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Videos

Volunteering with the Stars

AIRMAN 1ST CLASS ALEXIS CHRISTIAN | 21ST SPACE WING PUBLIC AFFAIRS

PETERSON AIR FORCE BASE, Colo. (AFNS) -- She felt exhausted, mentally, physically, and emotionally. Seeing what these children went through on a daily basis was enough to break her heart. To her they were so strong, and being able to give them a safe place to be vulnerable was an amazing opportunity. All she wanted to do was to hug them and take away their pain.

Tech. Sgt. Rebecca Place, 21st Medical Squadron primary care element noncommissioned officer in charge, and two other volunteers participated in Snowball Express in Dallas, Dec. 9-13, 2017. Snowball Express is an all-expenses paid event for children of fallen military members. This event is meant to offer them five days of fun, hope, friendship and new memories during the holiday season.

This is not the first volunteer event these volunteers have attended that caters to Gold Star families. This was the first Snowball Express for two of them, however, they have all volunteered with the Tragedy Assistance Program for Survivors. TAPS is a support program for anyone who has lost a loved one in the military. They offer seminars, camps, retreats and online chat groups so families never have to feel alone.

These programs are meant to provide emotional support

and healing for families who have lost military family members. They also give these families a chance to meet each other and form new bonds with others who have gone through similar situations.

"These kids' worlds have been turned upside down by a loss, then a secondary loss when they were disconnected from their military communities," said Marnie Herbert, 21st Medical Squadron mental health technician. "They are reconnecting with others just like them. They support each other during the grief process and help each other not to feel so alone."

These events give military members a chance to see the impact they have on the families of the fallen. Place started her journey with the TAPS program back in 2001. At the time, she was stationed in Washington D.C. as a member of the United States Air Force Honor Guard. After spending months performing funeral ceremonies at Arlington National Cemetery, she realized that she didn't really get to interact with the families as much as she had hoped.

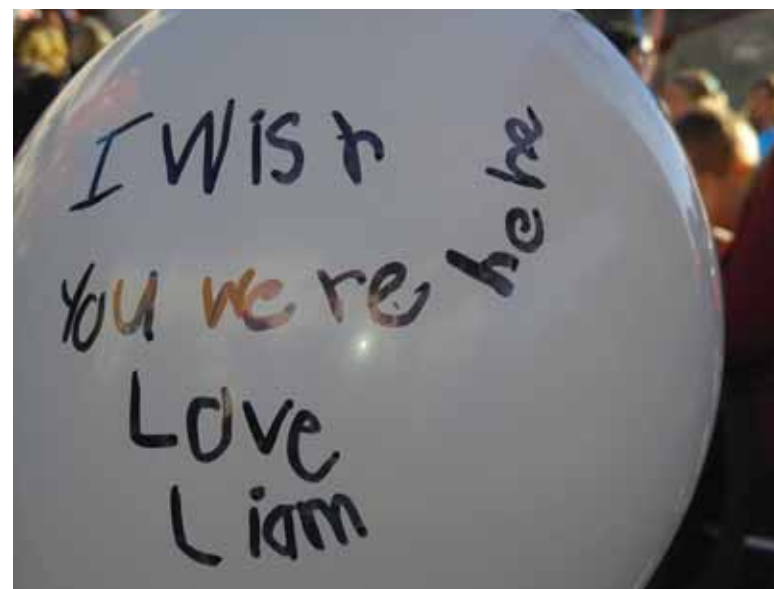
"Once I volunteered at my first TAPS Nationals over Memorial Day weekend, I was hooked," Herbert said. "This was a way to give back to these families and let them keep their military connection."

TAPS events are meant to give grieving families a safe

space and the tools to help them heal, and to connect them with other families that understand what they are going through. These events are powerful and emotional, and not just for the families involved, but also for the mentors. The staff makes sure that mentors are also getting proper self-care and support.

During these events some mentors can feel overwhelmed, or find themselves reliving past griefs. For these instances, chaplains are always available for the mentors to speak to, or they can step out and take a break before returning to their mentee.

"I think there's something very powerful and humbling about being a support for a hurting child," said Herbert.



COURTESY PHOTO

Balloons with messages written for deceased military members by their children were released at Snowball Express in Dallas, Texas, Dec. 9, 2017. Balloon send-offs offer children a chance to share a special message with those they have lost.

"So many military members have also experienced loss themselves and I've seen healing during the mentor's journey by drawing on the strength of the kids."

Herbert explained how volunteering at these events

can really help military members see how they are part of a big community. For some, it offers comfort knowing that should something happen to them,

Continued on page 12



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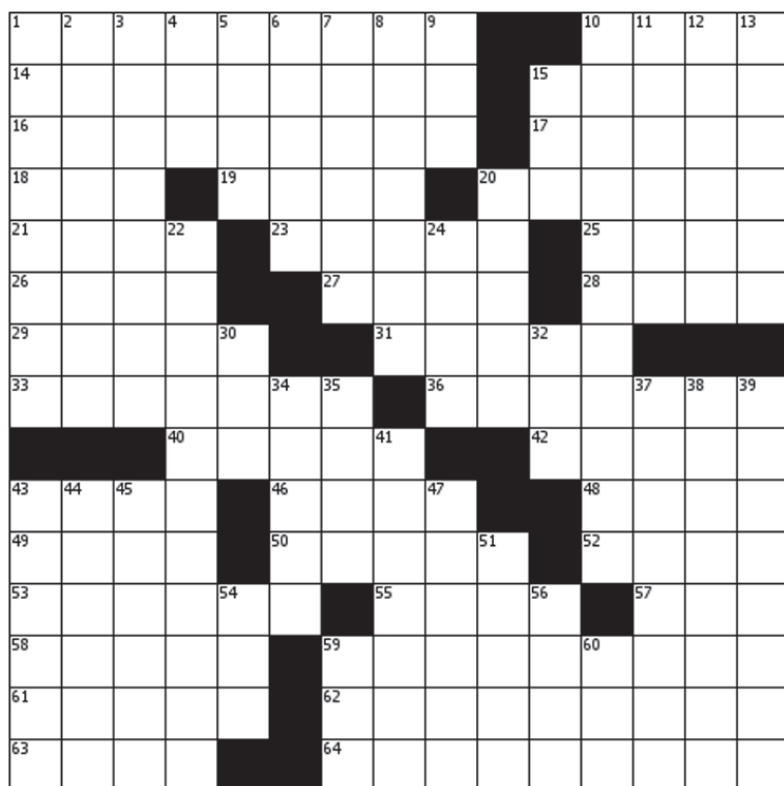
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CROSSWORD PUZZLE

Across

1. Gets out of Dodge
10. Raised seam
14. Typically
15. Berra teammate
16. Loss of all civil rights, in law
17. Have ___ to play
18. Dr. of rap
19. Caesar namesakes
20. 1954-55 NBA Rookie of the Year
21. "The Merry Drinker" painter
23. Uplift
25. Isn't used
26. "I'm ___!"
27. Big Apple cardinal
28. Head tail?
29. Paganini's birthplace
31. Words before "the cold" or "the open"
33. New parent, maybe
36. Mercury's had wings
40. Like some panels
42. Galley mark
43. Jack of "Rio Lobo"
46. Biblical kingdom doomed in Obadiah
48. Cordelia's father
49. Prefix with cross
50. la king?
52. Driving place
53. Promote
55. Subject of a split
57. USSR successor
58. Mall competition
59. Trunk items
61. Tank type
62. Awareness
63. China's ___ Hsiao-ping
64. Masseur's concern



Down

1. Honk provokers
2. Limited-access online system
3. Article lead-in
4. Actress Bartok
5. Tres y tres
6. "L.A. Law" character
7. Duck characteristic
8. Way back when
9. "___ durn tootin'!"
10. As is
11. Steamy
12. Demon of Semitic lore

13. Trypanosome transmitter
15. Wild West?
20. Gram leader
22. Item on a resolution list
24. Cross-shaped letters
30. Trouble
32. Bizet's "Symphony ___"
34. Argus-eyed
35. Georgia's northwesternmost county
37. Calling trio
38. Inclinations
39. Highlights
41. Hair-raiser?
43. Kelly of clowndom
44. Not fancy at all
45. It serves Manhattan's west side
47. Women's prison VIP
51. Big name in theaters
54. Caribou cousin
56. Miss's equal?
59. Show need: Abbr.
60. Nickelodeon pooch

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

M	A	W	S		O	S	M	I	C		F	A	C	T
E	L	A	L		D	E	A	N	A		A	C	H	E
S	U	G	A	R	D	A	D	D	Y		T	R	E	E
A	M	E	B	A	S		D	R	U	T	H	E	R	S
S	S	R		Z	A	G		A	S	H	E			
			P	E	R	O	T		E	R	R	A	T	A
O	H	N	O		E	U	R	O		O	T	T	E	R
W	E	E	P	S		D	A	M		B	I	N	E	T
N	A	R	C	O		A	P	E	S		M	O	M	S
S	P	O	O	F	S		S	N	A	R	E			
			N	A	T	S		S	U	E		S	P	Y
E	G	G	C	R	A	T	E		R	E	S	C	U	E
G	A	L	E		V	I	V	A	I	L	P	A	P	A
O	V	E	R		E	L	E	N	A		A	L	A	S
S	E	N	T		D	E	L	O	N		N	E	S	T



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SATURDAY, JANUARY 13 • 1700
SUNDAY, JANUARY 14 • 1500

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FACEBOOK

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OUT THE TRUE MEANING OF ITS CREED:"WE HOLD THESE TRUTHS TO BE
SELF-EVIDENT, THAT ALL MEN ARE
CREATED EQUAL." ...I HAVE A DREAM THAT
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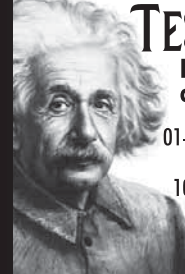
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Oreo Cheesecake Cookies



INGREDIENTS:

3/4 cup butter, room temperature
3 ounces cream cheese, room temperature
1 cup sugar
1 egg yolk
1 teaspoon vanilla
2 cups All-purpose flour
1/2 teaspoon salt
1 cup crushed Oreo's
3/4 cup mini chocolate chips

INSTRUCTIONS:

Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper. Cream the butter, cream cheese and sugar together in the bowl of an electric mixer. Add in the egg yolk and vanilla. Mix until combined. Slowly add in the flour and salt until just combined. Fold in the crushed oreo's and mini chocolate chips. Scoop heaping tablespoonfuls of dough onto the prepared cookie sheets. Gently press down with the back of a spoon to flatten a bit. Bake for 10-12 minutes, or until edges are slightly golden. Let cool at least 10 minutes before serving. Enjoy!



Legendary Winter in North Dakota Drill a Hole, Drop a Line, Delight in the Ice

NORTH DAKOTA LEGENDARY

As temperatures across North Dakota begin to cool down, ice fishing activity heats up. And nowhere is it quite as hot as on Devils Lake (<http://tourism.devilslakend.com/>), widely considered one of the world's premier spots to ice fish. Aptly nicknamed the "Perch Capital of the World," Devils Lake regularly offers up two-pound perch, as well as healthy-sized walleye, northern pike and white bass.

At its origins, ice fishing was a

means for survival on the plains. Today, it is a popular outdoor sport that anyone can do, regardless of skill level. You don't need a boat, which makes the activity more accessible, and there is an array of outfitters (<http://tourism.devilslakend.com/devils-lake-fishing/guide-services/>) in the Devils Lake area to make the experience a comfortable and successful one. Join avid fishing enthusiasts – or, find a quiet and serene spot – and discover for

yourself the thrills of winter fishing on Devils Lake.

Ice Fishing in North Dakota video is available on YouTube at <https://www.youtube.com/watch?v=YDgIWJSCFzk> or download the original video and high resolution images at <http://ow.ly/V34m30hAiGZ> using the password "FishND".

For more ice fishing destinations in North Dakota, go to <http://www.ndtourism.com/articles/winter-fishing-nice-be-ice>.

Military Appreciation Day

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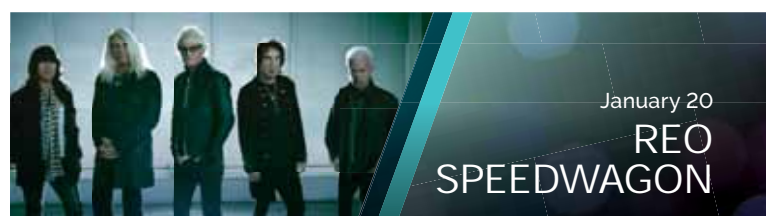
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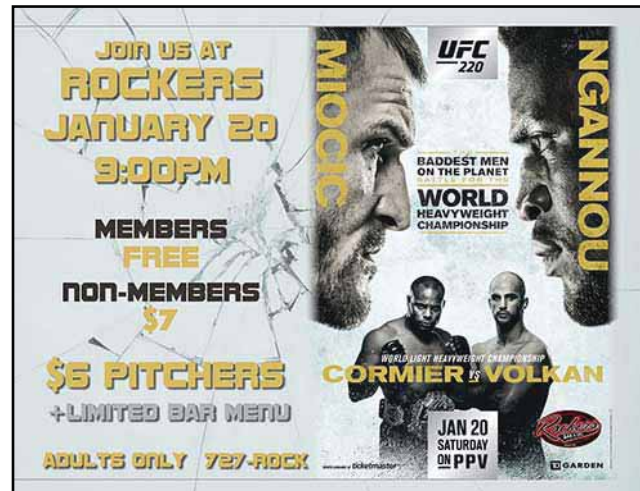
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UFC 220 Pay-Per-View Coming To Rockers On January 20



Club members receive FREE admission to the UFC 220 pay-per-view event at Rockers Bar & Grill on Saturday, January 20. Non-members price is only \$7.

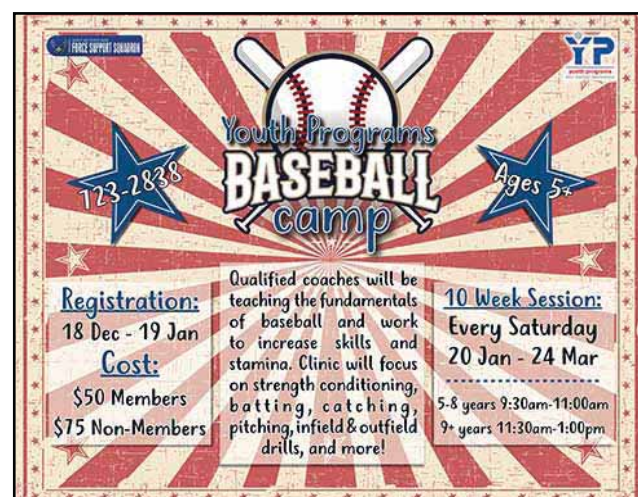
Baseball Camp Coming To Youth Center Starting Jan. 20

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

The action features the UFC Heavyweight championship bout between current champion Stipe Miocic and #1 ranked challenger Francis Ngannou. In addition, a UFC Light Heavyweight championship bout is scheduled featuring current champion Daniel Cormier and #2 ranked Volkan Oezdemir. A UFC Featherweight battle will see Calvin Kattar taking on Shane Burgos while a heated UFC Light Heavyweight bout is expected when Gian Villantea Calvillo goes up against Francimar Barroso. The main card also features a featherweight showdown between Kyle Bochniak and Brandon Davis as well as additional exciting UFC action.

The UFC 220 pay-per-view action takes to "The Octagon" starting at 9 p.m. This is an adults only event - no children. For more details, call Rockers Bar & Grill at 727-ROCK.



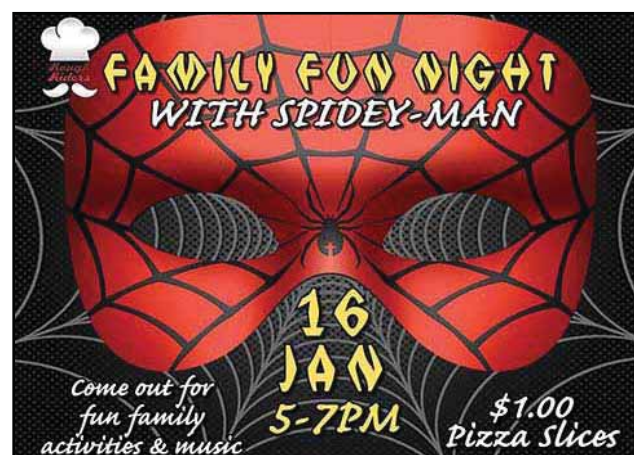
January 19. For more information, please contact the David C. Jones Youth Center at 723-2838.

Lifeguard Certification Course Offered By ODR



Get certified at the Lifeguard Certification Course offered by Outdoor Recreation from February 10-18. There will be a skills test on February 10 at 9 a.m. The online course will take place from February 11-16 with the practice skills and final test scheduled for February 17 & 18 from 9 a.m. to 6 p.m.

Cost for the Lifeguard Certification Course is \$200. Registration deadline is February 2. Class size is limited so sign up today! If you have ever wanted to become a lifeguard you don't want to miss this great opportunity. For more information, please call Outdoor Recreation at 723-3648.



CLUB MEMBER DRAWING ON FRIDAY, JANUARY 12 WILL BE FOR \$850.

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, January 12 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.



TEAM MINOT BATTLE RIG CHALLENGE - WED., JAN. 31 - 11AM - FITNESS CTR
FREE - Open to adults 18 years of age & older - Maximum of 50 participants
 Registration January 17-29. For more information, call the Fitness Center at 723-2145.

FAMILY and YOUTH EVENTS & PROGRAMS

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 18 **Creative Kids Class**

Have fun making winter snow flakes during the Creative Kids class at the Arts & Crafts Center on Thursday, January 18 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. Call the Arts & Crafts Center at 723-3640 for more information.

Jan 25 **Star Wars Game Night**

Teens, tweens, and adults are sure to enjoy Star Wars Game Night on Thursday, January 25 starting at 6 p.m. at the Base Library. Test your Star Wars knowledge and board game skills with a variety of Star Wars themed games including team trivia, Defeat the Empire, and more! For more information on this FREE event, call 723-3344.

Youth Basketball and Cheerleading

The Youth Center is holding Youth Basketball and Cheerleading registration for Youth Center members 3-12 years of age now 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. For more information, call 723-2838.

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.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 12 **Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on January 12 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 19 **Wine & Paint Class**

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, January 19 from 6-8 p.m. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided. Pre-registration is required at the Arts & Crafts Center from January 9-18. Limited seating available. Class is open to adults 17 years of age and older only. Wine is not included. You must provide your own wine if desired. For more details, please call the Arts & Crafts Center at 723-3640.

"I HAVE A DREAM" **Dakota Inn Dining Facility**
Monday, 15 Jan 1030-1330

	Fried Chicken Quarters	\$2.75
	Pork Chops Smothered w/Onions & Gravy	\$3.50
	Baked Macaroni & Cheese	\$0.60
	Sautéed Green Beans & Mushrooms	\$0.90
	Glazed Carrots	\$0.35
	Hoppin John	\$0.35

Jan 16 **Tot Fitness Instructional Class**

The Youth Center is offering 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. Monthly cost is \$40 for Youth Center members and \$60 for non-members. A shot record is required to register. To enroll, please visit the Youth Center. For additional details, call the Youth Center at 723-2838.

Jan 18 **MLK Day Bowling Special**

Rough Rider Lanes is offering a Martin Luther King Day all-day bowling special on Thursday, January 18 starting at 9 a.m. Strike up some fun and bowl for \$2.75 per game and shoe rental of only \$1.75. Plus, it's a Red Pin day, get a strike when the head pin is a red pin and receive a free game coupon (one free game coupon per person per game). For more details, call Rough Rider Lanes at 727-4715.

Tot Open Gym

The Youth Center is offering Tot Open Gym for children 5 years of age and under on Monday, Wednesday, and Friday from 9:30-11 a.m. Every week, a different fitness focus is 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 information, call the Youth Center at 723-2838.

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

Happy Birthday!



Christopher Howard
turns 1 on
January 16!

Join the Birthday Club!

E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.

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

DOG Sledding Trip TO ELY, MINNESOTA

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Cost

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16 GRAND CARAVAN

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16 HONDA ODYSSEY

EX-L Leather
#K01111, New, 25 MPG

\$22,500

16 CHEVY TRAVERSE

2LT AND
#K02110, DTD, New, Leather

\$23,500

18 CHEVY EQUINOX

2LT AND 20L Turbo
#K02710, America Star

\$26,500

14 SIERRA 1500

SLT Crew 4x4 271
#K02310, New, Bow

\$32,000

13 CHEVY SUBURBAN

AWD LTZ
#K07111, New, DTD, Bow

\$22,000

13 SILVERADO 1500

Extended Cab LT 271 4x4
#K07713, Like New, Bow

\$21,000

17 CHEVY CRUZE

LT Hatchback
#K05110, New, Sun

\$16,000

15 SILVERADO 3500HD

6.0L Vortec LTZ
#K02710, Snow Plow Prep

\$40,000

12 FJ CRUISER

TRD Off-Road Pkg.
#K02510, Like New, Bow, New Tire

\$25,000

15 CHEVY TAHOE

AWD LTZ
#K02010, New, DTD

\$33,000

16 F-250 LARIAT

6.7L Turbo Diesel
#K04510, LOADED

\$44,000

13 SIERRA 1500

Denali Crew 4x4
#K00751, 4.2L, New, Bow

\$28,500

17 CHEVY TRAX

LT AND
#K01811, 20 MPG

\$15,500

16 FORD FOCUS

SE Hatchback
#K01911, 36 MPG

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<h4>2015 FORD F-350 CREW</h4> <p>#7689NA LARIAT AND</p> <h1>N.A.D.A.: \$47,935</h1> <p>\$52,525</p>	<h4>2016 HONDA ACCORD</h4> <p>#1480APC SEDAN EX-L</p> <h1>N.A.D.A.: \$22,911</h1> <p>\$24,275</p>	<h4>2012 CHEVY TAHOE LT</h4> <p>#8718NB AND</p> <h1>N.A.D.A.: \$21,994</h1> <p>\$24,975</p>	<h4>2015 FORD F-150 CREW</h4> <p>#9149ZA LARIAT AND</p> <h1>N.A.D.A.: \$34,956</h1> <p>\$40,275</p>	<h4>2012 FORD F-150 CREW</h4> <p>#7900QA KING RANCH AND</p> <h1>N.A.D.A.: \$27,956</h1> <p>\$29,250</p>

Sales Leaders for December

Jesse Bourgo	Gary Wunderlich	Robin Sletby	Paul Polstut	Dean Olson	Ron Smestad	Lyle Davis	Rich Aasen	Trevor Henry	Mark Smith	Kashyap Patel
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CHURCH DIRECTORY

<p>Little Flower Catholic Church</p> <p>800 University Avenue West 838-1520</p> <p>Mass Schedule</p> <p>Saturday 5:30 pm Sunday 8:30 & 11:00 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 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> Harvest Reformed Church</p> <p>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> An Evangelical Free Church</p> <p>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> Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>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</p> <p></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>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am 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>Congregational UCC</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST </p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship. 8:30 & 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School 9:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carllyle Roth, Pastor www.stmarksminot.com</p> <p> Call or check out our website for more information.</p>
<p> Immanuel Baptist Church</p> <p>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>Apostolic Faith Church, UPCI</p> <p>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> St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA</p> <p>120 - 5th Ave. NW 852-4853</p> <p>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</p> <p> Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>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>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:30 am & 10:30 am Sunday Fellowship 9:30 am Wednesday Worship..... 6:45 pm Church School Wednesday 5:45 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> First Baptist Church</p> <p>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> Calvary Alliance Church</p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>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> West Minot <i>Church of God Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>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</p> <p>westminot.com facebook.com/westminot</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> BREAD OF LIFE ELCA LUTHERAN CHURCH</p> <p>1415 17th AVE SW 838-3360</p> <p>Saturday Worship 5:00 pm Sunday Worship 8:30 & 11:00 am Sunday Education..... 9:45 am</p> <p>Pastor Taryn Montgomery</p> <p><i>Everyone Welcome</i> Breadoflifeminot.com </p>	<p> OUR REDEEMER'S CHURCH</p> <p><i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p> Cross Roads Baptist</p> <p>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>First Assembly of God</p> <p>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> Vincent United Methodist Church</p> <p>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 Mary Johnson www.vincentumc.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p> <p></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>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p> Zion Lutheran ELCA</p> <p>1800 Hiawatha St. 852-1872</p> <p>Worship Times Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday..... 6:15 pm</p> <p>John Streccius, Pastor Carol Wendel, Pastor</p>	<div> <div> <p>ADVERTISE YOUR</p> <h1>Church</h1> </div> <div> <p><i>Advertise</i></p> <p>FOR ONLY \$7 PER WEEK</p> <p><i>Revisions</i></p> <p>MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i></p> <p>TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> </div> <div> <p>CONTACT TONYA</p> <p><i>call</i> 701-839-0946</p> <p><i>email</i> NSADS@SRT.COM</p> <p><i>fax</i> 701-839-1867</p> </div> </div>	

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

Answers to puzzle from page 4

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 <p>\$179,000</p> <p>NICE TOWNHOME – Convenient one level living. 2 bedroom, 1 ¾ baths. Kitchen has lots of cabinets and pantry. Master bedroom suite, 2nd bedroom plus a bonus room. Maintenance free front porch. Double garage.</p> <p>MLS #180077</p>	 <p>\$130,900</p> <p>CHARMING – 4 bedroom, 3 bath, 1 ½ story home. Good sized kitchen. Master bedroom and full bath on main level. 3 bedrooms and ¾ bath on upper level. Updated electrical, new furnace, central air. Newer roof. Attached double garage.</p> <p>MLS #172335</p>	 <p>\$259,900</p> <p>RANCH STYLE – 4 bedroom, 3 bath home in SW area close to shopping and entertainment. Island and lots of storage in kitchen. Master bedroom suite. Lower level family room, bedroom and ¾ bath. Double garage.</p> <p>MLS #172632</p>
 <p>\$249,900</p> <p>MOTIVATED SELLER – Price reduced on this roomy, totally refinished 5 bedroom, 1 ½ story home. Spacious kitchen, 12x26 deck off dining room. Main level has 1 bedroom, 2 upper level bedrooms and the master and another bedroom in basement. Triple garage. Reduced Price.</p> <p>MLS #180020</p>	 <p>CONGRATULATIONS TIM KNUTSON TOP PRODUCER, DECEMBER 2017</p>	 <p>\$209,900</p> <p>NICELY UPDATED – Ranch style home with 3 main floor bedrooms, full bath, updated kitchen and dining room. Walkout basement has master suite with deluxe bath, laundry and workshop. Large .42 acre lot in NW Minot with great view.</p> <p>MLS #171344</p>
 <p>Ric Montoya 240-0749 grigio92@aol.com</p>	 <p>Easy as 1, 2, 3 1. We don't capture your name 2. You contact us only when you're ready 3. You search everything on the Minot MLS</p>	 <p>Susanne Hoskin 833-0160 susanneh@srt.com</p>

BASE ANNOUNCEMENTS

TODAY

- Tactical Fitness, 0630, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at the Education Center
- Fit to Fight, 1130, Fitness Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness 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

TUESDAY

- Dakota Inn MLK Day Lunch Special, 1030-1330, Dakota Inn Dining Facility
- Boots to Business Workshop, 0800-1600, A&FRC
- Tot Fitness Instructional Class, 0900-0930, Youth Center
- Game Day, 1000-1930, Base Library
- Fit to Fight, 1130, Fitness Center
- Family Fun Night with Spidey-Man, 1700-1900, Rough Riders Pizza
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle/Strength, 1930, Fitness Center

WEDNESDAY

- Registration Opens for the Team Minot Battle Rig Challenge at McAdoo Fitness Center
- Circuit Training, 0600, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC
- 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
- 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

THURSDAY

- Last day to register for the Wine & Paint Class at the Arts & Crafts Center
- Martin Luther King All-Day Special, 0900-2100, Bowling Center
- Yoga, 1000, Fitness Center
- Creative Kids Class, 1030-1100, Arts & Crafts 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
- Urban Boot Camp, 1830, Fitness Center
- Pro Team Get a Jacket League Starts, 1830, Bowling Center
- Cycle/Strength, 1930, Fitness Center

19 JANUARY

- Last Day to register for the Dog Sledding Trip to Minnesota at Outdoor Rec
- Last day to register for Youth Programs Baseball Camp at the Youth Center
- Tactical Fitness, 0630, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Express Cycle, 1200, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill
- Zumba, 1700, Fitness Center

SATURDAY

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Star Wars Spectacular, 1300, Base Library
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

SUNDAY

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

MONDAY

- Federal Holiday – Martin Luther King Jr. Day
- For a complete listing of FSS Facility Holiday hours visit 5thforcesupport.com


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 <p>08 Toyota Sienna Must Seel Loaded & ready to go! \$8,995</p>	 <p>08 Toyota Camry LE Great Car! Only 107,000 miles. \$7,195</p>	 <p>04 Jeep Wrangler SE 4x4, 5 Speed Manual, 128K \$7,995</p>
 <p>05 Chevy 1500 Extcab 4x4, 165K, Nicest one around, MINT! \$10,995</p>	 <p>05 Chevy Impala LS 104K, Brand new tires, Remote! \$3,995</p>	 <p>09 Buick Lacrosse 33K, "Little old lady car", Like New! Remote! \$9,995</p>
 <p>04 Chevy 1500 LS 4x4 Crewcab, 146K, Very Nice, Remote Start \$10,995</p>	 <p>08 Pontiac G6 GT 4dr, 97,000 miles, Runs/Drives Great! \$5,995</p>	<p>See the rest of our inventory at www.Karz4-U.com</p>


MINOT PAPER LOCATIONS



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

- Northern Sentry Office | 315 South Main Street, Ste 202
- Grand Hotel | 1505 N Broadway
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Main Marketplace | 1930 S Broadway St
- Holiday Inn Riverside | 2200 Burdick Expressway East
- M&H Gas Station | 25 Burdick Expressway E

If you are interested in having the Northern Sentry delivered to your business, let us know.
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- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Yoga, 1800, Fitness Center
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- 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

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

20 JANUARY

- Rough Riders Pizza Special January Special –Greek Pizza.
- B-Fifty Brew Drink Special January Special – Hot Apple Chai
- Tot Open Gym at the Youth Center: Starting 3 Jan – Mon, Wed, Fri • 0930-1100
- Every week a different fitness focus will be available for Tot Open Gym Time at the Youth Center. Parent or adult must be present and active with the children at all times. For more information contact the Youth Center at 723-2838
- Winter Reading Program : 1 Dec, 2017 thru 1 Mar, 2018 Sign up for the Library's Winter Reading Program and stay warm with some

JANUARY IS CERVICAL CANCER AWARENESS MONTH

According to the CDC, half of cervical caners occur among women who are rarely or never screened. Guidelines recommend women 21-65 years should be screened. Are you up to date? Did you know Minot AFB has a Women's Health Clinic? Call 701.723.5633 to schedule your visit with Women's Health today!

VOLUNTEERING from page 2

there are people who are going to make sure their families are taken care of.

"TAPS really piqued my interest as I work in mental health, but I'm also a military spouse and have young kids whose identity is framed around being raised in the military lifestyle," said Herbert. "It was so touching to watch kids who have attended before reach out to the first time attendees and show them the ropes."

At the end of these events, mentors are encouraged to continue their relationship with their mentee, in hopes that when they attend another event they will be paired

again. This helps create a level of comfort for the child to help continue their journey with someone who already has an understanding of their situation.

"The bonds that you form with these kids are incredible," says Place. "I've kept in contact with many of my 'kids' over the years and have watched them grow into amazing young men and women who are now doing great things in the world."

It might seem difficult to imagine discussing grief with a child. Place says there can be a fear that the child won't like you and that you might say something wrong. She



COURTESY PHOTO
More than 1,700 family members and mentors gathered for the Snowball Express balloon release in Dallas, Texas, Dec. 9, 2017. The event brings together children of fallen military members and gives them a chance to relate to other children going through the same experiences.

explained that if you just follow the child's lead, then everything will be OK.

The very first event that Herbert attended was a TAPS

Suicide Survivor Seminar. She was nervous about the heaviness of the event, and that the connection with her child wouldn't be as organic as everyone said it would be.

"Here I am, a 33-year-old adult, worried that this kid wouldn't like me," says Herbert. "Just the opposite happened-- we were perfect for each other."

Herbert continued by explaining, these kids really look up to the mentors that volunteer at these events. They provide a level of support that influences them greatly.

"I kept hearing different survivors during Snowball Express saying that once they saw a TAPS person, they knew they would be okay," said Place. "They have a

level of trust in us that we can help them with anything. You form bonds with them that you didn't think you could."

Herbert feels these events offer up a great opportunity to help out in the military community and make a difference in the life of a child who has lost so much. Each experience is unique and has a different impact on the mentee and the mentor.

"One thing is very clear," said Herbert. "Every volunteer leaves having learned a life-changing lesson. Each lesson is personal to the individual, but it's exactly what they need at that moment."

To find upcoming TAPS events near you go to www.TAPS.org.

PRESS ADVISORY: 5th Aircraft Maintenance Squadron Consolidated Facility Ribbon Cutting

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The 5th Aircraft Maintenance Squadron will host a ribbon cutting to introduce their new, consolidated facility at Minot Air Force Base, Friday, January 12, at 2 p.m.

In 2009, the 69th Aircraft Maintenance Unit was stood up along with the 69th Bomb Squadron at Minot AFB. The 5th Bomb Wing gained 10

B-52s, along with the additional manpower to maintain these aircraft. Essentially, the 5th Aircraft Maintenance Squadron doubled in size, driving the requirement for a larger facility. This consolidated building will bring the men and women of the 5th Aircraft Maintenance Squadron together, from six separate locations, to more effectively and efficiently serve

the mission of the 5th Bomb Wing.

Media interested in attending the ribbon cutting should RSVP by calling Master Sgt. Jeremy Larlee at (701) 723-6212 or email v35bw.pa@us.af.mil no later than 4 p.m., Thursday, January 11. They will be asked to meet public affairs personnel at the Minot AFB Visitor's Center at 1 p.m., January 12.

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