

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 63 • ISSUE 08 | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 21, 2025



**WHAT'S INSIDE THIS WEEK:**



**THE "BEST OF MINOT AFB" IS BACK**

**A2**



**PAINTER WITH A PASSION: KRYSTAL KENNEDY**

**A5**



**THE MAFB CLUB: FROM HERITAGE BASED TO FAMILY FOCUSED**

**B1**



Airmen from Minot Air Force Base exit an Atlas Air Boeing 767 aircraft at RAF Fairford, England, Feb. 8, 2025. The arrival marks the main passenger movement of Airmen deployed in support of Bomber Task Force Europe 25-2. While deployed, the unit will operate as the 69th Expeditionary Bomb Squadron and will integrate with NATO Allies and other international partners to synchronize capabilities and assure security commitments across the U.S. European Command area of responsibility.

U.S. AIR FORCE PHOTO BY TECH. SGT. JESSICA AVALLONE

U.S. AIR FORCES IN EUROPE – AIR FORCES AFRICA PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany --

U.S. Air Force B-52H Stratofortress strategic bombers have arrived in Europe as part of a routine Bomber Task Force-Europe deployment, underscoring the U.S.' shared commitment to regional security and NATO's collective defense.

Throughout the deployment, the bombers will participate in a series of exercises and training flights alongside Allied air forces, building cohesion and sharpening collective capabilities.

"Bomber Task Force missions

reinforce our ability to rapidly project combat power, demonstrating U.S. lethality and readiness in a dynamic security environment," said Maj. Gen. Joseph Campo, U.S. Air Forces in Europe – Air Forces Africa Director of Operations, Strategic Deterrence and Nuclear Integration. "Training alongside our Allies and partners ensures seamless integration, enhancing our collective deterrence and warfighting capability across Europe and Africa."

While transiting into Europe, the U.S. aircraft conducted a

routine mission with France, Sweden and Finland.

While deployed, the bomber aircraft will continue to integrate with NATO Allies and partners, conducting joint training missions designed to enhance interoperability and readiness across the theater. This integration highlights the importance of dynamic force employment, which ensures U.S. forces are strategically postured to deter aggression while adapting to the evolving security environment. The missions will also demonstrate the bombers'

ability to operate from multiple forward locations, exemplifying EUCOM's approach to agility and dynamic force employment.

"Training with NATO allies strengthens our ability to operate as one team," said Lt. Col. Joseph Cangealose, commander 69th Expeditionary Bomb Squadron. "These missions reinforce our partnerships and prepare us to deliver decisive capabilities whenever and wherever they're needed."

See more from BTF 25-2 on page B5.



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# The "Best of Minot AFB" is BACK – and it's all up to YOU! Nominations NOW OPEN!

ERIN BEENE, NORTHERN SENTRY

What makes a place truly THE BEST? Is it the top-notch service, unbeatable vibes, or just the fact that it feels like home? Whatever it is, YOU get to decide! The Northern Sentry is kicking off the 3rd Annual Best of Minot AFB Awards, and we need your help! We're celebrating the best food, best fun, and best hangouts both on base and in town—but we can't do it without your nominations! Unlike the usual Air Force awards (we see you, paperwork), this is all about popular vote and community favorites! So go ahead—brag a little about your favorite restaurant, activity, or hotspot and get them the recognition they deserve! Key Dates:

- Nominate now through March 2, 2025
- General Voting: March 7–March 20
- Winners Announced: End of March!

Head to the Northern Sentry website NOW and nominate your favorites! Let's show off the best of Minot AFB together! <https://northernsentry.com/best-of-awards-nomination/>



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# Minot Air Force Base Announces Economic Impact of Over \$651 Million for Minot Area in 2024

MINOT AREA CHAMBER EDC (MACEDC)

At the Minot Area Chamber EDC (MACEDC) February 13 Military Affairs Committee meeting, the Budget Office of the 5th Bomb Wing Comptroller presented the annual economic impact analysis report for Minot Air Force Base (MAFB). This annual report is significant as it quantifies the influence that MAFB personnel and their families have on careers, housing, and spending in the Minot area.

The group revealed that the total economic impact in 2024 was \$651,609,473. Minot Air Force Base is the largest employer in Ward County, responsible for 6,479 jobs that include active duty military personnel, air force reserve members, and civilian employees who report in from the base as well as the local area. It is approximated that the total worth of base affiliated jobs was over \$118 million. The report also included information about

military retirees.

“Minot isn’t Minot without Minot Air Force Base, and the release of this yearly report lays out just how important the base is to our community and state,” said Brekka Kramer, MACEDC President | CEO. “Military has an economic impact of around \$1.2 billion in North Dakota. Minot Air Force Base provides over half of that, playing a vital role in our national defense and our state economy.”

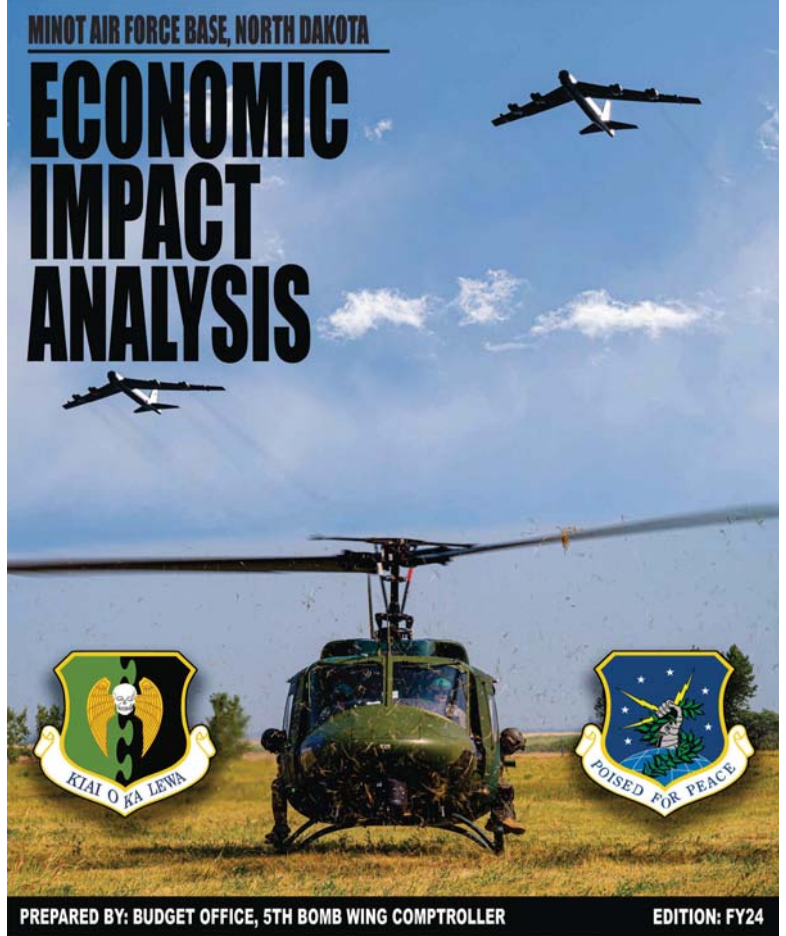
Not only does MAFB contribute a clear economic influence on the local economy, but officials also highlighted the demographic impact on the Minot area. Overall, 12,825 people made up the Minot Air Force Base population including military personnel, their families, and civilian employees. While MAFB has homes available, it was revealed approximately 92% of active duty & reserve members,

along with their families, live off base and contribute to the housing market of the Minot area. The estimated number of indirect jobs contributed to MAFB was 2,015.

Kramer shared that MAFB contributes so much more in its mission to protect our nation. “We are so thankful to all who serve and grateful for those who call the Minot area home, whether it be for a few months or a

lifetime. We as a community and state continue to do what we can to support military and make North Dakota the most military friendly state in the nation.”

View and download the full report by clicking here. For more information, contact MAFB Public Affairs at (701) 723-6212 or MACEDC at 701-852-6000 or minot@minotchamberedc.com.



## NOTES ON BEING SAFE

### IT COULD HAPPEN TO YOU



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL  
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It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" I hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine my ability to drive. Impaired, I've driven many times before, maybe in worse shape than this. As I completed the tests, even I decided I shouldn't have driven. My reflection became reality as

the officer applied the handcuffs and placed me in the rear of his car. I began to contemplate my actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The impending punishment would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it?

This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol - DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!

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### A VIEW FROM OUR SIDE ROD WILSON

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By the time you sit down do read the Northern Sentry, hopefully the very coldest weather of this horribly awful cold snap is behind us. I often think that the folks on the national and local TV networks look ahead and give us a ray of hope for improving weather conditions. The fact is...there is no way to go but up, right?

So, let's look on the positive side of those -36 degree temperatures:

1) We could have been living in Bottineau where according to one local weather monitoring station it was -45 degrees, without wind chill!

2) We didn't have a lot of wind. The lowest wind chill I heard was -65 degrees.

3) According to Col Schlabach there wasn't a mosquito in site.

4) There is hope for warmer weather on the horizon, if we can just make it through this week.

5) If your car started on the morning of February 18th, more than likely it will start in almost any weather.

6) You probably learned where your engine heater cord is located on your car. And if you didn't find one, take heart in the fact that installing one will now seem to make sense.

7) You can use -36 degrees (or event -45 degrees) as a benchmark for letting folks know you are doing OK. Start with "I lived through -36 degrees, I can live through anything..."

8) Not saying that it has never happened, but this is unusually cold for the middle of February.

9) And finally...the conversation about the weather was quickly replaced this morning with conversation about the price of eggs. We can see an end to bitterly cold weather; but the price of eggs may go up, again. Who has ever heard of eggs being \$11.00 a dozen? My Maddock math says that's .92 cents an egg. I heard a guy joking at breakfast that he had to start making one egg omelets.

We also need to have a short conversation about perspectives.

# Time To Think Positive?

"How's that?" you say. Well, everyone is looking at the temperatures ahead for the weekend and are quite ecstatic that it might hit 45 degrees, or even warmer. Folks, this was the same 45 degrees that seemed like the coming of the ice age last fall. It is tough not to be giddy about a temperature of 45 degrees above zero when just a few days ago it was 45 degrees below zero in Bottineau. Back to my Maddock math...the temperature has changed by 90 degrees! Think about it. Hypothetically tonight at midnight it could be zero degrees. You are reaching for a hat, gloves, scarf, finding your remote car starter; whatever it takes to get warm. Tomorrow at 5 PM it's 90 degrees above zero (Note: you don't ever here above zero for 90 degrees, but I thought it put emphasis on my point). Shorts, suntan lotion, and tank tops. My point is that it is all about perspectives. I kind of look at this cold snap and in my North Dakota survivor mode talk about 2 weeks of temperatures below zero, or -90 degree wind chill, and at my age you can point to a year and say "do you remember the winter of 1965? Boy was it cold!"

I also did a short stint working

in the Northwest Territories when I was younger. Up there, they build power lines in the winter because there are no flies to torment them. You also kind of laugh a bit at the cold in that if you spit, and your spit does not freeze and crack before it hits the ground, it's not - 65 degrees (below zero). It's kind of like this morning where a teacher in a small school in northern North Dakota did the bucket of water test. Through a bucket of warm water into the air, and it's so cold that it turns to ice crystals before it hits the ground. Perspective, right?

My final thought on cold weather is...you never have to stop and think about where you put your hat and gloves? More than likely you are wearing them...

### BEST KEPT SECRETS

In a recent email from a friend of mine, he wrote about the equivalent of apple sauce as compared to using eggs when baking. Check out the web site "thekitchenwhisperer.net" for all kinds of egg substitutes. No guarantees...but thought you might be interested.

### TODAY'S CHUCKLE

Exercise regimens are nothing new. Back on the farm, they called them chores.

## The end of a long six years



### UPSIDE DOWN UNDER MARVIN BAKER

Four days before my birthday and five days before I signed up for my Army pension in 2018, I was diagnosed with small cell renal cell carcinoma, commonly known as kidney cancer.

I was shoveling snow one day and got chest pains. I went to the clinic in Kenmare and x-rays revealed one spot on each lung. I was transferred to Minot for a CT scan and that's when it was revealed; a malignant tumor almost the size of the kidney itself.

It has metastasized into my lungs. My heart was just fine and the pain was caused by the cancer that had now spread.

At 59 years old it was devastating and my wife will tell you I was completely distraught. She almost immediately started making phone calls and set up an appointment to see a urologist at Mayo Clinic in Rochester, Minn.

Six years later that same urologist, Dr. Bradley Leibovich, who eventually removed my left kidney, told me I was cancer free on a cold Friday morning in downtown Rochester. I didn't think my mind or body was capable of being that relaxed.

As you might imagine, I spent a lot of time in the cancer library at Mayo Clinic. Dr. Leibovich told me in the initial consult that attitude is half the battle and that knowledge is power. So I took it literally and burned up any free time I had in that Mayo Clinic campus library.

What it came down to is my message today. My cancer was found accidentally because of chest pains. And all too often that's how so many cancers are discovered. I remember the doctor in Minot who crushed me with the diagnosis asking me if there was any blood in my urine. Years later, I asked Dr.

Leibovich that same question and he told me had their been blood in the urine, it would have been too late.

No, there wasn't any blood in the urine, there was no pain, other than the chest discomfort exasperated by the shoveling of snow, there was no pinching, no bulge around my kidneys, no other pain, no lower back pain; absolutely no indication that a tumor was growing on a kidney.

Urology and oncology went right to work. I was prescribed a drug called Cabozantinib that created numerous side effects but shrunk the tumor. I took that pill for 10 months and on Good Friday, 2019, urology staff called and said it was time for surgery.

One of the side effects was intense fatigue and I jokingly told my boss one day "don't be surprised if you come back from lunch and find me asleep at my desk." And that actually happened three times during the 10 months I took that drug.

But that was the attitude Dr. Leibovich talked about. People who get cancer deal with it in many different ways. Mine was to try to stay as optimistic as the urology staff, use humor when it was warranted and discuss it openly since it was my own belief that was the best way to deal with the trauma.

Mine is only one example of tens of thousands of scenarios that are created from a cancer diagnosis. They all have one thing in common, warning signs. Although mine was quite subtle, nonetheless, it was a sign that something was wrong with my body.

And, as we age, those signs may become more frequent so I implore you that if you have an unusual pain, sore, cough; whatever it is, see a doctor before it may be too late. Regardless of what has to be done, radiation, chemotherapy, surgery; caught early enough, cancer can and does get stopped.

Since March 12, 2018, I've thought a lot about the people in my hometown we've lost to cancer. My mother Agnes being one of them. Like myself, she went to Mayo Clinic, but in her case, it was too late. Colon cancer had spread to her lungs and the technology wasn't available in 1995 to save her. And by the time she was "forced" to see a doctor, it was too late.

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# Painter with a Passion: Krystal Kennedy

ERIN BEENE, NORTHERN SENTRY

What does it take to be called an artist? Let's ask Krystal Kennedy, spouse of MSgt Rorick Kennedy from the 69th Bomber Generation Squadron (previously the 69th Aircraft Maintenance Unit-AMU). Krystal has been proudly called an "Artist" for years thanks to her beautiful, commissioned watercolor art pieces all over the base, the city of Minot, and the US.

It all started back when Krystal was growing up. As a child, she could often be found in her room, sketchbook in hand, drawing her surroundings. She confirmed by chuckling that, "I drew my bedroom a lot..." Even back then, she knew art was her passion. Her artistic passion catapulted in 1999 when she entered and won a white tiger drawing contest from the boy band N'SYNC. She was awarded a stuffed white tiger toy with all the band members' autographs on the tag. After that win, Krystal was sold on using art to communicate her talent. But it took many years, lots of research and practice later for her to evolve her art into what it is today.

The Kennedy family has been stationed at Minot for five years and they imagine several more years here before retirement. But, it was right as they PCS'd to Minot when Krystal really had the time to develop her artwork and discover her new favorite medium: watercolors. As a busy mom to four kids, Krystal was finally able to hone in on her skills, and devote time to the craft. Since then, she has created an Etsy shop and a website. She also participates in "The Big One Art and Craft Fair" Minot's bi-yearly arts and craft expo to get exposure for her pieces.

Krystal has created hundreds of watercolor works of art. She explained that her most popular art pieces are those of the B-52. Because this is a local favorite, she also sells cards and stickers of the B-52 prints at her shop. In addition to her Air Force themed work, Krystal also sells and commissions artwork in which customers can request her to paint nearly anything out of watercolor paints.

For commissioned pieces, Krystal is very diligent in giving each work the time it deserves. She said a commissioned piece usually takes about 4 weeks. During that time she receives the concept from the client, gives them a basic sketch of the idea, gets approval, and then starts painting. She mentioned that she also likes to send progress photos to the client so they can see how the watercolor is going. As far as pricing, Krystal confirmed that every piece is different based on size, complexity and other factors, but generally a customized 8x10 watercolor piece will run about \$185.

Krystal has cherished every custom art piece she is able to create, but a few specific ones stand out to her. She explained about a piece she designed in 2019 to raise money for her niece, who was diagnosed with a rare disease. Krystal also talked about how the artwork that means something special to her clients are the ones she loves to paint the most. A few years ago, she was asked to paint a portrait for a fallen Airman's memorial. She explained how that piece will forever be meaningful for her.

Krystal has now developed into a nearly full-time artist and she lives out her dream with her very



Krystal Kennedy in her home studio earlier this month working on a larger watercolor painting. "I think it's important for people to see where and how I work, so they can see a bit of the process."

own home studio. Currently, she is taking new commission clients as well as has her online shop open for print sales. She hopes to one day offer watercolor classes to

the base community, but for now she loves life as a full-time mom and full-time artist.

Find Krystal Kennedy's website: <https://krystalkennedyart.com/>



Popular Minot themed paintings: the B-52, featuring the tail flash for each of the squadrons, the Trestle Bridge, and some of the popular sights to see in Minot.



Collage of several landscape paintings that a spouse commissioned last year. Each landscape represents one of the bases that they had been stationed. "I really enjoyed that project, and I hope to do more commissions like that in the future."

## Rummage Sale & Bake Sale

Saturday, February 22  
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**TRIVIA NIGHT**  
Wednesday, February 26 at 9:00pm

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## A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST USAF WOMEN TO ATTAIN PERMANENT RANK OF COLONEL  
FEBRUARY 29, 1968



Maj. Gen. Jeanne Holm (USAF Photo)

After Public Law 90-130 was signed by President Lyndon Johnson on November 8, 1967, Major General Jeanne M. Holm and Colonel Helen O'Day became the first women promoted to the permanent rank of colonel in the United States Air Force. Gen. Holm enlisted in the Women's Army Auxiliary Corps in 1942. In 1949, she transferred to the USAF. She was appointed director of Women in the Air Force, Office of the Deputy Chief of Staff, Personnel, in November of 1965. Gen. Holm helped to modernize Air Force policies for women and expanded their job opportunities. Col. O'Day joined the WAAC in July 1943. She was promoted to major in 1951, and became the first woman assigned to the Air Force Legislative Liaison Office in the House of Representatives. For six years, she served in Paris before retiring in July of 1967. She came back to active duty as one of the first female colonels soon after President Johnson signed the new law into effect, which lifted many promotion restrictions for Air Force women. Maj. Gen. Holm and Col. O'Day are two USAF women who broke many glass ceilings throughout their careers, and spearheaded the progress of women in the Air Force to where it stands today.

Information courtesy of: [static.dma.mil](http://static.dma.mil) / [af.mil](http://af.mil) / Air Force Historical Foundation

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10:00 AM  
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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 quarters 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 Army (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

**06 MAR** **DINOSAUR DISCOVERY LAB**  
10:00 AM - 12:00 PM  
Magic City Discovery Center  
1545 1st St NW, Minot

Calling all paleontologists-in-the-making! Join us for a thrilling journey back in time to explore the world of dinosaurs in our Dinosaur Discovery Lab class. Kids will learn about different types of dinosaurs, their habitats, and how they lived millions of years ago. Through hands-on activities, including fossil digs, craft projects, and interactive games, young explorers will uncover the mysteries of the prehistoric world. This fun and educational class is perfect for any dinosaur fan eager to learn more about these incredible creatures! THIS IS A 2 DAY CLASS!! Ages: 5-12, Class Size: 20 children, Time: 10:00 a.m. – 12:00 p.m. Location: Both Community Rooms, Cost: \$43.20 for MCDC Members, \$48 for Non-Members, \$38.40 for Military Members



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

**14-15 MAR** **HOME AND GARDEN SHOW**  
12:00 PM - 7:00 PM  
North Dakota State Fair Center  
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BIG 50th Annual Home & Garden Show – March 14th & 15th, 2025. The Minot Home and Garden Show is the ultimate resource when planning your next home project in Western North Dakota. Whether you are building a new home, considering a kitchen remodel, or installing your dream outdoor living space, the Home and Garden Show is the ideal venue for inspiration. With over a hundred exhibits featuring landscape design, lawn and garden equipment, interior design, windows and window treatments, flooring, decking, outdoor living, home entertainment, and automation, and much more.



**For more information:**  
Facebook/ Minot Association of Builders/ Events

## NEW Community at the Northern Sentry

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# Military Families Are Struggling: Challenges with the TriWest Switch

NATALY ZARRELLA, NORTHERN SENTRY

The recent transition for the TRICARE West Region from Health Net Federal Services, LLC to TriWest Healthcare Alliance for military families, effective January 1, 2025, seems to have created significant challenges for service members, veterans, and their families. Tricare is a health insurance program for military personnel and their families, which operates several subtypes. The most popular, Tricare Prime, is known for its strict requirement of Primary Care Manager (PCM) referrals for specialty clinics. In other words, if patients want their specialty care covered by insurance, they must first obtain a referral through their PCM and TriWest. While TriWest aims to provide military families and veterans with access to high-quality care through its network of dedicated community providers, many military families across the country are reporting increased frustration and difficulty navigating the new health care contract.

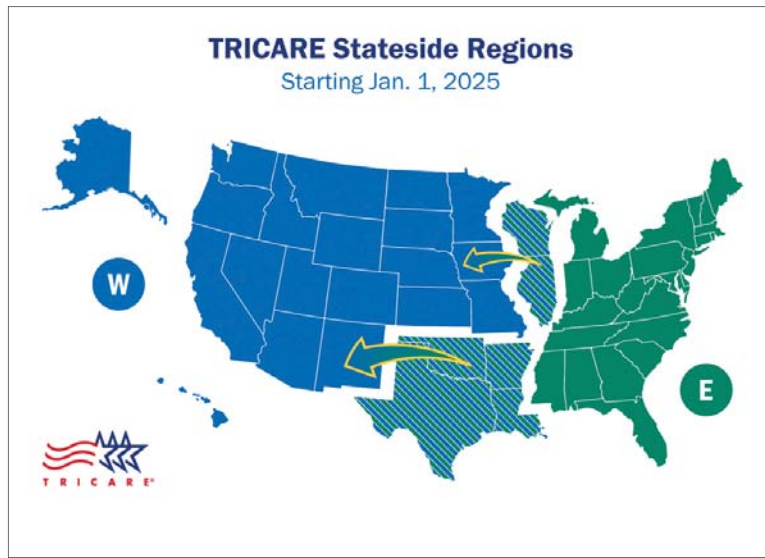
The TriWest Healthcare Alliance referral process and transition are a critical part of patients accessing healthcare, and this has led to complications for those who rely on Tricare Prime. Military families now face new deadlines and complex procedures for obtaining referrals, with some experiencing severe delays or being unable to resolve issues at all. For those with urgent medical needs, such delays have been more than an inconvenience—they've become a significant burden.

According to the Defense Health Agency, the referral process has changed under TriWest management, introducing more stringent timelines and requirements. In the article "Pentagon Scrambles for Fixes as Tricare Beneficiaries in the Western U.S. Hit with Contractor Issues," written by Patricia Kime, Military.com she shared a provider concern, "TriWest published a new directory that did not include many providers under the previous contractor." This means many families who had previous care under providers covered before could lose access if the provider is not included under the TriWest contract. They would also have to get a new referral, establish care with a new provider, and possibly experience delays. However, the agency also acknowledged that these adjustments have not been consistently communicated to beneficiaries, leading to confusion and frustration.

Karlee Tillery, a military spouse from Minot AFB, has been vocal about her struggles with the recent changes to TriWest. Her experience sheds light on the personal frustration many military families are enduring.

"TriWest has been awful. The amount of people having issues right now is astronomical," Mrs. Tillery elaborated by saying, "I tried to call and change our son's referral to the right doctor, and I was on hold for six hours over two days. The first day, they transferred me four times, and not once could they get me to the referral line. Then, the last person I spoke to said, 'Sorry, the referral line is now closed.'"

Despite her persistent efforts to resolve the issue, Mrs. Tillery was left without a solution, and her



TRICARE regional contractor switched from Humana Military to TriWest Healthcare Alliance on Jan. 1, 2025.

TRICARE IMAGE

family is now facing the financial strain of paying out-of-pocket for necessary medical tests.

"I still never got it resolved, and we'll likely pay \$750 out of pocket for Abel's tests, even though we have Tricare Prime and had a referral from his PCM on base," Mrs. Tillery shared.

The Tillery's experience is far from unique. Across the country, military families are reporting similar difficulties, ranging from long wait times on the phone to a lack of clarity about new referral processes and deadlines. Many report that, despite having Tricare Prime and a valid referral from their primary care manager (PCM), they are still unable to access care or have their referrals honored. TriWest President and CEO David J. McIntyre in a letter addressed to Tricare Providers acknowledged that the switch to their management system has led to operational challenges, but the organization also reports that they are actively working to improve their customer service response times.

"The referral line is supposed to be a straightforward process," said Mrs. Tillery. "But for so many of us, it's just been an endless loop of waiting and getting transferred, without getting any real help. It's frustrating and overwhelming, especially when our children's health is at stake."

McIntyre also acknowledged complaints and the steps being taken by TriWest: "At TriWest, we are committed to ensuring the highest quality health care services, and we are currently undertaking a plan to remedy items that impact the provider community. Immediate steps we've taken include adding more staff to our operations, assessing and tightening up our data, improving provider information in the provider directory, updating our portals, and streamlining our authorization and referral processes. Improvements to these and other items are our primary focus".

The transition to TriWest has been far from seamless. As the deadline for certain referrals and appointments approaches, many military families have been left anxiously wondering whether they'll be able to access the care they need in a timely and affordable manner.

On January 23, 2025 according to Military.com "DHA issued a waiver that allows Tricare Prime beneficiaries to receive

outpatient specialty care without preapproval from TriWest. Individuals still need to get a referral for care from their primary care provider, but they don't need TriWest's approval through March 31".

As TriWest works to address the concerns raised by military families, the hope is that those who rely on the system will soon be able to experience the high level of service they were promised when the changes were first introduced.

Lieutenant Rachel Folsom, the Tricare Operations and Patient Administration Flight Commander for Minot AFB shared for information for Minot AFB service members and families having referral or payment issues with TriWest Healthcare Alliance, "Any issues with referrals members and family members can come to the Minot AFB Medical Facility Tricare office located on the first floor of the or call at 701-723-5633." Lt Folsom also shared that a post with updated referral information was posted on the AFMS-Minot- 5th Medical Group Facebook page on January 28, 2025 regarding the referral process and date extension. Members can also reach out to Tricare TriWest Healthcare Alliance through their TriWest website if they have any questions or their phone number 1-888-TRIWEST (1-888-874-9378) if they want to go directly with the contractor.

Lieutenant Rachel Folsom, the Tricare Operations and Patient Administration Flight Commander for Minot AFB, shared important information for Minot AFB service members and families who are experiencing issues with referrals or payments through TriWest Healthcare Alliance. "If there are any issues with referrals and/or payments, service members and their families can visit the Tricare office located on the first floor of the Minot AFB Medical Facility or call 701-723-5633."

Lt. Folsom also mentioned that an update regarding the referral process and date extension was posted on the AFMS-Minot-5th Medical Group Facebook page on January 28, 2025.

Members can also contact TriWest Healthcare Alliance directly through their website or by calling 1-888-TRIWEST (1-888-874-9378) if they prefer to work directly with the contractor.

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# HOW LONG CAN YOU GO IN BETWEEN GETTING AN OIL CHANGE?

Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

## WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?

When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

- Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.
- Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

## HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?

Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

## DON'T MISS OUT ON YOUR NEXT OIL CHANGE

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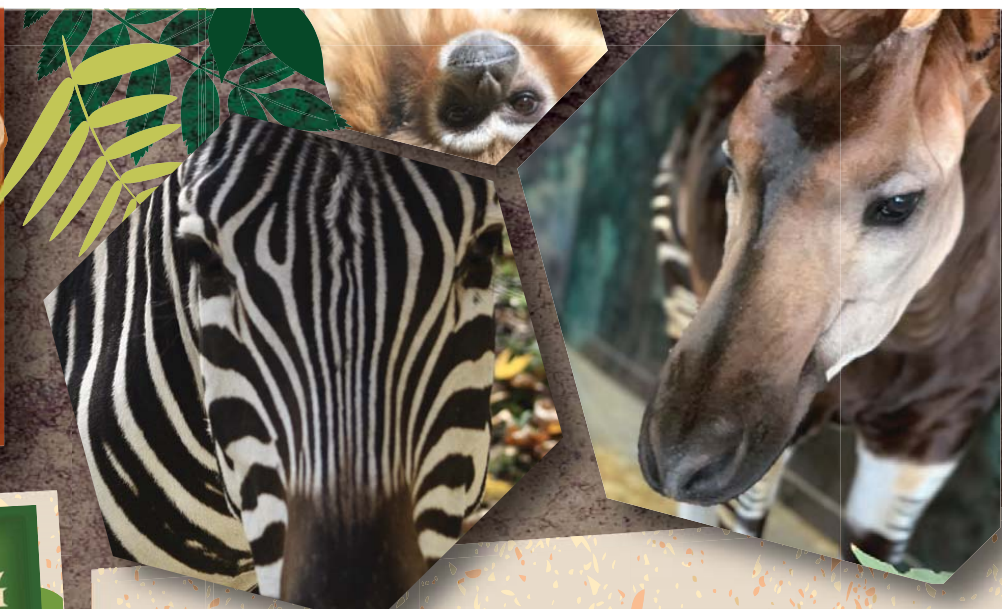
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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE





## AFRICAN WARTHOG



**Fact File**

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

### CREATURE FEATURES

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

## WORD PUZZLE

### FOREST ANIMALS


E	W	V	H	J	D	H	D	O	W
T	S	B	E	A	R	Q	E	U	N
Q	O	N	D	U	H	R	E	F	R
Q	A	P	G	N	R	O	R	T	I
K	E	F	E	A	F	W	U	O	R
R	B	O	H	S	X	L	M	S	U
L	C	X	O	W	H	X	H	J	N
F	G	F	G	R	U	W	G	L	B
K	S	Q	U	I	R	R	E	L	C
L	A	F	P	O	F	G	U	M	L


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# The MAFB Club: From Heritage Based to Family Focused

KERIANNE NOEL, NORTHERN SENTRY

The Army established its first “mess clubs,” in the early 19th century. But military clubs and social organizations for military members and their families, did not come into prominence until after World War II. These clubs offered a sense of exclusivity and prestige to the officers and enlisted who remained in the armed forces after the conclusion of the conflict at a time when active duty pay was relatively low. They also began to serve an important informal function: they acted as a “third place” that minimized rank hierarchies in a way that enabled mentorship to thrive and heritage to be passed on. However, financial and cultural changes meant that clubs, such as the Jimmy Doolittle Center (JDC) and Rockers Bar & Grill here at Minot AFB, look a little different from those of the past.

Starting in the 1980s, congress removed funding for clubs from the defense budget, forcing them to have to operate out of their own profits. This shift to non-appropriate funds (NAF) was followed by other changes such as a push to de-emphasize alcohol as part of military culture. Military clubs also experienced greater competition from off-base dining options in the ensuing decades. Those who have been around for a while might still recall the months-long “member drives” of years past. Those drives were an effort to help keep the old club system profitable and able to continue to provide the services members and their families expected.

The most significant change, however, has been that most military installations now offer an “All Ranks” or combined club. While 2001 is often mentioned as the date where Officer and Enlisted Clubs combined here at MAFB, Julie Reiten, Supervisory Librarian at the MAFB library, suggests that, based on old newspaper articles, it appeared to have been a more gradual transition. She noted that, “Even before the enlisted club became J.R. Rockers on June 23, 2000, they start referring to the JDC as the JDC, not the Officers’ Club though they left the “Officers” designation on the Ground Zero Lounge for longer.” From then on, more and more events became designated as “All Ranks” and by 2004 Airmen were directed to go to either facility to join the club. Over time, less events were held at the JDC, and most of the fun shifted over to the renovated Rockers Bar and Grill. The JDC is still available to rent for private events and utilized for military functions such as Changes of Command. One exception to this: Fun Fridays (previously known as First Fridays.)

Fun Fridays are a once-a-month base celebration where old school Air Force culture and heritage intersect with the modern emphasis on quality-of-life programming. Active duty members can stop by at the bar for a quick drink with co-workers before heading home or gather to celebrate major unit achievements. This was the case at February 7th’s event, where many gathered to celebrate a successful end to MAFB’s Nuclear Surety Inspection (NSI) and those who were lucky may have even enjoyed a drink courtesy of their leadership, who will often put money on the bar when celebrating unit milestones. In addition to bar service on Fun Fridays, which is available until 9:00 pm, families can enjoy dinner service from 4:30 to 6:30, bouncy castles, and

additional crafts and activities put on by various base organizations. While a club membership is not required to participate (dinner is \$10 for individuals or \$30 per family,) club members and their families eat for free, one of many membership perks.

Club membership these days is less about exclusivity and formality and more about meeting the needs of the base community through quality-of-life programs. Like the dinner at Fun Fridays, these services are available to the community at large, but come with additional perks for those with a club membership that extend across all Air Force Installations. A complete list of MAFB member benefits can be found at the 5th Force Support Squadron Website <https://5thforcesupport.com/club-membership/> and include things like a monthly free lunch at Rocker’s or the Bomber Bistro, and discounts at establishments such as the Arts & Crafts Center and Rough Riders Lanes. Monthly rates are based on rank which makes club membership within reach of anyone who hopes to support their club and the base

community.

Choosing to support the Club and other businesses on base such as the Arts and Crafts Center is a way to invest back into the base community as NAF funds also support operations such as the base library, pools, and other quality-of-life programs. To join your local club or transfer an existing membership from a previous club, individuals can visit their local FSS Website or head directly to the Member Planet Website.



Not every Fun Friday includes swag, but the member appreciation event included gifts for both club members and their children.



SMSgt Marissa Morrison and Sam Mayville posing by the dessert display. Fun Fridays are a great way to connect with neighbors at the end of the week or to make some new friends.



A couple enjoying an Arts & Crafts Center sponsored activity while others connect over a post-work drink at the bar. Fun Fridays usually feature a mix of games, crafts and other activities.

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The next Fun Friday will be in March.

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<p style="text-align: center;">Here are three ways to <b>ACTIVATE</b> a prescription at Minot AFB Pharmacy:</p> <ol style="list-style-type: none"> <li><b>1. MHS GENESIS Patient Portal</b> <a href="https://patientportal.mhsgenesis.health.mil">https://patientportal.mhsgenesis.health.mil</a> <ul style="list-style-type: none"> <li>• Using the link or QR code</li> <li>• Click on ‘Message’ tab</li> </ul> </li> <li><b>2. Q-Anywhere</b> <ul style="list-style-type: none"> <li>• Text “Get in line” to 1-833-274-5419</li> </ul> </li> <li><b>3. In Person</b> <ul style="list-style-type: none"> <li>• Come pull a ticket at the pharmacy and wait for your number to be called</li> </ul> </li> </ol>	<p style="text-align: center;">Here are two ways to <b>REFILL</b> a prescription at Minot AFB Pharmacy:</p> <ol style="list-style-type: none"> <li><b>1. MHS GENESIS Patient Portal</b> <a href="https://patientportal.mhsgenesis.health.mil">https://patientportal.mhsgenesis.health.mil</a> <ul style="list-style-type: none"> <li>• Use the link or QR code</li> <li>• Click on ‘Rx Refills’ tab</li> </ul> </li> <li><b>2. Automatic REFILL Hotline</b> <ul style="list-style-type: none"> <li>• Call 1-701-937-4688</li> <li>• Follow the prompts</li> </ul> </li> </ol> <p><small>*If you are out of refills, a new prescription will need to be activated. Please contact your provider to get started.</small></p>	<p style="text-align: center;">Here are three ways you can <b>COMMUNICATE</b> with pharmacy staff:</p> <ol style="list-style-type: none"> <li><b>1. MHS GENESIS Patient Portal</b> <a href="https://patientportal.mhsgenesis.health.mil">https://patientportal.mhsgenesis.health.mil</a> <ul style="list-style-type: none"> <li>• Using the link or QR code</li> <li>• Click on ‘Message’ tab</li> </ul> </li> <li><b>2. Q-Anywhere</b> <ul style="list-style-type: none"> <li>• Text “Get in line” to 1-833-274-5419</li> </ul> </li> <li><b>3. In Person</b> <ul style="list-style-type: none"> <li>• Come pull a ticket at the pharmacy and wait for your number to be called</li> </ul> </li> </ol>



**MHS Genesis Patient Portal**



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



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

FITNESS FEATURE

# Stronger Together with Anna Yencho

NATALY ZARRELLA, NORTHERN SENTRY

Are you looking for a fun, high-energy workout that welcomes people of all ages and fitness levels? Look no further than Anna Yencho's fitness classes provided by McAdoo Fitness Center on Minot AFB! With her dynamic coaching style and passion for fitness, Anna has been creating a space where everyone can get stronger, make new friends, and most importantly, have fun.

Anna, who has been instructing a variety of fitness classes at Minot AFB for nearly two years, brings a wealth of experience. She and her family relocated to Minot due to her husband, Captain Arthur Yencho, being stationed at Minot AFB, and they quickly became part of this vibrant community. Anna's family is no stranger to an active lifestyle – her three kids are always on the move! Mia, 4, loves gymnastics, Clinton, 6, is a hockey fanatic, and AJ, 14, is a football star with a sharp mind for the game.

Before arriving at Minot, Anna spent three years teaching fitness in Valdosta, Georgia, and has been involved in fitness for as long as she can remember. A former college volleyball player, Anna has always had a love for movement, and it shows in her energetic and creative classes.

"I started teaching at Minot AFB about three months after we arrived," Anna shared. "I took over for Jill Cangealose, who did an amazing job. My classes are all about bringing people together to work hard, but also have fun while doing it."

**A CLASS FOR EVERYONE**

Anna offers a variety of fitness classes to keep workouts fresh and exciting. Her weekly lineup includes Family BOOTCAMP, a strength and cardio-based weightlifting class, and Strength & Tone, a circuit-style class that combines stations for strength, cardio, and core training. But that's not all – Anna also mixes in fun workouts like cardio tai kickboxing and step classes. Each session is designed to give participants a challenging and effective workout while ensuring they enjoy every minute of it. Anna keeps the routines fresh, with new exercises and variations to keep the group engaged.

**FAMILY-FRIENDLY FITNESS**

What truly sets Anna's classes apart is the family-friendly atmosphere. Parents can get in a great workout while their children – from newborns to high schoolers – enjoy the wide-open space of



Anna Yencho fitness instructor devoted to making an environment where everyone feels welcome.

the facility. The kids can play, interact with friends, or even join in for a few stretches, making it a wonderful opportunity to teach them the importance of fitness from a young age. Chelsea Raley, a military spouse and regular at Anna's classes, shared why she enjoys attending: "I love the convenient and fun environment. The best part is that it's so family-friendly. It makes it so much easier to stay fit while spending time with my kids." Chelsea has even brought a friend along, Sonia Bries, who has also enjoyed the supportive, welcoming atmosphere of Anna's fitness community.

"I love that kids get to see us taking care of ourselves, and many of them get excited to join in," Anna said. "Whether they're coloring, playing soccer, or simply watching us, they're being inspired by the positive energy around them."

**OPEN TO ALL**

Anna's fitness classes are open to everyone – from active-duty military members to spouses, to anyone in the Minot AFB community looking to get fit. The supportive environment makes it easy for newcomers to feel welcomed, regardless of fitness level.

"We have people from all walks of life joining our classes, and everyone supports one another," Anna said. "It's okay to be nervous if you're new. This is a

place where you'll meet kind, encouraging people, and we're all here to get better together." Whether you're looking for a place to improve your fitness or just want a fun, welcoming group to work out with, Anna's classes are the perfect fit.

**JOIN THE FUN!**

Family BOOT CAMP is held on Tuesdays and Thursdays from 10-11 AM, and Strength & Tone is held on Wednesdays from 10-11 AM. Anna encourages anyone interested to reach out and join the fun. From strength training to cardio, every session offers something for everyone, free of cost, at the Minot AFB Turf, located at 145 Peacekeeper Place.

"Even the kids get excited to go – some of them motivate their moms, saying, 'No way we're missing class!'" Anna laughed. "It's such a supportive group, and it keeps me motivated as the instructor, knowing that we're all in this together."

So if you're ready to break a sweat, meet some great people, and get stronger in a fun, encouraging environment, Anna Yencho's fitness classes are the perfect place for you. If you need more information, please contact the Minot AFB McAdoo Fitness and Sports Center or reach out to Anna Yencho via messenger on Facebook <https://www.facebook.com/anna.butrym.39>.



Minot AFB community getting a workout in on Valentine's Day as well as a birthday celebration for their Fitness Instructor Anna Yencho.



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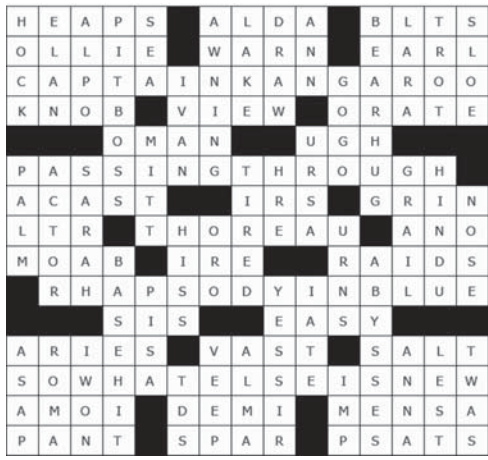
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

Solution to puzzle on page B9

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

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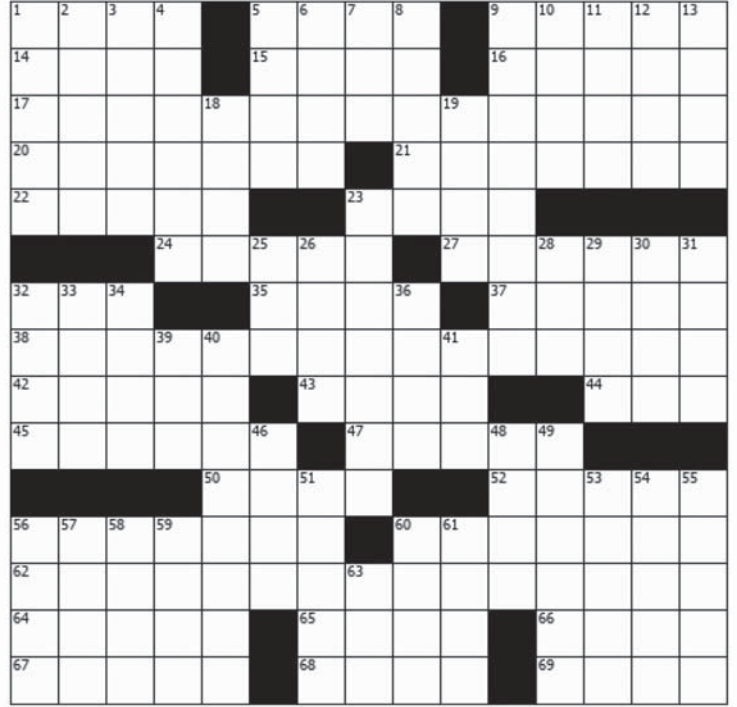
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**CROSSWORD PUZZLE**

**Across**

1. Dandies
5. Part of a crossword puzzle
9. Cartoon sound effect
14. Woody's boy
15. Decorate anew
16. Affect emotionally
17. Baptism, for one?
20. Medicated candy
21. Recruits successfully
22. Priggish
23. Sean's mom
24. "Camelot" composer
27. Soon, conversationally
32. 1977 Steely Dan album
35. Pugilist's weapon
37. Abraham's son
38. Blissful feeling for a new camper?
42. Scottish scion
43. Polish a manuscript
44. Timothy Leary stash
45. Period beginning four Sundays before Christmas
47. Snow hut
50. Post horse?
52. Pitcher's perch
56. Show appreciation, in a way
60. Seedy location
62. Beer that gives a warm glow?
64. Some sculptured figures
65. Mark's successor
66. British peer
67. Shopping binge
68. Word with jab or turn
69. Children's author Silverstein



**Down**

1. Falls short
2. "Believe it \_\_\_!"
3. City square
4. Certain circus, with "Cirque du"
5. Oldest of the Brady bunch
6. Philosopher Descartes
7. She's "sweet as apple cider"
8. Type of acoustic guitar
9. "Hurry up, driver!"
10. Hole in your head
11. San \_\_\_ Obispo, California
12. Overture follower
13. Back in the day
18. \_\_\_-European
19. Trickster in Norse mythology
23. Words of admission
25. Newt wannabe
26. Penultimate word in a Henny Youngman one-liner
28. Beast of burden
29. Harness the wind
30. Diner sign
31. Sent an e-mail to someone in addition to the main recipient
32. Goya's "The Duchess of \_\_\_"
33. Steinbeck family
34. Tel \_\_\_
36. Math branch
39. Before, once
40. Marlo Thomas' character
41. Letters for a Cardinal?
46. Alian properly
48. Pass over
49. A large quantity
51. Famous dud from Detroit
53. Dickens' Heep
54. Dame's leader?
55. Abide
56. Some times to call, in ads
57. Sound with a splash
58. Cat or engine sound
59. Elude on purpose
60. Medieval laborer
61. Macrame feature
63. Stage prompt

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

**Northern Lights Chapel**  
230 Missile Ave  
*(across from Rockers)*

**Catholic Mass**  
Sunday 1000  
Daily Monday-Friday 1200

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

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

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5PM, Great Vespers

**Sunday, February 23**  
10AM, Divine Liturgy

**Father Jason Ketz**



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

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



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

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

## Bible Fellowship Church

**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am

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

## Vincent United Methodist Church

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

[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  
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[www.cornerstoneminot.com](http://www.cornerstoneminot.com)

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## Immanuel Baptist Church



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

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

**Pastor Brian Keithline**

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## 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)



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Sunday 9:30 am  
[www.flcminot.com](http://www.flcminot.com)

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

## Minot Baptist Church

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

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Pastor David Miller



## 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.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick- Pastor**

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



**1105 16th St. NW • 839-1407**

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

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## St. Mark's Lutheran Church

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

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## First Baptist Church

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[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 am.  
Wed. AWANA (Sept. to May) ..... 6:30 p.m.  
Fridays, Celebrate Recovery ..... 7:00 p.m.

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## Apostolic Faith Church, UPCI

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

**Jesse Starr, Pastor**



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**Home: 701-838-5759**  
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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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# B-52s Fly Across Middle East, Drop Live Munitions

CHRIS GORDON, AIR & SPACE FORCES MAGAZINE

Two U.S. Air Force B-52 Stratofortress bombers flew over the Middle East in a “force projection” demonstration Feb. 17, U.S. Central Command (CENTCOM) announced.

The two B-52s began their mission at RAF Fairford, U.K., before flying across Europe and through the airspace of nine partner nations, according to CENTCOM. The command did not specify which nations those were, a common practice given regional tensions and sensitivities.

The B-52 mission also included “live munitions drops at ranges in several partner nations,” the command said in a news release. The B-52s flew with American F-15E Strike Eagles, which are based in the Middle East, and “four partner nations provided fighter escorts for the bombers throughout the mission,” CENTCOM said. Again, those partner nations were not publicly identified.

“Bomber Task Force missions demonstrate U.S. power projection capability, commitment to regional security, and ability to respond to any state or non-state actor seeking to broaden or escalate conflict in the CENTCOM region,” Army Gen. Michael “Erik” Kurilla, CENTCOM’s commander, said in a statement.

The B-52s involved in the Feb. 17 long-range mission over the Middle East are part of a Bomber Task

Force deployed to Europe, BTF 25-2, which kicked off last week.

The B-52 mission came after the Navy aircraft carrier USS Harry S. Truman, which had been operating in the Red Sea and Gulf of Aden since mid-December, recently left the region. On Feb. 16, the U.S. Sixth Fleet said the Truman is currently in Souda Bay, Greece, for repairs after colliding with a merchant tanker off the coast of Egypt on Feb. 12.

Since Hamas’ Oct. 7, 2023, attack on Israel, the U.S. has maintained an increased force presence in the Middle East, primarily to deter Iran and its proxies. U.S. aircraft have defended Israel against direct attacks from Iran, conducted airstrikes against the Houthis in Yemen, and attacked Islamic State targets in Iraq and Syria.

In November, the U.S. temporarily deployed six B-52 to the Middle East, along with extra F-15Es, following the departure of the USS Abraham Lincoln aircraft carrier to provide additional airpower. Those B-52s conducted combat missions, including participating in airstrikes against Islamic State in Syria in December, before returning home before the end of the year. The deployment was the first time B-52s had been based in CENTCOM since 2019. The Pentagon has also surged additional assets, including more fighters, to the region during acute periods of tension over the

past year and a half.

Four B-52s from the 69th Expeditionary Bomb Squadron at Minot Air Force Base, N.D., deployed to RAF Fairford for the task force, and some of the B-52s have already flown missions with European NATO allies in addition to the CENTCOM sortie. The B-52s that conducted the flight over the Middle East were tail number 60-0023 and tail number 60-0044, according to open-source flight tracking data.

In a separate action Feb. 15, the U.S. conducted a “precision airstrike” in northwest Syria, targeting a senior official in Hurras al-Din (HaD), an al-Qaida affiliate, CENTCOM said. The U.S. military has stepped up its airstrikes against that group as well as the fighters and infrastructure from the Islamic State as it tries to prevent militants from taking advantage of instability in Syria following the fall of the regime of Bashar Al Assad in December. The U.S. has also taken advantage of the newly permissive airspace above Syria after the collapse of the Syrian military and the withdrawal of many Russian forces. President Donald Trump praised the recent airstrike in Syria and congratulated CENTCOM in a post on social media.

“We will continue to relentlessly pursue terrorists in order to defend our homeland,” Kurilla said in a Feb. 16 statement.



U.S. Central Command (CENTCOM) conducted a Bomber Task Force Mission in the Middle East, Feb. 17, to demonstrate force projection capabilities in the region. Two B-52s from RAF Fairford, U.K., flew across Europe and through nine partner nations in CENTCOM’s area of responsibility during their mission, which included aerial refueling and live munitions drops at ranges in several partner nations.

CENTCOM IMAGE

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# JR JOURNALISM PROGRAM

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## Theodore Roosevelt

LEON RIVERA, AGE 8

Since it's nearing Presidents Day, we're going to talk about North Dakota's favorite president: Theodore Roosevelt. (Or TR for short!) Old TR originally moved to North Dakota to escape the grief of his wife and mother dying on the same day--sad topic, so we won't talk too much about that. Then, he got two ranches in the badlands area (before it was named a national park of course). At first, he was called "Four Eyes" by the cowboys, because of his glasses. But he wasn't afraid to punch a cowboy, fire a dishonest ranch hand, or capture bandits--yes, that life was pretty exciting! He said, "I have always said I would not have been president if it had not been for my experiences in North Dakota." He has a lot of memorials in the Dakotas because of all he did there--the people loved him, and he loved the Dakotas. You can visit these memorials while you're stationed here in Minot! One memorial is in Keystone, South Dakota. Closer by, Minot

has Roosevelt Park and the statue of Theodore Roosevelt. And next door is the Roosevelt Park Zoo! There's a painting of him in the Capitol building in Bismarck, with a plaque about his life. My family saw bison tracks while we were going through Theodore Roosevelt National Park, where he once owned the two ranches. I really think more people should go see Theodore Roosevelt National Park, because it will be a great experience for them to see the badlands and feel what it was like during his life. I also saw Mount Rushmore later with my grandparents--it was HUGE! Theodore Roosevelt was carved on Mount Rushmore along with George Washington, Thomas Jefferson, and Abraham Lincoln. (There was this little rock with a hole in it, that when you looked up through the crack, you could see President Washington's nose--it was really funny!) While you're here in North Dakota, go around, take a look at these memorials, and have fun!



Leon dressed up as Theodore Roosevelt for Presidents Day back in preschool.



At Roosevelt Park.



At Mount Rushmore.



At Theodore Roosevelt National Park.

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*Before travel, please visit our Facebook page for possible schedule changes due to inclement weather.*

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

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# YOUTH IN ACTION

## Minot AFB School Board



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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 an open position. Interested parties can contact the School Liaison at joy-nicole.smith.2@us.af.mil for more information and to receive an application.



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# Minot Task Force 21 Forms Sentinel Working Group in Preparation of Modernization Project

MINOT AREA CHAMBER EDC

The Minot Area Chamber EDC (MACEDC) has formed a Sentinel Working Group under Task Force 21 (TF21). The Sentinel Working Group consists of four TF21 members that include Mark Jantzer, Jason Zimmerman, Brekka Kramer, and Cassidy Hjelmstad as the group's chair. This working group will be crucial as TF21 prepares the state and our community for this major project.

"Sentinel is one of the largest modernization projects that has ever been undertaken by the Department of Defense, and we know a focused effort is needed to support this project. What's unique about Sentinel is the scale and scope of construction off-base," said Pete Hankla, TF21 Chair. "The working group is the go-to for information regarding Sentinel updates and details for the local community and state leaders."

Sentinel is the weapon system proposed to replace the aging Minuteman III intercontinental ballistic missile system. It represents the modernization of the land-based leg of the U.S. nuclear triad and would extend its capabilities. On-base construction will focus on construction or modifying facilities and infrastructure as necessary to support Sentinel maintenance, training, storage, testing, and support at Minot Air Force Base.

Off-base construction includes the missile alert facilities, renovation of all 150 existing launch facilities in the missile fields in North Dakota, launch centers, utility corridors, communications towers, and more.

"I'm thrilled to have the opportunity to lead this group as the United States ushers in a new era of nuclear deterrence," said Cassidy Hjelmstad, TF21 Sentinel Working Group Chair. "It's crucial that as technology advances, we stay ahead of the curve to ensure the strength and reliability of our nation's nuclear deterrence. At Task Force 21, we remain committed to educating the public and advocating for the resources necessary to support this mission. Keeping our community informed and engaged is essential as we move forward with this next-generation deterrence system."

TF21 is looking toward the future as the military continues to modernize its nuclear enterprise. TF21 will continue to educate the local community, state officials, members of Congress and the public on national security issues, particularly ones that affect Minot Air Force Base, Air Force Global Strike Command, and the U.S. Air Force.

For more information, visit [TaskForce21.com](http://TaskForce21.com), [afgsc.af.mil](mailto:afgsc.af.mil) or contact the Minot Area Chamber EDC at (701) 852-6000.



by Patricia Stockdill

### FISHING:

Lake Sakakawea elevation, Feb. 17: 1,831.3 feet above mean sea level (MSL); 23,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,449.43 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.36 MSL

•N.D. Game & Fish Dept. game wardens: Sporadic and inconsistent walleye activity on the east end of Lake Sakakawea. Look for some improve pike spearing success. No reports from Devils Lake or north-central area lakes.

•Devi's Lake, Woodland Resort, Devils Lake: Walleye activity generally slow throughout Devils Lake. Anglers continue marking fish but bite remains finicky at best. Move around to locate perch.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon with cold weather limiting activity.

•Lake Metigoshe, Four Seasons, Bottineau: Cold weather limited activity over the past week but anglers in search of bluegill continue finding fair success. Walleye generally slow with better success in the evening. Not many anglers out, however.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Inconsistent walleye success on the east end of Lake Sakakawea. Try Steinke or Douglas bays.

•Lake Sakakawea/Lake Audubon, Hwy. 83 lawn & Leisure, Garrison: Try the humps around the east end of Lake Sakakawea and Steinke Bay for walleye. Lake Audubon slow.

•Lake Sakakawea, New Town: Limited activity with cold weather but look for more anglers out the ice as temperatures improve.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Sporadic walleye activity on the east end of Lake Sakakawea with limited pike success. Missouri River remains quiet due to weather.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston:

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, ([www.woodlandresort.com](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.

- Light goose season now open. Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)) for regulations and season information.
- 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. 21 & 22: Minot Air Force Base Curling Bonspiel.
- Feb. 22: Sakakawea Chapter Ducks Unlimited banquet, Memorial Hall, Washburn, 5p.m.
- March 8: Turtle Mtn. Rocky Mtn. Elk Foundation banquet and fundraising event, Cobblestone Inn, Bottineau, 4 p.m.

### TOURNAMENTS:

- Feb. 22: Devils Lake, Woodland Resort, Cottonwood Lake (McHenry Co.).
- Feb. 22 - 25: Lake Sakakawea, Sakakawea State Park (spearing event).
- Feb. 28: Devils Lake, Woodland Resort.
- March 1: Devils Lake, Minnewaukan.



Weather limited activity on the upper end of Lake Sakakawea and Missouri and Yellowstone rivers. Try White Earth Bay with warming weather and look for some potential activity in the rivers before any early runoff muddies water.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with cold weather limiting activity.

### DOWNHILL SKI REPORTS:

•Big Sky Ski Resort, Big Sky, Mont., website, ([www.bigskyresort.com](http://www.bigskyresort.com)): 57-inch packed powder, machine groomed base with 37 lifts and 273 runs open.

•Bottineau Winter Park, Bottineau,


website, ([www.skibwp.com](http://www.skibwp.com)): 12- to 24-inch base with 6 runs, 2 carpets, tow, lift, and terrain and tubing parks open.

•Huff Hills Ski Area, Mandan, website, ([www.huffhills.com](http://www.huffhills.com)): 26- to 30-inch powder, packed powder base with 11 runs, 2 lifts, 1 tow and Terrain Park open.

•Terry Peak, Leads, S.D., website, ([www.terrypeak.com](http://www.terrypeak.com)): 26 to 32-inch base with all lifts, carpet, and runs open.


### NUMBERS TO KNOW:

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



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

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

TIMMOTHY TIMM



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#### Snapshot of MPF Services:

- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quicksip Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500  
Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130

Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130

\*Closed for training every Wed from 1200-1630

MINOT MPF OFFICE

# ARCHERY

OUR REDEEMER'S CHURCH

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

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

We look forward to a fun season together!

## Open Archery Adult Archery

6:30-7:30 pm

7:45-9:00 pm

### SCHEDULE:

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

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

# Minot AFB Curling League Results



Through Week 4

CAPTIAN NAME	TEAM NAME	#	WINS	LOSSES	BYES/TIES
Levi Janssen	Silverbacks	1	3	1	0
Grayson Trandem	Sweep Dreams	2	2	2	0
Mitchell Kuhn	Passing Stones	3	1	3	0
Gian Gomez	69th Stratocurls	4	1	2	1
Jason Myers	Chill	5	3	1	0
Steven Lawless	BroomTown	6	3	1	0
Steven Heizer	Penguin Walkers	7	2	2	0
Justin Ahrens	Blended Broomers	8	0	4	0
Murphy Lamb	Motley Curl	9	2	1	1
Alex Mathews	Sweeping Beaties	10	1	2	1
Ivan Cruz	Ice Hookers	11	3	1	0
Anik Emery	Firedawgs	12	2	2	0
Gabriel Harms	Brooms & Booms	13	1	1	1
Alex Garver	Justice League	14	2	1	1
James Schlabach	Curl Jam	15	1	2	1
Kevin Brown	The Shooters	16	3	1	0
Jackie O'Mara	Tootin Turtles	17	0	3	1

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📍 315 S Main St #205  
Minot, ND  
📞 Client Line: 701-852-4673

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# NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

## NATURE'S TREASURE

Patricia Stockdill

They glistened like hidden treasures awaiting discovery. Lying in the bottom of a coulee, they beckoned to be released from their fate, which would probably have provided food and nourishment for a happy rodent. The treasure? A pair of bull moose antler sheds. The sheds were precious, they begged to be appreciated because, given their size, they probably were this bull's most valuable set of antlers. They meant this young moose survived his first winter on the North Dakota prairie.

That little set of moose sheds now lay nestled on an end table. Perhaps that's an indication they're not exactly the biggest moose antlers when they fit neatly on a piece of furniture. That's OK; they're a matched set of antlers, shed side-by-side by a bull moose. That's what makes shed hunting such an amazing activity. Well, that and other things. Things like being able to get outside after winter eases into spring, getting exercise, and watching warmth and longer, lingering days eek their release from winter's grasp. Granted, that welcome warmth may come in February or it may arrive in May... time will tell.

It's taking the dogs along so they get exercise, hoping they don't find too much mud and icky things to roll in on their own personal treasure hunt. It's the opportunity to marvel at creatures that each year grow and shed antlers. Think about the energy and nutrients needed for a bull moose or elk to grow antlers of any size in a matter of a few months. Even growing those little sheds on that table put demands on that young bull. It's not a minor feat for deer to grow antlers, either.

There is an art to shed hunting. It involves knowing and understanding deer, elk, and moose movements in winter; knowing what to look for – things like game trails or perhaps across from a fence should antlers pop off as a deer lands, for example. But with the enjoyment of shed hunting comes a huge responsibility to the wildlife and habitat they call home wherever one meanders in search of antlers.

Yet there can be – and sadly is at times – a deep, dark, disgusting side to shed hunting. While the true art of shed hunting is doing it properly and appreciate nature and wildlife, there are those who drag shed hunting into an ugly pit.

Winter is typically the most stressful time of year for wildlife of all sizes, shapes, and types. Consider that it's tough on people to be out in wind, cold, snow, and ice – even with proper attire. And, yes, wildlife is usually well-adapted to life in the Northern Great Plains but that doesn't mean it's easy in even the mildest of winters. There are always challenges, whether it's from predation, a sudden unrelenting storm, or a vehicle

encounter. Some shed hunters show no regard to the stress cold temperatures and snow place on all animals as they struggle to move through snowdrifts, scratch and paw ice-crusting snow for food, and are pushed from valuable winter shelter providing much needed thermal cover in brutally cold temperatures and wind.

Perhaps worst of all are those who scout areas where deer and elk congregate, even pushing animals so they can be present when antlers drop.

Oftentimes, those people are merely looking for the dollar signs attached to a detached antler.

There is a reason the Wyoming Game and Fish Department closed some Hunter Management Areas (HMA) to all public access in the winter. Similar to N.D. Game and Fish Department Wildlife Management Areas, several Wyoming HMAs play a critical role in providing essential big game wintering habitat. Those vital areas congregate wildlife where they can survive a Wyoming winter. But they also drew countless shed hunters, innocent and unscrupulous alike, pushing some wildlife to the brink of death and beyond.

While North Dakota's Wildlife Management Areas allow public access in the winter, activities such as snowmobiling and things that could harass and push wildlife are illegal.

Other public lands are closed to the taking of sheds any time of year, including all U.S. Fish and Wildlife Service lands, whether it's a National Wildlife Refuge or Waterfowl Production Area. Find out what is and isn't allowed on other public land, including shed hunting – U.S. Forest Service National Grasslands, U.S. Army Corps of Engineers land along Lake Sakakawea and Lake Audubon, or Bureau of Reclamation areas, for example, prior to venturing out. Ask landowner permission if shed hunting on private land.

It's true shed hunting can be a great spring activity and a chance to reconnect with nature. But it's equally true the dark side of shed hunting is all too common – and can be deadly for wildlife whether it has antlers or not.



The family Hunting Maniac, Eider, excelled at more than upland bird hunting. She found this moose shed while on an early spring hike with the same "family" she pheasant, grouse, and waterfowl hunted with. PATRICIA STOCKDILL PHOTO



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# WHAT'S GOING ON MINOT AFB

## FRIDAY 21

- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- 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
- Teen CERT Training, 1300-1700, M&FRC
- For the Love of Football Trivia, 1700-1900, Rockers Bar & Grill
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

## SUNDAY 23

## MONDAY 24

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Senior TAP Overview, 0800-1600, M&FRC
- Lifeguard Certification Course, 0800-1600, Outdoor Recreation
- 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

## TUESDAY 25

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Senior TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1630, McAdoo Fitness Center
- Winter Warriors Winterization, 1730-1930, Auto Hobby Shop

## WEDNESDAY 26

- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- FTEC, 0730-1600, Professional Development Center
- Senior 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
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 27

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Senior TAP (DOL) – Employment Track Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Breakfast Quest Special Dinner, 1630-1830, McAdoo Fitness Center
- Zumba, 1630, McAdoo Fitness Center

## FRIDAY 28

- Registration Closes: Youth Basketball Registration, CYPBMS website at <https://parent.afcyp.com/>
- Registration Closes: Youth Indoor Cheer Sports Registration, CYPBMS website at <https://parent.afcyp.com/>
- FTEC, 0730-1600, Professional Development Center
- Senior TAP (DOL) – Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Nerf Battle Bash, 1800-2000, Youth Center

## SATURDAY 01

- Winter Reading Program Ends, Minot AFB Library
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Submissions Open: 2025 Air Force Art & Photo Contest, 1200, [forcessupport.awardsplatform.com](https://forcessupport.awardsplatform.com)
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

## 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.

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2025 Air Force ART & PHOTO Contest  
 The Air Force Arts & Crafts Center Presents  
 Accepting 2D ART, 3D ART, PHOTOGRAPHY  
 Up to \$500 in Amazon gift cards in each age category:  
 Adult Accomplished  
 Adult Novice  
 Teen 13-17  
 Pre-Teen 9-12  
 Youth 6-8  
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