

# northern sentry

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## WHATS INSIDE THIS WEEK:



**DEPLOYMENT:  
THINGS SPOUSES  
NEVER TALK  
ABOUT**

**A3**



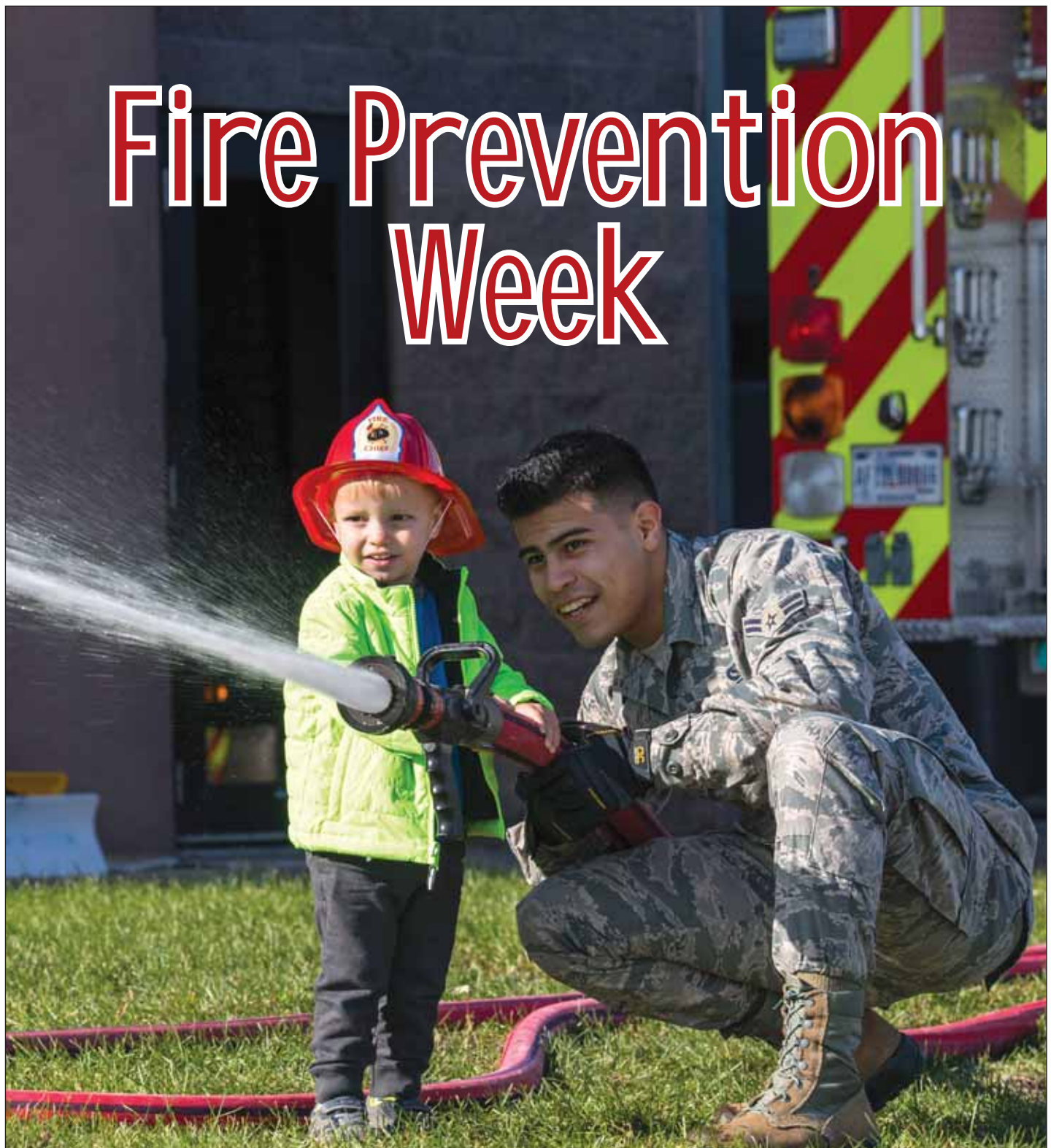
**91ST MISSILE  
WING  
QUARTERLY  
AWARDS**

**B4**



**SENIOR MASTER  
SGT. AUGER  
RETIREMENT**

**B2**



# Fire Prevention Week

The 5th Civil Engineer Squadron hosted a Fire Prevention Week open house at Minot Air Force Base, North Dakota, October 19, 2019. Fire Prevention Week concluded with a parade through base housing and an open house for Team Minot Airmen and families. *More coverage on page 2.*

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JONATHAN MCELDERRY



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Details Inside!!!



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## Videos





# Fire Prevention Week Open House

The 5th Civil Engineer Squadron hosted a Fire Prevention Week open house at Minot Air Force Base, North Dakota, Oct. 19, 2019. Fire Prevention Week concluded with a parade through base housing and an open house for Team Minot Airmen and families.

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# 10 Things Military Spouses Never Talk About During Deployment

LAUREN TAMM

I remember the first time my husband called me after returning from Iraq. I was a military girlfriend and living long-distance at the time. Hence the phone call.

So, we were chatting away, and I was feeling all sorts of happy butterflies because he was finally home. And we were—finally—going to see each other and spend time together! Woo!

Then he dropped the bomb. He said, "I can't wait to go to Afghanistan. I'm looking to volunteer for the next rotation."

In a single instant my butterflies disappeared and a gaping hole burned into my heart. Seriously. For real. He just got home. I was speechless.

What military spouses won't tell you.

Finding the good in the bad is key to thriving in military life, and this is something strong military spouses do insanely well. But...

While most military spouses confide in close friends and family members, they typically hold it together and put a smile on their face for the rest of the world. There are several things they won't tell you about deployment.

1. They worry even when "they're fine."

Even the safest deployments carry risk. No matter where a service member is in the world, there is always a pit deep down in the stomach of the military spouse.

They carry a deep secret fear that one day there will be a knock at the door. When she looks at you and says, "I'm fine," know better.

2. They would love an invite to coffee or lunch.

Military life gets a little lonely sometimes. Whether the invite comes from a civilian or a military spouse, it doesn't matter.

Most days, distraction is a

welcome change. And coffee is an added bonus.

3. They struggle to ask for help. More than likely, they won't go out of their way to ask for help. It doesn't mean they don't want or appreciate help.

It just means spouses are stubborn and independent and want to stay strong for their service member. Keep trying. Eventually they will accept help. And help always helps.

4. They don't appreciate dumb questions.

If you ask dumb questions, they will respond graciously even though they kinda want to punch you in the face. Examples of dumb questions are as follows:

"Are you scared he is going to die?"

"How do you do it?"

"You're used to it by now, right?"

Those types of questions. Yes, skip those.

5. They do appreciate encouragement.

If you see a military spouse, and you don't know what to say, and you're afraid all your questions will come out entirely wrong, a simple phrase of encouragement will make her entire day.

"I admire what you are doing as a military spouse."

Or, you can just give her a hug.

6. They don't equate deployment to all separations.

They don't want to hear about how much you miss your spouse who's away for a week on a fishing trip. Common sense, people. Combat zones and fishing trips are not the same thing.

7. Their phone means everything.

A fellow military spouse once said service members live inside the phones of military spouses, and this is so true.

To military spouses, phones are

more than a place to mindlessly scroll Facebook or send emojis to your third cousin in Cali.

When military spouses are separated from the person they care about most in the whole world, they want to be there when the service member calls. Missing a phone call can ruin their whole day.

8. It doesn't get easier. Ever.

It's a complete and total misconception that being apart gets easier over time. It doesn't. Do military spouses learn to use tools and resources to get through it? Absolutely.

But there isn't a day that goes by that a military spouse doesn't wish her service member was home.

9. Being faithful is the easy part.

Trust me. Military life and keeping a strong military marriage is complicated enough without bringing another person into the mix.

Of course, there are a few bad military spouse apples, but they do not make the whole tree rotten. Military spouses love, adore and respect their service members, even when they are away.

10. The uncertainty is the hardest

part.

You never know when they are going to call, leave or come home. There is some ballpark of an idea, but dates typically change. Everything is ambivalent, not just deployment.

Where you'll live, your career, your friendships—all of it is a big fat question mark. The only thing certain is that the plan you start with will always change and change and change.

Afghanistan did happen.

At a loss for words, I hung up the phone trying to make sense of our conversation. It took me a while to adjust to the idea of another deployment. Okay...a good long while. I can't say that I ever got comfy cozy with the idea, but I did reach a place of acceptance.

Since then, I've learned to brace myself for the surprises of military life. And he's learned there are just certain things best left unsaid to a spouse immediately after deployment (like that you're leaving again on another deployment).

*This article originally appeared in Military Families Magazine.*



Spouses learn to embrace military life's surprises, while service members learn certain things are best left unsaid.

PHOTO BY SGT. KEONAONA PAULO

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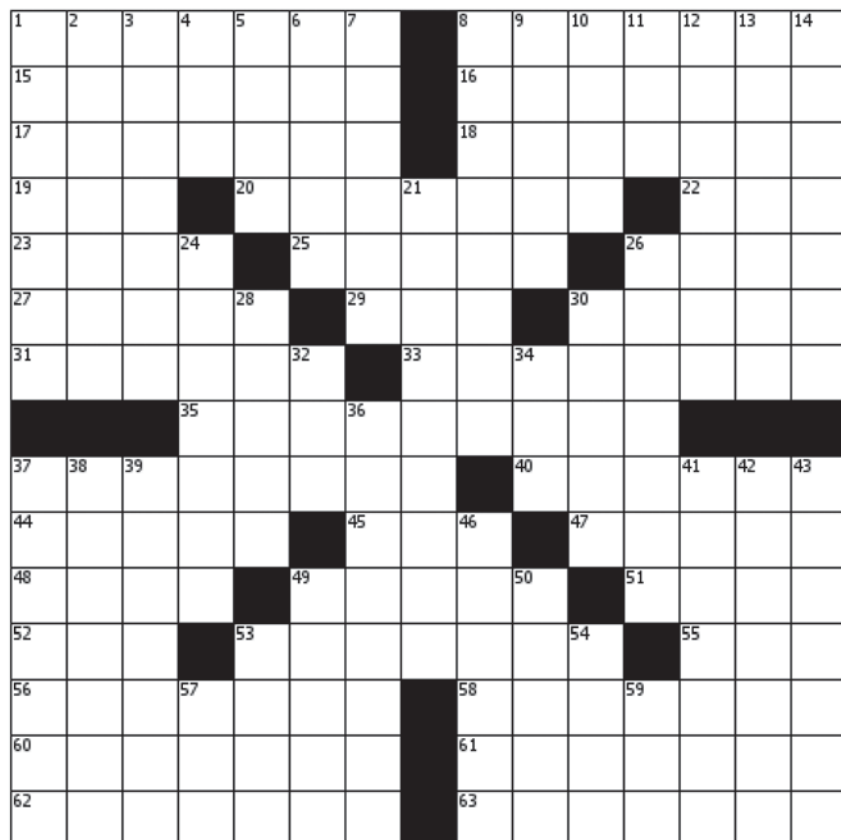
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# CROSSWORD PUZZLE

**Across**

- 1. Subject of a curse until 10/27/04
- 8. A.E. Housman contemporary
- 15. Entertained
- 16. Shoe lift
- 17. Really easy to understand?
- 18. Quite recently
- 19. '60s "New Left" gp.
- 20. Gymnastics figure
- 22. Eponymous general
- 23. Tewkesbury transport
- 25. You can turn its head
- 26. Composer \_\_ Carlo Menotti
- 27. Prophet during the reign of King Ahaz
- 29. Hades, in Norse myth
- 30. Lunar trench
- 31. One of dwindling popularity
- 33. Gave the okay
- 35. "Could it be that ..."
- 37. Beneficiary's response, one would hope
- 40. Whine
- 44. County Clwyd locale
- 45. PC component
- 47. Net issue
- 48. Drooling dog of comics
- 49. Write (for)
- 51. "J'accuse" author
- 52. Marvy
- 53. Body shop conveniences
- 55. Hi-tech info-access syst.
- 56. Bewitches
- 58. Many retirees are happy to be out of it
- 60. Chest protector



- 61. Has thoughts
- 62. Unpopular bulk mailer
- 63. Most slow-witted

**Down**

- 1. Con man's line
- 2. 1992 Lifetime Achievement Grammy winner
- 3. Burdens for female spiders

- 4. ABA member?
- 5. Bass and others
- 6. Pages
- 7. "Mayor" memoirist
- 8. "And?"
- 9. Moisten in the morn
- 10. Revolution period
- 11. Minnesota town on the Mesabi Trail
- 12. Slanting
- 13. Yard event
- 14. Cuddled, in a way

- 21. Walk all over
- 24. Theatergoer's option
- 26. Its 1888 creation is credited to Henry Ramos
- 28. Hardliners
- 30. Marie Antoinette, for one
- 32. Start of a colorful mnemonic
- 34. Grad. class
- 36. "Just the straight whiskey, please"

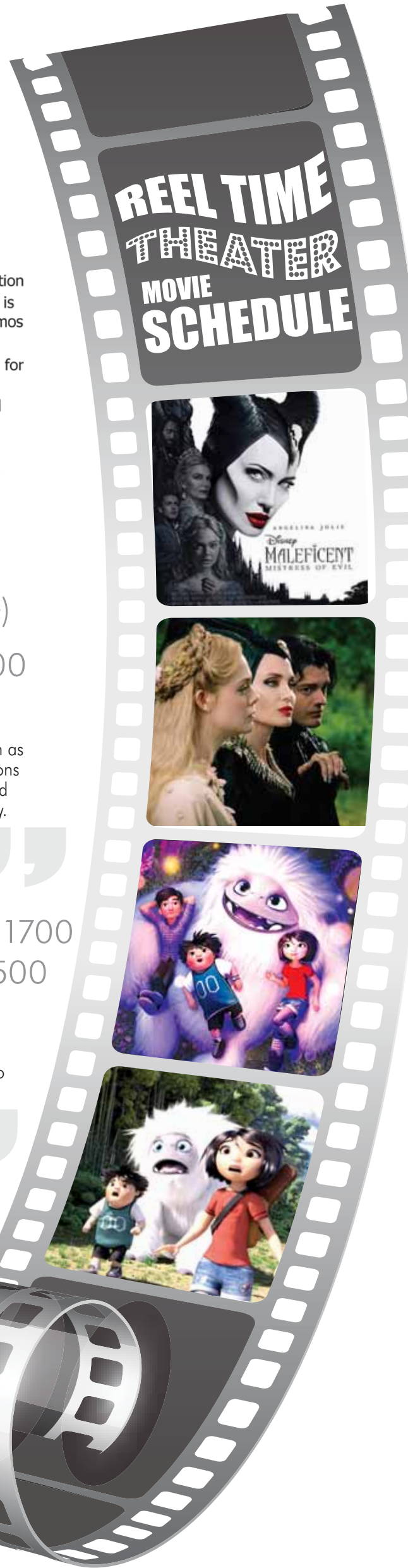
## SUDOKU Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

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

- 37. They always include freebies
- 38. Imbibed some
- 39. Kasim's brother, in Persian folklore
- 41. Go against
- 42. Ties together
- 43. Least plump
- 46. Log-on need
- 49. Columbia River highlight
- 50. It's a living
- 53. Good earth
- 54. Anna of "Nana"
- 57. Year in Leo XIII's reign
- 59. They're often 34-Down



### MALEFICENT: MISTRESS OF EVIL (PG)

FRIDAY, OCT 25 • 1800

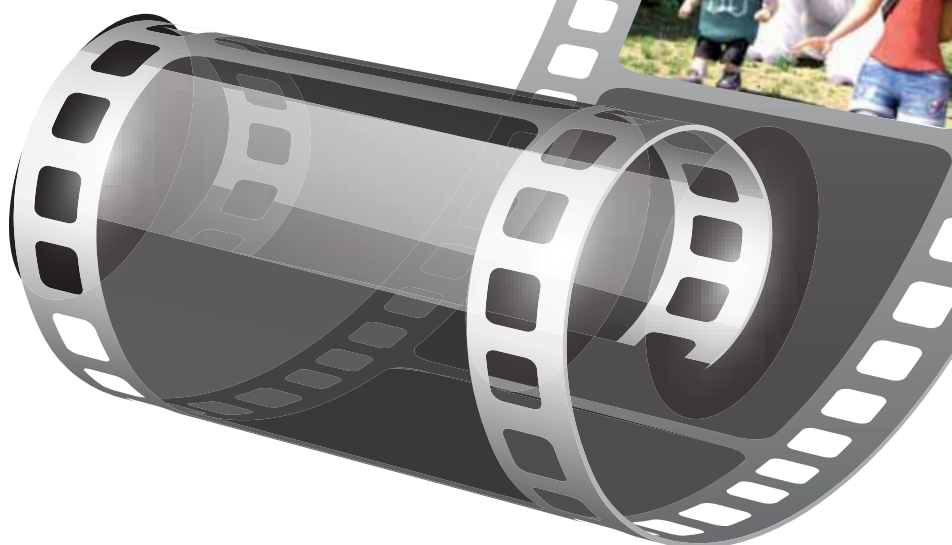
“ Maleficent and her goddaughter Aurora begin to question the complex family ties that bind them as they are pulled in different directions by impending nuptials, unexpected allies, and dark new forces at play.

### ABOMINABLE (PG)

SATURDAY, OCT 26 • 1700

SUNDAY, OCT 27 • 1500

“ Three teenagers must help a Yeti return to his family while avoiding a wealthy man and a zoologist who want it for their own needs.





# CANDY CORN FUDGE



Recipe courtesy of: www.princesspinkgirl.com/candy-corn-fudge

**INGREDIENTS:**

- 4 1/2 cups white chocolate chips (1 1/2 cup for each color)
- 3/4 cup heavy whipping cream (1/4 cup for each color)
- 3 tsp vanilla extract (1 tsp in each color)
- 3 tbsp honey (1 tbsp in each color)
- yellow food coloring
- orange food coloring

**INSTRUCTIONS:**

- Line a 9x5 baking dish with parchment paper.
- Orange Layer
  - Repeat the steps as above for the yellow layer.
  - Spread the mixture evenly onto the chilled yellow layer and chill for at least 30 minutes.
- Yellow Layer
  - Combine white chips (1 1/2 cups), heavy whipping cream (1/4 cup), vanilla and honey in a small sauce pan (1 tbsp. honey and 1 tsp vanilla)
  - Heat on medium to high heat.
  - Stir constantly until chips are melted and smooth.
  - Add the yellow food coloring to your first batch and stir until color is blended
  - Spread the mixture evenly into the prepared dish and chill for 30 minutes.
- White Layer
  - Repeat steps above.
  - Spread the mixture evenly onto the chilled orange layer and chill for at least 2 hours.
  - Remove the fudge from the pan
  - Cut into small squares or triangles



## Upcoming Events

**26 OCT** **TOUGH ENOUGH TO WEAR PINK ZUMBA PARTY**  
10:00 AM - 12:00 PM  
Location: Minot Family YMCA 3515 16th St SW, Minot, ND

Wear your pink clothes and dance breast cancer away. TETWP Shirts will be for sale with proceeds benefiting the Cancer Rehab Program through Trinity at the YMCA. This non-stop 2 hour dancing extravaganza will have prizes, snacks, merch, and more! You won't want to miss this! Members \$5, Non Member \$10. Ages 13 and under must be accompanied by an adult. Daycare Available! \$3 for the first child, \$1.50 for each additional. Stop at the front desk for more info.



**For more information:**  
Facebook event/ Minot Family YMCA

**26 OCT** **BOO AT THE ZOO**  
1:00 PM - 4:00 PM  
Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot, ND

Wear your costume and bring your basket for terrific treats and fall-themed enrichment fun! \$2 for members, \$3 for non-members  
Wear your costume and trick or treat at the Zoo!



**For more information:**  
Facebook event/ Roosevelt Park Zoo

**26 OCT** **ZOMBIE SMASH AND MONSTER MASH**  
6:00 PM - 11:59 PM  
Location: Downtown Minot, ND

Little Chicago Pub District will be celebrating Halloween a little early this year! Stop on down the weekend before and start your celebrating early! The night will start off with a pub crawl through all three bars and end at a DJ Dance! There will be a Costume Contest at midnight and the winners of the VIP prize and Punch Card Prize will be chosen at midnight at the DJ Dance! VIP wristbands are \$10 and will get you deep discounts on specialty drinks at all the bars! \*must be 21+ with a valid id to participate. Please drink responsibly and never drink and drive\*



**For more information:**  
Facebook event/ Little Chicago Pub District

**27 OCT** **OVIE IN THE PARK HOCUS POCUS**  
6:30 PM - 8:30 PM  
Location: Roosevelt Park 1215 Burdick Expy E, Minot, ND

The Sanderson Sisters are coming to Roosevelt Park! Hocus Pocus will be playing on the big screen in Roosevelt Park on Sunday, October 27th at 6:30pm! Bundle up and come enjoy a fall favorite under the stars! \*In-case of inclement weather, the movie will be moved to the Armory inside the Auditorium.



**For more information:**  
Facebook event/ Minot Parks

**1 NOV** **MURDER MYSTERY NIGHT**  
6:00 PM - 8:00 PM  
Location: Jimmy Doolittle Center 174 Summit Drive, Minot Air Force Base, ND

Join us for a night of mystery, mayhem, and murder! Grab a friend and throw on your flapper dress, suit, fedora, boa, or other related costume and get ready to solve this mafia marriage mystery! Doors open at 5:30 PM and the show begins at 6:00 PM. Light refreshments included and full bar services will be available for purchase. Registration is not required, but highly encouraged as seating will be limited. Register now at <https://signup.com/go/DLzCKij> For more information, call the Jimmy Doolittle Center at 723-3731



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

**1-2 NOV** **44TH ANNUAL MINOT CHRISTMAS BIG ONE ART & CRAFT FAIR**  
10:00 AM - 8:00 PM  
Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot, ND

Come and shop from the 250+ vendors that will fill over 475 booths with handmade home décor, furniture, candles, jewelry, framed art, photography, sewn items & SO MUCH MORE! For more information on THE BIG ONE Art & Craft Fairs, please visit our website [www.thebigone.biz](http://www.thebigone.biz) or send us an email at [info@thebigone.biz](mailto:info@thebigone.biz). Tickets: Ticket admission is available at the door the day of the event only. \$3.00 for adults, 12 and under are free. \*\*\*\*No side-by-side double strollers allowed. Single strollers and tandem strollers allowed.



**For more information:**  
Facebook event/ The Big One Art & Craft Fair

  
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# Air University Associate-to-Baccalaureate Cooperative approves fourth partnership with Minot State



MINOT, N.D. – Minot State University announced Monday its fourth partnership with the Air University Associate-to-Baccalaureate Cooperative (AU-ABC), a program between the United States Air Force and civilian institutions to provide Community College of the Air Force (CCAF) graduates advanced education opportunities.

AU-ABC approved Minot State's Bachelor of Science in Human Services with a Major in Intellectual/Developmental Disabilities as a Category I program. The major joins Minot State's Bachelor of Science in Criminal Justice, which was

approved in October 2018, and Bachelor of General Studies and Bachelor of Applied Business Information Technology, approved in July 2019.

"Minot State is committed to building collaborative partnerships as part of its strategic plan, and we are excited to have a fourth AU-ABC program approved," said Laurie Geller, Minot State vice president for academic affairs. "Our partnership with the Air Force allows airmen to complete their bachelor's degree online with Minot State from anywhere in the world."

The degree in human services with a major in intellectual/developmental disabilities prepares students to become direct support professionals who provide quality support to individuals with developmental disabilities on the job and in their community. Climbing the career ladder to a bachelor's degree meets federal requirements for qualified intellectual disabilities professionals (QIDP),

also referred to as program coordinators or case managers in many waived services. Other career options include leadership and supervisory positions in private and public human service organizations and state agencies.

AU-ABC Category I programs guarantee a CCAF graduate can complete their Bachelor's degree with no more than 60 additional credits. Minot State is currently pursuing a Category II agreement for its Bachelor of Science in Management.

For more information on Minot State's online AU-ABC offerings or to apply, see MSU's online degree program's website.



Our partnership with the Air Force allows airmen to complete their bachelor's degree online with Minot State from anywhere in the world."



**WOODEN PUMPKIN CRAFT**  
Residents of Minot AFB Homes created fall & Halloween decor October 18 at the Neighborhood Centre.

MINOT AFB HOMES



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# Festival of Trees Kicks off Christmas Season

## FESTIVAL OF TREES

Everyone is invited to start off the holiday season with beauty and fun by attending the Festival of Trees Public Tree Viewing from 10 a.m. – 2p.m. and/or the Social and Auction starting at 5 p.m. The events are sponsored by Dakota Hope Clinic of Minot and will be held on Saturday, Nov. 23, 2019 at the ND State Fair Event Center.

Families and individuals are invited to attend the Public Tree Viewing. This free family

event will include viewing of decorated Christmas trees and the opportunity to vote for the People's Choice Award. The free photo booth is the perfect opportunity to take that family Christmas Card picture. Enjoy refreshments that include hot chocolate, coffee and cookies. Children can interact and have their picture taken with Mary, Joseph, and Baby Jesus or other characters in the Live Nativity. New this year at the Public Tree

Viewing is a Children's Christmas Book Exchange. Children are encouraged to bring a Christmas book to swap for a different one!

Doors will open for the evening Festival of Trees Social and Auction at 5 p.m. with holiday music, food, viewing of trees, raffle ticket sales and bidding on silent auction items. The live auction of the decorated Christmas trees begins at 6:30 p.m. Nativity sets, centerpieces, wreaths, and many

other items will be available for bids. Next-day delivery and set-up of trees is available within a 10-mile radius of Minot.

Proceeds will benefit Dakota Hope Clinic, the only life-affirming pregnancy help center in north central and northwest North Dakota. The 501(c)(3) Christian non-profit organization was formed to help women and men facing an unintended pregnancy. All services at Dakota Hope Clinic

are 100% free and confidential.

There is no charge to attend the Public Tree Viewing. Tickets for the Social and Auction sell for \$10 in advance and \$15 at the door. Tickets are available at the Clinic (315 Main St. S. Ste 205) or online at [www.dakotahope.org](http://www.dakotahope.org) – click on the Partner with us Tab. Ticket purchasers will be entered to win one of three Visa gift cards, two of which are \$250 and one \$500 card. Need not be present to win.

## October: Domestic Violence Prevention

### VIOLENCE PREVENTION TEAM

The 2019 Domestic Violence Prevention Month campaign is designed to help service members, military spouses and intimate partners build safer relationships and prevent domestic abuse by increasing knowledge of what patterns of behavior are unhealthy, and where to get support.

The focus for this year's campaign is raising awareness about technology-facilitated abuse. Technology-facilitated abuse is the use of technologies such as texting and posting on social media to bully, harass, stalk or intimidate a partner. It also includes monitoring and stalking behaviors whereby one partner "keeps tabs" on the other's location, activities, and communications with friends and family outside the relationship through apps and malware.

The role of technology and its misuse in domestic violence cases is well-documented. In a national survey, 79% of civilian domestic violence agencies reported

providing technology-specific advocacy and services for victims in 2018.

**Awareness:** Relationships can go viral. Constant messaging, monitoring, and sharing without consent—misusing technology to control or punish your partner is abuse—and it's not okay. Learn more about setting healthy boundaries.

**Mobilize help for abuse through tech.** Don't dismiss actions that make you uncomfortable because they only happen online and not offline. Learn tips to protect your privacy and set boundaries to disrupt unhealthy patterns.

**Questioning:** Do your DMs feel like threats? Does your partner use tech to always keep tabs? You have options to protect your privacy and set healthy boundaries. Talk to us to learn more.

**What crosses the line online?** Set boundaries and know where to find help for addressing your partner's misuse of tech.

**Get Help:** Abuse through technology is still abuse. Mobilize help for intimate partner violence, online or off.

**Shut down abuse.** If your partner has a pattern of misusing tech to control, monitor, or harass you, make one more call—for help. Get privacy tips, help setting boundaries and support.

If you are seeking assistance in setting healthy boundaries for the use of technology in your relationship, you can reach out to your in-house Task Force True North providers and/or the Family Advocacy Program on your installation at 723-5096.

If you are concerned about your safety and need immediate support, call the National Domestic Violence Hotline at 800-799-7233 or visit [thehotline.org](http://thehotline.org) to live chat with someone who can help.

Mobilize Help for Safer Relationships. #MobilizeHelp

Violence Prevention Minot AFB

**MILITARY ONE SOURCE**

### Is it sharing or shaming?

Don't dismiss actions that make you uncomfortable, even if they happen online. You can protect your privacy and set healthy boundaries with your partner.

**Mobilize Help for Safer Relationships**

Learn more about setting healthy boundaries:  
[www.MilitaryOneSource.mil/MobilizeHelp](http://www.MilitaryOneSource.mil/MobilizeHelp)  
 Family Advocacy Program: 800-342-9647  
 National Domestic Violence Hotline: 800-799-7233

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# HEY MAFB!

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**Twyla**

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**Register as many times as you want!**



# WINTER SURVIVAL TIP

## PLAYING IN THE SNOW:

When is it OK for kids to play outside in the winter? If they are dressed appropriately it is OK for kids to play outside unless there is a severe cold or wind chill advisory. Most kids will let you know if they are cold enough to want to come inside. Minot Public Schools has outdoor recess unless the temperature is below -5 degrees Fahrenheit or the wind chill factor is below -15 degrees Fahrenheit. This is a good and safe, but conservative, rule.

*This Winter Survival Tip provided by Minot Air Force Base Library*

# WHAT'S GOING ON MAFB



## UPCOMING EVENTS:

- 1 Nov**
  - Registration Opens for Air Force Art Contest online at [myairforcelife.com](http://myairforcelife.com)
  - 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
  - Murder Mystery, 1800, Jimmy Doolittle Center
  - Keystone Meeting, 1800, Youth Center
  - Mixed Fun League, 1830, Rough Rider Lanes
  - Outdoor Recreation Haunted House, 1900-2130, Outdoor Recreation
  - 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
- 2 Nov**
  - Cycle, 0900, Fitness Center
  - Swerk, 1000, Fitness Center
  - Youth Bowling League, 1000, Rough Rider Lanes
  - International Games Day, 1300, Base Library
  - A Night of Shenanigans, 1800, Base Theater
  - Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
  - Fight Night UFC 244: Masvidal vs Diaz, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill

## TODAY

- 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

## TUESDAY

- Registration Opens for Pinterest Party at Arts & Crafts
- Pre-Separation Counseling, 0800-1130, A&FRC
- Game Day, 1000-1930, Base Library
- On Base School Bus Meeting, 1100, Held at the Base Theater and hosted by School Liaison Office
- 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
- On Base School Bus Meeting, 1800, Held at the Base Theater and hosted by School Liaison Office
- Swerk, 1900, Fitness Center

## WEDNESDAY

- Circuit Training, 0530, Fitness Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- 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

- 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

## SUNDAY

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library

## MONDAY

- Registration Opens for Just Pull It! Deadlift Competition at Fitness Center
- Tactical Fit Express, 0530, Fitness Center
- Swerk, 0915, Fitness Center
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Newbery Book Club, 1545, Base Library
- Cycle, 1700, Fitness Center

## THURSDAY

- Last Day to Register for Youth Indoor Soccer at Youth Center
- Last Day to Register for Youth Programs Membership Renewal 2019-2020 at Youth Center
- Cycle, 0600, Fitness Center
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Keystone Resiliency Challenge – Open Rec, 1600, Youth Center
- Thursday Night NFL Football, 1900, 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!

**November Special**  
**Tuesday Lunch Special:** Taco Tuesday Bowl  
 Seasoned ground beef, tomato, onion, lettuce, jalapenos, and shredded cheddar cheese over white rice served with salsa and sour cream! Try it on Tuesdays 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!

**November Special:** Ultimate Breakfast Sandwich  
 You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!

### Auto Hobby

**October Special October 1-31:** Oil Change Special  
 Need an oil change? Let Auto Hobby help you out! Get 5 quarts of synthetic oil and a new oil filter with this special for only \$49! This offer is only available Tuesdays through Fridays from 9:00 AM to 4:00 PM.

*\*Must mention ad to get special price\**

**November Special November 1-30:** Oil & Tire Special  
 Purchase an oil change, 5 quarts of oil, and an oil filter for just \$49 and receive a free tire balance and rotate. Don't miss out on this \$25 value!

*\*Must mention ad to get special price\**

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October 28-30, 7:30-8:30pm  
 enter (if you dare) the southwest entrance,  
 recommended for ages 12+.  
*children under 12 must  
 be accompanied by an adult.*

### TRICK-OR-TREAT AT MPL

October 31, 4:00-5:00pm  
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**BREAST CANCER AWARENESS MONTH**

AFMS - Minot 5th Medical Group held a Breast Cancer Awareness & Women's Health Event October 16, 2019. In honor of Breast Cancer Awareness Month the Women's Health Clinic hosted a meet in greet in the Medical Group Atrium. The Women's Health Team provided helpful literature on preventative care and also provided a few giveaways.

MINOT 5TH MEDICAL GROUP PHOTOS



  
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**NODAK ARMS**  
**OUTDOOR**  
**REPORT**

**OUTDOOR NOTES:**

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Oct. 21 1,843.91 feet above mean sea level (MSL); 48,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.58 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.63 MSL.

• N.D. Game & Fish Dept. game wardens: Not much activity on the east end of Lake Sakakawea with slow walleye success from Deepwater Bay. OK walleye success on Devils Lake, weather permitting.

• Devils Lake, Ed's Bait Shop, Devils Lake: A few more anglers out after weather stabilized. Try vertical jigging with jigging Raps or heavy weights from shore along the bridges or trolling the Golden Highway with crankbaits or spinners and bottom bouncers. Water temperatures running from 38 to 42 degrees depending on wind and sunshine, which will play a large role in success.

• Devils Lake, Woodland Resort, Devils Lake: Weather permitting, anglers finding fair walleye success. Try jigging along the bridges and towers.

• Lake Darling, Karma C-Store, Ruthville: Some walleye activity from shore at Grano.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Weather permitting, anglers shore-fishing at Grano and the Outlet Fishing Area with small walleye success at Grano.

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

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, anglers finding nice walleye around Douglas Bay or the east end humps on Lake Sakakawea. Try 15 to 30 feet with jigging Raps or crankbaits. Lake Audubon fair for walleye using jigs.

• Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Try 30 to 35 feet with jigging Raps in Douglas Bay for walleye, weather permitting. No reports from Lake Audubon.

• Lake Sakakawea, Scenic 23, New Town: Fair walleye success in the Van Hook Arm. Try jigs or Lindy rigs with minnows or jigging Raps.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River chutes spotty from boats and shore during the day.

- 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. 26: Mink, muskrat, and weasel trapping seasons open.
- Nov. 3: Moose season closes.
- Nov. 4: Woodcock and crow seasons close.



Spillway area slowed with higher spillway releases. Best bite remains at night from both boat and shore using crankbaits. Not much activity on Lake Sakakawea.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River improving for walleye but sandbar at the confluence limits access to boats 14-feet and less. Highway 85 dock still place with most anglers accessing the river from there. Try jigs with minnows or floating rigs. Good success from shore, as well. Lake Sakakawea continues producing walleye from Lewis & Clark State Park to Lund's Landing. Fish are scattered and moving around, though.

• Lonetree WMA area lakes, Harvey: No new reports. Coal Mine Lake closed until ice-over.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little to no activity on the river and area lakes.

**Hunting:**

• Moose: A lot of activity around the Lonetree WMA.

• Pheasants: Birds are hungrily in abundance of unharvested crops throughout much of the region. Fair numbers remain in the Williston area.

• Waterfowl: Wet conditions persist throughout the northeast,

Devils Lake, and many other areas across the state so access is extremely limited. Roads are also becoming torn up and rough. Lots of crops remain throughout an extensive area of the state. A mix of snow geese, lesser Canada geese, and mallards are moving through in force in the northeast and around Devils Lake but not many staying in the area. Good goose numbers migrating over Upper Souris NWR early in the week but not many birds stopping to rest yet. Not much hunting pressure around Lake Metigoshe but some ducks remain in the area with some northern birds filtering in. Some birds moving in around the Towner area, as well. Some larger flocks of snow geese moving into the Williston area along with some mallards. Lesser Canada geese and cranes moving into the midsection of Lake Sakakawea. Snow geese filtering in around the east end of Lake Sakakawea but not as many lesser Canada geese. Good goose numbers migrating over Upper Souris NWR early in the week but not many birds stopping to rest yet.

**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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# 91st Missile Wing Quarterly Awards 2019



The 91st Missile Wing hosts the quarterly awards ceremony at Minot Air Force Base, North Dakota, Oct. 16, 2019. This ceremony showcases outstanding Team Minot members of the 91st MW

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**INGREDIENTS**

**PRETZEL BITES**  
 1 1/2 c warm Water (110-115°)  
 1 tbsp Sugar  
 2 tsp Salt  
 1 package Active Dry Yeast  
 4 1/2 c All Purpose Flour  
 2 oz melted Unsalted Butter  
 Vegetable oil spray  
 10 c Water  
 2/3 c Baking Soda  
 1 large Egg Yolk beaten with 1 tbsp Water (egg wash)  
 Jacobsen Sea Salt, to taste

**BEER CHEESE DIP**  
 8 oz Cream Cheese  
 1/2 c Sharp White Cheddar  
 1/2 c Shredded Gruyere  
 1/2 c Lager  
 1/2 tsp Onion Powder  
 1/2 tsp Kosher Salt  
 1/4 tsp Black Pepper

For the Pretzel Dough: In a stand mixer bowl, combine water, sugar, salt and sprinkle dry yeast on top. Let sit for 5 to 6 minutes until it starts to foam on top.

With the hook attachment, add flour and butter to bowl and mix on low until well combined. Then mix on medium for about 5 minutes until dough is smooth and pulls away from the side.

Remove dough from bowl and spray bowl well with vegetable oil spray. Return dough to bowl, cover with a cloth or plastic wrap and allow dough to rise, doubling in size.

While dough rises, bring to a boil 10 cups of water and the baking soda. When dough is ready, divide into four equal pieces rolling each into a rope.

Cut up each rope into 1-inch pieces weighing around 17 grams each. Drop pretzel bites into the boiling water for 30 seconds about 15 at a time. Remove each one with a slotted spoon and place on a parchment lined sheet pan.

When ready to cook, set the temperature to 350° and preheat, lid closed for 15 minutes.

Brush pretzel bites with egg wash and sprinkle with the Jacobsen Sea Salt.

Place sheet pan in the Traeger and bake pretzel bites for 20 to 25 minutes.

For the Cheese Sauce: In a medium bowl combine the cream cheese, white cheddar, gruyere cheese, lager, onion powder, salt and pepper and pour into a small cast iron pan.

Place the cast iron pan directly on the grill grate next to the pretzels and bake for 15-20 minutes or until the cheese has melted and top is golden brown.

Serve hot pretzel bites with the beer cheese sauce. Enjoy!

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

Access this, and over a thousand other Traeger recipes on the Traeger App.

Ryan Davy - GM Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)



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

we've got the church you've been looking for  
*Your life matters to God!*





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## FLEA MARKET

**MOVING NEED CASH?** Sell your used/unwanted items at MAGIC CITY FLEA MARKET, **NOVEMBER 9 & 10**, State Fairgrounds. Info 701-340-7930.

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## STORAGE UNITS

**STORAGE UNITS**  
North of the Airport  
3401 N. Main Street  
3425 N. Main Street

**MILITARY DISCOUNTS AVAILABLE!!**

Call 839-4200 for details

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**90 DAY FREE POWERTRAIN WARRANTY** on most cars. Check out our inventory at karz4u.com or call Cliff (Retired MSgt) at 701-240-9172.

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## JOHN'S



## AUTOBODY

**Pays Up To \$500**

**Insurance Deductibles**

**We Guarantee All Work & Color Match**  
**4121 S. Broadway**  
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**I BUY CARS OR HAUL JUNKERS AWAY FOR FREE -** Call Karz 4-U at 240-9172.

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## \$\$\$ QUICK CASH \$\$\$

Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

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## NORTHERN AUTO AUCTION

**1st & 3rd Saturday Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

**BUY or SELL!**

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.

Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER

WWW.NORTHERNSENTRY.COM

## PETS



### TICA REGISTERED HAIRLESS SPHYNX KITTENS

Excellent quality, non shedding gorgeous babies born 9/16/19. Ready at 16 weeks, come with spayed/neutered, shots UTD & vet checked. \$1,200 total price, \$300 deposit to hold yours, applied to total. Photos available. 701.389.8424.

wk45

## HELP WANTED

### IMMEDIATE FULL AND PART TIME OPENINGS

for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

tfn

### 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.

tfn

### LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:  
605 27th St SE, Minot ND 58701  
Or contact: Matt Mackey  
By email or phone at  
mmackey@kalixnd.org  
701-852-1014

### MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.

Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

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## FOR SALE

### FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS.

Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712.

tfn

## GARAGE SALE

### 3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE!

Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

tfn

## PROFESSIONALS

### LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/1clouse. 701-839-0475 or 701-721-0475.

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## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

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### THE PINES APARTMENTS

BEAUTIFUL UNITS

SOME PET FRIENDLY

1, 2 & 3 BEDROOMS

Washer/Dryer in unit, D/W

Microwave, A/C, Garage

FREE WIFI, Military Discounts

\$1.00 MOVE IN SPECIAL!!!

CALL NOW, 839-4200

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### HOUSES FOR RENT

• 1 Bed/1 Bath. \$600 + utilities. Pet Friendly.

• 3 Bed/1 Bath. \$800 + utilities. Pet Friendly.

839-4200

tfn

### 2 & 3 Bedroom Apts Located in Surrey.

Very Well Kept. Heat & Water Paid. Across from Surrey School. \$675-\$775. Call For Your Tour Today! 839-4200.

tfn

### SMC

We Have A Great Variety Of Apartments & Homes For Rent. Competitive Rates & Discounts & Specials Available. Call 839-4200.

tfn

### GLENBURN

2 Beds/1 Bath. Very Nice & Clean. Water & Heat Paid. Laundry. Only \$495 + elec. Call Today 839-4200.

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### HOUSE FOR RENT

Very Nice Home in Maxbass. 3 Beds/1 Bath. 2 Stall Garage. 5 Acres. \$800 + utilities. 839-4200.

tfn

### 1 & 2 BEDS IN BURLINGTON.

Heat & Water Paid. Ready for Move In. \$475-\$495. Call 839-4200.

tfn

## REAL ESTATE

### FSBO IN GLENBURN OPEN HOUSE SUN. OCT. 27 1:00-3:00PM

4 bedrooms, 2 full baths, family room, living room, 2 car attached garage, almost 1 acre lot. \$169,900. 204 Oakley Drive. Please L/M 701-838-4309, I am in and out a lot..BisManOnline.com, AD# 3128696.

wk43

### CHARMING 1906 HOME

with updates 50 Minutes from Base. 3 acres! 1010 93rd ST NW Newburg, ND 8762. Lucas Knight Signal Realtors 701-852-3505, 701-720-9163

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### FSBO MOHALL ND

2010 Mfd home 28x64 has 2 decks, 3bdrm, 2bath, office, 2car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Asking \$240k. Call/text to inquire or to show. 701-228-4089 or 701-228-4190.

wk44

Find ALL listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

tfn

## JOB POSTING

### PROTESTANT CHAPEL POSITION ANNOUNCEMENT

The Minot Protestant Chapel is seeking a part-time **PROTESTANT CHILDCARE COORDINATOR**

to oversee coordination of Protestant childcare ministries.

Hours will be every Sunday from 0945-1315. During the months of September to May (i.e. academic year), work will also be required on Wednesdays 0845-1115 and 1830-1930.

The total scope of the contract 234 hours per year, which breaks down to 7 hours per week during the academic year and 3.5 hours per week during the academic year.

All work will be performed at the Minot Air Force Base Northern Plains Chapel.

If interested, please obtain a copy of bid documents at the Northern Lights Chapel.

Resumes and sealed bids are due NLT 1 November 2019 by 0830 and can be submitted to SSgt Kirstin Mahler at the Northern Lights Chapel (701-723-2456).

Basis of the Contract Award is "Best Value" to the government. Contractor must successfully complete a background check in accordance with DoDI 1402.5.

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# CLASSIFIEDS

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## BASE ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2019 term (18 Nov-26 Jan). 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.

### PARK UNIVERSITY MINOT -

Earn your degree on your terms; now enrolling for Fall 1 with classes starting August 19. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, and/or your Bachelor degree with Park, helping to maximize your prior military experience. Find out how many credits you can get for your military experience by going to [military.park.edu](http://military.park.edu) and confirm your credits or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get for my military experience?" She will even tell you your graduation date. Park University. Minot AFB @ the Education Center (upstairs from the library in room 222). 844-884-8612; [mino@park.edu](mailto:mino@park.edu). Park. You.

## 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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Must have an active AF ID card at time of purchase.

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109 South Main St. Minot  
701.837.8555

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# BUSINESS & PROFESSIONAL Directory

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**PARTS & SERVICE**  
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**ACTION AUTO WRECKING**  
Free Parts Locating service

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Formerly Minot Wrecking

We pay top price for cars & trucks, running or not  
Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free 1-800-533-5904 • Fax 838-7627

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RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.  
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2112 N. Broadway • Minot, ND  
Ask for Eva • [www.airporthobby.com](http://www.airporthobby.com)

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**Mike Lindquist**  
NMLS#: 213449  
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VA & FHA Financing

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### ANSWERS

**SUDOKU ANSWERS**

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

Answers to puzzle from page A4

**QUICK CASH!!**  
Running & Non-Running Cars & Trucks

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We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

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Military Discounts - Best Rates  
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Convenient North Location for Both Base & Minot Customers

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CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
[www.bradyartz.com](http://www.bradyartz.com)

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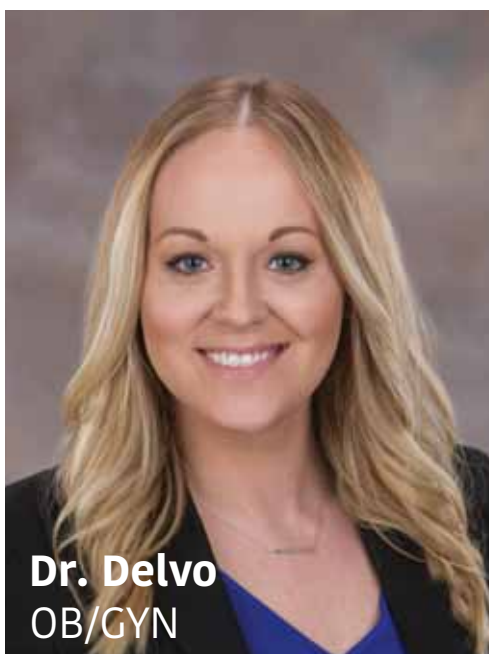
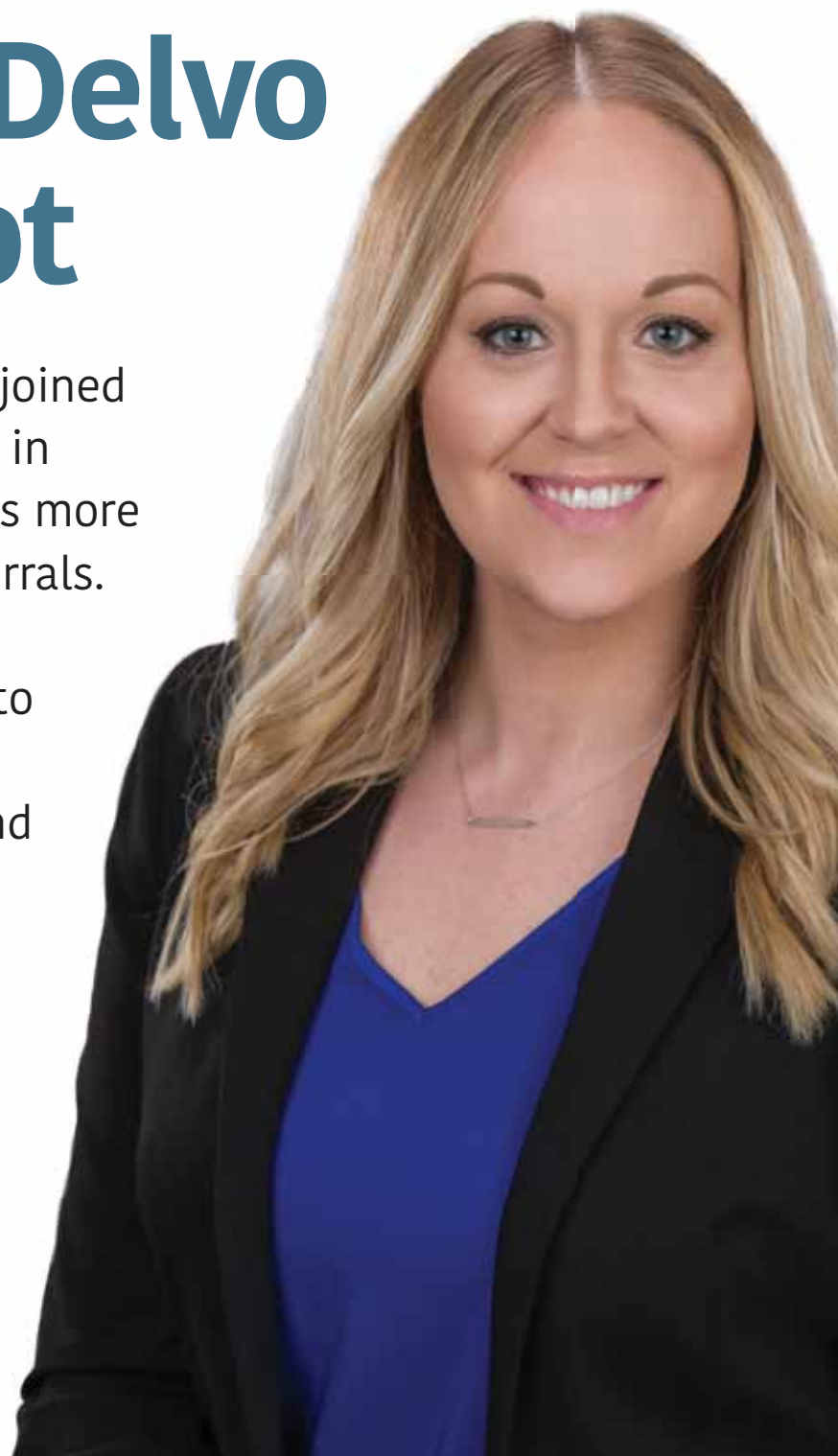


# Dr. Stephanie Delvo comes to Minot

OB/GYN specialist Dr. Stephanie Delvo has joined Dr. Mary Nybakken and Dr. Steven Yearsley in Minot, providing local and regional patients more choices for appointments and surgical referrals.

Dr. Delvo is excited to extend her services to the patients of Minot and the surrounding area. She provides consultations for low and high-risk obstetrics, minimally invasive surgery, abnormal uterine bleeding, abnormal pap smear, pelvic pain, menopause, and other gynecologic issues.

**Their offices are conveniently located at the CHI St. Alexius Health Minot Medical Plaza, 2111 Landmark Circle.**



**Dr. Delvo**  
OB/GYN

Minot office hours:  
2nd Wednesday of each month

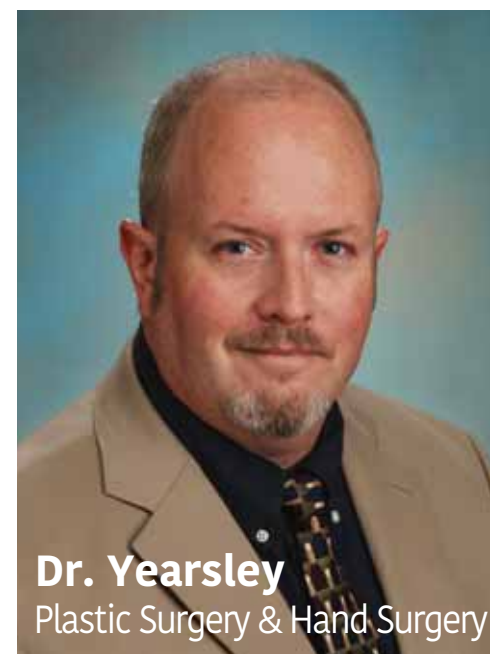
**For appointments call:  
855.530.6001**



**Dr. Nybakken**  
OB/GYN

Minot office hours:  
1st Friday of each month

**For appointments call:  
855.530.6001**



**Dr. Yearsley**  
Plastic Surgery & Hand Surgery

Minot office hours:  
3rd Tuesday of each month

**For appointments call:  
800.472.2113 ext. 4180**