

WHATS  
INSIDE  
THIS WEEK:



THANKSGIVING  
DAY OF LOVE

A6



MR. PUTNAM  
RETIREMENT  
CEREMONY

A2



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Senior Airman Cody Vojtko, 791st Missile Maintenance Squadron missile maintenance operations controller, receives the Air Force Achievement Medal Nov. 21st, 2019 at Minot Air Force Base, North Dakota. Vojtko was awarded this medal for saving a family from a house fire. *See story on page 3.*

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



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DETAILS ON PAGE 3

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## Minot AFB



## Videos





## MR. PUTNAM RETIREMENT CEREMONY

Mr. George Putnam retires after a long career of service with the U.S. Air Force at Minot Air Force Base, North Dakota Nov. 22, 2019.

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

# BackTalk

*My teeth are feeling pretty good today.  
I don't think I need to brush them.*

Some things in life are a lock. When you go to the grocery store and pick a cart, you will always get the cart with the wobbly wheel. If you are running late you inevitably get behind a car going 15 mph below the speed limit; and if you are a chiropractor, at least a few times a month you will hear someone say "I hear that once you go to a chiropractor you always have to go." I don't know who started this rumor, but I sure would like to know their logic. It is what they were thinking when they came up with this gem that vexes me and many other chiropractors to no end.

Let me set the record straight. There is nothing inherent in a chiropractic adjustment that makes it necessary for you to get another one.

Think about it, if getting a chiropractic adjustment made it necessary for you to keep on getting them there is NO way we would be licensed as health care professionals in every state and most every country in the world. It is simply silly to think otherwise.

Do people often get more than one adjustment at a chiropractor? Yes, and if myself or other chiropractors have anything to say about it, they will. But to they HAVE to? No way.

I have had situations where due to time or the distance a patient has to travel, that one adjustment had to suffice. However, all things being equal, a treatment plan or making chiropractic a part of your lifestyle is the way to

go. You see the bones, muscles, ligaments, nerves and tendons of your spine are constantly battling against gravity, 24/7. Unless you are scuba diving or living on the moon, your spine is in a battle against gravity. In a perfect world gravity would be all that affects your spine. But let's add in physical stresses like missing a step, lifting something heavy. Or for those of us who have been around for 3 plus decades, every day occurrences like sneezing, sitting too long, or sleeping wrong. "Aww getting old is so much fun!" As a result of the fact that your spine is literally constantly under stress most chiropractic patients find it an advantage to go back to their chiropractor for regular checkups. But again, they don't HAVE to, they do it because they WANT to, and if they do, they can see the benefits it has to their overall health. I often tell my patients it's a lot like brushing your teeth. Have you ever woken up and grabbed your toothbrush and put it up to your mouth and said "naw, my teeth feel pretty good today... I don't think I need to brush them?" Of course you haven't because as long as you eat food your teeth are under stress. As long as you are alive your spine is under stress and the last time I checked you only get one spine, so it is a good idea to take care of it. So, the bottom line is if you decide to come to a chiropractor you don't have to keep coming; but if you are like most of our patients you choose to book return appointments in order to keep your health as good as possible. Remember, we are here for you!

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# Flash Fire Hero

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

MINOT AIR FORCE BASE, N.D. --

In the dead of night, a lonely truck's headlights swept across a quiet housing community. The lights fall upon a house unlike the others.

Slowing down, he saw it, a yellow and orange light flickering inside of the house, a plume of gray smoke escaping from a window.

"I knew they might have been harmed if I didn't step up," said Senior Airman Cody Vojtko, missile maintenance operations controller for the 791st Missile Maintenance Squadron at Minot Air Force Base, North Dakota. "If I didn't do anything and someone was hurt afterwards, I have no idea how I would feel."

Vojtko jumped out of his pickup and raced towards the house, the cold air stinging his face. He pounded on the door, frantically trying to get attention from the family inside. He shook the door handle to no avail. Unable to pry the windows open, his mind is racing, looking for anything he could do to get inside.

Vojtko stayed calm. Dialing the base emergency number, he told the operator everything. After a first responder arrived, he was relieved.

"If you see something, do something," said Vojtko. "Don't ever be afraid to help someone who may need it."

After what seemed like forever, the front door finally opened. As the family escaped the house, Vojtko helped control the situation. He facilitated the family's escape along with their dog.

"It was very rewarding," said Vojtko. "Knowing that they all got out with no injuries. It's an amazing feeling."

Vojtko's actions earned him an Air Force Achievement Medal, awarded by his commander,

Major Patrick McAfee. What Senior Airman Vojtko did for his wingman displays the ultimate dedication to help people in need. He was willing to put his life on the line for this family.

Vojtko's supervisor Staff Sgt. Jordan Gleave, senior missile maintenance operations controller for the 791st Missile Maintenance Squadron, says this isn't unlike his personality at all.

"Airman Vojtko is an exemplary Airman," said Gleave. "He has

an intense worth ethic, and has never failed to put his best foot forward to help anyone in need."

His willingness to always put himself out there is uplifting, says Gleave. She hopes Airmen across the Air Force can learn from Senior Airman Vojtko's willingness to sacrifice.

"I knew what I had to do," said Vojtko. "I had to get their attention and save whoever was in that house."



Senior Airman Cody Vojtko, 791st Missile Maintenance Squadron missile maintenance operations controller, receives the Air Force Achievement Medal Nov. 21st, 2019 at Minot Air Force Base, North Dakota. Vojtko was awarded this medal for saving a family from a house fire.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS CALEB S. KIMMELL

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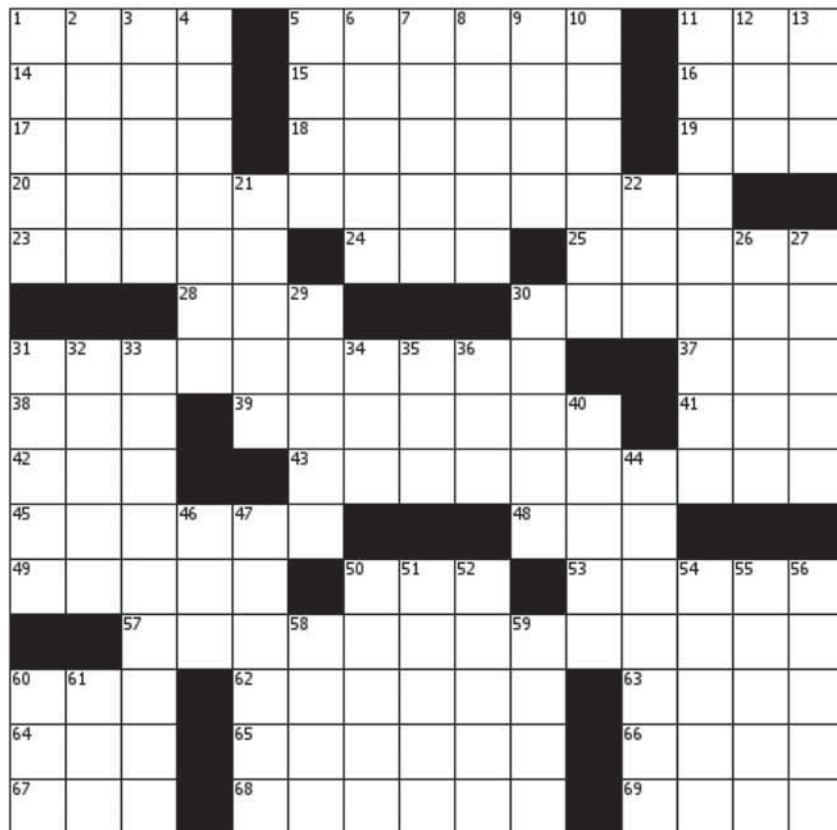
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## CROSSWORD PUZZLE

## Across

1. Show approval, in a way  
5. Like this ans.  
11. Spate of tears  
14. "Lilo and Stitch" dance  
15. Good thing to keep up  
16. Scratch (out)  
17. When Hamlet meets his father's ghost  
18. Dentist's concern  
19. "The \_\_\_\_ of Pooh"  
20. Swap meet locales?  
23. Medieval menials  
24. CIA predecessor  
25. Coral units  
28. Alley-\_\_\_\_  
30. Word in a 1980s scandal  
31. Scary component?  
37. Feather's partner  
38. Mare's tidbit  
39. "America the Beautiful" adjective  
41. "Bambi" doe  
42. Short noncom?  
43. Astronomer's job?  
45. Mexican wrap  
48. Remain unused  
49. Sister of Terpsichore  
50. Sunflower seed product  
53. Barbecue chef's implement  
57. Famous digger?  
60. Rat-a-\_\_\_\_  
62. What an adman might do  
63. Sloping type (Abbr.)  
64. Be in another form  
65. Brahmins and Kshatriyas, for example



56. Basketball defense  
57. Over the edge  
58. Mideast bigwigs (Var.)  
59. Prow and stern

## Down

1. Uses ICQ, perhaps  
2. "Filthy" stuff  
3. The rite place?  
4. Not COD  
5. Word of agreement

6. Drum played without sticks  
7. Material for many a light fixture  
8. Highway approaches  
9. Zeno's home  
10. Fastener for a preschooler  
11. One racking up the frequent-flier miles  
12. Rap sheet abbr.  
13. Erstwhile automaker

34. Stylist's job  
35. \_\_\_\_ Maria (coffee liqueur)  
36. Transportation via highway (Abbr.)  
44. Reduce to mist  
46. Put the food away  
47. Constabulary  
50. Overly overweight  
51. More than miffed  
52. Soda measure

54. "\_\_\_\_ your life!"  
55. Endocrine or pituitary  
56. Tennis star born in Novi Sad, Yugoslavia  
58. Red-coated cheese  
59. Ms. Trueheart  
60. Highlands cap  
61. Coach Parseghian

## SUDOKU Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

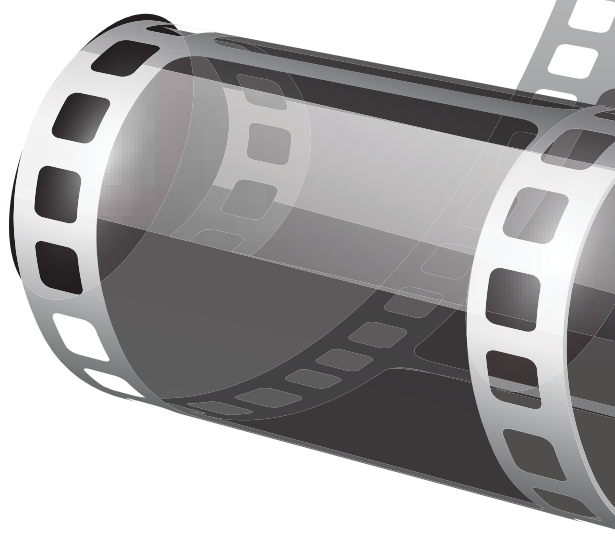
W	A	V	E		U	P	T	O		C	H	R	I	S
I	R	A	N		P	R	E	P		R	E	E	D	Y
G	I	G	I	S	S	I	S	I		O	R	D	E	R
W	O	R	S	E		S	L	U	G	S		T	A	I
A	S	A	L	E		M	A	M	A	S	T	A	T	A
M	O	N	E	Y	S				R	E	O	P	E	N
S	S	T		O	A	S	I	S		F	E	D	S	
			L	U	L	U	S	T	U	T	U			
R	E	N	O			M	O	U	S	E		P	I	G
E	L	E	V	E	N				E	N	G	I	N	E
P	E	P	E	S	N	E	N	E		O	A	S	T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

FRIDAY. DEC 6 1800  
DOCTOR SLEEP (R)

Years following the events of "The Shining," a now-adult Dan Torrance must protect a young girl with similar powers from a cult known as The True Knot, who prey on children with powers to remain immortal.

SATURDAY. DEC 7 1700  
SUNDAY, DEC 8 1500  
LAST CHRISTMAS (PG-13)

Kate is a young woman subscribed to bad decisions. Her last date with disaster? That of having accepted to work as Santa's elf for a department store. However, she meets Tom there. Her life takes a new turn. For Kate, it seems too good to be true.

REEL TIME  
THEATER  
MOVIE  
SCHEDULE





### 2019 MAFB TREE LIGHTING CEREMONY

Team Minot hosts the 2019 Tree Lighting Ceremony at Minot Air Force Base, North Dakota, Dec. 4, 2019. The ceremony consisted of Christmas carols sang by North Dakota Girl Scouts, a visit with Santa and the lighting of the base trees.

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

  
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## Upcoming Events

**1-31 DEC** **MINOT SERTOMA HOSTS CHRISTMAS IN THE PARK**  
 6:00 PM - 10:00 PM  
 Location: Oak Park 1300 4th Ave NW, Minot, ND

The Minot Sertoma Club will bring light once again to Oak Park in Minot through its display of Christmas-themed lights for the community to enjoy. \$5 per car with a rate for limos and buses. Christmas in the Park is a way for Sertoma to earn money and give back to the community by supporting local businesses with beautifully lighted Christmas displays. If you pre-purchase tickets from Visit Minot, you can get 5 tickets for \$20. The tickets make great gifts and stocking stuffers for your employees, coworkers, friends and family.



For more information:  
 Facebook event/ Minot Sertoma Club

**5-7 DEC** **KRAMPUS HOUSE OF HORRORS**  
 6:00 PM - 10:00 PM  
 Location: 1st St NE & Main on Central Ave Minot ND

Wander down the Magic Alley where Krampus the Christmas Beast will be roaming the rooms of our Downtown hideout looking for you to see if you have been naughty or nice! Have you been naughty or nice? Krampus is sure to know.....he will find you, he will hunt you. Don't close your eyes for a moment. Half-goat, half-demon, Krampus literally beats people into being nice and not naughty. Will he be bringing you to the underworld?? THIS EVENT IS NOT MEANT FOR YOUNG CHILDREN. SHOULD CONSIDER THIS ATTRACTION "R" RATED.



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

**6-7 DEC** **2019 RENAISSANCE CHRISTMAS FEAST**  
 7:00 PM - 8:00 PM  
 Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot, ND

The Minot Chamber Chorale is ready to once again bring you back in time, as we celebrate the holiday season with the annual Renaissance Christmas Feast! Join Lady Pamela, Lord Eric, and the royal court as they feature music from Renaissance England for choir and Brass Quintet, culminating in Daniel Pinkham's Christmas Cantata, along with a beautiful rendition of Silent Night. Doors open 6:30 p.m., Optional dinner 7pm, Music begins 8pm. A silent auction will support the Chorale's mission to bring a quality chorale presence to the Minot community. Tickets available at: minotchamberchorale.org or by calling 701-441-3094.



For more information:  
 Facebook event/ The Minot Chamber Chorale

**7 DEC** **A MARKET CHRISTMAS - AT THE BARN AT 52 PINES**  
 9:00 AM - 4:00 PM  
 Location: The Barn at 52 Pines 3220 Grayson Dr Burlington, ND

We are SOOOO excited to announce our first ever A Market Christmas at The Barn at 52 Pines! This will be a day packed with family fun and shopping. Mark your calendars and stay tuned for more details to come..



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

**7 DEC** **CHRISTMAS AT THE ZOO**  
 1:00 PM - 4:00 PM  
 Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot, ND

We're not skipping Thanksgiving, I promise. We just want you to have more than a week to plan to come visit us at the Zoo! Santa. Crafts. Hayride. Enrichment. Keeper Chats. Happiness.



For more information:  
 Facebook event/ Roosevelt Park Zoo

**12-13 DEC** **SCHEELS ICE FEST**  
 9:30 AM - 7:00 PM  
 Location: Scheels 2400 10th St SW, Minot, ND

SCHEELS Ice Fest in Minot is the premiere ice fishing event of the season. Located inside the old SEARS location at Dakota Square Mall, Ice Fest is a two day event featuring hot buys on ice houses, finders, augers, and register to win prizes including an Otter Lodge Hub ice house. Here is what else is going on at Ice Fest: - Free CLAM Bucket to the first 100 attendees each day! - The Minotauros and Beaver Men's Hockey Teams will be here at 10:00 AM on Friday, December 13th and have tickets to give away. - Considering a fishing trip up in Canada? Pro Staffer Kris Walcker will lead a free seminar on fishing in Winnipeg on Saturday, December 14th at 12:00 PM.



For more information:  
 Facebook event/ Scheels (Minot, ND)

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**Darlene**

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## THANKSGIVING DAY OF LOVE

The Thanksgiving Day of Love is an event that was conducted on Thursday, Nov. 28 at the Jimmy Doolittle Center. Airmen volunteer on Thanksgiving Day to have dinner with around 200 senior citizens from Minot.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE



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# Barksdale and Minot: Epitome of Interoperability

AIRMAN 1ST CLASS LILLIAN MILLER, 2ND BOMB WING PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Two B-52H Stratofortresses from Barksdale and two B-52s from Minot Air Force Base, North Dakota, teamed up for an exercise Nov. 21, 2019.

During the exercise, Minot went south to a range in Kansas and Barksdale went north to a range in South Dakota.

"We come together as one bomber community," said Capt. Tim "Vice" Nichols, 20th Bomb Squadron weapons officer at Barksdale. "It's not just Barksdale and Minot, we all realize we're all under Air Force Global Strike Command and it's one team."

The exercise simulated a scenario where B-52s were launched from multiple locations to strike the same target areas.

"All of this planning has to be very, very meticulous," said Capt. Ryan "Rhino" McDaniel, 20th BS weapons systems officer. "Being able to use the same language, tactics, techniques, procedures and foundation in which we operate is vital."

The interoperability is derived from the air crews ability to communicate. They are using the same terminology all while being two geographically separated units, this allows them to accomplish a task where success or failure is within the margin of

a few seconds.

"We talked over great distances to effectively communicate to make sure that we could strike targets that are way beyond where we could visually see simultaneously," said Nichols.

Upon completing the mission, both teams met up at Barksdale for a mass debrief to discuss what the team's successes and setbacks were in order to stay mission ready.

According to Nichols, the goal of exercises like this is to allow U.S. leadership to plug and play any one of the bomb squadrons in the Air Force and get the same lethality.



Capt. Tim "Vice" Nichols, 20th Bomb Squadron instructor pilot, inspects a B-52H Stratofortress after a flight at Barksdale Air Force Base, La., Nov. 21, 2019. Two B-52s from the 20th BS from Barksdale and two B-52s from the 23rd Bomb Squadron from Minot Air Force Base, N.D., integrated for an exercise.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LILLIAN MILLER



A B-52H Stratofortress from Barksdale Air Force Base, La., flies to South Dakota Nov. 21, 2019. The exercise simulated a scenario where B-52s were launched from multiple locations to strike the same target areas.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LILLIAN MILLER



A B-52H Stratofortress takes off from Barksdale Air Force Base, La., Nov. 21, 2019. The exercise simulated a scenario where B-52s were launched from multiple locations to strike the same target areas.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS LILLIAN MILLER



Capt. Shawn O'Donnell, 20th Bomb Squadron pilot, inspects a B-52H Stratofortress while preparing for take off at Barksdale Air Force Base, La., Nov. 21, 2019. Two B-52s from the 20th Bomb Squadron from Barksdale and two B-52s from the 23rd Bomb Squadron from Minot Air Force Base, N.D., integrated for an exercise.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS LILLIAN MILLER



Capt. Kendall Smith (left), 20th Bomb Squadron assistant director of operations, and Lt. Col. John Burrell (right), 23rd Bomb Squadron commander, shake hands after training together at Barksdale Air Force Base, La., Nov. 21, 2019. The exercise simulated a scenario where B-52s were launched from multiple locations to strike the same target areas.

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If a blizzard traps you in the car:  
Pull off the highway. Turn on hazard lights and hang a brightly colored flag from the radio antenna or window. This will indicate that you are in distress. Remain in your vehicle where rescuers are most likely to find you.

## 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
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Bomber Bistro
- Kids Night Out — Team Minot Holiday Social, 1745-2200, Child Development Center and Youth Center
- Keystone Resiliency Challenge — Teens, 1800, Youth Center
- Keystone Meeting, 1800, Youth Center
- Karaoke Night, 2100, Rockers Bar & Grill

### TUESDAY

- Cycle, 0600, Fitness Center
- Pre-Separation Counseling, 0800-1130, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Dodgeball in December Tournament, 1200-1300, Fitness Center
- EFMP Craft Series: Build Your Own Gingerbread House, 1600-1900, Held at BBC Neighborhood Center on Sirocco and hosted by AFRC
- 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

- Last Day to Register for Holiday Wreath Class at Arts & Crafts
- Cycle, 0600, Fitness Center
- Career Exploration & Planning Track, 0800-1600, held at the Education Center, hosted by A&FRC
- Pre-Separation Counseling, 0800-1130, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, Fitness Center
- Dodgeball in December Tournament, 1200-1300, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Keystone Resiliency Challenge — Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Olympic Weightlifting, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

### SATURDAY

- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- After Hours Kid's Movie Night, 1800, Base Library

### SUNDAY

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill
- 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
- Dodgeball in December Tournament, 1200-1300, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Cycle, 1700, Fitness Center
- Family Child Care New Provider Pre-Orientation, 1700-1900, Family Child Care office located inside Bomber Bistro
- Mixed Martial Arts, 1700, Fitness Center
- Craft Club, 1800, Base Library

#### Auto Hobby

#### December Special

December 1-15

#### \$3 Off Strut Swap

Remove the struts from your vehicle and Auto Hobby staff will remove the old strut from spring and install a new strut! Normal Price: \$15 per strut. Santa Special: \$12 per strut.

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

### WEDNESDAY

- Circuit Training, 0530, Fitness Center
- Right Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Career Exploration & Planning Track, 0800-1600, held at the Education Center, hosted by A&FRC
- 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
- Dodgeball in December Tournament, 1200-1300, 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

#### Bomber Bistro

#### December Special

#### Wednesday Lunch Special: Smoked BBQ Plate

Dig in to the new Smoked BBQ Plate! Enjoy your choice of smoked brisket, baby back ribs, or polish sausage served with beans, coleslaw, and a fountain drink! Try it on Wednesdays during lunch while supplies last! Get 1 meat for \$9.95, 2 meats for \$10.95, or 3 meats for \$11.95!

#### The B-Fifty Brew

#### December Special

#### Cinnamon Roll

Treat yourself with a sweet start to your day! Swing by to snag one of our delicious cinnamon rolls for only \$4!



## UPCOMING EVENTS:

13 Dec

- Last Day to Take the Customer Satisfaction Survey at the Dakota Inn Dining Facility
- Swerk, 0915, Fitness Center
- Dodgeball in December Tournament, 1200-1300, Fitness Center
- Holiday Wreath Class, 1300, Arts & Crafts
- 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
- Keystone Resiliency Challenge — Teens, 1800, Youth Center
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Teen #WEOWNFRIDAY — Operation Night Hoops, 2000-2200, Youth Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

14 Dec

- Ho Ho Ho Holiday Sampler Fitness Event, 0900-1100, Fitness Center
- Operation Holiday Child — Breakfast with Santa, 0900-1100, held at Combined Community Complex Indoor Turf and hosted by A&FRC
- Youth Bowling League, 1000, Rough Rider Lanes
- Frosty and Friends, 1300, Base Library
- Single Airman Program — Free Bowling Saturdays, 1800-2200, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- UFC 245: Usman vs Covington, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill

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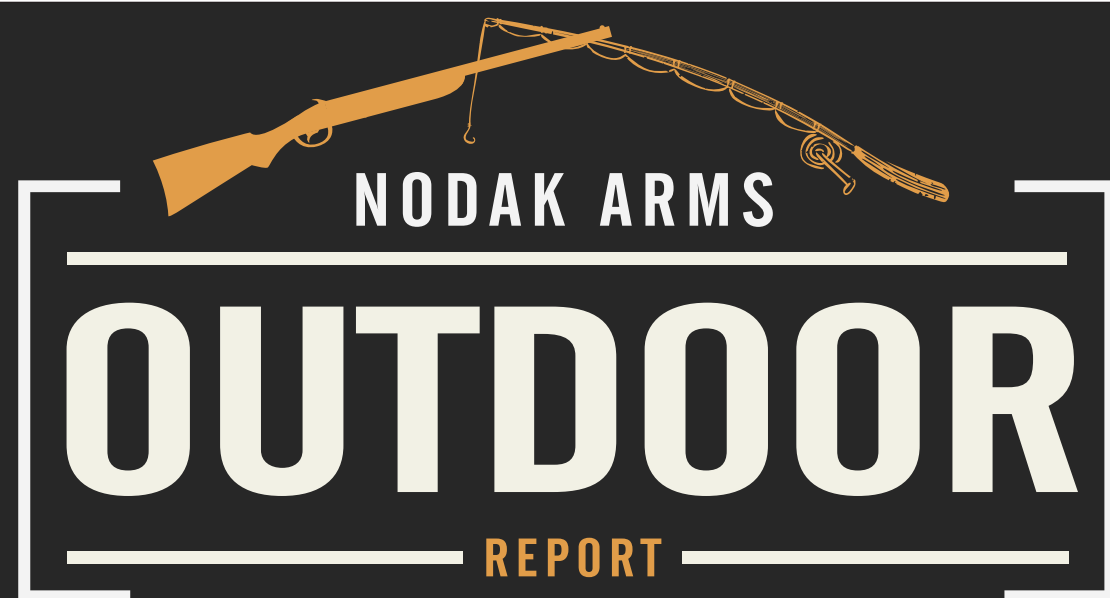
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# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Dec. 2: 1,838.99 feet above mean sea level (MSL); 24,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.86 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.75 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from area lakes, Devils Lake, or the Missouri River System.

•Devils Lake, Ed's Bait Shop, Devils Lake: More anglers on small feeder lakes with some walk-on access on Devils Lake bays. Best areas for success remain in the feeder lakes but it's still spotty and inconsistent day-to-day. Look for some nice early season pike spearing activity in areas with better ice conditions.

•Devils Lake, Woodland Resort, Devils Lake: Lake Irvine fair for walleye using jigs and minnows but ice still requires extreme caution. Some perch mixed in. Bays icing over on Devils Lake but limited activity at best yet.

•Lake Darling, Karma C-Store, Ruthville: Limited activity on Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Some bluegill and walleye success but only walk-on access still recommended. Try the south side using jigs and minnows for walleye; wax worms for bluegill.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of main Lake Sakakawea still open with several back bays re-opening recently so no activity. Parts of Lake Audubon also re-opened and many areas remain unsafe for access.

•Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: A few anglers walking onto Lake Audubon at Vella Point and Nelson Bay but extreme caution required with

- 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.
- N.D. darkhouse fishing season opens at ice-over.

### DATES TO REMEMBER:

- Dec. 7: High Plains duck, merganser, and coot seasons open.
- Dec. 15: Muzzleloader deer season closes.
- Dec. 16: Eastern Canada goose zone closes.



variable ice conditions. Look for some walleye success using jigs and minnows. Bait shop closed for the winter.

•Lake Sakakawea, Scenic 23, New Town: Weather permitting, anglers could still access the Van Hook Arm and river at the casino from open water boat ramps earlier in the week. Use extreme caution because ramps could be icy. Look for some possible ice along shorelines, as well. Some walleye activity in the river working deep in 30 to 40 feet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Weather permitting anglers continue finding walleye success in the Missouri River tailrace from shore off the rocks at night. Try casting crankbaits. Lake Sakakawea remains quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Trenton Lake continues producing nice crappie catches. Kota-Ray and Blacktail dams remain fair for bluegill. Decent shore success for walleye on the Missouri River. Try the pump house and confluence.

•Lonetree WMA area lakes, Harvey: Anglers walking onto area lakes are finding some nice early season success, including Clear Lake in Pierce County.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity at best yet on the river and area lakes.

### Hunting:

•Deer: Rut slowing but still fair deer movement for muzzleloader and late season archery hunters.

•Upland: With progressing corn harvest hunters are seeing more pheasants in some areas.

•Waterfowl: Good Canada goose numbers remain on the east end of Lake Sakakawea, the midsection around the Van Hook Arm, and open water of the Missouri River below Garrison Dam.

### 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.



### MDW SITA RETIREMENT CEREMONY

Military Working Dog Sita retires at Minot Air Force Base, North Dakota, Nov. 15, 2019. Sita was assigned to Minot AFB for about six years before medically retiring.

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

## QUICK BAKED DINNER ROLLS



### INGREDIENTS

1 CUP WARM WATER  
2 TBSP QUICK RISE YEAST  
1 TSP SALT  
1/4 CUP SUGAR  
1/4 CUP UNSALTED BUTTER, SOFTENED  
1 EGG  
3 1/3 CUPS FLOUR  
COOKING SPRAY, AS NEEDED  
1 EGG FOR EGG WASH  
BUTTER, FOR SERVING

Combine yeast and warm water in a small bowl to activate the yeast. Let sit until foamy 5-10 minutes.

Combine salt, sugar, and flour in the bowl of a stand mixer fitted with the dough hook. Pour water and yeast into the dry ingredients with the machine running on low.

Add butter and egg and mix for 10 minutes gradually increasing the speed from low to high.

Form the dough into a ball and place in a buttered bowl. Cover with a cloth and let the dough rise for approximately 40 minutes.

Transfer the risen dough to a lightly floured surface and divide into 8 pieces forming a ball with each.

Lightly spray a cast iron pan with cooking spray and arrange balls in the pan. Cover with a cloth and let rise 20 minutes.

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

Brush rolls with egg wash and then bake for 30 minutes until lightly browned. Serve hot. Enjoy!

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

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# AFGSC Commander visits Team Minot

AIRMAN 1ST CLASS JOSH W. STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Air Force Global Strike commander leadership visited Minot Air Force Base, North Dakota, Nov. 6-7 to spend time with Airmen and see the missions of the 5th Bomb Wing and 91st Missile Wing first hand.

Gen. Tim Ray, AFGSC commander, and Chief Master Sgt. Charles Hoffman, AFGSC command chief, began their visit each day with a sit down breakfast with Airmen from both wings. During the breakfasts, Airmen were given a chance to discuss issues with Ray and Hoffman in an informal setting.

"Everything we do everyday, especially here at Minot, is the cornerstone of the security structure of the free world," Ray said.

During his visit, Gen. Ray visited security forces from both wings and received briefings, demonstrations on new procedures and training in place, and information on new security equipment coming to Minot AFB.

In addition to security forces, Ray and Hoffman visited base facilities including the 5th Medical Group, and were flown out by helicopter to tour missile and launch facilities.

During his visit, Ray shared wisdom and benchmark practices he learned from other bases in a continued effort to strengthen Global Strike Command's presence and the Airmen who

make the mission possible.

"What you do is vital," Ray said. "At every turn, it is absolutely paramount that we get this right. I'm proud of each and every one of you and all that you do here and I'm looking forward to a very fascinating next couple of years."

As Ray and Hoffman departed, the Command Chief thanked Minot Airmen for all they do to support the AFGSC mission.

"Only American Airmen could do what they do for the [nuclear] triad...day in and day out," Hoffman said. "Only the best come north, and I look forward to seeing you in the field in February!"




Gen. Timothy Ray, Air Force Global Strike commander, visits Minot Air Force Base, North Dakota early Nov. 7, 2019. Gen. Ray's visit included briefings and tours of launch, missile alert, aircraft maintenance facilities and many others across base.

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



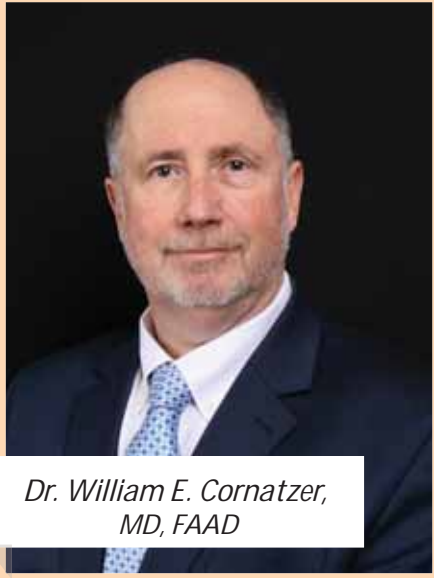
Gen. Timothy Ray, Air Force Global Strike commander, greets Airmen at Minot Air Force Base, North Dakota on Nov. 7, 2019. Gen. Ray's visit included briefings and tours of launch, missile alert, aircraft maintenance facilities and many others across base.

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#### CMSGT. RELEASE PARTY 2019

Minot AFB hosted a Chief Master Sgt. release party at Minot Air Force Base, North Dakota, Nov. 25, 2019

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




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Friday, Dec. 6: Brianna Helbling & Friends, 3PM  
Saturday, Dec. 7: Fruitcake Toss, 1PM  
• John Denver "The Tribute", 7:30PM  
• 2PM Matinee of "A Christmas Carol" Play

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# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b></p> <p>800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b></p> <p>Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Leaders Service ..... 10 a.m. Saturday Vespers..... 5 p.m.</p>	<p align="center"><b>ALL ARE WELCOME</b></p> <p>Ahla W Sahla MIRĒ SE VIEN SILAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen BIENVENIDO Baruch Haba Aloha Bem-vindo VELKOMIN BENVIDO Welkommen Tere Tulemast</p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
 <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund 701-838-1540</b></p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p align="center"><b>Minot Baptist Church</b></p> <p align="center">Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p><b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast ..9:30am</b></p> <p>Please join us, all are welcome here!</p>  <p><b>UNITED CHURCH OF CHRIST</b></p>	 <p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b> Reverend Philip Beyersdorf</p>
 <p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:30 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled), 7:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p align="center"><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule:</p> <p>Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship... 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB <b>James W. Henderson Anna B. Henderson</b></p> <p><b>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p><b>215 3rd Ave. SE., Minot, ND Phone: 838-5196</b> A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 pm Wednesday Worship..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad Pastor Gerald Roise Pastor Intern David Myers</b></p>	<p><b>First Baptist Church</b></p>  <p><b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</b></p>	 <p><b>Cross Roads Baptist</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></b></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p><b><a href="http://westminot.com">westminot.com</a> facebook.com/westminot</b></p>	<p><b>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</b></p>
 <p><b>Vincent United Methodist Church</b></p> <p><b>1024 2</b></p>				



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

Answers to puzzle from page A4

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# Frost Fire Park to open for the season

NORTHERN SENTRY

For Natalie Gebur, General Manager of Frost Fire Park in Northeastern North Dakota, excitement is mounting as the clock ticks toward the December 6th and the opening of the ski hill that has been closed for 3 seasons. "We're just putting the finishing touches on the brand new 4-person vertical lift", according to Gebur.

The new lift, combined with the Magic Carpet Lift which services the tubing hill and beginner ski hill, will give skiers, boarders and tubers complete access to Frost Fire Park, which boasts a 330-foot vertical drop. "We have 10 runs, the longest being over ½ mile, and a terrain park", continues Gebur, "so we are perfect destination for a family who wants to enjoy winter." Gebur also stresses that "safety is big for Frost Fire Park; we want to stress that."

For Gebur, the position of General Manager of Frost Fire Park came as an opportunity to return to North Dakota. "I grew up in Grafton, graduated from NDSU, and moved to North Carolina where I was a ski school director for a small hill and during the summer I managed a horse stable for a private community." But as fate would have it, Natalie would meet her husband who convinced her to return to North Dakota. "The Frost Fire GM

position was open, and it was a great opportunity".

For over 40 years, the entire Frost Fire area had been under the ownership of Dick & Judith Johnson. "Dick built it from scratch" says Gebur. After Dick passed away in 2016, Judith decided it was time to transfer ownership, and a new Pembina Gorge Foundation was formed to purchase ownership and begin management of Frost Fire. Fund raising began then, and the culmination was the re-opening of the summer theater last year, and now the winter recreation area on December 6th.

Over 4.1 million dollars has been raised, including a \$750,000 matching grant from the state of North Dakota that gave the Pembina Gorge Foundation the necessary financial boost to deal with mechanical issues on the hill, including the snow making equipment. "We expect over 5,000 people to visit Frost Fire this winter", says Gebur, "we encourage people, if they need information, to visit our new web site; [www.frostfirepark.org](http://www.frostfirepark.org)".

If you don't ski, Gebur encourages you to visit the Pembina Gorge area for both the beauty and the now open Howatt Hanger Restaurant. "We're open Friday and Saturday nights from 5 to 9 after the ski hill closes, with steaks,

burgers and sandwiches. We have been thinking about being open on Sunday evenings, too," according to Gebur, so watch for further announcements in the future.

Frost Fire is a complete experience with rental shop and food service. "We start with a snacky type of breakfast at 9

AM, and at lunch we serve soup, paninis, burger and fries," just to name a few of the items on the menu.

Frost Fire is open every Friday, Saturday and Sunday from 9 AM to 4:30 PM, "and we have additional holiday hours, and those hours are listed on our web site."

Frost Fire opens December 6th at 9:30 AM with a ½ off lift tickets and rentals on Friday, and 25% off lift tickets and rentals on Saturday and Sunday.

And according to GM Natalie Gebur, "It will be a lot of fun to have families back at Frost Fire!"



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