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## POW/MIA: Never forget

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA M. AKERS

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### Videos



# Indo-Pacom Wraps Up Valiant Shield 2018

PETTY OFFICER 1ST CLASS DANICA M SIRMANS | NAVY RESERVE - NAVY PUBLIC AFFAIRS SUPPORT ELEMENT WEST

ANDERSEN AIR FORCE BASE, Guam (AFNS) --

U.S. military forces from the U.S. Indo-Pacific Command wrapped up exercise Valiant Shield 2018, Sept. 23rd, around the Marianas Island Range Complex and on Guam.

Participants included the aircraft carrier USS Ronald Reagan (CVN 76), 15 surface ships, more than 160 aircraft and approximately 15,000 personnel from the U.S. Navy, Air Force, Army and Marine Corps.

"The Marianas Island Range Complex is a premier training environment that allows the joint force a unique opportunity to come together and train side-by-side at the high end in an at-sea environment," said exercise director Rear Adm. Daniel Dwyer. "It's extremely important. In any future conflict, no service will go alone. Any opportunity that we can come together to train as a joint force, makes us that much more lethal and capable."

Valiant Shield is a U.S. only, biennial field training exercise aimed at ensuring the joint force is ready to conduct a wide range of combat operations.

VS-18 was postponed due to Typhoon Mangkhut. The units based out of Guam, as well as the visiting units, quickly adjusted their training exercise to a defense support of civil authorities mission. More than 3,000 personnel were dispatched to assist with clean up, deliver supplies and assist with utilities.

"The U.S. military is not a fair-weather force," said Dwyer. "We'll fight in any

conditions; day or night. This is just real-world operational training for us. It has been great for the crews to adapt, overcome, plan and execute. I am incredibly proud of the joint force coming together."

This year's exercise was peppered with a few firsts. The Army attended for the first time this year as they led the Multi-Domain Task Force with the 17th Field Artillery Brigade.

Army Lt. Col. Joe Hansen, MDTF commander, said he'd developed three priorities in support of Valiant Shield; to validate and improve communication systems and architecture, facilitate and integrate artillery capabilities in the Indo-Pacific maritime environment, and inform and improve upon the multi-domain operational discussion.

The MDTF is at the piloting stages on the trajectory to operational use, but another series featured in this year's exercise introduced a new shallow-mine capability update from previous iterations.

Following an Air Force and Marine Corps pairing from Valiant Shield 2016, this year the Air Force's B-52 bombers of the 96th Bomb Squadron with the Navy's P-8A Poseidon maritime patrol aircraft of Patrol Squadron Five (VP-5) deployed and assessed an updated Quickstrike precision mine outfit for the first time.

"In the past, the mines were dropped by gravity weapons, so the B-52s and bombers had to be low to meet their accuracy," said Air Force Capt. Craig Quinnett, Quickstrike's B-52 test lead. "With Joint Direct Attack Munition and the Quickstrike-extended range

weapon we have the ability to deploy precision mines from a standoff role which gives us a huge capability."

Valiant Shield concluded with a sink exercise, which provided the opportunity to find, fix, track, and finish a target at sea.

"SINKEX gives us that opportunity to do an end-to-end test of our joint capabilities," said Dwyer. "It's been incredible to watch the teams

come together to become more capable and more lethal."

During VS-18, U.S. forces exercised a wide range of capabilities and demonstrate the inherent flexibility of joint forces. The range of capabilities included maritime security operations, amphibious operations, anti-submarine and air-defense exercises.

This is the seventh exercise in the Valiant Shield series that began in 2006.

The aircraft carrier USS Ronald Reagan (CVN 76), foreground, leads a formation of Carrier Strike Group Five ships as Air Force B-52 Stratofortress aircraft and Navy F/A-18 Hornet aircraft pass overhead for a photo exercise during Valiant Shield 2018 in the Philippine Sea Sept. 17, 2018. The biennial, U.S.-only field-training exercise focuses on integration of joint training among the Navy, Air Force and Marine Corps. This is the seventh exercise in the Valiant Shield series that began in 2006.

U.S. NAVY COURTESY PHOTO | MASS COMMUNICATION SPECIALIST 3RD CLASS ERWIN MICIANO



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MASTER SGT. KRISTIAN CARTER | 433RD AIRLIFT WING

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

A reserve aeromedical evacuation crew from the 433rd Aeromedical Evacuation Squadron with the 433rd Airlift Wing, Joint Base San Antonio-Lackland, Texas, was flying to support patient transport missions out of Andrews Air Force Base, Maryland when they came together to save the life of a man suspected of having a heart attack Sept. 19.

About 45 minutes into the commercial flight from Dallas to Maryland a 74-year-old man sitting next to Staff Sgt. April Hinojos, 433rd AES aeromedical evacuation technician, complained to his wife that he felt faint.

Hinojos heard this and asked the man some questions to gauge how he was feeling. She said the man's eyelids started to flutter, and he stopped responding. Hinojos immediately got assistance moving him to the floor and evaluating his condition.

"He didn't have a pulse, so we immediately started (chest) compressions," said Hinojos.

The man's wife started

yelling for a doctor.

"I had just started the movie and through my headphones I hear someone screaming for help," said Maj. Carolyn Stateczny, flight nurse.

She said she thought, "Screaming for a doctor means something is going on."

The pilot came over the intercom, and asked if any medical personnel were on the plane.

The rest of the aeromedical evacuation crew, which was scattered throughout the plane, started working their way to Hinojos and the man.

The flight attendants assisted Stateczny by collecting the plane's medical supplies for the medical crew. Stateczny then got the automated external defibrillator from the flight attendants and prepared it for use. Capt. Justin Stein,

A reserve aeromedical evacuation crew from the 433rd Aeromedical Evacuation Squadron with the 433rd Airlift Wing, San Antonio, Texas, gathers at the airport after saving a life on a commercial flight.

COURTESY PHOTO

He had no pulse."

The man's wife was very distraught throughout the ordeal, so the crew requested that she be moved to the rear of the plane, so they could gather the man's medical information from her.

Stateczny requested that the plane land so the man could get required medical attention.

After getting the automated external defibrillator pads on the man, Stateczny said he moaned, developed a pulse and started to show signs of recovery. They continued with oxygen and kept trying to start an IV.

"He slowly started arousing," said Stateczny. "It took some time, and he could tell us his name. He started getting some color, and then asked 'What's going on?'" The man thought he had just passed out.

The plane diverted to Little Rock, Arkansas, where emergency medical services were waiting to take over patient care.

The aeromedical evacuation squadron members serve in a variety of careers such as nurses, medical technicians, administrative specialists and more. The 433rd AES is ready to fill the need when events like natural disasters, war or routine medical transportation by air is required. AES crews typically consist of five people, two nurses and three medical technicians. The crew carries with them the necessary equipment to turn any cargo aircraft in the Air Force into a flying ambulance almost instantly.

**"I'VE BEEN A NURSE FOR SIXTEEN YEARS; IN MY EXPERTISE, I THOUGHT HE WAS DEAD. HE WAS COMPLETELY GRAYISH, HIS LIPS WERE BLUE, AND HIS EYES HAD ROLLED TO THE BACK OF HIS HEAD. HE WAS NOT RESPONDING AT ALL. HE HAD NO PULSE."**

-MAJ. CAROLYN STATECZNY

flight nurse, attempted to start the man on intravenous fluids, but was unable, because his blood vessels were constricted due to the suspected heart attack.

Tech. Sgts. Robert Kirk and Edgar Ramirez, both aeromedical evacuation technicians, worked on the man's airway and provided oxygen. 1st Lt. Laura Maldonado, a flight nurse, assisted the rest of the crew by working with the flight attendants and providing supplies as needed.

At this point, the crew was unsure if the man was going to recover.

"I've been a nurse for sixteen years; in my expertise, I thought he was dead," Stateczny said. "He was completely grayish, his lips were blue, and his eyes had rolled to the back of his head. He was not responding at all.

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#LifelongLearner



## WHAT IS THE AIR FORCE LEARNING SERVICES ECOSYSTEM?

CONTINUUM OF LEARNING

A FUNDAMENTALLY DIFFERENT APPROACH TO AIRMEN'S DEVELOPMENT

### ? WHAT IT INVOLVES

*AFLSE will provide a common framework to support Air Force learning at the enterprise level for the core learning services, such as content development and delivery, student management, evaluation and testing, advanced analytics, and the Airman Learning Record, which are the technological foundation of the CoL.*

*In the past in the industrial age, when you come into the service, Airmen have been told what to learn, when to learn and how to learn it. The learning ecosystem will put training in front of Airmen in a learner-centric way that is mobile and moves with 21st Century speed.*

*Lt. Gen. Steve Kwast*  
AETC COMMANDER

### BENEFITS TO YOU

*Airmen can access the training they need from work, at home, or from any mobile device, with the ability to collaborate, share and access on-demand, on-command and modular learning across functional communities. AFLSE teaches Airmen to think differently and learn more effectively with different methods and strategies, ultimately creating a more learner-centric approach.*

## Cloud-based Air Force Learning ecosystem to give control and "21st Century speed" to Airmen

DAN HAWKINS | AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) --

**A**ir Education and Training Command officials announced the service's new cloud-based learning ecosystem is currently in a beta test with four courses, with testing expected to complete in the summer of 2019 and full operational capability expected in early 2020.

The learning ecosystem will put students in control of their learning, allowing them to learn anywhere, anytime and on any device, breaking the long-held paradigm of the Air Force controlling the learning environment.

"In the past in the industrial age, when you come into the service, Airmen have been told what to learn, when to learn and how to learn it," said Lt. Gen. Steve Kwast, AETC commander. "The learning ecosystem will put training in front of Airmen in a learner-centric way that is mobile and moves with 21st Century speed."

Servicing about 800,000 users annually who complete up to one million courses per month, the Air Force Learning Services Ecosystem will provide a centralized data collection and distribution point for the core learning services, such as content development and delivery, student management, evaluation and testing, advanced analytics, and the Airman Learning Record, which form the technological foundation of the service's Continuum of Learning.

"Learning is so critical to Air Force readiness that we need a means to quantify and track it, which is what the learning ecosystem allows us to do," said Dr. Matthew Stafford, AETC chief learning

officer. "This will allow commanders at all levels to make better operational and developmental-investment decisions, enabling us to build the most effective, most innovative and most lethal multi-domain warfighters in Air Force history."

Tracking a lifetime of education and training in one place, the Airman's Learning Record will provide a one-stop shop to record all learning, whether it occurs in a specialized training or education program, on the job or off-duty, or even training with another military service.

Currently, Airmen's learning is documented in multiple, stove-piped learning systems, with no central tracking mechanism in place to identify competencies, which can prevent commanders at all levels from putting Airmen in the right positions to accomplish the mission.

"From the learning ecosystem, we'll access the ALR, which is basically the collection of what Airmen know and what they can do in ways that haven't been tracked before," Stafford said. "Again, learning gained through education, training and experience."

Once fully operational, the learning ecosystem will be accessible to all Airmen through both .mil and .com environments so anyone can access the training they need from work, home or any mobile device. As part of experiential learning, the intent is to provide users with an alternate two-factor authentication capability to accommodate learning on mobile devices, or "bring your own devices," as well as mission partners who do not have a common-access card, such as the Delayed Entry Program, international partners, and dependents.

Air Education and Training Command officials announced the service's new cloud-based learning ecosystem is currently in a beta test with four courses, with testing expected to complete in the summer of 2019 and full operational capability expected in early 2020.

U.S. AIR FORCE GRAPHIC |  
STAFF SGT. CHIP PONS

Inside the learning ecosystem, Airmen will also see integrated social and technology components as well. With the Communities of Interest section, users will have access to different social-based communities of interest based on the Airman's Air Force Specialty Code, providing a collaborative environment for Airmen to talk with other Airmen, supervisors or instructors about learning. The technology sandbox adds the ability to test out new software, such as gaming applications, inside the ecosystem without disrupting the existing capabilities.

For instructors, the learning ecosystem will provide the ability to track how well Airmen are learning a subject, or if they are struggling, allows for courses to be adapted so Airmen get the most out of their learning.

"The Air Force has come to accept that innovation for the future is going to start with Airmen," Stafford said. "That means we have to design our learning environments differently to promote that kind of ingenuity."



## Showing how family strengthens service

**TECH. SGT. ROBERT BARNETT**  
**SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS**

**A**RLINGTON, Va. (AFNS) -- Col. David Mineau, director of Joint and National Security Council Matters, Headquarters Air Force, and his wife, Amy, received the 2017 General and Mrs. Jerome F. O'Malley Award from Chief of Staff of the Air Force Gen. David L. Goldfein during a ceremony at the Pentagon, Sept. 26, 2018.

The award recognizes the wing commander and spouse team whose contributions as professional leaders in their community, best reflect the Air Force core values, highest ideals and positive leadership of a military couple.

"Each year we've recognized a powerhouse commander spouse team at this ceremony, but we're also reminded how grateful we are General O'Malley saw the light and chose to fly, fight and win," Goldfein said. "The people he led were a source of his strength, because what we do in our Air Force is first and foremost, a family business. Just as we expect of our commanders, the Mineaus were 'all in.' A commander's business is wicked-tough, but this wing commander-spouse team excelled."

The award covers Jan. 1 to Dec. 31, 2017, when the couple served at Eielson Air Force Base, Alaska. Their leadership instilled a "thriving, not just surviving" mindset at the 354th Fighter Wing, following the O'Malley's approach with a focus on Airmen and family resilience, Goldfein said.

"One of the strengths of our Air Force culture is that we encourage and prioritize

building life-long friendships and support structures," said Mineau. "That's one of the things that allows us to keep serving and enjoy serving through really difficult times. That's the culture we keep promoting and passing on."

U.S. AIR FORCE COURTESY PHOTO |  
TECH. SGT. D. MYLES CULLEN

The Mineau's accomplishments also include developing a recruiting and incentive program and boosting morale with an on-base ski hill and lodge. They engaged with city mayors, the Chamber of Commerce and Congress to generate support for 800 new local homes to posture 3,500 new F-35 personnel.

"You're tough, you're steely, but you're soft, warm and loving and do your best every day, and that's what's important," said Sharon O'Malley-Burg, daughter of General and Mrs. O'Malley.

The award-winning team has served at 13 locations across the globe over their 23 years of marriage.

### Electrolysis & Reflexology STUDIO

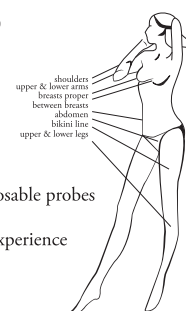
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Team Minot members carrying the POW/MIA flag ran non-stop for 24 hours. Volunteers also read the names of POW/MIA service members during the run at Minot Air Force Base, N.D. on Sept. 20-21st, 2018.

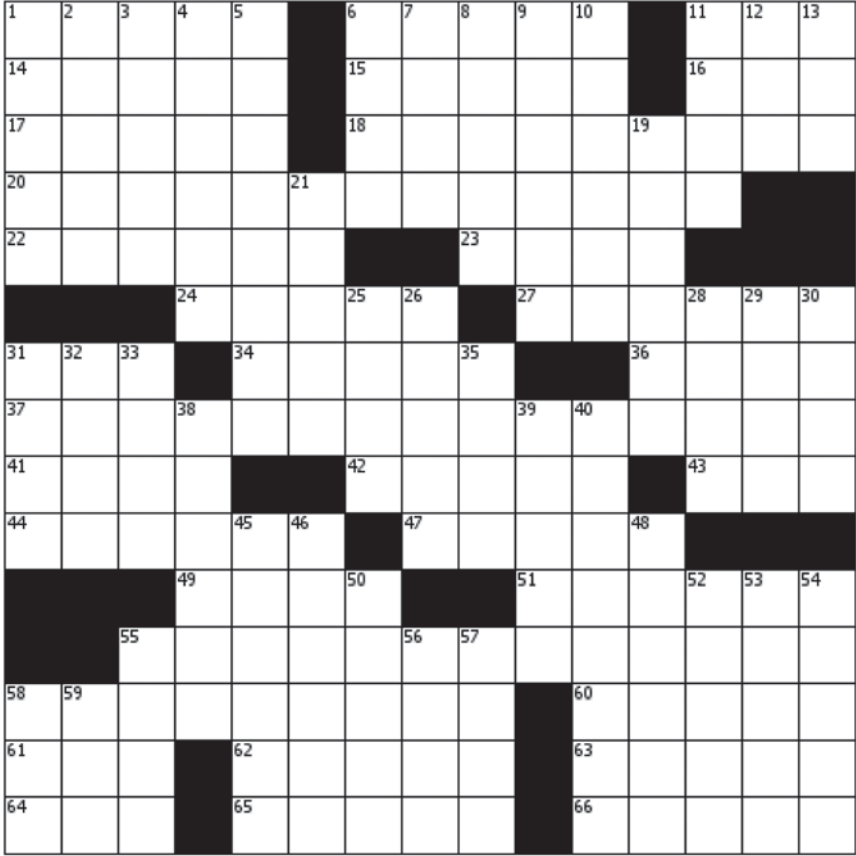
U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ALYSSA M. AKERS





CROSSWORD PUZZLE

- Across**
- 1. Vital vessel
  - 6. Prepare (oneself) for a jolt
  - 11. Dash no.
  - 14. Done in
  - 15. Spinning part
  - 16. Spectra automaker
  - 17. Religious principle
  - 18. It tells you how high you are
  - 20. Dream component, some say
  - 22. Hang in there
  - 23. Shred
  - 24. Fillable breads
  - 27. Gobi, e.g.
  - 31. Relaxing resort
  - 34. Title holder
  - 36. "What's the big \_\_?"
  - 37. Sting, for example
  - 41. "Jeopardy!" host, to contestants
  - 42. Dr. Watson portrayer \_\_ Bruce
  - 43. Superhero's emblem
  - 44. Shipworms and pickleworms
  - 47. Saying
  - 49. Angry, with "off"
  - 51. River formations
  - 55. Low-profile group
  - 58. Dietitian's forte
  - 60. Gunpowder component
  - 61. Start of a long-odds phrase
  - 62. Noodles
  - 63. Toothbrush brand
  - 64. Get off the road?



- 65. Legally preclude
  - 66. Grannies
- Down**
- 1. Soap staple " \_\_ World Turns"
  - 2. Liquid fat
  - 3. Corporate planning dept.
  - 4. Unable to take a call
  - 5. In front, anatomically
  - 6. "Dracula" author Stoker
  - 7. Movie part
  - 8. Rose oil
  - 9. Originated, as a phrase
  - 10. Regal fur
  - 11. Business school subj.
  - 12. It has some crust
  - 13. Guffaw syllable
  - 19. Breaks up
  - 21. Mdse.-sans-package measure
  - 25. Soon, to a bard
  - 26. Brown-tinted photo
  - 28. Actress Falco
  - 29. Classic cars
  - 30. Turns bronze
  - 31. Strike replacement
  - 32. Traveler of the 13th and 14th centuries

- 33. Affirmatively allege
- 35. Govt.-certified
- 38. Devonshire county seat
- 39. Aptly named novelist Charles
- 40. Hugo Award-winning novella "Flowers for \_\_"
- 45. Cookbook entry
- 46. Some mattresses
- 48. " \_\_ Madigan": 1967 film
- 50. Certain believer
- 52. Tennessee player
- 53. Amtrak's "bullet train"
- 54. Some Bosnians
- 55. One-dish meal
- 56. Dog who exposed a wizard
- 57. Suddenly go nuts
- 58. "It's just \_\_ in the cards"
- 59. Half dos

SUDOKU Solution to puzzle on page 14

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

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Medium

Solution to last week's Crossword puzzle.

P	E	N				B	E	A	T	S			R	I	T	A		
A	X	E				B	A	L	B	O	A			E	D	E	N	
S	I	R				E	L	L	E	R	Y	Q	U	E	E	N		
S	T	O	O	G	E					T	S	U	N	A	M	I		
			W	R	E	S	T	L	E			A	I	L	S			
C	R	O	A	T			R	E	S	U	L	T						
H	I	L	L			T	O	T		S	M	E	L	L	S			
A	L	F				A	R	T	I	S	T	S			E	A	T	
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C	H	A	R	L	I	E	C	H	A	N				H	O	D		
C	O	R	E				S	E	R	A	P	E			E	L	I	
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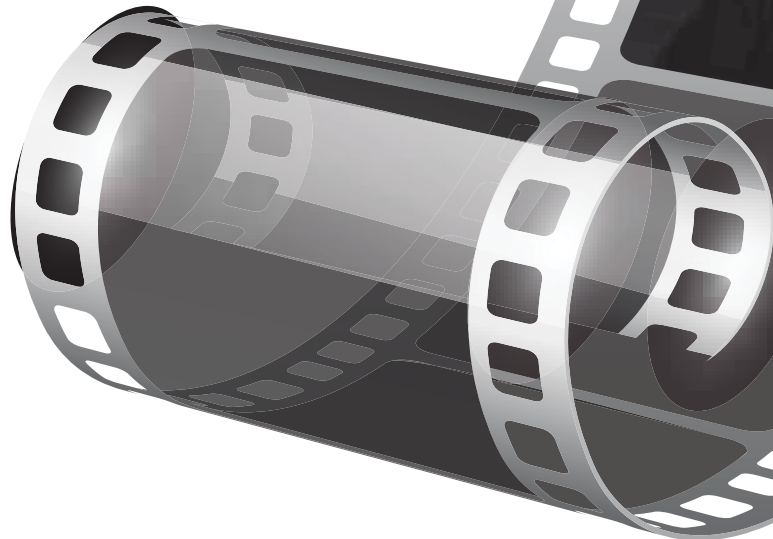
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SUNDAY, OCT. 7 • 1500

REEL TIME  
THEATER  
MOVIE  
SCHEDULE





# Salisbury Meatballs MASHED POTATOES



## INGREDIENTS: For The Meatballs

- 500g ground beef
- ¼ cup breadcrumbs (I used Panko)
- 1 tbsp tomato ketchup
- 1 tsp Worcestershire sauce
- ½ tsp salt
- 1 tsp ground black pepper
- 1 garlic, grated
- ½ onion, grated
- 2 tbsp olive oil
- 2 cups beef stock
- 2 tbsp plain flour
- 1 tbsp tomato ketchup
- 1 tbsp bbq sauce
- 1 tsp smoked paprika
- ½ tsp freshly cracked black pepper
- Salt to taste

## For Mashed Potatoes

- 5 large potatoes, peeled and boiled till tender
- 4 tbsp salted butter
- ½ cup milk (I used low-fat milk)
- Salt and black pepper to taste

## INSTRUCTIONS:

Add all the meatball ingredients (excluding the olive oil) to a large bowl and mix well. Shape into 1-inch meatballs. Add the olive oil to a large skillet and heat over medium to high heat. Add meatballs and cook. Cook the meatballs on all sides, add more oil if needed. Remove meatballs from skillet and set aside. In the same pan, add butter. Once melted, add onion and cook until onion is soft and translucent. Add in 2 tbsp of flour and the grated garlic. Fry this for 1 minute. Slowly whisk in the beef broth. Cook for about 3 minutes till sauce thickens. Mix in the tomato ketchup, bbq sauce and paprika.

Season with salt and black pepper. If sauce is too thick, add some beef broth or water. Add the meatballs back to the pan and let them toss in the sauce for about 1 minute. **For Mashed Potatoes:** Mash the boiled potatoes and place it in a big bowl. Add milk, butter, salt and pepper.

**To Serve:** Place some mashed potatoes on a plate. Top with meatballs and gravy. Serve with a side of steamed broccoli. Garnish with some parsley if desired.

# UPCOMING EVENTS



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5-7  
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Location: Mouse River Players 115 1st St SE, Minot

A musical comedy about the ladies that work in the church basement, preparing meals for church functions. Inspired by the book Growing Up Lutheran by Janet Letnes Martin and Suzann Nelson, Church Basement Ladies follows four Lutheran women as they organize the food and solve the problems of a rural Minnesota church undergoing changes in 1965.



**Performances:**  
October 5, 6, 12, 13 at 7:30 PM  
October 7 and 14 at 2:00 PM

House opens 30 minutes prior to show time. **For more information check out:** Facebook/ Church Basement Ladies

5-7  
OCT

7:00 PM - 9:00 PM  
Location: All Seasons Arena: 2005 Burdick Expy E. The super bowl of rodeo for North and South Dakota! The Minot Y's Men's Rodeo

is proud to host the Ram Badlands Circuit Finals Rodeo, the championship of pro rodeo for the Dakotas. See the best 90 cowboys and cowgirls in the region compete for the championship and a berth at the National Circuit Finals Rodeo! Plus, shop at the Badlands Expo and Trade Show, watch the 2019 Miss Rodeo North Dakota be crowned, enjoy the



chili cook-off, and see the next generation of cowboys and cowgirls compete in the mutton bustin'! Proceeds from the rodeo go to benefit

the Triangle Y Camp on Lake Sacakawea. **For more information or to buy tickets:** [www.minotysmensrodeo.com/](http://www.minotysmensrodeo.com/)

6  
OCT

3:00 PM - 11:00 PM  
Location: Atypical Brewery & Barrelworks 510 Central Ave E. Join us for our first Oktoberfest, to be held in the Atypical Atrium

courtyard! What can you expect? Beer served by dindl dad women. Prairie Sky Breads and other German food offerings. Games! Musical entertainment by Johnny Spud, a Devo cover band. \$5 to enter, good for fun all afternoon and evening! 21+ only. See you then! Cheers **For more information check out:** Facebook event/ Atypical Oktoberfest



9  
OCT

6:00 PM - 8:30 PM  
Location: Souris River Brewing 32 3rd St NE, Minot. TAP into your creativity at Souris River Brewing. Enjoy

this 2.5 hour guided painting instruction with our artist, Toni Jo LaFontaine Morrison! Toni will guide you step-by-step to create your original "Pumpkin Growler" acrylic painting inspiration. NO EXPERIENCE REQUIRED! Come with friends or alone for this creative and fun night out! \*\* Tickets



TUESDAY  
**OCT 9**  
6-8:30PM



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"PUMPKIN GROWLER"

**\$35** PER PERSON  
FOOD/BEVERAGE ADDITIONAL

must be purchased in advance. \*\* **For More information:** Facebook/TAP

**Pumpkin Growler North Dakota, Souris River Brewery**

10  
OCT

7:00 PM - 8:00 PM  
Location: Anytime Fitness 305 20th Ave SW, Minot. We will be providing a

FREE 8 week beginners yoga for our members and for the community. You will be stronger and more flexible than ever before. Space is limited and registration is suggested for nonmembers. **For more information check out:** Facebook event/ Free yoga for beginners



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**STIRRING  
UP HOPE**

**October 11, 2018 | 6:30 pm**

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**Live & Silent Art Auction**

Hors d'oeuvres & Cash bar



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- Over 50 unique spoons designed by local artists!

Sample of artists include:

Walter Pichel | Floyd Fairweather  
Joyce Hendrickson | Karen Smith | DeGrazia, AZ

Contact Domestic Violence Crisis Center **701.852.2258**  
for more information and to purchase tickets







## Domestic Violence Crisis Center presents Stirring Up Hope: An Art Auction

JILL MCDONALD | DVCC EXECUTIVE DIRECTOR

MINOT, ND - Domestic Violence Crisis Center (DVCC) is excited to present Stirring Up Hope on October 11, 2018 at the Clarion Hotel (formerly Holiday Inn Riverside). Doors will open at 6:30pm; live auction will begin at 7:15pm. Tickets are \$10 and include appetizers and a cash bar throughout the evening. To purchase tickets, contact the DVCC office at 701-852-2258 or via website at <http://courage4change.org/news-events/event-calendar.html/event-form/registration-form/32413/tickets>.

This event will feature original work from artists such as Susan Davy, Lynn Fundingsland, Karen Smith, Tom Willis, Shan Cunningham, Barb Boesl and more. There are framed prints from Ted DeGrazia, Walter Piehl, and Floyd Fairweather. Additionally, beautiful hand crafted quilts, fiber art, glass, metal pieces, and table runners will be available in either live or silent auction.

Another exciting feature of this unique event creates numerous one of a kind piece from local artists who designed and repurposed

wooden spoons for Stirring Up Hope. A wooden spoon is a simple item most people have encountered and have a memory of. However, not all have the same memories, some are positive and some are not. One may have cooked with a parent and have great memories of stirring spaghetti sauce with a loved one, or it may have something sad or scary associated with it. The artists use the spoon as it is, then add to it or change it. It develops a new identity much like the people who come to the DVCC New Beginnings Campus. People arrive at DVCC following a circumstance where they are victimized. Through empowerment, services,

support, and a lot of work on their own, they transform showing their resilience.

In



2017, DVCC was able to provide over 3,800 safe nights of shelter to survivors and their children, assist with 70 protection orders, and provided numerous opportunities for ongoing peer support. Events such as Stirring Up Hope

allow DVCC to continue to provide a refuge and resources to begin a life free of violence to those escaping abuse. If you are unable to attend but wish to contribute,

please mail contributions to: DVCC, PO Box 881, Minot, ND 58702.

For more information about DVCC, go to [www.courage4change.org](http://www.courage4change.org).

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# OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

## Dates to Know:

- **Oct. 5:** Pronghorn gun season open (lottery licenses).
- **Oct. 6:** Pheasant season opens.
- **Oct. 12:** Moose season opens (lottery licenses).
- **Oct. 13:** Turkey season opens.
- **Oct. 20:** Sakakawea Pheasants Forever banquet, Garrison City Auditorium, 6 p.m.



## NUMBERS TO KNOW:

- **N.D. GAME AND FISH DEPT.,** MAIN BISMARCK OFFICE: (701) 328-6300, WEBSITE: ([HTTP://GF.ND.GOV](http://GF.ND.GOV))
- **N.D. GAME AND FISH DEPT.,** RIVERDALE OFFICE: (701) 654-7475
- **REPORT ALL POACHERS:** (800) 472-2121 OR (701) 328-9921
- **FRIENDS OF LAKE SAKAKAWEA, THE REGION'S ONLY ORGANIZATION WORKING FOR QUALITY LAKE ACCESS, WEED CONTROL AND EFFECTIVE PARTNERSHIPS,** ([WWW.LAKESAKAKAWEA.COM](http://WWW.LAKESAKAKAWEA.COM))
- **DAKOTA RECREATION REPORT & N.D. BIG GAME RECORDS BOOK:** ([WWW.DANCINGPRAIRIEARTS.COM](http://WWW.DANCINGPRAIRIEARTS.COM))

## OUTDOOR NOTES:

\*Look for fewer wetlands across much of N.D., which could concentrate waterfowl and hunters.

\*No baiting allowed on Fish & Wildlife Nat'l. Wildlife Refuges & Waterfowl Production Areas & Game & Fish Dept. Wildlife Mgmt. Areas.

\*Be careful of upland species identification with immature pheasants yet.

### Fishing:

Devils Lake elevation: 1,448.34 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.34 MSL.

\*N.D. Game & Fish Dept. game wardens: Little activity throughout most east-central area lakes and Devils Lake.

\*Devils Lake, Woodland Resort, Devils Lake: Continued small walleye success but not many anglers out.

\*Lake Darling, Ruthville Store, Ruthville: No new reports.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lots of activity for the final weekend of boat fishing on Lake Darling and the Outlet Fishing Area but the lake and river are now closed to all boat activity for the season, including the 2 canoe trails.

\*Lake Metigoshe, Four Seasons, Bottineau: Not many anglers but those going are targeting walleye with fair success.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers on the east end of Lake Sakakawea but those going out are finding walleye moving shallower in 10 to 15 feet. Try a variety of presentations, mixing jigs or Lindy rigs and minnows, jigging Raps, or crankbaits. Missouri River producing nice night bite from the chutes working down river.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Weather limiting activity but anglers working main lake structure on the east end of Lake Sakakawea

continued finding walleye success. Try jigging Raps in deeper water from the U.S. Highway 83 embankment west to Douglas Bay. Try the south bays on the east end of the lake for salmon with fish starting to move shallower.

\*Lake Sakakawea, Indian Hills Resort, Garrison: Bait shop closed but camping and lodging still available.

\*Lake Sakakawea, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye from boats in the chutes and down river around the spillway channel using 3-way swivels. Improving catfish success in the chutes from boats. Try the rocks at night from shore for a mix of walleye and salmon. Lake Sakakawea remains slow from boats for walleye, possibly weather-related. A few salmon coming from shore along Government and Scoria bays. Try a variety of presentations.

\*Lake Sakakawea, Scenic 23, New Town: Continued fair walleye success in the Van Hook Arm working shallower waters than earlier in September.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes.

### Hunting:

\*Cranes: Some bird movement around north-central and central N.D.

\*Waterfowl: Some Canada goose and duck movement in north-central N.D., the Devils Lake area, and central N.D. Lots of hunting activity in areas where wetlands are still holding water with overall OK success for most hunters. Generally, most ducks are local birds yet but some movement is starting to occur along the northern tier of the state. No big movement from southern Manitoba yet. Look for bigger push with cooler weather and rain or snow. Some lesser moving in along the midsection of Lake Sakakawea.



## NOTSTOCK Art Festival: From Chicago to LA and places in-between

MICHAEL LINNELL | DIRECTOR OF UNIVERSITY COMMUNICATIONS

MINOT, N.D. –

NOTSTOCK continues to color the campus in creativity and collaboration.

In its 12th year, Minot State University's annual live signature arts festival includes artists from across the United States who share their work and talents with the community. Whether its poetry, theatre, drawing, pottery, digital art, film, or printmaking, come participate in the arts Oct. 4-6 on the Minot State University campus.

Artists Ben Chlapak of Chicago and Dave Kloc of Los Angeles are illustrators and printers who make posters for bands, comedians, movies and TV shows, collectors, and more. Their artwork will be on display in the Northwest Arts Center Gallery in the lower level of the Gordon B. Olson Library Oct. 4-12.

Robin Reynolds, North Dakota potter and owner of Dakotah Clayworks, is this year's PotStock guest artist. She brings a long history of helping others learn about art. She and Minot State faculty and students will give ceramics demonstrations in the atrium of the Student Center.

WordStock welcomes Anders Carlson-Wee from Minneapolis. Carlson-Wee is a nationally touring poet, performer, and teaching artist. Carlson-Wee will conduct workshops with students, and he will also host the Oct. 5 Poetry Slam in the Beaver Dam at 1 p.m. Bring a poem to share. Prizes will be awarded for best poetry slam performance.

Take the stage with Minot State alum Chris Stroschein. He will keep you laughing and learning as he shares theater and improv tools and techniques at 10 a.m. on Oct. 4 and 5 in the Black Box Theater.

"NOTSTOCK is a hands-in, hands-on participatory arts event where learning and connections are discovered through experience, serendipity, and environment," said Bill Harbort, professor of art and

NOTSTOCK co-organizer.

"For a few days, the arts literally take over much of the Student Center and Hartnett Hall," added Laurie Geller, vice president for academic affairs and NOTSTOCK co-organizer. "Next thing you know you are sitting at a potter's wheel with your hands wet with clay or cheering for a participant in the poetry slam. The event sucks you in and makes it hard to avoid creating some type of art."

Kal Asmundson: Autobiography, a traveling exhibit on loan from the North Dakota Museum of Art, draws directly from a painful dark family history. Asmundson, of Winnipeg, Manitoba, created 17 powerful pieces of work for this exhibition. The exhibit is free and open to the public on the third floor of the Student Center Conference Center Oct. 4-5, 9 a.m. to 4 p.m., and Oct. 6, 10 a.m. to 3 p.m.

Don't forget to make a souvenir to take home. Do-it-yourself screen printing continues in the Beaver Dam Oct. 4-5 from 9 a.m. to 5 p.m. and Oct. 6 from 10 a.m. to 3 p.m. Bring a T-shirt, hoodie, tote bag, any other item for printing, or buy a T-shirt at the event and personalize it with a NOTSTOCK design. Local musicians will play at various times throughout the event.

"Saturday (Oct. 6) is community day at NOTSTOCK. The place buzzes with kids and adults making art and listening to music. It is the perfect way to spend part of a Saturday with friends and family," Geller said.

NOTSTOCK closes with a reception at 62 Doors Gallery & Studios Oct. 6 at 7 p.m. Wild Hands and Friends will provide music. A special exhibit of the artwork of NOTSTOCK guest artists, Chlapak and Kloc, will be on display. Come enjoy art, food, music, and good company with this year's guest artists.

For a complete list of times and events, visit [msunotstock.blogspot.com](http://msunotstock.blogspot.com). All NOTSTOCK events and performances are free and open to the public.

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# Preventing suicide - starting with myself

F. E. WARREN AIR FORCE  
BASE, Wyo. (AFNS) -- --

I am just one of nearly a quarter of the population who has suffered with this illness for most of my life. Just like all of them, depression is present nearly every day of every year. If this sounds familiar to you, you are not alone. There are millions in this country who know the daily struggle of depression.

Whatever personal challenge you're fighting with, please do everything you can to remind yourself that life is worth living. It's a challenge and often even a struggle, absolutely. But, no matter what you're struggling through, there are people who care about you with the resources

Whether it's an anonymous phone call to a hotline, a visit to a chaplain or a whole host of options in between, there are people – real people – out there who want to bring you back from the brink and help you realize that life is too precious to turn your back on. I have lost three people I considered friends – including one as close to me as a brother – to suicide. I will never forget the day I received the message that he died. It has stuck with me for 11 years now, a dull ache of loss for a friend torn away too soon. I ask myself if there was more I could have done to keep him from this end. He, and each of the others, left holes in those left behind when they died, and they are missed terribly by many people every day, even 11 years later.

September was officially Suicide Prevention Month, but there is no timeline on reaching out to someone in need and you can learn how to be more aware of the subtle signs shown by those at risk twelve months a year. You may be the one to save a life.

Cer emonial  
guar dsmen  
'honor with dignity'

NELLIS AIR FORCE  
BASE, Nev. (AFNS) --

For the guardsmen, excellence is the only way “to honor with dignity.” Every day they are fine-tuning their skills, or tweaking the slightest hesitation or shift until they can no longer get it wrong.

Under the hot desert sun, a group of Airmen stand motionless. In two rows of three, they're positioned opposite of each other, where the only sound is coming from a gentle wind passing through the formation. Between them

Without so much as a whisper, they simultaneously grip the flag and, with each motion as precise as the next, they begin folding it. As the flag reaches the final fold, the last Airman bearing the folded flag breaks the silence.

He hands the flag back to the formation for the Airmen to unfold and repeat the movements. The Airmen didn't make a mistake, but in their line of work, they don't practice until they get it right; they practice until they can't get it wrong.

Before any guardsman is put on a detail, they have nearly a month of training to learn the basic movements. Afterwards, they continue to meticulously work out the slightest imperfections.

"Most of us will have put in about 80 hours of training in the weeks prior to a detail because we have to be perfect. We can't afford

U.S. AIR FORCE PHOTOS | AIRMAN 1ST  
CLASS ANDREW D. SARVER

to mess up,” said Airman 1st Class David Diez, Nellis AFB honor guardsman. “Every funeral we do should be as perfect as we would want our funerals to be.”

In the distance, the repeated percussion of hands smacking against wood and metal escapes the open doors of the Honor Guard practice room. Inside, three Airmen stand shoulder-to-shoulder, staring into a mirror to analyze their every movement.

“Present arms!” commands Senior Airman Philip Spegal, Nellis AFB honor guardsman.

The Airmen lift their rifles with both hands then remove one hand, hit it against the

**Continued on page 11**

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## HONOR from page 10

stock and hold the rifles vertically in front of them.

"Port arms!" commands Spegal.

Again, they hit their rifles then position them diagonally across their chests. After taking a brief moment to pause and discuss what needs to be fixed, the Airmen pick up their rifles and start again.

"Honor Guard is pure teamwork," said Tech. Sgt. Leon Spence, Nellis AFB Honor Guard Non-commissioned officer in charge. "You can't go to a funeral or a colors presentation and do everything by yourself. You have to be confident in your abilities and confident in your fellow guardsmen's abilities to execute each detail as precise as possible."

### Passion for Perfection

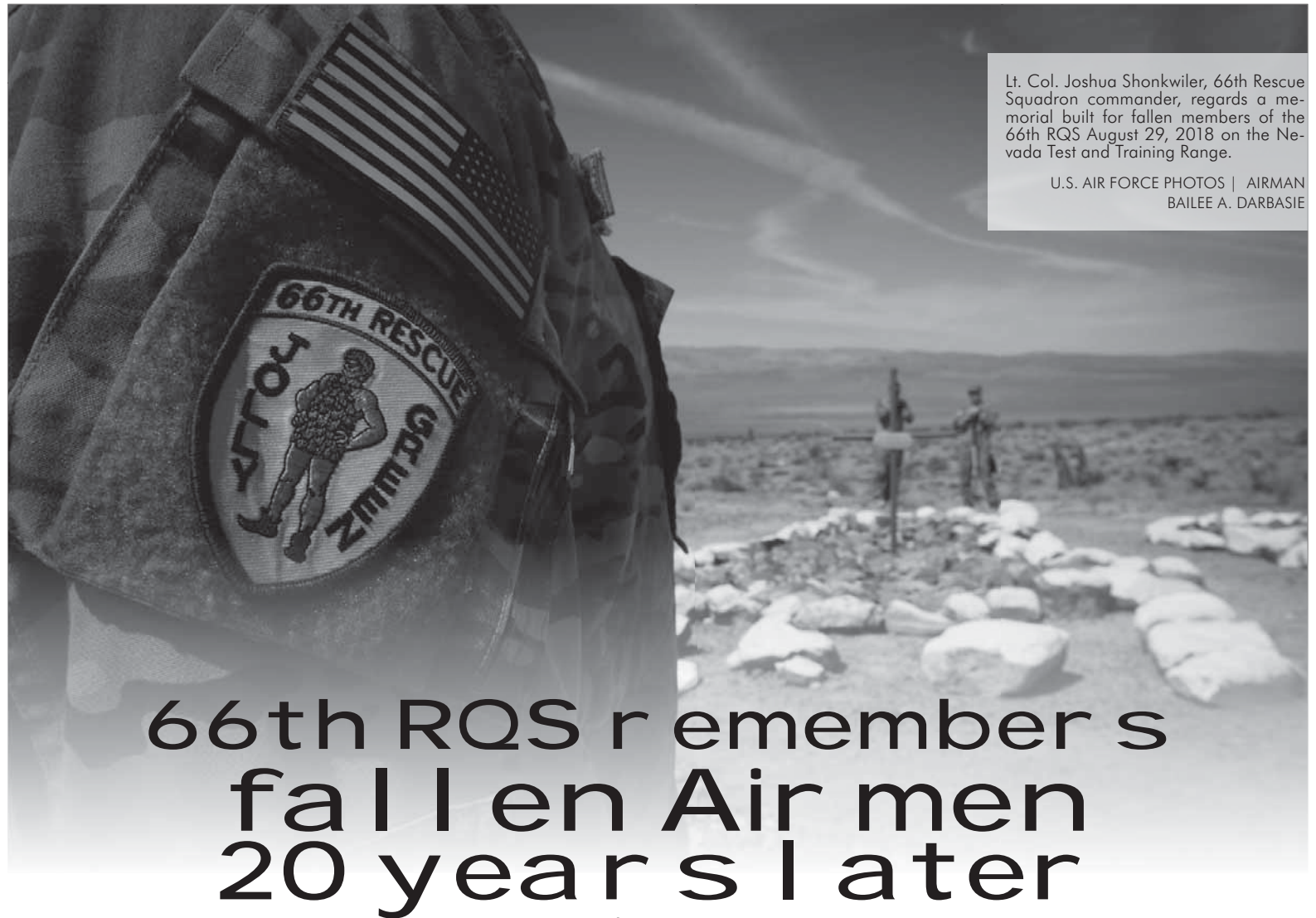
Down a hallway, the soft brushing of lint rollers against freshly pressed uniforms competes with the sound of gentle laughter from a poorly delivered dad joke.

In a room, Staff Sgt. Victoria Schooley and Airman 1st Class Ashley Libbey, Nellis AFB honor guardsmen, sit eye-level with their uniforms. With a ruler in one hand and a butterfly clutch in the other, Libby is aligning her ribbons. Across the room, Schooley is running her fingers up and down every seam of her ceremonial dress uniform, combing for loose strings to cut away with nail clippers or melt down with a lighter.

For them, looking sharp is just as important to having a successful detail as performing the actual maneuvers.

"I joined because I wanted to do a lot more than my regular day-to-day job. I wanted to feel like I had a bigger purpose in the Air Force and a bigger picture of our impact as a whole," Diez said. "It will teach you to pay attention to detail, when you realize something as little as a crease in the uniform or a slight hesitation in a facing movement can be the difference between precision and failure."

"We're here to serve our community and I want to challenge people to come by and tell us what we could do better or to just learn about us and see what it is we do," echoed Spence.



Lt. Col. Joshua Shonkwiler, 66th Rescue Squadron commander, regards a memorial built for fallen members of the 66th RQS August 29, 2018 on the Nevada Test and Training Range.

U.S. AIR FORCE PHOTOS | AIRMAN  
BAILEE A. DARBASIE

# 66th RQS remember s fallen Air men 20 years l ater

AIRMAN BAILEE A. DARBASIE | 99TH AIR BASE WING PUBLIC AFFAIRS

NELLIS AIR FORCE  
BASE, Nev. (AFNS) --

**T**he 66th Rescue Squadron paid their respects to their fallen brothers during a memorial August 29, which marked the 20th anniversary of their deaths.

A total of 12 Airmen were lost when two HH-60G Pavehawk helicopters, call signs Jolly 38 and Jolly 39, assigned to the 66th RQS were involved in a midair collision over the Nevada Test and Training Range during a routine night exercise Sept. 3, 1998.

Current members of the 66th RQS, 58th RQS and the 823rd Maintenance Squadron assembled at the Nevada Test and Training Range to clean and restore a memorial built in honor of Jolly 38 and Jolly 39.

"It is truly humbling to stand on this site to remember those who have gone before us," said Lt. Col. Joshua Shonkwiler, 66th RQS commander. "We oftentimes forget how dangerous our work can be; unfortunately, we have lost many brothers and sisters in combat and training while preparing for or executing the most noble of missions."

### NAMES OF THE 66TH RQS:

#### JOLLY 38:

- CAPT. GREGG LEWIS, PILOT
- CAPT. PHILIP MILLER, COPILOT
- STAFF SGT. KEVIN BRUNELLE, FLIGHT ENGINEER
- STAFF SGT. KENNETH "KENNY" EAGLIN, FLIGHT ENGINEER
- MASTER SGT. MATTHEW STURTEVANT, AERIAL GUNNER
- SENIOR AIRMAN JESSE STEWART, PARARESCUEMAN

#### JOLLY 39:

- LT. COL. WILLIAM "HAL" MILTON, PILOT
- CAPT. KARL YOUNGBLOOD, COPILOT
- TECH. SGT. JEFFREY ARMOUR, FLIGHT ENGINEER
- SENIOR AIRMEN ADAM STEWART, FLIGHT ENGINEER
- AIRMEN FIRST CLASS JUSTIN WOTASIK, PARARESCUEMAN
- 2D LT. MICHAEL HARWELL, MISSION ESSENTIAL PERSONNEL

The memorial resembles two giant feet associated with the rescue mascot, the Jolly Green Giant. The clean-up efforts included removing weeds, collecting trash, painting and manicuring the site and surrounding area.

"We spent several hours cleaning up the memorial

prayer and had a moment of silence for the men who paid the ultimate sacrifice that night. During their remembrance, Shonkwiler reminded those gathered at the memorial that what they do is not only dangerous, but extremely vital to the Air Force mission, the nation and



site so that the Airmen flying over this area of the range can recognize the giant feet and the sacrifice made twenty years ago," Shonkwiler said.

Aside from cleaning the memorial,

Tech. Sgt. Steve Prather, 66th Rescue Squadron HH-60G evaluator special missions aviator, places a fresh coat of paint across several rocks forming a memorial August 29, 2018 on the Nevada Test and Training Range. Re-painting the memorial helped it become more noticeable to the aircraft flying overhead.

U.S. AIR FORCE PHOTOS | AIRMAN  
BAILEE A. DARBASIE

coalition forces.

The 66th RQS conducted a ceremonial toast to all 12 Airmen and unveiled a 20th anniversary shadow box, containing pieces from the crash site belonging to the aircrew and aircraft. The shadow box will be permanently displayed in the squadron as another reminder of the legacy and sacrifice of Jolly 38 and Jolly 39.

The combat search and rescue community motto, "These things we do, that others may live," is a reminder of the sacrifice a rescue member is willing to make to ensure someone who's having their worst day, doesn't have their last day.

"These men died doing what they loved, training and preparing so they could help those in need," Shonkwiler said. "On this day, we remember their sacrifice."

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Dr. Alyssa Wu, a physical therapist, Staff Sgt. Travis McAdams, a diet technician, Dr. Natasha Swan, a psychologist, and Capt. Carissa Bartlett, a nutritionist, all members of the Operational Support Team that recently stood up at Joint Base Elmendorf-Richardson, Sept. 6, 2018. OSTs embed in units throughout the base to evaluate unit health and recommend policies to improve health and readiness.

U.S. AIR FORCE PHOTOS | DR. ALYSSA WU

# Operational Support Teams work inside "beating heart" of Air Force

PETER HOLSTEIN | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) --

Each squadron in the Air Force faces different stressors and health challenges that require unique solutions.

Chief of Staff of the Air Force Gen. David Goldfein, is leading an effort to revitalize Air Force squadrons.

"The squadron is the beating heart of the United States Air Force; our most essential team," Goldfein wrote in a letter to Airmen. "Our vision demands that squadrons be highly capable, expeditionary teams who can successfully defend our nation's interests in both today's and tomorrow's complex operating environments."

The Air Force Medical Service is supporting that effort by rolling out a new health care model at the squadron level, called Operational Support Teams. OSTs rotate through squadrons at a base, seeking to improve individual health and squadron performance. By focusing on each squadron's unique job, needs and environment, the OST can address the root causes of illness and injuries, and ensure readiness.

Joint Base Elmendorf-Richardson, Alaska, stood up its OST June 4. The OST has a physical therapist, a psychologist, two nutritionists, an exercise physiologist, and a human performance integrator technician, and embeds with units around the base on a rotating basis.

"OSTs lower barriers to care

and head off potential injuries and illnesses by being embedded into the unit," said Dr. Alyssa Wu, a physical therapist on the JB Elmendorf-Richardson OST. "We take what we learn and combine it with our expertise to make recommendations and implement policies that support the squadron."

Most health providers on base work in the clinic and treat patients that come to them, while OST members are out in squadrons, engaging Airmen in their daily routines. Rather than focusing on individual health on a reactive basis, the OSTs work to systemically reduce risky health behaviors and improve human performance across the entire unit.

"Our number one priority as OST providers is unit readiness and performance," said Dr. Natasha Swan, a psychologist on the JB Elmendorf-Richardson OST. "We are not in the clinic doing individual treatment. Our focus is to evaluate the squadron or unit as a whole. We look at how it is working, what the conditions are that cause certain injuries, and what strategies can be implemented to address or prevent health issues."

As Wu explains, embedding into the unit gives a better idea on the specific challenges a specific unit faces. JB Elmendorf-Richardson's OST worked to understand the Airmen's daily tasks while on duty.

"The first step when we embed with a unit is to get fitted for gear and accompany them on

duty," said Wu. "We learn their routines and their challenges. From there, we implemented different policies and programs that would best benefit that unit."

"Being embedded in a unit gives us a ground-up perspective to tailor our efforts," said Swan. "Each squadron experiences different stressors. Not only are we looking at the unique environment, but also the different dynamics within the squadron."

Viewing each squadron as a discrete system helps OST members assess what policies are in place and make recommendations to improve the health of the unit. One policy already recommended by the JB Elmendorf-Richardson OST and put in place for the base guard squadron, is a new vitamin D policy. OST nutritionists tested the unit's vitamin D levels, and found that 78 percent were deficient.

"Low vitamin D is linked to many healthy issues, like sleep disorders, increased risk of respiratory problems, a weaker immune system, and a higher prevalence of musculoskeletal injuries," said Staff Sgt. Travis McAdams, a nutritionist on the JB Elmendorf-Richardson OST. "When considering the Alaskan environment and long periods of darkness in the winter, low vitamin D levels can have a real effect on Airman performance. Monitoring vitamin D levels and providing supplements should improve individual health and overall unit performance."

This policy highlights the systems-level, multi-disciplinary approach the OST takes to address the underlying health issues at the source.

"If a squadron is having sleep issues, it most likely touches several health specialties: physical, mental, nutritional and others," said Swan. "We can prevent the core negative health behavior by addressing what causes those unhealthy sleep habits."

As the Air Force refocuses on the value of squadrons as the

engines that drive the force, the embedded OST model optimizes health and performance. Specialized care and policies helps squadrons reach their peak effectiveness.

"The goal is to improve the human weapon system's capability," said Wu. "Having that embedded medical team to improve the overall readiness and maintain squadrons at that constant level of superior physical, mental and nutritional health makes an OST a really special and unique asset."

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<p><b>Little Flower Catholic Church</b></p> <p>800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 5:30 pm Sunday .. 8:30am &amp; 11:00am</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers..... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>ALL ARE WELCOME</b></p> <p>WELKOM Ahla W Sahla MIRE SE VIEN SILAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen BIENVENIDO Baruch Haba Aloha Bem-windo VELKOMIN YOKOSO BENVIDO Welkommen Tere Tulemast</p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School ..... 9:00 a.m. Worship ..... 10:45 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Tom Sumers</b> <b>701-838-1540</b></p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></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> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p><b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast .. 9:30am</b></p> <p>Please join us, all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b> </p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p><a href="http://www.stmarksminot.com">www.stmarksminot.com</a> Call or check out our website for more information.</p>
<p> <b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></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><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b> </p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></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 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper ..... 5:00 pm Wednesday Education ..... 5:45 pm</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p><b>215 3rd Ave. SE, Minot, ND</b> <b>Phone: 838-5196 • Fax: 852-8494</b> A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday School ..... 5:45 pm Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></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><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Josh Huseby, Worship Arts</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>Calvary Alliance Church</b> 715 20th Avenue NW Minot, ND 58703</p> <p><a href="http://www.calvaryofminot.com">www.calvaryofminot.com</a> <b>701-852-0670</b></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> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; 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><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p> <b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p><b>open hearts...open minds...open doors!</b></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><b>Pastor Mary Johnson</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p><b>Thursdays:</b> Worship..... 6:30 p.m.</p> <p><b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<p> <b>Cross Roads Baptist</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p>ADVERTISE YOUR</p> <p><b>Church</b></p>	
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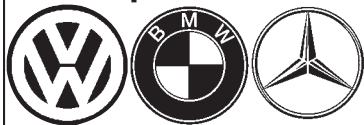
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6	9	5	3	4	1	8	2	7
7	5	4	2	3	8	6	1	9
2	8	9	1	6	4	5	7	3
3	1	6	9	5	7	4	8	2
9	3	8	7	1	5	2	6	4
4	6	1	8	2	3	7	9	5
5	2	7	4	9	6	1	3	8

Answers to puzzle from page 6

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**PARK UNIVERSITY MINOT** – Earn your degree on your terms! Now enrolling for Fall 2018 with classes starting October 15. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your Bachelor degree in Criminal Justice, Information and Computer Science, Management or Social Psychology, with Park helping to maximize your prior military experience. Park University Minot @ the Education Center. 844-884-8612; mino@park.edu. Park. You.

## HAPPY HARVEST GATHERING!

You & your friends are invited to a women's luncheon on Tuesday, October 9th at the Grand Hotel, 12:15-2:00, \$13.00 inclusive. For reservations contact Darcy at 837-8233 or minotchristianwomens@hotmail.com. Program: A silent auction of garden produce, baked goods, crafts, gift baskets, quilted pieces, home canned jams, pickles, etc. will be held. Please join in the fun by bringing items (new items only please) and/or bidding! Please have items for the auction to the luncheon no later than 11:30. Accordion players Jerry Schlag with Karen Stevens & Marla Rose will provide foot stomping music while we bid and visit! Speaker, Heidi Studer, Dent, MN will give a message of hope and encouragement with her talk: "The Greatest Gift of All." Wear your jeans, denim skirts, hats, boots, or whatever's comfortable!

## BASE ANNOUNCEMENTS

## EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Fall 2018 term (15 Oct-16 Dec). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request or any inquiries to minot@erau.edu. To apply to the University, please go to <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

## WHAT'S GOING ON MAFB

## TODAY

- Oktoberfest First Friday, 1600-2200, Jimmy Doolittle Center
- Keystone Meeting, 1600-1700, Youth Center
- Torch Club Meeting, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Jimmy Doolittle Center and Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Give Parents a Break, 1800-2200, CDC & Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000-close, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

## TUESDAY

- Run 4 Fitness, 0600, Fitness Center
- Boots to Business Workshop, 0800-1600, held at the Education Center, hosted by A&FRC
- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Cycle, 1230, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1830, Fitness Center

## WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&FRC
- Club Member Benefit, 0900-2000, Rough Rider Lanes
- Story Time, 1030, Base Library
- Run 4 Fitness, 1145, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Digital Literacy Club, 1630-1730, Youth Center
- 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, Rough Rider Lanes
- Yoga, 1830, Fitness Center

## SATURDAY

- Columbus Day – For the full listing of 5th Force Support Squadron facility hours for the Columbus Day holiday weekend period of October 6 – 8, visit [5thforcesupport.com](http://5thforcesupport.com)
- Zumba, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Pre-Columbus Day Bowling Special, 1400-2000, Rough Rider Lanes
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes
- Fight Night – UFC 229: Khabib vs McGregor, Preliminaries start at 1900 and Main Card begins at 2100, Rockers Bar & Grill

## SUNDAY

- Columbus Day – For the full listing of 5th Force Support Squadron facility hours for the Columbus Day holiday weekend period of October 6 – 8, visit [5thforcesupport.com](http://5thforcesupport.com)
- NFL Sunday Ticket Football Frenzy & NFL Shop \$50 Gift Card Giveaway, 1130-1800, Rockers Bar & Grill
- Family Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

## MONDAY

- Columbus Day – For the full listing of 5th Force Support Squadron facility hours for the Columbus Day holiday weekend period of October 6 – 8, visit [5thforcesupport.com](http://5thforcesupport.com)
- Dakota Inn Columbus Day Lunch Special, 1030-1330, Dakota Inn Dining Facility

## THURSDAY

- Last day to register for Why Not Tri Indoor Triathlon at the Fitness Center
- Tactical Fit Express, 0600, Fitness Center
- Cycle, 1230, Fitness Center
- Reintegration Briefing, 1300, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- Fun 9 Pin No Tap League, 1800, Rough Rider Lanes
- Mixed Couples League, 1830, Rough Rider Lanes
- Zumba, 1830, Fitness Center
- NFL Thursday Night Football Frenzy, 1900, Rockers Bar & Grill



## UPCOMING EVENTS:

## 12 October

- Minot Public School Late Start Day, 0730, Youth Center
- Keystone Meeting, 1600-1700, Youth Center
- Torch Club Meeting, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Why Not Tri Indoor Triathlon, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- #WEOWNFRIDAY Teen Event, 2000-2200, Youth Center
- Karaoke Night, 2000-close, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

## 13 October

- Registration begins for Just Pull It! Deadlift Competition at the Fitness Center
- Zumba, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Mad Scientists' Party, 1300, Base Library
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

Rough Riders Pizza Special  
October Special – Gouda Porkalicious

Mouth-watering basil butter crusted dough with a BBQ sauce base and topped with pulled pork. Deliciously flavored with Cajun, nutmeg, and garlic seasoning. Finished with sprinkled mozzarella cheese, sliced Gouda cheese, and a drizzle of BBQ sauce.  
Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza  
Try it on a Panino! \$8.25 meal – includes side & drink

The B-Fifty Brew Drink Special  
October Drink of the Month – Pumpkin Pie Smoothie

A delicious blend of pumpkin pie filling and whole milk over ice. Topped with a vanilla flavored whipped cream and sprinkled with cinnamon.

## Auto Hobby September Specials

**October 2-31** | Scan Tool Hook-Up Special! Check engine light making you nervous? Bring your vehicle to Auto Hobby and we'll give you an idea on what needs to be repaired or replaced! Regular Price: \$25 Special Price: \$15



# Miracle at the Marathon: CPR, training save life

MARISA ALIA-NOVOBILSKI  
AIR FORCE MATERIEL COMMAND PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- When retired Air Force Lt. Gen. John Hudson woke on the warm overcast morning of the Air Force Marathon, Sept. 15, he knew the weather would be a challenge. But he was fit, trained and ready to take on the 10 kilometer race, just as he had for the past 10 years.

As ready as he was physically, what Hudson didn't know was that his life-saving CPR and first aid training would be even more important on the course that day.

"I never thought that morning I would have a chance to help someone live," said Hudson.

As Hudson approached the 2-mile marathon course flag near the Air Force Institute of Technology, he noticed a man about 40 feet ahead of him take a few wobbly steps, stumble and collapse face first into the asphalt.

"I was running the 10K and had just started to walk, as I felt nauseous and dizzy," said the man, who wishes to remain anonymous. "I thought maybe I was thirsty and grabbed some water from the water station. Then, I passed out."

Hudson immediately sprinted up the hill toward the fallen man, calling out to a nearby security forces defender to call for medical assistance.

Upon reaching the injured, Hudson turned the man over as three women arrived at his side, stating that they were nurses. Hudson and the team immediately began the CPR process. Hudson counted as the nurses began applying compressions and rescue breathing in an attempt to bring the man back to consciousness.

"It was a very stressful situation," said Hudson. "We did two or three cycles of CPR, counting and compressing and breathing, doing our best to keep him alive."

Just a few moments later, first responders arrived on the scene with a portable Automated External Defibrillator and quickly took over, applying electrodes and administering shock treatment to the man's heart. They then prepped him for transport by ambulance to a nearby medical facility.

"At this point, we all stepped away from the scene to let the professionals do their job. I went the whole rest of the race not knowing if he survived," said Hudson.

At the finish line, Hudson learned that the man was transported to nearby Soin Medical Center in Beavercreek, Ohio, for follow-up treatment. He also learned that the man had survived, though his full condition was still unknown.

"As I kept walking, I was thinking, praying that he survived," said Hudson. "I've kept my CPR and first aid training current and knew we did the right things, but I still didn't know the outcome."

Hudson learned later that day that the runner's condition was stable following a medical procedure on his heart.

"It's a miracle with a capital

'M' that the situation occurred when there were people around who were trained and willing to help out," said Hudson. "That's not always the case. I myself played a small part. The real miracle workers were the nurses and medics who were in the right place at the right time."

Hudson also emphasized just how important and valuable his training was in helping him to know what to do in the situation.

"All of the times you take CPR and first aid training, you never know when and if you will ever need to use it. You never know when you might be asked to help out, so you need to be ready, always ready," said Hudson.



Retired Air Force Lt. Gen. John Hudson's training in first aid and CPR was instrumental in helping a man survive a medical incident at mile two of the 2018 Air Force Marathon 10K race, Sept. 15, 2018. COURTESY PHOTO

The injured runner is recovering well and plans to walk next year's 10 kilometer race with the nurses who helped save him.

"I'm still trying to piece everything together from that day, but I am so thankful to everyone who stopped and helped save

my life -- the general, the two reservist nurses from Cleveland, the active-duty nurse at Wright-Patt, the Beavercreek medical squad and everyone else. They don't often get to see how the patient turns out, and I want them to know I am grateful," he said.

Hudson, who recently learned the runner attends the same church, looks forward to seeing him in person as well.

"It's a special feeling to know you helped somebody to live," said Hudson. "What an awesome outcome to a serious situation."



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(FY18)

31,000+

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\* Trinity on Track in 2017 with New Medical Complex Plans, Minot Daily News, 1/1/2018