

northern sentry

FREE | VOL. 57 • ISSUE 01 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, JANUARY 4, 2019



Fighter exercise
Sentry Aloha 19-1
completed

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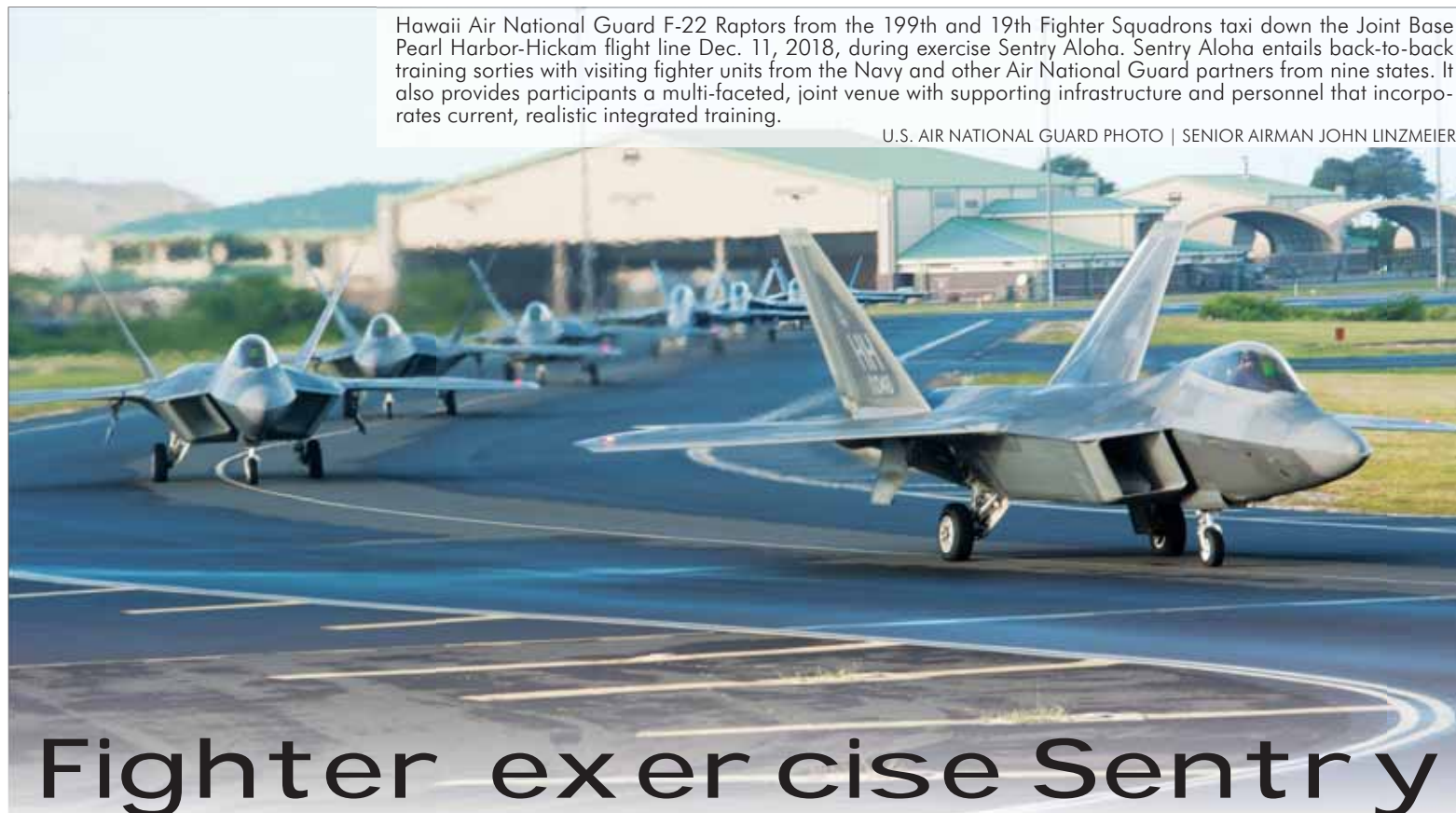
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Videos



Hawaii Air National Guard F-22 Raptors from the 199th and 19th Fighter Squadrons taxi down the Joint Base Pearl Harbor-Hickam flight line Dec. 11, 2018, during exercise Sentry Aloha. Sentry Aloha entails back-to-back training sorties with visiting fighter units from the Navy and other Air National Guard partners from nine states. It also provides participants a multi-faceted, joint venue with supporting infrastructure and personnel that incorporates current, realistic integrated training.

U.S. AIR NATIONAL GUARD PHOTO | SENIOR AIRMAN JOHN LINZMEIER

Fighter exercise Sentry Aloha 19-1 completed

SENIOR AIRMAN JOHN LINZMEIER | 154TH WING PUBLIC AFFAIRS

JOINT BASE PEARL HARBOR-HICKAM, Hawaii (AFNS) -- More than 800 Airmen, Sailors and Defense Department civilians from nine states completed exercise Sentry Aloha, a large-scale fighter exercise, Dec. 19, at Joint Base Pearl Harbor-Hickam.

The Hawaii Air National Guard exercise is held several times a year to provide aircraft with dissimilar combat training among participating flying and support units. The fighter aircraft consisted of the 199th and 19th Fighter Squadrons' JB Pearl Harbor-Hickam-based F-22 Raptors, Oregon Air National Guard F-15 Eagles and Navy F-18 Hornets from China Lake, California.

The back-to-back combat training included in-air refueling by KC-135 Stratotankers from Iowa and Wisconsin Air National Guard air refueling units, a component that enables U.S. and partnered aircraft to operate virtually anywhere on the

planet. Lt. Col. Matthew Ohman, Sentry Aloha exercise director, said the refueling capabilities maximized the fast-paced training.

"Exercises like this gives us a chance to just be part of the bigger picture and it builds confidence," said Chief Master Sgt. Donald Strickland, 128th Air Refueling Wing chief boom operator, "especially for our younger pilots and boom operators. It gives them exposure to other types of receiving aircraft and to see how quickly it all happens, opposed to the routines we're used to at our home station. This helps us know what to expect when it's actually time to deploy."

The integration of Hawaii's fifth-generation Raptors and visiting fourth-generation fighters enabled aviators to enhance their aerial tactics and prepare for a multitude of war-fighting scenarios. The Department of Defense relies on joint efforts, such as exercise Sentry Aloha, to maintain air dominance and preserve the peace and stability

throughout the Pacific region.

"Sentry Aloha is not only unique in its location in beautiful Hawaii, but it also provides some of the best joint training the Air Force has to offer," said Ohman. "The focus of Sentry Aloha is to develop unit-specific, tailored scenarios that ensure the majority of tactical learning takes place in the airspace, not in the trenches of mission planning. This is unique from Flag exercises, which have inflexible scenarios given to units when they attend."

While JBPH-H maintains fifth-generation fighters, it still upholds a permanent supply of aircraft-ground equipment to cater for visiting fourth-

generation aircraft. Senior Master Sgt. Noel Demello, Sentry Aloha maintenance planner, said the readily-available equipment significantly lowers expenses because it reduces the need to airlift personnel and large-volumes of supplies used to generate aircraft.

Unlike past iterations of the exercise, more than 20 personnel from the 154th Mission Support Group were activated to operate the HIANG's dining facility and provide around-the-clock meals, including 'midnight chow,' for hundreds of Airmen. Tech. Sgt. Priscilla Kim, 154th MSG dining facility manager, said this was the first time her Airmen

have been asked to take on a tasking this large and it provided them much-needed experience for upcoming deployments, slated for next year. The freshly-cooked meals also saved time for exercise participants and cut down costs of overall training.

Due to the unpredictable nature of aircraft operations, mission planners always need to be prepared to for the possibility of an aircraft mishap. Sentry Aloha flights were suspended for one day on Dec. 12, in response to a civilian aircraft crash into the waters by Honolulu airport. The pilot, an exercise contractor, was able to successfully eject before impact and received care within minutes of landing.

"I was extremely proud to see how well we worked together after [the aircraft] went down shortly after takeoff last week," said Ohman. "It was awesome to find out civilians from the community pitched in almost immediately to lend a helping hand in his recovery until the Coast Guard arrived. These extraordinary efforts by normal citizens is truly what makes me proud to be an American."

The 199th Fighter Squadron is part of the 154th Wing, the largest wing in the Air National Guard. The Hawaii Air National Guard is comprised of nearly 2,500 Airmen whose federal mission is to be trained and available for active duty Air Force operational missions.

"Continual participation in events like this make us a stronger force," said Col. Sean Sullivan, Oregon Air National Guard's 142nd Operations Group commander. "These exercises are essential, not only for the pilots, but for the training and expertise of the maintainers, the aircrew flight equipment (Airmen), and our airfield managers. Its a lot more than the pilot flying the airplane to make that happen, and these exercises are a crucial part of us continuing to get better, as a team and as an Air Force."

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Air Force Marathon registration to open January 1



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WRIGHT PATTERSON AIR FORCE BASE, Ohio (AFNS) -- Registration for the 23rd Annual Air Force Marathon opens at midnight Jan. 1, 2019. Runners can register at www.usafmarathon.com by clicking the registration tab.

"We're excited about offering an almost entirely

AIR FORCE MARATHON OFFICE

new race experience that we believe runners will enjoy," said Brandon Hough, race director.

Registration for the 2019 Air Force Marathon will open with a New Year's Resolution special that will offer the best prices in a decade. The prices will be valid through Jan. 3.

"We received such

to complete the 10K race in one hour or less (9:41 pace) to be able to make it to the half or full marathon start time. Organizers are also adding a 1K children's race, The Tailwind Trot, for children 4-12 and their parents scheduled for Friday, Sept. 20 at 6 p.m., just before the 5K

DISTANCE	1/1-1/3	1/4 - 2/17	2/18-4/7	4/8-6/16	6/17-8/18
MARATHON	\$70	\$80	\$90	\$100	\$110
HALF MARATHON	\$60	\$70	\$80	\$90	\$100
10K	\$30	\$35	\$40	\$45	\$55
5K	\$20	\$25	\$30	\$35	\$40
CHALLENGE SERIES	\$110	\$135	\$150	\$170	\$190
1K KIDS RACE	\$10	\$12	\$14	\$17	\$20

great feedback from our 2018 runners that we are implementing," Hough said. "From updated courses to a whole new expo experience, we think runners are going to be noticing a difference."

After a successful first year, the Fly - Fight - Win Challenge Series will be returning and adding an additional option. Runners can register for either the 5K, 10K or half marathon races similar to last year or the 5K, 10K and Full Marathon races as one event. In completing either challenge, runners will receive an additional, premium medal.

Registrants for the challenge must still be able

event.

The featured aircraft for 2019 will be the Air Force's newest tanker, the KC-46 Pegasus.

The Air Force Marathon is scheduled for Saturday, Sept. 21, 2019. The Sports & Fitness Expo is held at Wright State University's Nutter Center and is scheduled for Thursday, Sept. 19, and Friday, Sept. 20. The event will also feature a Breakfast of Champions and Gourmet Pasta Dinner scheduled for Friday, Sept. 20.

Get more information about the race at www.usafmarathon.com

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FACEBOOK

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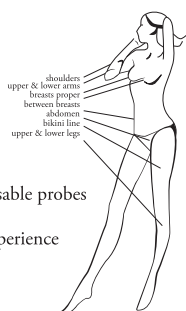
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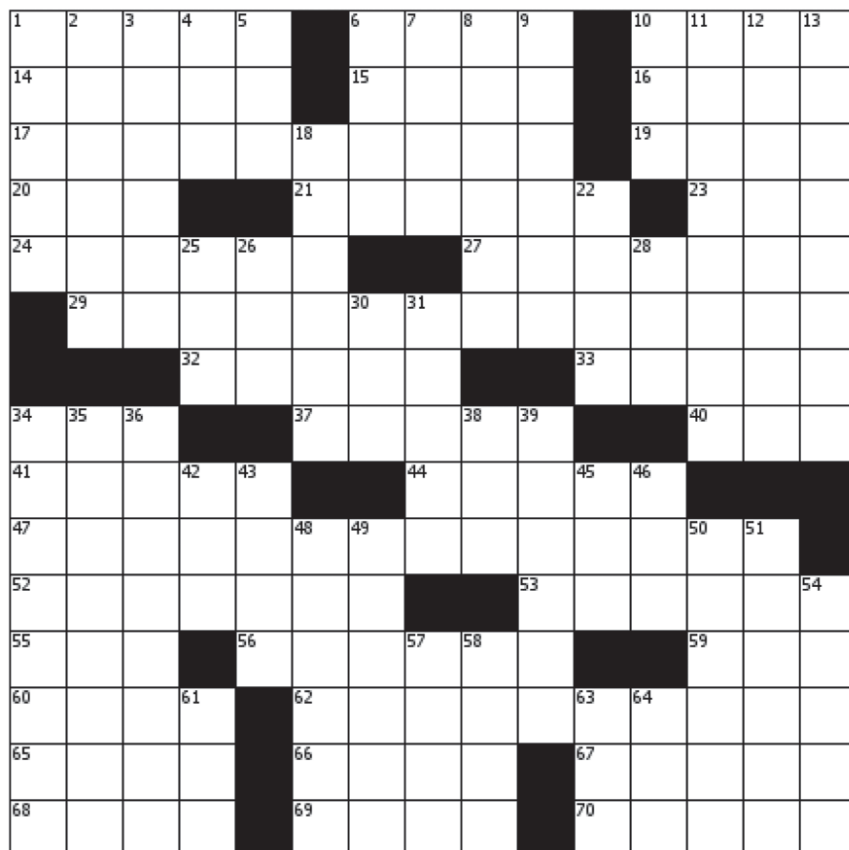
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CROSSWORD PUZZLE

Across

- 1. Deflect
- 6. Knock about
- 10. Gets off the fence
- 14. Mountain ridge
- 15. Upper hand
- 16. Moan and groan
- 17. PITCH
- 19. Side product?
- 20. Pod opener?
- 21. Took in
- 23. Paver's supply
- 24. Half of a carefree phrase
- 27. Oil field sight
- 29. PITCH
- 32. Lively Latin dance
- 33. Certain Coyote
- 34. British rule in colonial India
- 37. Kyoto fast food
- 40. Belarus, once: Abbr.
- 41. Historic mission
- 44. Hastened
- 47. PITCH
- 52. National park allure
- 53. Frankness
- 55. Actor Linden
- 56. Region roughly the size of the United States
- 59. One is dynamic
- 60. Monty Python's Idle
- 62. PITCH
- 65. Site of the fabled forges of the Cyclopes
- 66. Give a nudge
- 67. 1996 Best Picture nominee



- 68. Try out
 - 69. Indeterminate quantity
 - 70. Place or show horse
- Down**
- 1. Bogus gem
 - 2. Ark landing site
 - 3. Delight in
 - 4. Itinerary abbr.
 - 5. Da!

- 6. Short collection?
- 7. Valhalla honcho
- 8. Business at hand
- 9. Donnybrooks
- 10. "L'___ del Cairo" (Mozart opera)
- 11. Incomplete components
- 12. Excessively sentimental expressions
- 13. Quiet firework
- 18. Shows displeasure
- 22. Attracted
- 25. Jr. and sr., e.g.
- 26. Tibetan gazelle
- 28. Bonds stat
- 30. Pac-10 member
- 31. Port in SE Iraq

- 34. Felon's file
- 35. Dining option
- 36. Track flings
- 38. It may be cocked
- 39. Polar feature
- 42. Hour div.
- 43. ATM's lack
- 45. Stat that is better when lower
- 46. Racket
- 48. Understands
- 49. Rescued damsel's cry
- 50. Some serpents
- 51. Waiting room
- 54. Copter component
- 57. Quarky item?
- 58. Brusque
- 61. Grimalkin
- 63. Samuel Gompers org.
- 64. Confucian concept

SUDOKU Solution to puzzle on page 10

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

Difficult

Solution to last week's Crossword puzzle.

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

BEN IS BACK (R) FRIDAY, JAN. 4 • 1800

“Nineteen-year-old Ben Burns unexpectedly returns to his family's suburban home on Christmas Eve. Ben's mom, Holly, is relieved and welcoming but wary of her son's drug addiction. Over a turbulent 24 hours, new truths are revealed, and a mother's undying love gets put to the test as Holly does everything in her power to keep Ben clean.”

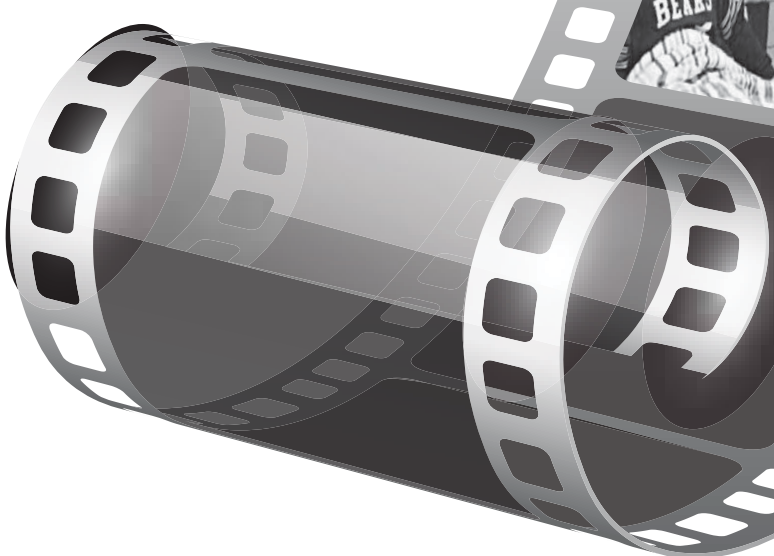
THE MULE (R) SATURDAY, JAN. 5 • 1700

“Broke, alone and facing foreclosure on his business, 90-year-old horticulturist Earl Stone takes a job as a drug courier for a Mexican cartel.”

ONCE UPON A DEADPOOL (PG-13) SUNDAY, JAN. 6 • 1500

“Wisecracking mercenary Deadpool meets Russell, an angry teenage mutant who lives at an orphanage. When Russell becomes the target of Cable -- a genetically enhanced soldier from the future -- Deadpool realizes that he'll need some help saving the boy from such a superior enemy.”

REEL TIME THEATER MOVIE SCHEDULE





Cheesy MEATBALL BAKE



Recipe courtesy of: www.dinneratthezoo.com/meatball-bake/

This meatball bake recipe is homemade tender meatballs smothered in tomato sauce and covered in cheese.

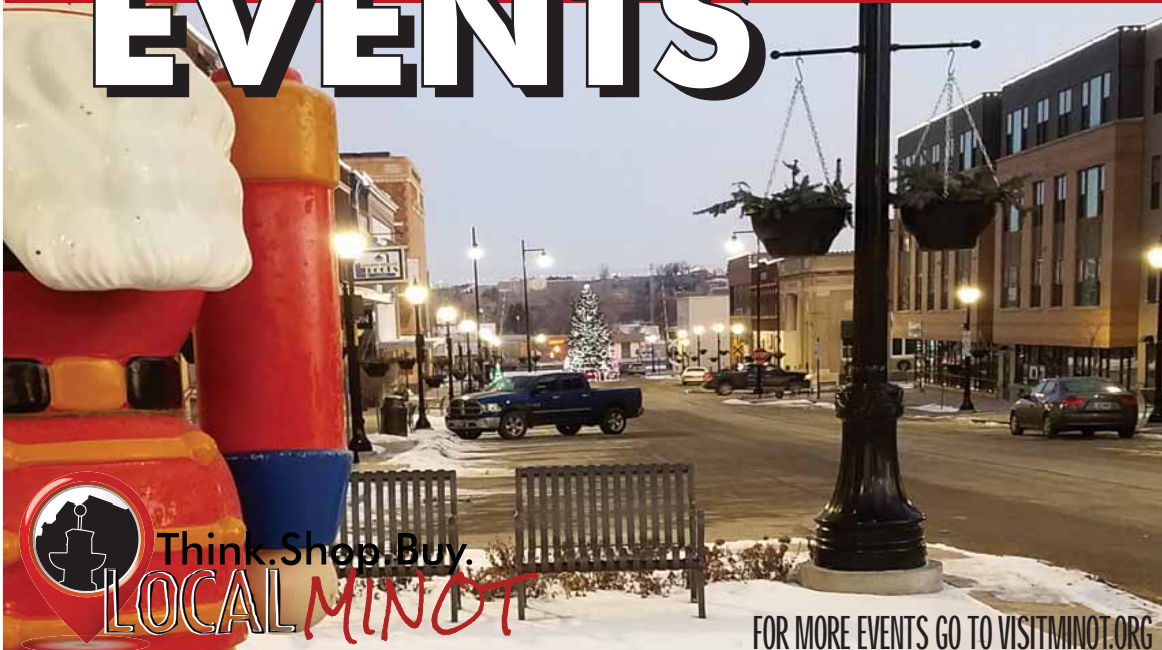
INGREDIENTS:

- 1 pound ground beef 90 percent lean
- 1 teaspoon minced garlic
- 1/4 cup finely grated parmesan cheese
- 1/4 cup breadcrumbs
- 1 egg
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 cup milk
- cooking spray
- 2 cups marinara sauce
- 2 cups shredded mozzarella cheese
- 2 tablespoons chopped parsley

INSTRUCTIONS:

- In a large bowl, combine the ground beef, garlic, parmesan cheese, breadcrumbs, egg, salt, pepper and milk. Mix together until thoroughly blended.
- Preheat the broiler. Coat the bottom of a 9 or 10 inch skillet with cooking spray.
- Form meatballs that are approximately 1 1/2 inches in diameter and place the meatballs in a single layer in the pan.
- Broil for 8-10 minutes or until meatballs are cooked through and browned on top. Drain off any fat or liquid in the pan.
- Pour the marinara sauce over the meatballs and sprinkle the cheese over the sauce. Broil for 3-5 minutes or until cheese is melted and browned.
- Sprinkle with parsley and serve immediately.

UPCOMING EVENTS

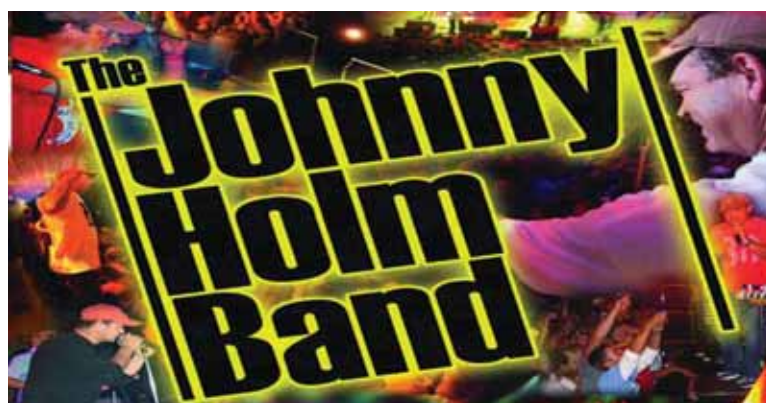


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5 JAN 9:00 PM - 11:59 PM
 Location: The Original Bar and Nightclub 720 N Broadway, Minot.

The Johnny Holm band returns for one night only! Don't miss this amazing show that will get you dancing and singing along to all of the hits.
For more information check out: Facebook event/ The Johnny Holm Band -One Night Only at The 'O'



5-6 JAN 1:00 PM - 3:00 PM
 Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot.

Join us at the All Seasons Arena for an afternoon of ice skating that everyone would enjoy!! Admission is FREE. Skates rental is \$2
For More information: Facebook event/Free Open Skating!



8 JAN 5:00 PM - 8:00 PM
 Location: South Prairie School 100 177th Ave SW Minot.

The South Prairie Athletic Boosters are sponsoring Donkey Basketball. Come out and watch the South Prairie Staff take on the High School Students as well as the Royal A##es take on a team of Firemen. Get your tickets ahead of the show for \$10 or \$15 at the door. Doors open for supper at 5:00 with the show beginning at 7:00.



DATE: January 8, 2019
 For tickets call Call Jennifer @ 722-3537 or Paula @ 721-0543. **For more information check out: Facebook event/South Prairie Donkey Basketball**

9 JAN 9:00 AM - 12:00 PM
 Location: Herb Parker Stadium 1101-1247 7th St NW, Minot.
 Fun Zone at the Bubble - Kick

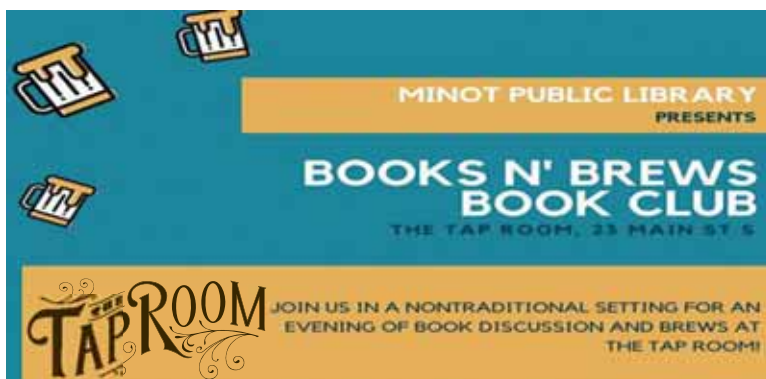
Off Event!! The Minot Recreation Commission, in partnership with the Minot Park District are happy to announce that the Minot Fun Zone will be held in the Minot State Bubble at Herb Parker Stadium this January and February on Wednesdays. The Minot Fun Zone at the Bubble gives children and adults an opportunity to play "outside" during the cold winter



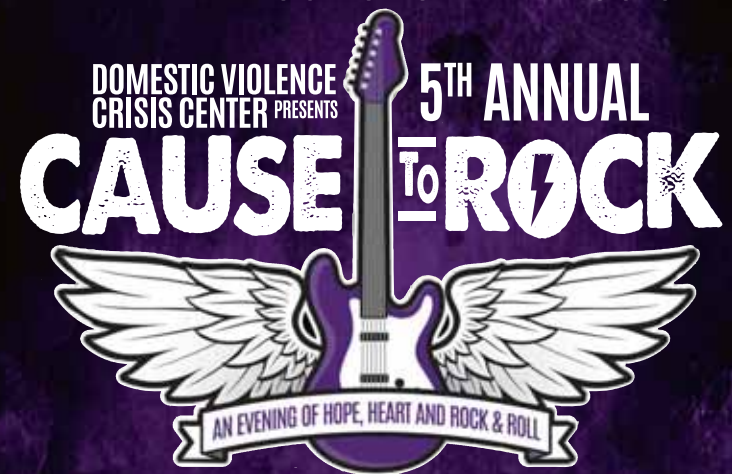
months. Starting January 9 each Wednesday from 9:00am - 12:00pm there will be a different activity in the Bubble. This is a free event and children must be accompanied by an adult.
For more information: www.minotauroshockey.com/printable-schedule

10 JAN 7:00 PM - 9:00 PM
 Location: The Tap Room 23 Main St S, Entrance is on the South Side of Building Facing 1st Ave Look for Black Awning, Minot.

Join the Minot Public Library the first Thursday of every other month at 7:00 pm for a book discussion and some brews at The Tap Room located at 23 Main St S.
For more information check out: Facebook event/ Books N Brew Book Club



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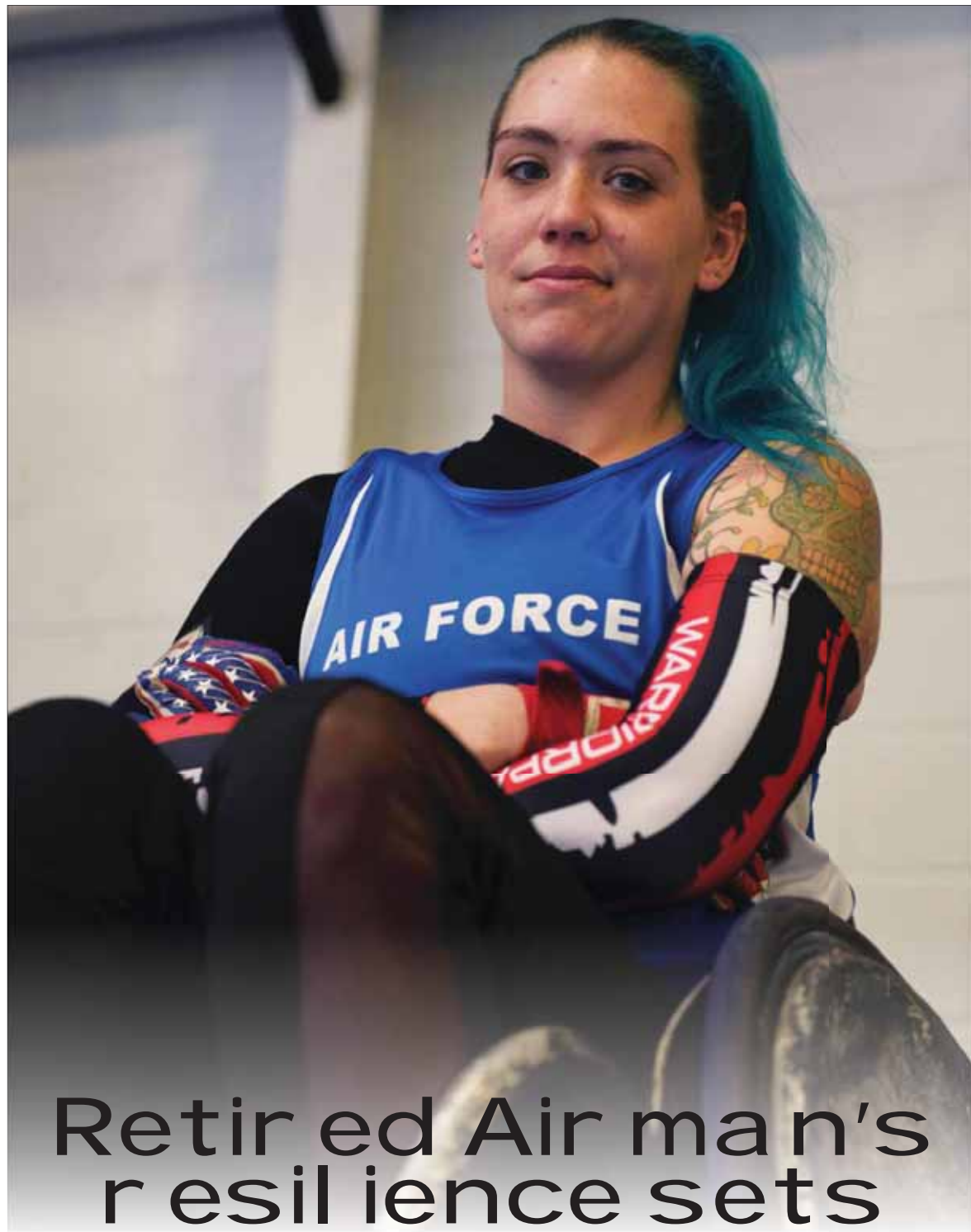


SATURDAY, JAN. 12, 2019 CLARION HOTEL, MINOT, ND

Join us for our signature gala event to support our mission of empowerment, innovation and education for those who need it most. All proceeds benefit the Domestic Violence Crisis Center.

DOORS OPEN AT 6PM TICKETS \$50 EACH • TABLE OF 8 - \$400

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Retired Airman's resilience sets leading example

SENIOR AIRMAN ALYSSA D. VAN HOOK | 11TH WING PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) --

Karah Behrend's tattooed arms and wild blue hair aren't the only reasons she stands out on the rugby field. Rugby is a relatively new hobby for Behrend, though her practiced technique paints a different picture. She performs with the intensity, coordination and endurance of an experienced athlete.

And she does it all from the seat of her wheelchair, facing an opponent that the crowd cannot see.

"In 2015, a doctor handed me a sticky note with seven small life-changing letters on it," the retired Senior Airman and Air Force Wounded Warriors Program member said. Those letters were CRPS/RSD.

She was diagnosed with a disease know as Complex Regional Pain Syndrome -- a rare, largely untreatable and widely unknown neurological disease. According to the McGill Pain Index, it is the most painful chronic form of pain known to modern medicine.

"It rates above amputations, phantom limb and natural childbirth," Behrend said. "It's a lot to handle on the good days."

But no one could see Behrend's pain. It was hidden inside of her body, sending incorrect nerve impulses to her pain receptors. She said her invisible wound even damaged her way of thinking.

"I was very sick and tired of feeling like I constantly had to

prove myself, and prove the existence of this (disease)," said Behrend. "Everything was breaking down but you could not see it."

After nearly two years of dealing with excruciating pain, Behrend decided to attend her first Air Force Wounded Warrior CARE event.

"Before that event, I was a recluse. I wasn't functioning," said Behrend. "But that first CARE event taught me to value myself and see past my disease and disability."

Behrend said the introduction

of adaptive sports guided her back to happiness. She decided she would no longer sit back and play defense in her own life.

She said she started participating in as many sports as possible, from basketball to shooting, and even won a gold medal at Warrior Games. Wheelchair rugby, however, quickly became her passion.

"Adaptive sports gave me my life back," she said.

At first, Behrend wasn't wheelchair-bound—she still had the ability to walk, but in Wounded Warrior events,

basketball and rugby competitors play in wheelchairs regardless of their mobility. It didn't take long before Behrend found both success and enjoyment in the activity.

Wheelchair rugby combines elements of basketball, rugby, and handball. Devoting herself to the offensive position of "high pointer," Behrend said she used her aggression to excel. Off the field, she constantly had to endure the unpredictable ebbs and flows of debilitating, chronic pain. On the field, she had an opportunity to reclaim some brief control in her life – in the form of attitude and effort.

"When I'm playing, it's the only time I'm free and feel like myself again," Behrend said. "No limitations, just free."

Through AFW2, Behrend not only found her release through sports, but was welcomed into an irreplaceable support network of coaches, fellow wounded warriors and team leads.

One member of that support network, Ilyssa Cruz, said she witnessed Behrend's resilience firsthand.

"I started my job at the end of April (2018)," said Cruz, a team lead for the Air Force North West Warrior CARE Event here.

"My first event was Warrior Games with the Air Force, and that's where I met Karah. From the first time I met her till now, she has really progressed. She's been kicking butt the past couple months, participating in event after event."

And much of that progression happened in spite of a huge obstacle—in June 2018, Behrend lost her ability to walk. It happened as a result of a car accident injury, which caused her disease to creep its way to her spinal column and confine her to a wheelchair permanently.

Making matters worse, the spreading of her CRPS also affected her ability to fully control her hands. That makes all her athletic endeavors all the more difficult.

Despite near impossible odds, Behrend presses on.

"I take my life 10 seconds at a time," she said. "It helps me get through the pain, the frustration and the thoughts of not wanting to go on. It's okay to have those thoughts and feelings. Allow them, accept them, and embrace them. Allow them to motivate you to do something bigger and badder, just to prove to yourself that nothing can ever stop you."



Indoor Inflatable Carnival Beating the Winter Blues!



ND State Fair Center • Minot, ND

Friday, January 18th
3 p.m. – 9 p.m.

Saturday, January 19th
9 a.m. – 9 p.m.

Sunday, January 20th
11 a.m. – 5 p.m.

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NORTHERN SENTRY

OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

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Play Like a
Local this
January in
North Dakota

KIM SCHMIDT | PUBLIC RELATIONS & DIGITAL COMMUNICATIONS
MANAGER, ND TOURISM

The new year is a lively time in North Dakota, with locals out and about enjoying the delights of winter. Bundle up for a day outdoors, whether at an outdoor ice-skating rink, ski area or sledding hill. Peruse the exhibits at one of the state's fantastic museums or visit an art gallery such as 62 Doors in Minot, Gallery 4 in Fargo or The Capital Gallery in Bismarck, to take in the work of local artists. Check listings for live entertainment and plan a night out in one of North Dakota's energetic cities. There are many ways to enjoy January, so get busy planning your fun. To find more information about events in North Dakota, go to NDtourism.com; 800-435-5663 or 701-328-2525.

Hockey Day North Dakota January 18-20 | Jamestown
Come out for the first-ever Hockey Day North Dakota and enjoy a weekend of indoor-outdoor hockey at the University of Jamestown campus. Teams ranging from the fifth grade through the collegiate level will compete against one another, with a featured game between the University of Jamestown and the University of Mary on Saturday night. To find out more, call 701-251-9145.

Happy Harry's Beer and Bacon Festival January 19 | Grand Forks
Enjoy "swine and suds" at the sixth annual Happy Harry's Beer and Bacon Festival. This fun event highlights bacon dishes from eight local restaurants and offers samples of more than 100 local and national craft beers. Samples are included in the price of admission. Visit www.happy-harrys.com/event/happy-harrys-beer-bacon-festival-2019/.

Winter Daze January 20-27 | Mandan
Now in its 37th year, Mandan's Winter Daze is a way to join with fellow community members through fun, recreational activities. Get to know someone new at a volleyball tournament, a bingo game or at the ice-skating rink. Visit <http://mandanparks.com/events/2019-winter-daze/> for more information.

Frostival January 25-26 | Fargo
Chances are you didn't realize that you could golf in North Dakota in January. Well, now you can, thanks to Frostival. Learn about other "North of Normal" cold-weather games, snow-ga (that's snow yoga) arts and funky activities at this wacky event in Fargo that celebrates one of the "coolest" places around. Visit <http://frostival.com/>.

Jeff Dunham: Passively Aggressive Tour January 26 | Bismarck
Global comedy superstar and ventriloquist Jeff Dunham brings his Passively Aggressive Tour to Bismarck. Come out for a night of laughs with Dunham and his cohorts Peanut, Walter, Jose Jalapeno, Bubba J and Achmed. For more information, visit www.bismarckeventcenter.com/events/2019/jeff-dunham; 701-355-1370.

KMOT Ag Expo | Minot January 30-February 1
Check out the largest indoor agricultural show in the Upper Midwest. With more than 350 exhibitors at 1,000 booths, it's the ideal way to spend a winter's day while learning about what's new and improved in agriculture technology and equipment. For more information, log onto <http://kmotagexpo.com/> or call 701-852-5254/.

These are just a few North Dakota activities and events taking place in January. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

First Day Hike January 1 | Garrison
Kick 2019 off in a healthy, fun way with the First Day Hike at Fort Stevenson State Park. This event unites outdoor enthusiasts as they hike, snowshoe or cross-country ski a one-mile trail lit by festive candle luminaries. Warm up with snacks and refreshments in the visitor center afterward. Learn more at www.parkrec.nd.gov/parks/fssp/fssp.html or call 701-337-5576.

PAW Patrol LIVE! Race to the Rescue January 8-9 | Grand Forks
Don't miss the heroic puppies from Nickelodeon's top-rated PAW Patrol when they visit Grand Forks for PAW Patrol Live "Race to the Rescue." This action and music-filled production will delight audiences of all ages. For tickets and more information, visit www.aleruscen.com/events/detail/paw-patrol-live-race-to-the-rescue or call 701-792-1420.

Fight the Frost Fargo - January 11-13 Minot - January 18-20
Looking for some indoor adventure this winter reminiscent of playing outside in the summer? Fight the Frost is your answer. More than 30 inflatables, including eight obstacle courses and a designated kiddieland will fill the floors of the Fargodome in Fargo and the Magic Place Room at the North Dakota State Fairgrounds in Minot. Archery Tag® and Backlight, dodgeball, nine square and mini-golf are just some of the other activities. Learn more at <http://fightthefrost.com/> or call 701-373-0104.

University of North Dakota Men's Hockey Grand Forks, Ralph Engelstad Arena
See for yourself the legend that is North Dakota hockey. Join the crowds to cheer on the eight-time NCAA Division I champion as it welcomes rivals to its legendary venue, "The Ralph!" www.theralph.com; 701-777-4167
January 11-12: University of North Dakota vs. Colorado College
January 25-26: University of North Dakota vs. St. Cloud State

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. 31: 1,839.68 feet above mean sea level (MSL); 17,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448 feet above mean sea level (MSL). Stump Lake elevation: 1,448.14 MSL.

*N.D. Game & Fish Dept. game wardens: East-central area lakes somewhat quiet. A lot of anglers moving off Antelope Lake. Goose Lake quiet. East and Black Tiger bays continue producing perch on Devils Lake. Cold weather slowed activity throughout much of the rest of the lake, in large part because of snow starting to build up on the ice. Lake Audubon producing numbers of non-keeper walleye.

*Devils Lake, Ed's Bait Shop, Devils Lake: Cold weather snap slowed activity early in the week. Look for more success and more angler numbers with warming temperatures.

*Devils Lake, Woodland Resort, Devils Lake: Decent walleye success in 17 to 22 feet using jigging Raps around Rocky Point. Locate structure. Try deeper water in Black Tiger or East bays for perch.

*Lake Darling, Karma C-Store, Ruthville: Good angler numbers on Lake Darling. Lake Audubon remains good for walleye.

*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

*Lake Metigoshe, Four Seasons, Bottineau: Lots of activity with fair to good pike and bluegill success. Some whopper bluegill mixed in. Best walleye success is in the morning and evening.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea remained open earlier in the week. More activity off the Totten Trail boat ramp with anglers catching walleye in 13 to 19 feet. Continued walleye success on the south side. Missouri River producing nice walleye off the wing walls, although releases have dropped.

*Lake Sakakawea/Lake

Audubon, 6-Mile Bait & Tackle, Garrison: Continued fair to good walleye success around Velve Point on Lake Audubon but try to set up in locations with less fishing pressure. Variable ice conditions on Deepwater Bay of Lake Sakakawea with open water on the east end yet early in the week.

*Lake Sakakawea, Scenic 23, New Town: Dangerous ice conditions in the Van Hook Arm with walk-on access only at best yet. Those testing the ice as they venture out are finding some walleye success

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River wing walls producing walleye. Limited boat activity. Use caution if fishing off the rocks from shore with snow and ice. Lake Audubon hit-and-miss for walleye with better success at night.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try deeper water in 30 feet around White Earth Bay on Lake Sakakawea for walleye. Some spearing success from Hofflund Island to the east where water is clearer but to the west hook-and-line anglers finding good pike success. River was backed up with ice jam and conditions are dangerous. Powers Lake producing occasional perch.

*Lonetree WMA area lakes, Harvey: Continued fair success throughout most area lakes.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Fair but inconsistent success throughout area lakes.

N.D. Parks & Recreation Dept. ski trails:

*Fort Stevenson, Garrison: Trails groomed and in good condition.

*Lake Metigoshe, Bottineau: Trails open and in fair to good condition.

Downhill skiing:

*Bottineau Winter park, Bottineau: 12- to 18-inch base. 5 runs, beginner slopes, 1 chair, Pony and beginner carpets, 7 tubing lanes, and Terrain Park open.

*Huff Hills, Mandan, 22- to 28-inch packed powder base with 8 runs and 3 lifts open.

*Terry Peak, Lead, S.D.: 16 trails, 1 lift, 1 carpet, and 2 quad lifts open with several inches new snow over the past weekend.

Snowmobile N.D.:

*No updates since recent snow.

Dates to Know:

• **Jan. 6:** Upland bird and archery deer seasons close.

Tournaments:

• **Jan. 12:** Lake Darling.
• **Jan. 19:** Lake Sakakawea, Lewis & Clark State Park.



NUMBERS TO KNOW:

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

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GPS III Satellite, the newest generation of GPS satellites, brings new capabilities to users, including three times greater accuracy and up to eight times improved anti-jamming capabilities. COURTESY GRAPHIC

First GPS III satellite successfully launched

SMC PUBLIC AFFAIRS

LOS ANGELES AIR FORCE BASE, Calif. (AFNS) --

The Air Force and its mission partners successfully launched the first Global Positioning Systems III satellite Dec. 23 from Space Launch Complex-40 at Cape Canaveral Air Force Station, Florida. The Lockheed Martin-built satellite was carried to orbit aboard a Space Exploration Technologies Corporation, or SpaceX, Falcon 9 Evolved Expendable Launch Vehicle. The satellite is known as "Vespucci," in honor of Amerigo Vespucci, the Italian explorer for whom the Americas were named.

"Launch is always a monumental event, and especially so since this is the first GPS satellite of its generation launched on SpaceX's first National Security Space mission. As more GPS III satellites join the constellation, it will bring better service at a lower cost to a technology that is now fully woven into the fabric of any modern civilization," said Lt. Gen. John F. Thompson, Space and Missile Systems Center commander and Air Force program executive officer for space. "It keeps GPS the gold standard for positioning, navigation, and timing information, giving assured access when and where it matters. This event was a capstone, but it doesn't mean we're done. We're going to run a series of procedures for checkout and test to ensure everything on Vespucci functions as it was designed."

GPS III's "Vespucci"

separated from its upper stage approximately two hours after launch. Engineers and operators at Lockheed Martin's Waterton facility will now begin on-orbit checkout and tests which are estimated to complete in six months. Operational use is expected to begin in about a year.

"Today's launch could not have succeeded without the teamwork of dedicated professionals. I'm extremely proud of their accomplishment," stated Col. Steve Whitney, GPS Directorate director. "Today's launch is the beginning of the GPS III era, bringing greater capabilities for our military and civilian users worldwide."

Vespucci will be vectored to augment the current GPS constellation comprised of 31 operational spacecraft. GPS satellites operate in medium earth orbit at an altitude of approximately 12,550 miles in six planes. Each satellite circles the earth twice per day. GPS provides the "gold standard" of position, navigation and timing services for billions of users worldwide. GPS III, the newest generation of GPS satellites, brings new capabilities to users, including three times greater accuracy, and up to eight times improved anti-jamming capabilities.

"The first GPS III launch marks a significant milestone for the GPS constellation as well as our partnership with SpaceX," said Col. Robert Bongiovi, SMC Launch Enterprise director. "This launch demonstrated the successful teamwork and cooperation amongst all mission partners

to deliver the capabilities our warfighter demands. I'm proud of my team and look forward to our additional National Security

Space missions with SpaceX."

The GPS III Vespucci team is led by the SMC's Global Positioning Systems Directorate,

located at Los Angeles Air Force Base in El Segundo, California. Lockheed Martin Space Systems Corporation is the prime satellite vehicle contractor. The launch was led by Space and Missile Systems Center's Launch Enterprise Directorate, and was on the SpaceX Falcon 9 launch vehicle at Cape Canaveral AFS. Air Force Space Command's 50th Space Wing and 2nd Space Operations Squadron operate the GPS constellation from Schriever AFB, Colorado.

SMC is the Air Force's center of acquisition excellence for acquiring and developing military space systems. Its portfolio includes the GPS, military satellite communications, defense meteorological satellites, space launch and range systems, satellite control networks, space based infrared systems and space situational awareness capabilities.

As the U.S. enters a new era with the declaration of space as a warfighting domain, SMC is undergoing re-architecting as part of "SMC 2.0" efforts which will manage other significant U.S. acquisition agility initiatives that seek to build new partnerships with industry, allies, and Defense Department partners, in order to drive innovation within the space enterprise and speed the delivery of new capabilities to warfighters.

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Ahmad Daraghmeh, MD

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www.littleflowerminot.com

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MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
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
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 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
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 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
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 Community Dinner 5:30-6:30pm
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 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

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2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
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 Sunday Worship 3:30 p.m.
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Jesse Starr, Pastor

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 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


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 120 5th Ave. NW
 852-4853
 Saturday Worship..... 5:00 pm
 Sunday Worship.. 8:30 am & 11:00 am
 Sunday Education..... 9:45 am
 Wednesday Supper..... 5:00 pm
 Wednesday Education 5:45 pm
www.firstlutheran.tv
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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.

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 Sunday Fellowship 9:30 am
 Wednesday School 5:45 pm
 Wednesday Worship 6:45 pm
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 Email: bethanylutheran@srt.com
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 Contemporary Worship Service.. 9:50 a.m.
 Children's Church..... 9:50 a.m.
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www.calvaryofminot.com
701-852-0670
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 Sunday Worship Service 10:00 am
 Wednesday Prayer 6:30 pm
 Wednesday Youth Group (grade 7-12) 6:30 pm


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 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
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 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352
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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 <p>\$305,000</p> <p>IN KENMARE – 4 bedroom, 2 1/2 bath home on 2 lots. Kitchen has breakfast bar, granite counters, tile backsplash. Formal dining room and living room with fireplace. 2 covered decks. Large garage.</p> <p>MLS #181972</p>	 <p>\$208,000</p> <p>RANCH STYLE – 3 bedroom, 1320 sq ft home in SE Minot. Large kitchen and dining area. Spacious living room. Unfinished daylight basement stubbed for bathroom. Double garage.</p> <p>MLS #182492</p>	 <p>\$179,000</p> <p>GREAT STARTER – 3 bedroom home with gas fireplace in living room. Updated kitchen cabinets and breakfast nook. Large patio. Fenced park-like back yard. Off street parking.</p> <p>MLS #181638</p>
 <p>\$205,000</p> <p>CONDO LIVING – 2 bedroom, 2 bath condo in SW area. Open floor plan. Deck off living room. Unfinished walkout lower level. Double garage.</p> <p>MLS #181917</p>	 <p>\$67,900</p> <p>MARIAN HEIGHTS – 2 bedroom, 1 3/4 bath condo. Spacious living and dining areas. Balcony with courtyard view. Lower level has private storage unit. Detached garage.</p> <p>MLS #182085</p>	 <p>\$195,000</p> <p>FAMILY LIVING – 3 bedroom, 1 1/2 bath ranch style home. Eat-in kitchen with granite counters and maple cabinets. Main level family room. Full, unfinished basement. Attached garage.</p> <p>MLS #182489</p>



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 <p>'07 Chevy Tahoe LTZ</p> <p>\$13,995</p>	 <p>'04 Chevy Tahoe Z71</p> <p>\$5,995</p>	 <p>'05 GMC Envoy SLT AWD, 130k</p> <p>\$6,995</p>

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WHAT'S GOING ON MAFB

TODAY	TUESDAY	 <p style="font-size: 1.5em; font-weight: bold; color: white;">UPCOMING EVENTS:</p>
SATURDAY	WEDNESDAY	<p>11 January</p> <ul style="list-style-type: none"> • Torch Club, 1600-1700, Youth Center • Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • Gentle Yoga, 1700, Fitness Center • Mini Swim Meet, 1700, Fitness Center • Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center • Texas Hold 'Em, 1800, Rockers Bar & Grill • Zumba, 1800, Fitness Center • Give Parents a Break, 1800-2200, Youth Center and Child Development Center • Mixed Fun League, 1830, Rough Rider Lanes • Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes <p>12 January</p> <ul style="list-style-type: none"> • Ice Fishing Trip, 0800-1700, at Lake Metigoshe, hosted by Outdoor Rec • Zumba, 0900, Fitness Center • Baseball Camp (Ages 5-8), 0930-1100, Youth Center • Youth Bowling League, 1000, Rough Rider Lanes • Baseball Camp (Ages 9+), 1130-1300 • Star Wars Spectacular, 1300, Base Library • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
SUNDAY	THURSDAY	<p>Rough Riders Pizza Special <u>January Special – Ciabatta Sandwich</u> Check out our mouthwatering Ciabatta Sandwich with chicken, bacon, swiss cheese, lettuce, tomato, onion, and seasoned with flavored butter. Try it with avocado! \$8.95 meal includes chips & tea - Members receive \$1 off</p> <p>The B-Fifty Brew Drink Special <u>January Drink of the Month – Peach Cobbler Frappuccino</u> Enjoy our take on this yummy dessert! Made with white peach syrup, cinnamon dolce, whole milk, and finished with whipped cream sprinkled with cinnamon powder. Try yours hot or iced!</p> <p>Auto Hobby December Specials <u>January 2-19</u> Scan Tool Hook Up Check engine light making you nervous? Bring in your vehicle to find the problem! Regular Price: \$25 Special Price: \$15</p>
MONDAY	<ul style="list-style-type: none"> • Last day to register for the Winter Archery League at Outdoor Rec • Torch Club, 1600-1700, Youth Center • First Friday, 1600-2200, Jimmy Doolittle Center • Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • Gentle Yoga, 1700, Fitness Center • Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center • Zumba, 1800, Fitness Center • Keystone Meeting, 1800-1900, Youth Center • Mixed Fun League, 1830, Rough Rider Lanes • Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes <ul style="list-style-type: none"> • Last day to register for the Lake Metigoshe Ice Fishing Trip at Outdoor Rec • Registration begins for the Wine & Paint Class at Arts & Crafts Center • Run 4 Fitness, 0600, Fitness Center • Pre-Separation Counseling, 0800-1130, A&FRC • Barre, 0915, Fitness Center • Game Day, 1000-1930, Base Library • Cycle, 1130, Fitness Center • Fit to Fight, 1700, Fitness Center • Zumba, 1800, Fitness Center <ul style="list-style-type: none"> • New Year New You Fitness Event, 0900-1100, Fitness Center • Youth Bowling League, 1000, Rough Rider Lanes • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes <ul style="list-style-type: none"> • NFL Sunday Ticket Football Frenzy, 1130-1800, Rockers Bar & Grill • Family Zumba, 1400, Fitness Center • Yoga, 1500, Fitness Center <ul style="list-style-type: none"> • Winter Archery League begins at Outdoor Rec • Tactical Fit Express, 0600, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC • TSP for Military Members, 1430-1600, A&FRC • Digital Literacy Club, 1630-1730, Youth Center • Zumba, 1730, Fitness Center • Knitting Club, 1800, Base Library • Key Spouse Monthly Meeting, 1800-1930, held at the PDC, hosted by A&FRC <ul style="list-style-type: none"> • Last day to register for the Mini Swim Meet at the Fitness Center • Tactical Fit Express, 0600, Fitness Center • 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 • Have a Storm Ball League, 1800, Rough Rider Lanes • Zumba, 1800, Fitness Center 	



Domestic Violence Crisis Center to Hold Fifth Annual Fundraiser

JILL MCDONALD | DOMESTIC VIOLENCE CRISIS CENTER, EXECUTIVE DIRECTOR

(Minot), N.D. – Domestic Violence Crisis Center (DVCC) will hold their fifth annual Cause to Rock at the Clarion Hotel January 12, 2019. This is an evening of hope, heart and rock and roll. Doors open at 6:00 pm for social and

appetizers, dinner begins at 7:00 featuring a guest speaker sharing her story of survival. Live and silent auctions will be held throughout the evening featuring jewelry, custom wrapped dorm fridge, Sabre Dogs merchandise, and more! Throughout the

evening Soulshine will be rocking on the stage. Tickets for this event are \$50.00 each, or you can purchase a table for eight for \$400! Tickets must be purchased in advance

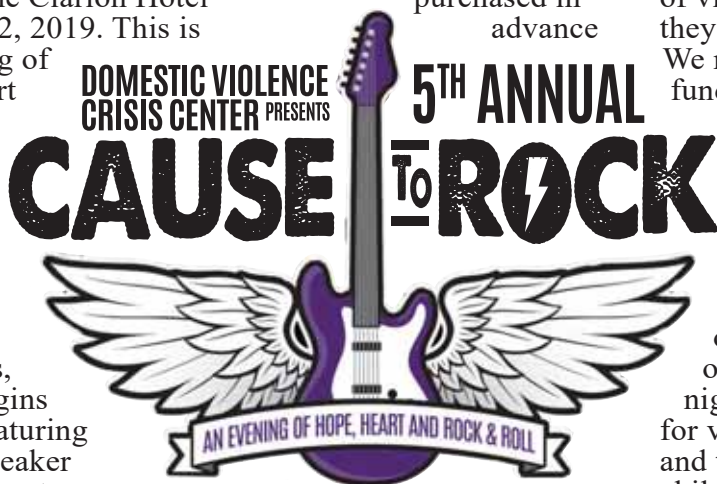
fundraiser of the year. The funds raised in this one night allow us to be available 24/7 for victims of violence when they need help. We receive grant funding but these events fill in the gaps. In 2018, we were able to provide over 75 protection orders and over 3,600 nights of safety

for victims and their children,” said Jill McDonald, Executive Director of the Domestic Violence Crisis Center. She continued, “when you purchase a ticket, not only are you going to have a fantastic time, you are helping provide a safe space for hope, healing and planning for survivors and their children in our region.”

Through extensive programs and services,

the Domestic Violence Crisis Center has helped raise awareness and helps people affected by domestic violence. Established in 1977, the DVCC provides services to a four-county area in north-central North Dakota, including Ward,

Pierce, McHenry and Renville counties. For more information on the center and/or the fundraiser, please call their office at 852-2258, or visit their website at: www.courage4change.org.



through the office or online at <https://courage4change.org/news-events/event-calendar.html/event-form/tickets/34090/tickets>.

“This is our largest



Left: Internationally recognized jeweler, Michou, whose designs are wearable art. “I create collections that women can connect with and embrace, each piece is ageless...” - Michele Sonner, Michou. Above: Dale Brown, former coach from Minot Bishop Ryan & LSU, limited edition, framed and autographed by Dale Brown & Photographer.

“THE FUNDS RAISED (FROM CAUSE TO ROCK) ALLOW US TO BE AVAILABLE 24/7 FOR VICTIMS OF VIOLENCE WHEN THEY NEED HELP.”

-JILL MCDONALD, EXECUTIVE DIRECTOR OF THE DOMESTIC VIOLENCE CRISIS CENTER



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