

# northersentry

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## Team Minot Airman receives Bronze Star Medal

U.S. AIR FORCE COURTESY PHOTO

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## Sheppard AFB Airman awarded Airman's Medal for saving father, daughter from fiery crash

SENIOR AIRMAN ROBERT MCILRATH | 82ND TRAINING WING PUBLIC AFFAIRS

SHEPPARD AIR FORCE BASE, Texas (AFNS) -- In January 2018, on the side of U.S. 287, Maj. Justin Warner placed his well-being on the line to save two strangers whose vehicle had just flipped and caught on fire.

Warner was heading toward Dallas when he witnessed an SUV go off the road and flip, coming to a stop on its side.

"I was the first one to see it," Warner said. "I stopped and started running toward their car, calling 911 as I made my way to them, but then the vehicle's engine bay caught on fire so my mindset shifted."

Forgetting about the

emergency call and his own safety, Warner immediately took action.

"I saw that there were two people in the vehicle that would need some help getting out since the car was on its side," he said. "I climbed up on top of the vehicle and basically pulled them through the driver's side window."

Warner mentioned that he was worried the fire would spread and cause the vehicle to explode.

"I had the same mindset from the second I saw the fire," he said. "I knew I had to get them away from the fire."

Warner carried the driver's daughter, who had sustained

an ankle injury during the crash, while the father was able to walk to safety. Soon after, the vehicle exploded in flames.

By this point, other motorists had stopped and called emergency services.

"When the emergency vehicles got there, they pretty much took them away quickly and I didn't get to

Continued on page 10



Maj. Justin Warner, 97th Flying Training Squadron IFF instructor, stands next to retired Air Force Lt. Col. Stephen Wolfe and his daughter after being awarded the Airman's Medal Nov. 27, 2018, at Sheppard Air Force Base, Texas. Warner pulled Wolfe and his daughter out of their burning vehicle in January 2018 after it flipped several times. The Airman's Medal is the Air Force's highest non-combat award and is given for acts of heroism, usually at the voluntary risk of their own life.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ROBERT L. MCILRATH

Photo Inset: Fire engulfs an SUV after a rollover accident on U.S. 287 about 5 miles north of Bowie, Texas, Jan. 17, 2018. Maj. Justin Warner, a 97th Flying Training Squadron introduction to fighter fundamentals instructor at Sheppard Air Force Base, Texas, was awarded the Airman's Medal Nov. 27, 2018, for heroism when he pulled retired Air Force Lt. Col. Stephen Wolfe and his daughter from the vehicle moments before the fire had spread.

PHOTO COURTESY | THE BOWIE NEWS

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# Special tactics Airman killed in action in Afghanistan

SENIOR AIRMAN JOSEPH PICK | 24TH SPECIAL OPERATIONS WING PUBLIC AFFAIRS

HURLBURT FIELD, Fla. (AFNS) --

A special tactics Airman was killed when his vehicle hit an improvised explosive device in Ghazni Province, Afghanistan, Nov. 27, 2018.

Staff Sgt. Dylan Elchin, 25, a special tactics combat controller with the 26th Special Tactics Squadron, was deployed in support of Operation Freedom's Sentinel.

Elchin deployed to Afghanistan in August and was embedded with a U.S. Army

Special Operations Force Operational Detachment-Alpha team. His role was to advise the Ground Force commander, direct close air support aircraft, and deliver destructive ordnance on enemy targets in support of offensive combat operations.

"Dylan had an unusual drive to succeed and contribute to the team. He displayed maturity and stoicism beyond his years, and was always level-headed, no matter the situation," said Lt. Col. Gregory Walsh, 26th STS commander. "Our thoughts and prayers go out to Dylan's family, fiancé, and friends. He will be sorely missed, but never forgotten."

Shortly after graduating Hopewell High School in Pennsylvania, Elchin enlisted in the U.S. Air Force as a special tactics combat controller on Aug. 7, 2012. He immediately entered the two-year combat control training program and upon completion of the pipeline, he was assigned to the 26th STS at Cannon Air Force Base, New Mexico.

"(Dylan) was the guy everyone wanted to be around, in even the worst of times he had a smile on his face and a way to lighten things up," said a special tactics officer and former team leader of Elchin. "He was always doing whatever it took to get the job done."

Elchin was a qualified military static line jumper, free fall jumper, an Air Force qualified combat scuba diver, and a qualified joint terminal attack controller. His awards and decorations include the Bronze Star Medal, Purple Heart, Army Commendation Medal with Valor, Air Force

Staff Sgt. Dylan Elchin, a Special Tactics combat controller with the 26th Special Tactics Squadron, was killed when his vehicle hit an improvised explosive device in Ghazni Province, Afghanistan, Nov. 27, 2018

COURTESY PHOTO

Commendation Medal, Air Force Combat Action Medal, Air Force Good Conduct Medal, National Defense Service Medal, Afghan Campaign Medal, Global War on Terrorism Service Medal, Air Force Longevity Service Award, Air Force Noncommissioned Officer Professional Military Education Graduate Ribbon, Air Force Training Ribbon and NATO Medal.

Elchin was also a Distinguished Graduate of Airman Leadership School.

As a special tactics combat controller, Elchin was specially trained and equipped for immediate deployment into combat operations to conduct global access, precision strike, and personnel recovery operations. He was skilled in reconnaissance operations, air traffic control and terminal attack control operations.

The 26th STS is part of the 720th Special Tactics Group, 24th Special Operations Wing, the only special tactics wing in the Air Force.

Please direct any media queries to the 24th SOW Public Affairs office at 850-884-3902, or at 413-237-4466, or jaclyn.pienkowski@us.af.mil.

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## SWEDISH PILOTS presented with US Air Medal

CAPT. KOREY FRATINI | U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

**F**our Swedish air force pilots received U.S. Air Medals during a ceremony in Stockholm Nov. 28, recognizing their actions that took place over 31 years ago. Until last year the details of their mission remained classified.

During the 1980s, the height of the Cold War was still being felt. The U.S. was flying regular SR-71 aircraft reconnaissance missions in international waters over the Baltic Sea known as "Baltic Express" missions. But on June 29, 1987, during one of those missions, an SR-71 piloted by retired Lt. Cols. Duane Noll and Tom Veltri, experienced an inflight emergency.

Experiencing engine failure in one of their engines, they piloted the aircraft down to approximately 25,000 feet over Swedish airspace where they were intercepted by two different pairs of Swedish air force Viggens.

"We were performing an ordinary peace time operation exercise," recalled retired Maj. Roger Moller, Swedish air force Viggen pilot. "Our fighter controller then asked

me are you able to make an interception and identification of a certain interest. I thought immediately it must be an SR-71, otherwise he would have mentioned it. But at that time I didn't know it was the Blackbird."

According to the Air Medal citation, once the Swedish pilots intercepted the SR-71, they assessed the emergency situation and decided to render support to the aircraft by defending it from any potential third-party aircraft that might have tried to threaten it. The pilots then accompanied the aircraft beyond the territorial boundaries and ensured that it was safely recovered.

"I can't say enough about these gentlemen," said Veltri, who was at the ceremony. "I am so amazingly grateful for what they did, but also for the opportunity to recognize them in the fashion we are doing. What these guys did is truly monumental."

Noll, who was not able to be at the ceremony, recorded a message which was played to those in attendance.

"Your obvious skills and judgement were definitely demonstrated on that faithful day many years ago. I want to thank you for your actions

Swedish Air Force Col. Lars-Erik Blad, Maj. Roger Moller, Maj. Krister Sjöberg, and retired U.S. Air Force Lt. Col. Tom Veltri stand beside the official photo which depicts the event that earned the Swedish pilots their U.S. Air Medals in Stockholm, Nov. 28, 2018. The Swedish airmen risked their lives to save an SR-71 and the aircrew, retired Lt. Cols. Tom Veltri and Duane Noll, on June 29, 1987.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN KELLY O'CONNOR

on that day," said Noll. "We will never know what would or could have happened, but because of you, there was no international incident. The U.S. Air Force did not lose an irreplaceable aircraft, and two crew members' lives were saved. Lt. Col. Veltri and I can't thank you sufficiently for what you prevented. Thank you for being highly skilled and dedicated patriotic fellow aviators."

U.S. Air Force Maj. Gen. John Williams, U.S. Air Forces in Europe and Air Forces Africa mobilization assistant to the commander, presented the Air Medals to Swedish air force Col. Lars-Erik Blad, Maj. Roger Moller, Maj. Krister Sjöberg and Lt. Bo Ignell.

"That day in 1987 showed us that we can always count on our Swedish partners in times of great peril," said Williams. "Even when there was both political risk and great physical risk in the form of actual danger, there was no hesitation on your part to preserve the pilots on that day."

The presentation of Air Medals to the Swedish pilots represented the gratitude from the U.S. and the continued longstanding partnership with Sweden.

## Deploying mental health care downrange

SHIREEN BEDI, AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va.  
(AFNS) --

**D**eployed mental health providers play a vital role in delivering medical care downrange, ensuring the health of the warfighter and the mission.

Even though service members who deploy are medically ready, both physically and mentally, the rigors of deployment can take a toll.

"Deployments can be stressful and service members are away from their normal coping mechanisms," said Capt. Karen Schaefer, a forensic psychology postdoctoral fellow at the Air Force Office of Special Investigations, Quantico, Virginia, who deployed in April 2017 for seven months. "When those stressors become too much, deployed service members must have access to care."

According to Maj. Michael Ann Glotfelter, director of clinical health psychology at Wright-Patterson Air Force Base, Ohio, deployed mental health providers fulfill different capacities than they do in garrison. One of the reasons for this is that Airmen who deploy are stable from a mental health perspective, meaning there is less need for prolonged care.

"In a deployed location, we mainly focus on prevention and early intervention," said Glotfelter. "We use channels such as briefs about normal adjustment on arrival, and base-wide events to shift service members' perspectives toward the positives in our daily lives"

Much of what mental health providers do downrange involves things like classes on sleep or resiliency, working with units on basic stress management, being available for individual, one-on-one counseling for more elevated issues or concerns, and setting up programs for targeted interventions.

"One targeted intervention is the Combat Operational Stress Control program, only offered to deployed service members," said Schaefer. "That program delivers educational materials and gives first responders a

chance to speak specifically about combat operational stress, over the course of four sessions."

In a deployed setting, these types of interventions helps service members stay in the fight and support the mission.

"We saw people for insomnia and other sleep-related issues and within two to three visits, we were able to address those issues to improve their sleep quality," said Maj. Adam Dell, the 71st Flying Training Wing flight commander and director of psychological health at Vance AFB, Oklahoma.

Schaefer explains the mental health in a deployed setting reduces the number of aeromedical evacuations for mental health reasons, because they provided the necessary

**"WE SAW PEOPLE FOR INSOMNIA AND OTHER SLEEP-RELATED ISSUES AND WITHIN TWO TO THREE VISIT, WE WERE ABLE TO ADDRESS THOSE ISSUES TO IMPROVE THEIR SLEEP QUALITY,"**

-MAJ. ADAM DELL, THE 71ST FLYING TRAINING WING FLIGHT COMMANDER & DIRECTOR OF PSYCHOLOGICAL HEALTH AT VANCE AFB, OKLAHOMA.

support for service members.

"We had people who were not quite sure where to go next and felt that the only way they could get better was to go home," said Schaefer. "With treatment and facilitating slight changes, people overcame those stressors and continued doing their job."

As Dell explains, deployment is stressful and many service members may have normal reactions to possibly stressful situations. Deployed mental health providers provide critical support for the warfighter, ensuring their resiliency, maintaining readiness, and safeguarding their ability to perform downrange.

"I believe that our best men and women are still men and women at best, and deployment can take a toll on their mental health," said Dell. "Our goal (as mental health providers) is to foster that strong sense of belonging among our brothers and sisters in armed services, providing any support and interventions that keep them healthy and in the fight."



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# Team Minot Airman receives Bronze Star Medal

SENIOR AIRMAN ALYSSA M. AKERS | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

**M**aster Sgt. Philip McAlpin, 5th Civil Engineer Squadron heavy repair superintendent, received a Bronze Star Medal for meritorious achievement while deployed to Syria.

McAlpin's deployed responsibilities were to oversee repair and maintenance for the Kobani Landing Zone, a semi-prepared dirt runway.

"As a heavy repair superintendent, I was responsible for the maintenance and repair of the landing zone after air operations commenced for the day," said McAlpin. "Essentially, I was responsible for maintaining operational capability."

When he first arrived, the Battle of Raqqa was underway. After Raqqa's liberation from ISIS in mid-October 2017, the landing zone saw a three to four times increase of aircraft passing through.

"When we first got there, we were out on the strip doing maintenance for roughly 12, 14, and sometimes even 16 hours at a time," said McAlpin. "We knew how important our jobs were so through thick or thin, long hours or not, we were going to make sure it was ready."

Over time, McAlpin and his crew began to see the ways they could make the landing zone run better. Each day, they recorded issues within the zone and kept a running log for future endeavors.

"The quicker we were able to identify any issues, the quicker we were able to address them," said McAlpin. "As we became more familiar with our practices, it inevitably shaved time off daily. By the time [the deployment ended], we were down to about 3 to 4 hours [on the strip], so it was a tremendous difference."

McAlpin changed many things throughout the landing zone, including the way aircraft landed, created better contingency during rain operations and shaving unnecessary work from the plan, making his Airmen work faster and more effectively.

After rain fell in the area, the landing zone may be unusable for a couple of days due to the soil not being dry enough to prepare the strip. McAlpin discovered that if they placed an inch of soil down across the zone in preparation, they could effectively scrape that inch off afterwards and continue operations within the same day.

"What was critical for our team was to make sure that if there were any distresses apparent, we came up with a plan to address and correct them to ensure we maintained it operational at all times," said McAlpin.

Another way McAlpin made the strip more effective was when they were required to move a helicopter pad from one side to the other.

"We would normally pack up the helicopter pad, move it, then set it back up over the course of a couple days," said McAlpin. "With permission, we were allowed to find a new way to drag the pad to the other side. What would normally take us a couple days turned into just a few hours of work."

Throughout McAlpin's effective changes, word was quickly brought up the leadership chain and he was

**"WHEN WE FIRST GOT THERE, WE WERE OUT ON THE STRIP DOING MAINTENANCE FOR ROUGHLY 12, 14, AND SOMETIMES EVEN 16 HOURS AT A TIME,"**

—MASTER SGT. PHILIP MCALPIN, 5TH CIVIL ENGINEER SQUADRON HEAVY REPAIR SUPERINTENDENT

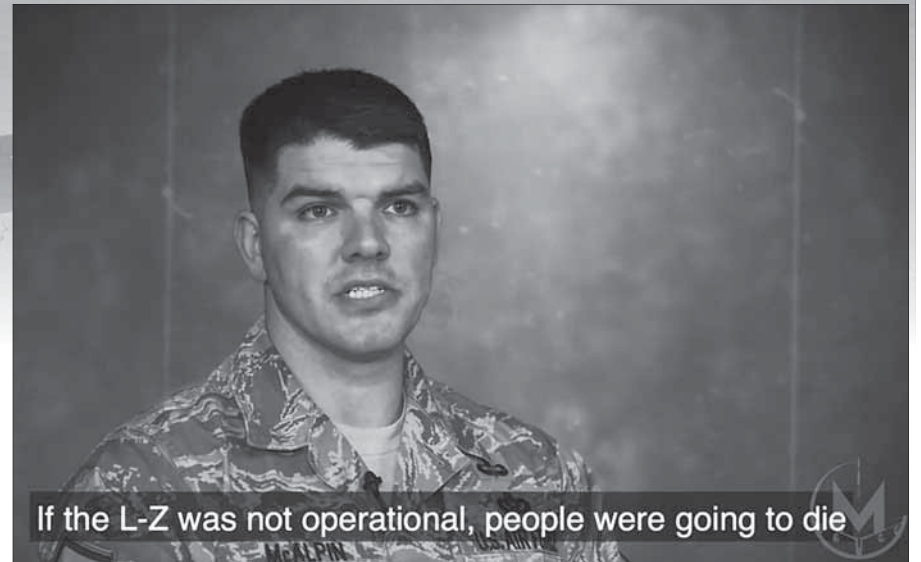
asked to help with the future writing of the Air Force Tactics, Techniques and Procedures 3-32.21, Semi-Prepared Runway Sustainment Operations (SPRO).

Not too long after, McAlpin began to hear rumors of his upcoming Bronze Star Medal.

"It's rare to hear of someone receiving a bronze star," said McAlpin. "It wasn't until the morning [they presented it] that I realized it was actually happening."

Although McAlpin was the recipient of the medal, he knew that it wasn't solely for the work he completed.

"It's more of a team effort, and I'm eternally grateful for being a part of it," said



U.S. AIR FORCE COURTESY PHOTOS

McAlpin. "When we first arrived and were working long hours, I knew I wasn't going to let my Airmen work up to 16 hour workdays for the duration of the deployment. One of my main concerns were making sure our Airmen weren't burned out since they were the ones doing the job." Continuing forward, he

knows that no matter what, he will never forget his deployment.

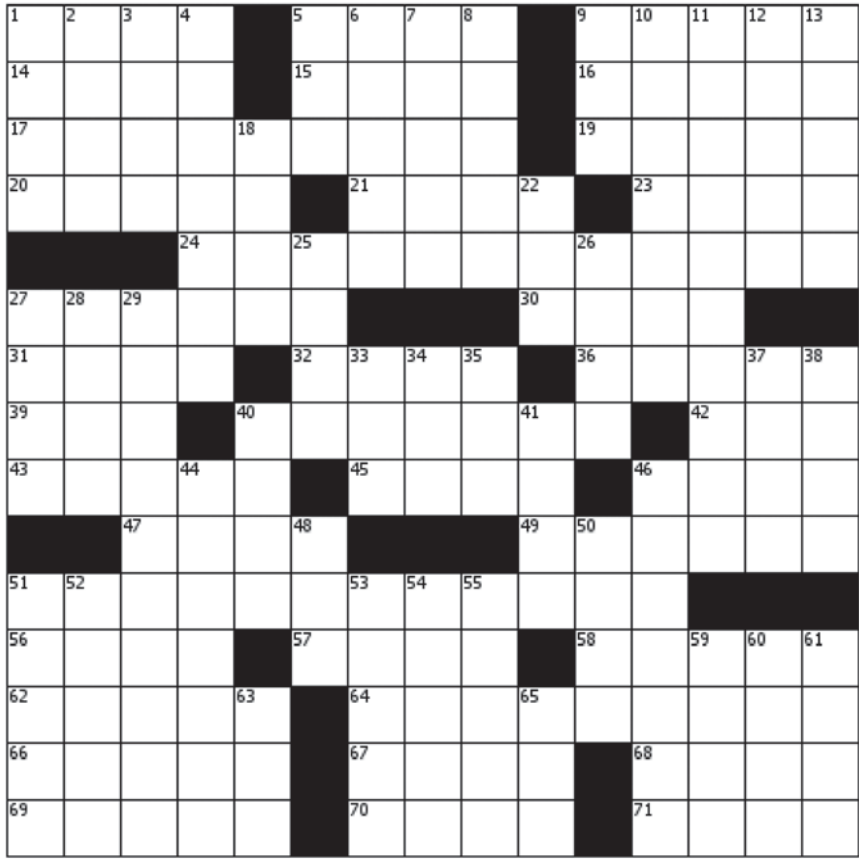
"The Airmen always had the mentality to help, no matter how long they worked," said McAlpin. "I will be forever grateful. Anytime I look at this Bronze Star, I'll remember my team out there."





CROSSWORD PUZZLE

- Across**
- 1. Women's links org.
  - 5. Slackens
  - 9. \_\_\_ salts
  - 14. Make at work
  - 15. Wacko
  - 16. Petrol purchase
  - 17. Food that's twirled
  - 19. Picket line crossers
  - 20. Pago Pago's island group
  - 21. Emeril, for one
  - 23. Actor Kristofferson
  - 24. Winner of 200 NASCAR races
  - 27. Mozart's "The Marriage of \_\_\_"
  - 30. Goes bad
  - 31. Cupid's Greek counterpart
  - 32. Daily weather statistics
  - 36. Baby bringer?
  - 39. "What \_\_\_ saying?"
  - 40. Cane cutter's tool
  - 42. Route word
  - 43. Dance that takes two
  - 45. Bike basket escapee of film
  - 46. Let off steam
  - 47. Last yr.'s senior
  - 49. Fighter Foreman
  - 51. Like Shaq after a game, say
  - 56. Shortly, to the Bard
  - 57. Stadium section
  - 58. Camels' rest stops
  - 62. Close, as a jacket
  - 64. Tanzania wildlife park
  - 66. School for Yvette



- 67. Commotions
  - 68. Quaint "Holy cow!"
  - 69. Dissuade
  - 70. Apollo's instrument
  - 71. Auction goal
- Down**
- 1. To a smaller extent
  - 2. Smurf patriarch
  - 3. Fat unit
  - 4. Fluffy felines
  - 5. Scrape by, with "out"
  - 6. Bungle
  - 7. 1980s South African president
  - 8. Winter Olympian
  - 9. Ernie on the links
  - 10. Gettysburg general known for a charge
  - 11. Begins again
  - 12. Shuttle path
  - 13. In disarray
  - 22. WWII pres.
  - 25. Bubbly beverage
  - 26. Freeze for the camera
  - 27. Exploit
  - 28. La Douce of film
  - 29. On the skids
  - 33. Columbus Day mo.

- 34. One of the five W's
- 35. Movie backdrop
- 37. Phone sound
- 38. Jackson of "Charlie's Angels"
- 40. Wail
- 41. Forum garb
- 44. Bit of instant coffee, e.g.
- 46. Trips on ships
- 48. Banned pesticide
- 50. Prince William's school
- 51. Made misty
- 52. Being kept cold
- 53. Rope fiber
- 54. Like a neglected flower bed
- 55. Typo, for one
- 59. Nintendo alternative
- 60. Latin list ender
- 61. Rectangle part
- 63. Words \_\_\_ minute
- 65. Vietnam suffix

SUDOKU Solution to puzzle on page 14

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

Difficult

Solution to last week's Crossword puzzle.

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

THE GRINCH • (PG)  
FRIDAY, DEC. 7 • 1800

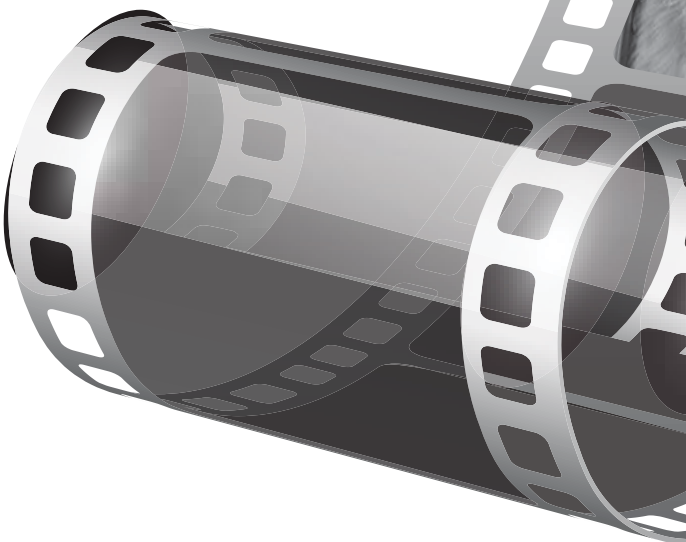
“The Grinch and his loyal dog, Max, live a solitary existence inside a cave on Mount Crumpet. His main source of aggravation comes during Christmastime when his neighbors in Whoville celebrate the holidays with a bang.”

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THE GRINCH • (PG)  
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“When the Whos decide to make Christmas bigger and brighter, the disgruntled Grinch realizes there is one way to gain peace and quiet. With help from Max, the green grump hatches a scheme to pose as Santa Claus, steal Christmas and silence the Whos' holiday cheer once and for all.”

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## Roasted Broccoli & CHEDDAR SOUP



A creamy broccoli and cheddar soup with the concentrated flavour of roasted broccoli.

### INGREDIENTS:

- 1 large bunch broccoli, cut into florets
- 1 tablespoon oil
- salt and pepper to taste
- 1 tablespoon oil
- 1 medium onion, diced
- 2 cloves garlic, chopped
- 1 teaspoon thyme, chopped
- 3 cups vegetable broth or chicken broth or chicken stock or ham broth
- 1 1/2 cups aged cheddar, shredded
- 1 cup milk or cream
- 1 tablespoon grainy mustard (optional)
- salt and pepper to taste

### INSTRUCTIONS:

- Toss the broccoli florets in the oil along with the salt and pepper, arrange them in a single layer on a large baking sheet and roast in a preheated 400F/200C oven until lightly golden brown, about 20-30 minutes.
  - Heat the oil in a large sauce pan over medium heat, add the onion and saute until tender, about 5-7 minutes.
  - Add the garlic and thyme and saute until fragrant, about a minute.
  - Add the broth and broccoli, bring to a boil, reduce the heat and simmer, covered, for 20 minutes.
  - Puree the soup until it reaches your desired consistency with a stick blender.
  - Mix in the cheese, let it melt without bringing it to boil again.
  - Mix in the milk and mustard, season with salt and pepper and remove from heat.
- Slow Cooker:** Implement step 1, optionally implement steps 2 & 3, place everything but the milk and cheese in the slow cooker and cook on low for 6-10 hours or on high for 2-4 hours before mixing in the milk and cheese, letting the cheese melt and then pureeing the soup.
- Option:** If you like a thicker, creamier and healthier soup use pureed white beans instead of the milk or cream.
- Option:** Start the soup out by cooking 4 strips of bacon, use the grease to cook the vegetables instead of the oil and serve the soup garnished with the crumbled bacon.
- Option:** Add diced ham.



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# UPCOMING EVENTS



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**8 DEC**

10:00 AM - 2:00 PM  
Location:  
The Market on 4th  
1900 4th Ave NW,  
Minot.

Make and Takes are  
back at The Market!

Join us on Saturday, December 8th for our Christmas Make and Take. Choose from a personalized Christmas wreath or sign handmade by you! No need to sign up just show up the day of and create your own piece. Sign making is \$20 a person and wreath making is \$20 for a

**CHRISTMAS  
MAKE AND TAKE**  
SATURDAY, DECEMBER 8TH



small and \$30 for a large wreath. Grab your friends and we will see you at The Market for a fun day of DIY! For more information: Facebook event/ Christmas Make and Take

**8 DEC**

12:00 PM - 5:00 PM  
Location:  
Downtown Minot,  
ND

Stroll the festive street of downtown Minot while checking out some location Creative HotSpots, Art Galleries and Artist Studios. Take in store specials and nibble on some tasty holiday treats.

For more information check out: Facebook event/ Gallery & Studio Crawl



**8 DEC**

1:00 PM - 4:00 PM  
Location:  
Roosevelt Park Zoo  
1219 Burdick Expy  
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We're not skipping Thanksgiving, I promise. We just want you to have more than a week to plan to come visit us at the Zoo!  
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For more information: Facebook event/ Christmas at the Zoo



**8 DEC**

7:00 PM - 11:59 PM  
Location:  
The Spot Pool Hall 6  
2nd St NE, Minot.

Let's Get Elfed Up Party at The Spot!  
Drink Specials and Snacks starting at 7pm! Music by DJ Sexual Chocolate (Evan Hunt)  
\*Christmas movies \*Special white chocolate candy cane cocktail and hot chocolate  
\*Register to win the Ultimate Pool Package, Gift Cards, Free Pool time and Baskets to be given away. \*Must be present to win.  
For more information check out: Facebook event/ Let's Get {Elfed} Up!



**11 DEC**

6:30 PM - 10:30 PM  
Location:  
The Tap Room 23 Main  
St S, Entrance is on the  
South Side of Building  
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The Office returns to trivia night at The Tap Room! Tell your friends about this "Office Christmas Party". All seasons and episodes will be covered, watch for details on reservations coming soon! For more information check out: Facebook event/The Office Trivia Night!





# One step at a time

AIRMAN 1ST CLASS MICHAEL S. MURPHY  
11TH WING PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) --

Senior Master Sgt. David Snyder put on his physical training uniform and fought the tension inside his chest. It was the day of his annual PT test. Like all his tests before, he had been preparing for months. But this time, he was a lot more nervous.

He bent down and tied his single black shoe, mentally preparing himself to push himself harder than he ever had before.

He drove himself to the site. He did as many push-ups and sit-ups as he could in 60 seconds, he ran a mile and a half, and he got his waist measured. In the end, he easily passed the test with a score of 84.4 – with a prosthetic where one of his legs used to be.

Five months prior, Snyder had lost his left leg in a motorcycle accident.

"It's a series of unfortunate events that led to it," he said, recalling a change to his planned route. "I have an Apple iPhone, and of course it want[ed] to save me 7 minutes."

Riding his sleek black Harley Davidson on an empty back road in Alabama, Snyder was heading back from a weekend trip to Florida with his uncle. The California native was on his way to Maxwell Air Force Base, Alabama where he was attending Senior NCO Academy.

He said the morning ride was going well as they passed a lake.

"I have cruise control set on 55," said Snyder, currently the Air Combat Command command propulsion program manager on Joint Base Langley-Eustis, Virginia. "I'm doing everything right, and here comes this silver Malibu."

The oncoming car quickly

**"HE WASN'T ABLE TO DO WHAT HE WANTED TO DO. HE COULD DEAL WITH THE PAIN, BUT HE DIDN'T LIKE NOT BEING ABLE TO LIVE HIS LIFE."**

-MELISSA SYNDER,  
WIFE OF DAVID SYNDER

caught his attention and he became defensive.

"I saw his wheel start to point out, and I knew it was too late," he said. "I tried as smoothly as possible to veer around him. I get all the way to the edge, as far as I can, and he catches me."

Snyder had his legs propped on the crash pegs, a cylindrical spoke that normally extends four to five inches to protect the bike from falling over. The car caught the peg and drove it into the bike. The bike tipped sideways, but didn't go down. Shaken but steady,



Senior Master Sgt. David Snyder, Air Combat Command propulsion program manager, performs physical therapy at Walter Reed National Military Medical Center in Bethesda, Md.

COURTESY PHOTO

Snyder kept going until he found a house about a 100 yards down the road and pulled over.

Finally off the road, he assessed the damage. "[I] looked down and my foot was facing the wrong

way," he said. "I could see a huge bulge in my sock."

Snyder asked his uncle to help him off of his bike. He looked down and noticed blood was pooling next to him as he sat in a stranger's driveway.

Remembering his

emergency response training, he quickly took action.

"I'm looking at my leg and I think a tourniquet is my only option," he said. "I don't know when anyone is going to get here. So I take my

Continued on page 10

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# Air Force rolls out Flight Commander's Edge program

AIR UNIVERSITY PUBLIC AFFAIRS



Students engage each other during a group discussion portion of the new Flight Commander's Edge course, Nov. 7, 2018, at Joint Base Charleston, S.C. Joint Base Charleston is the first base in Air Mobility Command to take part in the course and third overall in the Air Force. The course's mission was to teach flight commanders how to be better leaders and help meet the goal of Gen. David L. Goldfein, Air Force chief of staff, to revitalize squadrons and flight leadership.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CHRISTIAN SULLIVAN

to the fact that most flight-level leadership courses are conducted at the wing or subordinate unit level.

The eSchool's solution was to provide discussion-based "experiential" lesson plans that could be customized and taught by anyone. Several iterations of the course have occurred to test out the various concepts and lesson plans, at both Maxwell Air Force Base and Joint Base Charleston.

Focusing on both leadership topics and base-specific content, the curriculum provides lesson plans that can be executed in the classroom by individuals with little or no teaching experience.

Tailorable lesson guides complement the lesson plans. These guides can be customized with insight and perspectives from local senior leaders and base agencies. The eSchool also provides course templates, self-assessments, feedback forms, exercises, handouts and learning aids to speed up the local course design process.

"It is important to remember that this is a wing-level program," Stoor said. "The Flight Commander's Edge is designed to help unit (points of contact) quickly field a quality leadership development program to meet local needs."

An online community is available for course directors at all levels to share information, ask questions and download content. For more information, visit the Flight Commander's Edge at <https://www.airuniversity.af.edu/eSchool/FlightCCEdge/>.

MAXWELL AIR FORCE BASE, Ala. (AFNS) --

Air University's newest effort to revitalize squadron-level learning and support leaders on the cutting edge of operations rolls out across the Air Force today with the Flight Commander's Edge program.

Managed by Air University's eSchool of Graduate Professional Military Education, the Flight Commander's Edge provides a variety of tools designed to help major command, numbered air force and wing leadership develop and deploy flight-level leadership courses.

"Our biggest challenge was providing expert-level leadership training through an instructional cadre that we would never meet," said Lt. Col. Rose Stoor, eSchool program manager, referring



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ONE STEP from page 8

shirt off and I start making a tourniquet.”

It took about 30 minutes for first responders to arrive. After they saw the severity of his injuries, they air evacuated Snyder to Baptist Medical Center South Hospital in Montgomery, Alabama, where they did an external fix on his leg. They told Snyder he had a Pilon fracture, which meant that his tibia and fibula had exploded on impact.

“There were pieces missing, probably out on the Alabama highway somewhere,” he recalled.

“Bones were turned and facing the wrong way. [The surgeons] took everything in there and ground it all up, put it back in there and hoped it took. They gave me four plates and about 20 screws that day.”

After working on his leg, doctors laid out his recovery options. They could opt for limb salvage or amputation. Snyder pursued one round of limb salvage, but said he didn’t put much hope into it after hearing about failed recoveries that ended in amputation.

At the first checkup three months after surgery, the hardware in his leg looked good and the prognosis on his leg was promising. However, things started to turn at the six month mark. The hardware started collapsing and everything shifting down in his leg. Things weren’t improving and amputation started to seem like the right choice for Snyder and his family.

“I was just ready to get on with the next step,” said Melissa Snyder, David’s wife and high school sweetheart. “He wasn’t able to do what he wanted to do. He could deal with the pain, but he didn’t like not being able to live his life.”

Snyder and Melissa both decided that amputation was the best option and set a date for May 8, 2018. “Before going into it, I told my wife I didn’t know how long it would take for me to look [at my foot],” he said. “I was like [screw] it. I pull the sheet back and I’m like, ‘Yup, it’s gone.’”

In the aftermath of his events, Snyder’s character was given a true chance to shine.

“From the get go, he had a very positive attitude,” Melissa said. “We have always kind of lived that way. In the end it is going to work out somehow.”

After the surgery, Snyder spent five months at Walter Reed National Military Center in Bethesda, Maryland, for physical rehabilitation, under Air Force District of Washington’s Airman Medical Transition Unit.

Snyder decided how he wanted to handle those five months right from the gurney, when he first needed to use the bathroom.

“It starts now,” he said. “Can I get up? Yeah, I can get up if I want. I got up,

and took a walker to the bathroom.”

He spent the next five months pushing the limits in his recovery, so that he could make it back home sooner.

Snyder worked out almost every day, doing varying exercises to improve mobility and muscle control in his leg. He would run on the track at Walter Reed, swim, and bike along with other basic function exercises.

After all the hard work – and with the PT test in the rearview mirror -- Snyder said he is thankful he can still serve in the Air Force. He said he knows active-duty service members with amputations have barriers while serving. His goal is to break through those barriers and continue to grow.

“I want to prove that I’m better,” he said. “I don’t care how severe my injury is, I want to be worldwide qualified as soon as I possibly can. It’s my job. I signed up for it.”

AIRMAN’S MEDAL from page 2

talk to them afterward,” Warner said. “All I knew was their first names and I tried looking them up later on to see if they were ok, but I couldn’t find them.”

What Warner didn’t know was that the driver of the vehicle was retired Air Force Lt. Col. Stephen Wolfe.

Wolfe reached out to Sheppard Air Force Base to let them know of Warner’s heroic actions.

Warner was awarded the Air Force’s highest noncombat award, the Airman’s Medal Nov. 27, in front of his family, friends and coworkers.

Maj. Gen. Craig La Fave, 22nd Air Force commander, presented the medal to Warner. He spoke about Warner’s many achievements.

“He is a distinguished graduate from several programs, so it wasn’t really

a surprise in my mind when I saw it was him who saved those lives,” La Fave said. “He didn’t see it happen and say, ‘Hey, there is an Airman’s Medal in it for me if I do this.’ He did it because that’s the type of person he is.”

Warner is a 97th Flying Training Squadron introduction to fighter fundamentals instructor and has more than 400 combat flying hours in the F-15 Eagle.

Wolfe and his family were also in attendance for the medal presentation.

“God put him in place on that particular day,” Wolfe said. “He saved my life and my daughter’s life.”

*The Airman’s Medal was established on July 6, 1960, and is awarded to those who distinguish themselves by a heroic act, usually at the voluntary risk of their life but not involving combat.*

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# OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

## Dates to Know:

- **Dec. 8:** High Plains duck, merganser, coot, and snipe seasons open.
- **Dec. 14:** Garrison Dam Christmas Bird Count.
- **Dec. 16:** Zone 3 Canada goose and deer muzzleloader seasons close.



## NUMBERS TO KNOW:

- **N.D. GAME AND FISH DEPT.,** MAIN BISMARCK 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:

\*Lake Darling now open to accessing the lake with vehicles, including ATVs and pickup. Use caution with variable ice depths. Refuge open for muzzleloader and archery licensed hunters, as well as late season upland bird hunting. Check with refuge headquarters, (701) 468-5467, for refuge-specific regulations and open areas.

\*Des Lacs and J. Clark Salyer NWRs also open for late season upland hunting but check for refuge-specific regulations and open areas

\*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 Sakakawea elevation, Dec. 3: 1,840.24 feet above mean sea level (MSL); 21,000 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: 1,448.05 MSL.

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

\*Devils Lake, Ed's Bait Shop, Devils Lake: Increasing activity on Devils Lake back bays with continued activity on northern feeder lakes. Try jigs and minnows for walleye with pike mixed in.

\*Devils Lake, Woodland Resort, Devils Lake: Backs bays icing over with more anglers venturing out. Look for fair success for small walleye with occasional perch using slide bobbers and minnows in 20-plus feet. Continued activity on northern feeder lakes.

\*Lake Darling, Karma C-Store, Ruthville: Good walleye success at Grano and Lake Darling using wax worms or minnows.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: More activity at Landing 3 and Grano on Lake Darling rather than around the spillway boat ramp this week with mostly small walleye success and occasional pike. Most activity is around Grano in the morning and again about mid-afternoon.

\*Lake Metigoshe, Four Seasons, Bottineau: Increasing angler

numbers accessing with ATVs. Overall fair success for a mix of species. No vehicle access yet.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walk-on and ATV activity on the east end of Lake Audubon but ice depths are variable and need to be checked along the way. No pickup access recommended yet. No activity on Lake Sakakawea.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Some walleye activity on the east end of Lake Audubon with overall fair success. Better success seems more so on the north side in shallower water. West end has thin ice yet.

\*Lake Sakakawea, Scott's Bait & Tackle, Pick City: Missouri River producing a few walleye from the wing walls, weather permitting, with a mix of other species occasionally.

\*Lake Sakakawea, Scenic 23, New Town: Fair to good walleye success from open water accessing at the Parshall Bay ramp in the Van Hook Arm. Ramp is extremely icy, though, so use caution and will likely ice in soon. Lake iced over as far down as New Town with some ice-fishing activity farther west.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try Long Creek in about 17 feet on Lake Sakakawea for walleye. Also try tips and smelt from Long Creek to Lund's Landing for pike. Trenton Lake remains fair to good for crappie.

\*LoneTree WMA area lakes, Harvey: Nice perch and walleye success on area lakes.

\*North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Antelope Lake continues producing perch. Look for a few pike from Buffalo Lodge Lake. Some activity on other area lakes but limited early season success yet.

### Hunting:

\*Deer: Rutting winding down with less deer activity for late season archery and muzzleloader hunters.

\*Pheasants: Birds becoming increasingly flighty but hunters finding better than anticipated numbers in some pockets now that harvest is complete.

\*Waterfowl: Good numbers of Canada geese along the open water of Lake Sakakawea. Feeding times are inconsistent, though, for when the birds leave the water. Not many birds around the open water of the Van Hook Arm.



## Big Band Concert at North Dakota Heritage Center & State Museum

STATE HISTORICAL SOCIETY OF NORTH DAKOTA

BISMARCK, N.D. - Join the BisMan Big Band for a free concert at 2 p.m. on Sunday, Dec. 9 at the North Dakota Heritage Center & State Museum. Consisting of some of the region's finest musicians and music educators, the BisMan Big Band will host a delightful Sunday afternoon of swingin' big band music in the Russell Reid Auditorium, featuring music of the great classic bands including Henry Mancini, Glenn Miller, and Count Basie.

This concert is part of the State Historical Society of North

Dakota's Sensational Sundays series. Sensational Sundays are free cultural programs that include a variety of lectures, concerts, movies, and tours. For more information, contact Curator of Education Erik Holland at 701.328.2792.

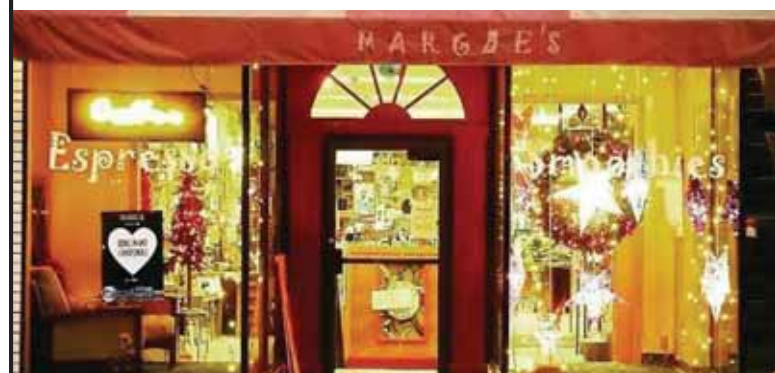
The North Dakota Heritage Center & State Museum, managed by the State Historical Society of North Dakota, is open from 8 a.m. to 5 p.m. on weekdays and 10 a.m. to 5 p.m. on weekends. For information about additional upcoming events, visit [history.nd.gov/events](http://history.nd.gov/events).



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## CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b></p> <p>800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b></p> <p>Saturday ..... 5:30 pm Sunday .. 8:30am &amp; 11:00am</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>— ALL ARE —</p> <p>Ahla W Sahla MIRĒ SE VJEN SELAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen <b>WELCOME</b> BIENVENIDO Baruch Haba Aloha Bem-windo VELKOMIN BENVIDO Willkommen Tere Tulemast</p>	<p></p> <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p></p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Tom Sumers</b> <b>701-838-1540</b></p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b></p> <p>Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b></p> <p>Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p><b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast ..9:30am</b></p> <p>Please join us, all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b> </p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p><a href="http://www.stmarksminot.com">www.stmarksminot.com</a> Call or check out our website for more information.</p>
<p> <b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b> </p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule:</p> <p>Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper ..... 5:00 pm Wednesday Education ..... 5:45 pm</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p><b>215 3rd Ave. SE, Minot, ND</b> <b>Phone: 838-5196 • Fax: 852-8494</b> A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday School ..... 5:45 pm Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Selfert, Associate Pastor</b> <b>Pastor Josh Huseby, Worship Arts</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>Calvary Alliance Church</b></p> <p>715 20th Avenue NW Minot, ND 58703</p> <p><a href="http://www.calvaryofminot.com">www.calvaryofminot.com</a> <b>701-852-0670</b></p> <p>Sunday School..... 9:00 am Sunday Worship Service ..... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (grade 7-12) ..... 6:30 pm</p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30 p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p> <b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p>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><b>Pastor Jennifer McDonald</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p><b>Thursdays:</b> Worship..... 6:30 p.m.</p> <p><b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<p> <b>Cross Roads Baptist</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p>ADVERTISE YOUR</p> <p><b>Church</b></p>	
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>		<p><b>Advertise</b> FOR ONLY \$7 PER WEEK</p> <p><b>Revisions</b> MADE UPON NOTICE FROM THE CHURCH</p> <p><b>Deadline</b> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p><b>VIEW OUR PAPER ONLINE AT</b> <b>NORTHERNSENTRY.COM</b></p> <div data-bbox="1522 2151 1848 2819"> <p><b>CONTACT BETH</b></p> <p>call 701-839-0946</p> <p>email <a href="mailto:NSADS@SRT.COM">NSADS@SRT.COM</a></p> <p>fax 701-839-1867</p> </div>	
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w51

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## ESTATE CLAIM

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w50



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## ANSWERS

### SUDOKU ANSWERS

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

Answers to puzzle from page 6

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 <p><b>\$179,000</b></p> <p>ONE LEVEL LIVING – Galley kitchen with updated cabinets and breakfast nook. Gas fireplace in living room. 3 bedrooms. Fenced park-like back yard with large patio. Off street parking.</p> <p><b>MLS #181638</b></p>	 <p><b>\$144,900</b></p> <p>COZY STARTER – 3 bedroom, 1 ½ bath home close to school. Upper level bedrooms with hardwood flooring. Piano room off living room – could be office or 4th bedroom. Newer vinyl siding. Double garage off paved alley.</p> <p><b>MLS #182487</b></p>	 <p><b>\$195,000</b></p> <p>RANCH STYLE – Eat-in kitchen has granite counters, maple cabinets, stainless steel appliances. 3 bedrooms and 1 ½ baths. Main level family room. Full, unfinished basement with laundry hook-ups. Attached garage.</p> <p><b>MLS #182489</b></p>
 <p><b>\$39,900</b></p> <p>IN BERTHOLD – 3 bedroom, 14x70 manufactured home on large lot. 24x26 addition with bonus room and good storage. 2 decks, 18x28 garage and 10x12 storage shed.</p> <p><b>MLS #182549</b></p>	 <p><b>\$99,500</b></p> <p>CONVENIENT CONDO – 2 story condo close to shopping, dining and park. Upper level has 2 bedrooms and full bath. Eat-in kitchen and main level laundry. Carport of 2 vehicles.</p> <p><b>MLS #180884</b></p>	 <p><b>\$49,000</b></p> <p>PRICE REDUCED! 3 bedroom, 948 sq ft home in Glenburn. Fixer upper with nice floor plan. Just North of the school on 66'x167.5' lot. Detached garage.</p> <p><b>MLS #182469</b></p>



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# WHAT'S GOING ON MAFB

## TODAY

- 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 • Gentle Yoga, 1700, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Keystone Meeting, 1700-1800, Youth Center • Zumba, 1800, Fitness 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

## SATURDAY

- Zumba, 0900, Fitness Center • Powerlifting Competition, 0930, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Nutcracker Fantasy, 1300, Base Library • Barre, 1000, Fitness Center
- Family Paint Class, 1300-1500, Arts & Crafts Center
- Best 4 Game Tournament, 1600-2100, Rough Rider Lanes
- Mike Super — Magic & Illusion 2.OH! Show, doors open 1700, show starts 1800, Base Theater
- 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

## SUNDAY

- NFL Sunday Ticket Football Frenzy & Mystery Autographed Jersey Giveaway, 1130-1830, Rockers Bar & Grill • Barre, 1300, Fitness Center
- Family Zumba, 1400, Fitness Center • Yoga, 1500, Fitness Center

## MONDAY

- Registration opens for Mini Swim Meet at the McAdoo Fitness Center
- Tactical Fit Express, 0600, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Digital Literacy Club, 1630-1730, Youth Center • Zumba, 1730, Fitness Center
- EFMP-FS Ugly Sweater Craft Camp, 1700-1900, BBC Community Center on Sirocco Drive, hosted by A&FRC • Battle Rig Fitness, 1800, Fitness Center
- Craft Club, 1800, Base Library • Yoga Strong, 1830, Fitness Center
- FCC New Provider Pre-Orientation, 1800-2000, Family Child Care Office located inside Rough Riders Pizza

## TUESDAY

- Run 4 Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1800, Fitness Center

## WEDNESDAY

- Circuit Training, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&FRC
- Spouses Welcome, 0900-1400, held at the Jimmy Doolittle Center, hosted by A&FRC
- Club Member Benefit, 0900-2000, Rough Rider Lanes
- Story Time, 1030, Base Library
- Run 4 Fitness, 1145, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Digital Literacy Club, 1630-1730, Youth Center
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center

## THURSDAY

- Last day to register for the Holiday Wreath Class at Arts & Crafts
- Tactical Fit Express, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Barre, 0915, Fitness Center
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Fit to Fight, 1700, Fitness Center
- Members 2-4-1 Appetizer Night, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Have a Storm Ball League, 1800, Rough Rider Lanes
- Zumba, 1800, Fitness Center
- NFL Thursday Night Football Frenzy, 1900, Rockers Bar & Grill



## UPCOMING EVENTS:

### 14 December

- Barre, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Holiday Wreath Class, 1300, Arts & Crafts
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness Center
- 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
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

### 15 December

- Ho Ho Ho Holiday Sampler, 0900-1100, Fitness Center
- Outdoor Rec Winter Bash, 1000-1400, Outdoor Recreation
- Youth Bowling League, 1000, Rough Rider Lanes
- Rough Rider Lanes will close at 2000 for a special function

### 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 December Specials

#### December 1-15

##### \$3 OFF Strut Swap

Customer removes struts from vehicles and Auto Hobby staff will remove old strut from spring and install a new strut.

Normal Price: \$15 per strut | Santa Special: \$12 per strut

#### December 16-30

##### \$1 OFF Stall Fees

Flat Stall | Normal Price: \$3 per hour | Santa Special: \$2 per hour  
Lift Stall | Normal Price: \$6 per hour | Santa Special: \$5 per hour



NorthernSentry Carrier

# SHOWCASE



## Victoria & Alexander VADALA

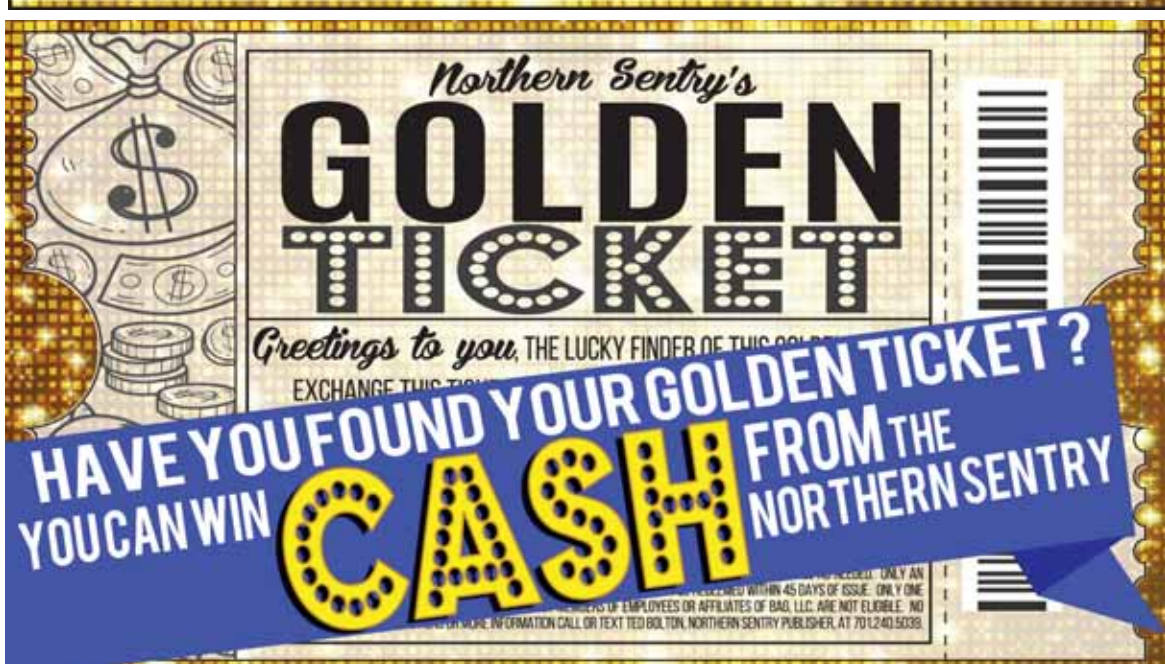
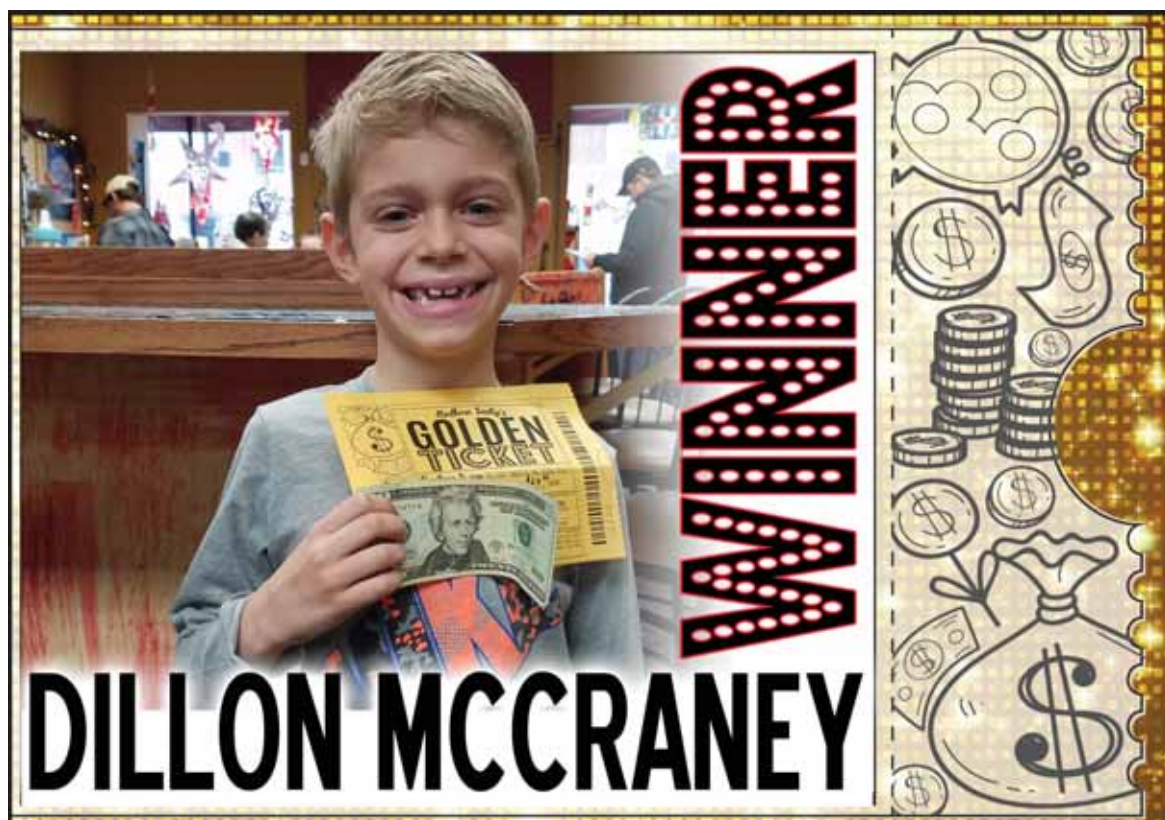
10 year old Victoria and her 8 year old brother Alexander run two of the routes on base for newspapers. They are the children of SSgt Eric and Amber Vadala. They love to make their own

money and save up for things that they want.

Victoria has saved up enough to buy a new pet and pay for all of its needs on her own! Alexander saves his money to spend at GameStop!

They are both in Scouts on base and love giving back to their community. Both Alex and Victoria participate in youth programs sports on base and keep very active in their community.

*Outstanding Kids!*



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## THE END OF THE GAME IS JUST THE BEGINNING

Rivals on the field today. United in service tomorrow. USAA salutes the Cadets and Midshipmen of the 2018 Army-Navy Game.

TUNE IN FOR THE 119TH ARMY-NAVY GAME  
SATURDAY, 08 DECEMBER 2018, 3:00 PM ET ON CBS



PROUD PRESENTER OF AMERICA'S GAME