

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

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Videos

### Ramstein AB Airmen honor **U.S.** veterans in Belgium

**AIRMAN 1ST CLASS JOSHUA MAGBANUA** 

86TH AIRLIFT WING PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (AFNS) -- Bad weather did not deter Airmen from Ramstein Air Base, Germany, from celebrating Veteran's Day Nov. 11, 2017, at Henri-Chapelle American Cemetery and Memorial in Belgium. The ethereal curtain of fog and delicate rainfall only added to the poignancy of the ceremony.

The Airmen, who hail from the 86th Civil Engineer Group, maintained their bearing and honored all of America's veterans—both the living and the dead. An honor guard team from Spangdahlem AB also played an important role in the event.

The ceremony included speeches, a wreath-laying presentation, a three-gunshot salute, and a playing of the Belgian and American national anthems. The event was attended by both U.S. and Belgian civilians as well as members of the American Legion.

"It is both fitting and proper that we have all come together at the Henri-Chapelle American Cemetery," said Col. Brian Hartless, 86th CEG commander. "This hallowed ground is the final resting place for 7,992 American military heroes who answered the call and were willing to risk it all so that others might continue to live in freedom."

Hartless went on to list the names of notable Airmen buried at the cemetery and the acts of heroism they committed during World War

Veterans Day in the U.S. coincides with Armistice Day across different countries in Europe including Belgium. While Armistice Day began as a day to mark the end of World War I, it expanded as a day of recognition for veterans of all wars. Because the armistice that



LLS AIR FORCE PHOTO LAIRMAN 1ST CLASS JOSHUA MAGBANUA

Airmen assigned to the 86th Civil Engineer Group salute after laying a wreath during a Veterans Day ceremony at Henri-Chapelle American Cemetery and Memorial, Belgium, Nov. 11, 2017. Besides wreath-layings, the ceremony included speeches from distinguished visitors and a three volley salute.

ended World War I affected most of Europe, the holiday commemorating it varies from country to country.

During his speech, Hartless highlighted the significance of the holiday, adding that it illustrates the commitment of U.S. service members

to serve their country and build partnerships with their allies. Since World War I, the U.S. has made great strides to promote its ideals in the world, he said.

"Unfortunately, World War I was not the 'war to end all wars' and the world is just as perilous today," said Hartless. "In the last century, the United States has been a force for good in a dangerous world. We have been a champion of freedom, individual liberty and human dignity in even greater conflicts."

### Goldfein honors veterans during event at Quantico National Cemetery

TECH. SGT. DAN DECOOK | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

Quantico, Va. (AFNS) -- Chief of Staff of the Air Force Gen. David L. Goldfein honored veterans during a keynote speech at Quantico National Cemetery Veterans Day Ceremony in Quantico, Virginia, Nov. 11, 2017.

"Our nation is rich with heritage and tradition, and few surpass that of honoring our veterans, both alive and passed," said Goldfein. "This is one of our greatest traditions; and, as one of many veterans in my family, I am honored to be here."

The Veterans Day ceremony at Quantico National Cemetery is an annual event hosted by the Potomac Region Veterans

Salon

highlights

pedicure

manicure: facials

Council. More than 100 veterans and their families attended this year's event featuring performances by the Quantico Marine Corps Band and color guard.

"No matter how or when you served, you are part of a family; and that's what these kind of ceremonies are all about – family," said Army (Ret) First Sgt. Julio Santiago. "We come together to honor our brothers and sisters, we come together to honor those who came before us, and we come together to show those who come after us that there is honor in serving this great country."

According to the U.S. Department of Veterans

of Veterans Day honors America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

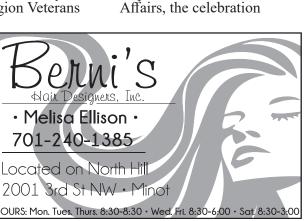
"We are woven by the good, the bad and the ugly times experienced together. For some it is the uncommon valor, for others it is the quiet peace," said Goldfein. "Our

Continued on page 4



U.S. AIR FORCE PHOTO | TECH. SGT. DAN DECOO

Air Force Chief of Staff Gen. David L. Goldfein salutes after placing a wreath during a Veterans Day ceremony at Quantico National Cemetery in Quantico, Va., Nov. 11, 2017. The Veterans Day ceremony is an annual event hosted by the Potomac Region Veterans Council. The event featured a performance by the Quantico Marine Corps Band.







Kathryn Obregon, MD



### **Pediatrician Joins Trinity Health**

Dr. Kathryn Obregon is a board certified pediatrician with over 25 years of experience providing expert care to children of all ages. With five grown children, six grandchildren, and two cats, Dr. Obregon looks forward to this new chapter of her life and getting to know the region's children and families.

### **Medical Education:**

- · Board certified, American Board of Pediatrics
- · Medical degree, University of North Dakota School of Medicine & Health Sciences · Pediatric residency, Graduate Medical Education Inc., East Lansing, MI
- · Practiced in Bismarck for 20 years in addition to teaching medical students at the UND Medical School's Southwest Campus, serving part of that time as Director of Pediatrics.
- Also was a clinical preceptor for the University of Mary's nurse practitioner program and the University of South Dakota's Physician Assistant Program.
- Member, American Academy of Pediatrics.
- Enjoys painting, crafting, board & card games, and spoiling her grandchildren.

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### Keep safety in mind in seasonal, holiday plans

DARLENE Y. COWSERT | AIR FORCE SAFETY CENTER PUBLIC AFFAIRS

IRTLAND AIR FORCE BASE, N.M. (AFNS) --Temperature changes, shorter daylight hours, increased travel and emotional overload are hallmarks of the fall, winter and holiday seasons that safety officials say result in preventable mishaps.

"It's as simple as taking the same safety practices and procedures we use on duty and applying them to our off-duty activities," said Maj. Gen. John T Rauch, Air Force Chief of Safety. Every Airman should maintain a safety culture, he said, from following the fundamentals on duty to using sound risk management and making smart decisions off duty.

"I urge every Airman – uniformed and civilian - to take the time to thoroughly think through your holiday plans and use sound risk management when

traveling and participating in the seasonal and holiday activities," Rauch said.

Occupational safety experts at the Air Force Safety Center track mishaps through the fall-winter-holiday period from the Monday preceding Thanksgiving Day to the day after New Year's Day. Mishaps for those periods over the past five fiscal years resulted in 25 serious off-duty mishaps; 20 deaths, one permanent total disability and four permanent partial disabilities. Motor vehicle mishaps made up the majority with 15, followed by sports, recreation and individual fitness with five.

"While we know that one fatal mishap is too many, it's especially disheartening when we see that most of these mishaps were preventable," said Bill Parsons, Air Force chief of occupational safety. "If every Airman commits to making

risk management part of every activity - on duty and off duty – I'm convinced there will be more Airmen who return to duty after the holidays with great memories and stories to share."

While most serious offduty mishaps involve motor vehicle operation, safety experts agree that potential dangers in the home and in recreational activities must also be managed effectively to save lives and reduce serious injuries.

All Airmen and their families can use the following safety checklists to keep seasonal and holiday travels, celebrations and activities safe.

For your home:

- Supply of flashlights, batteries and blankets
- Salt or sand for treacherous sidewalks and driveways
- Safe, radiant space heater (no open coils)
- Supply of medications
- and food Smoke and carbon monoxide detectors

For your car:

- Check fluid levels, service belts and hoses
- Ensure heater and defroster are working
- Check tire pressure and
- Check brakes within the last 5,000 miles
- Test turn signals, brake and headlights, and four-way hazard lights
- Change cracked or worn windshield wiper blades
- Stock emergency kit (blankets, flashlights, water, energy bars, warning triangles, first aid kit, etc.)

While driving:

- Driving and texting make a lethal combination; don't let your next text be your
- Alcohol and driving ... don't do it
- Plan your outing ... know the area and pack accordingly
- Slow down ... enjoy the drive
- Get a good night's sleep and take frequent rest stops

If stranded on the roadway:

- Stay calm; get your vehicle as far off the road as safely possible; turn on emergency flashers
- Call or text roadside assistance or 911; keep windows and doors locked until help arrives
- Make your vehicle visible; open the hood or tie a brightly colored object to the antenna
- Remain in the vehicle unless help is visible within 100 yards; don't risk exposure
- Run engine periodically to keep the vehicle warm; ensure car exhaust pipe is clear of snow that could block the discharge; crack a window to avoid carbon monoxide buildup
- Move fingers, toes and change seated position frequently to avoid frostbite

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### MAXWELL AIR FORCE BASE, Ala. (AFNS) --Airmen join the Air Force

**AU-ABC** program expands

enlisted education opportunities

ETHAN STOKER | MAXWELL AIR FORCE BASE PUBLIC AFFAIRS

for a variety of reasons, but perhaps the most common is for the service's vast educational opportunities.

The Air University-Associate-to-Baccalaureate Cooperative program, or AU-ABC, is perhaps a littleknown opportunity that can reap big rewards.

The AU-ABC was created to help enlisted Airmen pursue advanced education beyond the associate degrees they earn through the Community College of the Air Force. The program links CCAF graduates to accredited civilian academic institutions that offer online or distance learning bachelor's degrees.

Since its inception in 2007, the AU-ABC program has helped more than 104,000 Airmen complete nearly 203,000 courses at civilian institutions, resulting in the completion of 4,396

bachelor's degrees. Of those Airmen who earned their four-year degrees through the program, 94 have commissioned as officers in the Air Force.

"The AU-ABC program arguably provides our enlisted Airmen the most efficient path to earn a bachelor's degree. The Air Force is committed to helping Airmen maximize realization of their academic potential because educational advancement increases knowledge and enhances the critical thinking skills the Air Force needs to be successful," said Lt. Col. Nathan P. Sherman, CCAF commandant.

Currently, there

Continued on page 4

## **AFE: SEW GOOD, SO GOOD**

Staff Sgt. Jarrett Finch, 5th Operations Support Squadron aircrew flight equipment NCO in charge of the parachute section, examines a parachute at Minot Air Force Base, N.D., Oct. 20, 2017. Opening parachutes allows AFE technicians to identify any tears and evenly distribute the material to ease folding and packing. These parachutes contain an automatic altitude release that are designed to open the canopy to ensure a safe landing. Finch, a six-year AFE technician, maintains parachutes, helmets, and survival kits and radios.

> U.S. Air Force photos | Airman 1st Class Jessica Weissman









### **GOLDFEIN HONORS VETERANS**

from page 2

Veterans have a love for this great nation and the sacred duty of protecting it. These are the most humble men and women who are just doing their job."

Veterans Day was originally known as "Armistice Day" after World War I fighting ceased at the eleventh hour of the eleventh day of the eleventh month – Nov. 11, 1918.

President Woodrow Wilson proclaimed Nov. 11 as the

first commemoration of Armistice Day in November 1919. After World War II and the Korean Conflict, Congress approved changing the name from "Armistice Day" to "Veterans Day," marking Nov. 11 as a day to honor all American veterans, wherever and whenever they served.

"Today, we celebrate a single mark on the calendar—one of many but this mark celebrates

the noble acts of a noble group," said Goldfein. "I'm reminded each day that it's a privilege and honor to serve our country, and I am inspired by a distinguished population who so proudly came before...and those who so selflessly followed."







### **ENLISTED EDUCATION OPPORTUNITIES** from page 3

are 59 higher education institutions that have partnered with the Air Force to provide 217 degree programs for Airmen. The program includes postsecondary schools with regional accreditation or accredited by the Distance Education and Accrediting Commission. Airmen can search the Air Force Virtual Education Center (https:// afvec.langley.af.mil/afvec/ Home.aspx) to see a list of the civilian institutions that have partnered with the Air Force to support this program.

One benefit of the AU-ABC program is that in most cases CCAF graduates are guaranteed to take no more than 60 semester hours in order to complete a bachelor's degree by the civilian institution. Often, students can use tuition assistance, Montgomery GI Bill or Post 9/11 benefits to help pay for the tuition costs.

The program provides the critical flexibility needed to fit into the busy-on-the-move lifestyle of today's Airmen.

"I had moved multiple times and the schools never transferred all the credits.

They always wanted me to start over or this class didn't match theirs. Just having the benefit of guaranteeing at least 60 credit hours in those category 1 programs was a huge benefit," said 2nd Lt. Ryan Garrett in an interview with Joint Base San Antonio's 12th Flying Training Wing Public Affairs Office early this year. Garrett is a prior enlisted Airmen who took advantage of the program to receive his commission.

The program is open to enlisted active duty, Reserve and Air National Guard Airmen. If students are unable to complete the degree requirements before retirement or separation from the Air Force, they may continue in the program until completion.

Airmen who want to learn more about the AU-ABC program can go http://www. airuniversity.af.mil/Barnes/ CCAF/.

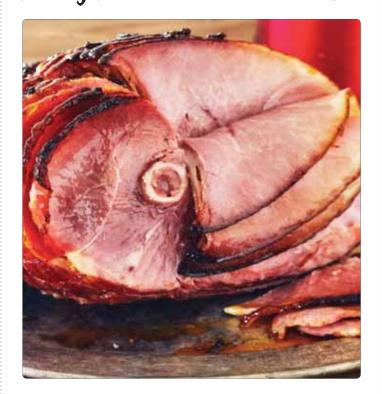
Civilian academic institutions who want more information about the AU-ABC program or would like to become a partner can contact the program manager at ccaf.decm@us.af.mil.





# X

### How To Make Thanksgiving Honey Ham in the Slow Cooker



### INGREDIENTS:

3/4 cup packed light brown sugar

1/2 cup honey

1/2 cup water

1/4 cup Dijon mustard

10 whole cloves

1 (8- to 10-pound) spiral cut ham

### EQUIPMENT:

Measuring cups and spoons Small saucepan 6-quart or larger slow cooker Baster or brush

### **INSTRUCTIONS:**

Make the glaze. Combine the brown sugar, honey, water, mustard, and cloves in a small saucepan and bring to a simmer over medium-high heat. Cook until the glaze is homogeneous and fragrant from the cloves, about 5 minutes. Remove the cloves with a spoon. Prepare the ham. Place the ham in a 6-quart or larger slow cooker, making sure you can put the lid on. You may have to turn the ham on its side, or trim a bit off the top if your ham is too large. Gently pull apart the ham's slices and separate them. Add the glaze. Pour the glaze over the ham, trying to cover as much of the ham as possible, but not worrying too much, as the glaze will fall back into the slow cooker. Cook the ham. Cover and cook on the LOW setting for 4 to 5 hours. Every hour (or as you remember), baste the ham with the glaze. You can also flip the ham halfway through cooking, if desired. Serve. The ham is ready when it reaches an internal temperature of 140°F. Serve with the thickened glaze. Recipe Notes:

Make ahead: The glaze can be made up to 3 days ahead and stored in the refrigerator.

Storage: Store leftover ham in its juices in an airtight container in the refrigerator for up to 5 days.





# Soñe Spa Sets the Bar for Relaxation

BETH DUCHSHERER | NORTHERN SENTRY

When Danerys Sarinas and her family transferred to Minot Air Force Base, she noticed there were not a lot of cultural shops or services. Most of these services being derived mainly from the Eastern Europe areas. Danerys decided she wanted to bring her amazing passion for service to others to Minot, ND. This new spa offers eastern and western approach to massage and spa services.

The difference in the cultural therapies are described as the eastern approach channels the energy of an individual to bring about integration of the mind and body, cleanses a person's aura and manifests a person's desires through healing the mind and reconnecting it to its body. The western approach focuses on the physical aspect such as easing aching muscles, loosening tight fascia, and providing relief to the physical body. Combining these two therapy approaches has allowed Danerys to develop a unique and serene experience exclusively at Soñe Spa.

What is the meaning of Soñe you may be wondering? In Spanish Soñe means

"I have dreamt". It surely adds to the serenity of this amazing spa. This location was known as a hidden gem but has gained so much exposure due to Danerys'

work that we figured we should share.

Danerys' vast experience and training working in five star spas in Florida speaks volume. She brings forth to her spa her own flair. She considers it to be a journey. "A tropical journey with eastern and western inspired services.

You can take in the aroma of lemongrass, guava, pineapple and so many tropical scents that it makes you forget winter is here.

In the past year Danerys has built an amazing clientele as a massage therapist and with these new services being offered, we are sure that she will cater to all of Minot. Danerys offers Massage therapy services, Infrared

Sauna with chromotherapy (Color therapy), Hydrotherapy bath rituals to die for, and get this; she is opening up Minot's first Salt room known as

Halotherapy. Halotherapy is described on their website "as a natural and safe therapy with no side effects. A majority of people who visit salt rooms on a regular basis may find relief from a variety of respiratory conditions such as asthma, allergies/sinus infections, common cold, bronchitis, skin conditions, fibromyalgia, and so much more."

Soñe Spa can be reached at (701)335-8243 and is located at 700 Western

Avenue in Minot (The old artistry building). They are reasonably priced for everyone to be

entitled to the services she offers. Danerys believes that "taking care of yourself shouldn't break the bank. You deserve you time at a reasonable price so that you can maintain it and allow yourself to make it a holistic regimen." Her focus is the exceptional quality of services that Soñe

Spa offers. All services can be A la Carte or combined to receive the multiservice discount. Along with Danerys' devotion to giving back in service to others and to the community, she offers teachers, active military and spouses as well as emergency responders an additional discount off their services.

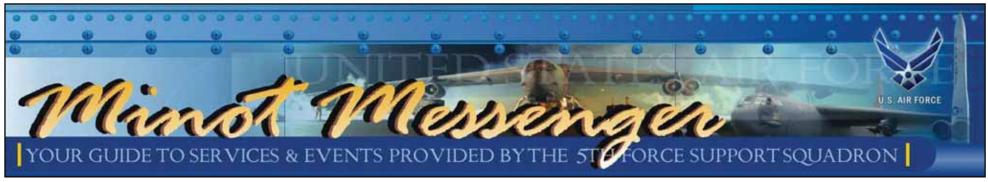
To find out more information about Soñe Spa visit them online at www.sonespa.com or find

to them on facebook/
sonespa.
You
won't
regret
it!









### Free Admission For Club Members To UFC Fight Night



Club members receive FREE admission to the UFC 218 pay-per-view event at Rockers Bar & Grill on Saturday, December 2. Non-members price is only \$7.

The action features the UFC Featherweight championship bout between current champion Max Holloway and former UFC Lightweight champion Frankie Edgar. Other main event action will feature a UFC Heavyweight fight between gargantuan Frenchman Francis Ngannou and #1 ranked Alistair Overeem from England. A UFC Flyweight battle will see 2008 Olympic gold medalist in freestyle wrestling Henry Cejudo taking on Sergio Pettis while a heated UFC Lightweight bout is expected when #4 ranked Eddie Alvarez takes on #5 ranked Justin Gaethje. The main card also features a strawweight showdown between Tecia "The Tiny Tornado" Torres and Michelle "The Karate Hottie" Waterson.

Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. This is an adults only event - no children. For more details, call 727-ROCK.

### Take To The Slopes During The Huff Hills Skiing & Snowboarding Trip On December 9



Join Outdoor Recreation for a fun filled day in the snow during the Huff Hills Ski Trip on Saturday, December 9. Registration opens on November 20.

Huff Hills Ski Area is located 16 miles south of Bismarck/Mandan, ND along the western slope of the Missouri River. The scenic area offers skiing and snowboarding in a great family environment. The beginner area features family-friendly terrain. The base area has great food service, and a variety of items are available to satisfy the appetites of hungry skiers.

The ski and snowboarding trip to Huff Hills Ski Area includes transportation, lift tickets, and rentals. Cost is only \$15/person - limited number of spots available. The trip is part of the Recharge for Resilency program. To make your reservations visit Outdoor Recreation or contact Outdoor Rec at 723-3648 for more information.

For 5th Force Support Job Opportunities, visit www.nafjobs.org or call NAF **Human Resources at 723-2812** 



### CLUB MEMBER DRAWING **ON FRIDAY, NOVEMBER 17** WILL BE FOR \$550.

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 membership drawing will be held on Friday, November 17 at the Jimmy Doolittle Center only (Rockers Bar & Grill will be closed for renovations). Drawing time varies each week between 5:30-6:30 p.m.

### Gobble Up Some Fun During 5 FSS Thanksgiving Events

### **Turkey Burn Cycle-A-Thon**

Looking for some fun and exercise? The McAdoo Fitness Center is hosting the Turkey Burn Cycle event on Saturday, November 18 from 9-11 a.m. Don't miss this multi instructor, cardio burn and endurance event. For additional information, contact the McAdoo Fitness Center at 723-2145.

### **Annual Membership Appreciation Youth Turkey Bingo**

Youth Center members are invited to attend the 13th annual Membership Appreciation Youth Turkey Bingo event at the Youth Center on Saturday, November 18 starting at 6 p.m. This event is FREE for current Youth Center members and their family. One bingo card per youth free. Extra cards available for \$1 each. No registration is necessary. We will play until all turkeys, pies, and hams are gone. The grand prize of an entire meal will be given out at the end. For more information, call the Youth Center at 723-2838.





### FAMILY and YOUTH EVENTS & PROGRAMS

### Nov 17 The Arts Are Alive Talent Show and Art Exhibit

The Youth Center is hosting The Arts Are Alive Talent Show and Art Exhibit on Friday, November 17 with the Art Gallery Viewing at 5:30 p.m. and the Talent Show & Live Book Art Demos at 6 p.m. See Karate demonstrations and Studio 47 Dance Performances plus don't miss the special performance by the Youth Center staff. The event is FREE for participating members and their family. For additional details, call the Youth Center at 723-2838.

### Dec 4 Family Child Care Pre-Orientation

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC New Provider Pre-Orientation at the Family Child Care office on December 4 from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For more information, call the Family Child Care office at 723-6662.

### Dec 7 Hour Of Code

The Base Library invites everyone from ages 4 to 104 to participate in their Hour Of Code event on Thursday, December 7 at 6 p.m. The Hour Of Code is a nationwide initiative by Computer Science Education Week and Code.org to introduce millions of students to one hour of computer science and computer programming. During this FREE event, participants will play online/off-line games that offer a fun way to learn or improve coding skills for various levels. No coding experience is necessary. For more information, call the Base Library at 723-3344.

### Family Fun Night

Take the whole family out for a delicious and affordable meal. 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, please contact Rough Riders Pizza at 727-4377.

### Nov 23 Thanksgiving Meals At DFAC

The Dakota Inn Dining Facility is offering a delicious holiday menu on Thanksgiving Day, Thursday, November 23. Thanksgiving lunch will be served from 10:30 a.m. to 1:30 p.m. and dinner from 4:30 p.m. to 6:30 p.m. You can choose from holiday favorites like roast turkey, roast beef, baked ham with peach glaze, and much more. Call the Dakota Inn at 723-2359 for more information.

### Dec 2 Power Lifting Competition

Are you the strongest at Minot AFB? The McAdoo Fitness Center is hosting a Power Lifting Competition on Saturday, December 2 at 2 p.m. This FREE event is open to DoD ID card holders 16 years of age and older. Registration deadline is November 27. For more information, call the McAdoo Fitness Center at 723-2145.

### Dec 9 Best Four Game Tournament

Strike up some fun during the Best Four Game Tournament at Rough Rider Lanes on Saturday, December 9 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.

### YOUNG AIRMEN EVENTS & PROGRAMS

### **ENTRY DEADLINE IS NOVEMBER 30**



For more info visit myairforcelife.com/arts

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### Dec 1 Friday Night Karaoke

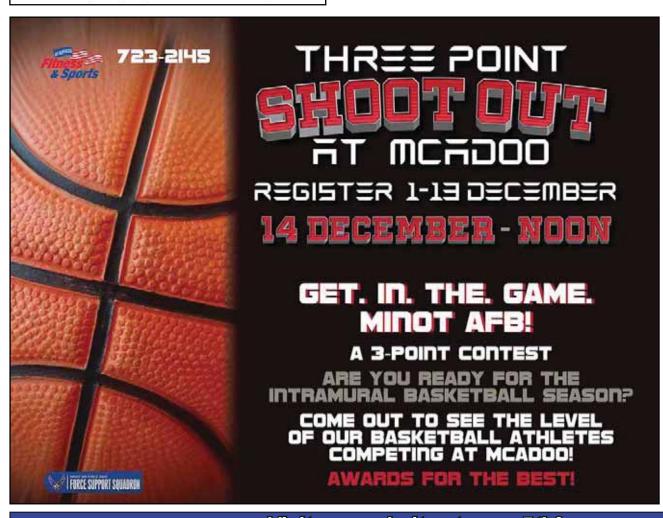
Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on December 1 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

### Dec 18-21 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on December 18, 19, 20, & 21 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their latest end-of-month LES and have knowledge of their current bills. Pick a date and sign up today! Four classes to choose from this month. Call the Airman & Family Readiness Center at 723-3950 for additional information.









### CROSSWORD PUZZLE

### Across

- 1. Wins in a walkover
- 6. Show signs of life
- 10. Interrogative word
- 14. Soubise base
- 15. Pitch
- 16. Distinctive quality
- 17. Mason's Street?
- 18. Chords define them
- 19. Hot tempers
- 20. "Ask for a time-out!"
- 23. Book end?
- 26. Analogous
- 27. Gladiator's stages
- 28. Slip away, as time
- 30. Opinionated equine
- 31. Snooty attitudes
- 32. Punch back instinctively
- 34. First name among soccer
- 37. "Get the music playing!"
- 41. "Watch it, buster!"
- 42. Rap sheet name
- 43. Compressed data
- 44. Cereal husk
- 45. Less at ease
- 47. Like this clue
- 50. Cold coat 52. It can follow you
- 53. "Surf the big wave!"
- 56. Etiquette authority
- 57. Shakespearean character

1

8

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3

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2

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- 58. Taxpayer's dread
- 62. Euclid's lake

SUDOKU

4

7

3

6

4

9

- 63. "Braveheart" group
- 64. Indurate

- - 65. Penury
  - 66. "The \_\_\_ of Katie Elder"
  - 67. Ditched cargo

- 1. Lightning attractor
- 2. 1300 hours
- 3. Wire measure
- 4. Eleventh president

3

1

7

6

1

9

4

5

4

2

5. Paradigms of sluggishness

Solution to puzzle on page 10

4

6

1

7

2

5

7

1

- 6. Pursue stealthily
- 7. Rich cake 8. Rainfall measure
- 9. Scientific inquiry
- 10. Imitated a siren
- 11. Second largest of the
- Great Lakes
- 12. Betel palm
- 13. To-do list entries
- 21. Taradiddle

- 39. Rubber bands
- 36. Think the world of 38. Limestone terrane
- 40. Hanks vehicle
- 44. Started, as a computer
- 45. Figure on an
- Australian stamp
- 46. Get off track 47. Where many go downhill
- 48. Laundry, e.g.
- 49. Famous riveter
- 50. A daughter of King Lear

- 51. Visual mnemonics
- 54. Good circle?
- 55. Moon goddess
- 59. Thought it was groovy
- 60. Long-term investment
- 61. Gymnast's quest









# STRONGER • (R) SATURDAY, NOVEMBER 18 • 1700

23. Spot's tether

24. 12-pitch type

32. Uxmal sight

34. Beatle suffix

35. Surmise

HAPPY DEATH DAY • (PG-13)

FRIDAY, NOVEMBER 17 • 1800

identity.

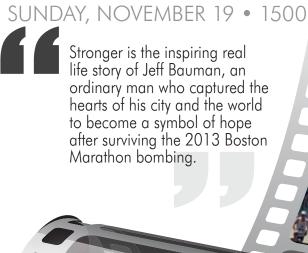
A college student must relive the day of her murder over and over

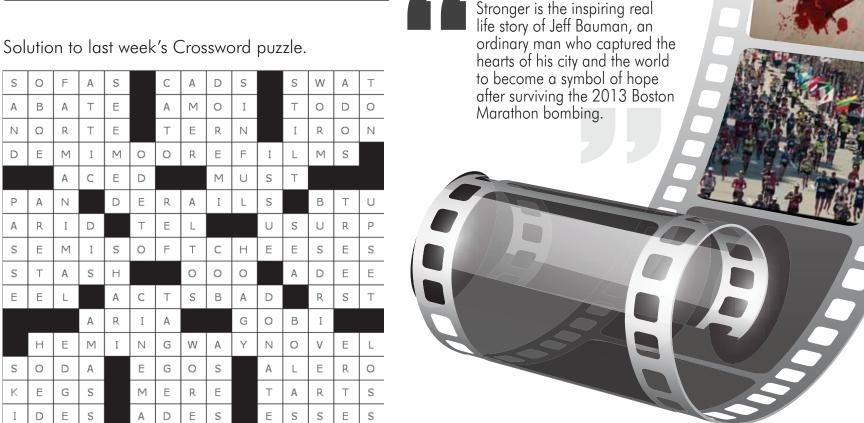
again, in a loop that will end only when she discovers her killer's

29. 23rd Greek letter

25. Lollygag







### CHURCHDIRECTORY

### Little Flower **Catholic Church**

800 University Avenue West 838-1520

Mass Schedule Saturday ..... 5:30 pm Sunday .... 8:30 & 11:00 am

Fr. Fred Harvey, Pastor www.littleflowerminot.com

5900 Highway 83 N, Minot

www.faithumcminot.com

**Pastor Tom Sumers** 

701-838-1540

Sunday School (All Ages): 10 a.m.

Sunday Coffee Fellowship: 10:30 a.m.

Worship Services: Sunday 11 a.m.

**Faith United** 

Methodist

Church





109 6th St. SE Minot • 838-3094

Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.

The Very Reverend Father Anastassy

Minot

**Baptist Church** 



### Harvest Reformed Church

We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.

Now meeting at 1505 N Broadway, Grand International, Norse Room

Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org



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

Sunday School & Fellowship ......9:00 a.m.

www.trinitychurchminot.org



Worship Service at 10:45am Sundays Sunday School at 9:45am

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

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

Sunday School	9:45 a.m.
Morning Worship.	
Evening Worship	
Wednesday Evening	
, .	

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

### **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.ecominot.org



Sunday Worship .....11am Sunday School .....11am Tuesday Bible Study ......12pm Saturday Noah's Breakfast ...9:30am

Please join us, all are welcome here!

UNITED CHURCH CHRIST

852-4853



Sunday Worship. .....8:30 & 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School ......9:45 am

2209 4th Avenue NW Minot, ND 839-4663

Carlyle Roth, Pastor

www.stmarksminot.com Call or check out our website for more information.

To Advertise your Church in this space.

Call 839-0946

Only \$7.00 per week

### **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

### St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:

Tuesday ...... 7:00 p.m. (3rd Tuesday 7:00 a.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.stijohnminot.com



Saturday Worship ...... 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper.....5:15 pm Wednesday Education ......6:00 pm Wednesday Worship ......7:00 pm

Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com

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

Call 839-0946

Only \$7.00 per week

### Bethany Lutheran

215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA

Sunday Worship 8:30 am & Sunday Fellowship	
Wednesday Worship	
Church School Wednesday	

Website: www.bethanvlutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran tv

**Pastor Janet Hernes Mathistad Pastor Gerald Roise** 



Classic Worship Service	8:30 a.m.
Adult Sunday School	9:45 a.m.
Contemporary Worship Serv	ice 9:50 a.m.
Children's Church	9:50 a.m.
Sunday School (All Ages)	11:00 a.m.
Contemporary Worship Serv	rice . 11:05 a.m.
Wed. AWANA (Sept. to May)	6:30 p.m.

Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director



### www.calvaryofminot.com 701-852-0670

Sunday School......9:00 am Sunday Worship Service ...... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (grade 7-12).....



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

Classes for All Ages ...... 6:30 p.m. Youth Center, Friday......7:00 - 11:00 p.m. ABC Child Care Center.....852-6352

facebook.com/westminot

westminot.com

**OUR REDEEMER'S** CHURCH

A Church of the Lutheran Brethren

Thursdays: Worship......6:30 p.m. Sundays: Worship...... 8:30 a.m. & 10:45 a.m.

700 16th Ave SE • 701-838-0750

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



838-3360	
Saturday Worship	5:00 pm
Sunday Worship 8:30 8	k 11:00 am
Sunday Education	9:45 am

1415 17th AVE SW

**Pastor Taryn Montgomery** 

Everyone Welcome Breadoflifeminot.com



**GRACE FELLOWSHIP CHURCH** Independent - affiliated with IMF

8300 29th Ave NW **Burlington, ND 58722** (South side of Highway 2) 701-839-6319



Sunday School	9:00 am
Meet and Greet	
Sunday Worship	10:30 am

Pastor Gregg S Smith www.gracefellowshipatburlington.com

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

Call 839-0946

Only \$7.00 per week

### **Immanuel Baptist Church**

1615 2nd St. SE • Minot • 839-3694 Sunday School

Sunday School 9:15 a.m.
Worship 10:30 a.m.
. 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.

Brian T. Skar, Pastor www.ibcminot.org



Sunday School (all ages) ......9:45 a.m.

www.minotcrbc.org

838-1873



email: crbc@srt.com

Sunday Worship ..... 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ...6:30 p.m.

415 28th Ave SE (Behind Menards)

### First Assembly of God 1805 2nd St. SE 838-1111

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

Call 839-0946

Only \$7.00 per week



### **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

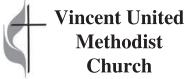
Sunday School	9:45 a.m.
Adult/Children Worsh	nip11 a.m.
Family Hour	6:30 p.m.
Evening Worship	7:30 p.m.
Bible Study/Child-Ad	ult
Children Worship (We	ed)7 p.m.
Prayer (Friday)	7 P.m.

# ELCA

1800 Hiawatha St. 852-1872

Worship Times 

John Streccius, Pastor Carol Wendel, Pastor



1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors!

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.

**Pastor Mary Johnson** www.vincentumc.com



advertise FOR ONLY \$7 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline **TUESDAYS BY NOON** WEEK OF PUBLICATION

**VIEW OUR PAPER ONLINE AT** NORTHERNSENTRY.COM



### CONTACT TONYA

call 701-839-0946

email NSADS@SRT.COM

> lax 701-839-1867

# **CLASSIFIEDS**

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openings available in a variety of

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in Minot. Continue your military

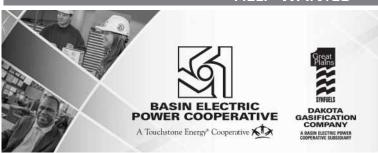
career on a part-time basis. For

more information call 420-5903

or 420-5904 in Minot.

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Please check our website for the closing dates of these job openings.

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- · Service Dispatcher (PT) Bismarck, ND
- · Utility Operator (DFS) Gillette, WY
- · Operator Technician Culbertson, MT

For job details, go to jobs.basinelectric.com Questions? Call 701-557-5603 or 701-557-5402

Dakota Gasification Company - Beulah, ND For job details, go to jobs.dakotagas.com

Equal Employment Opportunity Employer of Minorities, Females, Protected Veterans, Individuals with Disabilities, Sexual Orientation, and Gender Identity.



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MSgt) at 701-240-9172.

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### MANAGEMENT OF RENTAL **HOMES & APARTMENTS.**

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**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

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838-1658 2112 N. Broadway • Minot, ND

### **ANSWERS**

### **SUDOKU ANSWERS**

6 5 1 7 2 9 3 8 4

4	9	1	_	_		_	
		٠.	5	8	2	6	7
7	8	6	3	4	9	1	5
1	5	3	9	6	4	7	2
3	2	5	4	1	6	9	8
9	6	2	8	7	5	3	1
2	7	8	6	3	1	4	9
6	4	9	7	2	8	5	3
8	3	4	1	5	7	2	6
	1 3 9 2 6 8	1 5 3 2 9 6 2 7 6 4	1 5 3 3 2 5 9 6 2 2 7 8 6 4 9 8 3 4	1 5 3 9 3 2 5 4 9 6 2 8 2 7 8 6 6 4 9 7 8 3 4 1	1 5 3 9 6 3 2 5 4 1 9 6 2 8 7 2 7 8 6 3 6 4 9 7 2 8 3 4 1 5	1 5 3 9 6 4 3 2 5 4 1 6 9 6 2 8 7 5 2 7 8 6 3 1 6 4 9 7 2 8 8 3 4 1 5 7	1 5 3 9 6 4 7 3 2 5 4 1 6 9 9 6 2 8 7 5 3 2 7 8 6 3 1 4 6 4 9 7 2 8 5 8 3 4 1 5 7 2

Answers to puzzle from page 8

### **HOME LOANS**



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Minot, ND 701- 852-1156

S370,000

MOVE IN READY! 5 bedroom, 2 ½ bath

home. Large island in kitchen, gas

fireplace in living room plus wood

burning fireplace in family room. Mainte-

nance free deck. In NW area with great

city views. Double garage.



SPLIT FOYER – 4 bedroom, 2 ½ bath home. New flooring throughout. Kitchen has breakfast bar, fantastic deck off dining, living room has wood burning stove. Refinished daylight lower level. Attached 28x32 garage.

### MLS #172052





CHARMING - 3 bedroom home with original hardwood floors in living and dining room. Kitchen has a pantry. The 3rd bedroom in the upper level has doors to a deck. Lower level family room and laundry. Attached garage.

### MLS #170684



Thad Tarasen 240-6737 ıd@minothomes.com



PRICE REDUCED! 3 bedroom, 2 1/4 bath home with 1632 sq ft of living space. Eat-in kitchen, formal dining, large living room, main floor fireplace. Large master suite. Lower level family room, bath, laundry and storage. Double garage.

### MLS #172258

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START HERE - 3 bedroom home on fenced corner lot in great South Hill location. Large living room, dining area off kitchen. 2 main level bedrooms and a 3rd in the upper level. Enclosed front porch, garage with alley access. Owner/Licensed Agent.

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Tim Knutson 833-8951 minothomes.com

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### \$450,000



Beautiful space - inside & out! Over 3,000 sq ft home on over 2 1/2 acre lot is less than 5 minute drive from Minot. 4 bedroom, 4 bathroom home is move in ready! Call Aisha Vadell at 240-3780. #172561

### \$205,500 - Burlington



noasting 3 hedrooms, 2 full hathrooms and 1 074 finished so this home has a functional floor plan with plenty of natural light and country side views out every window. Call Amber ander at 500-0810. #171342

### \$159,000



Why rent when you can own! Great starter home or investment property. The home welcome you with a spacious living room that includes two large windows for natural light. Call Micky Venable at 240-5257. #172253

### \$150,000



Updated 3 bedroom / single attached garage home ready to move into. Laminate flooring, newer appliances, roof shingles only 17 years old those cozy nights. Call Clyde Thorne at 240-8594.

### \$229,900 - Burlington



Affordable, accessible and beautiful NEW construction home boasting 3 bedrooms, 2 full bathrooms and over 1,200 finished sq. ft. Located in the Harvest Heights Development of Burlington, this home has a functional floor plan with plenty of natural light and views out every window. Call Amber Alexander at 500-0810. #171339

### \$199,900



Beautiful 4 bedroom ranch on large fenced lot. Main floor features remodeled kitchen with newer appliances, dining room & living room with beautiful hardwood floors and bay window, 3 bedrooms, remodeled full bathroom. Call Jerry Thomas at 93.3 T.C.9 #171209

### \$215,000



Insulated & sheetrocked double garage has access into Aisha Vadell at 240-3780. #171472

### \$309,900



Wonderful 4 bedroom, 3 bath, split fover home with an extra-large - heated, 3 stall garage. Located in a great neighborhood near Perkett School, Hoeven Field, dog park & golf course! Call Tamie Dunn at 720-1723. #171967

### \$147,000



This "must see" character home has just been updated with new flooring, paint, doors, ighting, complete kitchen remodel and bath remodel. Two bedrooms on the main with potential for more in unfinished basement. Call Cindy Strandberg at 833-1956. #172277

Find ALL listed homes for sale in Minot and the surrounding areas at www. brokers12.com.

AN AD IN THE NORTHERN **SENTRY** with get your business noticed. Email your ads to

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### **CARS FOR SALE**



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information.



11 Chrysler Town & Country \$11,995



Nice little Civic EX 2 Door with 5 speed \$3,995



\$9.995



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- 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
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- 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
- Scissors Edge | 1609 S Broadway St
- Watne | 408 N Broadway
- 1st Minot Management | 217 Main St S
- Magic City Hoagies | 1515 24th Ave SW

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• J's Stop & Go If you are interested in having the

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Email: nsgraphics@srt.com





Nov. 24, 25 & 26, Dec. 1 & 2, Dec. 8 & 9, 2017

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FRIDAY. NOV. 24. 3 P.M.

THE CHURCH OF CASH WORLD CLASS JOHNNY CASH TRIBUTE BAND

### SATURDAY, NOV. 25, 3 P.M.

**OVEREDUCATED** NEW ARRANGEMENTS OF OLD HITS

SUNDAY, NOV. 26, 3 P.M. KEITH RAYMOND, MAGICIAN

FRIDAY. DEC. 1. 3 P.M. GORDY PRATT, A COMEDY MUSICAL SHOW

SATURDAY, DEC. 2. 3 P.M.

NORTHERN LIGHT, BLUEGRASS

FRIDAY, DEC. 8, 3 P.M. RYAN KEPLIN, FIDDLING LEFTY

SATURDAY, DEC. 9, 3 P.M.

BLAKE KRABSETH, COMEDIAN & MAGICIAN

Purchase your afternoon entertainment tickets in advance for a reduced rate.

· Live Stage Performance of "A Christmas Carol"

· Piccadilly Square Craft Vendor Show

· Queen Elizabus Double Decker Bus Rides

- · Carriage Rides · Lighted Parade
- · House Tours · Dickens Quilt Show
- · Street Food Vendors
- · Tinsel & Cider
- · Special Weekend Events Including:

DEC. 2 - FRUITCAKE TOSS

NOV. 24-26, DEC. 2 & DEC. 9 - TOP IT OFF WITH STYLE: DECORATE A TOP HAT

- Family Day: Sun. Nov. 26 (KIDS 12 & UNDER FREE TO MAGICIAN)

Treats with Tiny Tim, Strolling Characters, Live Reindeer Display & more

· Many More Experiences and Attractions!

DEC. 9 - MILK & COOKIES WITH SANTA

### **TICKETS ON SALE NOVEMBER 13th**

Daily event schedules, details, and tickets are available on our website at www.dickensfestival.com or by calling 800-799-4242 or 701-463-2345