

WHATS
INSIDE
THIS WEEK:



2019 AFGSC
AWARDS

A2



MENTAL HEALTH
TRIGGERS OF
DEPLOYMENT

B3



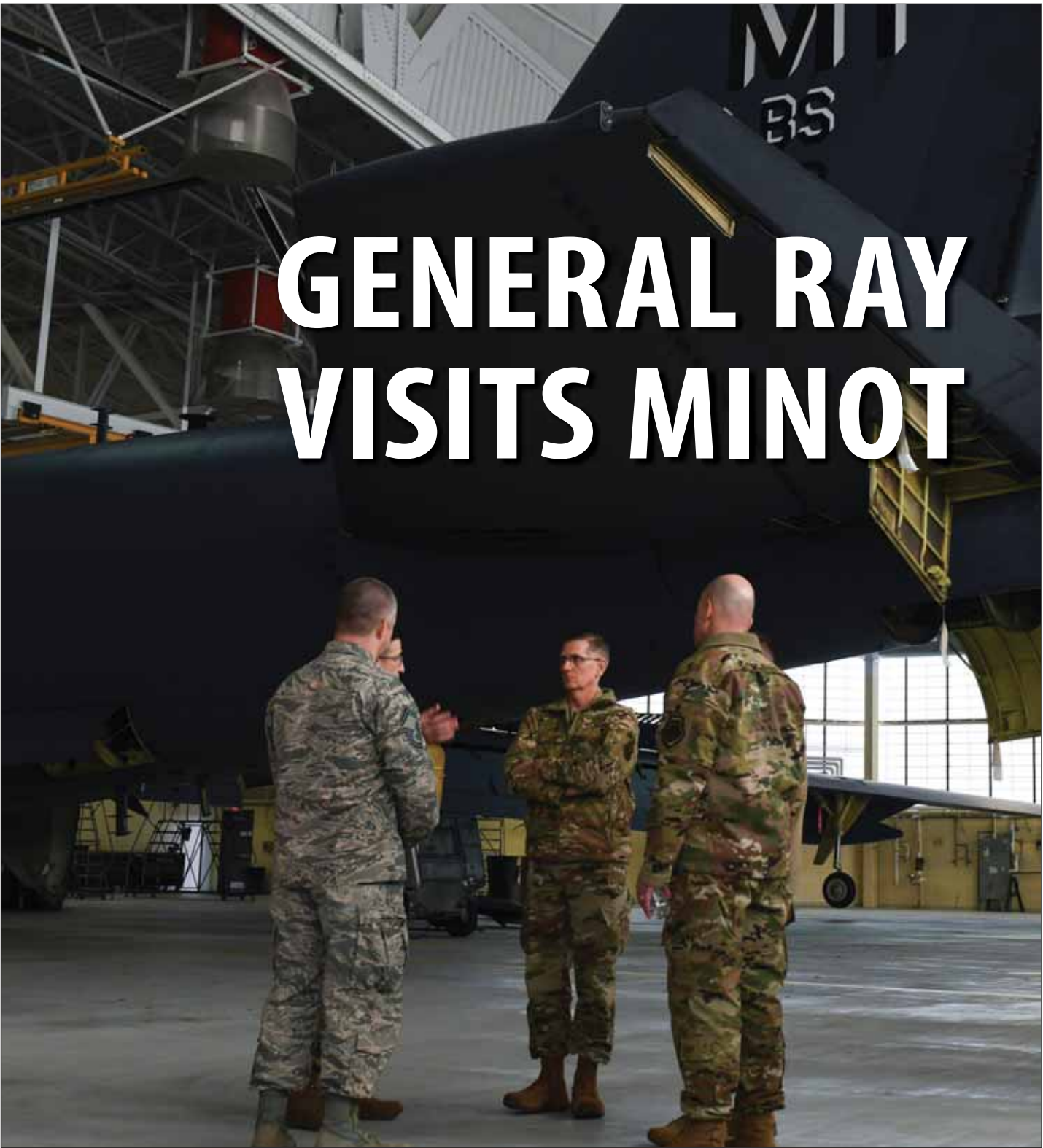
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GENERAL RAY VISITS MINOT

Gen. Timothy Ray, Air Force Global Strike commander, visits Minot Air Force Base, North Dakota early November 2019. Gen. Ray's visit included briefings and tours of launch, missile alert, aircraft maintenance facilities and many others across base. More photos on page B4 and on MAFB PA Flickr page.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSH W. STRICKLAND

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DETAILS ON PAGE 3

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2019 AFGSC AWARDS
The Lance P. Sijan USAF Leadership Award and Edward D. Payne Missile Maintainer Supervisor of the Year Award presented at the Minot Air Force Base, North Dakota, November 18, 2019.

U.S. AIR FORCE PHOTOS
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Team Minot's exercise in Moses Lake

5TH BOMB WING

MINOT AIR FORCE BASE, N.D. --

As America's national security strategy evaluates "growing political, economic, and military competitions," marked by advancing technologies and an increasingly complex global environment, Gen. Timothy Ray, Air Force Global Strike Commander, has directed his bomber forces to "critically examine how we train and employ the bomber fleet and identify areas that must change in order to become the long-range precision strike force our nation requires."

Seeking areas for new ideas and potential change, Airmen from Minot Air Force Base's 5th Bomb Wing, North Dakota, are experimenting to improve the flexibility, adaptability and resilience of America's conventional and nuclear bomber forces from the bottom up.

"We need to be prepared, especially as a combat wing, to operate out of different locations where things are not as familiar," said Lt. Col. Dennis Zabka, 69th Bomb Squadron and previous Moses Lake, Washington, exercise commander.

In fact, with the Air Force's renewed emphasis on its squadrons as warfighting units, bomber forces are demonstrating their capability of deploying, dispersing, training and employing as bomber task forces that are much smaller and

nimbler than wing-sized units.

Moreover, America's bomber forces no longer assume that Major Operating Bases, both CONUS and overseas, are sanctuary from potential enemy attack. The 5th BW's recent Moses Lake exercise exemplified this new concept for dynamic execution and survivability of America's long-range strike from a location far from a typical operating base.

"We figured it would require a pick of our Airspace Ground Equipment, maintainers, and aircrew Airmen with some B-52H Stratofortresses, and just operate out of a strange location for about a week," added Zabka.

Team Minot Airmen relocated to a remote former-military airfield, established, sustained and defended an operating base. Then, the team produced combat training sorties to participate in an integrated flying exercise.

This first effort to implement a new warfighting concept required months of planning between Team Minot's leadership, internal and external support agencies, and AFGSC staff.

"A lot of thought was put into the planning phases so that when it came to execute, it was fairly easy," Zabka reflected.

Next time, a deployment like Moses Lake will be even easier.

"I'm leading my Airmen to understand we can learn more quickly as a wing if we are not afraid to set objectives that force us to think differently, to

incorporate smart ideas from the lowest levels, and that we might even fail in areas where I'm able to assume appropriate risk," said Col. Brad Cochran, 5th Bomb Wing Commander.

While critical modernization of America's bomber force will take some time, exercise experiments

like Moses Lake show that there is still some room for improved lethality with the aging bombers we have. However, we must be willing to harness the ideas of our incredible Airmen—the Air Force's competitive advantage, and Team Minot is on the leading edge.

Global Strike Challenge

AIRMAN 1ST CLASS CALEB S. KIMMELL,
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Team Minot worked hard this summer while they competed in the Global Strike Challenge. Global Strike Challenge is the world's largest competition involving bombers, intercontinental ballistic missiles, helicopter operations and security forces.

As the challenge closes, Airmen are looking forward to seeing the results of their hard work and dedication.

The competition occurs every other year throughout the summer months. It contains units from all across the Air Force, Air Force Reserve and the Air National Guard.

Teams compete in events that require innovative thinking and teamwork. Approximately 450 competitors take part in the GSC which test Airmen rigorously.

The goals for the challenge are to showcase the world's premier bomber and ICBM force. It displays pride for the Air Force through competition and teamwork, recognizes outstanding personnel and teams and improves the Air Force's combat capabilities through competition and communication.

Approximately 33,700 Airmen make-up Global Strike Command, whose mission is to provide strategic deterrence, global strike operations and combat support.

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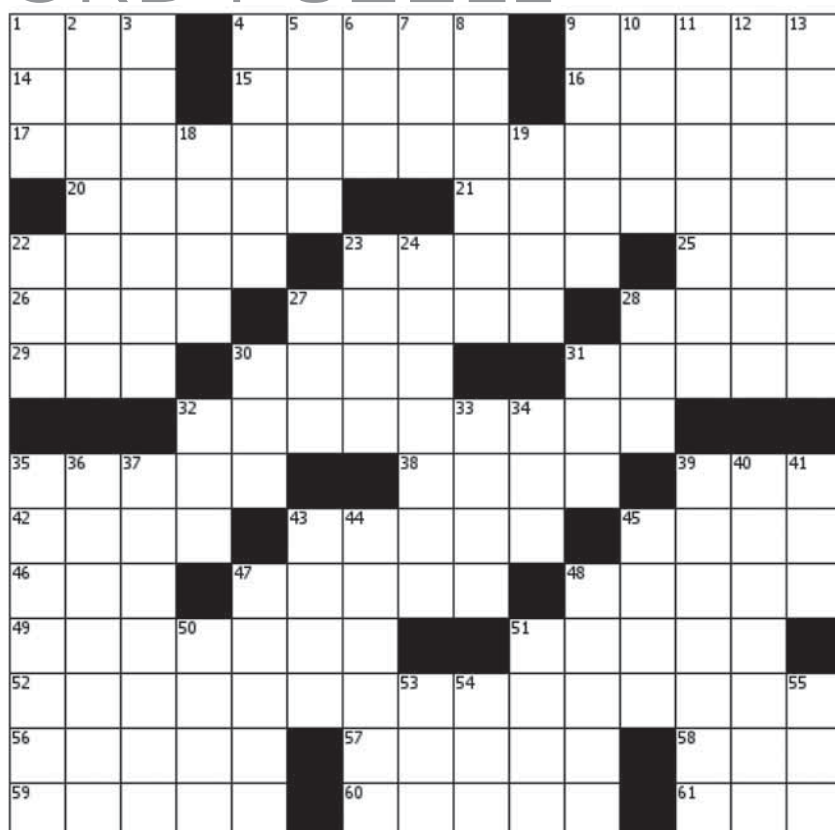
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CROSSWORD PUZZLE

Across

1. Long-eared farm animal
4. Errant golf shot
9. '03 or '04, e.g.
14. With-it
15. Buffalo Bill or John Wayne, by birth
16. A "Seinfeld" episode, today
17. Large musical group sans brass
20. It takes two for this
21. Expulsion
22. Upper crust
23. College quarters
25. Hollywood union
26. Jay seen at night
27. Clare and Henry
28. Lady of the knight
29. Title some women gain
30. Spillane detective, Hammer
31. Funnel-shaped
32. Ali boxing technique
35. Great way to leave Vegas
38. One of Asta's owners
39. Chef's measure (Abbr.)
42. Fancy house opening?
43. Whack, in the Bible
45. Asian ethnic group
46. Bit in a horse's mouth?
47. What we all want "in our time"
48. It may be stuffed
49. King of the macabre
51. Giacomo Puccini specialty
52. Barely squeeze through
56. Glances maliciously
57. Word with golden or bald



58. Feline sign

59. Endow with a gift

60. Bridges, for one

61. Craving

Down

1. Sounds of surprise
2. Colonist
3. Sports injuries, often
4. Scorch
5. Part of a company's identity

6. "Sands of ____ Jima"

7. Ford or Lincoln, but not Bush

8. Unscheduled performance

9. Salad item

10. For fear that

11. Craftsman

12. Family moniker

13. Acquired by acting quickly

18. Word with "each life" or "thin air"

34. Hematite, for one
35. Matthew or Simon
36. Nonbeliever
37. Became a contestant
39. After a couple
40. Nobody doesn't like her
41. Plum's center
43. Distribute in a tournament
44. Fireplace shelf

45. Biblical pronoun
47. Stage
48. Celerity
50. Alpaca's habitat
51. Exclusively
53. Lyricist David ("Close to You")
54. Result of self aggrandizing
55. Very long time

SUDOKU

Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

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

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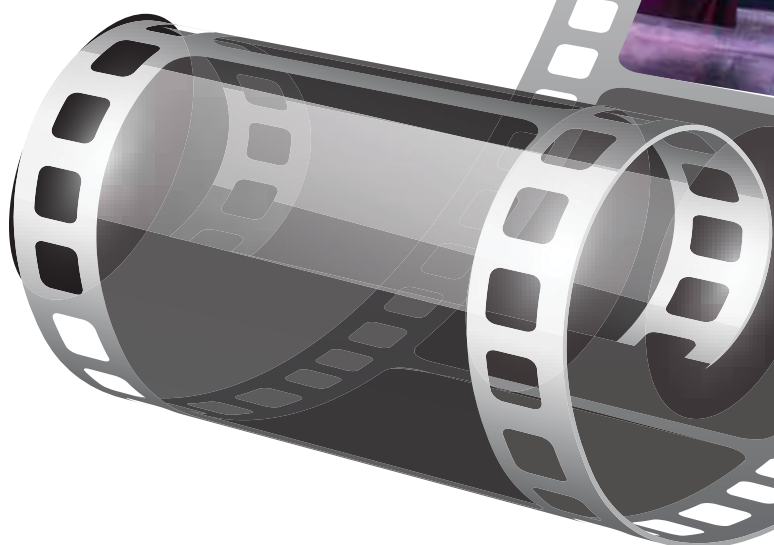
FROZEN 2 (PG)

FRIDAY, NOV 22 • 1800

SATURDAY, NOV 23 • 1400

SUNDAY, NOV 24 • 1500

“ Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom. ”





Strawberry Crumb Bars



Recipe courtesy of: www.lavomaisale.com/strawberrycrumbbars

INGREDIENTS:

- 1/2 cup white sugar
- 1/2 teaspoon baking powder
- 1-1/2 cups all-purpose flour
- 1/4 teaspoon salt
- 1/2 cup very cold butter, (8 Tablespoons or 1 stick of butter)
- 1 egg, beaten
- 1 teaspoon vanilla
- 2 cups fresh strawberries, chopped
- 1/3 cup white sugar
- 2 teaspoons cornstarch

INSTRUCTIONS:

- Preheat the oven to 375 degrees F.
- Place parchment paper on the bottom of the 8x8 pan that hangs over the side of the pan. (This is to make it easier to remove the Strawberry Crumb Bars after cooking.)
- In a medium bowl, stir together 1/2 cup white sugar, flour, baking powder and salt.
- Using a fork or a pastry cutter, cut the butter into the flour mixture. (VERY IMPORTANT: Make sure the butter is very cold.) Work with the dough until the pieces are very small. Dough will be crumbly. You can also pulse in a food processor to until you get pea sized crumbs.
- In a separate measuring cup or small bowl, beat an egg with a fork. Add the egg and vanilla to the flour mixture, and combine until you have a crumbly mixture.
- Pat half of the dough evenly into the bottom of the prepared pan.
- In another bowl, stir together 1/3 cup sugar and cornstarch. Stir in the strawberries.
- Spoon the strawberry mixture evenly over the bottom crust.
- Crumble the remaining dough over the strawberry filling layer.
- Bake in a preheated oven for 45 minutes, or until top is slightly golden brown. (My oven runs hot and baked in about 38 minutes.)
- Cool completely before cutting into squares. I recommend refrigerating until ready to serve.



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Upcoming Events

**23
NOV**

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12:00 PM - 3:30 PM

Location: Grow With Me 106 Main St S, Minot

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Sat, November 23rd 2019 from 12 to 3:30pm

For more information:
Facebook event/ Three Ducks Photography

**27
NOV**

ANNUAL TURKEY BOWLING

5:00 PM - 9:00 PM

Location: The Spot Pool Hall 6 2nd St NE, Minot

Bring your friends and family on down the night before Thanksgiving to participate in our Turkey Bowl! Take your chance to bowl with a bird. Get a strike and win the bird! We will play as long as supplies last. Don't forget our Happy Hour From 5-7 p.m.



For more information:
Facebook event/ The Spot

**29
NOV**

BREAKFAST FOR VETERANS

8:00 AM - 9:00 AM

Location: The Wellington 601 24th Ave SW, Minot

Breakfast for Veterans: Honoring Veterans who have proudly served in the military - in war time or peace time. We welcome all veterans to join us at The Wellington for breakfast on the last Friday of each month at 8:00am.



VETERANS BREAKFAST
Last Friday of Each Month

For more information:
Facebook event/ The Wellington

**26
NOV**

THE MARKET ON 4TH HOSTS CHRISTMAS STRING ART WORKSHOP

6:00 PM - 8:00 PM

Location: The Market on 4th 1900 4th Ave NW, Minot

Do you love string art? Then this Workshop is for you! In this Workshop you will create a JOY or NOEL string art sign for your home. We will have a variety of string colors and types to create your own unique piece! This Workshop is for all skill levels whether you are a beginner or a master at string art. All supplies for this workshop are included along with drinks and snacks. Cost is \$45 per person. There will be no refunds and must have a minimum of 5 people signed up to avoid cancellation. Have questions? Email us at themarketon4th@yahoo.com



For more information:
Facebook event/ The Market on 4th

**28
NOV**

2019 MAGIC CITY TURKEY TROT

9:00 AM - 11:00 AM

Location: With Room Coffee 400 E Central Ave, Ste 103, Minot

Magic City Synchro is hosting it's 6th annual Magic City Turkey Trot, a 1 mile fun run/walk and 5k run/walk. This event is an un-timed run or walk, that is sure to be fun for the entire family on Thanksgiving morning! The event will start and finish at With Room Coffee with the course going through Roosevelt Park. Join us on Thanksgiving Day morning, Thursday, November 28th @ 9:00am.



For more information:
Facebook event/ Minot Public Library

**29
NOV**

DOWNTOWN MINOT CHRISTMAS PARADE & TREE LIGHTING

7:00 PM - 8:00 PM

Location: Downtown Minot

Join us for the 2019 Christmas Tree Lighting Ceremony near the corner of Main and Central in the heart of historic downtown Minot to light the tree and welcome in the Christmas and Holiday season.



For more information:
Facebook event/ Minot Downtown Business & Professional Assoc.

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Minot State sponsoring Veterans Entrepreneurship Training Summit



MINOT, N.D. — Minot State University's College of Business and the Veterans Entrepreneur Training (VET) Program will host a Veterans Entrepreneurship Training Summit focusing on funding and sources of financing on Tuesday, Dec. 3.

The event, for veterans, active duty military members and spouses, aspiring entrepreneurs, and college students, will provide developmental training sessions. The Summit is scheduled to run from 5:30-6:30 p.m. in Old Main Room 402.

"I am so excited to have my entrepreneurship students partnering with the community members in the area of finance to provide valuable information for veteran entrepreneurs," said Minot State assistant professor of entrepreneurship and management Tracey Mays. "The most frequent questions I get from budding entrepreneurs as well as existing entrepreneurs is about funding and financing their business."

The event will include a panel discussion that will focus on business funding and sources of financing that will include Mays as a panelist.

"This session is designed to get the entrepreneurs' questions answered directly by the banks and lenders who make commercial lending decisions daily," Mays added. "They can tell the entrepreneurs what they are looking for when they make their funding decisions from 'A to Z,' or shall I say the 3Cs: credit, collateral, and character. There will also be information on nontraditional avenues to find funding for businesses."

The VET Program was founded by Mays with funding from a Larson Foundation Grant. The program was born out of Mays' experience consulting with veterans and their spouses on creating their own businesses and will be a means for veterans to learn more about specific entrepreneurship topics. The VET Program is also an opportunity for Minot State students majoring in entrepreneurship to take the theories they are learning in their entrepreneurship classes and put it into practice by helping veteran entrepreneurs. The topic

of the first summit is on funding sources for entrepreneurs, but this is just the first of many topics to come.

"I'm grateful for this opportunity to work with Dr. Tracey Mays and the Severson Entrepreneurship Academy helping to create and promote training programs for aspiring entrepreneurs," said MSU student Jonah Kramer. "This event is an opportunity for aspiring entrepreneurs to create contacts and ask questions they have with sources of financing and funding for a new business. This event is geared to help veterans, active duty military members, and their spouses through developed entrepreneur training programs that can help facilitate the resources necessary in starting a business. I think this a great opportunity to receive insight from individuals with experience in banking and business lending."

Along with Mays, panelists include commercial loan officers, current business owners, and a SBA loan program director. For more information, contact Jonah Kramer by e-mail at Jonah.kramer@ndus.edu or Tracey Mays by e-mail at artresa.mays@minotstateu.edu

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Who are you after your service member leaves the military?

ELIZABETH ASLAKSON

Despite navigating multiple transitions during a military career, leaving active duty is a different type of life event. Classes and curriculum are designed to guide the service member through each phase of preparing for that exit, to include looking for employment, understanding benefits and more, but what impact does “getting out” have on military spouses who are acclimated to this way of life?

Whether serving a few years or retiring, the Department of Defense provides a resource to complement the stages of military life. When the time comes to go back to civilian life, military spouses who are immersed in the military lifestyle may not know where they fit into the world anymore.

Sherri Davenport, a senior career transition trainer for nine years with GBX Consultants — a contractor to the Department of Labor, facilitated employment workshops in the U.S., Germany and Puerto Rico. She also has in-depth knowledge as a military spouse. Her husband, an Army aviator, retired as a chief warrant officer 4 after 24 years of service.

“Though military families are used to change, transitioning out is different because it is permanent. In addition, the options are chosen by the couple rather than the military. The range of possibilities and responsibilities can make this period overwhelming. However, resilience skills can help spouses navigate this phase of life,” Davenport said.

Utilize resiliency skills

Davenport describes resilience as a way of thinking that improves function and enhances an individual’s ability to withstand challenges. She said, “Skills include being able to identify your character strengths,

avoiding thinking traps and hunting the good. Spouses possess these qualities when managing deployments and frequent relocations. Traits like perseverance, social intelligence and teamwork are the behaviors empowering spouses to overcome obstacles in the military and that will help them forge ahead in the civilian world.”

She recommends military spouses apply this thought process to the transition.

“Think of it as a marathon, not a sprint,” she said. “There will be periods of activity with points of slow growth.”

Davenport emphasizes the importance of avoiding negativity bias and jumping to conclusions when searching for jobs, where to live or reaching out to civilians. Spouses should keep an open mind as opportunities present themselves and make a habit of hunting the good by focusing on three positive things every day, she adds.

Know your worth

Alexandra Clasen is a relocation assistant at Fort Gordon’s Army Community Service. Her husband, a chief warrant officer 2 at the Cyber Protection Brigade, is medically retiring after 14 years of service. Clasen has applied resiliency skills in her own life while advising spouses to, “know your worth.”

“This mindset helps spouses recognize the direction they should take, as well as what they can control during a time of uncertainty,” she said.

For example, while supporting their service member, military spouses often make sacrifices in terms of their vocation. However, in the civilian world, couples are on equal footing when it comes to employment.

“Instead of feeling insecure about

unconventional job experiences, think of this chapter of life as your time to shine,” Clasen said. “View this phase as a journey of getting to know yourself and exploring opportunities.”

If starting or changing careers, one of the first steps Clasen recommends is translating experience into a dollar value and creating a resume of soft skills. To do this, she suggests getting feedback from people who know you best and who can be objective. Ask them to list your top five strengths.

Clasen also proposes having tangible evidence of accomplishments by creating a calendar of tasks and goals. Indicate their completion by circling or crossing them out.

Davenport and Clasen encourage spouses to stay connected, explaining how it is critical to communicate with your husband or wife. They also state that spouses tend to be the link to their family’s social network and not to discount the importance of this ability to reach out. Whether someone is seeking employment or finding a home, having a network of peers is invaluable.

Find a purpose

One such peer is Kristine Zelazny, the assistant director of student life/dean of students at Bellarmine Preparatory High School in Tacoma, Washington. Her journey as a military spouse started while in college. At the time, her boyfriend asked her if he should join ROTC to pay for college. Her advice was that he should decide what was right for him, but little did she know how his decision would shape her life.

After his commissioning as a military intelligence officer, they married and spent the first three years apart because of deployments. Her husband missed the birth and first 18 months of their son’s life, and their time in service included 13 moves. Zelazny faced hardship, loneliness and even scary times. However, she appreciates the life of adventure and friendships she had as an Army wife.

After 22 years, her husband retired as a lieutenant colonel and they settled in their hometown where he was offered a job. Despite growing up in the area and having a family support system, the transition was tough. The instant bonds found in military

communities and the sense of service was missing. In the face of unforeseen challenges, Zelazny relied on what she learned as a military spouse. She approached civilian life with a positive outlook, finding meaningful ways to become involved.

“It is not a typical military move. You are on your own, but rely on your skills to get you through. Military spouses are pros at this. Be confident and navigate it with the same grace you would any other move,” Zelazny said.

She adds that the military transition will be different for everyone, so spouses should not gauge their experience based on someone else’s.

This article originally appeared in Military Families Magazine.



Military spouses use their resilience skills to ensure a smooth transition to civilian life.

COURTESY PHOTO.

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WINTER SURVIVAL TIP

Get your battery checked! Batteries installed in warmer climes are usually not capable of handling North Dakota winters. They tend to freeze!

This Winter Survival Tip provided by Minot Air Force Base Library

WHAT'S GOING ON MAFB

TODAY

- 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
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Torch Club, 1700-1800, Youth Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Bomber Bistro
- 15th Annual Membership Appreciation Youth Turkey Bingo, 1800-2200, Youth Center
- Keystone Resiliency Challenge — Teens, 1800, Youth Center
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill

TUESDAY

- Cycle, 0600, Fitness Center
- Pre-Separation Counseling, 0800-1130, Held at the Education Center and hosted by A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Swerk, 1900, Fitness Center

THURSDAY

- For a full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com
- Thanksgiving Lunch Special, 1030-1330, Dakota Inn Dining Facility
- Thanksgiving Day of Love, 1100-1300, Jimmy Doolittle Center
- Thanksgiving Dinner Special, 1630-1830, Dakota Inn Dining Facility

SATURDAY

- Turkey Burn Cycle Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes

SUNDAY

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Cycle, 1400, Fitness Center

MONDAY

- Tactical Fit Express, 0530, Fitness Center
- Swerk, 0915, Fitness Center
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Newbery Book Club, 1545, Base Library
- Cycle, 1700, Fitness Center
- Mixed Martial Arts, 1700, 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
- Mixed Martial Arts, 1630, Fitness Center
- 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

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November 1-30

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UPCOMING EVENTS:

- AFGSC Family Day - for a full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com

29 Nov

- For a full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com
- Last Day to Register for the Air Force Art Contest online at myairforcelife.com
- Single Airmen Escape Room Challenge, 1400-1600, Jimmy Doolittle Center

30 Nov

Bomber Bistro

November Special

Tuesday Lunch Special: Taco Tuesday Bowl

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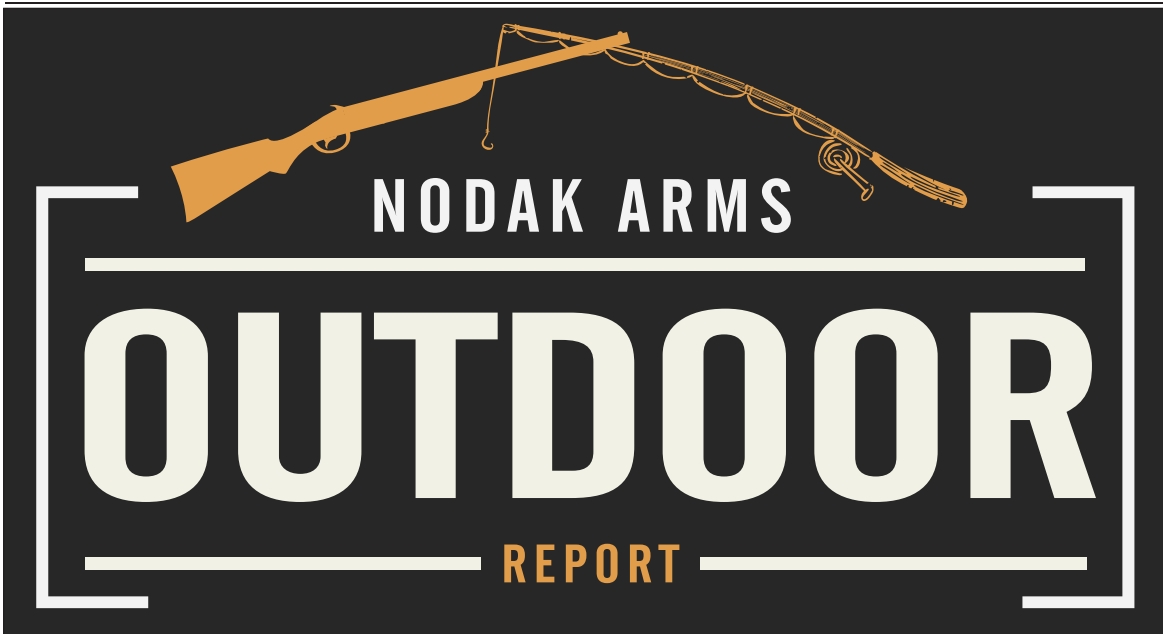
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photos in the paper and on our Facebook page.





OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 18: 1,839.6 feet above mean sea level (MSL); 48,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.75 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.68 MSL.

- N.D. Game & Fish Dept. game wardens: Some anglers walking onto small north-central area lakes but warm weather is creating extremely unsafe ice conditions. No Missouri River System or Devils Lake reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Warm weather brought more anglers onto Bisbee, Dam, northern Devils Lake feeder lakes and around Channel A on Devils Lake but also creating unsafe ice conditions. Use extreme caution.

- Devils Lake, Woodland Resort, Devils Lake: Not much activity on Devils Lake yet as it transitions to ice fishing. Main lake has open water and no activity in the bays. Fair pike and walleye success on northern feeder lakes but walk-on access only and warm weather created dangerous conditions.

- Lake Darling, Karma C-Store, Ruthville: Some activity at Grano and Lake Darling with warmer weather but use caution and watch for poor ice with warm weather.

- Lake Darling, Upper Souris NWR, Foxholm: A few people venturing onto Lake Darling but warm weather opened up some of the lake. Use extreme caution.

- Lake Metigoshe, Four Seasons, Bottineau: Some walk-on activity on Lake Metigoshe but no reports.

- Lake Metigoshe, Lake Metigoshe State Park, Bottineau: A few anglers walking onto Lake Metigoshe. No reports on success.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Warm weather bringing some boat activity to Garrison, deTrobriand, and Douglas bays on the east end of

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.
- Use caution with dogs when hunting around frozen wetlands for cuts from ice, breaking through, etc.
- Hunters must stay out of unharvested fields and don't block trail access.

DATES TO REMEMBER:

- N.D. darkhouse fishing season opens at ice-over.
- Nov. 24: Deer gun season closes.
- Nov. 25: Some major U.S. Fish and Wildlife Service Nat'l. Wildlife Refuges open for upland hunting. Check with refuge headquarters for information and special regulations if hunting is allowed.
- Portions of Upper Souris NWR open Nov. 25 to upland hunting. Check with refuge headquarters for special refuge-specific regulations. The refuge is also open to muzzleloader deer license recipients.
- Nov. 29: Dove season closes.
- Nov. 29: Muzzleloader deer season opens.

Lake Sakakawea. No reports on success, though.

- Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Bait shop closed until Lake Audubon has walkable ice.

- Lake Sakakawea, Scenic 23, New Town: A few boats on Van Hook Arm with warm weather but no reports on success.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye at night from both boat in the chutes and shore along the rocks and boat ramp using crankbaits. No reports of trout or salmon, however. Not much activity in the spillway with its faster current. No Lake Sakakawea reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Warm weather opened the Yellowstone and Missouri rivers. Some walk-on activity on small northwestern lakes but use caution with warm weather deteriorating ice.

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

- North-central/central N.D.

lakes, Towner Hdwe. Hank, Towner: Anglers waiting for better ice on the Souris River and area lakes.

Hunting:

- Deer: Hunters generally reporting fair to good success but standing corn continues to be a limiting factor in many areas.

- Predators: Hunters seeing fewer coyotes in the northwest.

- Upland: Hunters reporting seeing more pheasants in some areas where corn has been harvested but standing crops continue limiting activity and success in many areas.

- Waterfowl: Ducks and geese moved out of North Dakota with the exception of open water along the Missouri and Yellowstone rivers, Lake Sakakawea, and the Missouri River below Garrison Dam where fair to good numbers of Canada geese remain.

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.

Minot AFB Exchange Focuses on Family for Thanksgiving

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MINOT AFB — With 85% of its workforce connected to the military, the Army & Air Force Exchange Service is a true example of family serving family. As such, the focus on Thanksgiving Day will be on family and the Minot AFB Exchange will be closed.

Military shoppers can gobble up the savings online at ShopMyExchange.com on Thanksgiving Day at midnight Central Standard Time. On Black Friday, online sales start at midnight CST, and Minot AFB Exchange doors will open at 6 a.m.

"As part of the military

community, the Exchange understands that time with family, for both customers and associates, is a priority," General Manager Michael Bell "Being closed on Thanksgiving allows shoppers to give thanks with friends and family and still partake in the savings online that day or bright and early in person on Black Friday."

Service members who are on the installation on Thanksgiving Day will still have access to convenience items as the Minot AFB Express will be open beginning at regular hours.




GREEN BEAN CASSEROLE



INGREDIENTS

1/2 STICK BUTTER
1 SMALL ONION, SMALL DICED
1/2 CUP BUTTON MUSHROOMS, SLICED
4 CANS GREEN BEANS, DRAINED
2 CANS CREAM OF MUSHROOM SOUP
1 TSP BBQ SEASONING SALT
1 CAN FRENCH FRIED ONION RINGS
1 CUP CHEDDAR CHEESE, GRATED

When ready to cook, set temperature too 375°F and preheat, lid closed for 15 minutes.

Melt butter in a cast iron skillet and add onions and mushrooms stirring occasionally until softened.

Add drained green beans, cream of mushroom soup and stir gently to combine.

Season with seasoning salt and pepper and sprinkle the top with the shredded cheddar cheese and onion rings.

Bake for 25 minutes. Serve warm, enjoy!

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

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Mental health triggers of deployment

TIFFANY LAWRENCE

Depression is a common and serious illness that negatively affects how a person feels, thinks and acts, according to the American Psychiatric Association. Although more than 300 million people worldwide suffer from depression, some are still hesitant to admit they struggle with it because of the stigma it carries.

When someone is predisposed to depression, what impact does military life, more specifically deployments, have on their illness?

Sara White, a military spouse and mom of four, recently opened up about her diagnosis on Facebook. She shares how finding the right balance of self-care and medication brought her out of her funk and back to enjoying her family and the military life she loves.

White was predisposed to having depression and anxiety. In her teen years she was diagnosed with anxiety, but it wasn't until her husband's first deployment that her depressive symptoms fully manifested.

White recalls, "I was 23 years old. The doctor saw me for only ten minutes then diagnosed me with post traumatic stress syndrome, obsessive compulsive disorder and generalized anxiety. He threw a bunch of medication at me."

While taking the medicine, White was asked if she felt better. "I don't feel anxious or depressed. ... I don't feel anything." In fact, she describes it as feeling, "very nothing."

After her husband returned from deployment, she became pregnant and had to stop using everything that was prescribed so she looked to self-care options as an alternative. This included yoga, meditation, walks and focusing on her breathing.

It worked. She felt great, even after giving birth. She continued her self-care routine and became pregnant with their second baby.

Deployment and mental health

Military medical research reveals

pregnant women with a military-deployed spouse have increased risk of depression and self-reported stress.

White's second child was born two days after her husband deployed.

"Looking back, I can say I was wildly depressed. But I absolutely didn't get treatment. I didn't have the time," she said.

White didn't want to tell the doctor that she was, "thinking of leaving the house and not coming back." She didn't want to say she "didn't love being a mom and didn't like her kids."

She was afraid she'd be reported. So, she silently suffered through it.

There are terms used in the military spouse community like "holding down the home front" or "being resilient." While these are valid descriptions of the support spouses provide, they can also keep them from admitting they are having a hard time coping with the military lifestyle.

White's husband is an EOD technician. Since their marriage nine years ago, he has deployed four times. After noticing how depression impacted his wife, he offered to turn down an assignment due to his family needing him. However, she declined his offer.

White admits that she didn't want to be seen as "one of those women who was unstable and couldn't handle her husband being gone." She felt pressured to be strong.

Finding support

One thing White attributes to helping her during deployments is having a battle buddy.

"I try finding a new battle buddy every deployment. I want to help someone. There's nothing like a first deployment because you don't know what it's going to be like," she explained.

Military spouses, Nikki Kling and Danielle Scarpello, who are also wives of EOD technicians, are part of White's support system.

"I always feel like I'm the only one aggravated about deployment,

until Sara says something. Then I don't feel so alone. She constantly makes me laugh which absolutely helped," Scarpello said.

Kling adds, "Being an EOD wife has its unique challenges regardless of whether our spouse is on a deployment or not. My friendship with Sara began at a perfect time, as my husband and I were getting ready to embark on our second deployment."

Both Kling and Scarpello didn't know about White's depression for a while, but Scarpello said she wished she did so that she could have helped her.

The transitions of military life continue

By 2017, White gave birth to twins and they became a family of six. Then, a year later, the White family relocated to Hawaii. Other than a one-year training, this was their first move and she was leaving the place where she grew up.

"A week after we got to Hawaii my husband deployed. I was alone in a new place with four kids," she said. "That was the worst depression I've ever had. I gained 30 lbs. in three months and I was miserable."

White's time was filled with isolation, constant sobbing, grieving family and friends she'd left, and a general lack of interest in life. She didn't care what she ate or how she looked. Her husband spoke with her about seeing a psychiatrist and when her mother came for a visit, she finally had the time.

"This new doctor listened to me for two hours," she said. The psychiatrist worked with her to find a good balance of medication that fit her life, but it wasn't a one

step process.

She offers advice to others who can relate to her experience:

Don't believe the myth that your depression will negatively affect your spouse's career. The military wants us to be healthy and strong and offers resources.

Make a battle buddy. Have them over for coffee and scones and tell them to be your friend.

Lean on your spouse. I never want to be a burden, but I have

to remember that he chose to marry me just like he chose to be a Marine."

Free counseling services are offered through Military OneSource by calling 1-800-342-9647. You can also reach out to your primary care manager for help.

This article originally appeared in Military Families Magazine.



White says having her first child reset her hormones. She was good for two years after.

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GENERAL RAY VISITS MINOT

Gen. Timothy Ray, Air Force Global Strike commander, visits Minot Air Force Base, North Dakota early November 2019. Gen. Ray's visit included briefings and tours of launch, missile alert, aircraft maintenance facilities and many others across base. More photos on page B4 and on MAFB PA Flickr page.

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CHURCH DIRECTORY

<div><div><div><div><div><div></div><div>Little Flower Catholic Church</div></div><div><div>800 University Avenue West</div><div>838-1520</div></div><div><div>Mass Schedule</div><div>Saturday 4:30 pm</div><div>Sunday 8:30 & 10:00 am</div></div><div><div>Fr. Ken Phillips, Pastor</div><div>www.littleflowerminot.com</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>St. Peter The Aleut Eastern Orthodox Church</div></div><div><div>109 6th St. SE</div><div>Minot • 838-3094</div></div><div><div>Sunday Leaders</div><div>Service 10 a.m.</div><div>Saturday Vespers..... 5 p.m.</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Break Forth Bible Church</div></div><div><div>New! 7:00pm Service</div><div>Thursday Evenings</div><div>at the GRAND HOTEL</div></div><div><div>HEALING FREEDOM SPIRIT-FILLED</div><div>breakforthbiblechurch.com</div><div>Pastor Larry Phalen 701.483.0720</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Trinity Church</div></div><div><div>An Evangelical Free Church</div><div>3500 4th St. SW • 839-5127</div><div>(Just North of Super Wal-Mart)</div></div><div><div>Sunday School & Fellowship 9:00 a.m.</div><div>Worship 10:30 a.m.</div></div><div><div>www.trinitychurchminot.org</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Bible Fellowship Church</div></div><div><div>Worship Service at 10:45am Sundays</div><div>Sunday School at 9:45am</div></div><div><div>1720 4th Ave NW, Minot</div><div>838-0916</div><div>MinotBibleFellowship.org</div></div></div></div></div></div>
<div><div><div><div><div><div></div><div>Faith United Methodist Church</div></div><div><div>5900 Highway 83 N, Minot</div><div>www.faithumcminot.com</div></div><div><div>Pastor Ken Mund</div><div>701-838-1540</div></div><div><div>Sunday School (All Ages): 9:45 a.m.</div><div>Sunday Coffee Fellowship: 10:30 a.m.</div><div>Worship Services: Sunday 11 a.m.</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Minot Baptist Church</div></div><div><div>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</div></div><div><div>Sunday School 9:45 a.m.</div><div>Morning Worship 11:00 a.m.</div><div>Evening Worship 6:00 p.m.</div><div>Wednesday Evening..... 7:00 p.m.</div><div>Independent/Fundamental/KJV</div><div>500 46th Ave NE • 839-1351</div><div>Pastor David Miller</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Cornerstone Presbyterian Church</div></div><div><div>1000 NE 3rd Street</div><div>852-0315</div></div><div><div>Sunday Schedule</div><div>Contemporary Worship..... 9:00am</div><div>Sunday School (All Ages) 10:00am</div><div>Traditional Worship..... 11:00am</div><div>Wednesday Evening Schedule</div><div>Community Dinner..... 5:30-6:30pm</div><div>Contemporary Worship..... 6:30pm</div><div>Youth Group & Small Groups.. 7:15pm</div><div>All are Welcome!</div><div>www.ecominot.org</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Congregational UCC</div></div><div><div>430 N. Broadway • 839-1064</div></div><div><div>Sunday Worship 11am</div><div>Sunday School 11am</div><div>Tuesday Bible Study 12pm</div><div>Saturday Noah's Breakfast .. 9:30am</div><div>Please join us, all are welcome here!</div><div><div>UNITED CHURCH OF CHRIST</div><div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>St. Mark's Lutheran Church</div><div>Missouri Synod</div></div><div><div>Sunday Worship 8:30 am & 11:00 am</div><div>Holy Communion Served at All Services</div><div>Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</div><div>2209 4th Avenue NW</div><div>Minot, ND</div><div>839-4663</div><div>Reverend Philip Beyersdorf</div></div></div></div></div></div>
<div><div><div><div><div><div></div><div>Immanuel Baptist Church</div></div><div><div>1615 2nd St. SE • Minot • 839-3694</div></div><div><div>Sundays:</div><div>Sunday School 9:15 a.m.</div><div>Worship 10:30 a.m.</div><div>Wednesdays:</div><div>Soup Kitchen 11:30 a.m. - 12:30 p.m.</div><div>Family Supper 5:30 p.m.</div><div>Classes for all ages 6:30 p.m.</div><div>Adult Choir (as scheduled), 7:30 p.m.</div><div>Brian T. Skar, Pastor</div><div>www.ibcminot.org</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Apostolic Faith Church, UPCI</div></div><div><div>2929 19th Ave NW • Minot</div><div>Located off Hwy 83 Bypass West</div><div>(701)838-0609</div></div><div><div>Saturday School 2:00 p.m.</div><div>Sunday Worship 3:30 p.m.</div><div>Wednesday Bible Study 7:30 p.m.</div><div>Jesse Starr, Pastor</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>St. John the Apostle Catholic Church</div></div><div><div>2600 West Central Ave • Minot, ND 58701</div><div>839-7076</div></div><div><div>Daily Mass Schedule:</div><div>Tuesday 7:00 p.m.</div><div>(3rd Tuesday 7:00 a.m.)</div><div>Wednesday - Friday 7:00 a.m.</div><div>Saturday 5:00 p.m.</div><div>Sunday 8:00 & 10:30 a.m.</div><div>Fr. David A. Richter, Pastor</div><div>Parish website: www.stjohnminot.com</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>First Lutheran Church - ELCA</div></div><div><div>120 5th Ave. NW</div><div>852-4853</div></div><div><div>Saturday Worship..... 5:00 pm</div><div>Sunday Worship.. 8:30 am & 11:00 am</div><div>Sunday Education..... 9:45 am</div><div>Wednesday Supper..... 5:00 pm</div><div>Wed. Worship & Education..... 5:45 pm</div><div>www.firstlutheran.tv</div><div>(Live Stream & Recorded)</div><div>Radio Broadcast KRRZ 1390AM</div><div>Sunday 8:30 am</div><div>www.flcminot.com</div><div>Pastor Brandy Gerjets • Pastor Ellery Dykeman</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Gospel Tabernacle Community Church</div></div><div><div>9999 27th St NE</div><div>4 miles south of MAFB</div><div>James W. Henderson</div><div>Anna B. Henderson</div><div>Church: 701-838-4492</div><div>Home: 701-838-5759</div><div>KHRT 1320: 9 a.m. Sunday</div><div>Sunday School 9:45 a.m.</div><div>Adult/Children Worship.. 11 a.m.</div><div>Family Hour 6:30 p.m.</div><div>Evening Worship 7:30 p.m.</div><div>Bible Study/Child-Adult</div><div>Children Worship (Wed).... 7 p.m.</div><div>Prayer (Friday) 7 P.m.</div></div></div></div></div></div>
<div><div><div><div><div><div></div><div>Bethany Lutheran</div></div><div><div>215 3rd Ave. SE, Minot, ND</div><div>Phone: 838-5196</div><div>A Member of the ELCA</div></div><div><div>Sunday Worship 8:30 & 10:30 am</div><div>Sunday Fellowship..... 9:30 am</div><div>Wednesday Church School 5:45 pm</div><div>Wednesday Worship..... 6:45 pm</div><div>Website: www.bethanylutheranminot.com</div><div>Email: bethanylutheran@srt.com</div><div>Live Streaming: bethanylutheran.tv</div><div>Pastor Janet Hernes Mathistad</div><div>Pastor Gerald Roise</div><div>Pastor Intern David Myers</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>First Baptist Church</div></div><div><div>200 3rd St. SW • 852-4533</div><div>www.fbcminot.org</div></div><div><div>Classic Worship Service 8:30 a.m.</div><div>Adult Sunday School..... 9:45 a.m.</div><div>Contemporary Worship Service.. 9:50 a.m.</div><div>Children's Church..... 9:50 a.m.</div><div>Sunday School (All Ages) 11:00 a.m.</div><div>Contemporary Worship Service.. 11:05 a.m.</div><div>Wed. AWANA (Sept. to May) 6:30 p.m.</div><div>Rev. Kent Hinkel, Senior Pastor</div><div>Rev. Barry Seifert, Associate Pastor</div><div>Pastor Sam Kautzmann, Student Ministries</div><div>Elaine Carlson, Children's Ministry Director</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Cross Roads Baptist</div></div><div><div>Sunday School (all ages) 9:45 a.m.</div><div>Sunday Worship 11 a.m. & 6:30 p.m.</div><div>Wednesdays (Prayer & Missions) ... 6:30 p.m.</div><div>www.minotcrbc.org</div><div>email: crbc@srt.com</div><div>415 28th Ave SE (Behind Menards)</div><div>838-1873</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>West Minot Church of God</div></div><div><div>Family Worship Center</div><div>1105 16th St. NW • 839-1407</div></div><div><div>Sunday School..... 9:30 a.m.</div><div>Sunday Worship 10:30 a.m.</div><div>Children's Church & Nursery</div><div>Wednesday Family Training Hour</div><div>Meal..... 5:30p.m.</div><div>Classes for All Ages 6:30 p.m.</div><div>Youth Center, Friday..... 7:00 - 11:00 p.m.</div><div>ABC Child Care Center..... 852-6352</div><div>westminot.com</div><div>facebook.com/westminot</div></div></div></div></div></div>	
<div><div><div><div><div><div></div><div>Vincent United Methodist Church</div></div><div><div>1024 2nd St. SE • 838-4425</div><div>Behind Town & Country Shopping Center</div><div>open hearts...open minds...open doors!</div></div><div><div>Saturday Informal Worship .. 5:00 p.m.</div><div>Sunday School 9:00 a.m.</div><div>Sunday Worship Service 10:00 a.m.</div><div>Fellowship..... 11:00 a.m.</div><div>Pastor Jennifer McDonald</div><div>www.vincentumc.com</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>OUR REDEEMER'S CHURCH</div></div><div><div>A Church of the Lutheran Brethren</div></div><div><div>Thursdays:</div><div>Worship..... 6:30 p.m.</div><div>Sundays:</div><div>Worship..... 8:30 a.m. & 10:45 a.m.</div><div>700 16th Ave SE • 701-838-0750</div><div>For more information visit us on the web at:</div><div>www.ourredeemers.org</div><div><div><div></div><div>OUR REDEEMER'S CHRISTIAN SCHOOL</div></div><div><div>700 16th Avenue SE</div><div>Minot, ND 58701</div><div>info@orcsknights.org • 701-839-0772</div><div>www.orcsknights.org</div></div></div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>Chapel Services at MAFB</div></div><div><div>Protestant</div><div>(North Plains Chapel in Base Housing)</div><div>Contemporary Service</div><div>Sunday Worship 1000</div><div>Gospel Service</div><div>Sunday Worship 1130</div><div>Catholic Mass (Northern Lights Chapel across from Rockers)</div><div>Sunday 1000 & 1700</div><div>Daily Monday-Thursday at 1200</div></div></div></div></div></div>	<div><div><div><div><div><div></div><div>ADVERTISE YOUR Church</div></div><div><div>Advertise FOR ONLY \$7 PER WEEK</div><div>Revisions MADE UPON NOTICE FROM THE CHURCH</div><div>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</div><div>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</div></div></div><div><div><div><div><div><div></div><div>CONTACT US</div></div><div><div>call 701-839-0946</div><div>email NSADS@SRT.COM</div><div>fax 701-839-1867</div></div></div></div></div></div></div></div></div>	
<div><div><div><div><div><div></div><div>First Assembly of God</div></div><div><div>1805 2nd St. SE</div><div>838-1111</div></div><div><div>Morning Worship 8:30 a.m.</div><div>Sunday School 10 a.m.</div><div>Morning Worship 11 a.m.</div><div>Wednesday Family Night..... 6:30 p.m.</div></div></div></div></div></div>		<div><div><div><div><div><div></div><div>To Advertise your Church on this page,</div></div><div><div>Call 839-0946</div><div>Only \$7.00 a space / per week</div></div></div></div></div></div>		

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ANSWERS

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

Answers to puzzle from page A4

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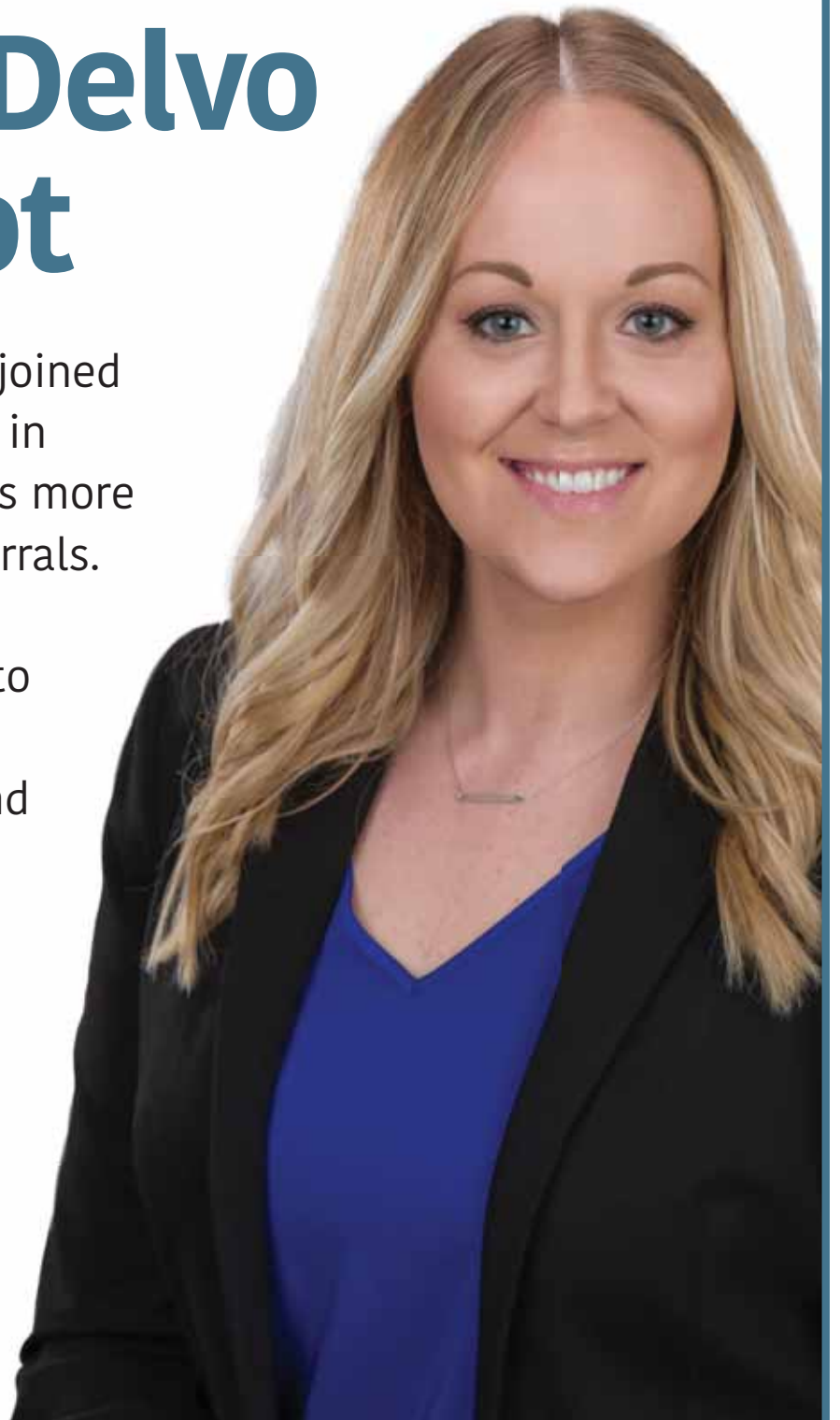
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Dr. Stephanie Delvo comes to Minot

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.

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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

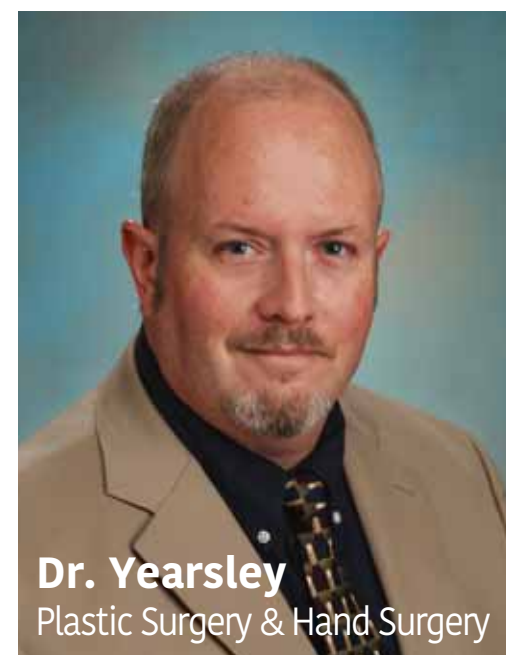
For appointments call:
855.530.6001



Dr. Nybakken
OB/GYN

Minot office hours:
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For appointments call:
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