

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 50 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 11, 2020

WHATS INSIDE THIS WEEK:



B-52 BOMBER CONDUCTS MISSION OVER BARENTS SEA

A3



MEMORIAL MIDDLE SCHOOL RECEIVES NATIONAL BLUE RIBBON AWARD

B7

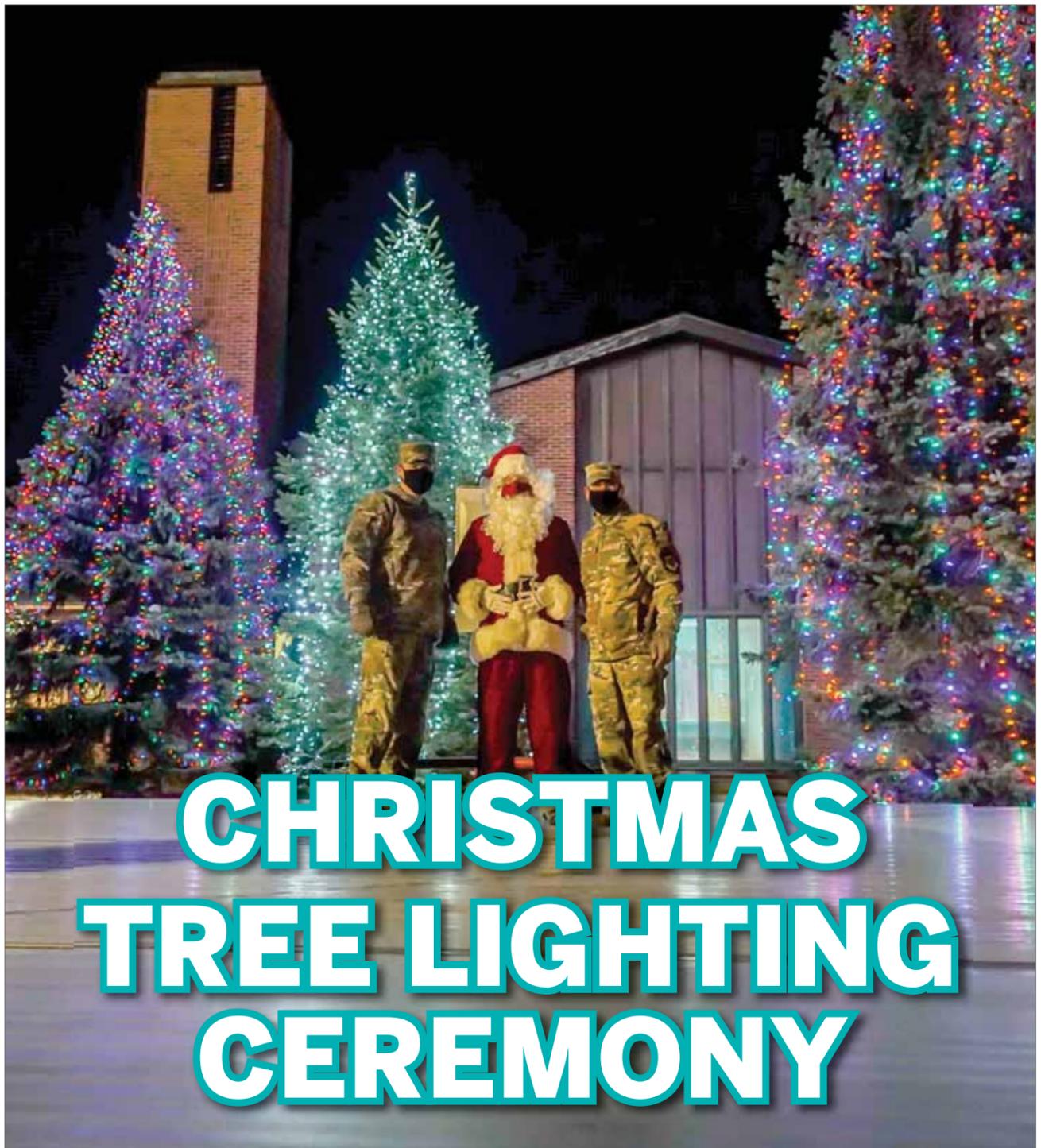
MINOT AFB FIRING RANGE NOTICE

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.



CHRISTMAS TREE LIGHTING CEREMONY

5 CES, The Chaplain Corps, and 5 FSS hosted a Covid Christmas & Tree Lighting Ceremony December 5 at the Turf. This free event included laser tag, mini golf, mask decorating, crafts, and more. See next weeks edition for more coverage.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JAN VALLE



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DETAILS ON PAGE 4

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Minot AFB Videos



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Department of the Air Force moves Physical Fitness Assessments to April 2021, removes waist measurement from composite score permanently

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force announced physical fitness assessments will now resume April 2021 and will no longer include the waist measurement component.

To ensure social distancing practices remain in place during the ongoing COVID-19 pandemic, and to give Airmen and Space Professionals time to prepare, testing was delayed from October to January and is now further delayed to April.

While the waist measurement is permanently removed from the assessment, height and weight measurements will resume October 2021.

"We trust that our Airmen understand the standard of good physical health practices and we are all finding innovative ways to stay fit," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "We also trust that leaders will take the appropriate steps to keep their Airmen safe while making every effort to provide fitness options during the pandemic."

Fitness assessment cells, fitness

center staff, physical training leaders and members performing fitness assessments will adhere to physical distancing protocols and other local precautions as determined by installation commanders once assessments resume.

Commanders may delay official fitness assessments beyond April 2021 if necessary, based on the recommendation of local public health officials, the continuation of closed fitness centers and extended state-wide restriction of movement and gatherings.

Space Professionals will adhere to the physical fitness policy of the Department of the Air Force.

Airmen and Space Professionals may determine their next fitness assessment due date by visiting the Official Physical Assessment Due Date Matrix on myPers which will be updated and available Dec. 8. Fitness assessment due dates will primarily depend on the date and score of the last official test.

"Originally, we hoped to resume testing by January 2021," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "However,

based on the number of cases nationwide, the right thing to do is focus on keeping our Airmen and their families safe. Delaying and reevaluating the PT test is the best option for our people."

The test will still consist of a 1.5 mile run, 1 minute of pushups and 1 minute of situps. However, the composite score will be calculated with full points for the waist measurement portion until system changes can be made.

Department leaders are also looking to reevaluate certain testing criteria moving forward.

"Along with removing the waist measurement, we are also exploring alternative strength and cardio components to our current Air Force fitness assessment," Brown said. "We believe these potential test structure changes will impact Airmen in a positive way and help with a holistic approach to health and fitness standards."

For more information, Airmen and Space Professionals should contact their fitness assessment cells and visit the COVID-19 Fitness Guidance page on myPers.

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

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BABY ANNOUNCEMENTS

BABY BOY Born Wednesday, December 2, 2020 to Mya Johnson and Matt Hanson Minot, ND

BABY BOY Born Friday, December 4, 2020 to Sirapassorn and Edell Decastro Minot, ND

BABY GIRL Born Friday, December 4, 2020 to Sierra Nelson and Gavin Tozlien Williston, ND

BABY BOY Born Sunday, December 6, 2020 to Jacquelynn and Michael Nehilla Minot, 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.

U.S.-Based B-52 Bomber Conducts Mission Over Barents Sea

The latest Bomber Task Force (BTF) mission in Europe occurred December 3 over the Barents Sea as a U.S. Air Force B-52 Stratofortress bomber aircraft conducted integration operations with NATO Allies.

U.S. EUROPEAN COMMAND PUBLIC AFFAIRS , UNITED STATES EUROPEAN COMMAND

The latest Bomber Task Force (BTF) mission in Europe occurred December 3 over the Barents Sea as a U.S. Air Force B-52 Stratofortress bomber aircraft conducted integration operations with NATO Allies.

The bomber, assigned to Minot Air Force Base's 5th Bomb Wing in North Dakota, departed Thursday and flew to designated locations where the bomber integrated with Greek

and Norwegian F-16 Fighting Falcon aircraft and conducted aerial refueling operations with U.S. and Turkish KC-135 Stratotanker aircraft. Upon completion of the missions, the aircraft and crew immediately returned to North Dakota. Missions like this demonstrate America's continual global strike and global reach capabilities through the employment of strategic bombers.

The mission originally involved two bomber aircraft, but one aircraft safely diverted to RAF Fairford, England, Thursday afternoon due to a maintenance issue.

The U.S. Air Force B-52 Stratofortress is a long-range, nuclear and conventional heavy bomber that can perform a wide variety of missions. Capable of flying at high subsonic altitudes of up to 50,000 feet, the bomber

can carry precision guided conventional ordnance with worldwide precision navigation capabilities.

The U.S. Air Force continues to demonstrate its ability to execute flying missions and sustain readiness, all while protecting the health and safety of U.S. service members, Allies and partners in host nations where U.S. personnel live and work.



U.S. Air Force B-52s return to Europe for ally, partner training.

UNITED STATES EUROPEAN COMMAND PHOTO

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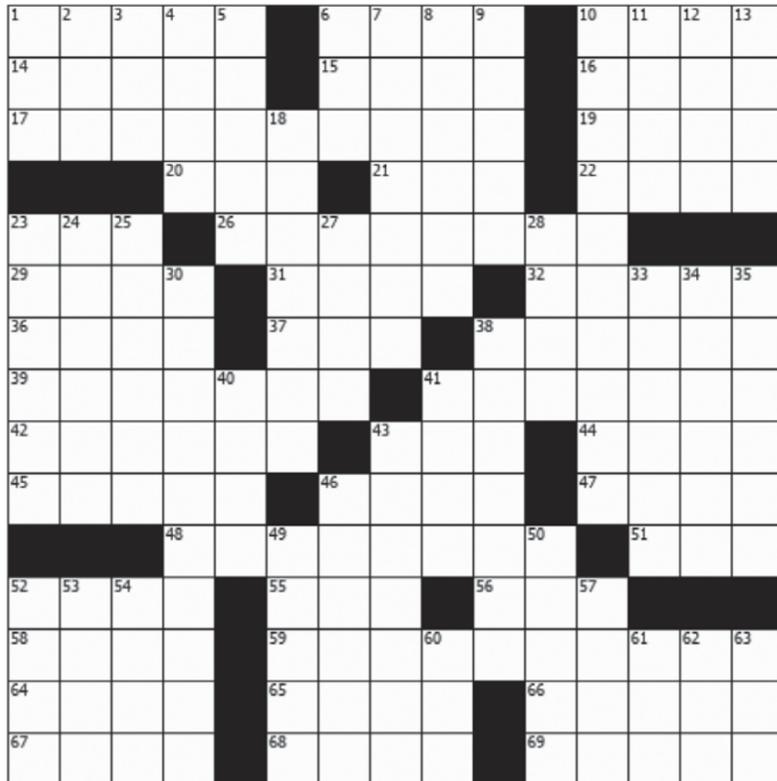
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. "The Insect Play" author
- 6. Nautical spar
- 10. Knob on a branch
- 14. American chameleon
- 15. Humdrum
- 16. Length X width
- 17. Tarry
- 19. Brolly alternatives
- 20. Employ a Singer, e.g.
- 21. Director Burton
- 22. Use a paper towel
- 23. Certain broadcasting co.
- 26. Word with pizza or special
- 29. Well-heeled
- 31. Bean sort
- 32. Separate
- 36. Grapefruit hybrid
- 37. Grant's Civil War foe
- 38. Some cards
- 39. Songwriter Sondheim
- 41. Make unfashionable
- 42. Inactive state
- 43. Barbecue bit
- 44. Enfant terrible
- 45. Neuters
- 46. Certain army officers (Abbr.)
- 47. Urges
- 48. Colonial clothing material
- 51. NNW opposite
- 52. Pro opposite
- 55. Crossed letter
- 56. Cotillion kid, for short
- 58. Bring in the sheaves, e.g.
- 59. "The sky is falling" declarer



- 64. Complain unreasonably
 - 65. Prefix meaning "within"
 - 66. Microscopic creature
 - 67. Admonition to Fido
 - 68. Break
 - 69. Gate fastener
- Down**
- 1. Hardly Mr. Right
 - 2. "Wheel of Fortune" request, perhaps
 - 3. Warsaw is its cap.
 - 4. Some building extensions
 - 5. Entered data into a computer
 - 6. Adv. business degree
 - 7. Type of record
 - 8. Mouth moistener
 - 9. Culinary herb
 - 10. Wimpish
 - 11. Like gentlemen's agreements
 - 12. Retro art style
 - 13. Daybreak direction
 - 18. Resident
 - 23. Pie parts
 - 24. Circus feature
 - 25. Cornea's companion
 - 27. Property attachment
 - 28. Deeply engrossed

- 30. Like George Carlin's weather man
- 33. Reverses
- 34. Fortifications with double parapets
- 35. Deadly fly
- 38. Financial support
- 40. Hydrant attachment
- 41. Hoggish comment
- 43. E-mails anew
- 46. "Bonanza" star Lorne
- 49. Pre-op inhalant, once
- 50. Land between India and Tibet
- 52. Circle segments
- 53. What Oscar Madison wasn't
- 54. Manor near Twelve Oaks
- 57. Chancel
- 60. "Believe It Or ___!"
- 61. Take after taxes
- 62. Rival of 23-Across
- 63. Oft-repeated word in "Fargo"

SUDOKU

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			9		5			
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		9			8			3

- FRIDAY, DEC 11 1900
- SATURDAY, DEC 12 1700
- SUNDAY, DEC 13 1700
- FREAKY** (R)
- SATURDAY, DEC 12 1400
- POLAR EXPRESS** (G)
- SUNDAY, DEC 13 1400
- RISE OF THE GUARDIANS** (PG)

Solution to puzzle on page B10

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REEL TIME THEATER MOVIE SCHEDULE









“Home for the Holidays” featuring Minot Symphony Orchestra musicians

MINOT SYMPHONY ORCHESTRA

MINOT, ND, December 2, 2020 – Musicians from the Minot Symphony Orchestra will present a virtual concert “Home for the Holidays” Saturday, December 12 at 7:30pm.

Due to the number of COVID-19 cases in Ward County, and for the safety of the musicians and patrons, the Minot Symphony Association board of directors voted to move to a virtual concert platform for the December performances and will present “Home for the Holidays” on Saturday December 12th at 7:30pm.

“The holiday concert has become not only our largest in attendance, but a favorite for the musicians and patrons. Everyone loves Christmas music and I just can’t image not having a symphony holiday concert. To avoid gathering community musicians with the MSU students on campus for rehearsal, we came up with the idea to feature small groups of musicians who are or have been part of the symphony, many who live in the same household” said executive director Ellen Fenner.

The “Home for the Holidays” virtual concert will feature several ensembles made up of musicians from the Minot

Symphony Orchestra including family ensembles, husband and wife duets, a father/daughter duet, and a string quartet along with other ensembles of symphony musicians. Holiday favorites including The Nutcracker Suite, Fantasia on Greensleeves, Ukrainian Bell Carol, Joy to the World, Good King Wenceslas, and many more will be included in the performance.

Virtual concert tickets can be purchased at www.minotsymphony.com. Tickets will be based on the number of people watching the performance per device. A solo ticket is \$25 (1 adult age 18+), Senior Solo \$20 (65+), Duo \$40 (2 adults), Family Quartet \$50 (includes 2 adults and 2 student/children), or Ensemble for up to 6 viewers on the same device for \$100.

The Minot Symphony Orchestra musicians and board members thank everyone for being flexible and understanding during this time of challenges and uncertainty.

This project is supported in part by grants from Arts Midwest and the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

Upcoming Events

11-13 DEC
DECK THE STAGE
7:30 PM & 1:00 PM
Mouse River Players
115 1st St. SE, Minot

“Deck the Stage” by Lindsay Price is a youth production to spark our Christmas season 2020 with a little humor. It is based on traditional Christmas carols. Sometimes, the holiday season is too hectic and full of traditions that “have” to be accomplished. “Deck the Stage” pokes fun on the traditional songs that we love, and the very uncommon Christmas pageant. Show Dates & Times: Friday, Dec. 11th @ 7:30 pm, Sat., Dec. 12th @ 7:30 pm, Sunday, Dec. 13th @ 1 pm
In accordance with the city wide mask mandate, masks are required while inside Mouse River Players’ building for all volunteers and patrons. Please message us on Facebook if you have further questions.



For more information:
Website / www.mouseriverplayers.com

12 DEC
CANADIAN PACIFIC HOLIDAY TRAIN AT HOME
7:00 PM - 10:00 PM
Virtual Event
Canadian Pacific Facebook Live

The 22nd annual Canadian Pacific Holiday Train is back. And this year, its first—and only—stop is your home! Although the train might look a bit different this year, we’re keeping the spirit of Christmas alive with a virtual concert on Dec. 12 to raise money for food banks across North America. Celebrate the holidays with us and listen to great music, including performances by Serena Ryder, The Trews, Jojo Mason, Logan Staats and Kelly Prescott. In this year of extraordinary need, we hope you’ll join us in helping put food on the table for families, friends and neighbours in need by making a donation to our national food banks.



For more information:
Facebook Event / Canadian Pacific / CP Holiday Train at Home

15 DEC
SCHEELS VIRTUAL SANTA EXPERIENCE
7:00 PM - 7:30 PM
Virtual Event
www.scheels.com/santa

Join Santa, Mrs. Claus, and their elves and reindeer all the way from The North Pole for an online-only event before Christmas! Participation is free and easy: Sign up and submit a letter to Santa, get a personalized letter and video from Santa himself, join us online for a fun-filled evening with Santa and his helpers on Tuesday, December 15th at 7:00pm CT. The virtual event will include interactive fun for all ages. Learn about life at The North Pole, join in reindeer games, and meet Santa and his helpers before Christmas. You’ll also learn the Santa shuffle dance and get a secret cookie recipe from Mrs. Claus! Registration is required to attend.



For more information:
Website / www.scheels.com/santa

17 DEC
3D BUILD ORNAMENT
3:00 PM
Virtual Event
Minot Public Library Facebook Page

Join Pam as she teaches us how to create ornaments with shapes from TinkerCAD! Submit your STL file to be printed at no charge to: pam.carswell@minotnd.org.



For more information:
Facebook Event / Minot Public Library

18 DEC
CHRISTMAS PET PHOTOS @ PETCO
2:00 PM - 6:00 PM
Petco
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Pet Photos taken by Three Ducks Photography! Cost: \$20 for a digital photo and \$5 for each extra



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Facebook Event / Christmas Pet Photos at Petco

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On Base

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Coaches meeting December 18th in the McAdoo Gym at 1PM
*Covid mitigation rules will be enforced. See details, contact: Major Kyle Hoshier at 701-723-2309 or 505ley Minot at 218-766-1588

Show us your ugly sweaters!

Email 5thforcesupport@gmail.com a photo of your ugly sweater by 11:59 PM on Sunday, 15 December for a chance to win exciting prizes! Entries will be uploaded to their respective contest photo albums on the 5th Force Support Squadron Facebook page on Monday, 14 Dec. & YOU can help choose the winner. The photo with the most Likes in each album at 2:00 PM on Thursday, 17 Dec. will win!

Ages 12 & up: Wear your ugly sweater and have fun with posing & being silly!

Ages 11 & below: Help Darcy get in the holiday spirit by decorating an ugly sweater! Use colored pencils, crayons, yarn, floss, glitter, or whatever else your heart desires.

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For more information visit: www.5thforcesupport.com

HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

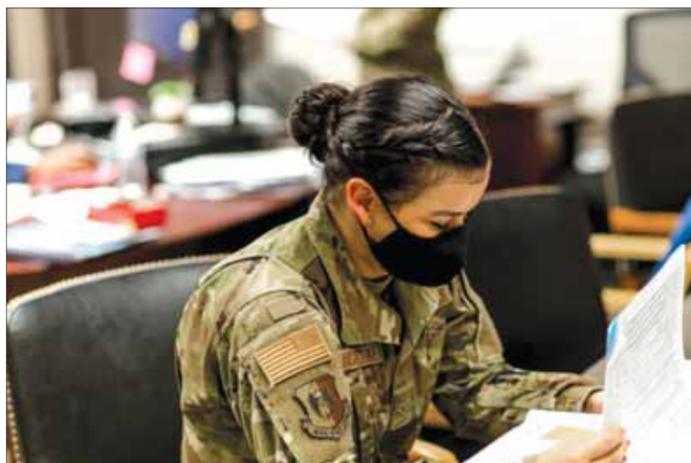
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Airmen of Minot



A1C SAMANTHA BLASCHKE
MILITARY JUSTICE PARALEGAL

A1C Samantha Blaschke is a military justice paralegal for the 5th Bomb Wing Judge Advocate. Originally from Maricopa, Arizona, she became a part of Team Minot in March 2019. In Blaschke's position, she is responsible for assisting the wing commanders and first sergeants with legal paperwork. "My favorite part of the mission is being at Minot and knowing the big picture of what the mission consists of," said Blaschke. Additionally, she is also the vice president for the Minot Enlisted Airmen's Council. The goal of the council is to provide assistance and enhance the morale of Airmen around the base. On top of her roles as a paralegal and the vice president of MEAC, she serves as the secretary of the 5th Bomb Wing Booster Club, which works to create opportunities for all members of wing staff agencies to come together and provide a greater sense of inclusivity. "My motivation is doing the best I can for myself and giving it my one hundred percent on everything to make sure that at the end of the day, I'm proud of myself," said Blaschke. When she is not busy with work or helping other Airmen, she spends her free time training her dogs and enjoys an enthusiasm for cars with her husband.



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.

LAW TALK

Mineral Rights FAQs

What are mineral rights?

Real property can be divided into two parts: surface interests and mineral interests. In North Dakota, mineral interests mean an interest in the "oil, gas, coal, clay, gravel, uranium, and all other minerals of any kind and nature." However, under North Dakota law, gravel, clay, and scoria are included with surface interests unless they are specifically excluded by name.

How do mineral rights work?

Minerals can be "severed" from the surface by reserving minerals when transferring land. This means that the same party does not necessarily have to own both the surface of a piece of land as well as the minerals. In fact, it is very common in North Dakota for one party to own the surface and many other parties to own the minerals.

Can mineral interests be lost?

If mineral interests are unused or unclaimed for more than twenty years, they are considered abandoned. Minerals are "used" when some type of activity such as production, leasing, or conveying occurs under North Dakota law. A mineral interest owner can also assert their ownership by recording a document known as a Statement of Claim. This protects the mineral interests from being deemed abandoned, even if they are unused, for up to twenty years.

How can I get mineral rights?

A surface landowner can initiate a court action to gain ownership of abandoned minerals under their land. Mineral owners do have the opportunity to respond to this action; however, in many cases, the rightful owners of mineral interests might not even be aware of their existence. Many mineral rights are passed down through families, either deeded directly or obtained through the probate process.

How can I find out if I own minerals?

Clients often are unsure what mineral rights they or their family might own. When this occurs, we work with the client to search for recorded deeds or other mineral rights records to help shed light on the situation. Sometimes we also enlist the assistance of third party landmen to help us out and search for mineral rights records in various counties throughout North Dakota or even perform mineral title opinions to determine exactly who owns what and how much.

This is a lot to understand – can you help me?

Absolutely! Whether you need to protect minerals you already have, find out if you do have minerals, or buy, sell, or convey minerals, we can point you in the right direction. We have successfully helped clients with their mineral interests located all throughout North Dakota. Give us a call at 701-852-5224 to find out how we can be of assistance!

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WHITE CHRISTMAS (1954)
THE STAR (PG)
LITTLE WOMEN (2019) (PG)

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Dr. Matt Hanson



Dr. Crystal Long

BUSINESS HOURS

Monday: 7:30am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

(701) 852-2800



91ST MW AF & AFGSC AWARDS

Col. Christopher Menuary presents Airmen with Air Force & Air Force Global Strike Command level awards on Dec. 1, 2020, at Minot Air Force Base, N.D.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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WHAT'S GOING ON MAFB

TODAY 11

- Last Day of Basketball Skills Challenge, Fitness Center
- 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

SUNDAY 13

- Zumba, 1400, Fitness Center

MONDAY 14

- Registration Closes for the Rudolph's Relay Tournament at the Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page

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 15

- Rudolph's Relay Tournament, Fitness Center
- Cycle, 0545, Fitness Center
- TAP (VA), 0800-1600, A&FRC – Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Functional Strength Training, 1700, Fitness Center

WEDNESDAY 16

- Registration Closes for the Extramural Curling League at the Fitness Center
- Rudolph's Relay Tournament, Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (VA), 0800-1600, A&FRC – Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 17

- Rudolph's Relay Tournament, Fitness Center
- Cycle, 0545, Fitness Center
- TAP (DoL), 0800-1600, 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
- Craft Club, 1800, Minot AFB Library Facebook Page
- Swerk, 1830, Fitness Center

UPCOMING

FRIDAY 18

- Rudolph's Relay Tournament, Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC – Online Zoom Meeting
- 12 Days of Christmas Bowling Special, 1700-2000, Rough Rider Lanes
- 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 19

- Rudolph's Relay Tournament, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- 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

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LUNCH: 1030-1330	LUNCH: 1030-1330
DINNER: 1630-1830	DINNER: 1630-1800
SIMPLY TO GO: 0600-1830	SIMPLY TO GO: 0730-1800



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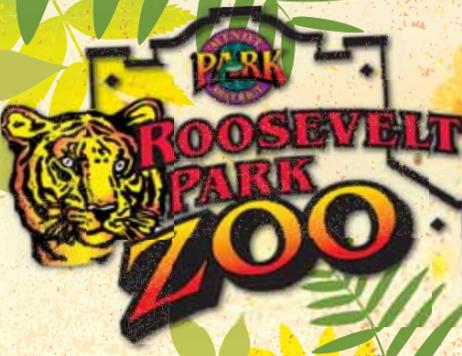
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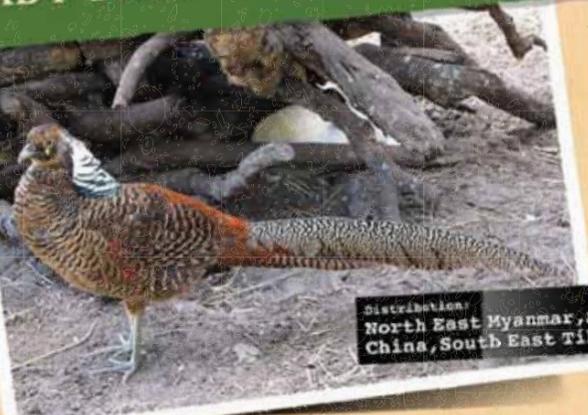


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WORD SCRAMBLE

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Dec. 7: 1,838.84 feet above mean sea level (MSL); 16,300 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: 1,448.47 MSL.

- N.D. Game & Fish Dept. game wardens: A few anglers walking onto Lake Metigoshe and other scattered north-central lakes but success remains slow. No reports from the Missouri River System. Some walk-on activity on the north end of 6-Mile Bay on Devils Lake, Pelican Lake, and northern feeder lakes, including Lake Alice and Lake Irvine.

- Devils Lake, Woodland Resort, Devils Lake: Some activity continues on northern feeder lakes such as Lake Irvine, Lake Alice, or Mike's Lake. Pelican Lake starting to ice over but is unsafe yet. Some ice on the back end of Creel Bay but use extreme caution and test the ice when walking on.

- Lake Darling, Karma C-Store, Ruthville: Limited activity with anglers generally waiting for better ice on Lake Darling. A few anglers going to northern feeder lakes above Devils Lake but no reports on success.

- Lake Metigoshe, Four Seasons, Bottineau: Fair to good bluegill and walleye success. Walk-on access recommended yet. Try evening hours for walleye.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea slowed. Some walk-on activity on the east end of Lake Audubon but use extreme caution walking onto the ice.

- Lake Sakakawea, Scenic 23, New Town: Continued boat activity for walleye with the dock back in place at Van Hook Arm. A weather change could end that, however, but those going are finding mixed success. Fish are biting but it's a like jig bite working deep in 25 to 30 feet in the Arm.

- Lake Sakakawea/Missouri



- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.
- Darkhouse spearing open on lakes where it is allowed when ice conditions permit safe access.
- North Dakota state parks remain open with trails usable for hiking. Check with individual parks for other available amenities yet this fall, however.
- Dec. 12: High and Low Plains ducks, merganser, and coot seasons re-open.
- Dec. 13: Muzzleloader deer season closes.
- Dec. 19: Eastern N.D. Canada goose season closes.
- Dec. 24: Western N.D. Canada goose season closes.

River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains low with difficult access at times. Use caution and go slow when venturing on the water. OK walleye and pike success off the rocks from shore at night.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Trenton Lake slowed for walleye but continues producing crappie and pike. Long Creek still producing walleye on the upper end of Lake Sakakawea. Walk-on access only. Some walleye from both boats and shore along the pumphouse on the Missouri River near Williston. Kota-Ray Dam has a nice bluegill bite with a smattering of other panfish.

- Lonetree WMA area lakes, Harvey: Limited activity with anglers waiting for better ice conditions. Some anglers walking onto Clear Lake, however, but success is slow.

- North-central/central N.D. lakes, Towner Hdwe. Hank,

Towner: A few anglers walking onto Antelope Lake but limited walleye success. No reports from other area lakes and the Souris River is low.

Hunting:

- Deer: Still some active movement.

- Upland: Continued pheasant success working cattails but birds are becoming flighty.

- Waterfowl: Good numbers of Canada geese and some mallards remain along the east end of Lake Sakakawea but geese are getting decoy-wise. Lots of Canada geese along the open water of the Missouri River. Geese coming off later in the morning and afternoon from the Missouri River tailrace. Birds moved out of northwest N.D.

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.

De-stress and stay tobacco free

YOU CAN QUIT 2



Everyone feels stress sometimes. It's a natural physical or emotional response to challenging situations or even good things like being promoted, moving, starting a new relationship or getting married. When you're a tobacco user, your first reaction to stress may be to reach for a tobacco product such as a cigarette, a dip or an e-cigarette. Instead, try stress reduction tools to help you focus on staying quit.

KNOW YOUR STRESSORS

Knowing what makes you feel stressed can make staying quit that much easier.

- Keep a log. Write down the situations when you feel stressed, anxious or nervous.

- Be aware of stressors that may not always be obvious. Is it traffic that gives you stress, or the fact that you wake up late and end up rushing to work? The more you learn about what makes you tick, the better prepared you will be during stressful times.

APPLY THE 4 A'S

Once you understand what places, activities or people make you feel stressed, you can strategize how to handle it better in the future. Create a plan using the following tips:

- Avoid the stressor. Nope, you can't avoid every stressful situation. But, there are some stressors you may be able to control while quitting. Maybe that means waking up 15 minutes earlier (it's not as hard

as it sounds!) so that you don't have to rush to work.

- Alter the situation. For stressors you can't get rid of, try changing the situation. This might mean using your time more wisely, compromising or asking friends to meet at the movies instead of a hookah bar. Relieving tension from stressful situations will make you less likely to turn to tobacco.

- Accept what you can't change. It honestly takes more energy to be negative. Instead, focus on the things you can control and look at the positives when you can. You quit tobacco, and that is seriously something to be proud of!

- Adapt to the situation. Look at situations from a new point of view. Ask yourself, "Will this matter in a year or five years?" If you're bummed that you're not going to the hookah bar with friends so that you won't be tempted by tobacco, remind yourself that you're doing what's right for you.

Remember, not every option is right for everyone. It is important to think about what will work for you based on what's stressful in your life, how much time you have, where you are and your personality. Don't be afraid to try new techniques though. You might be surprised at how well you can handle life's stresses once you're armed with the right tools!

BBQ PULLED PORK CUBANO SANDWICH



INGREDIENTS

- 4 ORANGE, JUICED
- 4 LIME, JUICED
- 3 TABLESPOON BROWN SUGAR
- 4 TABLESPOON CHILI POWDER
- TO TASTE SALT AND PEPPER
- 8 OUNCE LEFTOVER PULLED PORK (PREFERABLY WITHOUT BBQ SAUCE)
- 1 LOAF CUBAN OR CRUSTY BREAD
- AS NEEDED BUTTER, MELTED
- AS NEEDED YELLOW MUSTARD
- 4 SLICES SWISS CHEESE

In a medium saucepan over medium-high heat, heat the orange juice, lime juice, brown sugar, chili powder, salt and pepper until sugar has dissolved and mixture becomes syrupy.

Combine the mixture with leftover or store bought pulled pork. See pulled pork recipe at traegergrills.com/recipes.

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Set two large cast iron pans on the grill and close lid, allowing the pans to heat up.

To build the sandwich, cut a 6 inch piece of bread then slice that horizontally lengthwise. Brush the exterior sides of the bread with melted butter. On the inside, slather one side of bread with yellow mustard, top the mustard with Swiss cheese, then on the bottom half, place the sliced ham. Top ham with pulled pork and pickles.

With the cast iron pans smoking hot, place the sandwich in the bottom of one of the pans then place the other pan on top, smashing the sandwich. Close the lid and allow to cook for 4 to 5 minutes or until the exterior of the sandwich is crispy and cheese is melted.

Slice and enjoy!



Ryan Davy - GM Minot

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Air Force hits record retention levels, reviews voluntary force management efforts

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force is seeing its highest retention levels in 20 years, second only to rates recorded shortly after 9/11 in 2002.

However, as hundreds of members who were previously planning to retire or separate in 2020 withdrew or delayed their departures amidst COVID-19 concerns, it led to fiscal year 2021 end strength numbers that already exceeded the projected end-of-year goals.

"Congress delivered immense help, increased our numbers and helped us make real readiness improvements after sequestration reductions," said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services. "Increased recruiting and retention efforts helped restore the

size of the force by nearly 23,000 over the last five years. We also closed a 4,000-person maintainer gap and increased the manning levels of many career fields."



We have to bring in the right number of Airmen each year to sustain the force throughout the continuum of service.

LT. GEN. BRIAN KELLY



Now, Kelly said, the challenge for the Department is to keep the size of the force balanced for the future, high-end fight.

To get that done, headquarters

personnel teams are reviewing voluntary opportunities to allow for even more flexibility as Airmen make long-term career choices. These will involve waivers of some active duty service commitments, particularly focused on expanding opportunities to affiliate with the Guard and Reserve.

"We want Airmen to know their expertise is incredibly valuable, and we are reviewing steps to make it even easier to either transition to Guard or Reserve service or explore other career fields," he said.

Kelly also noted the service may no longer need all the retention bonuses the force is currently using, and will "shape the force to better match our requirements by facilitating re-training from some over-manned AFSCs to those with lower manning levels."

Kelly said involuntary programs are not being considered for FY21.

"We have to bring in the right number of Airmen each year to sustain the force throughout the continuum of service," Kelly said. "We have a plan to avoid future year-group gaps and we will announce volunteer options soon that we believe will balance end-strength appropriately." Kelly expects to share the approved list of volunteer options before mid-December.

As the Space Force is still in a purposeful phase of strategic growth, any force management decision will be evaluated for its applicability to the newly formed

sixth branch of service. Space Force members will not be eligible for a voluntary ADSC waiver due to the required minimum two years to join the new service.

"As we build the Space Force, our priority has been to do no harm and to communicate decisions with the maximum transparency possible as we transfer personnel from the Air Force into the new service," said Patricia Mulcahy, U.S. Space Force chief human capital officer. "We remain committed to that goal as we work with our partners in the Air Force to find effective solutions in addressing these force management concerns."

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Nursing provides mother-daughter duo with degrees

MINOT STATE UNIVERSITY

MINOT, N.D. – Caring for others through working in the medical field runs in the Peterson family's blood.

Leisa Peterson of Regina, Saskatchewan has been active in the nursing field for 28 years. After first earning her associate degree, she has held many different positions, including quality risk manager, health promoter, and nurse in emergency rooms, urgent cares, and clinics.

"When I was growing up, I had really bad asthma, so I was in and out of the hospital a lot, and it was always the nurses who were there," she said. "They're the ones who are at the bedside. They're the ones who were giving the meds, wiping the tears, all that kind of stuff. I wanted to be able to give back to some of the people that have supported me all along, whether it's nurses or just people in the population in general."

Leisa's daughter Tristen Peterson has a similar originating story in nursing.

"I grew up in Minot. I actually had a few other offers in Grand Forks and Fargo, but I'm a huge family person, so I decided to stay here," said Tristen. "My mom was a nurse all throughout me growing up, so I was used to visiting her at the hospital. Hearing those stories that she would tell us when we were younger kind of influenced me to follow that path."

The roles reversed, however, when Leisa followed in her daughter's footsteps last spring when she enrolled online in Minot

State's Registered Nurse (RN) to Bachelor of Science in Nursing (BSN) program.

"I have worked as a diploma nurse (a nurse with an associate degree) and have had a lot of opportunities," said Leisa. "But it was really hard to kind of promote that professionalism when people were like, 'Well, do you have your degree?' I wanted to be part of the solution to promote not only the professionalism but the education that the nursing career has. "Now we do have a voice. If we can speak up, we can advocate for our patients because we're professionals. Online may not be for a lot of people, but I would definitely encourage any associates or diploma nurses to go back and get their degree. They've earned it; they just need to do some of the necessities to get that degree."

"I never thought she was actually going to do it," said Tristen. "When I was younger, she worked a lot of jobs to help raise us, so I never thought she would have the time to actually go back. Then when I heard that MSU was offering the RN to BSN completion, I pushed her towards that. I said, 'You know, the professors are really good. They work with everything.' I was really proud to hear that she was going back to school."

While Leisa and Tristen took different paths to get to Minot State, a close relationship with their professors is one experience

they shared.

"The professors are wonderful, easy to get a hold of people and the reason why I actually chose to go to Minot State," Leisa added. "I'm not going to lie; I didn't want to take the statistics class, and there are colleges where I could do that, but Tristen's student advisors, the professors, anybody that encountered her, they really helped her to where she is now. They were just so awesome to do what they could to get her through."

Some habits never change, for Tristen is now working in the emergency room like her mother as her first job in the nursing field after graduating last spring.

"When I originally started nursing school, I wanted to be in the OB or pediatrics area, and she worked in the ER my entire life. Then the first job I accepted out of school was actually in the ER, so I ended up following in her footsteps anyway," said Tristen. "I think it was in my blood that I was supposed to be in the ER because of how I was raised."

In the family's blood is right, for two other children of Leisa's also are involved in the medical field, with her younger daughter being an aspiring CNA and her oldest son a paramedic.

"It's just a very caring family," Leisa said. "If we can help somebody, we want to."

"We all like to help people out when they're not able to help themselves," Tristen added. "We like to put others before ourselves."



Leisa Peterson is one of AFMS - Minot - 5th Medical Group amazing GS nurses. She's worked in the 5 MDG for 13 years, currently as the Health Promotions Manager. You may have spoken to Leisa on the phone as she supported the COVID triage line, she also covers in the Trinity ER. Thank you for your service and congrats on your upcoming degree!



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Rudolph's Relay Tournament

At the McAdoo Fitness Center Indoor Track

Tournament: Dec 15th- 23rd
Registration: Dec 1st- 14th

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Changes to Base Tax Center

MINOT AIR FORCE BASE LEGAL OFFICE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Due to the ongoing COVID-19 pandemic, the free tax services offered through Minot Air Force Base's Volunteer Income Tax Assistance program will be modified for the upcoming filing season. Airmen, E-1 through E-6, will receive tax services between 25 January and 14 March 2021. All other eligible taxpayers, including the remaining enlisted tier, officers, retirees, DoD civilian personnel, and other branches of service will be seen on a space available appointment from 15 March through 15 April 2021.

Because of the expected limited appointments and limited pool of trained VITA volunteers, the

base tax center will be unable to accommodate the amount of customers as in past years. Therefore, members are highly encouraged to switch to other free tax software programs, including that offered through Military One Source (<https://www.militaryonesource.mil>), or any other free software program. Military One Source MilTax program offers filing of federal and up to three state tax returns, with tax consultants available for assistance at (800) 342-9647. However, before filing your state taxes online, know your state's rules for military income and if married, that of a spouse who may not be from the same legal state of residency. Our legal office representatives

stand ready to answer any questions you may have concerning how states tax military pay and what you should expect. On average, a married filing joint couple with two state tax returns can save between \$500-\$700 by utilizing free software. Self education on federal and state tax law can save you hundreds of dollars.

As a reminder, to receive tax assistance, you must bring photo IDs and social security cards for the taxpayer, spouse, and dependents. Once you have received and printed all your tax documents, you may schedule an appointment starting 25 January 2021 by calling 723-3026.

A LOOK BACK THIS WEEK IN USAF HISTORY

MINOT'S 91ST SMW BECOMES FIRST COMBAT-READY MINUTEMAN III WING IN THE AIR FORCE
DECEMBER 13, 1971



Minuteman III test launch (USAF Photo)

On December 13, 1971, the 91st Strategic Missile Wing (predecessor to the 91st Missile Wing) became the first fully operational and combat-ready Minuteman III wing in the United States Air Force. The missiles were first placed at Minot AFB in 1970 under the 741st Strategic Missile Squadron. MAFB was at the forefront of the "Force Modernization" Program, which oversaw the switch from earlier ICBMs to the updated Minuteman III missiles. After the transition was completed, the 91st SMW was ready to provide strategic deterrence with a fleet of 150 ICBMs spread across 8,000 miles of North Dakota. Each Minuteman III weighs about 76,000 pounds and has a range of over 6,000 miles and a maximum speed of approximately 15,000 miles per hour. Each missile was projected to have a service lifespan of 10 years. However, the Minuteman III has remained in service for over 50 years, making it the oldest deployed strategic ballistic missile in the world.

Information courtesy of: History of Minot AFB c. 1980 / minot.af.mil / Minot Air Force Base Newcomer's Guide c. 1989

Team Minot CMSgt Selects

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Congratulations to the Team Minot senior master sergeants selected for promotion to chief master sergeant! Air Force officials have selected 518 senior master sergeants for promotion to chief master sergeant out of 2,763 eligible for a selection rate of 18.75 percent in the 20E9 promotion cycle.

5th Bomb Wing

- SMSgt Gerald Bellew - 5th Aircraft Maintenance Squadron
- SMSgt Ryan Thompson - 5th Aircraft Maintenance Squadron
- SMSgt William Ipock - 5th Munitions Squadron
- SMSgt Jim Ulrich - 5th Munitions Squadron
- SMSgt Shiona Meyer - 5th Comptroller Squadron
- SMSgt Mark Coffelt - 5th Bomb Wing
- SMSgt Wilfred "AKA" Freddie Morgan - 5th Civil Engineer Squadron
- SMSgt Miranda Minshew - 5th Force Support Squadron

91st Missile Wing

- SMSgt Howard "AKA" Ray Smith - 91st Maintenance Group



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Northern Celebrations

Embracing our
North Dakota
Lifestyle

Stories told in the snow

Patricia Stockdill

Snow will come, really it will. Maybe...hopefully.

The beauty of snow is that it allows a person to play like a child. Granted, adults are less likely to make snow angels or build a snow fort or snowman, but it's still great to do regardless of one's age.

Snow means a person can snowshoe, cross-country ski, downhill ski (OK, admittedly that's do-able with manmade snow), snowmobile, ride a fat tire bike, or even drive a kick-sled.

Snow also means a person can spend a quiet winter's day wandering paths less traveled by humans and more travelled by animals: Walking quietly along trails in North Dakota's state parks, N.D. Game and Fish Department Wildlife Management Areas, U.S. Fish and Wildlife Service National Wildlife Refuges, and even walking paths in city parks when there is snow unveils the busy life of wildlife in the winter.

Wildlife isn't quiet in the winter, although many animals are less active as they strive to conserve energy.

Snow provides an opportunity for an inner glimpse into their lives: During the day several types of wintering birds may flit across the snowy ground searching for fallen seeds and vegetation to eat.

Tracks tell their story as they move about as if in a daze and when they fly off in haste. Their paths may cross those of a mouse scurrying along.

Another set of tracks reveals life and death in the winter as a set of dog-like tracks – a coyote – meanders in what appears to be a hap-hazard manner. In reality, the coyote likely has its nose to the ground hoping to pick up the scent of its pending meal.

Its tracks encounter those of the mouse and their story then becomes intertwined as the tiny tracks become mirrored by the coyote's.

Until a flurry of dog-like tracks appear in the snow.

And then there are no more tiny tracks and the coyote tracks walk off in a straight direction, their maker's appetite satisfied momentarily. That's the reality of nature.

Two sets of deer tracks appear further along the journey, one larger than the other.

They intermingle, the tracks of a doe with her fawn following behind. A short distance later, more deer tracks join the two.

One can only surmise that other does and fawns – and maybe some bucks – joined in the journey of the first doe and fawn as they traveled their well-worn snow trail to a nearby area to feed or curl up in sleep alongside a shelterbelt.

The snow on one side of the shelterbelt tells the story of how popular the area is for the deer with tracks upon tracks in every direction. New tracks over old tracks, pheasant tracks over deer tracks and vice-versa as the birds venture out during the day sharing the same space as the deer.

The deer return that evening and throughout the night, pressing evidence that the pheasants were there into ground beneath their own tracks.

The intriguing thing about the shelterbelt and all of the activity is that one side has so much busier than the other side of the tree rows. Looking around, the question as to "why?" is solved – the other side of the shelterbelt is closer to a road. Even though it's not immediately adjacent to where the deer and other wildlife are spending their winter's day and night, it's still closer to human disturbance.

The activity in the snow says the deer know where they are more sheltered and protected.

A winter's walk on the wild side changes daily depending on what Mother Nature offers. Some days the wind may scour nighttime activities away and evidence is lost almost immediately.

Other days, a shimmering sun – especially later in the winter as spring approaches – melts the story away before it can be told.

If it's a more normal winter and additional snow falls the story book of life in the outdoors is hidden with a new blanket of snow.

That's OK; it simply means a fresh update will be available to the observer who takes the time to walk on the wild side.

Maybe those winter walks in search of the stories wildlife tracks tell is simply an adult version of playing in the snow?

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Winter Break is quickly approaching! It's important to keep your students' bodies and minds active even through the holidays. On base there are numerous events planned for the month of December. A great resource for families to keep up-to-date is the TeamMinot App. Additionally, families can find events from the 5th Force Support Squadron on their website, 5thforcesupport.com or via their social media pages. The base library, bowling, and other facilities have specials and events planned during Winter Break that will engage your student's mind, offer some physical activity, or are just plain fun. If your student is in need of some academic support during the break, give military.tutor.com a try. It's free for military and offers more than just tutoring support. Teens can get a jump on writing scholarship and college essays via their proofreading functions, get coding reviewed, or work on upcoming or recent topics from school.

If you are in need of childcare for your school-aged youth (5-12 years) during Winter Break, visit militarychildcare.com. There you can request full day care through the School Age Program for the out-of-school days. Families can request care for the week(s) needed. Be sure to let the program

know if you will need care on the AFGSC Down Days, 24 and 31 December.

Finally, leading up to Winter Break, the Teen Program at the Minot AFB Youth Center will resume their bi-monthly Keystone meetings, beginning Dec 11th at 1800. What is Keystone Club? Keystone is an elite Boys and Girls Club (BGCA) teen leadership program with a focus on community service, academic success, and career preparation. Additionally, the Teen Program will be kicking off their annual Youth of the Year Competition prep on the 11th as well. Youth of the Year is BGCA's most prestigious award. Teens earn this title by competing against their peers by writing essays, composing and reciting a speech, and maintaining exceptional school standings. The winner of the Minot AFB Youth of the Year title will compete against others in the state. Scholarship money is earned at the state, regional, and national levels. To participate in either program, parents or students must email britnee.mcalexander.1@us.af.mil to receive and return required registration forms no later than 10 December; these opportunities are open for youth 14 and older. Families with questions can call the Youth Center at 701-723-2838.

2020-2021 MPS CALENDAR



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			

IMPORTANT UPCOMING DATES

- December 9**
Early Release Day
- December 21**
Parent/Teacher Comp Day - No School
- December 22 - January 3**
Vacation - No School

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

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Memorial Middle School Receives National Blue Ribbon Award

ABIGAIL KINDER, NORTHERN SENTRY

Minot Air Force Base's Memorial Middle School was recently recognized as a National Blue Ribbon School. The prestigious award, presented annually by the United States Department of Education, was given to 367 high performing elementary, middle, and high schools in 2020. The Blue Ribbon Award carries a reputation of excellence for each school chosen and it affirms the hard work of students, educators, families, and communities in encouraging students to master challenging

content. Memorial Middle School is one of only three North Dakota schools to win in the Exemplary High Performing category this year. Col. Michael Walters, 5th Bomb Wing Commander, visited Memorial Middle School on Dec. 1, 2020, to congratulate the students and faculty for their success. Congratulations to the members of Memorial Middle School for their hard work, and thank you to Col. Walters for joining them to celebrate this esteemed achievement!



Col. Michael Walters, 5th Bomb Wing Commander, congratulates students and faculty of Memorial Middle School, Dec. 1, 2020, at Minot Air Force Base for being recognized as a 2020 National Blue Ribbon School. The Blue Ribbon is awarded to only 367 schools nationwide by the United States Department of Education for exemplary high performance.

U.S. AIR FORCE PHOTO
STAFF SGT. STEVEN M. ADKINS

Kim Slotsve, Minot Public Assistant Superintendent, Dr. Steve Young, Memorial Middle School Principal, Col. Michael Walters, and Racquel Labadie, School Liaison Specialist, pose for a photo with the Blue Ribbon Award on Dec. 1, 2020.

MEMORIAL MIDDLE SCHOOL · MINOT AFB PHOTO



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COL. WALTERS RECOGNITION TOUR

Col. Michael Walters, 5th Bomb Wing commander, recognizes Airmen on Dec. 4, 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 | AIRMAN FIRST CLASS JAN K. VALLE



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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.

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Mass Schedule
 Saturday 4:30 pm
 Sunday 8:30 & 10:00 am
Fr. Ken Phillips, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

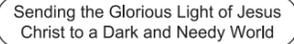
109 6th St. SE Minot • 838-3094
Saturday, December 12
 5 PM, No Vespers
Sunday, December 13
 10 AM, Congregational Prayer Service


Break Forth Bible Church
 Thursdays 7:00pm
 2nd + 4th Sundays 10:30am
 at the **GRAND HOTEL**
www.breakforthbiblechurch.com


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church

 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org

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St. Mark's Lutheran Church
Missouri Synod
Sunday Worship
9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663
 Reverend Philip Beyersdorf


Immanuel Baptist Church
1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Mask Only Service..... 8:30 am
 Fellowship..... 9:00 am
 Sunday School 9:15 am
 Worship 10:30 am
 Wednesdays:
 Soup Kitchen 11:30 am
 Family Supper 5:30 pm
 Preschool/Kids' Club/ABY ... 6:30 pm
 Adult Bible Study 6:45 pm
Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 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.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 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

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 8:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
 James W. Henderson
 Anna B. Henderson
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.

Bethany Lutheran
 215 3rd Ave. SE, Minot, ND
 Phone: 838-5196
 A Member of the ELCA
 Sunday Worship 8:30 & 10:30 am
 Sunday Fellowship..... 9:30 am
 Wednesday Church School 5:45 pm
 Wednesday Worship 6:45 pm
 Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 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.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director


Cross Roads Baptist
Southern Baptist Convention
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcbbc.org
email: minotcbbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards)
838-1873


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


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
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 Contemporary Service..... 10:30 am
 Kid's Church 10:30 am
Pastor Matt Scherbenske
www.vincentumc.com


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Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

First Assembly of God
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838-1111
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 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.



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SUDOKU SOLUTION

Puzzle on page 4

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

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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. tfn

WESTAT seeks enthusiastic, self-motivated, outgoing detail-oriented individuals to work part time as Data collectors. Contact households that are part of a nationally representative sample. To learn more about this position and apply, go to <http://www.westat.com/fieldjobs> and enter Job ID 17618BR. W-DeclB

DATA COLLECTORS Westat seeks enthusiastic, self-motivated, outgoing detail-oriented individuals to work part-time on the Medical Expenditure Panel Survey. To learn more and apply, go to <http://www.westat.com/fieldjobs> and enter Job ID 17618BR. EOE Minorities/Females/Protected Veterans/Disabled W-DeclB

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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.

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2021 term (11 Jan-14 Mar). 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 -

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

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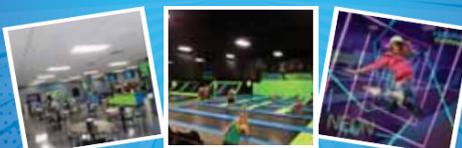
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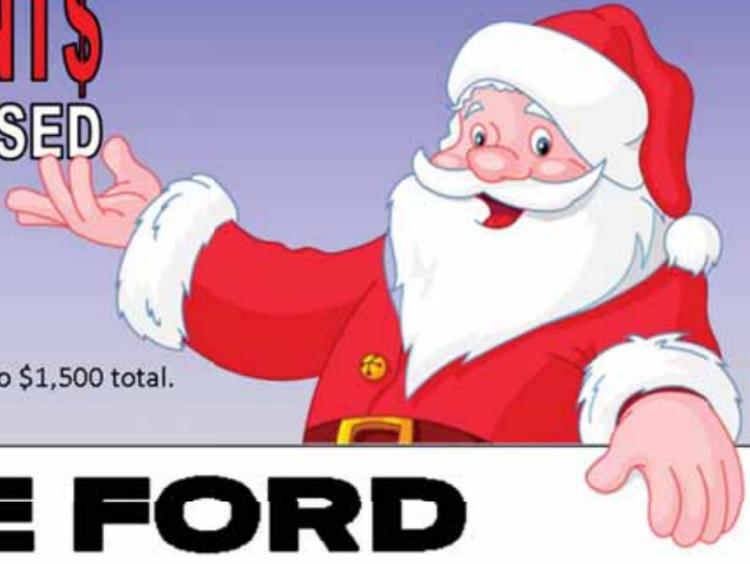
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