

# northersentry

FREE | VOL. 56 • ISSUE 51 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 21, 2018



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## Videos



# U.S. Indo-Pacific Forces Participate in Annual Operation Christmas Drop

SENIOR AIRMAN MATTHEW GILMORE | 374TH AIRLIFT WING PUBLIC AFFAIRS

ANDERSEN AIR FORCE BASE, Guam (AFNS) -- Santa 21 returned to the "North Pole" of Andersen Air Force Base, Guam, after delivering three bundles to the island of Nama in the Federated States of Micronesia Dec. 10.

Navy Adm. Phil Davidson, U.S. Indo-Pacific Command, commander, was among the helpers on board.

In its 67th year, Operation Christmas Drop will provide 25 tons of critical supplies to 20,000 people throughout the Commonwealth of the Northern Mariana Islands, FSM, and the Republic of Palau, serving as the world's longest running airdrop training mission.

"Today we dropped food, tools, and toys on just one of the 56 islands that will receive humanitarian

bundles over the next few days," said Davidson. "Having the opportunity to see our aircrews make that airdrop really reminded me how much of a great privilege it is for not only the Indo-Pacific Command perspective, but also the Pacific Air Forces command perspective to have been doing this mission for 67 years."

In addition to the U.S. Air Force, the Japan Air-Self Defense Force (Koku Jietai), and the Royal Australian Air Force also participated in the effort to better prepare to respond to humanitarian assistance and disaster

relief situations in the region by dropping Coastal Humanitarian Air Drops thus increasing interoperability. "The importance of the JASDF and RAAF as our allies cannot be understated," said Davidson. "By working together on things like (Operation Christmas Drop), it really goes to show the mutual concern we each have for security in the Pacific."

1st. Lt. Emery Gumapas, a pilot assigned to the 36th Airlift Squadron at Yokota Air Base, Japan, looks out the flight deck window of a C-130J Super Hercules aircraft during Operation Christmas Drop 2018 en route to the island of Nama, Federated States of Micronesia, Dec. 10, 2018. The flight, carrying Navy Adm. Phil Davidson, the U.S. Indo-Pacific Command commander, and local leaders from the Federated States of Micronesia, gave the passengers a firsthand experience into how the aircrews execute the annual mission. U.S. AIR FORCE PHOTO | SENIOR AIRMAN MATTHEW GILMORE



Lt. Col. Barry A. King, 374th Operations Group deputy commander and 1st. Lt. Emery Gumapas, 36th Airlift Squadron pilot, make adjustments aboard Santa 21 on its way to airdrop supplies to the island of Nama, Federated States of Micronesia, during Operation Christmas Drop 2018, Dec. 10, 2018. OCD is a trilateral training mission designed to give C-130 crews from the U.S. Air Force, Japan Air Self-Defense Force (Koku Jietai), and Royal Australian Air Force a chance to airdrop supplies on un-surveyed drop zones throughout the Pacific. U.S. AIR FORCE PHOTO | SENIOR AIRMAN MATTHEW GILMORE

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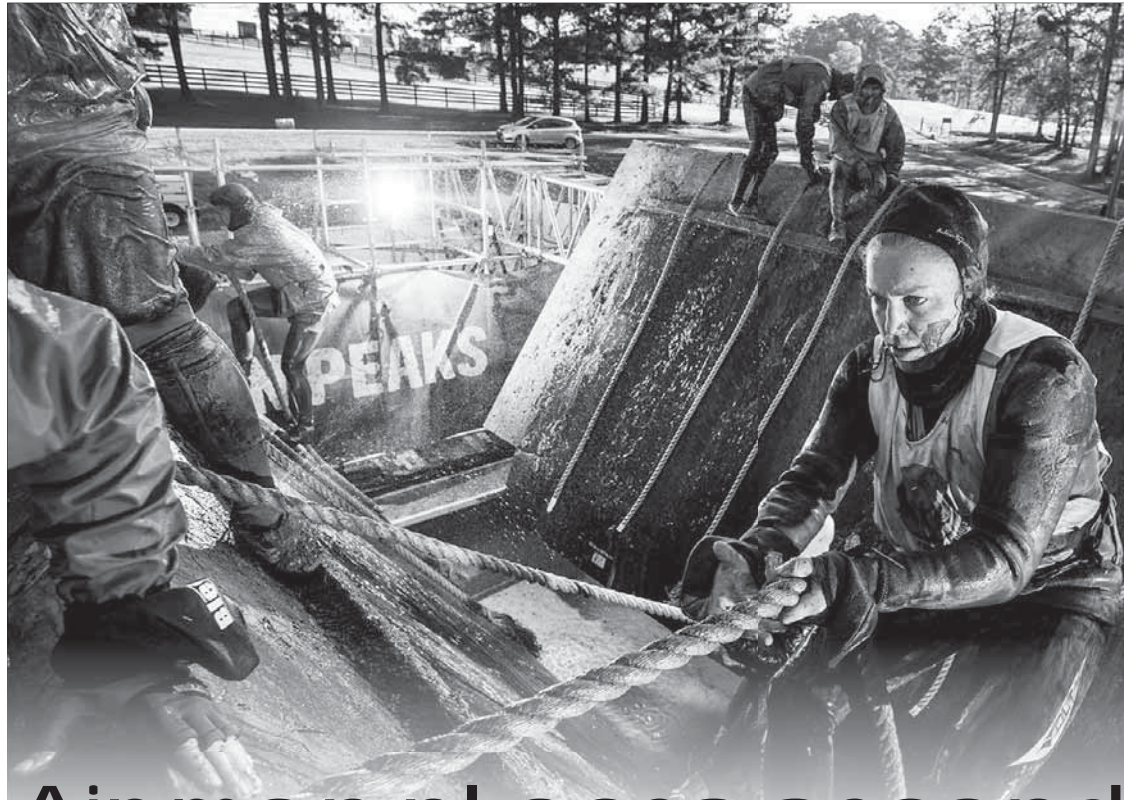
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# Air man places second female at World's Toughest Mudder

CHRISSE CUTTITA | AFRS/PA

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

An Air Force officer who only began obstacle-course racing in 2016, ran right straight into her 75-mile goal, placing second place in one of the toughest obstacle course races.

"I honestly never considered placing, it didn't seem like something that was within reach for me this year," said Capt. Erin Rost, 319th Recruiting Squadron operations flight commander.

In a "bracket breaking moment," Rost earned second place out of 231 females and ranked 18 of more than 1,206 participants in her first World's Toughest Mudder held last month.

The Air Force Academy graduate entered the obstacle course on Nov. 10, 2018, a frigid winter day in Fairburn, Georgia. She would repeat the grueling five-mile lap with more than 20 mud-drenched obstacles

until she met her goal of 75 miles.

"On lap 11, it was still dark," she said. "My body was literally freezing and for the first time I had tears in my eyes. In that moment, a poem that helped me endure military training and other tough times in my life showed up to help me once again."

She would repeat "Invictus" by William Ernest Henley in her mind throughout the pitch black, sometimes lonely, night.

Her experience and spirits were uplifted when she started hearing from others that she had a chance to place.

"Around 8:30 a.m., after completing lap 12 (60 miles), I found out I had a chance for third place but the fourth place woman was close behind," said Rost. "This motivated me to run faster the next two laps."

Her cheering fans, mother and boyfriend, encouraged her to move faster because no one knew how close the competitor behind her was. They reminded her of her goals, kept her fed and hydrated and pushed her forward.

"When I returned to the pit after completing 65 miles, I was informed that I had improved my lap time by nearly 30 minutes," said Rost. "There was about three hours remaining and I was two laps away from my goal and based on my lap splits, I knew it was possible."

Next, a reporter from a podcast seeking to interview her said that if she completed this final lap she would earn second place because the current second place female concluded her race earlier that morning with 14 laps.

"I realized at this point, as long as I finished this final lap before 1:30 p.m., I would get second place," she said. "It was very surreal. It brings me back to military training when you are really challenged but overcome. When you push yourself and succeed, there is nothing like the reminder of that to renew your spirit."

At this point in the race, she recalled she had been awake for

Capt. Erin Rost, 319th Recruiting Squadron operations flight commander, climbs up one of the Twin Peaks obstacle in the World's Toughest Mudder, Nov. 10-11, 2018, in Fairburn, Ga. She earned second place out of 231 females and ranked 18 of more than 1,206 participants. The Air Force Academy graduate repeated the course's grueling five-mile lap that contained more than 20 mud-drenched obstacles in frigid temperatures until she met her personal goal of 75 miles.

U.S. AIR FORCE COURTESY PHOTO

36 hours, racing nonstop for 25 of those hours and worried about being alone through the last obstacles. She witnessed others lose motivation during the course of the night, when temperatures dropped to 20 degrees. Obstacles started freezing and other competitors began feeling waterlogged.

Wingmen were essential in the final stretch more than ever. Some of the obstacles are designed to require teamwork. One of them required competitors to physically step on another person to reach the top of a wall, without another person there it was nearly impossible to get up the wall.

"You meet interesting people along the way," Rost said. "It is great to be around such an encouraging and supportive community."

Along the path she met an Army green beret and a financial analyst who takes time away from Hollywood-like celebrity engagements to run. These interactions kept the race interesting and passed the time.

She completed the race at 1:10 p.m. in second place, with 20 minutes to spare feeling like a true "bracket buster."

"While I'm super proud of how I placed, I am even more proud of getting

Continued on page 8

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# Not all heroes wear capes

AIRMAN 1ST CLASS OCTAVIUS THOMPSON | 39TH AIR BASE WING PUBLIC AFFAIRS

INCIRLIK AIR BASE, Turkey (AFNS) -- As U.S. Air Force Airmen, it is our job to meet the Air Force's priorities of restoring readiness, strengthening alliances, driving innovation and developing exceptional leaders.

With innovation and readiness at the forefront of our force, one Airman found a way to use those ideas to aid Incirlik Air Base, Turkey, by developing a solution to improve tomorrow's readiness.

As a way to support the safety and readiness of Airmen across the installation, U.S. Air Force Staff Sgt. Gary Bass, 39th Security Forces Squadron police services noncommissioned officer in charge, developed Midnight Titans. This volunteer-based program aims to provide community assistance to Airmen after hours, helping to ensure they are safe during the weekend.

"The motto is Airmen helping Airmen with the mission to 'help' not 'hunt'." This is not a law enforcement program and we are solely interested in safety and community assistance when our Airmen need it most," said Bass. "Since starting the program, the Midnight Titans have transported approximately 335 personnel and 25 vehicles home."

According to Bass, the program reinforces the Wingman concept by providing transportation to members' homes when they

**AS WINGMEN, IT IS OUR PRIORITY TO LOOK OUT FOR ONE ANOTHER.**

need it, whether it is because they are making the right decision to prevent a DUI or just want someone to talk to along the way.

Before each shift, volunteers receive a brief on how to identify if a person has had too much to drink, as well as if the situation they encounter might be a Sexual Assault Prevention and Response incident. The members are also provided with different methods on how to interact with Airmen in a peaceful manner that will not cause conflict.

Following the briefing, the volunteers that split into two-person teams, often consisting of an NCO and an Airman, are assigned to an area that they will patrol throughout the night. The foot-patrol teams monitor high traffic areas, while driving teams take members and their vehicle home safely.

"Our organization has also included multiple agencies, such as Security Forces and the Sexual Assault Prevention and Response office to inform volunteers how to de-escalate certain situations," said U.S. Air Force Tech. Sgt. Bryce Werner, 39th SFS member and Midnight Titan volunteer.

As Wingmen, it is our priority to look out for one another. Especially during a situation that could potentially result in an

U.S. Air Force Staff Sgt. Samuel Harris, 39th Security Forces Squadron member and Midnight Titans volunteer, briefs Midnight Titan volunteers before their patrol at Incirlik Air Base, Turkey, Dec. 8, 2018. Midnight Titans is a volunteer base program that aims to ensure the safety of Airmen during the weekend.

U.S. AIR FORCE PHOTO | AIRMEN 1ST CLASS OCTAVIUS THOMPSON

unwanted sexual encounter.

"If volunteers suspect unwanted sexual behavior is happening, we instruct them to let the Airmen know someone is available if they need it," said U.S. Air Force Staff Sgt. Michael Pearson, 39th Maintenance Squadron aerospace ground equipment craftsman and volunteer victim advocate. "This allows the Airman to maintain their privacy, should they choose to report."

Thanks to the innovation of one Airman and the dedication from numerous volunteers, the Midnight Titans program is able and ready to provide the Airmen of Incirlik with a safe alternative option to keep our Air Force family safe.



## AFIMSC Innovation Office seeks game-changing ideas

TIM HARDY | AFIMSC EXPEDITIONARY SUPPORT DIRECTORATE

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

The Air Force Installation and Mission Support Center Innovation Office will launch a program in the new year to help Airmen implement their innovative ideas. The campaign, open Jan. 1-31, 2019, gives military and civilian members of mission support groups worldwide a chance to fund their ideas and partner with innovation experts.

"Our office focuses on an idea, and our goal is to collaborate across the enterprise and help lead the idea towards implementation" said Marc Vandever, AFIMSC chief innovation officer. "If we don't implement, we're not adding value to the organization."

Ideas can be submitted through the online collaboration tool Ideascale at <https://usaf.ideascale.gov.com/a/campaign-home/39>.

"Let's get those brilliant ideas submitted from our civil engineer, security forces, logistics readiness, communications, force support and contracting squadrons," Vandever said.

Full-time innovation specialists with the

innovation office will collaborate with Airmen to refine their ideas. AFIMSC will fund some directly; compete others through the \$600-million Small Business Innovation and Research Program; and take the three best ideas to compete in an official AFWERX Challenge in 2019, each funded with \$200,000 to connect with global experts, start-ups and venture capitalists to prototype and implement.

"When the field submits an idea or challenge, it just doesn't sit on someone's desk," Vandever said. "We put money against it and solve problems."

The AFIMSC enterprise is at the forefront of innovation, said Brig. Gen. Brian Bruckbauer, expeditionary support director.

"We definitely feel the momentum building, and we're finally making a name for ourselves," Bruckbauer said. "Operations understands that installation and mission support is a big deal."

The AFWERX program encourages partnerships with academic institutions, science and technology communities, and private industries with a vested interest in solving complex security issues.

"The goal is to enable Airmen to accomplish their mission better, faster, cheaper and more innovatively," Vandever said.

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# NORTHERN SENTRY

# OUTDOOR

## REPORT

PROVIDED BY | PATRICIA STOCKDILL

### Dates to Know:

- **Dec. 21:** Zone 2 Canada goose season closes.
- **Dec. 22:** Minot Christmas Bird Count.
- **Dec. 29:** Denbigh Experimental Forest Christmas Bird Count.
- **Dec. 28:** Zone 1 Canada goose season closes.
- **Dec. 30:** Light goose, High Plains duck, merganser, coot, and tundra swan seasons close.
- **Dec. 31:** Bighorn sheep, elk seasons close.
- **Jan. 1:** First Day Hike, Fort Stevenson State Park, Garrison, 6 p.m. Meet at Visitor Center.
- **Jan. 6:** Upland bird and archery deer seasons close.



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- **N.D. GAME AND FISH DEPT., MAIN BISMARK OFFICE:** (701) 328-6300, WEBSITE: (HTTP://GF.ND.GOV)
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## 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.

### Fishing:

Lake Sakakawea elevation, Dec. 17: 1,838.63 feet above mean sea level (MSL); 21,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.14 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.04 MSL.

\*N.D. Game & Fish Dept. game wardens: Devils Lake still somewhat slow, although a few more perch starting to show up. Slow but steady walleye success when anglers can locate the right depth as they move through. Better success remains on Lake Alice and Lake Irvine. No north-central or Missouri River System reports.

\*Devils Lake, Ed's Bait Shop, Devils Lake: Continued perch success around Black Tiger Bay in 13 to 40 feet using wax worms. Northern feeder lakes continue producing walleye success.

\*Devils Lake, Woodland Resort, Devils Lake: Decent walleye success along East Bay on Devils Lake as well as continued walleye activity on northern feeder lakes, including Lake Irvine and Lake Alice. Try jigging Raps for walleye in shallow water. Work deeper for perch. Ice depths varies.

\*Lake Darling, Karma C-Store, Ruthville: Continued walleye success around the Grano area but it's a matter of finding the right spot at the right time. Lake Audubon remains fair for walleye.

\*Lake Metigoshe, Four Seasons, Bottineau: Try 12 to 15 feet for fair to good bluegill and crappie success on Lake Metigoshe. A few walleye but scattered and limited success overall.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some open water fishing on the east end of Lake Sakakawea with boat access from the west ramp at Fort Stevenson State Park. Work the mouth of the bays with jigs and minnows

for walleye. Also try jigging Raps. Missouri River fair for walleye from the honey hole downstream. Lake Audubon producing walleye along the south side accessing from the refuge, Velva Point, and 9-Mile Bay. Watch ice with variable depths and warm weather.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Ice depth varies on Lake Audubon with poorer conditions on the west end. Look for nice walleye bite in spots along Velva Point or the old church area. Try buckshot rattlers or tip-ups.

\*Lake Sakakawea, Scenic 23, New Town: Not much activity in the Van Hook Arm and around the New Town area on Lake Sakakawea with wind opening up some of the south area of the Arm. Most activity if farther west on the lake where there is better ice.

\*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye and ling from both boat and shore during the day. Also try the wing walls during the day. Walleye night bite fair to good from shore off the rocks.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued fair walleye success on Lake Sakakawea in 15 to 20 feet from Lewis & Clark State Park to Lund's Landing. Try jigging Raps. Kota-Ray Dam producing some bluegill. McGregor Dam producing a few panfish and walleye.

\*Lonetree WMA area lakes, Harvey: Continued success on area lakes.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports but look for a few pike from George Lake.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lots of angling activity on Lake Darling with fair success throughout many locations on the lake.

### Hunting:

\*Deer: A few bow hunters will out but movement is slower.

\*Pheasants: Birds are flighty but hunters continue finding pockets in some areas.

## Santa travels at the speed of starlight, and NORAD is there

MARTHA J. LOCKWOOD | APR CHIEF, AIR FORCE INFORMATION PRODUCTS

It's a heartwarming Christmas classic (or maybe a Hollywood blockbuster); the story goes like this: A well-meaning big business botches its newspaper ad for their Christmas call-in to Santa. The bungled marketing campaign goes unnoticed until a child tries to access the Santa line and gets the commander-in-chief's hotline at the Continental Air Defense Command, and the director of operations answers the phone. The quick-thinking director, Col. Harry Shoup, a Christmas-spirited officer, commands his staff to check the radar for the whereabouts of Santa and his sleighful of toys. With the answer, a Christmas tradition is born.

It all began 63 years ago when a Sears Roebuck and Company store near Peterson Air Force Base, Colorado, got the idea to promote their Toyland as it never had before.

"Hey, Kiddies!" the ad began next to a headshot of Santa. "Call me direct... Just dial..." Unfortunately, that wasn't Santa's phone number. It went directly to the commander-in-chief's operations hotline at CONAD, Continental Air Defense Command, the forerunner of NORAD, the North American Aerospace Defense Command headquartered at Peterson Air Force Base, Colorado. NORAD is a bi-national U.S. and Canadian organization charged with, among other responsibilities, the monitoring of man-made articles in space.

Shoup believed that he saw an opportunity in this child's call and had his staff check the radar, note where

Santa was, and the tradition of giving children updates on Santa's progress began. Radar, satellites, Santacams and accompanying jet fighters (F-16s, F-15s, F-22s and CF18s) track Santa's progress as he travels from the North Pole. In fact, it's such a worldwide tradition, that updates are given in eight languages. Annually, more than 1,250 volunteers in the NORAD Tracks Santa call center will each serve two-hour shifts. They will be posting to social media, tweeting, answering the phones, and responding to emails. The call center is open for 24 hours beginning at 5 a.m. EST Dec. 24.

Santa travels with the speed of starlight, and his ability to circumnavigate the globe is greatly enhanced by a "fighter jet mission" in North America. Santa's preparations and journey will be followed in real time starting Christmas Eve on a special holiday website. It's up and running with a holiday countdown clock, games, movies, daily activities, and music. Children of all ages can dial the toll-free number, 1-877-446-6723, to get a moment-by-moment update.

NORAD has the experience and the state-of-the-art technology to accurately track Santa, but only a very minimal amount of federal funding from both the U.S. and Canada is used. In addition to the countless volunteer man-hours, almost all of the funding for the NORAD Tracks Santa program comes from over 60 corporate sponsors.

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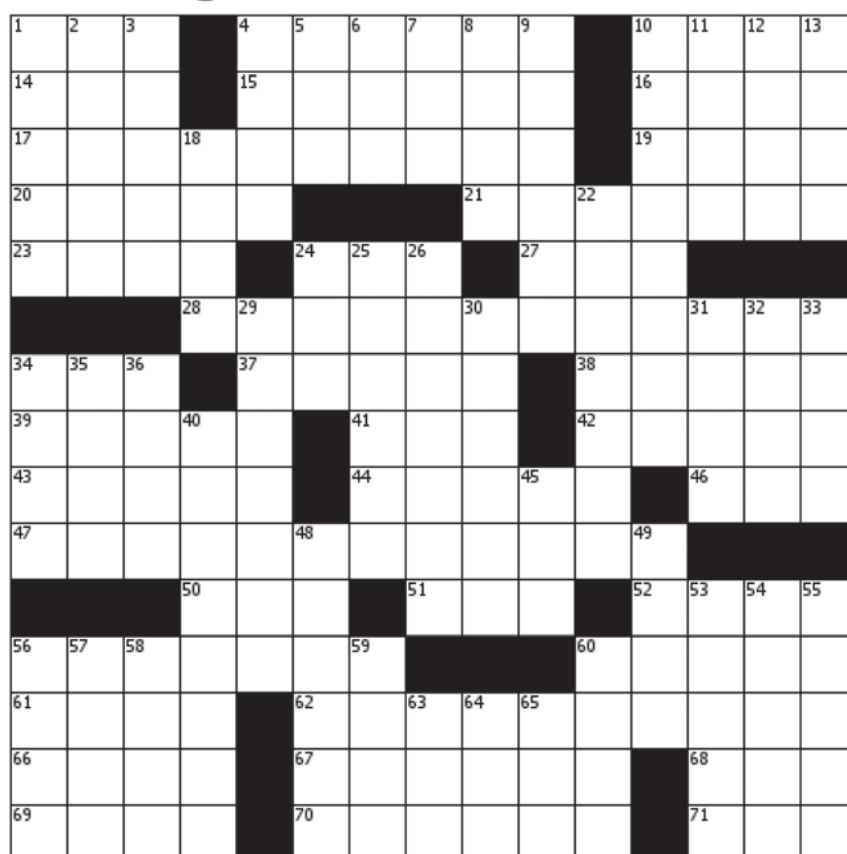
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# CROSSWORD PUZZLE

**Across**

- 1. Large crowd
- 4. God with a temple at Delphi
- 10. Snappy
- 14. Honest log cabin fellow
- 15. Junction point
- 16. Woodstock's Guthrie
- 17. Jeanette MacDonald's partner
- 19. Cayuse controller
- 20. Parachute material
- 21. Peer
- 23. On the open water
- 24. Spoil
- 27. Building add-on
- 28. Christmas card sentiment
- 34. "So there!"
- 37. Georgia nut
- 38. Little garden guy
- 39. Ankle bones
- 41. Techie's address
- 42. Lazy bum
- 43. First Mexican pyramid-builders
- 44. Some are tender
- 46. Expire
- 47. Bite protection, of a sort
- 50. Party brewer
- 51. Cat call
- 52. USA Patriot Act opponent
- 56. Yells
- 60. Dungeons & Dragons characters
- 61. Emulate Pisa's tower
- 62. In time
- 66. Impulse



- 67. Actress Sanford of "The Jeffersons"
  - 68. Emmy winner Ruby
  - 69. Clarinet part
  - 70. Frequent witness
  - 71. Miss the mark
- Down**
- 1. Divine sustenance
  - 2. Follows the leader
  - 3. Debutante

- 4. English waterway
- 5. Put on paper
- 6. Vein contents
- 7. UK company
- 8. "\_\_\_ and the Swan" (Yeats)
- 9. Most abundant element in the earth's crust
- 10. Rich turf

- 11. Tiler's measurement
- 12. Skirt feature
- 13. Instrument quality
- 18. Detergent
- 22. Thomas Gray, notably
- 24. "Norma \_\_\_" (1979)
- 25. Black magic
- 26. London pub alternative

- 29. Discriminating diner
- 30. Connected, in a way
- 31. Hollywood handout
- 32. Capone's adversaries
- 33. Drover's charge
- 34. Smasher input
- 35. Floating ring
- 36. Venus de Milo deficiency
- 40. Like fancy gowns
- 45. Cutting-edge
- 48. Writes indelibly
- 49. Starch used as a food thickener
- 53. Unrefined
- 54. French cubist painter Fernand
- 55. Wedding participant
- 56. Disparaging remark
- 57. Companion of now
- 58. Go ballistic
- 59. Middling
- 60. "For Your Eyes \_\_\_"
- 63. Cereal grain
- 64. Org. for Bucks and Bulls
- 65. Always, poetically

## SUDOKU Solution to puzzle on page 14

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

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**Difficult**

Solution to last week's Crossword puzzle.

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



MARY POPPINS RETURNS  
(PG) FRIDAY, DEC. 21 • 1800  
SATURDAY, DEC. 22 • 1700  
SUNDAY, DEC. 23 • 1500

“Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.”

# Crockpot Cranberry MEATBALLS



These Crock Pot Cranberry Meatballs take only a few minutes of prep and have a delicious sweet and tangy taste with a little bit of spice.

**INGREDIENTS:**

- 1 (12-ounce) jar chili sauce
- 1 (12 ounce) can jellied cranberry sauce
- 1 (10.5-ounce) jar Red Pepper Jelly, I use Braswell's
- 2 tablespoons brown sugar
- few shakes hot sauce
- 1 (32-ounce) bag Farm Rich Frozen Meatballs

**INSTRUCTIONS:**

- Mix all ingredients except for meatballs in crock pot.
- Add meatballs and stir to coat them well. Put in crock pot on LOW for 6-8 hours or HIGH for 2-2 1/2 hours.

# UPCOMING EVENTS



FOR MORE EVENTS GO TO VISITMINOT.ORG

**21 DEC** 6:30 PM - 10:30 PM  
 Location: Souris River Brewing 32 3rd St NE, Minot, ND  
 Join us on the start of winter with some great live local music and local beer and food to keep you warm.  
**For more information: Facebook event/ Winter Solstice with The Denby Forest**



**22 DEC** 10:00 AM - 8:00 PM  
 Location: Eventures Minot 1800 22nd Ave SW, Minot.  
 It's time for the kids and whole family to join in on the Mystery Party Fun. Saturday, December 22nd we will be offering 3 different opportunities for your family to be a part of a unique and fun holiday activity. This Holiday Mystery Party will be played in 3 rounds and take roughly 2 hours to

**HOLIDAY FAMILY MYSTERY PARTY**  
**SAT. DEC 22**  
**10 AM, 1PM OR 6PM**

complete. A hot chocolate bar and holiday treats will be included!  
**Facebook event/ Holiday Family Mystery Party Sat, Dec 22nd**  
**For more information check out:**

**22 DEC** 7:00 PM - 11:59 PM  
 Location: The Spot Pool Hall 6 2nd St NE, Minot.  
**Griswold Family Christmas @ The Spot!** December 22 7 pm to Close. \$5 Admission| Ugly Sweater or Redneck Dress Code | "Cousin Eddie" Contest| White Elephant Gift Exchange (up to \$10) Spiked Egg Nog Special| Snacks. **For More information: Facebook event/ Griswold Family Christmas at The Spot!**



**23 DEC** 6:00 PM - 8:00 PM  
 Location: Maysa Arena 2501 Burdick Expy W, Minot.  
**Santa Skate!** Minot Parks & The Maysa will be hosting a movie night at the Pepsi Arena!  
 - Sunday, December 23  
 - Elf will be playing during the skate  
 - Skate from 6-8pm -All ages welcome  
 - \$4 to skate / \$4 for skate rentals. **For more information check out: Facebook event/Santa Skate at the Maysa!**

*Santa Skate*  
 MAYSA ARENA · PEPSI RINK  
 SUNDAY  
 DEC. 23 FROM  
 6-8 PM  
*Showing Elf*

**27 DEC** 9:00 AM - 11:59 PM  
 Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot.  
 Brace yourself for Roosevelt Park Zoo's Winter Zoo Camp. Sessions fill up fast, be sure to register today so you don't miss out!  
 How to prepare for camp:  
 - Children must be dressed for the weather and prepared to go out into the zoo if the feels like temperature is above 0.  
**For more information check out: Facebook event/ Winter Zoo Camp**

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# Air Force Academy cadets have role in creating DoD's 1st large stealth target drone

RAY BOWDEN | U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. (AFNS) -- Cadets at the U.S. Air Force Academy are working with aerospace instructors and industry partners to develop the Defense Department's first large stealth target drone to test missile tracking systems.

"As far as we know, this is the first large stealth target drone," said Thomas McLaughlin, the Academy's Aeronautic Research Center director.

McLaughlin said the project is the DoD's first aircraft development with significant contributions by cadets at a service academy. "It has had cadet involvement in its evolution over several years," McLaughlin said. "It's quite rare that a student design has evolved to the point of potential inventory use."

Dr. Steven Brandt and Cadet 1st Class Joshua Geerinck are among the Academy members who have worked to perfect the drone's physical design for more than a decade. Brandt teaches aircraft design and is on the team of government and industry experts overseeing contractor work on the project.

"For the first five years, we just did design studies," Brandt said. "Finally, in the fall of 2007, we said 'let's build an aircraft.'"

Cadets and faculty have worked on the drone's design since 2008 as part of that government industry team. The current version is 40 feet long, with a 24-foot wingspan and 9-foot-high vertical tails.

"It's the size of a T-38 trainer aircraft," Brandt said, referring to the Northrop T-38 Talon, a two-seat, twin-jet supersonic jet trainer. "[The target drone] uses two T-38 Trainer engines. We explored multiple options to refine its shape and helped eliminate designs that were not as good."

McLaughlin said the project is important because of its implications in the national defense arena.

"The government owns the intellectual property rights, which makes for substantially reduced production and sustainment costs down the road," he said.

Geerinck is one of three cadets on the project this year. He's been testing the flight stability of the target drone in the Academy's wind tunnel.

"We're trying to find a combination of flight-control inputs that will always cause the aircraft to enter a backflip that will cause it to crash," he said. "The system is important because it allows us to prevent injury or damage to other people or persons on the ground in case there is a catastrophic failure or loss of control."

McLaughlin said cadets will stay involved in the development of the prototype through its initial flight test and beyond, should it go into production.

"The entire project is the validation of the Academy's emphasis on putting real-world problems before cadets and expecting them to make real contributions to Air Force engineering," he said. "In the Aeronautics Department, all cadets perform research and aircraft design—it's not just for top students."

Cadets don't just learn about engineering at the Academy, "they perform it," McLaughlin said.

"They put their heart and soul into their efforts, knowing that an external customer cares about the outcome of their work," he said. "Our research program relies on a high level of mentorship that is as much about role modeling as it is about learning facts."

Brandt said the government-industry team plans to demonstrate the target drone in September at the Army's Dugway Proving Ground near Salt Lake City. Depending on the results of that demo, the Defense Department could purchase the design or select it for prototyping.

## TOUGH MUDDER from page 3

my goal mileage because it reminds me why I love OCR so much," Rost said. "It is not about what place you get, it is about pushing yourself to and beyond your limits. It is about doing your best each race and believing that with hard work, a good attitude and a little bit of grit, anything is possible."

Resiliency, physical strength, mental stamina, persistence and willpower are things serious runners all have in common, according to Rost.

"This is also specifically what my military brethren do," she said. "We encourage others that they can do it too. If you work hard and have a good attitude, you can do anything."

Her squadron witnesses this in her performance daily.

"Capt. Rost sets the example for everyone around her," said Chief Master Sgt. Cory Frommer, 319th RCS superintendent. "You can't help but to be inspired by her tenacity and winning mindset. She doesn't know how to quit. When other members of the

squadron or base community work with her, they are left no choice but to push their own boundaries just to try to keep up with her. As for the recruiting mission, her incredible performance demonstrates what the Air Force is all about, and when people see Airmen like her, they are inspired to be a part of that world."

She believes her limited experience in the OCR community coupled with her recent winning of the coveted World's Toughest Mudder silver bib, are a good role model for those who may wonder if they could do a run like that.

"I played competitive soccer growing up and for a period of time in college before getting into bodybuilding," said Rost. "OCRs combine a little bit of everything, as opposed to being great at just one thing such as running, lifting, grip strength, etc. You have to be good at a little bit of everything."

What she reminds her audience is that her simple daily personal goals brought her to

this point.

"I knew improving my running endurance would need to be a focus area," said Rost. "I set mileage goals every week and started finding local half, full and ultramarathons. I also started rock climbing to improve my grip strength, participated in crossfit to improve muscular endurance and boxed as a cross-training workout. As the race got closer, I worked up to three workouts a day."

Her goal was to do at least one race a month while slowly increasing her monthly mileage goals. After completing her first Tough Mudder in 2016, she did four more in 2017. This past year she expanded her OCR experience to include two Spartan races, two half marathons, a full marathon and two ultramarathons.

"I wanted to start seriously competing in OCRs and figured if I can do one of the most difficult OCR formats in the world, than I can do anything," said Rost.

## Our Primary Care Team Just Got Stronger



Sally Eberle, FNP-C

### Welcome, Sally Eberle, FNP-C

A board-certified nurse practitioner, Sally Eberle, FNP-C, provides comprehensive primary care for families of all ages. A graduate of Medcenter One College of Nursing, she earned her Master of Science in Family Nurse Practice from the University of Mary. She provided primary care services to patients in the Minot area for the past decade, both at Trinity Health and CHI St. Alexius Health.

- Primary care for children, teens, and adults of all ages
- Women's health; pediatric and geriatric care
- In-office procedures and dermatological procedures, including skin biopsies and lesion removals
- Health screenings and physical exams



Kayla Thomas, FNP-C

### Welcome, Kayla Thomas, FNP-C

A board-certified nurse practitioner, Kayla Thomas, FNP-C, offers complete primary care for individuals and families through all life's stages. She earned her Bachelor of Science in Nursing from Minot State University and her Master of Science in Family Nurse Practice from the University of North Dakota. She worked nine years at Trinity Health, and the past two years at CHI St. Alexius Health in Minot.

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- Women's health; pediatric and geriatric care
- In-office procedures and dermatological procedures, including mole checks and removals
- Health screenings and physical exams

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# Warbird Sunrise

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JONATHAN MCELDERRY, SENIOR AIRMAN ALYSSA M. AKERS AND SENIOR AIRMAN DILLON J. AUDIT

The sun rises behind a B-52H Stratofortress at Minot Air Force Base, North Dakota, Dec. 12, 2018. For more than 50 years, the B-52 has been the backbone of the America's manned strategic bomber force, capable of dropping the widest array of weapons in the U.S. Air Force's inventory. The B-52 can carry nuclear-capable or precision-guided conventional ordnance more than 8,000 miles without refueling.



## Hanscom AFB employee who helped stranger credits wingman day training

MARK WYATT | 66TH AIR BASE GROUP PUBLIC AFFAIRS

**A**HANSCOM AIR FORCE BASE, Mass. (AFNS) -- An Air Force Life Cycle Management Center employee at Hanscom Air Force Base recently responded to a social media plea from someone she didn't know who lived more than 3,000 miles away.

Hannah Germain, a Palace Acquire trainee for Acquisition Excellence Operating Location-Hanscom, credits her reaction to a wingman day scenario she participated in only days earlier.

A real-life scenario played out for Germain on social media Nov. 21, the night before Thanksgiving.

"While scrolling through my Facebook newsfeed, I saw a post from a woman in a small Facebook group I belong to," said Germain.

The post simply said, "I need someone to talk to please." She added that the post included three bitmoji cartoon images.

"One was of her character holding a sign that said, 'I suck;,' another was the character sitting on the floor in a corner with her head against the wall and knees tucked up; and the third was her character in a chair with what appeared to be alcohol and the words 'I give up,'" Germain said.

Despite not knowing the woman, Germain commented on the post saying the woman could message her through social media.

"The woman messaged me pretty quickly and explained the stressors in her life," she said. "She said that she wanted to 'give up.'"

Germain then asked the woman what "give up" meant to her.

"At this point I was outside my comfort zone, so I called a friend who had training in suicide prevention," the Hanscom employee said. "She told me what I had learned during our wingman day, to ask outright if they are planning on killing themselves."

Germain received back, "IDK."

After reading that, she asked where the woman lived and placed her in contact with a 24-hour crisis hotline at a local hospital. In addition to talking to the woman for more than an hour, she followed up throughout the

weekend.

The woman Germain connected with called the hotline and scheduled an appointment with a therapist. Germain continues to reach out and offer her support.

Germain noted the suicide prevention exercise at Hanscom AFB encouraged her to be direct.

"During a suicide prevention exercise, Senior Airman Alyssa Lucero-Pick asked us to turn to the person next to us and ask outright, 'Are you planning on killing yourself?,'" she said. "The overall response from the group was nervous laughter."

During a wingman day last month, Lucero-Pick, 66th Medical Squadron mental health technician, told employees if confronted with someone who demonstrates suicidal thoughts, be direct.

"I understand that talking about suicide is scary and it's something we don't want to think about it, especially when it comes to our friends and family," said Lucero-Pick. "We would all like to believe that if someone we love was struggling, they would reach out and ask for help but that's not always the case."

"The training Senior Airman Lucero-Pick provided during our wingman day gave me the confidence to reach out and ask the right questions and provide the right resources," Germain said. "It made all the difference in that situation."

Lucero-Pick acknowledges the difficulty in being direct.

"Becoming more comfortable with talking about suicide and asking if someone wants to kill him or herself may prevent someone we love from harming themselves," she said.

*If you or someone you know is experiencing difficulties this holiday season, there are several local organizations offering help.*

*Civilian employees have the Employee Assistance Program. EAP is available at 800-222-0364.*

*Military families can also receive mental health, educational and financial services through Military One Source at [www.militaryonesource.com](http://www.militaryonesource.com) or 24-hour phone service is available at 800-342-9647.*




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## Brain surgery to bear hugs: One wounded warrior's story

D.P. HEARD | 55TH WING PUBLIC AFFAIRS

OFFUTT AIR FORCE BASE, Neb. (AFNS) --

Born with a birth defect causing seizures, battling anxiety, depression and post-traumatic stress disorder, and facing divorce and separation from a child, can be a lot for anyone to handle, but with a community of support things can get better.

For retired Air Force Capt. Rob Hufford, no statement could ring truer. From an all-time low to bearhugging England's Prince Harry, Duke of Sussex, while in Australia to compete in the Invictus Games, things are looking up for Hufford.

"I researched the effect of lingering hugs," Hufford said. "Psychotherapist, Virginia Satir, said four hugs a day for maintenance, eight hugs a day for survival and 12 hugs a day for growth."

After graduating the Air Force Academy in 2006, Hufford became a civil engineering officer and over the next nine years, was stationed in four locations and deployed to Iraq twice.

It was during this time that Hufford's life seemed to fall apart and things began to spiral. He reached the limit on the medicine he could take for his condition, which was a good and bad thing.

The drugs were causing anxiety and anger, but without them, his physical activity was limited until surgery. His outlook became bleak.

In January of 2013, he had a temporal lobectomy to remove a piece of his brain.

"It was about the size of a tube of Chapstick," Hufford said.

In 2015, the secretary of the Air Force decided that he should be medically retired. In 2016, his marriage fell apart and he became geographically separated from his son.

Keeping a positive attitude while coping with everything, was a constant struggle.

His lifeline came in the form of friend, Dana Lyon, Air Force Academy javelin and strength conditioning coach. She had noticed that Hufford was a shell of what he once was and pushed him to become involved with the Air Force Wounded Warrior program.

In June of 2017, he attended Offutt Air Force Base's AFW2 Caregivers, Adaptive Sports, Resiliency, Empowerment and Transition event. Hufford was able to share his stories with others who were suffering and got to know himself better.

"I could finally see the effects that denial issues and my illnesses had had on my relationships with other people," Hufford said. "It was a turning point in my life."

It was also during the CARE event that he heard about the Warrior Games. He applied for the winter trials at Nellis Air Force Base, Nevada, and was one of 40 selectees and 10 alternates to participate in the

games at the Air Force Academy.

The next thing he knew, he was invited to participate in the Invictus Games in Sydney, Australia. The event, created by Prince Harry, Duke of Sussex, in 2014, was inspired by the Warrior Games created by the U.S. Department of Defense in 2010.

Hufford said he was honored to see Prince Harry during the sailing event. He called out to the prince to inform him that he could expect to receive a hug when he met him again.

The Duke decided that there no better time than the present and accommodated him with a big bear hug.

As Hufford continues to compete in Wounded Warrior programs, he has also made an effort to pay it forward. He works with Omaha organizations that help to identify what he calls "invisibly wounded" individuals throughout the community.

His efforts don't go unnoticed. "Rob is always the person there supporting everyone else regardless of what he is going through," said Marsha Gonzales, Warrior Care Support branch chief.

Impressed by his attitude, Gonzales assisted Hufford in returning to Air Force employment.

He is currently the lead engineer for the upcoming Offutt AFB runway restoration project and the Omaha Lincoln Airfields due to kick off in 2019.

## Cyber operators host cyber certification training courses for SA youth

TECH. SGT. R.J. BIERMANN | AIR FORCES CYBER PUBLIC AFFAIRS

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

In mid-2016, four Air Forces Cyber operators teamed to create a free cyber certification academy for San Antonio teenagers.

Master Sgt. Shaun Herron and Staff Sgts. Charles Hackett, Justin Gonzalez and Austin Ellsworth's dream became reality when their non-profit, GhostWire Academy, was born. Today, their team of seven hosts dozens of 13- to 17-year-olds every weekend for eight- to 16-week-long preparatory courses.

"We wanted to teach teens how to become cyber-robust, -aware and -sharpened young adults for San Antonio," said Herron, 624th Operations Center strategy and plans chief, and GWA president and co-founder. "That way the kids who come out of our academy have a fundamental understanding of computer systems and an in-depth understanding of computer networking and cybersecurity."

With a combined 48 years' experience and 18 cyber certifications, the founding team considers it a responsibility to lend their extensive cyber expertise to prepare tomorrow's youth for the ever-evolving cyber landscape.

"Just look at our adversary's capabilities and how cybercrime is evolving," said Hackett, 33rd Network Warfare Squadron Standards and Evaluations noncommissioned officer in charge, and GWA vice president and co-founder. "If you look at the statistic for how cyber savvy our country's youth are compared to other nation's teens, we need to be more effective to be a super cyber power. Programs like ours are a way to reach and teach these kids."

However, the road to reach their goal wasn't an easy one.

In summer 2016 the team began preparing coursework, lesson plans, visuals and other content to host their first two courses, one on computer networks and the other on cybersecurity. A San Antonio library agreed to provide the needed classroom space. After advertising for the course, twenty teenagers quickly signed up and volunteer Airmen instructors were on-board to teach throughout the weeks. Everything seemed to line up, but then the team suffered their first defeat.

"Only two kids showed up," Herron said. "It was one of the deepest, darkest moments for me because I thought I was going to quit. That's when we realized we had to have a product for our program."

The team agreed to expand their focus from simply preparing kids for certification testing to preparing and paying

for their certification. They also searched for a new venue to host the classes.

"We reinvented ourselves," Herron said. "We had a meeting and I said, 'We have to do something.' I said, 'Let's get these kids certified. Let's figure it out,' and that's what we did. It's one thing to talk about doing things and to have a well-thought-out plan, but when the rubber meets the road, you start realizing all the things you didn't prepare for."

Hoping to rebound, and after rebranding their academy, the team began preparations for their next cybersecurity course. With sign-ups underway, defeat reared its ugly head once again.

"We lost our venue," said Herron. "And because kids had signed up, we had to send them cancelation notices. That really set us back. We were all demoralized from it."

Through an interested benefactor, the team was introduced to Confluence Park, a venue for educators.

"We met up with Confluence Park, and they told us we would always have a home on their campus," said Herron. "It was like when you're dying from dehydration and someone gives you water. It was so reinvigorating. Here we were—lost, confused and frustrated—and now we have a place to teach, with air conditioning and dedicated computers for the kids to use."

An organization also offered to pay for ten certifications.

With the venue set, students signed up, and certifications pre-paid, the team launched their first Information Technology Fundamentals certification preparatory course.

After a long, grueling journey, on Oct. 7 the team reached a major program milestone. Twelve of their students received their IT Fundamentals certification.

But the journey isn't over for these graduates.

"These kids must keep rehearsing their skills to keep an active certification," said Herron. "That's why we implemented a pay-it-forward model to allow them an opportunity to instruct (within GWA) which will keep their certification active by being awarded continuing education credits after high school."

Today the academy's waitlist is 300 teens long. After the new year, they'll begin hosting IT Fundamentals, Network+ and Security+ prep courses.

"There is so much opportunity here," said Gonzalez, 33rd NWS incident response operator, and GWA course developer and co-founder. "San Antonio, 'Cyber City USA,' is growing so fast, and there's such a need for educated cyber operators. We're happy to be involved in shaping and educating these young adults."



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# CHURCH DIRECTORY

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

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

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

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

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

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

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

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

**Congregational UCC**  
 430 N. Broadway • 839-1064  
**Sunday Worship ..... 11am**  
**Sunday School ..... 11am**  
**Tuesday Bible Study ..... 12pm**  
**Saturday Noah's Breakfast ..9:30am**  
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*Missouri Synod*  
 Sunday Worship ..... 8:30 am & 11:00 am  
**2209 4th Avenue NW Minot, ND 839-4663**  
[www.stmarksminot.com](http://www.stmarksminot.com)  
 Call or check out our website for more information.

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

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

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

  
**First Lutheran Church - ELCA**  
 120 5th Ave. NW  
 852-4853  
 Dec. 22nd ..... 5:00 pm  
 Dec. 23rd ..... 9:30 am  
**Christmas Worship**  
 Dec. 24th ... 3:30 pm, 5:30 pm & 10:30 pm  
 Dec. 25th ..... No Services  
 Dec. 29th ..... 5:00 pm  
 Dec. 30th ..... 9:30 am  
[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am • [www.flcminot.com](http://www.flcminot.com)  
 Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman

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

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

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

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

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

  
**Vincent United Methodist Church**  
**1024 2nd St. SE • 838-4425**  
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 Saturday Informal Worship.. 5:00 p.m.  
 Sunday School ..... 9:00 a.m.  
 Sunday Worship Service .... 10:00 a.m.  
 Fellowship..... 11:00 a.m.  
**Pastor Jennifer McDonald**  
[www.vincentumc.com](http://www.vincentumc.com)

  
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**Sundays:**  
 Worship..... 8:30 a.m. & 10:45 a.m.  
**700 16th Ave SE • 701-838-0750**  
 For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)

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

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

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## ANSWERS

### SUDOKU ANSWERS

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

Answers to puzzle from page 6

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**MLS #182103**

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**\$249,900**

RANCH STYLE – 4 bedroom, 2 3/4 bath home on 2 lots. Open floor plan. Walkout lower level to covered patio. Family room with wood pellet stove and wet bar. Double garage.

**MLS #182420**



**\$229,900**

SPACIOUS LIVING – Nicely remodeled 5 bedroom, 4 bath, 2 story home on corner lot with mature trees. Fireplace in living room. Deluxe master suite. Lower level family room. Attached garage.

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# WHAT'S GOING ON MAFB

## TODAY

- Winter Challenges begin at the Base Library
- Christmas Vacation Bowling Special, 0900-1600, Rough Rider Lanes
- Torch Club, 1600-1700, Youth Center
- Cookie Decorating, 1600-1730, Youth Center
- Halo 4 SAI Gaming Tournament, 1600-1800, held in the Gaming Truck located near the entrance of Dorm 210
- 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
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

## TUESDAY

- Christmas Day – For the full listing of 5th Force Support Squadron facility hours for the Christmas and New Year's holiday period of December 22 - January 1, visit 5thforcesupport.com
- Dakota Inn Holiday Lunch Special, 1030-1330, Dakota Inn Dining Facility



## UPCOMING EVENTS:

### 28 December

- Christmas Vacation Bowling Special, 0900-1600, Rough Rider Lanes
- 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
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill

### 29 December

- Zumba, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Fight Night UFC 232: Jones vs Gustafsson 2, prelims at 1900 and main card at 2100, Rockers Bar & Grill
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

## SATURDAY

- For the full listing of 5th Force Support Squadron facility hours for the Christmas and New Year's holiday period of December 22 - January 1, visit 5thforcesupport.com
- Zumba, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Family Game Day, 1300-1500, Youth Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

## WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-2000, Rough Rider Lanes
- Christmas Vacation Bowling Special, 0900-1600, 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
- Digital Literacy Club, 1630-1730, Youth Center
- Squadron Extramural League, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center

## SUNDAY

- Brunch with Santa, 1200-1400, Jimmy Doolittle Center
- Family Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

## THURSDAY

- Registration opens for the Ice Fishing Trip at Outdoor Rec
- Tactical Fit Express, 0600, Fitness Center
- Christmas Vacation Bowling Special, 0900-1600, Rough Rider Lanes
- Reintegration Briefing, 1300-1400, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2-4-1 Appetizer Night, 1700-1900, Rockers Bar & Grill
- Single Airman Bowl FREE, 1700-2100, Rough Rider Lanes
- Olympic Weight Lifting, 1730, Fitness Center
- Have a Storm Ball League, 1800, Rough Rider Lanes
- Zumba, 1800, Fitness Center

## MONDAY

- AFGSC Family Day – For the full listing of 5th Force Support Squadron facility hours for the Christmas and New Year's holiday period of December 22 - January 1, visit 5thforcesupport.com

### 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 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

# Former Thunderbirds pilot continues to break barriers, honors Wright brothers legacy, wins Wright Brothers Memorial Trophy

STAFF SGT. RUSTY FRANK | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Retired Gen. Lloyd Newton, the first African American Thunderbirds pilot, received the 2018 Wright Brothers Memorial Trophy during the 71st National Aeronautics Association's Wright Brothers Memorial Dinner in Washington, D.C., Dec. 14.

Air Force Chief of Staff Gen. David L. Goldfein, who introduced Newton during the ceremony, thanked Newton for his service and his ability to break barriers in the Air Force.

"You once said flying is in your blood," Goldfein said. "I know each person here would agree that service, passion, and inspiring others are also in your DNA. Our Air Force and our nation are better today

because of your leadership and unwavering dedication to airpower."

Newton, who flew 269 combat missions during the Vietnam War, is the first African American to receive the Wright Brothers Memorial Trophy. During the ceremony, he thanked Goldfein, past and current colleagues, his family and reflected on what it means to be included among the "greats" of aviation history.

"It is very clear to me that the Wright Brothers started something that was bigger than themselves and probably what they could have ever imagined," said Newton. "I would say that through aviation, the Wright Brothers helped start the first internet. What I mean by that, is that it was another way to connect people together all over the world in a much faster speed of time. It was on that day in



Air Force Chief of Staff Gen. David L. Goldfein and retired Gen. Lloyd Newton, the 2018 Wright Brothers Memorial Trophy winner, pose for a photo after the 71st National Aeronautics Association Wright Brothers Memorial Dinner in Washington, D.C., Dec. 14, 2018. According to a NAA press release, the trophy was created in 1948 and is presented annually to a "living American who has contributed significant public service of enduring value to aviation in the United States."

U.S. AIR FORCE PHOTO | STAFF SGT. RUSTY FRANK

1903, Dec. 17, when the magic really happened and the whole world stopped, just to understand what they were doing, and it's still with us today. The question I ask myself is, 'How did a lad from the cotton fields of Richmond, South Carolina, find himself standing here

on this stage and receiving a trophy like this?' I pause and think about that, and the only answer that comes to my mind is that, ladies and gentlemen, only in America."

The Wright Brothers are known for their public service as well as breaking barriers and being major

pioneers in aviation history. According to an NAA press release, the trophy was created in 1948 and is presented annually to a "living American who has contributed significant public service of enduring value to aviation in the United States."

## FAMILY OPEN BOWLING

## X-TREME BOWLING

**DURING THE DAY  
EVERY DAY**

**EVERY NIGHT  
STARTS AT 6:00 PM**

DECEMBER 26 *thru* DECEMBER 29

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