

WHATS
INSIDE
THIS WEEK:



UNDER SECRETARY
ANDERSON VISITS
TEAM MINOT

A3



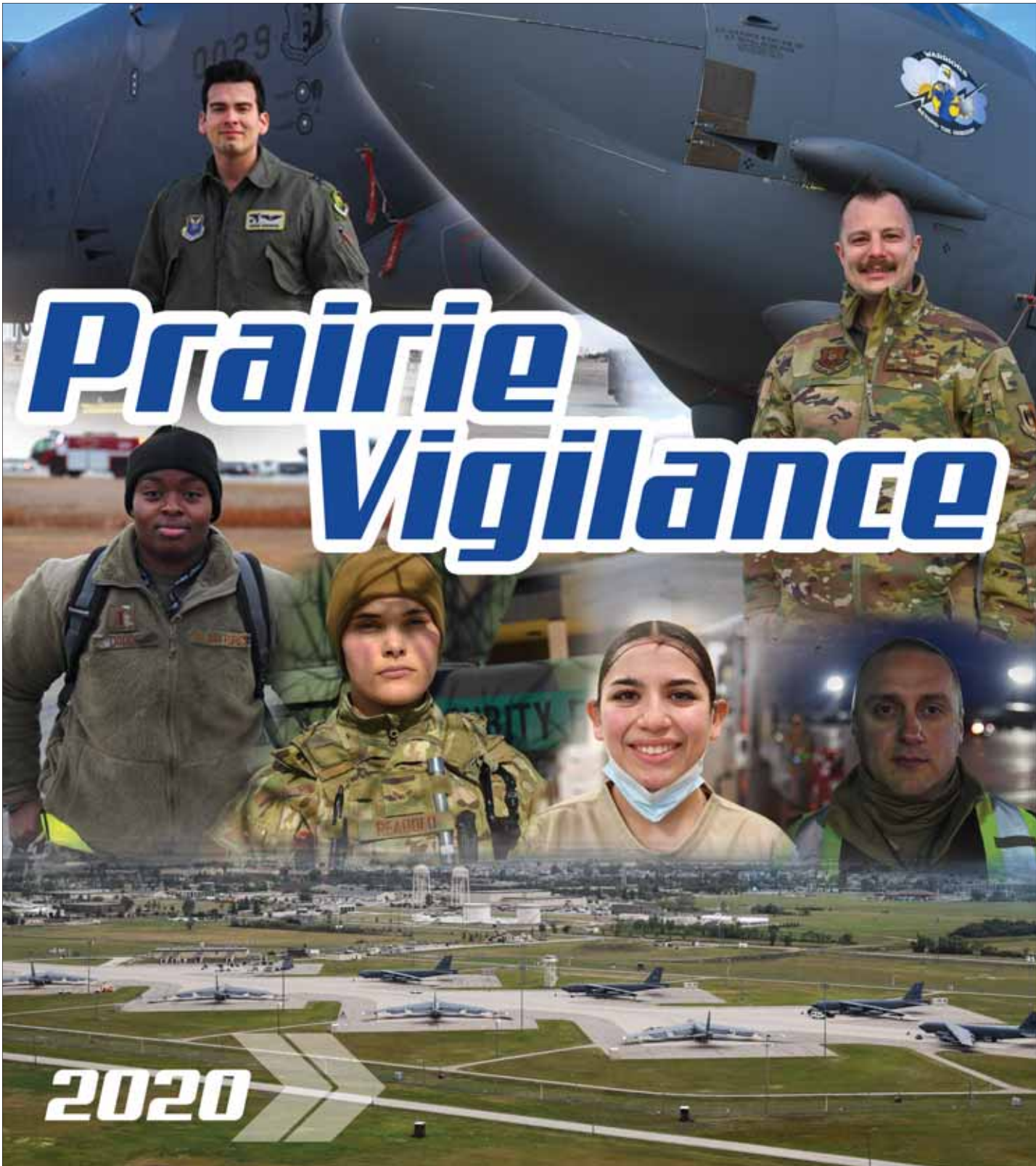
A DAY IN THE LIFE
OF 91ST MISSILE
WING AIRMEN

A2



MAKING IT EASIER
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SEE AT NIGHT

B3



The 5th Bomb Wing at Minot Air Force Base, N.D., participated in Prairie Vigilance Oct. 13-19, 2020, an annual exercise designed to test the wing's ability to conduct conventional and nuclear-capable bomber. See page 4 & 5 for more on Prairie Vigilance.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CALEB KIMMEL & AIRMAN 1ST CLASS JOSH W. STRICKLAND



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Families Experience a Day in the Life of 91st Missile Wing Airmen

ABIGAIL KINDER, THE NORTHERN SENTRY

In the spirit of giving the families of Minot Air Force Base a glimpse into their Airmen's jobs, the 91st Missile Wing held their own Spouse Tour on Oct. 15, 2020. The day began with everyone gathered for refreshments before being bussed around base for a day of learning and excitement.

One stop on the tour led participants down into a training missile facility, where Tech. Sgt. Ryan Wilkinson explained the ins and outs of the building. Families also got to see the inside of a transporter erector and learn about what it takes to move a missile. In the 91 MW headquarters, spouses heard more about what it's like to work in a missile alert facility and had the chance to have their questions answered.

Afterwards, CMSgt. Garrett

Langston, 91MW Command Chief, gave a brief on the history and operations of the 91 MW. Just outside, Airmen led a convoy demonstration and family members had the opportunity to get up close and personal with some of the weapons utilized by Security Forces airmen. The Spouse Tour ended with a real-life simulation of the recapture of a missile facility. Families were able to observe as helicopters and Humvees swooped in and Security Forces apprehended the "bad guys" to secure the facility.

Due to the security nature of many jobs in the wing, many families don't get to experience up close what their Airmen do every day. The Spouse Tour broke that barrier and gave them an in-depth look at their service member's jobs, as well as how the

wing serves the nation.

Lauren Vengels, a Minot spouse, said, "Not many people have the opportunities that we have to learn not only what our spouses do, but how the units all work together within a wing and focus on their mission. It's quite impressive really."

For some families, the tour was an exciting first look into the lives of their Airmen. Even the children during the tour got a special opportunity that many civilians don't get to experience. It's not every day that one is able to walk around inside of a missile alert facility or get behind an MK-19 grenade launcher.

The Spouse Tour was one of many opportunities that Team Minot holds for families. Whether it is a new job, the chance to make connections, or the ability to learn

a valuable skill, Air Force families have a unique chance to pursue possibilities they may not have had otherwise.

Team Minot continues to provide amazing opportunities

for Airmen, spouses, and youth to learn, grow, and get involved. In the future, the 91 MW hopes to provide spouse tours three or four times a year.



Family members gather outside of the training missile facility as Sgt. Beverly explains what it's like working in the 91st Missile Wing.



91st Missile Wing families got the chance to watch a live convoy demonstration on base.

NORTHERN SENTRY PHOTOS
ABIGAIL KINDER



La'Taya Brown and her daughter watch proudly as their Airman participates in the demonstration of recapturing a missile facility.

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A LOOK BACK THIS WEEK IN USAF HISTORY

**THE LAST B-52 STRATOFORTRESS COMES TO MAFB
OCTOBER 26, 1962**



The last B-52H outside the Boeing assembly line in Wichita (Boeing)

On October 26, 1962, the last B-52 Stratofortress ever produced was delivered to Minot Air Force Base, ND. The H model bomber 61-040 was built by Boeing in Wichita, Kansas, and was the last of an iconic line of 744 B-52 bombers produced between 1952 and 1962. Currently, the USAF has a fleet of 76 active B-52Hs, stationed at MAFB, Barksdale AFB, LA, and Edwards AFB, CA. Despite the thousands of flying hours that they

have acquired, the planes are expected to fly until at least 2040 because of meticulous maintenance and the addition of newly evolved military technology. The B-52H has a top speed of 600 mph and 50,000 foot altitude capability. Originally, the plane was utilized as a high altitude nuclear bomber that could penetrate to the heart of the Soviet Union. But, as the decades passed, the B52s adopted new roles such as the delivery of air launched cruise missiles and precision guided munitions. When the last B-52 Stratofortress arrived at MAFB in 1962, nobody guessed that it would someday be flown by the grandchildren of the generation that brought forth one the USAF's most important bombers.

Information courtesy of: The Air Force Historical Foundation / boeing.mediaroom.com / military.com

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Under Secretary Anderson Impressed With Minot Personnel

ROD WILSON, NORTHERN SENTRY

For Dr. James H. Anderson, Acting Under Secretary of Defense for Policy, it was a day packed with touring facilities at Minot Air Force Base and interacting with Airmen who were quick to share stories about their mission and their lives.

"We came in early today. We had an up-close tour of a B-52, and a missile launch facility," according to Anderson. What impressed the Under Secretary most was "the dedication to duty and mission. You can see how dedicated they are, and the comradery they share. They perform a very vital mission."

With the re-capitalization and modernization of the nuclear triad, places like Minot have the close attention of the Secretary

of Defense. "We have to take a hard look at the timetable for the improvements and the progress being made" said Anderson.

Minot is just one of four stops for the Under Secretary. Also in line for visits are Whiteman Air Force Base, home of the B-2 Stealth bombers, Kings Bay Submarine Base in Georgia where Ohio-class submarines are stationed and the Pantex plant in Texas, the nation's primary center for assembly of nuclear weapons.

In Minot, Anderson was able to see two legs of the nuclear triad. "At the strategic level, bases like Minot are the back stop for everything we do. In the Pentagon, where I work, they very well understand the

importance of these bases," continues Anderson. When he toured the base he found that the young Airmen "had a seriousness of purpose. I am positive that our nuclear forces are in good hands."

When asked about the election and possibility of a change in party in the White House, Anderson responded that there has always been, and will continue to be, bi-partisan support for the nuclear triad, just as there has been for decades.

Besides being reassured that our nuclear weapons are in good hands, Anderson said, "it's inspiring to know that they (the Airmen) are more than capable of handling these weapons. It's also an assurance to our allies."



Dr. James H. Anderson
Acting Under Secretary of
Defense for Policy



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



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Prairie Vigilance



**CAPT. NOAH SPITLER,
B-52 INSTRUCTOR PILOT**

Capt. Noah Spitler is a B-52 instructor pilot for the 69th Bomb Squadron. He is working on the Alert Parking Area near the Alert Shack and is called a "Pad Dad." His job as "Pad Dad" is to brief his aircrew on mission status, weather, and any issues they may have on their mission. Spitler says he is proud of the maintainers and all the Airmen that are working diligently during this exercise. He sees crews who work for 20 hours at a time and he says he is impressed. "We're not only proving ourselves, but we're also showing the world what Team Minot can do." Spitler may wait for hours at a time until a mission starts. As soon as they are alerted, he and his team rush to their vehicles to get to their B-52s as fast as possible. He says that his coworkers and friends in the Alert Shack are who make it all worth it. "The camaraderie in here is just truly something else." He is proud of their ability to rapidly respond when the mission calls on them. Spitler says that by doing exercises like Prairie Vigilance, Team Minot can really show their true strength.



**MSGT. RYAN CORDELL,
WING INSPECTION TEAM**

Msgt. Ryan Cordell is the chief inspector for the Wing Inspection Team, which operates under the 5th Bomb Wing's Inspector General office. Cordell's job consists of performing inspections on the 5th Bomb Wing during every exercise. Cordell is proud of his team and how well they work together to make the operation flow smoothly. A normal day on the job for Cordell is driving up and down the flightline to ensure Airmen are operating to standards and safety codes.

Examples of what he looks for are proper personal protective equipment, looking for fuel spills, and any other workplace and safety violations. All of these reports Cordell is responsible for compiling will go directly to the 5th BW commander Col. Walters, so he can see exactly how Team Minot Airmen are doing during Prairie Vigilance, an operational readiness exercise. Cordell explained that his favorite part of the job has been inspecting machinery that he used to work on before he became an inspector.

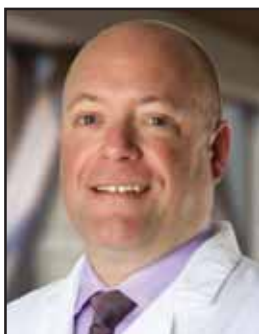


**A1C VANESSA ALVAREZ,
FOOD ASSISTANT SPECIALIST**

A1C Vanessa Alvarez is an assistant food specialist in the 5th Force Support Squadron. Originally from El Paso, Texas, Alvarez moved to Minot with her husband and two year old daughter eight months ago. She is currently participating in the Prairie Vigilance exercise by assisting in the Alert Diner on the flight line. There she cooks meals for maintainers and security forces Airmen who are working around the clock to ensure Team Minot can stay mission ready. Her favorite part of her job is connecting with other Airmen. "It's the camaraderie," said Alvarez. "Growing a relationship not only with my coworkers, but also the Airmen who come in for a warm meal." She takes pride in her work and says she is pleased to be a part of Team Minot.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS CALEB KIMMEL
AIRMAN 1ST CLASS JOSH W. STRICKLAND

Welcome Dr. Coombs Physical Medicine & Rehabilitation



Jason Coombs, DO

As a physiatrist specializing in Physical Medicine and Rehabilitation (PM&R), Jason Coombs, DO, helps people restore loss of mobility and function due to injury or disease, and provides musculoskeletal exams and diagnosis. He also serves as medical director of Trinity Health's inpatient rehabilitation unit.

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Formerly of Grand Rapids, Michigan, Dr. Coombs earned his Doctor of Osteopathic Medicine from Touro University California and completed his PM&R residency at Mary Free Bed Rehabilitation Hospital in Grand Rapids. His experience includes medical service across three different continents as part of the U.S. Air Force and Air National Guard. A member of the American Academy of Physical Medicine and Rehabilitation, Dr. Coombs and his family enjoy sports, outdoor activities, and travel. He's been active in community service, including a 20-year involvement with the Boy Scouts of America and coaching youth sports teams.

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2ND LT VERONICA DODDS,
AIRCRAFT MAINTENANCE UNIT
ASSISTANT OFFICER IN CHARGE

2nd Lt. Veronica Dodds is an Aircraft Maintenance Unit Assistant Officer In Charge.

She relays information from maintainers on the flight line to her commanders, which will then go to the base commander, Col. Walters. She has in person, face to face communication with the Airmen who are working around the clock to ensure the mission is complete. If any issues should arise, Dodds is there to offer advice and document everything that happens on or around a B-52.

“Maintainers get it done. They work through the cold, long hours. That’s their mission”, says Dodds. “I feel responsible for the Airmen out there.” She describes her job as humbling. Her favorite part of her position is seeing the B-52 take off at the end of the day, knowing that she helped her maintenance Airmen get the job done.

Before she joined the Air Force and Team Minot, she was a tennis player. After playing in a junior league in high school, she joined the Air Force Academy team and continued to play. In her final year at the Academy she made the switch to playing rugby. When Dodds isn’t on the flight line or briefing her commanders, she spends her spare time getting back into playing tennis again and helps teach children how to play as well.



AIRMAN 1ST CLASS LAURYN REABOLD,
5TH SECURITY FORCES SQUADRON DEFENDER

Airman 1st Class Lauryn Reabold is a 5th Security Forces Squadron defender. She is part of a convoy that provides security to the base and ensures security of assets at Minot Air Force Base. Her responsibilities include making strategic sweeps of the base, scanning the road for potential threats and keeping eyes on all avenues of approach.

“I think it’s really cool to be a part of this mission,” Reabold said. “I never thought I would be a part of an important mission like this.”

Reabold operates a .240 Bravo machine gun from a turret mounted on top of a Humvee.

“I have no words,” Reabold commented on Prairie Vigilance. “It’s empowering, especially being a female in the military. It’s being up in the turret with a machine gun, it’s pretty empowering to be the first line of defense for these weapons.”

Reabold is from Buffalo, New York and has been a Defender since May of 2019. She arrived at Minot AFB last November. She joined the military to prove to herself that she could do it and in doing so she says that she has become more confident in herself. “I can do anything I put my mind to,” said Reabold.



CAPT. DAVID CASSANOVA, B-52 WEAPONS SYSTEMS OFFICER

Capt. David Casanova is a B-52 weapons systems officer for the 69th Bomb Squadron. During Prairie Vigilance he works on the Alert Parking Area near the Alert Shack. He is on stand-by and ready to respond at a moment’s notice. Casanova and his team are always ready to strike.

His experience over the years has helped him prepare and know what to expect, making him always equipped to handle the mission. Casanova has several roles, the most notable being the weapons systems operator, and recently, he helped with a project he calls the “Group Integration Task Force”. He is organizing this task force to show every Airmen from the 5th Bomb Wing how every single task they do ultimately helps the B-52 accomplish its mission. From maintainers to security forces or finance to chefs; every single Airman has a role in helping us, says Casanova.

“We’ve all been working hard. The aircrew I work with really set the tone for being prepared, but we also enjoy our time together.”

Casanova says he is excited to look back at all the hard work Team Minot has put in to accomplish the Prairie Vigilance exercise. His favorite part of the exercise and working in the Alert Shack is the adrenaline rush he gets when the call comes in that it’s time to go to work. He may wait in his room for hours on end waiting for the alarm, but once it sounds, he is ready to respond. Casanova is proud of the Airmen who come together to make this mission happen.

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NODAK ARMS OUTDOOR REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Oct. 19: 1,839.2 feet above mean sea level (MSL).

Devils Lake elevation: 1,498.68 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.76 MSL.

- N.D. Game & Fish Dept. game wardens: Little activity throughout area lakes.

- Devils Lake, Woodland Resort, Devils Lake: Not much activity.

- Lake Metigoshe, Four Seasons, Bottineau: Limited activity on Lake Metigoshe.

- Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Lackluster fishing with winds and cold temperatures.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited reports on the east end of Lake Sakakawea but those anglers venturing out still found a few walleye. Lake Audubon fair to good, weather permitting, for walleye. Try a variety of depths and presentations on both lakes.

- Lake Sakakawea, Indian Hills Resort, Garrison: Wind and weather limiting activity.

- Lake Sakakawea, Scenic 23, New Town: A few boats out but no reports of success.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing activity from shore, including catfish, salmon, and walleye. Look for a little bit of a night bite from boats but not many anglers out. Lake Sakakawea quiet.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River fair to good but weather playing a major factor day-to-day. Try minnows or jigging Raps. Lake Sakakawea fair for walleye using minnows between Lewis



- Oct. 24: Mink, muskrat, and weasel trapping opens.
- Nov. 6: Deer gun season opens.
- Nov. 7: Bobcat season opens.

& Clark State Park and Lund's Landing.

- Lonetree WMA area lakes, Harvey: Coal Mine Lake open to boat fishing yet.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with little activity throughout area lakes or the Souris River.

Hunting:

- Elk: North-central license holders finding fair numbers.

- Upland: Be extremely careful with identification with lots of young pheasants yet. Fair to good numbers of birds in areas with cover. Some crops still standing west of the Missouri River, which could limit pheasant success. Good numbers in the northwest.

- Waterfowl: Wetlands icing over in north-central N.D. although hunters had fair success earlier in the week. Cooler weather starting to move waterfowl with some reports of snow geese moving

into Mclean County. Some waterfowl starting to move into the Lonetree WMA region of central N.D. but the major push is yet to arrive. Not much waterfowl movement yet early in the week around the Towner and Devils Lake areas. Decent goose numbers around N.D. Highway 19 but look for movement with cooler weather. Good numbers, as well. Sandhill cranes moving out. Some waterfowl activity around the midsection of Lake Sakakawea but outlying ponds are icing over and remaining birds will likely move to the open water of the lake. Generally look for more movement with recent cold and snowy weather but wetlands are icing over

Numbers to know:

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- Report All Poachers: (800) 472-2121 or (701) 328-9921.

Women's Health Transition Training offered virtually

TECH. SGT. ARECA T. WILSON,
SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --

The U.S. Department of Veterans Affairs' Women's Health Services and the Department of the Air Force's Women's Initiative Team collaborated to establish training that provides information on health services available to women who are separating or retiring from the military.

The virtual training is taught by women veterans who actively use VA health care services. The five-phase curriculum covers topics such as enrolling in the VA, understanding the Veterans Health Administration and utilizing available female-specific services.

"There's a lot of different challenges that women veterans face when they depart service, and I think different issues compared to their male peers, (it's not that) one gender experiences it worse — it's just one gender experiences it differently," said Maj. Alea Nadeem, Women's Initiative Team chair. "Women have different outcomes when they depart service, and so, this is why this was created — to acknowledge that ... there's some differences, and we need to get some parity between men and women when they depart service."

The course is available to all active duty, guard and reserve servicewomen. For Nadeem, the reasons women should attend the Women's Health Transition Training is two-fold.

"Take advantage of someone educating you on very specific things to females—not a lot of times do we get that in the military ... so I think it's kind of a neat opportunity," Nadeem said. "I think women should

take advantage of the program because it sends a demand signal to the VA, (the service is) going to need more of these specialty care items in the future as women go back into the growing population ... it's really for the future generations to make sure that they have the healthcare that they need."

Master Sgt. Bethaney Tolley, 365th Training Squadron heavy avionics flight chief, recently attended the training in preparation for her retirement, and recommends her fellow servicewomen do the same.

"Because of COVID, we're really not getting all the information we should get as far as the Veterans Health Administration goes, so this is a fantastic distance learning course that we can attend," Tolley said. "In my opinion, when you have resources out there, it's better to have more information than not enough, so I figured since I'm getting ready to retire and this deals with the Veterans Health Administration, I wanted to learn as much as I could. I had no clue how the VA worked or how to find places to see the doctors and things of that nature, so this really helped a lot."

Virtual training sessions are offered twice a day until December 21, 2020. The 2021 calendar is still being finalized.

Women may sign up for the course 24 months prior to separation. Those interested in attending, can register at www.va.gov/womenvet/whtt/. Participants are not limited to training sessions in their own time zone.

For more information, email info@whttforyou.com.

SMOKED PUMPKIN SOUP

INGREDIENTS

- 5 POUND PUMPKIN, WHOLE
- 3 TABLESPOON BUTTER
- 1 ONION, DICED
- 2 CLOVE GARLIC, MINCED
- 1 TABLESPOON BROWN SUGAR
- 1 TEASPOON PAPRIKA
- 1/4 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON GROUND NUTMEG
- 1/8 TEASPOON ALLSPICE, GROUND
- 1/2 CUP APPLE CIDER
- 5 CUP CHICKEN BROTH
- 1/2 CUP HEAVY CREAM
- FRESH PARSLEY, AS NEEDED

Using a sturdy knife, cut the pumpkin into quarters. Scoop out the seeds and stringy fibers. Separate the seeds from the fibers, and save the seeds for roasting, if desired. When ready to cook, start the Traeger grill and set temperature to 165 °F with the lid closed.

Arrange the pumpkin quarters, skin-side down, directly on the grill grate. Smoke for 1 hour. Increase the temperature to 300 °F and roast the pumpkin until it is tender and can easily be pierced with a fork, about 90 minutes. Let cool, then separate the pumpkin flesh from the skin.

Meanwhile, melt the butter over medium heat in a 4-quart saucepan or stockpot. Sauté the onion and garlic until soft and translucent, about 5 minutes. Stir in brown sugar, smoked paprika, cinnamon, nutmeg, and allspice. Immediately add the apple cider, and cook for several minutes until the mixture is reduced and syrupy. Add the pumpkin and chicken broth. Let the soup simmer for 20 to 30 minutes. Blend soup until smooth. Add salt and pepper to taste. If it is too thick, stir in more chicken broth.

Divide the soup into bowls and drizzle with the heavy cream. Top with a sprig of parsley, if desired.

Ryan Davy - GM
Minot

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Day of the Deployed

ABIGAIL KINDER, THE NORTHERN SENTRY

day of the DEPLOYED OCTOBER 26, 2020

how can i contribute?

send a care package write letters

lend a helping hand donate

emotional support send photos

#DAYOFTHEDEPLOYED

October 26, 2020 is the Day of the Deployed! Day of the Deployed is a holiday that honors all of the brave men and women who have been deployed and are sacrificing, or have sacrificed, their lives to fight for our country. The day also acknowledges the strength and sacrifices made by families during deployment. It was first launched in 2006 by then-Governor of North Dakota, John Hoeven. Shelle Michaels Aberle, who proposed the holiday to the governor, was inspired by her cousin LTC David Hosna who was deployed to Iraq at the time. In 2011, the U.S. Senate unanimously passed a resolution that made the day a national day of honor.

"Our U.S. service men and women currently deployed, along with their loved ones, make untold sacrifices as they serve our nation. A national Day of the Deployed pays tribute to their commitment to our country

and their work to protect our freedoms. We want to ensure that our military members and their loved ones know of our appreciation and support before, during and after their service."

— John Hoeven

The Minot Air Force Base Northern Sentry would like to say thank you to all of the incredible men and women who have previously braved deployments or who are currently far from home. Thank you to those who have sacrificed their lives for their mission. And thank you to the families who sacrifice every day to hold down the fort in their absence.

For more information on Day of the Deployed and how you can observe it, check out:

www.soldiersangels.org/day-of-the-deployed
www.nationaltoday.com/national-day-of-the-deployed
 #dayofthedeveloped on social media

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Upcoming Events

24 OCT

HOWL-O-WEEN PUP & PUB CRAWL
 12:00 PM - 4:00 PM
 Downtown Minot
 Main St S, Minot

Bring your dog along for our 1st-annual DOG TRICK OR TREATING event in Partnership with Hair of the Dog Grooming!!! Our dog-friendly friends up & down Central Ave and Main Street will offer treats for all the howling dogs and their owners. We will have treats for dogs and humans available at local restaurants, bars and businesses in Downtown Minot. We will also have food trucks, a show, shopping and more along Main Street!
 Dog Trick or Treating Tickets - \$5
 Human Crawl/Trick or Treating Tickets - \$25
 For tickets, go to: ign.us/form/HeBZfa

HOWL-O-WEEN PUP & PUB CRAWL
 OCTOBER 24TH
 12PM TO 4PM
 CENTRAL AVE & MAIN STREET

DOGS \$5
 HUMAN \$25

For more information:
 Facebook event / Howl-O-Ween Pup & Pub Crawl

24 OCT

DVCC POUR & SIP
 7:00 PM - 9:00 PM
 Zoom Virtual Event

Come join us for a virtual pour art tutorial and a bottle of handcrafted wine! DVCC is partnering with Urban Winery and Artmain to bring you this one of a kind, virtual fundraiser. Tickets include acrylic pour paint, canvas, surface protector, 1 bottle of DVCC wine, and a zoom link to the live pour paint tutorial.
 \$40 Tickets: 375 ml bottle, 1 Art Kit
 \$65 Tickets: 750 ml bottle, 2 Art Kits

Pour & Sip
 October 24
 Domestic Violence Crisis Center

For more information:
 Facebook event / Domestic Violence Crisis Center / Pour & Sip

27 OCT

ADULT FINGER PAINTING CLASS WITH JANIE MYERS
 6:00 PM - 8:00 PM
 Taube Museum of Art
 2 N Main St, Minot

Enjoy a glass of wine on us at this unique painting class with artist Janie Myers! Enjoy a glass of wine on us at this unique painting class with artist Janie Myers! No brushes needed, as the entire painting will be created with only your fingers. (Gloves provided for those of you who do not want to get messy!) For ages 21+

Paint the Town Red!
 with Janie Myers
 Thurs, Oct 29, 2020
 6-8pm

Adult finger painting! No brushes needed! Each attendee can have a glass of wine on us!

Members: \$12
 Non-Members: \$25

For more information:
 Facebook event / Taube Museum of Art

30 OCT

DOWNTOWN TREAT TRAIL
 10:00 AM - 12:00 PM
 Downtown Minot
 Main St S, Minot

Join in for our annual Downtown Halloween Treat Trail. Our neighborhood shops will be hosting a trick-or-treat trail open to all preschoolers. Maps of participating shops will be posted soon. Check out Minot Downtown Business & Professional Association Facebook page for updates!

DOWNTOWN TREAT TRAIL
 Friday, October 30, 2020
 10am-12pm

For more information:
 Facebook event / Downtown Treat Trail

30 OCT

HAUNTED CAR WASH
 5:00 PM - 8:30 PM
 Fastlane Carwash
 312 31st Ave SW, Minot

Lock your doors, and buckle up as you experience the Fastlane Haunted Car Wash!!! Your car will come out sparkling clean, we can't say the same about your underpants. Just arrive the day of the event and GET SPOOKED! Friday, Oct. 30, 5-8:30 PM / Saturday, Oct. 31, 4-9 PM

HAUNTED CAR WASH
 OCT 30, 31
 FASTLANE - MINOT

For more information:
 Facebook event / Fastlane Carwash / Haunted Car Wash

31 OCT

BOO AT THE ZOO
 10:00 AM - 1:00 PM
 Roosevelt Park Zoo
 1219 Burdick Expy E, Minot

Join us for the Boo at the Zoo Drive Through! We're going to do things a little differently from years past. But there will be something. There will be fun. There will be treats. We'll raise money for the zoo and have a safe & good time doing it! Tickets are \$5 per car. Candy will be in bags at the exit. Want to help us make it fun? We're looking for: Costumes, business promotions, or just some waves & smiles! RSVP: jennifer@minotparks.com

ROOSEVELT PARK ZOO'S BOO AT THE ZOO
 DRIVE THRU ZOO | October 31 | 10am-1pm | CANDY BAGS AT EXIT | \$5 per car

For more information:
 Facebook event / Roosevelt Park Zoo / Boo at the Zoo

On Base

HAUNTED STACKS
 Minot AFB Library
 19 October - 31 October 2020

Make an appointment to explore the Library's (midday) evening Haunted Stacks and enjoy some spooky activities! The Haunted Stacks are ideal for kids who aren't yet old enough for a standard haunted house experience!

HAUNTED HOUSE
 AT BUD EBERT PARK
 ARE YOU READY TO BE SCARED?

COME ENJOY A SAFE PLACE FOR A HAUNTED HOUSE! EVERYONE IS WELCOME!

OCTOBER 10TH - 11TH
 1PM - 9PM
 FREE TRUNK OR TREAT

HAUNTED HOUSE COSTS:
 \$1 FOR THIS AGE (AGES 1-11)
 \$1 FOR ADULTS

COME HELP OUTSIDE! CREATE A HAUNTED HOUSE AND PRIZE OF TREAT AT THE END OF THE TRAIL!
 PASS YOUR FOUNDATION ON YOUR OWN HOME!
 CRAFTS & DECORATE YOUR VERY OWN HOUSE!

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 MASKS (OPTIONAL) PLEASE WEAR THEM! SET UP THROUGH TRUNKS OR TRAIL AREA! & AT THE END OF HAUNTED HOUSE!
 HAUNTED HOUSE WILL BE OPEN UP TO 10 PM FROM OCTOBER 10TH - OCTOBER 11TH
 HAUNTED HOUSE WILL BE OPEN UP TO 10 PM FROM OCTOBER 10TH - OCTOBER 11TH
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WHAT'S GOING ON MAFB

TODAY 23

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Cycle, 1600, 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
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 24

- Halloween Fitness Sampler, 0900-1100, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 25

- Sunday NFL Football, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Minot AFB Library Facebook Page
- Zumba, 1400, Fitness Center

MONDAY 26

- HIIT Strength & Conditioning, 0545, Fitness Center
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library Facebook Page
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center
- HIIT Yoga, 1830, Fitness Center

TUESDAY 27

- A&FRC Closed For Walk Ins — Call For Appointments
- Cycle, 0545, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center

WEDNESDAY 28

- A&FRC Closed For Walk Ins — Call For Appointments
- HIIT Strength and Conditioning, 0545, Fitness Center
- Right Start, 0730, A&FRC — Online Zoom Meeting
- Spouses Welcome, 0830-1230, 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
- First Duty Station Officer Financial Training, 1500-1630, A&FRC — Online Zoom Meeting
- Cycle, 1630, Fitness Center
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- 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 29

- A&FRC Closed For Walk Ins — Call For Appointments
- 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
- Fun 9 Pin No Tap League, 1800, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

UPCOMING 30

- 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
- Haunted House, 1700-2100, Bud Ebert Park
- 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

31

- Cycle, 0900, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- Halloween Treats, 1030-1330, Dakota Inn Dining Facility at the Jimmy Doolittle Center
- Haunted House, 1700-2100, Bud Ebert Park
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

DINING

Delivery Options (Hours subject to change)

Bomber Bistro
Monday-Friday 1630-2030

OCT. SPECIALS

Bomber Bistro • Friday Lunch Special • Yakisoba
Delicious yakisoba noodles served with chicken, cabbage, and carrots in our special house sauce. Grab it for lunch on Fridays while supplies last! Only \$9.95 - Includes a drink!

The B-Fifty Brew • Red Bull Burners
Grab one of our ice-cold Red Bull Burners to go! First, choose your Red Bull flavor: Original, Blueberry, Cranberry, Tropical, or Sugar-free. Next, choose your syrup: Peach, Coconut, Raspberry, Pineapple, Strawberry, Cherry, Mango, or Watermelon. Finally, top it off with Original Lemonade. Available in Venti size only for \$4.00!

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.
- Haunted Stacks: 19-31 October, Minot AFB Library — Call to schedule an appointment.
- Pumpkin Decorating Contest: 22-29 October, Hosted by the Dakota Inn Dining Facility at the Jimmy Doolittle Center
- Moving Out of the Dorms: One-on-One Appointments: 1-31 October, A&FRC — Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: 1-31 October, Family Child Care — Call to schedule an appointment.



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CREATURE FEATURES

- The Bongo is found only in rainforests across tropical Africa.
- Their distinctive coloration helps them identify one another in the dark forest habitat.
- Both males and females have spiraled, lyre-shaped horns that can grow to 40 inches in length.
- Bongos have large ears giving them very sensitive hearing. Their long prehensile tongue allows them to grip leaves higher up and strip them from the branches with ease.
- They are the largest and the heaviest of forest dwelling antelope.

Fact File

Life Span	10 - 19 years
Weight	420 - 900 pounds
Height	43 - 51 inches
Horn Length	Up to 40 inches
Wild Diet	Orchids, Condors (Markings), Leaves, Bark, Grasses, Roots, Fruits, Natural Salt Lick

DOG CARE WORD FIND

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

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UPCOMING EVENTS

OCT 31
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Youth In Action



RACQUEL LABADIE, GS-11
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CHILD AND YOUTH EDUCATION SERVICES



On-base winter bussing for our three on-base schools will begin on 2 November and run until 2 April. Families will be able to find route and stop maps through their schools, the School Liaison Facebook page (@minotslo), and on the Minot AFB official website under the school liaison link.

Some additional measures will be in place this year due to COVID-19. These measures will certainly reduce some of the risk related to COVID-19, but that risk will not be fully eliminated. So, what can students and parents expect? Proper mask wear will be required at all times while on the bus. Students will be assigned seats and elementary students will be assigned those seat according to their grade. Many students will sit two per seat, but some of busses may have 3 students per seat. Drivers will be disinfecting between school runs and misting the busses to disinfect them at the end of each day. To increase ventilation, a couple windows will be slightly open to allow for air flow. The company has also purchased brand new buses

with higher back seats. We must remind our children to follow the instructions of the drivers at all times. Students should always keep their hands to themselves and remain seated while on the bus. Also, remember to ensure your child is properly dressed for the weather as students should be at their stop 5 minutes prior to their scheduled pick-up time.

Note to Parents- Student bus ID tags which are attached to each student's backpack and designate the bus which the student rides, will be available for pick up beginning next week at the Child & Youth Extension Office, 164 Summit Drive. These are used as a safety measure and as a helpful reminder to students of which bus to load each afternoon. Parents can stop by to pick up their children's bus tags at any time between 0900-1600 in the front foyer of the building.

If you have questions regarding the on-base winter bus service please contact the bus manager at 701-500-4466 or call the school liaison duty cell at 701-240-2380.

Red Ribbon Activities Minot AFB October 25-31

Sunday- October 25 – PRAYING DRUGS AWAY! Base Chaplains will start the “Red Ribbon Week Campaign” distributing Red Ribbons and promoting drug-free lifestyles and leading prayers for those affected by the use of drugs. Join the Chaplains and receive a Red Ribbon to wear throughout the week to show your support for Drug Free lifestyles.

Monday- October 26 – DECORATING AGAINST DRUGS! Boys and Girls Scouts will receive an educational briefing from the local DEA agent and host a Red Balloon Release at the fire pit. They will spread awareness through Minot AFB by decorating Trees/Poles with Red Ribbons. You can join the effort by decorating your home or office space with Red Ribbons or drug free no use messages and enter to win a prize! Visit www.redribbon.org/contest for more information!

Tuesday- October 27- REACH OUT FOR COOKIES! Ask Questions about Drug and Prescription Misuse at the DDR Table set up in the BX. Stop by our table and receive a ribbon in exchange for a free cookie in the Food Court (While supplies last).

Wednesday- October 28- WEAR RED DAY! As part of the campaign's “wear red” day, people within the community are invited to wear red clothing/red ribbons to show their support for the annual observance. Help us take a stand against drug abuse!

Thursday- October 29th-GET YOUR SWAG ON! Stop by the Drug Demand Reduction Table located in the 5th Medical Clinic lobby to grab some neat Red Ribbon Week Swag and learn more about Drug and Prescription misuse.

Saturday- October 31th- SAY BOO TO DRUGS! Stop by the 5th Medical Group parking lot and receive a Reflective Halloween

Trick or Treat bag along with lots of goodies as we say boo to drugs during their Trunk or Treat! Starts at 2pm!

“BE HAPPY, BE BRAVE, BE DRUG FREE”-Throughout the week, North Plains, Dakota Elementary, and Memorial Middle School will receive and distribute drug prevention materials to the children from the Drug Demand Reduction Program.

TAKE A MINUTE MAKE A DIFFERENCE- Displays are available all week at BX Lobby and 5th Medical Clinic Lobby with brochures, handouts, and goodies for drug education and awareness during the Red Ribbon Week Campaign.

*Due to COVID-19, all events are subject to change. For more information or confirmation of events please contact Samantha Mendoza at 701-723-5712 or 701-509-4090.

2020-2021 MPS CALENDAR



IMPORTANT UPCOMING DATES

October 22 & 23

Administrator Convention Days - No School

November 26

Thanksgiving - No School

November 27

Vacation - No School

October 2020							20 days
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

November 2020							18 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays



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How the Air Force is making it easier for aircraft maintainers to see at night

DONNA LINDNER, AIR FORCE RESEARCH LABORATORY

We all know that working in the dark with insufficient lighting makes the task that much more cumbersome. Good quality lighting is critical for maintainers when repairing an aircraft on the flightline.

The U.S. Air Force has an inventory of approximately 5,500 four-wheel diesel light carts that provide flightline and perimeter illumination. This lighting is a necessity for aircraft maintenance, troubleshooting and outside lighting to secure the outskirts of deployed/contingency locations.

Recently, a cross-enterprise team from the Air Force Materiel Command, Air Force Global Strike Command, and Concurrent Technologies Corporation successfully conducted testing at Minot Air Force Base on a flightline light cart retrofit kit that contains new Light Emitting Diode (LED) fixtures.

"This activity is in direct response to a request made by AFGSC Director of Logistics and

Engineering during the U.S. Air Force Basing and Logistics Senior Leader Showcase at the Materials and Manufacturing Directorate in April 2019," said Tom Layne, Air Force Research Laboratory Advanced Power Technology Office Project Engineer. "We wanted to move out rapidly with a great team – our biggest challenge was the schedule impact from COVID.

The LED fixtures are intended to replace legacy metal-halide lamps on flightline FL-1D light carts. LEDs offer many advantages to an agile and resilient flightline, such as immediate illumination, longer life, improved color rendering and lower operating temperatures.

Testing evaluated the retrofit conversion instructions and solicited feedback from the maintainers who use the light carts. Project funding was made possible by the Assistant Secretary of the Air Force for Energy, Installations, and Environment.

"The installation and conversion of the new LED lights was quick

and easy," said Senior Airman Matthew Brown, Minot 5th Maintenance Squadron AGE Flight, who performed the conversion.

"The instructions provided to our team were very clear cut and easy to apply. The kits had everything we needed – the process was fast and smooth. Through our tests we found only a few things that could potentially be improved. The lights are very well designed and they performed at a very high level – a level I feel the Air Force needs moving forward. I am honored to have been a part of the team selected to do the conversion," said Brown.

"These lights are amazing," said Master Sgt. Alvarez, the project lead from Minot 5th Maintenance Squadron AGE Flight.

"Improved LED lighting makes B-52 maintenance safer, more efficient and more effective," said Master Sgt. Matthew Petersen, B-52 Production Superintendent at Minot AFB. "Foreign object debris/damage prevention is

extremely important for the TF-33 engine sustainment to 2050. In addition to improved lighting for maintenance, it is much easier to find metal shavings, rivet stems, foreign objects and tools with this improved lighting."

"The Minot LED test results combined with previous results, prove that future light carts acquisition specify LED lights instead of metal halide lights, and make a strong argument for the LED retrofits," said Jeff Hill, program office engineer.

According to Chief Master Sgt.

Mark Haralson, Command Aviation Support Equipment Manager, the new fixtures are being evaluated as an enterprise-wide solution to maximize commonality and standardization on the flightline.

The next step includes completing the final report in support of the Air Force Life Cycle Management Center Configuration Control Board issuing fleetwide modification approval.

For more statistics about APTO efforts, contact AFRL.RXSC. APTO@us.af.mil, or 937-904-5046.



Side by side comparison of the two Light Emitting Diode fixture options. Per Master Sgt. Petersen both LED options were improvements over the legacy metal-halide fixtures.



"Improved LED lighting makes B-52 maintenance safer, more efficient and more effective," said Master Sgt. Matthew Petersen, B-52 Production Superintendent.



Senior Airman Matthew Brown, Minot 5th Maintenance Squadron AGE Flight, compares a legacy metal-halide lamp with a new Light Emitting Diode (LED) fixture.



Air Force Global Strike Command 5th Maintenance Squadron AGE Section Chief, Master Sgt. Miguel Alvarez, in front of four flightline light carts retro-fitted with the two different Light Emitting Diode (LED) fixture options for testing.

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Department of the Air Force completes first officer promotion board using new categories, selects 1,214 for promotion to O-5

CAPT. CARRIE VOLPE, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The results from the first officer promotion board using the six new developmental categories are scheduled to be released Oct. 6.

The 2020 Line of the Air Force (LAF) lieutenant colonel board, which convened May 4-20, is also the first board to transition away from below-the-promotion-zone promotion opportunity while assigning line numbers based on order of merit versus time in grade.

"We need, and our dedicated Airmen and Space Professionals, deserve a talent management system that is responsive, agile, transparent and focused on the competence and character of an individual's performance," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services.

"We've worked really hard over the past few years on improving how we manage our Airmen and Space Professionals to ensure we provide opportunities to maximize and recognize talent while also being responsive to the requirements placed on us within the National Defense Strategy. This particular board gives us our first-look at how those changes influence officer promotion results," Kelly said. "While this is only one data point with upcoming Colonel and Major promotion boards on the horizon, the outcomes appear to have followed our expectations. That said, it is only one data point and we remain confident we did not likely get everything 100% right this first time around. As we conduct subsequent boards, we'll continue to study, evaluate and make any necessary tweaks along the way."

Developmental categories and promotion opportunities

More than 2,600 officers from approximately 40 Air Force specialty codes (AFSC's) were considered for promotion using the six new LAF categories: Air Operations and Special Warfare, Combat Support, Force Modernization, Information Warfare, Nuclear and Missile Operations, and Space Operations. Officials selected 1,045 majors who were in-the-promotion-zone (IPZ) for an overall selection rate of 76.1%, and 169 majors who were above-the-promotion-zone (APZ) for a selection rate of 13%. Both selection rates are higher when compared to the previous two years. In 2018 and 2019, IPZ rates were 71.4% and 72%, respectively; the APZ rates were 6.7% and 6.2%, respectively.

"As anticipated, this first board had record-high IPZ and APZ rates primarily associated with removing BPZ opportunity," Kelly said. "This was intentional and was a conscious decision to help provide additional time for officers to gain valuable insight and experience that in some cases was lost when we accelerated people."

The new developmental category structure focused on creating opportunities to tailor officer development and career milestones for the various categories, but also offered the flexibility to adjust promotion opportunity percentages

by category to help match requirements. A promotion opportunity is determined by the percentage of IPZ candidates available to be promoted in order to meet Air Force requirements while staying within prescribed legal limits in each officer grade. Previously, a single promotion opportunity was applied to more than 40 AFSC's under the LAF category, but the new system allows the Secretary of the Air Force to apply six unique promotion opportunities across the six developmental categories. This assists in more closely meeting current and future Air Force requirements.

For example, and based on inventory requirements, the May Air Operations and Special Warfare board, LAF-A, had a promotion opportunity of 90%. Applying a 90% opportunity to the 616 LAF-A majors who were IPZ, yields a total of 555 promotion selects. While 555 was the total available, the LAF-A board also considered officers who were APZ with the board determining the order of merit of the 555 highest scoring records regardless of zone. Any APZ promotion select comes out of the same 555 total and decrements the amount from the IPZ population. Of the 608 officers considered APZ in the LAF-A category, 76 were selected (selection rate of 12.5%), while the remaining 479 promotion selects came from the IPZ population (selection rate of 77.8%).

Additional developmental category promotion breakdowns are below:

Combat Support, LAF-C, had a promotion opportunity of 85% with a selection rate of 79.9% IPZ and 7.5% APZ.

Force Modernization, LAF-F, had a promotion opportunity of

85% with a selection rate of 69% IPZ and 14.6% APZ.

Information Warfare, LAF-I, had a promotion opportunity of 90% with a selection rate of 74.1% IPZ and 15.8% APZ.

Nuclear and Missile Operations, LAF-N, had a promotion opportunity of 85% with a selection rate of 76.3% IPZ and 11.4% APZ.

Space Operations, LAF-S, had a promotion opportunity of 90% with a selection rate of 75.4% IPZ and 17.2% APZ.

Merit-based reordering

In addition to using developmental categories, this board also saw the first use of merit-based reordering. This means individual merit drove the pin-on sequence instead of seniority-based factors, including time in grade. Individuals with the highest scoring records of performance will pin-on first once these lists are approved and start their sequence.

"It remains important to focus on competence and character and have a system that incentivizes performance, but also takes into account different developmental timelines for people," Kelly said. "Top performers still have an opportunity to promote ahead of their peers, and merit-based reordering puts the pin-on timing directly in their hands."

Under merit-based reordering, performance will be the driving factor in determining when officers pin-on new rank. Those whose record of performance place them near the top of a promotion board's order of merit, regardless of zone, will promote ahead of some of their peers.

Panel members and career development briefs

With the introduction of six developmental categories came a need to ensure members of the

promotion board panels included representation from within the specific developmental category. Panel member representation consists of a majority of panel members from within that developmental category, while the rest of the panel members come from an outside category to provide both corporate and functional balance. For example, within the LAF-A panel there were 13 total members; eight with AFSCs from within LAF-A, and the other 5 from other LAF categories. Additionally, panel members are armed with career development briefs, which familiarize them with important milestones and challenges in each career field.

"This tailored approach ensures panel members consider officers in each category against similar career milestones and expectations," said Maj. Gen. Christopher E. Craig, Air Force's Personnel Center commander. "They focused on each officer's performance and potential to serve in the next higher grade

to promote officers with the expertise to lead Airmen and Space Professionals today and for a future high-end fight."

Career development briefs are generated by functional community leaders, coordinated with each Major Command, and approved by the Secretary of the Air Force on an annual basis. These briefs include typical career progression milestones, developmental guidance and other unique considerations for officers within each core AFSC and/or functional community, and are posted publicly on myPers.

"We need to deliberately develop officers at the right pace to provide key opportunities for development, and this most recent lieutenant colonel board was a significant step forward," Kelly said. "Our goal through these efforts is to provide the agility to unleash the capabilities of our people to be ready for tomorrow's fight."

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50th Anniversary: Cape Kennedy launches Minutemen III for Special Test Missile Project

ROBERT B. CUTHBERTSON, JR., MINUTEMAN III SYSTEM PROGRAM OFFICE

HILL AIR FORCE BASE, Utah

Between Port Canaveral and Cocoa Beach, about 210 miles north of Miami, sits an area of land just over two-and-a-quarter square miles in size. This area is now known as Cape Canaveral, but for almost decade it was known as Cape Kennedy. During Cape Kennedy's time, 17 Minuteman III test flights were conducted at this intercontinental ballistic missile (ICBM) test range prior to the cessation of missile test launches in 1971.

On Sept. 16, 1970, Silo 32B at Launch Complex 32 was the focal point of a successful unarmed Minutemen III missile launch as part of the Special Test Missile Project. Updates during the mid-1970s provided the missile with an improved guidance system and remote re-targeting of the missiles. A total of 300 Minuteman III missiles received an improved warhead section with three Mark-12A Multiple Independent Reentry Vehicles, or MIRVs. These MIRVs are capable of carrying 340 kiloton warheads and improved decoys.

Additionally, the launch control centers were equipped with the ability to re-target the missiles electronically, while earlier

practices of re-targeting required physically changing a data tape in the missile's guidance computer.

This test launch from Silo 32B was part of a post research-and-development effort to evaluate and analyze the Minuteman III's performance and accuracy for future upgrades. This effort provided the Minuteman III a hard-target kill capability against Soviet ICBM silos at the expense of a reduced range. Tests of a seven-MIRV version were undertaken in the 1970s, but a nuclear non-proliferation treaty limited the deployment of these.

One little known fact of Silo 32B at Cape Canaveral is that the wreckage of the space shuttle Challenger was delivered to the site and lowered into Silos 31B and 32B and then capped with concrete lids for temporary storage.

The Minuteman weapon system is operated by and under the control of Air Force Global Strike Command, but is supported by the Air Force Nuclear Weapons Center's Minuteman III System

Program Office and the Air Force Sustainment Center's 309th Missile Maintenance Group and 748th Supply Chain Management Group at Hill AFB.

Here is a list of significant Minuteman III events that took place fifty years ago:

Date	Historical Significance
Jan. 12, 1970	91st Strategic Missile Wing at Minot AFB, North Dakota, began converting its ICBM facilities from Minuteman I to Minuteman III.
March 3, 1970	First operational Minuteman III was completed at Air Force Plant 77, Ogden, Utah.
April 14, 1970	First Minuteman III missile accepted by the 91st Strategic Missile Wing.
April 17, 1970	First Minuteman III missile emplaced in Silo LF H-02 at 741st Strategic Missile Squadron at Minot AFB.
Aug. 19, 1970	First Minuteman III placed on alert status at 741st Strategic Missile Squadron.
Sept. 16, 1970	Successful Minuteman III launch from Cape Kennedy, Florida, as part of the Special Test Missile Project, a post research-and-development effort to evaluate the Minuteman III's performance and accuracy.
Dec. 2, 1970	Successful Minuteman III launch from Cape Kennedy as part of the Special Test Missile Project.
Dec. 14, 1970	Last unarmed Minuteman III, now named "LGM-30G," was launched from Cape Canaveral, Florida (formerly Cape Kennedy).
Dec. 29, 1970	741st Strategic Missile Squadron became the first operational Minuteman III squadron.
Dec. 31, 1970	Force modernization and emplacement completed at Minot AFB.



On Dec. 14, 1970, the last unarmed Minuteman III (LGM-30G) was launched from Cape Canaveral, Florida (formerly Cape Kennedy). Future ICBM launches moved to Vandenberg AFB, California, where they continue today.

COURTESY PHOTO



Airmen work on a Minuteman III's Multiple Independently-targetable Re-entry Vehicle (MIRV) system. Current missiles carry a single warhead.

U.S. AIR FORCE PHOTO

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Back Talk

A Chiropractor's Concern of Technology Use on Posture and Health
Research Reveals Shocking Effects of Poor Posture on Overall Health

Startling research shows that increased usage of phones and computers bring about a variety of health challenges that compound over time. Surveys conclude that billions of people spend extensive time on cell phones every single day. Chiropractors face concern that cell phone usage occurs with the spine and neck in a flexed, forward position. Prolonged use of a cell phone with the head in a state of forward flexion creates a variety of unwanted health challenges. This health epidemic continues to create new conditions and diagnoses specifically to address forward head posture. Likewise, new strategies develop to counteract the stressors that occur from text neck and computer posture.

Time spent on cell phones continues to increase all over the world. A study performed in 2014 evaluated the effects of forward head posture stemming from the stresses of using cell phones and other devices. The findings clearly showed that computer screens, tablets, and cell phone use create forward head posture and add significant stress to the spine resulting in early spinal degeneration. Loss of the natural curve in the neck leads to incrementally increased stress on the cervical (neck) spine. The stresses accelerate early wear, tear, degeneration, and the increased possibility of surgery.

Poor posture occurs when the head and shoulders tilt forward and the mid back becomes rounded. The average person spends between two to four hours a day with their head flexed forward for reading and texting on their smart phones. This amounts to 700-1400 hours of excess, abnormal cervical spine stress per year.

Research shows the average high school student spends even more time on their phone accounting for an extra 5000 hours in poor posture per year.

Good upper spine and body posture defines as the ears being aligned with the shoulders and the scapula retracted. Proper alignment diminishes spinal stress. Not only does good posture create less wear and tear on the spine and discs, it also associates with elevated levels of testosterone, increases in serotonin, decreases in cortisol, and more feelings of confidence. Poor posture associates with reductions in testosterone levels, reduced serotonin, increased cortisol, and reduced feelings of confidence. Regular chiropractic adjustments working together with good posture habits help reduce the stressors of text neck and computer posture while increasing hormones associated with confidence, joy and self-esteem. Take the necessary action steps to avoid this preventable epidemic while still enjoying the benefits that technology affords.

4 Tips to Eliminate Postural Stress from Cell Phones

- 1) Stay on track with your Chiropractic Adjustment Plan - adjustments reduce wear and tear in the joints and discs, lower tension in the muscles, and improve function of the nervous system.
- 2) Utilize Good Posture Habits and tools to support spinal curves and posture, especially when sitting.
- 3) Drink More Water - water forces movement to the bathroom every 60-90 minutes.
- 4) Stretch the head, neck, shoulders, lower back, and legs 2x per day.

All the best to you and yours in great health,
Dr. Willy Fielhaber

CornerStone Chiropractic

Dr. Willy Fielhaber

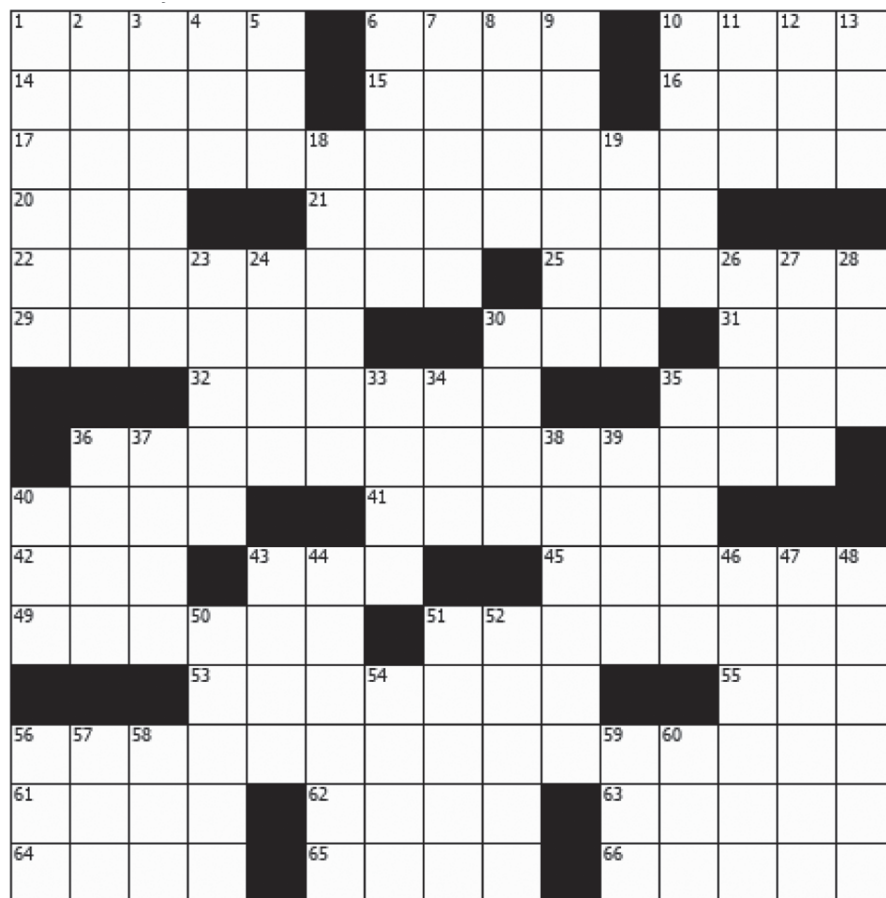
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

1. Half a '60s group
6. Fairy tale coachmen, at midnight
10. Bistro
14. Mariner's direction
15. Site in el mar
16. Elevator man
17. Ambiguous ad at the diet center
20. FBI guy
21. Place for bric-a-brac
22. New growth
25. Outdoor sitting areas
29. Like some partners
30. Reptilian warning
31. 401(k) cousin
32. Show
35. "I Dream of Jeannie" star
36. Ambiguous ad at the tire store
40. Try to entrap
41. "Please go on!"
42. Presidential nickname
43. Lambda followers
45. Grizzly bear habitat
49. Cooling system item, for short
51. Dairy breed
53. Large cherry named for its shape
55. MSNBC rival
56. Ambiguous ad at the pet store
61. Finn transport
62. Wannabe atty.'s challenge
63. Pot contents, perhaps
64. Tolkien baddies
65. One teaspoon, perhaps
66. 42-Across in-laws



Down

1. Ancient Uxmal residents
2. Zenith
3. Processed sheepskin
4. Long pass path
5. Commuter's waiting spot: Abbr.
6. Hands, or hand protection
7. Sunni's religion
8. Choke up
9. Support group?
10. Storyteller Myron
11. Had a little something
12. Cone bearer
13. Legal suffix
18. Alongside
19. Remembered periods
23. First airing
24. Early movie mogul
26. Auxiliary
27. Burns up
28. _ Clemente
30. Pennant race mo.
33. Brewski
34. WWII arena
35. Splendor
36. Cake with a kick
37. Violated the Ninth Commandment
38. Video-clip show hosted by Ahmad Rashad
39. Woes
40. Dart game locale
43. Large, in commercial lingo

SUDOKU

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

Solution to puzzle on page B9

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The annual Operation Homefront Holiday Meals distribution event will be held Monday, November 9th from 5:00pm-7:00pm at Cash Wise Foods, 3208 16th St. SW, Suite 400 Minot. Families can review eligibility requirements and register for the event at MyOperationHomefront.org. Due

to COVID-19 concerns, in lieu of food items this year's event will be a gift card distribution.

Please be sure to wear a mask for gift card pick-up. Minot AFB POC is Racquel Labadie, School Liaison 701-240-2380. Call Ms. Labadie or visit the Operation Homefront website for more information.



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Department of the Air Force family suicide prevention training now available

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Department of the Air Force family suicide prevention training is now available as a way to educate spouses, partners, adult family members, and loved ones on the signs and symptoms of suicide.

The new online training video, Equipping Family Members to Help Airmen in Distress, aims to build and strengthen relationships and connectedness among family members and loved ones.

"The Department of the Air Force knows the importance of resilience and taking care of families, who are often the first to sense distress in their Airmen. They are also the key to finding potential solutions to prevent suicide and other issues associated with interpersonal and self-directed violence," said Brig. Gen. Claude Tudor, Air Force Integrated Resilience director. "By developing this inaugural family-based suicide prevention training, we are also enhancing the overall human performance of the family unit. This ultimately keeps our Airmen and Space Professionals mission-ready for whatever our nation requires us to do."

Viewers will learn about options for intervening and how to access available resources. The training stresses the importance of being proactive and developing protective factors like good physical health and nutrition, nurturing spirituality, and creating strong bonds among family members and peers.

"Suicide is the leading cause of death among Airmen and Space Professionals, and one loss to suicide is one too many," said Dr. (Maj.) Jordan Simonson, Air Force Suicide Prevention program manager. "Equipping family members to recognize the signs of distress in their service member, and educating them on the resources available is integral to prevention efforts."

Frequent moves, family separations, and deployments are part of the unique challenges of military life, in addition to the typical stressors most Americans face such as job satisfaction, relationship issues, and financial stressors.

"For our warriors, it's all that and more. So, coming up with a way to engage family members while strengthening their relationships in times of distress is critical to preventing suicide ideation," Simonson said.

The video can be shown in either small group discussions, or to a single viewer using a resource guide and questions for thought. The video also satisfies the requirement for annual suicide prevention training for Key Spouses.

"The training will not only help family members identify signs of distress, they will learn about the tools and resources available to help them take care of their Airman and Space Professional," Simonson said. "While service members have annual training for suicide prevention, it's just as important that those closest to us are also able to recognize the symptoms of suicide ideation and know where to turn for support."

This new training video complements the Department of the Air Force's Resilience Tactical Pause, an ongoing exercise to promote connection and engagement among all Airmen and Space Professionals, and break down barriers to seeking mental health.

The training can be found on www.resilience.af.mil by following these steps:

- Under the tab "Programs," click on the picture under Equipping Families to Help Airmen in Distress to go to the training link.

- You may also go directly to the URL: <https://www.resilience.af.mil/Programs/Equipping-Families/>.

Northern Celebrations

Embracing our
North Dakota
Lifestyle

WPAs and the Duck Factory

Patricia Stockdill

North Dakota may be a leading agricultural and energy producing state but it takes the lead in another category treasured by many who love the outdoors – waterfowl production and habitat.

The state is in the heart of the Prairie Pothole Region, AKA the "Duck Factory" of the United States.

The Prairie Pothole Region of the Northern Great Plains reaches up into southern Canada, stretching downward into northwest North Dakota across the central and southern portion of the state, and embraces smaller portions of southern Minnesota, northeast South Dakota, northeast Montana, and central Iowa.

It's the Duck Factory because of its seemingly endless grassy, treeless plains – historically an equally endless, vast expanse of grasslands peppered with wetlands of all shapes and sizes (potholes), and rolling and not-so-rolling hills. It's those grasslands and wetlands that ducks, geese, and other wetland and grassland wildlife species call home.

It's vital to their survival.

Most of the Duck Factory is smack dab in North Dakota. The topography of the Prairie Pothole Region was created when glaciers once covering this wide swath of the land melted thousands of years ago as the planet's temperatures rose following an Ice Age.

Like many natural habitats, land use changes decreased the amount of the region's natural habitat.

In recognizing the ecological importance of wetlands, grasslands, and the relationship to waterfowl and other species, Congress passed the Migratory Bird Conservation Act (the Duck Stamp Act) in 1934. The legislation was driven by the historic Dust Bowl drought of the 1930s, drying up wetlands and cropland alike, destroying communities, farmers, and wildlife alike.

The Duck Stamp Act would change the dire fate of wetland dependent wildlife: The legislation required hunters to purchase Duck Stamps with revenue dedicated to the U.S. Fish and Wildlife Service to buy or lease wetland habitat.

Fast-forward to 1958: Congress amended the Duck Stamp Act to establish the Small Wetlands Program. Recognizing the importance of the Prairie Pothole Region, the new legislation focused solely on that region, allowing the Fish and Wildlife Service to buy land (from willing landowners only) to create

Waterfowl Production Areas (WPAs) within the Duck Factory.

Not only does the land benefit wildlife dependent on wetlands and grasslands habitat, it benefits hunters because, by law, WPAs are open to walk-in hunting – and that includes waterfowl hunting.

WPAs are part of the Fish and Wildlife Service National Wildlife Refuge System and managed by Wetland Management Districts (WMD) within each of the major refuge complexes. In North Dakota, that includes nine WMDs with more than 1 million acres of land in the Waterfowl Production Areas.

Just in northern and central North Dakota alone, there are almost a million acres of WPAs in Benson, Bottineau, Burke, Cavalier, Divide, Grand Forks,

McHenry, McLean, Mountrail, Nelson, Pembina, Pierce, Ramsey, Renville, Rolette, Sheridan, Stutsman, Towner, Walsh, Ward, Wells, and Williams counties.

The N.D. Game and Fish Department's PLOTS (Private Land Open To Sportsmen) guide is an easy way to find WPAs – and there are more than 1,000 of them across the state. The PLOTS guide identifies various public land managers such as

the Game and Fish Department, U.S. Forest Service, or Fish and Wildlife Service, for example, by color code. Because the Fish and Wildlife Service also manages National Wildlife Refuges, there are two different colors identifying refuges and WPAs – medium green with forward-slash hash lines for refuges and solid dark green for WPAs.

PLOTS guides are available at many local hunting supply vendors or downloadable online from the Game and Fish Department website, (gf.nd.gov). Another great thing about the guide is it's free and includes a bunch of other good "stuff" to know when hunting or simply enjoying the North Dakota Outdoors.

Armed with a PLOTS guide and curiosity, finding some the WPAs scattered around the countryside is an amazing way to look beyond what may seem like a vast expanse of endless, open countryside. With cooler, snowier weather more migrating ducks, geese, and other wetland species will stop, roost, and rest on those WPAs on their southbound journey.



Typical of a U.S. Fish and Wildlife Service Waterfowl Production Area, the Blomeke WPA is dotted with wetlands and prairie, providing habitat for grassland and wetland species of all shapes and sizes.

Patricia Stockdill photo

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

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (18 Nov-26 Jan). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation and MS Management. Please email your registration request & any inquiries to minot@erau.edu To apply to the University, please go to: https://worldwide.erau.edu/admissions/apply/ and select Minot as the Campus location. Our current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

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

VIRTUAL EDUCATION COURSES - SYNCHRONOUS

Student and instructor are online anywhere at the same time/set schedule. 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, 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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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.

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

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>Saturday, October 24, 6PM Vespers Sunday, October 25, 10:00 AM, Liturgy</p> <p>Father Christopher Maciolek</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 OPTION 2 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 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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$10.00 a space / per week</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 Reverend Philip Beyersdorf</p>
<p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Mask Only Service 8:30 am Fellowship 9:00 am Sunday School 9:15 am Worship 10:30 am</p> <p>Wednesdays: 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: 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 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 <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.</p> <p>ABC Child Care Center 852-6352 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.</p> <p>ABC Child Care Center 852-6352 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) 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 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 KNIGHTS</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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$10.00 a space / per week</p>		

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