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The first Inter-Service Alpha Warrior Battle took place Nov. 17, 2018, at the Alpha Warrior Proving Grounds, Retama Park in Selma, Texas. The Air Force took home the title inter-service champions with a team finish time of 2:17:33. U.S. AIR FORCE PHOTO | SARAYUTH PINTHONG

Air Force proves mettle at first inter-service Alpha Warrior battle

ANGELINA CASAREZ | AFIMSC PUBLIC AFFAIRS

SELMA, Texas (AFNS) -- A team of six Air Force men and women bested the Army and Navy to capture the first-ever Inter-Service Alpha Warrior Final Battle held at Retama Park on the outskirts of San Antonio Nov. 17.

Capt. Mark Bishop of Air Mobility Command, Capt. Noah Palicia of Pacific Air Forces, Capt. Jennifer Wendland of Air Force Global Strike Command, 1st Lt. Stephanie Frye of PACAF, 1st Lt. John Novotny of AMC, and Senior Airman Stephanie Williams of U.S. Air Forces in Europe completed the course in 2:17:33 to win the championship, a 110-lb trophy and armed forces bragging rights for the next year.

Fashioned after the popular American Ninja Warrior TV competitions, Alpha Warrior tested the competitors' strength, coordination and endurance through more than 20 obstacles.

The two-day event featured Air Force finals on Nov. 16 and the inter-service finals the next day. Air Force Installation and Mission Support Center and the Air Force Services Activity hosted the event.

In kicking off the finals Nov. 17, Maj. Gen. Brad Spacy, AFIMSC commander, talked about how teammates would pull each other through.

"These young Soldiers, Sailors, and Airmen are going to push through this course and they're going to get to a point somewhere where they think they can't make it, and they're going to get through it and their teammates are going to get them through it. In the end, someone will be the winner, but they're all going to win together," he said.

It wasn't too surprising the previous day's Air Force Final Battle first place male and female athletes, Palicia from Yokota Air Base, Japan, and Williams from Royal Air Force Lakenheath, United Kingdom, came out on top again in the individual category. Palicia finished with the overall fastest time at 16:57.9. Williams finished at 24:03.2.

"The competition was really tough but I'm really pumped that the Air Force is able to do this," Palicia said. "It feels incredible to be part of the first inter-service battle."

He said the team walkthroughs and understanding proper technique really helped them complete the obstacles.

Navy Lt. Cmdr. Ryan Bareng, who is no stranger to fitness programs, said the atmosphere motivated him.

"I wasn't only getting motivated by my teammates but actually had Air Force and Army guys rooting me on," he said. "It's been one team-one fight mentality this whole time and it's been inspiring to be alongside our sister services."

The finals provided an opportunity for friendly competition while building camaraderie and esprit de corps among the competitors, said Army Sgt. Cameron Edwards.

"The event was challenging," Edwards said. "It was the first event that I've been around Navy and Air Force together. It was a very unique time together. We competed not only against -- but with -- each other through the end."

The program expanded from an Air Force-only event in 2017 to include Army and Navy competitors in its second season.

"This event has been a year in the making," said Col. Donna Turner, AFSVA commander.

"Airmen had to compete at the installation-level and regionals where the top two male and females were selected to compete in the Air Force Final Battle. The top six male and females moved on to our first inter-service battle."

"We have a phenomenal partnership with Alpha Warrior, to be able to bring this type of training and tactical fitness to our armed



Capt. Mark Bishop nears the end of the bridge obstacle of the proving rig during the first Inter-service Alpha Warrior Final Battle Nov. 17, 2018, Retama Park, Selma, Texas. U.S. AIR FORCE PHOTO | DEBBIE ARAGON

forces," she said.

"This is the new way to train. This is functional fitness put into a complex environment where Airmen have to think, as well as be fit and strong. We call it the revolution in fitness and this is the way of the future,"

Spacy said.

For more information about Air Force Alpha Warrior, visit <https://www.afimsc.af.mil/Units/Air-Force-Services-Activity/Air-Force-Alpha-Warrior/> and <http://www.myairforcelife.com/Fitness/alpha-warrior.aspx>.

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Air Force Academy cadets help family out of crashed car

JENNIFER SPRADLIN | U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. --

Returning from a weekend ski trip in Breckenridge, Colorado, five Air Force Academy cadets witnessed the vehicle in front of them fishtail, turn perpendicular to the road and slide off the ridge.

Fearing the passengers were injured, Cadets 3rd Class Connor Settle, Joseph Canoy, Karl Boerwinkle, Joel Krause and Antonino Del Rossa decided to act. Krause remained with the car and dialed 911 while the other four grabbed their jackets and moved down the hill to locate the vehicle.

"It was instinctual. We knew they needed someone to help, and there was no one else on the road, so we took the responsibility into our own hands," Del Rossa said. The cadets could hear the

trapped driver honking his horn as they descended. The vehicle had plummeted more than 100 feet and landed upside down in the wood line and the rear end of the vehicle was collapsed.

"We weren't really scared going down, but when we saw the car, I was pretty nervous about their safety," Canoy said.

The cadets helped the driver and passenger get free. The driver kept yelling that his daughter was trapped in the back.

Unable to pry the door open, Settle smashed the window to attempt to locate and free her. The daughter was eventually able to crawl forward and escape through the same door as her parents.

"The Academy has exposed us to stressful situations, like basic training, and I think that's why none of us were panicked," Boerwinkle said.

Krause similarly acknowledged exposure to first aid and medevac procedures helped them remain calm throughout the accident response.

The cadets lent their coats to the family and stayed with them until the paramedics arrived. The cadets were

relieved to learn the family escaped with what appeared to be minor injuries.

Brig. Gen. Kristin Goodwin (left), commandant of cadets at the U.S. Air Force Academy in Colorado Springs, Colo., chats with a group of cadets on the terrazzo, Nov. 13, 2018. The five cadets seen here helped a family out of an overturned vehicle after it lost traction and slid off the highway near Breckenridge, Nov. 11, 2018.

U.S. AIR FORCE PHOTO | JOSHUA ARMSTRONG

Once we got back in the car, I said, 'I'm really proud of us, that there was no hesitation,' and I was really happy that as a group of friends were able to work together like that," Canoy said.

Brig. Gen. Kristin Goodwin, the Academy's commandant of cadets, recognized the cadets for their actions in front of the entire Cadet Wing.

"Their actions speak to the caliber of the cadets we have here at the Academy, and how the training they receive here can be just as applicable in the local community as in combat zones," she said.

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FACEBOOK

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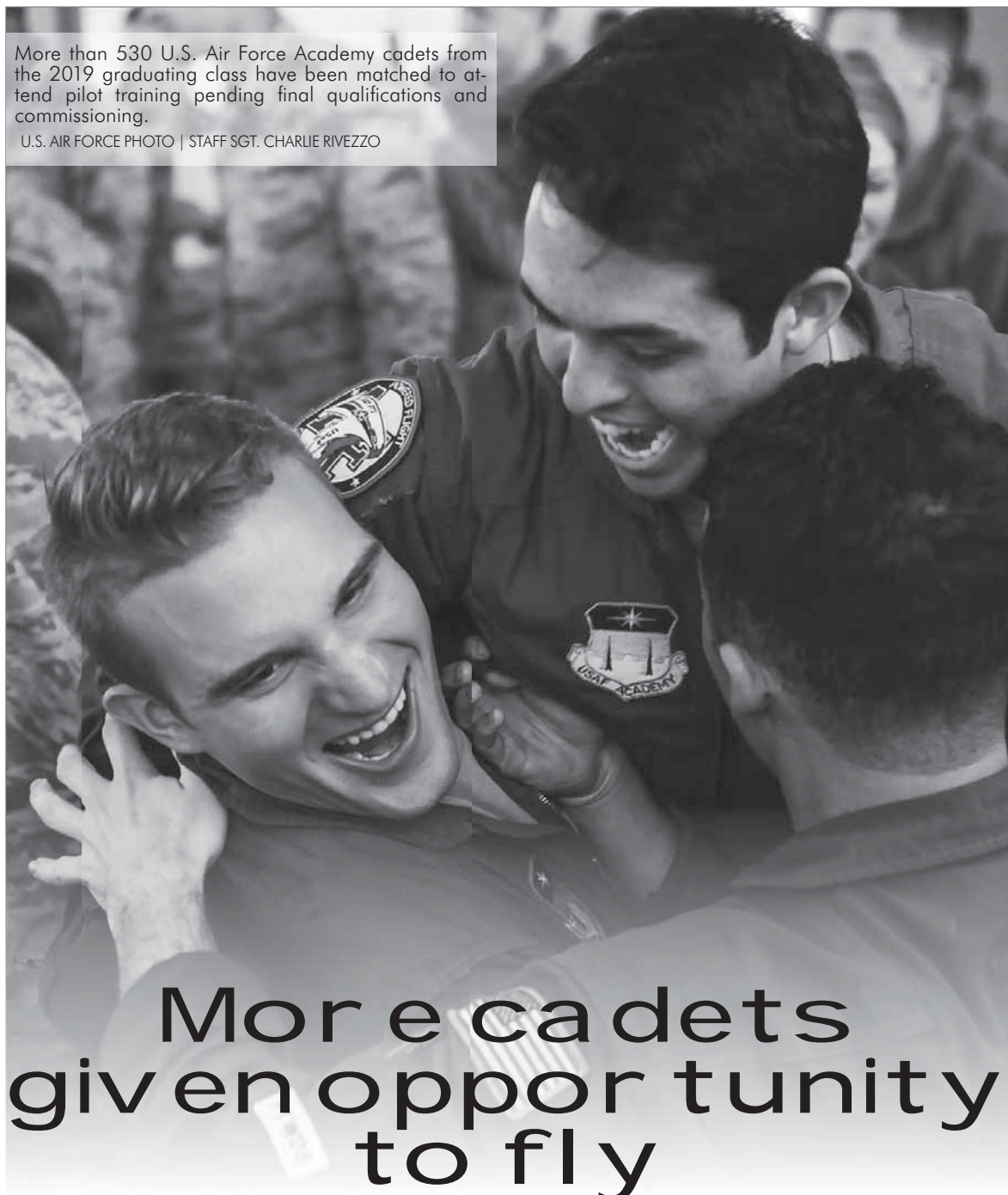


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More than 530 U.S. Air Force Academy cadets from the 2019 graduating class have been matched to attend pilot training pending final qualifications and commissioning.

U.S. AIR FORCE PHOTO | STAFF SGT. CHARLIE RIVEZZO



More cadets given opportunity to fly

JENNIFER SPRADLIN | U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. (AFNS) -- More than 530 U.S. Air Force Academy cadets from the 2019 graduating class have been matched to attend pilot training pending final qualifications and commissioning. This is a 26 percent increase over the 2018 class.

"Airmanship is a large part of the Academy experience, and a core part of our identity as a service, and we are proud as an institution to offer more flying opportunities to our cadets," said Lt. Gen. Jay Silveria, Air Force Academy superintendent.

Cadets are exposed to academic, virtual and hands-on training at the Academy,

with approximately 70 percent participating in gliding, soaring, or powered flight programs at the Academy airfield.

"The Academy is uniquely situated to produce high quality candidates for pilot training," said Lt. Col. William Hartman, 306th Flying Training Group deputy commander. "With the leadership growth from cadets teaching other cadets, and running cadet airmanship squadrons, and the mentorship from a broad range of military pilots in multiple fields."

The Academy is also focused on its part in solving the Air Force's ongoing pilot shortage.

The Air Force Academy's Operations and Analysis Directorate is working closely with Air Education

and Training Command to produce a percentage of advanced candidates capable of bypassing Initial Flight Training. Additionally, these candidates could move through a truncated version of Undergraduate Pilot Training, further reducing the timeframe for getting new pilots into their specific airframes.

The Academy is planning to add flight-related courses to the sophomore and senior year to help mature pilot training candidates as well.

"The Academy made the case that we could play a role in starting to solve this critical Air Force issue," Silveria said. "We will continue to work with other major commands and Air Force leaders to do our part in solving this national defense challenge."

Air Force's focus on readiness yields results, highlights innovation, problem solving

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- From a distance, the idea -- and operational meaning -- of "readiness" for the U.S. Air Force seems straightforward. Be prepared. Have all the equipment, training and personnel necessary to accomplish any mission quickly, efficiently and decisively. It means being primed, prepared and available for full-spectrum combat on a moment's notice.

In reality, however, achieving and sustaining readiness across the Air Force's vast operation is a far more complex and nuanced proposition. It also is a highly visible, high volume priority.

"The Air Force is more ready for major combat operations today than we were two years ago," said Secretary of the Air Force Heather Wilson in a Sept. 17 address to the Air Force Association. "More than 75 percent of our force is combat ready and we're moving the whole force to higher levels of readiness with actions that will play out over the next several years."

Like the other services, the Air Force has long understood how critical readiness is. Recognizing the importance and achieving it, however, are not the same, especially since the Air Force has been operating at highly demanding tempo for more than a decade.

The need for readiness and its importance is also spelled out in the National Defense Strategy.

"The National Defense Strategy recognizes that we are in a more competitive and dangerous international security environment than we have experienced in decades," Wilson told the Senate Armed Services Readiness and Management Support Subcommittee on Oct. 10. "So, the restoration of the force -- the restoration of the readiness of the force to win any fight, any time -- has to be job one for all of us."

In her Senate testimony Wilson illustrated in detail how the rhetoric on readiness moves to reality.

"Our plan accelerates readiness recovery in these units by aligning resources and manpower. Our goal is for 80 percent of these units to have the right number of properly trained and equipped Airmen by the end of 2020 -- six years faster than we projected before we developed our recovery plan," said Wilson at the Senate hearing.

"While we will drive the readiness recovery of these operational squadrons first, the remainder of our 312 operational squadrons will be close behind so that by 2023 we will meet the 80 percent mark for all of our operational squadrons," she said.

A Focus on Innovation and Details

That mandate is one reason Wilson and other senior leaders

are looking to innovate and update the policies and practices that govern readiness.

Ideas for getting there include utilizing what Wilson calls "conditions based maintenance" that uses predictive analytics and "sensing on aircraft" to replace parts before they fail so that planes are kept in service longer and without unexpected interruptions which directly affect training programs, certification efforts and other activities that have a direct impact on readiness.

Wilson told senators during the hearing that the new approach is being tested on the B-1 and C-5 aircrafts, yielding promising results and a 30 percent reduction in unscheduled maintenance.

More broadly, the Air Force is looking for ways to expand the use of advanced manufacturing technologies such as 3-D printing to address shortages of some hard-to-get parts and the use of cold spray technology that can be used in some cases to repair parts instead of replacing them.

Getting there and sustaining gains, Air Force planners say, demands innovation, persistence and a degree of good fortune. Budgets and factors outside the Air Force's direct control, for example, will influence the outcome.

It also depends on how "readiness" is defined and measured -- another exercise that appears straightforward but which, in truth, is anything but.

"(Department of Defense's) readiness rebuilding efforts are occurring in a challenging context that requires the department to make difficult decisions regarding how best to address continuing operational demands while preparing for future challenges," said John H. Pendleton, a senior analyst for the General Accountability Office who has studied Air Force readiness, to the Senate subcommittee.

"Determining an appropriate balance between maintaining and upgrading legacy weapon system platforms currently in operational use and procuring platforms able to overcome rapidly advancing future threats. Air Force leaders have stated that striking such a balance is exceptionally difficult," Pendleton said.

Air Force leaders are also searching more widely for suggestions on how to change and improve readiness across the service. Last spring 50 Airmen from around the world spent six months examining all facets of readiness and providing specific proposals. Among the questions they confronted were: How should readiness be measured? How can the Air Force ensure the effort has enough resources, both financially, procedurally and in personnel? What is the best way to recover readiness when it

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Team Minot celebrates Thanksgiving Day of Love

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

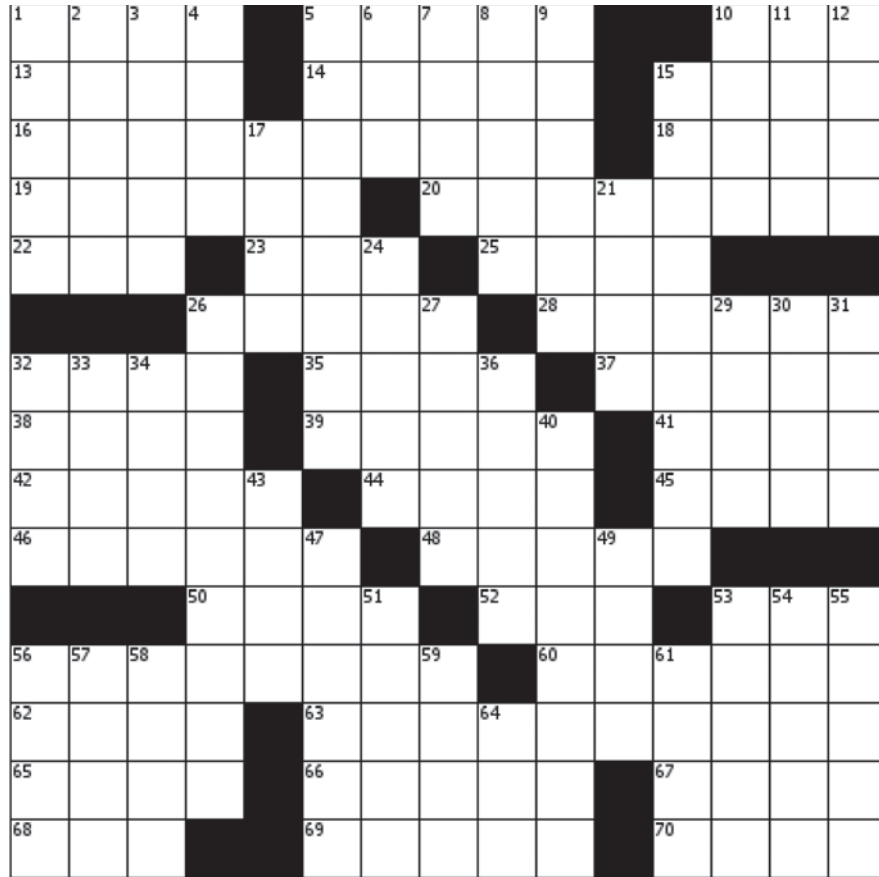
Team Minot hosts the 49th Annual Thanksgiving Day of Love at Minot Air Force Base, North Dakota, November 22, 2018. Over 200 senior citizens and retired military members participated in a Thanksgiving feast with various events, such as bingo, door prizes, and the crowning of the oldest male and female participant.



CROSSWORD PUZZLE

Across

- 1. Tumblers' surfaces
- 5. "For ___ sake!"
- 10. Profile part
- 13. Australian export
- 14. Shove off
- 15. Contemporary of Irving and Jerome
- 16. Hooper for hire
- 18. Be down with
- 19. Unruffled one's nickname
- 20. Tobago's partner
- 22. G-man or T-man
- 23. Ref's decision
- 25. Bluish green
- 26. "Rock" word form
- 28. Kitchen rack array
- 32. Vaulters' need
- 35. REO builder
- 37. Old saw
- 38. Oodles
- 39. Junction points
- 41. Gymnast Korbut
- 42. Get new weaponry
- 44. Sleuth Wolfe
- 45. Central point
- 46. Alaskan island
- 48. Decides (on)
- 50. Dull as dishwater
- 52. Make a face
- 53. Race segment
- 56. Green soup
- 60. Grow fond of
- 62. Smelter input
- 63. Daughter of the Reagans



- Down**
- 1. Recurring theme
 - 2. At full gallop
 - 3. Put a strain on
 - 4. Unlikely
 - 5. Food for whales
 - 6. Bard's time
 - 7. Mediator's skill
 - 8. Chris ___ Lloyd
 - 9. Continuing TV show
 - 10. Steinbeck surname
 - 11. Thomas ___ Edison
 - 12. Unwanted plant
 - 15. Frank-and-beans concoctions
 - 17. See socially
 - 21. Wine valley
 - 24. Sweater synthetic
 - 26. Lab culture container
 - 27. More off-the-wall
 - 29. Colombian city
 - 30. Poacher's need?
 - 31. Pants part

- 32. Part of PRNDL
- 33. Toast topper
- 34. Jam-pack
- 36. ___ cholesterol
- 40. What you're finding now
- 43. Place to trade
- 47. Greek letters
- 49. "Zounds!"
- 51. Brutish sort
- 53. Some jeans
- 54. On a slant
- 55. Sat for a shot
- 56. A few
- 57. Year-end event
- 58. "I'm game!"
- 59. Kofi ___ Annan
- 61. Actress Beckinsale
- 64. Half of hexa-

SUDOKU Solution to puzzle on page 14

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

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Medium

Solution to last week's Crossword puzzle.

M	A	T	E		M	A	C	A	W		H	O	R	N	
I	D	E	M		A	R	O	M	A		A	R	I	A	
C	A	R	B	O	N	C	O	P	Y		L	A	M	P	
E	R	R	A	N	T					S	A	L	T		
			S	L	A	K	E	S			B	O	O	E	D
G	Y	P	S	Y		I	R	O	N	H	O	R	S	E	
E	E	R	Y		S	T	E	R	E	O		I	C	E	
M	O	E		D	A	B		B	A	R		C	A	P	
I	M	P		E	R	A	S	E	R		C	A	P	E	
N	E	O	N	L	I	G	H	T			P	A	L	E	R
I	N	S	E	T		S	Y	S	T	E	M				
		S	R	A	S					R	A	P	P	E	D
K	I	E	V		C	O	P	P	E	R	H	E	A	D	
E	R	S	E		A	D	I	O	S		O	K	R	A	
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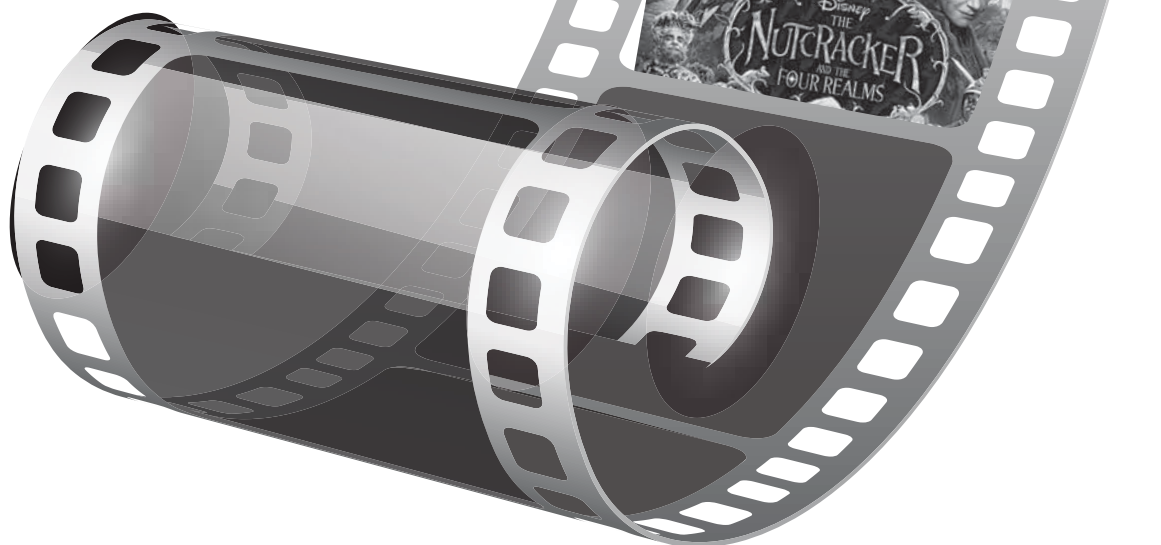
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280 calories | 6 grams total carbs | 5 grams net carbs | 2 grams sugar

INGREDIENTS:

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Almond Flour Cheesecake Crust</p> <ul style="list-style-type: none"> • 1 1/2 cup Blanched almond flour • 1/2 cup Vital Proteins Collagen Peptides (or whey protein powder) • 3 tbsp Erythritol • 1/3 cup Butter (melted) • 1 tsp Vanilla extract | <p>Pumpkin Cheesecake Filling</p> <ul style="list-style-type: none"> • 24 oz Plain cream cheese (softened) • 1 cup Pumpkin puree • 1 1/4 cup Powdered erythritol • 3 large Eggs (at room temperature) • 1 tsp Pumpkin pie spice • 1/2 tsp Cinnamon • 1 tsp Vanilla extract |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

INSTRUCTIONS:

Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 in (23 cm) springform pan with parchment paper. (You can also try greasing well.)

To make the almond flour cheesecake crust, stir the almond flour, collagen or protein powder, and erythritol together.

Whisk together the melted butter and vanilla, then stir into the dry ingredients, pressing with the spoon or spatula, until well combined. The dough will be slightly crumbly.

Press the dough into the bottom of the prepared pan. Prick gently with a fork all over. Bake for about 12-15 minutes, until barely golden. Let cool at least 10 minutes.

Meanwhile, beat the cream cheese and powdered sweetener together at low to medium speed until fluffy. Beat in the pumpkin puree, pumpkin pie spice, cinnamon and vanilla. Beat in the eggs, one at a time. (Keep the mixer at low to medium the whole time; too high speed will introduce too many air bubbles, which we don't want.)

Pour the filling into the pan over the crust. Smooth the top with a spatula. (Use a pastry spatula for a smoother top if you have one that fits into the pan.)

Bake for about 40-50 minutes, until the center is almost set, but still jiggly.

Remove the cheesecake from the oven. If the edges are stuck to the pan, run a knife around the edge. (But, do not remove the springform edge just yet.) Cool the cheesecake in the pan on the counter to room temperature, then refrigerate for at least 4 hours (preferably overnight), until completely set. (Do not try to remove the cake from the pan before chilling.)

Serve with whipped cream and/or a sprinkle of cinnamon.

UPCOMING EVENTS



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30 NOV

5:00 PM - 10:00 PM
Location:
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The vendor show is FREE to the public. Magic City Drift Busters Snowmobile Club is hosting a vendor show with the convention. We will be having a variety of vendors - from crafts, foods, snowmobiles and ohv's. VENDORS if you are interested in having a booth at the vendor show



please contact me. First come first serve. mcdbsnow@midco.net. For more information: Facebook event/ SND Snowmobile Convention & Vendor Show

30 NOV

6:00 PM - 11:59 PM
Location:
Downtown Minot, ND
Little Chicago Pub

District got it's name from the era of Booze running and Al Capone, so of course we wanted to bring you a pub crawl from that Era! Break out those suspenders and those flapper dresses and head on Downtown for a night of fun! VIP wristbands are \$10 and get you awesome discounts at all 4 bars!



We will have pieces of history from the era when Minot was dubbed "Little Chicago" in all 4 bars for you to see what a cool history Minot has!

****This event is 21+ and please have your valid ID**** For more information check out: Facebook event/ Roaring 20's Pub Crawl

1 DEC

1:00 PM - 4:00 PM
Location:
The Spot Pool Hall
6 2nd St NE, Minot.

We want to wish you a Happy Howl'iday by offering a chance to get professional photos of your pets! Pose with your fur baby or let them sit alone, but you're going to love having a professional photo of your best friend! Photography is done by AM Photography - North Dakota. You can pre-book by sending Ashley a



message to her FB page. Photos are \$20 and you get the digital files to print as you choose! *A portion of the proceeds will be donated to Souris Valley Animal Shelter. For More information: Facebook event/ Howl'iday Pet Photos

1 DEC

7:00 PM - 10:00 PM
Location:
Sleep Inn & Suites 2400
10th St SW, Minot.

Come and celebrate the Christmas spirit with the Magic City Misfits as we screen "Santa Claus Conquers The Martians" in the Theater Room at Sleep Inn and Suites! This 1964 classic, which is also on the list of the worst movies ever made, stars Pia Zadora (remember her?!) and a bunch of people you've probably never heard of. Tickets are \$5 and can be purchased at the door -- but, if you bring an item from the Domestic Violence Crisis Center's wish list,



you get in for free! For more information check out: Facebook event/ Magic City Misfits Presents: Santa Claus Conquers The Martians

4 DEC

6:00 PM - 8:00 PM
Location:
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Revitalizing squadrons efforts cross borders

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

PENTAGON, Va. (AFNS) -- **T**he Air Force's Revitalizing Squadrons team recently joined together with their Royal Canadian Air Force, or RCAF, counterparts in Ottawa, Canada to collaborate and share best practices in their respective missions to strengthen squadrons across both Air Forces.

"I'm pleased to have met with our allies in the United States Air Force to discuss how they are also approaching the revitalization of their squadrons and to have shared our own work with them," said Lieutenant-General Al Meinzinger, RCAF

commander. "I look forward to continuing our work with them as well as strengthening our own squadrons through retention, training and the continued support of our personnel."

While each of the Air Forces has their own unique challenges, the two share numerous similarities, notably the vision and passion of their senior leaders to continually improve their respective squadron cultures to increase readiness and capability for the future fight.

"Having worked in operational squadrons for years, I know first-hand the drive and dedication of our aviators. They are the

lifeblood of the RCAF and the RCAF can only be successful in the delivery of modern air and space power if we have well-led, robust, healthy and inclusive squadrons. For

that reason, I've made the squadron the focal point of my commander's NAVAIDS (talking points) as that is the point where all our efforts come together into action,"

said Meinzinger. Chief of Staff of the Air Force General David L. Goldfein launched the

Continued on page 10

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Here's a little bit about me. I'm in the 8th grade. I enjoy playing violin, and walking my dog Cali. This past summer I entered Cali into the Ward County 4-H dog show, and I won Grand Champion for showmanship. My parents are Sgt. Jason and Elaine Birch. I live on Minot Air Force Base with my parents, my two brothers, two dogs, one cat and one guinea pig.

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OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

Dates to Know:

- **Nov. 30:** Deer muzzleloader season opens.
- **Dec 1:** Mountrail Co. Fowlers, Delta Waterfowl banquet, Mountrail Co. South Complex, Stanley, 5 p.m.
- **Dec. 2:** Whitefront goose and High and Low Plains duck, merganser, and coot seasons close.
- **Dec. 3:** N.D. Game & Fish Dept. advisory meeting, Mountrail Co. South Complex, Stanley, 7 p.m.
- **Dec. 8:** High Plains duck, merganser, coot, and snipe seasons open.



NUMBERS TO KNOW:

- **N.D. GAME AND FISH DEPT., MAIN BISMARK OFFICE:** (701) 328-6300, WEBSITE: (HTTP://GF.ND.GOV)
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- **DAKOTA RECREATION REPORT & N.D BIG GAME RECORDS BOOK:** (WWW.DANCINGPRAIRIEARTS.COM)

OUTDOOR NOTES:

*Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.

*Darkhouse spearfishing season opens at ice-over on legal lakes.

Fishing:

*Lake Darling: Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lots of activity with several anglers accessing the lake at the spillway boat ramp and Grano. Ice depths vary, however.

*Lake Sakakawea elevation, Nov. 27: 1,840.36 feet above mean sea level (MSL); 24,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.11 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.12 MSL.

*N.D. Game & Fish Dept. game wardens: A little activity on Lake Metigoshe but anglers advised to limit access to snowmobiles and ATVs yet. Limited walk-on activity on Devils Lake back bays. Not many reports from area lakes other than Antelope Lake producing a few perch. Missouri River tailrace fair for walleye. No activity on the east end of Lake Sakakawea with the main lake open.

*Devils Lake, Ed's Bait Shop, Devils Lake: Some walk-on activity on northern feeder lakes of Devils Lake, as well as the north end of 6-Mile Bay. Watch variable ice conditions.

*Devils Lake, Woodland Resort, Devils Lake: Some perch and walleye activity on Lake Alice and Lake Irvine. Try shallow in the morning for walleye and move deeper for perch.

*Lake Darling, Karma C-Store, Ruthville: Increasing numbers of anglers on Lake Darling and Grano with some nice early season walleye success.

*Lake Metigoshe, Four Seasons, Bottineau: Walk-on activity recommended yet on Lake Metigoshe with some nice early season pike success. A few bluegill mixed in but limited walleye reports yet.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity on the east end of Lake Audubon, including 9-Mile Bay, east end embankment, Nelson Bay, and

Velva Point. Try jigs and minnows. Lake Sakakawea quiet. Missouri River tailrace fair to good for walleye down river around the first coal vein. Some ling mixed in.

*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Look for some pike activity on small area lakes, including Scobey Lake and Lake Gertie. Some walleye activity along the east end embankment but watch for thin ice with flowing water through the culvert. No Lake Sakakawea reports.

*Lake Sakakawea, Scenic 23, New Town: Weather permitting, anglers still finding fair to good open water walleye success in the Van Hook Arm.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited reports from the Missouri River. No activity on the east end of Lake Sakakawea yet.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Some walk-on activity for walleye on Long Creek and Tobacco Garden on Lake Sakakawea. Other areas of the lake still have open water. Trenton Lake continues producing crappie success.

*Lonetree WMA area lakes, Harvey: Antelope Lake remains good for perch. Try other area perch lakes, as well, for an early season bite.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A few anglers testing area lakes but limited reports yet.

Hunting:

*Upper Souris NWR, Foxholm Unit II area of the refuge now open to late season upland game hunting. Auto tour route closed until spring. Refuge also open to hunters with muzzleloader deer licenses.

*Deer: Look for continued deer movement yet as bow season continues.

*Predators: Better fur prices bringing more activity this winter.

*Upland: Pheasant hunters finding some better bird numbers in pockets now that harvest is generally done. Light snow cover is helping hunters working for pheasants around the Lonetree WMA.

*Waterfowl: Good numbers of Canada geese remain on the open water of the east end of Lake Sakakawea and the midsection around the Van Hook Arm.



Exclusive Holiday Art Venue! "Festival of the Arts!" Sale

RACHEL ALFARO | GALLERY COORDINATOR | TAUBE MUSEUM OF ART

(Minot, ND)
The Taube Museum of Art's Main Gallery will feature our annual Festival of the Arts exhibition and sales venue! This year will feature a variety of artists, including: Judy Greenwood, Brent Braniff, Tim Eisenzimmer, Bob Olson, and others.

There will be an Open House held on Friday, November 23rd from 3 pm – 8 pm in conjunction with the Downtown Olde Fashioned Christmas Open House. Refreshments will be served. Bring the whole family and join in the fun!! Local and regional artists will showcase their exciting art, which will make great gifts for the Holiday season. There will be everything from original fine art, prints, cards, jewelry, fiber art, ornaments, to stocking stuffers. All works are available the day of purchase. Here is the chance to purchase original art from established and emerging artists in one convenient location.

The Taube Museum of Art's Lower Gallery will include an array of ceramic works by Linda

Olson, Ben Wilson, Jerica Ward, Hannah Marquardt, Lindsey Jaeg, and Amanda Anderson. Minot State Ceramics will feature both sculptural and functional ceramics created by students and faculty at Minot State University. Since 1990, Linda Olson has taught studio arts as a full professor at MSU. Galleries throughout the region have often exhibited Olson's artworks. Her students works varies from modern to fantastical.

Both exhibitions will run concurrently from Nov. 23-Dec. 23, 2018 at the Taube Museum of Art with an open house on Nov. 23 from 3pm – 8pm.

Museum and Gift Shop business hours: Tues. - Fri. 10:30 am - 5:30 pm, Sat. 11:00 am - 4:00 pm or by special appointment. Contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

This event is brought to you by the Taube Museum of Art. Please call Rachel Alfaro, Gallery Coordinator at 838-4445 for further information.



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CROSS BORDERS from page 8

revitalizing the squadron efforts to improve the beating heart of the service, the squadron, where Air Force culture resides, innovation is born and where Airmen succeed in mission execution. While the effort is now well into the implementation phase with programs being implemented by commanders and Airmen, the process of learning is continuous.

“The special connection the U.S. Air Force has with our Canadian counterparts enables us to learn from each other’s programs, share best practices and accelerate each of our efforts to achieve a greater focus on the mission, strengthen our leadership and esprit de corps and increase our family support. The week was packed with extremely productive collaboration between the teams that will make an immediate impact in our forces,” Colonel Rusty Williford, U.S. Air Force Revitalizing Squadrons director.

The RCAF is experiencing similar pressures as the Air Force, stemming from the growing commercial airline industry and robust global economy, causing increased competition to recruit and retain highly-skilled talent between the military and civilian sectors. The RCAF effort to focus on the squadron and other tactical-level units is the centerpiece of a range of programs designed to maximize retention of the hard-earned experience and qualifications of its aviators.

“The RCAF faces attraction and retention challenges similar to our U.S. (Air Force) partners, so working together this past week provided a tremendous opportunity to share best practices and lessons learned,” Colonel Don McLeod, RCAF Retention coordinator. “The discussions were extremely valuable and have paved the way for more engagement in many different areas.”

The initial meeting between the teams is just the beginning of the collaboration between the allies.

“It is always valuable to get an outside view on our efforts that can positively impact our Airmen and revitalize squadrons,” Chief Master Sergeant John Hover, Revitalizing Squadrons chief.



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AIR FORCE FOCUS from page 4

slips?
No matter how the reforms play out, the complexity surrounding readiness means there will be challenges. They include accommodating the years-long timeline necessary to train pilots and maintenance personnel who must learn the intricacies of flying and caring for aircraft that are a complex blend of vastly different ages, high-tech materials and inter-connected systems all controlled by millions of lines of software.

Accommodating Hard Numbers and Unknowns
The numbers – and implications – add up fast. Each F-35, for example, demands 20 maintainers. That’s why Air Force leaders have paid special attention to closing the shortage of active-duty maintainers. To date a gap that once numbered 4,000 Airmen in 2016 has been reduced to 400 and is expected to be erased entirely by December.

Similar effort and attention is being directed at boosting the number of pilots. By the end of fiscal year 2019, the Air Force expects to train 1,300 pilots, compared to 1,160 in 2017. By fiscal year 2022 the number will grow to 1,500 where it is expected to remain into the future.

Beyond specific benchmarks, bringing the Air Force to readiness requires adapting to fluctuating funding and shifting operational imperatives that are a result of the world’s changing geo-politics and threats.

It must take into account more pedestrian but equally important concerns that include providing health care and housing to 318,000 active-duty Airmen as well as incorporating Guard and Reserve of differing ages, genders and needs spread across all corners of the world. Fuel, food, administrative support and logistics must be reliably delivered. Opportunities for continuing education and professional growth are necessary along with ensuring quality of life at a time when the Air Force has been engaged in active combat operations for 25 continuous years.

The effort to achieve readiness must take into account that any solution by itself triggers a host of issues that must be addressed.

In 2016, the number of students being trained as

aircraft maintainers at Sheppard Air Force Base, Texas, surged from 3,400 to 4,900 within a single year – much faster than the staffing and resourcing processes are designed to accommodate. That meant a 40 percent increase in workload had to be absorbed without additional staff, equipment or other training resources.

In practical terms, where there were once perhaps 30 students learning to change a C-130 tire, there were now 55, with no additional instructors, classroom space or training aircraft. In some cases, the answer was moving to shift work; during the heart of the surge, the 82nd Training Wing at Sheppard AFB was training across three shifts for many of its 900 courses.

Beyond training itself, it also meant increased workload for support forces – a 40 percent increase in students meant a 40 percent increase in reassignment orders, medical and dental exams, security clearance processing and a host of other functions, all without immediate increases in staffing.

Adding 40 percent more maintainers now means 40 percent more Airmen who will need upgrade training as they reach higher rank.

The 982nd Training Group based at Sheppard AFB operates 48 field training detachments embedded with maintenance groups at Air Force bases on three continents. The units deliver Air Education and Training Command-managed, curriculum-driven courses primarily in support of aircraft maintainers. Importantly, the courses include 5- and 7- level upgrade courses, specialty courses and transition courses such as those required to move from an F-16 wing to an F-15 wing.

The group is already working through AETC and individual functional communities to prepare for that coming, second surge – ensuring there are enough qualified instructors at the right locations, teaching the right courses with the best possible equipment and resources to continue to grow these new maintainers.

Despite the complexity, countless “moving parts” and a collection of “known unknowns” such as budgets and evolving threats, the focus on readiness is – and will remain – a high priority.



JB Charleston executes full-spectrum readiness exercise

AIRMAN 1ST CLASS JOSHUA R. MAUND | JOINT BASE CHARLESTON PUBLIC AFFAIRS

JOINT BASE CHARLESTON, S.C. (AFNS)

Approximately 600 Airmen from the 628th Air Base Wing, 437th Airlift Wing and 315th Airlift Wing teamed up for a total force rapid mobility exercise Nov. 13-17, 2018.

The exercise focused on total force readiness, mobilization, base defense and quick-response airlift capabilities, according to Col. Rockie Wilson, 628th Mission Support Group commander and leader of one of the exercise’s simulated air expeditionary groups.

“Based upon today’s global climate, we have to be able to prepare, mobilize and deploy our forces on a large scale to respond anywhere in the world,” said Wilson. “Instead of deploying individually to support counterinsurgency operations as we have done for the past 15 to 20 years, this is a large scale, full-spectrum readiness response exercise.”

To keep the training as realistic as possible, participants from across Joint Base Charleston received the equipment, weapons and specialty uniform items they would use in real-world situations. The simulated

scenarios enabled senior base leaders and subject matter experts to ensure the readiness of JB Charleston’s quick-response capabilities and analyze ways to maximize their effectiveness.

“Practicing these types of plans is extremely important to make sure we are constantly trained and ready to go,” said Tech. Sgt. John Christopher, 628th Civil Engineer Squadron structural NCO in charge. “It has also given us an opportunity to logistically see how long it would take us to mobilize and gives us a chance see how our plans and processes can become more efficient.”

“As NCOs, the more knowledge we can pass down to our younger Airmen, the better prepared we will be as a fighting force for the future,” he added.

Conducting exercises with the incorporation of the reserve element helps ensure continuity between components. The result is an effective total force that is able deliver mobility in a timely manner with minimal setbacks.

“Being able to test and demonstrate our abilities as a total force is definitely a step in the right direction,” said Col. Steve Lanier, 315th Operations Group commander

1st Lt. Paul Underwood, 628th Civil Engineer Squadron explosive ordnance disposal flight commander, inspects an unexploded ordnance during an exercise Nov. 16, 2018, at Joint Base Charleston, S.C. To keep the training as realistic as possible, participants from across JB Charleston received the equipment, weapons and specialty uniform items they would use in real-world situations. The simulated scenarios enabled senior base leaders and subject matter experts to ensure the readiness of JB Charleston’s quick response capabilities.

U.S. AIR FORCE PHOTO | STAFF SGT. WILLIAM O'BRIEN

and exercise air expeditionary group commander. “This allowed us to sharpen our abilities and strengthen our confidence in order to complete any mission.”

After the long week of planning and execution, the base and its leaders learned a lot about their force. Many units pulled 12-hour shifts in order to complete their missions.

“I’m proud of what we have accomplished during the training,” said Wilson. “The fact that all three wings came together and performed at the level that they have is a win in and of itself. The Airmen in all three wings did a great job executing the duties that they were tasked with and I look forward to more opportunities like this in the future.”

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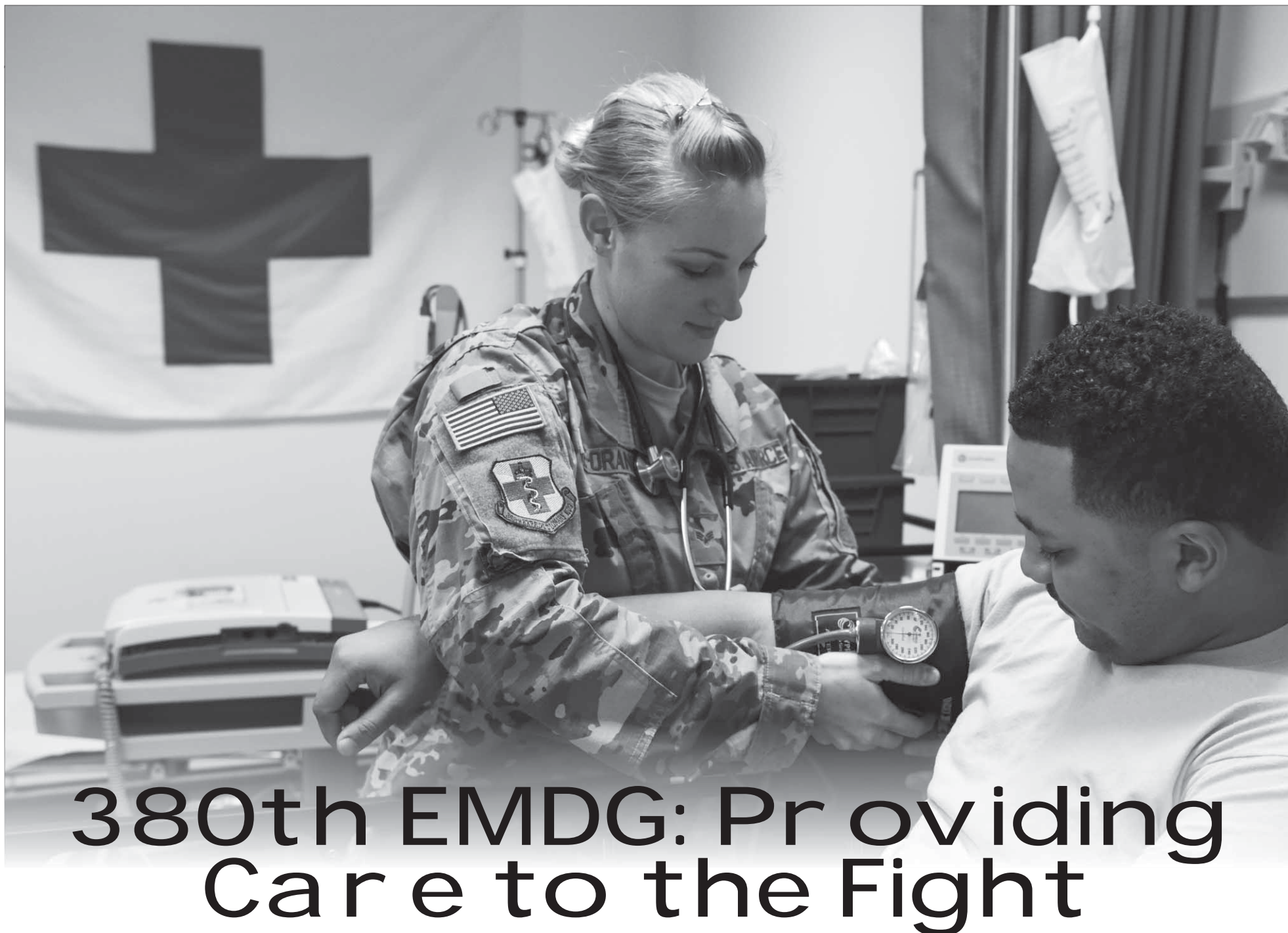
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380th EMDG: Providing Care to the Fight

CHARLES POPE | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

AL DHAFRA AIR BASE, United Arab Emirates (AFNS) -- The 380th Air Expeditionary Wing consists of four groups executing the warfighting mission. One of these groups, the 380th Expeditionary Medical Group, provides various medical care and services supporting more than 3,500 deployed personnel at Al Dhafra Air Base, United Arab Emirates.

To achieve success, they are focused on evolving as a high-reliability organization by embedding innovation and Continuous Process Improvement at every level. By strengthening host nation and coalition partnerships, they increase efficacy and maximize the extension of medical benefits to all through enabling and empowering Phantom Medics through deliberate professional leadership development.

"As an Expeditionary Medical Group, our mission is to support defense of the region and delivery of airpower by providing high-quality, highly reliable trusted care," said Maj. Brandon Cochran, 380th Expeditionary Medical Group administrator. "Our aim is to optimize warfighter performance through proactive and adaptive medicine. The 380th EMDG is staffed and prepared to support urgent or emergency medical needs as well as support the flight medicine enterprise of the 380 AEW."

There are three distinct flights executing the 380th EMDG

mission. Each features a unique and tailored skillset focused on the delivery of trusted care to Al Dhafra AB.

The Aeromedical-Dental Flight consists of Dental, Public Health, Bioenvironmental Engineering, Flight Medicine, and Aerospace Medical Support. With a broad and diverse capability set, the AMDF flight provides limited comprehensive dental care, disease surveillance and trending, sanitation and hygiene education, inspection services and industrial

"MY JOB IS IMPORTANT BY MAKING SURE THAT EVERYONE IS READY TO PERFORM THEIR JOBS AT THE BEST OF THEIR ABILITIES,"

- SENIOR AIRMAN STEPHANIE POE-ORANGE, 380TH EMDG AEROSPACE MEDICAL TECHNICIAN

shop training and surveillance. They also provide Chemical-Biological-Radiological-Nuclear response, air and water quality testing and radiation safety and noise dosimetry. Furthermore, they provide flight medicine and aerospace medical support by fatigue management, flyer care and emergency response, occupational health, and aeromedical evacuation support.

"I think that is the best reality," said Master Sgt. Lolita Reels,

380th EMDG public health craftsman. "We get out there and see what different occupations are doing, what they're studied for and how they're applying it. As medical, I believe we get to see more than any other shop because we see the health perspective, and the job perspective along with the overall perspective of readiness and how it affects us."

The Medical Operations Flight consists of Clinical Operations and Specialty Services. The Clinical Operations element provides routine and urgent warfighter care to include immunizations while the Specialty Services element provides both Mental Health and Physical Therapy services. MDOF is our point-of-care flight, 90 percent of patient interactions are accomplished by the Airmen of this flight. This flight also supports on base response missions; such as injury, fire emergency services, and Explosive Ordnance Disposal detonation support.

"My job is important by making sure that everyone is ready to perform their jobs at the best of their abilities," said Senior Airman Stephanie Poe-Orange, 380th EMDG aerospace medical technician. "If I can help people every day then it's a successful day to me"

The Medical Support Flight consists of Support Services and Ancillary Services. The Support Services element consists of Medical Administration, Medical Logistics and Biomedical Repair. Often behind the scenes, these Airmen facilitate TRICARE liaison services, off-base or network referral care management,

claims payment, aeromedical evacuation coordination, medical information systems support, and unit travel and readiness services. They also provide medical supply and equipment repair, medical equipment maintenance, medical facility management, and management of medical War Reserve Material.

"You can't fly without supply, so if we don't receive, procure, or acquisition items the warfighters needs then the mission stops," said Master Sgt. Camela LaCoste, 380th EMDG medical logistics noncommissioned officer in charge. "We have more than 650,000 items at the Medical Logistics Hospital, we're proud of that and it's at 100 percent accuracy. We can immediately grab items and ship them out or distribute them on the spot."

The Ancillary Services element consists of Pharmacy, Radiology and Laboratory Services. This element provides highly specialized diagnostic and therapeutic capabilities that are critical in the prevention, diagnosis and treatment of illness or injury.

"At the end of the day, we support the warfighters," added LaCoste. "We support the Wing, Groups and down-range members with lifesaving supplies, and I really like having a part in that process."

Phantom Medics are engaged across the wing. Mental Health regularly participates in personal improvement seminars as part of the Al Dhafra AB Coalition for Awareness, Response and Empowerment team. Furthermore, the Public

Senior Airman Stephanie Poe-Orange, 380th Expeditionary Medical Group aerospace medical technician, checks the blood pressure of a patient at Al Dhafra Air Base, United Arab Emirates, Nov. 21, 2018. The Medical Operations Flight consists of Clinical Operations and Specialty Services.

U.S. AIR FORCE PHOTO | TECH. SGT. DARNELL T. CANNADY

Health and Bioenvironmental Engineering sections provide key on-the-job training, sanitation and hygiene, confined space safety, hazard materials program and occupational health in their work areas to ensure maximum mission accomplishment with the minimum exposure to health risks for Airmen.

The 380th EMDG also regularly supports wing events such as the DANCON 25K March, EOD Detonations, Fire Emergency Response, military ceremonies and many others.

"Just as maintenance is necessary on all aircraft, and Intelligence Surveillance and Reconnaissance, and weapons system to produce maximum lethality, so is maintenance and care necessary to achieve optimal performance in the human weapons system," said Cochran. "(Al Dhafra AB) needs every Airman and Soldier functioning at their best to adapt to the sheer volume and velocity of the mission in an ever-changing expeditionary environment. It's our job, as Phantom Medics, to ensure they are physically and mentally prepared to meet this challenge."



CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday .. 8:30am & 11:00am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>ALL ARE WELCOME</p> <p>Ahla W Sahla MIRE SE VJEN SELAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen WELCOME BIENVENIDO Baruch Haba Aloha Bem-windo VELKOMIN YOKOSO BENVIDO Welkommen Tere Tulemast</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>	
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST </p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 am & 11:00 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>www.stmarksminot.com Call or check out our website for more information.</p>	
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p> St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>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</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday School 5:45 pm Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p> <p> 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service . 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Josh Huseby, Worship Arts Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Calvary Alliance Church</p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m.</p> <p>ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	
<p> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Jennifer McDonald www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p> Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>ADVERTISE YOUR</p> <h1>Church</h1>		

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

Answers to puzzle from page 6

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 <p>\$199,000</p> <p>CLASSIC CHARM – 3 bedroom, 2 bath, 1 1/2 story home. Formal dining room, fireplace in living room. Open staircase. Leaded glass windows and built-ins. Library and enclosed 3 season porch. Attached garage.</p> <p>MLS #182025</p>	 <p>\$142,500</p> <p>IN KENMARE – Charming 3 bedroom, 2 bath home. Original woodwork, beautiful staircase, French doors. Fireplace in study, formal dining room and chef's kitchen. Updated heating and electrical. Double garage.</p> <p>MLS #181558</p>	 <p>\$64,900</p> <p>MOVE IN READY – Manufactured home with 4 bedrooms and 2 baths. Spacious kitchen with lots of cupboards and counterspace. French doors in dining room to the deck. Private master suite. Double garage. Seller/Agent related</p> <p>MLS #182567</p>
 <p>\$119,900</p> <p>AFFORDABLE – 2 bedroom, 1 bath home with fenced back yard close to school. Open living room. Bedrooms have large closets. Attached garage. Great starter home.</p> <p>MLS #182238</p>	 <p>\$70,000</p> <p>IN VELVA – Older 3 bedroom, 2 story home with updates in progress. Covered front porch and a rear deck. Nice lot with mature trees. Updated wiring, insulation and windows. Detached triple garage.</p> <p>MLS #181317</p>	 <p>\$69,990</p> <p>SPACIOUS – 5 bedroom, 1 1/2 bath, 2 story home in Kenmare. Main level family room, living room, 1 bedroom, 1/2 bath, kitchen with pantry and laundry. 4 bedrooms and 1 bath on the upper level. Enclosed front porch.</p> <p>MLS #180575</p>
 <p>Janet Schelling 240-7537 janet@minothomes.com</p>	<p>Check our site for weekly dates and times of Open Houses</p> <p>OPEN HOUSE</p> <p>one click printout of weekly open houses</p>	 <p>Judy Hoskin 721-3837 judyh@minothomes.com</p>

REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

GREAT 3 BEDROOM, 2 BATH TOWNHOUSE IN NW MINOT with Double Garage & Coulee View! Deck off Dining Room, plus No Association Fees! \$145,500 MLS #182541. Call Darlene Schnaible 721-7374 / Kerri Zabolney 833-44449 or Signal Realtors 852-3505.

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ESTATE CLAIM

SSgt Shauntiva O. Humphries, stationed at Minot AFB, N.D., recently passed away. Anyone with a claim for or against her estate should step forward at this time by contacting Lt Eric Kilgore, reachable by telephone at (559) 960-8194, or by email at eric.kilgore.1@us.af.mil.

NORTHERN SENTRY

839.0946

WHAT'S GOING ON MAFB

TODAY

- Last day to submit entries for the Air Force Art Contest at www.myairforcelife.com/artcontest
- Barre, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Torch Club, 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
- Kids Night Out - Team Minot Holiday Social, 1745-2200, Child Development Center and Youth Center
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

TUESDAY

- Run 4 Fitness, 0600, Fitness Center
- Pre-Separation Counseling, 0800-1130, A&FRC
- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Cycle, 1230, Fitness Center
- EFMP-FS Peer Support Group, 1630-1730, A&FRC
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1800, Fitness Center

WEDNESDAY

- Last day to register for the King of the Court Challenge at the Fitness Center
- Registration opens for Holiday Wreath Class at the Arts & Crafts Center
- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-2000, Rough Rider Lanes
- Story Time, 1030, Base Library
- Run 4 Fitness, 1145, Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- Minot Public School – Early Release Day, 1300, Youth 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
- Quarterly Airmen Birthday Meal, 1700-1830, Dakota Inn Dining Facility
- Squadron Extramural League, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center

THURSDAY

- Last day to register for Family Paint Class at the Arts & Crafts Center
- Tactical Fit Express, 0600, Fitness Center
- Career Exploration & Planning Workshop, 0800-1600, held at the Education Center, hosted by A&FRC
- Barre, 0915, Fitness Center
- High Performance Nutrition Class, 1200-1245, Fitness Center
- Cycle, 1230, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2-4-1 Appetizer Night, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- Hour of Code, 1800, Base Library
- Zumba, 1830, Fitness Center
- NFL Thursday Night Football Frenzy, 1900, Rockers Bar & Grill



UPCOMING EVENTS:

7 December

- Barre, 0600, Fitness Center
- Career Exploration & Planning Workshop, 0800-1600, held at the Education Center, hosted by A&FRC
- King of the Court Challenge, 1130, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness Center
- Zumba, 1800, Fitness Center
- Keystone Meeting, 1700-1800, Youth Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Give Parents a Break, 1800-2200, Child Development Center and Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Masquerade Ball, 1900-2100, Youth Center
- #WEOWNFRIDAY Teen Event, 2000, Youth Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

1 December

- Zumba, 0900, Fitness Center
- Powerlifting Competition, 0930, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Barre, 1000, Fitness Center
- Nutcracker Fantasy, 1300, Base Library
- Family Paint Class, 1300, Arts & Crafts Center
- UFC Fight Night - UFC 231: Holloway vs Ortega, prelims begin at 1900 and main card at 2100, Rockers Bar & Grill
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

Rough Riders Pizza Special December Special – Shrimp Scampi Pizza

A creamy base of alfredo sauce coated with mouth-watering mozzarella & parmesan cheeses, topped off with spinach, herbs, and shrimp. 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 December Drink of the Month – Cupcake Delight Frappuccino

A tasty drink combining whole milk, vanilla bean powder, and a delicious twist of strawberry, raspberry, and toffee nut syrups. Topped off with whipped cream and colorful sprinkles. Try yours hot or iced!

Auto Hobby September Specials

November 16-30
Tire Balancing Special - Regular Price: \$6.50 per tire-Special Price: \$4.50 per tire!

SATURDAY

- Carry In Your Workout Shoes begins today at the Fitness Center
- Winter Reading Program begins at the Base Library
- Zumba, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

SUNDAY

- 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

- Tactical Fit Express, 0600, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Digital Literacy Club, 1630-1730, Youth Center
- Zumba, 1730, Fitness Center
- Battle Rig Fitness, 1800, Fitness Center
- Knitting Club, 1800, Base Library
- Key Spouse Monthly Meeting, 1800-1930, held at the PDC, hosted by A&FRC
- Yoga Strong, 1830, Fitness Center

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