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1st Lt. Taylor Tonnies, 742d Missile Squadron operator, Minot Air Force Base, North Dakota, poses for a photo prior to the scheduled Minuteman III test launch, Oct. 23, 2020. Operational test launches of unarmed MMIII ICBMs assure Air Force Global Strike Command and our nation that the MMIII weapon system is reliable and capable and provide valuable data to ensure a continued lethal, safe and sure nuclear capability. See story on page 7.

U.S. AIR FORCE PHOTO | STAFF SGT. BRITTANY MURPHY



It is our pleasure and our privilege to serve and salute our local veterans. To the men and women in our community and around the country who have sacrificed to protect our freedom, we thank you greatly for your service. **Happy Veterans Day!**



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[USAA.COM/VETERANS DAY](https://usaa.com/veteransday)



CLICK2GO service comes to Minot Air Force Base Commissary

2ND LT. RYAN WALSH, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

On Tuesday Oct. 27, 2020, the Defense Commissary Agency's CLICK2GO program was officially launched at the Minot Air Force Base commissary. The CLICK2GO program is an online and curbside pickup grocery service that can be accessed from a computer or mobile device. It was originally scheduled to come to Minot in 2021, with Minot being one of the later bases to receive the service. However, CLICK2GO has arrived significantly ahead of schedule as a result of a survey distributed to Team Minot last winter. The survey allowed base leadership to show DECA how much the service was wanted and needed. This comes at a particularly advantageous time with the winter quickly approaching.

The CLICK2GO program creates greater convenience, and improves quality of life. During the winter months, families going grocery shopping will have the ease of ordering groceries ahead of time, ready to go when they arrive. Additionally, with the ongoing COVID-19 pandemic, the new service will help limit exposure time and allow people to pick up their groceries without having to go into the store.

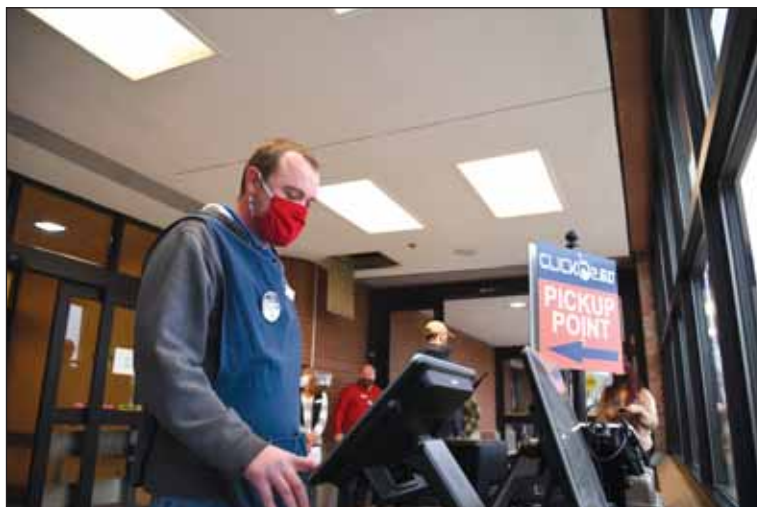
"This project will not only benefit the Airmen, but also the families," says Dana Bjertness, commissary manager at Minot Air Force Base. "When it's five below outside, your spouse is alone with your children and you're out on the missile field, this program will help everyone out."

To use the service, you would access CLICK2GO by logging into your my.commissaries.com account. There you can choose your items as well as pickup time. When arriving to pick up your order, you need your military

or dependent ID, confirmation email and some form of electronic payment. You can place orders anytime of the day and even multiple days in advance. The service will allow flexibility for your schedule and streamline the grocery shopping process.

"We are grateful for DECA's partnership and willingness to accelerate the timeline for Click2GO at Minot," said Chief Master Sgt. Eryn McElroy, command chief master sergeant for the 5th Bomb Wing. "Conveniences like this make a big difference in the lives of our Airmen and families, especially during the cold winter months."

The valuable feedback from the Team Minot community has helped bring this service sooner than expected. It will bring about another positive quality of life component to Minot. The CLICK2GO program will provide greater accommodation for families by creating a near effortless grocery shopping experience. It will allow for less time spent on trips to the commissary and alleviate the process of getting children bundled up and ready to go for a trip to the store during the cold winter months. Families can schedule their pickup times and submit their grocery list in a way that works most conveniently for them.



MINOT AFB PA PHOTOS

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Gear up for winter fun!

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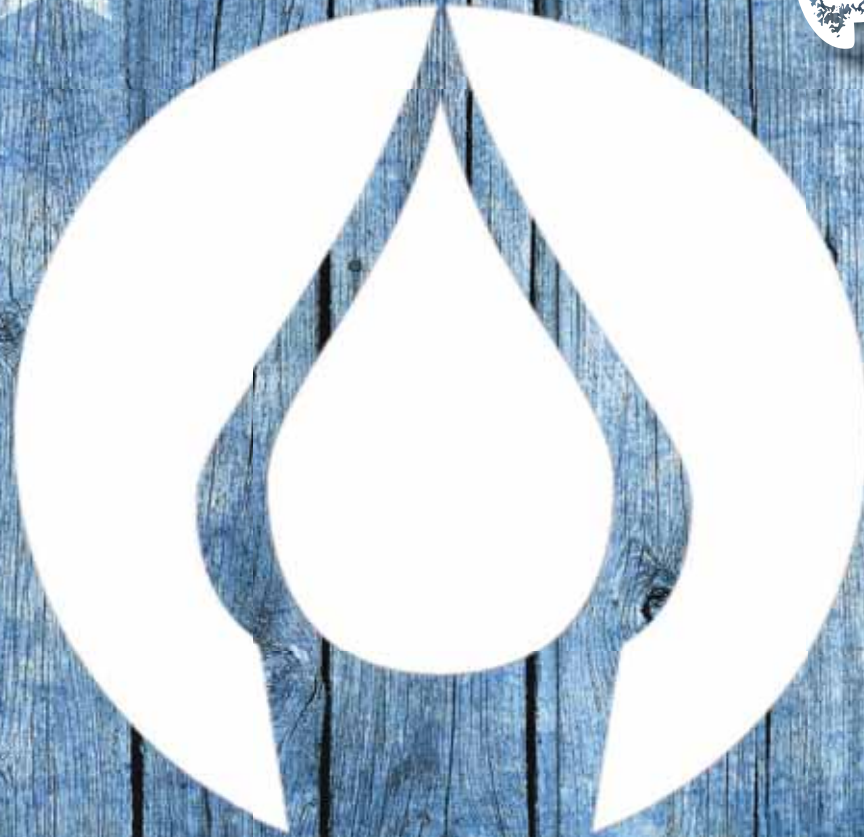
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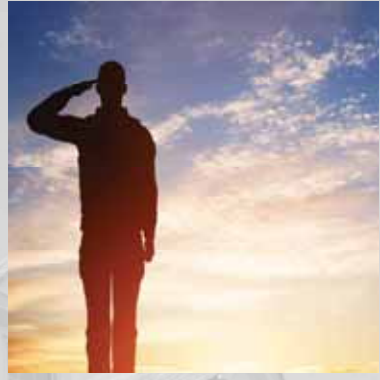


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Minuteman III test launch demonstrates safe, reliable deterrent

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

A team of Air Force Global Strike Command Airmen launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle at 12:27 a.m. Pacific Time Oct. 29 from Vandenberg Air Force Base, California.

The test demonstrates that the United States' nuclear deterrent is safe, secure, reliable and effective to deter twenty-first century threats and reassure our allies.

"Like previous test launches, this event demonstrated the Air Force's commitment to the Nation's nuclear enterprise while ensuring the United States' nuclear deterrent is safe, secure, and effective to deter our adversaries while reassuring our allies and partners," said Chief of Staff of the Air Force, General Charles Q. Brown, Jr. "We must continue to invest in this viable deterrent, and the Airmen who support this mission, as part of the most responsive leg of our nuclear triad."

The ICBM's reentry vehicle traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

"We have had a busy test launch schedule the last few months, and our team has worked very hard to successfully execute each mission," said Col. Omar Colbert, 576th Flight Test Squadron Commander. "Today's

launch sends a visible message of deterrence to the world, and I couldn't be more proud of the dedication and professionalism of our team."

The test launch demonstrates that even during the pandemic, AFGSC maintains this capability. The missile came from the 91st Missile Wing, with men and women supporting the launch from all three AFGSC missile wings as well as the 576th Flight Test Squadron.

"This test took a missile and an incredible team of maintainers and launch crews, all pulled from active missile wings, and that really demonstrates the continued readiness and reliability of both the Minuteman III and the professional men and women who support it," said Lt. Col. Brock Sargent, Task Force Commander. "Together we make up a weapon system that stands on continuous alert, defending the United States and our allies 24/7, just as we have for the last 50 years."

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation.

The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

The launch calendars are built three to five years in advance, and planning for each individual launch begins six months to a year prior to launch. Test launches are not a response or reaction to world events or regional tensions.

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 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/>.



U.S. AIR FORCE PHOTO | MICHAEL PETERSON



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Back Talk

Disc Herniations Stink!
 New research sheds light on a painful topic...

Disc herniations plague millions of people every year. The most common route taken by most seeking pain relief comes from strong medication, cortisone shots, and back surgery. Back pain can be so severe that many suffering from such stabbing and burning pain resort to anything that produces even the slightest bit of comfort. Sleep becomes a chore and evening rest tends to be the worst for those suffering from the pain of a disc herniation. No amount of positioning provides enough pain relief to sleep as the minutes dwindle by before the start of another pain-filled workday. Solutions outside of drugs and surgery exist that reduce pain and promote healing for those suffering from disc herniations.


Sometimes people call a herniation a slipped disc. That image proves inaccurate because the discs within the spine cannot slip. The discs in the spine look somewhat like two dinner plates stacked with a water balloon in between them. The plates represent the bones, and the water balloon represents the gel comprising an intervertebral disc. Injuries, degeneration, continuous wear and tear, or a combination of all these factors cause a part of the water balloon to tear. The tear forces the gel-like substance to protrude outside the balloon. This resembles the mechanism of what happens with a herniated disc.

The cartilage material on the outside of the disc tears, and a gel-like substance protrudes out into the spinal canal. Discomfort and pressure on the nerves produce burning and stabbing pain along the path of the nerve. Disc herniations can heal without surgery and many therapies have been proven to help people suffering from disc herniations. Disc decompression, nutrition, lifestyle modifications, and natural therapies represent some pathways to success.

Research from 2014 studied a group of adults living with back pain, leg pain, and disc herniations (confirmed by an MRI). The patients receiving low back adjustments from a chiropractor achieved extraordinary results. The percentage of patients in this study reporting substantial improvement after one month of care was close to 80%. Approximately 90% of patients with back pain, leg pain, and disc herniations reported significant benefits from spinal adjustments after six months.

Unaddressed spinal subluxations also represent a cause of disc herniations. Proactive chiropractic care serves as a method of prevention evident in the research study. Chiropractors do not specifically target herniated discs or other symptoms related to the spine. A chiropractic adjustment improves spinal mobility and alignment and reduces interference in the nervous system to allow the body to better heal itself. Chiropractic represents a front-line option for those suffering from back pain, sciatica, or disc related issues. Options exist for those faced with a decision regarding whether or not to pursue invasive care like spinal surgery or the risk of powerful and addicting pharmaceuticals. Pain relief exists with chiropractic care.

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



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Mother-daughter share MMIII test launch experience, decades apart

CAPT. IEVA BYTAUTAITE, 20TH AIR FORCE PUBLIC AFFAIRS

F. E. WARREN AIR FORCE BASE, Wyo. --

In the early morning of June 8, 1994, a then-1st Lt. Linda Tonnies, 740th Missile Squadron operator, Minot Air Force Base, North Dakota, turned the launch key and launched an unarmed Minuteman III ICBM for Glory Trip 155 at Vandenberg AFB, California. Little did she know that 26 years later, her daughter 1st Lt. Taylor Tonnies, 742d Missile Squadron operator, Minot AFB, would do the same.

Operational test launches of unarmed MMIII ICBMs assure Air Force Global Strike Command and our nation that the MMIII weapon system is reliable and capable and provide valuable data to ensure a continued lethal, safe and sure nuclear capability. The launches also offer an opportunity for operators and maintainers to participate in a once in a lifetime experience of launching an unarmed ICBM.

"It was an incredible experience," said Linda Tonnies. "The 91st Missile Wing did, and still does, an excellent

job of educating the operators about maintenance and security operations, but a Glory Trip is at a different level. Touring the launch facility, meeting and talking with the maintainers adds perspective. Learning about the command center, where the tracking takes place and the decisions were made, added a layer of complexity that I had yet to experience as a lieutenant with no prior Air Force experience."

Being a missileer was Linda's dream, one she was able to make come true when she commissioned through Officer Training School in 1991. When she found out her daughter Taylor was selected to be a missileer, she was thrilled.

"I encouraged her to pick missiles from the first day she started at the Air Force Academy," Linda said. "As an operator, it's a tough field, but very rewarding. I've always considered missile duty to be the Air Force's best kept secret. Now, I'm happy to pass the responsibility on to my daughter."

Taylor, who commissioned

through the Air Force Academy in 2018, was one of two missileers who performed the key turn for Glory Trip 236 earlier today. She wasn't sure about which career path to pursue while she was a student, but her mom's experience as a missileer helped make her decision a little easier.

"My mom definitely inspired me to be in the Air Force and always told me how great being a missileer was," Taylor said. "I think seeing it from her perspective helped me see the career field for what it is."

Now the mother-daughter duo share a unique experience - they have both launched an unarmed MMIII.

"It's a huge honor for anyone to get chosen for Glory Trip and I'm very glad to be here," Taylor said. "Having the opportunity to launch a missile is rare, and I couldn't be happier to have this opportunity. I got even more excited to find out that the missile came from Minot and I actually watched it while I was on alert!"



1st Lt. Taylor Tonnies, 742d Missile Squadron operator, Minot Air Force Base, North Dakota, poses for a photo prior to the scheduled Minuteman III test launch, Oct. 23, 2020. Operational test launches of unarmed MMIII ICBMs assure Air Force Global Strike Command and our nation that the MMIII weapon system is reliable and capable and provide valuable data to ensure a continued lethal, safe and sure nuclear capability.

U.S. AIR FORCE PHOTO | STAFF SGT. BRITTANY MURPHY



Lt. Linda Tonnies poses for a photo during GT155.

COURTESY PHOTO

1st Lt. Taylor Tonnies, 742d Missile Squadron operator, Minot Air Force Base, Minot, sits in a launch control center (LCC) prior to Glory Trip 236 unarmed Minuteman III test launch, Oct. 23, 2020. Operational test launches of unarmed MMIII ICBMs assure Air Force Global Strike Command and our nation that the MMIII weapon system is reliable and capable and provide valuable data to ensure a continued lethal, safe and sure nuclear capability.



U.S. AIR FORCE PHOTO | STAFF SGT. BRITTANY MURPHY



Glory Trip 155 Minuteman III test launch on June 8, 1994, as seen from the public viewing area.

COURTESY PHOTO



The Tonnies family poses for a photo (Linda Tonnies, center, Taylor Tonnies, second from left).

COURTESY PHOTO



1st Lt. Taylor Tonnies, 742d Missile Squadron operator, Minot Air Force Base, North Dakota, poses for a photo prior to Glory Trip 236, Oct. 23, 2020. Operational test launches of unarmed MMIII ICBMs assure Air Force Global Strike Command and our nation that the MMIII weapon system is reliable and capable and provide valuable data to ensure a continued lethal, safe and sure nuclear capability.

U.S. AIR FORCE PHOTO | STAFF SGT. BRITTANY MURPHY

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WHAT'S GOING ON MAFB

TODAY 06

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL Track), 0800-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Cycle, 1600, Fitness Center
- Zumba, 1700, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

WEDNESDAY 11

- For full listing of Veterans Day holiday weekend facility hours, visit 5thforcesupport.com
- Veterans Day Bowling Special, 0900-1500, Rough Rider Lanes
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Veterans Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

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: 1-30 November, A&FRC – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: 1-30 November, Family Child Care – Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

SATURDAY 07

- Cycle, 0900, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Barre, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

THURSDAY 12

- Cycle, 0545, Fitness Center
- TAP (Accessing Higher Education), 0800-1600, A&FRC – Online Zoom Meeting
- 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
- Zumba, 1830, Fitness Center
- Cycle, 1930, Fitness Center

NOV. SPECIALS

Bomber Bistro • Monday Lunch Special • Beef Bulgogi Bowl
Tender beef marinated in a sweet house bulgogi sauce served over white rice. Grab it for lunch on Mondays while supplies last! Only \$9.95 - Includes a drink!

The B-Fifty Brew • Toffee Nut Latte and Pumpkin Spice Latte
Enjoy the taste of fall with either a Toffee Nut Latte or Pumpkin Spice Latte! Available now in Tall through Venti sizes while supplies last!

Rockers Bar & Grill • Bourbon Bacon Jam Burger
A 1/3 pound burger layered with Rockers house special bourbon bacon jam, lettuce, and tomato. Served with fries and a drink for only \$9.75!

SUNDAY 08

- Zumba, 1400, Fitness Center

UPCOMING

FRIDAY 13

- Registration Closes for the Best 4 Game Tournament at Rough Rider Lanes
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (Accessing Higher Education), 0800-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Cycle, 1600, Fitness Center
- Zumba, 1700, Fitness Center
- Torch Club, 1730, Youth Center – Online Zoom Meeting
- Keystone Meeting, 1800-1900, Youth Center – Online Zoom Meeting
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lan

SATURDAY 14

- Cycle, 0900, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- International Games Day, 1300, Minot AFB Library Facebook Page
- Best 4 Game Tournament, 1400-1800, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes



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BROWN BEAR

CREATURE FEATURES

- No bears are true hibernators. Brown Bears use adaptive hypothermia, called torpor, during winter months. Torpor is a state in which their metabolism and heart rate slow down.
- Because it has immensely strong forearms, the Brown Bear can break apart animal bones with one simple swipe.
- Their non-retractable claws can be 6 inches long.
- Don't let the name itself fool you, Brown Bears can be brown, blonde, and even almost black in color.
- Unlike Black Bears, who are proficient climbers, Brown Bears can climb trees to eat or escape predators, but only when they are cubs!

Fact File	
Life Span	20 - 25 years
Weight	200 - 1,000 pounds
Height	6 - 9 feet
Tail Length	22 - 25 inches
Body Length	8 - 9 feet
Top Speed	30 mph
Wild Diet	Grass, Berries, Mushrooms, Fish, Wild berries/fruit, Maple Syrup, Buds, Nuts, Insects, Rodents, Small mammals

BOOK WORD FIND

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

AUTHOR
 BOOK
 CHARACTERS
 CHILD
 ILLUSTRATION
 LESSON
 PAGE
 PICTURES
 PLOT
 STORY
 TEXT
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Fishing:

Lake Sakakawea elevation, Nov. 2: 1,839 feet above mean sea level (MSL); 13,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.59 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.59 MSL.

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

- Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

- *Devils Lake, Woodland Resort, Devils Lake: Limited activity but the few anglers out are finding continued walleye success. Try the casino bridges with jigging Raps.

- Lake Darling, Karma C-Store, Ruthville: A few anglers on Lake Darling but limited reports.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports. Prairie Marsh Scenic Drive auto tour route now closed until spring.

- Lake Metigoshe, Four Seasons, Bottineau: No activity with portions of the lake getting thin areas of ice.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, look for occasional walleye on the east end of Lake Sakakawea using jigs and minnows or jigging Raps. Try jigging Raps around Deepwater Bay.

- Lake Sakakawea, Scenic 23, New Town: Fair walleye success with better activity in the river channel around



- Nov. 6: Deer gun season opens.
- Nov. 7: Bobcat season opens.
- Nov. 9: Crow and woodcock seasons close.
- Nov. 15: Sandhill crane season closes.

New Town. Try jigs and minnows in a variety of depths.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains quiet with better success at night. Water level remains low. No Lake Sakakawea reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Smaller area lakes reopened earlier in the week. Continued walleye success on the Missouri River west of Williston although the river muddied up earlier. Try Lund's Landing area on Lake Sakakawea for walleye.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet.

Hunting:

- Deer: Look for more movement once cooler

weather hits again.

- Upland: Generally fair success in traditional pheasant areas.

- Waterfowl: Lots of diving ducks remain on Devils Lake. Fair numbers and success around north-central parts of the state but birds are moving out, especially along the northern tier. Good goose numbers along the east end of Lake Sakakawea and Deepwater Bay and in central N.D. Waterfowl moved out of northwest N.D. with some ducks and geese still on Lake Sakakawea and Missouri River around Williston. Not many ducks in central parts of the state or around Lake Sakakawea, however.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

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

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SCHOOL LIAISON SPECIALIST
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Last week Governor Burgum announced that our county, Ward, would move into the Orange risk level effective on Oct 30th. Orange level means our area is considered high risk for COVID-19. Following that announcement, Minot Public Schools issued a letter to families describing current data regarding COVID-19 within the schools and the effects of Orange upon school protocol. The two key points from this letter was that there is not evidence showing mass spread of COVID-19 in the schools and that Minot Public will continue in-person school and regular transportation with some increased safety protocols such as moving to virtual meetings and presentations and a suspension of field trips. Additionally, last week our installation saw a change in the Health Protection Condition, HPCON, to Charlie. Although these changes occurred

within the same week, families should be aware that changes to the installation HPCON does not necessitate a change to the schools. The three schools on the installation, likewise with the downtown schools, are operated by Minot Public and therefore state changes will effect protocol within the schools. It should be noted that one of responsibilities of the School Liaison is to ensure base command is aware of changes or events in the schools and school leadership is aware of base related items that affect the schools or students. So although the schools and the base are separate, they are not mutually exclusive and work in partnership to ensure a safe and quality education for our students. Families with questions specific to their schools can contact their school principal or call the School Liaison at 701-240-2380.

2020-2021 MPS CALENDAR



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						

IMPORTANT UPCOMING DATES

November 10

Early Release Day

November 11

Veteran's Day - No School

November 26

Thanksgiving - No School

November 27

Vacation - No School

December 9

Early Release Day

December 21

Parent/Teacher Comp Day - No School

December 22 - January 3

Vacation - No School

December 2020							14 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			

- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

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MAFB Raises Awareness for Substance Abuse

ABIGAIL KINDER, NORTHERN SENTRY

On Oct. 30, 2020, Minot Air Force Base wrapped up another successful Red Ribbon Week. The week was directed by the base's Drug Demand Reduction Program and included many activities to raise awareness for drug abuse and promote healthy lifestyles within the community.

The Red Ribbon Campaign began in 1985 as a response to the death of DEA Agent Enrique Camarena, who bravely fought in the war on drugs. After Camarena's death, community members across the country began wearing red ribbons to symbolize their dedication to raising awareness of the devastating effects of drugs in America. The National Family Partnership sponsored the first National Red Ribbon Celebration in 1988, and the U.S. Department of Defense followed suit in 1990. Today, the campaign spans to schools and communities nationwide and reaches millions of young people each year.

Samantha Mendoza, the DDRP Manager, is working hard to grow the program to include more education and outreach in schools, as well as the local community. She hopes that by educating youth on the impact of drug use, the DDRP can help deter them from making decisions that will negatively affect their future and wellbeing. While many Red Ribbon Campaign activities are targeted towards youth, Mendoza hopes to expand the message to all ages, families, and ranks.

"We are here to provide education, outreach, and to be a liaison for all individuals who are struggling with drug use," Mendoza said. "Education is key in helping to prevent illicit drug use."

Red Ribbon Week began at North Plains Chapel, where chaplains distributed red ribbons and led prayers for those affected by drug use. Chaplain Sean Russell believes that religion plays an important role in combatting drug abuse by giving Airmen and their families a greater sense of purpose and strengthening their "spiritual pillars."

The chapels can help provide a variety of resources to Airmen or family members who may be struggling with drug use, including literature, training, support groups, and partnerships with outside organizations.

Each chaplain has his or her own area of expertise, allowing for a diverse and well-connected support system across the base. Russell said, "If we can get you to see a chaplain first, then we can get you to see other help, whether it's through us or another organization." Chaplains can be reached through email, phone calls, or in-person and work closely to ensure that community members have someone to talk to in times of hardship.

The Drug Demand Reduction Program also partnered with Boy Scout, Girl Scout, and Cub Scout troops of Minot to encourage the prevention of drug use amongst youth in the community. On Oct. 26, children gathered on base to release red balloons, hang ribbons, and learn about the effects of drug use from Officer Dustin Westerman of the Ward County Narcotics Task Force.

Westerman, who has been a part of the task force for over two years, believes that deterrence plays a vital role in protecting communities from the harmful effects of substance abuse. He educated the scouts on

recognizing harmful drugs, what to do in situations where drugs are present, and answered any questions that the children had.

He said, "When it comes to substance abuse, using drugs can close more doors and opportunities in your future. It's making decisions for you that you don't even realize you're making."

Girl Scout Taiyler Olson, 12, was one of the many scouts who took the pledge to stay drug free. She believes that it's important for young people to feel comfortable talking to trustworthy adults when they are presented with a situation involving drugs.

Along with the scouts, students of North Plains Elementary, Dakota Elementary and Memorial Middle School had the opportunity to learn about drug use from educational materials distributed throughout the week. Red Ribbon Week also included informational displays set up at the Base Exchange and 5th Medical Clinic where passersby could take home resources on drug abuse, healthy coping skills, and various other related topics.

This year's Red Ribbon Week was another powerful reminder for Airmen, children, and families to remember the negative consequences of drugs. "We are grateful for all the help and support we received from the different agencies to make this year's Red Ribbon Week a success," Mendoza said.

For more information on the Red Ribbon Campaign, see www.redribbon.org. To contact the Minot AFB DDRP for more drug awareness resources, call 701-723-5712 or email 5BWDDR@us.af.mil.



Boy Scouts, Girl Scouts, and Cub Scouts gather around the fire pit on base to release red balloons in honor of Red Ribbon Week. The scouts earned their Red Ribbon patches and had the chance to learn about drugs from a Ward County Narcotics Task Force officer.



Samantha Mendoza and Todd Hebert of the MAFB Drug Demand Reduction Program pose with one of many families who trick-or-treated at the BX on October 30. Their goal was to encourage youth to "say boo to drugs!"



Chaplain Burson, Chaplain White, and Chaplain Russell gather after handing out red ribbons to the congregation at the North Plains Chapel. Afterwards, prayers were held for those affected by drug use.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER



Honor Roll

Semester One (S1)

Highest Honors

8TH GRADE
Lillian Beebe
Avrie Black
Quincy Denis
Kaden Flavin
Jatin Gandala
Summer Holloway
Chloe Moran
Shawn Roberts

Elijah Roth
Juliana Stehle
Grant Vlaun
Addison Walters
Saralyn Weed
John Williams
Cole Wood
Ai Yasumura

7TH GRADE
Noelani Alpiche
Martinez
Levi Balas
Jordan Bell
Belle Black
Andrew Dahle
Olivia Derevage
Javan Gandala
Jaxon Hann

Anna Largaespada
Castillo
Maranna Malixi
Gabriel Mendez
Bernard Novak
Azdyn Orndorff
Akina Paller
Faith Sirotkin
Mitchell Zebert

6TH GRADE
Khristina Beahan
Taylor Doan
Dylan Ewalt
Nathan Friesz
Alina Gascon
Glen Geyer
Samuel Graham
Kylie Hanshaw
Emily Hooper

Nathaniel Howell
Wyatt Jensen
Tryston Keilman
Dani Martinez
Emma Nemish
Marcella Novak
Colette Raue
Evangelina Reed
Lorix Starner

Sadie Tilstra
Keira Venable
Megan Watts
Brandon Weber
Riley Weed
Jeremiah Whaley
Amelia Williams
Riley Wood

Honors

8TH GRADE
Ryan Barlow
Amiya Hardy
Sophia Manternach
Janiece Mitchner
Mia Pipkin
Jacob Wilson

Mathew Bedell
Johnna Boston
Dylan Graham
Layton Kelly
Bella Knighting
Madilynn Knupp
Hayden Lippolis
Oasys Miller
Gabriel Montgomery

Alexiah Morscher
Joshua Myers Jr
Ethan Ouroun
Gabriele Reed
Jaxon Ruppert
Evangelina Schariest
Jayden Sikes
Issak Walker

8TH GRADE
Jonah Aveline
Adrian Burdick
Giovanni Camacho
Zalien Cone
Aubrie Davis
Izabel Miller-Ipock
Allana Munoz Price
Audrina Nelson
Bethani Ramierez
Eva Rose
Ethan Santiago
Kole Tinkle

7TH GRADE
Matthew Brown
John Cash
Lilliana Fox
Ayla Frushon
Kayla Gutierrez
Rebecca Harding-Besson
Jonah Hawkins
Jaycee McElroy
Jasmyn Mitchner
Noelani Morris
Jace Remo
Naima Shoemaker
Lily Wilson

6TH GRADE
Zafirah Aguilera
Briana Alvin
Peyton Cox
Arianna Forth
Caleb Jones-Dow
Arianna Largaespada
Ryann Moran
Talan Patterson
Davinity Perez-Williams
Wyatt Statham



91ST SECURITY FORCES GROUP TRUNK-OR-TREAT

91st SFG held a Truck-or-Treat event Oct. 31 at the Defender Dome. Even with the tongs, gloves and 6 foot spacing, it was still a ghoulish time.

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Air Force photo contest winners highlight family theme

ARMANDO PEREZ, AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

The Air Force recently announced its 2020 photo contest winners.

The winners – first, second and third place in five categories – were among more than 600 entries submitted for the annual contest.

Entries for this year's competition with a theme of "We Are Family" were submitted during July. Participants entered up to two images for one of the categories. A panel judged the entries based on impact, creativity and technical excellence.

"The entries this year were just as amazing as last year's entries," said Darlene Johnson, Air Force Services Center Community and Leisure Programs director. "The photos really brought the meaning of this year's theme to life."

Although the timeline to judge the entries was constrained due to installation force support squadron activities being closed, the theme brought much emotion to the judging as shared by Jacqueline White, Arts and Crafts director at McConnell Air Force Base, Kansas.

"The theme was very appropriate for this year with regards to all we are dealing with COVID-19," White said. "The entries were varied, original and creative. Some of the entries brought tears to my eyes and tugged on my heartstrings."

This is White's first year judging the contest and not only was she surprised by the number of entries she judged, but how close each of the photos represented the theme.

"Families were depicted in many different ways in the pictures and this is proof the military family is a broad and close-knit community," she said.

Category winners are:

Youth 6-8 years -- First Place, Lelia Santiago, USAF Academy, Colorado; Second Place, Aiden Akridge, Robins AFB, Georgia; and Third Place, Autumn Hardt, Luke AFB, Arizona

Youth 9-12 years -- First Place, Kinsley Miller, Joint Base McGuire-Dix-Lakehurst, New Jersey; Second Place, Kai Chapa, Scott AFB, Illinois; and Third Place, Leonardo Arroyo, Eglin AFB, Florida

Youth 13-17 years -- First Place, Katelyn Wood, Minot AFB, North Dakota; Second Place, Lyla Keizer,

Joint Base San Antonio-Fort Sam Houston, Texas; and Third Place, Cooper Henry, RAF Alconbury, England

Adult Novice -- First Place, Amanda Hunter, Hill AFB, Utah; Second Place, Travis Klare, Nellis AFB, Nevada; and Third Place, Romina Divincenzo, Defense Logistics Agency, New Cumberland, Pennsylvania

Adult Accomplished -- First Place, Bryan Holm, Davis-Monthan AFB, Arizona; Second Place, Justin Bellamy, Luke AFB, Arizona, and Third Place, Crystal Johnson, Joint Base Charleston, South Carolina

"We actually had an individual who won in last year's contest win in this year's contest," Johnson said. "Kinsley Miller from Joint Base McGuire-Dix-Lakehurst won in the Youth 6-8-year-old category last year, and this year she won in the Youth 9-12-year-old category."

Another first time judge, Taylor Stone, Arts and Crafts director at Kadena Air Base, Japan, has a bachelor's degree in fine arts with a focus in painting from the University of North Carolina at Asheville, NC.

She was impressed by the visual capture from the adult accomplished entries, but it was the youth categories that stood out in their interpretation of family.

"It's great to see young minds being creative and expressing themselves through art and photography," Stone said. "Family doesn't have to be blood related and can be anyone that makes you feel at home, as these entries really showcase."

For those looking forward to next year's contest, Stone said all entries are welcome and those with little to no experience could become next year's winners.

"Don't be nervous to submit an entry; greatness can come from everywhere and really take time to consider the theme as that was a large criteria for judging," she said.

Look for information about the 2021 Air Force Photo Contest in the spring. In addition to the photo contest, AFSVC conducts an annual Air Force Art Contest. Call for entries for that contest will run from Jan. 15-Feb. 15.



Congratulations to Katelyn Wood, daughter of TSgt David Wood, 891 SFS flight sergeant. Ms. Wood won 1st place in the 2020 Air Force photo contest under the youth category 13-17 age range with her photograph titled "Family Reflection". The theme of the contest was "We Are Family" with Ms. Wood's photo illustrating picture frames with personal family memories and with the sun "glowing" behind the frames. "I remember we were driving around town and I got an e-mail stating that I had won first place," said Wood. Her mother stated that with restrictions due to Covid-19 and a lot of free time, she urged Katelyn to participate in this contest. "It felt good to win, I was quite surprised actually," said Wood. She stated that she does photography as a hobby and is looking forward to participating in more contests.

MINOT AFB PA PHOTO

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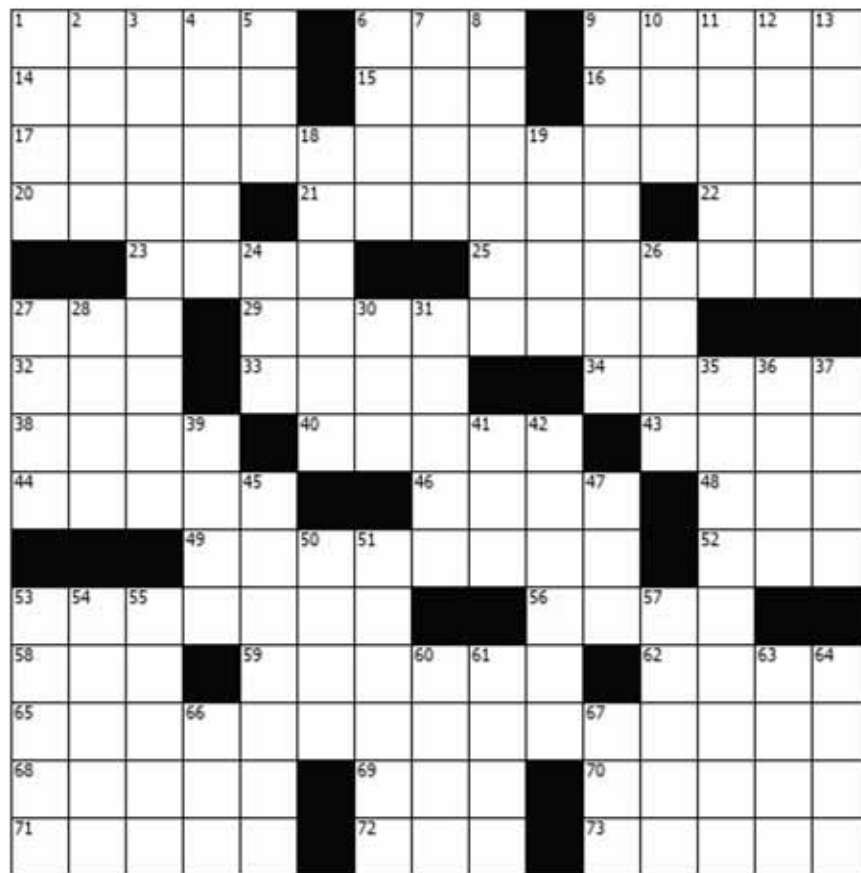
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Walking sticks
- 6. Colorful Hugh, familiarly
- 9. Genies' homes
- 14. Long, loose garment
- 15. Inventor Whitney
- 16. Cantilevered window
- 17. Jet Blue offering
- 20. Really speak up
- 21. "___ Fidelis"
- 22. No-win situation
- 23. Safecracker, slangily
- 25. Stagehand's access
- 27. Dispensable candy
- 29. With 49-Across, stagnant economic sector
- 32. Promising words
- 33. Sport with horses
- 34. ShopRite competitor
- 38. 1492 ship
- 40. Hands-up times?
- 43. Matador's foe
- 44. Ninnies
- 46. Muscle twitches
- 48. Witch
- 49. See 29-Across
- 52. ___ Jima
- 53. Arroz con pollo flavoring
- 56. Part of Q.E.D.
- 58. MS. reviewers
- 59. Baltimore athlete
- 62. Indian tourist mecca
- 65. Bridge player's commitment, perhaps
- 68. Give or take
- 69. Surprised cry
- 70. French man
- 71. Home with a flap door
- 72. Benedictine title
- 73. Early afternoon hr.



Down

- 1. Manhattan sch.
- 2. Skin soother
- 3. Restricted air space
- 4. Bogart's "High Sierra" role
- 5. Take to the slopes
- 6. Believed
- 7. Besides
- 8. Disaster
- 9. Young in Hollywood
- 10. Bowwow relative
- 11. Mazda sports car
- 12. Hazard
- 13. Trim and graceful
- 18. Blue or black water of film
- 19. "...___ a puddytat!"
- 24. Econ. yardstick
- 26. "Come again?"
- 27. Big name in golf clubs
- 28. Emmy winner Falco
- 30. Day-___ (pigment brand)
- 31. Most-watched drama in TV history

- 35. Diamond coup
- 36. Oater challenge
- 37. Walt Kelly's possum
- 39. "Like, no way!"
- 41. Carper's pick?
- 42. Window insert
- 45. On the way
- 47. Jordan neighbor (abbr.)
- 50. Rice pad?
- 51. One-legged support
- 53. French assembly
- 55. Shutterbug's setting
- 57. Composer Copland
- 60. Dos cubed
- 61. Rise on the horizon
- 63. Dudley Do-Right's org.
- 64. "Lemme ___!"
- 66. Wish one hadn't
- 67. Even if, briefly

SUDOKU

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

Solution to puzzle on page B14

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SUNDAY, NOV 8 1700

THE WAR WITH GRANDPA (PG)

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

SATURDAY, NOV 7 1400
SUNDAY, NOV 8 1400

POKÉMON DETECTIVE PIKACHU (PG)

In a world where people collect Pokémon to do battle, a boy comes across an intelligent talking Pikachu who seeks to be a detective.

REEL TIME THEATER MOVIE SCHEDULE

THE WAR WITH GRANDPA

POKÉMON DETECTIVE PIKACHU



Team Minot Airmen never fail to impress! Congratulations Capt. Jennifer R. Bishop (Accepting in her behalf Lt. Col Jonathan Walker) and Capt. Thomas Burgess on your accomplishments and awards.

MINOT AIR FORCE BASE PHOTOS

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Facebook event / Grab & LEGO

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We encourage you to participate in Caring Rose Week and begin the holiday season knowing you have made a difference in someone's life. Call us today at (701) 838-9302 to pre-order!!

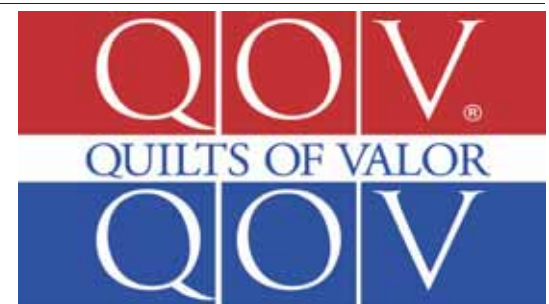


For more information:
Facebook Event / Flower Box / 22nd Annual Caring Rose Week

11 NOV PEACE AND HONOR QUILTS OF VALOR
10:00 AM - 6:00 PM
Creative Dimensions
405 16th Street NW, Minot

Anyone who would like to learn about Quilts of Valor and have a part in making a quilt for a veteran may participate in this free community event. All supplies will be provided, and sewing machines will be available. No experience is necessary; experienced quilters will be on hand to guide you. Spend 10 minutes, 2 hours, or all day!

For more information, email peaceandhonorqov@gmail.com or contact Lynn Heald at 701-340-4870



For more information:
Email / peaceandhonorqov@gmail.com

13 NOV MINOT HEALTHY LIVING FESTIVAL
3:00 PM - 9:00 PM
Sleep Inn & Suites Conference Center and Water Park
2400 10th Street SW, Minot

We are excited for year four of the Healthy Living Festival! The focus for the event is on all aspects of health and wellness. This is going to be a ONE-STOP experience for anyone interested in or passionate in pursuing their goals for a healthier, better life! The Healthy Living Festival is a unique opportunity for everyone to learn, connect & grow together. There will be engaging speakers, wellness-related vendors, & opportunities to build new relationships. \$5/Adults 17-Under FREE
Entry fee allows you access to all-day access to workouts and speakers. (This event was rescheduled from May 31, 2020 to November 13, 2020)



For more information:
Facebook Event / Minot Healthy Living Festival 2020

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INGREDIENTS
2 TABLESPOON EXTRA-VIRGIN OLIVE OIL
1 YELLOW ONION, CHOPPED
1 TABLESPOON TOMATO PASTE
3 CLOVE GARLIC, MINCED
1 POUND GROUND BEEF
TO TASTE SALT AND PEPPER
1 CUP TOMATO SAUCE
1/3 CUP KETCHUP
1 TABLESPOON WORCESTERSHIRE SAUCE
1 TABLESPOON APPLE CIDER VINEGAR
1 TABLESPOON BROWN SUGAR
4 BELL PEPPERS, HALVED (LENGTHWISE)
1 CUP MONTEREY JACK CHEESE
AS NEEDED GREEN ONION, DICED

When ready to cook, set the Traeger to 350 °F and preheat, lid closed for 15 minutes. Heat oil in a large skillet over medium heat. Cook onion until translucent. Stir in tomato paste and garlic and cook until fragrant.

Add ground beef, season with salt and pepper and brown. Reduce heat to low and stir in tomato sauce, ketchup, Worcestershire sauce, apple cider vinegar and brown sugar. Let simmer until slightly thickened.

Divide the mixture evenly into 8 pepper halves and top with cheese. Arrange peppers directly on grill grate and roast until peppers are tender, about 45 minutes.

Garnish with green onions and serve immediately. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

On Base

Veteran's Day Bowling Special
At Rough Rider Lanes

November 11th 9:00 am - 3:00 pm

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727-4715

INTERNATIONAL GAMES DAY
Minot AFB Library Facebook Page
14 November 2020 • 1:00 PM • Open to All Ages

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[f](#) [i](#)



91ST SECURITY FORCES GROUP PHOTO

DEFENDERS LEADERSHIP LAB GRADUATION

Above was the first 3-day Defenders Leadership Lab graduation since March! Truly unique class with a mix of rank and experience across the group with defenders, Commanders support staff guru (SrA Faison) and missile field feeding boss, SSgt Johnson from the 5 FSS! Led by a crew of SNCOs from the SFG, the course is based around human capital, NCO expectations, and experiences and just how to “BADH”, Be A Decent Human...Big thanks to MSgt Jerilyn Watson for leading us thru the COVID mitigation, and showing a way forward... Congrats!

SrA Kacie McCann
 SrA Alec Sauer
 SSgt Aaron Stewart
 SSgt Kristi Garcia
 SSgt Jakson Newberry
 SrA Thor Hopkins

SrA YanCarlos Flores
 SSgt James Fitzpatrick
 Ssgt Robert Green
 Ssgt Treyonna Johnson (5 FSS)
 SrA Brandon Faison
 TSgt Anthony London

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 Chief Sully

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SENATOR KEVIN CRAMER VISITS TEAM MINOT
 Senator Kevin Cramer visits Team Minot Oct. 29.

U.S. AIR FORCE PHOTO I MINOT AFB PA



A LOOK BACK THIS WEEK IN USAF HISTORY

A BRIEF HISTORY OF VETERAN'S DAY
 NOVEMBER 11



President Eisenhower signing HR7786, which redesignated Armistice Day as Veteran's Day (va.gov)

On November 11, 1919, President Woodrow Wilson declared the first "Armistice Day" to honor the heroism and sacrifice of America's service members during WWI. Seven months before the Treaty of Versailles was signed to officially end the war, an armistice between the Allied nations and Germany was implemented. This cessation of hostilities began at 11:00 a.m. on November 11. In his proclamation, President Wilson said, "To us in America, the reflections of Armistice Day

will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." Originally, the holiday was meant to commemorate WWI veterans and promote the cause of world peace, but in 1954 it was redesignated as "Veteran's Day" to honor *all* of the brave Americans who have served this country.

Information courtesy of: va.gov

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Prairie Vigilance



AIRMAN 1ST CLASS JOHN SCHMIDT
AIR TRAFFIC CONTROL APPRENTICE

Airman 1st Class John Schmidt is an air traffic control apprentice with the 5th Operational Support Squadron. He works with his supervisors to learn how to effectively direct B-52s in their daily operations. Schmidt gathers information from instruments in the air traffic control tower and provides it to appropriate agencies such as base operations, the maintenance operations command center and even the 5th Medical Group. Additionally, he documents information from all aircraft that are within Team Minot airspace including the B-52s. He is capable of notating speed, altitude and other specific information specific to an aircraft. When Schmidt isn't busy with hands on training, he spends his time reading through an extensive rulebook and studying the numerous procedures that air traffic control Airmen will need to know to become a 5-level professional. He says that at first he struggled but one day he decided he was going to turn that around. "Today I'm going to do it right," said Schmidt. "I know I can do it, I just had to show it." Schmidt remarked on how his job is important to the pilots and Team Minot because he serves as a second set of eyes to assist B-52 pilots in their daily operations. "We are essential," said Schmidt. "You can't see everything through a window on a BUFF."



AIRMAN 1ST CLASS STEPHEN MCARTHUR
5TH SECURITY FORCES SQUADRON
RESPONSE FORCE SENTRY

Airman 1st Class Stephen McArthur, 5th Security Forces Squadron response force sentry, stands guard in front of the B-52H Stratofortress at Minot Air Force Base, North Dakota, Oct. 19, 2020. Prairie Vigilance is an annual exercise performed in conjunction with Barksdale AFB that demonstrates Air Force Global Strike Command's ability to generate strategic bombers at a moment's notice and provides readiness training annually for Airmen.

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



SENIOR AIRMAN NICOLAS MCKANE
5TH AIRCRAFT MAINTENANCE SQUADRON
LOAD CREW MEMBER

Senior Airman Nicolas McKane, 5th Aircraft Maintenance Squadron weapons load crew member, stands in front of the B-52H Stratofortress at Minot Air Force Base, North Dakota, Oct. 19, 2020. Prairie Vigilance is an annual exercise performed in conjunction with Barksdale AFB that demonstrates Air Force Global Strike Command's ability to generate strategic bombers at a moment's notice and provides readiness training annually for Airmen.

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



AIRMAN 1ST CLASS FRANKIE SANCHEZ
5TH AIRCRAFT MAINTENANCE SQUADRON
LOAD CREW MEMBER

Airman 1st Class Frankie Sanchez, 5th Aircraft Maintenance Squadron weapons load crew member unloads munitions at Minot Air Force Base, North Dakota, Oct. 19, 2020. Prairie Vigilance is an annual exercise performed in conjunction with Barksdale AFB that demonstrates Air Force Global Strike Command's ability to generate strategic bombers at a moment's notice and provides readiness training annually for Airmen.

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

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PEACE AND HONOR QUILTS OF VALOR

in conjunction with
Creative Dimensions by Chelce Detert

WEDNESDAY, NOVEMBER 11, 2020
10AM - 6PM
CREATIVE DIMENSIONS
405 16TH STREET NW, MINOT

Anyone who would like to learn about Quilts of Valor® and have a part in making a quilt for a veteran may participate in this free community event.

All supplies will be provided, and sewing machines will be available. No experience is necessary; experienced quilters will be on hand to guide you. Spend 10 minutes, 2 hours, or all day!

For more information email peaceandhonorqov@gmail.com or contact Lynn Heald at 701-340-4870



National Veteran and Military Families Month

SAMANTHA CAIN, MY MILITARY BENEFITS

November is National Veteran and Military Families Month

First established in 1996 by the Armed Services YMCA, Veterans and Military Families Month is celebrated each November. It is a time to honor those who not only know what service entails firsthand, but also make sacrifices alongside their service members in everyday life.

Veteran and Military Families Month has been a nationally recognized holiday by the U.S. Government every year since its inception, with a tradition of the President signing a declaration to highlight the occasion. 2019's Presidential Proclamation declared:

During National Veterans and Military Families Month, we honor and express our deep appreciation for these brave men and women and their families... We recognize the integral role our more than 2.6 million military family members play in supporting our Armed Forces and contributing to their mission. While our military men and women are serving at home or overseas, it is our duty to provide their families with the resources they need to thrive in our communities... Each warrior who fights for our Nation, along with their families, has earned our eternal gratitude, and I ask that all Americans thank and support them.

The role of military families is to provide a supportive foundation to those men and women who are actively serving, deployed, or training. Separation between service members and their families can stretch for long periods and over long distances, with oftentimes sporadic communication and stressful conditions. In addition to that, military families are faced with frequent moves and a constant need to adapt to new environments.

There are a number of local and national services which provide assistance and showcase their appreciation during this month and throughout the year. Most of these organizations put on events for the military families to enjoy, such as:

Every year the Armed Services YMCA provides a downloadable 'Military Family Month' packet on their website that contains:

Military Family Month poster, a message from the President, a letter from the National Executive Director of the ASYMCA, Military Family Month program suggestions, and guidelines for the annual art and essay contests. *Due to coronavirus, it's possible this may look differently this year

Sesame Street for Military Families Free App, which addresses a number of topics like deployment, homecoming, and more

Operation Kid Comfort is "designed to address the emotional stress that children of military personnel suffer during a parent's absence from home," by providing free quilts and pillows for them. Go here to submit a quilt request

Through the Y's Military Outreach program, many Military Families are eligible for a free YMCA or Private Fitness membership

Sears Heroes at Home works with Rebuilding Together to assist low-income military families with critical home repairs and



accessibility modifications

Operation Homefront has a number of programs to support military families, but Mission2Honor is a campaign that specifically honors Military Families Month

If your goal is to show your support, you can do that in a number of ways:

Use #MilitaryFamilyMonth on social media in solidarity and to spread awareness to others

Donate (time or money) to the USO-Metro's Turkeys for Troops, providing holiday meal baskets and a fun, festive environment

Adopt-a-soldier (and their family) for the holidays, which can happen in any number of ways. Check out this website for great ideas of how you can do this

Contact your nearest military installation's Morale, Welfare, And Recreation (MWR) office to see events or activities planned for the month where you can volunteer your time or money.

The winter months are when most fundraising happens as they gear up to assist military families over the holiday season

Volunteer at a local chapter of a United Service Organization, Red Cross, AmVets, Disabled American Veterans, Armed Services YMCA, etc.

Donate your professional services to the military community. If you're a professional counselor, psychologist, social worker, therapist, child care professional, or community organizer, the organizations that serve military families may need your assistance

This is not a comprehensive list, but it should get you started. For military families, you can always contact your local Military Family Support Centers for more information on location-specific events for Military Families Month. And don't forget, November 11th is Veteran's Day!

This article originally appeared in My Military Benefits

Steve Boyer
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5 CES Airmen participated in the Wing IG ATSO Prime BEEF Exercise



U.S. AIR FORCE GRAPHIC 1 AIRMAN FIRST CLASS JAN K. VALLE

MINOT AIR FORCE BASE N.D. -- The primary contingency responsibilities for Engineering Assistants (EA) in a wartime environment is all about airfield recovery and resuming aircraft operations after an attack. When an attack happens, the EAs must plot all of the damage that is located on the airfield using software and/or a hard copy map. Once they have all of the damage plotted they must develop 3 MOS (Minimum

Operating Strip) candidates to present to the Wing Commander to decide on a course of action. When developing a MOS there are a multitude of factors that are taken into consideration such as repair times, back taxi operations, and sortie generation capability. With a MOS selected by the Wing Commander, the Civil Engineering Airfield Damage Repair Team can then recover the airfield and get aircraft back into the fight.



Northern Celebrations

Embracing our North Dakota Lifestyle

An intriguing season

Patricia Stockdill

It's official, North Dakota's deer gun season is underway. Admittedly, it might be an intriguing year, especially for first-time North Dakota deer hunters.

Depending on which unit a hunter is in, they may have exercised their option to turn their whitetail tag back to the N.D. Game and Fish Department. Given the impact of epizootic hemorrhagic disease (EHD) in some areas of western North Dakota, the department opted to provide that option as more information became available on increased mortality.

EHD typically runs its course when the disease-carrying midge dies off with a hard freeze and isn't transmittable to humans. But as the extent of EHD spread this summer, refunds became a viable option for some hunters.

And then there is chronic wasting disease (CWD). Originally confirmed in units west of the Missouri River and south of Interstate-94, now CWD has been identified in some areas in northwest N.D.

That's where the Game and Fish Department will focus its CWD testing: Units 3A1, 3A2, 3A3 (north of U.S. Highway 2), 3B1, 3C (west of the Missouri River), 3E1, 3E2, 3F1, 3F2, 4A, 4B, and 4C. Basically, it's the western one-third of the state.

While those are the targeted areas and all successful hunters are highly encouraged to submit the head of their adult or yearling animal for testing, the Game and Fish Department wants to test as many deer from elsewhere across the state.

Just because a unit doesn't have confirmed CWD cases doesn't mean the unit doesn't have CWD – it simply means it hasn't been identified. It's a statistical thing – the more animals tested, the more information can be gleaned about the extent of the disease, which is always fatal to an affected deer, moose, or elk.

Hunters in units 3A1, 3B1, 3F2, 4B, and 4C have to take their animals to a collection site within their unit unless that particular

unit adjoins another restricted unit, such as 3A1 adjoining 3B1.

North Dakota has several CWD-related transportation regulations which along with other disease related details, is available on their website link, (<https://gf.nd.gov/wildlife/diseases/cwd>).

It may even seem contrary but when it comes to CWD, one of the best things hunters can do is to simply go hunting – even if it's upland or waterfowl hunting. The reality is hunters are the ones out there across the countryside. They see what is going on with deer even if they're carrying a shotgun in pursuit of a glitzy rooster.

After all, deer and pheasants like the same thing – good habitat.

Hunters tend to notice if they see or don't see many deer. They may encounter a dead or sickly deer that doesn't appear to be injured. Those animals should be reported as soon as possible to the Game and Fish Department, either their Bismarck office (701) 328-6300, a local game warden, or district office. Contact information is available on the Game and Fish Department's website.

Given ongoing Covid-19 issues, going afield hunting might just be one of the best things a person can do. Get outside and enjoy nature, perhaps harvesting what is one of the healthiest meats available. Seriously, North Dakota venison from a typical deer comes from an animal that enjoys a diet abundant in grasses and grains.

The Rethink Rural (www.rethinkrural.com) website offered several reasons to eat wild game in general: It's lean, is a good source of conjugated linoleic acid (CLA) – a dietary fat researched for anti-cancer properties – and Omega-3 fatty acids, it's hormone-free, and is less apt to carry an airborne illness.


Just food for thought. So if you're a lucky North Dakota deer gun license holder this year, get out and experience the season. As intriguing as it may be.

This special feature is sponsored by:

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.

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 800 University Avenue West
 838-1520
Mass Schedule
 Saturday 4:30 pm
 Sunday 8:30 & 10:00 am
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www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

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 5 PM, No Vespers
Sunday, November 8
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838-0916
MinotBibleFellowship.org


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www.faithumcminot.com
Pastor Ken Mund
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 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

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 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
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 Pastor David Miller

Cornerstone Presbyterian Church
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 Sunday School (All Ages) 10:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
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www.ibcminot.org


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 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

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 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
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 Sunday Education 9:45 am
 Wednesday Supper..... 5:00 pm
 Wed. Worship & Education..... 5:45 pm

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 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.
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West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School..... 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal..... 5:30 p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center..... 852-6352
westminot.com
facebook.com/westminot

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
open hearts...open minds...open doors!
 Traditional Service..... 9:00 am
 Contemporary Service..... 10:30 am
 Kid's Church 10:30 am
Pastor Matt Scherbenske
www.vincentumc.com


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren
Thursdays:
 Worship..... 6:30 p.m.
Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

Chapel Services at MAFB
Protestant
(North Plains Chapel in Base Housing)
Contemporary Service
 Sunday Worship 1000
Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.



Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

To Advertise your Church on this page,
Call 839-0946
Only \$10.00 a space / per week

ORCS Preschool
 Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!
NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR
HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

 Please contact our school office or visit our website for more information.
701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org

we've got the church you've been looking for
Your life matters to God!



CLASSIFIEDS

www.northernentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

FLEA MARKET

MOVING NEED CASH?
Sell your used/unwanted items at MINOT FLEA MARKET, **DECEMBER 5 & 6** State Fairgrounds. Info 701-340-7930.

RUMMAGE SALE

A Little Bit Of Everything...
With A Lot Of Savings!
4R HOME THRIFT
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Furniture, Tools, Movies, Misc. & Interesting Items
Monday - Saturday - 8:30 AM to 6 PM
Sunday - 12 PM to 5 PM
15% Military Discount!
<https://www.facebook.com/4rhomethrift>

GARAGE SALE

3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE! Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

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90 DAY FREE POWERTRAIN WARRANTY on most cars. Check out our inventory at karz4u.com or call Cliff (Retired MSgt) at 701-240-9172.

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839-8896

TRANSPORTATION

I BUY CARS OR HAUL JUNKERS AWAY FOR FREE - Call Karz 4-U at 240-9172.

\$\$\$ QUICK CASH \$\$\$
Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

FOR SALE

HUSQVARNA RIDING MOWER - Model YTH22V46 Briggs & Stratton 22 HP with low hours 46 inch dual blade deck Recent Tune Up (210) 286-7993

FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS. Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712.

REAL ESTATE



3 bedroom, 2 1/2 bath home built in 2012. Newly remodeled with waterproof laminate and quartz countertops. Main floor rooms include kitchen, dining, living and 1/2 bath. 2nd floor has master suite, 2 other bedrooms, bath, laundry and family room. Call 701-340-7849 or email boyandcpa@gmail.com.

Find **ALL** listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

FSBO MOHALL ND

2010 Mfd home 28x64 has 2 decks, 3 bdrm, 2 bath, office, 2 car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Price Reduced! Call/text for details, pictures, & to see. 701-228-4089 or 701-228-4190.

FOR RENT OR SALE

20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE 2 and 3 bedroom mobile homes for sale or rent from \$695 per month - includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

RENTALS

2 BEDROOM APARTMENT, All Utilities Paid, No Lease, Washer/Dryer, Cable & WIFI, 2 Car Garage. Fully furnished if needed. \$800 Per Month. For more information call 701-833-9943.

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

PET SERVICES

TOP DOG SALON
Monday-Friday 9 AM to 3 PM
Saturday 10 AM to 2 PM
Evenings Available Upon Request
Appt. Only
Make appointments on Facebook @topdogsalonminot
Or call or text (701) 509-6384

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT
www.marykay.com/1clouse. 701-839-0475 or 701-721-0475.

HELP WANTED

IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

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

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

SUDOKU SOLUTION

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

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

PARK UNIVERSITY MINOT -

Your degree, Your way. Now enrolling for Fall classes starting August 17. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222| 844-884-8612|darlene.thomas@park.edu PARK. YOU

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

- ADULT HOURS**
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.

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

Let's Plan Your Party!

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
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**It's impossible to
improve the world's
greatest deterrent.**

Until it's not.

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