

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 49 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 4, 2020

WHATS INSIDE THIS WEEK:



WELCOME
CHAPLAIN
LT COL BUDDY
WALKER

B3



ALS 21-A
GROUP

B5

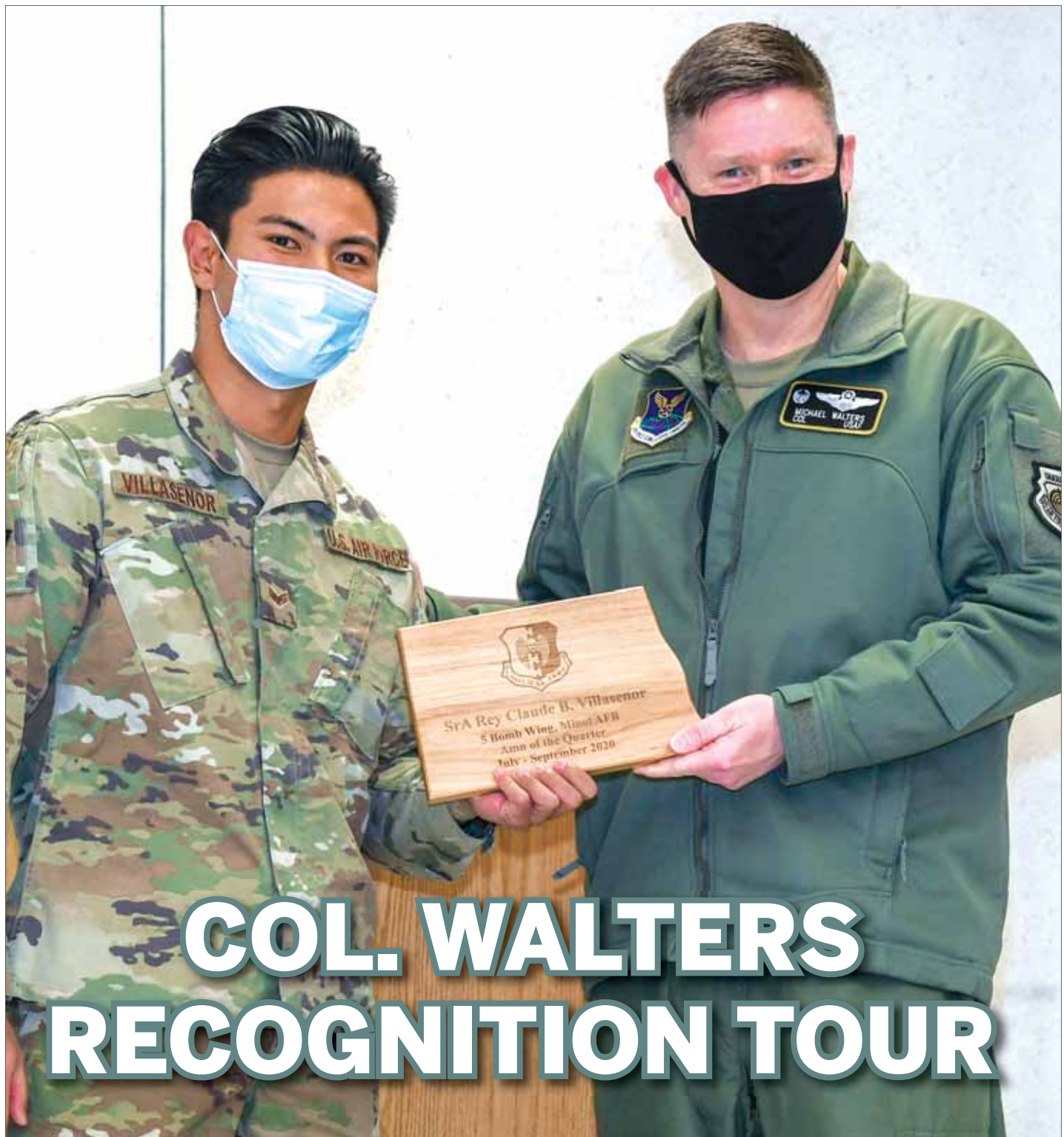
MINOT AFB FIRING RANGE NOTICE

The base firing range is located at 106 Range Road.

It is illegal as well as dangerous to trespass in this area due to live weapons fire.

For approved access to this area during weekdays contact Technical Sergeant William Delphia or Technical Sergeant Adam Worcester at 701-723-7597.

For all other times coordinate with the base law enforcement desk at 701-723-3096/3097.



Col. Michael Walters, 5th Bomb Wing commander, recognizes Airmen on Nov. 25, 2020 at Minot Air Force Base, North Dakota. The Airmen recognized played integral parts in exercises and in the Bomber Task Force in RAF Fairford. Above SrA Rey Claude B. Villasenor receiving 5 BW Award for Ann of the Quarter July-September 2020 from Col. Walters. See page 6 and Minot AFB PA Flickr page for more coverage.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JOSH W. STRICKLAND



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DETAILS ON PAGE 6

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Find us on  Minot Air Force Base

ARNORTH to expand military COVID-19 operations to North Dakota

U.S. ARMY NORTH PUBLIC AFFAIRS U.S. ARMY NORTH

SAN ANTONIO, Texas, Nov. 20, 2020 —

At the request of the Federal Emergency Management Agency, the Department of Defense is deploying approximately 60 U.S. Air Force medical personnel to support hospitals across multiple locations in North Dakota. U.S. Army North (ARNORTH), the Joint Force Land Component Command of U.S. Northern Command, will oversee the military operation in support of Federal efforts and the state.

“Our actions demonstrate our steadfast commitment to help communities in need as part of the whole-of-America response to the COVID-19 pandemic in support of FEMA,” said Lt. Gen. Laura J. Richardson, ARNORTH and JFLCC commander. “North Dakotans can expect the same high quality care we’ve provided in other cities across the U.S. as we continue to coordinate alongside our local, state, and federal partners to respond to the pandemic and help save lives.”

The personnel, who are primarily nurses, including critical care nurses, will provide much needed assistance to several hospitals in four North Dakota cities. The hospitals are Essentia Health-Fargo and Sanford Medical Center in Fargo, CHI St. Alexius Health Medical Center and Sanford Medical Center in Bismarck, Altru Hospital in Grand Forks, and Trinity Hospital - St Joseph’s in Minot.

The military medical personnel will come from several locations, to include Wright-Patterson Air Force Base, Ohio; Joint Base Langley-Eustis, Virginia; Joint Base San Antonio-Lackland and JBSARandolph, Texas; Eglin Air Force Base, Florida; Keesler Air Force Base, Mississippi; and Joint Base Andrews, Maryland.

Under the command of ARNORTH, elements of Task Force 46, formed primarily by the Michigan Army National Guard’s 46th Military Police Command, will deploy to Bismarck, North Dakota, to assist in the arrival of

the Air Force Medical Specialty Teams. Designated as “Task Force Center,” this scalable organization will provide oversight of the military medical teams.

Additionally, elements of the U.S. Army Reserve’s 377th Theater Sustainment Command from New Orleans, and the 4th Expeditionary Sustainment Command from San Antonio, along with elements of the 1st Infantry Division’s Sustainment Brigade from Fort Riley, Kansas, will provide multi-component sustainment services to the military medical teams.

The Task Force and the sustainment commands also continue to support the military COVID-19 response effort in El Paso, which ARNORTH announced earlier this month, following an approved FEMA request for assistance.

For additional information, contact ARNORTH Public Affairs office at usarmy.jbsa.arnorth.mbx.paomedia-operations@mail.mil or 210-428-9835.



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Welcome Dr. Savitt Cardiothoracic Surgery



Michael Savitt, MD, MSE

A key member of our heart and lung team, Michael Savitt, MD, MSE, is a board-certified cardiothoracic with more than 20 years of surgical experience covering a broad range of innovative and minimally invasive techniques for coronary bypass, valve surgery, and cancer surgeries of the lung and esophagus.

Advanced Treatment Options

A Milwaukee native, Dr. Savitt earned his medical degree and Master of Science in Education from Duke University and completed his surgical residency at the University of California at San Francisco. He accomplished his cardiothoracic surgery fellowship at the University of Minnesota and later returned to Duke for a clinical lung transplant sabbatical. Dr. Savitt has maintained a dynamic practice at heart and lung centers in the Midwest, most recently at IU Ball Memorial Hospital/Indiana University School of Medicine. Dr. Savitt has been a frequent lecturer on cardiothoracic topics and has authored numerous manuscripts for various medical journals.

Cardiovascular/Thoracic Procedures:

- Coronary artery bypass
- Minimally invasive aortic valve surgery
- Transcatheter aortic valve replacement (TAVR)
- Mitral valve repair
- Surgical correction of atrial fibrillation
- Aortic aneurysm surgery
- Surgical treatment of lung and esophageal cancers

Health Center – West, Suite 202
101 3rd Avenue SW, Minot ND 58701

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trinityhealth.org

BABY ANNOUNCEMENTS



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November 29, 2020 to
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MAFB, ND



Born Monday,
November 29, 2020 to
Stephanie and Michael
BERG
MAFB, ND



Born Monday,
November 30, 2020 to
Chelsea and Hunter
KYNER
MAFB, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

First Term Officers Course

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

MINOT AIR FORCE BASE, N.D. --

As a newly commissioned officer arriving at a first duty station, there can be a swarm of things running through your head. Not only are you faced with the real world aspects of your job that you need to focus on, but you also have to think about being a strong leader and the nuances of communication. It can be overwhelming and can make you feel like your head is spinning trying to keep on top of everything at once.

Though I am not "newly" commissioned, my Air Force career is still in its infancy. I have been in for just over a year and a half but Minot is my first real duty station. Coming to a new base in a new place, faced with learning the ins and outs of my job, balancing my work and home life, making sure I am able to lead effectively and doing right by those I oversee can feel like a lot to handle. However, remembering that this isn't unique to me and that I am not the first person in this position opens up room for learning from others experiences

and absorbing their words of wisdom.

This is where the First Term Officer Course comes in. A person who is brand new to something, can't be expected to know it all. Even if you learn concepts and discuss subjects in a classroom setting, there's something to be said for learning and applying it all in the "real" world. FTOC allows new officers to learn from the wealth of knowledge and experience of commanders, senior enlisted, and subject matter experts from right here at Minot AFB. It gives them face time and allows for direct discussion about things that these people have seen, gone through or have had to handle throughout their career and lives.

Initially there's time for inner reflection and learning the "why" behind what you're doing. This theme of introspection runs throughout the duration of the course with discussions on conscious bias, emotional intelligence, communication and helpful ways to avoid burnout. We are all human after all and understanding that in yourself

and the people you lead, will help empower you to grow your leadership skills and grow compassionate leaders.

Some of the impactful moments of FTOC were having the chance to speak with flight, squadron and wing commanders. If you're new and just starting out at your new duty station and happen to walk by them you might have the inclination to stiffen up. Of course, customs and courtesies are always important but it's easy to forget they are human and have been in your shoes. Having the time to listen and talk to commanders in a more relaxed environment allowed new officers to hear their stories and ask questions.

Listening to our leaders discuss their takeaways over their time in the Air Force helps establish a foundation for young officers. Those stories help serve as mentoring sessions as a leader, and can help shape a young officer's perspective, but FTOC helps even further by discussing the things a new officer may be faced with daily Challenges such as conflict resolution or to sit down and listen to members of the

helping agencies to understand the resources available for those in need. It doesn't always need to be dealing with something serious, it could also just be recognizing when your people just need to dial it back. That's where conversations of knowing your people and harboring a culture to promote a strong and healthy environment for you and your people to grow and develop come in.

FTOC can be a powerful and very beneficial course for new officers to build their foundation and start their career at their first duty station on the right track. It encourages conversation and allows officers to engage with people from all career fields, backgrounds, ranks and experiences. When stepping out of the school house or other training environment and into the "real" world, first term officers may find there's a lot more on their plate than they realized. FTOC helps bridge those two worlds and empowers officers to be ready for not only being the best officers they can be, but also the best leaders they can be.

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Airman Jan Valle

COMMANDERS

5th Bomb Wing Commander:

Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Christopher E. Menuey

91st Missile Wing Vice Commander:

Col. Barry E. Little

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Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!

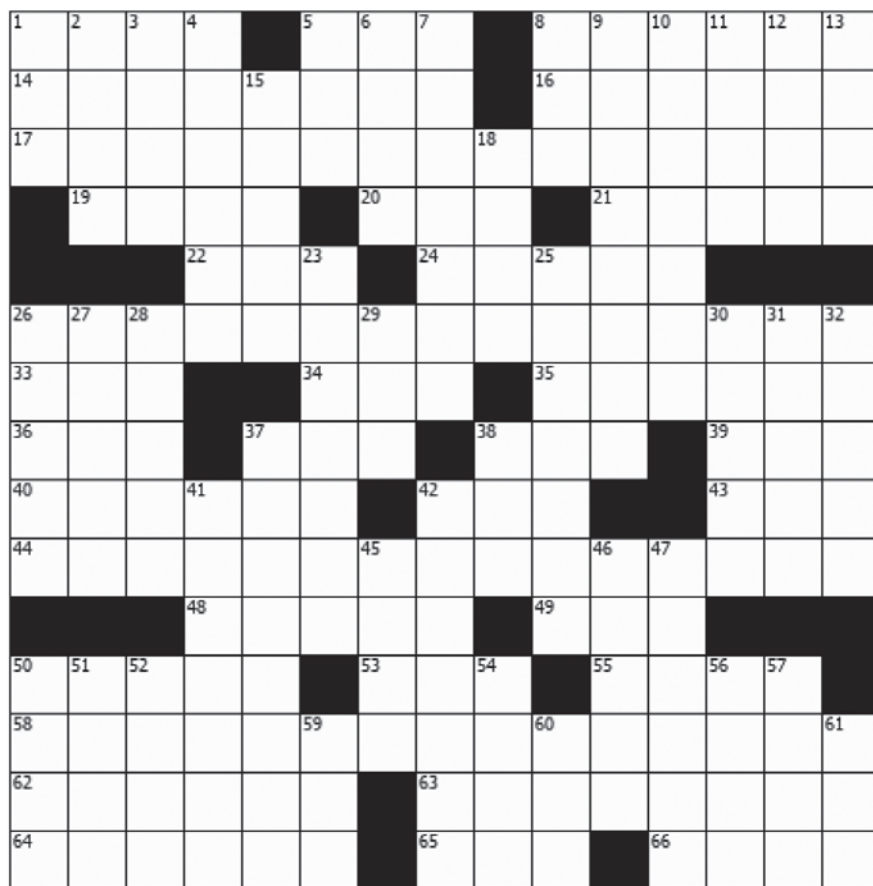
It's our thank you for serving!
Must have a active AF ID card at time of purchase.

CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Does a send-up
- 5. A way to get it down
- 8. Honey follower?
- 14. Act as a witness
- 16. Moliere's trickster
- 17. "The Maltese Falcon" novelist
- 19. "Star Wars" heroine
- 20. Parliamentary vote
- 21. They may be deserted
- 22. Alphabet sequence
- 24. Biblical verb
- 26. Big advantages in sports
- 33. William Tell's canton
- 34. Legal thing
- 35. A load of gossip
- 36. Neutral, to a decorator
- 37. Next in line at 22-Across
- 38. "Barbara ___" (Beach Boys tune)
- 39. What candles sometimes reveal
- 40. Place of perfection
- 42. Word with Glory
- 43. Piece of advice
- 44. Social Security check, e.g.
- 48. Notorious Barrow
- 49. Word with dog or legs
- 50. It may seal the deal
- 53. Game animal
- 55. Development divisions
- 58. Results of imperialism
- 62. Kidnap
- 63. Like some stock
- 64. Precisely
- 65. Nickname for either of two AL teams



66. "Desperate Housewives" Hatcher

Down

- 1. Supplement
- 2. Sound from a chapel tower, perhaps
- 3. To be, to Caesar
- 4. Division in a church
- 5. Symbol of easiness
- 6. With dexterity
- 7. Intelligently planned progress
- 8. "This ___ recording"
- 9. Hudson, on TV

- 10. It spins its wheels
- 11. Car manufacturer Fritz von
- 12. Wee arachnid
- 13. Tall Tolkien creatures
- 15. Gaucho's rope
- 18. 1944 Nobelist Otto
- 23. Still in rehearsals
- 25. Matters to be voted upon
- 26. Prankster
- 27. Emulate a valedictorian
- 28. Type of league

- 29. Gadget portrayer Sandra
- 30. "___ worse than death"
- 31. Prepared to make a defensive stand
- 32. Wasn't vigilant
- 37. Feature of many R-rated films
- 38. Swiss sight
- 41. Make a selection
- 42. Eyelike spot, as on peacock feathers
- 45. It comes to mind
- 46. Pound sounds
- 47. Zedong follower
- 50. "Scram!"
- 51. Vagrant
- 52. "Betsy's Wedding" actor
- 54. Game of chance
- 56. Correct
- 57. Lifeline reader
- 59. Geologist's suffix
- 60. Crossbreed
- 61. Bygone Reagan program, briefly

SUDOKU

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

Solution to puzzle on page B10

FRIDAY, DEC 4 1900
 SATURDAY, DEC 5 1900
 SUNDAY, DEC 6 1700

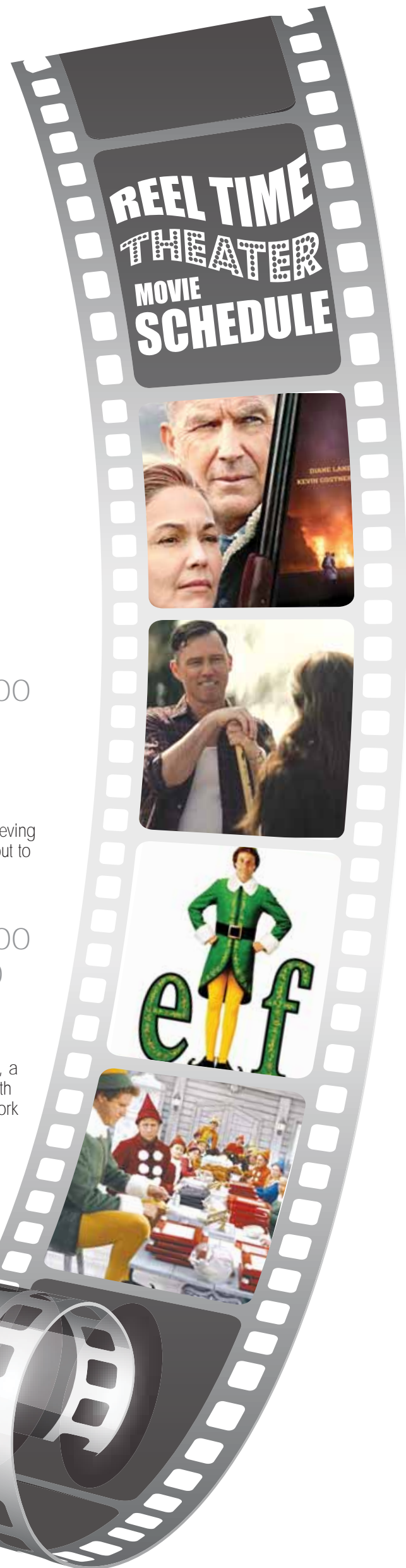
LET HIM GO (R)

“ A retired sheriff and his wife, grieving over the death of their son, set out to find their only grandson.

SATURDAY, DEC 5 1600
 SUNDAY, DEC 6 1400

ELF (PG)

“ After discovering he is a human, a man raised as an elf at the North Pole decides to travel to New York City to locate his real father.



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Colonel Menuey stopped by today to thank 2d Lt Axel Huss and coin him for the outstanding 91 MW spouses event that he coordinated. Great job Lt Huss!

91ST SECURITY FORCES GROUP

BADLANDS RESTAURANT BAR

Upcoming Events

4-6 DEC THE BIG ONE VIRTUAL ART & CRAFT FAIR
9:00 AM
Virtual Event

Since we were not able to have our in-person event this year, we decided to go VIRTUAL! Support the amazing small business artists, crafters and delicious food makers who were signed up to participate. Shop @ www.eventeny.com



For more information:
Facebook Event / The Big One Art & Craft Fair

4-31 DEC CHRISTMAS IN THE PARK
5:30 PM - 10:00 PM
Oak Park
1114 4th Ave NW, Minot

Christmas in the Park Lights up Minot Starting Nov. 27th! The Christmas lights are displayed Friday, Nov. 27 through Jan. 2, from 5:30PM to 10PM Sunday-Thursday, and 5:30PM to 11PM Friday-Saturday. \$5 per car.



For more information:
Facebook Event / Minot Sertoma Club

4-11 DEC BUY A TREE CHANGE A LIFE MINOT
9:00 AM / 12:00 PM - 6:00 PM
Across from Arrowhead Shopping Center
1600 2nd Ave SW, Minot

When you buy a fresh Christmas Tree from us, you are supporting children in need both globally and locally. With the help of our generous sponsors, all proceeds go to "People for Care and Learning" in Cambodia and to Project Ignite Light here in North Dakota. Last year the Minot community raised \$15,000! That is a huge impact and we can do it again! Look for the big blue and white tent across from Arrowhead Shopping Center on 16th St.

Hours:
Saturdays 9:00am-6pm
Sunday-Friday 12pm-6pm



For more information:
Facebook Event / Buy a Tree. Change a Life. Minot

10 OCT SNOWFLAKE ORNAMENT TAKE & MAKE
9:00 AM - 5:00 PM
Minot Public Library / Virtual
516 2nd Ave SW, Minot

Grab a kit and make your own holiday ornament, complete with festive sparkle. Pick up is 9:00-5:00 on Thursday. We will deliver kits curbside to your car! Just call 852-1045 to sign up for a kit. Supplies are limited. Funded in part by Humanities North Dakota, a nonprofit independent state partner of the National Endowment for the Humanities Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of Humanities North Dakota or the National Endowment for the Humanities.

Video to construct the ornaments will be posted to the MPL Facebook page on Thursday afternoon!



For more information:
Website / www.minotlibrary.org

11 DEC RUFF AND STUFF SCARECROW EVENT
5:00 PM - 8:00 PM
Berry Acres
4605 County Rd 15 W, Minot

Enjoy an "evening stroll" throughout the downtown neighborhood during this holiday window walk. Nearly 20 businesses will have transformed sidewalk-level windows into festive holiday scenes. Pro Tip: Grab a coffee or cocoa to sip during your walk, and then stop for dinner or dessert to decide on your favorite! Stay tuned for a link to cast your vote for your favorite window scene by December 12. People's Choice and Judge's Choice awards will be presented on December 14 on Downtown Minot's social media. There is also a daytime walk from 9am - 4pm on December 12!



For more information:
Facebook Event / Evening Holiday Window Walk

On Base

Basketball Skills Challenge
At the McAdoe Fitness Center

December: 8th-9th Skills Challenge, fastest time wins
December: 10th-11th 3 point shoot out, highest score wins
Times: 1200-1600

Register: Nov 23rd- Dec 7th at the Fitness Center Front Desk, Call, or email.
Arrive 15 min prior to your allotted time slot

COVID Mitigation rules in place

5th FORCE 723-2145 Fitness & Sports

GINGERBREAD WORKSHOP
Minot AFB Library Facebook Page

12 DECEMBER, 2020 • 1PM

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For more information visit: www.5thforcesupport.com

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Pandemic Protocols Triggering More Migraine

Pain Research on Natural Solutions for Sufferers...

The coronavirus pandemic continues to create headaches. Literally. Neurologists around the country report seeing more patients complaining about intense migraines over the course of the last six months. Stress usually gets blamed for headache issues, but other factors play a significant role.

Changing routines and the environment also represent key factors for increased migraine severity. Migraine sufferers tend to be wired with brains that like things to be stable and regular. But with the pandemic, things have been anything but regular. Sleep schedules, work environments, stress levels, exercise routines, and school represent just a few of the major deviations from normal.

Increased screen time during confinement also serves as a major migraine trigger. Being on a phone or laptop all day causes increased muscle tension in the neck and shoulders resulting in tension headaches that trigger migraines. Working from home increases many risk factors that trigger migraine headaches. So many variables come into consideration for migraine sufferers attempting to avoid an attack or reduce the severity or longevity of pain.

Migraines comprise the third most prevalent illness in the world, affecting 12% of the US population. Nearly 40 million Americans and a billion people worldwide suffer from migraines. That equates to one in seven people living with regular migraines. Migraines rank as the second most debilitating disease on the planet, second only to back pain. Greater than 20% of chronic migraine sufferers classify as disabled and the likelihood of disability increases with the number of associated conditions.

Research published in 2015 determined that proper spinal health care produced better migraine relief than people relying only on migraine medications. Medical doctors usually prescribe drugs for migraine sufferers without awareness or exploration of the published research revealing other safer and effective solutions. A false assumption occurs when people begin to associate relief with pharmaceutical drugs. The 2015 study showed that patients who received upper cervical, manual adjustive care reduced their drug consumption by 80%, decreased their days of migraines per month by 97%, and improved pain and functional disability associated with migraines by 100%.

Migraine sufferers represent some of the toughest people on the planet because they have learned to deal with an excruciating form of pain. Small improvements deliver big payoffs for those who have suffered for many years. Chiropractic care provides a unique natural strategy for helping migraine sufferers address the cause of their problem without dangerous side effects from medications or surgery. Stress serves as a major contributor to the exacerbation of migraine headaches. Chiropractic care helps migraine sufferers better cope with the stress of the pandemic through regular, gentle adjustments that engage the nervous system to better adapt to the stressors that trigger headaches. People seeking relief from migraines know that chiropractic works.



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Dr. Willy Fielhaber

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**COL. WALTERS
RECOGNITION TOUR**


Col. Michael Walters, 5th Bomb Wing commander, recognizes Airmen on Nov. 25, 2020 at Minot Air Force Base, North Dakota. The Airmen recognized played integral parts in exercises and in the Bomber Task Force in RAF Fairford.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN JOSH W. STRICKLAND



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DECEMBER 5

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It's the perfect time to get a flu shot.

Getting a flu shot is the best way to prevent the flu. And, the best time to get a shot is right now so you can be protected during peak flu season, December through February. Trinity Health is offering flu shots throughout the Minot area. With walk-in sites or by appointment, protecting yourself against the flu has never been easier or more important.

Walk-in or schedule a flu shot today!
Find a clinic near you at trinityhealth.org/influenza.




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more information available at
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 **STARTS FRIDAY**

BUDDY GAMES (R)


A group of friends reunite to play *The Buddy Games*, a wild assortment of absurd physical and mental challenges. In the process, they'll heal old wounds, right past wrongs and figure out the true meaning of friendship...or die trying.

FIGHTING OVER SIOUX

Fighting Over Sioux is a feature-length documentary told through one-on-one interviews with tribal leaders, students, alumni, bloggers, reporters, politicians, and super fans. When the NCAA bans a small hockey town's Native American name and logo, a battle begins to save a college icon.


FOR SHOWTIMES
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WHAT'S GOING ON MAFB

TODAY 04

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC – Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Torch Club, 1730, Youth Center – Online Zoom Meeting
- Zumba, 1730, Fitness 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 05

- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- COVID Christmas, 1130-1800, The Turf
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 06

- Zumba, 1400, Fitness Center

MONDAY 07

- Registration Closes for the Basketball Skills Challenge at the Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Winter Reading Program: 1 December 2020 – 1 March 2021, Minot AFB Library – Sign up: 1 December 2020 – 15 February 2021 Log your reading: 1 December 2020 – 1 March 2021
- Moving Out of the Dorms: One-on-One Appointments: 1-31 December, A&FRC – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: 1-31 December, Family Child Care – Call to schedule an appointment.

TUESDAY 08

- Basketball Skills Challenge – Fastest Time Wins, Fitness Center
- Cycle, 0545, Fitness Center
- TAP Vocational Track Day 1, 0800-1600, A&FRC – Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Functional Strength Training, 1700, Fitness Center

WEDNESDAY 09

- Basketball Skills Challenge – Fastest Time Wins, Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- Right Start, 0730-1230, A&FRC – Online Zoom Meeting
- TAP Vocational Track Day 2, 0800-1600, A&FRC – Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, A&FRC – Online Zoom Meeting
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- First Duty Station Office Financial Training, 1500-1600, A&FRC – Online Zoom Meeting
- Cycle, 1630, Fitness Center
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 10

- Basketball Skills Challenge – 3 Point Shootout, Fitness Center
- 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
- 12 Days of Christmas Bowling Special, 1700-2000, Rough Rider Lanes
- Swerk, 1830, Fitness Center

UPCOMING

FRIDAY 11

- HIIT Strength and Conditioning, 0545, Fitness Center
- Fit to Fight, 1130, Fitness Center
- 12 Days of Christmas Bowling Special, 1700-2000, Rough Rider Lanes
- Zumba, 1730, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 12

- Ho Ho Ho Holiday Fitness Sampler, 0900-1100, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Gingerbread Workshop, 1300, Minot AFB Library Facebook Page
- 12 Days of Christmas Bowling Special, 1700-2000, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

DINING

Delivery Options (Hours subject to change)
Bomber Bistro Monday-Friday 1630-2030

DEC. SPECIALS

Bomber Bistro • Skillet Cookie
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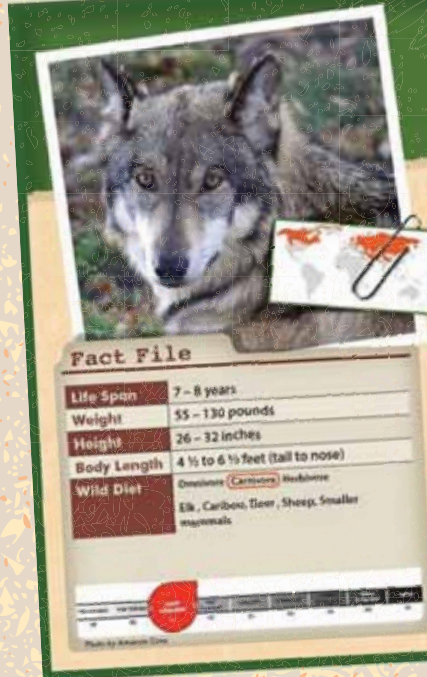


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GRAY WOLF

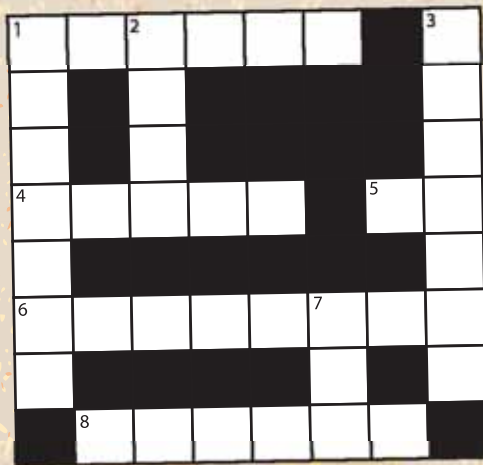
CREATURE FEATURES

- Wolves play a key role in keeping ecosystems healthy. They help keep deer and elk populations in check, which can benefit many other plant and animal species.
- They don't actually howl at the moon. However, they do howl more when it's lighter at night, which occurs more often when the moon is full.
- They have very sharp teeth and jaws. It is believed they have more than three times the biting power behind them than the average canine.
- Though listed with the IUCN as "Least Concern", the Gray Wolf is considered an endangered species in the state of North Dakota.

Fact File

Life Span	7 - 8 years
Weight	55 - 130 pounds
Height	26 - 32 inches
Body Length	4 1/2 to 6 1/2 feet (tail to nose)
Wild Diet	Deer, Caribou, Elk, Moose, Rabbits, Squirrels, Fish, Small Mammals

CROSSWORD PUZZLE



ACROSS


- Downhill sport
- Very breezy
- Scary film and book
- In the north
- A bit cold

DOWN

- Frozen precipitation
- Type of metal
- Blades on ice
- Snakelike fish

Answers:
Across
1. Skiing 4. Windy 5. It 6. Northern 8. Chilly
Down
1. Snowing 2. Iron 3. Skating 7. Eel


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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 30: 1,838.89 feet above mean sea level (MSL); 13,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.51 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.46 MSL.

•N.D. Game & Fish Dept. game wardens: A few anglers testing ice conditions on some north-central area lakes but no reports on success. Use caution and check depths along the way. No Devils Lake or Missouri River System reports.

•Devils Lake, Woodland Resort, Devils Lake: Some walk-on activity on Lake Alice, Lake Irvine, and Mike's Lake but the walleye bite is finicky and inconsistent. Test ice as you go along.

•Lake Darling, Karma C-Store, Ruthville: Continued walleye activity around Grano. Not much activity on Lake Darling yet pending better ice conditions.

•Lake Metigoshe, Four Seasons, Bottineau: Anglers venturing onto Lake Metigoshe with nice bluegill and walleye activity. Some pike mixed in.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some boat activity for walleye on the east end of Lake Sakakawea with some ramps still open. Missouri River tailrace producing a few walleye. Use caution with low water levels but ramp is generally accessible.

•Lake Sakakawea, Scenic 23, New Town: Try working deep in 30 feet for walleye in the Van Hook Arm with jigs and minnows although the ramp could ice in at any point.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace finally starting to produce some ling success with a few pike. Look for occasional walleye at night. Use caution with low



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

•North Dakota state parks remain open with trails usable for hiking. Check with individual parks for other available amenities yet this fall, however.

•Dec. 6: High and Low Plains ducks, merganser, coot, and white-fronted goose seasons close.

•Dec. 12: High and Low Plains ducks, merganser, and coot seasons re-open.

•Dec. 13: Muzzleloader deer season closes.

water conditions.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Most northwest area lakes icing over but check ice depth before venturing on. Trenton Lake producing walleye. Springbrook Dam producing a few walleye and perch. Try Smishek Dam for panfish. Some activity around Long Creek and Tobacco Garden on Lake Sakakawea with better success in early morning hours. Try 20 feet but check ice depth.

•Lonetree WMA area lakes, Harvey: No activity on area lakes yet with unsafe ice conditions.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A few anglers testing the ice on Island Lake. Use caution and check depth as you venture onto area lakes.

Hunting:

•Deer: Still some deer

movement and activity for archery and muzzleloader hunters.

•Pheasants: Generally fair to good success in areas around the east end of Lake Sakakawea and central N.D.

•Waterfowl: Continued fair to good Canada goose and mallard numbers with birds moving more to the edges of the main lake on the east end of Lake Sakakawea. Some mallards still lingering in eastern McLean County in areas with open water. A few Canada geese lingering on Devils Lake but little hunting pressure. Some divers still on the main lake of Devils Lake, as well.

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.

Airmen of Minot



AIRMAN FIRST CLASS CAMERON MAXFIELD, MISSILE COMMUNICATIONS TECHNICIAN

A1C Cameron Maxfield is a missile communications technician with the 91st Missile Maintenance Squadron. Originally from Fort Hood, Texas, he became a member of Team Minot in September 2019.

"I really like being a part of Team Minot," said Maxfield. "People here are great, leadership here is great, I made a lot of great friends and enjoy being here."

As a missile communications technician, Maxfield provides hardened, survivable communications to missile launch control centers.

When he is off duty, he spends his time maintaining his physical fitness and is pursuing his Bachelor's degree in mathematics with hopes to eventually commission as an officer.

combat crews straight from the President of the United States.

"My favorite part of the mission would definitely be being a part of the team that gets the LCC [Launch Control Center] online when the communication goes down," said Martin.

Through radio waves, satellites or hardened cabling, Maxfield helps bring mission-essential communications capabilities to the Minuteman III launch control centers.

When he is off duty, he spends his time maintaining his physical fitness and is pursuing his Bachelor's degree in mathematics with hopes to eventually commission as an officer.



A1C Cameron Maxfield is a missile communications technician with the 91st Missile Maintenance Squadron. As a missile communications technician, Maxfield provides hardened, survivable communications to missile launch control centers. Those means of communication may serve to offer multiple channels for emergency action messages to reach missile combat crews straight from the President of the United States.

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CITRUS SALMON

INGREDIENTS

- 2 TABLESPOON BUTTER, SOFTENED
- 1/2 TEASPOON LEMON ZEST
- 1 TEASPOON LEMON JUICE
- 2 TEASPOON FRESH CHOPPED DILL
- 1/2 TEASPOON SALT
- TO TASTE BLACK PEPPER
- 4 (8 OZ) SALMON FILLETS, SKIN ON
- 1 LEMON, THINLY SLICED

When ready to cook, set Traeger temperature to 350°F and preheat, lid closed for 15 minutes.


Meanwhile mix together the softened butter, lemon zest, lemon juice, dill, salt and pepper.

Generously slather the top of the salmon fillets with the lemon-dill butter and top with a slice of lemon.

Place the salmon fillets on the hot grill grate, skin-side facing down. Cook for 15 to 20 minutes, for a medium-rare salmon, or until the salmon is done to your liking.

Garnish with fresh dill. Enjoy!

(Recipe can also be baked)



Ryan Davy - GM Minot

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WELCOME CHAPLAIN LT COL BUDDY WALKER

Captain Angel and MSgt Flavin along with members across the SFG welcomed Chaplain Lt Col Buddy Walker to the installation and dunked him into Defender land. Chaplain Walker arrived here recently from Barksdale and is assigned to 5th Bomb Wing as the head honcho of the chaplains. We were able to showcase the amazing work Captain Angel and MSgt Flavin do in supporting the SFG.

Special thanks to MSgt Dow from 91 MSFS, TSgt Frisbee from 91 MSOS, TSgt Beddard

from Air Defense, TSgt Patera from Weapons and Tactics, Mr. Gary Conlee from the Vehicle Control Center, and SrA Taylor

from TRF...awesome visit! Big SFG welcome Chaplain Walker! Hooah!
-Chief Sully

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91ST SECURITY FORCES GROUP PHOTOS

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US B-52H trains with Colombian Air Force, Ecuadorian Navy

TECH. SGT. ANGELA RUIZ, 12TH AIR FORCE (AIR FORCES SOUTHERN)

Barksdale Air Force Base, La.—Two U.S. Air Force B-52H Stratofortress aircraft participated in “Brother’s Shield” a Colombian Air Force lead exercise and in “UNITAS LXI” an Ecuadorian Navy lead exercise in the U.S. Southern Command’s Area of Responsibility Nov 8, 2020.

This twofold mission began well before the B-52 crews took off that morning, there have been countless teleconferences and planning meetings to coordinate the combined training exercises between the U.S. Air Force our partner nation’s militaries.

Brother’s Shield was the first mission to be completed celebrating the Colombian Air Forces 101st anniversary. The B-52H crews supported the Colombian Air Force Kfir fighter aircraft pilots in air to air interception training while developing interoperability capabilities in order to increase hemispheric security and regional stability, under NATO standards

between the U.S. and Colombia. U.S. Air Force Maj. Angel Serna, 12th Air Force (Air Force Southern) Colombia desk officer, explained that the name of the exercise “Brother’s Shield” developed from the close relationship between the U.S. Air Force and the Colombian Air Force. During this training mission, the Colombian Kfirs flew in a formation with the U.S. Air Force B-52Hs in order to shield them from enemy combatants.

“Anytime we have the privilege to integrate with our allies in a fighter integration or naval exercise we are excited,” said U.S. Air Force Capt Joshua Henry, 96th Bomb Squadron B-52H pilot and mission lead. “We identified a lot of similarities in the way that the Colombian’s conduct their intercept training and working with the UNITAS exercise proved to be very beneficial as well. Further developing our tactics, techniques and procedures with the navy is always beneficial

for us as an air player since this is not something we have the opportunity to train on a consistent basis with real time naval assets.”

UNITAS is an annual naval exercise conducted in the Atlantic and Pacific waters around Central and South America. The Ecuadorian Navy hosted this year’s exercise Nov 2-11, with participants from eleven countries. The B-52 crews integrated and trained with joint forces for UNITAS to include the Ecuadorian Navy to provide a simulated dynamic targeting capability for naval forces.

“I haven’t worked with the Colombian or Ecuadorian militaries before, but anytime that we as a community have an opportunity to work with partner nations we always learn a lot,” Henry said. Colombia and Ecuador were very professional and a lot of our lessons learned were developed from the planning stages.”



Two U.S. Air Force B-52H Stratofortress and Colombian Air Force Kfir fighter aircraft participate in Brother’s Shield a Colombian Air Force lead exercise in Colombian airspace while in the U.S. Southern Command’s Area of Responsibility Nov 8, 2020. Brother’s Shield was accomplished on the Colombian Air Forces 101st anniversary. The B-52H crews supported the Colombian Air Force Kfir fighter aircraft pilots in air to air interception training while developing interoperability capabilities in order to increase hemispheric security and regional stability, under NATO standards between the U.S. and Colombia.

COLOMBIAN AIR FORCE COURTESY PHOTO

Minot AFB Exchange Shoppers Can Keep Some Cash and Eat Healthy on Salad Wednesdays

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Minot AFB – Airmen and families at can enjoy their greens and save some greenbacks every Salad Wednesday at Minot AFB Army & Air Force Exchange Service restaurants.

On Wednesdays, diners can take \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants, including:

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“The Exchange is all in to promote a BE FIT lifestyle focused on the health and well-being of Airmen, retirees, military families and Veterans at Minot AFB,” said Exchange GM Brian M Read. “Saving money on smarter food choices can help military shoppers make their healthy lifestyle a reality.”

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additional 10% discount.

Exchange restaurants are open to anyone – whether military, civil service, contractor or visitor – per Air Force Instruction 34-211 (I). For more information, contact the Minot AFB Exchange food court at 701-727-4706.

MINOT FLEA MARKET NOTICE

THE DECEMBER 2020 AND FEBRUARY 2021 MARKETS HAVE BEEN CANCELLED.

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A LOOK BACK THIS WEEK IN USAF HISTORY

USAF AIR DROPS BRIDGE SECTIONS TO FUNCHILIN PASS
DECEMBER 7, 1950



The blown-out bridge at Funchilin Pass.
(USAF Photo)

After several days of unrelenting conditions and Chinese attacks, the U.S. Army's Tenth Corps and 1st Marine Division found themselves stuck on the wrong side of a bridge spanning the 1,500 foot gorge in the Funchilin Pass, Korea. 10,000 troops and 1,000 vehicles spent 38 hours maneuvering down the 11-mile mountain path to safety, only to find that the Chinese had blown out the bridge. Crossing the 16-foot gap with vehicles, supplies, and exhausted soldiers seemed an impossible feat. However, Maj. Gen. Oliver Smith, commander of the 1st Marine Division, would not allow this setback to stop them. He requested an air drop of Treadway Bridge and plywood planks from Combat Cargo Command. On Dec. 7, 1950, eight C-119s from the 314th Troop Carrier Group deployed to the Pass. The planes carried one 2,900 pound bridge section each and dropped them in an unmarked zone. On the morning of Dec. 8, the stranded soldiers were able to rebuild the bridge and leave the Funchilin pass, escaping harm's way. The Air Forces involved in the mission also evacuated thousands of troops and tons of cargo, as well as dropping necessary supplies for the troops fighting.

Information courtesy of: The Air Force by The Air Force Historical Foundation / littlerock.af.mil / defense.gov

Welcome Dr. Jennings Psychiatry



Marisa Jennings, MD

Marisa Jennings, MD, is a board-certified psychiatrist, experienced in helping patients manage the full range of mental health conditions. She provides outpatient care to adults using evidence-based treatments that help people achieve positive outcomes.

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A Texas native, Dr. Jennings earned her medical doctorate from McGovern Medical School at UT Health, and completed her residency in adult psychiatry at Saint Louis University School of Medicine in Missouri. Prior to joining Trinity Health, she practiced in association with Methodist Healthcare System in the San Antonio area. Her contributions to the mental health field include serving in leadership positions and writing journal articles and book chapters on topics related to psychiatry. Dr. Jennings is a member of the American Psychiatric Association.

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Saving Eider

Patricia Stockdill

So many things go through one's mind in the eternity that is the split second of realization – assessing the severity, the danger confronting oneself: If it took losing my shotgun, my beloved Citori over and under, so be it.

I had to save Eider.

Our family has an unspoken rule – never, ever hunt along water's edge in late fall when ice forms along Lake Sakakawea's shoreline. We always, I repeat, always, follow that rule. Living along the lake brings healthy respect any time of year. We know that.

It's a rule I repeated to myself when Eider, our 11-year-old Brittany, and I went pheasant hunting on a gorgeous November afternoon – calm, sunny, and warm.

We worked an area we've been many times, pausing on a hilltop so Eider could rest and get water.

Our return route took us halfway between the edge of a steep cliff and the public land boundary. As I passed along a chokecherry thicket, I checked for Eider. Not seeing her, I walked to the edge.

To my horror, she found an area to easily go down to the shore. She was on the ice.

There was open water at the shoreline everywhere else on our hunt, but Eider went down the cliff at a narrow channel. Unknown to me, it iced over. I couldn't see it until I walked to the edge.

Calling her name, she turned, looked up, and walked towards shore.

Then the horror occurred: She broke through. Desperately swimming around in a small circle of open water, she couldn't pull herself out.

I already knew I couldn't reach her as I scrambled down the cliff, emptying my shotgun shells along the way. My mind was processing what I needed to do: If I could stand on shore and tap the ice with my shotgun, she could swim safely to shore.

As a former Hunter Education instructor, I know the No. 1 rule of ice safety – never venture to an open ice edge to try to save someone.

I didn't care. "Eider, we're in this together," I told her.

The shotgun butt taps on the ice weren't working.

I knew I was still on shore so I inched out along the edge. Yet I also knew the terrain. If I broke through the edge and fell, the water was at least 10 feet deep.

Eider and I had a huge problem.

The shotgun became an axe. Grasping it firmly, I swung the butt end overhead as if chopping a log towards the open hole of water and Eider's face. Thankfully, she didn't panic as if knowing I would help and she didn't swim away.

For all of the details that will remain in my mind, I don't know how many "axe" swings I took with that shotgun butt slamming the frozen surface before the ice broke and Eider could swim towards me so I could grab her.

My swinging pushed my weight forward, driving my foot and boots into the mucky shore.

I hadn't fallen onto the ice but now I had to try to pull my foot out without losing my balance, potentially propelling me towards the ice and water.

With Eider preoccupied shaking off water, I supported myself with my hands on the ground, jerking my foot lose several tugs later.

Covered in mud, I grabbed my shotgun – Eider's lifesaving axe – and we scrambled back up the cliff for the one-half mile walk to the vehicle.

Wrapping her in a blanket, I said a prayer.

We never break our unwritten rule to stay away from the water's edge when we're hunting during early ice-over.

Eider and I didn't break it that afternoon; neither of us knew ice formed in the channel. It simply wasn't visible from any of the angles we could see.

She was a dog; she wasn't thirsty when we were near the open water shoreline. And she already had water from her bottle I always carry for her. I didn't know she was thirsty.

We had no idea the danger that lurked below us.

My beloved Eider is fine, sleeping on her doggie bed in my office as I type.

My beloved Citori isn't.

But that's OK. It can be fixed or replaced.

Eider needed help.

I was able to get her out from the shoreline's edge. I was able to pull myself from the muck without falling in.

We were lucky. Very lucky.

Yet we didn't do anything wrong, our intended route wasn't anywhere near the cliff edge or ice below.

We simply didn't know what was below.

We simply let our guard down for a split second.

Never, ever, hunt along the shoreline edge when ice is forming on a water body.

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RACQUEL LABADIE, GS-11
SCHOOL LIAISON SPECIALIST
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The Exceptional Family Member Program, or EFMP, helps military families navigate the medical and educational system. The program assists by identifying and enrolling family members with special medical or educational needs, finding available services at your present installation or at a new duty station, and supporting families with information, referrals, and non-clinical case management to access services. The EFMP offers two important kinds of help: assignment coordination and family support. The Family Support Coordinator (FS) can provide information and referral services for both military and community services, help in finding and navigating programs at a new duty station, bridge gaps in programs and services, provide

opportunities for families with special needs to connect, provide non-clinical case management including individualized services plans, and help families understand eligibility, enrollment, and services offered. Locally, the EFMP-FS and School Liaison work as a team to support the educational needs of EFMP families as they PCS and while stationed at Minot AFB.

Families with questions about EFMP or in need of support can contact Alicia Thompson, EFMP-FS at the Airmen and Family Readiness Center, alicia.thompson.30@us.af.mil

Families with questions regarding K-12 education can contact Racquel Labadie, School Liaison at mafb.school.liaison@us.af.mil

2020-2021 MPS CALENDAR



IMPORTANT UPCOMING DATES

- December 9**
Early Release Day
- December 21**
Parent/Teacher Comp Day - No School
- December 22 - January 3**
Vacation - No School
- January 4**
Classes Resume
- January 18**
Prof. Development Day - No School for Students
Martin Luther King Jr. Day

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

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			

January 2021							19 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	
24/31	25	26	27	28	29	30	

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AAFES-You Made the Grade Program!

The "You Made the Grade" program is designed to reward students, 1st -12th grade, for above-average academic achievement and to inspire them to work that much harder. Recognizing the student's academic accomplishments offers the Exchange an opportunity to make a contribution to the military community quality of life.

Qualifying students can receive a \$5 REWARDS Gift Card by presenting a valid military ID card and proof of an overall "B" or better average to their local Exchange. For children who receive non-traditional A, B, C grades, the parent/guardian should provide, from the school, the equivalent of what a "B or higher" is for the grading system of their child's school. If a child is

homeschooled, the student should provide written affirmation of their scholastic aptitude from a parent or other community-authorized education provider.



SFG CHAPLAIN PISTOL COMPETITION

On November 24, the 91 MSFS had a pistol competition sponsored by our SFG Chaplain team of Capt Angel and MSgt Flavin. There was some hearty competition! TSgt Pooley pulled off the win against TSgt Jeffreys in the morning bracket and SSgt Goodman was able to edge out TSgt Elizondo in the afternoon bracket.

Thank you to the SFG Chaplain team for sponsoring this team building event, and congrats to our sharpshooters!



GUN RAFFLE WINNERS

TSgt. Wiggins- winner of the \$500.00 gift card from Scheels.
MSgt. Womack- winner of the gun range certificate from Spartan Firearms
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AFMC launches command-wide diversity survey

MARISA ALIA-NOVOBILSKI, AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- The Air Force Materiel Command has launched a command-wide survey focused on gathering civilian and military Airmen perceptions of diversity and inclusion in the workplace.

The survey is available from Nov. 30 to Dec. 21 on the Survey Monkey platform and will gather information on perceptions of policy, practices and procedures impacting diversity and inclusion

through the lens of race and ethnicity.

"This is a great opportunity for our military and civilian members to provide candid and anonymous feedback on our D&I climate. Given our large civilian population, we envision this will not only provide a sense of the climate throughout AFMC, but will also deliver valuable insights for all Air Force civilian Airmen," said Trish Young, AFMC executive director. "AFMC is committed to

going beyond mere compliance to build a truly aware and inclusive work culture. The results of this survey will help leadership implement necessary changes to make AFMC a more supportive and engaging place to work."

Survey results will be used to identify successes and shortfalls of the AFMC Diversity and Inclusion program. The results will also shape future sensing sessions across the command.

"Our goal is simple; we want

to create an environment where every Airman feels accepted, valued and has the opportunity to achieve their full potential," said Gen. Arnold W. Bunch Jr., commander of AFMC. "This survey is one tool that will help us identify areas where we can do better."

Participation is voluntary and all submissions will remain anonymous.

Widespread participation is highly encouraged in order to gauge a true sense of where AFMC needs to change to truly be a diverse and inclusive workplace for all.

"This is an opportunity for us to get a better understanding of

the diversity and inclusion issues that are impacting our Airmen, to include both our successes and areas that require improvement. I highly encourage everyone to take the 10-15 minutes to participate," Young said. "Our collective efforts as a command are key to ensuring AFMC creates and maintains a diverse workplace where all have the opportunity to succeed."

For more information on the AFMC diversity and inclusion efforts, visit the D&I feature page on the AFMC website. Questions about the survey and associated efforts can be emailed to the diversity and inclusion team at AFMC.A1KQ.Org@us.af.

Exchange Holiday Price Guarantee Offers Savings to Minot AFB Shoppers

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – The Army & Air Force Exchange Service is ensuring Airmen and their families at Minot AFB can save some green this holiday season by offering a price-matching guarantee.

From Dec. 1 to Dec. 24, Minot AFB shoppers who make a purchase at ShopMyExchange.com or in-store and find the identical item at a lower price at another retailer can receive an Exchange gift card for the difference through the Exchange's holiday price guarantee.

"The Minot AFB Exchange wants to make sure this holiday season is a joyous time for our Airmen and their families," said Minot Exchange General Manager Brian Read. "This price guarantee, combined with

our everyday low prices, price matching and tax-free shopping,



should help lighten the load on their wallets."

Shoppers must present a receipt or online order confirmation along with a local competitor's current ad at the Minot AFB Exchange customer service desk. Some exclusions apply.

The Exchange's regular price guarantee allows for price-matching within 14 days. The holiday extended price guarantee lets Exchange shoppers get the best deals through most of December.

Military shoppers, including honorably discharged Veterans who made their purchase at ShopMyExchange.com, can receive their gift card by filling out a customer feedback form at ShopMyExchange.com/customer-service or by calling the Exchange Customer Contact Center at 1-800-527-2345.

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CHURCH DIRECTORY

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

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>Saturday, December 5 5 PM, No Vespers</p> <p>Sunday, December 6 10 AM, Congregational Prayer Service</p>	<p>BF Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com</p>	<p>Trinity Church</p> <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p>St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf</p>
<p>Immanuel Baptist Church 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>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship & Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p>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.minotcbbc.org email: minotcbbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God Family Worship Center</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30 p.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</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p>
<p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center 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 A Church of the Lutheran Brethren</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 Protestant (North Plains Chapel in Base Housing) Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) 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 CHRISTIAN SCHOOL KNIGHTS</p> <p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p> <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>we've got the church you've been looking for <i>Your life matters to God!</i></p> 		

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SUDOKU SOLUTION

Puzzle on page 4

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

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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (3 Dec-10 Feb). 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

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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



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X-TREME OR OPEN BOWLING

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• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

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\$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.
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