

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 07 | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 14, 2020

WHATS INSIDE THIS WEEK:



US, JAPAN BOMBER-FIGHTER INTEGRATION

A3



5 BW ANNUAL AWARDS

B2

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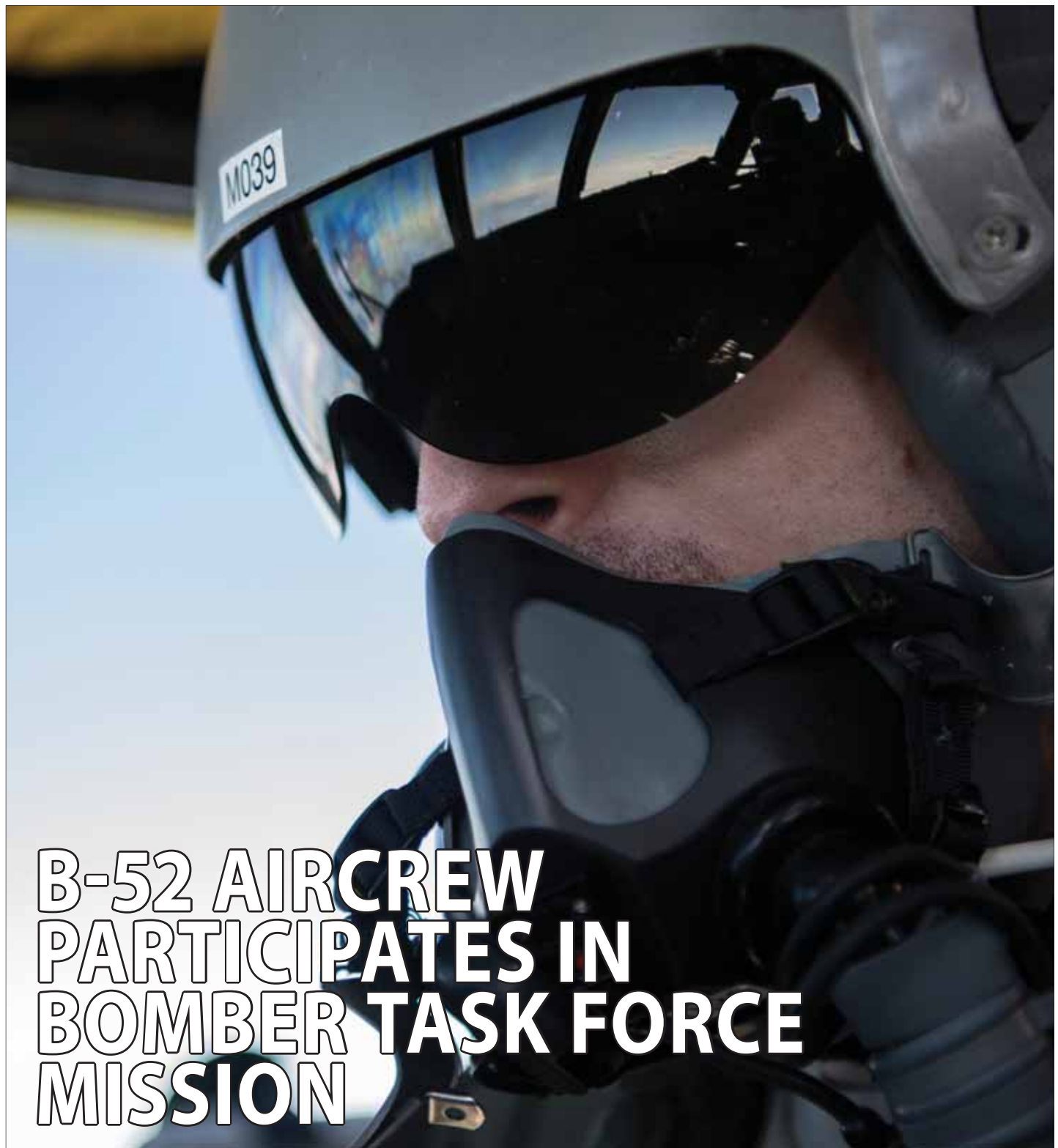
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B-52 AIRCREW PARTICIPATES IN BOMBER TASK FORCE MISSION

1st Lt. Matthew Waldman, a B-52H Stratofortress pilot from the 23rd Bomb Squadron, Minot Air Force Base, North Dakota, flies a B-52H to swap aircraft with B-52Hs currently deployed to Anderson Air Base, Guam, Feb. 3, 2020. U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations. *More photos on page 7.*

U.S. AIR FORCE PHOTO | STAFF SGT. KEIFER BOWES



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DETAILS ON PAGE 3



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Videos



THUMBPRINT HEART SHRINKY DINK CRAFT

Residents of Minot AFB Homes created Kids Thumbprint Heart Shrinky Dink Crafts at the Neighborhood Center February 4. For upcoming events visit Minot AFB Homes Facebook page.

MINOT AFB HOMES PHOTOS



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US, Japan bomber-fighter integration showcases alliance, global power projection

PACIFIC AIR FORCES PUBLIC AFFAIRS

JOINT BASE PEARL HARBOR-HICKAM, Hawaii --

U.S. Air Force aircraft from the Pacific theater and the continental United States integrated with the Koku Jieitai (Japan Air Self Defense Force or JASDF) to conduct bilateral and theater familiarization training near Japan Feb. 3.

A U.S. Air Force B-52H Stratofortress bomber from Andersen Air Force Base, Guam, flew north to join one B-52H from Minot Air Force Base, North Dakota, in the vicinity of Misawa Air Base, Japan, as part of a combined Continuous Bomber Presence (CBP) and Bomber Task Force (BTF) mission.

The two bombers subsequently conducted bilateral joint training with 13 JASDF F-2s, four F-4s, and 28 F-15s, and six U.S. Air Force F-16s in the vicinity of Japan before returning to Andersen.

Collectively, the flights from the Indo-Pacific and continental United States demonstrate U.S. commitment to allies and partners through the global employment of military forces.

"For more than 60 years, the U.S.-Japan Alliance has been the cornerstone of stability and security in the region. The integration of bomber aircraft operations in the Indo-Pacific, alongside our Koku Jieitai partners, provides a significant opportunity to enhance our combined readiness, promote interoperability, demonstrate our global power projection and provide transparency across the region," said Gen. CQ Brown, Jr., Pacific Air Forces commander. "This mission fully demonstrates our enduring commitment to a Free and Open Indo-Pacific and our willingness to defend our interests and the freedoms enshrined in international law."

U.S. Strategic Command's

bomber forces regularly conduct combined theater security cooperation engagements with allies and partners, demonstrating U.S. capability to command, control and conduct bomber missions around the world.

"This mission demonstrates the flexibility, long reach and responsive nature of our bomber force as we continue to assure our allies and deter aggressors globally," said Maj. Gen. James Dawkins, Jr., Eighth Air Force and Joint-Global Strike Operations Center commander. "Joint and multinational integration provides an excellent opportunity for our Airmen to maintain their readiness and hone their global strike capability."

The bombers from Guam are assigned to the 69th Expeditionary Bomb Squadron out of Minot AFB, North Dakota, deployed in support of U.S. Indo-Pacific Command's CBP operations. Pacific Air Force's have flown CBP operations for more than 15 years in support of a free and open Indo-Pacific. These missions routinely operate throughout the region in accordance with international law and norms.

The F-16s are assigned to the 35th Fighter Wing from Misawa Air Base, Japan.

U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations. The first mission included B-52Hs and B-2 Spirits traveling from the continental United States to Joint Base Pearl Harbor Hickam in April 2014.

Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.



A U.S. Air Force B-52H Stratofortress from Minot Air Force Base, North Dakota, six F-16 Fighting Falcons and four Japan Air Self-Defense Force F-2s from Misawa Air Base, Japan, fly in formation off the coast of Northern Japan as part of a combined Continuous Bomber Presence and Bomber Task Force mission, Feb. 3, 2020. U.S. Strategic Command's bomber forces regularly conduct combined theater security cooperation engagements with allies and partners, demonstrating U.S. capability to command, control and conduct bomber missions around the world.

COURTESY PHOTO BY THE JAPAN AIR SELF-DEFENSE FORCE



U.S. Air Force Capt. Wesley Fite, a 5th Operation Support Squadron pilot attached to the 69th Expeditionary Bomb Squadron, deployed from Minot Air Force Base, North Dakota, (left) and U.S. Air Force Capt. Patrick Mason, a pilot with the 69th Expeditionary Bomb Squadron (right), prepare for takeoff in a B-52H Stratofortress at Andersen Air Force Base, Guam, Feb. 3, 2020. U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations.

U.S. AIR FORCE | SENIOR AIRMAN ZACHARY NEAL

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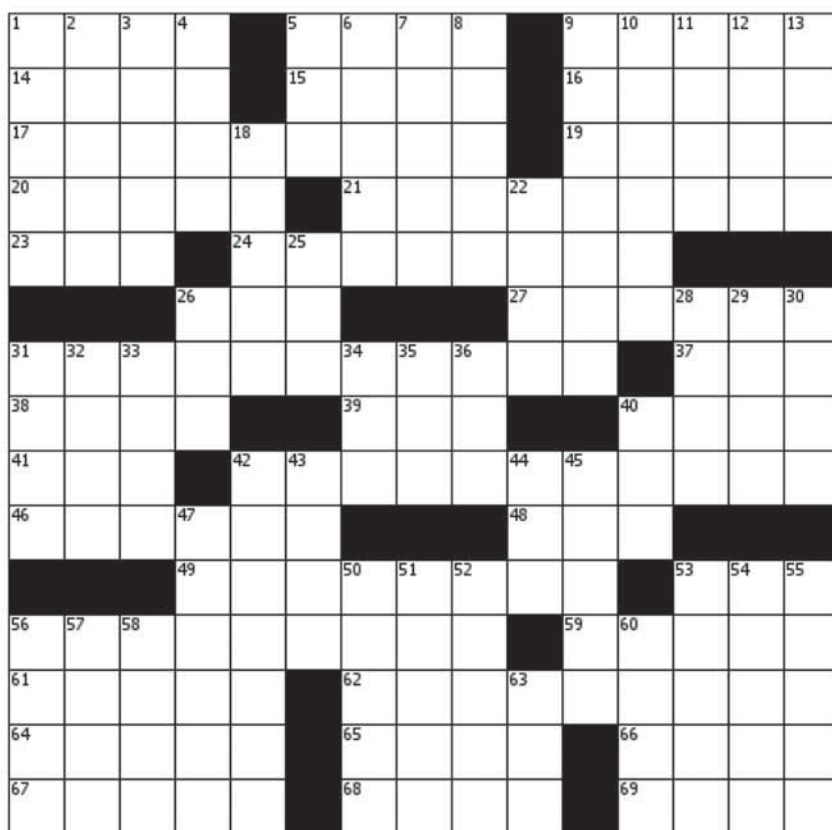
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CROSSWORD PUZZLE

Across

- 1. Football season
- 5. Flair
- 9. Diminutive dwarf
- 14. Jai ____
- 15. Crunchy munchie
- 16. Update boundaries
- 17. Rotini's shape or move in 62-Across
- 19. Bert's buddy
- 20. Purposely lost
- 21. Rumor mill or finishing move in 62-Across
- 23. Right to speak
- 24. In single file
- 26. Vamp's wrap, perhaps
- 27. Street for 19-Across
- 31. Challenging puzzle or move in 62-Across
- 37. Dallas cager, briefly
- 38. Word with bed or head
- 39. School org.
- 40. It may be practical
- 41. Exercise target
- 42. Final straw or move in 62-Across
- 46. Passionate dances
- 48. Word with nest or rotten
- 49. On everyone's mind
- 53. Dallas school, briefly
- 56. Wave rider or move in 62-Across
- 59. Inviting sign
- 61. It's created in a snap
- 62. "Move" sport of 17, 21, 31, 42 and 56-Across
- 64. Poet W.H.
- 65. Coke nut
- 66. Alternative word



- 67. Storage structures
 - 68. Latin Amer. ladies
 - 69. Try for a part
- Down**
- 1. Sgt. Friday's focus
 - 2. Hilo hello
 - 3. Frizzy-haired Stooge
 - 4. Similar
 - 5. List-shortening abbr.
 - 6. Grande
 - 7. Biting
 - 8. Adamant denial
 - 9. Less experienced
 - 10. Butterflies
 - 11. Present opener?
 - 12. Chief
 - 13. Pointless weapon?
 - 18. Pass out
 - 22. Model
 - 25. Seize
 - 26. Boring accessory
 - 28. One way to run
 - 29. Model partner
 - 30. Word before after?
 - 31. Bart Simpson, for one
 - 32. Musical McEntire
 - 33. Org.
 - 34. Bars on a Mars bar?
 - 35. Corp. shares
 - 36. Bar bill
 - 40. Binge
 - 42. Chocolatey treats
 - 43. Concerning
 - 44. Portuguese king

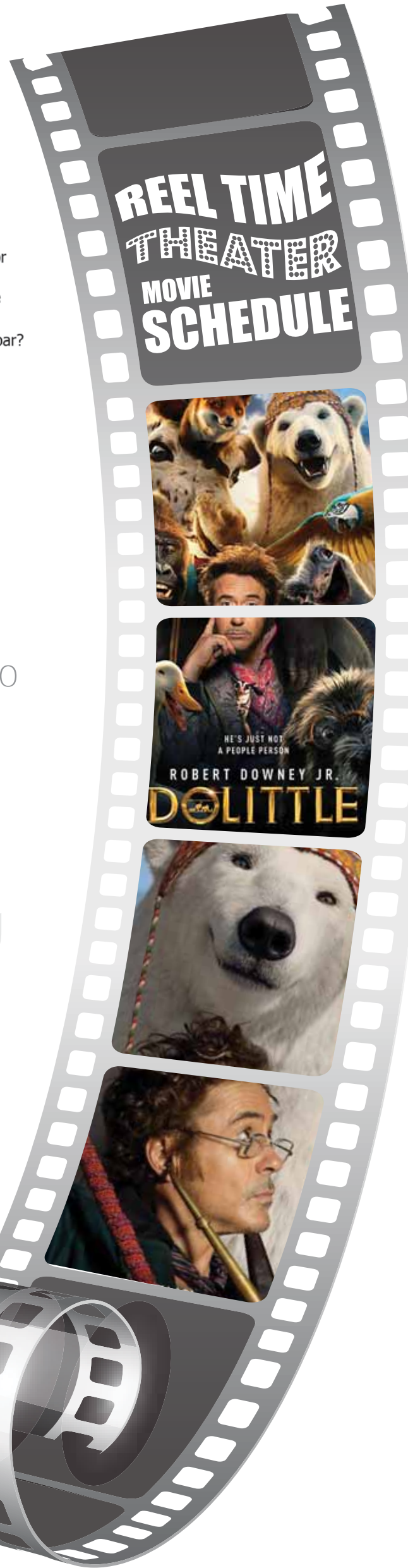
- 45. White wading bird
- 47. Loaded with talent
- 50. Aggressively peddles
- 51. Bobble or overthrow
- 52. Journalist ____ Rogers
- 53. Entrance barrier
- 54. High IQ group
- 55. Exhorted
- 56. Healthy resorts
- 57. No, informally
- 58. Took a train
- 60. Ariz. Diamondback o N.Y. Met
- 63. Palindromic airline

SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

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



FRIDAY, FEB. 14 1800
 SATURDAY, FEB. 15 1700
 SUNDAY, FEB. 16 1500

DOLITTLE (PG)

“ A physician who can talk to animals embarks on an adventure to find a legendary island with a young apprentice and a crew of strange pets. ”



Honey Garlic CRISPY CHICKEN



Recipe courtesy of: www.cuisinellgourmet.com/2018/12/honey-garlic-crispy-chicken.html

INGREDIENTS:

- 10 ounces boneless skinless chicken thighs cut into cubes
- 1 whole egg
- 1/3 cup cornstarch
- 1/2 cup all-purpose flour
- 1 tsp low-sodium soy sauce
- 1/2 tsp black pepper
- 1 tsp ginger finely chopped
- 5 tbsp honey
- 2 tbsp brown sugar
- 1/2 cup soy sauce
- 1/2 tsp sesame oil
- 2 tbsp cornstarch
- 1/4 cup water
- 1 tsp sesame seeds optional
- 1 tbsp green onions optional
- 3 cloves garlic finely chopped

INSTRUCTIONS:

- In a mixing bowl, combine the cubed chicken thighs, eggs, 2 tablespoons of cornstarch, and soy sauce. Mix well and set aside.
- To make the sauce, combine the soy sauce, water, honey, and brown sugar in a bowl and mix well. In a pan, heat the canola oil at medium high heat and cook ginger and garlic until fragrant and soft. Pour the soy sauce mixture and let cook by stirring occasionally. While the sauce is slowly cooking, mix cornstarch and water in a small bowl to make a slurry. Slowly add the cornstarch slurry into the pan while constantly stirring the pan. Cook over medium heat until sauce thickens. Add sesame oil and mix well.
- To make the fried chicken, whisk together the all-purpose flour and the rest of the cornstarch and add them into the bowl of prepared chicken. Combine well. Heat about 2 inches of frying oil at 375 degrees Fahrenheit and fry the chicken in batches. Fry for about 3 minutes and remove from oil. Place chicken on drying rack for about 5 minutes. Fry the chicken another time for another 2 minutes or until golden brown and crispy. Remove from oil and drain off excess oil.
- Add the fried chicken into the pan with the cooked sauce and mix well.
- Top with sesame seeds and green onions



Upcoming Events

14 FEB **HIGHAIR GROUND JUMP DATE FOR TWO**
4:00 PM - 10:00 PM
Location: HighAir Ground Trampoline Park, 1210 4th Avenue NW, Minot

Share a special evening with your significant other, crush, or best friend. February 14th celebrate Valentines Day at HighAir Ground 4-10pm. Get an offer of (2) hours for 1 jumper @ \$14. We'll warm up with hot cocoa, play games, and have the table set for hot fudge sundaes.



For more information:
Facebook event/ HighAir Ground Trampoline Park

16 FEB **PALENTINE'S DAY: FRIEND SPEED DATING**
2:00 PM - 3:00 PM
Location: Prairie Sky Breads 3 1st St Se Suite 3 Minot

Join us as we fight isolation, seasonal depression, and loneliness brought about by winter in ND by making new friends! Did you know that it's terribly hard to make new adult friends?! Did you know having friends is essential to your good health?! Let us help! Join us for Palentine's Day (we've decided that's Sunday after Valentine's Day!) for a Friend Speed Dating extravaganza. Meet new friends over free coffee and scones! We'll speed meet each other! This event is brought to you as part of Prairie Sky Breads' Fight February initiative!



For more information:
Facebook event/ Prairie Sky Breads Minot

17 FEB **CARDBOARD SLED RACES**
10:30 AM - 1:30 PM
Location: Souris Valley Golf Course 2400 14th Ave SW, Minot

Design and build a person powered, corrugated cardboard sled capable of withstanding the descent down the sledding hill! How creative can you be using only corrugated cardboard as a building material? There are awards for the best design and team spirit. Registration at 10:30 am in the club house, races starting at 11:00 am. Pre-registration is not required. Top o' the Hill Award - Most attractive or spectacular looking toboggan. Vogue Award - Best details on sled Spirit Award - Most spirited and/or best organized team. Looks don't matter here. Go Fast - Classes 1, 2, and 3 will run separately with awards for each.



For more information & full detailed rules:
Facebook event/ Minot Parks

17-21 FEB **KEY CLUB STUDENTS AND MINOT LITERACY VOLUNTEERS BOOK DRIVE DURING SCHOOL HOURS/ SPORTING EVENTS**
Location: Magic City Campus, 1100 11th Ave SW, Minot

New books will be used with community members who receive tutoring services; gently used books will be in our semi-annual sales to benefit the program. Books for all age groups and from all genres and subject areas are welcome except religious books, textbooks, encyclopedias or books that are dirty or significantly damaged. Collection bins will be available in the Commons during the school day and during sporting events during the donation week.



For more information:
Facebook event/ Minot Literacy Volunteers

20-22 FEB **HERITAGE SINGERS ANNUAL VARIETY SHOW AND DINNER**
6:00 PM
Location: Sleep Inn, 2400 10th St SW, Minot, ND

If you enjoy music, food and laughing this is just the thing for you. You can expect to be entertained by some of Minot's finest entertainers. The show and supper usually last about three hours. The show will once again be held at the Sleep Inn in Minot and the food will be catered by Dean and his crew from the Homesteaders here in Minot. The show dates are Feb 20, 21, 22, 27, 28 and 29th and will start with supper at 6 PM and the show to follow. Tickets are now on sale. Visit the MACA office at #3 South Main street, Minot, or call the office at 701-852-2787 to purchase tickets.



For more information:
Facebook event/ The Heritage Singers of Minot

22 FEB **NORTHERN PLAINS CHILDREN'S ADVOCACY CHAMPAGNE AND ICE GALA**
6:00 PM - 12:00 AM
Location: Grand Hotel, 10505 N Broadway, Minot

Cocktail hour begins at 6:00pm followed by a silent auction, live auction at 8:00pm, and live music by Moments Notice! Enjoy complimentary champagne & hors d'oeuvres. Tickets are \$50/person which includes admission, hors d'oeuvres, and champagne. Purchase tickets at the Northern Plains Children's Advocacy Center. For more information contact (701) 852-0836. Must be 21 or older to attend.



For more information:
Facebook event/Northern Plains Children's Advocacy Center

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The Great Backyard Bird Count is underway Feb. 14 through Feb. 17 and participants don't have to be expert ornithologists to participate. In fact, they don't even have to be expert birders.

Even if one's interest is merely as a casual observer, it's still easy to participate in the 23rd Annual Great Backyard Bird Count (GBBC).

Even if one doesn't have 15 minutes to spare every day of the count, any number of days are better than nothing.

Rules are simple and it's easy to participate: *First, log onto (gbbc.birdcount.org), create a password and user name, and click on "submit observations" to create a free account.

*Grab a pair of binoculars, watch birds for 15 minutes, and note the species and number observed. It can be from an office or apartment window, school, workplace, or while strolling through a park, for example. If it's a bit chilly outside and a stroll in the great outdoors isn't on the menu, simply sit in the parking lot.

*Map your location and enter your information.

The GBBC is one of several citizen science based programs through the Cornell Laboratory of Ornithology. It's in conjunction with the National Audubon Society and Birds Canada and enjoys worldwide participation. Admittedly, North Dakota isn't a birding hotspot in the dead of winter. California, Texas, New York, and Florida topped the list of states with the highest number of participants during the 2019 GBBC, which is probably understandable given their population and geographical location.

But it's still worthwhile to participate regardless of the weather. After all, some northern species filter down from the Arctic and Canada, wintering in the state while others gut it out and spend their entire lifetime in the Peace Garden State.

For example, snowy owls just might make a person's list given the fact they will, at times, venture this far south in the winter. Look for them atop utility poles, fence posts, or bare deciduous trees where they take advantage

of their high perch to identify a potential, unsuspecting meal. They're not overly common in the winter and can be a treat to see for even veteran birders.

Some potential areas to visit include Upper Souris National Wildlife Refuge northwest of Minot where wintering grassland species could be observed or Minot's Oak Park. Look for woodland species there.

Novice participants don't have to go it alone if they're uncomfortable with their bird identification skills. Several bird identification apps and websites are available, including Merlin Bird ID or Audubon Birds apps or the website, (allaboutbirds.org/guide), for example.

The Cornell Lab of Ornithology has an array of citizen-based programs designed to involve people in the world of birds while helping collect scientific data at the grassroots level, including Project FeederWatch, NestWatch, YardMap, or the Christmas Bird Counts. Details are available on their website, (www.birds.cornell.edu).

Ornithologists really do use information gathered during any of the citizen science programs. The Great Backyard Bird Count helps develop a "big picture" trend of overall bird populations – the longer the data is collected, the more information is available to determine those trends.

In turn, that helps determine how weather plays a role in bird populations, movement, and migration patterns.

It also helps quantify the potential role of diseases such as West Nile Virus, which hit crows especially hard, or avian conjunctivitis. It can also help identify what kinds of differences in bird diversity are apparent in cities versus suburban, rural, and natural areas.

Besides, it's intriguing to see what feathered friends are out and about on a typical frozen North Dakota day in February.

A person might be surprised at what they find - it just might be busier than one anticipates. Check it out at (gbbc.birdcount.org).

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Mark Jantzer, Military Affairs Committee, John McMartin, Executive Director of The Minot Chamber of Commerce, Bekka Kramer, Military Affairs Committee State Senator Randy Burkhard unveil the Barksdale Trophy recognizing Minot for outstanding community support to Air Force Global Strike Command. The trophy recently arrived in the Magic City.

NORTHERN SENTRY PHOTOS

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B-52 AIRCREW PARTICIPATES IN BOMBER TASK FORCE MISSION



Aircrews from the 23rd Bomb Squadron, Minot Air Force Base, North Dakota complete a mission brief before flying to swap aircraft with B-52Hs currently deployed to Anderson Air Base, Guam, Feb. 3, 2020. U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations.



Capt. Jamil Martin, an electronic warfare officer on the B-52H Stratofortress from the 23rd Bomb Squadron, Minot Air Force Base, North Dakota, makes calculations regarding navigation during a mission to swap aircraft with B-52Hs currently deployed to Anderson Air Base, Guam, Feb. 3, 2020. U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations.



Capt. Tramaine Barnett a B-52H Stratofortress pilot from the 23rd Bomb Squadron, Minot Air Force Base, North Dakota, waits to swap seats with another pilot on a B-52H as part of a mission to swap aircraft with B-52Hs currently deployed to Anderson Air Base, Guam, Feb. 3, 2020. U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations.



Capt. Brent Drabek a B-52H Stratofortress pilot from the 23rd Bomb Squadron, Minot Air Force Base, North Dakota, starts the engines on a B-52H as part of a mission to swap aircraft with B-52Hs currently deployed to Anderson Air Base, Guam, Feb. 3, 2020. U.S. Strategic Command has conducted bomber task force missions since 2014 as a demonstration of the U.S. commitment to collective security, and to integrate with Geographic Combatant Command operations.

U.S. AIR FORCE PHOTOS | STAFF SGT. KEIFER BOWES

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MAKING MORE POSSIBLE



Minot AFB resident named to UMass Lowell dean's list

UNIVERSITY OF MASSACHUSETTS LOWELL

LOWELL, Mass. (Grassroots NewsWire)
Anthony Carreon of Minot AFB, N.D., has been recognized for achieving academic distinction at the University of Massachusetts Lowell.

Carreon, majoring in mechanical engineering, was named to the dean's list at UMass Lowell for the fall 2019 semester.
To qualify for the dean's list at UMass Lowell, a student must have completed no fewer than 12 graded

credits for the semester and earned at least a 3.25 grade-point average with no grade lower than C and without any incompletes.
UMass Lowell is a national research university located on a high-energy campus in the heart of

a global community. The university offers its more than 18,000 students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers

high-quality educational programs, vigorous hands-on learning and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. www.uml.edu

WHAT'S GOING ON MAFB

TODAY

- For a full listing of Presidents' Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Valentine's Dinner & Comedy Show, 1945-2130, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

WEDNESDAY

- Circuit Training, 0530, Fitness Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, Held at the Education Center and hosted by the A&FRC
- Story Time, 1030, Base Library
- Wallyball Tournament 1200-1300 or 1600-1700, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Moving Out of the Dorms Class, 1430-1600, Held at the Education Center and hosted by the 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
- Cycle, 1700, Fitness Center
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Squadron Extramural League, 1730, Rough Rider Lanes
- Wednesday Night Bingo, 1730, 1830, 1930, Rockers Bar & Grill
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

SATURDAY

- For a full listing of Presidents' Day holiday weekend facility hours, visit 5thforcesupport.com
- Last Day to Register for 2019-2020 Winter Reading Program at Base Library
- Heart Healthy Cardio Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

THURSDAY

- Cycle, 0600, Fitness Center
- Tier 1, 2, 3, Initial Counseling (TAP) - Separation, 0800-1100, Held at the Education Center and hosted by the A&FRC
- Aqua Fitness, 0930, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- Cycle, 1130, Fitness Center
- Wallyball Tournament 1200-1300 or 1600-1700, Fitness Center
- Moving Out of the Dorms Class, 1430-1600, Held at the Education Center and hosted by the A&FRC
- Keystone Resiliency Challenge - Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1800, Fitness Center

SUNDAY

- For a full listing of Presidents' Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 1400, Fitness Center

MONDAY

- For a full listing of Presidents' Day holiday weekend facility hours, visit 5thforcesupport.com
- Last Day to Register for Wallyball Tournament at Fitness Center
- Presidents' Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

UPCOMING EVENTS:

- 21 Feb**
- Cycle, 0530, Fitness Center
 - Swerk, 0915, Fitness Center
 - Cycle and Yoga, 1130, Fitness Center
 - Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
 - Mixed Martial Arts, 1630, Fitness Center
 - Torch Club, 1730, Youth Center
 - Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
 - Keystone Meeting, 1800, Youth Center
 - Mixed Fun League, 1830, Rough Rider Lanes
 - Free Country Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Center
 - Country Dance Social, 2000-2200, Ground Zero Lounge in the Jimmy Doolittle Center
 - Karaoke Night, 2000, Rockers Bar & Grill
 - Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- 22 Feb**
- Cycle, 0900, Fitness Center
 - Youth Bowling League, 1000, Rough Rider Lanes
 - Zumba, 1000, Fitness Center
 - Post Presidents' Day Bowling Special, 1400-2000, Rough Rider Lanes
 - Mini-Golf, 1800-1845, Base Library
 - Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

TUESDAY

- Last Day to Register for Coaches for the Armed Forces Bowling Championship at <https://cloud.mwr.army.mil/apprac/atwsc/apprac.wsc/wb1000.html?wbp=5>
- Registration Opens for Dog Sledding Trip to Ely, Minnesota at Outdoor Recreation
- Cycle, 0600, Fitness Center
- Game Day, 1000-1930, Base Library
- Modern Civilian Resume Workshop, 1100-1230, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, Fitness Center
- Wallyball Tournament 1200-1300 or 1600-1700, Fitness Center
- Moving Out of the Dorms Class, 1430-1600, Held at the Education Center and hosted by the 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


ONGOING EVENTS February Specials

Bomber Bistro
Wednesday Lunch Special
Smoked BBQ Plate
Dig in to the new Smoked BBQ Plate! Enjoy your choice of smoked sausage, brisket, or ribs 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
Ultimate Breakfast Sandwich
You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!

Rockers Bar & Grill
French Dip Sandwich
Try our tender roast beef with a delicious blanket of melted swiss cheese on a toasted split-top bun served with a side of au jus! Served with fries for only \$9.75!

Auto Hobby
February 1-29
February Tire Special
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 Price \$19,920
 Dealer Discount -\$430
 Retail Bonus Cash -\$500
Final Price \$18,990
 US Military Rebate -\$500



2020 HYUNDAI KONA LIMITED AWD Stock# M11158
 Price \$28,585
 Dealer Discount -\$1,112
 Retail Bonus Cash -\$1,500
Final Price \$25,973
 US Military Rebate -\$500



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 Dealer Discount -\$1,225
 Retail Bonus Cash -\$1,750
Final Price \$26,885
 US Military Rebate -\$500



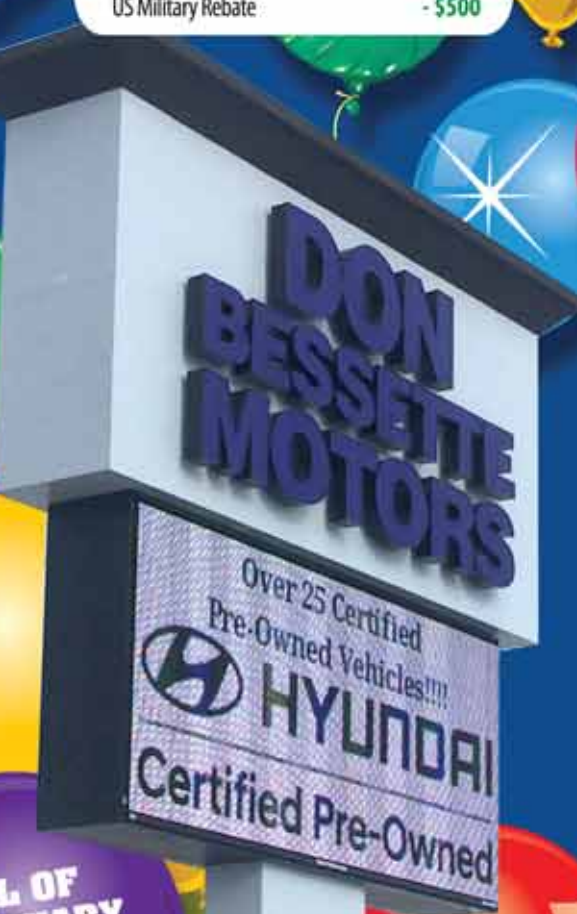
2020 HYUNDAI TUCSON VALUE AWD Stock# M11124
 Price \$27,740
 Dealer Discount -\$965
 Retail Bonus Cash -\$2,500
Final Price \$24,275
 US Military Rebate -\$500



2019 HYUNDAI SONATA SEL Stock# M11075
 Price \$25,365
 Dealer Discount -\$1,164
 Retail Bonus Cash -\$3,250
 Special Financing -\$1,000
Final Price \$19,951
 US Military Rebate -\$500



2020 HYUNDAI SANTA FE SEL 2.4 AWD Stock# M11155
 Price \$30,965
 Dealer Discount -\$1,298
 Retail Bonus Cash -\$1,250
Final Price \$28,417
 US Military Rebate -\$500



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5 BW ANNUAL AWARDS



Team Minot Airmen from the 5th Bomb Wing receive awards for the year of 2019 at The Grand Hotel, North Dakota, on Feb. 10, 2020. Activities at the banquet included a dinner, saber team, and award presentations.

More photos can be found on MAFB PA Flickr page.

U.S. AIR FORCE PHOTOS AIRMAN JAN K. VALLE



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Five Minutes to Thrive: The Truth About Suicide

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Many of us have known someone who has attempted or completed suicide. This may be in part due to the fact that suicide rates have risen dramatically over the past 30 years, such that it has now become the 2nd-leading cause of death for Americans age 15-34, outranking both homicide and physical illness. And despite increased awareness of this issue, the trend continues.

A big part of the problem is the many myths surrounding suicide. Here are some realities: less than half of those who die by suicide had any known mental health illness. Military members who have deployed actually appear to be at a decreased risk for suicide. In nearly 1/3 of cases, people who attempted suicide did so spontaneously, with minimal warning signs or overt talk of suicidal thoughts or plans to those around them. Despite the oft-cited "22 veterans per day" statistic, the actual number is closer to 530 per year...not as dramatic, but still nearly double the risk of civilians. The two biggest stressors contributing to suicide are consistently shown to be relationship issues and/or financial troubles. And I believe, unfortunately, that not all suicide is preventable; even despite all our best efforts, we cannot make the decision for other people.

But by far the biggest misconception is that if people who are contemplating killing themselves are simply made aware of helping resources (like the 24/7 National Suicide Prevention Lifeline: 1-800-273-8255), they will take advantage of them. But we all know about the Mental Health Clinic and VA resources—yet military and veteran suicides still happen. What is far more important, is the personal influence of other people. We must be proactive in reaching out to others; we can't expect that in the darkness they will be able to help themselves. Ours is a shared responsibility, not just as Wingmen but as human beings, to aid each other in times of great need.

We often cannot know how or with what others are struggling,

as many people try to present themselves in a constant positive light, hiding their inner strife. But that doesn't necessarily prevent you from being able to make a difference; you just have to be willing to get involved:

- Know your people; care for them before they need it. Establish a caring and supportive relationship with your coworkers and those whom you supervise. They'll feel more comfortable talking to you (honestly) about any possible personal concerns in the future.

- Pay attention to the warning signs. The most apparent indicators of possible suicide are: talking about feeling hopeless, feeling like a burden to others, feeling trapped, or wanting to die. But less obvious signs may be increased alcohol use, disappearing from social circles or self-isolating, demonstrating uncharacteristic sadness/anger/aggression, giving away prized possessions, or even very suddenly improving or "feeling better." If you notice one or more of these behavior changes, it's time to have a direct conversation.

- Ask, Care, Escort (ACE). Be brave and directly ask the question: "Have you been thinking about killing yourself?" Then listen, encourage, and try to express understanding (instead of judgment) for how they're feeling. If the situation warrants, ask if you can bring them to someone who can help: supervisor, 1st Sgt, Chaplain, or Mental Health Clinic.

For questions, contact Dr. Ashley Kilgore at ashley.c.kilgore.mil@mail.com or the Minot Mental Health Clinic at 701-723-5527



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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Feb. 10: 1,838.15 feet above mean sea level (MSL); 24,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,449.01 feet above mean sea level (MSL).
Stump Lake elevation: 1,448.9 MSL.

- N.D. Game & Fish Dept. game wardens: Devils Lake generally slow but look for some improving walleye success in the Minnewaukan Flats. Try early morning or late in the evening for walleye. Move around for perch. Some nice-sized pike showing up, however. Ice conditions generally good with not much snow on the ice. Watch for some drifts, however. North-central area lakes somewhat slow although anglers willing to put in their time should find some success. No Missouri River System reports.

- Devi's Lake, Ed's Bait Shop, Devils Lake: Nicer weather packed snow so there is generally good travel on Devils Lake. Best walleye success remains around Creel Bay or the casino. Work shallow in 10 to 22 feet for walleye in the morning or evening. Try rattling spoons with minnow heads. Work deep for perch. No new pike reports.

- Devi's Lake, Woodland Resort, Devils Lake: Walleye and perch slowed with anglers working harder and longer for their catches. Try small minnow dead stick rigs with light bobbers for the finicky perch bite. Also try jigging lures. Try buckshots or jigging Raps for walleye but they're equally finicky.
- Lake Audubon/Lake Sakakawea, Totten Trail Bait, Coleharbor: No new reports.

- Lake Darling, Karma C-Store, Ruthville: Lake Darling and Grano area somewhat slow for walleye and perch. Scattered pike success on Lake Audubon but generally slow overall.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Hit and miss walleye success on Lake Darling with anglers finding good luck one day and slow the next in the same location. Good water clarity for spearing. Generally good ice conditions.

- Lake Metigoshe, Four Seasons, Bottineau: Fair bluegill success but sort through for the keepers. Walleye somewhat slow with better success in the evening. Fair for pike.

- Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Warm weather brought more anglers onto area lakes with nice bluegill and pike success. Most anglers are spearing for pike.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: South



NODAK ARMS

OUTDOOR

REPORT

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.
- *Feb. 21: West Dakota Waterfowlers Delta Waterfowl banquet, Grand Hotel, Minot, 5 p.m.

Tournaments:

- Feb. 15: North-South Carlson Lake, Stump Lake.
- Feb. 22: Lake Audubon, Devils Lake.

side of Lake Audubon producing some walleye success. Lots of houses along the south shore and off the East Totten boat ramp. Several anglers moved houses off the east end of Lake Sakakawea.

- Lake Sakakawea, Scenic 23, New Town: Lots of activity in the Van Hook Arm with scattered walleye success. Access remains good off the ramp and along the ice. Try jigs and minnows or tip-ups in 10 to 20 feet.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River producing walleye down river during the day using jigs and minnows, 3-way swivels, or crankbaits. Wing walls producing success at times with OK shore success at night. Lake Sakakawea generally slow.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea producing scattered walleye activity with better success around Tobacco Garden and White Earth Bay. Some nice-sized pike coming from back bays using tip-ups and smelt. Lots of small pike in the backwaters by the U.S. Highway 85 bridge. Kola-Ray continues producing decent panfish. Coyotes starting to rub with poor fur conditions for predator hunting.

- Lone tree WMA area lakes, Harvey: Area lakes remain generally slow with anglers finding some occasional success.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake continues producing some pickling-sized pike.

Downhill skiing:

- Bottineau Winter Park, Bottineau: 10- to 25-inch base with all runs open and in good condition. Chair and carpet lifts open. 3 Sunny Side and 4 Backside tubing runs and lift open.

- Buena Vista Ski Area, Bemidji, Minn.: 18- to 32-inch machine groomed base with 14 runs and Terrain Park open.

- Frostfire Ski Area, Walhalla: 5 trails, Harebell beginner trail, and Terrain Park open Friday through Sunday.

- Huff Hills Ski Area, Mandan: 24- to 30-inch machine groomed, packed powder base. 8 runs, bunny hill, 3 lifts, and Terrain Park green lift open. Open daily.

- Terry Peak, Lead, S.D.: 20- to 26-inch base. All runs and lifts open.

N.D. Parks & Recreation Dept. cross-country ski trails:

- Fort Stevenson, Garrison: Cross-country ski trails packed and in fair to good condition but could have ice in some locations. Fat tire bike trails in

fair conditions with ice and drifting in some areas.

- Garrison Dam Nat'l. Fish Hatchery, below the dam by Riverdale: Trails icy with melting and light snow layer.

Snowmobile N.D.:

- Cattail (Barnes, Cass, Steele, & Traill counties): 5- to 9-inch base with trails open and in fair to good condition.

- East-Central Valley (Cass & Richland counties): 6 - to 12-inch base with all trails open and in good condition.

- Lake Region (Nelson & Ramsey counties): All trails open except Trail 6 with 4- to 8-inch base.

- Missouri Valley (Burleigh & Emmons counties): Wilton, Sterling, Moffit, & Hague trails open with 3- to 6-inch base. Watch for possible water on lakes and sloughs. Snow removal operations along highways 83 and 11 created large drop-offs and deep cuts. Slow down and beware of changing conditions. Thin ice west of McKenzie on Sterling Trail by culvert on large slough. Stay on shoulder. Open water on Moffit Trail along highway north of Moffit. Chevrons in place directing traffic to shoulder.

- Northeast (Cavalier, Pembina, & Walsh counties): 5- to 8-inch base with all trails open and in good condition.

- Red River North (Pembina & Walsh counties): All trails open with 4- to 8-inch base. Good conditions in ditches, marginal in open areas.
- Red River South (Grand Forks and Walsh counties) West Loop closed but other trails open and in fair to good condition with some ice glaze. 4- to 8-inch base.

- Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 8- to 12-inch base. J1, V2, V5, V6, L1, & M1 trails open and in fair condition. McKinnis Trail moved to Hwy. 46.

- Southern Valley (Richland County): 8- to 14-inch base with all trails open and in fair to good condition.

- All other trails closed until there are better snow conditions.

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.

SPICY SHRIMP SKEWERS

INGREDIENTS

2 LBS SHRIMP, PEELLED,
AND DEVEINED
6 OZ THAI CHILLIES
6 CLOVES GARLIC
2 TBSP WINEMAKERS BLEND
NAPA VALLEY RUB
1-1/2 TSP SUGAR
1-1/2 TBSP WHITE VINEGAR
3 TBSP OLIVE OIL
BAMBOO OR METAL SKEWERS

Place all ingredients besides shrimp in a blender and blend until a coarse textured paste is reached.

Place shrimp in a bowl, add chili garlic mixture and place in fridge to marinate for at least 30 minutes.

Remove from fridge and thread shrimp onto bamboo or metal skewers.

When ready to cook, start the Traeger according to grill instructions. Set the temperature to 450 degrees F (set to 500 degrees F if using a WiFi enabled grill) and preheat, lid closed, for 10 to 15 minutes.

Place shrimp on grill and cook for 2 to 3 minutes per side or until shrimp are pink and firm to touch. Enjoy!

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



Ryan Davy - GM
Minot

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Scholarships for Military Children Program

The 2020 program is now open. Applications must be submitted online by February 24th.

Commissaries are an integral part of the quality of life offered to service members and their families. The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. It is the intent of the program that a scholarship funded through contributions be awarded annually for each commissary operated by the Defense Commissary Agency worldwide.

The Scholarships for Military Children Program is primarily funded through the generosity of manufacturers and suppliers whose products are sold at military commissaries, worldwide. We encourage

military families to take advantage of their commissary benefits that not only provide a savings of more than 30 percent on the products purchased, but also support the military community through programs such as this scholarship. The purchase of products from these companies funds the Scholarships for Military Children program.

The Fisher House Foundation is honored to be involved with the Scholarships for Military Children Program. Fisher House Foundation provides a "Home Away from Home" near military medical centers for families experiencing a personal medical crisis and is one of the premiere quality of life organizations supporting military families. The Foundation volunteered to underwrite the administration of this program.

A total of 500 scholarship grants, each for \$2,000, will be awarded for school year

2020-21. There will be at least one recipient selected at every commissary location where qualified applications are received, and additional

recipients will be selected based on a prorated basis, so more applicants will be selected from those commissaries with larger numbers of applicants.



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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers 5 p.m. Fr. Bill Neumann</p>	<p> Break Forth BIBLE CHURCH <i>New!</i> 7:00pm Service Thursday Evenings at the GRAND HOTEL www.breakforthbiblechurch.com</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am 1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540 Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am Please join us, all are welcome here!  UNITED CHURCH OF CHRIST</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 8:30 am & 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir 9:45 am  2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf</p>
<p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m. 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. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Saturday Worship 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education 5:45 pm  www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org 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. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Cross Roads Baptist  Southern Baptist Convention Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot</p>	<p>Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p> Vincent United Methodist Church 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors! Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m. Pastor Jennifer McDonald www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i> Thursdays: Worship 6:30 p.m. Sundays: Worship 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB <i>Protestant (North Plains Chapel in Base Housing)</i> Contemporary Service Sunday Worship 1000 Gospel Service Sunday Worship 1130 <i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<div data-bbox="1140 1727 1869 2472"> <p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night 6:30 p.m.</p>	<p> OUR REDEEMER'S CHRISTIAN SCHOOL 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>To Advertise your Church on this page, Call 839-0946 Only \$7.00 a space / per week</p>		

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9am-2pm, Lunch at 11am...
Sweet Treats all day.
Bag Bargains at 1pm.
Vincent United Methodist Church, Minot.
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4 blocks east of Toad's.

wk07

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THE NORTH DAKOTA NATIONAL GUARD

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

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All Utilities Paid, No Lease, Fully Furnished, Washer/Dryer, Cable & WiFi, 2 Car Garage. \$900 Per Month. For more information call (701) 833-9943.

wk10

SURREY

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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2020 term (23 Mar-24 May). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu

To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

PARK UNIVERSITY MINOT -

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ANSWERS

SUDOKU
Answers to puzzle from page A4

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

FROZEN FINGERS FESTIVAL

February 14 & 15, 2020

Minot Sleep Inn

2400 10th Street SW, Minot, ND

<https://www.frozenfingers.org/>



Walt Storey



Little Bluestems



The Missing Lynx

Friday, February 14

5:00 pm "Country Western Jubilee" by Frozen Fingers Members.

Hors d'oeuvres will be served.

8:00 pm Come dance to the Dakota Drifters



Saturday, February 15

11:00 am Jim & Cheryl Lingenfelter

Noon Walt Storey and Friends

1:00 pm Jerry Schlag & Friends

2:00 pm The Little Bluestems

3:00 pm The Replacements

4:00 pm Dakota Drifters

5:00 pm Missing Lynx

Door Prizes and Silent Auction

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5 BW 4TH QTR 2019



Team Minot Airmen from the 5th Bomb Wing receive awards for the fourth quarter in 2019 at Minot Air Force Base, North Dakota, on Feb. 6, 2019. All awards winners also received a gift card from the Air Force and Army Exchange Service.

U.S. AIR FORCE PHOTOS | A1C JOSH W. STRICKLAND

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- Lab Tech (MLT, MT, or MLS)

Audubon County Memorial Hospital & Clinics was recently named one of the Top 100 Critical Access Hospitals in the United States by The Chartis Center for Rural Health. This is the seventh time ACMH has received this honor. Audubon County Memorial Hospital & Clinics was also named a 2017 "Top 20 Critical Access Hospital" in the nation by the National Rural Healthcare Association (NRHA).

Contact Information
 Koltan Hewlett
 Senior Director of Administration
 712-563-5293 | hewlett@acmhosp.org
 www.acmhosp.org

www.acmhosp.org
 515 Pacific Avenue
 Audubon, IA 50025

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