

northern sentry

FREE | FRIDAY, DECEMBER 9, 2016 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | VOL. 54 • ISSUE 51



SNOW FOR DAYS...

NORTHERN SENTRY | BETH DUCHSHERER

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Minot AFB



Videos

Minot defender named AFGSC Lance P. Sijan award winner

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Tech. Sgt. Joshua Willis, 5th Security Forces Squadron bravo flight assistant flight chief, arrived at Minot Air Force Base, N.D., in February and a few months later, he was named the Air Force's Air Force Global Strike Command 2016 Lance P. Sijan Leadership Award winner in the junior enlisted category.

Willis will compete for the Air Force level award and be notified with results in January 2017.

First awarded in 1981, the Lance P. Sijan Award was established in honor of the first U.S. Air Force Academy graduate to receive the Medal of Honor. Sijan, a captain, was shot down over Vietnam Nov. 9, 1967.

The award recognizes those who have demonstrated the highest quality of leadership performance on and off duty.

Willis is responsible for 92 personnel who work in the weapons storage area, flightline and the base entrances.

"I was shocked when I found out I won the

award," said Willis. "I'm a tough guy, but honestly, I cried."

Willis found out about his accomplishment while talking to his commander about his Officer Training School package

submission.

"My commander pulled me into his office to review my package," said Willis.

"He started crossing stuff out on my package and I wondered what was happening, then he said that I was the AFGSC nominee for the Lance P. Sijan award."

Willis was previously named the Sijan winner

in 2014 at his last base, Anderson Air Force Base, Guam.

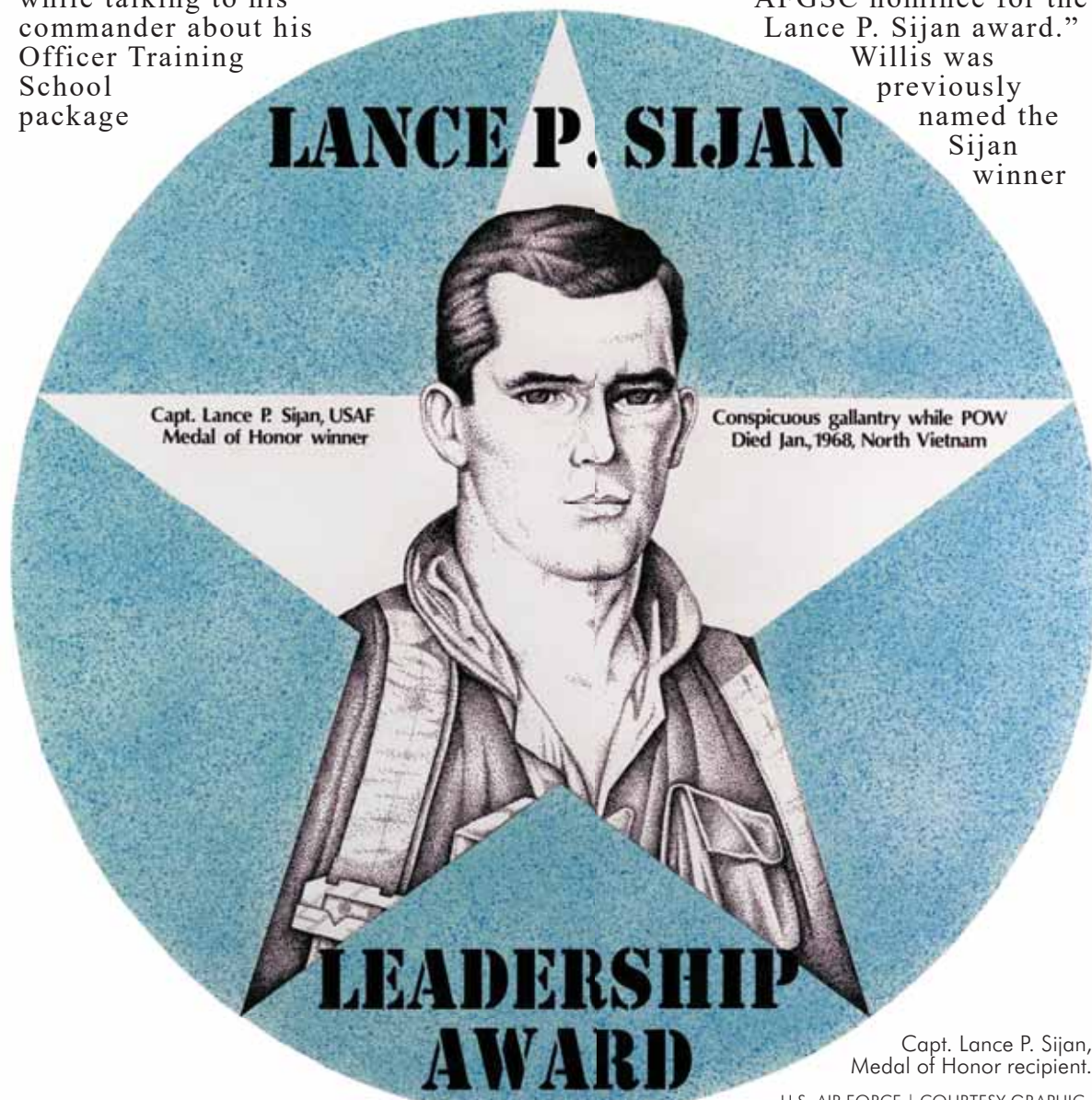
"I'm very humbled to win an award of this magnitude and be acknowledged for what I do," said Willis.

He added that he is very hands-on with his defenders and makes sure he helps them succeed and accomplish their goals. Half of his flight has received their Community College of the Air Force degrees and have won awards at the squadron and wing levels.

"His leadership was key in garnering the Lance P. Sijan award, he is also a prime example of the whole Airman concept," said Master Sgt. Kari Rattler, Willis' supervisor. "He is an outstanding leader who is an exceptional mentor as well."

According to Rattler, Willis' care for his fellow defenders epitomizes his mentorship.

"I'm not a leader who is good at everything," said Willis. "My strength is finding who is good at everything and putting them in the forefront to highlight them."



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Minot AFB hosts annual tree lighting ceremony

MINOT AIR FORCE BASE, N.D. -- Col. Matthew Brooks, 5th Bomb Wing commander, and Col. Kelvin Townsend, 91st Missile Wing vice commander, flipped the switch during the annual tree lighting ceremony at Minot Air Force Base, N.D., Dec. 1, 2016. Airmen and their families attended the event to help usher in the holiday season. The ceremony concluded with a visit from Santa Claus who arrived via a 5th Civil Engineer Squadron fire truck.

NORTHERN SENTRY

839.0946

B-52s deploy to Guam for short-term mission

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Three B-52 Stratofortresses from Minot Air Force Base, North Dakota, deployed to Andersen Air Force Base, Guam, Dec. 2.

This short-term deployment will ensure

bomber crews maintain a high state of readiness and crew proficiency, and will provide opportunities to integrate capabilities with regional partners in the Indo-Asia-Pacific region.

During the deployment,

the B-52s will conduct local training sorties in the U.S. Pacific Command area of responsibility, allowing the crews to hone skills in several key capabilities including command and control, air refueling and long-range

navigation.

U.S. Strategic Command regularly tests and evaluates the readiness of strategic assets to ensure it is able to honor all security commitments.



U.S. AIR FORCE PHOTO | STAFF SGT. KEITH BALLARD

A B-52H Stratofortress takes off in support of the 5th Bomb Wing's support of U.S. Pacific Command's Continuous Bomber Presence at Andersen AFB, Guam.

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FACEBOOK

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Operation Bright Holidays

1ST LT. JAMES MOORE | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D., -- Many young men and women volunteer to join the military with ambition to serve our country. They proudly serve anywhere in the world. The distance and cost

of travel can make it difficult for young Airmen to visit their families over the holidays.

Holidays are a special time of the year and it may mean the world to an Airmen to hug their

loved ones and sit down with their family for dinner.

As young leaders in the United States Air Force, the members of the Minot Company Grade Officers Council want to help reunite these families.

Operation Bright Holidays is a program created to help fund travel for first-term Airmen, who are at their first military assignment,

to spend time with their families during the holidays.

The number of Airmen sent home is based on the amount of money raised.

If you are interested in donating, please contact the Minot CGOC at minotcgoc@gmail.com



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COURTESY PHOTO

TODAY

- Youth Dance Classes, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Jiu Jitsu Training, 1100, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club, 1700-1800, Youth Center
- Club Members Cash Drawing, 1730-1830, Rockers Bar & Grill
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Keystone Club, 1830-1930, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Get Up. Get Out. Get Fit Bowling, 1900-2100, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100, Bowling Center

SATURDAY

- Happy Holiday Fitness Sampler, 1000, Fitness Center
- Youth Leagues, 1000, Bowling Center
- Chess Club, 1100, Base Library
- Christmas at the North Pole, 1300, Base Library
- Get up. Get out. Get Fit Bowling, 1600-1900, Bowling Center
- Best Four Game Tournament, 1600-2100, Bowling Center
- Base Skate, 1600-1800, Youth Center
- Youth Center Winter Dance Recital, 1700, Youth Center, Held at the Base Theater
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000, Rough Rider Lanes
- UFC Fight Night: UFC#206 Holloway vs. Pettis, 2100, Rockers Bar & Grill

SUNDAY

- Football Frenzy, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Zumba, 1400, Fitness Center

MONDAY

- Youth Tumbling Classes, Hours vary by age, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Cycle/Core, 0700, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Federal Resume Workshop, 1000-1130, A&FRC
- Fit To Fight, 1100, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- H2O Fitness, 1630, Indoor Pool
- Family Holiday Carnival, 1700-1900, Jimmy Doolittle Center
- Step Jam, 1730, Fitness Center
- Yoga, 1830, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga, 1130, Fitness Center
- Running Clinic, 1430, Fitness Center
- Swim Lessons, 1600-1900, Indoor Pool
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Turbo Strength, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Youth Karate & Tumbling Classes, Every Wed, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Fit to Fight, 0700, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Right Start, 0800-1200, A&FRC, Held at the Jimmy Doolittle Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center

- Story Time, Every Wed, 1030, Base Library
- Lunch Time Pick-Up Basketball, 1100-1300, Fitness Center – Court B
- Fit to Fight Cycle/Core, 1100, Fitness Center
- New Parent Orientation, 1200, Child Development Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- K9 Reading Friends, 1600, Base Library
- 4-H Club, 1600-1700, Youth Center
- H2O Fitness, 1630, Indoor Pool
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Wednesday Night Fun Open Bowl, Every Wed, 1700, Bowling Center
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Squadron Extramural League, 1800, Bowling Center
- Yoga, 1830, Fitness Center

THURSDAY

- Youth Dance Classes, Every Thurs, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Power Yoga, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Interview Skills Workshop, 0900-1000, A&FRC
- Creative Kids Workshop, 1030-1100, Arts & Crafts
- Hard Core Strength Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Swim Lessons, 1600-1900, Indoor Pool
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Percy Jackson Night, 1800, Base Library
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- Hard Core Strength Muscle Pump, 1830, Fitness Center
- Fun 9 Pin No Tap Mixed League, 1830, Bowling Center
- Mixed Couples League, 1830, Bowling Center
- Cycle/Core, 1930, Fitness Center

UPCOMING EVENTS - DEC. 16

- Youth Dance Classes, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Friday after Friday after First Friday, 1600-1800 Buffet, 1600-2100, Jimmy Doolittle Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club, 1700-1800, Youth Center
- Club Members Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Give Parents a Break, 1800-2200, Child Development Center/School Age Program
- Youth Cooking Classes, 1830, Youth Center
- Keystone Club, 1830-1930, Youth Center
- Mixed Fun League, 1830, Bowling Center
- Get Up. Get Out. Get Fit Bowling, 1900-2100, Bowling Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100, Bowling Center

UPCOMING EVENTS - DEC. 17

- Winter Reading Program, Sign up 1 Dec – 15 Feb, Log books 1 Dec – 1 Mar and enter for a chance to win prizes. The Squadron Contest will run the duration of the Winter Reading Program. The Squadron with the most books from the CSAF reading list logged will earn bragging rights and a certificate. Sign up at tinyurl.com/MinotLibrary or call 723-3344.
- Rockers Back for a Limited Time Taco Salad. Rockers Beef or Chicken Taco Salad is a freshly made taco shell filled with shredded lettuce topped with beef or chicken, shredded cheese and tomatoes. Served with a side of salsa!
- Rough Riders Monthly Pizza Special. December Special – Chicken Alfredo Pizza. Come try our tasty garlic seasoned chicken on a soft dough covered with alfredo sauce topped with mushrooms, spinach, and mozzarella cheese. Small: \$11 Med: \$15 Large: \$17- Members

receive \$2 off any pizza. Try it on a Panino! \$8.25 meal – includes side & drink

• B-Fifty Brew Drink Special. Raspberry Mocha Latte December Special – Try this deliciously rich drink with mocha chocolate sauce and raspberry syrup combined with shots of espresso and steamed milk. Topped off with whipped cream, chocolate drizzle and sprinkles. Limited time only. Grande \$5.00 Venti \$5.50

• Auto Hobby Monthly Specials. December 1st-10th - \$3 off Strut Swap – Customer removes struts from vehicle and Auto Hobby staff will remove old strut from spring and install new strut in spring. Reg. Price \$15/Strut Sale Price \$12/strut. December 11th-20th – Lift Special - \$1 off stall fees: Flat stall regular price - \$3/hr Special flat stall price \$2/hr. Lift stall regular price - \$6/hr Special lift stall price \$5/hr

MINOT ENLISTED SPOUSES CLUB

Come and join the MESC! You can meet a lot of fun ladies. Join us for a much of different socials plus playing BUNCO!!! We also have mini clubs for everyone to enjoy. We are open to all enlisted spouses of all military branches. you can also check out our Facebook page at Minot Enlisted Spouses Club or/and our website at <http://www.mesc.org/>

EXPECTANT AND BREASTFEEDING MOTHERS

We meet the 2nd Thursday of each month at 10AM at the Rough Rider's Golf Course Meeting Room. Please check our facebook page LLL of Minot for last minute meeting updates and changes. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. Babies and children welcome. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

PARK UNIVERSITY FALL 2016 REGISTRATION IS NOW OPEN!!

Park University's Fall 11 term (Oct 15, 2016 – Dec 11, 2016) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by our office at the Education Center-156 Missile Ave Minot AFB or email us at mino@park.edu. If you have any questions you can call us (727-0469), stop by and see us or send us an email. We look forward to seeing you!!!

CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. CMU offers a military discount to active duty, spouses, and federal employees. The Spring I term for face-to-face at Minot AFB, starts January 13 to February 25, 2017 (only meeting two weekends) Classes will meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts January 9 to March 3, 2017. We are always looking for local instructors in the Minot area. The candidates must have a Ph.D. or a terminal degree. If you have any questions or want more information about our programs or faculty opportunities, please stop by the office M-F: 8am-4:30pm located at the Education Building, 156 Missile Ave. #219, or call us at 701-727-5535 or email minot.afb@cmich.edu.

MINOT OFFICER SPOUSES CLUB

Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting social and philanthropic needs of all members by encouraging growth, friendship and a sense of community. OSC board positions now open! Please visit our website to join or for more information at www.minotosc.org Like us on Facebook at Minot OSC. Many little clubs to include Bunko, Socialite, Bowling, and much more at www.minotosc.org/little-clubs.html

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY AT MINOT AFB

is now registering for the Fall 2016 term (6 Dec-13 Feb). To sign up for courses, please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 or email your request to minot@erau.edu. If you have any questions, please call 701-727-9007.

HOLIDAY CRAFT & HOME SHOW

Saturday, 10 Dec, 10:00 a.m. - 4:00 p.m., Senior Parker Center, 21 1st Ave SE, Downtown Minot. Many crafters jointly displaying unique handmade crafts & baked goods. Finish up your last minute Christmas shopping. Accepting cash, check or credit cards. FREE ADMISSION.

HOLIDAY TOUR OF HOMES, Twilight

Tour, 3 - 7 pm, Saturday, 3 Dec 16, tour tickets \$15.00 available at Taube Museum of Artmain, Interiors Plus and MarketPlace. This tour features beautiful decorated homes, \$1,000 in door prizes (must visit the Taube Museum for register during the tour). Please give Mary Grainer a call for information on this event at 838-6719.

FAITH UNITED METHODIST ANNUAL CHURCH BAZAAR

Saturday, December 3 10am - 2pm. Lunch will be served from 11am. Christmas decorations, quilts and other crafts for sale. Bake sale, silent auction, cookie walk. 5900 Highway 83 North.

FAITH UNITED METHODIST CHURCH

5900 Highway 83 N, Minot, ND 58703
Christmas Services: Christmas Cantata & Children's Program - Sunday, December 11th @ 11 a.m.
Christmas Eve Service: Communion Service @ Noon. Candlelight Service @ 5:30 pm

FAMILY PAINTING DAY
12/10/2016 1:30 AM

2 N Main St. Looking for an adventurous new opportunity for you and your children? Grab your kiddos, ages 6 and up, and join the Taube Museum of Art for an afternoon of entertaining art instruction by a Minot local artist The Taube Museum of Art has created a new monthly Paint Party - You and Your Child Painting class! This creative upbeat class is open to the artistic and the not so artistic. These classes will be held one Saturday a month, with the first one held January 16th. The instructor will guide your family through step by step in recreating the featured painting. It is easy, fun, and stress free! No experience required for you or your child! You can create individually or partner together to take home a painting you can call "uniquely yours" and possibly unleash a new talent you will want to continue to explore. Each class will cover a different painting technique or style. Each monthly session is \$22 for non members and \$18 for members, per person, which includes all the supplies needed to create your 9" x 12" canvas masterpiece. Each session will be held at the Taube Museum of Art from 1:30 - 3:00 pm. Class size is limited, so register early! Additional class dates: Additional class dates forthcoming! For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our website at www.taubemuseum.org.

LIVE REINDEER AND MRS. CLAUS AT SCHEELS 12/10/2016 10:00 AM

Outside Scheels Hunting and Fishing. The North Pole is coming to SCHEELS! Join us on Saturday, December 10 from 10am-1pm when Mrs. Claus and Santa's Reindeer will be in front of SCHEELS Hunting and Fishing. Mrs. Claus will be handing out toys and treats to good girls and boys. REMEMBER to bring your camera for pictures!

TEENS ROCK SATURDAYS
12/10/2016 1:00 PM

Minot Public Library. MPL will now be offering a free Manga Club for teens. Join us for the appreciation of all things Manga: writing, drawing, critiquing, cosplaying and gaming! Manga Club will be held from 1-2 pm just before video gaming from 2-4 on the Second Saturday of the month and henceforth shall be called: Teens Rock Saturdays. Teens Rock Saturday Dates: September 10th, October 8th, November 12th and December 10th Teens Rock Saturday Time: Manga Club from 1-2 and Video Gaming from 2-4

COOKIEMAS - COOKIE CONTEST FOR CHARITY 12/10/2016 2:00 PM

Sleep Inn. Take a break from your Christmas shopping for some sweet treats! Cookiemas is a cookie contest for charity. Junior Optimists and local businesses are baking cookies to raise money for different charities. Attendees will taste-test all the cookies and vote for their favorites. Each booth, or cookie, represents a charity. The event's proceeds will be donated to the charity of the "Best Cookie" winner. Admission: \$3 for adults, \$2 for students,

Ages 5 & under free Find us in the Theater Room of the Sleep Inn, near the lobby.

MINOT SYMPHONY ORCHESTRA CONCERT 12/10/2016 7:30 PM

Ann Nicole Nelson Hall-MSU. Holiday Pops Concert. Join us as we celebrate this merry time of year with our annual Holiday Pops concert where we'll share seasonal music from American, English and Russian composers. With music that is peaceful and beautiful to exuberant and joyous, this concert is sure to appeal to all ages! You will hear familiar favorites such as Sleigh Ride and traditional carols. As a special treat, we will be collaborating with the Minot High School Choir and Minot State University Concert Choir for the gorgeous Christmas Canticles by Benjamin Harlan. More details at www.minotsymphony.com

THE BEST CHRISTMAS PAGEANT EVER BY BARBARA ROBINSON 12/10/2016 7:30 PM

Mouse River Players Community Theatre presents "The Best Christmas Pageant Ever" by Barbara Robinson. December 2-4 & 9-11. Friday and Saturday performances at 7:30pm, Sunday matinee at 2:00pm. \$15 adults, \$10 children 12 and under, or season ticket. Visit www.mouseriverplayers.com for reservations.

WOMEN'S CHRISTMAS TEA 12/11/2016 4:00 PM

Calvary Chapel Minot 524 21st Ave NW. A traditional British tea, with finger foods, worship, and guest speaker. Tickets \$10. Call (701)509-4450.

4TH ANNUAL HOLIDAY MAGIC & MUSIC EVENT 12/12/2016 6:00 PM

North Dakota State Fair Event Center. Las Vegas Holiday Spectacular Show includes a solute to Broadway & rock n' roll featuring N.Y. Broadway Grease (Sandy & Danny character sing along) also former legends of Las Vegas cast members performing as Elvis, Madonna, Marilyn Monroe and more singing all of your favorite Rock N' Roll holiday hits. Benefiting Minot Rural Volunteer Fire Fighters: Raising funds for better fire fighter training & youth fire safety programs all to better serve the local community and for holiday food baskets, gifts, and toys for the needy. Event will take place in the Theater Room of the ND State Fair Center Event Office: (701)852-2580
1940 S. Broadway #509 Minot, ND 58701
email: mfmsevent@aol.com

PET PHOTO NIGHT WITH SANTA 12-13-2016 05:00 PM - 12-13-2016 09:00 PM

Dakota Square Mall. Bring your dogs and cats for a very special holiday photo with Santa! Souris Valley Animal Shelter proudly sponsors our pet photo nights. (Cats and dogs only. Pets must be on a leash.)

STORYTIME 12-14-2016 10:30 AM - 12-14-2016 12:00 PM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:30 storytime for ages birth - 4yrs. and the 11:30 storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

CP HOLIDAY TRAIN 12/14/2016 6:45 PM

Main Street crossing on north Main St. Downtown The Downtown Minot Business Association is inviting you to come downtown and enjoy the CP Holiday Train which starts its tour back up again Nov 25th, making stops across multiple cities/provinces for its concert series. Each train is about 1000ft in length, has a band that plays and comes decked out in the Holiday spirit. The CP Holiday Train's initiative is set out to raise money, food and awareness for local food banks and food shelves. ALL ABOARD!!

CORK AND CANVAS 12/16/2016 6:30 PM

Lower Level, Margie's Studio. Join your friends and neighbors for a creative and social evening while being instructed on how to paint tonight's featured portrait. The cost is \$40 and includes all your materials for painting a 16 x 20 canvas and appetizers. You are welcome to bring your own adult beverage for this 21+ class, glasses and bottle

openers will be available.

RTL OPEN MIC NITE 12-16-2016 07:00 PM - 12-16-2016 09:30 PM

Classic Rock Coffee-Minot. Founded with the spirit of Rock the Leaves Music Festival, musicians and music lovers alike have built a burgeoning artist movement through RTL Open Mic Nites, where artists of a wide array of disciplines share their God-given talents in an intimate stage setting. Several artists that have been featured at Beardstock and Rock the Leaves were a product of the series formerly called Share Your Shine Open Mic Nites. While the name has now been shortened, the movement continues to grow, cultivating a home for all ages to share and celebrate talent.

CHRISTMAS PUPPET SHOW 12/17/2016 10:30 AM

Minot Public Library. Independent children ages 3-6 are invited to join Flash and his friends for a special holiday puppet show in the Imagination Station. Parents may relax and browse the library while their child attends the puppet show. For more information, contact the Children's Library at 838-0606.

3RD ANNUAL WREATHS ACROSS AMERICA 12/17/2016 11:00 AM

Rosehill Memorial Park Cemetery. Lay of evergreen wreaths on graves of veterans in section 12 of Rosehill Memorial Park cemetery in Remembering our fallen U.S. Veterans, Honoring those who served, and Teaching our children the value of Freedom. Comforting the families who have lost a loved one and there is an empty chair at the family holiday dinner table. Help the American Legion Post #26 and Magic City Civil Air Patrol by sponsoring a wreath.

COLOR ME HAPPY COLORING CLUB 12/17/2016 1:00 PM

The Minot Public Library is excited to begin offering a coloring club for adults! The club will meet the third Saturday of every month from 1:00 pm - 2:30 pm. The Color Me Happy Coloring Club gives grown-ups an opportunity to unwind and take part in some childlike fun. MPL will provide all the supplies you need to relax and get creative, but you are welcome to bring your own. No registration is necessary; for more information please call 852-1045.

A MAGICAL MEDORA CHRISTMAS SHOW - MINOT 12/17/2016 7:30 PM

Minot State University - Ann Nicole Nelson Hall. Five legendary Medora performers are bringing a family-friendly Holiday Show to audiences in North Dakota and western Minnesota! During 24 shows in 19 communities, A Magical Medora Christmas show will feature vocal performances by the amazing Emily Walter, the multi-talented Jared Mason, and the wonderful Job Christenson. Throughout the show, Bill Sorensen will wow you with spectacular magic and some hilarious banter with everyone's favorite steel guitar player, Roger Rettig! Get tickets at medora.com/do/entertainment/a-magical-medora-christmas/

CORK AND CANVAS 12/30/2016 6:30 PM

Lower Level, Margie's Studio. Join your friends and neighbors for a creative and social evening while being instructed on how to paint tonight's featured portrait. The cost is \$40 and includes all your materials for painting a 16 x 20 canvas and appetizers. You are welcome to bring your own adult beverage for this 21+ class, glasses and bottle openers will be available.

TECH ED AT THE PARKER 01-01-2017 10:30 AM - 01-01-2017 12:00 PM

Parker Senior Center. Come get all your technology questions answered at the Parker Senior Center by the knowledgeable staff of the Minot Public Library. They will be visiting the first Thursday of every month throughout 2017. Please call either Josh or Brendan at 701-852-1045 with any questions.

National Influenza Vaccination Week Highlights the Importance of Flu Vaccination

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) reminds all North Dakotans of the importance of receiving the flu vaccine as part of National Influenza Vaccination Week, observed Dec. 4-10, 2016.

“Everyone 6 months and older should be vaccinated, regardless of age or health status,” said Lexie Barber, Immunization Surveillance Coordinator with the NDDoH. Despite FluMist® not being recommended this year, there is still plenty of flu vaccine available.

Certain individuals are at greater risk for complications

from the flu and are especially encouraged to be vaccinated. These include young children, older adults, those with compromised immune systems or chronic health conditions, pregnant women, Native Americans, or Alaskan Natives. Those who spend time around anyone who is high risk is especially encouraged to be vaccinated because it is possible for healthy individuals to become infected and pass the flu on to their friends and family without even showing symptoms.

So far this season, influenza activity has been sporadic, with 55 laboratory-identified

cases reported to the state so far. Influenza can be unpredictable, and activity could increase at any time. People who have not had their influenza vaccine yet this season should get it as soon as possible, as it takes about two weeks for the vaccine to provide full protection. For information about vaccine availability, people should contact their local public health unit, healthcare provider, or pharmacist. For information about influenza, visit www.ndflu.com.

REMEMBER: The flu vaccine can protect not only you but everyone around you.

Wander North Dakota's Winter Wonderland

NORTH DAKOTA LEGENDARY

Wander North Dakota's Winter Wonderland. Winter's holidays are right around the corner and North Dakota is welcoming the season with a range of celebrations. Layer up and get outside for some winter wonderland fun, whether it's a hike through a state park or a stroll down festive city sidewalks. Fill your belly with locally-made seasonal delicacies and then catch The Nutcracker or listen to traditional holiday carols at a musical production. Don't forget to leave time for a visit to Jolly old St. Nick. Contact North Dakota Tourism for additional ideas at www.ndtourism.com or call 800-435-5663 or 701-328-2525.

Embrace the Chill

North Dakota is known for its vast countryside full of opportunities for outdoor adventure. Bundle up and go explore! Take a hike along the bluffs of Fort Abraham Lincoln State Park for a stunning view of both the Missouri River and nearby cities Bismarck and Mandan. Gunlogson Nature Preserve within Icelandic State Park offers visitors three miles of developed hiking and cross country skiing trails in a pristine setting. Spend the night in a luxurious yurt - outfitted with a kitchen, bathroom and two bedrooms - at Fort Ransom State Park. It's December, but who says the fish aren't biting? Lake Sakakawea and Devils Lake are ideal for anglers looking to drop a line. Theodore Roosevelt National Park's winter wildlife scene is bustling so check at the ranger station for a recommendation on which trail to tackle. Grab a sled and head for a nearby hill or burn off some of those holiday calories at the Jingle Bell Run in Fargo or the

Santa Fun Run/Walk 5K in Bismarck.

Enjoy the Eats and the Drinks

The Scandinavian and German ancestry of many North Dakotans is on full display during the holiday season. Delicacies like lefse, kuchen, springerle cookies and krumkake can be found in kitchens, banquet halls and restaurants across the state. Taste for yourself why these flavors have survived through the decades. Minot's Bethany Lutheran Church is hosting a lutefisk and meatball dinner with a holiday bake sale. Model Bakery in Linton offers 12 (yes, 12) flavors of kuchen. You can find homemade potato lefse at West Fargo's Freddy's Lefse. Stop at The Wurst Shop in Dickinson to sample their German sausages and desserts. Or for more current North Dakota flavors, visit the wildly popular Wurst Bier Hall in Fargo, local favorite Mi Mexico in Minot, the new Sky's Cloud 9 in Grand Forks or farm-to-table restaurant and bakery Terra Nomad in Bismarck. December in North Dakota calls for delicious cold-weather cocktails available at establishments like Maxwell's in West Fargo, the Starving Rooster in Minot or Teddy's Lounge in New Town or Watford City.

Relish the Retail

Holiday shopping can be a daunting task. Fortunately, North Dakota has a burgeoning retail scene that includes a range of styles and options for shoppers. Downtown Diva, Lulu B's and Stella's offer everything from clothing to unique décor. Check out Lulu Lane in Minot, Pout Baby Boutique in Fargo, Adley Anne's in Grand Forks or Tinee or Trendee Boutique in Bismarck for one-of-a-kind

holiday gifts for children or grandchildren. Honor North Dakota's heritage and pick up a traditional Scandinavian item at Stabo Scandinavian Imports in Fargo and Bismarck or visit Five Nations Gallery and Gifts in Mandan to select hand-crafted pieces by local Native Americans. Support local artists and purchase gifts for loved ones at local galleries or at one of the many craft fairs held across the state this December.

Get in the (Holiday) Groove

It's a joyous time of year so get in on the holiday fun! Don your best apparel and spend an evening at The Nutcracker in Bismarck or Fargo. Or check out Lori Line and her Fab Five as they tour North Dakota for her "Christmas in the City Tour". Civic choirs are hosting holiday concerts in communities across North Dakota and the Minot Symphony Orchestra is performing a "Holiday Pops" concert. Christmas lights twinkle in North Dakota neighborhoods and cities so jump in the vehicle and go for a cruise to see the dazzling displays. Not to be missed: Lions Christmas in the Park, Spring Lake Park Holiday Lights Drive, Christmas in Bismarck's Sertoma Park and Holiday Lights in Fargo's Lindenwood Park. And what's December without sightings of the man in the red suit? He'll be at the Coming Home for Christmas Event in Mandan. Buckstop Junction in Bismarck and at West Fargo's Christmas on the Prairie, to name a few.

These are just some ways to celebrate the holiday season in North Dakota. For more information, go to NDtourism.com or phone 800-435-5663 or 701-328-2525.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"You are the best judge as to what your dog can or can't handle, use common sense, and avoid putting your dog in situations that could cause problems. Remember that in cold weather, life-threatening situations are mainly caused by continued exposure and failing to recognize or ignoring the warning signs."

— Virginia veterinarian Dr. Bryan Morris, quoted in "Keeping them warm" by R. Michael DiLullo, (www.gundogsonline.com).

'Tis the most wonderful time of year...the holidays and family and friends, giving and sharing, and spreading cheer.

Plus it's time for late season hunting.

That means it's time to don on those extra layers and head out for the last few weeks of pheasant and archery hunting or testing one's skills at predator calling for coyotes.

It may be December but there's still hunting to do. All too soon, it will be time clean shotguns, organize shells, and put gear away for another nine months.

Don't miss out on what can be the best time of the year to hunt.

It's just that one has to be smart about it when temperatures drop. It's not just for us humans, it's equally imperative to protect our favorite four-legged hunting companions.

Consider these tips:

*Hunting dog vests help protect against brush, thistles, and cold weather. Companies such as Sylmar, (www.sylmardogwear.com), make excellent, high quality vests, boots, and even a full body suit. It's also an American company. The vest can also come with a neoprene liner for late season waterfowl hunting. It might even be worth the extra money to get two vests so they can be switched if one gets wet from snow.

*Hunting dogs should already be on high-grade dog food with high protein and fat content. They can have that type of dog food year-around, simply reduce the quantity during the off-season. Be sure to ramp up the amount in cold weather.

*Carry extra dog food in the vehicle, but just feed them small quantities as a

treat when in the field. Hunting dogs shouldn't be fed until at least an hour after hunting and wait at least an hour after feeding to take them hunting.

*Keep dogs hydrated even in cold weather. They sweat just like we do, only it's through their mouth rather than sweat glands. And a good workout in the field still creates a lot of thirst. Don't let them eat snow, if possible – lots of luck on that one, though. Snow is cold as they swallow it so it's always best to give them fresh water.

*Keep away from ice. Hypothermia and drowning can and does occur with dogs. Hypothermia symptoms in dogs include violent shivering, physical weakness, apathy and listlessness, and unresponsiveness. Give them warm fluids, wrap them in a dry blanket but don't rub their skin and fur, and get them to a veterinarian.

*Frostbite can occur, as well, and typically affect a dog's nose, ears, toes, feet, and inner thighs. Look for dark pink or reddish skin but if their skin is pale white or light gray, it's imperative to get them to a veterinarian.

*Carry a doggie first kit.

*Also have extra towels to wrap or dry the dog.

Typically late season hunting translates into fewer hunters afield and opportunities to work heavier cover. Watch the dog's behavior to make certain it can handle the conditions and never make it "tough it out."

If you're struggling in the cold, you can bet your dog is, as well.

However, when a hunter knows and understands their dog and is smart about hunting in the cold and snow, it can be best time of year.

It's tough to beat a great retrieve in the snow.



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Soft Sour Cream Sugar Cookies



INGREDIENTS:

- 1 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1/2 teaspoon vanilla extract
- 3 cups flour, sifted
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream

Buttercream Frosting:

- 1/4 cup butter, softened
- 3 cups powdered sugar
- 1 1/2 tsp vanilla
- 3-4 Tbsp milk or Kefir

Cream Cheese Frosting:

- 1 package of Cream Cheese (8oz)
- 2 cups powdered sugar
- 2 Tbsp milk
- 1 tsp vanilla
- pinch of salt

INSTRUCTIONS:

Heat oven to 375 degrees. Grease a cookie sheet or line it with parchment paper. Mix butter and sugar until well combined. Add eggs and vanilla, mix well. Add in all dry ingredients and mix into the wet ingredients alternating with the sour cream, until well mixed. Chill for 1 hour (optional-but I think it helps them not roll too flat). Roll out and cut into shapes. Place on greased cookie sheet or one lined with parchment paper. Bake for 7-10 minutes (I bake mine for 7 minutes so they stay softer longer). Mix all ingredients for which ever frosting you choose in a medium bowl, and cover with plastic wrap until you're ready to frost, otherwise the frosting will start to harden. Once the cookies have cooled, frost them. You can add a few drops of food coloring to the frosting until it reaches the desired color if you like to change things up a bit or add sprinkles, or you can leave the frosting white. Enjoy!

MSU Theatre presents *Every Christmas Story Ever Told (and then some)*

MINOT STATE UNIVERSITY

Minot State University's Campus Players to present John K. Alvarez, Michael Carleton and James FitzGerald's "Every Christmas Story Ever Told (and Then Some)," directed by Eric Fetske, MSU student, in the Aleshire Theater Dec. 7-10 at 7:30 p.m. Doors will open at 7 p.m.

"Every Christmas Story Ever Told (and Then Some)," is about three actors who decide that performing Charles Dickens' 'A Christmas Carol' again is the last thing they want to do," said Fetske. "So instead, they put on a show combining every Christmas story they know with some holiday traditions from around the world thrown in for good measure. This show has

everything you could ever want from a Christmas show, and probably more that you wouldn't even dream of."

For tickets, contact the MSU theater box office at 701-858-3172. Seating is general admission only. Tickets are \$6 for adults 18 and up; \$5 for seniors, MSU students and children under 12. Reservations are strongly encouraged.



3rd Annual Repeal Prohibition Party

On December 3 at 7:00 PM The Tap Room hosted their Annual Repeal Prohibition Party at the Carnegie Center in Downtown Minot. They rolled out their private reserve beer and were rocking some 1920s jazz music. There was also a wide selection of great hors d'oeuvres and other beverages. This year was the 83rd anniversary of the Repeal of Prohibition (December 5th, 1933); 1920s/1930s dress or costumes were required for admission. Hope you will join us next year!!



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Doolittle Center Hosting Family Holiday Carnival On Dec. 12th

Get into the holiday spirit during the Family Holiday Carnival at the Jimmy Doolittle Center on Monday, December 12 from 5-7 p.m. The kids are sure to enjoy a variety of events including

Santa's Cake Walk, Rudolph's Fish Pond, the Elf Ring Toss, ornament making, and much more. Santa and Mrs. Claus will be on hand to greet the children and give them a free gift.

Everyone from the young to not quite so young can enjoy a delicious carnival buffet featuring corn dogs, taco in a bag, chips, brownies, and fruit punch. Buffet cost is \$3 for adult club members, \$5 for non-members, \$2 for children ages 6-12, and age 5 and under are free.

Children of club members receive 20 free tickets valid for the carnival games. Tickets are 5 for \$1 and available at the event.

The Family Holiday Carnival is sponsored by Signal Realtors - Alecia Berg, Morgan Bosch, Lucy Tuttle, and Darlene Schnaible. *No Federal Endorsement of Sponsor Intended.* For more details, call the Jimmy Doolittle Center at 723-3731.

FREE Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 206 pay-per-view event at Rockers Bar & Grill on Saturday, December 10. Non-members price is only \$7.

The action is headlined by the UFC Interim Featherweight Title fight featuring #2 ranked Max Holloway facing #5 ranked Anthony Pettis. Other events include a welterweight battle between Donald Cerrone and Matt Brown, Cub Swanson challenging Dooho Choi, Nikita Krylov taking on Misha Cirkunov, and more.

Fight pay-per-view begins at 9 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

Savor New Year's Eve Touch Of Class At Doolittle Center

Are you looking for the perfect way to begin your New Year's celebration? The Doolittle Center invites you to enjoy a night to remember during the New Year's Eve Touch Of Class dinner buffet on December 31 from 6-9 p.m.

Among the tasty menu choices planned for the event are Lobster Bisque, Steak Diane, Shrimp Scampi, and assorted cheesecakes. All meals come with a complimentary glass of wine.

Cost for this unforgettable dining experience is \$35/person for club members and \$40 for non-members. Reservations are required by December 28 and can be made by calling the Doolittle Center at 723-3731 or Amy Filkins at (701) 340-7730.

Dog Sled Trip Provides Once In A Lifetime Experience

If you're looking for a once in a lifetime type experience, don't miss the Dog Sledding Adventure Trip on January 6-8. Outdoor Recreation invites you join the fun as you sled through the majestic Superior National Forest in the heart of Minnesota. You will get to drive your own dog team and have lunch on the lake.

Cost is \$65/person quad occupancy, \$85/person triple occupancy, \$127/person double occupancy, or \$255/person single occupancy. Price includes the dog sledding day trip, two nights lodging, and transportation to Ely, MN. Deadline for registrations is December 30. For more details or reservations, call Outdoor Recreation at 723-3648.

2016 DoD MWR Customer Satisfaction Survey Seeks Feedback From Customers

Recently, select members of active duty, National Guard and Reserve components received the 2016 DoD MWR Customer Satisfaction Survey. All recipients were chosen at random. The survey will measure the impact of satisfaction on three desired outcomes - readiness, retention, and unit cohesion of the MWR programs offered by Force Support Squads. The survey will be distributed through GovDelivery.com and for the first time, spouses will also have an opportunity to participate. If you receive the DoD MWR Survey, please take a few minutes to fill it out. Your response can make a significant difference.

CLUB MEMBER DRAWING ON FRIDAY, DECEMBER 9th WILL BE FOR \$1,600.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, Dec. 9 at the Rockers Bar & Grill as the Doolittle Center will be closed for a holiday function. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Dec 10 Christmas At The North Pole
Children of all ages are invited to the FREE Christmas At The North Pole event at the base library on Saturday, December 10 at 1 p.m. Journey to the North Pole for a frozen fun-filled Christmas adventure with stories, crafts, and activities. There will even be a puppet show for children to enjoy. For additional information, call the base library at 723-3344.

Dec 10 Winter Dance Recital
Don't miss the Winter Dance Recital at the Base Theater on December 10 hosted by the Youth Center. Enjoy all classes performing all styles of dance including tap, jazz, ballet, and more. Doors open at 4:30 p.m. with the showcase beginning at 5 p.m. For more details, call the Youth Center at 723-2838.

Dec 15 Creative Kids Class
Spend the morning with your preschooler having fun creating a snowman craft during the Creative Kids class at the Arts & Crafts Center on Thursday, December 15 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Please contact the Arts & Crafts Center at 723-3640 for more information.

Dec 15 Percy Jackson Night
The base library has a fun evening planned for teens and tweens during their Percy Jackson Night on Thursday, December 15 starting at 6 p.m. Celebrate Rick Riordan's Percy Jackson series and all things Greek and Roman with trivia, games, and activities. This FREE event is open to everyone. For additional information, please call the library at 723-3344.

Dec 15 Winter Masquerade Ball
Youth Center members 9 years of age and older are invited to attend the Winter Masquerade Ball on Saturday, December 17 beginning at 6 p.m. at the Youth Center. Come out in your best Masquerade Ball attire and dance the night away. Stop by the Youth Center between December 12-16 at 4 p.m. to design your own mask for the Ball. For more details, contact the Youth Center at 723-2838.

Family Fun Night
Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. For additional information, call Rough Riders Pizza at 727-4377.

Dec 10 Best Four Game Tournament
Strike up some fun during the Best Four Game Tournament at Rough Rider Lanes on Saturday, December 10 from 4-9 p.m. Bowl six games (one game will be 9 Pin No Tap) with your best four games going towards the high series. Payout will be one in four/five depending on participation. Cost is \$50 per person with \$25 going into the prize fund. Participants must be 18 years of age or older. A minimum of 20 bowlers needed to conduct event. For more details, call 727-4715.

Dec 12 Federal Résumé Workshop
Get a jump start on your Federal Job search with this interactive workshop. The Airman & Family Readiness Center is hosting the Federal Résumé Workshop on Monday, December 12 from 10-11:30 a.m. The workshop will help you create an account, search for jobs, create a résumé and more! Open to all AD, retirees, AAFES/NAF, DoD civilians, and eligible family members. Seating is limited - call the Airman & Family Readiness Center at 723-3950 to sign up today.

YOUNG AIRMEN EVENTS & PROGRAMS

Dec 9 Friday Night Karaoke
Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Dec. 9 from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Dec 10 Happy Holiday Sampler
The Fitness Center will hold their Happy Holiday Sampler on Saturday, December 10 from 10 a.m. to noon. This is an instructor's choice 2 hour extravaganza. Come and enjoy fitness, fun, and prizes! Participate with various instructors and various class formats. For more information on this FREE event, call the Fitness Center at 723-2145.

Dec 11 Football Frenzy
Catch all the exciting NFL action every Sunday during Football Frenzy at Rockers Bar & Grill. Watch your favorite team on the numerous televisions throughout the facility. Club members, be sure to get the unique word of the week then register online to win weekly prizes. Doors open at 11:30 a.m. For more details, call 727-ROCK.

Dec 29 Off-Base Budget Class
Planning to move off base? Do you have a functional budget plan? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on December 5 from 2:30-4 p.m. Attendees should bring their current LESs and have knowledge of their bills. Class size is limited; call 723-3950 to register or for more information.

For 5th Force Support Job Opportunities, visit www.nafjobs.org

For more 5th Force Support events, visit www.facebook.com/5thforcesupport

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A day in the life: 91MW spouse tour

LT. COL. JONATHAN AUSTIN | 91ST OPERATIONS GROUP

MINOT AIR FORCE BASE, N.D., -- On October 15 and 17, Col. Colin Connor, 91st Missile Wing commander, hosted senior-leadership spouses from the 5th Bomb Wing and 91st Missile Wing showcasing the missions accomplished by the 91st MW.

This two-day event highlighted the talents and expertise of Airmen from both wings who execute the daily operations for the base and missile field. This event allowed spouses to interact with and see what it is like to live and work in the missile field.

The first day started with an overview of a missile alert facility given by 1st Lt. Michael Benedetti, 741st Missile Squadron assistant flight commander and event co-coordinator. Twenty-two spouses then embarked on an hour and a half bus ride from Minot AFB to the India-01 MAF. After required security checks for site entry, the spouses began the tour.

Facility managers, Master Sgt. Jason Birch, 91st Missile Security Forces Squadron and Staff Sgt. Kevin Beaton, 741st Missile Squadron, greeted the spouses upon their arrival. The spouses conversed with armed response team and fire team personnel to gain a better understanding of their daily lives in the missile field and the equipment they carry.

"The tour was an amazing opportunity to meet many skillful airmen, get a firsthand look at some impressive equipment and facilities as well as see the huge effort that goes into the 91st Missile Wing Mission. It was very informative and an experience I won't forget," said Emma Mitchell, spouse of Lt. Col. Nathan Mitchell, 91st Maintenance Group deputy commander.

From there, the tour split allowing more engagement with personnel topside and downstairs in the launch control center.

The LCC tour began with a briefing by Senior Airman Tyler Hitt, 91st MSFS flight security controller. One of his responsibilities is to ensure security of launch facilities in his area of responsibility. Following normal LCC and FSC security protocols, the spouses were escorted

to the elevator that would send them 60-90 feet below the surface and allow access to the underground portion of the MAF.

"It was like getting to see a forgotten world," said Angela Buckley, spouse of Maj. Patrick Buckley, 5th Security Forces Squadron director of operations.

When the elevator stopped, the spouses saw the launch control equipment building's blast door that grants access to the LCEB and LCC. As 2nd Lt. James Yau, 742nd Missile Squadron deputy combat crew commander, opened the door, the spouses entered the LCEB where Yau and 2nd Lt. Sarah McGinnis-Chapman, 740th MS DCCC, provided the spouses with a tour of equipment that provides the necessary power and cooling air to the LCC.

Following the tour, Lt. Col. Jonathan Austin, 91st Operations Group deputy commander, contacted the crew via the interphone system and the spouses were able to see the LCC's 8-ton blast door open. They were greeted by the capsule crew, 1st Lt. Christopher Meskauskas and 1st Lt. Marc Gavino, 741st MS DCCCs, and were allowed into the LCC.

These crewmembers conducted a normal safety briefing and provided a tour of various operational components, such as the rapid execution and combat targeting console and various comforts, such as the small bathroom and a bed, which allows one crewmember to sleep.

The main topic of discussion between the crew and spouses was the daily life of missile combat crewmembers on alert. Following their tour, the spouses went upstairs for lunch made by 5th Force Support Squadron missile field chefs.

Following lunch, the spouses toured various topside support buildings and saw equipment used by missile field defenders and others who stay overnight. Areas toured included the gym, backup power generator, water supply, fire suppression system, bedrooms and the kitchen.

Many spouses were surprised chefs cannot bring their own food to expand upon their culinary skills, however,

once it was explained that the 5th FSS ensures all food delivered to the MAFs is made to maintain the health of the crews and personnel, they understood.

Finally, the spouses concluded their day at Dakota Drugs in Stanley, North Dakota, to enjoy a fountain soda and ice cream provided by the only Whirl-A-Whip ice cream machine in the United States. The spouses then proceeded the hour and a half drive back to base, just as 91 MW personnel do when they return.

The second day provided hands-on experiences across the operations, security and maintenance sections of the 91 MW training facilities on base.

The tour began with the 91st Security Forces Group where the spouses were able to observe and handle major equipment used by defenders and understand the various organizations that protect the missile complex. This portion concluded with defenders showcasing how they would secure a launch facility if a hostile threat were present.

From there the tour moved to Uniform-01, a LF trainer that is a full size mock-up of the wing's LFs. The spouses were also able to see equipment used to train missile maintainers.

Many spouses agreed that the highlight of the day was the opportunity for some to conduct a launch tube cage ride and travel 100-feet deep to the house of the Minuteman III.

Finally, the tour culminated with an LCC simulation used to train missile combat crewmembers. During this portion, the spouses were able to see how crews monitor the operational status of their assigned LFs, to include site security responses.

The tour was a resounding success and more importantly, the impact reached across the base as Amy Maginness, spouse to Lt. Col. Michael Maginness, 23rd Bomb Squadron commander, was just one that captured the magnitude of the 91st MW's mission.

"It was a unique opportunity to visit and tour 91st MW operations," said Amy. "I was amazed at the precision it takes to load and unload missiles. I was also able to see



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSICA WEISSMAN

Spouses of 91st Missile Wing and 5th Bomb Wing senior-leadership pose for a group photo before a tour at Minot Air Force Base, N.D., Dec. 2, 2016. The spouses toured missile alert facilities, a trainer launch facility and various support operations facilities.

security forces in action and it gave me a huge appreciation of them, since they stand outside in all different elements to protect the different missile sites. The entire tour gave me great insight and appreciation to all the training, hard work and long hours the men and women put in at the 91st MW. Thanks for all you do!"


Tim O'Hara, spouse to Col. Stacy Huser,

91st Operations Group commander added, "I gained a deeper understanding and appreciation for what these young men and women do on a daily basis and how they work together to accomplish the mission. I am also continually impressed by the pride they take in their jobs and the professionalism with which they perform their duties."

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Winter Storm Warning: Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch: Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Storm Outlook: Issued prior to a Winter Storm Watch. The Outlook is given when forecasters believe winter storm conditions are possible and are usually issued 3 to 5 days in advance

of a winter storm. **Blizzard Warning:** Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist for at least three hours.

Lake Effect Snow Warning: Issued when heavy lake effect snow is imminent or occurring.

Lake Effect Snow Advisory: Issued when accumulation of lake effect snow will cause significant inconvenience.

Wind Chill Warning: Issued when wind chill temperatures are expected to be hazardous to life within several minutes of exposure.

Wind Chill Advisory: Issued when wind chill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

Winter Weather Advisories: Issued

for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Dense Fog Advisory: Issued when fog will reduce visibility to ¼ mile or less over a widespread area.

Snow Flurries: Light snow falling for short durations. No accumulation or light dusting is all that is expected.

Snow Showers: Snow falling at

varying intensities for brief periods of time. Some accumulation is possible.

Snow Squalls: Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

Blowing Snow: Wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

Sleet: Rain drops

that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

Freezing Rain: Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.



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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:30 am Through Labor Day weekend. Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>GLENBURN FIRST BAPTIST CHURCH 402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE</p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>
<p>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School..... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship..... 11:00 am Wednesday Supper..... 5:30 pm Wednesday Education 6:00 pm</p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School 9:30 am Wednesday Worship..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf . . . 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH  Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Education..... 6:00 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>BELIEVERS BIBLE CHURCH of MINOT I John 5:13 www.bbcminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>"A Family Worship Center"</i> 1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p> <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church  9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>	<p>Dakota Baptist Church  <i>Teaching the Word, One Verse At a Time! KJB</i> 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled). 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	

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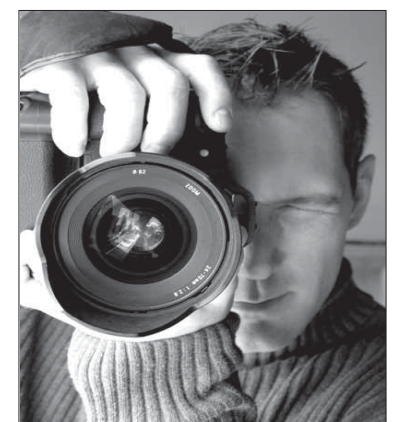
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6	9	1	4	8	2	7	5	3
3	2	4	7	9	5	1	6	8
7	8	5	3	6	1	9	2	4
8	1	9	5	2	4	3	7	6
5	7	2	9	3	6	4	8	1
4	6	3	8	1	7	2	9	5
1	5	8	2	7	3	6	4	9
9	3	7	6	4	8	5	1	2
2	4	6	1	5	9	8	3	7

Answers to puzzle from page 9

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 <p>Ashleigh Collins 240-2608 ashleigh@minothomes.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES</p> <p>APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Ali Ryan 720-9004 amryan66@yahoo.com</p>

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The Northern Sentry is available at these locations in MINOT each week:

- Northern Sentry Office | 315 South Main Street, Ste 202
- Simonsons Station Store | 1312 S. Broadway
- M&H Gas Station | 25 Burdick Expressway E
- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
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- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
- Country Inn & Suites | 1900 22nd Ave SW
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- Watne | 408 N Broadway
- 1st Minot Management | 217 Main St S
- Magic City Hoagies | 1515 24th Ave SW

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<p>\$215,000</p>  <p>Remodeled 3 bedroom / 2 bathroom / 2 car garage home located in southeast Minot. Master bedroom suite has 2 closets which one is a walk-in. Good size bedrooms, all carpeted. Living room, dining room, and kitchen have wood flooring. Main floor laundry. Call Clyde Thorne at 240-8594. #162406</p> <p>\$385,400</p>	<p>\$215,000</p>  <p>A 4 bedroom, 3 full bathroom home sits on over a 1/3 acre lot with a view of the valley from the back deck. Main floor has a dining room, just off of the kitchen. Most of the rooms have hardwood flooring. Each floor has a full bathroom. This home includes a legal 1 bedroom apartment in the basement, with its own entrance. Call Clyde Thorne at 240-8594. #162392</p> <p>\$359,000</p>	<p>\$245,000</p>  <p>Refinished to perfection! This four bedroom 3 bath home in SE location features a lower level kitchen 2 egress bedrooms, 1 non-egress bedroom, & spacious family room. The perfect in-law space. New maintenance free deck has access from the open dining room area. Call Aisha Vadell at 240-3790. #160865</p> <p>\$125,000</p>
 <p>"Look before you Build"! Tour this extremely well built 5 bed, 3 bath, split level. Prestigious oak trims & hickory flooring accent the vibrant color tones. Granite & stainless enhance this dream kitchen! Entertainer's family room with gas fireplace. Call Lorell Seibold at 721-4996 #161072</p> <p>\$104,900</p>	<p>Take Highway 14 from the YMCA about 5 miles. Looking for a rural property? Then this is the one! very nice newer 5 bedroom, 2.75 bath with 36x32 triple garage on 4.62 acres just 5 minutes from Minot. 1620 sqft on each level with 3 bedrooms on the main floor with large open floor plan. Call Tamie Dunn at 720-1723. #160928</p> <p>\$194,900</p>	<p>This 2 stall garage house with 2 bedrooms and 1 bath on the main floor is at a great price for a starter home! Brand new wood deck built on the side door, good sized yard with shed, plenty of space for a vegetable garden, flower beds, and potted plants. Kitchen does need some updating. Call Megan Atchison at 441-9085. #162001</p> <p>\$194,900 - Burlington</p>
 <p>Location Location Location!! This house is located in the center of town and close to Jim Hill Middle School. This 2 bed 1 3/4 bath is 840 sq. ft. up and 840 sq. ft. down with 2 oversized bedrooms, spacious kitchen and full bath on the main floor. Call Nathan Stremick at 500-3890. #161547</p>	 <p>This sprawling ranch style home offers a fabulous layout with endless spaces. Entertaining is a breeze in the open dining area and gorgeous contemporary kitchen with stainless steel appliances, pullout shelves and quartz countertops. The two upper living areas feature double tiled fireplaces and eye-catching bamboo floors. Call Alish Charley at 509-5362. #161160</p>	 <p>Why ask for more? Within walking distance to school, this 4 bedroom, split foyer home has a nice open floor plan on the main level along with 2 bedrooms, full bath and living room. The kitchen has been nicely updated and includes a large pantry. Call Tamie Dunn at 720-1723. #161543</p>



Snow for days in Minot

Minot is still feeling the effects of Tuesday's blizzard. Snow crews have been working non stop since our first big snow fall on Monday, November 28, a total of over 20 inches has swept the city. Be prepared for more snow in week's to come. Make sure you pack a winter survival kit in your car because it's going to be a long snowy winter.

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