

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 57 • ISSUE 41 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 11, 2019

## WHATS INSIDE THIS WEEK:



**AIR FORCE  
SCIENTIST  
DISCOVERY**

**A3**



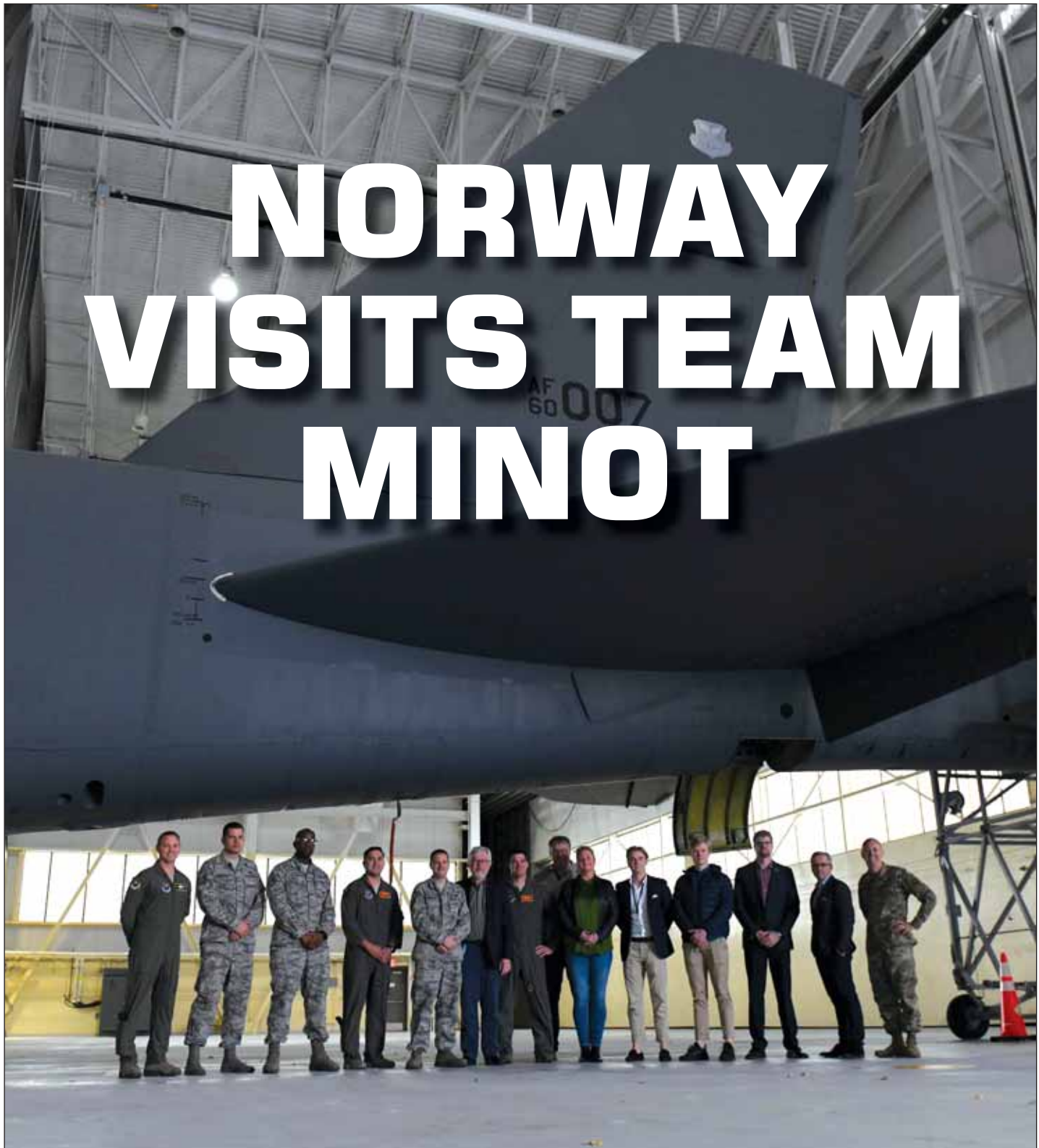
**AFRL TESTS  
LIFE-SAVING  
TOOL**

**B1**



**5TH COMM.  
SQUADRON**

**B3**



# NORWAY VISITS TEAM MINOT

Distinguished guests from Norway toured Minot Air Force Base, North Dakota, Sept. 26 2019. The tour consisted of a missile trainer launch facility, a static B-52H Stratofortress and concluded with a gift exchange. *More coverage on page 2.*

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT



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Details Inside!!!



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## Videos

# Norway visits Team Minot



Distinguished guests from Norway toured Minot Air Force Base, North Dakota, Sept. 26 2019. The tour consisted of a missile trainer launch facility, a static B-52H Stratofortress and concluded with a gift exchange.

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# Air Force scientists discover unique stretchable conductor

DONNA LINDNER, AIR FORCE RESEARCH LABORATORY

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) --

The Air Force Research Laboratory has developed liquid metal systems which autonomously change structure so that they become better conductors in response to strain.

Conductive materials change their properties as they are strained or stretched. Typically, electrical conductivity decreases and resistance increases with stretching.

The material recently developed by AFRL scientists, called Polymerized Liquid Metal Networks, does just the opposite. These liquid-metal networks can be strained up to 700%, autonomously respond to that strain to keep the resistance between those two states virtually the same and still return to their original state. It is all due to the self-organized nanostructure within the material that performs these responses automatically.

"This response to stretching is the exact opposite of what you would expect," said Dr. Christopher Tabor, AFRL lead research scientist on the project. "Typically a material will increase in resistance as it is stretched simply because the current has to pass through more material. Experimenting with these liquid-metal systems and seeing the opposite response was completely unexpected and frankly unbelievable until we understood what was going on."

Wires maintaining their properties under these different kinds of mechanical conditions have many applications, such as next-generation wearable electronics. For instance, the material could be integrated into

a long-sleeve garment and used for transferring power through the shirt and across the body in a way that bending an elbow or rotating a shoulder won't change the power transferred.

AFRL researchers also evaluated the material's heating properties in a form factor resembling a heated glove. They measured thermal response with sustained finger movement and retained a nearly constant temperature with a constant applied voltage, unlike current state-of-the-art stretchable heaters that lose substantial thermal power generation when strained due to the resistance changes. These properties and the material fabrication details are directly compared in the current issue of *Advanced Materials* at <https://doi.org/10.1002/adma.201903864>

This project started within the last year and was developed in AFRL with fundamental research dollars from the Air Force Office of Scientific Research. It is currently being explored for further development in partnership with both private companies and universities. Working with companies on cooperative research is beneficial because they take early systems that function well in the lab and optimize them for potential scale up. In this case, they will enable integration of these materials into textiles that can serve to monitor and augment human performance.

The researchers start with individual particles of liquid metal enclosed in a shell, which resembles a water balloon. Each particle is then chemically tethered to the next one through a polymerization process, akin to adding links into a chain; in

that way, all of the particles are connected to each other.

As the connected liquid metal particles are strained, the particles tear open and liquid metal spills out. Connections form to give the system both conductivity and inherent stretchability. During each stretching cycle after the first, the conductivity increases and returns back to normal. To top it off, there is no detection of fatigue after 10,000 cycles.

"The discovery of Polymerized Liquid Metal Networks is ideal for stretchable power delivery,

sensing and circuitry," said Capt. Carl Thrasher, AFRL Materials and Manufacturing Directorate research chemist and lead author on the journal article. "Human interfacing systems will be able to operate continuously, weigh less and deliver more power with this technology."

"We think this is really exciting for a multitude of applications," he added. "This is something that isn't available on the market today so we are really excited to introduce this to the world and spread the word."



An illustration shows Polymerized Liquid Metal Network, developed by the Air Force Research Laboratory, rupturing to transform into a highly stretchable design that autonomously increases conductivity with strain.

U.S. AIR FORCE COURTESY GRAPHIC BY SECOND BAY STUDIOS

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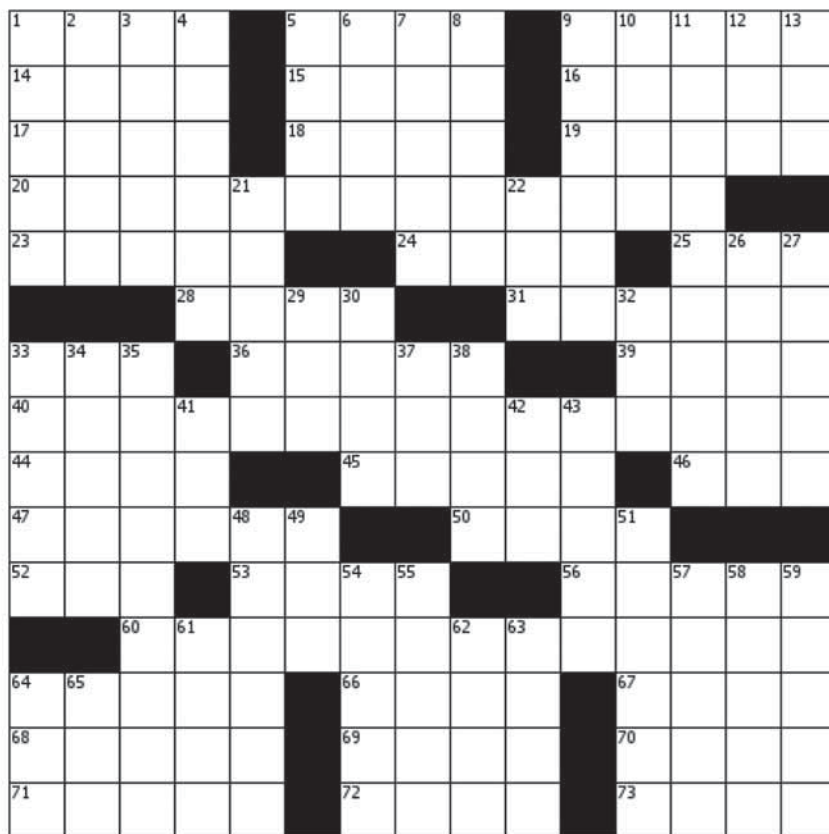
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# CROSSWORD PUZZLE

**Across**

- 1. Long for
- 5. Ye \_\_\_ shoppe
- 9. Screenwriter Chayefsky
- 14. Opposing
- 15. Lowing places
- 16. Leave out
- 17. "\_\_\_ a Name" (Croce tune)
- 18. Crazed
- 19. Eskimos' kissers?
- 20. "Do You Believe in Magic" band
- 23. Obsolescent office temp
- 24. Blunt sword
- 25. Be decisive
- 28. Pink-elephant sighters
- 31. Draws out
- 33. Campgrounds residue
- 36. Jude or James
- 39. Ms. Teasdale
- 40. 1962 Polanski film
- 44. Reckless
- 45. Land and sea meeting place
- 46. Curvy letter
- 47. Skater Baiul
- 50. Program command
- 52. Marshal of Waterloo
- 53. There are 54 in a game, usually
- 56. Okra soup
- 60. Decision spot
- 64. Gambler's loss, figuratively
- 66. Spaghetti sauce brand
- 67. Kind of van or bus
- 68. Cockney's challenge
- 69. Emerald Isle
- 70. Commodious crafts



- 71. Steep-walled land formations
- 72. Adept
- 73. Hatchling's home

**Down**

- 1. Posts
- 2. Iron bar
- 3. Potbelly, for one
- 4. Some protests
- 5. Automotive pioneer
- 6. Spring

- 7. Actor Willem
- 8. Prohibit legally
- 9. Like some fattened livestock
- 10. Baseball's Moises
- 11. Disjoint
- 12. H.S.T. successor
- 13. Conciliatory response
- 21. Lariat's end
- 22. Born
- 26. Shimon of Israel
- 27. Pre-Revolution

- 29. Mai \_\_\_
- 30. Confessor's revelations
- 32. Superpower's letters
- 33. Ohio city
- 34. Grass inhabitant?
- 35. Whiny temper tantrums
- 37. Highest degree
- 38. Archaic pronoun
- 41. Agcy. for homeowners

- 42. East or West ending
- 43. Golf club
- 48. Some bridge positions
- 49. Shore bird
- 51. Words in a James Coburn film title
- 54. Out of gas
- 55. Drum type
- 57. Watery-patterned cloth
- 58. Safe places?
- 59. Keats or Milton, notably
- 61. Killer whale
- 62. End of the work week letters
- 63. Peck partner
- 64. Uncle of 32-Down
- 65. Hurry

## SUDOKU Solution to puzzle on page B7

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

### Solution to last week's Crossword puzzle.

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



**HUSTLERS (R)**  
 FRIDAY, OCT 11 • 1800  
 SATURDAY, OCT 12 • 1700  
 SUNDAY, OCT 13 • 1500

“ Inspired by the viral New York Magazine article, Hustlers follows a crew of savvy former strip club employees who band together to turn the tables on their Wall Street clients. ”

# PHILLY CHEESE STEAK CHEESY BREAD



Recipe courtesy of: www.therecipient.com/philly-cheese-steak-cheesy-bread/

**INGREDIENTS:**

- 8 ounces Ribeye Steak thinly sliced
- salt and pepper to taste
- 1 tablespoon canola oil
- 1 tablespoon Worcestershire sauce
- 2 tablespoons butter
- 1 green bell pepper sliced
- 1 yellow onion sliced
- 4 ounces mushrooms sliced
- 1 loaf French bread cut in half lengthwise
- 1/4 cup mayonnaise
- 8 ounces Provolone cheese sliced

**INSTRUCTIONS:**

- Preheat the oven to 400 degrees.
- Add the salt and pepper to the ribeye steak.
- Heat the canola oil on high heat in a cast iron skillet.
- Add the steak to the skillet and cook for 2 minutes or until the meat has a good sear (don't flip).
- Add the Worcestershire sauce and toss with the meat.
- Remove from the pan, add the butter, bell peppers, onion and mushroom to the pan.
- Season with salt and pepper to taste.
- Cook for two minutes, stirring occasionally.
- Spread mayonnaise over both halves of the bread.
- Layer with slices of Provolone cheese.
- Add the steak and vegetables.
- Layer with remaining cheese.
- Cook for 10-15 minutes on the middle rack until browned.
- Slice into two inch thick slices and serve immediately.



TODAY AT THE BANK, AN OLD LADY ASKED ME TO HELP CHECK HER BALANCE. SO I PUSHED HER OVER.

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# Upcoming Events

**12 OCT** **OCTOBER MINOT FLEA MARKET**  
8:00 AM - 4:00 PM  
Location: North Dakota State Fair Center, 2005 Burdick Expy E. Minot, ND

The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items, while others sell their homemade crafts, products, and foods. There is something for everyone at the Minot Flea Market! Admission is ONLY \$1.00 (ages 10 and under are FREE) To inquire about vendor booth space please contact (701) 340-7930.



**For more information:**  
Facebook event/ Minot Flea Market

**12 OCT** **GHOSTS AND GHOULS**  
8:30 AM - 10:00 AM  
Location: Minot AFB Library, Minot Air Force Base, ND

Get ready for Halloween by entering our (temporarily) haunted library for spooky stories, ghostly crafts, and ghoulish activities. Halloween costumes are welcome but not required. Open to children of all ages. For more information, call 723-3344 or visit our website at [https://acc.ent.sirsi.net/client/en\\_US/minot](https://acc.ent.sirsi.net/client/en_US/minot)



**For more information:**  
Facebook event/ 5th Force Support Squadron

**15 OCT** **MINOT PUBLIC LIBRARY HOSTS SMART START**  
10:00 AM - 11:00 AM  
Location: Minot Public Library, 516 2nd Ave SW, Minot, ND

Smart Start is a story/activity program for children ages 2 through 5. Children and their parent or caregiver will hear a story and then be able to take part in age appropriate activities that relate to the story.



**For more information:**  
Facebook event/ Minot Public Library

**15 OCT** **ANGEL PARENT REMEMBRANCE WALK**  
6:30 PM - 7:30 PM  
Location: Roosevelt Park 1215 Burdick Expy E, Minot, ND

Please come and join us for the National Pregnancy and Infant Loss Day as we remember our loved babies who are gone too soon. We invite people to bring any balloons they may want to release in memory of their angels during a moment of silence prior to the walk.



**For more information:**  
Facebook event/ Angel Parents of North Dakota

**18-19 OCT** **THE ASYLUM OF FEAR HAUNTED HOUSE**  
7:00 PM - 11:00 PM  
Location: Dakota Square Mall 2400 10th St SW, Minot, ND

We are Hosting a haunted house within parts of the old Sears location! This will be an event to remember! 6 days only limited sale of pre-sale tickets, 250 total pre-sale tickets, will be available for a reduced cost starting September 1st. Pre-Sale tickets will be \$15 each ticket and will be available at Northwoods Candy Emporium and the Taube Museum as well as various members of the Paranormal investigators of ND. Walk-in pricing day of the event will be \$20 each at the door. BE ADVISED THIS IS NOT INTENDED FOR YOUNG CHILDREN.



**For more information:**  
Facebook event/ Northwoods Candy Emporium at Dakota Square Mall

**18 OCT** **THE HAUNTED FOREST 2019**  
8:00 PM - 11:59 PM  
Location: The Haunted Forest ND 1601 153rd St NE, Norwich, ND

Be prepared for all new scares and surprises around every turn as you make your way through The Haunted Forest, an outdoor haunted attraction hosted by Gymagic Gymnastics of Minot, ND. The cost is \$15/person or \$10/person in groups of 10 or more. Our ticket booth is on location and opens at 7:30 pm each night. The wait times do vary. \*Recommended age - 14 years and up. For more information call 701-852-4585.



**For more information:**  
Facebook event/ Gymnastics Inc. - Gymagic Gymnastics

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# Fostering children, fostering hope

SENIOR AIRMAN THOMAS KAROL, 28TH BOMB WING PUBLIC AFFAIRS

ELLSWORTH AIR FORCE BASE, S.D. --

The saying "treat others the way you want to be treated" is often told to children at a young age. Some take that advice to heart and work a little to make a difference, others go much further.

Staff Sgt. Jordan Combs, a 28th Bomb Wing administration executive support specialist, is doing his part with little kids while making a big difference. Alongside his wife, Malory, he is a foster parent trying his best to make a difference in the lives of children so they can learn to love and grow in a safe place.

"Our goal with the children is always to show them what healthy love looks like," Jordan said. "Because of the trauma ... they have experienced, they have a skewed perspective of family and love."

The Combs' are opening a "ranch" for foster children to provide a family-friendly and nurturing environment for children to grow and just be kids. Their goal is to help alleviate struggles within the foster care system, and provide a safe space for children that is tailored to their needs.

What they have found through their journey is that foster children can find it hard after they have been separated from their [biological] families. Although the system does its best to care for them, the amount of children and cases system

workers are handling makes that difficult.

"We have met many great foster families in our journey, but everyone involved, the kids, parents, foster parents, case workers, and the courts are extremely overwhelmed," Jordan said. "It is a really overburdened system. We started realizing that, without a large amount support, kids don't have much opportunity to just be kids. We looked at other ranches across the country and narrowed down a model to use our nonprofit organization as an umbrella of support for foster families in a centralized community."

To be a parent or foster parent requires three things: patience, understanding and no small amount of love Mallory exclaimed. For those who take care of foster children, but don't have a ranch, but they will help children with any resources they can get.

Living on base has provided the Combs' with an abundance of resources and assistance with their foster children.

"We have had kids go to Vacation Bible School at the Chapel, the Child Development Center for day care, [and] play sports through the Youth Center," Jordan said. "We have [also] used the Women Infants and Children office as well. We go to the PRIDE Hangar often to burn off energy [and] enjoy the comforts of base housing

and knowing that it is safe. The military treats all of our kids like they are part of the family!"

Mallory expressed her genuine liking for living on base. To her, the Commissary is very convenient and the Chapel is very helpful. She also enjoys having the Holbrook Library so she can take the kids to read and participate in the activities they have to offer. These resources make taking care of a larger amount of children much easier, she said.

Most of the community options on the installation help the family with keeping their kids active. The Youth Center plans trips for children so they can go out and see their community and meet others. This base support helped shaped the goals the Combs' have with their ranch.

"We have a lot planned," Jordan said. "The kids will be able to grow up around horses, chickens, bees and other farm animals. We want to partner with local businesses to support activities for the kids, and with mentors that can help assist families in bigger activities, like ski trips and vacations!"

The Combs' have a few main points to focus on with their ranch.

"The three main components of the ranch are individual homes built for foster families, cultural awareness activities and education, and ranching," Jordan said.

Whether or not someone has

access to a ranch for foster kids doesn't mean they have less capacity to show children love.

"I'm extremely grateful for all the help and opportunities we have been given to help take care of these kids," Mallory said. "I'm

very excited to see what we can do to make the lives of children better and teach them there are people out there who love them and will treat them with kindness."

## Sutton Bourquin named Valvoline Instant Oil Change – Minot Store Manager

Valvoline Instant Oil Change is pleased to announce that Sutton Bourquin has been promoted to Store Manager and has assumed responsibility for the Minot Store located at 1301 20th Ave SW, as of August 1, 2019.

Bourquin started with Tires Plus as a part time salesperson in his freshman year of college at Minot State University. In July 2013 he transferred to the Valvoline Instant Oil Change side of the business. He

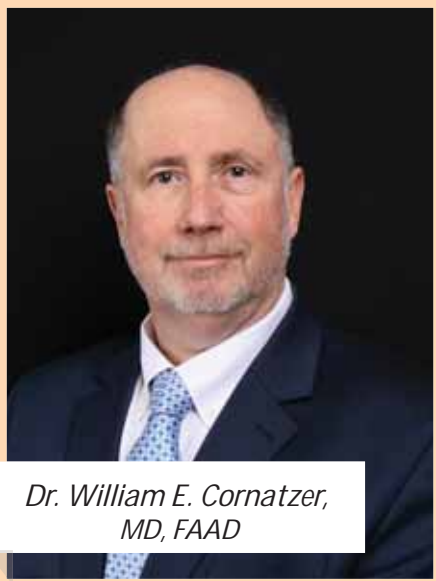
entered the M.I.T (manager in training) program in 2015 after graduating from college.

Bourquin was raised in Minot, ND and attending elementary and high school here. He attended MSU and graduated 2015 with a double major in Marketing and Management


He participates in softball and bowling. He enjoys these activities especially with his wife, Kaylee, and son, Avery and dog, Max.

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# The Flavors of World Travel in Your Kitchen

NICOLE THOM-ARENS, INSPIRED WOMEN MAGAZINE

Sue Willson came to the United States from Vietnam as a toddler, and she grew up learning how to create traditional Vietnamese flavors from classic American ingredients.

"My grandma was probably the founder of adapt," Sue says. "She's the one who taught us to use peanut butter and soy sauce and make this flavor and that flavor to imitate different Asian flavors."

Since 2001, Sue has been sharing those same lessons with home cooks through cooking classes at Gourmet Chef on Main Street in downtown Minot.

"We're traditionally a meat and potatoes society here in the Midwest, so it's really nice [to offer non-traditional cooking classes]," Denise Lindbo, owner and manager of Gourmet Chef, says. "When people travel, they try different things from different areas, and then when they come back, they want to continue trying new things, so we offer them recipes, the chefs give them new ideas, new techniques, on being able to recreate some of those dishes they've tried somewhere else back here."

Gourmet Chef offers cooking classes throughout the year, and many of them provide insight on international techniques and flavors including sushi and Mongolian stir-fry. One summer evening, Sue led a class of 16 home cooks through the secrets of stir-fry in the kitchen at Gourmet Chef using the same frying pans and utensils the cooks have in

their own kitchens and using ingredients they can find in the local supermarket.

As Sue introduced the cooks to the items they'd find in the kitchen that night, she offered insight.

"Don't cook meat and vegetables together, cook in layers, Chinese five spice powder is in many sauces at restaurants, peanut butter adds depth to stir-fry, and curry and turmeric always go together," Sue added extra emphasis to the importance of the two spices being used in unison.

As the students created groups of four and began making their selections for the three dishes they'd make in the class, Sue moved through the kitchen tasting dishes and offering feedback.

"Did you add a lot of broth?" Sue asked one group as she tasted the curry. When the home cooks admitted to being heavy-handed with the ladle, Sue showed them how to use cornstarch and water to make a slurry that would thicken the sauce and cut the saltiness from the additional broth.

Delicious aromas filled the kitchen as each group experimented with sauces like Mongolian, curry, and citrus and hoisin.

"I've never successfully done curry, but I would definitely make this again," Cassie Heald, home cook, says. Her cooking partners for the evening agreed it was the best dish of the night.

Sue grew up in the kitchen cooking in ethnic restaurants owned by her aunt and uncle

who opened the first Vietnamese restaurant in Oklahoma and went on to run Chinese, Thai, and authentic Mexican restaurants in the state. After marrying her husband, who later joined the Air Force, life led Sue to Japan,

where she learned those cooking techniques during the four-year stay. She says she enjoys teaching people what she's learned over the years.

"I like the challenge of feeling like I spread the love of a culture,"

Sue explains. "It's not just about spreading the flavor but teaching people how to adapt to their environment and still make great food."



Cassie Heald, Shera Cauble and Robert Cauble pictured in the Gourmet Chef Kitchen

NICOLE THOM-ARENS PHOTO

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# Finding a Way Through Depression

REBECCA WARD, AIR FORCE RESILIENCE

RAF Lakenheath --

His marriage ended on ugly terms. He had been depressed for months. He feared negative consequences to his career so he shared little of what he was going through with his friends and supervisor. Then, Senior Airman Michael Drinkwater made a plan that finally gave him a sense of relief. But, it wasn't relief from a plan to get well. Instead, Drinkwater had made a plan to end his life.

"[I was] almost romanticizing it, thinking about it quite a lot and putting together a plan. And in those two weeks where I had a plan, I felt more relief that I had in months," said Drinkwater.

At the time of his crisis while stationed at Eielson Air Force Base, Alaska, Drinkwater lived on the same street as his supervisor. He said they had talked a little about some of his problems. Drinkwater admits, though, he was not completely forthcoming about his mental state because of his supervisor's duty to warn if there was a chance he could do harm to himself or anyone else.

Despite Drinkwater's efforts to keep his struggles to himself, his supervisor, then Staff Sgt. Daniel Rakowski, decided to check up on his Airman. That decision saved Drinkwater's life. Rakowski found him in the garage moments before he could go through with the planned suicide.

"I credit so much to him," Drinkwater said. "He quite literally picked me up off the ground."

After that, Drinkwater said, they sat in his living room just talking for a while. Rakowski then took the lead in getting Drinkwater the help he needed, including an appointment for the same day at the behavioral health clinic. Drinkwater was assigned critical care and was prescribed semi-permanent acupuncture.

"Which I absolutely did not believe in when I went into it," Drinkwater said. "But I'm a firm believer now."

The clinic also prescribed medication for Drinkwater's depression, and he started therapy - twice a week at first, and then later, just once a week. He said it took about two months before he began to feel better. Through the entire ordeal, Drinkwater said he had Rakowski's full support.

"I could never show enough gratitude for everything he did for me, and his wife as well. They kind of took me in," Drinkwater said.

Drinkwater also gives credit to one of his closest friends, who is now a Staff Sergeant in San Antonio.

"He wasn't in my chain of command," Drinkwater said, "but

I was able to lean on him for just about anything.

Same thing with my supervisor at the time. So they obviously played a huge part in it with work. My supervisor especially but also my flight chief and my NCOIC. I was just super fortunate to have such a great chain of command in Alaska."

Still, Drinkwater struggled. He had a relapse several months into his therapy. So much so that he began having suicidal thoughts again. This time, thankfully he notes, he got a lot of knocks at his door as people came to check up on him.

Drinkwater said he continued to push through, going to therapy, taking medication and continuing acupuncture. Eventually he was cleared to PCS to Moron, Spain. Although he was initially excited about the new location, it created another set of problems.

"I felt like I lost my support system, and that was tough. I kind of didn't feel comfortable going to anyone for a while. I made some poor choices - started drinking fairly heavily, stuff like that. It took me a long time to reach out when I got there," he said.

Drinkwater described his experience in Spain as hitting "rock bottom." He said he had kind of given up and his work performance declined, as well as incurring a physical training failure. That's when his superintendent stepped in to ask what was going on.

"So I ended up opening up to her, and telling her everything," Drinkwater said. "She was obviously looking out for me, and got me all the care I needed."

This time he was seen by Navy doctors, who adjusted his medication. He also continued therapy through the chaplaincy and Military Family Life Consultant. Then, once he was considered stable, he was picked up for two temporary duties - one was with an Expeditionary Sight Survey and the other was to support a deployed mission as the contracting officer. Drinkwater was proud of the accomplishment.

He said, "They saw enough in me to send me. But it also helped with the depression, the stress and mission focus and all of that stuff. I found it really helped for the time being."

But after coming back to Moron, Drinkwater said he started feeling depressed again. He was one of the lower ranking Airmen at the installation, and felt his work just not as fulfilling as what he experienced during his temporary assignments.

"I ended up essentially being

given a choice of continuing to go through the steps and go through all of this with mental healthcare, with the Navy, and probably start the med-board process," Drinkwater said. "Or I was given the option to basically just take my PCS because I already had an assignment to Lakenheath, where I would have access to Air Force mental healthcare on base."

Drinkwater chose the latter option and also made a conscious choice to work a little harder at becoming more resilient. He moved to Lakenheath about a half year ago, and started seeing a different provider, eventually getting off medication.

He said, "I kind of just changed a lot of habits and things within my own life, within myself and in all honesty, I haven't looked back since."

Drinkwater is originally from England so it feels like home to him. He now has family nearby, who he said have been a huge support system. He said he works with a great team of Airmen and is upbeat about the future. That's a big change from four years ago when

he first sought mental help. He said he initially didn't want to talk at all about his experiences in Alaska and Spain, his struggle with depression and anxiety, and how difficult it was to begin the process all over again as he moved from one installation to another.

"I kind of started talking about it, kind of sharing the feelings, and also the processes and everything. And I found that helped people either build the courage to ask for help, or open up, or it just helped them know they are not alone," he said.

Drinkwater also has some advice for supervisors and leaders who may encounter Airmen under similar circumstances, urging them to "have their people's back." He said he was very fortunate to have supervisors who stood up for him and helped him get the professional help he needed.

"I can't say going into the mental health system isn't going to hurt you in any way career-wise because there are stories and experiences out there," he said. "Not everyone's story is the same."

However, Drinkwater said he's

incredibly excited by some of the ideas the Chief Master Sergeant of the Air Force is trying to implement. Drinkwater said if the changes come about, he thinks more Airmen would be open to seeking mental healthcare.

He said, "At the end of the day you have to take care of yourself and your troops, and the people that work for you and with you. And again at the end of the day, you have to put yourself first. Life is more than just career, but it shouldn't be one or the other."

Still stationed at Lakenheath as a contracting officer, Drinkwater no longer needs medication for his depression. He has made some major changes in his life, including stopping excessive drinking, working out more and losing weight. He has also found a new passion for art photography, trading what he called his bad habits for something more expressive and creative. He is also ready to talk to anyone who will listen about his experiences with mental healthcare in order to help break the stigma surrounding it.

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Monday, October 7 - Friday, November 8

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# AFRL tests life-saving tool to add to aeromedical tool kit

GINA MARIE GIARDINA, AIR FORCE RESEARCH LABORATORY

WRIGHT-PATTERSON AIR FORCE BASE, Ohio

Name this technology. Medical professionals walk around with them draped around their necks or tucked in the pocket of their white coats. That's right! A stethoscope.

Most learn at an early age how these work—putting the ear pieces into the ears and placing the small circular piece over the heart to listen closely.

Stethoscopes are acoustic medical devices designed to listen to the internal sounds of the human body such as the heart, lungs, intestines, or the blood flow in arteries and veins. According to medical experts in the Air Force Research Laboratory's 711th Human Performance Wing, this is a go-to tool for early diagnosis and can save lives.

"If someone were to drop me on an island with injured people and I only had one medical tool, I'd choose the stethoscope," explained Dr. Melissa Wilson, nurse scientist in the 711HPW. "We can use it to listen to the heart and lungs, but it is a multipurpose tool that can also be used to listen to the bowel and blood pressure, among other uses. Sometimes we can hear problems before we can see them."

In an environment such as a hospital or doctor's office, noise isn't a concern; a basic stethoscope will work. But when military members are injured down range, their first "hospital" is in the middle of a field or inside of a very loud cargo plane such as a C-130 or C-17—while it's up in the air.

So what happens when medical personnel need to listen to these internal sounds to monitor and treat their patients in such

deafening environments? Up until recently, they did not have a tool for this.

"Typically when we use a stethoscope, it just amplifies the sounds within the patient," said Charles Harding, a 711HPW biomedical engineer. "But in high noise environments, all sounds are amplified and we can't hear the patient. For example, if we're in the back of a helicopter, we'd just hear helicopter noise."

This team of researchers decided to reintroduce stethoscope technology in a more advanced way. They are optimizing and testing a commercially available wireless stethoscope that will not only enable medical personnel to listen and diagnose, but also record sounds for purposes such as second-opinion diagnosis and training. Further, because they are wireless, these Bluetooth-capable devices can be left on a patient for monitoring while the technician, nurse or doctor tends to other patients.

"The idea with this new technology is that if we can modify the common stethoscope for a military environment, not only can medical personnel use it to address heart and lung issues, but also other diseases that are internal with symptoms that are not visible," explained Harding.

"Many times symptomology is internal before it's external, so an earlier diagnosis means quicker interventions to help injured warfighters."

A basic task such as feeding a critically injured patient with a feeding tube can pose a threat without a stethoscope because the tube could get dislodged and move into the lungs. Feeding tubes in the field are difficult to maintain because of

the constant movement of the patient, explained Wilson. "This technology gives information to the clinicians so they can maintain placement of the tube – information that they didn't have before."

The new device, created by ThinkLabs, has filtering technology. With five different filters, it has the ability to filter out certain sounds, leaving only what needs to be heard inside the patient, explained Harding. "Of the five filters, there are two heart filters, which work to isolate only heart sounds; two lung filters, which target the inhale and exhale movement of air sounds; and a broadband filter, which allows medical crews to record sounds for second opinion diagnoses as well as training.

"The broadband filter is a great tool for what we call TM3—telemedicine, telemonitoring, telementoring. We can record the sound and quickly send it off to another medical professional to get their assistance or advice," said Harding.

The 711HPW team continues to work on additions for this new piece of technology. They are looking into options for multi-patient monitoring – a wireless stethoscope on every patient in the cargo bay with a central monitoring device. Also, they are looking into building new filters for additional noise and vibration. Wilson explained that when the device is first put on a patient, there's a delay because the device is "reading the room" to learn and filter ambient noise so the sound in the device is clearly heard.

"Our future hope is that we can train the device in the environments we train and work in," she said. "So if we know

we're transporting on a C-17, then our plan would be to have those noise profiles loaded in and proactively filter out everything except the patient. This could be accomplished for every airframe we transport patients on."

The new stethoscope, which has been flight tested, is currently

undergoing additional noise and vibration research.

"This innovative medical tool will help Department of Defense aeromedical professionals better treat injured warfighters, and transport them back home to their loved ones," said Wilson.



While testing the new wireless high-noise filtering stethoscope, Maj. Daniel Bevington, a nurse researcher in the 711th Human Performance Wing of the Air Force Research Laboratory, places the device on a mannequin's chest to listen to internal sounds.



The new wireless high-noise filtering stethoscope that is being tested by researchers in the Air Force Research Laboratory's 711th Human Performance Wing, is displayed during a testing session. The device was developed by ThinkLabs.

U.S. AIR FORCE PHOTOS | RICHARD ELDRIDGE

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# Global patient movement: moving America's ill and injured warfighters safely, securely, soundly

MICHAEL P. KLEIMAN, U.S. TRANSPORTATION COMMAND

SCOTT AIR FORCE BASE, Ill. (AFNS) --

Every day, the U.S. military conducts an average of 35 aeromedical evacuations, transporting sick and wounded active-duty service members, as well as other patients from around the world, to locales with appropriate medical treatment facilities.

Serving as the Department of Defense's single manager for global patient movement, one of its five Unified Command Plan responsibilities, U.S. Transportation Command executes this critical mission through the U.S. Air Force's aeromedical evacuation system, which provides safe, secure, and sound in-flight health care to the ill and injured transiting the skies.

"Global patient movement and warfighting readiness go hand in hand. For example, our aeromedical evacuation professionals comprehensively assist more than 500 patients with various levels of medical care per month," Col. John

Andrus, director, USTRANSCOM Command Surgeon Directorate said. "Similar to a symphony orchestra that consists of numerous musicians playing in harmony to generate incredible sounds, the global patient movement process also features many moving parts, which come together in unity to enable and ensure superior in-transit medical support to America's warfighters."

The initial phase of the global patient movement process begins with a decision by the treating medical team that a patient needs to move to a higher level of care. Next, the involved senior medical authority requests patient movement through the USTRANSCOM Regulating and Command and Control Evacuation System, the DoD's automated electronic information tool utilized by the Three USTRANSCOM Patient Movement Requirements Centers. These facilities are known as TPMRC- Americas, Scott Air Force Base, Illinois; TPMRC- East,

Ramstein Air Base, Germany; and TPMRC- West, Joint Base Pearl Harbor-Hickam, Hawaii.

Then, the appropriate TPMRC receives and validates the requested requirement. During the validation process, a flight surgeon determines the individual's capability to fly and if allowed to do so, ensures the availability of an attending physician and a bed at the destination. They also address flight specifics including altitude restrictions, patient positioning and special equipment. In addition, the servicing TPMRC coordinates other support such as enroute care and ground transportation to the accepting medical treatment facility.

A standard aeromedical evacuation flight crew consists of two flight nurses and three technicians. When moving America's ill and injured warfighters safely, securely and soundly, they require a specialized in-transit support team. The Critical Care Air Transport Team, comprised of one physician, one

intensive care unit nurse and one specially-trained respiratory technician. The CCATT team can assist up to four patients.

"A majority of our patient movement requirements come from U.S. Central Command, U.S. European Command, U.S. Indo-Pacific Command and U.S. Northern Command. We're responsible for the management of these patients globally. On the other hand, for patients located in austere places, a contract conveyance such as International SOS, provides aeromedical evacuation support," Lt. Col. Sean Wilkinson, chief, Global Patient Movement Integration Cell, USTRANSCOM Command Surgeon Directorate said. "The TPMRC ensures the appropriate level of care is maintained throughout the global patient movement system. For example, we make sure an advanced cardiac life support ambulance is waiting at the destination for an in-transit, critical care patient."

In his position, Wilkinson, a 28-year career airman and advanced practice nurse, serves as a unifying hub in the global patient movement system, connecting information generated by the TPMRC and subsequently relaying the data to the USTRANSCOM director of operations and to Andrus for their decision(s). As the connector of the system's (global patient movement) many moving parts,

he likens his role to that of a conductor leading an orchestra as per Andrus' quoted example.

Wilkinson is also the lead global patient movement planner for defense support of civil authorities. Following Hurricane Dorian's devastation of the Bahamas earlier this month, he assisted in preparing MacDill AFB, Florida, and Scott AFB to host aeromedical evacuation personnel, aircraft and equipment from seven different bases readied to respond, but the call for support from U.S. Northern Command did not come.

Nevertheless, the global patient movement system continues to respond – every 90 minutes – in transporting America's ill and injured warfighters safely, securely and soundly wherever and whenever.

"The U.S. government will spare no expense to get patients back for definitive medical care," Wilkinson stated. "The global patient movement system is not replicated anywhere else."

USTRANSCOM exists as a warfighting combatant command to project and sustain military power. Powered by dedicated men and women, they underwrite the lethality of the joint force, advance American interests and provide the nation's leaders with strategic flexibility to select from multiple options and create multiple dilemmas for adversaries.



A critical care air transport team tends to a patient during a 20-hour direct flight from Bagram Airfield, Afghanistan, to San Antonio, Texas, Aug. 18, 2019. The service member was cared for by a joint service team of extracorporeal membrane oxygenation specialists, an aeromedical evacuation team, as well as a Critical Care Air Transport Team member, in order to maintain the highest level of care possible during transport.

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# 91st Missile Wing All Call



Members of the 91st Missile Wing attend an all call, where Col. Eric Little and Chief Master Sgt. Garrett Langston speak about upcoming wing events.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CALEB S. KIMMELL

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

- Lake Sakakawea elevation, Oct. 7 1,845.22 feet above mean sea level (MSL); 46,200 cubic feet per second (CFS) Garrison Dam average daily releases.

- Devils Lake elevation: 1,448.34 feet above mean sea level (MSL).

- Stump Lake elevation: 1,448.35 MSL.

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

- Devils Lake, Ed's Bait Shop, Devils Lake: Limited activity but, weather permitting, try shore-fishing in morning or evening hours. Boat anglers should work shallow along wind-blown areas in 10 feet or less with swim baits or crankbaits with cooler water temperatures.

- Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye, weather permitting. Try slip bobbers or vertical jigging in 0 to 30 feet. Some anglers still using slip bobbers, however.

- Lake Darling, Karma C-Store, Ruthville: Look for improving fall perch bite on Lake Darling but not many anglers out.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports although refuge remains open for shore-fishing in designated areas.

- Lake Metigoshe, Four Seasons, Bottineau: Little activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather limiting activity but prior to recent rains anglers were finding a fair fall walleye bite. Missouri River tailrace producing good salmon numbers. Try the pumping plant area if water is being moved from Lake Audubon into Lake Sakakawea by the U.S. Highway 83 embankment.

- Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Look for walleye success along the east end embankment of Lake Sakakawea near the pumping station as long as water is moved from Lake Audubon into Sakakawea. Try jigs and minnows or jigging Raps.

- Lake Sakakawea, Scenic 23, New Town: Fair to good walleye success in the upper end of the Van Hook Arm prior to recent wet, windy weather. Success is weather-dependent, however.

- Nontribal hunters hunting on nontribal lands within an Indian reservation are required to possess state hunting licenses. Refer to N.D. Game and Fish Dept. hunting guides or website, ([gf.nd.gov](http://gf.nd.gov)) for more details.

- Use caution when hunting with muddy road and field conditions. Be prepared to have to walk to set field decoys in some areas of the state and try to get permission even if land is unposted as a courtesy given wet conditions.

- Check U.S. Fish and Wildlife Service waterfowl baiting regulations regarding hunting waterfowl in unharvested or harvested fields.

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### DATES TO REMEMBER:

- Oct. 12: Pheasant and fall turkey seasons open.
- Oct. 20: Pronghorn season closes.
- Oct. 26: Mink, muskrat, and weasel trapping seasons open.

### Tournaments:

- Oct. 19: Lake Sakakawea, Fort Stevenson State Park..

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye. Try crankbaits, spoons, or bobbers and nightcrawlers from shore for a mix of walleye, trout, and catfish. Some salmon mixed in. Success is a bit inconsistent, though. Look for more walleye at night. Try the boat ramp, off the rocks, or spillway pond. Chutes continue producing 3-way swivels and plastics from boats. Spillway pond inconsistent from boats depending on water releases. Look for catfish from the east end of Lake Sakakawea but look for walleye success around the pumping station with water coming from Lake Audubon into Sakakawea. Salmon activity slow.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Weather-permitting, anglers finding some walleye success between Lund's Landing and Lewis & Clark State Park in shallow water with jigs and minnows or creek chubs

- Lonetree WMA area lakes, Harvey: No activity on area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports.

### Hunting:

- Pheasant: Pockets of fair bird

numbers around the midsection of Lake Sakakawea, west-central, and northwest N.D. Continued fair grouse activity around central N.D. Look for better pheasant numbers in that region, as well. Upper Souris NWR opens Oct. 12 in Unit 1 for pheasants but the rest of the open areas remain closed to upland hunting until after deer gun season.

- Pronghorn: Fair opening weekend success.

- Waterfowl: Fair to good numbers of local birds throughout much of the state's waterfowl region but recent wet weather creating areas with abundant sheet water, spreading birds out. Some ducks starting to trickle into the northern tier of the state in the Bottineau area but limited movement elsewhere yet. Muddy conditions and limited harvest creating access issues in some areas, including around Wells County, Devils Lake, and throughout much of the eastern half of N.D. Birds spending a lot of time in unharvested fields and on the sheet water.

### Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

- Report All Poachers: (800) 472-2121 or (701) 328-9921.

## Traeger Jerk Shrimp

BY DENNIS THE PRESCOTT



### INGREDIENTS

- 1 tbsp Brown Sugar
- 1 tbsp Smoked Paprika
- 1 tsp Garlic Powder
- 1/4 tsp Ground Thyme
- 1/4 tsp Ground Cayenne
- 1/8 tsp Smoked Paprika
- 1 tsp Sea Salt
- Zest of 1 Lime
- 3 tbsp Olive Oil
- 2 lbs Shrimp, peel on

1) Combine spices, salt, and lime zest in a small bowl and mix. Place shrimp into a large bowl, then drizzle in the olive oil. Add the spice mixture and toss to combine, making sure every shrimp is kissed with deliciousness.

2) When ready to cook, set the temperature to 450°F and preheat, lid closed for 15 minutes

3) Arrange the shrimp on the grill and cook for 2-3 minutes per side, until firm, opaque, and cooked through.

4) Serve with lime wedges, fresh cilantro, mint, and Caribbean Hot Pepper Sauce. Enjoy!

5) Click to learn more about Pro Team member Chef Dennis The Prescott. Check out more of his recipes and photos on his Instagram @DennisThePrescott.

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Ryan Davy-GM  
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MINOT, N.D. – When it was time for Dominica Granada to take the national criminal justice area concentration achievement test, or ACAT, achieving a top score was the last thing on her mind.

Instead, she was looking forward to finishing the capstone class for her criminal justice major.

“When I took the test online, I received my results a couple minutes after I finished it,” Granada said. “I was like, all right, that looks like a good score, so let’s wrap this class up.”

Little did she realize it was one

of the best in the nation.

“Dominica scored in the 99th percentile, which means she scores in the top 1% nationally,” Gary Rabe, chair of the criminal justice department at Minot State, said. “She was compared to 1,196 students who were administered the same test from across the U.S.”

The ACAT is a national exam that assesses student learning in six categories: correction processes, criminal justice systems, criminal law, criminology, juvenile justice, and law enforcement.

This isn’t the first time the department has ranked high on the test. In 2018, criminal justice majors scored in the top 8% nationally.

“On average, our students score consistently in the top 10 to 15% nationally,” Rabe said.

# Granada finishes up top

“As freshmen our students score in the lower third compared to their peers across the country. We are most proud of the growth our students achieve as part of our program. This demonstrates that we have a strong curriculum taught by a highly trained and dedicated faculty.”

Granada thinks the key to success on the ACAT is showing up.

“You either know it or you don’t,” the criminal justice and sociology double major said. “To make it easier on yourself, just show up for your classes because it’s the easiest way to just passively take in all that knowledge. It’s a test of what you should have been learning the whole time. If you’ve been enjoying your classes and remembering what you’ve heard

and talked about, don’t stress.”

Passive listening isn’t the only key to her success, however.

“Dominica is a highly intelligent, articulate, and dedicated student,” Rabe said. “It was always a pleasure to have her in class and she made it easy to teach, and she elevated and brought out the best in the other students in class.”

With her criminal justice coursework completed, the Culbertson, Montana native is now finishing her sociology requirements and creating time to explore a new area on campus. While she has dabbled in watercolors the past couple years, her craft has been self-taught. Her last semester at Minot State seems like the perfect time to hone her hobby.

“I’m taking an art class for fun, a painting class,” she said. “I’ve never had a class where I wasn’t taking it because it wasn’t a requirement, I’m really excited.”



Dominica Granada



## Calling all Ghouls, Ghosts and Goblins!

Northwoods Candy Emporium and the Paranormal Investigators of North Dakota are looking for volunteers to help scare and act as various spooktacular freights for their The Asylum of Fear. The Asylum of Fear is a haunted house experience at the Dakota Square Mall. The Asylum runs from 7pm-11pm on the 18th, 19th, 24-26th and of course on Halloween proper. There will also be a soft opening on the 17th from 8-10pm.

Currently there are positions open for volunteers to act as clowns, monkeys, dolls, zombies and ‘bodies.’ Some costumes will be provided. Volunteers will need to contact Wendy Kimble at [wkimbleart@gmail.com](mailto:wkimbleart@gmail.com) for further instructions.

A portion of the proceeds will support the Taube Museum of Art, a non-profit organization. Contact Rachel Alfaro, Executive Director, or Wendy Kimble Asylum of Fear Director for more information.

## Houses Needed for Tour of Homes!

Every house has a story to tell. Why not tell your story? The Taube Museum of Art is planning the 2019 Tour of Homes for December 7th. We want you! It is your turn, no excuses, be part of Minot and have fun. Get your friends to do it too. You’ll make this year spectacular. Share your Christmas traditions or maybe a collection, a special piece of furniture or grandma’s china. It is fun, exciting and your home will be ready for the season to enjoy with family and friends. Be an active part of our community. We’re waiting to hear from you soon.

Those interested please contact the Taube Museum of Art at your earliest convenience.

## Art through the Seasons!

Annual Fall and Winter Art Classes at the Taube Museum

The Taube Museum of Art is currently offering a variety of art classes for the 2019 fall and winter season. A Start in Art is an annual program, which runs twice a month from September to May. Children listen to stories or meet animal friends from Roosevelt Park Zoo, then create a hands-on related art project. Art

All Around is a step above your traditional art class. Classes are geared towards students with an interest in further art exploration! Family Paint Saturdays, are offered once a month for a unique child and parent painting experience. We always have great art opportunities happening

down at the Taube. Like Us on Facebook to stay on top of all the latest experiences! Check out our brochure for upcoming dates.

For more information about classes at the Taube Museum of Art:

Call: 701-838-4445

Email: [taubeeducation@srt.com](mailto:taubeeducation@srt.com)

# ON-BASE SCHOOL BUS MEETING

## 29 OCTOBER • 11 AM AND 6 PM

### BASE THEATER

The School Liaison Office will be holding a briefing regarding bussing for families of students who will be utilizing on-base service for Dakota Elementary, Memorial Middle and North Plains Elementary schools.

A representative from the bus company will be present to provide pertinent information and answer questions.

For more information, call the Youth Center at 723-2838







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# CREATIVE KIDS CLASS

AT MINOT AFB ARTS & CRAFTS

## OCTOBER 17TH

10:30 AM - 11:00 AM  
AGES: 3-5 COST: \$5.00

DECORATE YOUR VERY OWN PUMPKIN FOR HALLOWEEN!

PLEASE SIGN UP AT LEAST 1 DAY PRIOR TO CLASS

723-3640




# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> www.littleflowerminot.com</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Leaders Service ..... 10 a.m. Saturday Vespers..... 5 p.m.</p>	<p><b>St. Philomena's Catholic Church</b></p> <p>306 3<sup>rd</sup> Ave North Glenburn - 9 miles North of MAFB</p>  <p><b>Sunday Mass - 8:30am</b></p> <p><b>Fr. Jady Nelson</b> St. Leo's 701-838-1026</p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> MinotBibleFellowship.org</p>
 <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> www.faithumcminot.com</p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> www.ecominot.org</p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p><b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast ..9:30am</b></p> <p>Please join us, all are welcome here!</p>  <p><b>UNITED CHURCH OF CHRIST</b></p>	 <p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b> Reverend Philip Beyersdorf</p>
 <p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:30 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled), 7:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> www.ibcminot.org</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 am Wednesday Worship ..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b> <b>Pastor Intern David Myers</b></p>	<p><b>First Baptist Church</b></p>  <p><b>200 3rd St. SW • 852-4533</b> www.fbcminot.org</p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Josh Huseby, Worship Arts</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Cross Roads Baptist</b></p>  <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
 <p><b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service .... 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p><b>Pastor Jennifer McDonald</b> www.vincentumc.com</p>	<p><b>OUR REDEEMER'S CHURCH</b></p> <p><i>A Church of the Lutheran Brethren</i></p> <p><b>Thursdays:</b> Worship..... 6:30 p.m.</p> <p><b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: www.ourredeemers.org</p> 	<p><b>Chapel Services at MAFB</b></p> <p><i>Protestant (North Plains Chapel in Base Housing)</i></p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 &amp; 1700 Daily ..... Monday-Thursday at 1200</p>	<p>ADVERTISE YOUR</p> <h1>Church</h1>	
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p> <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p><b>Advertise FOR ONLY \$7 PER WEEK</b></p> <p><b>Revisions MADE UPON NOTICE FROM THE CHURCH</b></p> <p><b>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</b></p> <p>VIEW OUR PAPER ONLINE AT <b>NORTHERNSENTRY.COM</b></p> <div style="border: 2px solid black; padding: 10px; width: fit-content;"> <p><b>CONTACT US</b></p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div>		

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## ANNOUNCEMENT

**7TH ANNUAL MINOT COIN CLUB SHOW**, October 19-20. Saturday 10-6, Sunday 10-3 at Sleep Inn Minot, Door Prizes, Free Gifts for Kids, DAILY GOLD COIN GIVEAWAY, 30 Dealer tables buying and selling coins, currency, tokens, precious metals and more, 701-833-7979

wk42

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

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GREAT LOCATION! - \*2 Bedroom, 1.75 Bath Townhouse \*2 Car Garage \*Over 1400 sq. ft. \*Quiet Cul de Sac \*Close to Shopping, Restaurants and Schools \*Open Concept \*Master Bedroom with Walk-in Closet \*Maintenance-free Porch \*Sprinkler System

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GREAT NEIGHBORHOOD! - \*3 bedroom, 2 baths \*Located in new Silver Springs development area \*3 Stall Garage \*Open Concept \*Top End Appliances \*Main Floor Laundry \*Large Pantry \*Lots of Storage \*Vaulted Ceilings \*Deck in Back

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MLS #191567



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721-3837  
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## BASE ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** is now registering for the Fall 2019 term (14 Oct-15 Dec). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to [minot@erau.edu](mailto:minot@erau.edu). To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

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### ANSWERS

#### SUDOKU ANSWERS

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

Answers to puzzle from page A4

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# Air Force reduces barriers for pregnant aviators

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) – The Air Force recently updated a policy to reduce restrictions on pregnant women who perform flight duties.

Effective immediately, remotely piloted aircrew, missile operations duty crews and certain fully qualified pilots are authorized to perform their assigned duties during pregnancy without a medical waiver.

“We recognize that each pregnancy is as unique as our professional female aviators we trust to operate our weapon systems,” said Lt. Gen. Dorothy Hogg, Air Force surgeon general. “We’re empowering women to work closely with their obstetrician and flight medicine providers to pick a path that is tailored to their individual needs, while ensuring we’re doing everything to support them throughout their pregnancy.” Hogg further explained that

no Airman will ever be forced to fly while pregnant, even those pregnancies deemed as uncomplicated by medical professionals. Airmen who have pregnancies without complications and choose to continue to fly may change their mind at any time.

The change, reflected in the Medical Standards Directory, is one of several policy adjustments made in recent months intended to remove obstacles female Airmen face when considering long-term service in the Air Force.

“We are also reviewing occupational hazards in the aviation environment to see if we can open up the opportunities for trained aircrew to perform flight duties on the full portfolio of Air Force platforms,” said Lt. Gen. Jacqueline D. Van Ovost, Air Force director of staff and advisor on the Air Force’s Diversity and Inclusion efforts. “We’re focused

on eliminating barriers in our existing policies that signal to female Airmen and potential recruits that becoming a parent and being an aviator, controller or missile operator in our service are incompatible.”

This latest move eliminated a standardized regulation regarding pregnancy and created a policy that’s fully informed by the member’s individual situation and the advice of her professional medical team.

“Pregnancy is a planning factor that our Air Force policy makers and line commanders need to incorporate into daily business,” said Lt. Gen. Mark Kelly, Air Force deputy chief of staff for operations. “As more women join the aviation workforce in the 21st century, we are taking proactive steps to ensure that our policies are revised now — to effectively execute the mission, retain our current workforce and

attract the next generation of Air Force aviators.”

Changes were made to the existing process for Airmen who are fully qualified to fly, which expanded the time parameters for flying while pregnant, eliminated the requirement for a higher headquarters waiver (for Airmen with uncomplicated pregnancies to be able to return to flight), and delegated authorities regarding the issue down to the local level.

“I am excited that our trained aircrew now have expanded options to continue maintaining their flying proficiency and essential qualifications in the air during pregnancy,” said Lt. Col. Jammie Jamieson, Air Force chief of reserve operations integration, fighter pilot and member of the Air Force Women’s Initiative Team. “Flying is a sport and a perishable skill, so being able to minimize time out of the air helps preserve their

individual skills and readiness, and retains the Air Force’s significant investment in them.”

Jamieson, who was the first operationally qualified female F-22 Raptor pilot assigned to a combat coded unit and is a parent of three, stressed the importance of ongoing policy reform.

“I’m really proud to be part of the team supporting the CSAF’s (Air Force chief of staff’s) vision for our Air Force to better represent the demographic and cultural diversity of the nation we are privileged to serve,” Jamieson continued. “The Women’s Initiative Team has done a lot of work this past year to tackle many of these policy barriers. Destigmatizing pregnancy across the aviation workforce is essential in attracting female citizens to join our Air Force team.”

Worldwide mobility restrictions applied to all Airmen during pregnancy remain in place.

## WHAT’S GOING ON MAFB

### TODAY

- Don’t Forget to Register for Best 4 Game Tournament at Rough Rider Lanes
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Keystone Resiliency Challenge – School Age, 1600, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Rocktoberfest, 1900-2300, Jimmy Doolittle Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Late Night Members ½ Price Appetizers, 2100-2300, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

### TUESDAY

- Last Day to Register for Pinterest Party at Arts & Crafts
- Registration Opens for Wine & Paint Class at Arts & Crafts
- Don’t Forget to Register for Free Ice Fishing Class at Outdoor Recreation
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Off-Base Budget Class, 1430-1600, A&FRC
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Zumba, 1800, Fitness Center
- Swerk, 1900, Fitness Center

### WEDNESDAY

- Last Day to Register for Creative Kids Class at Arts & Crafts
- Circuit Training, 0530, Fitness Center
- Boots to Business, 0800-1630, A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, A&FRC
- Story Time, 1030, Base Library
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Minot Public Schools Early Release Day, 1300, Youth Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Squadron Extramural Bowling, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

### SATURDAY

- For a full listing of Columbus Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Ghosts and Ghouls, 1300, Base Library
- 3D Basics Class, 1300-1600, Base Library
- Columbus Day Bowling Special, 1400-2000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

### SUNDAY

- For a full listing of Columbus Day holiday weekend facility hours, visit 5thforcesupport.com
- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill

### MONDAY

- For a full listing of Columbus Day holiday weekend facility hours, visit 5thforcesupport.com
- Columbus Day Lunch Special, 1030-1330, Dakota Inn Dining Facility



### UPCOMING EVENTS:

- Key Spouse Initial Training, 0800-1400, A&FRC **18 Oct**
- Youth Programs Winter Paintball/Archery Tag Camp, 0900-1200 at Youth Center
- Swerk, 0915, Fitness Center
- Dragon’s Indoor Sprint Duathlon, 1130, Fitness Center
- Pinterest Party, 1300, Arts & Crafts
- Keystone Resiliency Challenge – School Age, 1600, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Keystone & Torch Club Retro Arcade Night, 1700-2100, Youth Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
- Give Parents a Break, 1800-2200, Child Development Center & Youth Center
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Free Country Line Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Center
- Country Line Dance Social, 2000-2300, Ground Zero Lounge in the Jimmy Doolittle Center
- Teen #WEOWNFRIDAY, 2000-2200, Youth Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Late Night Members ½ Price Appetizers, 2100-2300, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- Cycle, 0900, Fitness Center **19 Oct**
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

#### Bomber Bistro

##### October Special

**Thursday Lunch Special:** Teriyaki Chicken Bowl  
Steamed broccoli, baked chicken, and optional sautéed onions & mushrooms drizzled with homemade teriyaki sauce over white rice! Try it on Thursday during lunch while supplies last for \$9.25 — includes a drink!

#### The B-Fifty Brew

**October Special:** Frittata  
Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!

#### Auto Hobby

##### October Special

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**Maker Monday:** Mondays 10:30 am, 3-6 year olds  
**After School Kids:** Mondays 3:45 pm, grades K-5  
**Smart Set:** Tuesdays 10:00am, 2-5 year olds & caregiver  
**Whimsical Wednesday:** Wednesdays 10:30am, 3-6 year olds  
**Baby Play:** Fridays 10:00 am, 6 months-3 year olds & caregiver  
**READ dogs:** first Tuesday of the month, 4:00 pm  
**Legos Club:** second Tuesday of the month, 7:00 pm  
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