

northern sentry

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WHATS INSIDE THIS WEEK:



AFTERMATH OF LIFE AFTER TBI

A2



BUILDING HEALTHY RELATIONSHIPS

B6



TIPS FOR THE LAST WEEK OF DEPLOYMENT

B2



CFC DONATION SIGNING

From left, Col. Glenn Harris, 91st Missile Wing commander, and Col. Bradley Cochran, 5th Bomb Wing commander, donate to the Combined Federal Campaign at Minot Air Force Base, North Dakota, October 9, 2019.

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



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Videos

Airman recounts painful aftermath of life after TBI

JESSICA MANFRE

A retired Airman is revealing his personal struggles with traumatic brain injury in hopes of encouraging others to seek help.

Retired Air Force Master Sgt. Adam Boccher was injured during a deployment overseas in 2006 while mounting a weapon on a Humvee for patrol. He heard a rocket launch and knew it was heading straight for him. There were just seconds to make it to safety by getting low to the ground or be riddled with shrapnel. He dove off the top of the Humvee, sustaining an injury that changed the course of his life and that of his family.

Boccher knew something was wrong as soon as he returned stateside, but chalked it up to a long and hard deployment with tough jobs as an agent with the Office of Special Investigations. He thought time would help him adjust until he began experiencing sensitivity to light and noise, and then the nightmares started. He would wake up kicking and punching his wife, Brittany. He convinced himself and Brittany that it would get better in time.

"This is something I'll work through and figure out. This stays between us," he said to her. He adds, "I put that on Brittany, I did that. That's on me, it wasn't right."

He says this code of silence between military couples is a common theme.

"You are scared that if you speak up you'll lose your clearance or even your ability to be in the service, so you stay quiet and you expect your spouse to do the same," he said.

Boccher continued his work as an OSI agent within the major crimes unit. Day in and day out he was exposed to the worst of humanity. If he undressed in the garage before coming into the house, his wife knew that meant there had been a suicide or homicide. There were times command would

address the agents as a group to say if anyone needed to take time due to the case being especially difficult, they could. But the agents would all look at each other and go right back to work. None of them wanted to be that one person going into the command's office because of fears of how it would look or what it would mean for their jobs. So, they boxed up the trauma and kept going onto the next case.

During this time of turmoil for the Bocchers, the couple was also trying to have a family. A few days after their third miscarriage he got a call from a detective in Colorado Springs, Colorado, that would fracture what little he had holding things together. An Airman had beat his 7-week-old baby to death. As he describes the eventual autopsy he had to sit through of baby Enzo, tears rolled down his cheeks.

"I couldn't talk to Brittany about it. Everyone in the office was new, they were looking to me to see how I would handle myself. How I moved forward was going to be how they moved forward. I wanted to do something, but instead I tucked it away and tried to move on. But those kind of cases, they just kept coming," he said.

Boccher's mental health continued to deteriorate, even after the couple's hopes of having children were answered with the birth of two babies. He began to drink as a way to numb out the negative thoughts in his head and sleep at night. Pretty soon he was avoiding his family, leaving before they got up and coming home from work when they were in bed. It wasn't until he was discovered passed out behind the wheel of his truck and got arrested that things changed. He was immediately put into the medical treatment he desperately needed through the Air Force Wounded Warrior

Program, a Congressionally-mandated and Federally-funded organization tasked with taking care of U.S. Air Force wounded, ill, and injured Airmen, veterans, and their families.

AFW2 assigned Boccher a recovery care coordinator who evaluated his records all the way back to that first deployment. His symptoms and subsequent tests led to a diagnosis of a traumatic brain injury from the fall off the Humvee. With his TBI came the diagnosis of rem sleep behavior disorder, which was what was causing him to act out his dreams violently. He was also diagnosed with chronic post-traumatic stress disorder.

The program itself aims to get Airmen back to service, but unfortunately Boccher's injuries were not compatible with continuing an active-duty career. Though he admits disappointment that he had to retire, he credits AFW2 with saving his life. AFW2 allowed him to retire with dignity and with his clearance intact, he says.

"Other services would benefit substantially from a program similar to the Air Force that would fit within the needs of their mission set. They are all hurting just as much as we are," he said.

He implores Airmen to trust the program and the people who are there, including himself. Boccher now shares his story as an AFW2 ambassador, hoping others will know they aren't alone.

"It's such a critical moment, the moment someone reaches out and needs help. That's oftentimes the moment between whether someone lives or dies," Boccher added.

Visit Air Force Wounded Warrior Program to learn about the services that are available.

This article originally appeared in Military Families Magazine.



Adam Boccher, a retired Air Force master sergeant, is a program ambassador for AFW2.

TRANSCOM PUBLIC AFFAIRS PHOTO



Boccher with his wife Brittany.

SUBMITTED PHOTO



Boccher retired from the Air Force earlier this year.

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MCEC Awarded Grant from The USAA Foundation, Inc. to Launch SchoolQuest™

Digital Tool Supports the Academic Progress of Military-Connected Children

MILITARY CHILD EDUCATION COALITION

The Military Child Education Coalition (MCEC) received a three year grant from The USAA Foundation, Inc. to underwrite SchoolQuest™, an innovative, user-friendly, web-based tool designed to enlighten and empower the parents of military and veteran-connected children. SchoolQuest™ will enable parents from all branches of the military to prepare themselves and their children to mitigate the educational challenges associated with frequent moves and other unique stressors of a military lifestyle that might otherwise adversely affect their academic success. This inventive parent resource will not only provide critical information but will also allow parents to develop a highly individualized academic journey map for each child.

An idea that originated with MCEC President and CEO, Dr. Mary Keller, SchoolQuest™ will be an interactive virtual hub where parents of students in grade 6 through the first year of college can find information, tools, and resources centralized on a single platform. The creation of SchoolQuest™ is based on several studies in which MCEC has been involved, including "Mitigating the Impact of School Mobility," a study commissioned by MCEC, conducted in 2018 by The Center for Public Research and Leadership at Columbia University and underwritten by the Chan Zuckerberg Initiative.

The study was designed to understand the adverse effects of repeated school moves on student performance and emotional well-being. A key finding in the study emphasized the importance of a smooth and efficient enrollment process in helping students transition to a new school. Leveraging technology to break new ground in this area, MCEC believes there is an opportunity through SchoolQuest™ to compile in one location the questions parents may not even know to ask and the resources they need to address the challenges their children face due to mobility related to the military lifestyle.

According to Dr. Keller, SchoolQuest™ will "assist parents in becoming their child's best advocate by providing critical information in a timely and convenient way to support their military-connected students through frequent school transitions which can impact their K-12 experience."

"We know when military personnel serve, their whole family serves, too. The USAA Foundation, Inc. is humbled to be able to support this groundbreaking, first-of-its-kind tool for military children," said Harriet Dominique, senior vice president of Corporate Responsibility and Community Affairs at USAA and President of The USAA Foundation, Inc. "That's why USAA's corporate responsibility strategy prioritizes

support for military children and their well-being," said Dominique.

As the primary users of SchoolQuest™, military parents' feedback will figure prominently at every phase of the platform's development. A parent working group will be created comprised of military-connected parents who have experience working with the MCEC Parent to Parent™ program, as well as others who come from all branches of military service. The working group will have a significant role in the development of the platform, provide feedback and participate in the pilot phase to test, refine and improve the tool.

"The parents of military and veteran-connected children face a multitude of challenges when it comes to making sure their children have the most successful academic career possible. When you consider that most military-connected children change schools between 6 and 9 times before they graduate high school, coupled with the challenges of navigating states' different graduation requirements, a tool designed with military families in mind is critical," said Judy Glennon, Parent to Parent™ program manager.

MCEC has contracted with Monkee-Boy, an award-winning digital strategy, design, marketing, and execution agency based in Austin, TX, as its lead technology partner for the project.

Anticipated to launch as a pilot prototype in late 2019, this tool is expected to benefit military families worldwide.

Established in 1998, MCEC is a nonprofit organization that solely exists to help military-connected children and youth thrive. The MCEC mission is to ensure inclusive quality educational opportunities for all military-connected children affected by mobility, transition, deployments and family separation.

The Military Child Education Coalition serves the children of those who serve us all and encourages efforts that strengthen our military children and ensure opportunities for their quality education.

The USAA Foundation, Inc.'s purpose is to lead and inspire actions that improve lives in the military and the local communities it serves. The USAA Foundation, Inc., a nonprofit organization, does not endorse or promote any commercial supplier, product or service. USAA is the sponsor of The USAA Foundation, Inc.



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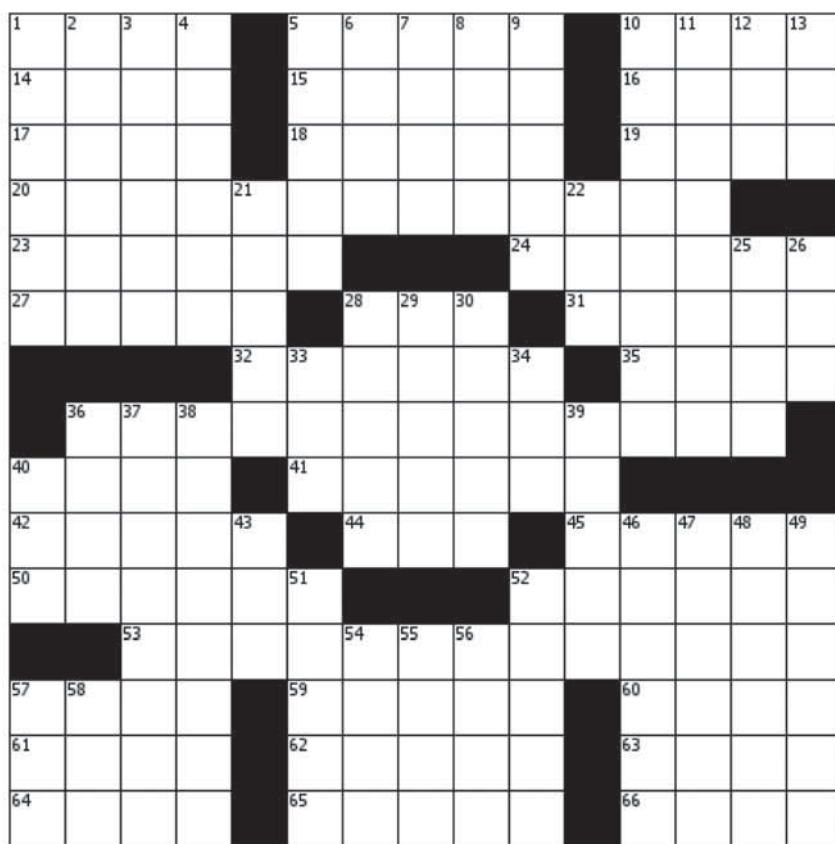
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CROSSWORD PUZZLE

Across

- 1. Tamblyn of "West Side Story"
- 5. Some former Yugoslavians
- 10. Vaulted church area
- 14. Body-structure sci.
- 15. Old enough to know better
- 16. One of the Persian Gulf States
- 17. "I ___ Kick Out of You"
- 18. Opera hero, usually
- 19. Brie covering
- 20. They follow patterns
- 23. Certain resident of Honshu
- 24. One way to get out of jail
- 27. Soda choice
- 28. ___ standstill
- 31. Lisa of "The Cosby Show" fame
- 32. Comics explosion sound
- 35. Repair
- 36. They follow patterns
- 40. Hoo-ha
- 41. Building front
- 42. Kramden or Nader
- 44. Spring month
- 45. "Water Lilies" painter Claude
- 50. First name in aviation
- 52. Place near to
- 53. They follow patterns
- 57. Stylish
- 59. Pertaining to oxen and goats
- 60. At the drop of ___
- 61. Where the heart is, proverbially
- 62. Sky blue
- 63. Schlep
- 64. Holiday nights



- 65. Neighbor of Saudi Arabia
 - 66. Pitcher often featured in still-life paintings
- Down**
- 1. Ames Brothers standard
 - 2. Fidgety feeling
 - 3. Despot ruler
 - 4. Library area
 - 5. Lustrous fabric

- 6. Biblical garden
- 7. Ladder step
- 8. Amorphous lump
- 9. Backpack part
- 10. Landing field
- 11. Jailhouse lawyer, for example
- 12. ___ Luis Obispo, California
- 13. Stopping point
- 21. Japanese verse
- 22. Collar
- 25. Nikon attachment
- 26. Posting at Dulles International (abbr.)
- 28. At right angles to the keel
- 29. Puccini opera
- 30. Perfect, at NASA (var.)
- 33. "Woof!"
- 34. Like Wonderland's hatter
- 36. Beer bubbles

- 37. Period of relaxation
- 38. Succeed in a career informally
- 39. Dangle a carrot in front of
- 40. Refrain syllable
- 43. Conspicuous success
- 46. Sleep-inducing medication
- 47. Absentee, as at the theater
- 48. Manor
- 49. Lab technician, perhaps
- 51. On the defensive
- 52. "As You Like It" forest
- 54. Primordial sludge
- 55. Egg, classically
- 56. Suffix with billion
- 57. Fidel's friend
- 58. ___ lane (rush-hour convenience)

SUDOKU Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

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

MALEFICENT:
MISTRESS OF EVIL (PG)
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SATURDAY, OCT 19 • 1700
SUNDAY, OCT 20 • 1500

“ Maleficent and her goddaughter Aurora begin to question the complex family ties that bind them as they are pulled in different directions by impending nuptials, unexpected allies, and dark new forces at play. ”



WHAT DO YOU GET FROM A PAMPERED COW?
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REEL TIME THEATER MOVIE SCHEDULE





TACO CUPS



Recipe courtesy of: www.dinnerwithzezo.com/taco-cups/

INGREDIENTS:

- 2 teaspoons olive oil
- 1 pound ground beef (90% lean)
- 2 tablespoons taco seasoning
- salt to taste
- 1 14 ounce can petite diced tomatoes drained
- 24 wonton wrappers
- 1 1/4 cups shredded cheddar cheese
- 1/2 cup sour cream
- 1/4 cup sliced green onions
- 1/4 cup diced fresh tomatoes
- cooking spray

INSTRUCTIONS:

- Preheat the oven to 400 degrees. Heat the olive oil in a large pan over medium high heat.
- Add the beef to the pan. Use a spatula to break up the meat, stirring constantly. Add the taco seasoning and salt to taste. You may not need to add salt if your brand of taco seasoning already contains salt.
- Cook the meat for 4-5 minutes or until cooked through. Stir in the canned tomatoes.
- Coat a 12 cup muffin tin with cooking spray. Place one wonton wrapper into the bottom of each muffin cup.
- Spoon approximately 1 tablespoon of meat into each cup and top with approximately 2 teaspoons of cheese.
- Place a second wonton layer on top of the cheese, then add the remaining meat and cheese across all the muffin cups.
- Bake for 10-15 minutes or until edges are browned and cheese is melted.
- Top each taco cup with a small dollop of sour cream and a sprinkle of green onions and tomato, then serve.
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Upcoming Events

19 OCT **7TH ANNUAL FALL HARVEST CRAFT & VENDOR SHOW**
9:00 AM - 4:00 PM
 Location: North Dakota State Fair Center
 2005 Burdick Expy E, Minot, ND

FREE Admission!! Face Painting!! FREE Pumpkins for children that are present only - Limited Supply
 Join us for the 7th Annual Fall Harvest Craft & Vendor Show with over 70 booths for shop & browse. Bring your Kiddos Dressed in their Costumes & Buckets for the Candy Lane of Treats (Booths with Tricks or Treats).



For more information:
 Facebook event/ Pennington's Craft Shows

19 OCT **7TH ANNUAL MINOT COIN CLUB SHOW**
10:00 AM - 6:00 PM
 Location: Sleep Inn & Suites 2400 10th St SW, Minot, ND

7th Annual Minot Coin Club Show. We are celebrating 60 years as a club! Coin dealers from the region will be on hand to sell, buy, trade and appraise coins, currency, gold and silver bullion, tokens, stamps and more! Daily gold coin giveaway, door prizes, free gift for kids, free reference materials, and free supplies. Admission: Adults \$2.00, Kids 17 and under FREE.



For more information:
 Facebook event/ Minot (ND) Coin Club

21 OCT **GYMAGIC MONDAY MORNING OPEN GYM**
11:00 AM - 12:00 PM
 Location: Gymagic Gymnastics 5645 18th Ave SE, Minot, ND

Please join us for an hour of open gym! Bring your little ones and let them run, climb and explore our big facility! The cost is \$5 per child, and children up to age 6 are welcome. You do NOT need to be a current member of Gymagic in order to attend. If you have not been to our new facility, our viewing area is located upstairs. Please leave all belongings in the entryway and all valuable items in your vehicle as we are not responsible for lost or missing items. Only water is allowed inside the gym area.



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

24 OCT **SIP & PAINT: HOCUS POCUS**
6:30 PM - 8:00 PM
 Location: Eventures 1800 22nd Ave SW, Minot, ND

Come out and have fun painting this iconic Halloween movie. No painting experience necessary as there will be templates and step-by-step instructions. Enjoy wine or soda pop with light snacks. Event will be held at Eventures which has ample parking, spacious and well lit interiors with Starbucks just steps away. Tickets are required. \$35 includes all your painting supplies and 1 free drink. Ages: 16 yr and older



For more information:
 Facebook event/ Nature's Nook Children's Toys & Books

25 OCT **HIGHAIR GROUND HALLOWEEN PARTY**
8:00 PM - 11:59 PM
 Location: HighAir Ground Trampoline Park 1210 4th Ave NW, Minot, ND

HighAir Halloween Party of endless jumping & spooky games October 25th from 8pm-1am. Ghoulish treats and haunting fun await! Wear your best costume. Reserve your spot TODAY by calling 701-837-5867 or stop in store @ 1210 4th ave NW. Ages 8-15 yrs old can attend @ the cost of \$30. *Limited spots available



For more information:
 Facebook event/ HighAir Ground Trampoline Park

25 OCT **MINOT FAMILY YMCA HOSTS HALLOWEEN FUN NIGHT**
5:00 PM - 7:00 PM
 Location: Minot Family YMCA 3515 16th St SW, Minot, ND

Sponsored by Blue Cross Blue Shield. Please join us for games, treats, costumes, a bouncy house, fun with Dizzy the Clown, and more! Panini's Plus is catering food for purchase, menu will be provided soon! *\$3 per child or \$15 for a family* Come in your costumes and enjoy tricks and treats here at the Y! Volunteers are always needed! Contact Andi at minotymca@ymcaminot.org or 701-852-0141 for more info!



For more information:
 Facebook event/ Minot Family YMCA

VINCENT UNITED METHODIST BAZAAR

SATURDAY, OCTOBER 26, 2019
9 AM - 2 PM

- * Lunch 11:00 am until gone *
- * Creamed Turkey on Biscuits* with salad, cranberries, dessert and beverage
- * Silent Auction until 1:00 pm
- * Baked Goods - Lefse, Bread, Kuchen, Pickles *
- * Vincent Vintage Shoppe & Crafts
- * Fresh Baked Caramel Rolls served at 9:00 am

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Building Healthy Relationships

MILITARY ONE SOURCE

Make your most important relationships even stronger. This new specialty consultation from Military OneSource helps you deepen relationships with family, friends and others through an education-based consultation.

Building Healthy Relationships offers coaching sessions, practical tools, resources and problem-solving techniques. This consultation is designed to be flexible and personable, and is available to you by phone or video.

Identify your goals and boost your relationships

Everyone can benefit from boosting a relationship or improving communication. Perhaps you're a parent who wants to create a stronger bond with your child. Or maybe you're looking for ways to develop your communication skills.

This consultation offers a variety of tracks that are customized to different relationship dynamics. Your consultant will help you identify the track or tracks that are right for you. The personalized coaching sessions, educational tools, resources and empowering skills will help you be at your best. Building Healthy Relationships consultation tracks are designed so that you can do them from the comfort of your home.

Building Healthy Relationships with Your Significant Other. This track focuses on providing educational resources, guidance on common issues couples can face being a part of the military culture and tools to support strong relationships. Consultations can

include both or one partner.

Healthy Parent-Child Connections. This track allows the parent to work with a consultant to identify relationship goals, with parents receiving education and resources to enhance these vital relationships. It is also possible for children to attend sessions with their parent as appropriate.

Communication Refreshers. Communication can be one of the most important parts of a healthy relationship. This track offers individuals or couples educational webinars, inventories and services to improve the way they communicate with one another. This is an excellent path for those seeking to enhance communication with a spouse, colleague or family member.

Staying Connected While Away. Part of military life can come with deployment and separations due to military duty. With this track, a consultant can assist service members or adult loved ones with identifying goals and resources to assist with emotional coping and keeping connected with that family member during these times.

Reconnecting After Deployment. When service members return from deployment, a major shift can occur for the entire family. This track is tailored to the unique period of reintegration by assisting service members and/or family members with identifying goals and providing materials that can ease stress and shape resiliency.

Blended Family. Couples may encounter new family dynamics when partners have children from



previous relationships. This track focuses on co-parenting as a way to build a solid leadership unit for the military family, accounting for unique experiences and dynamics. This is an excellent path for those couples who are trying to introduce civilian children to military life.

MilSpouse Toolkit. From education on military culture to navigating resources, this track is beneficial for new spouses who may be experiencing a disconnect from their family and need to identify a support system in their new community. This track focuses resources to assist new and current

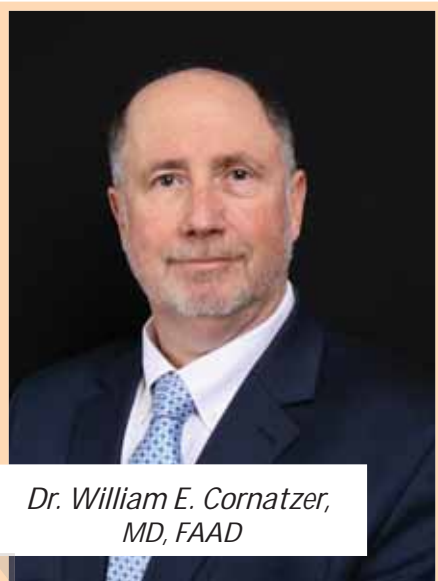
military spouses with adjustment to the military lifestyle, developing coping skills and resources for resiliency.

If one or more individuals do not speak English, your consultant can facilitate a three-way call for simultaneous language interpretation.

Start building healthy relationships

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October is National Bullying Prevention Month

PACER'S NATIONAL BULLYING PREVENTION CENTER

More than 1 out of every 5 students report being bullied.

National Bullying Prevention Month is a nationwide campaign founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and unites communities around the world to educate and raise awareness of bullying prevention. This campaign has grown from an initial week-long event in 2006, to a worldwide effort with thousands of individuals participating in multiple activities throughout October.

Hundreds of schools, major corporations, and many celebrities have joined the movement.

Take action to show that you care about kids being safe at school, online, and in the community.

Do you want to get involved? Here's how!

- Unite with others and add your name to the online petition
- Sign up for the newsletter to receive updates and information on new resources and initiatives
- Participate on social media by changing your profile image, tagging photos, and sharing bullying prevention posts
- Wear ORANGE on Unity

Day. That's the day everyone can come together — in schools, communities, and online — and send one big, ORANGE message of support, hope, and unity

Do you want to involve the whole school or community? Here are some effective ways!

- Raise awareness and increase understanding on how to prevent bullying by using our FREE creative activities and resources for K-12 students, educators, and parents. These are available online and easy to implement in your school and community
 - Register your school or organization as a Champion Against Bullying
 - Organize a Run, Walk, Roll Against Bullying in your community
 - Hold an event using PACER's new Create a World Without Bullying Resource Kit
 - Coordinate a fundraising project and donate to PACER's National Bullying Prevention Center
 - Inform media about activities in your community, such as how your school will be celebrating Unity Day
- Learn more at PACER.org/Bullying



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19

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Create a World Without Bullying | PACER.org/bullying

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WINTER SURVIVAL TIP

WINTER DRIVING 101

Headlights: If the snow is blowing, your head and tail lights should be glowing! This helps other drivers see you. Light colored cars are particularly notorious for being invisible in blowing snow. For some cars, the headlights will go on automatically but the tail lights have to be turned on manually.

This Winter Survival Tip provided by Minot Air Force Base Library

WHAT'S GOING ON MAFB

TODAY

- Key Spouse Initial Training, 0800-1400, A&FRC
- 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 1/2 Price Appetizers, 2100-2300, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

TUESDAY

- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- LinkedIn Workshop & Networking Event, 1730-1930, Fitness Center
- Zumba, 1800, Fitness Center
- Swerk, 1900, Fitness Center

WEDNESDAY

- Circuit Training, 0530, Fitness Center
- CTAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- CRight Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Spouses Welcome, 0900-1230, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Story Time, 1030, Base Library
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, 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
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Cycle, 1700, Fitness Center
- Run 4 Fitness, 1700, Fitness Center
- Squadron Extramural Bowling, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

SATURDAY

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Ghosts and Ghouls (Rescheduled), 1300, Base Library
- 3D Basics Class (Rescheduled), 1300-1600, Base Library
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

SUNDAY

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill

MONDAY

- Tactical Fit Express, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Cycle, 1700, Fitness Center

THURSDAY

- Registration Closes for Wine & Paint Class at Arts & Crafts
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center
- Keystone Resiliency Challenge – Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Olympic Weightlifting, 1730, Fitness Center
- Thursday Night NFL Football, 1900, Rockers Bar & Grill
- Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center



UPCOMING EVENTS:

25 Oct

- Couch to 5K, 0600, Fitness Center
- 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 Resiliency Challenge – Teens, 1800, Youth Center
- Family Fun Fest, 1800-2000, Youth Center
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill
- Late Night Members 1/2 Price Appetizers, 2100-2300, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

26 Oct

- Halloween Spooktacular Fitness Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- Rockers Rockin' Halloween Party, 2200-0300, Rockers Bar & Grill

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!

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The Best Tips for the Last Week of Your Deployment

This week might be the longest one yet!

JULIE PROVOST

The deployment begins, you get into a routine. You have good deployment days and lousy deployment days. Then, you hit a slump. Still, so many months left to go. Still, so many more deployment days to get through. Then, you get a homecoming date.

If you have been through a deployment before, you know this date will change. At the same time, you know that simply having a date is a good sign. That means things are wrapping up.

Having that homecoming date means there is probably a unit ready to replace your spouse's unit. It means that boxes from overseas will start to appear on your doorstep and it means that you will be told to no longer send any mail.

All these signs together are good ones that tell you, the military spouse, your deployment days are coming to an end.

And then, some how, some way, you have made it, and you have one week left of the madness. One week left of sleeping alone. One week left of being both mom and dad to your children.

That last week of deployment isn't going to be easy. Even though you are at the end, even though you can now countdown in hours, that last week will drive you crazy.

Here are the best tips for the last week of your deployment:

Remember your mind might play tricks on you

That last week can mess with you. You can become overly stressed, have trouble eating, and even sleeping. Try to take it day by day and remember to breathe. Time is going to pass, it will, and try not to get caught up in any extra drama that might come your way.

You might actually not feel ready after all

As weird as it sounds, during that last week, you might feel a sense of panic that they are actually coming home. There could be items on your deployment to-

do list you haven't finished yet, you might not be at your goal weight, or you might feel panicked at all you have to do before they get home. Try to organize your thoughts on a list of things that have to get done in that final week and simply don't worry about the rest of it.

Prepare your kids

Your kids could be on edge during this time too. Make sure to prepare them in age-appropriate ways. If they are too small to understand, hold off telling them that dad is coming home soon as they might start to get impatient or act out because they don't quite understand. If you have older kids, they can help you with any last minute details, such as making signs or cleaning your home.

Keep as busy as possible

Keeping busy during a deployment is a must, but during that last week, it is a necessity. Make plans with friends, go to the movies, go on long walks, or start a new project. If you have a lot of idle time, you are going to have a harder time waiting for that special day.

It doesn't have to be perfect
Remember, all your spouse cares about is seeing you and your kids, and being back home. Nothing else really matters. While it is so nice to have a spotless house for them, don't feel

like every room has to be ready for an inspection. Just do what you can within your abilities, and everything else will fall into place.

As you get ready for homecoming day, know that the last

week is probably going to be a bit difficult for you. However, the days will pass and they will be back in your arms again soon.

This article originally appeared in Military Families Magazine



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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

- Lake Sakakawea elevation, Oct. 14 1,845.07 feet above mean sea level (MSL); 46,100 cubic feet per second (CFS) Garrison Dam average daily releases.

- Devils Lake elevation: 1,448.56 feet above mean sea level (MSL).

- Stump Lake elevation: 1,448.56 MSL.

- N.D. Game & Fish Dept. game wardens: No reports throughout the region.

- Devils Lake, Ed's Bait Shop, Devils Lake: Quiet. Look for more activity with warmer weather. Try the bridges from shore.

- Devils Lake, Woodland Resort, Devils Lake: No new reports since last weekend's storm but look for better fall activity with warming weather.

- Lake Darling, Karma C-Store, Ruthville: Little activity with the recent storm. Look for more activity with warming weather.

- Lake Metigoshe, Four Seasons, Bottineau: No activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Activity shut down due to last weekend's weather.

- Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: No reports with little activity.

- Lake Sakakawea, Scenic 23, New Town: Snow missed the New Town area. Docks still in place yet and anglers on the Van Hook Arm continue finding nice walleye success. Fish cleaning stations closed for the season. Work the upper end of the Arm with jigs and minnows.

- 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 but are darkening in coloration. 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 success using 3-way swivels and plastics from boats. Spillway pond inconsistent from boats depending on water releases. Look for catfish from the wing walls. Limited activity on the east end of Lake Sakakawea but look for walleye success around the pumping station as along as water is being moved from Lake

- 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) for more details.
- Use caution when hunting with muddy road and field conditions. Be prepared to have to walk to set field decoys in most areas 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.

DATES TO REMEMBER:

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

Tournaments:

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



Audubon into Sakakawea. Salmon activity remains slow.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued walleye activity around Lund's Landing and Lewis & Clark State Park on Lake Sakakawea. Try a variety of depths with jigs and minnows. Missouri River starting to clear with somewhat improving walleye success. Try floating jigs and minnows.

- Lonetree WMA area lakes, Harvey: No fishing activity. Coal Mine Lake closed until ice-over.

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

Hunting:

- Pheasants: Weekend storm limited opening weekend activity. Be careful with identification with lots of young birds not fully colored. Fair success in the northwest, although lots of standing crop yet. Not many birds around the midsection of Lake Sakakawea.

- Waterfowl: Muddy conditions limiting hunter's ability to set many field decoys and get around on prairie trails in many areas. First snow geese starting to move into the Williston area, along with mallards. Snow geese starting to move into the northern tier of the N.D. prior to the weekend storm along with some movement around the eastern end and midsection of Lake Sakakawea. Some whitefronts, as well, around the midsection. Good numbers in east-central N.D. but getting around remains difficult. Lots of local ducks and geese left the Devils Lake area with limited migration yet. Some divers remain, however. A few scattered snow goose flocks around the Towner and Devils Lake area.

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.

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NORTH DAKOTA GAME AND FISH DEPARTMENT

General Game and Habitat License Required for Deer Hunters

Deer hunters are reminded of a state law that requires hunters to purchase a general game and habitat license before receiving a deer license.

North Dakota Century Code 20.1-03-02 reads "a person may not acquire any resident or non-resident license to hunt, catch, take or kill any small game or big game animal unless that person first obtains an annual general game license."

Just like last year, the North Dakota Game and Fish Department is not mailing deer licenses until the recipient has purchased the general game and habitat license. Game and Fish recommends that deer hunters who do not yet have a general game license should get theirs well in advance of the planned hunt to allow for adequate delivery time to receive the deer license through the mail.

The general game and habitat license can be purchased online by visiting My Account at the Game and Fish website, gf.nd.gov.

Also, it's important to locate your deer license and check it for accuracy, making sure the unit and species is what is intended.

Deer hunters who can't find their deer license and who have already purchased their general game and habitat license, can get a replacement license by printing out a duplicate (replacement) license application from the Game and Fish website, or can request

an application by calling 701-328-6300.

The form must be completed and notarized, and sent back into the department with the appropriate fee.

Wildlife Viewing Devices on Private Land

Outdoor recreationists who install devices for viewing wildlife on private land should be aware of a state law that was passed during the 2019 legislative session.

House Bill 1503 requires an individual who enters private property and installs a device for observing, recording or photographing wildlife to receive written permission from the landowner. Otherwise, the device must be identified with a permanently affixed metal or plastic tag with either a registration number issued by the North Dakota Game and Fish Department, or the individual's name, address and telephone number.

An equipment registration number can be generated by visiting buy and apply at the Game and Fish website, gf.nd.gov. One registration number will be issued that can be used on all equipment that requires identification.

The equipment registration number does not expire.

Permit Required to Possess Dead Deer

North Dakota Game and Fish Department enforcement personnel are issuing a reminder that a permit is required before

taking possession of a dead deer found near a road or in a field. Only shed antlers can be possessed without a permit.

Permits to possess are free and available from game wardens and local law enforcement offices.

In addition, hunters are reminded to properly dispose of dead deer. Deer carcasses cannot be left on the side of a roadway or in a ditch, and deer parts cannot be discarded in commercial dumpsters.

Equipment Registration Number Used for Identification

Hunters, trappers and anglers are reminded that an equipment registration number, or the individual's name, address and telephone number, must be displayed on all equipment requiring identification.

While on state wildlife management areas, identification is required on items such as ground blinds, tree stands, cameras and traps.

Identification must be attached to cable devices that are set on either private or public land, and on fish houses left unattended on the ice.

Owners can generate an equipment registration number by visiting buy and apply at the North Dakota Game and Fish Department website, gf.nd.gov. One registration number will be issued that can be used on all equipment that requires identification.

The equipment registration number does not expire.

TRAEGER TALK



BRISKET IS MADE FOR THE TRAEGER

WADE PEARSON, CEO
Home of Economy

My favorite thing to make on the Traeger is the brisket. It's a delicious moist cut of beef that many consider too hard to attempt. I've found the brisket to be very forgiving if you have the patience to let it cook.

The best way to start out is to search on the Traeger website for a recipe. There are quite a few brisket recipes on the Traeger website. I don't follow any of them exactly any more. I do recommend you follow one of them for your first cook.

Buy your first brisket at a reputable meat market. Get some advice from an experienced butcher. You want to get a high quality full packer brisket that's around 15 pounds. The full packer brisket has two different muscles.

Trimming is the first thing to do. You want to remove all of the hard fat from the brisket because it won't render. You need to trim all but a quarter inch of the soft fat from the outside of the brisket. I've found that it's better to trim too much than too little. I learned a lot about trimming from watching a video on YouTube called "BBQ With Franklin: The Brisket." Aaron Franklin has a BBQ place in Austin Texas and is considered one of the top brisket cooks in the country. One thing I do at this time is to make a light score in the meat along the grain for help when you slice the brisket.

Seasoning is simple. I use Traeger Beef rub and kosher salt. Cover the meat with a heavy coat of both. It's a large cut of meat and it takes a lot of seasoning to flavor it. Apply the seasoning 12 to 24 hours before you start the cook. Wrap it and put it back in the refrigerator. We want the salt and seasoning to be absorbed into the meat. Some people recommend you inject the brisket with broth but that's not necessary.

My favorite pellet flavor for brisket is oak but that's a personal choice. Many recipes say it takes an hour to an hour and a half per pound for your brisket to cook. My briskets have always been on the low side of that calculation.

Do you cook with the fat side up or down? Traeger recommends you cook it fat down as the fat will protect the meat from the heat. I'm sure that's correct but cook it the way you want. I've done both ways and it doesn't matter very much. I start my brisket with 4 hours of smoke time using either the smoke setting or set to 180 degrees if it's cold outside. After the 4 hours of smoke I turn it up to 225 degrees and let the brisket cook until the internal temperature reaches 160 degrees.

When your brisket reaches 160 degrees at its thickest part it's time to wrap. You can either use aluminum foil or pink butcher paper. Pink butcher paper doesn't have a coating that could spoil your food. This is different than freezer paper which you don't want to use. Traeger makes a high quality cooking butcher paper that I have used for both brisket and salmon. They say you get a better bark on your brisket when you wrap with paper but foil works fine.



Put the brisket back on and let it heat up to 204 degrees internal temperature. If you pull it before 204 you will have a tough piece of meat. You want to measure the temperature at the thickest part of the meat. Don't worry about temperature variations from spot to spot early in the cook. As you approach 200 degrees the temperatures across your brisket will even up.

Sometimes you will experience the temperature to stall for a few hours. That's nothing to worry about. You can either ride it out for a few hours or maybe bump up the Traeger's temperature a bit. I wouldn't cook the meat at 250 or 275 from the start but my experience has been that it doesn't harm the brisket if you raise the temperature after it gets to around 170 degrees.

After you reach 204 degrees it's best to let the brisket rest for at least an hour without unwrapping it. The meat will firm up and also reabsorb some of the juices that it's lost. It's best to let it rest in a warmed up cooler. A large brisket will keep for many hours that way. You just don't want the temperature of the meat to drop below 140 for food safety reasons. If it does go below 140, you should reheat to 165+ before serving.

The final step is to slice the brisket. It is important to slice across the grain of the meat so that you don't have long fibres in your finished product. If you scored your brisket before you seasoned it it's easy to cut across that at 90 degrees. I use an electric knife but you could use a good sharp knife. A good brisket slice will pull apart with only a little tug.

While slicing I separate out the two muscles. There is a layer of fat between the two muscles which you can dispose of. The point (fat part of the brisket) has more flavor but is fattier. The flat is the thin part and that is still very tasty but is leaner.

One great thing about brisket is that it freezes well. The leftovers are just as good as eating it the first time. I like to freeze it into several different servings. A brisket sandwich makes a great quick lunch or dinner.

I had never made a brisket before I bought my first Traeger. Now it's something I wow the family with.

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Traeger Pot Roast Sandwich

INGREDIENTS

POT ROAST
1 (3-4lb) Chuck Roast
Traeger Beef Rub, as needed
2 qts. Beef Stock
1 Carrot, peeled and chopped into chunks
1 stalk Celery, chopped into chunks
1 small Yellow Onion, peeled and cut into chunks
4 cloves Garlic
2 tbsp Cumin
2 tbsp Chili Powder
2 tbsp Onion Powder
6 slices Provolone
2 loafs Crusty Bread, such as baguette or sourdough

LEEK MARMALADE
1/2 c 3 Leeks, thinly sliced, wash & dried
1/4 c Butter
1 tbsp Yellow or Brown Mustard Seed
1/4 c Sherry Vinegar
1/4 c Brown Sugar
Salt to taste

HORSERADISH MAYONNAISE
1/2 c Mayonnaise
Prepared Horseradish, to taste

When ready to cook, set the temperature to 400° and preheat, lid closed for 15 minutes.

Season the roast liberally with Traeger Beef rub and place on directly on the grill grate. Roast for 20-30 minutes until the outside is caramelized.

Remove roast from the grill and place in a large pot. Reduce the grill temperature to 325°.

Add beef stock (the liquid should cover about 3/4 the height of the roast) and add carrot, celery, onion and spices. Stir to distribute evenly making sure there are no vegetables on top of the roast.

Cover the pot and place back on the grill. Braise for 3-4 hours until the roast is fork tender.

Remove the roast from the braising liquid and shred, discarding any large pieces of fat or sinew.

For the Gravy: Strain the liquid and place back in the pot. Bring the liquid to a boil then reduce to a simmer. Thicken the liquid with cornstarch to desired consistency.

Pour a bit of the gravy over the reserved shredded meat and reserve the rest to dip.

Make sure leeks are washed well. The easiest way to do this is to slice the leeks, submerge them in a bucket of water and stir vigorously to remove the dirt. Lift the leeks out of the water into a strainer and shake off excess and dry.

For the Leek Marmalade: Melt the butter in a medium sauce pan over medium high heat. Add leeks and reduce heat to medium. Cook the leeks stirring occasionally until completely softened and falling apart. Add the mustard seeds, vinegar and brown sugar and stir to combine. Simmer for 20-30 minutes until the liquid reduces and thickens. Season to taste with salt. Remove from heat and let cool.

For the Horseradish Mayo: In a small bowl combine mayo and horseradish and set aside.

Split loafs lengthwise and portion into 6-8 sandwiches.

Spread a bit of the horseradish mayo and leek marmalade onto each half of the bread. Top each half with shredded beef and a slice of provolone.

Place sandwich halves back on the grill (set at 325°) long enough to melt the cheese, about 5 minutes.

Remove from grill and serve open faced or with two halves together to make a sandwich. Serve with extra gravy to dip. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

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<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Leaders Service 10 a.m. Saturday Vespers..... 5 p.m.</p>	<p>ALL ARE WELCOME</p> <p>Ahla W Sahla MIRE SE VJEN SELAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen BIENVENIDO Baruch Haba Aloha Bem-windo VELKOMIN BENVIDO Welkommen Tere Tulemast</p> <p>WELCOME</p> <p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	 <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
 <p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p>  <p>UNITED CHURCH OF CHRIST</p>	 <p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 am & 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf</p>
 <p>Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:30 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled), 7:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>First Lutheran Church - ELCA</p>  <p>120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship & Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.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>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 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>Pastor Janet Hernes Mathistad Pastor Gerald Roise Pastor Intern David Myers</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Josh Huseby, Worship Arts Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.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>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
 <p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Jennifer McDonald www.vincentumc.com</p>	<p>OUR REDEEMER'S CHURCH</p> <p><i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB</p> <p><i>Protestant (North Plains Chapel in Base Housing)</i></p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<p>ADVERTISE YOUR</p> <h1>Church</h1>	
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BASE ANNOUNCEMENTS

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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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ANSWERS

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

Answers to puzzle from page A4

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