

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 63 • ISSUE 11 | MINOT AIR FORCE BASE | FRIDAY, MARCH 14, 2025



**WHATS INSIDE THIS WEEK:**



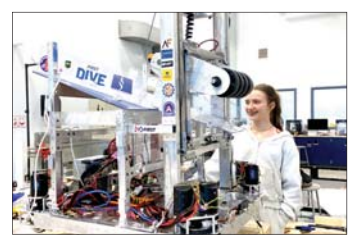
**DISCOVERY CENTER SEEKS COMMUNITY SUPPORT**

**A6**



**WAVES TO WINGS: A JOURNEY THROUGH LEADERSHIP**

**A7**



**SYBER SENTINELS FORGE AHEAD**

**B8**



## SHARING AN IMPORTANT STORY

U.S. Air Force Col. James Schlabach, 91st Missile Wing commander and U.S. Air Force Col. Jesse Lamarand join Senator Randy Burckhard and MACEDC President Brekka Kramer in Bismarck to present the State of Minot Air Force Base to a joint session of the ND Legislature, March 6, 2025 at North Dakota Legislative State Capitol in Bismarck, N.D.

COURTESY PHOTO

**Jerome's**  
**COLLISION CENTER**

**Military Friendly and Proud to Serve Our Active Duty Military & Veterans**  
**Closest Full Service Collision Center to Minot AFB**

**2705 North Broadway, Minot, ND 58703**  
**(701) 852-5126**  
**jeromescollision.com**



**HOME OF THE GLOBAL STRIKER**

Only The **BEST** Come North!


**WWW.MINOT.AF.MIL**

**CONTACT MINOT AFB PUBLIC AFFAIRS**

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on  **Minot Air Force Base**

# Minot Presents The State of the Base

ROD WILSON, NORTHERN SENTRY

*"I offer to the Airmen at Minot that they perform the nation's most important mission at the nation's most important Department of Defense installation. It is the only the only installation that hosts two thirds of the (nuclear) triad, both the air leg and the land leg. It is the center of gravity in my world. No other installation on the planet has that responsibility. I would offer to you where Minot goes the Air Force goes. I would offer to you where Minot goes the Department goes, I would offer to you where Minot goes the nation goes, no pressure..."*

General Thomas Bussiere, Commander, Global Strike Command.

For Brekka Kramer, President/CEO of the Minot Chamber EDC and 5th District Senator Randy Burckhard, the mission focus was simple; get the word out about Minot Air Force Base and its missions to the North Dakota State Legislature. Helping them carry that message would be Colonel Jesse Lamarand, Commander of the 5th Bomb Wing and Colonel James Schlabach, Commander 91st Missile Wing.

General Thomas Bussiere had informed those attending the Task Force 21 Nuclear Symposium in Washington, D.C. of the importance of Minot Air Force Base, and carrying that message to North Dakota, and in particular the North Dakota Legislature, was crucial.

*"Having my fellow North Dakota Legislators understand the importance of our military installations is critical, especially now with the modernization of our nuclear enterprise underway", said Senator Randy Burckhard. "As an Air Force Global Strike Command Civic Leader and member of Task Force 21, we've been tasked with educating and advocating the importance of the nuclear triad and strategic deterrence, especially as we prepare for Sentinel."*

Taking center stage with Colonels Lamarand and Schlabach would be Colonel Timothy A. Monroe, Commander, 319th Reconnaissance Wing, Grand Forks Air Force Base. Helping to orchestrate the special presentation would not only be Senator Burckhard, but Senator Scott Meyer of Grand Forks.

Senator Burkhard introduced the Minot wing commanders;

*"Honorable colleagues, it is my great honor to introduce the two Wing Commanders from Minot Air Force Base. Colonel Jesse Lamarand is the commander of the 5th Bomb Wing where he ensures the wing's combat readiness, strategic deterrence, and long-range, world-wide, strike capability. He is a Master Combat Systems Officer with more than 2,300 flight hours primarily in the B-52H, including 279 combat hours. He has deployed around the world throughout his career and took command at Minot in June of 2024. His command also manages the base and provides logistics support to the 91st Missile Wing. Colonel Jimmy Schlabach is the commander of the 91st Missile Wing, leading the land-based Intercontinental Ballistic Mission there since he took command in June of 2024. He is a master nuclear missile operator with more than 7,200 hours of strategic nuclear alert duty in the Minuteman III weapons system. Gentlemen, thank you for your leadership and taking the time to speak to us today."*

Each commander spoke in the House chambers for about 15 minutes. Col's Lamarand and Schlabach highlighted their missions and shared important



Representatives from both Minot & Grand Forks were on hand for the State of the Base presentation on March 6, 2025. (L to R) Colonel Timothy A. Monroe, Commander 319th Reconnaissance Wing, Grand Forks Air Force Base, Senator Scott Meyer, Grand Forks, Representative Robin Weisz, Speaker House of Representatives, Representative Emily O'Brien, Grand Forks, Senator Randy Burckhard, Minot, Colonel Jesse W. Lamarand, Commander 5th Bomb Wing at Minot Air Force Base, Colonel James L. Schlabach, Commander 91st Missile Wing at Minot Air Force Base.

information about the economic impact of the Minot Air Force Base on the Minot Community. In turn they thanked the legislators for their work this past session which include in part: Thanking legislators for the work this past session

- o The North Dakota Military Commission work to make North Dakota the most military friendly state (commenting on the collaboration and statewide effort here)

- o Governor's proclamation to celebrate the Month of the Military Child each April

- o Legislation passed last session (2023) which included:

- o Psychologist compact
- o Counseling compact
- o Virtual enrollment
- o Community funding
- o Family childcare license exemption (allow military spouses to be licensed in ND using their DoD childcare certification)
- o State tax exemption (for all military members military pay)
- o Hunting and fishing privileges
- o Support for veterans
- o The commanders also recognized

- o The session work that continues as additional compacts have made it through the first half of the session

- o The support the community provides

- o Home of the Barksdale Trophy
- o Communities like Stanley that serve up their famous Whirlaway to Airmen

*"Minot Air Force Base Commanders did an outstanding job at the First State of the Base, spotlighting the important missions at Minot Air Force Base, successes from this past year, and what lies ahead with modernization of the nuclear triad", shared Brekka Kramer, Minot Area Chamber EDC President | CEO and member of the North Dakota Military Commission. "Grateful for Senators Meyer and Burckhard for bringing the idea forward to hold a joint session. As we continue to work to make North Dakota the most military friendly state in the nation, it's important for leaders at all levels to understand the mission and for us to continue our work to educate and advocate for military."*

Task Force 21 Chair Pete Hankla and Brekka Kramer serve on the ND Military Commission executive committee.



U.S. Air Force Col. James L. Schlabach, 91st Missile Wing commander and U.S. Air Force Col. Jesse W. Lamarand, 5th Bomb Wing commander gave a joint ND Legislative session a report on the State of Minot Air Force Base, March 6, 2025 at North Dakota Legislative State Capitol in Bismarck, N.D.

COURTESY PHOTOS

You relied on  
"The Big Guy"  
at the Tax Center



*"Keep your confidence with the one you trust"*

## Tax Preparation by Clint

35 Years Experience

Expert on Military Returns

All States and International

"Reasonable Rates"

TAX%  
PREP

Call or Text: (701) 389-2389

Email: taxprepbyclint@gmail.com

# Hensen's FUR & LEATHER

Native American  
Art & Jewelry



Coollest Bomber  
Hats Ever!!



Pendleton Wool  
(since 1904)  
Jackets/Shirts/  
Blankets & More

## BEYOND UNIQUE!

Huge  
Selection  
of  
Leather  
Jackets



Handbags



Cozy Old Friend  
Sheep Skin  
Slippers



Hand  
Made  
Moccasins

Quality Service  
& Workmanship at  
affordable  
rates for  
over 50 YEARS

- Cow Hide Rugs
- Sheep Skin Rugs
- Beautiful Selection of Brighton Jewelry
- Fur Coats, Hats, and much more!

701.852.0722  
525 20th Ave SE • Minot  
Next to Happy Joe's Pizza

OPEN:  
Mon-Sat  
10am-5pm

# USAF Academy Band to present a free concert at Minot State

MINOT STATE UNIVERSITY

MINOT, N.D. – The U.S. Air Force Academy Band’s Stellar Brass will present a free concert held at Minot State University’s Ann Nicole Nelson Hall on Wednesday, March 19 at 7:30pm.

The concert will feature patriotic favorites and highlight the contributions of Service Members, both past and present, as well as favorites in the genres of classical, jazz, and much more. The event is honored to be joined by senior leadership who will be speaking on behalf of the 5th Bomb Wing, as well as the 91st Missile Wing from Minot AFB. This concert is free and open to the public.

As one of only two Air Force premier bands and the only Department of Defense premier band located west of the Appalachian Mountains, the USAF Academy Band provides year-round support to the United States Air Force Academy and the more than 4,000 cadets in the cadet wing, helping develop outstanding leaders of character who will serve our country as officers in the United States Air Force and United States

Space Force.

The Academy Band maintains a rigorous performance schedule in support of Cadet and Air Force troop morale, recruiting, and community outreach. For over 60 years, the Academy Band has used the power of music to inspire Air Force personnel and the nation they serve, produce innovative musical programs and products, and communicate Air Force excellence to millions around the globe.


## STELLAR BRASS

Described by the International Trumpet Guild as “an ensemble full of variety, panache, and virtuosity,” Stellar Brass is an original and innovative brass quintet performing a broad range of eclectic musical styles. They are dedicated to providing unwavering support for the training of the Air Force Academy Cadets, and to the unique telling of the Air Force story nationwide. Stellar Brass has represented the United States Air Force as musical ambassadors through internationally distributed audio and video recordings and broadcasts, and are nationally

recognized and respected as clinicians, presenting university, college, and high school master classes. They have provided musical support at numerous civic and military ceremonies and have spotlighted the Air Force at prestigious symposia such as the International Trumpet Guild Convention, the Midwest Band and Orchestra Clinic, the Colorado Music Educators Association Clinic and Conference, and at highly-coveted public performances at major concert halls throughout America.

The United States Air Force Academy Band appears on behalf of Lieutenant General Tony Bauernfeind, Superintendent, the United States Air Force Academy. They are proud to support the U.S. Air Force Academy mission to forge leaders of character, motivated to a lifetime of service, and developed to lead our Air Force and Space Force as we fight and win our Nation’s wars.

All performances are free and open to the public.



**UNITED STATES AIR FORCE ACADEMY BAND**

**MINOT STATE UNIVERSITY**

## Stellar Brass

Wednesday, March 19th, 2025

Ann Nicole Nelson Hall

Minot State University Campus

7:30 PM

**FREE** and open to the public

**MINOT AIR FORCE BASE**



# OPEN HOUSE

**SAT - JUNE 14**

**9 AM - 4 PM**



FOR MORE INFORMATION, VISIT [WWW.MINOT.AF.MIL](http://WWW.MINOT.AF.MIL)

**5TH MEDICAL GROUP**

# PREVENTATIVE HEALTH FAIR

Friday March 28th 0800-1500

Embrace a Healthy Lifestyle Through Prevention and Regular Medical Check-Ups


**Health Screenings & Information**

- Inflatable Mega Colon
- Walk Up InBody Assessment
- Health Promotions and Prevention Staff
- Chronic Disease Nurses
- Primary Care Behavioral Health
- ADAPT/ Mental Health
- Dentistry
- Family Advocacy Program
- New Parent Support
- Chaplains
- WIC

**HEALTH ABOVE ALL**

Spiritual Mental Physical

3 Pillars of Wellness



# Break FREE from TV

STREAM ON YOUR OWN TERMS **SRT FIBER**

You can drop the set top boxes and oversized TV package. Streaming your favorite video content is easier than ever. All you need is your SRT Internet connection and a streaming device to get started.

**First, the good news about streaming with SRT Fiber:**

**You DON'T**

- ✗ need to pay for a big TV package full of channels you don't even use.
- ✗ have to get TV and Internet from one provider.
- ✗ have to rent equipment.
- ✗ have to commit to a contract.

**WE CAN SHOW YOU HOW.**

**Now, the even better news:**

**You CAN**

- ✓ watch all your favorite programming using your SRT Internet connection.
- ✓ get live sports and news.
- ✓ pick your streaming service – or services.
- ✓ cancel or pick a different service anytime.

**WHEN YOU STREAM, YOU CHOOSE.**

SRT Fiber Internet and Whole Home WiFi provide the fastest, most reliable experience for you to stream across all your devices throughout your home.

- ✓ Free router
- ✓ No annual contracts or surprise price hikes
- ✓ No installation fees or equipment rental
- ✓ 24/7 local support

Get the perfect streaming experience for you, on your terms!  
Simply call us at 701.858.1200 for a free streaming checkup.

[SRT.COM/STREAMING](http://SRT.COM/STREAMING) **SRT FIBER**

**CONTACTUS**

**Ted Bolton**  
 Publisher | Advertising  
 701-240-5039  
 bagroup@srt.com

**Rod Wilson**  
 Business Development | Marketing  
 sentrysales@srt.com

**GRAPHIC DESIGN BY**

**Nikki Greening**  
 nsads@srt.com

**MINOT AIR FORCE BASE PUBLIC AFFAIRS**

**Chief of PA**

Maj. Thomas Barger

**NCOIC of PA**

Technical Sgt. Rusty Frank

**NCOIC of Command Information**

Tech. Sgt. Ryann Holzapfel

**Chief, Community Relations**

Mrs. Abigail Kinder

**Chief, Media Operations**

2nd Lt. Casen Salitore

**PA Specialists**

Senior Airman Alex Nottingham

Senior Airman Kyle Wilson

Senior Airman Trust Tate

Senior Airman Alyssa Bankston

Senior Airman Kendra Ransum

Airman 1st Class Luis Gomez

Airman 1st Class Wesley Davies

Airman 1st Class Vincent Padilla

**COMMANDERS**

**5th Bomb Wing Commander:**

Col. Jesse W. Lamarand

**5th Bomb Wing Deputy Commander:**

Col. Benjamin D. Jensen

**91st Missile Wing Commander:**

Col. James L. Schlabach

**91st Missile Wing Deputy Commander:**

Col. George L. Chapman

**NEWS SUBMISSIONS**

Northern Sentry Office

nsads@srt.com | 701.839.0946

**MAFB Public Affairs Office**

v35bw.pa@us.af.mil

701.723.6212

**MAIL**

109 Main St S,  
 Minot ND 58701

**VIEW ONLINE**

www.northern-sentry.com

www.minot.af.mil

**FIND US ON FACEBOOK**

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil). The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.



MINOT AIR FORCE BASE NEWSPAPER  
 WWW.NORTHERNSENTRY.COM



**A VIEW FROM OUR SIDE**  
 ROD WILSON



A recent Visit Minot meeting was held in the Flying Legends hangar at the Dakota Territory Air Museum. The museum is closed to the public right now, but the hangar is still filled with planes that have been restored to combat, and beyond, condition. I can almost name them all from the British Spitfire that greets you when you walk in the door to the C-47 Duchess of Dakota Sky trooper. Then there's Little Horse, one of the P51's that are usually housed in the Flying Legends hangar.

The Dakota Territory Air museum is certainly a "must see" for anyone who visits Minot, but also sitting at the table were representatives from the many other "must see" attractions. I don't want to forget any of the people at the table, but represented were the Minot Symphony, The Pioneer Village Museum in Burlington, The Scandinavian



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

There's an article in this month's National Arbor Day Foundation newsletter that features a small town in North Dakota alongside New York City.

The article is called "From The Big Apple to a Little-Known North Dakota Town." It's a look into two vastly different communities benefiting from the same iconic Arbor Day Foundation program.

The North Dakota community is Sibley, in Barnes County, near Lake Ashtabula. Sibley was founded in 1959 and has a population of 20 people.

According to the Arbor Day newsletter, "Sibley has been a recognized Tree City for 12 consecutive years, and much of the needed tree care happens within Tootsville Park thanks to support from grant funding.

"And while Tree City USA recognition provides cities with a level of credibility and legitimacy when applying for grant dollars, it's not the only reason they apply each year. Annual recognition is about connecting with the community's history. One of the first things Sibley's founders did was plant trees."

New York, obviously, is in stark contrast to Sibley in many ways. It has 8.65 million people and it boasts hundreds of parks, including Central Park. New York City has received Tree City USA recognition for 28 years in a row and Tree Cities of the World for five years.

Yes, Sibley, North Dakota and New York, New York and quite different, but they have one thing in common, a tireless dedication to caring for their trees.

The National Arbor Day

Heritage Park and Norsk Hostfest. If I understood Kevin Davick correctly, the Stav Church is now celebrating it's 25th Anniversary. Then there was the North Dakota State Fair, The Minot Air Force Base which has schedule an open house on base on the 14th of June. The Minot Hot Tots and Honeybees will kick off their seasons on May 17th. There was an exciting announcement that the Downtown Thursday Night events will now move to the new Citizen's Alley Area. It was good news to hear that the Magic City Discover Center is recovering from a recent water pipe break, and the Minot Parks and Roosevelt Park Zoo outlined their summer plans.

On the way out of the meeting, I took a few minutes to just walk around the planes in the Flying Legends hangar. I always feel like we are so lucky to have such great attractions in Minot. But we are also so very lucky to have the dedicated people who have the vision to build a historic museum like the Dakota Territory Air Museum or the Pioneer Village Museum. And once built, it takes thousands of volunteer hours to maintain and improve these and other attractions. I give them all a tip of the hat, and I encourage all of you to do the same; not only by visiting them and encouraging other to do so, but with any generous donation you can send their way.

**Walking Among Giants!**

**BE CAREFUL WHAT YOU WISH FOR...**

The conversation at the YMCA over coffee one day (remember my article about the educational power of coffee) turned to roundabouts. Some folks at the table absolutely hated roundabouts and others were quick to point out the advantages.

One gentleman pointed out that there have been roundabouts in Europe for decades, and if you've ever driven over there you'll have to agree that traffic moves along pretty well. But that's because they drive on the wrong side of the road and the wrong side of the car an elderly lady scoffed.

OK, just so we are all on the same page here, what is the purpose of replacing an intersection with a roundabout? I quickly turned to Wikipedia and found this:

A roundabout is a circular intersection where traffic moves around a central island. They are designed to improve traffic flow and safety.

As I read it to the table a guy across said "sure they are designed to improve traffic flow and safety, but you get those idiot drivers on 'em and they are not safe at all. I was following a lady, and she stopped when she missed her exit and you know what, she was going to back up. What she should have done is gone around again.

And then I heard it...the saying that I remember from my youth.

It came from a guy who was kind of listening to the conversation. He said, and I quote "Blessed Are Those Who Go Around in Circles, for They Shall be Called the Big Wheels." And then he continued to explain that those people in higher places are the ones who thought up and keep puttin' them dang roundabouts all over...you know the Big Wheels!

The conversation was winding down, when an older gentleman said "next thing you know, they'll be putting roundabout on the corners of fields. That way the grain trucks will travel have better traffic flow. Like I said, be careful what you wish for.

**BEST KEPT SECRET**

I might be looking back, but this is for the next time around. Over 275 people took part in the Downtown Minot Cocoa Crawl. 18 businesses welcomed these folks into their stores and served them a cup of a signature beverage. There isn't another cocoa crawl scheduled until next spring. But be on the lookout and be sure to take part.

**TODAY'S CHUCKLE**

(PS- I actually have 2)

1) They call them cellphones because they make you their prisoner.

2) The internet is a testament to the fact that there's always time to learn something useless.

**Well done North Dakota...**

Foundation's Tree City USA program started in 1976 and has recognized a total of 3,577 cities with 998,000 trees planted.

Numerous communities across North Dakota have been designated Tree City USA through the years and some have been doing it a long time. They include Bismarck, 47 years, Bottineau, 36 years, Cando, 35 years, Devils Lake, 44 years, Dickinson and Ellendale, 31 years, Fargo, 47 years, Jamestown and Carrington, 34 years, Hazen, 37 years, Langdon 39 years, Mandan, 48 years, Valley City, 36 years, Wahpeton, 40 years and Williston, 43 years.

In addition to Sibley, other small communities receiving Tree City USA designation include Arthur, 14 years, Cavalier Air Station, 27 years, Cooperstown, 36 years, Granville, 31 years, Kindred, 3 years, Lakota, 14 years, Lankin, 28 years, McVile, 27 years, New Rockford, 33 years, Pekin, 29 years, Powers Lake, 1 year, Rutland, 7 years, Tower City, 6 years, Walhalla, 27 years, Washburn, 16 years and Wishek, 7 years.

Well done, North Dakota!

To qualify as a Tree City USA community, you must meet four standards established by the Arbor Day Foundation and the National Association of State Foresters.

No. 1: A tree board or department has to be established that could include the mayor and/or city council or residents at large.

No. 2: The community must have a public tree care ordinance.

No. 3: A community must have a forestry program with an annual budget of at least \$2 per capita.

No. 4: An Arbor Day observation and proclamation must be observed.

For some those qualifications can be a challenge, but Sibley has met the challenge time and time again. The locals strongly believe in what they are doing and the progress shows.

Several states have similar state programs, but they don't match the rapport of the National

Arbor Day Foundation, with headquarters located in Lincoln, Neb.

Any community can become a Tree City USA. Just Google "Tree City USA" and a website will pop up with some pertinent information. Meet the four qualifications and

your community too can receive the designation.

There isn't a rule regarding what kind of trees should be planted, but numerous cities encourage the planting of fruit trees such as apple, pear or plum trees.

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

**SAFE RIDES MINOT AFB**

FREE AND CONFIDENTIAL • SAVING LIVES AND CAREERS

**Available to ALL Minot AFB Military Members and Spouses**

- ▶ 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

**THURSDAY, FRIDAY & SATURDAYS**  
 09:00 PM - 02:00 AM

**HOLIDAY WEEKENDS**  
 08:00 PM - 03:00 AM

**SAFE RIDES**  
 (FORMERLY KNOWN AS AADD)  
**(701) 727-2233**

SCAN TO BECOME A VOLUNTEER

Donating the Phone Services for AADD

MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

Supplying Calling Cards and Posters to Local Establishments



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

# Visitor Burnout

hold while we travel.

For military families, keeping these relationships healthy can seem one-sided because we take on the full weight of planning, budgeting, and coordinating these trips. If I'm being totally honest, sometimes I leave Indiana frustrated that others don't make visiting us in Minot the priority we make visiting them. I know I'm not alone in this. It's a conversation I've shared with countless military spouses over the years.

We log thousands of miles in airports and highways, juggling time zones, travel expenses, and work schedules to make sure our kids know their grandparents, aunts, uncles, and cousins. We come "home" for holidays, during deployments, and TDYs. We navigate airports as solo parents while wielding strollers and snacks. We make it work. Because no number of miles can change the fact that family matters.

But it's exhausting. It's expensive. And it's lonely when we realize that we're the visitor more often than the visited.

The point of sharing this isn't to dwell on negativity or complain about a life I'm proud to be part of. But there's power in naming a struggle that often goes unspoken. If you've ever felt the tension of wanting to stay connected while also feeling exhausted from the effort, you're not alone.

While I can't magically grant you extra leave days or pad your travel budget, I can share a few things that have helped me navigate these feelings.

First, let your loved ones know how much it means when they choose to visit.

Over the years, I've shed tears over orders—not because I disliked the assignment, but because I knew it meant living somewhere few would want to visit. Sometimes, I've wished for an assignment in a place family would be excited to explore, rather than one that requires extra convincing.

While we can't force people to visit, we can tell them how much it would mean if they did. Let them know how special it is to have the experience of hosting and how much it would mean for your kids to show off their favorite park, their room, and their routine. Explain how, sometimes in this lifestyle, just staying put is the greatest gift of all. Be honest about how a visit makes it clear that your home and the life you've built matter.

Second, get educated on the unique fun this region has to offer. Find things you enjoy, and talk about them. I've always found that authentic enthusiasm is magnetic. If you need ideas, find me on Instagram and Facebook @HeyMinot where I share fun ideas almost daily, and bookmark [eventsminot.com](http://eventsminot.com) to stay on top of community happenings.

Be ready for fun, but don't stress. A great visit doesn't need to be a grand adventure—togetherness is grand all on its own. Keep nurturing relationships, making the effort, and being honest. The work you pour in to staying connected isn't going unnoticed.

*For more on living in North Dakota, and loving the life you live, join me at [amyallender.com](http://amyallender.com) or on Instagram and Facebook @HeyMinot.*



For military families, it's hard to exaggerate just how special it is when relatives choose to come visit.

AMY ALLENDER PHOTO

## Ski the Jewel above the Prairie!

- Snow conditions are excellent for skiing, snowboarding, and tubing
- The rental shop, cafeteria and terrain park are all open and ready to go.

**EXTENDED HOURS THIS WEEKEND:**

Friday, March 14 • 12:00 noon to 9 PM

Saturday, March 15 • 10 AM to 8 PM

*Live music Chloe Raye in Annie's House from 6pm to 9pm*

Sunday, March 16 • 10 AM to 5 PM

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

*Bring Your Group to BWP*



Established in 1969  
**BOTTINEAU WINTER PARK**

1 Winter Park Road, Bottineau, N.D.  
701-263-4556  
[www.skibwp.com](http://www.skibwp.com)



**MILITARY DISCOUNT**  
**10% OFF**  
Lift Tickets, Rentals & Tubing w/Military ID



*Rooted* IN TRADITION,

*Growing* FOR TOMORROW!

**FRIDAY MARCH 14<sup>TH</sup> • 12-7**

**SATURDAY MARCH 15<sup>TH</sup> • 10-4**



# After Disastrous Pipe-Leak, Discovery Center Seeks Community Support

KERIANNE NOEL, NORTHERN SENTRY

On the Morning of February 20th Mike McCloud, Executive Director at the Magic City Discovery Center, went to unlock the beloved Children's Museum just as he has done on countless other mornings. What he walked into was the sound of alarm bells, half an inch of standing water, and unusually humid air. The museum had experienced a burst pipe on one of its outer walls that had spread across the main floor and leaked down into the lower level. The pipe was later estimated to have been leaking for six hours. And while the valiant effort of staff and contractors meant that museum exhibits are once again up and running, it is not simply back to business as usual for the Discovery Center.

While the exact cause remains unconfirmed, the leak did coincide with the tail end of the Arctic Blast that had hit the Magic City that week. This event caused the temperature to nosedive to a record setting 33 below zero on February 19th, the day before the leak was discovered. The museum remained closed through Monday, March 3rd, at which point the main level and second floor were once again opened to the public. This meant that families who had signed up for Dino Camp on March 5th and 6th were able to attend as planned and students were still able to stop by over Minot Public Schools' Spring Break.

Families had been able to take advantage of a 30% discount due to the lower level being unavailable, however this meant lost revenue for the Discovery Center. Fortunately, as of March 10th, the lower level exhibits are once again operational with the exception of the bathrooms, which had to be gutted and will need to be rebuilt.

Further damage on the lower level included the staff offices. Electronics and paperwork as well as the wiring within the walls were affected by the leak as it poured down into the space. Fortunately, it narrowly missed the adjacent server room. A makeshift office has been set up on the top floor of the building, however this has delayed other scheduled work that was to be done in that space.

Few may be aware that the Magic City Discovery Center, despite its title, is not managed by the City of Minot. As a non-profit they rely on grants, admissions, membership fees, and donations in order to operate. This also means that, despite working with insurance on damages as well as how to recoup lost revenue and wages, they are responsible for much of these costs up front. And while the full financial repercussions are not yet known, in the near term they



Discovery Center employees posing amidst the standing water on the main level.

COURTESY PHOTO

are responsible for covering their \$58,000 insurance deductible.

The Discovery Center benefits the local community by offering a fun and educational indoor space with a variety of STEAM programs geared toward not just children but adults as well. In a press release on February 28th they shared that, "Our community has always been at the heart of MCDC, and we're so grateful for your support during this time. If you'd like to help, donations of any size will go directly toward repairs and restoration, and we will ensure we can continue providing a safe and exciting space for kids and families." To be a part of this effort, individuals can access the Center's

donations page at <https://sales.magiccitydiscoverycenter.com/donation.aspx>. While speaking to the Sentry, Mike emphasized that this effort is only just getting started and that they are still in need of donations. He added, "\$25 helps more than giving nothing" and that they were grateful for any amount that individuals or groups felt called to give.

To keep up with the latest developments at the Magic City Discovery Center to include upcoming events and classes, individuals can follow them on social media or visit their website at <https://www.magiccitydiscoverycenter.com/>



A contractor arriving to begin cleanup at the Discovery Center.

COURTESY PHOTO

## MINOT GUN SHOW

**ND STATE FAIR CENTER**

**MARCH 28-30, 2025**

SHOW HOURS: FRI. 4 p.m. - 8 p.m.  
SAT. 9 a.m. - 5 p.m.  
Sun. 9 a.m. - 3 p.m.

**PUBLIC IS INVITED!**

Public Admission - \$5.00 Each Day  
CHILDREN UNDER 12 FREE WITH PARENT  
FOOD ON PREMISES

**DEALER SET UP - Fri. 1 p.m. - 9 p.m.**  
**BUY - SELL - SWAP - TRADE**

ALL FEDERAL, STATE AND LOCAL GUN LAWS TO BE OBEYED  
Not Responsible for Theft or Accidents

THE BLUE RIDER

MINOT, ND SINCE 1994

SQUADRON OF THE MONTH

791st MISSILE SECURITY FORCES SQUADRON  
WEDNESDAY-SATURDAY  
MARCH 19-22  
FIRST DRINK FREE!  
(alcoholic or non-alcoholic)  
With Military ID

EVENTS THIS WEEK

REVERSE COVER NIGHT + LIVE MUSIC

Friday, March 14 at 10:30pm (Brandon Foster)

\$6 HAMM'S & GRILLED CHEESE

Tuesday, March 18 at 4:00pm

TRIVIA NIGHT

Wednesday, March 19 at 9:00pm

FREE NACHOS

Thursday, March 20 at 4:00pm-Close

IT WAS HER IDEA-LIVE MUSIC

Friday, March 21 at 10:00pm

HOURS

Mon/Tue/Wed/Thu 4:00pm - 1:00am      Fri/Sat 4:00pm - 2:00am

118 1st Avenue SE, Minot, ND

## Pontoon Payday

MAY 3

QUALIFYING DATES MARCH 3 - MAY 3  
Earn 10x points on March 9 and April 13

Win a 2024 BENNINGTON Pontoon

MAR 1 - 29

### ULTIMATE FAN FEST

TABLE GAMES PROMOTION  
Play to win an authentic Justin Jefferson autographed helmet!

Jefferson Jackpot

Stop by the live games pit for more details.

### BRACKET MADNESS

MENS BRACKET

\$25 bracket | 1 per person

1<sup>st</sup> place \$2500

2<sup>nd</sup> place \$1500

3<sup>rd</sup> place \$1000

Brackets due 3/19

## CEELO GREEN

MARCH 22

FUN BUSES AVAILABLE

### CITY GRITTY BAND

ALL THE GOOD TIMES

FAREWELL TOUR

APRIL 25

TICKETS ON SALE MARCH 17  
FUN BUSES AVAILABLE!

4 bearscasino.com  
800.294.5454

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

CASINO: Mon-Thurs 8 AM-2 AM; Fri and Sat open 24 hours; Sun closes at 2 AM  
CENTER BAR HOURS: Sun-Thurs 10 AM-1 AM; Fri and Sat 10 AM-2 AM  
POCKET ACES BAR HOURS: Sun-Thurs Noon-1 AM; Fri and Sat Noon-2 AM

NEW HOURS

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

# the northern sentry Salute

## SSgt Madison Kennon

373RD TRAINING SQUADRON  
HOMETOWN:  
MCKENNEY, VIRGINIA

SSgt Madison Kennon has been in the Air Force for 9 years and stationed at Minot AFB for almost 9 years. She is attending college to obtain her second bachelor's degree in human resources in hopes to possibly commission one day. SSgt Kennon enjoys spending time with her family, running, reading, and spending time outside when the weather is nice.

GAME SALUTE: FRIDAY, MARCH 14

---

## SrA Joseph Padua-Muriel

69TH BOMBER  
GENERATION SQUADRON  
HOMETOWN:  
CAROLINA, PUERTO RICO

Senior Airman Joseph Padua-Muriel recently returned home after a deployment to the Middle East, where he served in support of Operation Inherent Resolve. As a skilled B-52 Aircraft Electrician, SrA Padua-Muriel played a vital role in the mission's success. He is warmly welcomed home by his loving wife, Aisha, and their young son, Massimiliano.

GAME SALUTE: SATURDAY, MARCH 15

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

# Waves to Wings: A journey through leadership

SRA ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The path from enlisted service member to a commissioned officer in the U.S. military is one of determination, growth and resilience. Few embody this journey more profoundly than U.S. Air Force Colonel Rofelio Grinston, 5th Maintenance Group commander at Minot Air Force Base, whose career spans the Navy and the Air Force, showcasing the potential for enlisted personnel to rise through the ranks and lead at the highest levels.

Inspired by his grandpa's and father's service in the Navy, Grinston followed in their footsteps and enlisted in the Navy as a Sailor. Like many who take their first steps into military service, he was eager to serve but unsure where the journey would take him. Through hard work and a commitment to excellence, Grinston distinguished himself as an aviation technician among his peers, setting the foundation for his future as a leader.

Grinston described a desire to be a leader, to create a better environment for his enlisted peers after being inspired by the greats but even further uninspired by the not-so-great.

"It's one thing to complain about something, but what are you doing to change it?" Col Grinston asked.

His passion as a leader led many officers to take notice and take him under their wing. He learned

how to lead better, but more importantly, to be a compassionate leader. Through these mentors, he discovered his passion to become an officer and reshape people's lives with a stronger impact.

"I realized that the officers who mentored me were down-to-earth problem solvers. Inspired by them, I felt like, 'Yeah, I could do that,'" said Grinston. "My goal is to be an officer and create a better environment for everyone to work in. And so I pursued a commission."

With a burning passion to be the change he desired for enlisted personnel Grinston retired from enlisted service and immediately drove to the closest Military Entrance Processing Station to enter service as an officer in the U.S. Air Force.

Grinston's time as an Air Force officer was an exciting one. Hungry for knowledge and how to better serve his people he took on any opportunity to grow, from education, deployments and unique assignments. Grinston strives to become the expert in leadership that his troops deserved.

"We should aspire to learn more and to get a well-rounded education, to understand what's going on in the world around us," Grinston pleaded for others to strive for education. "Schooling allowed me to take on a different level of critical thinking, to think more analytically, and solve our

problem sets more critically and more enduringly."

Grinston believes being an officer is about being an advocate for Airmen, being there to encourage their success and celebrate their victories.

"The Airmen who own the process, they know what's going on and they have solutions, but oftentimes their voice isn't heard. As an officer you can help elevate that voice to a higher audience," Grinston described. "I work for my Airmen, they own the process. If I don't come to work tomorrow the jets will launch just fine. If the right seven level doesn't show up tomorrow we're really constrained. So I place value on every Airman, they work to solve problems."

His time as an enlisted member gave him a unique perspective—one that shaped his leadership philosophy and deepened his connection with the Airmen under his command today. His journey is a testament to the possibilities available to those who dedicate themselves to growth. He encourages enlisted service members to set ambitious goals, take advantage of educational programs and never stop striving for excellence.

"The only limits are the ones you place on yourself," he said. "If you want to lead as an officer, take the steps to make it happen. The military provides the resources—you just have to use them."



U.S. Air Force Col Rofelio Grinston, 5th Maintenance Group commander, poses at his desk at Minot Air Force Base, North Dakota, Feb. 24, 2025. Grinston leads over 1,700 Airmen tasked to provide aircraft and munitions maintenance support for a fleet of 27 B-52 aircraft and a munitions stockpile valued at over \$6 billion.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN ALEXANDER NOTTINGHAM



Photos of U.S. Air Force Rofelio Grinston, 5th Maintenance Group commander as an Aviation Technician. Grinston switched from Navy to Air Force in 2000 after 16 years of service.

U.S. AIR FORCE COURTESY PHOTOS

Honored to be

## BEST EMPLOYER FOR VETERANS


**BEST EMPLOYERS FOR VETERANS** | **Forbes** 2024  
POWERED BY STATISTA

**100,000+** Proud Team Members | **51+** Hospitals

The Whole You Belongs Here



Scan QR Code to view available jobs or visit, [Veterans.AdventHealth.com](https://Veterans.AdventHealth.com)



# Oh, It's GAME ON.

## 2 GIG IS HERE



LEARN MORE AT [SRT.COM/2GIG](https://SRT.COM/2GIG)



Actual speeds dependent on technical limits, customer equipment performance and configuration, and/or greater Internet traffic. Internet service speeds are founded on a wired customer device. Customer devices may connect slower over WIFI. This institution is an equal opportunity provider and employer.

# You Nominated— Now It's Time to VOTE!

ERIN BEENE, NORTHERN SENTRY



The MAFB community has spoken, and now the real fun begins! It's time to cast your votes for the Best of Minot AFB Awards 2025!

Last year's competition was intense, and this year is shaping up to be even BIGGER. So don't just vote—rally your favorites, tag them, share the excitement, and make sure your top picks come out on top!

What's on the line? The bragging rights for the BEST spots on and off base, chosen by YOU!

- Best Local WINTER Activity/ Recreation
- Best Local SUMMER Activity/ Recreation
- Best Day Trip Location (Within 4 Hours of MAFB)
- Best School On or Off Base
- Best Local Nighttime Hotspot

Every vote counts, so don't miss out! Let's find out who truly deserves the title of Best of Minot AFB 2025!

Online Voting Closes March 20!



Vote NOW for:

- Best Food Place on Base
- Best Hangout on Base
- Best Restaurant in Minot

**THE STARVING ROOSTER**

<p><b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b></p> <ul style="list-style-type: none"> <li>\$2 off All Apps</li> <li>\$3 House Wine &amp; Domestic Pints</li> <li>Bavarian Pretzels with Beer Cheese Sauce</li> <li>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</li> <li>\$5 Moscow Mule</li> <li>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps</li> <li>½ Flat Bread Pizza</li> </ul>	<p><b>DAILY SPECIALS</b></p> <ul style="list-style-type: none"> <li>Monday \$5 Moscow Mules (all day)</li> <li>Tuesday \$4 ND breweries (all day)</li> <li>Wednesday ½ Price Wine by the glass/bottle (all day)</li> <li>Thursday \$1 up for all Tall Taps (all day)</li> <li>Sunday BRUNCH (11am-2pm)</li> <li>\$7 TSR Bloody Mary &amp; Caesars</li> <li>\$12 Bottomless Mimosas</li> <li>\$6 Breakfast Shots</li> </ul>	<p><b>FAMILY PACKS</b></p> <ul style="list-style-type: none"> <li>Monday Pizza Pack Combo</li> <li>Tuesday Sandwich Pack</li> <li>Wednesday Chef Creation*</li> <li>Thursday Pasta Pack</li> </ul> <p><small>*Changes Weekly – Check our Facebook Page</small></p>
--	--	--

[thestarvingrooster.com](http://thestarvingrooster.com)

**noodles & COMPANY**

**15% Military Discount**

*Dine In or Take Out Only\**

**304 4th Ave NW Minot**  
Open Daily 10:30 AM to 10:00 PM

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

**BADLANDS RESTAURANT BAR**

Upcoming Events

**14-15 MAR** HOME AND GARDEN SHOW  
12:00 PM - 7:00 PM  
North Dakota State Fair Center  
2005 E Burdick Expy Minot

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.

**HOME & GARDEN SHOW**  
14TH & 15TH

For more information:  
[Facebook/ Minot Association of Builders/ Events](#)

**15 MAR** MAIN STREET BOOKS TURNS 19!  
10:00 AM-6:00 PM  
Main Street Books,  
8 Main St S

Thank YOU for keeping us around for NINETEEN YEARS!!! Join us in celebration, with free carrot cake, 19% off EVERYTHING, and live music from local musicians! PLUS free book with purchase!



For more information:  
[Facebook/ Main Street Books/ Events](#)

**19 MAR** 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](#)

**19 FEB** FUN ZONE  
9:00 AM-NOON  
Minot Auditorium-Old Armory (east side of the building) – 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Fun Zone is for children 10 & under. Children and adults will enter facility and play at their own risk. Children must be supervised at all times. They are not to be dropped off. There must be at least one adult present for every 4 children. YOU are responsible for the kids that you bring. You must maintain a close physical presence at all times. No outside equipment/toys will be allowed. Individuals will be responsible to clean up any mess made. All equipment will be shared equally among those present.

**FUN ZONE**  
AT THE ARMORY  
Starts December 3, 2024

For more information:  
[Facebook/ Minot Parks/ Events](#)

**20 MAR** CANVAS, CORKS & CONSERVATION - LEOPARD  
6:30 PM - 8:30 PM  
Roosevelt Park Zoo,  
1219 E Burdick Expy

Experience the perfect blend of creativity and education as one of our zookeepers shares insights about our vital conservation efforts. While you sip on your favorite beverage (this event is BYOB), let your artistic side shine by painting a masterpiece on canvas. Whether you're a seasoned artist or just looking to have fun, this event is designed for everyone. Don't miss out on this unique opportunity to support wildlife and connect with others in a relaxed, inspiring atmosphere! You must be 21+ and present your ID at check in to attend!  
Doors open at 6:00pm

**Canvas, Corks & CONSERVATION**  
Hosted by The Greater Minot Zoological Society

For more information:  
[Facebook/ Roosevelt Park Zoo/ 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/)

# HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

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





# Don't Take a Vacation. Take a Staycation

STAFF WRITER, NORTHERN SENTRY

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

After the holiday stress has exhausted our budgets, health and stress levels, most of us could really use a little self-care to rest and recharge. Did you know that staycations—vacations where you stay at home or travel nearby—offer many of the same mental and physical benefits as a traditional vacation, but with less stress and a lower price tag? For example, no worrying about what to pack for an entire week or whether to bring dressy clothes for any parties or get-togethers. There are many other reasons that a staycation could be a viable option for a “winter break.”

Staycations don't involve early morning flights, large crowds, long travel days, lost luggage, or complicated trip logistics. Staycations may involve an out-of-office reply and maybe a short drive. A staycation may help make the most of the earned and paid time-off. A military member earns 2 ½ days of leave a month. A normal weekend off doesn't involve using the earned leave if the destination is within four hours away, letting a military member keep accumulating the paid time off and saving it for much bigger trips.

With a vacation near home, there aren't large crowds to fight. Because of their simplicity and lower price tag, staycations also stretch the travel budget. Costs associated with tickets, baggage, taxi fares, long-term parking fees, and hotel fees can accumulate. With a staycation, these extra costs are almost eliminated. You can put that money toward an upgraded hotel room or a relaxing spa treatment. This creates a more relaxed and happier you and family!

If “vacation” in your household means a trip to the dog kennel, your pet will appreciate a staycation where they can come along. Some Minot hotels, such as Clarion Hotel Convention Center, the Sleep Inn & Suites Conference Center and Water Park, and Hotel Revel offer pet-friendly rooms, so you can relax and know that your pet is safe and sound with you, and they get in on the family fun too!

The greatest aspects of staycations are that they can be almost anything you want, and they are good excuses to check things off your home-town tourist to-do list. Just remember, laundry and chores can wait until the staycation ends. Treat yourself and your family to a nice meal without worrying about cooking it and washing the dishes. Busy schedules and daily routines sometimes don't leave much time for exploring new places or businesses around town. Wander through downtown Minot and visit the local businesses or drive through Oak Park or Roosevelt Park for the winter scenery. Minot is one of the smallest cities in the U.S. to have a full symphony orchestra, so enjoy a concert at Ann Nicole Nelson Hall at Minot State University.

One nearby destination to take a “staycation” is the Sky Dancer Casino and Resort in Belcourt, nestled in the forested hills of North Dakota's Turtle Mountains, 97 miles or a 1 hr. 35-minute



Whether you come for a relaxing float, dizzying twists and turns or thrilling plunges, Turtle Island Indoor Water Park won't disappoint. The 23,000 square foot facility includes 3 waterslides, 175 foot long lazy river, activity pool and Kiddie's play area.

drive northeast of Minot AFB. Sky Dancer offers comfortable rooms and suites, several dining options, and elevated amenities. Sky Dancer's 23,000-square-foot Turtle Mountain Water Park features an activity pool, 3 waterslides, a 175-foot-long lazy river with two spray features, a wading pool with zero-depth entry, a multi-level play structure, an elevated spa, and a kiddie's play area, which makes Sky Dancer Casino and Resort perfect for families to escape for a day or two. For Friday through Sunday day passes, this amazing water park is only \$20 for ages 3-11 and \$25 for ages 12+. Anyone under 3 years old is free. Have fun splashing in the water while the snow is coming down. For more information about admissions, visit <https://turtleislandadventureparks.com/>

indoor-water-park/admissions/. Don't feel like driving or worried about bad weather and icy roads? Then, make your own staycation in Minot. Book a hotel room at the Hotel Revel, located in the heart of Minot and next to the Dakota Square Mall, and lounge by the indoor saltwater pool and hot tub and enjoy a cocktail or mocktail. Hotel Revel's complimentary amenities include daily hot breakfast, high-speed internet, in-room streaming (Netflix, Hulu, etc.), and guest laundry. Also, there is a cash bar providing beer & wine. Get a good night's sleep without the worry about the drive home...or those chores.

So, take that staycation to rest and recharge to “survive” the dark winter hours.



**We Buy Used, Junked or Scrapped Vehicles Running/Not Running**  
Call (701) 420-2003

Dad's Garage Can Tow on Base!



## Dakota Hope Clinic

### UNEXPECTED PREGNANCY SOLUTIONS

- FREE PREGNANCY TEST
- ULTRASOUND EXAM (DETERMINE HOW FAR ALONG YOU ARE)
- PREGNANCY & PARENTING EDUCATION



[dakotahope.org](http://dakotahope.org)  
315 S Main St #205  
Minot, ND  
Client Line: 701-852-4673

**Warm up your winter**

Discover Minot's Coziest Finds

**219 MAIN ST S.**  
Downtown Minot

\*HANDMADE GIFTS \*PRIDE OF DAKOTA \*GIFT BASKETS  
\*SCANDINAVIAN GOODS \*CLOTHING BOUTIQUE \*JEWELRY \*WOOL MITTENS \*GLUTEN FREE FOOD ITEMS \*HOME DECOR

Visit our website: [www.koseligiving.com](http://www.koseligiving.com) Find us on Facebook: [koseligcozyshop](https://www.facebook.com/koseligcozyshop)

**701-441-1789**

# ARCHERY

OUR REDEEMER'S CHURCH

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

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

We look forward to a fun season together!

**Open Archery**

6:30-7:30 pm

**Adult Archery**

7:45-9:00 pm

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

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

**2 Winners Every Week!**

## BADLANDS RESTAURANT & BAR

# WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

No Limit, Enter As Many Times As You Wish!

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

# Air Force, Northrop Grumman achieve milestone in Sentinel ICBM modernization with stage-one solid rocket motor test

AIR FORCE NUCLEAR WEAPONS CENTER PUBLIC AFFAIRS, AIR FORCE NUCLEAR WEAPONS CENTER

HILL AIR FORCE BASE, Utah

The U.S. Air Force and Northrop Grumman Corporation completed a full-scale qualification static fire test of the Sentinel intercontinental ballistic missile (ICBM) stage-one solid rocket motor March 6, 2025, at Northrop Grumman's facility in Promontory, Utah.

This critical milestone further validates the motor's design and paves the way for the production and deployment of a safe, secure and reliable strategic deterrent.

"As we modernize our nuclear triad, the ICBM Systems Directorate is driven to securely deliver America's ICBM capabilities," said Brig. Gen. William Rogers, Air Force program executive officer for ICBMs and director of the Air

Force Nuclear Weapon Center's ICBM Systems Directorate. "This brings us one step closer to fielding the Sentinel weapon system, a vital component of our nation's strategic deterrence and a testament to our unwavering commitment to national security."

This test confirms the accuracy of digital engineering models and brings the stage-one solid rocket motor closer to achieving full qualification. This achievement follows static fire tests of the second and third stages, showcasing clear momentum in the Sentinel program's development.

"The entire Sentinel team is laser-focused on ensuring the program delivers on its promise of providing an unmatched strategic deterrent," said Col. Amanda Okeson, senior materiel

leader-upper and Sentinel system program manager. "This test is just one tangible example of the team's dedication and expertise as we move one step closer to completing that promise."

The test results are currently being analyzed by a team of experts from the Air Force Nuclear Weapons Center and Northrop Grumman.

The Sentinel program is modernizing the land-based leg of the U.S. nuclear triad, replacing the aging Minuteman III ICBM weapon system. This modernization effort is essential to ensuring a safe, secure and effective strategic nuclear deterrent for decades to come.



The U.S. Air Force and Northrop Grumman Corporation conduct a full-scale qualification static fire test of the Sentinel intercontinental ballistic missile (ICBM) stage-one solid rocket motor March 6, 2025, at Northrop Grumman's facility in Promontory, Utah. The Sentinel program is modernizing the land-based leg of the U.S. nuclear triad, replacing the aging Minuteman III ICBM weapon system.

U.S. AIR FORCE PHOTO BY R. NIAL BRADSHAW

## Minot AFB Intramural Basketball



Monday March 3  
5:00pm 791 MSFS L(49) VS 91 MSFS W(50)  
6:00pm OG FIRE (F\*) VS 5 MXS W(19)

Tuesday March 4  
6:00pm OG FIRE L(58) VS 791 MSFS W(67)  
7:00pm 91 MSFS W(43) VS 5 FSS L(36)

Wednesday March 5  
6:00pm 705 MUNS L(32) VS 91 MSFS W(47)  
7:00pm 791 MSFS L(53) VS 5 FSS W(59)

Thursday March 6  
6:00pm 791 MSFS W(78) VS OG FIRE L(66)  
7:00pm 705 MUNS L(20) VS 791 MSFS W(33)

(F\*) Forfeit

*Salute To*  
**VIETNAM VETERANS CELEBRATION**

THE PARADE

**50** *years*

THAT NEVER HAPPENED

---

**MARCH 29<sup>TH</sup>** City Auditorium

Doors Open 10am ★ Meal at Noon

---

*Sponsored By:*  
DAV Chapter 4  
VFW Post 753  
Dakota Agronomy  
Kenmare Vets Club

★ All Veterans Welcome ★  
★ Guest Speaker ★  
Vice Admiral, Michael Miller - USN. Retired

**MINOT**  
MILITARY PERSONNEL FLIGHT

**SCAN TO SCHEDULE AN APPOINTMENT.**

Use your smartphone.

**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), Quickship 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**

# Miles of Support: Minot AFB Runners Powered by Strong Bonds

NATALY ZARRELLA, NORTHERN SENTRY

The Minot Air Force Base Running Club is gearing up for an exciting marathon season, with a little help from the Strong Bonds program. While the running club itself isn't funded by the program, Strong Bonds, a chaplain-led resiliency initiative supported by the Air Force Installation and Mission Support Center (AIMSC), is sponsoring 35 members to participate in the Fargo Marathon this year. This includes 15 full marathon runners, 15 half marathon participants, and 5 runners in the 5k race. All slots were filled within the first week of registration, a testament to the enthusiasm and support for the event.

Strong Bonds, which has been supporting military personnel and their families in various ways since 2020, helps foster resilience through activities that strengthen relationships and build community. Chaplain Harris, a key figure in organizing these efforts, explained that Strong Bonds funds a wide range of activities for military members and their families, from marriage retreats to personal fitness events. For this particular event, the program is ensuring that participants are able to take part in the Fargo Marathon, one of the region's most anticipated running events.

"The Strong Bonds program is designed to help military members and their families strengthen bonds in a variety of areas," said Chaplain Harris. "For the Fargo Marathon, we are sponsoring 35 runners of

all levels, from full marathoners to those running a 5k. The goal is not only to promote physical fitness but to foster camaraderie and mental resilience."

The Minot Air Force Base Running Club has been a staple of the base for several years, providing an opportunity for personnel and their families to come together through a shared love of running. The club was originally established by a previous chaplain, and participants would travel to Bismarck for a marathon event that coincided with the Air Force Marathon. In previous years, participants were awarded medals from the official Air Force Marathon, further enhancing the sense of pride and unity among the runners.

Chaplain Harris shared that the running club is open to all and doesn't require participants to be training for an event. The newly built Dome "bubble" at the base has made it even easier to run together year-round, regardless of the weather conditions. Whether they're training for a marathon or simply looking to get some exercise, the club provides a welcoming space for everyone.

1st Lieutenant Cain, assigned to the 5th Civil Engineering Squadron, a dedicated member of the club, is aiming to complete the full Fargo Marathon this year. Lt Cain has been putting in consistent miles every Wednesday at the Dome, steadily working toward the big race day. Additionally, spouses of active-duty members, like Gabrielle

Greco and Lily Almalayousif, are taking part in the weekly run club sessions. Mrs. Greco and Mrs. Almalayousif, both spouses of members from the 5th Civil Engineering Squadron and 5th Aircraft Maintenance Squadron, attend the club to support their spouses while also staying active themselves.

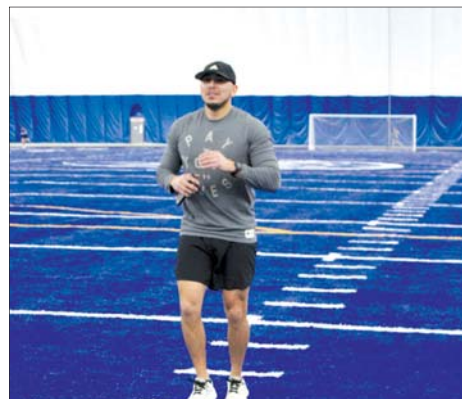
"It's great to have a space where everyone can come together, whether you're training for a race or just out to get some steps in," said one participant. "I've been wanting to run a full marathon for a while, and having this club, along with the Dome to train in, has been incredibly helpful".

Beyond the Fargo Marathon, Strong Bonds is also supporting local races happening later this summer in Medora and Bismarck, North Dakota. These events are part of a larger effort to keep service members and their families active and engaged in healthy, positive activities that promote well-being and strengthen their connections to each other and their community.

The club meets every Wednesday at 5:30 p.m. at the Dome. For more information about the Minot Air Force Base Running Club and upcoming events, interested participants can contact the Minot AFB Chaplain Corps. Whether you're a seasoned marathoner or a beginner, the running club offers a supportive environment where everyone can challenge themselves and work toward their goals.



A1C Englander (791st MSFS), A1C Vannostrand (5 OMRS), and 1st Lt. Cain (5 CE) putting in the miles and staying strong at the Dome this winter with the Minot AFB Running Club.



Getting ready to hit the ground running, warming up for a strong start!



Gabriella Greco and Lily Almalayousif, military spouses, getting in their steps and showing support for their spouses as they prepare for the Fargo Marathon.



The Minot AFB Running Club coming together to stay strong, support one another, and gear up for the next race!

## A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST FLIGHT OF SIKORSKY HH-53B HELICOPTER  
MARCH 15, 1967



On March 15, 1967, the "Super Jolly Green Giant," or the Sikorsky HH-53B helicopter, made its initial flight. At the time, the HH-53B was the largest, most powerful, and the fastest helicopter in the United States Air Force. The maiden flight of 66-14428 took place in Stratford, Connecticut and was piloted by James R. Wright and Patrick A. Guinn. The helicopters were then sent to the 37th Air Rescue and Recovery Squadron at Eglin Air Force Base, Florida and Vietnam to perform combat search and rescue missions, as well as special operations. The aircraft were key participants in the Son Tay Raid, where joint military forces flew a covert night mission to a POW camp in Vietnam to rescue American prisoners. By 1988, the HH-53s were modified to a new special operations configuration. In 2007, 66-14428 was retired to The Boneyard in Tucson, Arizona, and all of the models were withdrawn by September of 2008.

A flight engineer looks over a minigun while his helicopter flies in formation with a Sikorsky HH-53C Super Jolly Green Giant of the 40th Aerospace Rescue and Recovery Squadron, Vietnam, October 1972.

(Ken Hackman, U.S. Air Force)

Information courtesy of: [thisdayinaviation.com/history.net](http://thisdayinaviation.com/history.net)

## CELEBRATE LIFE SERVING YOU SINCE 1926

304 S MAIN ST  
MINOT, ND

**THOMAS FAMILY FUNERAL HOME**

CALL 701-838-2832

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

**88.1 FM**  
Spiritual Nourishment for Believers  
24/7

Supported by friends of Calvary Chapel

**Calver's**  
Welcome to delicious.

**10% DISCOUNT FOR ALL MILITARY PERSONNEL**  
(with valid ID and cannot combine with other offers/discounts)

**CULVER'S OF MINOT**  
3000 S Broadway Minot, ND 58701  
701-852-4800

# Simple But Effective Preventative Maintenance Tips for Your Car

## Get Your Battery Tested

Winter is rough on batteries, draining power more quickly than usual. With the temperature rising, now is the time to get your battery checked to ensure you're starting the season off right. Stop by a AAA Car Care center for a free digital vehicle inspection, which includes a battery check and, if needed, we can install a new battery.

## Replace Your Wiper Blades

We've had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.

## Check Your Engine Air Filter

The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.

## Inspect Your Tires

Ensuring your tires have enough tread – ideally at least 4/32" – will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it's time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.

## Top Off or Change Vehicle Fluids

Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.

## Check Your Air Conditioning

You'll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn't just a luxury – it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.

## Clean Your Car

Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car's exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.

## Has Your Vehicle Been Sitting Idle?

Many people are now driving less frequently and logging fewer miles. The time spent sitting idle can cause numerous issues for your car, making the preventative maintenance above even more important.



Auto Care - Valvoline Instant Oil - Tires  
 Minot AFB | 61 Missile Ave | 701-727-4141  
 Minot | 1301 20th Ave SW | 701-837-1301





## OIL & FILTER SERVICE

**OIL, LUBE AND FILTER SERVICES CONSIST OF:**


- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

**\$10 off**  
VALVOLINE OIL CHANGE





## AMUR LEOPARD



**Fact File**

Life Span	10 - 15 years
Weight	55 - 105 pounds
Head & Body Length	5 feet
Tail Length	32 - 35 inches
Height to Shoulder	2 - 2.5 feet
Speed	37 mph
Wild Diet	Omnivore <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">Carnivore</span> Herbivore Roe Deer, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer

Photo by Amanda Cone

### CREATURE FEATURES

- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.

## WHAT AM I?



**I have black and white stripes. Who am I?**



**I move slowly and carry my home on my back. Who am I?**



**I quack and swim in the water. Who am I?**



**I have a long neck and spots on my body. Who am I?**



**I am the king of the jungle and I roar loudly. Who am I?**



**I have a bell-shaped body and long, stinging tentacles. Who am I?**

**HOURS:**  
**MON-SAT**  
 10AM-3PM

FOLLOW US ON FACEBOOK   
 1219 BURDICK EXPY EAST MINOT, ND  
 rooseveltparkzoo.com • 701-857-4166

**UPCOMING EVENT**  
**CANVAS, CORKS & CONSERVATION**  
 MARCH 20

**MILITARY DISCOUNT**  
 10% off an  
 Annual Family Pass

# 5th Bomb Wing Annual Awards

Congratulations to the following winners from the 5th Bomb Wing annual awards ceremony.

Each year the 5th BW recognizes Airmen and civilians who serve above and beyond in the areas

of leadership, job performance, significant self-improvement and community involvement.

More photos can be found on Minot AFB PA Flickr page.

**AMN OF THE YEAR**

SrA Kristalyn Valdez  
5 WSA

**NCO OF THE YEAR**

TSgt Matthew B. Thompson  
5 MSG

**SNCO OF THE YEAR**

MSGt Nicholas Argento  
5 MSG

**CGO OF THE YEAR**

Capt Natalie Thrasher  
5 MDG

**FGO OF THE YEAR**

Maj James Moeller  
5 OG

**CIV CAT I OF THE YEAR**

Ms. Mariana Soto  
5 WSA

**CIV CAT II OF THE YEAR**

Mr. Brian Boschert  
5 MSG

**CIV CAT III OF THE YEAR**

Ms. Donita Theiler  
5 WSA

**FSOY OF THE YEAR**

MSGt Sarah Bordges  
5 MSG

**HONOR GUARD MEMBER OF THE YEAR**

A1C Francisco Galindo  
5 MXG

**TEAM OF THE YEAR**

Chaplain Corps  
5 WSA

**INNOVATION OF THE YEAR**

Fuels Management Flight  
5 MSG

**KEY SUPPORT LIAISON OF THE YEAR**

Ms. Eva Denson  
5 MSG

**VOLUNTEER OF THE YEAR**

SrA Sara C. Landreville  
5 MSG

**NAF CAT I OF THE YEAR**

Kyrsten St. John  
5 MSG

**NAF CAT II OF THE YEAR**

Rebecca Marshall  
5 MSG



## 41ST ANNUAL PFTF BANQUET

FRIDAY, MARCH 21, 2025

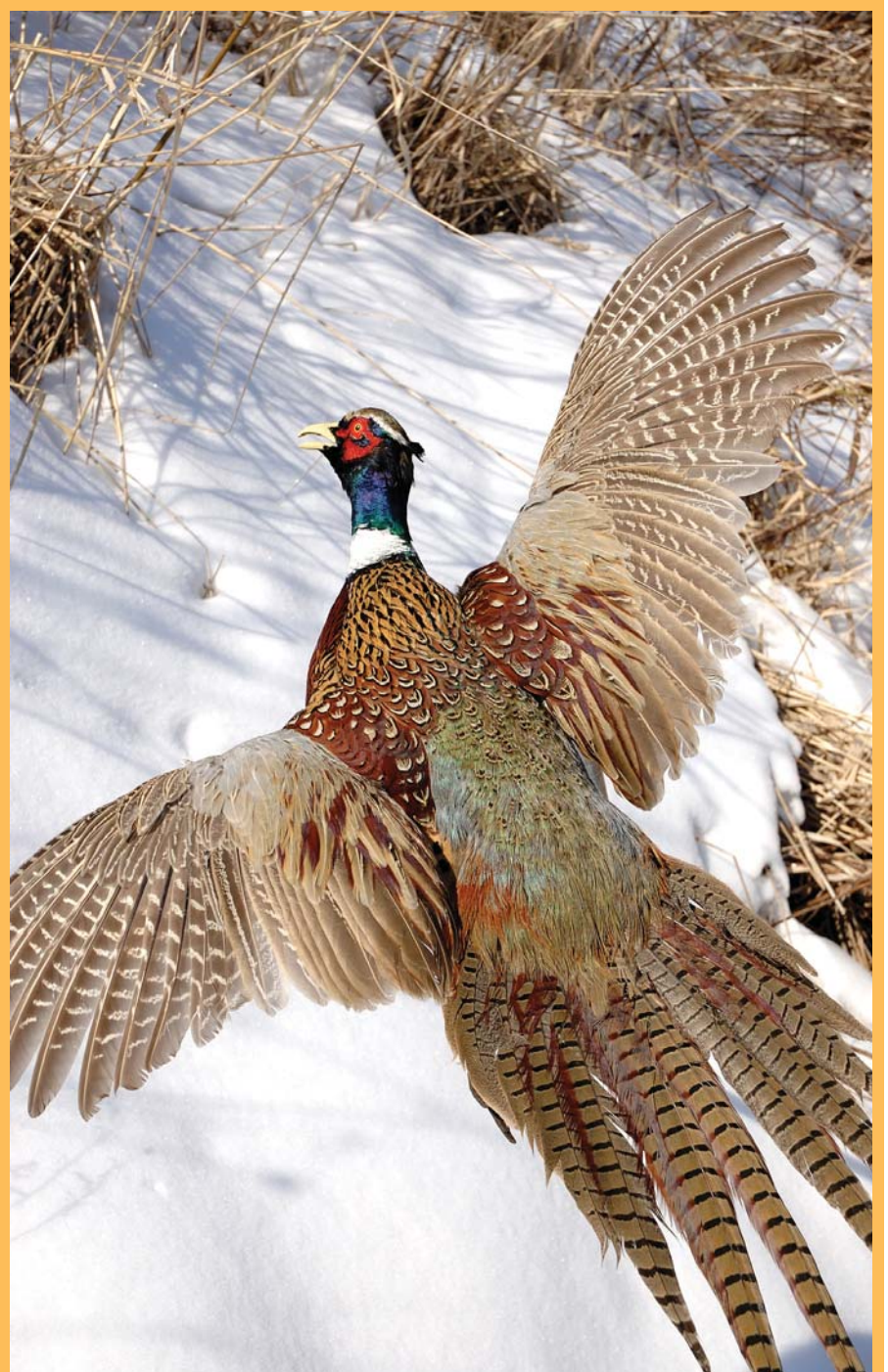
4:30-10:00 PM

ALL SEASONS ARENA; MINOT, ND



**NUMEROUS RAFFLES AS WELL AS SILENT AND LIVE AUCTION ITEMS. AGE 12 AND UNDER FREE.**

Purchase tickets at [pftf.org](http://pftf.org)



## VICE CHIEF OF STAFF OF THE U.S. AIR FORCE VISITS MINOT AFB

U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN KYLE WILSON



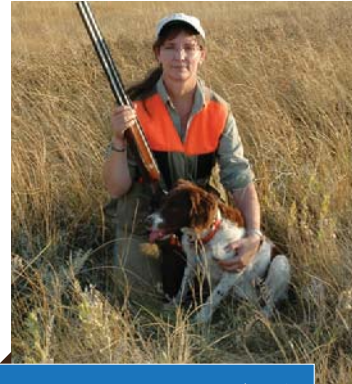
U.S. Air Force Gen. Jim Slife (left), Air Force vice chief of staff (VCSAF), and U.S. Air Force Col. Jimmy Schlabach (right), 91st Missile Wing commander, arrive at a missile launch facility during a base visit near Minot Air Force Base, North Dakota, Feb. 15, 2025. As the VCSAF, Slife assists the Air Force chief of staff with organizing, training, and equipping 689,000 active-duty, Guard, Reserve, and civilian forces serving in the United States and overseas.



U.S. Air Force Gen. Jim Slife (center left), Air Force vice chief of staff (VCSAF), and U.S. Air Force Lt. Gen. Andrew Gebara (center), Air Force deputy chief of staff for strategic deterrence and nuclear integration, receive a briefing from Airmen assigned to the 91st Missile Wing during a base visit at a missile launch facility (LF) near Minot Air Force Base, North Dakota, Feb. 15, 2025. The 91MW operates a network of LFs which cover 8,500 square miles of North Dakota and house the Minuteman III intercontinental ballistic missile weapon system.



U.S. Air Force Gen. James Slife, Air Force vice chief of staff (VCSAF), and U.S. Air Force Lt. Gen. Andrew Gebara, Air Force deputy chief of staff for strategic deterrence and nuclear integration, U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander, and Airmen assigned to the 91MW pose for a group photo during a base visit at a missile launch facility near Minot Air Force Base, North Dakota, Feb. 15, 2025. During the visit, Slife and Gebara met with Airmen assigned to multiple units which contribute to the nation's nuclear deterrence capabilities.



by Patricia Stockdill

### FISHING:

Lake Sakakawea elevation, March 10: 1,831.05 feet above mean sea level (MSL); 17,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,499.36 feet above mean sea level (MSL).

Stump Lake elevation: 1,499.34 MSL.

•N.D. Game & Fish Dept. game wardens: Some scattered walleye success on Devils Lake around the Towers and Minnewaukan Flats with slower perch activity. Use caution on the ice with potential for rapidly changing ice conditions. No reports from north-central area lakes or Lake Sakakawea and Lake Audubon.

•Devils Lake, Woodland Resort, Devils Lake: Improving walleye activity on Devils Lake but ice conditions rapidly deteriorating with heavy honeycombing taking place. Walk-on access only.

•Lake Darling, Karma C-Store, Ruthville: Warm weather deteriorating ice conditions on area lakes and limiting fishing activity.

•Lake Darling, Upper Souris NWR, Foxholm: A few anglers still walking onto Lake Darling but carry spud bars and ice picks for safety as thawing conditions progress. Conditions can deteriorate rapidly even with cool night temperatures. Improved pike activity with decent walleye success during the feeding window around the last half-hour before sunset.

•Lake Metigoshe, Four Seasons, Bottineau: Shorelines getting soft but anglers continue finding fair bluegill and crappie success with occasional walleye.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Walk-on access only recommended on Lake Sakakawea and Lake Audubon. Beware of slumping ice along shorelines and honeycombing ice. Occasional walleye on the east end but extreme caution advised. Missouri River tailrace producing walleye from boats.

•Lake Sakakawea/Lake Audubon,

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.

- Wanted: Garrison Dam Nat'l. Fish Hatchery, Riverdale, is in need of volunteers interested in spending a month - or more - volunteering at the hatchery. Base personnel with interested parents or grandparents who would enjoy the benefit of free camping at the Downstream Campground and be in closer proximity to their family stationed in Minot, can email administrative assistant Toni Ganje, ([toni\\_ganje@fws.gov](mailto:toni_ganje@fws.gov)) for information.
- Moose, elk, and bighorn sheep applications available. Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)) for information and online application.
- March 15: Darkhouse spearing and bow-fishing seasons close.
- March 15: All ice-fishing houses must be removed from N.D. lakes.
- March 15: Leprechaun Leap Hike, Lewis & Clark State Park east of Williston, 10 a.m.
- March 15: Lonetree Rocky Mtn. Elk Foundation banquet and fundraising event, Harvey Eagles Club, 5 p.m.
- March 17: Leprechaun Gold Geocache, Fort Stevenson State Park, Garrison. Coordinates go live at 8 a.m. on the geocache app or the park's Facebook page, (@fort.stevenson).
- March 21 & 22: MonDak Curling Tournament, Minot Curling Club.
- March 22: Watford City Ducks Unlimited banquet, Ag & Youth Expo Center, Watford City, 5 p.m.
- March 26: Moose, elk, and bighorn sheep applications due.
- March 28 – March 30: Minot Rifle & Pistol Club Gun Show, N.D. State Fair Center, 5 p.m. to 8 p.m. Friday, 9 a.m. to 5 p.m. Saturday, & 9 a.m. to 3 p.m. Sunday.
- March 29: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Oasis Hotel, Minot, 5 p.m.
- April 1: New fishing, hunting, and trapping licenses due. Go to the Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)), for information and purchases.

Hwy. 83 Lawn & Leisure, Garrison: No new reports from Lake Audubon or the east end of Lake Sakakawea but shorelines slumping with water on top of the ice, increases honeycombing. Use caution if walking out.

•Lake Sakakawea, New Town: Increasing pike spearing success on the Van Hook Arm but test ice and use caution along shorelines. Look for some improving success, including from shore when shorelines open up and pike spawn moves closer. Some late season walleye activity.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace wing walls producing some walleye and ling using jigs and minnows or plastics. Also try minnows, plastics, or crankbaits from boats for walleye around spillway channel inlet and down river. No access recommended on the east end of Lake Sakakawea with ever-changing ice conditions.

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

conditions deteriorating on the upper end of Lake Sakakawea with warm weather and wind. No vehicle access recommended. Beware of slumping shoreline ice and honeycombing ice. Water clarity muddying up with spring runoff but some walleye activity around Little Egypt and White Earth Bay. Use extreme caution if walking out.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity with deteriorating and dangerous ice conditions throughout area lakes.

### LIGHT GOOSE MIGRATION:

•No reports of birds moving into central N.D. yet but some birds sighted near Watertown in northeastern S.D. earlier in the week.

### 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.

# FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations



10% OFF ALL MILITARY PERSONNEL WITH MILITARY I.D.

ORDER NOW!

701-838-9140

BonesBBQMinot.com

Locally Owned



437 N Broadway Minot



WOODLAND RESORT

Fish North Dakota's Premiere Ice Fishing Lake

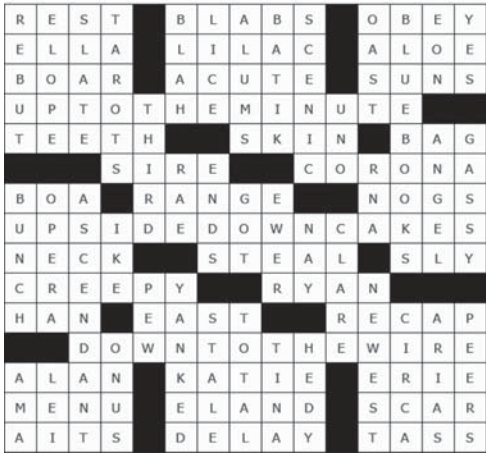
701-662-5996

WOODLANDRESORT.COM



**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

Solution to puzzle on page B9

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

**THIS PAGE IS SPONSORED BY:**

**HOURS:**  
 MONDAY - THURSDAY  
 11AM - 12AM  
 FRIDAY & SATURDAY:  
 11AM - 1AM

21 E CENTRAL AVENUE  
 DOWNTOWN MINOT

701.852.8183

**VOLUNTEER**

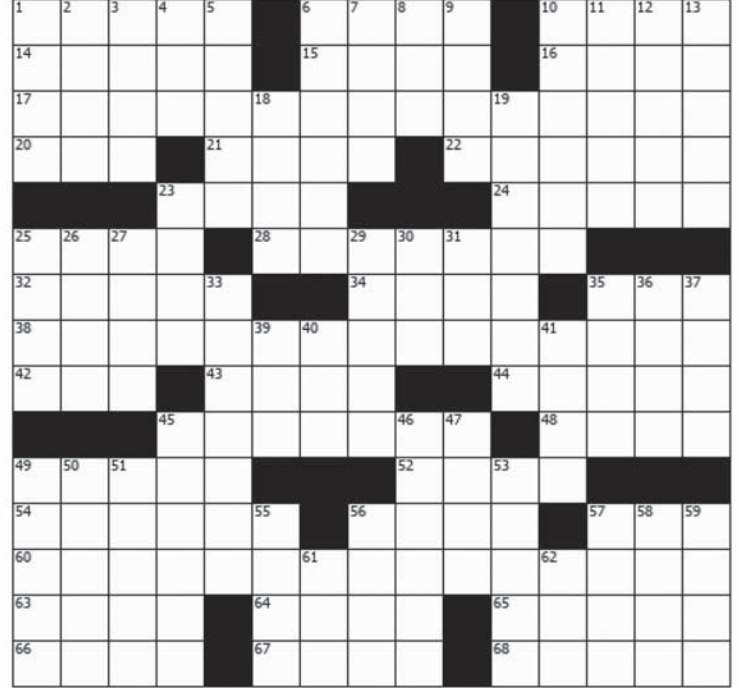
Calling all adult volunteers willing to spend some time at the zoo! Call us today!

**FOLLOW US ON FACEBOOK**  
 1219 BURDICK EXPY EAST MINOT, ND  
[rooseveltparkzoo.com](http://rooseveltparkzoo.com)  
 701-857-4166

**CROSSWORD PUZZLE**

**Across**

1. Potok protagonist
6. Radar's post
10. Best, in Bonn
14. Cool Travolta character
15. Cool DQ purchase
16. Hawaii's rare goose
17. Tennessee quarter back's words?
20. They're from out of town
21. Golem guts
22. Says "Cheese"
23. Dien \_\_\_ Phu, 1954 battle site
24. Cinematic "Conqueror"
25. Slightly cracked
28. Wisconsin quarter back's words?
32. Vulcan's asset
34. Financial predicament
35. Immigrant's subj., perhaps
38. Maryland quarter back's words?
42. Letterless phone number
43. "\_\_\_ Flux" (classic cartoon)
44. Number of Roman hills
45. Illinois quarter back's words?
48. First name of the "Contract with America" architect
49. "The Producers" role
52. Anguilliform creatures
54. Yielded a return or profit
56. Georgia plantation
57. "\_\_\_, a deer, a female deer"
60. Vermont quarter back's words?
63. Well-known lab assistant
64. Convenience store
65. Fireplace framework
66. Turn partner
67. Last year's National
68. Light headwear?



**Down**

1. Wiley E. Coyote's supplier of choice
2. Isolated (with "off")
3. Announce the villain's arrival
4. "\_\_\_'s Coming" (hit song)
5. Theron's "Monster" co-star
6. Capital of Lombardy
7. Start of a '90s heart condition?
8. Ecclesiastical office
9. Traditional towel inscription
10. Dangerous shoe state
11. Start of a recruiting slogan
12. MTM actress Georgia
13. She was an angel on TV
18. It's formed by two yuds and a vav
19. Affect favorably
23. Vigor and vivacity
25. Type of clarinet
26. Book that talks of Lazarus
27. 1957 Pulitzer winner James
29. Modern day Baluchitherium
30. Did much more than show
31. Word in a Maugham title
33. Picked up one's baggage
35. Where Adam finds his icicles?
36. Get more and more upset
37. Ash Wednesday kicks it off
39. Thieves' hideout, perhaps
40. \_\_\_ cit. (footnote abbr.)
41. Supermodels, e.g.
45. Company avoiders
46. Crude shelter
47. Social greenhorn
49. Comport with
50. Bogie's Key
51. Cream-filled cookies
53. Get the joke
55. Colts play under it
56. It's not needed in a 55-Down
57. Push button forerunner
58. Kline's Oscar-winning role
59. Peepers
61. Abbr. on highway overpasses
62. Michael Moore's grp.

**NOW PLAYING AT OAK PARK THEATER**  
 FOR SHOWTIMES VISIT [WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)

**NOSFERATU**  
 (2024) Dark Fantasy, Horror, Mystery (R)

**MOANA 2**  
 (2024) Animation, Adventure, Family (PG)

**BRAVE THE DARK**  
 (2023) Drama (PG-13)

HELD OVER

HELD OVER

RENT THE THEATER FOR EVENTS!  
 CHECK OUR WEBSITE FOR MORE INFO

1500 4TH AVE NW, MINOT, ND

# CHURCH DIRECTORY

## Chapel Services at MAFB

### North Plains Chapel

290 Peacekeeper Pl  
(across from North Plains Elementary School)

#### Protestant Community Service Times:

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

### Northern Lights Chapel

230 Missile Ave  
(across from Rockers)

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

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

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

## St. Peter The Aleut Eastern Orthodox Church



109 6th St. SE  
Minot • 838-3094

**Saturday, March 15**  
5PM, No Vespers

**Sunday, March 16**  
10AM, Congregational Prayer Service



### OUR SAVIOR LUTHERAN CHURCH

3705 11th St. SW  
Minot, ND 58701  
701-852-6404  
www.oslcmminot.com

Rev. Rick Jones

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

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



## An Evangelical Free Church

3500 4th St. SW • 839-5127  
(Just North of Super Wal-Mart)

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

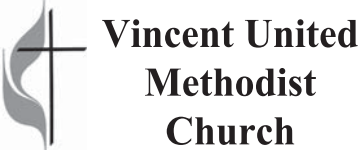
www.trinitychurchminot.org



**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am

1720 4th Ave NW, Minot  
838-0916  
MinotBibleFellowship.org



1024 2nd St. SE • 838-4425  
Behind Town & Country Shopping Center  
Come As You Are!

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

www.vincentumc.com



5900 Highway 83 N, Minot  
www.faithumcminot.com

**Pastor Rick Craig**  
701-838-1540

Sunday School (All Ages): 9:45 a.m.  
Sunday Coffee Fellowship: 10:30 a.m.  
Worship Services: Sunday 11 a.m.

## Cornerstone Presbyterian Church

1000 NE 3rd Street  
852-0315

### Sunday Schedule

Contemporary Worship ..... 9:00am  
Sunday School (All Ages) ..... 10:00am  
Traditional Worship ..... 11:00am

### Wednesday Evening Schedule

Community Dinner ..... 5:30-6:30pm  
Contemporary Worship ..... 6:30pm  
Youth Group & Small Groups.. 7:15pm  
**All are Welcome!**

www.cornerstoneminot.com

To Advertise your Church in this space.

**Call 839-0946**

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

## Immanuel Baptist Church



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

### SUNDAY WEDNESDAY

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

Pastor Brian Keithline

To Advertise your Church in this space.

**Call 839-0946**

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

## St. John the Apostle Catholic Church



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

Daily Mass Schedule:

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

Fr. David A. Richter, Pastor  
Parish website: www.stjohnminot.com



120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

To Advertise your Church in this space.

**Call 839-0946**

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



1805 2nd St. SE  
838-1111

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

## Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

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



### 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  
email: 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

westminot.com  
facebook.com/westminot



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

Reverend Philip Beyersdorf  
2209 4th Avenue NW, Minot, ND  
839-4663  
www.minotstmarks.com  
Join us on facebook

## First Baptist Church



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

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

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

## Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot  
Located off Hwy 83 Bypass West  
(701) 838-0609

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

Jesse Starr, Pastor



A Reformed Baptist Church  
**Sunday Service: 4:00 p.m.**  
at Living Word Lutheran bldg  
710 46th Ave NE, Minot

Web: gbcminot.com  
E-mail: gbcminot@gmail.com

RADIO BROADCAST  
KFLK 88.1 FM- The Flock  
8:30 a.m./p.m. Sat/Sun

we've got the church you've been looking for  
Your life matters to God!



A Church of the Lutheran Brethren

### Sundays:

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

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:  
www.ourredeemers.org



## ORCS Preschool

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

### HIGHLIGHTS OF OUR PROGRAM

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

Please contact our school office or visit our website for more information.

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



## Gospel Tabernacle Community Church

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

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

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

# ADVERTISE YOUR Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

**CONTACT US**

call 701-839-0946

email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

Our Redeemer's Christian School  
700 16th Avenue SE  
Minot, ND 58701  
info@orcsknights.org • 701-839-0772  
www.orcsknights.org



# 5th Munitions Squadron Powers BTF 25-2 with Precision and Pride

AIRMAN 1ST CLASS LUIS GOMEZ, MINOT AIR FORCE PUBLIC AFFAIRS

RAF FAIRFORD, ENGLAND – The hum of machinery and the steady rhythm of hands at work fill the night air as the Airmen of the 5th Munitions Squadron execute their mission with precision and dedication.

Deployed from Minot Air Force Base, North Dakota, they are a critical force behind Bomber Task Force 25-2, ensuring that B-52H Stratofortress bombers remain armed and ready at Royal Air Force Fairford, England.

Their mission is straightforward but essential, assembling and maintaining the munitions that enable global deterrence and combat capabilities. Through long hours and shifting conditions, they work tirelessly to support strategic operations across the region.

“Our job is to build, maintain, and prepare munitions for the BTF mission,” said Tech. Sgt. Joshua Richardson, 5th MUNS training section chief. “The bombs we assemble here directly support the United States’ ability to project power and assure our Allies.”

Executing their role requires more than just technical skill. The Airmen of 5th MUNS rely on adaptability and teamwork to overcome obstacles and maintain efficiency under pressure.

“The builds themselves are simple enough, but sometimes

you have to think outside the box,” Richardson said. “During Air Force Combat Operations Competition, we had to improvise solutions, like using a tie down strap in place of a missing spanner wrench. That mindset has carried over to this deployment, where adaptability is key.”

The MUNS unit proved itself as a premier team within the Air Force, when they competed fiercely against other Air Force Global Strike Command units during the AFCOCOMP. The team secured second place overall, narrowly missing first by just one point. Their high energy, teamwork and technical proficiency were recognized by senior leaders, solidifying their reputation as one of the top munitions teams in the service.

“The success we had at AFCOCOMP has had a multitude of after effects,” Richardson said. “Socially, we are well known throughout the career field. Internally, 5 MUNS now has a 10-person team of absolute professionals ready to be utilized at a moment’s notice.”

That sense of camaraderie and excellence carried over to their work at RAF Fairford, where they have efficiently completed builds while maintaining a high level of morale.

“I think the team is doing great. We have completed a lot of our builds quickly, even while pacing ourselves,” said Tech. Sgt. Amanda Solis 5th MUNS munitions operations section chief. “That is a testament to our team’s capability and efficiency.”

For Richardson, the impact of AFCOCOMP and the skills learned from it have been instrumental in making the 5th MUNS team an elite group of Airmen, ready to tackle any challenge thrown their way.

“The experience they gained training for and performing at AFCOCOMP will set them apart from their peers for years to come,” Richardson said. “This energy trickles out onto all the jobs these members are involved in, showcasing their expertise in all ways. For example, having an Airman 1st Class lead and teach all the members of his shift how to properly align a strake and belly band on a GBU 54.”

Day in and day out the Airmen of 5th MUNS continue to build, innovate, and adapt to meet the demands of their mission. Their expertise, dedication and relentless drive make them an invaluable part of BTF 25-2 and a key component in ensuring the success of global deterrence operations.



U.S. Air Force Airmen assigned to the 5th Munitions Squadron day shift pose together during the Bomber Task Force 25-2 deployment at RAF Fairford, England, Feb. 16, 2025. BTF missions enable crews to maintain a high state of readiness proficiency, and validate our always-ready, global strike capability.

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

**cartiva**

**5 DAY MONEY BACK  
30 DAY EXCHANGE**

**3520 S. BROADWAY** **CARTIVADFMINOT.COM**

**Musik Worx**  
D.J. & Photo Booths

[jeremymork@yahoo.com](mailto:jeremymork@yahoo.com)

**25% MILITARY DISCOUNT**

**LET'S PARTY!**

**NEW AT COOKIES FOR YOU BIRTHDAY PARTIES!**

Your party will include:  
two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200.

Available weekdays after 5:00pm and Saturdays after 3:00pm.

**FOR MORE DETAILS OR TO SCHEDULE CALL 701-839-4975.**

COOKIES FOR YOU and cupcakes too  
A Cookie Gift + Bouquet Company

**Party Room**

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!  
Call for details!

**109 South Main St. Minot 701.837.8555**

**BOOK YOUR PARTY!**

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday  
Time Slots Available:  
• 10 AM-12:30 PM  
• 1 PM-4 PM  
• 6 PM-10 PM

Email for details:  
[alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)  
**WWW.OAKPARKTHEATER.NET**

**Birthday PARTIES**

X-TREME OR OPEN BOWLING

**SUPER PARTY**  
• 2 Hour Party for up to 10 People  
• Shoe Rental  
• Pop and Ice Cream  
**\$200 (TAX INCLUDED)**  
\$10 for each additional person

**MEGA PARTY**  
• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
**\$230 (TAX INCLUDED)**  
\$10 for each additional person

Additional \$10 for X-treme Bowling

**ALL PARTIES INCLUDE:**  
Bowling, Shoe Rentals, Pop and Ice Cream

1901 NORTH BROADWAY MINOT, ND  
[NORTHHILLBOWL.COM](http://NORTHHILLBOWL.COM)

FOR RESERVATIONS PLEASE CALL **852-4108**



**Handcrafted BURGERS**

**Bold & Crisp SALADS**

**Tasty SANDWICHES & More**

*Eatin' Lunch in the Neighborhood™*  
Applebee's

2302 15th St SW, Minot  
www.applebees.com



**N.D. Asia**  
RESTAURANT & LOUNGE


**UNDER NEW MANAGEMENT**

**LUNCH SPECIALS MONDAY-FRIDAY**  
11AM to 3PM  
(except holidays)

**\$5 OFF**  
with Minimum Purchase of \$30.  
(Dine-in only, 1 coupon per table. Can not be combined with other any other promotions.)

**GET FREE:**  
2 Fried / Steamed Gyozas / 2 Egg Rolls / 2 Crab Rangoons / 2 Spring Rolls  
with purchase of 1 Signature Sushi Roll  
(All Day Everyday)  
(Dine-in only, 1 coupon per table. Can not be combined with other any other promotions.)

3400 16th St SW, Minot  
701-852-1240  
Online Order www.ND-Asia.com



**Vibeto Orthodontics**

BEAUTIFUL SMILES FOR A LIFETIME

**GREAT SMILES COME FROM VIBETO ORTHODONTICS**

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS  
(701) 839-6010  
2615 Elk Drive Suite 2  
Minot, ND 58701

**BOMBER TASK FORCE 25-2**

# BTF 25-2 completes inert weapons drop in Türkiye

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

RAMSTEIN AIR BASE, Germany -- On Feb. 27 two B-52H Stratofortress bombers assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, U.K., completed combined Bomber Task Force mission SPARTAN SWORD.

The bombers were escorted by Turkish F-16s before conducting inert weapons drops with Turkish JTACs about 150 miles northwest of U.S. Air Forces in Europe's Incirlik Air Base.

"Employing weapons alongside our partners and allies demonstrates the collective strength through unity of NATO," said Lt. Col. Joseph Cangealose, 69th Expeditionary Bomb Squadron commander.

BTF missions serve as visible examples of Alliance solidarity, resolve and warfighting capability.

"Every Ally and partner had a crucial part in the success of this mission and serves as a model for future operations. The allied Joint Terminal Attack Controllers seamlessly integrated with the bombers to hone our collective lethality and ensure stability."

BTF missions are critical to strengthening NATO's collective capabilities with Allies and partners and demonstrating the Alliance's shared commitment to global security and stability.

SPARTAN SWORD is one of several combined missions scheduled during the current BTF deployment in Europe.

"BTF will continue to push for enhanced integration with our NATO partners," said Capt. Aaron Gurley, USAFE BTF planner. "We will continue to play our to establish and maintain security among NATO, and deter Russian aggression."



U.S. Air Force Captain Travis Maxwell, a B-52H Stratofortress pilot, pilots his aircraft over the skies of Europe, Bomber Task Force 25-2, RAF Fairford, England, Feb. 27, 2025. These operations demonstrate the ability to rapidly deploy strategic assets in support of global stability.

U.S. AIR FORCE PHOTO BY MASTER SGT. CHRIS HIBBEN



A group of crew chiefs assigned to the 69th Expeditionary Bomb Squadron look on as a B-52H Stratofortress taxis at RAF Fairford, England, following a sortie in support of Bomber Task Force 25-2, Feb. 27, 2025. U.S. and NATO joint forces are ready and postured with combat-credible capability to assure, deter, and defend in an increasingly complex security environment.

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

# U.S., Italy Strengthen Joint Operations During SPARTAN MACE Bomber Task Force Mission

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

RAMSTEIN AIR BASE, Germany --

Two U.S. Air Force B-52H Stratofortresses integrated with two Italian Air Force Eurofighter Typhoons and Italian ground forces on March 7 for SPARTAN MACE, a Bomber Task Force 25-2 mission focused on enhancing close-air support interoperability.

Escorted by Eurofighter Typhoons, the B-52s entered an Italian military range near Sardinia Island, where they conducted simulated live bomb drops under the guidance of Italian Joint Terminal Attack Controllers. The mission reinforced coordination between air and ground units, refining precision strike capabilities in a complex training environment.

The B-52s and aircrew are currently deployed with the 69th Expeditionary Bomb Squadron at RAF Fairford, England, where they are executing operations alongside NATO Allies and partners. BTF missions bolster collective readiness, improve



Two B-52H Stratofortress aircraft fly together during bomber task force mission SPARTAN MACE March 7. Bomber Task Force missions like SPARTAN MACE demonstrate the ability to integrate seamlessly with mission partners, strengthening readiness and lethality.

U.S. AIR FORCE PHOTO BY STAFF SGT. KRISTEN HELLER

integration, and reaffirm security partnerships across the region. SPARTAN MACE marks the tenth operation integrating U.S. B-52s with Allied air and ground forces during this BTF 25-2.

# Bomber Task Force mission 'ONYX CROSS' strengthens readiness

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

U.S. Air Forces in Europe integrated with air forces from Romania, Croatia, and Bulgaria for ONYX CROSS, a Bomber Task Force 25-2 mission over Eastern and Southern Europe on March 3.

A U.S. Air Force B-52H Stratofortresses operating out of RAF Fairford in the United Kingdom partnered with Romanian F-16 Vipers, Croatian Rafales, and Bulgarian MiG-29s to execute aerial maneuvers and refine combat tactics.

"BTF missions serve as an assurance and deterrence initiative – they aim to provide a strategic element to NATO's collective defense," said U.S. Air Force Capt. Aaron Gurley, U.S. Air Forces in Europe – Air Forces Africa BTF planner.

The complexity of missions like ONYX CROSS demands agility from all participants, requiring

seamless coordination and adaptability across air forces.

The mission began with B-52s integrating with F-16s for a standoff weapons simulation, practicing an advanced missile release while staying outside an adversary's threat range. The bombers then executed a simulated bomb drop on pre-planned targets, integrating with Bulgaria for a dynamic targeting objective as MiG-29s provided close-air support.

"The B-52 integrates seamlessly with Allied and partner forces through combined operations like ONYX CROSS," said U.S. Air Force Capt. Jacob "Crash" Carlson, 69th Expeditionary Bomb Squadron pilot. "We refine tactics, communication, and operational coordination. Using secure networks, we share real-time data, ensuring close integration

for strategic deterrence, close-air support, and precision strike missions."

Since arriving at RAF Fairford, the 69th Expeditionary Bomb Squadron has flown seven missions, working with Allied and partner forces across multiple theaters.

"Operating alongside partners has very much shaped my approach by emphasizing clear communication, adaptability to different frameworks, and leveraging coalition strengths to achieve mission success," Carlson said. "These experiences have refined how we plan for contingencies, execute complex operations, and assess mission outcomes, ensuring we can



U.S. Air Force Capt. Curtis Smith, 69th Expeditionary Bomb Squadron B-52H Stratofortress pilot, speaks into the radio inside the cockpit during exercise Onyx Cross as part of the Bomber Task Force 25-2 deployment over Europe, March 3, 2025. BTF 25-2 enhances readiness and demonstrates the U.S. commitment to NATO allies and partners through strategic bomber operations.

U.S. AIR FORCE PHOTO BY STAFF SGT. KRISTEN HELLER

operate as one unified force when called upon."

By integrating airpower across nations, missions like ONYX CROSS enhance NATO's ability

to operate as a cohesive force, reinforcing collective defense and stability in the Euro-Atlantic region.

# 'FORTRESS HAIL' mission bolsters U.S. lethality alongside NATO Allies

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

RAMSTEIN AIR BASE, Germany --

U.S. Air Force B-52H Stratofortresses from the 69th Expeditionary Bomb Squadron at RAF Fairford, England, participated in FORTRESS HAIL, a Bomber Task Force 25-2 mission that included a dynamic targeting exercise over the Baltic Sea involving NATO F-35 Lightning IIs and a live weapons drop with Finnish F/A-18 Hornets, March 6.

The dynamic target exercise, also referred to as a Find, Fix, Track, Target (F2T2) mission, integrated U.S. aircraft with Dutch F-35 Lightning IIs, NATO's Airborne Warning and

Control System, German KC-30 tankers, and British and U.S. RC-135 Rivet Joints. The exercise enhanced intelligence, surveillance, and reconnaissance integration and refined operational tactics, techniques, and procedures.

The B-52s later proceeded to Rovajärvi Range in Finland, where they conducted GBU-38 Joint Direct Attack Munition drops with support from the Finnish Army and U.S. Joint Terminal Attack Controllers.

Bomber Task Force missions like FORTRESS HAIL demonstrate the ability to integrate seamlessly with mission partners, strengthening readiness and lethality.



U.S. Air Force Captain Bobby Sood, a B-52H Stratofortress pilot, Points toward navigation equipment, during Bomber Task Force 25-2, RAF Fairford, England, Mar. 06, 2025. These operations demonstrate the ability to rapidly deploy strategic assets in support of global stability.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN BROOKLYN GOLIGHTLY

## NOTES ON BEING SAFE

### The Second impact is often the deadliest



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



Americans love football, hotdogs, apple pie and wearing seat belts. Well, maybe Americans aren't too thrilled about wearing seat belts.

In fact, according to statistics compiled by the Department of Transportation, in 2017 (the most current data year) there were 17,452 fatalities in which restraints were not used, or an average of 349 deaths annually per state.

What many people fail to realize is that during most vehicle accidents, occupants experience two separate impacts. First, there is the initial impact. This occurs when the vehicle hits another object, but this impact alone may not be enough to cause serious harm. The second impact is the culprit behind most car injuries.

Sir Issac Newton's first law of motion comes into play here. Simply put, the law states that every object will remain in motion until acted upon by an outside force, and the results can be deadly.

The second impact occurs inside the vehicle after the force from the initial impact turns the occupants into flying projectiles, slamming them into the dashboard, windshield, or other hardened parts of the interior. Imagine this: A car traveling at 50 miles per hour (MPH) hits a stationary object and comes to a complete and sudden stop. An unbelted occupant and everything inside the car not secured will continue to travel at 50 MPH. Go a step further and compute the force with which the occupant will hit a stationary object inside the car—the vehicle's dash for instance. An occupant weighing 160 lbs traveling at a speed of 50 MPH, the force generated at the point of impact will be 8,000 pounds! Not too many bones in the body can withstand that kind of punishment; you can only imagine the damage to internal organs and soft tissue from a blow of 4 tons. Unlike a vehicle that can be repaired or replaced, the human body isn't easily repaired and is impossible to replace.

Nothing can prevent the second collision; it's a law of physics. The only thing that can be done is to reduce severity. Fortunately, there is a device inside your car that is designed for just that purpose: your seat belt.

The seatbelt wraps across the torso and waist of the driver and passenger to give the body something softer to absorb the impact. It also helps protect your body from being injured by the unyielding hard surfaces of metal and plastic on the inside of your car. Seatbelts keep you behind the

wheel where you can continue to drive and possibly take further evasive action, and also prevent you from being ejected from the vehicle—one of the biggest causes of motor vehicle fatalities.

Many new cars come with airbags and this feature gives some motorists a false sense of security. Airbags are passive devices, not active systems like seatbelts that require your action to latch. Passive can be good, because it's easy, but may not necessarily be as effective. Statistically, fewer injuries and fatalities occur in crashes of vehicles equipped with airbags. (Overall, airbags reduce driver deaths by 14 percent and passenger deaths by 11 percent) but the deployment of an airbag alone during a high-speed collision may not be enough to save the life of an unbelted occupant.

Although some new cars offer side airbags, many do not. Dash mounted airbags offer no protection at all from side or rear collisions, only from the front. Supplemental don't offer during roll-overs, either. Wearing a lap belt keeps you anchored to the car seat and your shoulder belt keeps your upper body

from pitching forward and hitting the airbag as it deploys. Remember, airbags are designed to compliment seatbelts, not replace them.

According to the National Highway Traffic Safety Administration, seat belt usage across the United States is on the rise and recently topped 80%. Seat belt compliance rates on most bases is over 99%, but the fact that Airmen continue to lose their lives off base by failing to buckle up suggests that off-base use still has massive room for improvement. Supervisors are often faced with a tough job changing the ingrained habit patterns of Airmen who may have spent 18 or more years of their lives not wearing seatbelts. Persistence, sincerity, example, and constant awareness are the keys to success.

What choices do we have? Without the belt, people can look forward to skull fractures, facial lacerations, broken teeth, ribs and other nasty internal injuries and in the worst case, even death. The final decision is up to you. I know the choice I'll make. Remember, if the first impact doesn't get you the second one just might.

Welcomes you to Minot AFB

Checking & Savings  
Online Banking for those on the go!  
Loans for Autos, RV's, Life in General

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive  
Minot • 1819 S Broadway

[nscu.com](http://nscu.com)

Custom Laser Engraving & Gifts

MINOT'S NEWEST RC HOBBY SHOP

• Planes • Boats • Cars

Eflite FMS

hobbyzone

2001 8th Ave SE Suite E  
839-9677 • 240-7975  
fbdesigns@gmail.com

www.focusedbeamengraving.com

ONLINE STORE

# Sensational Sentibot! Syber Sentinels Forge Ahead

ROD WILSON, NORTHERN SENTRY

The parking lot at Minot North High School was mostly vacant as most students were enjoying their March spring break time. An exception to the rule was at Door 19 on the Northeast corner of the building. Quite a group of vehicles were parked there as the robotics club known as the Syber Sentinels gathered around computers and what appeared to be an extra-large collection of wheels, aluminum and electronic parts.

As I walked forward one of the young men must have seen the questioning look on my face as he quickly said "Hello Sir. Are you from the Northern Sentry?" I gave them a shake of the head and he quickly responded with "I want you to meet Sentibot. We're working on a few things, so we have it up here on the workbench."

It all made perfect sense that a club named the Syber Sentinels would be in a workshop area paying a lot of attention to their robot project. The Northern Sentry had been given a tip from Col. John Burrell of the 5th Operations Group that not only did the Syber Sentinels construct a robot, but the weekend before the interview had been in a robotics competition in Duluth, Minnesota and had been named the All Star Rookie team at the Northern Lights Regional First Robotics Competition.

Col Burrell's older son, Will, had been in on an FRC (First Robotic Competition) team when they were in Virginia "we got here and with the new Minot North High School it seemed like a perfect time to start a team right here" according to Col Burrell who is one of the advisor/mentors for the Syber Sentinels. "We are responsible for being mentors and probably more important to get sponsors and donations for the team. So far we've been able to collect about \$50,000.00 so that the team can travel to competitions

like we just had in Duluth" Burrell continues "and I am sure you can imagine that there's quite a bit of expenses when you consider travelling to Duluth with 16 team members."

Instructor Byron Borgen introduced me to a couple of team members freshmen Izzie Burrell and Senior Scott Tollefson.

Izzie Burrell explained that "first you have to get registered as a team, and then you join a group like FRC, which is what we are doing. The experience teaches students how to do STEM (Science, Technology, Electronics & Math) and later how to apply and get scholarships at colleges for engineering...it's pretty cool."

When asked about interest in engineering Tollefson explained that he was more "on the carpentry side." As with any team there are different interests and skills that make up the team "we have about 15 on the team and 5 mentors."

Minot (North) has never had a First Robotics team, and once the team was registered they received a starter kit for building their robot. It didn't take long for the team to make the decision to start ordering parts "like we ordered an elevator so we can hit different levels. We based our design off of another team, adding our own improvements along the way and I guess that's kind of how we got the robot we have now" according to Izzie Burrell. Did their design come out kind of how they thought it would. Both Burrell and Tollefson laughed and said "No..." Burrell added "it is completely different."

Looking at the current robot, I was amazed at the number of moving parts, but according to Tollefson "we started building our robot in January. We got kind of a late start."

Not knowing what to expect, the team headed for Duluth ready to

compete with other teams, some with more members, most with a lot more experience. "It was basically a practice round for the next round, the regionals in Grand Forks" according to Burrell. "We really wanted people to notice us, and maybe they're thinking that we're good at this, or we need to improve on something."

The students run the team according to Tollefson and Burrell, "but the mentors certainly help out when we need advice on things" says Tollefson.

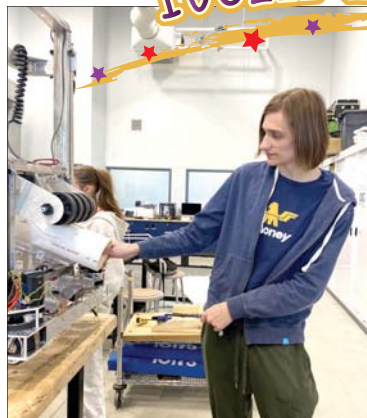
How did the team get started? "Well, we moved here in the summer" said Burrell "so we went to our parents and knowing that we wanted a team they said that they would make it happen."

When asked to explain a little more about competitions Burrell said "there is a drive team. There's a coach, first driver, second driver, a human player and a technician. As with any mechanical competition, there can be issues and that is where Tollefson steps in "I'm the pit manager" and as such it is up to him to fix what goes wrong, if possible, and procure replacement parts in any way possible. "During the competition we burned up a motor and a team next to us said, hey, we've got a motor, and they gave it to us to use." But that, according to Tollefson is what makes the competition so special. "We're kind of in it together, and we help each other out. Everyone wants everyone else to do their best."

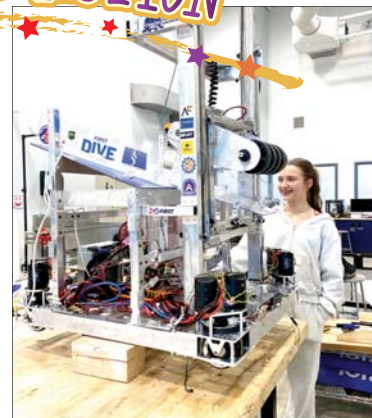
Because the Syber Sentinels are a club, they welcome team members from other schools. "I'm from Minot High" shares Tollefson "but really any high school student could ask to join, and we'd welcome them."

It was Will Burrell, now a senior at Minot North and Mikiyas Asmamaw, also a senior, who joined me next to talk about the

## YOUTH IN ACTION



Senior Will Burrell explains how Sentibot is programmed to pick up a tube and place it on a tree like figure.



Team Member Bryleigh McBride watches as Sentibot is brought to life during an afternoon work session.



Syber Sentinels team members spend spring break preparing Sentibot for the next level of competition. Regional Robotics team competition on March 14th in Grand Forks.



Mentor Aaron Klingbeil observes as he makes changes to software programming for Sentibot. Looking on is Freshmen team member Izzie Burrell.

Syber Sentinel. "It's been 3 years total, including this year" says Will Burrell that he has been involved in the First Robotic Competitions, and Asmamaw was asked to join because of his programming experience "someone asked me if I wanted to come help with this robot, and that got me started learning a new programming language."

Is Will Burrell surprised at the progress that the team has made based on where they are today? "Yes, I am surprised how far we managed to get and how much we've managed to pick up on and catch up with other teams. When we were in our first competition in Duluth we had members of other teams tell us they were surprised that we have come this far just starting in January and I kind of agree with them."

Burrell is also quick to point out that every member of the team has their own expertise, and they have worked together greatly to achieve what they have done. "If it was just by me" he continues "we wouldn't have gotten near as far." Asmamaw

adds that "we have people who were willing to learn new skills to make it work. People learned these skills, even if they had never done it before. It's a special group of kids, and the stars kind of aligned when we all came together."

Keeping team Syber Sentinels going requires being able to order from different stores that supply specialty robotic parts, and like any specialty stores. The mentors are responsible for continuing to raise money, and according to Col Burrell "we are short of our long term goal and could always use more sponsors to help these kids out."

Forging ahead, and not looking back...that would seem to be important to a robotics team like the Syber Sentinels. Yes, there certainly is a lot of learning based on past experience, but every member of the team has the same dream, to be on the First Robotic Competition World Stage in Houston later on this year. With a little luck, and a lot of teamwork, that dream could certainly become a reality.



Members of the Syber Sentinels Robotic Team pose after being awarded the Rookie Superstar Team at a competition in Duluth.

Tour our  
HOUSING  
OPTIONS

701.852.5028

CREATIVEMINOT.COM

MEG-A-LATTE COFFEE HOUSE

NEW TO MINOT

LOCATED ACROSS FROM THE AIRPORT

Offering 10% off for all active military, veterans, & first responders.

www.meg-a-latte.com

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

# CLASSIFIEDS

www.northernentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## THRIFT STORE

### Back Door Treasure's

#### NEW LOCATION

**111 Main St. S, Minot**  
Open 9-5 Mon-Sat  
(701) 837-1819

## WANTED

**IF YOU HAVE A SMALL DOG, REPTILE OR BIRD** that you no longer can care for, call me or text me at (701) 822-3455

## FRESH EGGS

**FRESH EGGS** Located just 20 minutes with delivery to the base. email: esavelkoul@srt.com.

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
www.marykay.com/lclouse.  
701-839-0475 or 701-721-0475

## RENTALS

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

**GLENBURN**, 3 bedrooms - 3 level duplex with 1 full bathroom and a 1/2 master bathroom. Attached single garage. Available now for \$600.00 monthly, plus a deposit, and the tenant pays utilities. Call 701-720-3089

## AUTOMOTIVE

### NORTHERN AUTO AUCTION

**1st & 3rd Saturday Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc!  
Bring vehicles & title to auction yard

### BUY or SELL!

All units sold AS-IS condition  
Terms: Cash or check supported by a bank letter of credit.  
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

## AUTO BENT UP OR JUNKED???

Would like to buy...  
Running and non-running cars.  
Call 701.240.2147

**\$\$\$ QUICK CASH \$\$\$** Paying cash now for any car or truck, running or not. We also sell cars, give us a call. Edwardson Towing 839-9512, cell: 720-6150 (Will haul junk cars or trucks away, no charge)

## JOHN'S



### AUTOBODY

Pays Up To  
**\$500**

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway  
**839-8896**

## LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:  
605 27th St SE, Minot ND 58701  
Or contact: Alicia Mello  
By email or phone at  
amello@kalixnd.org  
701-852-1014

## HELP WANTED

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

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

**BAGGERS WORK FOR TIPS ONLY**

### ADULT HOURS

Tuesday-Friday 7am-4pm  
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

### TEEN HOURS

Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm  
• Morning start times rotate & vary

**IF INTERESTED LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.**

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

# BUSINESSES & SERVICES

## ACCOUNTING

### BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
www.bradyartz.com

CONTACT ROD WILSON TO GET YOUR BUSINESS LISTED HERE! 701.839.0946 • SENTRYSALES@SRT.COM

## PET GROOMING

### KING'S MANE CAT GROOMING

OFFERING YOUR CAT THE ROYAL TREATMENT  
CALL 701-240-7291 FOR AN APPOINTMENT OR VISIT US ONLINE  
KINGSMANECATGROOMING.COM

## HOBBY SHOP

### AEROPORT HOBBY SHOP

RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues. We Have GUNDAM!  
**838-1658**

2112 N. Broadway • Minot, ND  
Ask for Eva • www.airporthobby.com

## AUTOMOTIVE



**HOURS:**  
Monday-Friday 7am-7pm  
Saturday 7am-4pm  
Sunday 10am-3pm

425 Burdick Expy W Minot, ND 58701

(701) 852-3301

Proud to serve Minot AFB

## QUICK CASH!!

Running & Non-Running Cars & Trucks



### EDWARDSON TOWING

We Also Sell Cars  
**839-9512**

Cell **720-6150**

Will Haul Junk Cars Free of Charge  
Cash for Scrap & Farm Clean Up

## AUTOMOTIVE REPAIR

• State Vehicle Inspector

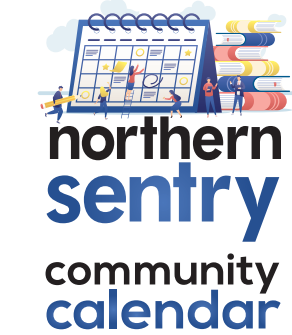
Ask about our  
Military Discount

Need A Tow? Call Dad's First

Lonn Satran (aka: Dad)  
4725 Burdick Expy E  
Minot, ND 58701  
701.420.2003  
701.720.7208



If Dad can't fix it, no one can!



Events from Minot & Minot AFB in ONE PLACE!

## SUDOKU SOLUTION

PUZZLE ON PAGE B2

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



# NOMINATE A Neighborhood HERO



2302 15TH ST SW, MINOT, ND  
**APPLEBEES.COM**

EMAIL SENTRYSALES@SRT.COM INCLUDE NOMINEES NAME, PHOTO AND THE REASON THEY ARE A NEIGHBORHOOD HERO  
SELECTED NOMINEES RECEIVE RECOGNITION IN THE NORTHERN SENTRY AND A \$25.00 APPLEBEE'S GIFT CARD

# CLASSIFIEDS

www.northernentry.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## MINOT AFB ANNOUNCEMENTS

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

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

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

# Celebrating our Minot AFB High School Graduates: Purple Cords



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



Our high school military connected graduates know at the core what it is like to experience change. From multiple moves to leaving friendships to attending different schools, these students are resilient with a unique perspective many are unable to grasp.

We want to celebrate our military connected high school graduates by sharing a purple cord for graduation or a senior banquet. This is acknowledgement of the many sacrifices these students have made in support of service to our nation.

The Minot AFB School Liaison Office is assessing the number of students graduating this school year throughout the area. Please complete the following survey for our office to properly assess:

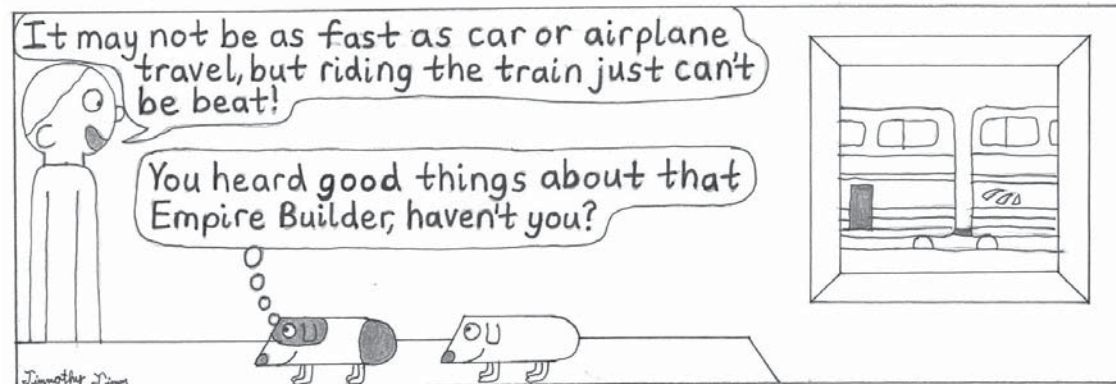


<https://forms.gle/oEYYarVADMckKcG5U7>

In addition, the Northern Sentry celebrates our graduating high school students by recognizing these students in a special edition. By completing the above survey, I am able to ensure all students are recognized.

Next steps will be forthcoming and please share broadly so as to support our military connected graduating seniors.

## 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.mimexicomintnd.com](http://www.mimexicomintnd.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)



## PAINT YOUR OWN Pottery Studio



Drop-In  
(No Appointment Needed)

Margie's  
Art Glass Studio

109 South Main St.  
Minot • 701.837.8555

[margiesartglass.com](http://margiesartglass.com)

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

# MINOT MASONIC CENTER



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**

**YOUTH IN ACTION**

# Minot AFB Student Places 6th at State Swim Championship

Peter Wake, a senior at Minot North High School, placed 6th in the 100 breaststroke at the North Dakota High School Activities Association Boys Swim Championship, held in Fargo, March 6th/7th. His placement also garnered him a new personal record of 59.27 seconds. Getting a sub-minute time has been one of Wake's primary goals this year and what a day to achieve it! Peter also placed 5th in the 200 Medley relay, 9th in the 200 Freestyle Relay, and 16th in the 50 Freestyle.



here to Minot for his senior year and he has thoroughly enjoyed returning to this great community, and swimming with an incredible team of boys and coaches. Wake has been fortunate to have numerous experiences competing on swim teams in England, Japan, Texas, and Mississippi. As the only military child on the team, Peter is proud to represent Minot AFB. After the state championship swim meet, he handed down his swim cap to a younger teammate, a Minot tradition, with a charge to carry-on the winning spirit. After graduation Peter plans to serve a 2-year church mission, then attend BYU to pursue his bachelor's degree, continuing his pursuit to become a surgeon.

Our Minot boys represented well, and the team took 5th overall. Peter began his schooling here at North Plains Elementary in Kindergarten and has traveled the world with his family for various military assignments. Last summer the family moved back



**MIMEXI**

**AUTHENTIC MEXICAN FOOD**

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

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

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

**WWW.MIMEXI.COMINOTND.COM**

**SPONSORED BY**



# NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

## AWAITING SPRING'S ARRIVAL

Patricia Stockdill

Hmm, we're about a week from the official start of spring, although in North Dakota that could still mean a blizzard, wind, cold, and more wind.

Or it could mean exactly what folks got to appreciate the end of February and beginning of March: Melting snow on area lakes, snowdrifts becoming a distant memory, and the wearing of sandals and shorts even if temperatures aren't much above the freezing mark. It is better than minus 30 degrees, after all, so it's worth celebrating in sandals and shorts, right?

The nights are still fairly long and while there are outdoor opportunities – hiking or biking, for example, the long, lingering days of what seems like endless summer sun are still well into the future.

Rather than simply wish for spring to truly arrive so a person can be out enjoying the weather, let's spend some time thinking about what spring brings to the Great North Dakota Outdoors:

For starters, spring will bring crocuses, AKA pasque flower, wind flower, or prairie crocus. It's North Dakota's earliest blooming flower, appearing in unbroken prairie typically from mid-April to mid-May. A member of the buttercup family, it can range in color from white to light yellow, pale blue, and even mauve.

Spring means northern pike spawning and, depending on how early ice goes off area lakes, it's the time of year pike anglers typically treasure the most. Pike are native to many North Dakota lakes and even though walleye have become the kingpin favorite among angler, northern pike remain the state's official State Fish.

Spring pike fishing is a great shore-fishing opportunity as soon as that ice slips away and doesn't require an expensive boat with the latest technology. Instead, it often simply means a lawn chair, sturdy fishing rod and good line, and some large crankbaits or spoons to cast into chilly waters.

Just find a back bay on Lake Sakakawea or check out some local lakes such as Lake Darling, Lake Audubon, or Buffalo Lodge Lake to name a few

Speaking of spawning, rainbow smelt spawn on Lake Sakakawea early in the spring. The small silvery fish, while native to many North American waters, isn't native to North Dakota. Since its introduction into Lake Sakakawea in 1971 it has become the premier forage for predator species such as walleye, pike, and salmon.

Anglers can only use live rainbow smelt as bait when fishing the Missouri River System – the river, Lake Sakakawea, and below the river in Lake Oahe. It's legal to capture them only if taken with a dip net, minnow trap, or by hand and used in the Missouri River System as live bait. They can be frozen and used as dead bait in lakes where they are legal bait.

Look for rainbow smelt to spawn as soon as it's ice-out.

Another sign of the coming spring is when Upper Souris National Wildlife Refuge northwest of Minot opens its auto tour route. The 3-mile, self-guided interpretive drive offers vistas of rolling native prairie hills, coulees adorned in brush that provides shelter and food for wildlife, and marshes along the Souris River. Look for a gate a mile south of Lake Darling Dam.

The road is closed in the winter, during the state's deer gun season, and if it's muddy, however. But it's still something to anticipate when spring weather cooperates and the auto tour route becomes available.

While Lake Darling is open year-around for fishing, adhering to all state regulations, accessing Lake Darling and the river below the dam with a watercraft has to wait until May 1. That's typically past the heart of spring migration and many waterfowl, shorebirds, and other migratory species have moved onto their nesting locations. Users of all watercraft – fishing boats, fishing float-tubes, canoes, and kayaks – need to be patient for that May 1 access date.

In the meantime, there are 14 designated shore-fishing locations dotting Lake Darling. Just look for the "Public Fishing Area" signs. And the arrival of spring.



**BEST SMOKED RIBS & BRISKET IN TOWN!**

FRESH SMOKED MADE FROM SCRATCH RECIPES

**NOW OPEN • NEW LOCATION**  
**417 NORTH BROADWAY**

**BONESBBQMINOT.COM**

# WHAT'S GOING ON MINOT AFB

## FRIDAY 14

- FTEC, 0730-1600, Professional Development Center
- St. Patrick's Day 5K Ruck, 0800, McAdoo Fitness Center
- TAP (DOL) – Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Quarterly Food Advisory Board, 1300, Dakota Inn Dining Facility
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730, Rockers Bar & Grill
- Luck O' the Irish Skate Night, 1800-2000, Youth Center
- Karaoke Nights, 2000, Rockers Bar & Grill

## SATURDAY 15

- Zumba, 0800, McAdoo Fitness Center
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Mar10 Trivia, 1700-1900, Rockers Bar & Grill
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

## SUNDAY 16

## MONDAY 17

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- St. Patrick's Day Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Sponsorship Training, 1300-1430, M&FRC
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## TUESDAY 18

- AFFT, 0530, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Zumba, 1700, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

## WEDNESDAY 19

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Boots to Business, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- 1st Quarter Birthday Meal, 1630, Dakota Inn Dining Facility
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 20

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1700, McAdoo Fitness Center

## FRIDAY 21

- FTEC, 0730-1600, Professional Development Center
- 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
- Library Mini-Golf, 1800-1930, Minot AFB Library

## SATURDAY 22

- Zumba, 0800, McAdoo Fitness Center
- Teen CERT Training, 1300-1700, M&FRC
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

## SPECIALS

Bomber Bistro Featured Item  
**BBQ Pulled Pork Pizza**  
 BBQ sauce base with pulled pork, bacon, and onions.  
 Only available for the month of March!

The B-Fifty Brew Featured Item  
**Iced Chai Lattes**  
 Grab a grande chai latte with lavender cold or cherry cold foam!

Rockers Bar & Grill Featured Item  
**Grilled Rockin' Chicken Sandwich**  
 Grilled chicken sandwich, served with crispy fries.  
 Try it with Rockin' Chicken Sauce.

**ST. PATRICKS DAY 5K RUCK**  
 MCADOO FITNESS CENTER  
**14 MAR 2025 • 0800**  
 PUT ON YOUR BEST GREEN GEAR, MEET US INSIDE  
 THE DOME & TEST YOUR ENDURANCE!



**FORCE** 5THFORCESUPPORT.COM

**NO LIMIT HOLD'EM**  
**TURBO TOURNAMENT**  
 ROCKERS BAR & GRILL  
**28 MAR 2025 • 6PM**  
 COST: \$50

REGISTER BY 26 MAR TO EARN  
 \$5K BONUS CHIP  
 SCAN THE QR CODE OR VISIT  
[WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/ROCKERSHOLDEN28MAR2025](http://WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/ROCKERSHOLDEN28MAR2025)  
 MUST BE 18+ TO PLAY

**FREE TACO BAR AVAILABLE TO ALL PLAYERS!**



**FORCE** 5THFORCESUPPORT.COM

**CORNHOLE TOURNAMENT**  
 HIGH-TECH EDITION  
 ROUGH RIDER BOWLING CENTER  
**29 MAR 2025 • 2PM**  
 REGISTER BY 22 MAR  
 SCAN THE QR CODE OR VISIT  
[WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/CORNHOLETOURNAMENT](http://WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/CORNHOLETOURNAMENT)

**\$40 PER PERSON**  
 FOOD & BEVERAGE INCLUDED

**CASH PRIZE!**  
 CONTACT US TO RESERVE YOUR  
 FREE PRACTICE HOUR  
**727-4715**



**FORCE** 5THFORCESUPPORT.COM

**QUALITY HEALTHCARE FOR ALL**

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

**Center for Family Medicine**

**UND SCHOOL OF MEDICINE & HEALTH SCIENCES**  
 UNIVERSITY OF NORTH DAKOTA

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfminot.UND.edu



**FIRST WESTERN BANK & TRUST**

Dakota Square - Trust Department | 2200 15th St SW | Minot

**Tony Watterud**  
 AVP Trust Officer

**Chad Schmidt**  
 VP Trust Officer

**Brad Stai**  
 VP Trust Officer

