

# northern sentry

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WHATS INSIDE THIS WEEK:



BREKKA KRAMER ACCEPTS AF CIVIC LEADER APPOINTMENT **A2**



DAKOTA ELEMENTARY SOARING EAGLE AWARDS **B11**



The MathCounts team from Memorial Middle School, Laurel-Elaine Smith, Alice Alexandra, Jay Jensen, and Gavin Kennedy, lead by coach Pam Vantilborg, finished first place in the Ward County Chapter MathCounts Competition held at the Minot State University in Minot on February 5, 2025. MathCounts promotes math excellence and competition for sixth, seventh, and eighth grade students. The Competition Series has 4 levels of competition—school, chapter, state and national. We wish them good luck at state!

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# Brekka Kramer Accepts AF Civic Leader Appointment

## Joins Other Respected Community Leaders

ROD WILSON, NORTHERN SENTRY

The Air Force Civic Leader Program is an Air Staff Level program who membership is comprised of respected community leaders selected from the Air Force major commands, National Guard Bureau and Headquarters Air Force.

Minot Area Chamber of Commerce CEO Brekka Kramer recently learned of her appointment to this prestigious committee that lists its members as “key communicators and advocates for Air Force issues.”

These civic leaders provide ideas and feedback to advise the Secretary of the Air Force, Air Force Chief of Staff, and Air Force senior leaders about how missions can best be accomplished in their respective areas and about public attitudes toward the Air Force and Air Force activities in their area.

Brekka Kramer, Pete Hankla, Randy Burkhard and Bruce Christianson serve on a similar group, the Air Force Global Strike Command Civic Leaders Group. Mark Jantzer is also emeritus on this group.

“This year there was an opportunity for the major (Air Force) commands to nominate somebody” according to Kramer “so for us it’s an opportunity to have the discussions about what matters to AF Global Strike command, and what matters for our local community and nuclear deterrence modernization projects and have a seat at the table with some of the key leaders in Washington, D.C.” Kramer also feels this is the perfect time as there is a change in leadership. “We’re talking Air Force, Space Force and the National Guard” continues Kramer “this was a great opportunity to have someone from North Dakota sit on this civic leader’s program, understand our priorities for Air Force Global Strike Command and the command we are under, and how do we educate and advocate in this space.”

The members of the AF Civic Leaders program serve as a civilian interface between the Air Force and the civilian community in this role. Air Force Civic Leaders are tasked to explain and interpret Air Force programs, positions and problems to other key communicators through personal contact and correspondence, and to the general public through statements, appearances and speeches. These outreach efforts can be in the form of speeches, articles and local, regional, state and national activities. Both current and Emeritus civic leaders serve as Air Force advocates and provide support to Airmen and their families through their outreach efforts.

“My first engagement with this group will happen in mid-February in Washington, D.C.” shares Kramer “we will have some orientation, learn more about what the expectations are, and as I understand it is very similar to the role that we play with Global Strike, but at the larger Air Force, Space Force and National Guard level.”

Kramer sees her opportunity as part of a tiered representation that starts with Task Force 21 and moves up to the Global Strike Civic Leaders group and at an even higher level this Air Force Civic Leader Program.

“We take General Bussiere’s priorities, which he has clearly communicated to our wing commanders and us as civic leaders, and we make those our priorities. General Bussiere has really tasked us with the education and advocacy side because we are modernizing our full nuclear force right now, and we have some major projects underway. So even at our Task Force 21 symposium in Washington D.C. this past year he asked us to

talk to people. People have to understand the importance of nuclear deterrence and the role that we play in it. He made a bold enough statement that Where Minot goes, the Air Force goes...Where Minot goes, the nation goes. It just puts a focus on the role Minot and Minot Air Force Base plays with 2 legs of the nuclear triad” shares Kramer.

Brekka Kramer’s role will involve her representing Global Strike Command, but on a larger stage, to be educated about all of the priorities of the Department of Defense and of course Air Force, Space Force and National Guard. “We will have a voice at the table to talk about Air Force Global Strike Command,

the nuclear enterprise and the important role that we play there.”

Kramer sees the role as a 2-way street “We’re going to listen to the priorities of the Secretary of the Air Force, and we’ll also be communicating out our priorities and really understanding what our (Global Strike Command) role is. Even since I’ve served as AF Global Strike Command leader it’s changed...depending on the time, what we are up against, and what we need to do as civic leaders to educate and navigate. Right now, within AF Global Strike Command we’ve been tasked with doing more. This year we will host our 14th annual Nuclear

Triad Symposium in Washington D.C. That event has grown. We’ll continue to educate and hopefully reach a broader audience. Last year we brought the Nuclear Triad Symposium to Minot because we needed to bring the information to our own state about the role that Minot Air Force Base plays in protecting the world. How do we as local leaders and statewide leaders understand that role. Military is big in North Dakota, and we need to get our message out. We take our role (as educators) very seriously.”

More information about Brekka Kramer’s appointment and expectations is certainly forthcoming.



MACEDC President | CEO Brekka Kramer (center right) poses with the B-52 Stratofortress and flight crew.

MACEDC PHOTO



# MILITARY APPRECIATION DAY

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# Things We All Love About Minot

ERIN BEENE, NORTHERN SENTRY

It's February 14th, the day of love and chocolates and celebrating the important people in our lives. It's Valentine's Day. We wanted to make this edition of the paper centered around the concept of LOVE. Not just love between people and significant others, but the love of the community, the place we all live, and the appreciation for this often-criticized locale called Minot Air Force Base.

Throughout this edition, you will find articles about specific places and people in the area that our staff loves. These places and people are what makes this Minot community specific, unique, and even covetable.

As the Editor of the Northern Sentry, I am accustomed to spreading the word about other's perspectives and highlighting the interesting people that make up the Minot AFB Adventure. My job is to tell the stories of all you teachers, spouses, workers and everyday fascinating lives. Sharing what makes your personal stories important is my job, and I love it.

But today, I will share the stories of those who are connected to the Northern Sentry, not in front of the paper, but behind it.

This story is about the Northern Sentry reporters themselves. Reporters Nataly Zarrella, Kerianne Noelle and journalism intern Hannah Waters have spent the last half year dedicating their time and effort to bring you story after story, deadline after deadline. They have shown up despite family stress, work commitments, personal issues and little pay to bring you these amazing community centered stories each week. Their stories have captured your hearts and brought to light solutions to problems you all deal with. Not to mention, they have dealt with scrutiny from me marking up their work every week, but always going back with a good spirit to make changes and edits.

These ladies are a vital part of what makes this small-town, base-centered newspaper possible and thriving. There is a reason that the Northern Sentry is one

of the only Air Force newspapers left in existence today, and these reporters are one of those reasons. Top stories every week have caused our online web presence to soar with readership, and even more people are picking up their paper newspaper off their porches every week. This is what I love. I love sharing your Minot AFB Adventure and having an amazing team of reporters to help do that.

I'd like to highlight my favorite story from each reporter over the last few months:

Kerianne Noelle ~ Bringing the Costco Experience to Minot AFB Community

Nataly Zarrella ~ Supporting Missile Field Airmen This Thanksgiving

Hannah Waters ~ Mother, Military Spouse, Author and Superwoman?

I wish you a Happy Heart Day and please take a look through the newspaper or online and discover some lovely places and people on this love-centered day.

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**NOTES ON BEING SAFE**

## Gun Safety

Proper Usage and Storage is Essential



SSGT JOE VERGARA  
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In our daily lives, firearms of all types are featured in T.V. shows, movies, video games, and in a large majority of our homes. Since firearms have become such a large part of today's society, "Firearm Safety" cannot be overlooked. The purpose of Firearm Safety is to eliminate or minimize the risks of unintentional death, injury or damage caused by improper handling and storage of firearms. If you choose to maintain firearms, you must become fully aware of the risks exposed to not only you, but friends and family. Although studies show that firearm related injuries peak in adolescent groups; adults are just as likely to have a firearm mishap.

Unfortunately, tragedies occur on a daily basis involving unlocked firearms, which make them easily accessible. The first rule of firearm safety is simple and important: Know why you have a weapon in the house, and act accordingly. Keep your weapons secure where no one can access them and cause accidental harm to themselves or others. After all, how often are you going to hunt deer or shoot targets in your home? In the event of a fire or natural disaster, would you want the loaded, unlocked firearm to wound or kill the emergency response personnel who are there to rescue you?

Here are a few basic guide lines to help keep firearms safe and away from unauthorized access.

- Always remove ammunition from firearms.
- Assure no unauthorized persons have access to your firearm.
- Place ammunition in a locked location, separate from firearms. When deciding where to store ammunition, remember to select a secure place that is out of sight and reach of children.
- Secure unloaded firearms with a gunlock, gun alarm or other type of tamper-proof device, these might render the gun inoperable.
- Store unloaded firearms, in lockable gun cabinet, safe, or locked vault. Remember to place a locked storage case where children cannot find it.
- Keep firearms storage unit keys away from the "every day" keys.

Remember that proper storage or firearms and ammunition can significantly decrease injuries; the consequences of an accidental discard can be devastating.

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## A VIEW FROM OUR SIDE

ROD WILSON

**northern-sentry**  
 MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

Are we in a rebound? Are things taking a complete 180? What would make me ask that question? I want to start with credit cards. If you have a younger person in your home, say one of your kids is headed off to college, the number of credit card offers is totally amazing. 3-4 per day is not unusual. Who knew that there were so many credit card companies in the United States?

I can remember as a young adult my Dad said that "someday you'll probably want to get a credit card. Then you don't need to carry cash or checks, just a credit card." Then came the lecture about maintaining a good credit rating. Yes, you need loans...but not too many loans. And after you have a loan, whether it be for a car, or a motorcycle, you can not miss payments.

I don't want to seem ancient, but getting a credit card was a big deal, and certainly not guaranteed. I can remember walking into the local hometown bank and letting the teller know that I was there to apply

for a credit card. It seemed like an eternity until the president, yep the president of the bank, approached me to have a seat in his office. It was warm in the bank, but it wasn't heat that caused me to break out in a sweat, it was the fear of what was to come. To shorten the story a bit, about 30 minutes and what seemed like 200 questions later the president stood up and then came the biggest question of all..." You don't suppose your Mom or Dad would like to co-sign on this credit card, do you?" I already knew the answer to that question. I stared at the floor and answered quietly, "probably not."

"Oh, just checking. It would be a for sure thing if they did" he said.

I did get a credit card, with a \$200.00 limit until I showed the bank that I was a dependable credit risk. I was so darn proud. I couldn't hardly wait to use it. And use it I did.

But times have certainly changed haven't they? Credit card applications arriving in the mail. Unlimited credit balances. Airline miles for using your card. Cash back on purchases. And then the signs that started to appear "We Take Cash & Credit Cards Only- No Checks!"

I seriously cannot remember the last time that I carried a checkbook. I certainly took their warnings about checks to heart. And with the disappearance of checkbooks was the reliance on a credit card as my only form of

payment. Credit cards certainly worked, well until recently when letters started arriving in the mail informing me that credit card would be switched to daily compounded interest. How's that? You mean we don't have the 30 days to pay the balance before interest is applied? Nope...a recent credit card statement came with the daily interest already applied. Needless to say, I ended my relationship with that credit card company.

And then, certain merchants started to add on credit card fees. Spend some time in California and learn about a flat credit card fee applied to your purchases. Read the fine print and find out that it's either a flat fee, or a percentage of your purchase, whichever is more. Doesn't appear to be very consumer friendly, and it isn't. Walking by a parking meter in California I read a small sign that said, "We'll Add A \$3.00 Credit Card Fee To Your Parking Purchase." OK- Enough!

Simple math will tell you that you can't charge someone \$2.00 for parking, and turn around and pay the credit card company \$2.00 for a flat fee. I am not sure where all of this is going. It seems that our once "free" credit cards will be free no more. Stay tuned...

### WATCH THE FINE PRINT.

I am also up in arms with restaurants that have fine print on the bottom of the menu that informs you that they will be charging you a convenience fee. Some of these fees

have been as high as \$5.00. Nope, this isn't the tip. This is you the consumer paying for the benefits that the restaurant is offering their employees. A little bit of research will tell you that the restaurants that enforce this policy do not want you to reduce your tip amount. Instead, they advise you to increase your tip AND pay the convenience fee. Yikes, where is all of this going.

As a consumer I really dislike the moving targets that have become popular. If you don't read the fine print and don't check your credit card receipt, you'll end up paying all of these extra fees. Time for a little push back...don't you think?

### BEST KEPT SECRETS

The snow at Bottineau Winter Park is awesome...Military Appreciation Day is the 17th! Make plans to take the family skiing, tubing or snowboarding. A great day of great fun!

### TODAY'S CHUCKLE

A woman phones up her husband at work for a chat.

HIM "I'm sorry dear but I'm up to my neck in work today."

HER "But I've got some good news and some bad news for you dear."

HIM "OK darling, but as I've got no time now, just give me the good news."

HER "Well, the air bag works."

# A Little Bit of Rambling



## UPSIDE DOWN UNDER

MARVIN BAKER

With a minor in history from the University of North Dakota, there's no doubt I'm biased about history and how important newspapers are as historical documents. They're valuable for births, obituaries, kids setting records in high school sports and the list goes on to include advertising.

That said, I'm going to put a completely different twist on history through some information I became privy to last Saturday.

As some of you know, I've been restoring my old car and am now near the completion of a renovation that started nearly eight years ago.

As I've researched information about this car that I've had for 34 years, I can tell you with confidence that I've learned more about it in the past four months than I had in the previous 33 1/2 years. And I thought I knew just about everything about that car.

It's a 1985 Pontiac Trans Am that I purchased in September 1990 in Grand Forks. I drove it as my primary vehicle for 12 years. After the Hazelton Centennial in 2003, it was parked until I decided to start working on it in 2018.

As I dove into this with research and money, I came to find out that a collector car is worth more if its history can be traced and if it's original. Ironically, I had the original part, but was lacking in history.

# The value of history...

Enter Pontiac Research Service: This is an organization in Michigan that is dedicated to maintaining the history of anything Pontiac. There's another organization called GM Heritage Archive that is everything GM except Pontiac and can trace information as far back as the 1902 Cadillac.

For my curiosity, it was Pontiac Research Service. If you pay a fee and provide the vehicle identification number (VIN), they can trace a lot of information about your car in general, and specifics about your individual vehicle.

For instance, my car is black. It was black when I bought it and after hitting a deer in 1991, it was repainted black. But I didn't know if that was the original color. Indeed, a code shows that it was what Pontiac called "all black." That's significant for two reasons. First, it's the original color, and second, of the 44,000 Trans Ams built in 1985, only 4,475 of them were "all black." Others were two-toned.

It also contradicted what I thought every Trans Am had.

On the glove box, there's a badge that states, "Performance Suspension." As it turns out from this report, Trans Am had special performance packages called WS3 and WS6. About a third of those built in 1985, including my own, had one of those options.

Here's the real kicker. Pontiac Research Service sent me a copy of the original window sticker. Now I know what the original price was, what the options were, and most importantly in my opinion, who sold the car initially.

It turns out the car that I bought from Edie Pontiac in Grand Forks, was originally sold in Topeka, Kan. That kind of surprised me, but when I started connecting the dots, it perhaps makes sense that someone from Kansas who was stationed at Grand Forks Air Force Base, traded the car in at Eide Pontiac since there was only one owner previous to myself.

I also now know that my car was sold for \$15,260 in June 1985. In today's dollars adjusted for inflation, it is the equivalent of

\$44,000. All the options are also listed and the value of each. It's important information because it now traces the car to Topeka and erases a previous five-year gap.

That said, if you are restoring an old car, truck, even motorcycle, and if you can provide the VIN number, you will be able to learn a lot more about your project than you could possibly imagine. That alphabet soup called the VIN, reveals at lot more than a serial number.

In my new experience, the only thing I won't be able to find is the original owner. That is considered confidential and the only way I would find out is if someone came forward, told me and could prove their identity link to the car.

This is not something I could have even imagined three years ago when I was fixing only what I could afford. I just wanted my car to look nice and be reliable. Now, I've got all this additional information that's made it more valuable and has allowed me to put a journal together that has now eclipsed 70 pages.

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AMY ALLENDER

# Hallmark Has Nothing on Minot



I've heard it said, life isn't like the movies. This week, I tried to live a Hallmark movie, and decided life is actually even better than a movie plot.

AMY ALLENDER PHOTO

You romanticize things. I don't even think you know you're doing it." Six months ago, a staff member at an appointment told me this. I had never considered it before, but she was right.

"There's a whole movement about romanticizing your life," she added. "Google it. It's what you do."

For someone who spends a lot of time on social media, I rarely keep up with trends. So I took her advice. And of course, she was right.

A few years ago, the idea of "romanticizing your life" took hold online. The concept is simple: find the beauty in day-to-day living. You'll experience more joy and contentment, and reduce the desire to compare your life to others. Essentially, it's about choosing to appreciate the life you already have.

I've always done this without realizing it. I'd face fear and embarrassment if it lends itself to interesting narrative. I have a desire to live a life so chock full of stories, that even when my body can no longer stand the rigors of grand (or minute) adventure my brain will be brimming with memories; ready to be recalled in a way that reminds me that life is good.

For years, I've said Minot is a romantic place to live—not in a paperback novel way, but in the "romanticizing your life" sense. When people moving to Minot message me asking what it's like, I often tell them, "Living in Minot feels like a cross between a Hallmark movie and a sitcom. If you can embrace that, you'll love it here."

With that in mind and Valentine's Day at hand, I decided to put Minot to the test. Could Minot live up to the pinnacle of romance, a Hallmark movie plot? Instead of wishing life was more like the movies, what if I could prove that our life right here in Minot, ND really was like a movie?

I looked for a movie with plenty of romantic date scenes, and after some research, landed on Dater's Handbook, a movie about a woman who follows a dating guide to find love. She goes on dates with two men—one who is fun-loving and down-to-earth and another who is stuffy and serious. Predictably, she ends up with Mr. Right in a grand romantic finale.

The movie features eight dates and a big, romantic ending. To my surprise, every single date in the movie could be replicated in Minot. If you're looking to break out of a romance rut—whether dating or just having fun with friends—here are the Dater's Handbook date ideas and their Minot counterparts:

**1. Indoor mini golf, pool, and arcade games**

**Make it Minot:** Play mini golf at The Putt District or Tilt Studio, arcade games at Tilt Studio, and pool at The Spot. Or try board games at The Clubhouse downstairs at The Putt District.

**2. A fancy dinner out**

**Make it Minot:** Treat yourself to steak, pasta, and seafood at The Vardon Chophouse.

**3. A morning at a fitness facility followed by a picnic with local baked goods**

**Make it Minot:** Get a day pass at the YMCA, play racket sports at Cameron Indoor Tennis Center,

or work out at McAdoo Fitness Center. Then grab pastries from Prairie Sky Breads or Minot's Daily Bread and find a scenic spot to enjoy them.

**4. An art gallery opening**

**Make it Minot:** Stroll through the Taube Museum of Art downtown or the Northwest Arts Center at Minot State University.

**5. Attend a classical music concert**

**Make it Minot:** Enjoy a performance by the Minot Symphony Orchestra, Minot Brass Band, Minot Chamber Chorale, or a student concert at Ann Nicole Nelson Hall.

**6. Dinner at a diner followed by a dive bar**

**Make it Minot:** Grab a nostalgic meal at Kroll's Diner, then head to The Blue Rider or Atypical Brewery for drinks (and maybe even trivia night).

**7. A wine bar**

**Make it Minot:** Sip wine and enjoy light bites at Off the Vine downtown.

**8. Bowling**

**Make it Minot:** Bowl at North Hill Bowl, Rough Rider Lanes, or try roller ball at Tilt Studio or SCHEELS.

My husband and I had fun checking off all the Hallmark date ideas, you can see highlights on the @HeyMinot Instagram/Facebook channels. Once we finished, I thought of lots more Hallmark-style dates: ice skating followed by drinks in an igloo, axe throwing, escape rooms, cooking classes, and pottery-making, just to name a few. Hallmark has nothing on Minot.

This little experiment reminded me that life doesn't need to be extravagant to feel like a feel-good movie. We just need to embrace what's around us, right here and now.

*For more feel good stories and inspiration, join me online at amyallender.com, or on Instagram and Facebook @HeyMinot.*

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Wednesday, February 19 at 9:00pm

**FREE NACHOS**  
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118 1st Avenue SE, Minot, ND

# A LOOK BACK

## THIS WEEK IN USAF HISTORY

**FIRST TEST SATELLITE OF USAF NAVSTAR GPS IS LAUNCHED INTO ORBIT**

— FEBRUARY 22, 1978 —

NAVSTAR 1 was the first GPS satellite launched from Vandenberg AFB, California. (USAF Photo)

On February 22, 1978, the United States Air Force launched its first Global Positioning System satellite into orbit. Known as NAVSTAR 1 or OPS 5111, the satellite was launched at 23:44 Coordinated Universal Time from Vandenberg AFB, California, and was the first of eleven test satellites that would be launched in the coming years. The Block I satellites were a precursor to the modern GPS constellation that provides accurate 3D location, velocity, and time information. Originally, GPS was envisioned as a military system, but over the years it has evolved to have a variety of uses for not only the military, but millions of civilians nationwide. NAVSTAR 1 was retired from service on July 17, 1985, and the Block I satellites were replaced with fully operational Block II satellites, many of which are still operational today.

Information courtesy of: [pacaf.af.mil](http://pacaf.af.mil) / [afspc.af.mil](http://afspc.af.mil) / [nssdc.gsfc.nasa.gov](http://nssdc.gsfc.nasa.gov)

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# WINTERY PHOTO CONTEST



Sundog over Minot AFB.

SUBMITTED BY  
JOSHALYN  
RICHARDSON



Enjoying some rays at Mount Papa John's on base.

SUBMITTED BY  
TEOFILA OCHOA

## HOW TO ENTER

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



<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 style="padding-left: 20px;">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 style="padding-left: 20px;">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 style="padding-left: 20px;">\$7 TSR Bloody Mary &amp; Caesars</li> <li style="padding-left: 20px;">\$12 Bottomless Mimosas</li> <li style="padding-left: 20px;">\$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>*Changes Weekly – Check our Facebook Page</li> <li>Thursday Pasta Pack</li> </ul>
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OR ON OUR FB PAGE

# Upcoming Events

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

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. All forums will start at 9:00 a.m. and end on or before 11:00 a.m.



**For more information:**  
Facebook/ Minot Area Chamber EDC /Events

**14 FEB** **SCHOOL'S OUT DAYS**  
8:00 AM - 4:00 PM  
YMCA  
3515 16th Street SW, Minot, ND

School's out days are an adventure for kids ages 5-11 that provides a fun, safe place to be when kids don't have school. This camp inspired program includes a balance of fun, educational, and creative activities while developing the potential of every child. Kids will play, challenge themselves, and make friends while engaging in mentally and physically rewarding activities that incorporate our four core values of caring, honesty, respect, and responsibility. All children must wear/bring clothes that could get dirty, proper clothing to go outside, tennis shoes, any necessary medication, a sack lunch, and a swimsuit and towel.



**For more information:**  
Facebook/ Minot YMCA/ Events

**22 FEB** **COFFEE AND COCOA CRAWL**  
10:00 AM  
Downtown Minot South  
221 Main Street S, Minot

Join us Saturday February 22nd from 10am to 2pm as businesses give you an extra reason to warm up Downtown Minot. Stop in to participating shops and sample coffee or cocoa and other sweet treats along with some sweet deals. Tickets are 10+ tax and can be purchased online or at Gourmet Chef. Please be ready to show your ticket at each participating business. Some stops may be 21+.



**For more information:**  
Facebook/ Downtown Minot/ Events

**26 FEB** **TRIVIA NIGHT**  
7:00 PM - 10:00 PM  
Blue Rider  
118 1st Avenue SE, Minot

Bring your quaters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!



**For more information:**  
Facebook/ Blue Rider/ Events

**27 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.



**For more information:**  
Facebook/ Minot Parks/ Events

## NEW Community at the Northern Sentry

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



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

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# Love for the Game: Our Minotauros Experience

NATALY ZARRELLA, NORTHERN SENTRY

When my family and I first arrived at Minot Air Force Base in 2023, there were a lot of things I expected: long winters and quiet surroundings. But one thing I didn't anticipate was falling in love with the local hockey team. My family became passionate hockey fans in 2017 when the Vegas Golden Knights (VGK) came to Las Vegas, Nevada, where we were stationed from 2016 until 2023. Vegas had never had a national team before, and the arrival of the Golden Knights was a big deal for all the locals to include me.

As we settled into life in Minot, I wasn't sure what to expect from a smaller town, especially when it came to our love for the sport. The VGKs games were a spectacle in themselves, and the deep love for the team was palpable—especially given what the franchise symbolized for the city. After the tragedy of the Route 66 shooting in 2017, the Knights became more than just a team; they were a source of unity and healing for a community that had endured so much. It made me wonder if I'd ever find a team that could match that level of connection and passion. Everyone kept saying how much fun the Minotauros games were and how much the team contributed to the community. At first, I wasn't sure what to expect from a smaller, junior league team, but I figured we had to give it a try. Our first game at Maysa Arena was against the Austin Bruins, and from the very first drop of the puck, we were completely hooked.

I was taken away by the sheer intensity of the Minotauros game—it grabbed me from the first whistle and didn't let go. The crowd was wild, each play a rush of energy that turned into an adrenaline-fueled experience, making me feel like I was part of something bigger, something unforgettable. It didn't take long for us to realize that this wasn't just a hockey game; it was an event that brought people together, united by their love of the sport. The Minotauros may not be an NHL team, but they had all the heart and determination of one.

What surprised me the most about the game was just how affordable the experience was. Coming from Vegas, where ticket prices could average anywhere from \$150 to \$400, I was amazed at how budget-friendly Minotauros games were, making it possible to enjoy a whole family outing with my husband, Technical Sergeant Brian Zarrella, and our two daughters, Isabella, who is 4 years old, and Camila, who is 1. Tickets for a family outing to a game at Maysa Arena were incredibly affordable, averaging \$9 per ticket, especially with the added entertainment of Tank, the Minotauros mascot, promotional door gifts at select games, and so much more. Whether you're



Minotauros game day for the Zarrella Family. Nataly, Camila, Isabella and Technical Sergeant Brian Zarrella.

a solo fan, a couple, or a family of four, the cost of admission is reasonable enough that anyone can enjoy a night out at the rink without breaking the bank.

But, it's not just the tickets that are budget friendly. The food and drink options at Maysa Arena are also incredibly reasonable. I was used to paying high prices for concessions at major league venues typically about \$40 for a soda and nachos, but here, the prices were much more reasonable: \$3 for a soda, \$5 for a hot dog and candy as low as \$1 which are more in line with what you'd expect from a community-centered event. For families, this is a huge plus. You don't have to worry about spending a small fortune just to

enjoy a few snacks and drinks during the game. The Minotauros understand that part of what makes the experience special is keeping it accessible to everyone.

For us, attending Minotauros games has become a cherished tradition. My daughters love and enjoy the game, and every time we go, their excitement is contagious. Whether it's cheering on the team, enjoying the camaraderie of the crowd, or just appreciating the thrill of the game, each visit to Maysa Arena reminds us why we love hockey and why we've come to embrace the Minotauros as our team. The Minotauros have become an integral part of our Minot experience, and we couldn't be happier to support them.



Nataly capturing her daughter Isabella and husband TSgt Brian Zarrella during the Minotauros victory huddle after a big win.



Isabella Zarrella cheering on the Minotauros while learning that banging on the glass is part of the hockey experience.

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# How to make driving in inclement weather more safe

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

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

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

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield. If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.

- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splatter

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

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.

- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, staying focused and using regular headlights and not high beams when driving in fog.

- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.

- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

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



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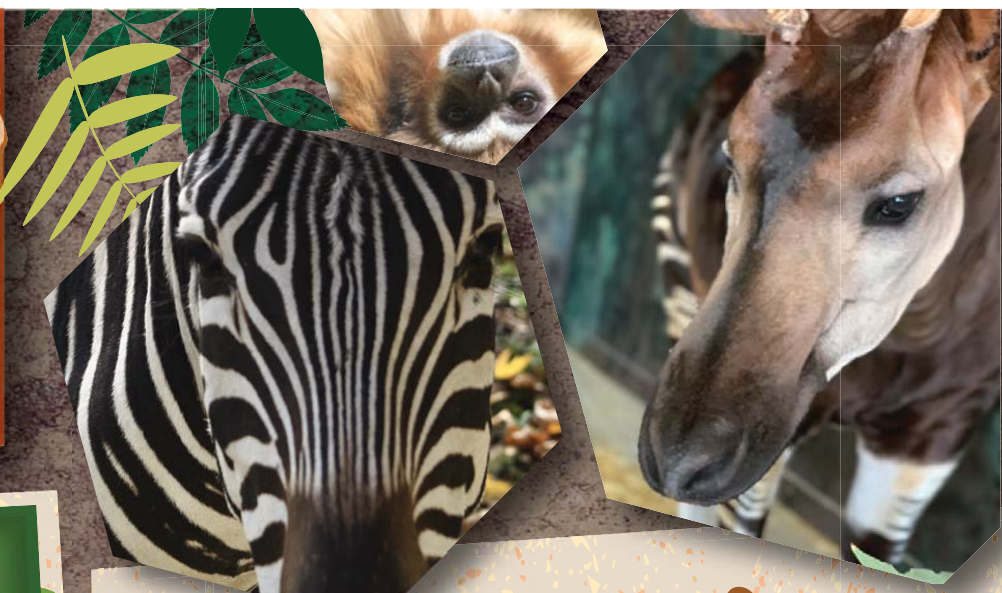
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## AFRICAN LION

**CREATURE FEATURES**

- Lions live in prides dominated by one male, including several females and cubs.
- Their long retractable claws help the lion grab and hold prey. Lions have massive shoulders and strong forelimbs, long, sharp claws, and short, powerful jaws to aid them while hunting.
- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

**Fact File**

Life Span	10 - 14 years
Weight	300 - 600 pounds
Height to Shoulder	4 feet
Body Length	8 - 9 feet
Tail Length	26 - 39 inches
Top Speed	50 mph
Wild Diet	Omnivore <span style="border: 1px solid black; padding: 1px;">Carnivore</span> Herbivore Antelope, Giraffe, Zebra, Wildebeest, Impala

## ANIMAL FUN

A B C

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# The Heart of Minot: A Community of Support and Friendship

HANNAH WATERS, NORTHERN SENTRY

Minot often gets a bad reputation in the Air Force community, but those who have actually been here will tell you that it's the people who make it truly amazing. MAFB may be secluded, but when you move past the cold temperatures and the dismal night life, you'll see that with good friends this place can be great! Between the openhearted coworkers, amazing supervision in the workplace, and friendly faces you see when walking around base, MAFB could not have been a more perfect first assignment for me.

Within my first week on Minot AFB, I had been invited to go bowling with all the other Airmen in my office. It gave me the opportunity to meet a whole slew of amazing people. Everyone was so welcoming and seemed to really want to include me, the new Airmen. This was a recurring behavior, as new people arrived, everyone got invited out. Whether it's winter and everyone was going to the hockey area or in the summer time when people were invited to hang out with friends at the state fair, the MAFB population greeted everyone with open arms. This happened to other people on base too, not just me. One MAFB spouse, Chole Young said, "When I moved here and started classes on MAFB I felt so welcomed. Everyone helped me learn the ropes quickly and made it easier to acclimate to my new environment."

The amazing supervision all around the base population another perk of the base population. I have never been around a group of supervisors so dedicated to their Airmen. In my situation, I can reach out to any of the supervisors in my office and know that I am being heard and cared for. My supervisors have become my work family that I can go to if any problems arise. TSgt Tessie Odhiambo, Section Chief of Customer Support in the 5 FSS, encourages all her Airmen to achieve their personal goals. It was her support, along with the encouragement of SrA Lucia Lemon, former Passport Technician in the 5 FSS, that helped me become an intern for the Northern Sentry.

Of course, I cannot speak for all the Airmen on MAFB, but my experience has proven that MAFB is one of the best bases in the US. Others also agree with me and the sentiment provided by SrA Ethan Darwin about his chain of command at 705 MUNS is heartwarming and positive too. SrA Darwin said, "My leadership has consistently been in my corner since my arrival to 705 MUNS. I wouldn't be able to do what I do without their continued support and guidance!"

What stands out to me about Minot AFB is not just the location or the work environment, but the genuine sense of community that permeates everything here. People make the difference in creating a positive and supportive atmosphere, and it's clear to me that most everyone at MAFB is dedicated to helping each other succeed. The base is full of opportunities to socialize and connect with others such as Fun Fridays and Progressive Bingo at Rocker's Bar and Grill, making it feel like a close-knit family. The base organizes events, groups, and activities where you're always

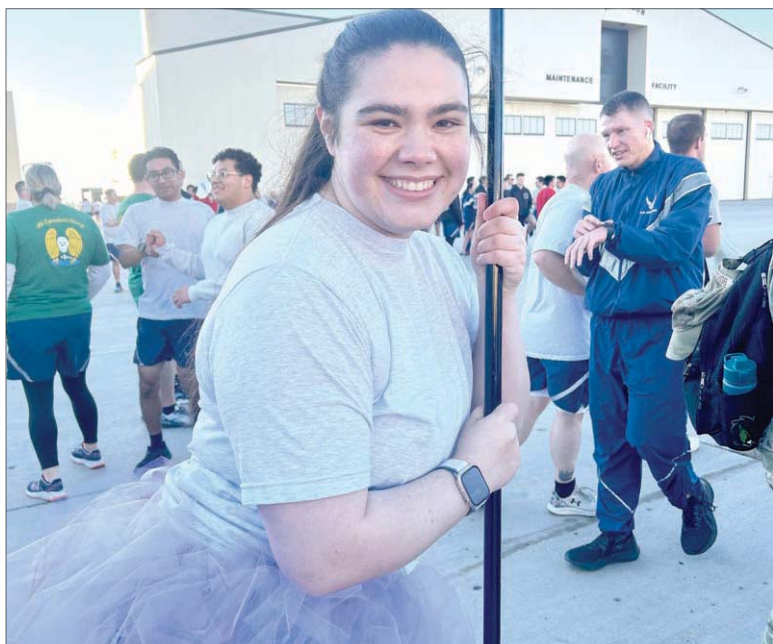


From Left to Right TSgt Nicole Argento, AIC Adrianna Robinson, and TSgt Tessie Odhiambo all from the 5 FSS, taking a moment to decompress at the end of the workday.

welcomed with open arms. From the "Burger Fest" in the summer to karaoke nights during the cold winter months, there is always something happening, making it easier to make friends and bond with those around you.

Living on Minot AFB has taught me that it's not just the location, but the people who truly shape the experience. It's easy to feel

like you're just a number in the military environment, but Minot is anything but that. Here, people are seen, valued, and supported, and I'm grateful to be part of such an amazing community. Whether it's the Airmen, spouses, or leadership, everyone plays a part in creating an environment that makes Minot feel like home.



SrA Lucia Lemon, 91 MMXS supporting her Airmen during the Suicide Awareness run!

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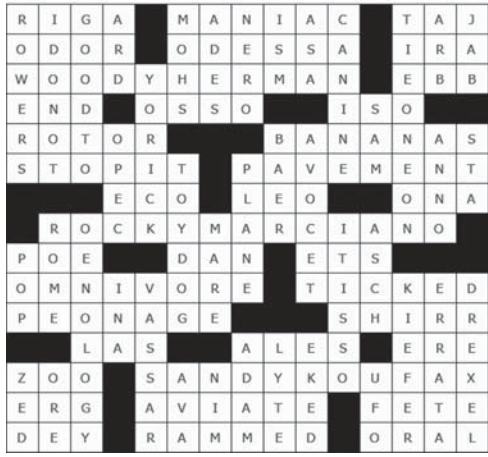
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

Solution to puzzle on page B9

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

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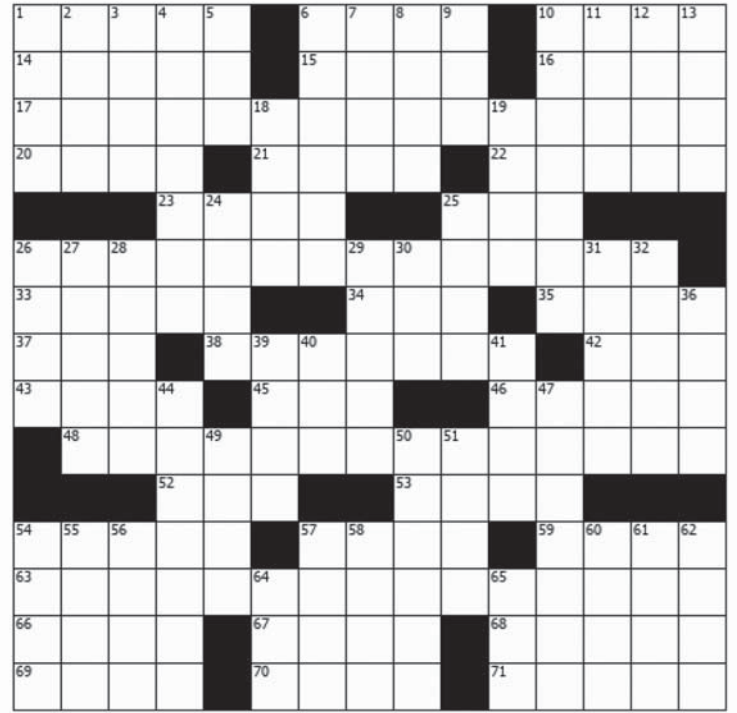
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**CROSSWORD PUZZLE**

**Across**

- 1. Garbage piles
- 6. "M\*A\*S\*H" star
- 10. Diner orders, briefly
- 14. North of Irangate
- 15. Caution
- 16. Rank above viscount
- 17. Bob Keeshan kids' character for more than 30 years
- 20. Door opener
- 21. Mountain home selling point
- 22. Make a speech
- 23. Arabian sultanate
- 25. "That's disgusting!"
- 26. On the way to somewhere else
- 33. "...and \_\_\_ of thousands!"
- 34. Form 1040 issuer
- 35. Impish smile
- 37. P.O. box item
- 38. Walden Pond resident
- 42. Year, to Picasso
- 43. Ancient kingdom near Edom
- 45. Outrage
- 46. Fridge forays
- 48. Gershwin masterpiece
- 52. Bro's relative
- 53. Not hard
- 54. March-April sign
- 57. Like outer space
- 59. Condiment for fries
- 63. "That doesn't surprise me"
- 66. Mine, in Paris
- 67. Moore of "Ghost"
- 68. Brainy bunch
- 69. Breathe laboriously
- 70. Practice boxing
- 71. Tests for jrs.



**Down**

- 1. Leave at a pawnshop
- 2. Vigorous spirit
- 3. Purina brand
- 4. Casino supervisor
- 5. Poseidon's realm
- 6. Canvas shade provider
- 7. Tahoe or Titicaca
- 8. Sketch
- 9. Raggedy doll
- 10. Greeter's squeeze
- 11. Zhivago's love
- 12. Easy gait
- 13. Gin flavoring
- 18. "Terrible" tsar
- 19. Disco adjective
- 24. Catcher's glove
- 25. Bear up there
- 26. A psychic may read yours
- 27. Part player
- 28. Jazz great Vaughan
- 29. Worn out
- 30. Charlemagne's domain: Abbr.
- 31. Holy quest object
- 32. Many an India native, religiously
- 36. It smells
- 39. Heckle sibilantly
- 40. Guadalupe gold
- 41. Samovars
- 44. Batter's success
- 47. Bottomless chasms
- 49. Tower town
- 50. Assent accompanying a salute
- 51. "...can't believe \_\_\_ the whole thing"
- 54. "Right away!" in memos
- 55. Italia's capital
- 56. Victor's excited cry
- 57. Prez's backup
- 58. \_\_\_ mater
- 60. Tolstoy's Karenina
- 61. For fear that
- 62. "\_\_\_ the night before..."
- 64. NFL scores
- 65. Little pest

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# Get Groovin' This Weekend With a Special Pop Concert

Brass Band of Minot will get in the groove at 4 PM on Sunday, February 16th at 4 PM at Minot State's Ann Nicole Nelson Hall with a 2025 Pop Concert.

The concert will include a variety of popular music including jazz, swing, marches, music from the movies, and more! During swing and rock and roll pieces, Jacob Thraillkill and Holly Eidsness from Mouse River Players will join in with some great swing dance moves.

The band is directed by Wayne Schempp and consists of brass and percussion players from Minot and other communities in Northwest North Dakota who share a love of British-style brass band music. Players range from high school students to professional music educators.

Brass Band of Minot concerts are free and open to the public though cash and check donations are very welcome. The hall has a hearing loop system for hearing aid users and an elevator accessible from the east side of the building.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National

Endowment for the Arts.

The Brass Band of Minot will return for the last regular concert

of the 2024-2025 season on March 30th.

## Roosevelt Park Zoo is Looking for ZooTeen Volunteers

Are you wild about animals, love meeting new people, and want to get hands-on experience at the zoo? The ZooTeen Volunteer Program at Roosevelt Park Zoo is your chance to step into the world of wildlife, conservation, and leadership! As a ZooTeen, you'll get behind-the-scenes opportunities, help create unforgettable experiences for guests, and be part of a team making a real impact on animals and the environment.

We're looking for 24 dedicated teens who are ready to take on the challenge and make this summer one to remember!

What You'll Do as a ZooTeen:

- Be a part of Zoo Summer Camp – help with games, crafts, and activities!
- Engage with guests – share fun animal facts and greet

visitors!

- Get hands-on experience – learn about zoo operations, history, and conservation!
- Assist with special events – make every zoo visit exciting and unforgettable!

Requirements:

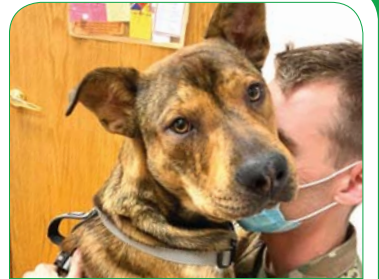
- Ages 13+
- Excited to learn, lead, and engage with visitors
- Ready to commit 60 volunteer hours (May-August)
- Can attend training and orientation
- Have their own transportation
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## All About Pets

**Pets have allergies too!**



Just like their humans, pets can have allergies too, and they are no fun for your furry friends! Pet allergies can be triggered by a variety of things including food ingredients, bug bites/stings, seasonal, prescriptions, chemicals, and more. Did you know that protein sources (including chicken, beef, or lamb) are some of the most common allergens for dogs? Here are some of the symptoms of allergies in your cats and dogs:

- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, its best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may

take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside. If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives, itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital.

In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional. In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!

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

**Monthly Business Meeting Schedule • Meet-and-Greets**

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



# Minot's Hidden Foodie Gem

KERIANNE NOEL, NORTHERN SENTRY

"The discovery of a new dish does more for the happiness of mankind than the discovery of a star," according to French epicure and gastronome Brillat Savarin. Or, as famed food writer M.F.K. Fischer, more plainly put it, "First we eat, then we do everything else." For military families stationed in and around the Magic City the topic of where to eat is an all important one. And while many locations in the heart of downtown such as Whiskey Nine or Ironhorse are frequently brought into these discussions alongside talk of what favorites have recently closed (R.I.P. High Third) there is one location that does not seem to come up often enough with military families: Vardon's Chophouse.

Nestled amidst the trees and greens of the Vardon Golf Club, this dining establishment is hidden within, and just past the unassuming pro-shop entrance. And while it's also open during the summer golf season as the 28 Club Grille & Bar, the real culinary fire happens when the Chophouse opens for its November through March season. Their menu includes a variety of seafoods, steaks and pastas, as well as a seasonal wine and spirits assortment. If dinner is not your thing, their Sunday Brunch, which currently runs from 10:00 am to 3:00 pm and only sets you back \$19.90 for adults or \$11.90 for kids is another delicious way to gather with family or friends.



Hold my charcuterie board! Ray Cook, his wife, and daughter Camille posing by just some of the tasty offerings featured at their Italian themed Couples Night.

However, this reporter's very favorite offering at Vardon's, one that has been around for five years, are the themed Couples Nights that unfold over several hours on Friday evenings in January and February. The brainchild of Ray Cook, Vardon's General Manager, the Couples Nights feature a five to seven course menu designed around a variety of themes ranging from "An Evening in Italy," to a "Wild Game and Seafood Night." Each course is not just beautifully presented but paired with an alcoholic beverage to compliment it.

I recently attended the Kentucky Derby Night, which was not just a dinner but an experience: think

bugles, hats, champagne, bourbon and the most amazing tomato pie that I am still dreaming about. Camille Cook, Sales and Marketing Manager, shared that, "Each night is its own "show" as we like to call it and the amount of ordering that is done usually makes my head spin!" For a more recent charcuterie and wine night Camille noted that, "Authentic meats, cheeses, fruits, jams, wines, and other delicious goodies from France, Italy, Spain, Germany, Switzerland and Denmark [were] ordered right from the source." The meticulous planning that goes into these events is why reservations are required, and why last-minute cancellations



"It's the Kentucky Derby!" Couples Night featured an iconic parade of hats, such as this one, worn by Laci Hanson.



For a fun twist, dessert is generally kept a secret until the night of the event. All other food and drink pairings are released, a few weeks ahead of time through Vardon's social media pages.

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Pie, but make it savory. Our table's favorite dish from the Kentucky Derby night.

cannot be refunded. While a larger group can generally be seated together, half the fun for us was meeting new people - in our case, another military couple that ended up settling here in Minot.

Team Minot includes Airmen who have lived and dined all over the globe and with that comes exposure to a variety of cuisines. And while most of the Airmen and families I've run into are unpretentious in spite of these experiences, or as one friend recently put it, "fancy like Applebees," they know and are ready to enjoy the best of what

a particular duty station has to offer. And while most instinctively live by the first half of Epicurus's admonition that, "We should look for someone to eat and drink with before looking for something to eat and drink," it was a true pleasure to stumble upon a place that turned the second half of that proposition into a bit of an adventure.

For more information about Vardon Chophouse, you can visit their web site at <https://vardongolfclub.com/bar-grille> or follow the Vardon Golf Club on social media.



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The Department of Defense (DoD) and the National Defense Education Program (NDEP) have awarded a \$2 million grant to iCivics, the country's largest civic education provider, to build content and curriculum to teach civics to military-connected students. In addition to their public school partnership expansion, iCivics has free programs and resources on their website for educators, remote learning families, and the home school community. Free

programming includes games, grab & go ideas, a young learners section for 7-10 year olds and parents' corner with on-demand webinars. The educator sections includes lesson plans, a weekly planner, infographics, and access to free games. Additionally, the site offers free access to primary source products and a broad array of curriculum units related to civics. Visit <https://www.icivics.org> for more information."

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# OUTDOOR REPORT



by Patricia Stockdill

### FISHING:

- N.D. Game & Fish Dept. game wardens: No new reports from Lake Sakakawea, Devils Lake, or north-central area lakes.
- Devils Lake, Woodland Resort, Devils Lake: Fair to good walleye bite on Devils Lake but perch success remains challenging. Anglers continue marking fish but bite remains finicky and is light with occasional spurts of success for some nice-sized fish.
- Lake Darling, Karma C-Store, Ruthville: Lake Darling and Lake Audubon generally slow.
- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling generally slow and spotty for walleye. Most activity remains along old river channels and weed edges. Snow conditions difficult in many places. Slow pike success. Look for improving activity closer to spawning.
- Lake Metigoshe, Four Seasons, Bottineau: Somewhat improving activity for bluegill and crappie. Occasional evening walleye bite but anglers need to be patient.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers out due to weather but those going to Lake Audubon continue finding a mix of perch and walleye. Move around but use caution and try a variety of presentations and depths. Steinke Bay producing walleye in shallow water on the east end of Lake Sakakawea but weather also limited angler numbers. Try 20 to 35 feet for a few nice-sized walleye on Douglas Bay. Some pike spearing activity but no reports of success.
- Lake Sakakawea/Lake Audubon, Hwy. 83 lawn & Leisure, Garrison: Fair walleye bite on the east end of Lake Sakakawea around Centennial Bay, northeast corner of Mallard Island, or 7 Sisters in 25 to 30 feet. Also try west in Douglas Bay in 25 to 30 feet. Fair pike spearing success and visibility in 10 feet with some pike. Also try tip-ups with smelt or herring in 15 to 30 feet. Work close to the buoy line for walleye on Lake Audubon in 25 to 30 feet or try 15 to 20 feet after dark. Also try the islands on the south side of Audubon, locating good structure. Try to get away from the crowds. Bite remains inconsistent,

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.

- Registration available for April 4-6 Custom Fishing Rod Building Workshop, Lake Metigoshe State Park, Bottineau, closing March 16. Registration and information available at <https://bit.ly/LMSPShowClix>.
- 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.
- Feb. 15: Winter Fest, Cross Ranch State Park, Hensler, 9 a.m.
- Feb. 15: Evening Hike Series, Full Snow Moon Candlelight Hike, Fort Stevenson State Park, Garrison, 6:30 p.m.
- Feb. 15: Great Backyard Bird Count & Birding Basics, Lewis & Clark State Park, east of Williston, 9:30 a.m.
- Feb. 21 & 22: Minot Air Force Base Curling Bonspiel.
- Feb. 22: Sakakawea Chapter Ducks Unlimited banquet, Memorial Hall, Washburn, 5p.m.

### TOURNAMENTS:

- Feb. 15: Lake Audubon, Totten Trail.
- Feb. 22: Devils Lake, Woodland Resort.
- Feb. 28: Devils Lake, Woodland Resort.



however.

- Lake Sakakawea, New Town: Weather and access permitting, anglers finding a few more walleye in the Van Hook Arm.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains tailrace slow with few anglers out although with better weather those going were finding a few walleye. Lake Sakakawea generally slow for walleye, as well.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Weather limiting activity on the upper end of Lake Sakakawea. Better walleye and sauger success remains on the Yellowstone and Missouri rivers, weather permitting. Some pike and perch activity on Smishek Lake north of Power Lake.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity on area lakes anglers finding

some pike success from Buffalo Lodge Lake, weather permitting.

### DOWNHILL SKI REPORTS:

- Big Sky Ski Resort, Big Sky, Mont.: Go to the website, ([www.bigskyresort.com](http://www.bigskyresort.com)) for current updates.
- Bottineau Winter Park, Bottineau: Go to the website, ([www.skibwp.com](http://www.skibwp.com)), for current updates.
- Huff Hills Ski Area, Mandan: Go to the website, ([www.huffhills.com](http://www.huffhills.com)), for current updates.
- Terry Peak, Leads, S.D.: Go to the website, ([www.terrypeak.com](http://www.terrypeak.com)), for current updates.

### NUMBERS TO KNOW:

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

### NOTICE

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Capt Logan Arnt from the 5th Security Forces Squadron has been appointed the Summary Courts Officer (SCO) for the estate of **A1C ADDISON THODE, 5TH SECURITY FORCES SQUADRON.**  
All claims for or against the estate of the deceased must be submitted to the SCO.

For more information please contact Capt Logan Arnt at [logan.arnt.1@us.af.mil](mailto:logan.arnt.1@us.af.mil) or duty cell at 701-833-6688.

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

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## MINOT AFB ANNOUNCEMENTS

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

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

## Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

★ **Hotel REVEL** ★

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701-441-1789

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



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

TIMMOTHY TIMM

# RESTAURANT & ENTERTAINMENT GUIDE

### Atypical Brewery & Barrel Works

510 Central Ave E, Minot  
Phone: 701.833.0567  
FB: Atypical Brewery & Barrelworks

### Applebee's Grill & Bar

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Culver's Restaurant

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Ironhorse Kitchen + Bar

21 E Central Avenue, Minot  
Phone: 701.852.8183  
FB: Ironhorse Kitchen + Bar Minot

### Jamaican Vybz Kitchen

Dakota Square Mall, Minot  
Phone: 701-441-9309  
FB: Jamaican Vybz Kitchen

### Meg-A-Latte

2045 N Broadway Suite #100, Minot  
Phone: 701-838-8479  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

### Mi Mexico

3816 South Broadway, Minot  
Phone: 701.858.0777  
[www.mimexicomintd.com](http://www.mimexicomintd.com)

### N.D. Asia

3400 16th St SW, Minot  
Phone: 701.852.1240  
[www.ND-Asia.com](http://www.ND-Asia.com)

### Noodles & Company

304 4th Ave NW Minot  
701.491.9103  
[www.noodles.com](http://www.noodles.com)

### Pink's Bar & Grill

102 128th Ave NW, Minot  
Phone: 701.852.2385  
FB: PinksBarGrill

### The Blue Rider

118 1st Avenue SE, Minot  
Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

### The Starving Rooster

30 1st St. NE, Minot  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)



## DON'T RISK IT ALL, GIVE US A CALL!



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- ▶ Call Safe Rides Minot AFB
- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/dependent status by showing identification

SCAN TO BECOME A VOLUNTEER



**THURSDAY, FRIDAY & SATURDAYS**  
09:00 PM - 02:00 AM  
**HOLIDAY WEEKENDS**  
08:00 PM - 03:00 AM

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# YOUTH IN ACTION

## Dakota Elementary Soaring Eagle Awards February Managing Emotions

**KIRCHER**

Roman Ytelug  
Aelin Lynn

**SEASTRAND**

Deacon Bailey  
Liam Richardson

**HOLM**

Lia Rodriguez  
Penelope Carpenter

**FERGUSON**

Maverick Brazill  
Maeve Holmgren

**FOERSTER**

Jillian Mitchell-Kramer  
Jameson Spangler

**KELLER**

Ben Seymour  
Torin Montague

**AXELSON**

Derek Kimmel  
Avery Murray

**MUSIC MAESTROS**

Miss Kircher  
*Being Responsible and Safe with instruments*

**MURRAY**

Avery Mose  
Konner Morris

**LITTLE LIBRARIANS**

Mrs. Foerster  
*Being Respectful and Responsible*

**ESPESETH**

Vincent Gottschalk  
Isaac Sattley

**FABULOUS FITNESS**

Mrs. Holm  
*Being Respectful, Responsible, and Safe*

**DELZER**

Cyrus Miller  
Ivan Mordhorst

**RECESS ROCKSTARS**

Mrs. Ferguson  
*Being Respectful and Safe*

**OGRODNICK**

David Kimmel  
Levi Bess

**GOLDEN LUNCHROOM**

Mrs. Ferguson  
*Being Respectful*

### Rummage Sale & Bake Sale

Saturday, February 22  
9:00am-2:00pm

**LUNCH: SOUP & SANDWICHES**

Lattes to Go • Caramel Rolls

**BAG BARGAINS 1:00-2:00PM**

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# NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

## DON'T JUST WHILE AWAY WINTER – EMBRACE IT

Patricia Stockdill

It's mid-February, which means it's typically winter's counterpart to the "dog days" of August when it comes to ice-fishing success. In other words, generally not a whole lot of catching and a lot of fishing.

Snow conditions might be so-so in many areas of the state for snowmobiling, cross-country skiing, or snowshoeing.

So what's an outdoor lover to do?

Well, perhaps it underscores the adage that life is what one makes of it.

Outdoor lovers could sit back and commiserate about the marginal or semi-marginal snow conditions in some areas, the usual January and well into February fishing lull, or bemoan how long it will be until spring and open water fishing.

Or they can find and embrace "Plan B."

Consider these "Plan B" ideas to beat the mid-winter blahs:

Poor snow conditions or lack of good snow means it's a great chance to hike those same trails and areas one visits in the summer when things are lush and green. No mosquitoes or horseflies attack hikers along Cross Ranch or Lake Sakakawea's state parks trails in February. Forget about wood ticks in winter, as well. And – great news - rattlesnakes at Theodore Roosevelt National Park in western North Dakota have been asleep for months.

Just because some areas may or may not have awesome snow conditions – especially if contemplating any backcountry snowshoeing or cross-country skiing – doesn't mean opportunities aren't still out there. Consider checking to area N.D. Parks and Recreation state parks such as Lake Metigoshe near Bottineau, (701) 263-4651, or Fort Stevenson south of Garrison, (701) 337-5576, for example. Those parks just might have wonderful snow conditions along sheltered wood-lined groomed trails. Or there's always the opportunity to rent a fat tire bike for cycling for riding in snow or on good 'ol terra firma.

Consider attending a conservation organization's fundraising event in February, March, and April in the region. People with a passion for things with wings may find Delta Waterfowl, Ducks Unlimited, National Wild Turkey Federation, or Pheasants Forever events yet this winter and into the coming spring. Big game won't be denied, either, represented by Mule Deer Foundation or Rocky Mountain Elk Foundation banquets. Supporting those organizations any time of year equates to supporting wildlife for coming generations. The bottom line is attending those events now for a relaxing, fun evening provides enjoyment for others in the future while helping protect and enhance wildlife and their habitats.

Depending on where and what you want to hunt, there could still be time to plan an upcoming 2016 big game hunt in another state. Researching regulations, locations, and all of the associated logistics will while away more than a few hours of one's time. Here in North Dakota, the N.D. Game and Fish Department tries to help hunters stay on top of the state's season opening dates for all of its huntable species so people can plan well in advance. Granted they always add the caveat that those opening dates are tentative until a governor approves annual proclamations. In all honesty, though, they're pretty standard over the years. At least it gives people a solid idea of what is coming in the fall of 2025 for hunting enthusiasts.

Just remember that spring will come; it always does. Granted, sometimes it takes longer than what one would like but that just keeps things interesting. And consider this quote by John Burroughs from his writings in "The Snow-Walkers" back in 1866: "He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter.... In winter the stars seem to have rekindled their fires, the moon achieves a fuller triumph, and the heavens wear a look of a more exalted simplicity."

Enjoy what's left of winter.



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# WHAT'S GOING ON MINOT AFB

## FRIDAY 14

- AFGSC Family Day
- For a full listing of Washington's Birthday Holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Friday Flicks, 1630-2200, Rockers Bar & Grill

## SATURDAY 15

- For a full listing of Washington's Birthday Holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Couples 9 Pin No Tap Tournament, 1800-2000, Rough Rider Lanes

## SUNDAY 16

- For a full listing of Washington's Birthday Holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)

## MONDAY 17

- Washington's Birthday
- For a full listing of Washington's Birthday Holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)

## TUESDAY 18

- AFFT, 0530, McAdoo Fitness Center
- Boots to Business, 0800-1600, M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Minot AFB Resource Expo, 1000-1400, Main Exchange Atrium
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- UVAO Training, 1300-1430, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library

## WEDNESDAY 19

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

## THURSDAY 20

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1630, McAdoo Fitness Center

## FRIDAY 21

- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730, Rockers Bar & Grill
- Karaoke Nights, 2000, Rockers Bar & Grill

## SATURDAY 22

- Harry Potter Escape Room Game Ends, Minot AFB Library
- Zumba, 0800, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- For the Love of Football Trivia, 1700, Rockers Bar & Grill

## SPECIALS

Bomber Bistro Featured Item  
**Shrimp Scampi Pizza**  
 Alfredo-based pizza with shrimp, spinach, and onions.  
 Only available for the month of February!

The B-Fifty Brew Featured Item  
**Waffles**  
 Waffles served with Nutella, bananas, and syrup. ESM approved!

Rockers Bar & Grill Featured Item  
**Build-Your-Own Burger**  
 Choose your bun, cheese, plus bacon, pickles, grilled onions, and more to make your perfect burger. Served with fries and a drink.

**FOR THE LOVE OF FOOTBALL TRIVIA**  
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 SCAN HERE TO SIGN UP OR GO TO [WWW.MEMBERSPLANET.COM/5/MINOTAFBCLUB/PROGRESSIVE2425](http://WWW.MEMBERSPLANET.COM/5/MINOTAFBCLUB/PROGRESSIVE2425) **MUST BE 18+ TO PLAY**  
 DRINKS & FOOD AVAILABLE FOR PURCHASE

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**MINOT AFB RESOURCE EXPO**  
 18 February 2025 • 10:00AM - 2:00PM  
 Minot AFB Main Exchange • Lobby Atrium  
**Open to the public!**

**Education Resources:**

- Gather resources to help you make an informed decision about your education!
- Meet with representatives from various on and off-base colleges and universities.
- For details, call the Education Center at 723-2772

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