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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY

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Videos

Deployed parents see their children open toys

TECH. SGT. LOUIS VEGA JR., | 386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA (AFNS) -- The opportunity to spend time and celebrate the holiday season with family and friends should not be taken for granted. Sharing a deployment with a spouse during this time can be a blessing and provide comfort especially when separated from little ones.

Master Sgt. Shalenna Mitchell, 386th Air Expeditionary Wing finance budget analyst and Tech. Sgt. Randle Mitchell, 386th Expeditionary Civil Engineering Squadron assistant chief of fire prevention, share their experiences and feelings during the holiday season while deployed at an undisclosed location in Southwest Asia.

"I was at a different location for the first two months of our deployment and then forward deployed here with my husband," said Shalenna. "Having each other during the holidays lessens the homesick feelings most (service members) have during this time of year."

The Mitchells have three young boys; Rashawn, eight years old, and twin toddlers, Ryan and Stefan, 21 months. The boys are being cared for by Randles' mother and aunt back home.

"We did not have to change much," said Randle. "Our

kids are at home and did not have to move or change the school and daycare they go to."

Typically, the Mitchells see their boys before school and daycare every day via video chat, and then again when the boys return home. Fortunately, communication has been more frequent recently due to Christmas break in the states.

"Our oldest has not expressed to us, but has told a few people that he misses us and is ready for us to come home," said Shalenna.

The Mitchells are at the tail end of their rotation here and have invested 15-years to the Air Force. They are deployed from the 19th Airlift Wing, Little Rock Air Force Base, Arkansas, with five deployments between them. Their plan is to continue their journey with the Air Force and retire serving their country.

"The Air Force is all we've known as adults," said Shalenna. "We've pushed this far, so it's no question that we would continue on to retirement. We've accomplished a lot in our careers and most of what we've experienced has molded us into the people and leaders we are today."

The couple will not be home for the holidays this year but say they are grateful for having each other and for their family support system to step in and care for their

three children. They also had advice for couples preparing to deploy.

"Always make sure you have a valid family care plan," said Randle. "We knew there was a possibility of being deployed at the same time and in 14-years it was never the case until now. Many people work long hours here and have different shifts. Enjoy that quality time with each other and get a routine that works for you both and it will help the time pass quickly."

Randle and Shalenna are one of five military married couples currently deployed to the air base who have married quarters available for them to live together.

"This is my first deployment where I've seen quarters for married couples available," said Master Sgt. Celeste Fletes, 386th Expeditionary Force Support Squadron lodging flight chief. "They should reach out to their first sergeant to prepare the reservation or request when a couple finds out they are deploying here to ensure a room is available for them once they arrive."

The Mitchells stated that they were happy to watch their kids open their presents on Christmas day and that their deployment experience has been accommodating for their family. Having the internet available to communicate with their children daily made it better.



COURTESY PHOTO

Tech. Sgt. Randle Mitchell, 386th Expeditionary Civil Engineering Squadron assistant chief of fire prevention and Master Sgt. Shalenna Mitchell, 386th Air Expeditionary Wing finance budget analyst, pose with their sons Rashawn, seven, Ryan and Stefan, six months, during a family photo Oct. 22, 2016.



U.S. AIR FORCE PHOTO | TECH. SGT. LOUIS VEGA JR.

Master Sgt. Shalenna Mitchell, 386th Air Expeditionary Wing finance budget analyst and Tech. Sgt. Randle Mitchell, 386th Expeditionary Civil Engineering Squadron assistant chief of fire prevention, video chat with their children Dec. 21, 2017, as they do daily while on deployment at an undisclosed location in Southwest Asia.

Air Force Joint Spouse Retention improves thanks to Airman's idea

AIRMAN 1ST CLASS ALAN RICKER | 22ND AIR REFUELING WING PUBLIC AFFAIRS



MCCONNELL AIR FORCE BASE, Kan. (AFNS) -- The day comes when that final project is due for class. The project is ready and prepped for presentation or thrown together within twenty-four hours. Either way it has to be ready without delay. Despite being an academic project, sometimes there are cases where it could be implemented in real life.

Such is the case for Capt. Millie Hale, 22nd Air Refueling Wing executive

officer, when an idea of hers that began as an academic project proved to have a great effect in her own life and for many dual-military spouses serving in the Air Force.

Hale, a student in Squadron Officer School, explained that her final research project involved a change that she would like to make in the Air Force. Her capstone presentation was on joint spouse retention and her simple idea made its way to Air Force headquarters.

"They read my proposal and they called me, asking if I could do a teleconference," said Hale. "I ended up doing two teleconferences on it to explain my idea."

In the National Defense Authorization Act in 2009, the Career Intermission

See Joint Spouse on page 12

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U.S. Air Force photos | Airman 1st Class Jonathan McElderry



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FACEBOOK

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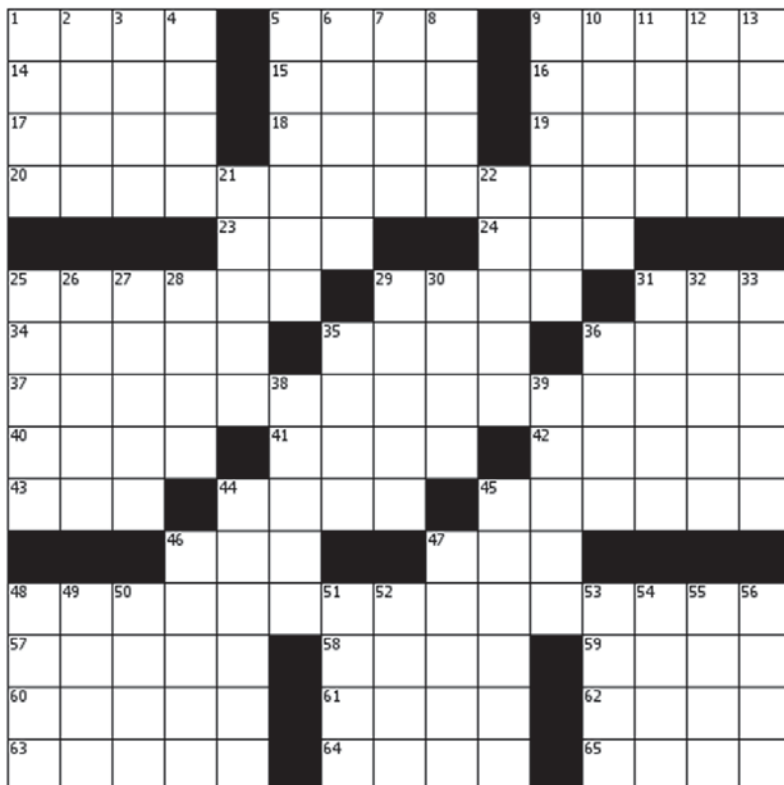
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CROSSWORD PUZZLE

Across

- 1. Goose's gullet
- 5. "Spartacus" author
- 9. Catatonic states
- 14. Pained expression
- 15. Hodgepodge
- 16. Muscat native
- 17. Like dirty hearths
- 18. Little streamlet
- 19. Site for a set
- 20. "Been there, done that"
- 23. Hit the campaign trail
- 24. Menu words
- 25. Ironfisted one
- 29. Sprightly
- 31. Tanner's tub
- 34. Fundamental truth
- 35. Kiln for drying hops
- 36. Resigned sound
- 37. Enough to put you to sleep
- 40. 6/6/44
- 41. Inking
- 42. Lacking any point
- 43. Willing word
- 44. Huff and puff
- 45. Sleekly suave
- 46. Flood refuge
- 47. Shoshone
- 48. Not worth pursuing
- 57. Divvy out
- 58. Gobi's location
- 59. Not well grounded
- 60. Publicity feat
- 61. Bumpkin
- 62. Schemer's conception
- 63. Comfortably informal
- 64. Crooner Bennett
- 65. Plies a needle



Down

- 1. Cover completely
- 2. Bum's ___ (ejection)
- 3. Hurt all over
- 4. Wherefores' companions
- 5. General plan or makeup
- 6. Green card holder
- 7. Missile housing
- 8. Driving expense
- 9. Exorbitant
- 10. Creighton University site
- 11. Sudanese Republic, formerly
- 12. Soon
- 13. Tell all
- 21. Tantalizing fragrance
- 22. Villainous Vader
- 25. Pop
- 26. Ooze from
- 27. Companion of Paul's

- 44. Way of sitting
- 45. Not jumpy at all
- 46. Make amends
- 47. Grant's command
- 48. Elutriate
- 49. Kind of sax
- 50. Urban renewal target
- 51. Bit of truth
- 52. Capital by a fjord
- 53. Bugler's farewell
- 54. ___ au Haut, ME
- 55. Persian comment
- 56. Diner sign

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

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

COCO • (PG)
FRIDAY, DECEMBER 29 • 1800
SUNDAY, DECEMBER 31 • 1500

“Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.”

WONDER • (PG)
SATURDAY, DECEMBER 30 • 1700

“Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heart-warming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.”





Reese's Peanut Butter Christmas Trees



INGREDIENTS:

1 cup creamy peanut butter
 1/4 cup unsalted butter-melted
 2 Tablespoons brown sugar
 2 teaspoon vanilla extract
 1/4 teaspoon salt
 2 cups powdered sugar
 10-12 oz. chocolate chips or chocolate chopped in small pieces (I used half of semi-sweet and half of milk chocolate)

INSTRUCTIONS:

Line 8 x 8 inch dish with parchment paper, leaving the paper overhang the sides so you can easily lift it later and set aside. Then in a mixing bowl stir together peanut butter, melted butter, brown sugar vanilla and salt, until sugar dissolve. Next, gradually mix in powdered sugar. Press the mixture into prepared dish. Smooth the top with spatula or simply press it with your palms to flatten into about 1/2 inch thick layer. Place it in the freezer until firm enough for cutting. When the mixture is firm enough, line a tray with parchment paper and set aside. Using Christmas tree cookie cutter cut out the trees and place them on the tray. Place them in the freezer for 45-60 minutes until completely firm. Then melt the chocolate and line another tray with parchment paper. Using a fork, dip each tree into melted chocolate to cover completely. Gently tap the fork to drip of the excess of chocolate. (Since the peanut butter mixture softens really fast at the room temperature, I suggest you to take just a few trees at the time from the freezer, because it's easier to work with the firm trees!!!) Place chocolate covered Christmas trees on the parchment paper lined tray. Refrigerate until chocolate has set. Store in the fridge or freeze for longer storage. Don't waste any batter, pick up leftovers, kneed, press with your palms and you will be able to cut out at least 2-3 more trees.



Celebrating our nation's diversity

PATTY HOFFMAN | SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

January 15 is Martin Luther King, Jr. Day, a federal holiday and a day of remembrance. Martin Luther King, Jr. dedicated his life to creating and fostering equal rights for African Americans, and he died during his efforts to make his dream a reality.

Diversity of skills, knowledge, and perspective is what you want when putting together a strong team. In a way, America is a super team of diverse members, all of whom dream of prosperity and success. Many people honor Martin Luther King, Jr. for dedicating his life to

showing us that diversity is a strength.

Social Security's "People Like Me" website has custom information for preparing for your future. Our diverse country is made up of countless backgrounds, ethnicities, and nationalities, yet we all want the same thing — a secure future. You can see the many diverse people we serve at www.socialsecurity.gov/people.

Younger people need to know that the earlier you start saving, the more your money can grow. Our website for young workers at www.socialsecurity.gov/

people/youngpeople/saving.html has many resources that can help you secure today and tomorrow.

Veterans and wounded warriors, as well as their families, sometimes face unique obstacles when saving for their future. Our website has great resources and information at www.socialsecurity.gov/people/veterans.

Social Security values your diverse skillset and knowledge. That's what makes our country a world leader. Now you can take the lead and show your friends and family what Social Security has to offer.

Check out these new my social security features in the new year

PATTY HOFFMAN | SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

2018 is here! It's the New Year. There's no better time to tell you about the new features we have in my Social Security. They not only save you time, but also put you in control of your retirement future.

There are a growing number of states (and the District of Columbia) where, if you're a resident, you can request a replacement Social Security card online. Our new online version of the Application for a Replacement Social Security Card can make getting a replacement easy and stress free. It allows people to apply for a replacement card through my Social Security without traveling to a field office

or card center, as long as you're not requesting a name change or any other change to your card. We are working to add this capability to every state.

Your personal my Social Security account is secure and gives you ready access to your earnings records, Social Security benefit estimates, and printable Statements. Those who already receive benefits can view their payment history, current status, and manage their benefits.

Social Security has also made replacing your annual Benefit Statement even easier. The Benefit Statement (known as the SSA-1099 or the SSA-1042S) shows the amount

of benefits you received the previous year and is needed for filing taxes. Now you have the ability to download it using our online services. There's no need to visit a field office. A replacement SSA-1099 or SSA-1042S is available after February 1 for the previous tax year.

If you don't have a my Social Security account, creating a secure account is very easy to do and usually takes less than 15 minutes.

Putting you in control of your future is a key part of securing today and tomorrow. With my Social Security, we give you the power to steer your future in the direction you deserve.



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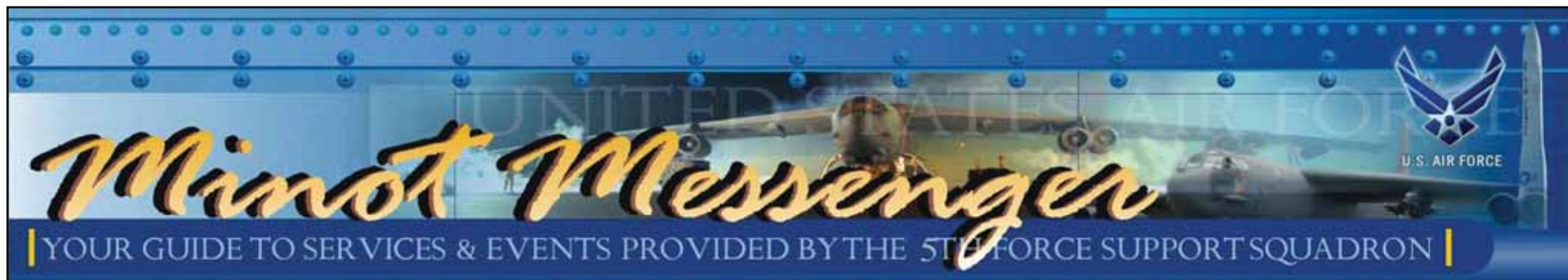
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Youth Basketball & Cheerleading Registration Begins Jan. 3

The Youth Center is holding Youth Basketball and Cheerleading registration for Youth Center members 3-12 years of age from January 3 through January 31. Cost for Youth Basketball is \$30 for Smart Start ages 3 & 4 and \$40 for ages 5-12. Cost for Cheerleading is \$30 for ages 3 & 4 and also for ages 5-12. New cheerleading uniforms are required (please see Youth programs for details).

Youth Center membership and a current immunization record are required to be on file prior to registration. Both the Youth Basketball and Cheerleading seasons begin on March 13. For additional information, please contact the Youth Center at 723-2838.

Free Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 219 pay-per-view event at Rockers Bar & Grill on Saturday, December 30. Non-members price is only \$7.

The action features the UFC Women's Featherweight championship bout between current champion Cris Cyborg and former UFC Bantamweight champion Holly Holm. Other main event action will feature a UFC Lightweight fight between undefeated and #2 ranked Khabib Nurmagomedov and #3 ranked Edson Barboza. A UFC Bantamweight battle will see #4 ranked Jimmie Rivera taking on Brazilian John Lineker while a heated UFC Women's Strawweight bout is expected when undefeated Cynthia Calvillo takes on former champion Carla Esparza. The main card also features a welterweight showdown between Neil Magny and #8 ranked Carlos Condit as well as more UFC action. 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.

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

Enjoy Ice Fishing Trip To Lake Metigoshe On January 13

Test your angling skills during the guided Ice Fishing Trip to Lake Metigoshe hosted by Outdoor Recreation on Saturday, January 13. Will you be lucky enough to hook onto a northern pike lunker or catch a whopper of a walleye? Lake Metigoshe has an ample amount of both species of fish as well as bluegill and crappie. Must be at least 10 years of age or older to participate.

Registration deadline is Monday, January 8. The Lake Metigoshe fishing trip is a Recharge for Resiliency event. For additional details and cost for this event, please call Outdoor Recreation at 723-3648.

Baseball Camp Coming To Youth Center Starting Jan. 20

Youth at Minot AFB can learn the fundamentals of baseball and increase skills and stamina during the Youth Programs Baseball Camp hosted by the Youth Center. This 10-week camp will be held on Saturdays from January 20 through March 24. Sessions for children 5-8 years of age will be held from 9:30 a.m. to 11 a.m. and sessions for youth 9 years of age and older will be held from 11:30 a.m. to 1 p.m.

The camp is taught by qualified coaches and will focus on strength conditioning, batting, catching, pitching, infield and outfield drills, and more. The camp is open to both Youth Center members and non-members. Cost is \$50 for members and \$75 for non-members. Registrations for the camp are being accepted from December 18 through

January 19. For more information, please contact the David C. Jones Youth Center at 723-2838.

Youth Center Offering Tot Fitness Instructional Class Beginning Tuesday, Jan. 9

Starting January 9, the Youth Center will offer a Tot Fitness Instructional Class every Tuesday from 9 a.m. to 9:30 a.m. The class is for children 5 years of age and under. A parent or adult must be present and active with the child at all times. Every week a different fitness focus will be covered by a certified fitness instructor. Don't miss this great opportunity for your child to enjoy a variety of fitness activities.

Monthly cost is \$40 for Youth Center members and \$60 for non-members. A shot record is required to register. To enroll in the Tot Fitness Instructional Class, please visit the Youth Center. For additional information, please contact the David C. Jones Youth Center at 723-2838.

CLUB MEMBER DRAWING ON FRIDAY, DECEMBER 29 WILL BE FOR \$750.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill to obtain your application. The next weekly club membership drawing will be held on Friday, December 22 at Rockers Bar & Grill only (the Jimmy Doolittle Center will be closed for renovation). Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Jan 8 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 January 8 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 FCC office at 723-6662.

Jan 13 Star Wars Spectacular
 Children of all ages are sure to enjoy the fifth annual Star Wars Spectacular at the Base Library on January 13 at 1 p.m. Come to the library for a Star Wars celebration featuring stories, crafts, a Jedi training course, and more! May the force be with you! For details, call the library at 723-3344.

Jan 25 Star Wars Game Night
 Teens, tweens, and adults can test their Star Wars knowledge and board game skills during Star Wars Game Night on Thursday, January 25 at the Base Library. For more information, call 723-3344.

Now - Mar 19 Winter Challenges
 The base library is offering a number of fun activities now through March 19. They are hosting a Photo Scavenger Hunt where you can pick up a list of items to photograph at the library and then submit your photos featuring a team member and each item on the list on or before March 19. The library is also holding Lego Challenges where you complete a different challenge each week at the library's Lego Table. Plus they are hosting S.T.E.A.M. Challenges with a different challenge each week. For more details, call 723-3344.

Jan 17 Bundles For Babies
 Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on January 17 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your growing family and about many of the support programs that are available. Plus participants receive a free gift for your new baby courtesy of the Air Force Aid Society. Please register by noon on January 16. For more details, call 723-3950.

Jan 2 Drop 2 Sizes
 The Fitness Center invites everyone who would like to get into better shape in 2018 to join their FREE Drop 2 Sizes program. This 12 week program begins at 12 p.m. on January 2 and features twice per week workouts, monthly meetings, journaling, and prizes for all. Register now. For more information, call the Fitness Center at 723-2145.

Jan 3 Tot Open Gym
 The Youth Center is offering Tot Open Gym for children 5 years of age and under starting January 3 on Monday, Wednesday, and Friday from 9:30-11 a.m. Every week, a different fitness focus will be available for open gym time. A parent or adult must be present and active with children at all times. Cost is \$3/visit, per family for members and \$6 for non-members. A shot record is required for multiple attendances. For more details, call 723-2838.

YOUNG AIRMEN EVENTS & PROGRAMS

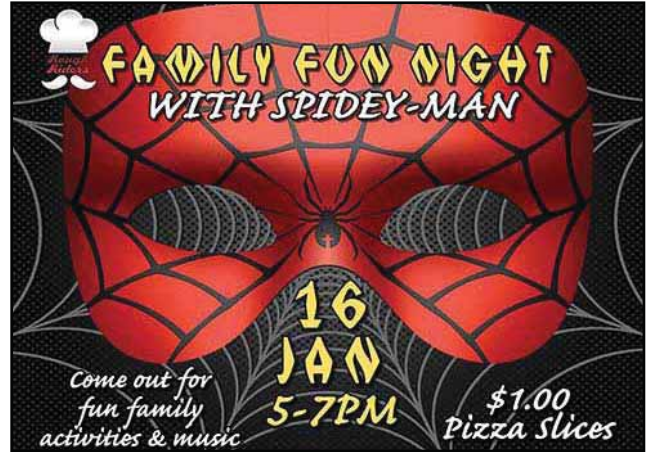
Dec 29 Friday Night Karaoke
 Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on December 29 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Jan 22-25 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 January 22, 23, 24, & 25 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 in December. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

Jan 6 Indoor Triathlon
 The Fitness Center is hosting a Indoor Triathlon on Saturday, January 6 at 8 a.m. How far can you run in 20 minutes, swim in 20 minutes, and bike in 20 minutes? This FREE event is limited to the first 50 participants. Registration is from December 29 to January 4. You'll receive a complimentary t-shirt for participating. Open to DoD I.D. card holders 16 years of age and older. For more information, call the Fitness Center at 723-2145.

Jan 6 New Year New You Fitness Event
 Start the new year off right by enjoying a great FREE fitness event. The Fitness Center is hosting the New Year New You fitness event on Saturday, January 6 from 9-11 a.m. in the aerobics room. This 2-hour multi class, multi instructor event is a terrific way to begin an exercise regime in 2018. For more details, call the Fitness Center at 723-2145.

Ski and Snowboard Rental
 Outdoor Recreation offers downhill and cross country ski rentals with daily, Saturday, weekend, and weekly rates. They also offer snowboard package rentals. For more information, call 723-3648.



Register January 2nd-19th
Trip January 26th-28th

DOG Sledding Trip TO ELY, MINNESOTA

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CHURCH DIRECTORY

<p>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</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p> 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</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am 1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 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.</p>	<p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>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</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 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 OF CHRIST</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> 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.</p>
<p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694 Sundays: 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</p>	<p>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</p>	<p> 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.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 - 5th Ave. NW 852-4853 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</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 8:30 am & 10:30 am Sunday Fellowship..... 9:30 am Wednesday Worship 6:45 pm Church School Wednesday 5:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org 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. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Calvary Alliance Church 715 20th Avenue NW Minot, ND 58703 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) 6:30 pm</p>	<p> West Minot Church of God Family Worship Center 1105 16th St. NW • 839-1407 Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352 westminot.com facebook.com/westminot</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i> 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</p>
<p> BREAD OF LIFE LUTHERAN CHURCH PASTOR TARYN MONTGOMERY Dec 30th 5:00 pm Worship Dec 31st 9:30 am Worship 1415 17th AVE SW, Minot 838-3360  BREADOFLIFEMINOT.COM</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. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>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.</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>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 10:00 am Sunday Worship 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p> Zion Lutheran ELCA 1800 Hiawatha St. 852-1872 Worship Times Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday..... 6:15 pm John Streccius, Pastor Carol Wendel, Pastor</p>	<p>ADVERTISE YOUR Church 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</p> <p>CONTACT TONYA call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p>	
<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>	<p> Vincent United Methodist Church 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</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>		

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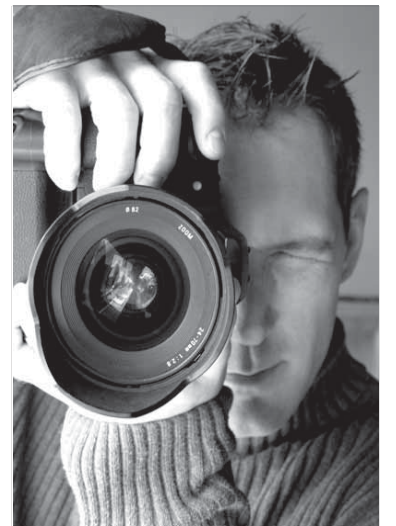
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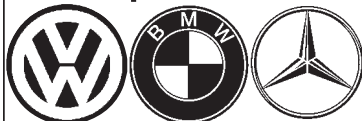
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8	6	4	7	2	9	1	5	3
2	7	3	1	5	4	9	8	6
1	5	9	6	3	8	4	7	2
5	8	2	4	9	3	7	6	1
4	1	7	2	6	5	3	9	8
9	3	6	8	7	1	2	4	5

Answers to puzzle from page 4

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BASE ANNOUNCEMENTS

TODAY

- For a complete listing of 5 FSS Facility Holiday Hours, visit 5thforcesupport.com
- Registration Opens for the Indoor Sprint Triathlon 20-20-20 at the Fitness Center
- Tactical Fitness, 0900, Fitness Center
- Christmas Vacation Special, 0900-1600, Bowling Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Get Fit Together Bowling, 1700-2000, Bowling Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Mixed Fun League, 1830, Bowling Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

SATURDAY

- For a complete listing of 5 FSS Facility Holiday Hours, visit 5thforcesupport.com
- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Get Fit Together Bowling, 1600-2000, Bowling Center
- Fight Night UFC#219 Cyborg vs Holm, Prelims at 1900 and Main Card at 2100, Rockers Bar & Grill
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

- For a complete listing of Facility Holiday Hours, visit 5thforcesupport.com

- Family Zumba, 1400, Fitness Center

MONDAY

- For a complete listing of Facility Holiday Hours, visit 5thforcesupport.com
- New Year's Day Lunch Special, 1030-1330, Dakota Inn Dining Facility

TUESDAY

- For a complete listing of Facility Holiday Hours, visit 5thforcesupport.com
- Registration Opens for the Dog Sledding Trip to Minnesota at Outdoor Rec
- Game Day, 1000-1930, Base Library
- Zumba, 1130, Fitness Center
- Drop 2 Sizes (D2S), 1200, Fitness Center
- Fitness & Sports Advisory Council, 1300, Fitness Center
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Youth Basketball & Cheerleading Registration Opens at the Youth Center
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Cycle, 1130, Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill

- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1730, Bowling Center
- Zumba, 1730, Fitness Center
- Water Safety Instructor (WSI) Certification Course, 1800-1900, Outdoor Rec

THURSDAY

- Last day to register for the Indoor Sprint Triathlon 20-20-20 at the Fitness Center
- New Hours start for the Indoor Pool. Visit 5thforcesupport.com for details.
- Yoga, 1000, Fitness Center
- Weight Lifting 101, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Weight Lifting 101, 1730, Fitness Center
- Mixed Couples League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

5 JANUARY

- Tactical Fitness, 0630, Fitness Center
- Zumba, 1130, Fitness Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Mixed Fun League, 1830, Bowling Center

JOINT SPOUSE from page 2

Program was passed. This program allows the military to grant up to three years to members who desire to take a pause from the military and attend to personal or professional needs outside of the service such as going to school, raising a child, writing a book or whatever that individual's dreams might be. It also allows the military member to take a leave of absence and return with the same rank as when they left. The Navy implemented the idea in 2009, and the Air Force adopted it in 2015.

At Squadron Officer School in 2016, Hale explained how the Air Force can allow joint spouses to stay together by letting them take on the CIP, which would not force couples to worry about being separated during their time of service.

"One of the biggest challenges we have faced as a dual-military couple is being stationed apart," said Ralph Hale, 22nd Operations Group executive officer and Millie's husband. "Knowing that the Air Force Personnel Center is taking steps to help alleviate that challenge, makes it easier for us to focus on our

duties at McConnell because we don't have to worry as much about where we will move next."

Millie said it was a culmination of brainstorming over her years in service. She shared a story about Lt. Jens Meinke, a German air force instructor pilot from Euro-NATO Joint Jet Pilot Training in 2012, which provided the inspiration to form an idea for her joint spouse retention project. The instructor was assigned from the German air force to come to America and teach international and American pilots how to fly. His wife was also in the German air force, so when he moved to America she followed him to the U.S.

Even though she didn't have a job in the U.S., she was able to receive a full salary from the German air force.

"The German air force considered it was their fault that she was there without a job," said Hale. "There was no intent to punish the couple for her not having a job in the United States at the same time he did."

Millie said she thought it was a very unique approach to see the German air force

so dedicated to keeping dual military spouses together at all costs.

"That really stuck with me," said Millie. "So when I was offered the opportunity to look into the joint spouse issue, it seemed like an easy solution. Luckily, a lot of people above me thought it was a great idea as well."

The Air Force has now implemented Hale's idea into the Career Intermission Program and are currently working on keeping joint spouses together during their time of service.

"It's incredible to me that she was able to take an Air Force-wide concern and work hard enough on her idea to be able to have an Air Force-wide influence," said Ralph. "I love that she was able to make a positive difference."

Capt. Millie Hale, 22nd Air Refueling Wing executive officer, and Capt. Ralph Hale, 22nd Operations Group executive officer, pose for a photo on a T-38 Talon Aug. 13, 2017, at Sheppard Air Force Base, Texas. While she was in pilot training, a German air force pilot instructor provided the inspiration for Hale's joint spouse proposal that was recently implemented into the Career Intermission Program.

COURTESY PHOTO

ANNOUNCEMENTS from page 11

- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center
- BGCA Passport to Manhood (Boys Only) Youth Lock-In, 2100-0600, Youth Center

6 JANUARY

- Indoor Sprint Triathlon 20-20, 0800, Fitness Center
- New Year New You Fitness Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Give Parents A Break, 1300-1700, CDC & School Age Care
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

ONGOING EVENTS

- Rough Riders Pizza Special December Special – Macaroni & Cheese Pizza Our delicious macaroni & cheese pizza is back!! January Special – Greek Pizza Our signature dough brushed with Extra Virgin Olive Oil and topped with roasted red pepper halves & Kalamata Olives. Topped with feta cheese and baked to perfection! 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 December Special – Eggnog Fog A Holiday drink comprised of

Earl Grey tea, vanilla syrup, and our seasonal milk choice, Eggnog. January Special – Hot Apple Chai Steamed Chai and apple juice swirled together and topped with whipped cream. Finished off with caramel drizzle and praline topping, this drink is sure to warm you up on a cold January day. Tall \$4.50 Grande \$5.00 Venti \$5.50

• Auto Hobby Specials December 21-31: \$1 off Tire Balancing – Regular Price \$6.50 per tire – SPECIAL PRICE \$5.50 per tire; Please ask for the special

• Winter Reading Program : 1 Dec, 2017 thru 1 Mar, 2018 Sign up for the Library's Winter Reading Program and stay warm with some good books!

• Registration open from 1 Dec, 2017 until 15 Feb, 2018. Adults and teens who read an log CSAF Reading list titles or books read for fun will receive prizes & chances to win bigger prizes! For more information or to sign up, visit tinyurl.com/MinotLibrary

• Winter Reading Program Squadron Contests: 1 Dec, 2017 thru 1 Mar, 2018 Registration is open from 1 Dec, 2017 until 15 Feb, 2018. The squadron whose active duty members read the most CSAF Reading List books and log them for the Base Library's Winter Reading Program will receive a certificate & bragging rights! For more information or to sign up, visit tinyurl.com/MinotLibrary

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