

WHATS INSIDE THIS WEEK:



DOD APPROVES
GRANT FOR MAGIC
CITY DISCOVERY
CENTER

A6



2019 OMAHA
TROPHY
WINNERS
ANNOUNCED

A7



MEMORIAL
MIDDLE SCHOOL
WINS NATIONAL
BLUE RIBBON
AWARD

B8

ALS CLASS 20-F GRADUATION



Team Minot Airmen graduate Airman Leadership School on Minot Air Force Base, North Dakota, September 24, 2020. See coverage on page B2.

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



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DETAILS ON PAGE B6

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Northrop Grumman will lead a nationwide team to deliver the Ground Based Strategic Deterrent program

NORTHROP GRUMMAN

Northrop Grumman Corporation (NYSE: NOC) was selected by the U.S. Air Force to modernize the nation's aging intercontinental ballistic missile (ICBM) system under a \$13.3 billion contract awarded today for the engineering and manufacturing development (EMD) phase of the Ground Based Strategic Deterrent (GBSD) program.

The Air Force Nuclear Weapons Center announced that the effort will span 8.5 years and include weapon system design, qualification, test and evaluation and nuclear certification. Upon successful completion of EMD, the Northrop Grumman team will begin producing and delivering a modern and fully integrated weapon system to meet the Air Force schedule of initial operational capability by 2029.

"Our nation is facing a rapidly evolving threat environment and protecting our citizens with a modern strategic deterrent capability has never been more critical," said Kathy Warden, chairman, chief executive officer and president, Northrop

Grumman. "With more than 65 years of technical leadership on every ICBM system, our nationwide team is honored and committed to continuing our partnership with the U.S. Air Force to deliver a safe, secure and effective system that will contribute to global stability for years to come."

The EMD award follows a highly successful three-year technology maturation and risk reduction (TMRR) phase-one effort under the GBSD competition. The Northrop Grumman team has demonstrated innovation and agility by applying a digital engineering approach and has achieved all TMRR design review milestones on time and on cost.

Work on the program will be performed at the Northrop Grumman GBSD facilities in Roy and Promontory, Utah, as well as other key Northrop Grumman sites across the U.S. that include Huntsville and Montgomery, Alabama; Colorado Springs, Colorado; Bellevue, Nebraska; San Diego and Woodland Hills, California; Chandler, Arizona; Annapolis Junction, Maryland;

and at our nationwide team locations across the country.

The Northrop Grumman GBSD team includes Aerojet Rocketdyne, Bechtel, Clark Construction, Collins Aerospace, General Dynamics, HDT Global, Honeywell, Kratos Defense and Security Solutions, L3Harris, Lockheed Martin, Textron Systems, as well as hundreds of small and medium-sized companies from across the defense, engineering and construction industries. Overall, the GBSD program will involve over 10,000 people across the U.S. directly working on this vital national security program. For more information, please visit: www.northropgrumman.com/gbsd.

Northrop Grumman solves the toughest problems in space, aeronautics, defense and cyberspace to meet the ever evolving needs of our customers worldwide. Our 90,000 employees define possible every day using science, technology and engineering to create and deliver advanced systems, products and services.

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10:00am-2:00pm**

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- Housing Assistance

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**For more information contact:
Kelli Weiland, Military Outreach Specialist
colleen.y.weiland.nfg@mail.mil
701.340.2779**

Please follow COVID-19 guidelines

DoD approves grant for Magic City Discovery Center

2ND LT. RYAN WALSH, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

On August 10, 2020, the Secretary of Defense instructed the Office of Economic Adjustment to invite organizations to submit grant applications and proposals based upon their ranking by the Defense Community Infrastructure Pilot Program (DCIP) Review Panel. The DCIP offers grants and supplemental funds to eliminate deficiencies in community infrastructure that support military installations and enhance quality of life for military families, resiliency or military value. Here in the City of Minot, a grant proposal was submitted and accepted. In addition to locally raised funds from various organizations and contributors, the grant funds will be used to construct the Magic City Discovery Center (MCDC). The center was one of 16 projects chosen to receive a grant from the DCIP.

The MCDC will offer a year-round learning and recreational center for all families living in the City of Minot and on Minot Air Force Base. The center will have exhibits and programs that offer high quality educational

experiences in the principles of Science, Technology, Engineering, Arts and Math. The programs will seek to encourage curiosity in children ranging from birth to 14 years old. Additionally, the exhibits and programs will offer the opportunity for parent involvement to enhance family life. The MCDC will offer a place where families can engage in indoor activities and stimulate young minds throughout the year even through the winter months.

"We are thrilled about the DCIP grant award and what this means for our military families and entire region," said Wendy Keller, the Executive Director of the Magic City Discovery Center.

All families coming to Minot Air Force Base, and those already residing here, experience the challenges of living in harsh climatic conditions. The severe winters make it difficult for families to enjoy the outdoors. Having the MCDC will offer a safe-haven for military families to gather and build friendships while their children learn and explore. During the colder weather, military families can grow support systems to stay

strong and resilient together.

Located on North Hill in the City of Minot, the MCDC will offer a variety of exciting exhibits for all families to enjoy. The Magic Climber, a 32-foot high structure, will incorporate many different aspects of North Dakota from prairie dog burrows to an oil derrick and train trestle all building up to a wireframe B-52. An exhibit called "Air Forces" will be a place where children can explore the principles of aerodynamics and learn about the power of air and wind, highlighting the bond between the U.S. Air Force and the Minot community. Guests will also see other fun and exciting exhibits like Pattern Place, Outside My Window, Water Flow and Spark!Lab Invention Center. Children and their parents can explore aspects of mathematics, the natural world, the power of water and engage in problem solving activities to address real-world issues.

In addition to all the center will provide, military members will receive military discounts on admission and memberships. Furthermore, the MCDC will implement Military Appreciation

Days to continuously offer support for families of Minot Air Force Base. Alongside the opportunities for families, the center will offer community rooms to host events for various occasions as well.

"I am truly grateful as this is another example of how the City of Minot and Minot Air Force Base continue to work together to improve the quality of life for our community and is why only "THE BEST COME NORTH!", said Col. Walters, commander of Minot Air Force Base. "The Magic City Discovery Center will create an amazing learning environment for our children and I am excited to see the difference it will make for the Airmen and families of the installation."

Having been approved for funding from the DCIP, the MCDC will be able to break ground and get construction underway. Construction is expected to begin in May 2021 and is scheduled to be completed by April 2022. This new addition to the Minot community will enhance quality of life and resiliency by strengthening the bond within and between military families.

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COURTESY GRAPHICS

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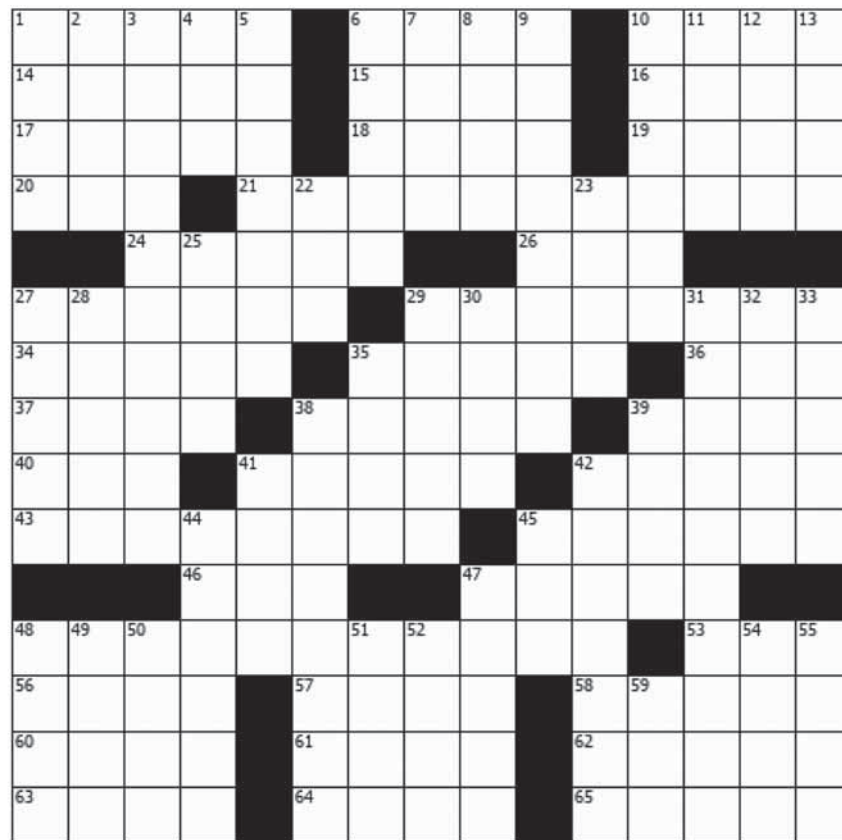
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

1. Truisms
6. Heavenly sight
10. Building projection
14. Plume source
15. Wall covering, perhaps
16. Shredded side
17. Hippodrome
18. Sniggler's haul
19. Brobdingnagian
20. Shoe type
21. Gap-toothed actor
24. Escape the clutches of
26. "___ American Cousin"
27. Unit named for a French physicist
29. Rectifies
34. Halt
35. Midshipman's counterpart
36. "Butterflies ___ Free"
37. Performs musically, in a way
38. Measure of dignity
39. Cornell's ___ Hall
40. Ox attachment
41. Fake name
42. Split
43. Dilapidated
45. Bother continually
46. Suffix with Darwin
47. Some candy containers
48. Water moccasin
53. Restriction
56. Deseret, now
57. Ages upon ages
58. Type of orange
60. Less or some preceder
61. Hairline cut
62. Happen again
63. Cicatrix
64. Sound stages
65. Word with truth or ambition



Down

1. Achievement
2. Uttar Pradesh tourist site
3. Party decoration
4. Midmorning
5. Eminence
6. One cubic meter
7. Tower part
8. Treaty signer
9. Brought back to original condition
10. Having missed the boat
11. Horner's discovery
12. Heroic chronicle
13. Rams' mates
22. City near Arnhem
23. On the disabled list
25. Sale-priced
27. Having a sharp taste
28. Opponent of Lee
29. Jeweler's unit
30. Poems of tribute
31. North American wild duck
32. Apple and pear
33. Crystal ball users, e.g.
35. "Blondie" creator Young

38. Property of an attractively thin person
39. Dried-in
41. Furthermore
42. Cornet kin
44. Any one of the two
45. Stolen, slangily
47. Some mantel pieces

48. Skips class
49. Concerning the ear
50. Scarlett's place
51. Burrowing creature
52. "Put a lid ___!"
54. A malarial fever
55. Eggheaded sort
59. Mermaid's home

SUDOKU

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

Solution to puzzle on page B9

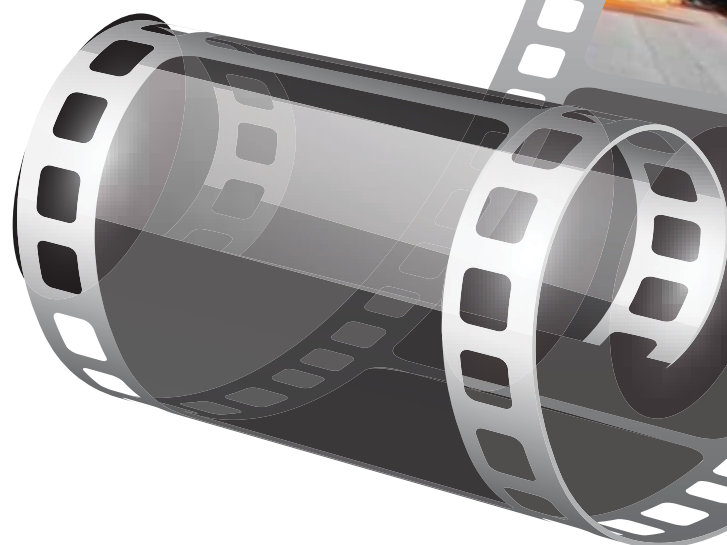
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SUNDAY, OCT. 4 1500

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REEL TIME THEATER MOVIE SCHEDULE



Exchange, Disney to Host Free Online Movies, Activities for Military Children Through December

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS – The Army & Air Force Exchange Service and The Walt Disney Studios are helping military families create magic moments at home with Operation Fun, a series of free online movie screenings and weekly virtual activities.

Military families can access everything the campaign has to offer through Exchange's XKids interactive community Hub page at ShopMyExchange.com/XKids, or check out the Exchange Facebook page for a video breakdown of activities directly from the Exchange XKids.

Online screenings are a first for the Exchange, whose longstanding partnership with Disney has brought unique in-store events, sweepstakes and concept shops to military families, as well as first-run movies to Warfighters in Southwest Asia.

Operation Fun movie streams can be accessed from the Hub and are open to all authorized shoppers with a ShopMyExchange.com account, though the number of viewers who can tune in at once is limited. Movies will be available for streaming for 48 hours so families around the world can join the fun.

"This year has been unusually difficult for military families, so we wanted to give them something special that they could enjoy together," said Air Force Chief Master Sgt. Kevin Osby, Exchange senior enlisted advisor. "Military kids already sacrifice so much, so we hope these activities show them how much we appreciate their resilience and strength during this unprecedented time."

Operation Fun events center on monthly live videos just for military kids:

- Oct. 24: "Incredibles 2" free movie screening.
- Nov. 26: "Frozen 2" free Thanksgiving movie screening.
- Dec. 12: Disney Jr. interactive video activity night.

Families can visit ShopMyExchange.com/XKids to access Operation Fun activities, information and a calendar of events. They can also follow the Exchange on <http://www.facebook.com/ShopMyExchange> to keep up to date on the latest Operation Fun events and activities.



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Upcoming Events

3 OCT

RUFF AND STUFF SCARECROW EVENT

12:00 PM - 6:00 PM

Berry Acres

4605 County Rd 15 W, Minot

DIY Ruff and Stuff Scarecrow Event is an afternoon dedicated to harvest charm and family fun. You'll receive a wood base, plenty of straw, and building guidance. Please bring old clothing, shoes, hats, gloves, and accessories to dress your scarecrow.

Price:

\$30 - 1 adult admission and 1 scarecrow

\$5 - 1 adult/child admission (group rate)

See visitminot.org Ruff and Stuff page or follow the link on Facebook to purchase your tickets!



For more information:
Facebook event / Ruff and Stuff Scarecrow Event

8 SEPT

COMEDY OPEN MIC NIGHT

7:30 PM - 8:30 PM

Souris River Brewing

32 Third St NE, Minot

The Good Night Live late-night team hosts another round of Comedy Open Mic Night! We need more laughter in Minot and what better way than to give local stand-ups a spotlight? Whether you're an experienced comic, a funny storyteller, or a new comedian working on material- WE WANT YOU. Anyone from the audience is welcome and encouraged to take the mic and tell their best jokes. Featuring stand up sets from local comedians: Thomas Edington, Jade Edaj, and Gold Wilbur. There is no cover charge, however we have a suggested contribution of \$5. We'll also have a drawing for a pair of tickets to Good Night Live at the Original Bar & Nightclub on October 24th.



For more information:
Facebook event / Souris River Brewing

9 OCT

MINOT Y'S MEN'S RODEO

7:00 PM - 10:00 PM

North Dakota State Fair Event Center

2005 Burdick Expy E, Minot

The super bowl of rodeo for North and South Dakota! The Minot Y's Men's Rodeo is proud to host the Ram Badlands Circuit Finals Rodeo, the championship of pro rodeo for the Dakotas. See the best 90 cowboys and cowgirls in the region compete for the championship and a berth at the National Circuit Finals Rodeo! Plus, shop at the Badlands Expo and Trade Show, enjoy the chili cook-off, and see the next generation of cowboys and cowgirls compete in the mutton bustin'! Proceeds from the rodeo go to benefit the Triangle Y Camp on Lake Sakakawea. Rodeo begins at 7 PM on October 9, 6 PM on October 10, and a 2 PM matinee on October 11. Tickets range from \$15-\$35, available online or at the gate.



For more information:
www.minotyismensrodeo.com

10 OCT

FALL EXTRAVAGANZA

10:00 AM - 4:00 PM

The Market on 4th

1900 4th Ave NW, Minot

Join us for this fun day of shopping, food and fun! This event will be going on in our parking lot from 10:00 AM to 4:00 PM. Here's what we have going on:

Dakota Roasters Coffee Co. - Stop by to try all of her delicious coffee products and learn more about this small business!

Lottie Bee Co. - Our girl Ainsley will be hosting an earring bar! She will have a variety of designs, colors, and pieces to choose from to create your own personalized pair of earrings.

Food is TBD - We will have a food vendor set up serving delicious lunch!



For more information:
Facebook Event / Fall Extravaganza at the Market on 4th

On Base



For more information visit: www.5thforcesupport.com




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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

- Lake Sakakawea elevation, Sept. 28: 1,839.79 feet above mean sea level (MSL); 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.04 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.04 MSL.

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

- Devils Lake, Ed's Bait Shop, Devils Lake: Wind limiting activity but work protected shorelines in 16 to 22 feet on windy days for walleye. Try spinners and live bait or crankbaits. Lots of activity around the bridges in the morning and evening vertical jigging for walleye.

- Devils Lake, Woodland Resort, Devils Lake: Look for a transition to vertical jigging with lots of small walleye yet.
- Lake Darling, Karma C-Store, Ruthville: Weather slowing activity.

- Lake Metigoshe, Four Seasons, Bottineau: Scattered walleye and pike success but limited bluegill activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Wind and cool weather limiting activity on the east end of Lake Sakakawea.

- Lake Sakakawea, Scenic 23, New Town: Scattered walleye success, wind and weather permitting. Try 14 to 30 feet with Lindy rigs and minnows or chubs. No consistent pattern or presentation.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing some shore success for walleye during the day but best activity remains at night. Try crankbaits or spoons for salmon from shore during the day. Good catfish success during the day with a few trout



- Watch duck identification with so many ducks not fully colored yet.
- Oct. 3: Nonresident waterfowl season opens.
- Oct. 3 & 4: Youth pheasant season.
- Oct. 9: Moose season opens.
- Oct. 10: Pheasant and fall turkey seasons open.
- Oct. 11: Bonus blue-winged teal season closes.
- N.D. Dept. of Environmental Quality issued blue-green algae advisories for Epping-Springbrook Dam, Buffalo, Wood, Dry, East & West Stump, and Antelope lakes, Sather Dam, and Devils Lake.

Tournaments:

- Oct. 2 & 3: Lake Sakakawea, Indian Hills Resort.
- Oct. 3 & 4: Lake Sakakawea, Lewis & Clark State Park.
- Oct. 17: Upper Missouri River, Lewis & Clark Bridge, Williston.

mixed. Boat fishing is tough with low water releases. Walleye remain spread out on the east end of Lake Sakakawea. Try nightcrawlers and move around. Look for water temperatures to cool down with wind and cooler night temperatures. A few salmon coming from shore around the spillway area or Scoria and Marina bays. Try spoons or crankbaits.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River improving for walleye but Lake Sakakawea slow.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from the Souris River and area lakes.

Hunting:

- Cranes: Some scattered flocks in north-central parts of the state

around the Towner area and southern Ward and Mountrail counties.

- Deer: Some archery success.
- Upland: Scattered grouse and partridge success along the eastern end of Lake Sakakawea but not much activity around the midsection. Fair grouse success around the Lonetree WMA area.

- Waterfowl: Good numbers of ducks and geese throughout areas with wetlands and lakes, including Lonetree WMA. Good waterfowl success in the Devils Lake area but not much for any in-migration of birds yet anywhere in the state, including north-central ND.

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.

Ground Based Strategic Deterrent Environmental Impact Statement

AIR FORCE GLOBAL STRIKE COMMAND

The United States Air Force is issuing this notice to advise the public of its intent to prepare an Environmental Impact Statement for the Ground Based Strategic Deterrent basing action and Minuteman III demilitarization at F.E. Warren Air Force Base, Wyoming; Malmstrom AFB, Montana; and Minot AFB, North Dakota.

The EIS will assess the potential environmental consequences of the proposal of GBSD, which will modernize and replace Minuteman III flight systems, weapon system command and control, and launch systems (launch facilities, control centers, and other ground infrastructure). It will also address GBSD and MMIII support locations at Hill AFB, Utah; the Utah Test and Training Range; and Camp Guernsey, Wyoming.

Due to public health concerns surrounding the coronavirus pandemic, the Air Force will not hold face-to-face public scoping meetings. Instead, scoping materials that would have been presented at the meetings are available on the project website at www.gbsdeis.com. For inquiries about the project, or to request printed or digital copies of the scoping materials, please contact the 75th Air Base Public Affairs Office at (801) 775-3652.

The Air Force invites agencies, organizations, and members of the public to review the scoping materials and submit comments online at www.gbsdeis.com, by email to gbsdeis@tetrattech.com,

or by mail to Tetra Tech, Inc.; c/o Jennifer Jarvis; ATTN: GBSD Comments; 10306 Eaton Place, Suite 340; Fairfax, VA 22030. Comments will be accepted at any time during the environmental impact analysis process; however, to ensure the Air Force has sufficient time to consider public input during preparation of the draft EIS, please submit comments by Nov. 13.

The scoping process is intended to involve the public early with the planning and development of the EIS and to help identify issues to address in the environmental analysis. To effectively define the full range of issues and concerns to be evaluated in the EIS, the Air Force is soliciting scoping comments from interested local, state, and federal agencies and interested members of the public.

Air Force Global Strike Command is comprised of more than 33,700 Airmen and civilians assigned to two numbered air forces, 11 wings, two geographically-separated squadrons and one detachment in the continental United States, and deployed to locations around the globe. The command oversees two-thirds of the Nation's nuclear weapons including all bomber and Intercontinental Ballistic Missile operations for the U.S. Department of Defense. More information can be found at: <https://www.afgsc.af.mil/Library/Fact-Sheets/Display/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>

Electrolysis & Reflexology STUDIO

What is electrolysis?

Electrolysis is the only FDA approved methods of permanent hair removal for unwanted hair on both face and body. A large percentage of women & men have superfluous hair problems.

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TRAEGER BBQ DOUBLE DECKER TACO



INGREDIENTS

2 CUP SOUR CREAM
16 OUNCE REFRIED BEANS
2 CUP LEFTOVER BEEF BRISKET
2 CUP LEFTOVER PULLED PORK
10 FLOUR TORTILLAS
10 TACO SHELL, CRISP
3 GUACAMOLE
2 CUP SALSA, TOMATO
1 CUP RED ONION, DICED
1/2 CUP CILANTRO, FINELY CHOPPED
1 1/2 CUP CHEDDAR CHEESE

When ready to cook, set the grill temperature to 325 Degrees F and preheat, lid closed for 15 minutes.

Mix 1/2 cup of the sour cream with the refried beans. Place in an oven safe dish and put in preheated grill.

Wrap the left over brisket and pork in a double layer of aluminum foil and place in grill. Heat beans and meats for 25 minutes or until warm.

To assemble double decker tacos, spread a thin layer of the heated beans on a soft taco shell and wrap that on the outside of a crisp taco shell.

Fill the crisp taco shell with the brisket and pork, guacamole, salsa, onion, sour cream, onion, cilantro, and cheese to taste. Enjoy!



Ryan Davy - GM
Minot

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USSTRATCOM Commander Announces 2019 Omaha Trophy Winners

U.S. STRATEGIC COMMAND PUBLIC AFFAIRS

In recognition of outstanding support to U.S. Strategic Command's (USSTRATCOM) strategic deterrence mission, U.S. Navy Adm. Charles Richard, commander of USSTRATCOM, announced the winners of the 2019 Omaha Trophies September 21, 2020.

"The Omaha Trophy is awarded to the best of the best in executing strategic deterrence," said Richard. "This year's winners distinguished themselves through hard work, selfless dedication and innovative thinking."

The 2019 Omaha Trophy recipient organizations are:

- Intercontinental Ballistic Missile: 91st Missile Wing, Minot Air Force Base, North Dakota
- Ballistic Missile Submarine: USS Alaska, Naval Submarine Base Kings Bay, Georgia
- Strategic Bomber: 5th Bomb Wing, Minot Air Force Base, North Dakota
- Strategic Aircraft: Wing One Task Group 114.2, Tinker Air Force Base, Oklahoma
- Global Operations: 100th Missile Defense Brigade, Schriever Air Force Base, Colorado

"The dedicated professionals working for and with USSTRATCOM allow the Command to execute its operations and provide the

nation with its strategic deterrent against threats in all domains," said Richard. "Without the men and women of USSTRATCOM, actively performing the deterrence mission every day, we could not deter potential adversaries and guarantee the freedoms our nation holds dear. Thank you for the important work you do each and every day. It's an honor to recognize each one of you for



Thank you for the important work you do each and every day. It's an honor to recognize each one of you for your accomplishments.

U.S. NAVY ADM. CHARLES RICHARD,
COMMANDER OF USSTRATCOM



your accomplishments."

The Omaha Trophy, which dates back to the U.S. Air Force's Strategic Air Command, was originally created by the Strategic Air Command Consultation Committee in 1971. At the time, a single trophy was presented

annually as a token of appreciation to the command's best wing. The SCC – an advisory group comprised of business leaders in the Omaha area – became the Strategic Command Consultation Committee (SCC) after the activation of USSTRATCOM in 1992.

Since then, the tradition has evolved to five awards to recognize USSTRATCOM's premier intercontinental ballistic missile (ICBM) wing, ballistic missile submarine, strategic bomber wing, global operations (space/cyberspace) unit and strategic aircraft wing.

"The Strategic Command Consultation Committee is grateful for the opportunity to help recognize the excellence demonstrated by USSTRATCOM's finest strategic units," said Tim Burke, chairman of the SCC. "On behalf of the committee, and the greater Omaha community, congratulations and thank you to you and your families for all that you do to protect our great nation. God bless you, your families and the United States of America."

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSTRATCOMPA@mail.mil or visit www.stratcom.mil.



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PHOTO BY U.S. STRATEGIC COMMAND

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Kelsey Artz, AuD

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A Bottineau native, Kelsey earned her Bachelor of Science in Speech Language Hearing Science from Minnesota State University-Moorhead. She received her Doctor of Audiology degree at A.T. Still University, Mesa, AZ, and completed her doctoral training at Wake Forest Baptist Health in Winston-Salem, NC. Among her areas of expertise are hearing aids and assistive technology, testing for vertigo and other balance disorders, and support for cochlear implant and bone-anchored hearing devices.

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WHAT'S GOING ON MAFB

TODAY 02

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Cycle, 1600, Fitness Center
- Zumba, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Karaoke Night, 1800-2300, Rockers Bar & Grill
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 03

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 04

- Zumba, 1400, Fitness Center

MONDAY 05

- HIIT Strength and Conditioning, 0545, Fitness Center
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Home Learning Help with tutor.com, 1100-1200, Youth Center — Online Webinar
- Fit to Fight, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Home Learning Help with tutor.com, 1700-1800, Youth Center — Online Webinar
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- HIIT Yoga, 1830, Fitness Center

TUESDAY 06

- Cycle, 0545, Fitness Center
- Boots to Business, 0800-1600, A&FRC — Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Oktoberfest Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center

WEDNESDAY 07

- HIIT Strength and Conditioning, 0545, Fitness Center
- Boots to Business, 0800-1600, A&FRC — Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC — Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Strength & Conditioning, 1130, Fitness Center
- Brown Bag Book Talks, 1200, Minot AFB Storytime Club Facebook Group
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Cycle, 1630, Fitness Center
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 08

- Cycle, 0545, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC — Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Functional Strength Training, 1700, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- Fun 9 Pin No Tap League, 1800, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

UPCOMING 09

- HIIT Strength and Conditioning, 0545, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Zumba, 1700, Fitness Center
- Torch Club, 1730, Youth Center — Online Zoom Meeting
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Keystone Meeting, 1800-1900, Youth Center — Online Zoom Meeting
- Karaoke Night, 1800-2300, Rockers Bar & Grill
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

- For full listing of Columbus Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Creatures of the Night, 1300, Minot AFB Library Facebook Page
- Pre-Columbus Day Bowling Specials, 1400-2000, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

DINING

Available Dining (Hours subject to change)

Bomber Bistro

Monday-Friday 1030-2100, Saturday 1400-2000

Dining Room Now Open. Seating is limited and masks are required except while eating.

Dakota Inn Dining Facility / Jimmy Doolittle Center:

The Dakota Inn Dining Facility will be temporary operating out of the Jimmy Doolittle Center due to renovations.

Monday-Friday: 0600-0900, 1030-1330, 1630-1830; Simply To Go 0600-1830

Weekends, Holidays, and Down Days: 0630-0900, 1030-1330, 1630-1830; Simply To Go 0630-1830

The Ground Zero Lounge will be open on Fridays from 1700-2300.

Rockers Bar & Grill

Monday 1100-1400, Tuesday 1100-2000, Wednesday 1100-2000 and Lounge open until 2100, Thursday 1100-2000 and Lounge open until 2200, Friday 1100-2300 and Lounge open until 2400, Saturday 1600-2300 and Lounge open until 2400, Sunday Closed. Call to place your order for carry out or head inside to dine in. Limited seating is available and social distancing guidelines apply.

Delivery Options (Hours subject to change)

Bomber Bistro

Monday-Friday 1630-2030

OCT. SPECIALS

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Rockers Bar & Grill • Roast Beef Melt

Try this classic combination of tender roast beef with melted cheese on toasted bread! Served with fries for only \$9.75!

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.

- Moving Out of the Dorms: One-on-One Appointments: 1-31 October, A&FRC — Call to schedule an appointment.

- Pre-Orientation: One-on-One Appointments: 1-31 October, Family Child Care — Call to schedule an appointment.

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Fact File

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Wing Span	6 1/2 feet
Wild Diet	(Omnivorous) Carnivores: Herbivores: Insects, Reptiles, Small Mammals, Grasses, Grains



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ALS CLASS 20-F GRADUATION

Team Minot Airmen graduate Airman Leadership School on Minot Air Force Base, North Dakota, September 24, 2020.



More photos available on Minot AFB PA Flickr page.
U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN DILLON J. AUDIT




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Saturday: 2 a month by appt
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Air Force improves lactation support for nursing mothers

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force recently announced new guidance that will improve support to nursing mothers when they return to work after having a baby.

The updated policy, which is effective immediately, increases flexibility with lactation breaks and also mandates access to a refrigerator for the purpose of storing human milk.

"Many women choose to continue breastfeeding after they return to work," said Christy Nolte, deputy assistant secretary of the Air Force for reserve affairs and Airman readiness. "We should do what we can to support that choice, making it easier for nursing moms to continue to serve. Changes like these contribute to readiness, and improve quality of life for our service members and their families."

In August 2019, the DAF released the initial lactation policy, which required commanders to provide nursing mothers with dedicated space in the immediate vicinity of the workplace for the purpose of pumping breastmilk. The policy was well-received, but feedback from the field suggested it needed some adjustments.

"We continued to receive feedback from the field, so we updated the guidance to further empower leaders across the

department to establish proper lactation rooms and provide overall support for nursing mothers," Nolte said.

The policy changes were championed by the Women's Initiative Team, and the changes align the Air Force with public law, Office of Personnel Management guidelines, and Department of Defense guidance. The WIT consolidated feedback, consulted with experts and routed recommendations.

"Every mother and infant are unique, and so are their breastfeeding needs," said Lt. Col. Jeanette Anderson, Air Force Surgeon General perinatal nursing consultant and women's initiative team member. "The amount of time needed to produce breastmilk varies from woman to woman, and this updated policy recognizes that."

The changes, which are outlined in an Air Force guidance memorandum signed Aug. 15, detail responsibilities and procedural steps to better enable commanders to align the needs of nursing mothers with mission requirements by supporting nursing mothers with a private, secure and clean area within unit facilities.

"Breastfeeding is incredibly important not only to the individual mother-baby dyad (care for the two individuals as a unit in the first three months



Capt. Ebony Godfrey, 20th Air Force nuclear command, control and communication operations chief, assembles a breast pump in the 20th Air Force headquarters lactation room, Sept. 3, 2020, at F. E. Warren Air Force Base, Wyo. Lactation rooms at bases across the Air Force provide a private and comfortable environment for nursing mothers to express breastmilk, which promotes health for both the mother and baby. Enabling mothers to fulfill their motherhood responsibilities at work benefits mission readiness, both in the short and long term.

U.S. AIR FORCE PHOTO | CAPT. IEVA BYTAUTAITE

post-partum), but also in the role it plays more broadly in the health of our women and children," said Lt. Col. Larissa Weir, doctor of medicine and fellow of the American College of Obstetrics and Gynecology. "Policies which support breastfeeding and promote increased duration of breastfeeding are policies which promote the overall health and readiness of our force."

Under the new policy, unit commanders are required to meet the needs of breastfeeding

women by identifying a private area as a lactation room within unit facilities. The room may be temporary or permanent, depending on needs and availability. Lactation rooms must be private, lockable from the inside, sanitary, and have access to refrigeration, hot and cold water and electrical outlets.

"Transitioning from maternity leave to work can be a difficult time," said Tech. Sgt. Natalia Wood, aircraft maintenance Airman and Women's Initiative

Team member. "Having a dedicated, clean pumping space and a cold storage solution at work allowed me to harmoniously take care of my family and accomplish the mission. The Department of the Air Force's continuous commitment to providing practical lactation spaces assures me the military cares about my family and my readiness."

For more information, members may view the complete guidance at www.usafa.af.mil

Federal voting assistance available to service members

FEDERAL VOTING ASSISTANCE PROGRAM

KIRTLAND AIR FORCE BASE, N.M. --

September 27 through October 4, 2020 is Absentee Voting Week.

The Federal Voting Assistance program encourages all military service members, spouses and their eligible family members to take advantage of the resources available at <https://www.fvap.gov/military-voter> to register and request absentee ballots to vote in the 2020 U.S. elections.

Voter registration and ballot request deadlines for the November 2020 elections are as early as Oct. 5 2020 in some states. Voters should complete a Federal Post Card Application (FPCA) each year to ensure they are able to participate in elections

as military absentee voters. Send completed voting forms and ballots to your local election officials.

If you've already completed a FPCA in 2020 and requested electronic delivery of your ballot, you'll be receiving your blank ballot or instructions for how to access your ballot soon, if you haven't already received it. If you're not sure about the status of your absentee ballot request, contact local election officials where you're registered to vote, or check the status of your registration via your state's voter registration verification website.

To allow time for mail processing and vote counting, return your paper ballot to your

election officials by Oct. 5, 2020. After you send in your ballot, you can verify that your election office received it.

Many U.S. elections in the past 10 years have been decided by a margin of less than 0.1%. All states are required to count every absentee ballot as long as it is valid and reaches local election officials by the state's deadline.

In addition, check out the FVAP links page at <https://www.fvap.gov/links> for resources that will help you research candidates and issues. You can also read national and hometown newspapers online and search the Internet for information.

To receive information by email about election dates and

deadlines, subscribe to FVAP's Voting Alerts at vote@fvap.gov. FVAP also shares Voting Alerts via Facebook and Twitter.

For local voting assistance and information, contact your Unit Voting Assistance Officer.

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5 pandemic-proof activities

CRYSTAL KUPPER

Though it may seem like the COVID-19 restrictions have sucked the fun out of 2020, military members and veterans across the country are proving that enjoyment during a pandemic is still possible.

Outdoor activities (running, hiking, biking, camping, paddle boarding, lawn games, etc.) are still on the docket, as well as video games, home gyms, niche virtual communities and more.

Esports

"Since the pandemic hit, we have seen an uptick in people actually engaging with each other and being more social," says Travis Williams, co-founder of Military Gaming League (MGL) — an esports league specifically designed for active duty, National Guard members, reservists and veterans. "We're getting more and more games together, which is really cool. It's one of the only things you can do if you're sitting at home all day."

Williams, a current Army reservist, started MGL in 2018 with Daniel Ball, a fellow former soldier. They wanted a way to stay connected with the military community while sharing their passion for gaming. Over 3,000 military members and veterans now hang out virtually via MGL — including a 50% upswing in month-to-month membership compared to last year.

Besides being able to compete in online tournaments and other gaming-related events, Williams and Ball say their members can experience positive mental health and career benefits.

"What's very powerful is communicating and getting outside of yourself," says Ball. "They're able to have that mental connection with folks who have

that common ground. We hear story after story of people who have said this gaming has saved or changed their lives."

Phone a friend

Your phone can hook you up with far more than just Facebook. Consider downloading an app like REI's "Hiking Project" that shows you all your local trails, "Yonder" for getting started with 25 outdoor activities, "WildLab Bird" for help birdwatching or "FishBrain" to join the world's largest community-based fishing group.

Nature needs

While the "people portion" of many outdoor amenities may be closed (think interpretive centers or staffed boat ramps), nature is always open. Warrior Expeditions is a nonprofit "outdoor therapy" program for veterans, taking more than 250 on long-distance nature expeditions since 2013. Sean Gobin, the program's CEO, says he's seen a huge surge of military interest in the outdoors since March.

"It's so important to maintain your physical and mental health by getting outside, especially when a lot of us are working from home and getting sedentary," he said. "Nature therapy is free and accessible everywhere."

Though Gobin's nonprofit had to cancel official hikes, bike rides and boat trips for 2020, he encourages all military members and their families to get outside anyway — and if you can safely do so in a group, even better.

"Endorphins from physical activity help combat depression and burns off anxiety. It's multifaceted," Gobin said. "Also, to have your own close bubble of people you can connect with is very beneficial."

Utilize base resources

Don't forget about your base's MWR office, as well as outdoor recreation and/or Information, Tickets & Travel. Besides helping with always-open activities like camping, these resources offer up-to-date information on from-home base-sponsored entertainment.

If you're far from base, call anyway and ask what's open in your area. There's a good chance they'll know.

At-home gym junkie

Before restrictions hit, Air Force Master Sgt. Merrissa Pough participated in in-person fitness competitions. When everything closed, she went online, switching to virtual competitions while also starting a Facebook-based exercise class geared toward military members preparing for annual PT tests.

You can use whatever equipment you have to exercise from home, Pough says — even your children.

"You can incorporate them into your workout," said the mother of three. "To sit at home and eat and gain weight, just lose yourself, you're not putting yourself in the best position to fight off a virus."


She recommends using this time to really focus on your nutrition.

"This is a good time to take a look at what you're actually eating and learn to make better choices, make a game plan for when your schedule does pick up," Pough said.

A pandemic game plan, if you will — and one that cannot be thwarted.

This article originally appeared in Reserve and National Guard Magazine.

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THIS WEEK IN AIR FORCE HISTORY

**October 2, 1981**

Via National Security Decision Directive 12 (signed October 1st), President Reagan reverses several of President Carter's defense decisions including ALCM, B-1B, and the MX missile, to support force modernization.

**October 3, 1993**

PJ TSgt Timothy A. Wilkinson receives the Air Force Cross for saving five wounded Army Rangers after enemy forces shoot down their helicopter at Mogadishu, Somalia. This action was made famous in the book and movie "Blackhawk Down."

**October 4, 1989**

A 96th Bomb Wing B-1B lands successfully at Edwards despite a retracted nose gear; the crew receives the Mackay Trophy.

**October 8, 1940**

The Royal Air Force forms 71 (Eagle) Squadron, the first of three Fighter Command squadrons composed principally of volunteer US pilots flying with the RAF. On 29 September 1942, pilots in this unit form the USAAF's 334th Fighter Squadron, 4th Fighter Group.

Courtesy of www.afhistory.org

Northern Celebrations

Embracing our
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Lifestyle

Canine first aid kits

Patricia Stockdill

A-hunting we will go; a-hunting we will go, a-hunting...

OK, now try to get that tune out of your head...

But, yes, hunting season is here and about to really get into full speed when pheasant season opens Oct. 10.

With grouse, partridge, and waterfowl seasons fully underway, hopefully by now Fido is well into fieldwork, exercise, and the hunting mindset so his or her muscles are well conditioned and their weight is in check.

While no one wants to think injuries could happen in the field to human or canine alike, the reality is they do. Barbed wire encounters have resulted in hunters making many emergency runs to their veterinarian.

There are encounters with wild animals, such as porcupines and raccoons, to worry about.

And just like people, dogs can break legs, tear ACLs and tendons, and sprain feet.

Life in general and hunting in particular can be tough on human and canine alike, even with proper conditioning and staying smart when afield. First-aid kits make sense for people and they make sense for dogs, as well.

Commercial canine-specific first-aid kits are available, but it's possible to make one cheaper and probably better suited to the needs of a hunter's particular dog and type of hunting.

Here are some basic items to consider when building a canine first-aid kit: Elastic wrap roll, gauze roll, gauze tape, gauze pads, cotton balls, hydrogen peroxide, hydrocortisone ointment, scissors, tweezers or needle-nose pliers, saline solution or eye wash, wound disinfectant such as Betadine or Nolvasan, large towel, 1-inch white medical tape, emergency or even a regular blanket, instant cold pack, disposal gloves, magnifying glass, tongue depressors, nail clipper, styptic powder or sticks to stop bleeding, eye dropper or oral syringe, thermometer, rehydrating solution such as Gatorade®, Powerade®, or Pedialyte®, and antiseptic wipes.

Whew, that's a lot of stuff but it doesn't have to be large quantities, nor does it need

to be everything on the list. You're OK with the basics.

Use a plastic tackle box or something with divided compartments to easily find the items when in a hurry to administer first aid. Write your veterinarian's telephone number and address on the box, your name and contact information, and Animal Poison Control Center 24-hour hotline, (888) 426-4435.

The gauze roll can be used to make a muzzle because any dog can bite when in pain.

Activated charcoal helps dogs absorb ingested poisons but talk to your veterinarian beforehand to know how to administer it in the event of an accidental poisoning. Treatment varies with the type of poison.

Keep a leash in the kit or vehicle.

Except for the leash, the items all closely resemble things in a typical human first-aid kit. However, because one is dealing with an animal, things like gauze rolls for muzzling or needle-nose pliers don't usually show up on one's radar screen for humans, yet come in handy for dogs.

Some canine first aid reference books include "Dog First Aid: A Field Guide to Emergency Care for the Outdoor Dog" by Randy Acker (4- by 6-inch spiral bound pocket guide) or "Pet First Aid" by Dr. Bobbie Mammato in conjunction with the American Red Cross.

Just remember hunting emergencies can occur anytime and anywhere. The best thing to do is be prepared with an emergency first-aid kit.

It also helps to try to find a local veterinarian's address or telephone number when traveling elsewhere to hunt. Having contact information in advance of an emergency in unfamiliar areas could be critical in saving a dog.

In addition, don't rely on being able to use a cell phone to look up information for a local veterinarian or quickly trying to search the Internet for advice and information – it's too easy to be in areas without wireless reception when hunting, even in North Dakota's open spaces.

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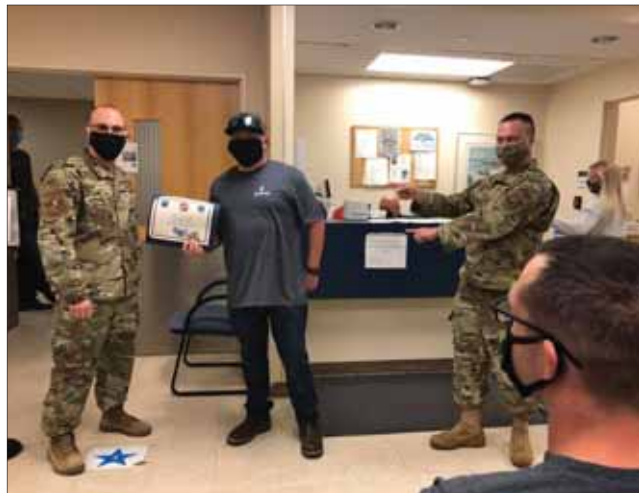
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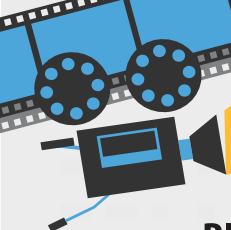
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Senior Airmen promoted to Staff Sergeant

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(S)Sgt Merada L. Bruce, 91 MSFS
(S)Sgt Tyler R. Burgan, 91 MSOS
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(S)Sgt Margaret L. Ingles, 91 MSFS
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(S)Sgt Benjamin A. Jones, 91 MSOS
(S)Sgt Miyah L. Jones, 91 MSFS
(S)Sgt Michael J. Kelley, 791 MSFS
(S)Sgt Alec J. Kennedy, 91 MSOS
(S)Sgt Trevor B. Layne, 91 MSOS
(S)Sgt Jason M. Lester, 91 MSOS
(S)Sgt Alexis R. Macanas, 91 MSFS
(S)Sgt Micheal J. Marquez, 891 MSFS
(S)Sgt Kacie J. McCann, 891 MSFS
(S)Sgt Kayla C. McDonald, 91 MSFS
(S)Sgt Julianna Mendonca, 891 MSFS
(S)Sgt Nicholas A. Pace, 891 MSFS
(S)Sgt Anival M. Pando, 891 MSFS
(S)Sgt Jacqueline Perez, 91 SFG
(S)Sgt Luis A. Perez, 91 MSOS
(S)Sgt Onesha K. Poole, 891 MSFS
(S)Sgt Kurt A. Quintyne, 91 MSOS
(S)Sgt Christopher D. Rivera, 91 MSOS
(S)Sgt Avinay Rubio, 791 MSFS
(S)Sgt James S. Russell, 91 MSFS
(S)Sgt Shaunice R. Samuels, 91 MSFS
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(S)Sgt Clay D. Taylor, 91 MSOS
(S)Sgt Ty B. Tidwell, 791 MSFS
(S)Sgt Charle S. Va A, Jr., 91 MSOS
(S)Sgt Luke A. Windham, 791 MSFS
(S)Sgt Christian S. Woods, 91 MSOS
(S)Sgt Cherron Wooten, Jr., 91 MSOS

The Air Force selected 13,864 of 33,341 eligible Senior Airmen for promotion to Staff Sergeant for a selection rate of 41.58 percent.
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LAW TALK


5 FAQs about Life Estate Deeds

As attorneys, we receive a lot of questions on a daily basis. One of the topics we are asked about most frequently are life estate deeds. Many people hear about these documents from the news, articles, or friends and wonder if it is something they need to add to their estate plan. Life estate deeds are very useful tools but there are some caveats.


Here are five most frequently asked questions about life estate deeds:

- How does a life estate deed work?**
Like a regular Warranty Deed or Quit Claim Deed, a life estate deed conveys your property from you as the Grantor to someone else as the Grantee. The difference is that a Life Estate Deed reserves a life estate for you.
- What does “reserving a life estate” mean?**
Reserving a life estate gives you the legal right to continue to use the property during your lifetime. You would continue to care for the property and pay property taxes while also being able to live on it, farm it, rent it, etc. Once you pass away, the legal ownership would automatically transfer to the Grantees upon recording of the death certificate.
- What if I change my mind? Is a life estate deed revocable?**
A life estate deed is not revocable—at least, not without the consent of all of the parties involved. As such, you want to be very careful with life estate deeds to ensure they meet your wishes for now and for the future.
- Will a life estate deed protect me from creditors?**
In some cases, yes. For example, perhaps when you are elderly, you need to go into a nursing home. Nursing homes are very expensive, and you might need Medicaid to help pay for your care. If five years had passed since you signed the life estate deed, that property would not be counted against you in your application to qualify for Medicaid. However, a life estate deed might not be protected against a Grantee’s creditors. For example, perhaps you convey the property to your children, reserving a life estate for yourself, and one of your children has creditors such as Judgments against them. It is possible that a lien could be placed against the property for those debts.
- Does a life estate deed avoid probate?**
It does! Because the life estate is reserved only for your lifetime, once you pass away, legal ownership goes directly to the Grantees with no need to go through probate.

If after the above discussion, you feel that a life estate deed might meet your needs and wishes for your estate plan, we would be happy to discuss further with you! Please give us a call at 701-852-5224 to discuss life estate deeds and other ways we can help prepare your estate plan.



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Devils Lake, Minot, Grand Forks Schools Win National Blue Ribbon Award

NORTH DAKOTA DEPARTMENT OF PUBLIC INSTRUCTION

BISMARCK, N.D., Sept. 24, 2020 – State School Superintendent Kirsten Baesler on Thursday congratulated three North Dakota schools for being honored as National Blue Ribbon Schools for 2020.

Sweetwater Elementary School at Devils Lake and the middle schools on North Dakota's two U.S. Air Force bases – Nathan Twining at Grand Forks, and Memorial at Minot – are among 367 schools across the country that the U.S. Department of Education has designated as Blue Ribbon schools in 2020.

It is the second Blue Ribbon honor for Sweetwater Elementary in the last six years. All three schools were honored as examples of academic excellence.

"To be named as a Blue Ribbon school is to be honored as one of our nation's best," Baesler said. "The pandemic has not hindered the fantastic teaching and learning that is going on at these schools, whether it is taking place in the classroom or through distance learning."

"It takes a great deal of effort to become a national Blue Ribbon School, and the teachers and administrators at Sweetwater,

Twining, and Memorial collaborated, worked as teams, and rose to the occasion," Baesler said.

The Department of Education recognizes public and private schools in which students reach exceptional levels of academic achievement, or record substantial improvements in their students' learning. Sweetwater, Twining, and Memorial were all honored as "exemplary highperforming schools."

Nationwide, 317 public and 50 nonpublic schools were recognized as 2020 Blue Ribbon schools. There are almost 134,000 public and nonpublic schools in the United States, with about 56 million K-12 students, according to the National Center for Education Statistics. Sweetwater Elementary and the Twining and Memorial middle schools have a combined enrollment of about 530 students.

"I'm beyond thrilled. Our students and our staff have worked so hard," said Shari Bilden, principal at Twining Middle School. "We're also very fortunate to have supportive parents in our community on the base. They do put education first,

and they do support us in many ways, and we are very thankful and grateful for that."

The Blue Ribbon award is "going to be a really good morale boost," Bilden said. "It's something positive. There have been a lot of stressors. I think the timing is really crucial to be receiving this positive information, this positive award."



Sweetwater Elementary was last honored as a Blue Ribbon School in 2014. Schools that receive the award may not be considered for it for the following five years, which means Sweetwater won a second Blue Ribbon during its first year of

eligibility.

"It's not only an honor, it's a pat on the back to everyone who works so hard to continue to search for and practice the most effective strategies for our kids, not only for our teachers, our paraprofessionals and other staff, but of course, our kids," said Dr. Debra Follman, Sweetwater's principal.

"We really practice kids first here," Follman continued. "With the pandemic, people have just pitched right in. Everyone is doing everything they can to keep our kids safe and everyone else safe, and at the same time, make sure our instruction is at the highest level, and learning is at the highest level."

Dr. Stephen Young, principal at Memorial Middle School at the Minot Air Force Base, said the Blue Ribbon award "is really a reward of the work that we do here. To receive it at this time, I think, is especially rewarding. It tells us we're on the right path. It is a recognition that we're doing good work."

However, the award also comes with "a challenge to continue that work," Young said. "We can't sit back and take it easy

at this point. As we think of continuous improvement, the inherent challenge is always to strive to be better."

To be considered for the Blue Ribbon award, a school must complete a comprehensive application that asks for student demographic information, test results, attendance rates, curriculum information, the number of students who have disabilities, and the number who are eligible for free or reduced-price meals.

It asks about the number of teachers, paraprofessionals and school support employees in the school, how administrators and teachers encourage family involvement in education, and each school's strategy for developing their students' potential.

"There were a lot of things pulling at their time and energy during this past year because of the pandemic," Baesler said. "These school districts needed to complete a large amount of work and effort in order to prove, and provide the evidence, to the U.S. Department of Education that they were indeed worthy of this distinction."

Youth In Action



RACQUEL LABADIE, GS-11
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Q: Are there changes at the schools now that Ward County is in Yellow?

A: Right now there's no major changes; students are still in school for instruction and busses are running. In Yellow, there is the potential for a hybrid model, but at this time that is not occurring. In order to keep our students in schools, every day, we must remember as a community

to wear masks, maintain social distancing, and keep up with handwashing.

Q: What is the current status for Winter Bussing?

A: On-base contracted busses will run 2 Nov – 2 April. Forms have been sent over to the Contractor and they are working out the routes and stops. That information will go out to parents in the coming weeks.

Q: Any updates for Distance-Learning Families?

A: Distance Families you will be receiving a survey this week to declare whether you plan to continue with the Distance model of Instruction or plan to begin in-person instruction for the second 9 weeks. Schools will need these back ASAP to determine class assignments.

Q: Are there changes for After

School Care at the Youth Center?

A: We're happy to announce that beginning October 5th, the Teen Center will be open for Memorial Middle School students from 2:45 – 5:30. Memorial students will need a new enrollment form to participate. Parents call the Youth Center at 701-723-2838 and we will email the form for completion and can answer any questions you may have. Forms need to

be in before we see you on the 5th. We are working to increase our programming while keeping youth safe. Keep an eye on our Facebook page. We will have some virtual programming coming soon and more information about our fall Teen program.

Congrats to Memorial Middle School for their 2020 National Blue Ribbon Award from the US Department of Education!



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COLUMBIA COLLEGE

ONLINE COURSE SCHEDULE - ASYNCHRONOUS

Learn on your own, weekly assignments requirements by instructor Please verify technology requirements

• Late Fall Session (term 20FALL2) 8 week session. Session dates: Monday, October 26 - Saturday, December 19, 2020. Registration dates: Monday, July 6 - Sunday, October 25, 2020. Late registration dates: Monday, October 26 - Wednesday, October 28, 2020

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• Late Fall Session (term 20FALL2) 8 week session
Session dates: Monday, October 26 - Saturday, December 19, 2020
Registration dates: Monday, July 6 - Sunday, October 25, 2020
Late registration dates: Monday, October 26, 2020 - Wednesday, October 28, 2020

Please call to schedule an appointment. 701-727-8386. Linde L. Paige, M.S.A., Program Coordinator

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Tuesday-Friday 7am-4pm
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

• TEEN HOURS
Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
• Morning start times rotate & vary

PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

Thursdays ~ Fridays ~ Saturdays



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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</p> <p>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>October 3 Saturday Vespers 5:00 P.M. October 4 Sunday Liturgy 10:00 A.M.</p> <p>Father Paul Hodge</p>	<p> Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am 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)</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> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>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 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 Sundays:</p> <p>Mask Only Service..... 8:30 am Fellowship..... 9:00 am Sunday School 9:15 am Worship 10:30 am</p> <p>Wednesdays:</p> <p>Soup Kitchen 11:30 am Family Supper 5:30 pm Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study 6:45 pm</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><i>Fr. David A. Richter, Pastor</i> 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</p> <p>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</p> <p> 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 <i>Family Worship Center</i></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>West Minot Church of God <i>Family Worship Center</i></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> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Traditional Service..... 9:00 am Contemporary Service..... 10:30 am Kid's Church 10:30 am</p> <p>Pastor Matt Scherbenske www.vincentumc.com</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>Chapel Services at MAFB</p> <p><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 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</p> <p>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> 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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$10.00 a space / per week</p>	<p>OUR REDEEMER'S CHRISTIAN SCHOOL'S PRESCHOOL PROGRAM</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>	

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MINOT AIR FORCE BASE NEWSPAPER
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BOMBER TASK FORCE EUROPE



A B-52H Stratofortress, assigned to the 5th Bomb Wing at Minot Air Force Base, N.D., flies over the Mediterranean Sea on a Bomber Task Force Europe mission, Sept. 16, 2020. Bomber Task Force missions familiarize aircrews with conducting operations in various geographic combatant commands' areas of responsibility to enhance readiness and provide the training necessary to respond to any potential crisis or challenge around the globe.

U.S. AIR FORCE PHOTO | MASTER SGT. BURT TRAYNOR



A U.S. Air Force B-52H Stratofortress, assigned to the 5th Bomb Wing at Minot Air Force Base, N.D., flies below a KC-135 Stratotanker assigned to the 100th Air Refueling Wing, Royal Air Force Mildenhall, United Kingdom, after receiving fuel above the Mediterranean Sea in support of a Bomber Task Force Europe mission, Sept. 16, 2020. The Stratotankers are deployed to RAF Fairford, U.K., in support of joint and combined training with U.S. allies and partners.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JENNIFER ZIMA

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