

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 10 | MINOT AIR FORCE BASE | FRIDAY, MARCH 6, 2020

WHATS INSIDE THIS WEEK:



YOUTH OF THE YEAR

B3



5 CES TEACHES S.T.E.M.

B8

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SMSGT ANDREW BESSETTE
706 MUNS/MXW

SMSGT JASON GROTH
5 AMXS/MXAB

SMSGT KRISTIN THOMPSON
5FSS/FSV

SMSGT DAVID MOORE
9IMSFS/SFM

SMSGT WAYNE SHARP
5SFS/S50

Interviews with the 2019 Chief Selects from Minot Air Force Base, North Dakota. See page 6.

U.S. AIR FORCE PHOTOS

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DETAILS ON PAGE 3

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Minot AFB



Videos

Family Bonds

AIRMAN 1ST CLASS JESSE JENNY, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

"You don't raise heroes, you raise sons. And if you treat them like sons, they'll turn out to be heroes, even if it's just in our own eyes."

This quote by Walter Schirra Sr. was about his own son. SMSgt. Dooley and his son, too, share that bond.

SMSgt. Robert D. Dooley's, 5th Maintenance Squadron first sergeant, retirement ceremony was held Feb. 21, 2020 at Minot Air Force Base, North Dakota. It was officiated by his son, Capt. Robert A. Dooley, 34th Bomb Squadron Rockwell B-1 Lancer weapons systems officer from Ellsworth AFB, South Dakota.

SMSgt. Dooley said he wanted to retire quietly and without a ceremony, but his son and fellow Airman wouldn't allow that to happen.

"My son told me to hang on long enough for him to retire me," said SMSgt Dooley quietly, with a smile.

First sergeants, who can be identified by the diamond

device that they wear on the center of their rank insignia, are senior noncommissioned officers who serve as a liaison between commanders and their units.

Though it is a demanding job, his role as a first sergeant has left an impression on many, but none more so than his son.

"There are many approaches to leadership," Capt. Dooley said. "As a first sergeant, he made a lasting impact on the lives of many Airmen. He never stopped caring or leading. He will always be the standard in which all first sergeants will be charged to meet."

SMSgt. Dooley even had the rare opportunity to be deployed with his son.

"It was my favorite memory," he reminisced. "I remember him picking me up from the airport and we just hung out. It's so rare to deploy with family members."

Though SMSgt. Dooley retired, Capt. Dooley is continuing a family tradition of military service.

"The family legacy of military service goes back four

generations," said Capt. Dooley. "My great-great-grandfather served in the Army during World War I. My great-grandfather served in the Army during World War II. My grandfather served in the Marine Corps during the Vietnam War. My father served in the Air Force during the Iraq and Afghanistan war."

Capt. Dooley said he joined the Air Force to not only serve his country, but to follow in his dad's footsteps.

"He is my hero," he said. "I was extremely proud to have the opportunity to preside over my father's retirement ceremony. It was truly an honor."

SMSgt. Dooley said retiring felt bittersweet, but he enjoyed his time in the Air Force.

"Retiring is hard," SMSgt. Dooley added. "It's very difficult trying to figure out what to do. I loved what I did, I loved being an Airman. My family is very proud of my endeavors and my lineage and I know my son will be passing the torch when it's time."



Minot AFB Exchange's 'You Made the Grade' Program Rewards Stellar Military Kids Year-Round!

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

The Army & Air Force Exchange Service has celebrated the resiliency of military children who work hard in school, awarding them nearly \$550,000 through its You Made the Grade program.

Minot AFB students in first through 12th grades who maintain a B average or higher are eligible to receive a \$5 gift card each grading period. Students who qualify for a gift card also have a chance to win a \$2,000, \$1,500 or \$500 Exchange gift card by filling out a sweepstakes entry form.

"Military students face unique challenges," said Exchange General Manager Michael Bell, Minot AFB. "In fact, according to the Department of Defense Education Activity, military children move an average of six to nine times while they are in school. These young members of the military family also cope with their parents' deployments, making new friends and the stresses of daily classwork. They deserve to be recognized and rewarded for excelling."

To receive the gift card and sweepstakes entry form, military students can bring their report card to the Minot AFB Exchange Customer Service Counter. Homeschooled students can participate by

providing written affirmation of their grades from a parent or other community-authorized education provider. Students can submit one sweepstakes entry for each grading period.

Students can send completed sweepstakes forms to: You Made the Grade

PO Box 227398
Dallas, TX 75222-7398

"The Exchange is all in to make military communities the No. 1 place to live and work," Bell said. "It has been a privilege to reward military students' academic excellence for the last 20 years."

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Vaping- Cut It Out!

NORTHERN SENTRY

For 11-year old Emma Ramirez the message was serious, "Vaping, Cut It Out". After deciding that she would enter the contest to create an anti-vaping sticker for The Minot Area Vaping Task Force, it took her just 3 days to come up with the final version that would ultimately be chosen by the Task Force for stickers to be distributed to schools and youth groups. There were 411 entrants in the two age categories, 5th grade and under and 6th grade and older. Anna Kerzmann, a fifth grader from Edison Elementary won the younger category, and Emma won the 6th grade and older category. A special ceremony was held on Thursday, February 27th

at Memorial Middle School to present Emma with her prize, a Hydro Flask, and Emma was able to place her design on the flask in front of an assembly of 6th graders.

In designing the flask Emma had one thought, "I wanted people to know what is right, and what is wrong, and not do it!"

It was a surprise to Emma to win the contest as she knew her sticker had a different twist, "My sticker is not so funny."

Emma has not experienced an of her friends vaping, but she says that "letting people know not to vape is a big deal."

Emma's parents are Juan and Betsy Ramirez.



6th Grader Emma Ramirez displays the Hydro Flask, now embellished with her sticker, that she won in the Anti-Vaping Sticker Contest.



Lori Halvorson, a representative of the Minot Area Vaping Task Force, presents Emma Ramirez with her Hydro Flask



Racquel Labadie, School Liaison Specialist, Presents Emma Ramirez with a certificate from The Minot Area Vaping Task Force



6th Graders at Memorial Middle School gather to watch Emma Ramirez receive her plaque and Hydro Flask.



L to R Lori Halvorson, Juan, Betsy, Emma & Evan Ramirez, Racquel Labadie.



Emma's Anti-Vaping sticker design

NORTHERN SENTRY PHOTOS

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Col. Glenn Harris

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2 Winners Every Week!

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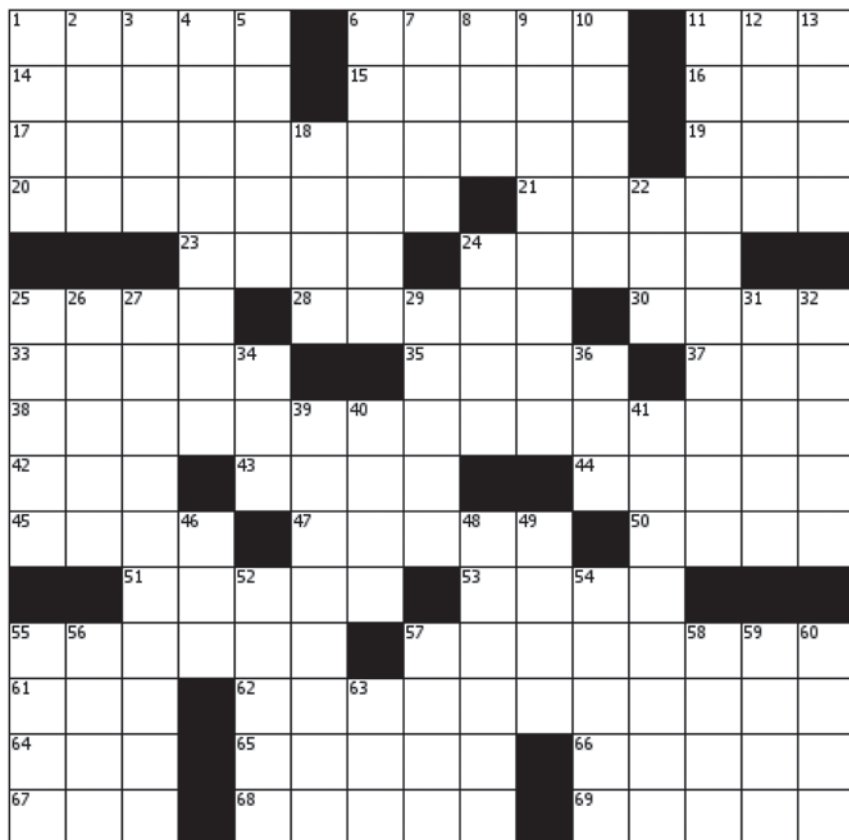
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CROSSWORD PUZZLE

Across

- 1. Absurd comedy
- 6. Corps of employees
- 11. Word in a sequel title
- 14. Island greeting
- 15. Varied in pitch
- 16. Feedbag morsel
- 17. Persevere
- 19. Swiss canton
- 20. Respond to a strong head butt, perhaps
- 21. Wields the scepter
- 23. Con's switchblade
- 24. Unexpected difficulty
- 25. Head honcho
- 28. Actor Leary
- 30. Chinese gooseberry
- 33. Better suited
- 35. Amorous look
- 37. Craggy hill
- 38. Persevere
- 42. Finish the dishes
- 43. Workplace watchdog org.
- 44. Composer John Philip
- 45. Ketch cousin
- 47. Quick to get ticked
- 50. Family of a Giants legend
- 51. Region of ancient Greece
- 53. Word after town or dance
- 55. Second half of an inning
- 57. Lighter-than-air aircraft
- 61. Sound of disgust
- 62. Persevere
- 64. Mr., in India
- 65. Something else
- 66. Contract conditions
- 67. Even so
- 68. Joins with a torch



69. Horace or Pindar

Down

- 1. Devotees
- 2. Away from the wind
- 3. Knock about
- 4. One place to find king and queens
- 5. Soil
- 6. "Feed a cold, --- a fever"
- 7. Christmas gifts, often
- 8. What's more

- 9. Kind of patterned sweatshirt
- 10. Group of vehicles
- 11. Persevere
- 12. Give notice
- 13. He helped raise people to higher levels
- 18. Mentioned before
- 22. "That's gross!"
- 24. Companion of mighty
- 25. Humorously coarse
- 26. "Fidelio" for one
- 27. Persevere

- 29. "--- a Stranger" (1955 film)
- 31. Sorriest
- 32. "My Friend" and "La Douce"
- 34. 17th Greek letter
- 36. Slalom curve
- 39. Educated guess
- 40. Cassowary's cousin

- 41. Digs for a pick and shovel?
- 46. Realty parcel
- 48. Belonging to others
- 49. Fish story
- 52. Not at all
- 54. Numbers game
- 55. Tied up

- 56. Hobgoblin
- 57. Like good swiss
- 58. Actress Hatcher
- 59. Lethal weapons
- 60. Put through the paces
- 63. Rink grp.

SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

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

FRIDAY, MAR 6 • 1800
 SATURDAY, MAR 7 • 1400
 SUNDAY, MAR 8 • 1500
ONWARD (PG-13)

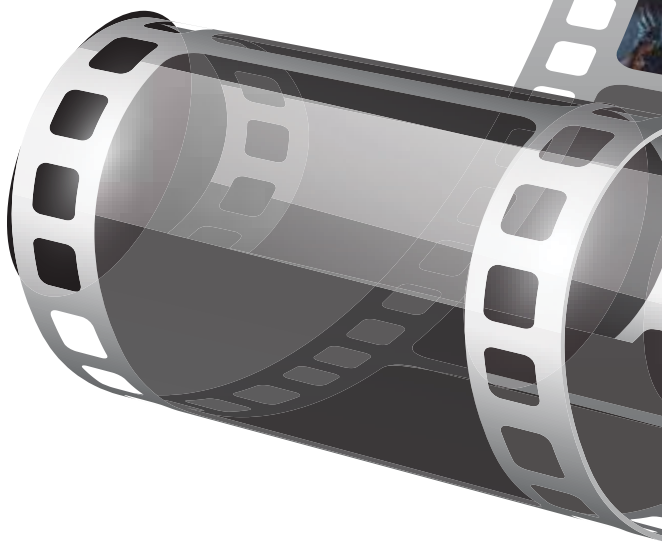
Set in a suburban fantasy world, two teenage elf brothers embark on a quest to discover if there is still magic out there.

SATURDAY, MAR 7 • 1700
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Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to show time.

REEL TIME THEATER MOVIE SCHEDULE



Five Minutes to Thrive: Recharge Your Battery

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

At what point do you look at your battery on your cell phone & think, "I need to plug my phone into the charger?" Is it 60%, 50%, or do you allow it to drain completely before recharging?

Admittedly, often times I look at my phone & when I see it is at 49% my immediate thought is "I have got to charge my phone!" Why is that? What is going to happen if my phone goes below 49%? What is going to happen if my phone dies? Nothing really - except that I might miss the latest BookFace stories, or Tok Tik trends.

When you think about keeping your phone charged, consider keeping

yourself as charged as you keep your smartphone.

We are not as good at practicing self-care as we should be. Life gets in the way; work gets in the way, and sometimes when it comes to taking care of ourselves, we just fall short. Consider these tips when thinking about new ways to implement taking care of yourself.

Make sleep part of your self-care routine. Sleep is one of the most valued activities that we participate in, yet 30% of people suffer from insomnia. Think about your nightly routine - do you have a cup of coffee before bed? You may think it doesn't affect you, but it affects your body more than you realize. If your sleep is not helping you recharge - seek consultation with a trusted resource.

Take care of your gut! When we eat not so great food, we feel not

so great. The types of food we eat crucially impact the bacteria that live in our guts - this could result in either positive or negative outcomes. Small changes have large returns; one small change in your diet could have a massive impact to your gut health.

Exercise daily. We all know that we need to exercise daily, but do we actually realize how important it is? Daily exercise is not only good for us physically, but cognitively and spiritually as well. Doing new activities (versus challenging) is what keeps our brains recharged and in good health. If we are intentional about doing some type of exercise daily, we can improve our mood.

We all have various expectations levied on us; whether it is for work, family, pets, children, fantasy leagues or ourselves. We have all heard the saying "you can't fill from an empty cup", so what are you going to do to keep your cup full? It is an active decision to make time to recharge your energy. So this week, remember to take care of yourself in some way.

Questions? Contact Dr. Ashley Kilgore at ashley.c.kilgore@minot.mil or the Minot Mental Health Clinic 701-723-5527

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Upcoming Events

7 MAR **MILITARY APPRECIATION TENNIS FREE PLAY DAY**
1:00 - 4:00 pm
Location: 3520 Main St N, Minot, ND 58703

Cameron Indoor Tennis Center is excited to be offering a Military Appreciation Day this Saturday, March 7th from 1:00 - 4:00 pm. There will be free play, drills, prizes and more! Fun for the entire family to enjoy.



For more information:
Facebook event/ Minot Parks

8 MAR **MINOT FLEA MARKET**
10:00 AM - 3:00 PM
Location: North Dakota State Fair Center
2005 Burdick Expy E, Minot

The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items, while others sell their homemade crafts, products, and foods. There is something for everyone at the Minot Flea Market! Admission is ONLY \$1.00 (ages 10 and under are FREE) To inquire about vendor booth space please contact at (701) 340-7930.



For more information:
Facebook event/ Minot Flea Market

10 MAR **GOURMET CHEF HOSTS GET YOUR IRISH ON! KIDS CLASS**
4:00 PM - 5:30 PM
Location: Gourmet Chef 122 Main St S, Minot

Don't forget to wear your green and practice your Irish accent. We will start off by making an Irish Blueberry Scone, dish up a St. Patty's Day Parfait, and then roll out some Old Fashioned Potato Candy. Ages 5-8 Cost \$25 Call 839-8928 or sign up online at www.gchef.com!



For more information:
Facebook event/ Gourmet Chef

11 MAR **MAIN STREET BOOKS WEDNESDAY STORYTIME WITH MS. KRISTI**
11:00 AM - 12:00 PM
Location: Main Street Books 8 Main St S, Minot

Join us at 11:00 am for storytime. This will be an active storytime with songs and fingerplays and (of course) a story or two or three.



For more information:
Facebook event/ Main Street Books

13-15 MAR **2020 KX SPORT SHOW**
11:00 AM - 4:00 PM
Location: North Dakota State Fair Center
2005 Burdick Expy E, Minot

Annual spring show promoting all things pertaining to the Great Outdoors of beautiful North Dakota and surrounding states and provinces. For information on booth space, attractions, speakers, show schedule, etc., please contact: Tammy Blumhagen - KX Director of Sales Telephone: 701.355.9121 Email: tammyb@kxnet.com



For more information:
Facebook event/ KX Sport Show

14-15 MAR **RAMBLERS MAGIC CITY BIKE SHOW**
10:00 AM - 7:00 PM
Location: Grand Hotel, 1505 N Broadway, Minot

The show will begin on March 14 at 10 AM to 7 PM. We have several vendors also at the show. There will be bar set up in both rooms. The hotel also has a bar and a restaurant. There's a party following the show on Saturday at the Landing bar. There will be a band at the party.



For more information:
Facebook event/ Ramblers Magic City Bike Show

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5 Recognized in Chief Induction Ceremony

NORTHERN SENTRY

5 new chief master sergeants will take center stage during a recognition ceremony to be held in their honor on March 6th. The ceremony is being held to introduce the 5 who have accepted their challenging new role of leading and developing their teams. We were able to take a few minutes and sit down with the newest chiefs and ask them about their career path and what they see as their challenges ahead.

SMSgt David Moore
91st Missile Security Forces Manager



For SMSgt David Moore, being a Chief means that he is accountable to more people. Not the people that outrank him, but the people that he outranks. He owes his position to the hundreds and even thousands of people he has supervised over his years in the Air Force. His position is a return on an investment according to Chief Moore, one that he will give everything he has to make sure that they, his people and his superiors, get a return on their investment.

When it comes to memories SMSgt Moore remembers a superintendent who reminded him that he made Master very fast; “he gave me some negative feedback and he told me that he would make sure that I would never make it past Master Sergeant. I would say the last 10 years have been fun because I proved him wrong.”

Air Force goals? “Well I realized I wanted to be a Chief when I became a Senior NCO. I was able to see more what Chiefs do, and the effect they had on people’s careers.” SMSgt Moore realized that as he advanced in the ranks that he could “have more influence on more people in a positive way.”

When asked about obstacles along the way, “the biggest challenge was mastering the art of listening instead of talking. As you supervise more people you have to develop that craft of listening.” As far as supporters, “The big guy upstairs, God. Family and friends...I have to acknowledge the troops, if it weren’t for them I wouldn’t be here.” And in the last but not least category, “my leaders, they gave me every opportunity to be where I am!”

Goals: “I want to leave the Air Force better than I found it. I want to use my influence to make the bad leaders, good...and the good leaders better.”



SMSgt Kristin Thompson
5 FSS Sustainment Superintendent



Chief Thompson sees her position as a chance to affect change for her airman. “We are the voice of the airman, and we can lead change for them,” states Thompson, she smiles and says “we are a biological weapon system and now as a Chief I have the chance to get the word out there and link some credibility to what we do.”

The fondest memory for SMSgt Thompson was the notification of her earning her promotion to Chief. She is proud that everyone in her squadron came out to support her, “Being new here, I didn’t even think that half the squadron knew who I was, and to see all of those faces out there...so you’re a part of that moment.” It will sit in SMSgt Thompson’s memory, “It was an amazing moment.”

Says SMSgt Thompson, “for me to be promoted to the grade of Chief is a phenomenal opportunity and I am truly blessed and humbled.”

And her challenges? “It’s always mental for me. Am I leading right? Am I the right kind of mentor?”

Supporters? “My husband is my biggest hype man and cheerleader. He’s always right there in my ear. My Grandmother, my mother...they’ve always been supportive. They make the sacrifices for my kids a little bit easier.”



SMSgt Wayne Sharp
5th FSF Security Forces Manager



For Wayne Sharp being a Chief “more than anything it means being a leader.” Chief Sharp sees the ability to motivate and inspire has come from having a wealth of knowledge and ability. “It’s an opportunity to mold the next generation of up and coming leaders,” continues Sharp, and especially the need to inspire folks who may not be in a position as high as yours.

“My fondest memories? It would be the people and the

friends I have met in my 20 years. They’ve become lifelong relationships,” according to SMSgt Sharp, and then with a smile he says, “I met my wife in Korea”.

His journey to Chief? “It was never something I aspired to be. For me, I am more focused on doing right, and taking care of people. That’s kind of my passion”. SMSgt Sharp believes that you are where you are supposed to be, “and if the Air Force believes that I was meant to be a Chief then based on what I felt was my 100% that I gave, if that led me to Chief, then it did.”

And challenges? Well the biggest challenge to me was time management, setting priorities, trying to balance work life and home life. My biggest supporter is my wife, who is also active duty and is probably the hardest worker I know. My family, they’re my rock. A lot of what I am is because of (my wife).

Goal: “I’m not one who sets a lot of long-term goals, I am a more in the moment type of person and I focus on what’s in front of me.”



SMSgt Andrew Bessette
705 MUNS Maintenance Superintendent



Chief Andrew Bessette has taken a lot of time to think about what being a Chief means to him. “Primarily it means being the best example I can be, promoting growth in everything they do.” For Chief Bessette providing everything he can to make sure they can accomplish their mission as it is set forth for them.

As for special moment in the Air Force “I really don’t think I can pick one. They have been defined at the bases where I’ve been stationed. This is my second time in Minot, the first time I met my wife. And the second time I’ve made superintendent, so they’ve been awesome times.”

What were your goals in the Air Force? “I actually have never had any final goals for my time in the Air Force. My only thoughts on it were, after my final enlistment I was going to keep going and go as far as I could, and work as hard as I can, every day, to make sure I get the job done, and that’s

how I came to become a Chief.

Challenges? “When I was a very young Airmen, I had a very strong Chief sit me down and put me on the right path. He was one of my main supporters, and he kept pushing me throughout the years that we were stationed together.” His biggest supporters? “First of all my wife has always been my biggest supporter. She’s always there in the seats cheering for me, pushing me to be better.” Other supporters? “My parents, huge supporters! My Mom especially. She always been very supportive and very proud of what I have become.”

Goals: “I want to keep providing for my Airmen. I want to make sure that I am the best example that they can see...I just want to make sure that we can get the job done.”



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SMSgt Jason Groth
5 AMXS 69 AMU Superintendent

For SMSgt Jason Groth, a Chief is 100 per cent committed to helping others. "It's somebody who's able to find and see strengths in people when they may not even see it for themselves." The Chief position in the eyes SMSgt Groth is constantly motivating others to not only pursue, but to reach their highest potential.

"It was a pretty cool" explains SMSgt Groth when thinking back. "I'm a weapons loader, so we were an Allied Force, I was at Aviano Air Base, Italy; we were generating A-10's...we got an alert call, it actually happened to us twice, we got an alert call to scramble our jets to go out because there was a downed pilot...it ended up that we rescued the pilot. I remember lounging around and getting the call, it was a mass rush to the jets, they were off the ground in minutes." As it turns out, the rescued pilot was General David Goldfein.

His defining moment in his Air Force career was when he was called in the Chief's office. "He said that I was good at working hard, but it was time to start challenging myself, and stepping out of my comfort zone and he suggested I go be a tech school instructor...after I finished laughing he said he was serious and pointed out that people enjoyed working around me and



working with me and I enjoyed working around people and with people, and I had the potential to be a good leader."

"My biggest supporter has and always will be my wife, Sandra" shares SMSgt Groth, "this August will mark 24 years in the Air Force and Sandra has been on this journey with me for every single minute of it."

Goals: I'm going to continue to work hard, and have fun, and advocate for our Airmen. I truly believe that if you take care of them, they will take care of you."



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High priority mission: Squirrel patrol

Patricia Stockdill

Squirrel patrol.

It's what the two resident Brittany hunting dogs, Eider and Garnet, believe is their moral obligation whenever they're not afield after things with wings during hunting season.

You see, living in North Dakota can mean living with wildlife of all sizes and shapes, whether the humans in the house are enamored with them or not.

Critters include the usual bunnies, variety of songbirds – including blue jays – and depending on one's location – deer, turkeys, pheasants, etc. Unfortunately, skunks, coyotes, and raccoons could potentially pay a visit, as well, also depending on location.

And squirrels.

Lots of squirrels, each and every one of them believing they own the yard and everything in it.

Eider and Garnet, however, have determined that squirrels are the Scourge of the Earth.

The squirrels, on the other hand, have determined it's their Mission in Life to taunt, tease, and generally harass Eider and Garnet. They sit on the deck, blink innocently into the windows and large glass doors, and flick their tails while the dogs bark, whine, cry, whimper, glare, and try to defend to their last breath their interior domain.

The squirrels pay no mind to the commotion.

The windows and glass doors have more nose prints and tongue slobbers than a set of two-legged, 2-year-old quintuplet children could ever create.

Squirrels slurp from the deck's birdbath, nibble sunflowers from the adjacent bird feeder, saunter or play tag with each other across the deck railing, sit on the deck's chaise lounge and eat peanuts-in-the-shell (yes, squirrels and blue jays enjoy roasted peanuts-in-the-shell in our yard), leaving the empty shells for later cleanup by the person filling their "peanut jar".

Truly, the humans of the house recognize they probably don't have the right to complain about dog-tormenting squirrels when they offer up a gourmet dinner buffet.

But just as it's the dog's duty to be on squirrel patrol, it's our duty to complain about squirrels. We're just not as noisy about it as the dogs.

Occasionally, the squirrels opt to investigate up close and personal, venturing to the door's outside glass or screen in the summer while nose-to-nose with Eider and Garnet, separated by two panes of glass.

The people of the house have learned to check the yard before going outside with the dogs. Otherwise, the chase is on should Eider or Garnet – or both – venture outside when a squirrel is in their outdoor domain.

Typically, the squirrels have enough of a head start so they're safely in any one of the trees. Or they employ the "scatter and run" technique where an entire red, bushy-tailed herd of them flee in a variety of directions, leaving the dogs in their wake.

Last week, however, one squirrel let its guard down – or else it was overly confident.

Garnet, being 4 years younger and at least 10 pound lighter than her "sister" Eider, kicked it into overdrive while the squirrel was still in "na-na-na-na-na, you can't catch me mode".

The squirrel was wrong.

That didn't set well with the squirrel, who when Garnet grabbed her or him, decided to retaliate by nipping Garnet in the nose.

Twice.

A surprised Garnet dropped the squirrel just as Eider lumbered to her rescue, grabbing the attack monster and shaking it.

By that time, the humans of the household got to the scene of the crime, Eider released her prize, and the squirrel disappeared into the trees.

Both dogs went back to the house where Garnet underwent damage assessment.

Yup, two little nips across the nose.

Garnet is none the worse for the experience. The fate of the squirrel remains a mystery.

But Eider and Garnet remain on squirrel patrol...and plot their revenge while the squirrels, well, they still enjoy sunflower seeds, peanuts-in-the-shell, and the birdbath.

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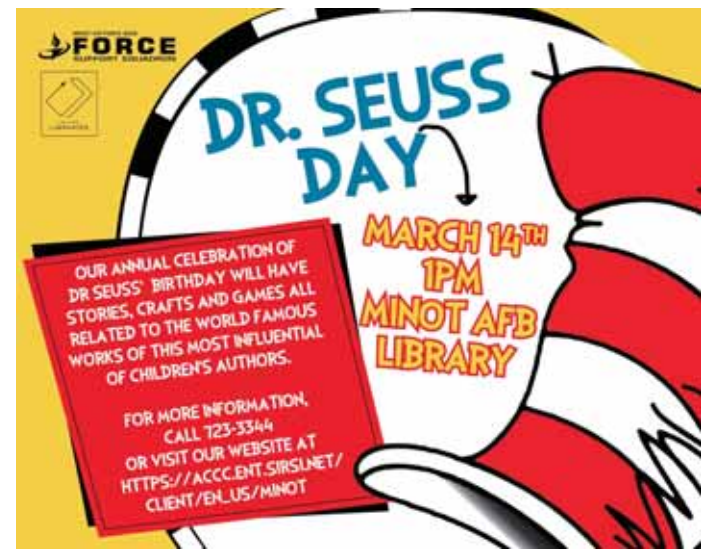
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WE LOVE OUR PETS CONTEST
WINNER**

Congratulations to Pixel. She was Minot AFB Homes "We Love Our Pets" Contest winner! She had a total of 98 Facebook likes!



TODAY

- Swerk, 0915, Fitness Center
- Strength & Conditioning, 1130, Fitness Center
- Mixed Martial Arts, 1630, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Bomber Bistro)
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

WEDNESDAY

- Circuit Training, 0530, Fitness Center
- TAP/DOL, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Right Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- College Search Process Class, 0900-1100, Education Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Story Time, 1030, Base Library
- Strength & Conditioning, 1130, Fitness Center
- Mixed Martial Arts, 1630, Fitness Center
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- 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

**WHAT'S GOING ON
MAFB**

THURSDAY

- Cycle, 0600, Fitness Center
- TAP/DOL Track Day 1, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Aqua Fitness, 0930, Fitness Center
- Reintegration Briefing, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, Fitness Center
- Trivia Night Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center
- Keystone Resiliency Challenge — Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Craft Club, 1800, Base Library
- Have a Ball League, 1800, Rough Rider Lanes
- Zumba, 1800, Fitness Center
- Trivia Night, 1900, Ground Zero Lounge in the Jimmy Doolittle Center

SATURDAY

- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- UFC 248: Adesanya vs Romero, prelims begin at 1900, main event begins at 2200, Rockers Bar & Grill

SUNDAY

- Cycle, 1400, Fitness Center

MONDAY

- Tactical Fit Express, 0530, Fitness Center
- TAP, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Strength & Conditioning, 1130, 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
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Base Library

TUESDAY

- Last Day to Register for Intramural Volleyball at Fitness Center
- Registration Opens for Wine & Paint at Arts & Crafts
- Cycle, 0600, Fitness Center
- TAP/VA Day, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Aqua Fitness, 0930, Fitness Center
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Swerk, 1900, Fitness Center

**ONGOING
EVENTS:**

**BOMBER BISTRO
March Special
Friday Lunch Special
Black Truffle Steak**
Enjoy a delicious Boz ribeye marinated in truffle oil and topped with fresh garlic & Italian seasoning. Served with a side of green beans and a loaded baked potato. Get yours while they last! \$12.95 — Includes a fountain drink

**THE B-FIFTY BREW
March Special
Chicken Salad**
Try this flavorful combination of diced chicken, cranberries, grapes, pecans, & mayonnaise alone or on a croissant or potato bun for only \$4!

**ROCKERS BAR & GRILL
March Special
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Wake up with this juicy 1/3 pound burger topped with melted American chesse, crispy bacon, hash browns, and a fried egg on a split top bun! Served with fries for only \$9.75!

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**UPCOMING
EVENTS:**

- 13 Mar**
- TAP/DOL Track Day 2, 0730-1600, Held at the Education Center and hosted by the A&FRC
 - Swerk, 0915, Fitness Center
 - Strength & Conditioning, 1130, Fitness Center
 - Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
 - Torch Club, 1730, Youth Center
 - Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Bomber Bistro and Jimmy Doolittle Center)
 - Give Parents a Break, 1800-2200, Child Development Center & Youth Center
 - Keystone Meeting, 1800, Youth Center
 - Mixed Fun League, 1830, Rough Rider Lanes
 - Karaoke Night, 2000, Rockers Bar & Grill
 - Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
 - BGCA Smart Lock-In, 2100-0600, Youth Center

- 14 Mar**
- Seeing Green Dance Party, 0900-1100, Fitness Center
 - Youth Bowling League, 1000, Rough Rider Lanes
 - Dr. Seuss Day, 1300, Base Library
 - Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

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Ann Nicole Nelson Hall - MSU

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Gershwin: *Rhapsody in Blue*
Sean Bostrom, piano

Curry: *Everybody's Gone to the Rapture Suite*
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Wintory: *Assassin's Creed Syndicate, The Banner Saga,*
Journey: Nascence & Apotheosis

Roget: *Lara Croft Overture*

Knorr & Rizzo: *Sid Meier's Civilization VI Gathering Storm*

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54TH HS AFRICAN AMERICAN HERITAGE FLIGHT
Team Minot Airmen take off in a UH-1N Huey at Minot Air Force Base, North Dakota, Feb. 26, 2020. The 91st Security Forces Group Tactical Response Force and 54th Helicopter Squadron flew an all African American crew to celebrate Black History Month.

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



BLACK HISTORY MONTH CELEBRATION
Team Minot Airmen celebrate black history month at Minot Air Force Base, North Dakota, February 21, 2020. The event consisted of poems, recognitions and guest speakers.

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

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Youth of the Year

MINOT AFB YOUTH PROGRAMS

On Saturday, February 22, ten youth from the Minot Air Force Base Youth Center participated in the local Junior Youth of the Year (9 to 13 year olds) and Youth of the Year Competition (14 to 18 year olds). This competition, held annually through the Boys and Girls Club of America, is the premier youth recognition program for the organization which highlights leadership and academic success among its members. Each participant has worked diligently since October to complete their submission packages which included essays, a speech, cover letter, resume, letters of recommendation and transcripts. Five volunteer judges reviewed the submitted packages and scored the packages based upon 4 categories: speech, essays, interview, and overall application. After a tough deliberation, the winners were announced to a crowd of family, friends, neighbors and senior leadership. In the Junior Youth of the Year category, twelve year old Adam Barrington was the top choice; the judges commended him on his confidence and professional demeanor. In the Youth of the Year category the judges chose fourteen year old Kaydee Graham as their top candidate; she was commended on her poise, resilience, and anti-bullying campaign. Kaydee will go on to compete in the statewide Youth of the Year competition against Grand Forks Air Force Base. The Youth Programs would like to recognize and congratulate all of the participants for their hard work.



Adam Barrington
2020 Minot AFB
Junior Youth of the
Year



Kaydee Graham
2020 Minot AFB
Youth of the Year



From L-R
Marina Cardoso,
Taylor Doan,
Arianna Forth,
Adam Barrington,
Kaylee Michaud,
Alice Maylan,
Kryshna Bostic,
William Barrington,
Alannah Gallagher,
Nathan Smith,
Kaydee Graham

SUPPLIED PHOTOS

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, March 2: 1,837.89 feet above mean sea level (MSL); 24,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.97 feet above mean sea level (MSL). Stump Lake elevation: 1,448.91 MSL.

- N.D. Game & Fish Dept. game wardens: Devils Lake starting to show scattered improving walleye success. A few perch mixed in west of casino. North-central area lakes still generally slow and look for deteriorating ice conditions with warm weather. Van Hook Arm and White Earth Bay fair at best and spotty overall for walleye on Lake Sakakawea. No reports from the east end of the lake.

- Devils Lake, Ed's Bait Shop, Devils Lake: Walleye bite remains fairly consistent but perch remain somewhat tough. Try deep in 36 to 38 feet for perch and less than 10 feet for walleye. Plan to keep any fish taken from deep water. Some nice-sized pike starting to stage and show up.

- Devils Lake, Woodland Resort, Devils Lake: Stump Lake producing the best perch success working deep. Good numbers of small walleye throughout most of the lake. Try early morning in 17 to 25 feet. Work shallow for pike.

- Lake Darling, Karma C-Store, Ruthville: Lake Darling producing occasional small walleye but overall success slow. Lake Audubon also generally slow.

- Lake Metigoshe, Four Seasons, Bottineau: Work 8 feet and less for walleye with bluegill and pike mixed in.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Look for rapidly deteriorating ice conditions with warm and windy weather.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Both Lake Audubon and Lake Sakakawea spotty for walleye. Watch for slush and water



- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.

- March 7: Souris Valley Mule Deer Foundation, Sleep Inn, 5 p.m.
- March 13 – 15: Minot Sports Show, N.D. State Fair All Seasons Arena.

- March 15: Permanent fish houses must be removed from all state waters. They can still be used but must be taken off daily.

- March 15: Earth Day patch contest deadline. Contact N.D. Game & Fish Dept. website, (gf.nd.gov) for details.

- March 15: Spring crow season opens.

- March 17: Leprechaun Geo-cache, Fort Stevenson State Park, Garrison. Contact the park, (701) 337-5576, for details.

Tournaments:

- March 7: Carpenter Lake, Devils Lake.

on top of the ice. Look for some pike activity on Lake Sakakawea with improving success as spring progresses. Missouri River tailrace continues producing walleye from boats, probably the most consistent activity in the area.

- Lake Sakakawea, Scenic 23, New Town: OK walleye success in the Van Hook Arm, However, last week's wind blew dirt and sand onto the ice. Look for conditions to deteriorate more rapidly with warm weather. Occasional pike.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye and ling from boats during the day. Try jigs and minnows down river. OK shore success. Try casting crankbaits off the rocks or jigs and minnows in the slack water. Look for deteriorating ice conditions on Lake Sakakawea.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best Lake Sakakawea walleye success remains at White Earth Bay in the bay itself. Also try Tobacco Garden. Improving pike success. Switch to larger bait presentations, including frozen herring. Missouri and Yellowstone rivers becoming too dangerous for fishing with prairie runoff coming in.

- Lonetree WMA area lakes, Harvey: Area lakes generally remain slow with some occasional success.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Scattered success on area lakes but overall activity is slow.

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.

GRILLED PEACH SALSA



INGREDIENTS

- 4 RIPE PEACHES, HALVED AND PITTED
- 4 HEIRLOOM TOMATOES
- 1 BUNCH CILANTRO
- 1 JALAPENO, MINCED
- 2 LIMES, JUICED
- 2 CLOVES GARLIC MINCED
- 2 TBSP OLIVE OIL
- SALT AND PEPPER TO TASTE

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Brush the cut side of the peaches with olive oil and season with salt. Place the peaches, cut side down, along the perimeter of the grill. Cook for 20 minutes or so until grill marks develop. Its best to pick peaches that are not too ripe and more on the firm side.

Remove the peaches from the grill and dice when cool enough to handle. Place in a large bowl with diced tomatoes, minced cilantro, jalapeno, lime juice, garlic and olive oil and mix well. Taste and season with salt. Adjust with more lime juice if needed. Enjoy with your favorite chips!

Serve with chips or on your favorite dishes. Enjoy!

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

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CHAPLAIN CORPS' FAMILY CAMP NIGHT
The Chaplain Corps' hosted an overnight camp night at Minot Air Force Base, North Dakota, Feb. 21, 2020. The camp night featured games, songs, and food for Team Minot families.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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Back Talk

Your Power Goes Out More Often During a Storm

What happens when you disconnect the brain from the body? I know that is kind of a tough question so let's make it multiple choice. Is it:

A. You get better
B. You are mildly inconvenienced
C. You are dead

The answer is C. Yeah, I know that escalated PRETTY quickly! You see every organ tissue and gland in your body is under the control of your brain. It runs the show. It is responsible for the tens of thousands of chemicals your body produces, it is responsible for every heartbeat, every breath, everything digested, everything detoxed, you name it and your brain is in control of it. It runs this show through a network of nerves. These nerves leave your brain through a big hole in your skull called the foramen magnum (that is Latin for Big Hole, seriously, ha-ha). Anyhow, your brain turns into your brain stem, then into your spinal cord, then into your nerves, and that is how your body works. Problem is once that brain leaves the skull every bit of it travels through your spinal column. Your spinal column was engineered to be flexible but that can cause another problem. The individual bones that make up your spinal column can shift out of place and when they do they pinch, stretch, or put pressure on those nerves. That is a bad thing and it is called a Subluxation. A hard-spinal bone interfering with a soft nerve causes problems. It shuts the power off from the brain to the organ or tissue that it is meant to be controlling. That means that the minute there is a subluxation your body is no longer working at 100% optimal performance, and you are automatically missing out on living your best life. When I adjust someone I often say after I am finished restoring all the subluxated bones of the spinal column, "Powers On." It is a really easy way for me to express that the connection from the brain to the body is restored. Kids love it when I say that because more than anyone kids get it!

They know how much better they feel and how much healthier they are once they get adjusted. I am sure you have been in your house when the power has gone out. It is a pain. You probably had a few too many things going on one circuit and all of the sudden Sponge Bob turns off on the TV and you are sitting there in the dark. You have probably also noticed that the phenomenon of your power shutting off happens more often during a bad storm. In fact, not only your power may be affected but your whole neighborhood may be having the same problem. Sometimes the power will come back on and all is well. But if the storm keeps raging it will go out again. You see the same is true for your body. In your body the storm is caused by stress! Physical, chemical and emotional stresses cause inflammation, and inflammation causes subluxation. Those stresses cause your power to go out. Is the storm of inflammation raging inside of you? If it is there are things you can do. I once had a new patient in our clinic confess to me that they were tired of feeling sooo bad! This patient was only in their fifties! I explained to them they could cancel their search if they were willing to work on quieting the storm inside of them. To quiet your storm, you need to work on 4 things

Thinking Right
Eating Right
Sleeping Right
Moving Right

I don't have space in this article to go into detail about those 4 things but I would be more than happy to chat with you about them at any time. If you can dial in these 4 things you will quiet the storm and you will Subluxate less, hold your adjustments longer and not miss out on the health God has in store for you. Give us a call at CornerStone Chiropractic 701-852-2800 and let's see what we can do to quite that storm.

CornerStone Chiropractic

Dr. Matt Hanson

1350 20th Ave SW, Minot, ND 58701
(701) 852-2800

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 <i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i> 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 1718 1869 2475"> <p>ORCS Preschool 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! NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR HIGHLIGHTS OF OUR PROGRAM • 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 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 CHURCH KNIGHTS  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>	<p>we've got the church you've been looking for <i>Your life matters to God!</i></p>	

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ANSWERS

SUDOKU
 Answers to puzzle from page A4

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

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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.

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5 CES TEACHES S.T.E.M.

Airmen from the 5 Civil Engineer Squadron teach children about S.T.E.M. (Science Technology Engineering and mathematics) at Dakota Elementary school on Minot Air Force Base, North Dakota, Feb 21, 2020. Airmen set up stations teaching children about electricity, construction, weather and other hands on activities.

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

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Dr. Anand earned her medical degree from the University College of Medical Sciences, New Delhi, India. She completed her internship and Internal Medicine residency at Long Island Jewish Medical Center in New York. Following her residency, she joined Queens Long Island Medical Group, where she practiced for 22 years. She's been an internist with DaVita Medical Group in Florida for the past seven years. Dr. Anand enjoys movies, comedy shows, outdoor activities, and reading. She has two adult children.

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