While others have put out feelers about offering "Costco Runs," where an individual would take requests, shop for, and deliver items back to others in the base community, and sometimes there have been offers for one-off Costco deliveries, there had not been anyone offering this on a more predictable basis. Not, that is, until McKynzie Thompson and her family moved to Minot six months ago. Originally from Mandan, located just across the Missouri River from Bismarck, they have strived to visit family every four to six weeks.



One of many happy Costco delivery recipients.

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Deliveries can occur on and off base, in this case with a little assist from nature's refrigerator.



One of Mckynzie's most recent hauls.

When asked what prompted her to start offering Costco runs McKynzie shared, "The first time we went down and visited family, my husband [SSgt Wyatt Thompson] and I kind of joked around with the idea... After thinking more about it, I said why not and posted to Facebook to see if there was any interest." It turns out, there was.

Beginning with just two individuals on their first run in November, she expanded to six families on their most recent trip in late December. She noted that she is willing to drop off deliveries on base or to meet those in town somewhere along Broadway, but that picking items up at her home is also an option for those with base access. McKynzie also shared that she would potentially be

willing to pick up items elsewhere in town (Chick-Fil-A fans, take note!) To take advantage of the next Costco run, interested families should keep an eye on unofficial base community pages as this is not a business with its own page so much as a friendly service being offered to those who miss being near a Costco. While these deliveries occur every four to six weeks, in conjunction with family visits, McKynzie added that if more people were interested in placing a Costco order, she could see herself going more frequently.

Despite having access to Costco a few hours away, the movement to petition for a Minot location has not faded away entirely. The web site change.org includes a petition (found at <https://www.change.org/p/craig-jelinek-open-a-costco-in-minot-north-dakota>)

dating back to 2019 that is still active and had received signatures as recently as three months ago. But according to Costco's web site, the best way to request a new location is to utilize the "feedback" section on their own site. If enough individuals in Minot and the surrounding areas declared their interest, perhaps the case for a third North Dakota location could be opened? Alternatively, maybe an option to make perishable items deliverable to the Magic City could emerge. In the meantime, members of the community such as McKynzie, whose family hopes to be here for a few years yet, can continue to bring the joy of Costco to one another through the occasional Costco run.

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## AMERICAN BISON



**Fact File**

Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Omnivore Carnivore <b>Herbivore</b> Grasses, Sedges, Shrubs

**CREATURE FEATURES**

- Bison are the largest land animals in North America.
- They have adapted to extreme weather conditions. Bison use their heads and hooves to dig through deep snow to reach vegetation.
- Bison are good swimmers and can cross rivers over half a mile wide.
- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.

## SPOT 5 DIFFERENCES

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# Tire maintenance keeps drivers safe

Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road. Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance.

Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems. Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- **Tire pressure:** The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.
- **Rotation:** Check the owner's manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.
- **Balancing:** AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.
- **Alignment:** Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed. Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.



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





NOTES ON BEING SAFE

# SPEEDING PUTS YOUR FAMILY AND OTHERS IN DANGER

Every day we all see it, that one "guy" driving like a madman on their way to work in the early morning hours, whipping in and out of traffic, just to get ahead of one more car, for what, maybe free donuts?

Despite statistics showing that excessive speed is a factor in a third of all fatal crashes, a recent survey by Farmers Insurance Group shows that 69.2 percent of respondents admitted to exceeding the posted speed limit on the highway. In addition, 36 percent said they regularly exceed the posted speed limit by five or more miles per hour, and 22 percent said they repeatedly drive 10 or more miles per hour over the speed limit.

Speeding is a factor in 31 percent of all fatal crashes, killing an average of 1,000 Americans every month, according to the National Highway Traffic Safety Administration (NHTSA), which estimates the cost to society of speed-related crashes to be more than \$40 billion each year. Speeding is a problem not only on freeways, but also on local streets. Many commuters opt to take surface streets, thinking they can more efficiently escape traffic and avoid congestion.

Here are some interesting facts our office put together to demonstrate the difference in speed vs time, from the HW 83/County Rd 10A (46th Ave NE) to the MAFB main gate: The approximate distance is 10 miles.

- Driving 70 mph take approx 7 minutes
- Driving 50 mph takes approx 10 minutes
- Driving 35 mph takes approx 15 minutes

Reducing your speed from 70 mph to 50 mph greatly increases safety and only increases travel time by 3 minutes.

Traveling over the speed limit can be especially dangerous in bad weather conditions. Speeding was a factor in 53 percent of fatal crashes that occurred when there was snow or slush on the road and in 60 percent of those that happened in icy roads.

There are steps you can take to make your driving safer. Here are some useful tips:

- Take time to plan ahead. Make sure you allow yourself enough travel time so you don't end up rushing to get to your destination.
- Check your local traffic

report on the Web before you leave so you know where to expect congestion -- then you know if you'll need more time to get to your destination.

- Adjust your driving to meet road conditions. If the road is wet, slow down and keep more distance between you and the vehicle ahead of you. Also, roads are treacherous when it first starts to rain, as the water mixes with oils and other deposits to create a slick road surface.

- Be prepared to adjust to sudden speed reduction, for example, when you're exiting from a highway, encountering sharp curves on a two-lane road or entering residential or high bicycle/pedestrian traffic areas.

- If you're late, you're late. Accept it and apologize when you arrive. It's better than endangering lives.

- Wear your seat belt. It's not only the law, it could keep you from becoming a speeding-related fatality.

Giving yourself plenty of time to get where you're going, heeding weather conditions, and using your common sense will help you drive more safely. So once again I ask the question "Where are the free donuts"?



SSGT JOE VERGARA  
5TH BOMB WING  
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# MINOT AFB PHARMACY

## How YOU can communicate with US!

### Do you need to ACTIVATE a new prescription?

Here are three ways to ACTIVATE a prescription at Minot AFB Pharmacy:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Using the link or QR code
  - Click on 'Message' tab
- Q-Anywhere**
  - Text "Get in line" to 1-833-274-5419
- 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?

Here are two ways to REFILL a prescription at Minot AFB Pharmacy:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Use the link or QR code
  - Click on 'Rx Refills' tab
- 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:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Using the link or QR code
  - Click on 'Message' tab
- Q-Anywhere**
  - Text "Get in line" to 1-833-274-5419
- In Person**
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MHS Genesis Patient Portal



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**Duty Hours**  
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Saturday: CLOSED  
Sunday: CLOSED



For the latest information on MDG closures and news, please visit our Facebook page at:  
[facebook.com/5thMedicalGroup](https://facebook.com/5thMedicalGroup)



For **emergent** needs, visit us in person. You can also call the appointment line at 1-701-723-5633 and a request will be sent for a member of our team to call you back within 48-72 hours!



# Tax Season 2024: Simplifying Taxes for Military Families—Key Dates and Easy Tips!

NATALY ZARRELLA, NORTHERN SENTRY

Tax season is officially here, and it's the time of year when many of us are reminded of our adult responsibilities. For those in the military and civilian positions within the Department of Defense, it's especially important to know when W-2 forms will be available to ensure a smooth and timely tax filing process.

According to the Defense Finance and Accounting Service (DFAS) members can find their tax documents on the myPay website listed under "Tax Statement (W2)" bases on their their status and dates below:

- Active Army, Navy, Air Force, Space Force W-2: Available January 17, 2025
- Reserve Army, Navy, Air Force, Space Force W-2: Already available
- Civilian (DoD/Non-DoD) W-2: Available January 24, 2025

The official IRS tax filing deadline for 2024 is April 15, 2025, giving you plenty of time to gather your documents and file. Whether you're the type who files right away or the one who waits until the last minute, it's crucial to stay on top of these dates to avoid any last-minute scrambling.

## RESOURCES FOR MILITARY MEMBERS AND FAMILIES

For military members and their dependents, there are additional resources to make tax filing easier. According to the Military Family Readiness Center at Minot Air Force Base, Military OneSource is the best place for military members to get assistance with their tax returns. Through MilTax, a free e-filing software, military service members, eligible family members, survivors, and recent veterans (within 365 days of separation or retirement) can receive help filing their taxes.

MilTax Software will be available starting January 15, 2025, and offers several valuable features:

- Specialized software tailored to address the complexities of military life
- The ability to connect with a tax professional for additional assistance
- Free filing for federal and up to three state returns

This is a great way for eligible individuals to complete their taxes

at no cost while taking advantage of the unique tax considerations related to military service.

## TAX FILING ASSISTANCE AT MINOT AFB

The Minot AFB Legal Office has informed Northern Sentry that there will be no Installation Volunteer Income Tax Assistance (VITA) at Minot AFB available this year. According to MilitaryOneSource.mil, "the VITA program offers in-person tax assistance at many military locations. VITA coordinators are specially trained to address military-specific tax issues, such as combat-zone benefits and applying Earned Income Credit guidelines". There is still a possibility they may partner with the Minot, ND IRS office, as they have in previous years, to assist members with submitting their tax returns. VITA has traditionally provided free tax preparation assistance, and it's hoped that this partnership may continue in the near future.

In the meantime, service members can also turn to several commercial options for

assistance, including H&R Block, TurboTax or other local Tax Filing Companies. These services offer user-friendly platforms and access to tax professionals, allowing you to file your taxes quickly and accurately. While there may be associated fees with these services, they can provide valuable help for those who may feel overwhelmed by the filing process or have more complex tax situations.

As tax season approaches, it's essential to stay informed about the resources and deadlines that can make the process smoother. Whether utilizing MilTax for free e-filing, exploring potential partnerships with the Minot, ND IRS office, or turning to trusted services like H&R Block and TurboTax, there are multiple ways for military members and their families to file their taxes with confidence. By staying on top of key dates and taking advantage of these valuable resources, you can ensure a stress-free tax season and avoid any last-minute complications. Don't wait, get your documents ready and take action now to file on time!



Don't forget to file your taxes this year! IRS Tax Deadline April 15, 2025.

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# A LOOK BACK

## THIS WEEK IN USAF HISTORY

57TH AIR DIVISION IS ACTIVATED AT MINOT AFB  
JANUARY 22, 1975



On January 22, 1975, the 57th Air Division was activated at Minot Air Force Base, ND. The unit had a long history overseas and at many other United States bases before moving without personnel or equipment to Minot. It took on the resources of the base and lent vital support to the 91st Strategic Missile Wing and 5th Bombardment Wing. The 57th AD would go on to become the host unit of the base after the Iran Hostage Crisis in 1980, when Strategic Air Command tasked them with organizing the Strategic Protection Force. The 57th AD was the first division in SAC to implement the concept. At the forefront of the force were the B-52 Stratofortresses, which could provide worldwide warfare capabilities. The 57th Air Division was in control of all missile and bomb wings in North Dakota, including those at Grand Forks AFB and Minot. The unit was deactivated in June of 1991 and the 5th Bomb Wing became the host wing, and continues to assume host responsibilities to this day.

Information courtesy of: minot.af.mil / Air Force Combat Wings by Charles Ravenstein / History of Minot AFB c. 1980



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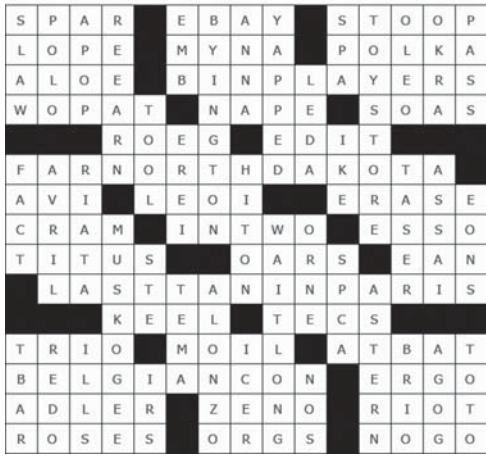
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

Solution to puzzle on page B9

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

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**HOURS:**  
 MONDAY - THURSDAY  
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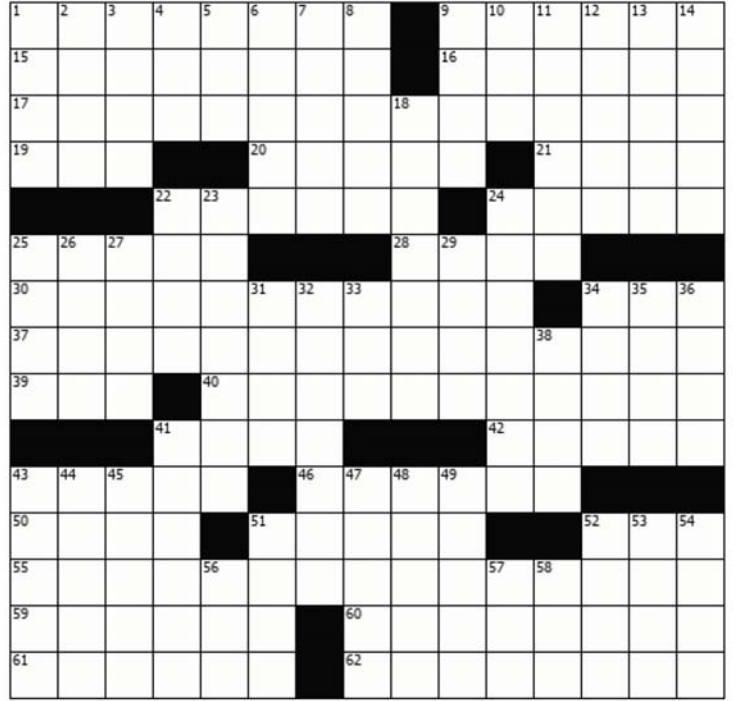
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**CROSSWORD PUZZLE**

**Across**

- 1. One with a close shave
- 9. Diacritic for a long vowel sound
- 15. UPS service
- 16. Mistreatment
- 17. Defend America Act system
- 19. Layer
- 20. Greet and seat
- 21. Space
- 22. Siamese et al.
- 24. Penalties
- 25. Cold blast?
- 28. Stat for David Ortiz
- 30. Utter failure, figuratively
- 34. Fool
- 37. Teeter
- 39. Passé flier
- 40. Walk unsteadily
- 41. Cacophonies
- 42. Local movie theaters
- 43. Work \_\_
- 46. Bytes, usually
- 50. Composer Khachaturian
- 51. Siren
- 52. CBS forensic drama
- 55. Not beat around the bush
- 59. Whirled
- 60. In charge
- 61. Lookout
- 62. Seminary study



**Down**

- 1. Middle manager?
- 2. Small, graceful hawk
- 3. Bani Sadr was its president in 1980-81
- 4. AT&T acquisition of 1991
- 5. Verbal hesitation
- 6. Strike out
- 7. Match
- 8. Gave two tablets to, say
- 9. Presence
- 10. Sitcom character who lived with the Tanners
- 11. U-shaped fitting used on automatic garage doors
- 12. In need of punctuating
- 13. Actor Davis
- 14. Calls for
- 18. Strip
- 22. Augur
- 23. Like some high-tech machines
- 24. Sibelius's land
- 25. " \_\_ fair ..."
- 26. Corp. VIPs
- 27. Verb with thou
- 29. Adonis's slayer
- 31. Later
- 32. Enlarges, in a way
- 33. D-Day carrier
- 34. One frequently looking down
- 35. Breakout source?
- 36. Tosses
- 38. "Oy!"
- 41. Doofus
- 43. Alleviates
- 44. Deal
- 45. "The Seasons" composer, 1801
- 47. Certain Balkan
- 48. Back nine opener
- 49. Rugged ridge
- 51. Movie pooch
- 52. Opponent of Caesar
- 53. Get amorous, in Exeter
- 54. '60s Cosby/Culp series
- 56. Pen or hen
- 57. Siemens predecessor
- 58. Food fish

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# CHURCH DIRECTORY

## Chapel Services at MAFB

**North Plains Chapel**  
290 Peacekeeper Pl  
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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  
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**Saturday, January 18**  
5PM, No Vespers

**Sunday, January 19**  
10AM, Congregational Prayer Service



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

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Confirmation (grades 6-8)  
Psalm23Teens (6-8pm)



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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](http://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](http://www.vincentumc.com)



**Faith United Methodist Church**

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://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](http://www.cornerstoneminot.com)



**Grief Support Group**  
meets Mondays at 7:00pm

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

**1720 4th Ave NW, Minot**  
838-0916  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

## Immanuel Baptist Church

**1615 2nd St. SE**  
[www.ibcminot.org](http://www.ibcminot.org)  
701-839-3694

**SUNDAY** 9:00am Coffee Fellowship  
9:15am Sunday School  
10:30am Worship

**WEDNESDAY** 11:30am Soup Kitchen  
5:30pm Family Supper  
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](http://www.stjohnminot.com)



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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

**To Advertise your Church 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](http://www.minotrcbc.org)  
email: [minotrcbc@gmail.com](mailto: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](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

## St. Mark's Lutheran Church

Missouri Synod

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

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

## First Baptist Church

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

Classic Worship Service ..... 8:30 a.m.  
Sunday School (All Ages) ..... 9:45 a.m.  
Contemporary Worship Service ..... 9:50 a.m.  
Adult Sunday School ..... 11:00 a.m.  
Contemporary Worship Service ..... 11:05 a.m.  
Children's Church ..... 11:05 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](http://gbcminot.com)  
E-mail: [gbcminot@gmail.com](mailto:gbcminot@gmail.com)

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A Church of the Lutheran Brethren

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

700 16th Ave SE • 701-838-0750

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

## ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 38th year the fall of 2025 and we would love to have your child be a part of it!

**HIGHLIGHTS OF OUR PROGRAM**

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

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



**Gospel Tabernacle Community Church**

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

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

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

ADVERTISE YOUR

# Church

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Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

**CONTACT US**

call 701-839-0946

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

VIEW OUR PAPER ONLINE AT [NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)



**OUR REDEEMER'S CHURCH KNIGHTS**

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



# 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. 13: 1,834.59 feet above mean sea level (MSL); 19,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.44 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.MSL.

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

•Devils Lake, Woodland Resort, Devils Lake: Try jigs in 12 feet for a fair walleye bite. Perch remain slow, however.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling somewhat slow for walleye. Lake Audubon fair for walleye.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: OK walleye bite on Lake Darling for small fish with larger ones tough to come by. Try the main river channel or old weed lines but bite has a narrow window around sunrise and sunset.

•Lake Metigoshe, Four Seasons, Bottineau: Continued crappie and bluegill success using wax worms. Look for better walleye success in the dark hours yet.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing a few walleye around Douglas and Steinke bays. Also try lake Audubon with fair walleye success.

•Lake Sakakawea/Lake Audubon, Hwy. 83 lawn & leisure, Garrison: Generally fair walleye success.

•Lake Sakakawea, New Town: No new reports.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Weather permitting, Missouri River tailrace producing a few walleye. Lake Audubon producing some walleye but overall inconsistent success. No reports from the east end of Lake Sakakawea's south shore.

•Lake Sakakawea/northwest N.D.

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

- 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. 17: West Dakota Waterfowlers Delta Waterfowl banquet, Clarion Hotel Convention Center, Minot, 5 p.m.

- Jan. 19: Registration deadline for annual Winter Wild Outdoor Women workshop, Lake Metigoshe State Park, Bottineau, Feb. 7 – 9. Details and registration available at (<https://bit.ly/LMSPShowClix>).

- Jan. 24 & 25: Curling for a Cure, Minot Curling Club.

- Jan. 24 & 25: Zoo Year's Eve, Roosevelt Park Zoo, Minot, 5 p.m.

- Jan. 25: Bird Dog First Aid Clinic, presented by Knife River Pheasants Forever, Hazen Golf Course, Hazen, 8 a.m. Information and tickets available at ([events.pheasantsforever.org/events](https://events.pheasantsforever.org/events)), searching North Dakota events.

- Jan. 25: Frozen Fun Day, Polaris Park, Minot, 11 a.m.

- Jan. 27: Parents Night Off/Kids Night Out, Souris Valley Golf Course, 5 p.m.

### TOURNAMENTS:

- Jan. 17 & 18: Lake Sakakawea, Tobacco Garden.

- Jan. 25: Devils Lake, 6-Mile Day.

- Jan. 25 & 26: Lake Audubon, Totten Trail.



lakes, Scenic Sports, Williston: Walleye activity slowed between Lewis & Clark State Park and White Earth Bay on the upper end of Lake Sakakawea. Try 20 to 30 feet if venturing out. Hofflund and White Earth back bays producing some decent pike. Missouri and Yellowstone rivers producing a few walleye and sauger. Fair walleye success on Springbrook Dam. Some activity at Smishek Lake north of Powers Lake, as well.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not many reports with last week's cold weather limiting activity.

### DOWNHILL SKI REPORTS (CONDITIONS CAN VARY):

- Big Sky Ski Resort, Big Sky, Mont.: 42-inch base with 34 lifts and 288 runs open.

- Bottineau Winter Park, Bottineau: 12- to 24-inch base with 6 runs, 2 carpets, terrain and tubing parks, 1 lift, and 1 tow open.

- Huff Hills Ski Area, Mandan: 16- to 20-inch packed powder, machine groomed base with 9 runs and 3 lifts open.

- Terry Peak, Leads, S.D.: 26- to 30-inch base with 4 lifts, 1 carpet, and 24 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.

**CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!**

**MON-THUR 11 AM TO 10 PM**  
**FRI-SAT 11 AM TO 10:30 PM**  
**SUN 11 AM TO 9 PM**

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**701-858-0777**  
**WWW.MIMEXICOMINOTND.COM**

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## TEAM MINOT CHAPEL TEAM HOSTS DORM DINNER FOR AIRMEN

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS WESLEY DAVIES



Airmen talk and eat with chaplains at the dorm dinner facilitated by the Minot Spouses Club at Minot Air Force Base, North Dakota, Jan. 8, 2025. The dorm dinner is hosted once every month and provides Airmen with an opportunity to build community and get a free dinner.



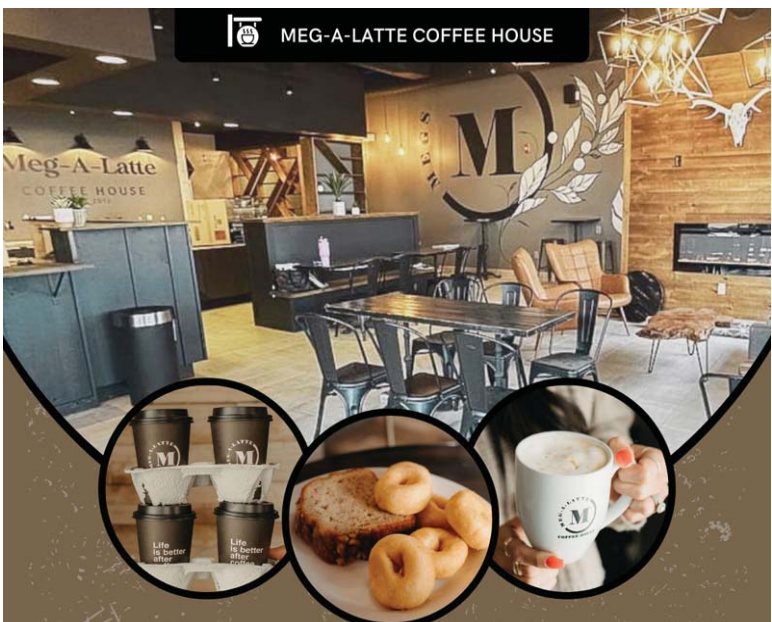
Airmen living in the dorms socialize and eat with members of the Chaplain Corps and Minot Spouses Club at Minot Air Force Base, North Dakota, Jan. 8, 2025. The dorm dinner is hosted once every month and provides Airmen with an opportunity to build community and get a free dinner.



Airmen socialize and enjoy food at the dorm dinner hosted by the Chaplain Corps and facilitated by the Minot Spouses club at Minot Air Force Base, North Dakota, Jan. 8, 2025. The dorm dinner is an event put on by the Chaplain Corps and is facilitated by volunteer organizations and clubs every month for Airmen living in the dorms.



The Minot Spouses Club set up and provide food at a dorm dinner for Airmen at Minot Air Force Base, North Dakota, Jan. 8, 2025. The dorm dinner is an event put on by the Chaplain Corps and is facilitated by volunteer organizations and clubs every month for Airmen living in the dorms.



## NEW TO MINOT

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[www.meg-a-latte.com](http://www.meg-a-latte.com)

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



**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

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

Sensory Nights are designed for children and their families who may have special needs, differently-abled individuals, and those who have sensory sensitivities. We understand that the museum can be a bustling place. During Sensory Friendly Night, we provide adjusted sound levels and limit attendance to create a calmer environment. Sensory bags will also be available at the front desk. Families can explore the museum at their own pace. Sensory Night is held on the third Tuesday of each month from 4:00 - 5:30 p.m. Sponsored Sensory Nights are Free; non-sponsored months are \$5. We hope to make this a free event in the future through sponsorships.



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

**11 FEB**  
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

**14 FEB**  
PARENTS' NIGHT OUT  
5:30 PM - 8:30 PM  
YMCA  
3515 16th Street SW, Minot, ND

Want to enjoy a night away while your kids play? Drop off your children (Ages 4-10) for an evening of fun at the Y! From 5:30-8:30, the kids will play in our gyms, do arts & crafts, and have pizza all while being supervised by our amazing staff!



For more information:  
Facebook/ Minot YMCA/ Events

## NEW Community at the Northern Sentry

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



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

## NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

[BLGRILL.COM](http://BLGRILL.COM) | 1400 31ST AVE | MINOT, ND | 701-852-7335





# We're Live! Discover the NEW northern Sentry.com!

ERIN BEENE, NORTHERN SENTRY



If all has gone according to plan, you might be reading this article on the Northern Sentry's brand new website! If you are reading this in the print version of the paper, head on over to NorthernSentry.com and see our new look for yourself!

The new website design was put in place so we at the Northern Sentry could have a more precise way to reach and serve the MAFB community. After all, our whole goal is to "Share the MAFB Adventure". With this in mind, we knew we needed a new modern look with a more user-friendly and mobile-friendly way for readers to view and interact with our online content.

The new website not only comes with a fresh look, but it also exhibits an adaptable model so that we can be ready for changes

and trends in the future.

The Northern Sentry, with a few name changes, has served the MAFB community as the base newspaper for over 70 years! Today, it remains one of the only Air Force base newspapers left in circulation. The focus of the Northern Sentry has been primarily on the hard copy newspaper delivered straight to your doors. While this service, our bread and butter, will continue, more recently we have adapted and expanded our digital sphere presence so that you, our readers and our community, can discover and share your MAFB Adventure with others. And if we have learned anything, it is that adapting, while still staying true to our roots, is the best way forward.

With that business model

plan, we have improved upon our website with the reader and community in mind. While we do anticipate a few kinks to work out (as with any new website) we hope you enjoy, share and like the new site just as much as we do. If something isn't working for you, please do let us know and we will do our best to get it fixed quickly!

Stay tuned for the Best of MAFB Awards coming up in February and make sure you submit some Wintery Photos for our contest for a chance to get tickets to Bottineau Winter Park! The Northern Sentry is the baseline for everything community-related at Minot Air Force Base, and doing what we can to better serve you as our mission.

## 2024-2025 MPS CALENDAR

### IMPORTANT UPCOMING DATES

January 2025							21 days
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

**January 20**  
Prof. Devel. Day –  
No School for Students

**January 20**  
Martin Luther King Jr. Day



- PD Days - contracted days
- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

# ARCHERY

OUR REDEEMER'S CHURCH

Archery at Our Redeemer's Church begins on January 17th! The events are open to the community and free to participate in. Both adults and children are encouraged to attend, and anyone who can draw a bow is welcome to join!

If you're new to archery, equipment will be available for use, and instruction on safety and equipment will be provided. If you already enjoy the sport, feel free to bring your own bow of any kind (except crossbows). Take advantage of our full 20-yard range featuring 3D targets and 4x4 target butts (broadheads are not allowed).

We look forward to a fun season together!

**Open Archery** 6:30-7:30 pm  
**Adult Archery** 7:45-9:00 pm

### SCHEDULE:

January 17 & 31 • February 7 & 21 • March 7 & 21  
Season Finale • April 4

700 16th Ave SE Minot, ND 58701  
For more information, contact Esther Zearley at 701.509.9552



# January is Human Trafficking Awareness & Prevention Month

MINOT AFB PREVENTION OFFICE

There are several forms of Human Trafficking or Trafficking In Persons (TIP) taking place across the country and in the world at large. Combatting Trafficking in Persons (CTIP) is possible when we begin to understand the variations of human trafficking which harm victims every day.

## COMMON FORMS OF TRAFFICKING IN PERSONS:

- **Forced Labor:** Involves forcing individuals into labor by withholding their identity documents, using debt bondage, threats, psychological coercion, withholding pay, and other forms of coercion (U.S. Department of State [DOS], 2023). These crimes are committed to exploit labor from vulnerable individuals and can occur in any type of milieu, including the home (DOS, 2023).

- **Forced Child Labor:** Using force or coercion to make children work for the benefit of the perpetrators who use slavery-like practices which include the sale of children and debt bondage (DOS, 2023).

- **Debt Bondage:** Trafficker's primarily use debt bondage to compel labor or commercial sex from victims. Typically, debt is taken on willingly by the victim then used by the trafficker to force commercial sex acts or labor. (DOS, 2023). According to the DOS (2023), some victims are manipulated into debt bondage through "inherited" debt from relatives. Furthermore, traffickers will oftentimes withhold a victim's pay, forcing additional debt for housing, food, and other expenses (DOS, 2023).

- **Sex Trafficking:** Sex trafficking in adults involves the use of force, fraud, or coercion, to recruit, harbor, transport, or solicit commercial sex acts (Centers for Disease Control and Prevention [CDC], 2024).

- **Child Sex Trafficking:** Child sex trafficking has a similar definition to sex trafficking; however, the victim is under 18 years of age, additionally, even without force or coercion, any commercial sex act with a minor is categorized as trafficking (CDC, 2024).

Unfortunately, there are other forms of Human Trafficking that are often forgotten due to the geographical locations in which the trafficking occurs. One often-overlooked form of trafficking is Child Soldiering.

## WHAT IS CHILD SOLDIERING:

- **Child Soldiering:** An often-forgotten form of human trafficking known as

child soldiering, is defined as any child under the age of 18 directly participating in warfare as a member of a government's armed forces or forcibly recruited into governmental armed forces. (Congressional Research Service [CRS], 2022). Child Soldiering is also defined as an individual under 18 who has been recruited or used in hostilities by non-state armed forces to engage in combat and non-combat acts, (CRS, 2022). Additionally, child soldiering is defined by the CRS (2022) as any person under the age of 15, voluntarily recruited into governmental armed forces and forced into combat or to be used as cooks, porters, spies, couriers, medics, guards, or sex slaves.

## HOW DO WE PREVENT THESE AND OTHER FORMS OF HUMAN TRAFFICKING?

The U.S. Department of Health and Human Services (2023) shares 10 ways we can combat trafficking in persons.

### KNOW THE FACTS

Know the facts about human trafficking and stay alert to others' situations who are around you.

### SEEK HELP

If you or someone you know is being trafficked, contact the National Human Trafficking Hotline at 1-888-373-7888, or text HELP to 233733 (BEFREE). You can also chat via [humantraffickinghotline.org/chat](https://humantraffickinghotline.org/chat). All communications listed are free, confidential and available 24/7.

### INCREASE TRAINING

Work with your organization or agency to receive additional training that will help you and your colleagues recognize and combat human trafficking.

### SPEAK OUT

Share the information you learn about TIP and CTIP with individuals in your area. Contact elected officials in your area to inquire about their efforts to stop human trafficking in your area.

### BE THERE FOR THOSE AT RISK

Support, mentor, assist, and educate individuals in your area who are considered vulnerable/at-risk.

### COMMUNITY ACTION

Work with your community to create Protective Factors to prevent human trafficking. Protective factors can include support groups, training, and education.

### PARTNERSHIP

Connect with institutions in your area and advocate for a trauma-informed approach

to be present within different institutions and businesses in your area.

### NETWORK & SKILLS

Depending on your position within your career field (school administration, youth services), you can support the creation and implementation of human trafficking safety protocols within your institution.

### THINK BEFORE YOU BUY

Consider where you shop and whether forced labor is being used to produce the goods and services you use.

### STAY CURRENT

Consider staying current regarding this topic by following organizations such as the Office on Trafficking In Persons (OTIP) at <https://www.acf.hhs.gov/otip/about/ways-endtrafficking>

### NATIONAL HUMAN TRAFFICKING HOTLINE

Call: 1-888-373-7888

Text: HELP to 233733 (BEFREE).

Chat: [humantraffickinghotline.org/chat](https://humantraffickinghotline.org/chat).



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## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

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

### ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY

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- **TEEN HOURS**  
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**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Matt or Peggy at IPM. 852-1157 tfm

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## MINOT AFB ANNOUNCEMENTS

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

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

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

**★ 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](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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



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

TIMMOTHY TIMM



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FB: Ironhorse Kitchen + Bar Minot

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#### The Starving Rooster

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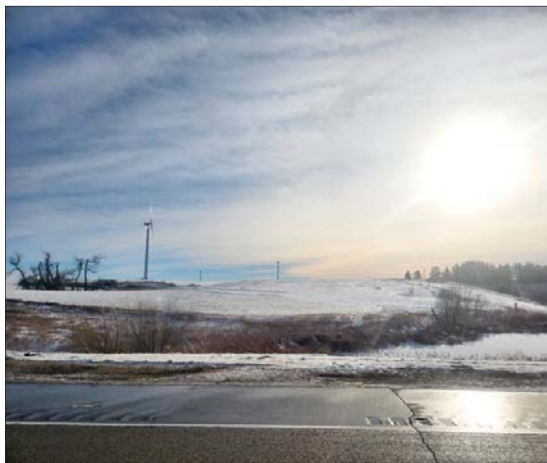


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# WINTERY PHOTO CONTEST



Windmills near Ryder, ND on our way to visit a MAF for Christmas Eve.

SUBMITTED BY CARRIE DRIVER



Thor and Ryder Winn ambushing thier parents with a snowball fight at Grandma and Grandpa's farm in Kensal, North Dakota on Christmas Eve.

SUBMITTED BY JENNIFER WINN

## HOW TO ENTER

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



# Neighborhood HERO

**NOMINATE A NEIGHBORHOOD HERO**

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# NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

## HANDMADE SNOWSHOES: A BIT OF ART, A BIT OF ADVENTURE

Patricia Stockdill

Perhaps it's an expression of art to adorn a wall in a cozy room in the house.

Maybe it's bringing a hint of history and nostalgia alive in the Great North Dakota Outdoors.

Maybe it's learning a new craft or experiencing a fun, different type of wintertime activity with longtime or new-found friends.

But whatever the reason, folks interested in learning the art of making traditional Ojibway snowshoes can still register for a March 1 workshop at Lake Metigoshe State Park north of Bottineau.

The workshop is open to anyone 16 years of age and older. Children 14 and 15 years of age can participate when registering with a parent or guardian.

Register by purchasing a \$100 ShowClix ticket, (<https://bit.ly/LMSPShowClix>), which includes materials, lunch, and facility use with an additional \$100 instructor's fee made payable with check to Jackie Jacobson. Checks can be mailed to Amy Schimetz, Lake Metigoshe State Park Outdoor Education Coordinator, 2 Lake Metigoshe State Park, Bottineau, N.D. 58318.

The workshop has been held as an activity during its annual Winter Wild Outdoor Women (WOW) program. This is the first time it's been available other than at WOW, described the Lake Metigoshe State Park Outdoor Education Coordinator Amy Schimetz.

The snowshoes, made from straight-grained white ash with woven nylon lacing, are functional and usable with participants learning the step-by-step process during class.

While some may complete their pair of 'shoes during the workshop, everyone leaves equipped with the knowledge and materials to finish on their own, Schimetz added. The size of snowshoes people make are based on their weight and gear they plan to carry if using them in the snow, whether hunting or simply general winter outdoor recreation.

Or they look great on a wall, if one is so inclined.

The workshop begins at 9 a.m. March 1 so if anyone doesn't want an early morning drive to the workshop, year-around lodging is available at Lake Metigoshe State Park, which includes three full-service, year-around cabins with electricity and water, a semi-primitive cabin with electricity but no water, semi-primitive yurt, and

backcountry primitive cabin without electricity or water.

Lodging is also available at motels around Lake Metigoshe and nearby Bottineau.

The park is often one of the N.D. Park and Recreation Department's winter "go to" destinations, in part because of its array of amenities plus it's usually the region of the state with the most consistent winter snow-based recreational opportunities.

The park's litany of winter activities includes a sledding hill adjacent to its cross-country ski trail warming house. "A great opportunity to wear out kids or for adults to feel like a kid again," Schimetz suggested.

Just remember it's BYOS – Bring Your Own Sled.

The park has trails to accommodate cross-country skiing, kick-sledding, ski-shoeing, snowshoeing, and simply hiking with kick-sled, ski-shoe, cross-country, and snowshoe rentals available for \$15 per day.

All people have to do after purchasing their daily park entrance pass or annual pass – good for all North Dakota state parks for the calendar year – is stop at park headquarters during 9 a.m. to 4 p.m. business hours, purchase their rentals, and sign the use agreement.

From there, park staff meets people at the warming house to fit people with the proper gear for their size, age, and needs. "We have gear for everyone. We have kid-sized everything so the littlest adventure seekers can get out there as well, Schimetz exclaimed.

The park doesn't rent fat tire bikes but they're welcome, as well, Schimetz added.

If, by chance, handmade snowshoes as art and (or) functional use don't fit one's needs, the park is hosting another hands-on workshop April 4 - 6 for anglers or wanna-be anglers to create their own, personalized fishing rod.

That \$250 workshop is taught by custom fishing rod maker Chuck DeRemer, Fargo. Registration deadline is March 16.

In addition, registration is now open for the upcoming Feb. 7 – 9 Winter Wild Outdoor Women event for women 16 years of age and older.

Links, details, and registration for all three events can be found on the N.D. Parks and Recreation Dept. website, ([parkrec.nd.gov/events](http://parkrec.nd.gov/events)).



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# WHAT'S GOING ON MINOT AFB

## FRIDAY 17

- AFGSC Family Day
- For a full listing of Martin Luther King Jr Day holiday facility hours, visit [5thforcesupport.com](http://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](http://5thforcesupport.com)
- Zumba, 0800, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page

## SUNDAY 19

- For a full listing of Martin Luther King Jr Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)

## MONDAY 20

- Martin Luther King Day
- For a full listing of Martin Luther King Jr Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Martin Luther King Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

## TUESDAY 21

- AFFT, 0530, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- AFFT, 1100, McAdoo Fitness Center
- Mini Medical Education Fair, 1100-1300, 5th Medical Group, hosted by Education Center
- Sponsorship Training, 1300-1430, M&FRC
- Zumba, 1630, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

## WEDNESDAY 22

- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 0930-1100, M&FRC
- 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
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 23

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Classes, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1630, McAdoo Fitness Center

## FRIDAY 24

- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730-1930, Rockers Bar & Grill

## SATURDAY 25

- 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

Pineapple and peach juice base with greens supplement.

Rockers Bar & Grill Featured Item

### Chicken Tenders

Four tasty tenders served with crispy fries and your choice of dipping sauce.

## MINI MEDICAL EDUCATION FAIR

21 January 2025 • 11:00AM - 1:00PM  
MAFB 5th Medical Group • Lobby

Open to all students, future students, spouses, parents, and educators!

- Learn about various medical career fields and opportunities!
- Gather information on applying for medical degree programs.
- Meet with representatives from our on-base colleges and universities.

For details, call the Education Center at 723-2772



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ROCKERS BAR & GRILL

2024 DATES: 22 NOV - 13 DEC

2025 DATES: 24 JAN - 21 FEB - 14 MAR

NUMBERS CALLED AT 5:30PM - \$40 AT THE DOOR

CLUB MEMBERS \$30 • NON-MEMBERS \$40

\$10 EXTRA PACKET & \$1 EXTRA DAUBER

PROGRESSIVE JACKPOT STARTS @ \$500 & INCREASES BY \$50 EACH MONTH UNTIL SOMEONE WINS!

SCAN HERE TO SIGN UP OR GO TO

[WWW.MEMBERPLANET.COM/S/MINOTAFBC/CLUBS/PROGBINGO2425](http://WWW.MEMBERPLANET.COM/S/MINOTAFBC/CLUBS/PROGBINGO2425)



MUST BE 18+ TO PLAY

DRINKS & FOOD AVAILABLE FOR PURCHASE



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## VEHICLE MAINTENANCE CLASSES

AUTO HOBBY SHOP

WINTER WARRIORS WINTERIZATION

ONLY \$10 PER CLASS • 5:30PM - 7:30PM

14 JAN • 28 JAN • 11 FEB • 25 FEB 2025

SIGN UP BY THE FRIDAY PRIOR TO CLASS, SCAN QR OR VISIT

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- Ob/Gyn Care
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- Free Pregnancy Tests
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- Preventive Healthcare
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