



WHATS INSIDE THIS WEEK:



INTERVIEW WITH US STRATEGIC COMMAND CHIEF OF STAFF A5



MEDICS-R-AWESOME DAY





A LOOK INSIDE THE MINOT AFB **HONOR GUARD B7**



Team Minot Civic Leaders pose for the Omaha Trophy Dec. 15, 2020, at Minot Air Force Base, North Dakota. Rear Adm. William W. Wheeler III, U.S. Strategic Command Chief of Staff, visited Team Minot to present the Omaha Trophy to both the 91st Missile Wing and the 5th Bomb Wing. See page 3 for more coverage.

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS JESSE JENNY









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Omaha Trophy Ceremony

AIRMAN 1ST CLASS CALEB S. KIMMELL, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

As a result of the exceptional service and outstanding performance of the 5th Bomb Wing and 91st Missile Wing, both were announced as two of five winners of the 2019 Omaha Trophy. The winners were announced on September 21, 2020 and Rear Admiral William W. Wheeler III, USSTRATCOM Chief of Staff visited Team Minot on December 15, 2020 to congratulate the base and present the awards to the

wings. "Team Minot represents two thirds of the nuclear triad. They are a strategic deterrence for our nation," said Wheeler. "That's an important, critical mission that has to be manned 24/7, 365. The importance of this mission cannot be overstated."

The Omaha Trophy was established in 1971 by the Strategic Air Command Consultation Committee and started as a single award presented to the U.S. Air Force's Strategic Air Command's best wing. Over the years and into the activation of the U.S. Strategic Command in 1992, the award has developed into five awards recognizing the commands top intercontinental ballistic missile wing, ballistic missile submarine, strategic bomber wing, global operations unit and strategic aircraft wing.

The 5th Bomb Wing is being recognized in the strategic bomber wing category for its mission accomplishment and effectiveness. Through enhancing interoperability with international partners and strengthening its ability to provide strategic deterrence, leading innovation and bolstering readiness capabilities, they have embodied the statement of "Only The Best Come North".

"Before I came to Team Minot I had the opportunity to review the package that was submitted for the award", said Wheeler. "It wasn't hard to choose a winner. It was extremely impressive."

Additionally the 91st Missile Wing, through their extraordinary and exemplary support of the USSTRATCOM strategic deterrence mission, has been awarded the 2019 Omaha Trophy for the Intercontinental Ballistic Missile (ICBM) category.

The 91st Missile Wing showcased their ability by leading Air Force Global Strike Command with multiple major command level awards. Leading the way in AFGSC, the 91st Missile Wing excelled in several areas such as a No.1 in sortie alert rate, launch facility availability rate, maintenance execution rate and mean time to repair.

The determination of Team Minot has led to many awards and recognitions. The 5th Bomb Wing was ranked No. 1 in a Headquarters Force Inspector General Air readiness assessment with the first no-notice dual wing generational exercise where they planned and organized sixteen strike packages and eight B-52 sorties.

Additionally, Team Minot has Personnel Reliability Assurance Program leading the Department Defense's largest PRAP of population and having the No. 1 Air Force Medical Treatment Facility out of 76 total. Amongst these many accomplishments, out of all of Air Force Global Strike Command, Team Minot ranked No. 1 in nuclear bomber maintenance, dominating the competition and acing two nuclear operations.

"I knew when I came up here that I was going to see an impressive group of Airmen", said Wheeler. "When you see their excitement and their motivation, it makes you feel good. I am absolutely convinced that we chose the right two wings for this award."

The 91st Missile Wing and 5th Bomb Wing, through their steadfast dedication to maintaining mission readiness and innovation, proved themselves to be well deserving of the 2019 Omaha Trophies. Team Minot's hard work and dedication paved the way to where the wing stands today. With several national awards under their belt, Team Minot Airmen prove to be a dominating force in the Global Strike climate, once again demonstrating that only the best come north.



Rear Adm. William W. Wheeler III, U.S. Strategic Command Chief of Staff, Dec. 15, 2020, at Minot Air Force Base, North Dakota. Wheeler visited Team Minot to present the Omaha Trophy to both the 91st Missile Wing and the 5th Bomb Wing.



ranked #1 Air Force-wide for the The Omaha trophy is presented to the 91st Missile Wing



The Omaha trophy is presented to the 5th Bomb Wing.



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CONTACTUS Ted Bolton

Publisher | Advertising bagroup@srt.com

Rod Wilson Business Development | Marketing sentrysales@srt.com

Nikki Greening

Head of Creative Services nsads@srt.com or nsgraphics@srt.com

Abigail Kinder

Reporter/Creative Services nsabby@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS Chief of Public Affairs Maj. Natassia Cherne Public Affairs Officer 2nd Lt. Ryan Walsh **Community Relations** Mr. George F. Gutierrez

Staff Photojournalists

Technical Sgt. Crystal Cherriere Technical Sgt. Benjamin Smith Staff Sgt. Michael Kantack Staff Sgt. Steven Adkins Senior Airman Dillon Audit Senior Airman Josh Strickland Airman 1st Class Caleb Kimmell Airman 1st Class Jesse Jenny Airman 1st Class Jan Valle

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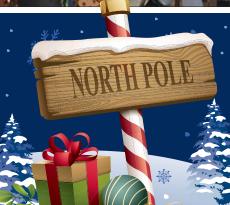
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701-839-3360 ▣





A 91st Missile Wing North Poll Strol

The 91st Missile Wing hosted a holiday event at Minot Air Force Base, North Dakota, Dec 12, 2020. The event consisted of 14 stations of 91st Missile Wing volunteers and other members from the 91st MW Group.

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



















91 033



Interview with Rear Admiral William W. "Trey" Wheeler III, US Strategic Command Chief of Staff

ABIGAIL KINDER, NORTHERN SENTRY

PA: Sir, what is your rank and the excitement in their faces, you see their motivation for what they

TW: Rear Admiral "Trey" Wheeler.

PA: How was your trip here? TW: It was outstanding. This is my first time up to Minot, and my first time this far North. As an old Florida boy, I didn't know what I was going to get into, but the team took great care of us. I got to see a lot of things and meet a lot of people.

PA: What accomplishments and efforts would you say Team Minot has done to stand out to make them the winners of two Omaha Trophies?

TW: Before I came up here, I had the opportunity to review the package that was submitted for both the 5th Bomb Wing and the 91st Missile Wing. It wasn't hard to pick a winner out of that group. When we reviewed the package it was number one, number one, number one, first at this, first at that, which was extremely impressive. I knew when I came up here I was going to see an impressive group of Airmen. When you get here and you see them and the excitement in their faces, you see their motivation for what they do, it just makes you feel good. I am absolutely convinced that we had the right two wings for this distinguished award.

PA: What role does Team Minot play in the USSTRATCOM mission?

TW: Team Minot represents two-thirds of our nuclear triad, providing strategic deterrence for our nation. That's an important and critical mission that needs to executed 24/7/365. You can't overstate the importance of that particular mission and what they represent.

PA: Do you have any parting words for the base or anything else you would like to add that you may not have gotten the chance to say while you were here?

TW: The Omaha Trophy represents a commitment between the business leaders down in Omaha and what used to be Strategic Air Command, now US Strategic Command. That relationship really spurred the award of the Omaha Trophy. What was extremely impressive



Rear Admiral William W. Wheeler III USSTRATCOM Chief of Staff

for me coming up here was the relationship that Team Minot has with the community and the surrounding communities. It's very, very impressive. That's something that we as military members should absolutely not take for granted. For all the folks that are out there, it is very much appreciated, so thank you. Thank you for the opportunity to come up and share a few hours here in North Dakota.

LAWTALK

Family Law FAQs

First , what is family law?

Family law is an area of practice which addresses all types of family matters including divorce, child custody, adoption, guardianship, child support, and prenuptial agreements. These issues, among others, are all included in family law.

Why is family law important?

Family law issues have a tremendous impact on an individual and those they love. These matters can be very stressful and even scary for those involved as these matters often require a court action. Family law and family lawyers are an important part of the court process to ensure families receive the legal representation they need.

Aren't family law cases always about fighting and separating families?

Not at all! While the dramatic divorce and custody battle is what is often portrayed on television, many families seek to resolve their challenges as amicably as possible. For divorcing couples who agree on everything, an uncontested divorce can be a quick resolution.

My coparent and I are not married but we need a parenting plan: can we do that?

Definitely! Parenting plans can be established outside of a divorce proceeding. Once again, these types of matters can be handled amicably if both parties are in agreement. However, if there is conflict, we can ensure you receive adequate representation to protect your rights.

We already have a parenting plan in place but now my child's other parent wants to move out of state with them? Can they do that?

That depends on the current parenting plan. We can review your current documents for you. In many cases, if the circumstances have changed from when the parenting plan was originally established, either party can file additional documents with the court to reopen the case and establish a new plan.

My co-parent and I both have good jobs and neither of us feel that child support is necessary. Can we agree that neither of us will have to pay the other?

The North Dakota Supreme Court has held that child support belongs to the children, not the parents. As such, parents are not allowed to make agreements that would eliminate child support. In North Dakota, child support obligations are determined by specific calculations based on both parties' incomes. These calculations will establish the exact amount owed by the obligor (the parent paying support) to the obligee (the parent receiving support on behalf of the child(ren)).

Family law issues can be some of the most stressful for our clients as they fundamentally affect one's day-to-day life. While these topics can be difficult and uncomfortable, it is our goal at Boppre Law Firm to help make the process as straightforward and relaxed as possible. If you have questions about your family situation and think you may need a family law attorney, please call us at 701-852-5224 to schedule a consultation.



91 SFG 2020 (NDO) Annual Awards

COLONEL SEGARS

Defenders-

It is our pleasure to announce the 91 SFG 2020 Nuclear Deterrence

Operations (NDO) Annual Awards! The competition was extremely tough, and once again you've all embodied the mantra: "Only the Best Come North!"

A year with a GLOBAL pandemic which saw the group move into unprecedented 14day tours, the Present For Duty rates shoot up 20% as the best in 2+ years, and 2+ million miles transited in unforgiving conditions. You attacked and neutralized the MOST alarms in all of Twentieth Air Force. Your efforts in an uncertain world skyrocketed the launch facility alert rate to 99%, ensuring the deterrence ops went unscathed while the rest of the world WATCHED US...your resolve, toughness and ability to "GET IT DONE" never ceases to

ACCESS

amaze us and the echelons above group...THANK YOU FOR ALL THAT YOU DO!!

As with any awards program, a few stood out among the best. Please join us in congratulating the following SFG NDO winners for an incredible year and wish them well as they compete at the wing level!

NDO Airman of the Year: SrA Kacie J. McCann, 891 MSFS NDO NCO of the Year: TSgt Christopher D. Law, 791 MSFS NDO SNCO of the Year: MSgt Nathan P. McIver, 791 MSFS

NDO CGO of the Year: 2d Lt Robert W. Sealey, 791 MSFS NDO Professional Team of the Year: Convoy Response Force, 91 MSOS





Over **\$7,000** worth of Golden Tickets have been distributed on Minot AFB in the last 6 months.

Keep reading, you could be our next winner!



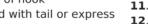


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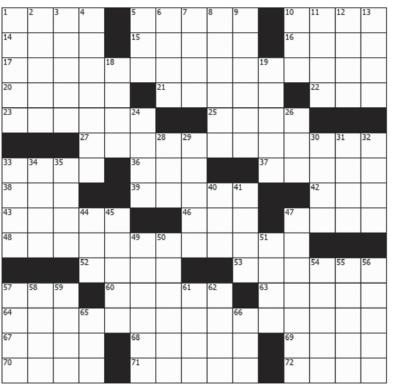
CROSSWORD PUZZLE

Across 1. Mermaid feature 5. They're guilty of disorderly conduct 10. Angelic symbol 14. Useful word processing feature 15. Island group near Fiji 16. Vivacity 17. Foreign relations strengthened by financial resources 20. "Digger" of "The Life of Riley" 43 **21**. Chophouse order 22. Chromosome factor 23. Tackles again 25. Kuwaiti royal 27. Ebenezer Scrooge, famously **33**. Pandora's boxful 36. Japanese statesman Hirobumi 37. Wound dressing 38. Wish one hadn't 39. Opposable digit 42. Bride's ID Down 43. You may assume it 46. Cooked ____ turn 47. Minor dispute 48. Powerful equine light 52. '60's fashion 53. Colonial roofing material motion 57. Do Aspen **5**. Obsolete map abbr. 60. Honor society letter 6. Sonnyboys 63. Brando's birthplace 7. Don't include 64. Drains bit by bit 67. ____ vera 9. Genoa export 68. So much, musically 69. Kind of hook **70**. Word with tail or express



- 71. Like Neil Diamond's
- Caroline 72. In ____ (existing)

SUDOKU



- 1. Home style
- 2. Battery terminal
- **3**. Waited for the green
- **4**. Moves with a bobbing

- 8. Shepherd of rhyme
- 10. Tailor's border
- **11**. Expression of pity
- 12. "Arsenic and Old
- 13. Banded quartz
- 18. Toward shelter,
- nautically
- 19. Giving the go-ahead

to

- in its logo
- 28. To the degree
- 29. Salad days
- 30. Gnu feature
- 31. Pound, poet
- 32. Musical pause
- 33. Modern
- Mesopotamia
- 34. Humdinger
- **35**. "Star Wars" princess
- 40. Low sound?
- 41. Lisa's brother **44**. Some bandits have
- one

0

- 45. Dracula's undoing 47. Knot distance
- 49. Puts on a pedestal 51. Did a smith's job 54. Brings under control 55. Menu creators 56. It results in waste 58. About 2.2 pounds

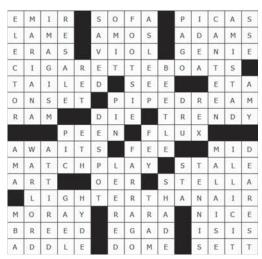
- 61. Glazier's unit
- 62. The first chip, usually 65. He wrote "Defense of

66. The i's have it

SATURDAY, DEC 26 1400 SATURDAY, DEC 26 2000 SUNDAY, DEC 27 1400 **THE CROODS: A NEW AGE** (PG)

SUNDAY, DEC 27 1700 **MONSTER** HUNTER (PG-13)







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

- - 24. Piqued state
 - **26**. Company with a dog **50**. Carpentry tool
 - - 57. Break sharply
 - 59. Desktop trash can,
 - for one

 - Fort M'Henry"



Solution to puzzle on page B14





Airmen





CHRISTMAS IN THE PARK 5:30 PM - 10:00 PM / 11:00 PM Minot Oak Park 19th Ave SW, Minot

The Minot Sertoma Club will bring light once again to Oak Park in Minot through its display of Christmas-Ihemed lights for the community to enjoy. The Christmas lights are displayed beginning Friday, Nov. 27, and lasting through Jan. 2, from 5:30PM to 10PM Sunday through Thursday, and 5:30PM to 11PM Friday & Saturday. The cost for viewing Christmas in the Park is \$5 per car. Christmas in the Park is a way for Sertoma to earn money and give back to the community by supporting local businesses with beautifully lighted Christmas displays. Sertoma is again offering discounted tickets. You can get 5 tickets for \$20

if you pre-purchase tickets from Visit Minot. The tickets make great gifts and stocking stuffers for your employees, coworkers, friends and family. Money to support Sertoma activities is raised through a variety of activities such as Christmas in the Park. Money earned goes back into the community through the different activities sponsored by Sertoma.



For more information: Facebook Event / Minot Sertoma Club



BOGO MONDAYS 6:30 AM - 3:30 PM With Room Coffee 400 E Central Ave, Suite 103, Minot

Who doesn't like starting their week off with free coffee?? Starting Monday 12/7/2020 we will be giving you that extra energy every Monday to start the Christmas spirit! Life is too short to be drinking lame coffee.

**Free beverage: Equal or less value

**ANYTHING PLACED ONLINE: Please leave a comment about free drinks or we will not send them, assuming you just wanted the drink ordered **DELIVERY WAIT TIME CAN BE UP TO 2 HRS! PLEASE BE PATIENT



On

NEW YEAR'S EVE WITH SLAMABAMA 9:30 PM - 1:30 AM The Original Bar and Nightclub 720 N Broadway, Minot

The Ru Bands – DJ

Pool Tables - Darts - Beer Pong Patio Shots! Sunday-\$2 domestic drafts Monday- \$2.50 Long Island Teas Tuesday- \$2.50 Keystone Light, PBR, Busch Light Wednesday- \$3 Keystone or Busch Light Pitchers Thursday- \$3 You Call It All Night Friday- \$3 You Call It From 7-9 (Band or DJ from 9-close) Saturday- \$3 You Call It From 7-9 (Band or DJ from 9-close)

https://www.facebook.com/events/1054348734980390?active_ tab=about





For more information: Facebook Event / With Room Coffee / BOGO Mondays



For more information: Facebook Event / The Original Bar and Nightclub

ofMinot



A1C DEANDRE BROWN FINANCIAL ACCOUNTING TECHNICIAN

A1C DeAndre Brown is a financial accounting technician for the 5th Comptroller Squadron and is originally from Charlotte, North Carolina. He became a member of Team Minot on February 15, 2020. Brown's responsibilities include helping customers through a virtual customer service portal that allows Airmen to submit claims, ask questions, and access their finance office online. "What keeps me motivated is looking in the mirror and knowing that the job got done," said Brown. "I only have two stripes on my shoulder, maybe some bars and stars in the future but that's my motivation." When he isn't helping Airmen with their finances, Brown serves as the president of the Airmen Dorm Council where he works to enhance their quality of

life. "What we do in the Dorm Council is try to provide the most fun experience that we can to the Airmen living in the dorms," said Brown. "We've hosted multiple events throughout the year such as the "End of Summer Bash", and our most recent event was a pumpkin carving event where the grand prize was a flat-screen television. We hope to host more events and get the Airmen more involved." In his free time, Brown spends his time in the gym improving his physical fitness and he also plans to enroll in college classes. "Minot is a cool place, I definitely learned to love the culture and I'm adjusting to the cold pretty well," said Brown. "I love the leadership, I love the Air Force, and my job is rewarding getting to help people on a day-to-day basis."



For more information visit: www.5thforcesupport.com





U.S. AIR FORCE PHOTOS I MINOT AFB PA





- **Delivery Options (Hours subject to change)** Bomber Bistro Monday-Friday 1630-2030
- USBC Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page • Swerk, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

DEC. SPECIALS

Bomber Bistro • Special Skillet Cookie

Dig in to our fresh out of the oven chocolate chip cookie in an iron skillet topped with vanilla ice cream and a drizzle of chocolate and caramel! Available daily for \$5.95!

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Rockers Bar & Grill • Thursday Special • BBQ Riblet Sandwich A pork riblet smothered in BBQ sauce and topped with arilled onions. Served with fries and a drink for only \$9.75!

JAN. SPECIALS

Bomber Bistro • Banh Mi Sandwich • Monday Lunch Special Grab this 9-inch hoagie filled with pickled carrot, cucumber, and cabbage covered in a delicious house sauce for an exciting lunch experience! Available on Mondays for Lunch for \$9.75. Includes a drink. Get it while supplies last!

The B-Fifty Brew • Tasty Refreshers

Start your day with a thirst-quenching Refresher! Available in Strawberry Acai, Mango Dragon Fruit, and Pink Drink flavors! Take it to go today! Available in Tall \$3.85, Grande \$4.35, Venti \$4.85!

Rockers Bar & Grill • Fried Chicken Basket • Tuesday Special Experience this comfort food combination of two pieces of fried chicken served with a golden waffle wedge! Served with fries and a drink for only \$9.75!

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CROSSWORD PUZZ



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LAUGHING KOOKABURRA

MINOT'S HEROES BEHIND THE MASK

Minot Air Force Base showed appreciation for their hard-working medical team members, who have gone above and beyond to keep us safe in these unprecedented times. In honor of Medical Professional Appreciation Day, December 18, here are some individuals from the 5th Medical Group.



TSgt. Devon Garvin Public Health Technician with the 5th Operational Medical Readiness Squadron.



Tech. Sergeant Robert Smith Dental Health Technician with the 5th Dental Flight as part of the 5th Operational Medical Readiness Squadron.





First Lieutenant Robert Rataj Occupation and Environmental Health Element Chief with the 5th Operational Medical Readiness Squadron.



Lt. Colonel **Thomas Malley** Public Health Flight Commander with the 5th Operation Medical Readiness Squadron.

Captain Physician Assistant with the Operations Squadron.

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Alex Negrete Phlebotomist with the 5th Health Care Operations Squadron.



Aaron Geyer 5th Healthcare

Tech. Sergeant Christopher Casey Non-commissioned Officer in Charge of the dental lab for the 5th Operational Medical Readiness Squadron.



First Lieutenant **Bethany Fields** Flight Medicine for the 5th Operational Medical Readiness Squadron.





Senior Airman Peter Lor Pharmacy Technician with the Diagnostic and Therapeutics Flight.



Senior Airman Tyler Parks Lab Technician with the 5th Healthcare Operations Squadron.

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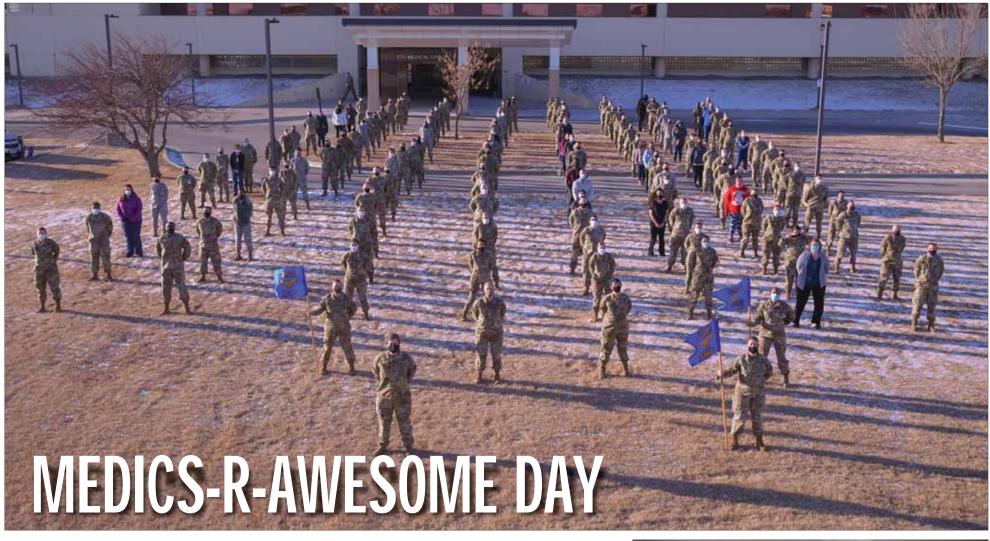
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Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!

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



MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --On Dec. 18, 2020, the 5th Medical Group hosted a "Medics-R-Awesome Day" for the medical professionals at Minot Air Force Base to honor and show appreciation for all that our medical professionals have done in

the fight against COVID-19. "This idea came down from General Ray", said Col. Lisa Bader, 5th Bomb Wing Medical Group Commander. "It's our way of thanking the medical professionals for their hard work and dedication."

The events started off with opening remarks from leaders on and off base. Speakers included Col. Walters and Col. Menuey, the 5th Bomb Wing and 91st Missile Wing commanders, comments from congressional leaders, as well as remarks and presentations from Col. Bader. Shaun Sipma, Mayor of the City of Minot, was also in attendance to show his support and recognize the medical

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team at Minot AFB.

"Ten Months ago we really started to ramp everything up here at the 5th Med Group", said SMSgt Rachael Knight, 5th Medical Group Superintendent. "We had extremely low manning. We ended up having augmentees from all over the base come help us out so we could accomplish our mission in the midst of the COVID-19 epidemic."

After the opening ceremony, the 5th MDG gathered in front of the medical building to take a photo with everyone together as one team. Once the photo showing the whole team that worked tirelessly throughout the year was complete, the team was dismissed to a catered lunch presented by the Minot AFB first sergeants.

Additionally, to show their appreciation, the 54th Helicopter Squadron gave incentive flights to the medical groups top performers, giving them the opportunity to take a ride in their helicopters.

"We wanted to show our Airmen that they are appreciated by Team Minot", said Bader. "They have spent long hours, sometimes seven days a week, to ensure that the base is operational. Their actions throughout the COVID-19 pandemic have been exceptional."

Though the day designated to recognize our medical professionals may have come to a close, the feeling of appreciation certainly does not. Through all the trials and tribulations that the global pandemic has presented, the 5th Medical Group has gone above and beyond to ensure the safety of everyone. Their efforts have served to allow Team Minot to stay mission ready without skipping a beat, despite all the challenges placed in their way. Their hard work and sacrifice has been truly instrumental in keeping Team Minot strong.



On Dec. 18, 2020, the 5th Medical Group hosted a "Medics-R-Awesome Day" for the medical professionals at Minot Air Force Base to honor and show appreciation for all that our medical professionals have done in the fight against COVID-19.

U.S. AIR FORCE PHOTO I MINOT AFB PA

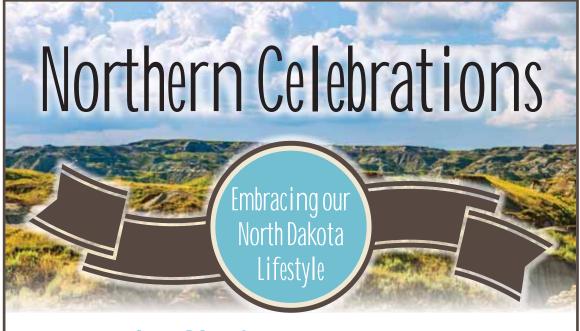


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White Christmas or It's a Wonderful Life are available as well as regular scheduled movies.

 \$250 for (auditorium) Maximum 40
 \$10 per person, includes fountain drink and popcorn (bring in outside food plus cheer)
 Available times: 6 PM –10 PM:, Monday -Thursday We require a non-refundable deposit of \$50 to reserve your date.
We require a two week notice to the event to cancel regular scheduled shows
Contact us at least two weeks ahead of time with the following info regarding your event: Date, Time, Number attending
For booking, Please email us at alatoakpark@gmail.com
Stop by the box office



The Christmas goose Patricia Stockdill

reminisce, which often focuses on hunting tales when our family gathers.

In this case, the story hits especially close to home – as in home repair: There's nothing like getting the Christmas Goose and a new walkin garage door all in one day, even if it involves a doggie circus.

Really, there is an explanation: The beauty of the Missouri River System - in this case, Lake Sakakawea – is it can offer some wonderful late season goose hunting opportunities. Enter Nephew No. 1 into the scene, coming home from college over Thanksgiving to goose hunt. Setting up with his favorite hunting dogs, Nephew No. 1 bagged three Canada geese.

However, one of the birds didn't exactly cooperate and land dead within easy retrieval distance.

No, this stubborn goose lands on ice between the main shore and an island. It's an icky, sticky situation - the ice isn't good enough to support the weight of a hunting dog, let alone Nephew No. 1. The dogs had to stay back in the garage at home while ideas were analyzed for possible ways to retrieve what could be Christmas Dinner if one is inclined for roast goose.

Ah ha, enter Genius Aunt into the scene: Let's take the canoe down from its winter storage loft, portage it one-quarter mile (yes, you read that right, portage it one-quarter mile), and then down a nearly vertical cliff to the nearest open water.

This is no ordinary nearly vertical cliff its soil is bentonite clay, akin to walking on a greased pig when wet or frozen, with crevices from slumping soil, beaver-gnawed cottonwood trees sliced at the perfect height to scratch a canoe, and boot-snaring vegetation. Once to the shore, Nephew No. 1 must paddle across to the goose and – theoretically – make an easy retrieve, who by this time flopped itself on the island shore.

Good idea...in theory.

The holidays offer a chance to reflect and lifejacket and with Genius Aunt's Canoeing 101 tips ("don't tip") echoing in his ears while trying to heed said advice, Finally Nephew No. 1 makes it to the island.

> After several attempts involving paddling in circles.

> Another problem is the goose, AKA Christmas Dinner, missed the memo that it was supposed to have slipped peacefully away into Goose Heaven by this time. As Nephew No. 1 reaches out to grab Christmas Dinner with the canoe oar, the uncooperative goose starts flopping back onto the ice.

> Finally Nephew No. 1 was able to retrieve Christmas Dinner/Christmas Goose and weave back to the main shore.

> Now the errant duo gets to haul not just the canoe, but the canoe and large bird up the nearly vertical, slippery and mucky cliff, and the one-quarter-mile back to the house only to discover an unhappy trio of hunting dogs ate the metal walk-in garage door.

> Yes, you read that right - ATE THE GARAGE WALK-IN DOOR.

No, it's more like they ripped the door frame and the door's metal, turning the garage into a room adrift in the door's interior rigid foam insulation.

The door's metal was peeled upward, its bottom door trim lying conveniently off to the side so it would be easier to pull out and shred insulation.

These dogs are not part wolf. They're not Rottweilers. They're two Brittanies and an English cocker spaniel.

Sweet, lovable and – at the time – extremely upset they weren't the ones retrieving the Christmas Goose.

Genius Aunt got to clean up insulation and measure for a new walk-in garage door while Nephew No. 1 had a Christmas Goose to clean. It would have been cheaper – and much easier - to buy a Christmas turkey or ham in the grocery store.

The new door was beautiful - much nicer

Youth In Action



SCHOOL LIAISON SPECIALIST CHILD AND YOUTH EDUCATION SERVICES



To commemorate the first anniversary of the United States Space Force, the Chief Space Operations created of the "DeSTEMber" initiative to connect United States Space Force teammates with students across the world to participate in an educational outreach opportunity. The goal of the initiative was to get elementary aged students excited about STEM and learn about the newest military branch, the Space Force. The Youth Center's 4th and 5th grade groups were so proud to host Brigadier General

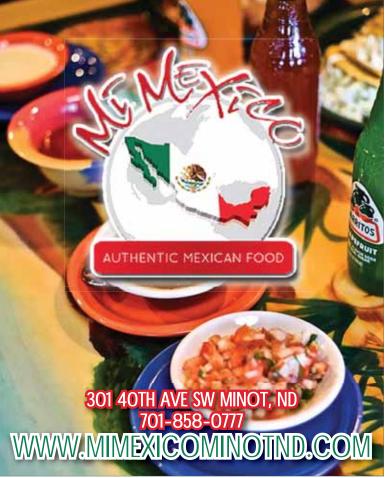
Endicott who facilitated their DeSTEMber session live from the White House! The students asked a wide range of interesting and engaging questions. They learned about Space Force careers, daily life in the White House, the mission of the Space Force, and even got to meet an interesting green friend of Brigadier General Endicott. The Youth Center will continue the DeSTEMber initiative by completing the provided Space Force curriculum throughout the rest of the month.

0.44	Dece	mber			14 da	ys			
Minot	S	м	т	w	T	F	S		
HUPUBLIC SCHOOLS	· · · · · · · · ·		1	2	3	4	5		
Enpouer all learners to succeed in a changing world.	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
MPORTANT	20	21	22	23	24	25	26		
UPCOMING DATES	27	28	29	30	31				
December 9									
arly Release Day	Janua	January 2021 19 days							
December 21	S	M	T	w	т	F	S		
arent/Teacher Comp Day - No School						1	2		
December 22 - January 3	3	4	5	6	7	8	9		
/acation - No School	10	11	12	13	14	15	16		
lanuary 4	17	18	19	20	21	22	23		
Classes Resume	24/31	25	26	27	28	29	30		
January 18 Prof. Development Day - No School for S Martin Luther King Jr. Day	students								
Vacation Days - not contracted day Holidays									
Vacation Days - not contracted		Parent/Teacher Comp Days							

2020-2021 MPS CALENDAR



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The first problem is Nephew No. 1, albeit of adult age, had never been a canoe before, let alone paddle solo through icy water. Fishing boats, yes. Pontoons, yes.

Canoes and basic paddling techniques, nope. For more fun, getting into the vessel is complicated by an icy shoreline. Donning

than the original.

And the goose actually ended up in stroganoff and, of course, the dogs were forgiven with their next gorgeous retrieve.

Ah, memories and the holidays – may yours be fun and joyful.

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The Youth Center's 4th and 5th grade groups interacted with Brigadier General Endicott who facilitated their DeSTEMber session live from the White House.

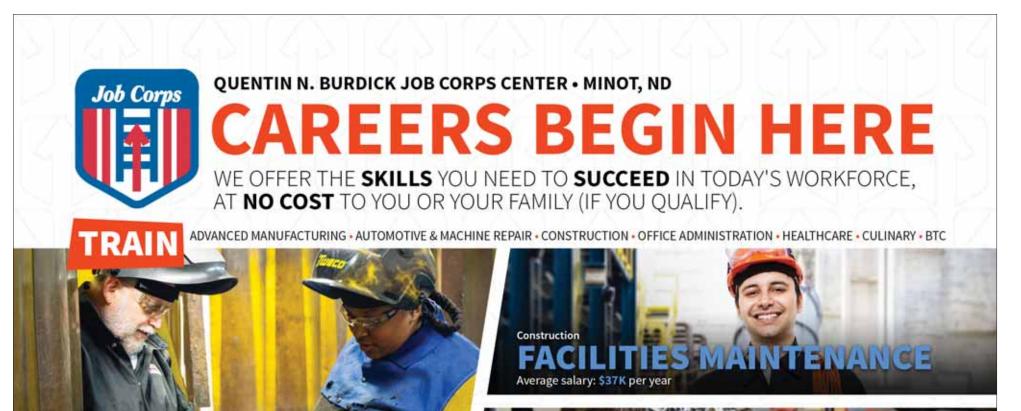


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TSgt Joshua Ross his CCAF Associates Degree in Applied Science Criminal Justice.

91ST MISSILE SECURITY FORCES SQUADRON PHOTO



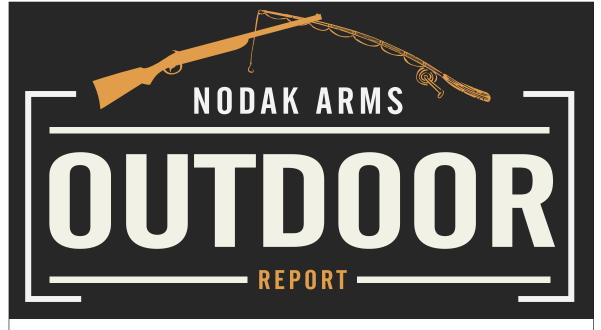




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OUTDOOR NOTES:

Fishing:

Lake Sakakawea elevation, Dec. 21: 1,838.74 feet above mean sea level (MSL); 16,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.47 feet above mean sea level (MSL). Stump Lake elevation: 1,448.42 MSL.

• N.D. Game & Fish Dept. game wardens: No new reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Ice conditions difficult, extremely variable, and dangerous with walk-on access at best recommended, including northern feeder lakes that had better ice conditions earlier.

• Devils Lake, Woodland Resort, Devils Lake: Extreme caution advised if venturing around Devils Lake bays and northern feeder lakes, including Lake Alice, Lake Irvine, and Pelican Lake. Try shallow water with jigs and minnows for walleye.

· Lake Darling, Karma C-Store, Ruthville: More activity with anglers using jigs and minnows on Lake Darling, Lake Audubon, and Crooked Lake. Look for fair walleye success on Lake Audubon.

• Lake Metigoshe, Four Seasons, Bottineau: Improving bluegill success. Try evening hours for walleye but use caution when moving around on the ice in the dark.

Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Spotty walleye success on Lake Audubon's back bays. Try variety of depths with jigs and minnows. Look for some perch success on small area lakes around Turtle Lake. Main lake of Lake Sakakawea remains open with back bays icing over unsafe for access yet.

· Lake Sakakawea, New Town:





- · Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.
- North Dakota state parks remain open with trails usable for hiking. Check with individual parks for other available amenities this winter.
- Lake Metigoshe State Park Wild Outdoor Women (WOW) registration now open. Go to (https://bit. ly/2021WinterWOWTickets) to register and (https://bit. ly/2021WinterWOWInfo) for more information and class descriptions for the Feb. 19 - 21 event.
- Dec. 26 & 27: Free Fishing Weekend.
- Dec. 31: Elk season closes for all units except Unit E1W.
- Jan. 1: Light goose and tundra swan seasons close.
- Jan. 1: First Day Hike, Fort Stevenson State Park, Garrison, 6 p.m. Contact the park, (701) 337-5576, for details on the lighted hike.
- Jan. 3: Upland game, archery deer, and elk unit E1W seasons close.

Sakakawea's east end back bays. Main lake is still open and back bays ice remains unsafe. Lake Sakakawea/northwest

N.D. lakes, Scenic Sports, Williston: Floating ice and open water making Missouri River fishing around the Williston area not possible. Continued walleye activity at Long Creek and Tobacco Garden on Lake

Missouri River tailrace or Lake lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake slow for walleye. No reports from other area lakes.

Hunting:

• Upland: Good pheasant numbers remain in areas with good cover but birds are flighty.

Numbers to know:

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



A Look Inside the Minot AFB Honor Guard

ABIGAIL KINDER, NORTHERN SENTRY

"Representing every member, past and present, of the United States Air Force, I vow to stand sharp, crisp, and motionless, for I am a ceremonial guardsman."

This is the last line of the Honor Guard Charge, a constant reminder of the duties bestowed upon the Airmen who are called to this sacred position. Even in the face of overwhelmingly emotional ceremonies, the Honor Guard performs their duties with professionalism and pride.

The men and women who are chosen for Honor Guard display attention to detail, discipline, emotional consideration, and resolve. These qualities allow them to perform their many duties in a way that truly honors the military members who have preceded them.

While the Honor Guard carries out many celebratory duties, they also have a more solemn duty to perform funeral honors. Funeral honors are the primary ceremonies that the guardsmen prepare for, and they require the utmost discipline. Minot's Honor Guard works closely with the community, including funeral directors and cemetery staff, to provide distinguished services for veterans, retirees, and active duty service members.

As said in the Honor Guard Charge, the Airmen must remain steadfast and professional, even in the midst of emotional ceremonies. TSgt. Dante Armijo, Non Commissioned Officer in Charge, believes that this is one reason why the guardsmen share such a strong bond with each other and with the local community.

"We [Honor Guard and funeral directors] rely on each other to some degree," said Armijo. "We all share the goal of bearing emotional weight for these families, even if it is for a short time."

Bearing that weight is no easy

overwhelming sense of pride. "Navigating life after a loved one passes is no easy task, so when we can provide comfort in the process, we have completed our duty,"

Armijo said. To help Airmen find resiliency in the wake of performing funeral honors, Armijo includes the base chapels and Airmen and Family Readiness Center services in the program. He also encourages open communication among the members of the community.

"On many occasions, the funeral directors and I have discussed our own resilience. They often give me encouragement or knowledge that I pass along to the team," said Armijo.

Participating in Honor Guard often sheds light on an entirely new perspective of life for many Airmen. One member, Airman First Class Konner Kinder, never imagined that he would become a crew chief as well as a part of the Honor Guard team.

"It's a privilege to join the Honor Guard, and also a compliment that they believe I have the qualities to represent not only the base, but the Air Force and the people who we are honoring," said Kinder. "I hope I can continue to do them justice.'

Within Minot's Honor Guard team, there is certainly no lack of pride for what they do. They play a unique role in providing emotional support and celebration for the local community, a role that will hopefully be passed down to new Airmen for years to come.

Armijo's time with the Minot AFB Honor Guard will soon be coming to a close, but he hopes that the program will continue to flourish under his replacement, TSgt. Barry Bartlett, and bring in more dedicated Airmen looking to make an impact on the community. The Honor Guard has many big projects on the horizon, beginning with a facility move in April of 2021. With all of these changes, the Airmen of Honor Guard can continue to successfully represent Minot AFB and honor all military members, past and present.

No activity with anglers waiting for better ice conditions in the Van Hook Arm.

 Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Little to no activity on the & Clark State Park producing some crappie. White Earth Bay icing over but use caution. Some walleye success. Try Kota-Ray for 2121 or (701) 328-9921. panfish.

Sakakawea in 20 feet Lewis

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task, but it is a noble one that the Honor Guard takes very seriously. The Honor Guard team also has the privilege of passing the flag to the next of kin, a moment that, while emotionally heavy, creates an



U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS JESSE JENNY

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TEAM MINOT HONOR GUARD PRACTICE CEREMONY Team Minot's Honor Guard was gifted a casket from Brad Thomas and Mark Roth of the Thomas Family Funeral Home on Dec. 17, 2020, at the Rosehill Cemetery in Minot, N.D.















EXCHANGE FACILITY HOURS DECEMBER 24-JANUARY 2

Exchange Facilities	Thursday December 24, 2020 Christmas Eve	Friday December 25, 2020 Christmas Day	Saturday December 26, 2020	Sunday December 27, 2020	Monday December 28, 2020	Tueday December 29, 2020	Wednesday December 30, 2020	Thursday December 31, 2020 New Years Eve	Friday January 1, 2021 New Years Day	Saturday January 2, 2021
Express	Closes at 2200	Opens at 2330	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours
Tires Plus	Closed	Closed	Closed	Closed	0730-1800	0730-1800	0730-1800	0730-1800	Closed	Closed
Main Store	0900-1700	Closed	0900-1800	1000-1800	0900-1800	0900-1800	0900-1800	0900-1700	Closed	0900-1800
MCS	0900-1500	Closed	Closed	Closed	0900-1800	0900-1800	0900-1800	0900-1500	Closed	Closed
Alterations	1000-1600	Closed	Closed	Closed	0900-1700	0900-1700	0900-1700	1000-1400	Closed	Closed
BX Barber Shop	1000-1600	Closed	Closed	Closed	1000-1700	1000-1700	1000-1700	1000-1600	Closed	Closed
BX Beauty Shop	1000-1600	Closed	Closed	Closed	Closed	1000-1700	1000-1700	1000-1600	Closed	Closed
GNC	0900-1700	Closed	0900-1800	1100-1700	0900-1800	0900-1800	0900-1800	0900-1700	Closed	0900-1800
US Patriots	0900-1700	Closed	0900-1800	1100-1700	0900-1800	0900-1800	0900-1800	0900-1700	Closed	0900-1800
Bearscat	0600-1300	Closed	0600-1300	Closed	0600-1300	0600-1300	0600-1300	0600-1300	Closed	0600-1300
Taco Bell	1030-1700	Closed	1100-1700	1100-1700	1030-1800	1030-1800	1030-1800	1030-1700	Closed	1030-1800
Subway	0900-1700	Closed	1100-1700	1100-1700	1030-1800	1030-1800	1030-1800	0900-1700	Closed	1030-1800
Popeyes	1030-1700	Closed	1100-1700	1100-1700	1030-1800	1030-1800	1030-1800	1030-1700	Closed	1030-1800
Charley's	1030-1700	Closed	1100-1700	1100-1700	1030-1800	1030-1800	1030-1800	1030-1700	Closed	1030-1800
Burger King	1100-1700	Closed	1100-1700	Closed	0630-1700	0630-1700	0630-1700	1100-1700	1100-1700	1100-1700
Papa Johns	1030-2000	Closed	1030-0100	1030-2300	1030-2400	1030-2400	1030-2400	1030-2400	1030-2400	1030-0100

How Air Force Global Strike Command Is Cultivating Diversity & Inclusion

JENNIFER-LEIGH OPRIHORY AIR FORCE MAGAZINE

As the public awaits the findings of the Department of the Air Force's recent diversity and inclusion survey, major commands across USAF are launching their own efforts to make these departmental priorities the norm.

In the case of Air Force Global Strike Command, these efforts are divided between its component numbered Air Forces: 8th Air Force and 20th Air Force.

Eighth Air Force, which calls Barksdale Air Force Base, La., home and handles the bomber side of AFGSC's wheelhouse, has been primarily tackling diversity and inclusion through dialogue and education, Command Chief Master Sgt. Melvina A. Smith told Air Force Magazine in a September interview.

In response to the civil unrest that gripped the country after George Floyd's Memorial Day death in police custody, the NAF's headquarters "engaged in some very intimate discussions about dialoguing with diversity, inclusion, and even racial unrest," Smith said.

The optional conversations included mental health, equal opportunity, military family life, chaplaincy, and AFGSC experts. The feedback, she said, was overwhelmingly positive. The talks led to tangible results, including both so-called "speed mentoring," in which racially and professionally diverse leaders mentored Headquarters 8th Air Force team members, and "opendoor mentorship," where the NAF's "senior leaders, civilian officers, and enlisted pick days of the month" they literally open their doors for one-on-one mentoring meetings.

"These have been very popular on both sides—not just the member, the mentee, but the mentor, as well," Smith said.

The NAF's efforts have also extended beyond 8th AF's home base.

According to Smith, "cross talk" and information sharing between commanders, superintendents, and wing commanders has been happening across 8th AF installations.

"They've not only had small talks and dialogues, but they've also launched out some of the things that their team members have said these are the things that we would like to see happen, of course—and so I've heard nothing but a lot of goodness in that," she said.

While these conversations don't mean the NAF's work is finished-"our job is to roll up our sleeves and get that work done," she notedthese conversations are bringing more diverse Airman and USAF civilian viewpoints to the drawing board and shining a light on issues that impact young officers and enlisted, she said. Smith added that she and her boss have also conducted Zoombased check-ins from "five to seven leaders from each" of the NAF's installations who comprise "his Junior Advisory Council.' "When it comes to a diverse set, it's really about engaging with our team members, making sure every voice is heard, acknowledging ... that we can always reach out and make sure that we have every perspective at the table and every voice is heard, and every voice is considered when we go forward," she said. While a substantial part of 8th Air Force diversity and inclusion efforts focused on issues of race and civil unrest, their scope has also extended to issues of gender and of ensuring that the NAF's approach to discipline is equitable, she said. That discussion has touched on USAF-wide statistics and where 8th Air Force stands in comparison, as well as ways leaders within the NAF can ensure its practices are "fair and equitable."

The latter set of considerations includes "really taking the time" to speak with 8th AF Airmen to understand their backstories, their perceptions of punishment, "and how they respond to authority," since understanding the entirety of Airmen's experiences and letting them know that the service is dedicated to helping them overcome their obstacles is crucial, she said.

"Team members need to know that they can recover, right?" she said. "We're not a one mistake Air Force. We may be a one crime, but not one mistake."

Grassroots diversity and inclusion efforts are also underway within 20th Air Force, the numbered Air Force that handles the missile side of the house at Air Force Global Strike Command and calls F.E. Warren Air Force Base, Wyo., home.

The 90th Missile Wing at F.E. Warren, the 91st Missile Wing at Minot Air Force Base, N.D., and the 341st Missile Wing at Malmstrom Air Force Base, Mont., have each set up in-house Diversity and Inclusion Committees to help bridge D&I gaps and foster conversations about these issues, 20th Air Force spokesperson Capt. Ieva Bytautaite told Air Force Magazine in a Dec. 3 email.

The committees assemble events to empower Airmen to sound off on their personal diversity and inclusion challenges and "open the dialogue on discussions about race and culture and overall to help Airmen feel welcome and included in their communities on and off base," she wrote. The groups also collaborate with local institutions to talk about how they might "make their local communities more inclusive and accepting of diversity," she added. And in June, Malmstrom's command chief and equal opportunity Airmen debuted a form the base community can use to sound off on diversity and inclusion within the wing, either anonymously or with their names attached.

20th Air Force Commander Maj. Gen. Michael J. Lutton called D&I "fundamental to the fabric of our core values as Airmen," and said that the ability to have candid, but respectful, conversations on these often hot-button issues ultimately makes the numbered Air Force stronger.

"A command climate where tough conversations on diversity and inclusion can occur, in a professional manner, make us a more lethal, ready team," he said in a statement provided to Air Force Magazine.

AFGSC also hosted a virtual Women's Leadership Symposium at Barksdale in September.

"I've been in the military for 28 years, [and] I have never sat on a panel and discussed mitigating biases with leaders across the command, with the command watching, in that forum," Smith recalled of this year's event. "That alone tells us that we're moving forward in some of the concerns that they had."

Smith said the event gave leaders an opportunity to discuss how they each overcame their conscious biases to become better, fairer, and equitable leaders.

Mentorship, networking, and cultivating personal connections among AFGSC personnel were among the event's other major takeaways, she noted.

"I believe finding harmony is something that we all try to leverage and we try to stop and reprioritize in our life, whether we're male or female—the dynamics of the family are different today—and so, everyone is trying to figure that out, and they need to hear from others saying, 'This is how, you know, I've



Chief Master Sgt. Melvina Smith, 8th Air Force command chief, laughs while speaking on a panel during the 2020 Air Force Global Strike Command Women's Leadership Symposium at Barksdale Air Force Base, La., on Sept. 2, 2020.

U.S. AIR FORCE PHOTO I SENIOR AIRMAN TESSA B. CORRICK.

been able to find some harmony in my life. ... This is how I put my mask on first, before I'm able to take care of others," she said.

What Other MAJCOMs Are Doing Air Force Materiel Command launched its own survey on Nov. 30 to "gather information on perceptions of policy, practices, and procedures impacting diversity and inclusion through the lens of race and ethnicity" and to help gauge the command's climate surrounding these issues, according to an AFMC release.

"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 AFMC Commander Gen. Arnold W. Bunch, Jr., in the release. "This survey is one tool that will help us identify areas where we can do better."

The command will use the survey's findings to figure out where its AFMC diversity and inclusion program is succeeding and falling short, and to "shape future sensing sessions across the command," AFMC wrote.

Command Airmen and civilians may take the optional Survey Monkey-based questionnaire until Dec. 21, and responses will be kept anonymous, the command wrote.

Air Combat Command recently hired a diversity and inclusion officer for the first time, command spokesperson 1st Lt. Paige Skinner told Air Force Magazine.

> No Limit, Enter As Many Times As You Wish!

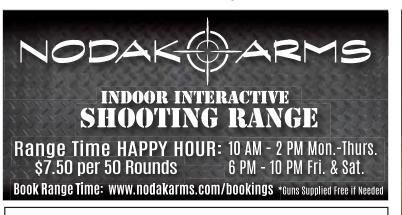
Additionally, the command's Manpower, Personnel, and Services Directorate is developing "a diversity and inclusion strategic plan that will integrate with" ACC Commander Gen. Mark D. Kelly's priorities.

"As always, we will continue to foster healthy and professional conversations to build inclusive and cohesive teams," she added.

Air Education and Training Command, on the other hand, recently updated its Strategic Action Plan to include a greater focus on diversity and inclusion, calling on Airmen to "drive a culture of Air Force core values, diversity, and inclusion," according to a Nov. 3 release.

"Leaders in AETC need to remove barriers, promote mutual respect, and encourage tough conversations in safe spaces," said AETC Commander Lt. Gen. Marshall B. "Brad" Webb in the release. "These conversations are about national security, about readiness, about teamwork, but more importantly are about unity, and at the end of the day, humanity. We should be talking about this every day in the First Command because we set the foundation for the entire Department of the Air Force."

Åre you part of an Air Force or Space Force unit or organization that's doing remarkable things in the pursuit of diversity and inclusion? If so, send a note to joprihory@afa.org.





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Ray delivers Nuclear Triad and Deterrence Symposium Remarks

1ST LT. KAYLIN P. HANKERSON, AIR FORCE GLOBAL STRIKE COMMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE not be more pleased." BASE, La. --

Gen. Tim Ray, Air Force Global Strike Command commander, spoke virtually at the 20th Annual Nuclear Triad and Deterrence Symposium, Dec. 10.

The symposium, hosted by the Cyber Innovation Center, the Mitchell Institute for Aerospace Studies and the Louisiana Tech Research Institute, focused on the present and future strategic capabilities of Air Force Global Strike Command.

Out of an abundance of caution for the spread of the COVID-19 virus, Ray provided pre-recorded remarks on nuclear deterrence within the current global climate, and touched on the importance of remaining competitive with nearpeer nations.

In opening statements, Ray provided a command update that focused on successes the command has seen in respect to readiness and mission execution through the global pandemic.

"We've actually built readiness" Ray said. "Our bomber crews are more ready today than they've ever been in the history of Air Force Global Strike Command. Our ICBMs have been absolute stalwarts in this whole endeavor [...] they've never faltered. I could

Ray expressed that the conversation regarding U.S. nuclear deterrence is framed by the need to remain strategically competitive with near-peer adversaries as well as uphold commitment to the nation's allies.

"You can't pick the context of this conversation; you don't have that luxury," Ray said. "The context of the American triad lives in the context of a now fully declared Chinese triad [...] and a fully modernized Russian triad that absolutely lives in the minds of our partners and allies."

Ray also presented some thoughts on what he believes are misconceptions or myths; debunking notions such as "nuke modernization is an arms race," or the idea of unauthorized launch.

[Regarding an arms race] "All we're talking about in DoD is replacing systems; replacing the ALCM with the LRSO, replacing the B-2 and B-61 with newer versions i.e. the B-21 and B61 -12, and the Minuteman III with GBSD," Ray said. "So at the end of the day, this is not an increase in capability, it's ensuring the cornerstone of the security structure of the free world reminds viable, effective and affordable. If there's an arms

race, it's going on somewhere else; it's not with us."

Ray offered statistics to refute the notion that the nuclear modernization price tag is too high, adding further perspective that may be lacking in current cost discussion.

"There's no version of adding the right capabilities to the Minuteman III or to the other platforms that make them effective," Ray said. "Our enemies have thought through this; how to beat these systems and how they're approaching this with missile defense and anti-access aerial denial-- were not on an affordable path for modernization and sustainment of relevance! If it's not relevant, it doesn't deter and that is actually a bigger waste of money."

Air Force Global Strike Command's mission is to provide strategic deterrence, global strike and combat support to U.S. Strategic Command and other geographic combatant commands.

"I believe we have a great plan," Ray said. "I believe you should be very confident in the plan that's in place in terms of modernization, the team we have on the field and certainly how were going to approach this problem [nuclear modernization].



YEAR END CLOSEOUT



Survey Provides Insights Into Spouse Satisfaction With Military Life

U.S. DEPARTMENT OF DEFENSE

Many key indicators of wellbeing among active-duty military spouses have improved or held steady since 2017, according to the newly released Survey of Active Duty Spouses. The survey measured spouse satisfaction from 2017-2019.

The 2019 survey looked at spouse attitudes and experiences in the areas of military support and benefits, deployment and reintegration, education and employment, and spouse and child well-being.

Areas that improved or held steady from the 2017 survey include general health and wellbeing, financial stability, marital satisfaction, and positive child behaviors.

The survey also identified key opportunities for the Department of Defense to improve spouse satisfaction in the areas of personal stress support, as well as support for employment and deployment-related challenges. "Our program and policy

teams rely on insights from this important, recurring research study, which uses stratified sampling and weighting to produce results that create a reliable depiction of the experience faced by military spouses," said Under Secretary of Defense for Personnel and Readiness Matthew P. Donovan. "This supports our ability to adjust, improve, and initiate policies and programs that meet the needs of our military spouses."

The Department of Defense survey, conducted every two years, is the leading source of information about military spouses based on feedback from a representative cross-section of spouses. The data is used to analyze issues, programs, and services, and identify key opportunities to better support military spouses.

"The participation of military spouses is critical in providing the DOD with the insights needed to deliver on its priority to help military families thrive," said Deputy Assistant Secretary of Defense for Military Community and Family Policy Kim Joiner. "It is with their feedback that we can make adjustments and introduce new programs to enhance support for military families."

For important information about the military community, including survey results, infographics, research reports, and demographic profiles, visit Military OneSource.

BAKED BREAKFAST SAUSAGE CASSEROLE

INGREDIENTS

1/2 TABLESPOON EXTRA-VIRGIN OLIVE OIL 1 BELL PEPPER, MIXED COLORS 1/2 YELLOW ONION, DICED 1/2 POUND THICK-CUT BACON 1/2 POUND BREAKFAST SAUSAGE 1 POUND SHREDDED HASH BROWNS OR TATER TOTS 1 1/2 CUP SHREDDED CHEDDAR CHEESE

5 EGGS AS NEEDED MILK

1 TEASPOON SALT 1/2 TEASPOON BLACK PEPPER

FEEDS 4 PEOPLE

Ryan Davy - GM Minot

When ready to cook, set the Traeger to 350 ° F and preheat for 15 minutes. While grill preheats, place a cast iron pan on one side of the grill and allow it to preheat with the lid closed.

When grill reaches 350 ° F, place 1 tablespoon of olive oil in the cast iron pan. Add the diced peppers and onion. Cook, stirring every 5-7 minutes until soft. At the same time, put the bacon on grill and cook until crispy, about 25 to 30 minutes. Drain on paper towels, then chop bacon into bite size pieces.

When the peppers and onions are cooked, remove from the pan and add the sausage. Cook sausage until crumbled and mostly cooked through, about 8-10 minutes total. In a large bowl, combine hash browns/tater tots, cooked sausage, cooked bacon, cooked peppers and onions, and cheese. Mix well and place in 9" x 13" baking dish. In a separate bowl, whisk eggs, milk, 2 teaspoons of salt and 1 teaspoon of black pepper.

Pour egg mixture over the other ingredients in the baking dish and let sit for 5 minutes. Cover casserole with foil and set on the grill.

Bake for 45 minutes, then for 15 minutes uncovered, or until the mixture is set and the potatoes are browned and the cheese is bubbling. Enjoy!

www.HofE.com/BBQHQ

Minot Shrine Club Cancels 2021 Northwest Shrine Circus

MINOT SHRINE CLUB

MINOT, ND, 12/15/2020 - The Minot Shrine Club Circus Board has made the decision to cancel the 2021 Northwest Shrine Circus. Due to the continuing impact that the COVID-19 virus has had on our region, our main concern is the health and wellbeing of our community. Considering this is a large event spread over several days with a significant number of volunteers, circus staff, and guests of all ages, it is pertinent that we follow the guidelines currently in place and suspend our circus activities for the next year. Plans are being made to have the Shrine Circus in the spring of 2022.

We would like to thank all of the local businesses that have supported us in the past. Their sponsorship is tantamount to us being able to not only put on the Northwest Shrine Circus but to also continue our support of the Shriners Hospitals for Children and the services they are able to provide for children in need.

The Northwest Shrine Circus has been a welcomed, recurring, family friendly event for Minot and the surrounding community for 66 years. Having to break from our tradition of providing

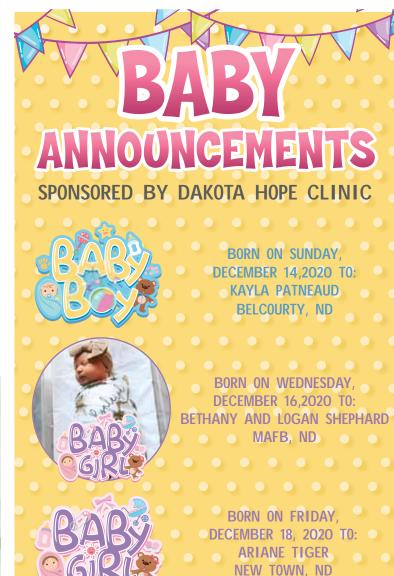
family fun for yet another year lays heavy on our hearts and minds in these trying times.

We have been in communication with other Shrine chapters in our immediate region. Some of them have made the decision to reschedule their circuses for later in the fall of 2021. Most, however, like us will be cancelling our circus for 2021 and will redouble efforts in bringing back the family fun and excitement of the Shrine Circus in 2022.

We will wait patiently in hope of seeing everyone's smiling faces at the 2022 Northwest Shrine Circus. We thank you for your understanding and support in addition to your warm thoughts and fond memories of our circus and the joy it brings to our community.

The Minot Shrine Club serves as the local representative body of Shriners International. Shriners are a fraternity based on fun, fellowship and the Masonic principles of brotherly love, truth, and relief. Through our fundraising efforts, we support the Shriners Hospitals for Children and provide transportation for children going to or coming home from those hospitals.







Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

FOLLOW US ON FACEBOOK 1219 BURDICK EXPY EAST MINOT, ND www.RPZoo.com • 701-857-4166 CHANCE CASSIDY 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.

TWIN BABY BOYS BORN ON SUNDAY,

DECEMBER 20,2020 TO

MARLEY CLICK AND



COVID-19 vaccine update

CENTERS FOR DISEASE CONTROL AND PREVENTION

GOODFELLOW AIR FORCE of COVID-19 vaccine was likely at BASE, Texas --

With the possibility of one or more COVID-19 vaccines becoming available before the end of the year, here are 8 things you need to know about where those plans currently stand.

The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.

Many vaccines are being developed and tested, but some might be ready before others-CDC is planning for many possibilities.

CDC is working with partners at all levels, including healthcare associations, on flexible COVID-19 vaccination programs that can accommodate different vaccines and scenarios. CDC has been in contact with your state public health department to help with your state's planning. State, tribal, local, and territorial health departments are critical to making sure vaccines are available to communities.

There will be a limited supply of COVID-19 vaccines in December 2020, but supply will continually increase in the weeks and months that follow.

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities are available. The plan is to have several thousand vaccination providers available, including doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

Learn about how the federal government began investing in select vaccine manufacturers to help them increase their ability to quickly make and distribute a large amount of COVID-19 vaccine.

Because of limited supply, some groups will be recommended to get a COVID-19 vaccine first.

Healthcare personnel and longterm care facility residents should be offered COVID-19 vaccination in the initial phase of the U.S. COVID-19 vaccination program while there is limited vaccine supply. CDC officially made this recommendation on Dec. 2, 2020, based on recommendations from the Advisory Committee on Immunization Practices (ACIP).

Expecting that a limited supply

SIAKIS

FRIDAY

first, experts began working during the summer on a strategy for distributing these limited vaccines in a fair, ethical, and transparent way. The National Academies of Sciences, Engineering, and Medicine gave input to ACIP, who then set goals and ethical principles to guide their decision making.

Making COVID-19 Vaccination Recommendations

CDC makes vaccination recommendations, including those for COVID-19 vaccines, based on input from the Advisory Committee on Immunization Practices. Learn more

At first, COVID-19 vaccines may not be recommended for children. In early clinical trials for various COVID-19 vaccines, non-pregnant adults only participated. However, clinical trials continue to expand those recruited to participate. The groups recommended to receive the vaccines could change in the future.

Cost will not be an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccine providers will be able to charge administration fees for giving or administering the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

COVID-19 vaccine planning is being updated as new information becomes available.

Goodfellow will continue to update this website as plans develop.

We understand that some people may be concerned about getting

vaccinated once a COVID-19 vaccine is available in the United States. While these vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

Below is a summary of the benefits of COVID-19 vaccination based on what we currently know. Goodfellow will continue to update this page as more data become available.

COVID-19 vaccination will help keep you from getting COVID-19 COVID-19 vaccines are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19.

Based on what we know about vaccines for other diseases, experts believe that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.

Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.

COVID-19 vaccination will be a safer way to help build protection

COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.

Clinical trials of COVID-19 vaccines must first show they are safe and effective before any



vaccine can be authorized or approved for use. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency Use Authorization (EUA). Watch a video on what an EUA is.

Getting COVID-19 may offer some natural protection, known as immunity. But experts don't know how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody response without having to experience sickness.

Both natural immunity and immunity produced by a vaccine are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

COVID-19 vaccination will be

an important tool to help stop the pandemic

Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.

The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.

For more information regarding localized COVID-19 vaccination efforts, please call 325-654-3149



OOK BACK THIS WEEK IN USAF HISTORY

LT. COL. EMIL BEAUDRY RESCUES 12 AIRMEN STRANDED ON THE GREENLAND ICE CAP **DECEMBER 28, 1948**



On December 7, 1948, a United States Air Force C-47 crashed on the Greenland Ice Cap. The seven passengers survived, but were stranded in temperatures of minus 45 degrees for nearly three weeks. Several rescue attempts were thwarted in the weeks after the initial crash, resulting in two downed aircraft, two crashed gliders, and a total of 12 people stranded in the remote Arctic wasteland Lt. Col. Emil Beaudry, a USAF Arctic Rescue (Air Force Mag Photo) Operations expert, decided to take advantage of

Lt. Col. Emil Beaudry

a break in the unpredictable Greenland weather and try for another rescue attempt in a ski-equipped C-47 with jet assisted takeoff. On December 28, he landed the plane on the ice cap and was able to bring the 12 stranded passengers to safety at Bluie West 8, an air



POLAR EXPRESS (G) A CHRISTMAS STORY (1983) (PG) NATIONAL LAMPOON CHRISTMAS VACATION (1989) (PG-13) **OFFICE CHRISTMAS PARTY** (2016) (R) **NEW SHOWS** 54.00 **CHRISTMAS** ALL SEATS **DAY TILL NEW YEARS** WEEKEND! 100 FOR SHOWTIMES WWW.OAKPARKTHEATER.NET 1500 4TH AVE NW, MINOT, ND

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ase in central Greenland. For his heroic efforts, especially in the wake of other attempts, Beaudry was presented with the Mackay Trophy.

Photo of BW-8, Greenland. (Richard Rybak, 1942) Information courtesy of: media.defense.gov / airforcemag.com



Department of the Air Force releases fiscal year 2021 Selective **Retention Bonus program**

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) Department of the Air Force officials released details Dec. 10 on the fiscal year 2021 Selective Retention Bonus program, which includes 37 eligible Air Force specialties.

"Overall retention levels are at record highs and manning within many of our career fields is healthy," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "This reduces our requirement and opportunity to utilize retention bonuses to the same extent."

The program is designed to improve the retention of experienced Airmen and Space

Professionals in stressed career fields or those with high training costs.

The Department of the Air Force will spend more than \$55 million for the FY 2021 program, which includes 37 total Air Force specialty codes, including 28 that remain eligible from the midyear FY 2020 SRB program. Nine AFSCs were added to the program and 40 AFSCs were removed from the list.

The FY 2021 SRB program goes into effect Jan. 5, 2021. Members in skills identified for a reduction or termination, and who are currently eligible to reenlist, will have until Feb. 4, 2021 to take advantage of the bonus at previous rates.

"We are giving members advanced notice of impacted AFSCs this year given the challenges associated with COVID-19," Kelly said. "We want to ensure our members have the right information and enough time to make informed career decisions.'

The FY 2021 SRB listing is available both on myPers and the retention page on the Air Force's Personnel Center website https://www.afpc.af.mil/ at Retention/. For more information regarding the SRB program, visit the link or contact your local Military Personnel Flight Career Development section.

CSAF releases Action Orders to Accelerate Change Across Air Force

AIR FORCE NEWS SERVICE

ARLINGTON, Va. (AFNS) - Air Force Chief of Staff Gen. Charles Q. Brown, Jr. released the CSAF Action Orders to Accelerate Change Across the Air Force Dec.

In August, Brown released his strategic approach entitled Accelerate Change or Lose, in which he described his view of the strategic landscape as Air Force chief of staff and, from that, his emphasis on why change is necessary. The newly-released action orders now represent his call to Airmen to move forward aggressively in the push toward change; the "what" to the first document's "why."

The document outlines four Action Orders:

Action Order A: Airmen describes a people-first approach. This means identifying attributes of Airmen the Air Force needs and reviewing personnel and talent management systems to meet the identified needs.

Action Order B: Bureaucracy says the Air Force needs to speed up its decision-making process. Changing design processes will improve effectiveness and efficiency, allowing more space for innovation.

Action Order C: Competition explains that Airmen need to understand their role in the longterm strategic power competitions between the U.S., Russia and China. The Air Force must improve its understanding of competitors' ambitions and ways of war to inform how it organizes, trains and equips Airmen.

Action Order D: Design Implementation says the Air Force needs to know how to adapt to changes. The service must be ready for future budget constraints by developing an affordable, analytically defensible and Congressionally-supported force structure.

While the Action Orders provide the "what," the "how" represents the answers to these problems, according to the document. Airmen will provide these answers, cutting through bureaucracy with global competition in mind, to reshape the design of the future.

View the full document at https://www.af.mil/Portals/1/ documents/csaf/CSAF_Action_ Orders_Letter_to_the_Force.pdf

LAMB onGRESS0 AD CRUMBS

> Rack of Lamb is a beautiful treat for festive occasions, such as Christmas or other holidays. It is amazingly simple and quick to prepare considering the delicious outcome.

TRAEGER

RACK OF

A full rack will have 12 or 13 bones, and is usually enough for two people if they aren't too hungry. Lambs go to market at different sizes, depending on where they are raised, so that can vary. In this recipe, we cook two racks. Leftovers are wonderful, cold or reheated.

Step one is to salt the meat, which is best done the night before. Just apply kosher salt in the same amount that you would at the table. If in doubt, apply lightly, remember that the meat isn't very thick. You can also apply a little bit of garlic and black pepper. You won't need much if you are using bread crumbs with herbs and spices.

Step two is to preheat the Traeger. Depending on the model, you will need to set the grill to 425°F or the High setting and give it about 30 minutes to get up to temperature. If the grill doesn't quite reach 425°F, the results will still be good, but if your pellets are damp and the grill won't get over 400°F the crust won't brown up as nicely.

Step three is to apply a bread crumb crust. Bread crumbs make a delicious coating, but they need a good binder. Dijon mustard is an ideal binder for bread crumbs. Even if you

SCOTT PEARSON, CEO Home of Economy Stores **Amish Gallery Stores** GuaranteedLowestPrice.com



don't like mustard, you will probably love a mustard-bread crumb crust. The flavor of mustard mostly disappears in the heat of the Traeger grill or oven. Use plenty of Dijon to make sure the breadcrumbs stick well and completely cover the meat. If there is a membrane over the meat, remove it before applying the mustard.

Step four is to pop the meat on the grill and wait until it reaches perfect doneness. It only takes about 15 minutes to get the meat up to medium rare temperature when cooking at 425°F. The racks can be tented with the bones interlaced and placed directly on the grates. I like tender rib meat done medium rare, which is about 125°F internal temperature. If you like medium, 135 to 140°F is about right.

Quick cooking at high temperature keeps the meat moist, and the bread crumb crust seals the juices into the meat. Resting ten to twenty minutes also helps keep the meat moist when it's cut and served. Bread crumbs pick up smoke flavor faster than meat, which is a good thing because this recipe doesn't put much smoke into the meat.

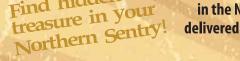
INGREDIENTS: Two Full Racks of Lamb 5oz Dijon Mustard **4oz Herbed Bread Crumbs** 2 tbsp Kosher Salt

Garlic Granules and Pepper to Taste



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





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NOTICE **THE FEBRUARY 2021 MINOT FLEA MARKETS** HAVE BEEN CANCELLED Info 701-340-7930.

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is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

NORTH DAKOTA THE 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

tfn

tfn

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

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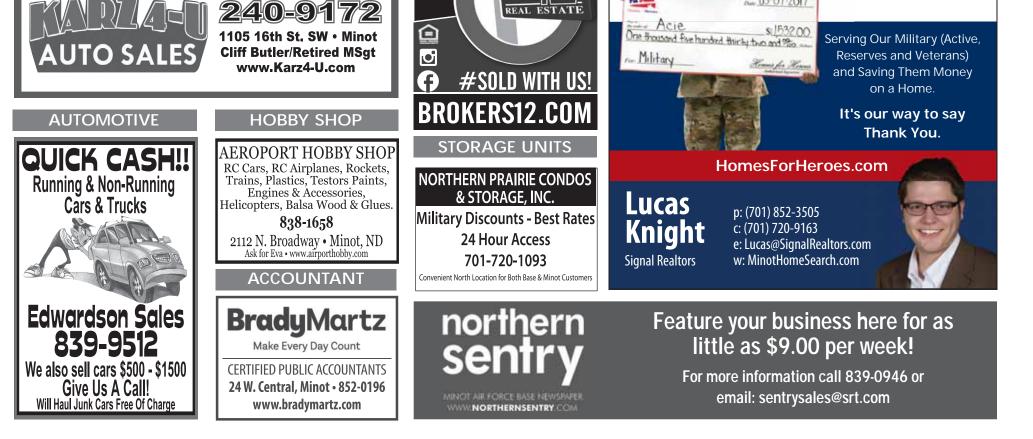


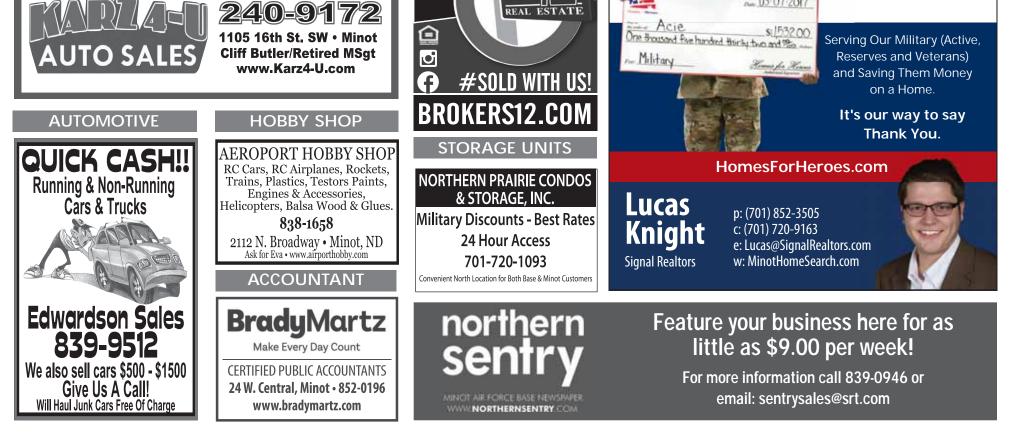


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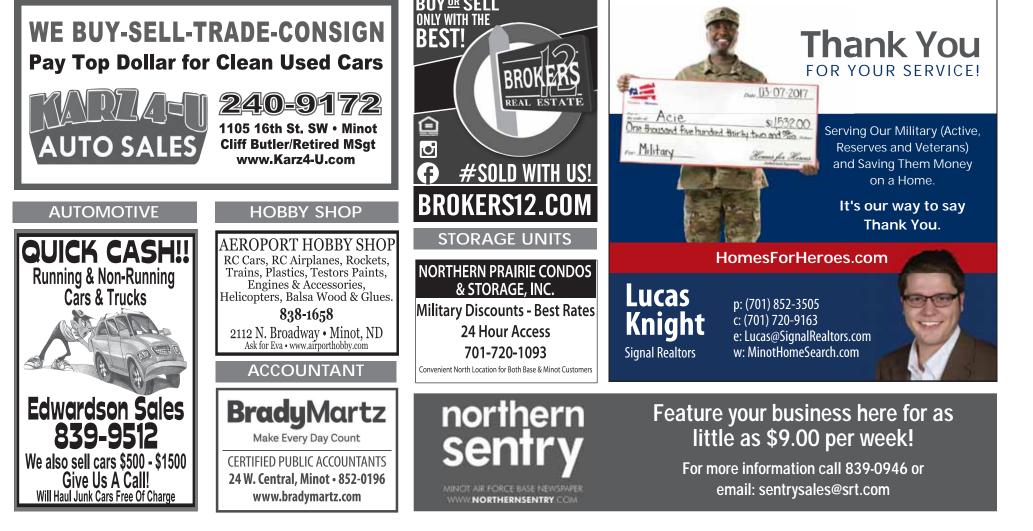








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