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Videos

Their continuing mission: Hurricane Hunters gather data for winter storms

TECH. SGT. RYAN LABADENS | 403RD WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. (AFNS) -- Some people might think that when hurricane season comes to an end, so does the mission of the Air Force Reserve "Hurricane Hunters." But that's not the case.

For members of the 53rd Weather Reconnaissance Squadron, also known as the Hurricane Hunters, the hurricane tasking is only one part of their overall data-gathering mission. Hurricane Hunters track winter storms off the East and West Coast of the United States and in the Gulf of Mexico. While the normal flying season for these missions runs Nov. 1 to March 31, some missions can take place either before or after these dates depending on the weather that season.

"So far this season, the Hurricane Hunters have flown two winter storm missions, one today and the other Jan. 3. The data from these and other winter storm missions help forecasters determine what type of weather conditions these storms might bring to coastal communities and even further inland, whether it be freezing rain, sleet, ice or snow," said Maj. Christopher Dyke, 403rd

Operations Group weather standards and evaluation officer.

Dyke said the Hurricane Hunters fly their WC-130J Super Hercules aircraft on predetermined tracks to collect weather data such as air pressure, temperature, humidity, wind speed and direction, and global positioning system information. The dropsondes used to collect this data are released from the aircraft through a specialized cannon and parachute down toward the water's surface.

"We collect this dropsonde data, which gives the modelers a full profile -- from 30,000 feet down to the surface -- of what the atmosphere looks like. That data gets ingested, or pulled, into the model, and that marks 'hour zero,'" said Dyke, referring to the starting point for the winter storm forecast models projected by meteorologists at the National Centers for Environmental Prediction, a division of the National Oceanographic and Atmospheric Administration. "So, that helps bring the model in line with reality so that it reduces the error as it goes forward."

While the NCEP collects

some of its forecasting data from buoys in the water and weather satellites in orbit, Dyke said the data the Hurricane Hunters gather can help fill in key information gaps in the NCEP forecasting models.

"For those areas where you don't really have a lot of data to work with for initializing or starting the model, those are the areas where we help supplement it with data," said Dyke, who mentioned this data can provide 20 to 25 percent improvement in forecasting accuracy.

Dyke noted some of the main differences between the winter storm and hurricane hunting missions. While the National Hurricane Center provides the Hurricane Hunters with taskings for hurricane missions, the NCEP actually provides them with flight paths, called synoptic tracks, for the winter storm missions, which can last anywhere from five to 12 hours depending on the storm's location and number of drop points for the dropsondes.

"Also unlike hurricane missions, which take 53rd WRS aircrews into and through the storms, winter storm missions have the Hurricane Hunters fly ahead



U.S. AIR FORCE PHOTO | TECH. SGT. RYAN LABADENS

Aircrew members from the 53rd Weather Reconnaissance Squadron "Hurricane Hunters" taxi a WC-130J Super Hercules aircraft to its parking spot on the runway at Keesler Air Force Base, Miss., after a winter storm flight Jan. 12, 2018. In addition to their hurricane taskings, Hurricane Hunters fly winter storm missions to gather weather data used by forecasters in generating models for systems that could affect the East, West or Gulf Coast of the United States.

of storm systems, releasing dropsondes anywhere from 27,000 to 32,000 feet to gather a vertical profile of data for NCEP forecasters to use in their weather models," said Maj. Brad Roundtree, 53rd WRS pilot. "Hurricane flights, however, normally occur no more than 10,000 feet above sea level. We actually try to fly as low as possible and straight through the storm (for hurricane missions) to pinpoint the center of circulation and gather all the data for forecasting the speed and movement of the storm, whereas for a winter storm we fly as high as possible and try to get out in front of it to take measurements of the atmosphere that it's actually going to be moving through."

Another difference between hurricane and winter storm missions is the data transmitted by the Hurricane Hunters is

gathered solely through the dropsondes, whereas hurricane flights incorporate a horizontal data profile gathered from instruments on the plane as it flies through the storm, as well as visual information gleaned by the 53rd WRS aerial reconnaissance weather officers from watching the water's surface, such as wave activity.

"Overall, this information can help emergency managers and government officials determine what actions they may need to take in preparation for these winter storms," said Roundtree. "Just like the hurricane mission, this is all to help cities and local governments to prepare for these events so they can save time and money on the amount of preparations they do, and most importantly help to save lives with these preparations," said Roundtree.

Wellness for mission success

STAFF SGT. HEATHER HEINEY | 403RD WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. (AFNS) -- Physical health is at the core of a person's ability to complete their mission. If they are injured or sick, or exhausted, they might be able to show up and do work, but their effectiveness will be diminished.

"Often times when we feel overwhelmed when trying to balance our lives, we choose to eliminate areas like getting adequate sleep, exercising, eating right and paying attention to any type of physical illness until we feel like we have the necessary time," said Nicole Mayzner, 403rd Wing director of psychological health. "As much as it may be hard to imagine fitting these type of things into an already packed schedule, these areas are actually beneficial to maintain for a variety of reasons."

While being healthy is

important all the time, when preparing for a deployment it's even more important to focus on adopting a healthy diet and regular exercise routine.

Lt. Col. Stuart Rubio, 815th Airlift Squadron Flying Jennies commander, has been training and preparing his squadron for future deployments since he took command two years ago.

"The deployed environment can put a lot of stress on your body," Rubio said. "Whether it's dealing with the heat, the long hours, or simply executing your job in and out of the combat environment. The more physically fit you are, the better your body is able to handle these stresses."

Three facets of preserving health include sleeping well, eating nutritiously and exercising regularly.

Sleep well
"Sleeping is not only essential to daily functioning and recharging, sleeping can also help you cope with

stress, enhance problem solving abilities, strengthen your immune system and help your body repair itself from physical injury or illness," Mayzner said.

"When our bodies do not get enough sleep over just a 24-hour period of time, our productivity is decreased by 25 percent."

She also said that lack of sleep decreases concentration, impacts memory, increases risk for many health issues, causes weight gain, ages skin, and increases the amount of the stress hormone cortisol that is released from a person's body.

"One of the most beneficial ways to ensure a healthy lifestyle is to prioritize your sleep, the same as you do your best eating and exercise habits," said Maj. Jaime Harvey, chief of Human Factors and Operational

See Wellness on page 8

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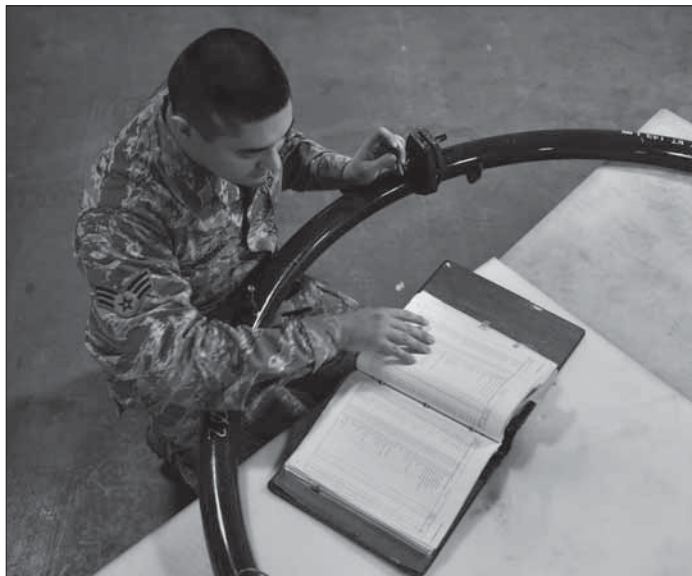
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791ST MAINTENANCE: BEHIND THE SCENES

Airmen from the 791st Maintenance Squadron resource flight are responsible for maintaining, inspecting, repairing special purpose vehicles, nuclear certified equipment and parts to the Minuteman III Intercontinental Ballistic Missile. The flight here at Minot Air Force Base, N.D. is operated by 38 Airmen who ensure equipment is operational and mission ready.

U.S. Air Force photos | Airman 1st Class Dillon J. Audit



Wellness for mission success – manage stress

STAFF SGT. HEATHER HEINEY | 403RD WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. (AFNS) -- (Editor's Note: This is the second in a four-part series on how individual wellness contributes to mission success and why it's beneficial for Reserve Citizen Airmen to preserve health, manage stress, create balance and find meaning.)

Stress is an inevitable part of life and military life in particular.

Nicole Mayzner, 403rd Wing psychological health director, said not all stress is negative, and the problems with stress usually arise when it is ignored and continues to build.

"It is very important to practice stress management and determine the techniques that work for you because unaddressed or unmanaged stress typically comes out negatively and can have

a significant impact on overall health, relationships, mood and sleep," Mayzner said.

Physical issues can include headaches, sleep disorders, upset stomach, increased blood pressure and weight gain or weight loss. Mood issues can include anxiety and short temper or increased irritability, depression and inability to focus or be motivated. Changes in behavior can include social withdrawal, increased drinking, outbursts and less time taken for positive self-care like exercising or healthy eating.

Stress is often

See Manage Stress on page 8

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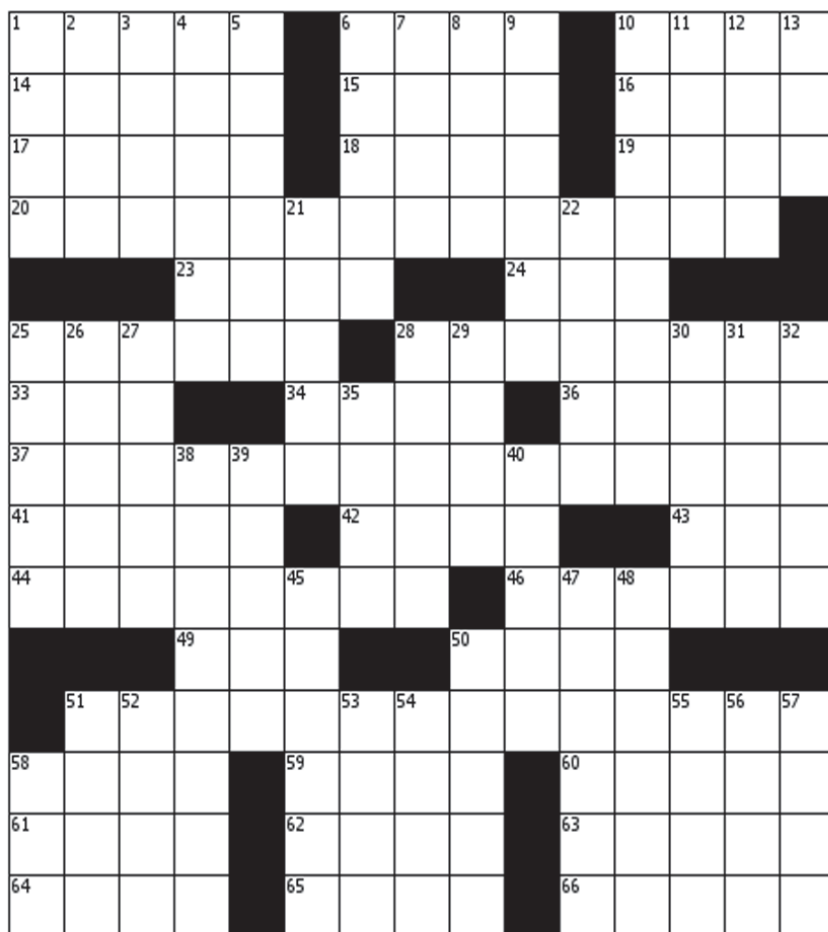
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CROSSWORD PUZZLE

Across

1. Opposite of deplete
6. Kings or Wizards, e.g.
10. Line-___veto
14. On the up-and-up
15. Beastly sort
16. Implicate
17. Outdated anesthetic
18. Cool one's heels
19. Hardly a libertine
20. "Halt!"
23. Very small amounts
24. Unrealistic potato chip portion
25. "Love Will Keep Us Together" songwriter
28. Port on the Barge Canal
33. Lennon's widow
34. Kin of nah
36. Half of an odd couple
37. "Halt!"
41. Sound of spring, for some
42. Kind of chamber
43. Lend it or bend it
44. Mall tenant needs
46. Parched feeling
49. Animated chihuahua
50. 500, to a stationer
51. "Halt!"
58. Type of board
59. Bedfellow
60. Wane (with "out")
61. Toward one side of a ship



62. Melancholy
63. "Granny" Ryan
64. Closing document
65. Sunrise direction, in Sonora
66. They're for the birds

Down

1. Novelist Waugh
2. Parcel (out)
3. Certain foreign leader
4. Naptime in Salamanca
5. Run in the raw
6. Hamlet's relatives
7. "Heavens to Betsy!"
8. Like Death Valley
9. Shower participant?
10. Broken
11. Seamen
12. Give off
13. "Little Women" woman

21. "A Bell for ___"
22. Fly in the ointment
25. Jerks make them
26. Son of Cain
27. "Tiny Bubbles" singer
28. Construction particulars, briefly
29. Part of a Beatles refrain
30. Type A's medical problem, supposedly
31. Fiction's Marner
32. Exercise, as influence
35. Kaput
38. Best reviewed
39. Displaying listlessness

40. Choral work
45. Infuriate
47. Millinery adjunct, perhaps
48. Arriver's phrase
50. Group three with thee?
51. Tactic of 44-Across
52. Sloth's home
53. Troubles
54. Superabundance
55. Holiday times abroad
56. It may be due on a duplex
57. "___ Tu" ('70s hit)
58. Father, informally

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

R	I	D	E	S	A	W	A	Y			W	E	L	T	
O	N	A	V	E	R	A	G	E		M	A	R	I	S	
A	T	T	A	I	N	D	E	R		A	R	O	L	E	
D	R	E		S	I	D	S		P	E	T	T	I	T	
H	A	L	S		E	L	A	T	E		S	I	T	S	
O	N	I	T			E	G	A	N		A	C	H	E	
G	E	N	O	A				O	U	T	I	N			
S	T	E	P	D	A	D		S	A	N	D	A	L	S	
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E	L	A	M		E	D	O	M			L	E	A	R	
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M	A	R	K	E	T		A	T	O	M		C	I	S	
E	T	A	I	L			T	I	R	E	I	R	O	N	S
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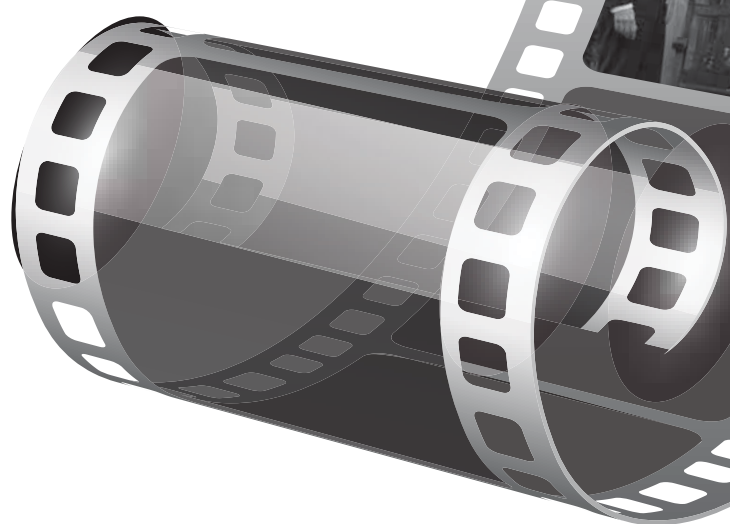
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Garlic Cheese Bombs



INGREDIENTS:

24 frozen Rhodes dinner rolls
1 lb. mozzarella cheese brick
Garlic Butter
1/2 cup unsalted butter
1 tsp. garlic powder
1 Tbsp dried parsley
1/4 c. grated Parmesan cheese (optional)

INSTRUCTIONS:

Place 24 Rhodes frozen dinner rolls onto a cookie sheet or other clean surface. Cover with plastic wrap and let thaw for about 2 1/2 hours, or until soft and no longer frozen. Cut 24 cubes of mozzarella cheese. Cut them as small or large as you'd like, depending on cheesiness preference. Place butter in a small microwave-safe bowl. Cover and heat in the microwave for 30 seconds, or until melted. Add garlic powder, dried parsley, and Parmesan cheese. Flatten each thawed roll and wrap completely around a cube of cheese so you can't see it. Stack the rolls in a greased bundt pan and brush with garlic butter. Cover with plastic wrap and allow to rise for another 30 minutes. Remove wrap and bake at 350°F for 35-40 minutes, or until dark golden brown. Cover with foil last 15 minutes of baking. Do not under bake or the rolls will be doughy. When it's time to serve, either invert the pan and slide the bombs out onto a plate, or pull them directly out of the pan individually without flipping. Serve with pizza sauce or marinara sauce.

A Women's Perspective Women's Invitational Exhibition Opens 2018 Season

TAUBE MUSEUM OF ART

The Taube Museum of Art opens their 2018 Season featuring a Women's Invitational Exhibition in the Full Gallery. The exhibition dates are from January 9 - February 16, 2018. The women in this exhibit range in age and life experiences, as does their art involvement. It was on that basis they were invited to participate, as well as their involvement with the Taube Museum of Art over the years. Some have been involved for over 20 years, like Linda Olson and Judith Greenwood; and others for just a few years, such as Susana Amundarain, Ruth

Ganes and Marilyn Niewoehner. There are working and retired art educators, established practicing and emerging artists represented in the exhibition. Collectively their work displays a uniquely feminine perspective in the shared environment of the museum setting.

There are nineteen local and regional women artists included, with a total of 63 works of art, in a diverse range of media; just to name a few there are mixed media works on canvas by Carol Fielhaber, Raku ceramic works by Amanda Fimreite, Glass works by Kathy Monti, and photography by

Jill Roloff.

An artist reception, which is free and open to the public, will be held on Thursday, January 18th from 5:30 - 7:00 pm. Hors d'oeuvres and wine will be served.

Museum and Gift Shop hours: Tues - Fri 10:30 - 5:30 pm, Sat 11:00 am - 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts. The exhibition is made possible with support from the North Dakota Council on the Arts.

Homework Help

ND SU EXTENSION COLUMN

Did you know that in the early 20th century, homework was considered a positive exercise that could strengthen the mind, which then was thought to be a muscle?

In the 1940s, homework fell out of favor because it was considered "rote," or repetitive, learning and the shift in education was away from memorizing in favor of problem solving. Homework returned in the 1950s with the advent of new technologies and the space race, with a concern that American education lacked rigor.

In the 1960s, homework was blamed for taking up time that families wanted for social, outdoor and creative activities for their children. In the 1980s and 1990s, homework was considered the answer to mediocre education and, later, the need to raise academic standards.

That history is interesting, but it won't help your child learn his or her spelling words, get those multiplication tables memorized or figure out how algebra will help him or her in real life. We

hope these tips will.

- Casually time how long your child actually takes to do the work. The rule of thumb for early grades is to multiply about 10 minutes per day times your child's grade, on average. If your first-grader is working more than 10 minutes a night, every night, or your fifth-grader is spending more than 50 minutes each night on homework, you likely need to talk to the teacher.

- Get to know your child's teachers. Attend school conferences and read everything your child brings home, including the handbook. Learn what the teacher expects and is looking for in your child's work. Ask questions and learn how to check on your child's work.

- Design a homework-friendly space in your home. This area needs good lighting, school supplies, and limited traffic and noise.

- Schedule a regular time for homework. Right after school? After a snack? Before free time? Observe what works best for your family and stick to the plan as closely as possible so it becomes a healthy homework habit.

- Write your own lists, read your own books, do your own banking. If your children see that you, too, are working and

thinking at the table, they will be more likely to stick with their homework. Adults can help best by asking good-quality questions, reading directions and helping students realize that they will be able to do the work with thought and practice. However, don't do their homework for them. Children need to do their own homework.

- Help your child with time and project management skills. A quick review of the backpack will help determine if this will be a short or long homework night. Start with the hard homework and end with the fun or easier homework, when energy levels are depleted.

Although the debate about homework continues today, much of the research points to its value when used appropriately. Homework should be purposeful, and at a proper level and amount for the student. Parents should not have to act as enforcers but rather be available to listen, ask guiding questions and encourage their students.

For more tips on school kids (kindergarten through sixth grade), check out the North Dakota State University Extension Service's Parenting Post newsletters at www.ag.ndsu.edu/cff/parenting-posts-archive.

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Over \$1,400 In Prize Giveaways During Super Sunday Party

The NFL Playoffs are down to the final 4 teams all vying for a chance to compete in Super Bowl 52. Rockers Bar & Grill invites you to catch all the action on Sunday, February 4 during their Super Sunday Party. Doors will open at 4 p.m. with kick-off tentatively set at 5:30 p.m.

The Super Sunday Party features a tailgating buffet beginning at 5 p.m. (while it lasts). The buffet will feature plenty of delicious items including brats, subs, meatballs, 7-layer dip with chips,

and more. Admission for the Super Sunday Party is FREE for club members and \$7 for non-members.

Rockers is offering a wing special (in house or carry-out) featuring a bucket of 50 wings for \$45 or a bucket of 100 wings for \$90. Beer and drink specials will also be available.

Besides great food and football action, you'll have an opportunity to register for a chance to win awesome door prizes. Adults (18 years and older) can register at the event for over \$1,400 in prize giveaways. Prizes include a Wampler massage chair valued at \$800, a LED HDTV, a One Fire Lock and Go barbecue grill, a soft cooler/picnic set, an NFL cooler, gift cards, and other great items. Winners must be present to win.

The Super Sunday Party at Rockers Bar & Grill and local prize giveaways are sponsored by I. Keating Furniture, Verendrye Electric Cooperative, and First Command Financial Services. *No Federal Endorsement of Sponsors Intended.*

This is an adults only event. A limited menu will be available for purchase. For additional details, call Rockers Bar & Grill at 727-ROCK.

Illusionist Mike Super Coming To Doolittle Center On Feb. 13

Mike Super's life has been characterized by an obsession and passion for magic. Now Minot AFB personnel have an opportunity to enjoy a FREE live, family-friendly show featuring this award winning illusionist and magician on Tuesday, February 13 at 6 p.m. at the Jimmy Doolittle Center. Seating is limited and first come, first served.

Mike's ever-growing popularity has garnered him many prestigious awards, including being the only magician in history to win a LIVE magic competition on primetime US network television. In addition, he was voted America's Favorite Mystic on NBC's hit TV show PHENOMENON.

Attendees have the option of enjoying a delicious pasta buffet prior to the performance from 4-6 p.m. Cost is \$5 for club members, \$10 for non-members, \$2 for club members children ages 5-12, \$4 for non-members children ages 5-12, and children 5 and under free.

For additional information, call the Jimmy Doolittle Center at 723-3731.

FREE Admission For Club Members To UFC 220 Pay-Per-View

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.

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.

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 19 WILL BE FOR \$900.

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 19 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 23 **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 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.

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

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.

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.

Feb 1 **Harry Potter Night**

Harry Potter fans are invited to celebrate the Harry Potter series by J.K. Rowling at the Base Library on Thursday, February 1 at 6 p.m. Enjoy trivia, games, snacks, and activities during this FREE event. Open to teens, tweens, and adults. For additional information, please call the Base Library at 723-3344.

Feb 12 **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 February 12 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.

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.

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 19 **Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on January 19 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.

Feb 17 **Heart Healthy Cardio Event**

Get your heart pumping and enjoy some healthy exercise! The Fitness Center is hosting the Heart Healthy Cardio Event on Saturday, February 17 from 9-11 a.m. in the aerobics room. This 2-hour event features a variety of cardio and is a terrific way to get some exercise. The Heart Healthy Cardio Event is open to all DoD ID card holders 16 years of age and older. For more details, call the Fitness Center at 723-2145.

DOG Sledding Trip TO ELY, MINNESOTA

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

COST

	Active Duty & Dependents	All other POP ID Card Holders
SINGLE ROOM:	\$215/person	\$420/person
DOUBLE ROOM:	\$115/person	\$330/person
TRIPLE ROOM:	\$90/person	\$300/person
QUAD ROOM:	\$65/person	\$285/person

Come on a dog sledding adventure with Outdoor Recreation. You will be sledding through the majestic Superior National Forest in the Heart of Minnesota. You will get to drive your own dog team and have lunch on the lake. Price includes dog sledding day trip, two nights lodging & transportation.

Air Force Annual Awards Banquet KID'S NIGHT OUT

at the Youth Center
Ages 5-18
5:30PM-9:30PM

91 MW-9 FEB
5 BW-20 FEB
Cost is \$30/Child
Free for Deployed

POPCORN, MOVIES, GAMES, PIZZA

723-2838

JANUARY KIDS SWIM

JANUARY 25
1:30-3:30PM

Beat the winter blues with the FREE Kids Swim at the Indoor Pool!

HOMESCHOOLING FAMILIES ARE WELCOME TO ATTEND

*PARENT OR GUARDIAN MUST BE PRESENT & ACTIVE WITH CHILDREN AT ALL TIMES

723-3648

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723-3648

Enjoy steamed chai and apple juice topped with whipped cream and finished with caramel drizzle & praline topping

Hot Apple Chai

Tall: \$4.50
Grande: \$5.00
Venti: \$5.50

January Special

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MANAGE STRESS from page 3

increased for Reserve Airmen and their families when they are preparing for, undergoing, or returning from a deployment.

Mayzner said a key way to manage deployment stress is to prepare for it in advance.

"Regardless of whether it is your tenth deployment or first, every deployment is different in some ways," she said. "If an individual goes into their deployment with the expectation of things being the same for

themselves or those involved back home, they are likely going to experience increased stress and difficulties both on the deployment as well as on the home-front."

Communication is also essential to minimizing stress before, during, and after a deployment. Mayzner suggested having homecoming and reintegration plans in place and then communicating those plans with friends and family members before

returning from deployment.

"When individuals wait until after they return to start having these conversations, there are often conflicts that emerge from unrealistic expectations from both the person deployed and the people at home," she said. "If things are discussed during the deployment and in advance of returning home, this has significant impact on reducing stress experienced by all."

Mayzner also said it's important for Airmen and family members to give themselves time to adjust. This includes adjusting to

the new environment and routine during a deployment and the resumption of roles or re-establishing routines once back home.

"Both yourself and those back home establish new routines and habits during deployments, and it helps if you allow yourself and others some time to re-establish things and work together on the process of deciding the new normal," she said. "Often, people feel they need a significant amount of time to set aside for stress management techniques, but it can be done in as little as a few minutes."

Also, she said Airmen often report their means of handling stress in terms of future events, such as vacations or future time with family, and neglect to practice anything in the meantime.

"I compare stress management to brushing your teeth," Mayzner said. "It is something you need to do daily, and hopefully more than once per day. It does not take long, but the benefits are well worth it."

A few techniques she suggests are deep breathing, going for a run or walk, creating art, journaling, practicing yoga, blowing bubbles with kids, laughing,

talking to a friend, listening to or playing music, taking a bath or anything that a person finds relaxing.

"It is important to take time out each day for some relaxation and quiet time for your mind," Mayzner said. "It will have substantial impacts on you as even 10-15 minutes per day can help to rejuvenate and recharge your batteries."

Mayzner also said that on a recent survey she distributed to the 403rd Wing the top three stressors reported were work, finances and weight/physical shape, and the top three means of handling stress were talking to friends, going to the gym or running, and talking to a significant other.

Patricia Jackson, 403rd Wing Airman and Family Readiness Center director, said it's important to manage stress because when left unmanaged, stress can become detrimental to one's body and mind.

"Stress can get the better part of a person when it becomes a problem," Jackson said. "Remember, we cannot eliminate stress in our life, but what we can do is manage

See Manage Stress on
Page 12

WELLNESS from page 2

Safety Issues, Headquarters Air Force Safety Center.

"And one of the key ways you can do that is by trying your best to maintain a regular wake and sleep pattern, every day of the week."

Some tips for people who would like to improve sleep from the office of the Air Force Surgeon General include setting a regular bedtime, creating a winding down routine at the end of the day, setting a regular wakeup time, allowing enough time to sleep seven to nine hours a night, avoiding electronics before bed and being mindful of the effect food and drinks have on their body.

There is also a free sleep resource available to military veterans at <https://www.veterantraining.va.gov/insomnia/index.asp>.

Eat nutritiously
Joy Schaubhut, 81st Training Wing Health Promotion Program coordinator, said that to maintain a healthy diet, people should have a balance of fat, carbohydrates and protein for each meal because it slows digestion to help people stay full longer and improves vitamin absorption. When broken down she recommends 23-35 percent of calories should come from fat, 10-35 percent from protein and 45-65 percent from carbohydrates.

She also suggests eating breakfast every day, filling half of each plate with fruit and vegetables, choosing lean protein and fat free or low fat dairy products and fish, making half of all grains in a diet whole grains, eating smaller portions more often, eating one serving of nuts or seeds per day, and limiting calories from sugar to no more than 100 calories per day. For more information on healthy eating and recipe ideas, visit <https://www.choosemyplate.gov>

Exercise regularly
Mayzner said that exercising regularly can help people get more done by boosting their energy and ability to concentrate, increasing positive moods, and helping better manage physical and mental stress by increasing concentrations of norepinephrine, which is a chemical in your brain that helps moderate the brain's response to stress.

"More often than not, exercising is an effective means of stress relief for many of us," Mayzner said.

"In fact 62 percent of 403rd Wing participants in a recent mental health survey reported that going to the gym or running was one of the means they used to handle stress."

Working out for even 30 minutes a day, a few times a week can significantly boost a person's mood and

can also alleviate symptoms of depression or anxiety. For added benefit, Mayzner suggested going for a run outside in the sunshine (with sunscreen) for additional Vitamin D because it can also help lessen the chance of experiencing depressive symptoms.

For some, finding the time to maintain a fitness routine can be the most difficult part. Rubio said he makes time for fitness by making it a priority in his schedule.

"For me, that means I get my workout in first thing in the day," he said. "I know that trying to get it in during the work day or after work is not a reliable strategy."

He said he also utilizes a fitness coach and occasionally takes part in group workouts because exercising with someone else adds a social element and a means of accountability.

"There are going to be times when you don't feel motivated to work out, but knowing you'll leave your workout partner hanging if you don't show up, can be just the push you need to get out the door," he said.

"However you do it, having a long term plan of when you're going to work out and what you're going to do for those workouts greatly increases the chances that you'll actually do them," Rubio said.



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<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> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule</p> <p>Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule</p> <p>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 Carlyle Roth, Pastor www.stmarksminot.com</p> <p> Call or check out our website for more information.</p>
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<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 Church of God <i>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>Vincent United Methodist Church</p> <p> 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>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>
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9	4	5	8	1	7	6	2	3
7	3	8	4	2	6	5	9	1
6	2	1	5	9	3	7	4	8
3	5	4	1	7	8	9	6	2
8	9	7	2	6	5	3	1	4
1	6	2	9	3	4	8	7	5
2	8	3	7	4	9	1	5	6
5	1	9	6	8	2	4	3	7
4	7	6	3	5	1	2	8	9

Answers to puzzle from page 4

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MLS #180112



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PRICE REDUCED – 4 bedroom, 2 bath manufactured home in Prairie Bluffs. Electric fireplace in living room, large family room, deck off dining, kitchen with island. Detached double garage.

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CONGRATULATIONS

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Thad Tarasen
240-6737
thad@minothomes.com



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BASE ANNOUNCEMENTS

TODAY

- 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
- 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

SATURDAY

- Youth Programs Baseball Camp Starts Today at the Youth Center
- Tactical Strength & Fitness, 0900, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Yoga, 1000, Fitness Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center
- FIGHT NIGHT: UFC 220 Miocic v Ngannou, 2100, Rockers Bar & Grill

SUNDAY

- NFL Sunday Ticket Football Frenzy, 1130-1800, Rockers Bar & Grill

- Annual Sportsmen's Feed, 1200-2000, Jimmy Doolittle Center
- Family Zumba, 1400, Fitness Center

MONDAY

- Registration opens for the Terry Peak Ski/Snowboarding Trip at Outdoor Rec
- Tactical Fitness, 0630, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Newbery Book Club, 1530, Base Library
- Yoga, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Zumba, 1830, Fitness Center

TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Tot Fitness Instructional Class, 0900-0930, Youth Center
- Game Day, 1000-1930, Base Library
- Fit to Fight, 1130, Fitness Center
- Off-Base Budget Class, 1430-1600, A&FRC
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle/Strength, 1930, Fitness Center

WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Right Start, 0730, A&FRC, held at the Base Theater
- Club Member Benefit, Every Wed, 0900-2000, Bowling Center
- Parent & Tot Fit Kids, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Circuit Training, 1130, Fitness

- Center
- Pre-Deployment Readiness Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, 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
- Dakota Inn Quarterly Airmen Birthday Meal, 1730-1830, Dakota Inn Dining Facility
- Squadron Extramural League, 1730, Bowling Center
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY

- Yoga, 1000, Fitness Center
- Weight Lifting 101, 1100, Fitness Center
- Muscle Pump, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- January Kids Swim, 1330-1530, Indoor Pool
- Off-Base Budget Class, 1430-1600, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Weight Lifting 101, 1730, Fitness Center
- Star Wars Game Night, 1800, Base Library
- Mixed Couples League, 1830, Bowling Center
- Pro Team Get a Jacket League Starts, 1830, Bowling Center
- Zumba, 1830, Fitness Center
- Cycle/Strength, 1930, Fitness Center

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- 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

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26 JANUARY

- 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
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Give Parents A Break, 1800-2200, CDC & School Age Care
- 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

27 JANUARY

- Tactical Strength & Fitness, 0900, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Yoga, 1000, Fitness Center
- EFMP Family Bowling Camp, 1500-1800, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center



2018 AFGSC Superintendent Course

Chief Master Sgt. Shelly Haskett, 5th Mission Support Group superintendent, briefs various Air Force Global Strike Command superintendents at Minot Air Force Base, N.D., Jan. 8, 2018. This was the first time the course was held at Minot AFB.

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



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MANAGE STRESS from page 8

it.”

Techniques Jackson suggests for managing stress are eating a healthy diet, getting adequate sleep, exercising, meditation, setting aside leisure time to recharge, talking through problems with a counselor, avoiding large intakes of caffeine and sugar, and prioritizing what’s most important.

The Airman and Family Readiness Center serves as a hub for resources that can help reservists, guardsmen, active duty and their families to manage stress. They offer workshops periodically and can also connect Airmen and families with resources like the Military and Family Life Counselor program, Troop and Family Counseling Service, Mental Health Clinic, American Red Cross and Military OneSource.

There are also several phone applications that were developed to help people cope with stress:

Breathe2Relax utilizes hands-on diaphragmatic breathing exercises. It uses graphics, animation, narration and videos to deliver an immersive experience for the user. Some features include customizable backgrounds and music, immersive tutorial videos, a body scanner to display the effects of stress, graphing to track effectiveness and audio narration.

Mindfulness Coach was developed for people who may be experiencing emotional distress and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to augment face-to-face care with a health care professional. However, it’s not intended to replace psychotherapy or other treatment for those who need it. Some features include walkthroughs for nine forms of mindfulness meditation, a session log for tracking mindfulness practice and educational materials about the benefits of mindfulness.

LifeArmor features information on 17 topics including sleep, depression, relationship issues and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Videos relevant to each topic provide personal stories from other service members, veterans and military family members.

Parenting2Go was developed by the National Center for Telehealth and Technology and the Veterans Affairs Office of Mental Health Services as part of the Department of Defense/VA Integrated Mental Health Strategy. Parenting2Go and the companion online course, Parenting for Service Members and Veterans, provides tools to help parents reconnect with their families after a deployment and build closer relationships with their children.

T2 Mood Tracker allows users to monitor and track emotional health and was originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments.

Virtual Hope Box supports behavioral health in service members and military families and was designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction and positive thinking.