

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 22 | MINOT AIR FORCE BASE | FRIDAY, MAY 29, 2020

WHATS INSIDE THIS WEEK:



FITNESS TESTING
SUSPENDED UNTIL
OCT. 1

A6



3 TRUTHS TO
KNOW BEFORE
ADOPTING

B4



WILSBACH
NOMINATED TO
COMMAND
PACIFIC AIR
FORCES

A3



HIGH SCHOOL GRADUATION PARADE 2020

High school graduates parade around base housing on Minot Air Force Base, North Dakota, May 20, 2020. *More photos on page B3.*

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSE JENNY

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DETAILS ON PAGE 7

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Videos

Remaining safe, secure, lethal: COVID-19 has nothing on ICBMs

CAPT. MACKENZIE S. GOLKA, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

As the Coronavirus pandemic continues to upend virtually every aspect of the American way of life, there is a question looming that every American citizen and ally should ask themselves.

Is the U.S. military fully capable of providing global strategic deterrence until a vaccine is available?

For Intercontinental Ballistic Missile teams in Montana, North Dakota, Wyoming, Colorado and Nebraska, who continue to uphold the most responsive leg of the nuclear triad, the answer to that question is a resounding "yes."

It should come as no surprise that the nation's nuclear forces were among the earliest and most aggressive in planning for the global pandemic. After all, preparing for the Nation's worst day is their area of expertise.

Lt. Gen. Anthony Cotton, Air Force Global Strike Command deputy commander, a missileer himself, knew the command was prepared, and ready for a global outbreak.

"We saw what was happening and hoped that it wasn't going to come our way, but we prepared and were prepared. This what our Nation expects of us," Cotton said. In hindsight, these efforts were undeniably crucial, and have since paid off.

With hundreds of dispersed and hardened facilities spanning the northern tier of the United States, the ICBM leg of the nuclear triad is the cornerstone of the American National Defense Strategy, and the mission must continue under all circumstances.

The 20th Air Force commander, who is directly responsible for the readiness of the nation's ICBM force, expressed his confidence in the face of COVID-19.

"Make no mistake—we were ready before COVID-19 and we are ready now," Maj. Gen. Fred Stoss said. "Whatever the future holds, we will be ready to provide responsive combat power for the nation with no change in readiness or lethality."

The health and safety of service members, their families and the civilian workforce across the command remains a top priority for leaders like Stoss who understand just how crucial their people are to the lethality and readiness of the ICBM mission. Commanders are given great flexibility to respond to local conditions in order to meet the critical needs of their people.

The nuclear business is not afforded the luxury to choose which caveats or conditions they must operate through.

"We need to operate during all conditions, and that includes operating through the pandemic," Stoss said. "We will ensure our Airmen are provided with what is needed to support extended alert tours for however long it is needed."

For a mission that has operated on a 24/7/365 continuum for the last six decades without missing a beat, it is a message that America's allies and adversaries alike should take seriously.

As for the men and women responsible for upholding one-third of the nuclear triad, Stoss emphasized their commitment to the mission has never been more vital. As the rest of the world finds its footing amidst the global pandemic, missile operators continue to provide a safe, secure and lethal force.

"Missileers understand the huge responsibility that comes with being a critical part of this mission and they are proud to be a part of the long-standing heritage of missileers that have continuously kept watch over our nation," Stoss said.

Though missile operators typically stand the watch in teams of two crew members per launch control center for a period of 24-hours, COVID-19 mitigation measures have extended ICBM tours by upwards of two weeks, followed by extended periods of disciplined self-isolation prior to returning to the missile field, according to Capt. Nicholas Vaughn, a missileer at the 341st Operations Group, Malmstrom Air Force Base, Montana.

Disciplined self-isolation may seem daunting to most, but the men and women who stand duty in missile fields are accustomed to austere and isolated conditions. According to Vaughn, missileers

are able to engage in some of the same recreational activities they enjoy at home. Improvements to the internet services at alert facilities helped enable crew members to maintain contact with their friends and family through social media while not pulling alert.

"It is critical to stay connected during these times, especially for those who are in the missile field for extended periods of time," Stoss said. "I want to ensure that all missile field personnel, which includes operators, defenders, chefs and facility managers, understand how much they're valued and appreciated for their professionalism, dedication to the mission and sacrifices. The same is absolutely true with our maintainers and other vital personnel."

As operations adapted to the demands of manning during a pandemic, operators have had no trouble doing so. Vaughn said the manning constraints placed on the missile force as a result of COVID-19 are no more challenging than those they face on a day-to-day basis.

"Teams of bright people came together and figured out how to maintain a continuous on-alert ICBM force, how to get the necessary maintenance done, how to resupply our geographically-dispersed missile alert facilities, etc.," Vaughn said.

According to Vaughn, "Morale is high. We understand the 'why' of all of it ... We're doing all of this: the extended tours, the wearing of masks to the office, physical distancing, closing base facilities, cancelling events, etc. If at the end of these modified operations, we can look back and say, 'See? No one got sick.' That's a job well done."



An unarmed Minuteman III intercontinental ballistic missile launches during a developmental test at 12:33 a.m. Pacific Time Wednesday, Feb. 5, 2020, at Vandenberg Air Force Base, California.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CLAYTON WEAR

LAW TALK

An estate plan is essential for any individual or family, regardless of their age or net worth. While a basic estate plan including a will, power of attorney, and healthcare directive are a common and important part of a military family's legal preparation, sometimes these documents alone do not fully address their unique circumstances and may be better answered with a trust.

What do you think when you hear the word "trust"? Yachts and the Hamptons? Luckily for most of us, you do not need to have millions of dollars in order to make a trust beneficial.

Here are some reasons you might want a trust:

1. You want to avoid probate.

Probate is a court process that occurs after someone has passed away and ensures that their assets go to the proper parties. Even in the best cases, probate is a headache and makes an already difficult time even worse. If you use a trust properly, your heirs can successfully avoid having to go through the probate process to settle your estate after you pass away.

2. You want to control distribution.

Maybe you have a child who has trouble managing money, but you do not want to exclude them. With a trust, you can distribute their inheritance to them in stages or only for specific purposes to help them make good financial decisions.

3. Your heirs are minors.

Minors cannot inherit property outright. Due to state law, any inheritance left to a minor will have to have someone to guard and manage the money until the child is eighteen. A trust can avoid additional court proceedings and paperwork. The trust holds onto the assets until the child is an adult and it can also distribute amounts for the child's well-being before they reach adulthood.

4. You have remarried.

Remarriage is very common. Often in these cases, individuals want their spouses cared for, but they also want to ensure that they leave something for their children from prior marriages if something were to happen. A trust can ensure that a spouse is cared for and has access to everything they need while still dictating what happens to those assets after the surviving spouse passes away.

Families and financial situations are often unique and complicated, particularly so for military families. Estate planning should put your mind at ease and make life simpler. A trust can help accomplish that—even if you're not a millionaire.

Whether you need a trust or legal assistance in many other areas, the Boppre Law Firm is here to help! Please give us a call at 701-852-5224 or visit us at www.bopprelawfirm.com to schedule a time to speak with one of our attorneys and let us serve you.



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Saturday: 2 a month by appt
Sunday: Closed

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Wilsbach nominated to command Pacific Air Forces

PACIFIC AIR FORCES PUBLIC AFFAIRS

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Lt. Gen. Kenneth S. Wilsbach has been nominated by the president for a fourth star to become the next commander of Pacific Air Forces, headquartered here.

No stranger to the Indo-Pacific area of responsibility, Wilsbach currently serves as Commander, 7th Air Force and Deputy Commander, U.S. Forces Korea, prior to which he was Commander, Alaskan Region, North American Aerospace Defense Command, Commander, Alaskan Command, U.S. Northern Command and Commander, 11th Air Force.

The nomination requires confirmation by the U.S. Senate.

If confirmed, Wilsbach would oversee approximately 46,000 Airmen, serving principally in Japan, Korea, Hawaii, Alaska and Guam. PACAF's area of responsibility is home to 60 percent of the world's population in 36 nations spread across 53 percent of the Earth's surface and 16 time zones, with more than 1,000 spoken languages. The command oversees nine Air Force installations, three numbered Air Forces, and two Air Force bands.

Wilsbach would take the lead as the air component commander to Indo-Pacific Command in the Department of Defense's

priority theater. The area of responsibility is characterized by an increasingly complex global security environment and challenges to free and open international order and the re-emergence of long-term, strategic competition between nations.

Wilsbach is a graduate of the University of Florida Reserve Officer Training Corps program and earned his pilot wings during undergraduate pilot training at Laughlin Air Force Base, Texas. Wilsbach has served in various leadership roles. He has commanded a fighter squadron, an operations group, and two wings, and has held various staff assignments including Director of Operations, Combined Air Operations Center, and Director of Operations, U.S. Central Command. Wilsbach is a command pilot with more than 5,000 hours in multiple aircraft, primarily in the F-15C, MC-12, F-22A, and F-16C. Additionally, he has flown 71 combat missions in operations Northern Watch, Southern Watch and Enduring Freedom.

Pending confirmation, Wilsbach would succeed Gen. CQ Brown, Jr., who has been nominated to serve as the next U.S. Air Force Chief of Staff. Brown has led PACAF since July 2018.

A date for a change or assumption of command ceremony has not been chosen.



Lt. Gen. Kenneth S. Wilsbach serves as the Deputy Commander, U.S. Forces Korea; Commander, Air Component Command, United Nations Command; Commander, Air Component Command, Combined Forces Command; and Commander, Seventh Air Force, Pacific Air Forces, Osan AB, Republic of Korea. He was nominated by the president for a fourth star and to serve as the next PACAF commander, pending confirmation by the U.S. Senate.

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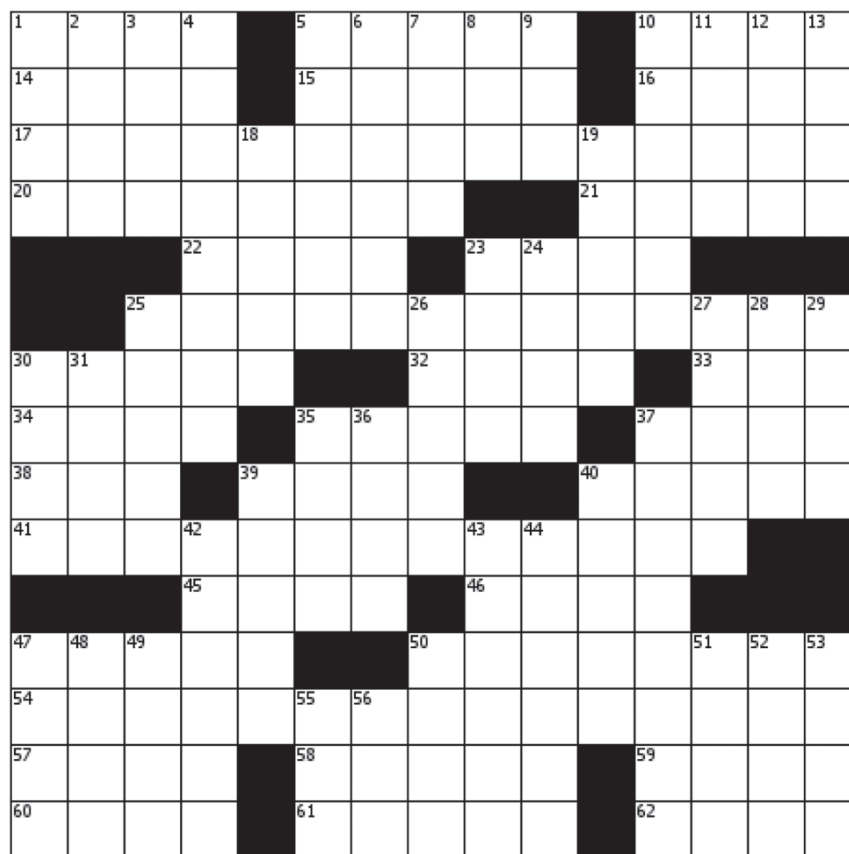
CROSSWORD PUZZLE

Across

- 1. One of Cain's brothers
- 5. Workshop gadget
- 10. Winter bird food
- 14. Under sail
- 15. "Midnight at the ___"
- 16. Scandinavian capital
- 17. Xena
- 20. Objects too small to be specified
- 21. Field measures
- 22. Grant a mortgage, e.g.
- 23. Salinger story subject
- 25. Roger Miller song
- 30. Really silly
- 32. It may be on one's mind
- 33. Enter a contest
- 34. Word with interest
- 35. British currency
- 37. It's between James and Jones
- 38. What Vanna may turn over
- 39. Significant periods of history
- 40. Spot of land in the sea
- 41. She said, "Off with her head!"

Down

- 45. Aspirations
- 46. Learn partner
- 47. "Fidelio" for one
- 50. Laugh track alternative
- 54. Hamlet
- 57. Ripped
- 58. Comparatively uncommon
- 59. Fencing weapon
- 60. Earned a warning or citation
- 61. 144
- 62. Boy Scout's undertaking



Down

- 1. They have many teeth
- 2. Hairy one of Genesis
- 3. Cousin of a gull
- 4. Uncompromising stance
- 5. Making baby or dove noises
- 6. Town in many oaters
- 7. Egyptian cobras, e.g.
- 8. Former Russian space station

Down

- 9. Tire inflation meas.
- 10. Type of mom
- 11. Microsoft customer
- 12. "Do it, or ___!"
- 13. Easy throw
- 18. Dunne of "I Remember Mama"
- 19. Christened
- 23. School in Britain
- 24. Spawning fish
- 25. Newscaster Couric station

- 26. Impressive poker hand
- 27. Roundish shapes
- 28. Billion add-on
- 29. Shoulder muscle
- 30. A land of the Tigris and Euphrates
- 31. Half of Mork's farewell
- 35. Teen's big date
- 36. They're not too nimble
- 37. Well thought of
- 39. Pioneer computer

- 40. Hall of Famer Monte
- 42. Merited
- 43. Slips away from
- 44. Assistants, essentially
- 47. Chooses
- 48. Theatrical object
- 49. Irish Free State
- 50. Round, bushy hairstyle
- 51. Neck feature
- 52. Certain native Canadian
- 53. ___ out a living
- 55. Small bit of work
- 56. Sculling instrument



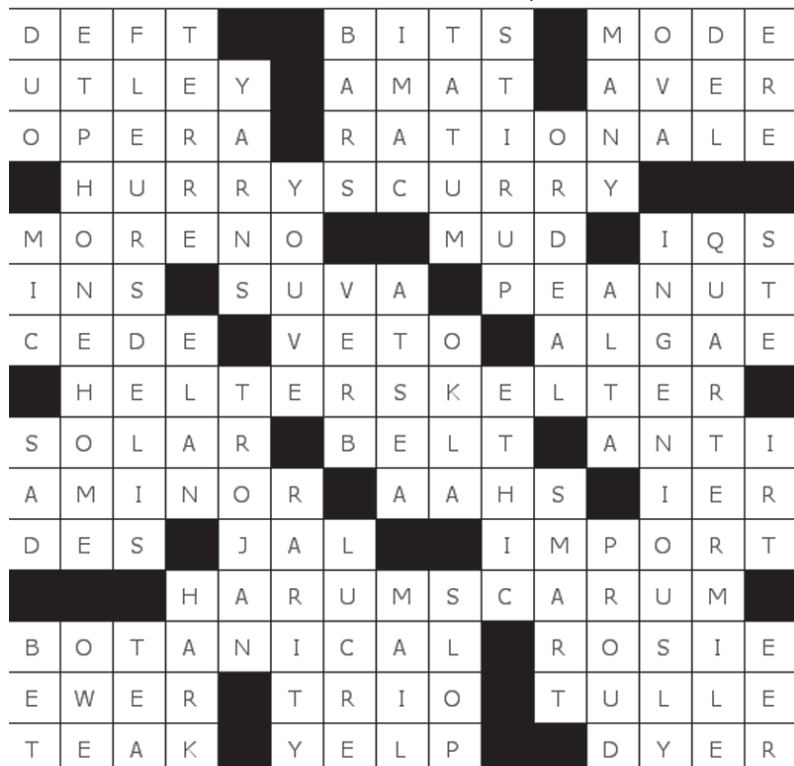
If you were running a race, and you passed the person in 2nd place, what place would you be in now?

Answer: You would be in 2nd. Well, you passed the person in second place, not first.

SUDOKU Solution to puzzle on page 15



Solution to last week's Crossword puzzle.



ANSWER: HURRICANES

Hurricane Word Find

Find the hidden words in the puzzle.

CATEGORY	GUSTS	STORM
DEPRESSION	HURRICANE	SURGE
EYE	RAIN	TRACK
FORCE	SHELTER	WINDS

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

Get Scrambled

Unscramble the words to determine the phrase.

ROTMS AHWCT

Answer: Storm watch

THIS DAY IN...



HISTORY

- 1896: HENRY FORD TAKES HIS FIRST GAS-POWERED CAR OUT FOR A TEST DRIVE.
- 1944: ROME FALLS TO ALLIED FORCES DURING WORLD WAR II. IT IS THE FIRST AXIS CAPITAL TO FALL.
- 1970: TONGA GAINS INDEPENDENCE FROM THE UNITED KINGDOM.

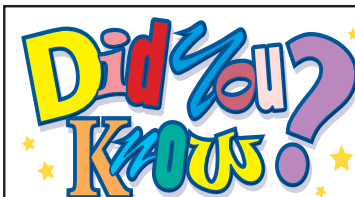


EYEWALL

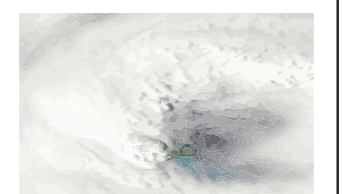
the band or ring of clouds that surround the hurricane eye



- ENGLISH:** Windy
- SPANISH:** Ventoso
- ITALIAN:** Ventoso
- FRENCH:** Venteux
- GERMAN:** Windig



A TYPICAL HURRICANE CAN DROP 6 INCHES TO A FOOT OF RAIN ACROSS A REGION WHILE VIOLENT WINDS CAUSE WIDESPREAD DAMAGE.



Can you guess what the bigger picture is?

ANSWER: HURRICANE EYE



SLOW COOKED PORK PERFECT FOR BUSY FAMILIES



Slow cookers can help busy families enjoy homecooked meals without hurrying to get those meals on the table each night. A surefire hit for even the pickiest of eaters, the following recipe for "Braised Pork Buns with Quick Pickled Cucumbers & Bean Sprouts" from Michelle Dudash's "Clean Eating for Busy Families" (Fair Winds Press) can satisfy hungry families.

Braised Pork Buns with Quick Pickled Cucumbers & Bean Sprouts

YIELDS 11 SERVINGS

FOR PORK:

- 2 teaspoons expeller-pressed grapeseed or canola oil
- 3.15 pounds Boston butt, cut into 3 pieces along natural muscle separation, trimmed of surface fat
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup vermouth, rice wine or dry sherry
- 2 1/2 cups thinly sliced red cabbage
- 1 small onion, sliced (about 1 cup)
- 3 tablespoons molasses (or honey)
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 1 tablespoon toasted sesame seeds

FOR CUCUMBERS:

- 1 tablespoon honey
- 1/8 teaspoon salt
- 3 tablespoons rice vinegar
- 2 large cucumbers, peeled, cut in half lengthwise, seeded with a spoon, thinly sliced
- 1/8 teaspoon freshly ground black pepper

TO ASSEMBLE:

- 11 soft whole-wheat hamburger buns
- 3/4 cups mungbean sprouts

To make the pork: Heat a large skillet over medium heat and add the oil. Season the pork on all sides with salt and pepper. When oil begins to shimmer, add pork and brown on all sides, about 4 minutes per side. Add browned pork to a slow cooker. Off of the heat, add the vermouth and then place on low heat, scraping up any brown bits from the bottom of the skillet with a wooden spoon. Add contents of the skillet to the slow cooker, along with cabbage, onion, molasses, soy sauce, garlic, ginger, and sesame seeds. Cover and cook on high for 1 hour; then reduce heat to low and cook for 4 hours (alternatively, cook the pork on low for the entire duration, 6 to 7 hours).

To make the cucumbers: One hour before serving, in a medium bowl, stir and dissolve the honey and salt into the rice vinegar and then add the cucumbers and pepper. Chill.

To assemble: Toast the buns cut side up under a broiler or in a toaster oven. Fill the buns with pork, drained cucumbers and bean sprouts.



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Fitness testing suspended until Oct. 1

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- In an effort to reduce exposure to Airmen and to continue to slow the spread of COVID-19, Air Force officials announced May 22 all official fitness testing is suspended until Oct. 1.

The change, which is an update from the original June 1 resume date, is effective immediately.

Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services, said in a signed memo, "Airmen remain our top priority, and we will ensure their health and safety as we maintain our force readiness posture."

"When testing resumes, the Air Force will take a systematic approach to reintegrating official physical fitness assessments," Kelly said in the memo. "All policies and procedures should reinforce physical distancing, use of personal protective equipment, Airmen health and personal hygiene, and cleaning, sanitizing and disinfecting work spaces and common areas."

In March, officials canceled fitness assessments until June 1. Airmen who were scheduled to test in March, April and May received new test dates that were delayed by six months.

The latest change, which is subject to local health conditions and states, "Commanders shall begin assessing Airmen's fitness on Oct. 1, 2020 contingent upon base fitness centers being reopened and local state/country travel and movement restrictions being lifted."

Additionally:

- If fitness centers remain closed and local movement restrictions remain in place, commanders

may choose to delay physical fitness assessment resumption beyond Oct. 1, 2020 until safe conditions are available.

- An Airmen's next scheduled fitness assessment will be based on the date of their last official assessment and fitness category.

- In order to maintain the health and safety of the force as testing resumes, the abdominal circumference component will be temporarily suspended through Oct. 1, 2021 or until further notice. During this period, all Airmen will receive a temporary, one-year abdominal circumference component exemption, and the next scheduled test date will be based on the overall fitness score. This one-year temporary abdominal circumference exemption will take precedence over any other shorter term temporary abdominal circumference exemptions.

- The annual height and weight measurements taken in conjunction with the fitness assessment will be temporarily suspended until further notice in order to preserve the health and safety of the force.

- Physical training leaders augmenting the Fitness Assessment Cell may test members from within their same unit to help provide commanders with capacity options.

- Commanders should use the four-month delay to purchase appropriate equipment (e.g., toe bars) to aid in physical distancing and administration of official physical fitness assessments in a safe and healthy environment.

For more information, Airmen should visit MyPers and/or contact their chain of command.

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A celebration of color

Patricia Stockdill

Splashes of color dot the prairie landscape, as if in celebration of warm weather, sunshine, and summer in the Northern Great Plains.

At first glance, native prairie may seem boring and bland. There are not grand mountains; no rocky, breath-taking cliffs.

There's just, well, there is simply a gentle roll of the earth, dotted with an occasional tree or two, some shrubs, a wetland, and some cattails.

But that's when a person needs to stop. Look around at the vast sky and perhaps, most importantly, look down at the ground.

Native prairie is one of the most vibrant, busiest ecosystems in the world.

It is truly alive. In a given three-foot area of native prairie, it can be challenging to count the number of different plants and grasses. And the funny thing about prairie is that when environmental conditions change, such as a wet cycle moves through or a drought hits, that same three-foot area will look completely different.

Native prairie plants and grasses have evolved to survive the wild weather swings that is life on the Northern Great Plains. Plants that thrive in wet conditions typically just go dormant, their seeds laying patiently in wait for another wet cycle so they can shine again.

Conversely, plants that can handle dry conditions typically sit in the background through a wet cycle until it's their turn to take the stage.

In other words, native plants can punt when they have to.

Generally, though, there are some typical blooming native flowers gracing North Dakota's prairie – if there really is ever anything "typical" on the prairie, that is.

The state is fortunate to still have some sizeable chunks of native prairie with some beautiful tracts in public ownership, including U.S. Fish and Wildlife Service National Wildlife Refuges and Waterfowl Production Areas.

Lostwood National Wildlife Refuge near Stanley, N.D. is an example. A 5,577-acre Wilderness Area established in 1975 within the 27,589-acre refuge epitomizes the region's

mixed grass prairie habitat.

As May marches towards the month of June, pasque flowers – crocuses – have long said good-bye. Instead, look for them early in the spring, almost like an Easter present greeting people after a long winter.

By now, torch flowers – also called prairie smoke – will begin to resemble someone having a bad hair day.

A really bad hair day.

Prairie smoke flowers from about May into July. The pinkish, lavender to rose colored flowers themselves are somewhat small, with three on a short stalk. Later in the summer, each fruit grows a long, feathery-like plume, which waves in the breezes and accounts

for how it got the nickname prairie smoke.

The prairie wild rose is another pinkish flower arriving on the prairie in late May and early June. Its deep rose petals fade to pale pink. Look for it in the prairie, along roads, and in open woody areas. It's common – and also the state flower of North Dakota.

Missouri milkvetch and American vetch, members of the legume family, are two perennial herbs valuable to grazing livestock. American vetch flowers range from rose to purple and blue while Missouri milkvetch flowers are more pinkish. American Indians savored both for cooking in a variety of ways.

A yellow member of the legume family, prairie golden pea (or prairie buck bane), can grow to about a foot in height. Also a perennial herb, it could be found on upland prairies and badlands-ish open banks and eroded slopes. Look soon, though, because it's almost done blooming.

Red false mallow can be found in dry, gravelly prairie, along roads and trails, and badlands-type terrain. Its flower petals are orange to brick red with bright yellow centers.

A trip to the areas where plants such as prairie smoke, the vetch family, and red false mallow dot the prairie now will be completely different in a few weeks and later into summer's full glory – and worth another look.

Stay tuned.



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What is Classical Conversations?

AVERY SARGENT (AGE 9)

Classical Conversations is a Christian homeschool community for families that meets once a week and can go all the way from preschool through high school. The three levels of CC are called Foundations, Essentials, and Challenge. In Foundations we cover seven subjects including timeline, history, science, math facts, English grammar, Latin, and geography. We also have a science experiment and a fine arts activity every week and work on presentation skills. We learn a lot of facts and students who memorize each fact can test to earn the title of Memory Master. It can take over an hour to list all of the facts learned in a cycle. One student even decided to proof all three cycles at one this year! In Essentials students focus on writing, English grammar and math skills. Challenge takes you all the way through high school.

This year several friends and I decided we wanted to be Memory Masters. We knew it wasn't going to be easy, even for those who had done it before. We were ready for the challenge. We had to study, study and study. It wasn't easy, and there were times I wanted to quit, but I knew that if I practiced and reviewed all the questions, I could do it. I was so worried that I would mess up and make a fool of myself, so I worked hard, and eventually I felt ready. Some activities that helped were flashcards, singing songs, and listening to facts on cd's in the ar. It took a lot of time and effort, but it was worth it. Also, practicing with friends made it fun.

To become Memory Master, we

had to do four proofs, which were parent, another adult, tutor, and director. We had to memorize 168 facts which could take up to five minutes each. We had to sing or say timeline from age of ancient empires to the present, followed by listing all of the United States presidents. That can take more than 12 minutes! The whole process takes more than an hour. I proofed for my mom, my dad, my awesome tutor Mrs. Shavon Poe, and the director of our whole campus, Mrs. Katie Vert. By the tutor and director proofs, we had to say it perfectly. All the people who proofed me were so kind to me!

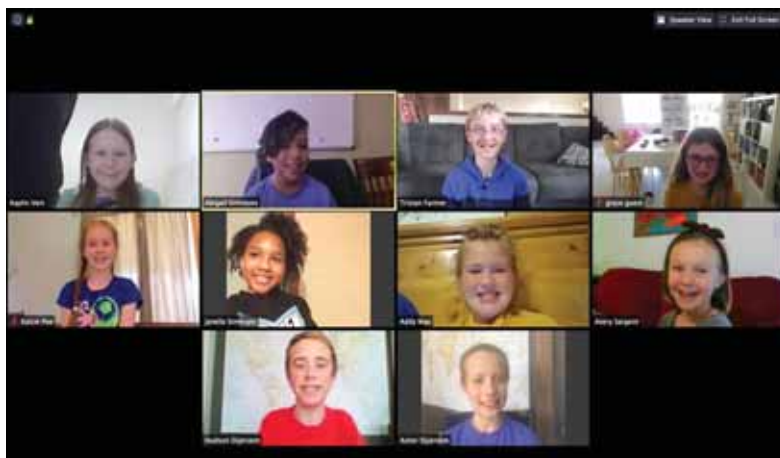
My friends and I all achieved our goal, and one girl even did triple Memory Master! We all worked so hard to achieve this, and we are all so proud of each other. Because of COVID 19 we could only celebrate over Zoom but we'll have a part after things go back to normal. Homeschoolers do like a good party! We all worked so hard to achieve this and are very proud

of each other. We owe it all to our amazing tutors, for being so patient and kind with us. The kids that earned the title are Tristan Farmer, son of Captain Michael and Jessica Farmer, Grace Guest, daughter Lieutenant Colonel Todd and Charlotte Guest, Addyson Myers, daughter of Josh and Kristy Myers, Kelcie Poe, daughter of Nathan and Shavon Poe, Avery Sargent, daughter of Major Brock and Megan Sargent, Abigail Simmons, daughter of Major Justin and Yvette Simmons, Janelle Simmons (Triple Memory Master), daughter of Major Justin and Yvette Simmons, Asher Skjervem, son of Jason and Cassidy Skjervem, Hudson, son of Jason and Cassidy Skjervem, and Kaylin Vert, daughter of Chris and Katie Vert.

Memory Master was so hard, but it was worth it when my friends and I made it! There were times when I wanted to give up, but my parents and friends kept me going. It was my second time going through the cycle and the second time testing for Memory

Master. I also passed it last year for Cycle 1. When I finished, I was so happy to get that worried feeling off my chest. COVID 19 stopped us from meeting on Mondays, but we pushed on and

reached our goals anyway! If you are interested in learning more about our Classical Conversations program, please contact our director, Katie Vert. Her phone number is (970) 640-6341.



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WHAT'S GOING ON MAFB

TODAY

- Last Day to Register for the Memorial Day Golf Scramble at Rough Rider Golf Course
- Cycle, 0615, Fitness Center
- Strength & Conditioning, 1130, Fitness Center
- Swerk, 1730, Fitness Center

WEDNESDAY

- TAP/DOL, 0730-1600, A&FRC — Online Learning Modules
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC — Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library Facebook Page

SATURDAY

- Last Day to Register for the Memorial Day Golf Scramble at Rough Rider Golf Course
- Cycle, 0615, Fitness Center
- Strength & Conditioning, 1130, Fitness Center
- Swerk, 1730, Fitness Center

THURSDAY

- TAP/DOL Track Day 1, 0730-1600, A&FRC — Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting

SUNDAY

- Zumba, 1400, Fitness Center
- Yoga, 1515, Fitness Center

UPCOMING EVENTS:

TAP/DOL Track Day 2, 0730-1600, A&FRC — Online Learning Modules **5 JUNE**

Indoor Pool, 1000-1500, Fitness Center — Open to all to Fitness Center guests **6 JUNE**

MONDAY

- TAP, 0730-1600, A&FRC — Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Key Spouse Meeting, 1800, A&FRC — Online Zoom Meeting

TUESDAY

- TAP/VA Day, 0730-1600, A&FRC — Online Learning Modules
- Game Day, 1000-1930, Minot AFB Library Facebook Page

Due to base precautions, several base events have been postponed or cancelled. Visit www.5thforcesupport.com or 5th Force Support on Facebook for all up to date 5 FSS information.

ONGOING EVENTS:

CARRY OUT OPTIONS (Hours subject to change)
 Bomber Bistro: Monday-Friday 1030-2100, Saturday 1400-2000
 Bomber Bistro: Dining Room Now Open. Seating is limited and masks are required except while eating.

Dakota Inn Dining Facility: Monday-Friday 0600-0900, 1030-1330, 1630-1830; Saturday-Sunday 0630-1830
 Dakota Inn Dining Facility: Dining Room Now Open. Tables and chairs have been placed accordingly to maintain social distancing.

Jimmy Doolittle Center:
 Lunch To Go: Monday-Friday 1100-1300. Call in your orders between 0900-1230. Menu available on JDC Facebook page. ESM accepted.
 Family Evening Meal To Go: Tuesday-Friday 1530-1730. Order in advance via Member Planet. Online ordering closes at 1300 or order by phone between 0900-1630.

Rockers Bar & Grill:
 Monday-Friday 1100-1500. Call to place your order. All orders will be delivered to your vehicle. ESM card holders must come inside to order and pay.

DELIVERY OPTIONS (Hours subject to change)
 Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro May Special Thursday Dinner Special
 Smoked Wing Basket
 Enjoy 12 delicious smoked chicken wings, seasoned and tossed in your choice of barbecue, buffalo, or teriyaki sauce with a side of our house ranch! Available Thursdays starting at 1530 while supplies last. Only \$9.95! - Includes a drink

Bomber Bistro June Special Wednesday Dinner Special
 Chicken Curry
 Dig into our delectable homemade Japanese style curry sauce over white rice topped with breaded chicken! Available Wednesday starting at 1530 while supplies last. Only \$9.95! - Includes a drink! Add a side of Naan bread for just \$2.00 more!

The B-Fifty Brew May Special
 Ultimate Breakfast Sandwich
 You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant. Grab it today for only \$4!

The B-Fifty Brew June Special
 Frittata
 Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!

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SATURDAY & SUNDAY: 6:30AM-6:30PM
723-2359



727-ROCK

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TAKE OUT (ESM ACCEPTED):
MONDAY-FRIDAY 11:00AM-3:00PM
ALL ORDERS DELIVERED TO VEHICLE, ESM CARD HOLDERS MUST COME IN TO ORDER & PAY

JIMMY DOOLITTLE CENTER DRIVE THROUGH (ESM ACCEPTED):

MONDAY-FRIDAY 11:00AM-1:00PM
FAMILY MEAL PICK UP
TUESDAY-FRIDAY 3:30PM-5:30PM
ORDER IN ADVANCE VIA MEMBERPLANET
PAYMENT MUST BE MADE PRIOR TO PICK UP, NO ESM ACCEPTED



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SRT Awards College Scholarships

SRT Gives \$8,500 to Local Students

SRT COMMUNICATIONS

MINOT, N.D. – SRT is pleased to announce the winners of college scholarships to outstanding area students. Out of nearly 60 applications, four winners were awarded the SRT Scholarship and each receive \$1,500 towards their college tuition. The SRT \$2,500 Technical Scholarship winner was also selected.

“At SRT, awarding scholarships to our area students is our way of recognizing their hard work throughout high school, while also assisting them financially in their upcoming journey to further their education,” said Steve Lysne, SRT General Manager/CEO. “Each year, we receive very impressive and qualified applications. Throughout this award program, we have seen many students become very successful, and would like to think that our scholarship played a small role in achieving their goals.”

Applicants for the \$1,500 scholarship were not only judged on their scholastic performance and achievements, but also volunteerism and community involvement. Students were required to write an essay discussing how smart devices and tech gadgets have impacted their high school learning experience in a positive way.

The SRT Technical Scholarship also required students to submit their volunteerism and community involvement, scholastic performance, and

an essay describing their plans for a future career in telecommunications or a computer technology related field. Additionally, a letter of recommendation from a community member or educator was required. This scholarship is also unique in that it can be awarded to a graduating high school senior or an undergraduate student currently enrolled in a two-year or four-year college.

The 2020 SRT \$1,500 Scholarship recipients are:

- Landry Maragos - Minot High School
- Neeleigh Wollenzien - TGU Towner High School
- Erika Nesheim - Berthold High School
- Becca Tschetter - Minot High School

The 2020 SRT \$2,500 Technical Scholarship winner is Jericho Limke, a Computer Engineering major who will be attending North Dakota State University this fall.

Congratulations to our winners, and best of luck to all seniors in your future endeavors.

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PULL-APART DINNER ROLLS

INGREDIENTS

- 1 1/10 CUP WARM WATER (110°F TO 115°F)
- 1/3 CUP VEGETABLE OIL
- 2 TABLESPOON ACTIVE DRY YEAST
- 1/4 CUP SUGAR
- 1/2 TEASPOON SALT
- 1 EGG
- 3 1/2 CUP ALL-PURPOSE FLOUR
- AS NEEDED COOKING SPRAY

When ready to cook, set the Traeger to 400 degrees F. Preheat with the lid closed for 10 to 15 minutes.

In the bowl of a stand mixer, combine warm water, oil, yeast and sugar. Let mixture rest for 5-10 minutes or until frothy and bubbly.

With a dough hook, mix in salt, egg and 2 cups of flour until combined. Add remaining flour 1/2 cup at a time (dough will be sticky).

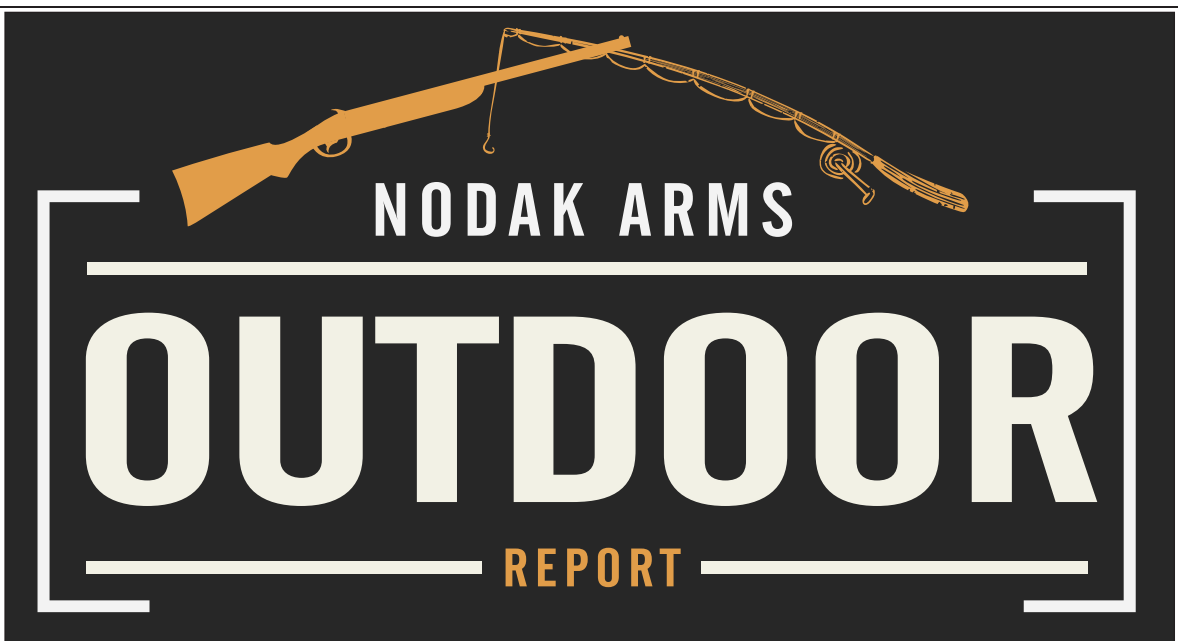
Prepare a cast iron pan with cooking spray and set aside.

Spray your hands with cooking spray and shape the dough into 12 balls.

After shaped, place in the prepared cast iron pan and let rest for 10 minutes. Bake in Traeger for about 10-12 minutes or until tops are lightly golden. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, May 25: 1,840.56 feet above mean sea level (MSL); 28,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.83 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.64 MSL.

•N.D. Game & Fish Dept. game wardens: Limited reports from north-central area lakes. Mixed white bass success on Devils Lake but try Highways 20 and 19 or north of the closed area on Channel A. Remainder that white bass limit is 20 daily and 40 in possession. Please remember social distancing. Scattered walleye success on Devils Lake. No Missouri River System reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of activity with good white bass success. Consistent pike success. Best walleye bite is towards evening and overall slow. Water temperatures still cool but back bays starting to warm. Look for continued improving success as water temperatures warm.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good walleye success with better activity from boats than shore. Try Lindy rigs or slip bobbers around the bridges. Good white bass activity.

•Lake Darling, Karma C-Store, Ruthville: Steady activity on Lake Darling and Grano area with more anglers also going to Buffalo Lodge Lake.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lots of activity but overall success is still slow for walleye. Please remember to observe refuge regulations and don't litter. The refuge is for wildlife first, public activities are a bonus.

•Lake Metigoshe, Four Seasons, Bottineau: OK bluegill success but they're still in deeper water and not by the docks and bays. Scattered walleye activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair walleye success in the back bays of the east end of Lake Sakakawea. Try a variety of presentations. Some success around 7 Sisters, as well. No reports from the Missouri River but look for some walleye success on the

- The lowest three-quarters mile of Channel A as it enter Devils Lake is closed to boats and shore-fishing, the area by U.S. Highway 2 and train bridges, due to road construction.
- June 3: Deer gun and muzzleloader applications due.
- June 6 & 7: Free fishing weekend.



east side of Lake Audubon.

•Lake Sakakawea, Indian Hills Resort, Garrison: Cool water temperatures limiting walleye success. Try the south shore.

•Lake Sakakawea, Scenic 23, New Town: Look for improving walleye success in the Van Hook Arm for small walleye but better success is still west around New Town. Try jigs and minnows.

•Lake Sakakawea, Van Hook Resort, New Town: Somewhat improving walleye success with fish in deeper than normal depths of 18 to 24 feet. Move around. Good bass activity from shore. Try small spinners or Lindy rigs.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains slow from boat as well as shore, even at night. Look for improving walleye success in the back bays of the east end of Lake Sakakawea as water temperatures warm. Try pitching jigs into the shallows or cover area with crankbaits in 15 feet to locate fish. Water temperatures remain cool. Try smelt for pike in the bays with some smallmouth bass along gravel areas.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea walleye activity moving east with improving success around Little Beaver Bay, White Earth Bay, and New Town with a switch from minnows to nightcrawlers. Try 7 to

15 feet. Some crappie activity around Lund's Landing, Lewis & Clark State Park, and a few around White Earth Bay. Yellowstone River rising quickly due to recent rains with some catfish success. Trenton Lake remains fair to good for crappie. Blacktail Dam producing pike and bluegill in the shallows.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River near Towner producing occasional nice walleye and small pike. No reports from area lakes.

River elevation & flows:

- Des Lacs River, Foxholm: River stage, 5.64 feet; streamflow, 12.2 CFS.
- Missouri River Washburn: River stage, 11.45 feet.
- Missouri River, Williston: River stage, 15.32 feet.
- Souris River, Foxholm: River stage, 5 feet; streamflow, 2.21 CFS.
- Souris River, Minot: River stage, 4.18 feet; streamflow, 11.6 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 8.83 feet; streamflow, 25.5 CFS

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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Minot Public Library Offers Summer Reading Online

MINOT PUBLIC LIBRARY

Have you ever heard of the summer slide? Research shows that children who do not read in the summer can lose around 2 months of grade level equivalency in math and reading in one summer.

Parents have been busy schooling from home recently, and we don't want our children to lose the knowledge they have learned. That is why the Minot Public Library is going digital for our Summer Reading Program. Through our new software, Beanstack, families can sign up, log minutes, complete activities, and earn prizes over the summer months. Children's Librarian, Randi Monley, says "it doesn't take much, just 20 minutes or more a day, for your children to negate the summer slide, and what kid doesn't love a prize for their efforts?" While Beanstack will be tracking your reading, don't forget the library will

be preparing lots of programs for all ages whether those are virtual or in person, remains to be determined.

If you think summer reading is only for the kids, you would be wrong. Minot Public Library has plenty of challenges for adults and teens. "Summer reading isn't just for kids. Some of the many benefits adults gain from reading include, an increased ability to focus, reduced stress, and an increase in cultural competency," stated Zhaina Moya, Adult

Services Librarian. Minot Public Library is excited to have this new online platform, so everyone can get reading!

If you do not have access to the Beanstack app or a computer, there will still be paper logs available for teens and adults.

Visit <https://minotnd.beanstack.org/> to sign up today! Download the Beanstack app! Or call the Minot Public Library at 852-1045 for questions.



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3 truths to know before adopting

CATHERINE VANDAMENT

You have made the courageous decision to pursue adoption. What now? How do you know what type of adoption is uniquely right for you? Where do you start?

I have been right where you are and if it hadn't been for my best friend working in the field of adoption, my head might have erupted like Mount Vesuvius while I was trying to find the answers. So, here I am to help guide you to finding answers about the adoption process.

Give yourself time: After talking with adoptive moms and experiencing the process myself, the most important piece of information to have before you begin — and during — the process is to give yourself time. When it comes to growing a family, I know the last thing you want to hear is that it will take more time, but I'm keeping it real for you and the truth of it is, it will. Let me break down the why for you: Research. Waiting.

You are about to embark on a journey that brings a new life into your family. That is no small thing. In fact, it is a huge. To do it, you and your partner will need to research and decide what type of adoption is best for you. Maybe you aren't in a hurry and you want to pursue an international adoption. Are you prepared to wait one, two, three, maybe even four years to see that happen?

Or perhaps you have reasons to pursue private adoption. This requires choosing between a national or local agency. Maybe you have seen the need for foster parents in your community and the idea of choosing a foster-to-adopt path is calling you. Have the hard conversations, do

the research, and take the time up front to know what type of adoption fits your soon-to-be growing family.

Now the waiting, you are going to wait on your application. You are going to wait for a first mom — or biological mom — for an agency, for the social worker, for the foster care system to choose you. You are going to wait on that child to be held by you for the first time. There is no way around it. Plan for it. Figure out when you can make your adoption happen in the time you have at that next assignment. Our adoption from start to finish — from the first intake screening to the day we finalized in court — was 21 months. Don't let anyone tell you that as a military family you can't make it happen. You absolutely can. I promise, it will be worth the wait.

Talk to your kids: Some of you may already have someone at home that calls you mom or dad. Whatever your unique situation may be, you can't leave your little humans out of the conversation, because after all you are a family.

When we decided to pursue adoption, our daughter was almost 4 years old. We had some people tell us she wouldn't and couldn't understand the abstract nature of adoption. They were so wrong and now at age 8, she can tell us she was so thankful that she was a part of the process from the beginning.

From helping design our adoption book to helping decorate the nursery, to when we surprised her at school the day our little man was born — those are priceless memories and pieces of the journey. I truly believe that including your kids in the discussion from the beginning,

and along the way, is absolutely necessary for their development as a sibling and part of the preparation for expanding your family.

Heal your heart: The heart is one of the strongest muscles in your body, but more than likely it is the one that has been hurt time after time, month after month, year after year, wearing it. I know we don't know each other, but my guess is that you, just like me, have experienced a long battle with infertility or loss that has led you to adoption (I realize not all of you have, some of you have felt the calling to adopt and that is incredible as well). It is so easy for us to shove the pain and the emotions under the proverbial rug and never fully experience the grieving process of that hurt. I have been there.

It wasn't until we were trying for Baby Vandament #2 that I finally gave in and let God begin to heal my heart. It isn't easy. It is some of the hardest soul searching, gut wrenching, come-to-Jesus kind of work you will ever do. It will be an awakening. And I say this with the utmost confidence to you because I lived it: You must grieve your loss, and continue the path that has led you to choose adoption.

Letting go of a lifelong dream of carrying a baby in your belly, feeling those kicks and hiccups, and that perfectly designed



moment of bliss when that sweet little newborn baby is placed on your chest, it is all a loss. Mourn it. Cry about it. Talk about it. And yes, get mad about it. Because on the other side of that loss — or shame or anger or hurt — is always healing. This may shock you but you need to hear it, your heart has experienced a tremendous trauma, and you must heal it to move forward. This is the most difficult part of the journey and could take

longer than you want. Do the work, feel the feels, & cherish every moment.

If there is one big lie that you have to let go of it is this: the only way to gain the title of mom or dad is through biological children. Run full speed into knowing that no matter the biology, he or she will be yours in the only way that could truly matters: unconditional love.

This story originally appeared in Military Families Magazine.

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CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>NO SERVICES</p>	<p> Break Forth BIBLE CHURCH</p> <p><i>New!</i> 7:00pm Service Thursday Evenings at the GRAND HOTEL</p> <p>www.breakforthbiblechurch.com</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf</p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE Minot • 839-3694</p> <p>Sundays: Worship 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>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</p> <p>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></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship..... 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm</p> <p>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</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>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</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God Family Worship Center</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>
<p> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center</p> <p>open hearts...open minds...open doors!</p> <p>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.</p> <p>Pastor Jennifer McDonald www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>OUR REDEEMER'S CHRISTIAN SCHOOL</i></p> <p></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>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing)</p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<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>	
<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>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> <p></p>		

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Answers to puzzle from page 4

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

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