

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 63 • ISSUE 04 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 24, 2025



## WHATS INSIDE THIS WEEK:



MMIII TRANSPORTER  
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AFTER 37  
YEARS

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DR. AMANDA CAPOTE:  
TWO DECADES OF  
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REFLECTION IN  
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BORN TO BAKE:  
JENETTA SAWYER

**C4**



Airman 1st Class Sean Spoerre, 891 Missile Security Forces Squadron defender, poses in front of a Missile Alert Facility at Minot Air Force Base, North Dakota, Jan. 21, 2025. Defenders from the 91st Missile Wing are tasked with ensuring the nation's strategic deterrence mission remains uncompromised. See more on page A3.

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



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# 5BW Commander Unveils New Mission

SENIOR AIRMAN ALYSSA BANKSTON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, and Chief Master Sgt. Wayne Sharp, 5BW command chief, hosted their first all-calls of 2025 here, Jan. 14-15.

The command team used this opportunity to communicate their leadership philosophies, goals, values and priorities over the next few months down to the Warbirds of the 5BW.

With the new year, the command team shared the 5BW's new mission statement and vision.

Lamarand said the mission of the 5BW is "to produce Combat Mission Ready Airmen always ready to support, execute, and defend global strike capability – at any time, from anywhere."

"This is a no-fail mission," said Lamarand. "We must provide a safe, secure and reliable environment."

Lamarand explained that to have mission success, a solid foundation of operational discipline, dignity and respect is required both at work and home.

"It doesn't end at 1700," said Lamarand. "We need teammates thriving. At work and at home."

The vision of the 5BW is to create a strong team and culture of disciplined professionals thriving at work and at home –

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**MISSION**  
"Always Ready. Anytime. Anywhere."  
To produce Combat Mission Ready Airmen always ready to support, execute, and defend global strike capability – at any time, from anywhere.

**VISION**  
"Teammates thriving. At work and at home."  
A strong team and culture of disciplined professionals thriving at work and at home – supporting each other to achieve mission success.

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An Infographic on the 5th Bomb Wing mission statement. The 5th Bomb Wing aligns under Eighth Air Force and Air Force Global Strike Command.

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

supporting each other to achieve mission success.

When talking about being a good Airman, Sharp emphasized, "J-BAG-P." J-BAG-P stands for "just be a good person." Sharp mentioned that a lot can get done if one can "just be a good person," and be a team player.

The command team concluded the all-call by expressing gratitude to the Airmen and

their families who execute and support the unique mission at Minot AFB. Whether it's waking up before the sun to get out to a sub-zero flight line, or supporting fellow Airmen when such a vital mission is on the line, the command team recognizes their importance and is grateful for all they do.

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# Watchful Guards of the Missile Fields

SENIOR AIRMAN KYLE WILSON, MINOT AIR FORCE BASE PUBLIC AFFAIRS



U.S. AIR FORCE PHOTO | MINOT AFB PA

MINOT AIR FORCE BASE, N.D. – The plains of North Dakota stretch out in a vast expanse of rolling hills interrupted only by the occasional cluster of trees; covered in snow and ice or grass swaying in the wind, depending on the time of year. Though seemingly bare, this land is rooted in a vital role to national defense. Nestled within the windswept prairies lies the operational area of the 91st Missile Wing, home to a network of Missile Alert Facilities and Launch Facilities spread out across 8,500 square miles that house the Minuteman III intercontinental ballistic missile weapon system.

Standing watch – 24 hours a day, 365 days a year – ensuring the safety and security of these assets, and the nuclear deterrence provided by them, are the Airmen of the 91st Security Forces Group; fittingly referred to as ‘Defenders.’

“Our mission is to secure the MAFs and LFs that are assigned to the 91MW,” said U.S. Air Force Col. James Slaton, 91SFG commander. “The most important part of that is having the capability to respond and defeat any adversary that would attempt to access these resources.”

To ensure the safety and security of the assets under their watch, the Airmen of the 91SFG regularly conduct exercises and realistic training scenarios to enhance readiness and response capabilities in the event of security threats.

“We are training and exercising constantly,” said Slaton. “On any given day, our Defenders are out in the missile complex running through scenarios and working on their skill set to be prepared to execute the mission.”

In addition to the security provided by Airmen on the ground, the 54th Helicopter Squadron works in tandem with the 91SFG to provide an all-encompassing blanket of security; providing rapid response capabilities and a bird’s eye view of the missile fields at a moment’s notice.

“The 54HS is a phenomenal partner, they’re our eyes in the sky,” said Slaton. “They give us the capability to reach any type of scenario quickly, as well as providing aerial fire support.”

The Minuteman III weapon system is considered the most responsive leg of the United States’ nuclear triad. The safety and security that 91SFG Defenders supply to these assets ensures that the U.S. nuclear deterrent remains securely credible to adversaries.

“The immediate response that the ICBM fleet provides our

national decision makers a lot of leverage and influence,” Slaton explained. “Our Defenders ensure that the Airmen who maintain and operate this weapon system are able to do so in a secure environment.”

The Airmen of the 91SFG, always ready and always standing watch over an enormous area of operation, are the lynchpin to ensuring that these assets remain safe and secure from any and all threats.

Slaton explained that if he had to choose one word to describe the Defenders of the 91SFG, it would be the Finnish word ‘sisu’, which translates roughly to guts, grit, and determination in the face of extreme adversity.

“It originated during World War II to describe the Finnish resistance to Soviet invasion, due to the harsh environments they had to operate in,” said Slaton. “Our Defenders operate in one of the toughest environments that Air Force security forces members are placed in, outside of an active combat zone; and they do it day in, day out, ready to respond at a moment’s notice.”

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

**BABY GIRL BORN ON WEDNESDAY, DECEMBER 31, 2024 TO: NAOMI AND RYAN BRODSKY MAFF, ND**

**BABY GIRL BORN ON THURSDAY, JANUARY 02, 2025 TO: SKYROSE CHARGING AND CHANDLER BERCIER MANDAREE, ND**

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**the northern sentry Salute**

**A1C Ethan Lawson**

**91ST MISSILE MAINTENANCE SQUADRON HOMETOWN: CANTON, GEORGIA**

Airman Lawson has been in the Air Force for seven months and has been stationed at Minot AFB, ND for two months. He joined the Air Force to pursue his education goals of achieving a Bachelors Degree in Forensic Science and to gain professional experience. Airman Lawson enjoys working out, reading, and hanging out with his friends. Airman Lawson also enjoys volunteering at his church and giving back to the local youth.

**GAME SALUTE: FRIDAY, JANUARY 24**

**SrA Rocco Arnold**

**705TH MUNITIONS SQUADRON HOMETOWN: BUFFALO, NEW YORK**

Senior Airman Rocco Arnold has demonstrated exemplary dedication and service to his country over the past two years, excelling in his role as a Munitions Scheduler for the 705th Munitions Squadron. During this tenure, he successfully coordinated and scheduled activities in support of both the 5th Bomb Wing and 91st Missile Wing, participated in three nuclear inspections, and maintained numerous programs to track and manage munitions assets. His outstanding performance and achievements earned him the prestigious distinction of Senior Airman Below the Zone Winner at Minot Air Force Base. In addition to his professional accomplishments, Senior Airman Arnold has also made significant contributions to the local community through his selfless volunteer efforts. He has provided skating lessons and mentorship to the youth of Minot, demonstrating his commitment to giving back and making a positive impact on the community. Furthermore, Senior Airman Arnold has been an exemplary representative of Minot Air Force Base, showcasing his skills and teamwork as a member of the MAFB Bombers Hockey Team, which won a championship in the Armed Forces Hockey Association Tournament. Through his exceptional service, leadership, and community involvement, Senior Airman Rocco Arnold embodies the Air Force's Core Values, exemplifying what it means to be a Whole Airman and upholding the highest standards of professionalism and integrity in both his personal and professional life.

**GAME SALUTE: SATURDAY, JANUARY 25**

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

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**91st Missile Wing  
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Col. James L. Schlach

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**DEAR MINOT**

TOM ROSS, MAYOR  
 CITY OF MINOT

The 2025 North Dakota Legislature is under way in Bismarck, and while our legislators get to work, we also have responsibilities as residents of this state.

We expect our elected lawmakers to conduct the state's business over the next few months, and each of us has our own thoughts regarding what we expect from those we supported at the polls. But as voters, our duty doesn't end when the election results are certified.

I would argue that our responsibility as residents of this state, and as voters, is just beginning. It's up to us to keep ourselves informed about what is happening at the Capitol in Bismarck, and to reach out to our legislators if we have concerns, questions, or complaints.

There is a lot happening every day of the legislative session. Hundreds of bills will be introduced by senators and representatives, and every bill

gets a hearing. That means our elected lawmakers will spend a lot of time in committee hearings, and holding discussions and votes during floor sessions.

There is a wealth of information on the Legislature's website at [www.ndlegis.gov](http://www.ndlegis.gov). You can track bills, watch live and archived video from floor sessions, read budget information for the 2025-27 biennium, and find contact information for every member of the Legislature.

You can also attend legislative forums held by the Minot Area Chamber EDC during the legislative session. The forums will be held at the North Dakota State Fair Center on Jan. 25, Feb. 1, Feb. 15, March 15, March 29, and April 5 beginning at 9 a.m. Local elected officials in attendance provide information and updates about what's happening at the Legislature, and can help answer questions or address concerns from constituents.

The forums are a great way to reach out to your legislators face-to-face instead of through email or a voicemail. It's a simple and effective way to let them know on a personal level about your concerns or any issues you might

# It's up to us to be involved in the legislative process

have with their votes or their support of particular bills. I urge you to attend these sessions for the best access to your elected officials.

All of us should be involved in the legislative process. The decisions made by our elected legislators impact our daily lives in a wide variety of ways, from the enormity of the state budget to smaller bills that deal with specific items or issues. They have a responsibility to listen to and consider the concerns of residents, even if they don't necessarily agree with that resident's thought process or suggestions on how to vote on a certain topic.

On an individual level, those who voted in the most recent election chose to support the candidates whose positions and opinions most closely agree with their own. We support specific candidates because we believe they will help steer the state in a direction we agree with in the short-term and for the future. Now, with the 2025 Legislature in session, it's up to us to keep an eye on what's happening in Bismarck and to express our opinions with our legislative leaders.

We also have a responsibility, as individuals, to conduct ourselves with proper behavior. When we address our elected leaders, we should show them the same level of respect we expect them to show us. Berating public officials doesn't solve anything, whether it's in person, on the phone, or in a text or email. Our legislators will make hundreds of decisions during the 2025 Legislature, and they will face much criticism from a variety of sources. But we can agree to disagree in a manner that allows us, as residents, to make our point without being disrespectful.

Our elected leaders are in Bismarck doing the work that we elected them to do. It's our responsibility to inform ourselves about the legislative process and it's up to us to be involved with our local legislators. The system works best when we're involved in the process.

You can find more about what's happening at the City of Minot at [minotnd.org](http://minotnd.org), or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

## Diversity at its finest...

We all know what happened during the oil boom. Some communities in the western third of North Dakota exploded with population and although that has now stabilized, some of those growing pains remain.

Williston is one of the best examples. At the height of the boom, the city of Williston, which had a fraction of the population of the city of Fargo, was running neck and neck with Fargo on taxable sales and purchases.

With that kind of robust growth, buildings began popping up like mushrooms and new downtown businesses began emerging to accommodate the growing population. That too has stabilized, along with Williston's population.

The 2010 census reported Williston's population at 14,700. In just 10 years, the city grew 98 percent and is now considered the sixth-largest city in North Dakota with a population of 27,700. During the peak of the oil boom in 2015, the population was estimated at close to 40,000.

Because of that growth, Williston now has the fifth largest high school in the state of North Dakota, tied with Fargo

Davies for that spot.

Nearby Watford City is another example of mind-boggling growth that was even more intense than Williston. In 2010, Watford City had 1,740 people. By 2020, the population had jumped 256 percent to 6,200. It has since dropped about 200 in population, according to 2023 estimates.

And similar to Williston, taxable sales and purchases in Watford City in 2015, rivaled that of Jamestown, a city with more than twice the population.

Likewise, the Watford City School District saw radical growth and because of it, the sports teams had to move up in class to compete against some of the larger schools in the state. It also prompted a new high school campus that opened in 2016 and brought additional elementary locations because of the overgrowth.

It doesn't stop there. Alexander, also in McKenzie County with Watford City, saw substantial growth, but not as great as Watford City or Williston. From 2010 to 2020, the population rose 43 percent, from 223 to 319. It was a much more subtle

growth that also saw an increase in the school population. Its Comet sports teams went from a virtual unknown to competing in high school sports playoffs.

New Town, in neighboring Mountrail County and on the Fort Berthold Reservation, also grew by 43 percent. But unlike Alexander, New Town's 2010 population was much larger at 1,925, jumping to 2,764 following the 2020 census.

Other communities in the western third also had substantial population growth. They included Tioga, 79 percent, Stanley, 59 percent, Ray, 25 percent, Berthold, 8 percent and Parshall, 5 percent.

Ray, Tioga and Williston are all in Williams County, Watford City and Alexander are in McKenzie County, New Town and Parshall are in Mountrail County and Berthold, on the edge of the oil boom, is in Ward County.

Minot, also in Ward County, grew by 18 percent from 2010 to 2020. Some of that is attributed to the oil boom as several oilfield companies set up their headquarters in Minot. But the fourth-largest city in North Dakota throughout history has



**UPSIDE DOWN  
 UNDER**  
 MARVIN BAKER

always sustained growth, so it could be several factors.

One of the unusual things that has come out of this is the growth of the Hispanic population in Watford City. It is now nearly a fourth of the population and has put a unique strain on the school system as few teachers, students or administrators could speak Spanish to the rapid influx of new students.

It is also difficult for Hispanic students to learn in such an environment. But, like the population, the school district has stabilized by hiring Spanish teachers and using translators to better communicate with the students and parents.

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# The Power Of The Pen



**A VIEW FROM OUR SIDE**  
ROD WILSON

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Back in journalism school our instructors would often lecture us about the “Power of the Pen”, which meant that as a journalist you take caution to make sure that you did not misuse your forum, which was the newspaper you were working for, to give an opinion or attack someone.

Later, as I expanded my career to include broadcast journalism, the Power of the Pen was replaced by the “Power of the Mic”. The Power of the Mic also included speaking at public forums, in addition to sharing your thoughts and opinions on the broadcast airwaves with no chance for the person you might be attacking to respond.

At a recent Honorary Commander recognition event, Mayor Tom Ross took the podium for his remarks. Mayor Ross and I have known each other for many, several, OK-a lot of years. I am not sure if Mayor Ross missed the lecture on using the “Power of the Mic” on folks in the audience. On this particular night during his remarks he singled me out, as a staff member of the Northern Sentry, for a bit of a roast. On several occasions Mayor Ross and I have met in social situations, and he has had his mother with him. She will always say to me, “If you need something scandalous

about Tom, just give me a call...I would be glad to share.”

So, Mayor Ross, I say...very tongue in cheek, that you may have had the Power of the Mic on the occasion of the Honorary Commanders event, but 52 weeks of the year I maintain the Power of the Pen in the Northern Sentry. I also think I maintain a distinct advantage, as my Mom has passed on several years ago, and well...enough said.

So, folks, if after reading this column, and you have occasion to run into Mayor Ross; give him a bit of good hearted ribbing about him taking advantage of the Power of the Mic, and roasting a poor, poor, defenseless journalist who in Mayor Ross’s words “doesn’t have the talent to write the speech” that the emcee used that night which included a plug for the Northern Sentry. To Maj Tom Barger, head of 5th BW Public Affairs, THANK YOU, for the special plug you gave the Northern Sentry, and the check is in the mail. As my Dad used to tell me, “don’t get mad...get even” LOL.

**WHAT IT TAKES**

I am not sure that I can explain in words the special atmosphere created at the Honorary Commander recognition evening. First, it was really great to see so many new Honorary Commander volunteers be given the opportunity to host a Minot AFB commander. On the other hand, there were several new faces on the Minot AFB side, too. The time that most active duty Air Force commanders spend in Minot is limited. By that very nature there will be a need to re-assign those who are or have been Honorary Commanders to new commanders as they arrive in Minot.

Honorary Commanders come from all walks of life. They can be a journalist or an attorney; they can be young or more mature (a nice way of saying older); they may or may not have been in

the military; the point is that the common thread is the passion they have to help keep the ties between Minot and the Minot Air Force Base strong. Every time Mark McDonald, Director of Staff for the 91st MW and my commander, and I meet up we talk about family, we talk about the community, and we talk about what is happening on Minot AFB. We have become, and will always be, very close friends. Our spouses are also friends, and that makes the bond even more special. (We both have grandchildren-a pretty common ground for stories and communication).

But beyond recognition of the new Honorary Commanders, there was that electricity in the room that what we are accomplishing between the community and base is truly special, and the Honorary Commander program is a small, albeit an important, part of the success in Minot that is talked about throughout the Air Force.

Team Minot is recognized as having what it takes to accomplish our goals. Thank you to the men and women who serve our country, and to their families. What you do is so very important. You really do have what it takes...

**BEST KEPT SECRETS**

I want to give a shout out to all of the merchants “downtown” that help out the various committees that work with the Minot AFB. Recently I was asked to help out with prizes for a squadron’s Christmas party and with a couple of phone calls had them secured. Most businesses offer a military discount to active duty military and their families. It may not necessarily fall into the best kept secret category, but it’s important to give recognition where recognition is due.

**TODAY’S CHUCKLE**

A procrastinator is someone who won’t take “now” for an answer.



Minot AFB Commanders, Honorary Commanders and spouses gathered to celebrate the appointment of new Honorary Commanders on January 15.

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# MMIII Transporter Erectors retired after 37 years

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For the past 37 years the Transporter Erector (TE) has been a fundamental piece of equipment for operational readiness of the Minuteman III (MMIII) intercontinental ballistic missile (ICBM) system. These vital pieces of equipment are responsible for transporting MMIII across vast distances, utilizing public roads to reach strategic locations, and ensuring precise emplacement or removal at launch facilities. Due to maintenance requirements becoming harder to meet with the older model, these units will be replaced with newer, modernized equipment. The 91st Missile Wing is the last unit using the old TE systems, as the Roughriders are regularly relied upon to sunset programs being modernized.

“The retirement of these ‘legacy’ TE’s marks the end of a proud and extraordinary 37

years of service and life across thousands of personnel,” said U.S. Air Force Staff Sgt. Ethan Bowman, missile handling section team chief assigned to the 91st Missile Maintenance Squadron.

The retirement of the old TE systems also ushers in an opportunity to transition to more efficient and modernized equipment to support the MMIII weapon system more effectively. The TE’s being retired were made to the highest standard when they were designed in the late 1980s. The systems have served nearly four decades, reliably facilitating transportation, erection, and removal operations at critical ICBM launch facilities across the country.

“Milestones such as this demonstrate the commitment of the 91st Missile Wing Roughrider men and women to strategic deterrence,” said U.S. Col.

Jimmy Schlabach, commander of the 91st Missile Wing. “Proud Airmen have operated the legacy TE systems, serving the most powerful weapon system in the world, the Minuteman III, admirably for decades.”

The decision to phase out the Legacy TE units is not just a practical choice but a strategic necessity. Replacing these aging units with modernized transporters ensures the MMIII can remain a credible component of the United States’ nuclear deterrence strategy. New units will incorporate advancements in materials, engineering, and technology to enhance reliability and reduce maintenance burdens. This modernization will enable smoother operations and better support for hoisting, transportation, and emplacement activities at operational wings and storage facilities.

“These replacements ensure that the 91st Missile Wing will continue to provide always-ready lethal combat capability, without rest, to enable strategic deterrence so critical to our national defense for decades to come,” said Schlabach. “President Theodore Roosevelt famously said, ‘Speak softly and carry a big stick; you will go far.’ The Roughriders have used the TE systems to carry the nation’s biggest stick, and will use the new units to



Airmen assigned to the 91st Missile Maintenance Squadron use a transporter erector to accomplish Minuteman III missile maintenance at Minot Air Force Base, North Dakota, Jan. 14, 2025. The transporter erector has been a piece of equipment used since its creation in the late 1980s and has served as a reliable and efficient way of performing missile maintenance and transport.

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



Airmen assigned to the 91st Missile Wing gather to watch a transporter erector return from a Minuteman III ICBM launch facility at Minot Air Force Base, North Dakota, Jan. 15, 2025. The old transporter erector systems are being replaced due to the increasing age of the system and the scarcity of parts needed for repair of the unit.

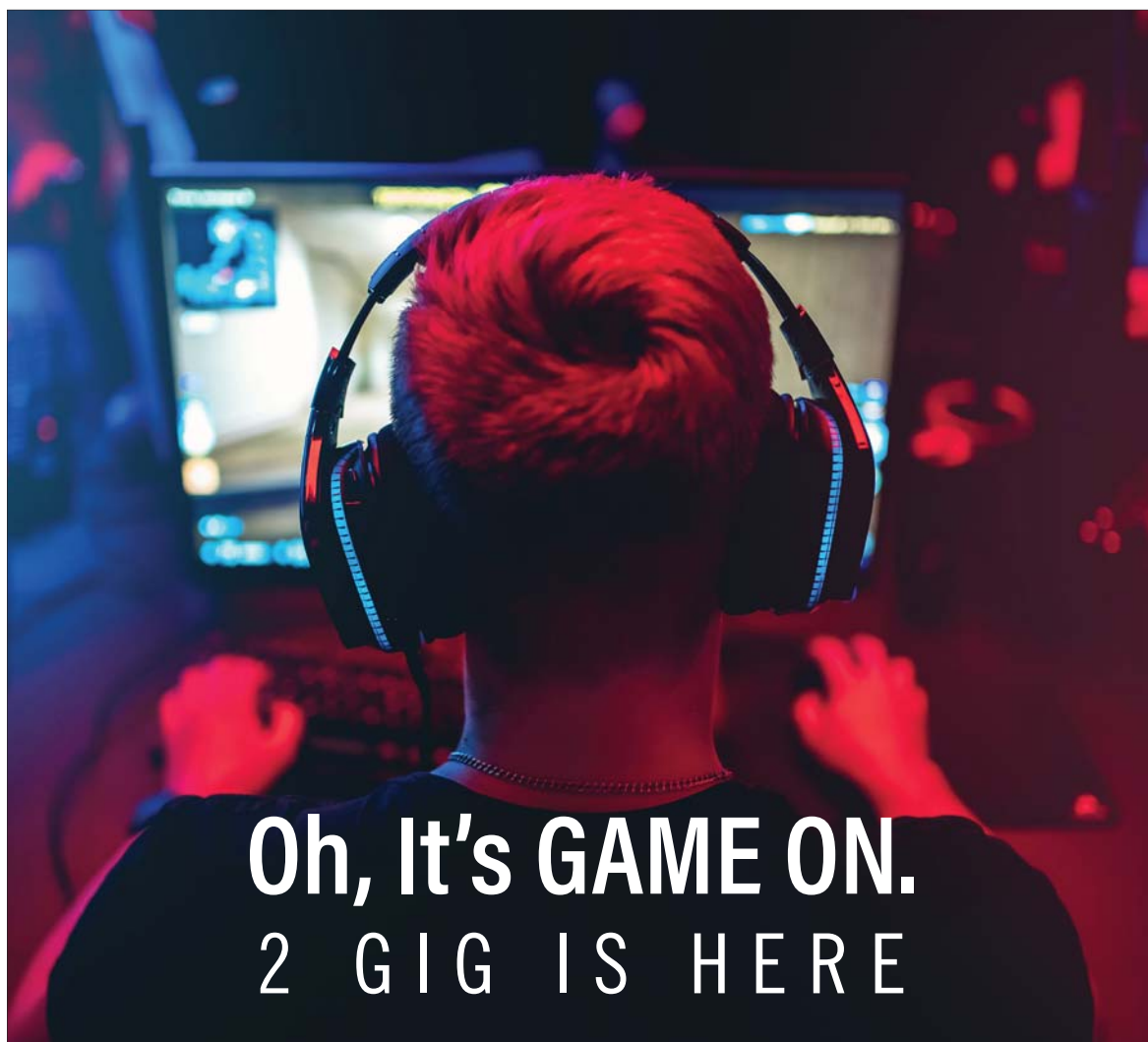
U.S. AIR FORCE PHOTOS | STAFF SGT. BRENDAN MILLER

continue that legacy.”

The retirement of the Legacy TEs is a moment of reflection, honoring the remarkable engineering and unwavering commitment of the individuals who kept these systems operational for over three decades. Their contributions ensured the continuous support of one of the nation’s most critical defense assets, allowing the MMIII to remain a cornerstone of deterrence strategy.

As the Legacy TEs make way for their modern replacements, the Air Force is embracing the

opportunity to improve mission effectiveness and long-term sustainability. This transition represents not only the end of an era, but also the beginning of a more robust and capable logistics infrastructure to support the MMIII weapon system until its eventual retirement. By investing in modernization, the United States ensures its strategic forces remain ready and reliable, reinforcing the principles of deterrence for decades to come.



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# Honorary Commanders Take Center Stage

ROD WILSON, NORTHERN SENTRY

The Honorary Commanders program has been in place for several years and has placed hundreds of Minot Air Force Commanders and Minot citizens together as a duo described as “Honoraries”

Over the course of a year, and sometimes more, a commander and honorary commander share information. The commander will share information about the Minot AFB and the citizens of Minot chosen who volunteer to be honorary commanders will share their knowledge of city and regional events.

On 15th of January there was a ceremony held at the JDC to recognize those Minot citizens who have either just become Honorary Commanders or may be changing commanders because

their current commander has been re-assigned to a different base, or maybe even retiring from the Air Force.

Some of the commanders presented special gifts from their squadron, and each Honorary Commander received a special plaque with a certificate and a newly designed coin.

From both Col. Lamarand and Col. Schlabach came words of praise for the special connection between the city of Minot and the surrounding communities and Minot Air Force Base. “On the way in you walked by the Barksdale Trophy” said Emcee Maj Thomas Barger (5th Bomb Wing Public Affairs Chief) “it’s awarded to the community that maintains the best relationship with the base they serve. And

if it weren’t for the fact that the rules state that one community cannot win that trophy 2 years in a row, you may as well take the trophy downtown and bolt it in the middle of the town square!”

From a different perspective, it might be OK for the Barksdale trophy to leave for a year because it gives the city of Minot an incentive to “sharpen the axe” if you will. To look for new ways to add to, and improve, the relationship between Minot and Minot AFB.

Thanks to all of those who serve as Honorary Commanders. A special note: Both publisher Ted Bolton and I serve as Honorary Commanders and have enjoyed our time immensely.



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

## 23RD BOMBER GENERATION SQUADRON

Doctor Steven Shirley, New Honorary Commander for Major Jeremiah Gray.

## 740TH MISSILE SQUADRON

Ms. Cassidy Hjelmstad, New Honorary Commander for Lieutenant Colonel Derek Arnholtz.

## 5TH BOMB WING

Mr. Jonn Knecht, Honorary Command Chief for 5th Bomb Wing Command Chief Master Sergeant Wayne Sharp.

## 5TH OPERATIONS SUPPORT SQUADRON

Mr. Todd Telin, New Honorary Commander for Lieutenant Colonel Kevin Smith.

## 69TH BOMBER GENERATION SQUADRON

Mr. Mike Gietzen, New Honorary Commander for Lieutenant Colonel Danielle Ackerman.

## 5TH CONTRACTING SQUADRON

Mr. Brad Doll, New Honorary Commander for Major Cory Ostrowski.

## 5TH FORCE SUPPORT SQUADRON

Dr. Scott Faul, New Honorary Commander for Major Emily Bold.

## 791ST MISSILE SECURITY FORCES SQUADRON

Miss Elly DesLauriers, New Honorary Commander for Commander Major Erik Olson.

## 91ST SECURITY FORCES GROUP

Sheriff Robert Roed, New Honorary Commander for Colonel James Slaton.

## 791ST MAINTENANCE SQUADRON

Ms. Pam Hopkins, New Honorary Commander for Major Andrew Dunbar.

## 91ST MAINTENANCE GROUP

Mr. Tyler Neether, New Honorary Commander for Colonel Joseph Edington.

## 741ST MISSILE SQUADRON

Ms. Keli Rosselli-Sullivan, New Honorary Commander for Lieutenant Colonel Richard Morrison.

## 91ST MISSILE WING

Mr. Ryan Ackerman, New Honorary Commander for Colonel Jimmy Schlabach.

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# A LOOK BACK THIS WEEK IN USAF HISTORY

**B-52 STRATOFORTRESS CREW PERFORMS LAST SORTIE OF OPERATION ARC LIGHT**

January 28, 1973



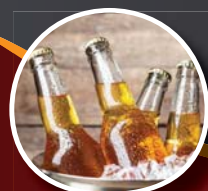
A B-52 Stratofortress refuels en route to a target in Vietnam. (USAF Photo)

On January 28, 1973, a B-52 Stratofortress crew flew the last sortie of Operation Arc Light, bombing enemy targets in South Vietnam at 0628 hours local time. Operation Arc Light began on June 18, 1965 as 27 B-52F bombers from the 7th and 320th Bombardment Wings based in Guam attacked a Viet Cong jungle fortification. From its beginning to end, the operation was carried out by personnel from Strategic Air Command bases all over the United States and overseas facilities, who performed temporary duty rotations up up to 179 days, with some Airmen serving over 1,000 days during intermittent tours on Arc Light. In 1967, U-Tapao Royal Thai Air Base was added to the roster to relieve over crowding in Guam and reduce flight times to Vietnam, and one year later, B-52s were flying out of Kadena Air Base, Okinawa, Japan. Overall, Operation Arc Light and the B-52 bombers flew over 126,000 sorties.

Information courtesy of: media.defense.gov / airforcemag.com / afhistory.af.mil

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### AMERICAN BISON

**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.

**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

Photos by Amanda Cole

**Puzzle Time** Spot 5 differences

**HOURS: DAILY**  
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## MILEAGE-BASED VEHICLE MAINTENANCE INTERVALS

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

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

**3,000 miles/3 months**

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

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

Drivers also can use 3,000 miles or three months as a benchmark to check tire pressure, hoses and belts. Many vehicles now display tire pressure for each tire on the dashboard, and drivers should pay attention to those numbers and put air in their tires when necessary. When inspecting hoses, touch them to make sure they're not leaking and bulging. Hoses should be a little flexible, especially when they are warm.

**5,000 miles/6 months**

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

**10,000 miles/12 months**

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

Routine maintenance can keep vehicles running strong for years on end.

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## GETTIN' AROUND DOWNTOWN MINOT

## A Work of Art for Your Skin



HOPE ANDERSON

By definition, an atelier is an artist or designer's studio or workroom. It may seem unusual that a medical aesthetics center would be called an atelier, but in reality, the specialists at LOOK Aesthetic Atelier are artists in their own right. Trained as Nurse Practitioners, Registered Nurses, and Estheticians, the quality of the services you will receive at LOOK could be compared to that of a work of art for your skin.

Kelly Dickinson, FNP-C and owner of LOOK, describes her journey to the world of skincare as almost a fall into your lap situation, but whether you call it happenstance or fate, the chance opportunity turned into her passion and she took the leap of faith in 2018 to purchase the business from the previous owner, but put her own stamp on the business by making it her own in the current location of 13 2nd Ave SE in Downtown Minot.

Dickinson said the thing she loves most about the world of skincare is that the environment is mostly happy and fun. Guests who come in for services are thrilled with the outcome and leave feeling great. Their goal is a warm and welcoming environment where their guests become fast friends and they strive to make the experience laid back and casual.

Offering a large variety of services from neuro injections such as Botox to laser services including tattoo removal and hair removal and lash extensions to a variety of facial options, they can suit the skincare needs of their guests with precision and a professional approach. If you are looking for waxing services, dermaplaning, microneedling, and a

variety of other services, look no further than LOOK.

When asked what service they provide that they wished more people would know about, Dickinson mentioned their PRP Facials. Short for Platelet Rich Plasma, this facial actually uses your body's own PRP to improve skin tone, reduce fine lines and blemishes, and reduce scarring and texture issues.

Booking an appointment couldn't be easier. For first time guests, they recommend calling 701-500-4615. During the phone call, they will get information necessary to book your first appointment. After that, you can call, message on social media, or text to make your appointments. To learn more about services, check out their website at <https://www.lookaestheticatelier.com/>. It includes a list of services and financing options to suit your needs.

The providers at LOOK Aesthetic Atelier love the Minot community and the small, local feel that it offers. They also love that they are able to provide a service to military clientele by being able to send and receive electronic records so that someone who is moving to Minot can continue the services they were receiving elsewhere and also, when it comes time to move, LOOK can provide those records to another medical aesthetics center.

With the dry weather of the winter months, it might just be the perfect time to give LOOK Aesthetic Atelier a call for a facial to help your skin look its best. You can count on a professional service, but with a warmth and welcome that is second to none.



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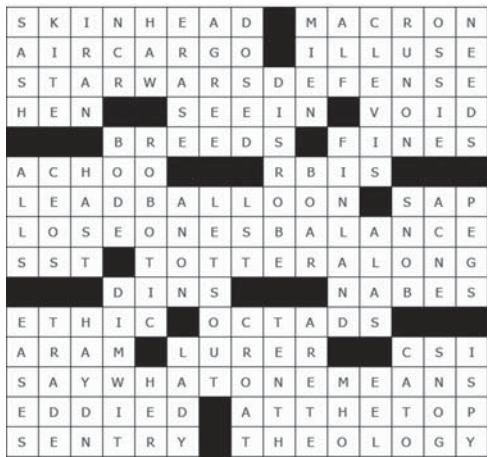
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

Solution to puzzle on page C6

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

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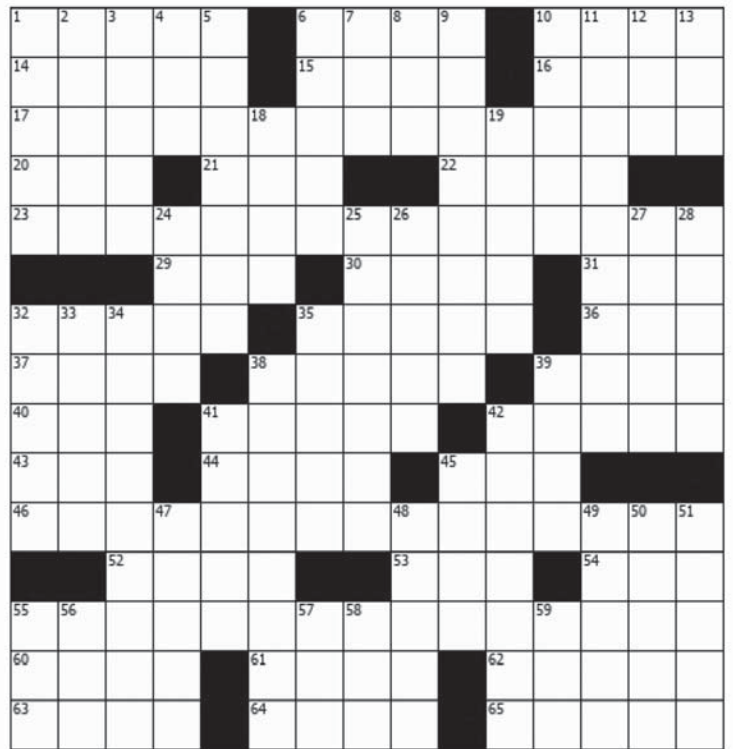
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**CROSSWORD PUZZLE**

**Across**

1. Endures
6. Hoity-toity type
10. Stop pouring here
14. Assign a share
15. Vulcan's chimney
16. Hops or malt kiln
17. Dr. Seuss story
20. Dead heat
21. Word with coat or green
22. Cap spot
23. Dr. Seuss story
29. Kind of meat or pepper
30. Educational level, briefly
31. First name in famous oversleepers
32. Professorship
35. "Full House" dad
36. The fin man?
37. Thylvethter's problem
38. First name in famous generals
39. Part of a spread
40. "Exodus" hero
41. Cruise accommodations
42. "Witness" actor Haas
43. Animated Flanders
44. \_\_\_ go brag
45. Homeboy
46. Dr. Seuss story
52. Lot
53. Amount of chewing gum
54. Tokyo's former name
55. Dr. Seuss story
60. Matty or Jesus of baseball
61. Net
62. Nickel finish?
63. Product advocated by Woody Harrelson
64. Turns blue, in a way
65. Traffic stoppers, of a sort



**Down**

1. Those attended to by clergy
2. Vehicle for Michael Caine
3. More underhanded
4. Rocky peak
5. Office equipment
6. Registering, as a dial
7. Ultimate degree
8. Something for the road
9. In days of yore
10. Auger, e.g.
11. NASCAR venue
12. Terra Haute sch.
13. Map elevations (Abbr.)
18. Absolute must
19. Nanook of the North, e.g.
24. Fall start?
25. Getting well
26. NBA Hall of Famer Baylor
27. Astrological sign
28. Blades with button tips
32. Metallic sound
33. Human resources person, at times
34. Excluding
35. Edna Ferber novel
38. Staggered
39. "\_\_\_ Lang Syne"
41. Writing comprised of quotes
42. Criticizes severely
45. One-time late-night host Jack
47. Take great pleasure in
48. Graceful trumpeters
49. Tree cutter
50. Committee type
51. Natural satellites
55. Skeptical exclamation
56. Word shouted while tossing roses
57. Cow chow or horse course
58. An old syllable meaning "before"
59. Novel by Nabokov

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# Dr. Amanda Capote: Two Decades of Healing and Reflection in Minot

NATALY ZARRELLA, NORTHERN SENTRY

Dr. Amanda Capote has spent the last two decades in Minot, making it her home after arriving in 2005 as a military member. While her story is one of perseverance and resilience, it also speaks to the challenges of military life, career aspirations, and the journey of personal healing through the written word.

Dr. Capote, who was discharged from the military late 2005 due to medical reasons, chose to stay at Minot Air Force Base with her husband, SSgt Richard Capote, as he continued his service. Over the years, the family has made Minot their home, but not without facing struggles along the way. She earned both her Bachelor's and Master's degrees in Criminal Justice/Police Science

from Minot State University in 2014. Driven by a passion for learning and a strong motivation to excel in her field, she pursued and earned her PhD from Capella University. Her doctoral studies focused on Public Safety, with a concentration in Criminal Justice and Homeland Security.

The Capote family, unlike many military families who frequently relocate, has experienced the unique challenge such as career growth and experience by being at the same place their whole career. "We've seen people come and go, friends leave and return years later, and we're still here. My husband has a couple more years on Active Duty, but we honestly do not know where our next journey will take us. Our three kids were all born here,

and this is the only home they've ever known," Dr. Capote shared. "I remember crying on the drive up from Minneapolis when my mother drove me to Minot AFB after tech school, and now after making this place a home for 20 years, I don't know where we would go," Dr. Capote reflected, her voice filled with emotion.

Despite the uncertainty, Dr. Capote has embraced the challenges of life in Minot, finding joy in her work as a music teacher at Northern Plains School on Minot AFB. While it wasn't her original career path—she had aspired to work in the Child Crime Unit—she expressed how fulfilling it is to be able to work with children every day. "Even though it's not the job I got my degree in, I love being able to help kids. It brings me joy," she said.

However, her professional journey hasn't come without difficulties. Dr. Capote spoke candidly about her struggle to find a job in her field, noting that despite her extensive education, opportunities in Minot have been limited. "There just aren't enough jobs in my field here, and that's been a real challenge. While I have plenty of education, I lack experience in my field which also makes it difficult to be selected for a job," she explained.

In the face of these obstacles, Dr. Capote found solace in an unexpected place: writing. She self-published her first memoir in 2021, which she describes as an essential step in her healing



Dr. Capote making in impact on military children as a Music teacher at North Plain Elementary.

process. "My memoir was a great start to healing, and I sat on my manuscript for an entire month before I told anyone I self-published."

Her memoir, which touches on her life experiences and challenges, has been a source of personal growth and transformation. It's clear that writing has become a powerful tool for Dr. Capote as she navigates the ups and downs of her childhood, working through her journey to her Ph D, military life, career frustrations, and motherhood.

She also encouraged fellow military spouses not to put their careers or personal growth on the back burner. "We often focus so much on our partners' careers and our families, but it's important to grow yourself

too," Dr. Capote explained. "Pursue your goals, invest in your education or trade, and remember that your journey matters just as much as anyone else's."

As the Capote family continues their time in Minot, they face an uncertain future, but one thing is clear: Dr. Capote's resilience, dedication to her family, and passion for helping others remain unwavering. Her story is a testament to the power of healing, the importance of finding joy in unexpected places, and the strength of a family grounded in love.

Whether in Minot or beyond, Dr. Capote's journey is far from over, and her memoirs offer a glimpse into the strength that has carried her through life's challenges.



Dr. Amanda Capote author of two memoirs, teacher, mother and military spouse.

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# CHURCH DIRECTORY

## Chapel Services at MAFB

**North Plains Chapel**  
290 Peacekeeper Pl  
*(across from North Plains Elementary School)*

**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 25**  
5PM, Great Vespers

**Sunday, January 26**  
Non-Eucharistic Typica Service

**Fr. Deacon Jason Ketz**



**OUR SAVIOR LUTHERAN CHURCH**  
3705 11th St. SW  
Minot, ND 58701  
701-852-6404  
[www.oslcminot.com](http://www.oslcminot.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)  
Psalm23Teens (6-8pm)



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

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

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)



**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am

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



**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)

**To Advertise your Church in this space.**

**Call 839-0946**

**Only \$9.00 a space / per week**

## Immanuel Baptist Church

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

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

**Pastor Brian Keithline**

**To Advertise your Church in this space.**

**Call 839-0946**

**Only \$9.00 a space / per week**

## St. John the Apostle Catholic Church

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

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

*Fr. David A. Richter, Pastor*  
Parish website: [www.stjohnminot.com](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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**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.

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**OUR REDEEMER'S CHURCH**

**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)

NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER  
 PRESENTS  
**CHAMPAGNE AND ICE**  
 DIAMONDS, BUBBLES & BIDDING

# Champagne and Ice Gala February 15

NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER

Last year, the Northern Plains Children's Advocacy Center (NPCAC) helped more than 600 children and their families navigate the most difficult moments of their lives. All of those services were provided free of charge because of the support of the annual Champagne and Ice Gala.

This year's Champagne and Ice Gala will be held on Saturday, February 15, at 6 pm in the Clarion Hotel. Tickets for this 15th annual event are available at [npcacgala.cbo.io](https://npcacgala.cbo.io).

The NPCAC provides a compassionate and effective way to serve children victimized by sexual abuse and other crimes. Families that come to NPCAC are never charged for services. Funding for NPCAC comes from grants and community donations, so events like this are vital in continuing to serve children and families.

"Centers like this significantly reduce the trauma associated with child abuse and assists in holding offenders accountable," said Christal Halseth, NPCAC Executive Director. "This gala has grown into our most valuable source of funding."

This year's keynote speaker is Photojournalist Amanda Mustard, who turns her investigative lens on sexual abuse committed by her grandfather, beginning a personal journey in pursuit of the truth and reconciliation for her family.

An online auction will begin on February 8, concluding on February 15 at 8:15 pm. The auction will include baskets donated by area businesses, an autographed Shaquille O'Neal jersey, a Justin Jefferson autographed full-size Minnesota Vikings helmet and guitars autographed by Kelsea Ballerini and Bailey Zimmerman. The bidding site is located on our

Champagne & Ice page at <https://npcac.cbo.io>.

The gala will begin with a cocktail hour with hors d'oeuvres. Mustard will present before the live auction.

Emmy Award nominee Mustard created the documentary Great Photo, Lovely Life from revealing interviews, archival photographs and intimate home movies that unravel a world of secrets while illustrating Mustard's efforts to disrupt the cycle of intergenerational trauma and empower the survivors to move forward.

"The first step is talking about it. And that's all I want. If you take one thing away from this film, it's the value of just saying these things takes the power away from them. And there are so many people isolated and suffering in silence," Mustard said.

Tickets are \$50/person; guests must be 21 or older to attend. Gatsby themed attire is encouraged and there will even be a best dressed contest! Raffle tickets are available for a Halo Diamond pendant and stone hoop earrings set valued at more than \$11,000. Tickets are \$20 each and available through any NPCAC staff or board member.

"The Northern Plains Children's Advocacy Center brings together a heroic team to fight for the most severe child abuse victims in our region while restoring hope and helping them focus on what really matters—being a kid," Halseth said. "We work very closely with all levels of law enforcement, child protective services and prosecution."

Be sure to check out the NPCAC's Facebook page for gala updates. Please call 701-852-0836 or email [christal@northernplainscac.org](mailto:christal@northernplainscac.org) for raffle ticket information.



by Patricia Stockdill

**FISHING:**

Lake Sakakawea elevation, Jan. 20: 1,834.06 feet above mean sea level (MSL); 22,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.42 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.41 MSL.

•N.D. Game & Fish Dept. game wardens: Weather limiting activity on Lake Sakakawea. Continue checking ice depth despite the cold weather because some areas have greatly varying conditions. North-central area lakes quiet, as well. No new Devils Lake reports.

•Devils Lake, Woodland Resort, Devils Lake: Consistent walleye activity using jigs and minnows with weather slowing angler numbers. Perch remain inconsistent. Anglers marking fish but little biting activity yet. Beware of pressure ridges blocking Military and Rocky points so use caution and watch for potential ridges elsewhere throughout the lake.

•Lake Darling, Karma C-Store, Ruthville: Occasional to fair walleye success on Lake Darling with a few walleye from Lake Audubon. Limited angler numbers, though, with cold weather.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

•Lake Metigoshe, Four Seasons, Bottineau: A few anglers out but cold weather limiting activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Hit-and-miss walleye activity on Lake Audubon and the east end of Lake Sakakawea but weather limiting angler numbers. Some pike spearing activity on the east end of Sakakawea but no reports of success. Look for some small perch from the east end of Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Not activity on the east end of Lake Sakakawea around Centennial or

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://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. 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](http://events.pheasantsforever.org/events)), searching North Dakota events.

- Jan. 25: Frozen Fun Day, Polar Park, Minot, 11 a.m.
- Jan. 27: Parents Night Off/Kids



Night Out, Souris Valley Golf Course, 5 p.m.

•Feb. 1: Little Missouri Badlands Rocky Mtn. Elk Foundation banquet, Roughrider Center, Watford City, 5 p.m.

**TOURNAMENTS:**

- Jan. 25: Devils Lake, 6-Mile Day.
- Jan. 25 & 26: Lake Audubon, Totten Trail.
- Feb. 1: Lake Sakakawea Van Hook Arm.

Steinke bays. Better walleye bite is west towards Douglas Bay in 25 to 35 feet. Pike activity slow but try tip-ups in 25 to 30 feet. Pike spearing slow, as well. Work closer towards the buoy line on Lake Audubon in 20 to 25 feet or try 10 to 25 feet after dark for walleye. Also try the refuge side work around islands with good structure at the same depth and get away from the crowds. Walleye bite still inconsistent, however.

•Lake Sakakawea, New Town: Weather limiting angler numbers with overall slow walleye activity.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River trailrace quiet due to the cold weather. Those going on the river and Lake Audubon finding slow success.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better walleye bite on the upper end of Lake Sakakawea is around Hofflund Islands in 12 to 18 feet with jigs and minnows. Try deeper water around 30 for smaller walleye with some sauger mixed in. Yellowstone River decent for walleye. Continued panfish activity on

Blacktail Dam. Fewer anglers out with cold weather, though.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Cold weather limiting activity on area lakes.

**DOWNHILL SKI REPORTS:**

•Big Sky Ski Resort, Big Sky, Mont.: 4 Terrain Parks, 31 lifts and 263 runs open.

•Bottineau Winter Park, Bottineau: 12- to 24-inch base with 6 runs, 2 carpets, 1 T-bar, 1 chair, and Terrain and Tubing parks open.

•Huff Hills Ski Area, Mandan: 16- to 20-inch packed powder, groomed base with 10 runs, 3 lifts, and Terrain parks open with new features.

•Terry Peak, Leads, S.D.: 26- to 30-inch base with most runs open but lift status could vary with weather and wind conditions.

**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.

SAVE THE DATE!

NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER'S

# Champagne AND Ice Gala

Diamonds, Bubbles & Bidding

SATURDAY, FEBRUARY 15  
 6 PM  
 CLARION HOTEL

TICKETS \$50; MUST BE 21 AND OLDER  
 AVAILABLE AT [HTTPS://NPCACGALA.CBO.IO](https://NPCACGALA.CBO.IO)  
 OR ON OUR FB PAGE

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# Upcoming Events

**27 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

**01 FEB**  
**LEGISLATIVE FORUM**  
 9:00 AM - 11:00 AM  
 North Dakota State Fair Center  
 2005 E Burdick Expy, Minot, ND

Join the Minot Area Chamber EDC for Saturday forums held throughout the session at the North Dakota State Fair Center. Attendees will have a chance to interact with Minot area legislators and get updates on the session and specific bills.



**For more information:**  
 Facebook/ Minot Area Chamber EDC/ 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**  
**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 February's craft, we will be making Valentine's Day themes Hot Mess Canvases. Perfect for singles, couples, or friends, you will experiment with the beauty in chaos and create a stunning, abstract masterpiece." 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 on our website: magiccitydiscoverycenter.com



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



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

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



## ALL YOU CAN EAT GARDEN FRESH SALAD BAR

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# YOUTH IN ACTION

## Minot Air Force Base School Board District #160



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



School Boards are responsible for the education of local children and address a wide array of issues to include establishing spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and serve as public figures to support and respond to the needs of their communities.

For the Minot Air Force Base, School Board District #160 serves in this capacity. School board member duties include, using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a co-terminous school board that works alongside Minot Public Schools, School Board, District #1 with the mission of "Empowering all

learners to succeed in a changing world".

Minot Air Force Base, School Board District #160 and Minot Public Schools, School Board, District #1 consist of five board members, each member serves a three-year term. For the Minot Air Force Base, School Board, District #160 there are three position requirements for members. These include 1) Member must reside on the installation 2) Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools.

The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has open positions. Interested parties can contact the School Liaison at [joy-nicole.smith.2@us.af.mil](mailto:joy-nicole.smith.2@us.af.mil) for more information and to receive an application."

## 2024-2025 MPS CALENDAR

### IMPORTANT UPCOMING DATES

**February 17**  
 P/T Comp Day -  
 No School for Students

February 2025							19 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		



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



**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**

**3816 SOUTH BROADWAY, MINOT, ND**  
**701-858-0777**

[WWW.MIMEXICOMINOTND.COM](http://WWW.MIMEXICOMINOTND.COM)

# Discover Your Voice: Jr. Journalism Is Back!

KERIANNE NOEL, NORTHERN SENTRY

While most Northern Sentry stories come from your local Northern Sentry reporters, some will be surprised to hear that this paper also has a program that is just for youths age 7-17. The Jr. Journalism Program is an opportunity for students to develop their writing skills, learn about the craft of journalism, and share stories that matter to them with the greater base community. Begun in the summer of 2022, the program is ready for submissions from Minot kids who are eager and ready to learn more about the craft of writing!

The Jr. Journalism program is open to all MAFB affiliated youths age 7-17. It's for anyone with a story to tell, from the personal such as their favorite playground, how they spent a snow day, or where they went on a family trip, to the practical such as kid to kid PCS advice. Sometimes the hardest part is getting started, but fortunately some former Jr. Journalists have lots of advice to get aspiring writers started.

Leon Rivera, age 8, chose to write about the Hostfest. When asked why he chose that topic he noted, "I thought it would be a great festival, and I wanted to learn stuff about Norse history, so that I could learn more about Minot itself." When asked for his advice to aspiring journalists, Leon shared, "Go for the thing you like the sound of! Choose whatever [topic] you like best."

Molly and Julie Sullivan, ages 13 and 11, shared, "We wrote about our visit to Assiniboine park zoo. Our mom assigned us to write an article as part of our homeschool. We had just gotten back from a trip to Canada [and] thought the zoo was a lot of fun. We also liked the animals there and so we decided to write about it." They added, "We learned that it actually wasn't that hard writing an article once you got started and it was a lot of fun." They mentioned that it was a fun surprise to receive a framed copy of their published article after the fact.

The prevailing advice from Jr Journalists: read what others have written for inspiration, and then go for it! In some cases, particularly for older writers, the Sentry will work with them on an opportunity to write a more in-depth piece. This may involve a bit of research or even the opportunity to do an interview. Tristan Noel still remembers getting the opportunity to write about comedian Terry Fator. He shared, "I chose Terry Fator because I like comedy and talking to him was one of two interview options I was offered. I had to research about his life and watch some older videos of his to get my questions ready. The best part was that a few weeks later I got to see his show." When asked about the writing process itself, Tristan noted that, "If you write about something you are interested in or already know something about, then it's a lot easier to get words down on paper. It's okay if your first draft is terrible. Just take a break and come back to it later."

Being published in the paper and receiving a framed memento, as well as the opportunity to practice an important skill are reason enough to give writing



Leon Rivera is one of our previously published Jr. Journalists.

for the Northern Sentry a try. However, it's also a unique and fun way to share more about what matters to kids with the community. Waylon Cooper, age 8, already enjoys many aspects of the paper from the Wintery Photo Contest to the hunt for the Golden Ticket. "I really want to find one," he confided, but said his absolute favorite is seeing his friends inside the paper. "You can be like, hey! I know them... Can we cut that out, and put it on the fridge?" He also noted that he would love to see more content by kids for kids since their interests are different from adults. By bringing more attention to the Jr. Journalism Program the Northern Sentry

hopes to offer just that. In the meantime, this reporter is extremely hopeful that Waylon finds his Golden Ticket. Maybe he'll even write about it.

To check out previously written Jr. Journalism articles and submit a story of your own, head over to the Northern Sentry's web site at <https://northern Sentry.com/jr-journalism/>.



Molly and Julie Sullivan, posing with their framed article.

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## All About Pets

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Are you ready to add another member to your family? Adoption is a great way to go! According to the ASPCA, approximately 6.5 million companion animals enter U.S. animal shelters nationwide every year. Dogs make up about 3.3 million of those and cats make up about 3.2 million. While buying from a reputable breeder is one way to get a purebred animal with specific information about history and breed, there are many adoptable pets available that are just as obedient, fun, and unique. Adoption not only brings a loving companion into your home, but it gives the pet another chance at living a happy and healthy life.

There are many things to consider when adopting a pet. You must be ready to make the commitment, which can be about 10 to 15 years for dogs and up to 20 years long for cats. You also need to be able to meet all of your pet's needs, which includes being financially stable enough to pay for food, enrichment, vet bills, and medical emergencies, as well as making time to build a bond and exercise your pet as often as it needs, depending on the individual. It's important to also have patience throughout the adoption process and to research what kind of pet will fit your lifestyle best. Finding the perfect companion is not always as easy as "love at first sight," and some pets take more time than others to acclimate to their new owners and homes. Often, rescues will begin to feel comfortable in their new home anywhere from three weeks to three months in, but it can vary. The initial time after bringing home your pet is imperative for creating a bond, but be sure not to rush the process. Always move at the pace your rescue pet feels most comfortable at. Shoes may be chewed, carpets may get messy, and couches may suffer, but having the companionship of a pet can be well worth it with the proper time, training, and love.

These local animal shelters work hard every day to find loving homes for the pets they bring in. If you're ready to find your furever friend, please consider contacting a shelter to adopt today!

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# When Snow Gets Boring: 7 Winter Experiments & Experiences

ERIN BEENE, NORTHERN SENTRY

*This article and many more can be found in our 48 page 2024-2025 Winter Guide. The guides are available in racks all across Minot Air Force Base, or can be viewed online at [northern Sentry.com](http://northern Sentry.com)*

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

## BUT THEN WHAT?

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

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

## 1. MAKE MAPLE SYRUP SNOW CANDY

This ultra simple treat requires only a fresh snowfall, some boiling maple syrup and a popsicle stick.

You will impress any of your southern friends with this one.

## 2. SEE BOILING WATER FREEZE INSTANTLY

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

## 3. WALK ON A FROZEN LAKE

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

## 4. ICE STACKING

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

## 5. WATCH FOR WEATHER ANOMALIE

Everyone has heard of the Northern Lights, which will peep

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

## 6. PAINT THE SNOW

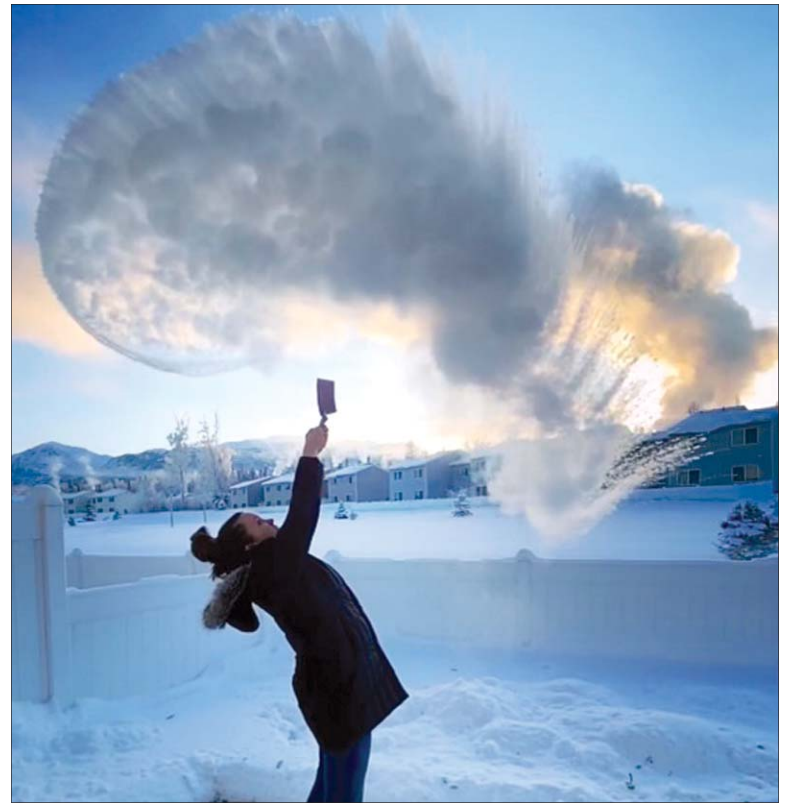
Tired of all that white? Paint it! This requires only washable paint and a paint brush and it is exactly what you would imagine. The snow is your canvas! Get out there and show your artistic side off for the neighbors (and before it snows again)!

## 7. MAKE SNOW ICE CREAM

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

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

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



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



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



# VOLUNTEER OPPORTUNITIES

To have your volunteer opportunity posted, please contact  
Military & Family Readiness Center (M&FRC) at:  
[5fss.family.support@us.af.mil](mailto:5fss.family.support@us.af.mil)

### Youth Center Volunteers

The Youth Center is looking for volunteers to help teach/lead a dungeons and dragons club for the Youth of Minot AFB. We are in need of at least two volunteers. The club will run every other Thursday from 5:30 to 7:30 starting 9 Jan.  
**POC:** Meghan Langan, 701-723-2838, [meghan.langan.2@us.af.mil](mailto:meghan.langan.2@us.af.mil).

### Smart Girls Volunteers

Smart Girls - is a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls in three age groups, spanning ages 8 to 18. Through dynamic sessions, participatory activities, field trips and mentoring opportunities with adult women, Club girls explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults. Time: 3:30-4:00 Every Wednesday starting on February 5th. 2 Volunteers needed  
**POC:** Meghan Langan or Jacorryn Wyatt: 701-723-2838

### Passport 2 Manhood Volunteers

Passport 2 Manhood - represents a targeted effort to engage young boys in discussions and activities that reinforce character, leadership and positive behavior. Each participant receives a "passport" to underscore the notion that he is on a personal journey of maturation and growth. Each of the program's 14 sessions use interactive activities to focus on a specific aspect of character and manhood. It also includes a service project where boys learn the importance of giving back to the community. Time: 3:30-4:00 Every Wednesday starting on February 5th. 2 Volunteers needed  
**POC:** Meghan Langan or Jacorryn Wyatt: 701-723-2838

### Quality Improvement Team Volunteers

Quality Improvement Team- People who are connected within the community from a youth perspective. These community members must be wanting to improve the quality of the youth center, programs, and events. Come to the meeting with input. This is also open to children ages 5-12 so that their perspective can be included in these talks for youth. Next meeting is March 5th from 4-5 pm. These meet quarterly. We need as many community and family members as possible.  
**POC:** Kathryn Sullivan and Haley Hjelden: 701-723-2838

### Red Cross Volunteers

The 5th MDG at MAFB is looking for participants to work as a Red Cross volunteer.  
**POC:** Lorie Herbel, Regional Program Manager, Service to the Armed Forces American Red Cross - Minnesota and Dakotas Region 701-405-3342

### Indoor Floor Hockey Volunteers

The Youth Center is looking for volunteer coaches and referees for the upcoming indoor floor hockey season. The season will take place from 10 February - 21 March 2025. -Ages 9-12: 6 Coaches -Ages 13-15: 6 Coaches If you're interested in volunteering for the indoor floor hockey season, please respond with the position and age group you're interested in being a part of.  
**POC:** Joshaly Richardson, Civ, USAF, Youth Sports & Fitness Director 5th Force Support Squadron DSN: 453-2838, COMM: 701-723-2838

### Safe Ride Volunteers

Safe Rides (AADD) formerly known as Airman Against Drunk Driving is seeking volunteers!!!  
**POC:** MSgt Nataja S. Cummings, 723-1124 [Nataja.cummings@us.af.mil](mailto:Nataja.cummings@us.af.mil) Safe Rides (AADD) Email Requests: [mafbaa.dd@us.af.mil](mailto:mafbaa.dd@us.af.mil)

### Meal on Wheel Volunteers

On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission on Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>  
**POC:** SrA Bermúdez, [brian.o.bermudezcartagena.mil@health.mil](mailto:brian.o.bermudezcartagena.mil@health.mil) 723-5184.

### Civil Air Patrol Magic City Composite Squadron Volunteer Emergency Responder

Learn aviation or bring your experience as a volunteer emergency responder. Serve the local community while flying in Cessna aircraft, piloting small unmanned aerial systems, and/or conducting physical and electronic ground search. Additionally, opportunities are available to teach cadets ground search and rescue, aerospace, cyber, and military professionalism. Make plans to visit at a weekly meeting, 6:30 pm, Tuesdays, upstairs at Avflight Minot.  
**POC:** Maj. Jeffrey Slocum 701-360-5948 [021cc@ndwg.cap.gov](mailto:021cc@ndwg.cap.gov) | [nd021.cap.gov](http://nd021.cap.gov)

### Junior Achievement (JA) Program Volunteers

Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers.  
**POC:** Carla @ 701-857-8205 or [carla@minotchamberedc.com](mailto:carla@minotchamberedc.com).

### Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you'll experience through the gift of volunteering. Our team and community would like to offer that gift to the Airmen at Minot AFB. Feel free to reach out to me with any questions, and/or if you or someone you know would be interested in volunteering via email  
**POC:** Danielle Hilzendeger  
Email: [Danielle.Hilzendeger@caringedge.com](mailto:Danielle.Hilzendeger@caringedge.com)  
Office No.: 701-354-7959





(From left) Reid Arnold, Minot State University Beavers forward, U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander, Dr. Steven Shirley, Minot State University president, U.S. Air Force Col. Benjamin Jensen, 5th Bomb Wing deputy commander, and Jacob Schuld, Iowa State University Cyclones defenseman, participate in a ceremonial puck drop during the MSU military appreciation hockey game at Maysa Arena, Minot, North Dakota, Jan. 11, 2025. The ceremonial puck drop is a longstanding tradition in ice hockey, which involves a guest of honor dropping a puck to commemorate the beginning of the game.



U.S. Air Force Col. Benjamin Jensen (left), 5th Bomb Wing deputy commander, and Jacob Schuld, Iowa State University Cyclones defenseman, shake hands during the Minot State University military appreciation hockey game at Maysa Arena, Minot, North Dakota, Jan. 11, 2025. Jensen participated in a ceremonial puck drop to begin the game.



Reid Arnold (right), Minot State University Beavers defenseman, attempts a shot on goal past Michael Mulkerrin (left), Iowa State University Cyclones forward, during the MSU military appreciation hockey game at Maysa Arena, Minot, ND, Jan. 11, 2025. Arnold scored two of the Beaver's 12 goals during the game.



Hockey pucks are displayed during the Minot State University military appreciation hockey game at Maysa Arena, Minot, North Dakota, Jan. 11, 2025. The pucks were used by fans to play a game known as "Chuck-a-Puck" to win prizes during intermissions of the hockey game.



Michael Mulkerrin (left), Iowa State University Cyclones forward, and Reid Arnold (center), Minot State University Beavers defenseman, conduct a face-off during the Minot State University military appreciation hockey game at Maysa Arena, Minot, North Dakota, Jan. 11, 2025. A face-off is the method of restarting play during a hockey game after a penalty occurs or a goal is scored.

## MINOT STATE UNIVERSITY HOSTS MILITARY APPRECIATION GAME

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# ARCHERY

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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**

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SCHEDULE:

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


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- Eastern Star - 1st and 3rd Tuesdays at 7:00PM
- Prince Hall - 2nd Saturday at 9:00AM



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# WINTERY PHOTO CONTEST



Sunrise 1/6/25 on base. The beam from the sun lit up the sky. Was a sight to see for sure

SUBMITTED BY LAURISSA KAZA



Snow dog.

SUBMITTED BY JESSICA SHANNON

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



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# NORTHERN CELEBRATIONS

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## CORNELL UNIVERSITY, BIRDS, AND NORTH DAKOTA

Patricia Stockdill

North Dakota is 1,000-plus miles from Ithaca, N.Y., Cornell University, and the nonprofit organization Cornell Lab of Ornithology.

But that's OK because birds are a universal thing. It's just that North Dakotans don't get to see as many birds in the deep depths of winter.

Cornell Lab of Ornithology grew from simple beginnings when Arthur A. Allen came to the university as one of the country's first professors of ornithology. The story goes that he posted a sign "Laboratory of Ornithology" by his office door and that's how one of the world's leading conservation organizations – Cornell Lab of Ornithology – evolved. Today, it focuses on all things birds.

Bear with me, this really does tie to North Dakota – or anywhere, for that matter: The organization has umpteen ways to bring people from all over into the world of birds.

It's do-able in North Dakota even in the winter. For example, the 2025 Great Backyard Bird Count (GBBC) will be held Feb. 14 through Feb. 17. Just go to ([www.birdcount.org](http://www.birdcount.org)) for details.

That's just one way the Lab involves everyone from scientists to avid bird enthusiasts to the casual public. The organization has an array of projects through their citizen science programs, which links information provided by people to scientists using the information for research, population trend data, etc.

In addition to the Great Backyard Bird Count other citizen science programs include Global Big Day, Christmas Bird Counts, NestWatch, and eBird, for example.

Global Big Day is really two big days, one coming up in May and again in October. The timing is perfect for North Dakota because that's when a lot of birds are migrating into and through the state. Essentially, folks from anywhere in the world simply get outside and bird for a day – part or all day, depending on one's inclination. Sightings are logged into the eBird website, ([ebird.org](http://ebird.org)), and observers quickly see what birds were observed and where.

While the next Christmas Bird Counts won't take place until December 2025 into early January 2026, people can find results from North Dakota counts – or anywhere a count was held - on the website, ([www.audubon.org/community-science/christmas-bird-count](http://www.audubon.org/community-science/christmas-bird-count)).

Upper Souris National Wildlife Refuge northwest of Minot hosts a count each December, for example, along with counts in Minot and Theodore Roosevelt National Park in western North Dakota.

The Christmas Bird Count launched the citizen science concept more than a century ago and it's still hugely successful.

Project FeederWatch just might be the most amazing of all of the citizen science programs because participants don't even need feeders. Plus, it's super flexible. All it takes is a few minutes to note what birds are observed anytime between November and April: Look out a building window and check out what flies into a nearby shrub. Or look at what might be flying around trees, feeders, and heated birdbaths while walking to a store, school, or work. Whether it's for five minutes, five hours, or anything in between, just submit observations.

While Project FeederWatch has a participation fee, the funds are strictly used to support the program and its data collection.

This spring when nesting gets underway the Lab's NestWatch program is an amazing way to observe and learn about birds, nesting, and chick rearing. Participants learn how to become certified NestWatchers, reporting their information as well.

Thankfully people participating in any or all of Cornell Lab or Ornithology programs don't have to be ornithology experts. They don't really even have to know much about birds.

All they need is curiosity and a link to the Cornell Lab of Ornithology's website, ([www.birds.cornell.edu](http://www.birds.cornell.edu)). Clicking "Get Involved" links to their citizen science programs and other ways to get involved with birds and birding, while "Birds" is a link with a wealth of information about birds throughout the world, as well as ways to report sightings and more.

So even though the organization is more like 1,500 miles away from North Dakota, it still brings birds close to home – theirs and ours.

The other nice thing about researching Laboratory of Ornithology resources is it helps make winter nights feel shorter, bringing warm thoughts of spring – and birds – sooner.

In addition, it's another way to involve children in the outdoors, wherever that may be.



A juvenile rough-legged hawk posed for a winter photo along a quiet North Dakota road.

PATRICIA STOCKDILL PHOTO



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# Born to Bake: Jenetta Sawyer

ERIN BEENE, NORTHERN SENTRY

Some people know what they are meant to do by the time they take their first steps. Some people change career paths a multitude of times through adulthood before landing on the final project. Some people have a career fall in their laps that surprises even them. Mil Spouse Jenetta Sawyer was born to bake, but didn't discover it until 2022 when she was mixing cupcake batter for the very first time. It was her son's first birthday, and out of nowhere she was filled with an unexplainable joy, peace and sense of purpose. She had found a new passion life and later that night her epiphany of opening a bakery started to become a reality.

Today, Jenetta runs a very successful cottage bakery (a bakery without a storefront, and from one's home) called Jenetta's Simple Treats. But, only two and half years ago she was a first-time mom struggling with severe postpartum depression and crippling anxiety. At the time, Jenetta and her spouse, 2d Lt Jason Sawyer, 741 MS, were stationed at Nellis AFB in Las Vegas, Nevada. In 2021, she had just given birth to her son, Jenson, and was having a hard time dealing with the realities of new motherhood. Though she received treatment in the following months, Jenetta explained that she still felt like something was missing from her life. A few days before her son turned one, Jenetta decided to do something she had never done before: bake and pipe cupcakes. She gathered supplies from thrift stores and online yard sale pages and took to Pinterest to help guide her. She proceeded to watch a few decorating videos and then gave it a try when something unexpected happened. "My brain quieted, my heart rate slowed, it was a weird sense of peace."

Jenetta explained that at that moment, she just knew that baking was what she was meant to do in life. The birthday cupcakes turned out great, and in fact Jenetta was enjoying herself so much that she ended up making way too many for her family alone. So, she decided to sell them on Facebook for \$1/dozen. Surprising herself, she made quick sales and even had customers asking her for more.

This sudden peace and the fact that there was a demand for baked goods, caused Jenetta to start planning her bakery business that very evening. Thus, Jenetta's Simple Treats was formed.

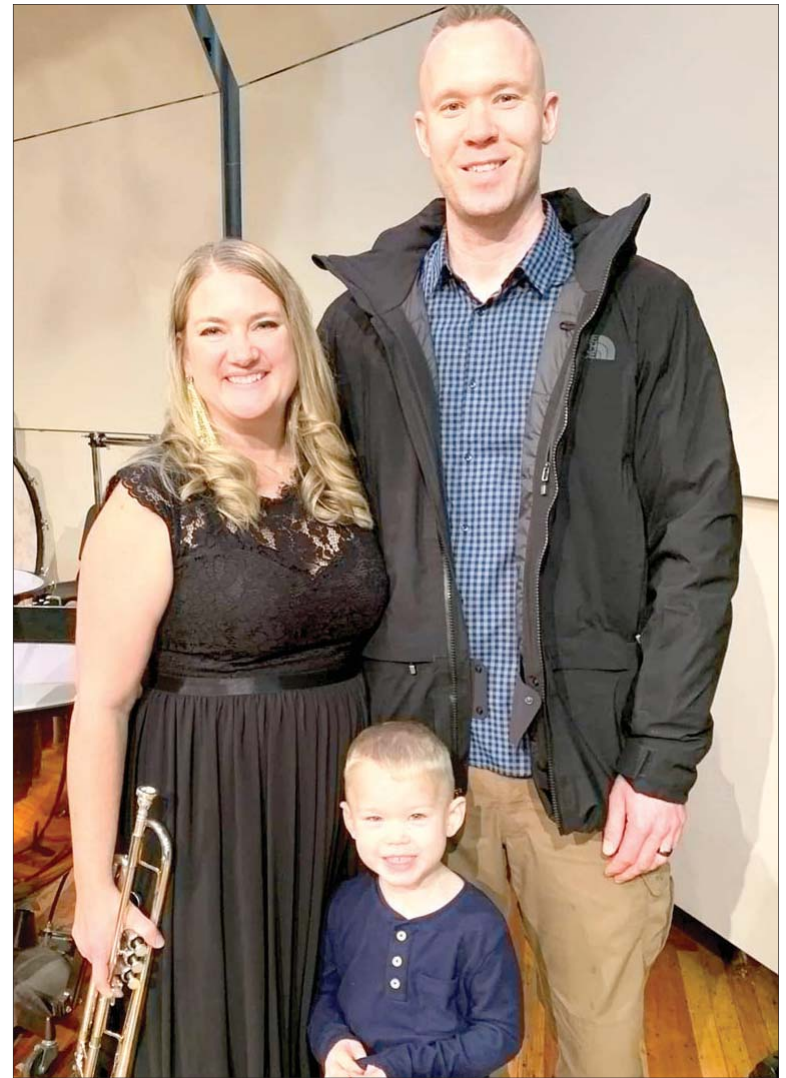
Currently, Jenetta still does not have any formal training on baking or decorating, but she does very closely follow all of the laws and regulations in the state of North Dakota for operating a cottage bakery. She confided that she has never taken a class and that she is completely self-made, learning everything from online YouTube videos and from A LOT of trial and error. She attributes her determination and success to the never-ending support from her husband.

While Jenetta bakes and decorates many things, including cakes, cookies, pretzel sticks, and lots more, she said that her favorite item to bake is

still cupcakes since that's what started it all. When asked what motivated her to go from never having baked in her life to opening a business, she joked that it was "blind confidence" that propelled her.

Jenetta's Simple Treats has been so successful that it keeps growing. She already owns a small treat trailer, which will make its Minot debut once the weather has warmed, and this year Jenetta has decided to offer cake and cupcake decorating classes out of her home. She is also in the works of getting the use of a local business so she can host larger decorating groups.

While forever a baker at heart, or for however long it continues to fulfill her, Jenetta wanted to make sure the Northern Sentry readers were aware of more than just her passion for baking and decorating. She talked about the importance of getting involved



The Sawyer Family - 2d Lt. Jason Sawyer and Jenson attend a concert in support of Jenetta's first concert with the Minot Community Band.

<p><b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b></p> <ul style="list-style-type: none"> <li>\$2 off All Apps</li> <li>\$3 House Wine &amp; Domestic Pints</li> <li>Bavarian Pretzels with Beer Cheese Sauce</li> <li>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</li> <li>\$5 Moscow Mule</li> <li>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps</li> <li>½ Flat Bread Pizza</li> </ul>	<p><b>DAILY SPECIALS</b></p> <ul style="list-style-type: none"> <li>Monday \$5 Moscow Mules (all day)</li> <li>Tuesday \$4 ND Breweries (all day)</li> <li>Wednesday ½ Price Wine by the glass/bottle (all day)</li> <li>Thursday \$1 up for all Tall Taps (all day)</li> <li>Sunday BRUNCH (11am-2pm)</li> <li>\$7 TSR Bloody Mary &amp; Caesars</li> <li>\$12 Bottomless Mimosas</li> <li>\$6 Breakfast Shots</li> </ul>	<p><b>FAMILY PACKS</b></p> <ul style="list-style-type: none"> <li>Monday Pizza Pack Combo</li> <li>Tuesday Sandwich Pack</li> <li>Wednesday Chef Creation*</li> <li>Thursday Pasta Pack</li> </ul> <p><small>*Changes Weekly – Check our Facebook Page</small></p>
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in the local community or even on base groups. While she has been stationed many places in her husband's 12 year Air Force career, she gushed about the uniqueness and community of Minot, saying, "There is just something so wonderful about Minot! It has been the most special place we have ever been to!"

Jenetta also wanted to make sure we included some information about help for other new moms that might be struggling with postpartum depression. Making an appointment with your PCM, and admitting your struggles is a great first start to getting the help you need. According to <https://www.postpartum.net/> 1 in 5 Moms and 1 in 10 Dads suffer from postpartum depression. Postpartum.com also offers ways to seek help immediately, so if you need help, please ask for it. Jenetta is a true model of what



Cake pops decorated for a gender reveal party

it means to find a passion, grab onto it and work like crazy to get it. To register for the decorating classes or to find out more about pricing and the delicious treats, check out her website: <https://jenettasimpletreats.com/>

## NOTES ON BEING SAFE

# OKAY I'M STUCK. NOW WHAT?

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

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

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

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

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

Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open

for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.

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

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

Make use of your winter survival kit. That is why you packed it

in your vehicle in the first place, to make use of it. Remember if you have used it, replaced used items as soon as possible!

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



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## SUDOKU SOLUTION

PUZZLE ON PAGE B2

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

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## Weddings for Warriors

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

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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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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.

TIMOTHY TIMM

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# WHAT'S GOING ON MINOT AFB

## 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
- No Limit Hold'em Turbo Tournament, 1800, Rockers Bar & Grill
- Karaoke Nights, 2000-2200, Rockers Bar & Grill

## TUESDAY 28

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, 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
- Zumba, 1630, McAdoo Fitness Center
- Winter Warriors Winterization, 1730-1930, Auto Hobby Shop

## FRIDAY 31

- Registration Closes: Youth Indoor Floor Hockey, CYPBMS website at <https://parent.afcyp.com/>
- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

## SATURDAY 25

- Zumba, 0800, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Marvel Cinematic Universe Trivia, 1700-1900, Rockers Bar & Grill

## WEDNESDAY 29

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Overview, 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

## SATURDAY 01

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

## SUNDAY 26

## MONDAY 27

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Cycle, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 30

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- National Soup Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1630, McAdoo Fitness Center
- USO Coffee Connections Paint & Sip, 1730-1930, Jimmy Doolittle Center

## 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.

**MARVEL CINEMATIC UNIVERSE TRIVIA**  
ROCKERS BAR & GRILL

25 JAN 2025 • 5PM

FREE TO COMPETE! TEAMS OF UP TO FOUR WILL PUT THEIR MARVEL KNOWLEDGE TO THE TEST! WINNERS GET BRAGGING RIGHTS & A \$100 FSS GIFT CARD PER TEAM.

MUST BE 18+ TO PLAY

727-ROCK

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**CELEBRATE AFRICAN AMERICAN HISTORY MONTH**

**FUN FRI-YAY**  
JIMMY DOOLITTLE CENTER

7 FEB 2025  
4PM - 9PM

GAMES, MUSIC, & MORE!  
DELICIOUS FOOD

CLUB MEMBERS EAT FREE!  
FOOD SERVED 4:30PM - 8:30PM  
NON MEMBERS PAY  
\$10 PER PERSON OR \$30 FOR FAMILIES

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**THE BIG GAME BUFFET**  
ROCKERS BAR & GRILL

9 FEBRUARY 2025

CAJUN INSPIRED BUFFET  
\$10 PP FOR CLUB MEMBERS • \$15 FOR NON-MEMBERS  
FREE FOR AGES 5 & UNDER

CHECK OUT THE MENU, GAMES, & MORE INFO HERE!

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