

# northern sentry

FREE | VOL. 56 • ISSUE 45 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, NOVEMBER 9, 2018



## 5th LRS Tire Shop rolling out

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Videos



A student attending the Science, Technology, Engineering and Mathematics Festival learns about water survival training with STEM Festival volunteers at Little Rock Air Force Base, Ark., Oct. 26, 2018. This event gives students a unique opportunity to immerse themselves in various STEM-related activities before the Thunder Over the Rock Air and Space Show opened to the public.  
U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KRISTINE M. GRUWELL

# Little Rock AFB hosts Arkansas' Largest STEM Fest

19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. (AFNS) --

Little Rock Air Force Base hosted Arkansas' largest Science, Technology, Engineering and Mathematics festival in conjunction with the Thunder Over the Rock Air and Space Show, with a field trip day Oct. 26 that drew more than 20,000 attendees, over 13,000 of whom were students.

The students, teachers and chaperones in attendance experienced exhibits focused on science, technology, engineering and mathematics with the goal of building interest in STEM-oriented careers.

"We all felt a lot of responsibility to live up to the expectations of 13,000 students and their teachers,

but seeing the amazed looks on their faces drove home how important this experience was for our young people," said Maj. Kyle Sanders, STEM Fest director. "It was our chance to bring their textbooks to life and connect with science professionals from the entire region."

The exhibits included a robotics competition, drone races, a National Oceanic and Atmospheric Administration high-altitude weather balloon launch, and NASA's Journey to

Tomorrow, a traveling exhibit that immerses visitors in a fun-filled interactive experience.

The festival offered a chance for Arkansas institutions and professionals to interact with a variety of students from across the state.

"This amount of student engagement you cannot put a price on; it's unprecedented in Arkansas," said Chris Lynch, Arkansas Department of Career Education STEM coordinator.

STEM careers are projected to be the fastest growing sector in the next few decades. In partnering with the state of Arkansas, Little Rock AFB hoped to expose attendees to STEM careers by connecting them with professionals in a variety of fields.

"Both our nation and our local economy depend on technology to thrive," Sanders said. "We hope that this event helped inspire the next generation of scientists and engineers."

The STEM Fest also ran

throughout the Thunder Over the Rock Air and Space Show Oct. 27-28, and was open to the public. The festival exhibits complemented the air and space show by highlighting the vital role STEM plays in aviation technology and the Air Force.

"STEM is important because it's what makes the world go 'round,'" said Capt. Ian Bergstrom, STEM Fest augmentee. "It's important to get that into a child's perspective at a young age."

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Senior Master Sgt. Scott Lopez, the maintenance superintendent for the 476th Maintenance Squadron at Moody Air Force Base, Ga., and Tech. Sgt. Lauren Camarena, an electrical and environmental systems craftsman with the 476 MXS, pose with an A-29 Super Tucano October 25, 2018, at Moody AFB. They took part in the Air Force's light attack experiment at Holloman AFB, N.M., to help determine what airframe would best suit the Air Force's needs. U.S. AIR FORCE PHOTO | TECH. SGT. BOB JENNINGS

# Reserve maintainers take part in Air Force light attack experiment

TECH. SGT. BOB JENNINGS | 442D FIGHTER WING PUBLIC AFFAIRS

MOODY AIR FORCE BASE, Ga. (AFNS) --

It's not every day a pair of Reserve Citizen Airman maintainers get to help shape the future of the Air Force, but events like the recent light attack experiment can provide the opportunity.

Senior Master Sgt. Scott Lopez, 476th Maintenance Squadron maintenance superintendent at Moody Air Force Base, Georgia, and Tech. Sgt. Lauren Camarena, an electrical and environmental systems craftsman with the 476th MXS, travelled to Holloman AFB, New Mexico, for two months earlier this year to take part in phase two of the experiment.

The experiment tested the capabilities and maintainability of the AT-6 Wolverine and the A-29 Super Tucano light attack aircraft to determine which plane would best fit the Air Force's needs in a close-air-support role.

The AT-6 is a variant of the Beechcraft T-6 Texan training aircraft currently in use by the U.S. Air Force and Navy. The

A-29 is in service in multiple countries around the world.

The planes flew multiple times a day, testing things like reliability, ease of maintenance and cost to operate while 26 Air Force maintainers watched and documented.

Lopez worked as the maintenance superintendent of the team observing the A-29. His active-duty counterpart, Senior Master

more than 170 training missions flown in the A-29, including working with three allied special operations forces to train more than a dozen foreign joint terminal attack controllers.

"This was a joint operation," said Lopez. Pilots selected for the experiment included Airmen, Marines, and naval aviators. He also

touted the combined operations with allied nations.

"It was an awesome opportunity," he said.

The team gave the Secretary of the Air Force over 30,000 critical data points from their inspection data sheets. They

compiled those sheets into weekly action reports to keep the SECAF apprised of the experiment's progress.

Data collection, while the primary purpose of the experiment, was just the beginning.

The team also, in conjunction with the 49th Wing Weapons Standardization Section, certified Air Combat Command's first munitions-load-qualified joint-service aircrew. They poured over more than 200 maintenance manuals and provided recommendations to build up the Air Force's maintenance capability for the OA-X project.

At the end of the experiment, the team built manning plans for three different scenarios — operations at home station, deployed and at a forward operating base.

"It was three different scenarios, three different sets of numbers," said Camarena, "and we all had to agree."

They also used their

**"THE OPS AND MAINTENANCE RELATIONSHIP OUT THERE WAS SECOND TO NONE,"**

-SENIOR MASTER SGT. SCOTT LOPEZ, 476TH MAINTENANCE SQUADRON

Sgt. Ron Dedman from the 366th Aircraft Maintenance Squadron at Mountain Home Air Force Base, Idaho, led the AT-6 observation team. Camarena served as an observer, watching directly as civilian teams worked on the Super Tucano.

"The focus on the maintenance piece was huge," said Camarena. "It's like the Air Force said 'let's look at this plane before we buy it.'"

The Airmen were not allowed to actually touch any of the maintenance during the experiment. More importantly, they were told not to express any opinions.

"We're both very open and expressive people," said Lopez. "So we really had to be careful. We really toed that line."

Each member of the observation teams signed a non-disclosure agreement prohibiting the sharing of information between the AT-6 and the A-29 teams.

"My team did their thing, their team did their thing," he said. "We were completely separated. And we just observed maintenance."

During the experiment, Lopez led his total force team as they documented

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Continued on page 8

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# Army, Navy provide Tyndall much-needed support

TECH. SGT. RACHELLE BLAKE | 325TH FIGHTER WING PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. (AFNS) -- While Hurricane Michael created catastrophic devastation to most of Tyndall Air Force Base, Florida, the relief efforts were a reminder of the symbiotic relationship between military branches.

In the days following the storm, the Air Force came in droves to provide support, with the Navy and Army not far behind. Engineers from the Naval Mobile Construction Battalion 133, Gulfport, Mississippi, and the 46th Engineer Battalion, Fort Polk, Louisiana, hit the ground running.

They traveled in convoys bringing with them construction vehicles and equipment. Unable to bring everything they would need, they also arranged to have contracted vehicles meet them at Tyndall AFB.

In teams, totaling more than 130 personnel, they worked to clear trees and debris.

"We are going full force getting trees removed, so we can help people access their buildings," said Equipment Operator 2nd Class Zachary Bunter, MNCB 133. "Our main focus is 30 feet around buildings and roads."

His team was successful in

clearing the area around the base clinic.

"We are hoping to clear up enough that when the permanent party are returning it may be less of a shock," said Lt. Col. Christopher Klein, 46th Engineer Battalion commander. "We want to restore hope that the base is going to come alive again."

The Army has also taken on clearing out Fam Camp, which will be used as a staging area for rebuild efforts.

"We are all here to take care

Soldiers from the 46th Engineer Battalion move tree debris into piles Oct. 31, 2018, on Tyndall Air Force Base, Fla. After Hurricane Michael swept the area, multiple services have mobilized relief assets in an effort to restore operations after the hurricane caused catastrophic damage to the base.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN SEAN CARNES

Klein echoes his sentiment. "We have stood up to do hurricane response three times in the past two years and this is the first time we have actually been called out to help," he said. "The soldiers are getting to experience what the Army does, what the military does and what the Department of Defense does."

At the end of the day, the Army and Navy have the same end goal – to return normalcy to the base and surrounding community.

"Contractors have thanked us for helping because the base is a huge source of revenue for the local community," said Bunter. "Hopefully this base recovers and hopefully what we do is a big help to everything."

Getting the mission up and running is also a priority. "We have to get it right so they are able to go out continue what their mission is," said Klein. "They run a very important mission out of this base, so it is important for the nation and DoD to get it up and running as quick as possible."

**"THESE TYPE OF MISSIONS, HUMANITARIAN AND DISASTER RECOVERY, ARE WHAT WE REALLY SHINE AT,"**  
- EQUIPMENT OPERATOR 2ND CLASS ZACHARY BUNTER, MNCB 133

of each other," said Klein. "We take care of our brothers and sisters on our right and left and that is what this mission is. I told (the Soldiers) to remember that they are helping their own and that is what is most important."

For many, it is also about putting their training to work. "For some of them, this is their first time seeing a disaster like this and doing first response," said Bunter. "These type of missions, humanitarian and disaster recovery, are what we really shine at – being able to go out and help people whether it is here in the U.S. or overseas."

# Keesler member wins GEICO Military Service Award

BRITNEE DAVIS | 81ST TRAINING WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. --

Staff Sgt. Rashawn Thompson, 81st Medical Operations Squadron mental health technician, is the Air Force's 2018 GEICO Military Service Award recipient.

The award recognizes one member from each of the five armed services for contributions to health and safety issues in their local and military communities.

Thompson, who's work focuses on drug and alcohol prevention and is a nationally certified psychiatric technician, supported 12 mental health providers by providing patient care to approximately 9,000 beneficiaries and facilitated instructing more than 765 students through weekly Drunk Busters and Peer to Peer education on substance use.

Thompson attributed winning this award as a team effort.

"I believe I won simply because my leadership believed in me," Thompson said. "They spent a lot of time putting together my package, making sure I was doing the things that I needed to do and making sure my passion was directed in the right direction."

Tech. Sgt. Anna Coker, 81st MDOS mental health technician NCO in charge, said she nominated Thompson for the award because he goes above and beyond each day.

"His ability to help the patients through their times

of need is a true testament of why I nominated him," she said. "Every patient speaks highly of the care. Thompson has always gone above and beyond throughout his career, and I am happy to see him recognized for his hard work."

She added that Thompson's impact on the alcohol and drug abuse prevention program contributed to Keesler winning the 2017 Air Force Surgeon General's Best Hospital of the Year.

Thompson says it's nice to be recognized for his work, but the most fulfilling part is helping others.

"The most rewarding part for me is listening to someone who is struggling, and helping them walk out of the door better than they walked in," he said. "It feels good knowing that something I did or said helped them through a tough time."

A singer at heart, Thompson didn't know his voice would be used to help people in a clinic setting, but he always knew it was a powerful tool. He credits the Air Force for helping him find a way to continue using his voice for good.

"I've always loved singing," he said. "My voice made people laugh, my voice made people sing, and my voice made people clap. Transitioning into the military, my voice still does that, it just does it in a different way. It soothes, it calms and it brings things into perspective. It may not be over a beat, but it still makes people feel something."



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# 5th MDG Trail of Terror

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS DILLON J. AUDIT

The 5th Medical Group hosted a trail of terror at Minot Air Force Base, North Dakota, Oct. 31, 2018. Active duty members and their families were invited to walk the halls of the third floor and receive candy from various 5 MDG departments.



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**JEFFRY MOORE** **WINNER**

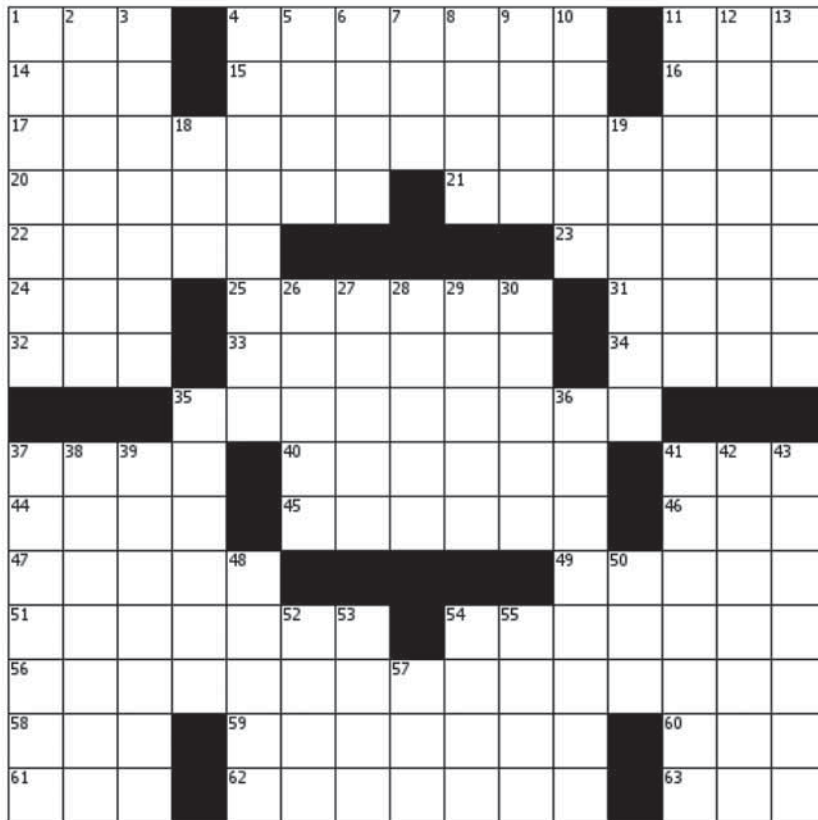
**GOLDEN TICKET**

NORTHERN SENTRY

# CROSSWORD PUZZLE

**Across**

- 1. Fort Collins campus, for short
- 4. They may kiss
- 11. Detoxification place
- 14. Paddle relative
- 15. Thus far
- 16. Lettuce variety a.k.a. romaine
- 17. How scissors beats paper in the real world?
- 20. She baked pies in Mayberry
- 21. Bening of "Being Julia"
- 22. "The Path to the Nest of Spiders" writer Calvino
- 23. Gainesville college footballer
- 24. Make
- 25. One who openly declares
- 31. Hilarious person
- 32. Ending for Canton
- 33. Fix some potholes
- 34. Microscope part
- 35. How the paper might beat some rock?
- 37. "Song of the South" term
- 40. "Beauty School Dropout" musical
- 41. Garlic, in Guadalajara
- 44. First name in rationalism
- 45. Breadwinner
- 46. Pickup hangout
- 47. "Get your \_\_\_ over here!"
- 49. Jock, J.R. or Bobby
- 51. They often have whipped cream on their nuts
- 54. She goes mad in "Hamlet"
- 56. The only imaginable way for rock to beat scissors?



**Down**

- 2. Boy scout greetings
- 3. Go
- 4. It's bare in a nursery rhyme
- 5. Relative of 20-across
- 6. "Reader" on the newsstands
- 7. U.S. force in Vietnam: abbr.
- 8. Cuzco's civilization
- 9. Hands-up time?
- 10. Moved like a pendulum
- 11. Terrier type
- 12. Bridge type
- 13. Says without knowing 100%
- 18. Center of a Jim and Tammy Faye scandal
- 19. Pieces of wisdom
- 26. "Standing on the \_\_\_ of Getting It On" (Funkadelic album)
- 27. "Dido and Aeneas," for one
- 58. Always, in poetry
- 59. Metallic element used in spark plugs
- 60. Former senator Daschle
- 61. Pilot's heading: abbr.
- 62. "Falling in Place" novelist Ann
- 63. Decade divs.

**Down**

- 1. Pablo Escobar smuggled it

- 28. Straddle the fence
- 29. Water brand that spells another word backwards
- 30. One of Dewey's older brothers
- 35. Guiding principles
- 36. What parents say when they get back from a trip
- 37. Horns and such
- 38. Hirer's stack
- 39. Draw into a trap
- 41. Knack
- 42. He'll stay after school
- 43. They may be faked
- 48. Title in colonial India
- 50. Hornets don't play in Charlotte's
- 52. First-year French student's verb
- 53. Actor LaBeouf of "Constantine"
- 54. Fail to include
- 55. Spittoon noise
- 57. July hrs. in Jersey

## SUDOKU Solution to puzzle on page 14

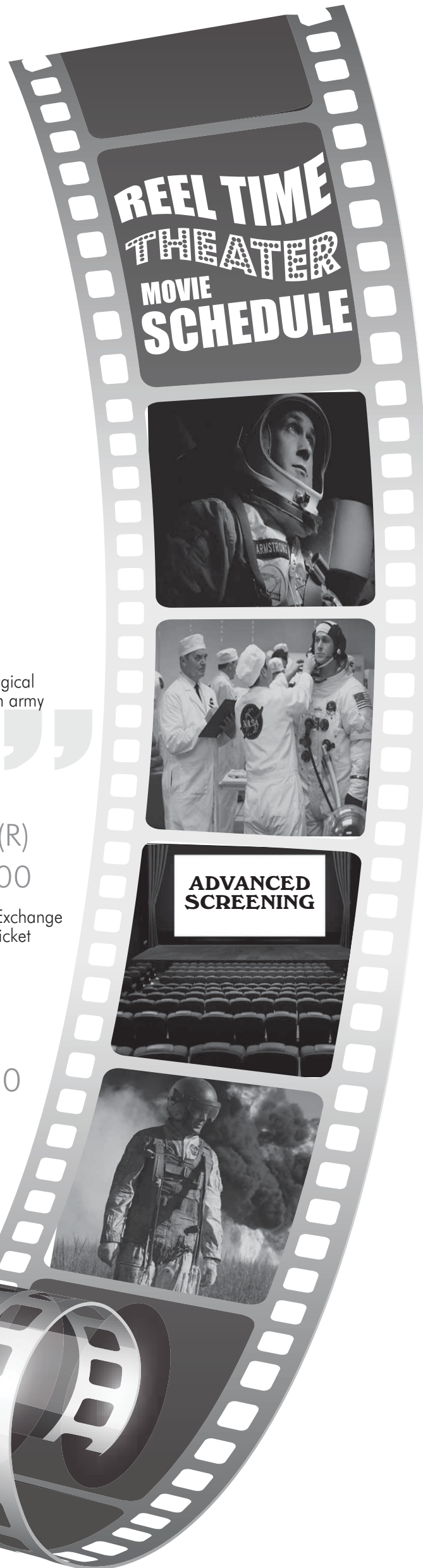
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	6				5			1
	2							3
7			6					9
6		5						7
		7		1		3	4	
8				9				2

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**Difficult**

## Solution to last week's Crossword puzzle.

L	O	C	I		C	R	O	W	S		A	J	A	R
O	M	O	O		R	E	W	E	T		M	U	L	E
W	A	R	D	H	E	E	L	E	R		A	N	O	D
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A	N	A		D	U	K	E	S		S	T	I	L	L
C	E	L	S		P	E	A	C	E		O	D	I	E
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A	B	L	E		I	S	L	E	T		O	M	I	T
T	O	D	D		S	L	E	D	S		N	E	T	S



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FIRST MAN • (PG-13)  
FRIDAY, NOV. 9 • 1800

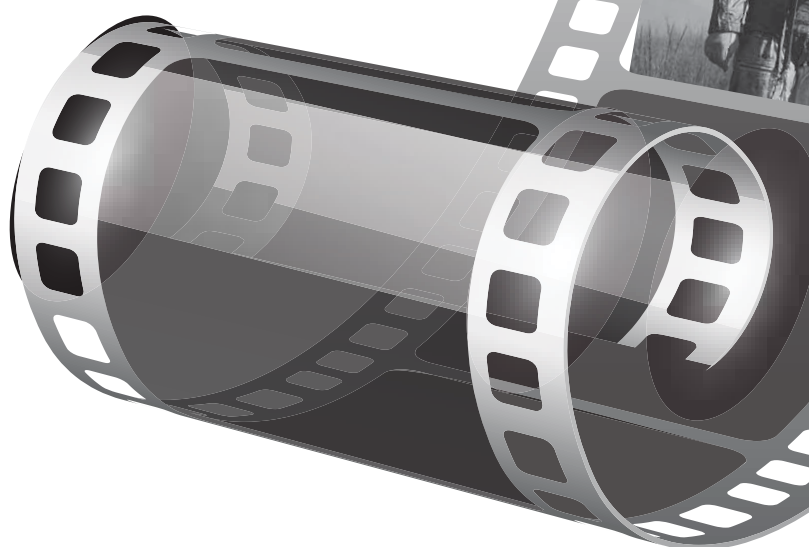
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**Creamy Chicken  
TORTELLINI SOUP**



Courtesy of www.aspicyperspective.com/creamy-chicken-tortellini-soup/

**INGREDIENTS:**

- 1 tablespoon, extra virgin olive oil
- 1 large sweet onion, peeled and chopped
- 1 red bell pepper, seeded and chopped
- 2 cups sliced carrots
- 4 garlic cloves, minced
- 1 1/4 pounds boneless skinless chicken breast, 2 large breasts
- 9 cups chicken broth
- 8.8 ounce package, DeLallo Three-Cheese Tortellini Pasta
- 1/4 - 1/3 cup heavy cream
- 2 tablespoons packed frozen spinach
- 1/2 cup fresh baby spinach leaves
- 2 tablespoons fresh chopped parsley
- 1 1/2 teaspoons dried thyme leaves
- 1 tablespoon fresh thyme leaves
- 1/2 teaspoon crushed red pepper
- Salt and pepper

**INSTRUCTIONS:**

Place a large sauce pot over medium heat. Add the olive oil and chopped onions. Saute for 3 minutes to soften. Then add the chopped bell pepper, carrots, and garlic. Saute another 3 minutes. Add whole raw chicken breasts, chicken broth, dried thyme, crushed red pepper, 1 teaspoon salt, and 1/4 teaspoon ground black pepper to the pot. Bring to a simmer. Lower the heat a little and simmer 15 minutes, until the chicken is cooked through. Remove the chicken and place on a cutting board. Turn the heat back to medium. With the broth still simmering, stir in the DeLallo Three Cheese Tortellini. Stir well so it doesn't stick together. Then chop or shred the chicken and place back in the soup. Once the tortellini is cooked through, about 10-14 minutes, turn off the heat. Stir in 1/4 cup heavy cream, spinach, and parsley. Add a little more cream if desired. Taste, then salt and pepper as needed.

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Hunting Season Opener Women's Pool Tournament  
Saturday, November 10 Registration starts at 11 a.m. Tournament starts at Noon To pre-register call the Spot at (701) 852-7768  
BCA Rules | Race to 4 on Winner Side Race to 3 on Loser Side \$30 Entry (\$20/Goes to Pot and \$10/Goes to

**HUNTING SEASON OPENER WOMEN'S Pool Tournament**  
NOVEMBER 10TH  
Registration Starts at 11AM • STARTS AT NOON  
Green Fees) \$300 added The payout is 25% of the field **For more information check out: Facebook event/ Women's Pool Tournament**

**10 NOV** 8:00 AM - 4:00 PM  
Location: North Dakota State Fair Center, 2005 Burdick Expy E. Minot, ND.  
The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items, while others sell their homemade crafts, products, and foods. There is something for everyone at the Minot Flea Market! Admission is

**ONLY \$1.00 (ages 10 and under are FREE). For more information visit: www.visitminot.org/events/minot-flea-market**

**12 NOV** 2:00 PM - 3:00 PM  
Location: Minot Public Library 516 2nd Ave SW, Minot, N.  
Join the Children's Library for some Harry Potter inspired science activities during Veteran's Day vacation. This program is for children grade 1-5. **For More information: Facebook event/ Minot Public Library hosts Harry Potter Science Activities**



**15 NOV** 5:00 PM - 8:00 PM  
Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot.  
Are you ready for the 28th Annual Minot Area Chamber of Commerce Showcase of Business? The Chamber is proud to bring you this event on Thursday, November 15 from 5-8 p.m. at the North Dakota State Fair Center Magic Place! This year we are having a Tailgating Party!


This is an opportunity for businesses to decorate around this theme, and for you, as a Chamber member, to showcase your products and services to nearly 1,000 attendees. **For more information check out: Facebook event/ Showcase of Business.**

**DAKOTA HOPE CLINIC PRESENTS:**  
**Festival of Trees**  
Free Public Viewing & Family Activities 10 am - 2:00 pm  
**Saturday, Nov. 17 State Fair Center - Minot**  
**Social and Auction**  
Doors Open at 5 for Silent Auction and Raffle  
Live Auction at 6:30  
Decorated Christmas Trees, Wreaths, Nativity Sets and Much More  
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NOVEMBER 10, 2018

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Veteran's Day weekend is a time to honor not only the Veterans but anyone who has taken the vow to protect our country. We are excited to bring you a pub crawl to celebrate all of those BRAVE people who did just that.

**SATURDAY, NOVEMBER 10, 2018 AT 6 PM – 1 AM**

We will be giving 50% of the VIP wristbands to the Spouse's Club on Minot Air Force Base!  
VIP wristbands will get you deep discounts in all 4 bars!  
Bracelets can be purchased online or day of at any of the participating locations  
\*This event is 21+! Please make sure to have a valid ID on you\*



## North Dakota Property Listed in National Register of Historic Places

STATE HISTORICAL SOCIETY OF NORTH DAKOTA

BISMARCK, N.D. – A Cold War Spartan missile launch site has been listed in the National Register of Historic Places. The National Register of Historic Places is the federal government's list of properties it considers worthy of preservation and recognition.

The Remote Sprint Launch Site 3 (RSL-3) in Cavalier County was accepted because it is the best preserved unit remaining of the Stanley R. Mickelsen Safeguard Complex that is not operational as an active military component. It contains three major components—the Sprint launch pad with 16 empty missile silos, the Limited Area Sentry Station (LASS) where one enters the site, and the large bunker Remote Launch Operations Building (RLOB), where service people maintained communications and equipment in ready for any potential launch situation while in contact with

the other Stanley R. Mickelsen Safeguard Complex units throughout northeast North Dakota.

Contrary to some misconceptions about the National Register program, listing in it does not prevent owners from altering their property, restrict the use or sale of the property, or require establishing times that the property must be open to the public. Entry into the National Register of Historic Places does give a property prestige, provides protection from adverse effects in federally assisted projects, and provides eligibility for certain preservation financial incentives.

For more information about the National Register program in North Dakota, contact Acting Architectural Historian Susan Quinnell at 701.328.3576 or find information online at history.nd.gov.

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### LIGHT ATTACK continued from page 3

observations and their expertise to create inspection criteria, technical data concepts and a structured concept of operations for the both the A-29 and the AT-6. They developed tactics, techniques and procedures that will be used to help shape the maintenance portion of the Air Force's light attack capability.

The observation teams sat in on daily flying schedule meetings to prepare them for the potential maintenance ahead and working with the operations team to ensure they had the most access possible to the maintenance that was going on.

"The ops and maintenance relationship out there was second to none," Lopez said. "It was really unmatched."

Lopez said the collaboration helped expand his knowledge of scheduling practices and the command structure and language used in ACC, as opposed to Air Force Reserve Command.

He now incorporates that broader awareness into the Total Force Integration efforts

between the 476th Fighter Group and the 23d Wing at Moody AFB. The 476th FG is a geographically separated unit of the 442d Fighter Wing at Whiteman AFB, Missouri.

"I think I brought back more of an understanding of close air support," Camarena, a former C-17 Globemaster III cargo aircraft mechanic, said. "Coming off a heavy aircraft and you're bringing people down to the fight – this one, you're actually in the fight and seeing what they actually do every day and why they need to do what they do."

The results of the light attack experiment haven't yet been released, but Lopez expects a decision to be made in either December 2018 or January 2019. No matter which aircraft is ultimately chosen, the part these two Reserve Citizen Airmen played in the process will be felt for decades to come.

"It's an honor to be a part of that," Camarena said. "To kind of say 'Hey, we helped pick this aircraft for the Air Force.'"

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• NOVEMBER 17, 2018 • ND STATE FAIR CENTER •



# Festival of Trees Kicks off Christmas Season

DAKOTA HOPE

Everyone is invited to start off the holiday season with beauty and fun by attending the Festival of Trees on Saturday, Nov. 17, 2018 at the ND State Fair Center. The Public Tree Viewing will be held from 10 a.m. – 2 p.m., with the Social and Auction starting at 5 p.m. The events are sponsored by Dakota Hope Clinic of Minot.

Families and individuals are invited to attend the Public Tree Viewing. This free family event will include viewing of decorated Christmas trees and the opportunity to vote for the People’s Choice Award. A family photo that will be perfect for Christmas Cards can be taken at the free Photo Booth. You can enjoy refreshments to include hot chocolate, coffee and cookies. In addition, children will have the opportunity to interact and have their picture taken with Mary, Joseph, and Baby Jesus or other characters in the Live Nativity.

Doors will open for the evening Festival of Trees Social and Auction at 5

p.m. with holiday music, hors d’oeuvres, viewing of trees, raffle ticket sales and bidding on silent auction items. The live auction of the decorated Christmas trees begins at 6:30 p.m. Nativity sets, centerpieces, wreaths, and many other items will be available for bids. Next-day delivery and set-up of trees is available within a 10 mile radius of Minot.

Proceeds will benefit Dakota Hope Clinic, the only life-affirming pregnancy help center in north central and northwest North Dakota. The 501(c) (3) Christian non-profit organization was formed to help women and men facing an unintended pregnancy. All services at Dakota Hope Clinic are 100% free and confidential. The event is part of celebrating the organization’s 5th Anniversary. There is no charge to attend the Public Tree Viewing. *Tickets for the Social and Auction are limited and sell for \$10 in advance and \$15 at the door. Tickets are available at the Clinic (315 Main St. S. Ste 205), Gideon’s Trumpet, Caribbean Color or online at [www.DakotaHope.org](http://www.DakotaHope.org)*

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Rym Lamrad, MD

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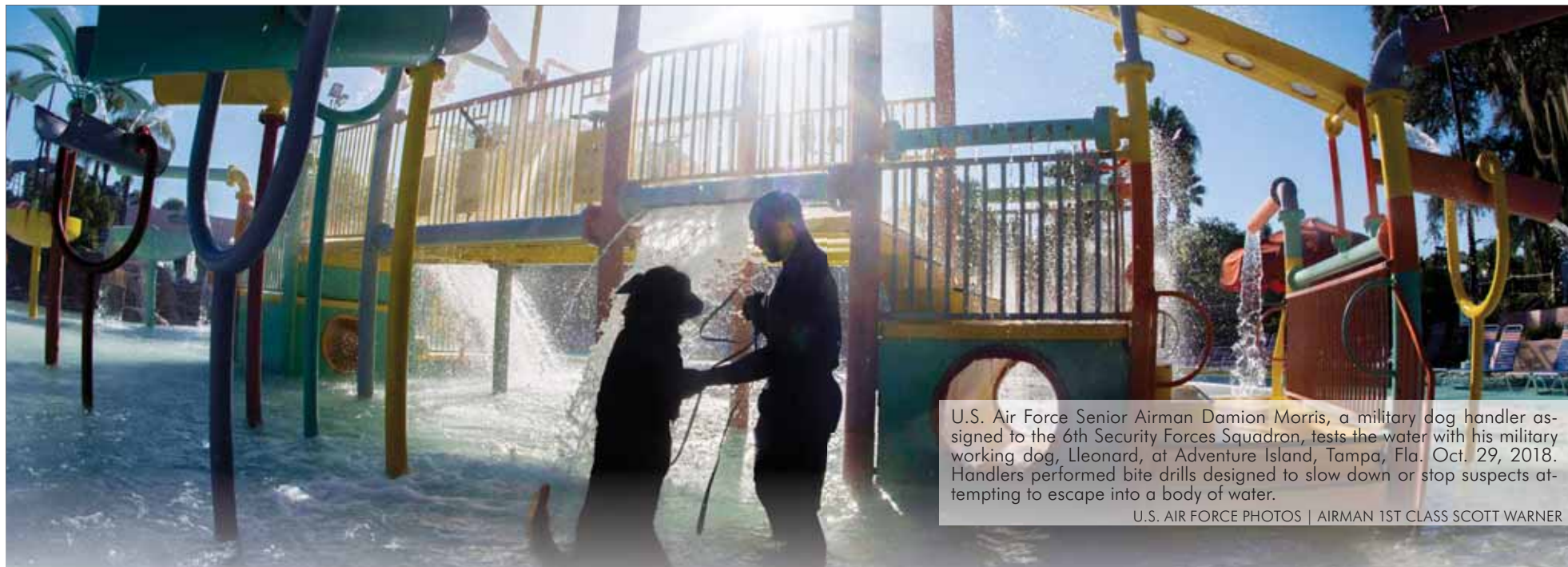
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U.S. Air Force Senior Airman Damion Morris, a military dog handler assigned to the 6th Security Forces Squadron, tests the water with his military working dog, Leonard, at Adventure Island, Tampa, Fla. Oct. 29, 2018. Handlers performed bite drills designed to slow down or stop suspects attempting to escape into a body of water.  
U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS SCOTT WARNER

# MacDill's military working dogs, handlers train at Adventure Island

AIRMAN 1ST CLASS SCOTT WARNER | 6TH AIR MOBILITY WING PUBLIC AFFAIRS

MACDILL AIR FORCE BASE, Fla. (AFNS) -- From vigorous barking to dashing through water-based obstacles, military working dogs and handlers with the 6th Security Forces Squadron participated in water aggression training to maintain full spectrum readiness at Adventure Island amusement park in Tampa, Florida, Oct. 29.

"We have 7.2 miles of coastline around MacDill and we always have to be ready to patrol it," said Tech. Sgt. Matthew McElyea, a military dog trainer assigned to the 6th SFS. "We never stop training and it's our job to keep our dogs engaged and excited about the job we accomplish together."

Additionally, eight Tampa law enforcement agencies unleashed their own K9s during the joint training exercise.

"We do this training annually," said Eddie Durkin, Tampa Police Department public information officer. "Some dogs don't get enough exposure to water-based scenarios and this type of training gets them more confident and comfortable in the water."

MacDill's military working dogs, Lord, Zeno and Leonard, participated in a wave of training scenarios involving suspect apprehension and deterrence in an unfamiliar environment.

"We are always looking for new ways to evolve our training and be ready for any contingency situation," McElyea said.

The event simulated three water-based scenarios, from an obstacle course to waves and large depths of water. The training fully encompassed what a military working dog might experience in the field.

"Lord was outstanding in every water-based evaluation, and Zeno and Leonard made significant progress throughout the day," McElyea said. "This situational training is invaluable when our dogs need to be ready to respond to anything."

Whether it's inside of the base or at a point of entry,

MacDill's working dog handlers and their partners continuously practice detection, bite drills, obeying

commands and apprehending suspects.

"We are the best at narcotic and bomb detection

and deterrence," McElyea said. "But our local law enforcement agencies are experts in patrol, so

collectively these joint training exercises are mutually beneficial since we can learn so much from one another."



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



# BMT curriculum changes focused on inspiring, developing Airmen

DAN HAWKINS | AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) -- After listening to feedback from the field, a few changes to the Air Force Basic Military Training curriculum will transform trainees into more combat ready Airmen.

The changes, which began Sept. 4, are entirely focused on readiness and lethality, Airmanship, fitness and the warrior ethos.

"The future of BMT focuses on creating disciplined, warrior Airmen who are ready to support our joint partners in conflicts around the globe," said Col. Jason Corrothers, 737th Training Group and BMT commander. "These changes to refine the basic training experience are about increasing our readiness and lethality while simultaneously instilling Airmanship and core values from the very beginning."

Restoring readiness is one of the Air Force's top priorities. The changes address readiness through a revamped expeditionary skills and weapons training curriculum, said Lt. Col. Jose Surita, 326th Training Squadron commander who has overseen the development of the revamped curriculum.

Basic Expeditionary Airmen Skills Training, which previously took place in week five of training, is re-sequenced to the final training week as the culminating event of BMT. Air Force recruits will also experience a beefed up Self-Aid/Buddy Care regimen, called the Tactical Combat Casualty Course.

"We need highly trained and ready Airmen," Surita said. "Readiness is the central theme across the BMT curriculum as we deliver trained and committed Airmen capable of delivering 21st Century airpower."

There is also an increased focus on weapons handling and familiarization, she said.

Airmen's Week, which was focused on a values-based "Airmanship 100" curriculum, was taught the week after a trainee completed basic training. Airmen's Week lessons, which are not being changed, are now incorporated throughout 8.5 weeks of BMT.

This change gives end-to-end ownership of the training to the military training instructor corps, delivering a continuous immersion that accelerates "mind to heart" adoption of the Air Force core values and warrior ethos principles.

"Our Airmen need to be technically capable, but they also need to be motivated," said Master

Sgt. Robert Kaufman, military training instructor. "Airmanship 100 lessons focus on their resilience and challenge recruits to commit to holding each other accountable to our core values."

With an emphasis on improving human performance, BMT will also see a bump up in the overall number of fitness sessions, increasing from 31 to 44 periods throughout training. Workouts will be a balanced mix of cardio, strength and interval training.

"Physical fitness is a critical component of readiness," said Master Sgt. Andrea Jefferson, military training instructor. "By increasing the number of physical training sessions, we build fitness habits that will help recruits perform both in the military environment, and in their personal lives."

BMT curriculum changes also includes a purpose built heritage program that introduces recruits to Air Force heroes, and weaves heritage and warrior ethos throughout training.

"We will be introducing warrior identity, as well as Air Force history and heroes, every week throughout training," said Master Sgt. Richard Bonsra, military training instructor. "Those topics will then be reinforced during all training events, such as naming physical training sessions after a fallen Airman to cement the experience."

Future changes to how heritage and warrior ethos are ingrained into BMT will include naming obstacles on the "Creating Leaders, Airmen, Warriors," course after Air Force heroes, said Bonsra.

"Over the last 70 years, we have become the most dominant Air Force the world has ever known, but there is no doubt we must be and can be better in the future," said Chief Master Sgt. Lee Hoover, 737th TRG superintendent. "The next generation of Airmen will take us there, so it's critical we start them on the right foot. These changes ensure we move in that direction."

Headquartered at Joint Base San Antonio-Lackland, Texas, the 737th TRG is the Air Force's largest training group, comprised of nine squadrons and more than 900 permanent party personnel. With an average daily load of 7,000 trainees, more than 37,314 Airmen graduated BMT in fiscal year 2017 and BMT instructors are postured to increase that number to more than 40,200 graduates in fiscal year 2019.

## OUTDOOR NOTES:

- Upper Souris Nat'l. Wildlife Refuge Prairie-marsh Scenic Drive gate now closed with the deer gun season opening and will remain closed until ice-out. Contact refuge headquarters, (701) 468-5467, for deer gun hunting regulation details.

### Fishing:

Lake Sakakawea elevation, Nov. 6: 1,841.44 feet above mean sea level (MSL); 29,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.16 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.13 MSL.

\*N.D. Game & Fish Dept. game wardens: No reports from Devils Lake, north-central area lakes, or the Missouri River System.

\*Devils Lake, Ed's Bait Shop, Devils Lake: Little to no activity.

\*Devils Lake, Woodland Resort, Devils Lake: No new reports with little activity on Devils Lake.

\*Lake Darling, Karma C-Store, Ruthville: No new reports with little activity on Lake Darling and the Grano area.

\*Lake Metigoshe, Four Seasons, Bottineau: No new reports with little activity.

\*Lake Darling, Upper Souris NWR, Foxholm: Weather permitting, a few anglers still going to Grano Bridge.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Most activity on Lake Sakakawea is from Douglas Bay west. No reports from Lake Audubon or the Missouri River.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: No reports from the east end of Lake Sakakawea. Bait shop closed until Lake Audubon has

walkable ice

\*Lake Sakakawea, Scenic 23, New Town: Weather cutting into angler numbers but a nice fall walleye bite continued for those getting out.

\*Lake Sakakawea/Missouri River tailrace, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye activity from boat and shore, weather permitting. Try 3-way swivels or crankbaits. Also try crankbaits from shore with best success in the evening. Occasional trout and salmon mixed in. Not much Lake Sakakawea activity but an occasional salmon might show up from shore on the east end yet.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River good for fall walleye bite, weather permitting.

\*Lonetree WMA area lakes, Harvey: Coal Mine Lake closed until ice-over. No reports from other area lakes.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes quiet with anglers generally waiting for ice-over.

### Hunting:

\*Deer: Look for fair numbers in north-central N.D.

\*Pheasants: Success is tough in some areas in the northwest. A few more birds showing up in pockets around portions of central and west-central N.D. with corn harvest winding down.

\*Waterfowl: Look for more bird movement in the Devils Lake area with colder weather. Not much for duck numbers but good numbers of snow geese. They're mostly adults, however, and are tough to decoy. Some Canada goose success in the north-central part of N.D. Most ducks moved out. Good waterfowl numbers around Lonetree WMA and central N.D.

## Dates to Know:

- **Nov. 9:** Deer gun season opens.
- **Nov. 10:** Bobcat season opens.
- **Nov. 11:** Sandhill crane season closes.
- **Nov. 14:** Muddy Buck Mule Deer Foundation banquet, The Rig, Tioga, 5 p.m.
- **Nov. 25:** Deer gun season closes.
- **Nov. 25:** Mountain lion Zone 1 early season opens.



## NUMBERS TO KNOW:

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**In Flanders Fields**

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks still bravely singing fly  
Scarce heard amid the guns below.

We are the dead: Short days ago,  
We lived, felt dawn, saw sunset glow,  
Loved and were loved: and now we lie  
In Flanders fields!

Take up our quarrel with the foe  
To you, from failing hands, we throw  
The torch: be yours to hold it high  
If ye break faith with us who die,  
We shall not sleep, though poppies grow  
In Flanders fields

- Lieutenant Colonel John McCrae

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# CHURCH DIRECTORY

**Little Flower Catholic Church**  
 800 University Avenue West  
 838-1520  
**Mass Schedule**  
 Saturday ..... 5:30 pm  
 Sunday .. 8:30am & 11:00am  
**Fr. Fred Harvey, Pastor**  
[www.littleflowerminot.com](http://www.littleflowerminot.com)

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE Minot • 838-3094**  
 Sunday Liturgy ..... 10 a.m.  
 Saturday Vespers.... 6 p.m.  
 The Very Reverend Father Anastassy

**ALL ARE WELCOME**  
 Ahla W Sahla MIRE SE VIEN  
 SELAMAT DATANG BENVENUTO  
 VALKOMMEN Willkommen  
**WELCOME**  
 BIENVENIDO Baruch Haba  
 Aloha Bem-winds VELKOMIN  
 BENVIDO Welkommen Tere Tulemast

  
**An Evangelical Free Church**  
 3500 4th St. SW • 839-5127  
 (Just North of Super Wal-Mart)  
 Sunday School & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:30 a.m.  
[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

  
 Worship Service at 10:45am Sundays  
 Sunday School at 9:45am  
**1720 4th Ave NW, Minot 838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

  
**Faith United Methodist Church**  
**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)  
**Pastor Tom Sumers 701-838-1540**  
 Sunday School (All Ages): 9:45 a.m.  
 Sunday Coffee Fellowship: 10:30 a.m.  
 Worship Services: Sunday 11 a.m.

**Minot Baptist Church**  
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World  
 Sunday School ..... 9:45 a.m.  
 Morning Worship .... 11:00 a.m.  
 Evening Worship ..... 6:00 p.m.  
 Wednesday Evening..... 7:00 p.m.  
*Independent/Fundamental/KJV*  
**500 46th Ave NE • 839-1351**  
 Pastor David Miller

**Cornerstone Presbyterian Church**  
**1000 NE 3rd Street 852-0315**  
**Sunday Schedule**  
 Contemporary Worship ..... 9:00am  
 Sunday School (All Ages) ..... 10:00am  
 Traditional Worship..... 11:00am  
**Wednesday Evening Schedule**  
 Community Dinner ..... 5:30-6:30pm  
 Contemporary Worship ..... 6:30pm  
 Youth Group & Small Groups.. 7:15pm  
**All are Welcome!**  
[www.ecominot.org](http://www.ecominot.org)

**Congregational UCC**  
 430 N. Broadway • 839-1064  
**Sunday Worship ..... 11am**  
**Sunday School ..... 11am**  
**Tuesday Bible Study ..... 12pm**  
**Saturday Noah's Breakfast ..9:30am**  
 Please join us, all are welcome here!  
  
**UNITED CHURCH OF CHRIST**


  
**St. Mark's Lutheran Church**  
*Missouri Synod*  
 Sunday Worship ..... 8:30 am & 11:00 am  
**2209 4th Avenue NW Minot, ND 839-4663**  
[www.stmarksminot.com](http://www.stmarksminot.com)  
 Call or check out our website for more information.

  
**Immanuel Baptist Church**  
**1615 2nd St. SE • Minot • 839-3694**  
 Sundays:  
 Sunday School ..... 9:15 a.m.  
 Worship ..... 10:30 a.m.  
 Wednesdays:  
 Soup Kitchen .... 11:30 a.m. - 12:30 p.m.  
 Family Supper ..... 5:45 p.m.  
 Classes for all ages ..... 6:30 p.m.  
 Adult Choir (as scheduled). 8:00 p.m.  
**Brian T. Skar, Pastor**  
[www.ibcminot.org](http://www.ibcminot.org)

**Apostolic Faith Church, UPCI**  
**2929 19th Ave NW • Minot**  
 Located off Hwy 83 Bypass West  
**(701)838-0609**  
 Saturday School ..... 2:00 p.m.  
 Sunday Worship ..... 3:30 p.m.  
 Wednesday Bible Study ..... 7:30 p.m.  
**Jesse Starr, Pastor**

**St. John the Apostle Catholic Church**  
  
 2600 West Central Ave • Minot, ND 58701  
**839-7076**  
 Daily Mass Schedule:  
 Tuesday ..... 7:00 p.m.  
 (3rd Tuesday 7:00 a.m.)  
 Wednesday - Friday ..... 7:00 a.m.  
 Saturday ..... 5:00 p.m.  
 Sunday ..... 8:00 & 10:30 a.m.  
**Fr. David A. Richter, Pastor**  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

  
**First Lutheran Church - ELCA**  
 120 5th Ave. NW  
 852-4853  
 Saturday Worship..... 5:00 pm  
 Sunday Worship.. 8:30 am & 11:00 am  
 Sunday Education..... 9:45 am  
 Wednesday Supper..... 5:00 pm  
 Wednesday Education ..... 5:45 pm  
[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 8:30 am  
[www.flcminot.com](http://www.flcminot.com)  
 Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman

  
**Gospel Tabernacle Community Church**  
 9999 27th St NE  
 4 miles south of MAFB  
**James W. Henderson**  
**Anna B. Henderson**  
**Church: 701-838-4492**  
**Home: 701-838-5759**  
**KHRT 1320: 9 a.m. Sunday**  
**Sunday School ..... 9:45 a.m.**  
**Adult/Children Worship.. 11 a.m.**  
**Family Hour ..... 6:30 p.m.**  
**Evening Worship ..... 7:30 p.m.**  
**Bible Study/Child-Adult**  
**Children Worship (Wed).... 7 p.m.**  
**Prayer (Friday) ..... 7 P.m.**

**Bethany Lutheran**  
**215 3rd Ave. SE, Minot, ND**  
**Phone: 838-5196 • Fax: 852-8494**  
 A Member of the ELCA  
 Sunday Worship ..... 8:30 & 10:30 am  
 Sunday Fellowship ..... 9:30 am  
 Wednesday School ..... 5:45 pm  
 Wednesday Worship ..... 6:45 pm  
 Website: [www.bethanylutheranminot.com](http://www.bethanylutheranminot.com)  
 Email: [bethanylutheran@srt.com](mailto:bethanylutheran@srt.com)  
 Live Streaming: [bethanylutheran.tv](http://bethanylutheran.tv)  
**Pastor Janet Hernes Mathistad**  
**Pastor Gerald Roise**

**First Baptist Church**  
  
**200 3rd St. SW • 852-4533**  
[www.fbcminot.org](http://www.fbcminot.org)  
 Classic Worship Service ..... 8:30 a.m.  
 Adult Sunday School..... 9:45 a.m.  
 Contemporary Worship Service.. 9:50 a.m.  
 Children's Church..... 9:50 a.m.  
 Sunday School (All Ages) ..... 11:00 a.m.  
 Contemporary Worship Service.. 11:05 a.m.  
 Wed. AWANA (Sept. to May) ..... 6:30 p.m.  
**Rev. Kent Hinkel, Senior Pastor**  
**Rev. Barry Seifert, Associate Pastor**  
**Pastor Josh Huseby, Worship Arts**  
**Pastor Sam Kautzmann, Student Ministries**  
**Elaine Carlson, Children's Ministry Director**

  
**Calvary Alliance Church**  
 715 20th Avenue NW  
 Minot, ND 58703  
[www.calvaryofminot.com](http://www.calvaryofminot.com)  
**701-852-0670**  
 Sunday School..... 9:00 am  
 Sunday Worship Service ..... 10:00 am  
 Wednesday Prayer ..... 6:30 pm  
 Wednesday Youth Group (grade 7-12) ..... 6:30 pm

  
**West Minot Church of God**  
*Family Worship Center*  
**1105 16th St. NW • 839-1407**  
 Sunday School ..... 9:30 a.m.  
 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal..... 5:30p.m.  
 Classes for All Ages ..... 6:30 p.m.  
 Youth Center, Friday..... 7:00 - 11:00 p.m.  
 ABC Child Care Center..... 852-6352  
[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

  
**Vincent United Methodist Church**  
**1024 2nd St. SE • 838-4425**  
*Behind Town & Country Shopping Center*  
 open hearts...open minds...open doors!  
 Saturday Informal Worship.. 5:00 p.m.  
 Sunday School ..... 9:00 a.m.  
 Sunday Worship Service ..... 10:00 a.m.  
 Fellowship..... 11:00 a.m.  
**Pastor Jennifer McDonald**  
[www.vincentumc.com](http://www.vincentumc.com)

  
**OUR REDEEMER'S CHURCH**  
*A Church of the Lutheran Brethren*  
**Thursdays:**  
 Worship..... 6:30 p.m.  
**Sundays:**  
 Worship..... 8:30 a.m. & 10:45 a.m.  
**700 16th Ave SE • 701-838-0750**  
 For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)

  
**Cross Roads Baptist**  
 Sunday School (all ages) ..... 9:45 a.m.  
 Sunday Worship ..... 11 a.m. & 6:30 p.m.  
 Wednesdays (Prayer & Missions) ... 6:30 p.m.  
**www.minotcrbc.org**  
**email: crbc@srt.com**  
**415 28th Ave SE (Behind Menards) 838-1873**

ADVERTISE YOUR  


**First Assembly of God**  
**1805 2nd St. SE 838-1111**  
 Morning Worship ..... 8:30 a.m.  
 Sunday School ..... 10 a.m.  
 Morning Worship ..... 11 a.m.  
 Wednesday Family Night..... 6:30 p.m.

**To Advertise your Church on this page,**  
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## HELP WANTED

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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**ESTATE CLAIM**

**Airman First Class Corey T. Eledge**, stationed at Minot AFB, N.D., recently passed away. Anyone with a claim for or against his estate should step forward at this time by contacting 1st Lt Nicholas Chapman, reachable by telephone at (701) 723-6077, or by email at nicholas.chapman.3@us.af.mil.



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## BASE ANNOUNCEMENTS

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**PARK UNIVERSITY MINOT** – Earn your degree on your terms! Now enrolling for Spring 2019 with classes starting January 14. 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.

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### ANSWERS

**SUDOKU ANSWERS**

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

Answers to puzzle from page 6

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**\$195,000**

RANCH STYLE - 3 bedroom, 1 1/2 bath home with main level family room. Eat-in kitchen has granite counters, maple cabinets, stainless appliances. Private patio. Full, unfinished basement with laundry hookups. Attached garage.

MLS #182489



**\$305,000**

IN KENMARE - 4 bedroom, 2 1/2 bath home on 2 lots. Fireplace and bamboo floor in living room. Kitchen has granite counters, tile backsplash and breakfast bar. Formal dining. 2 covered decks. Large garage.

MLS #181972



**\$144,900**

JUST LISTED! 3 bedroom, 1 1/2 bath home close to school. Upper level bedrooms have hardwood flooring. Piano room off living room could be a 4th bedroom or office. Newer vinyl siding and detached double garage off paved alley.

MLS #182487



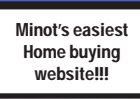
**\$145,000**

GREAT STARTER - 3 bedroom home with updated bath. Eat-in kitchen has new flooring. Basement is stubbed for 2nd bath and ready to finish as you like. Large fenced backyard. Attached garage.

MLS #182100



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**\$59,000**

IN GLENBURN - 3 bedroom home with 948 sq ft of living space. Fixer upper with a nice floor plan. Just North of the school. Lot is 66'x167.5'. Detached garage.

MLS #182469

**Blake Krabseth**  
720-1786  
blake@minothomes.com

**Carrie Montoya**  
240-0709  
carriecornhusker@aol.com

REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

ifn

700 19th Ave SE • Minot, ND



Very nice 3BR, 2BTH Townhouse in great location, no flood zone. Close to everything. Fenced back yard. New Deck, Gas Wtr & Heat. AC, sprinkler system, storage shed. Great kitchen, Master has walk-in closet. Worth a look! Full info on Zillow.com. VA financing available. No HOA! \$198,000 OBO. Call Fred & Cheryl 509-675-0769

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w45

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ifn

# WHAT'S GOING ON MAFB

## TODAY

- National Family Week continues at Youth Programs
- Barre, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- NAF Excess Furnishings Sale, 1100-1700, Sakakawea Inn, Lodging Building 173
- Ace in the Hole Tournament, 1130, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center • Yoga, 1700, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Keystone Meeting, 1700-1800, Youth Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center • Mixed Fun League, 1830, Rough Rider Lanes
- #WEOWNFRIEDAY & Operation Night Hoops, 2000, Youth Center
- Karaoke Night, 2100-close, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

## TUESDAY

- Run 4 Fitness, 0600, Fitness Center
- Minot Public School - Late Start Day, 0730, Youth Center
- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Fit to Fight, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1800, Fitness Center

## WEDNESDAY

- Last day to register for the Great American Smokeout Fitness Relay at the Fitness Center
- Last day to register for the November Creative Kids Class at Arts & Crafts
- 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
- Bundles for Babies, 0900-1030, A&FRC • 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

## THURSDAY

- Last day to register for the November Wine & Paint Class at Arts & Crafts
- Tactical Fit Express, 0600, Fitness Center
- Accessing Higher Education, 0800-1600, held at the Education Center, hosted by A&FRC
- Barre, 0915, Fitness Center
- Creative Kids Class, 1030-1100, Arts & Crafts
- Family Feast, 1115, Child Development Center
- Fit to Fight, 1130, Fitness Center
- Great American Smokeout Fitness Relay, 1130, Fitness Center
- Building Resiliency in Children, 1130-1230, FCC Office located inside Rough Riders Pizza
- Reintegration Briefing, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center • Fit to Fight, 1700, Fitness Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center • Zumba, 1800, Fitness Center
- NFL Thursday Night Football Frenzy, 1900, Rockers Bar & Grill



## UPCOMING EVENTS:

### 16 November

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

### 17 November

- Turkey Burn Cycle & Cardio Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Ice Fishing Class, 1100-1300, Outdoor Rec
- Studio 47 Winter Dance Recital, doors open at 1730, recital starts at 1800, Youth Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

### Rough Riders Pizza Special November Special - Garlic Chicken Pizza

A delicious base of garlic butter sauce topped with mozzarella cheese, chicken, mushrooms, broccoli, and black olives. 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 November Drink of the Month - Toasted Marshmallow Latte

A delightful beverage with white chocolate mocha sauce, caramel syrup, and whole milk. Topped with whipped cream and a drizzle of caramel. Try it hot or iced!

### Auto Hobby September Specials

**November 1-15**  
Free Battery Test - Don't get caught in the cold with a bad battery  
**November 16-30**  
Tire Balancing Special - Regular Price: \$6.50 per tire-Special Price: \$4.50 per tire!

## SATURDAY

- For the full listing of 5th Force Support Squadron facility hours for the Veterans Day holiday weekend period of November 10-12, visit [5thforcesupport.com](http://5thforcesupport.com)
- Just Pull It! Deadlift Competition, 0900, Fitness Center
- Zumba, 0900, Fitness Center
- Barre, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- NAF Excess Furnishings Sale, 1000-1400, Sakakawea Inn, Lodging Building 173
- Veterans Day Bowling Special, 1400-2000, Rough Rider Lanes
- Turkey Bingo, 1500, Youth Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes
- Country Night, 2100-0100, Rockers Bar & Grill

## SUNDAY

- For the full listing of 5th Force Support Squadron facility hours for the Veterans Day holiday weekend period of November 10-12, visit [5thforcesupport.com](http://5thforcesupport.com)
- Dakota Inn Veterans Day Lunch, 1030-1330, Dakota Inn
- NFL Sunday Ticket Football Frenzy & Scheels \$100 Gift Card Giveaway, 1130-1800, Rockers Bar & Grill

## MONDAY

- Veterans Day (Observed) - For the full listing of 5th Force Support Squadron facility hours for the Veterans Day holiday weekend period of November 10-12, visit [5thforcesupport.com](http://5thforcesupport.com)



# THANK YOU, VETERANS



For 96 years, USAA has been honored to serve you,  
the 20 million men and women  
who answered the call for our nation.

On Veterans Day — and every day — thank you  
for your service to America.



VETERANS DAY 2018