

INSIDE THIS WEEK:  
**YEAR IN REVIEW**

# northern sentry

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2nd Lt. Kate Mainland and 1st Lt Brandon Rafsky, 742nd Missile Squadron missileers, show one of the recycling bins in their squadron on Dec. 18, 2020 at Minot Air Force Base, North Dakota. The recycling program, the only one of its kind on base, was started by Airmen of the 742nd Missile Squadron to bring awareness to the importance of recycling. See page 3 for story.

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



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# Reduce. Reuse. Recycle.

SENIOR AIRMAN JOSH W. STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Reduce. Reuse. Recycle. These are some of the topics spoken about during an interview with two Airmen about an initiative in its infancy at the 742nd Missile Squadron.

Recycling has become a hot topic at the 742nd Missile Squadron thanks to 1st Lt Elizabeth Jordan, 740th MS Instructor MMIII, and 1st Lt Kate Mainland, 742nd MS missileer. The recycling team, or "Green Team," was begun by Jordan, last August, in her own home.

"I am trying to get my household down to zero percent plastic use, which is hard to do," said Jordan. "I realized that the majority of my plastic use is at work or getting groceries. I thought I don't know why I'm making this about myself when I could make this a bigger initiative and take it into my workplace as well."

Seven members now make up the recycling team at the 740th MS where they provide multiple avenues for recycling for their squadron including three bins to separate recyclables and an option to bring in unique items for recycling. Kate Mainland will soon undertake the responsibility of leading this team once Jordan has left.

As of now, the Green Team collects a variety of items eligible for recycling and brings them to the appropriate recycling center

or mails them in via a mail-in recycling service. The items they collect range from shredded paper, cardboard, plastics, aluminum cans and even razors. The challenge, however, aside from educating base populace of the need for recycling, has been where to recycle these items.

"The Air Force used to do recycling all the way through 2016 when I got to my first base at Moody. We were still recycling per the Air Force," Jordan explained. "Then I think the programs got too expensive and they stopped. There is no actual recycling program here in Minot."

At the time of the interview in early November, 2020, Jordan explained that Minot City Council was in the process of discussing bringing a recycling program back to Minot and were rumored to be scheduled to discuss it in November. With Minot not having a recycling program, the Green Team currently transports their recycling haul to either Glenburg, Jamestown or Bismarck for processing, which for one of those centers is a three-hour drive.

"The City has been discussing implementation of a recycling program for the better part of a couple years now. The City is missing some critical pieces of infrastructure that would need to be in place before a program could begin," said Jason Sorenson, City of Minot Assistant Director of Public Works. "The next step

would be to design a transfer facility and I plan on bringing an engineering task order to council before the end of the year to see if they want to move forward."

Jordan and Mainland creating and leading the Green Team have spoken volumes to the success of what two Airmen, with help from their team, can do in their own offices in terms of creating an environment where sustainability and recycling are commonplace. Their goals are soon to be able to host one or two days a month where anyone can bring their recycling to the squadron, no matter the amount or type, and the Green Team will take it to the facility to have it processed. Another goal is to create a composting center on base and even a community garden to foster knowledge of these topics.

Paper consistently is the largest leader in office waste. Recycling one ton of office paper can save the energy equivalent of 322 gallons of gasoline. Recycling one ton of aluminum can save the energy equivalent of 1,024 gallons of gasoline. As all Airmen remember the call for hydration in basic training, water bottles are not forgotten in this list; recycling just 10 water bottles can save the energy equivalent of running a laptop battery for 25 hours.

"Do what you can," said Mainland. "I know everyone's busy, I know COVID's hard on people, but doing what you can when you can is super important.

Taking advantage of opportunities like squadron green teams is a great first step in learning how to recycle."

The Green Team at the 742nd MS would like to extend that challenge and help anyone who is interested in starting a Green Team in their own workplace. For those interested in starting their own Green Team and would like advice, 1st Lt Kate Mainland or the Green Team would be more than willing to help anyone explore those options or start their own team.

"It never hurts to have support for a program such as this one," Sorenson said in reference to the City Council's decision on the recycling program.

Another opportunity for involvement is emailing your Minot City Council member by visiting: <https://www.minotnd.org/Directory.aspx?DID=21> and expressing your opinion of the proposed recycling program.

Reducing waste, recycling and reusing are becoming more and more prevalent in today's culture as society moves towards, albeit at times reluctantly, a greener way of living. A way of living that the city of Minot and Minot Air Force Base are moving towards with the help of Airmen and civilians alike.

Information and statistics obtained in this article are from EPA.gov and minotnd.org.

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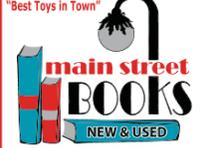
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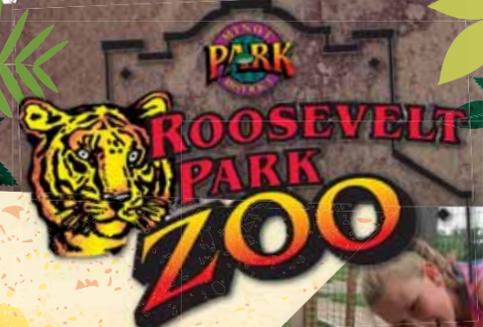
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# ICBM Airmen receive phone calls from CSAF over the holidays

CAPT. IEVA BYTAUTAITE, 20TH AIR FORCE PUBLIC AFFAIRS

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

U.S. Air Force Chief of Staff, General Charles Q. Brown, made calls to missileers on alert over the holidays to discuss their mission and thank them for standing watch during COVID-19.

During the calls, Gen. Brown discussed the important role missile alert force Airmen play in the vital intercontinental ballistic missile (ICBM) mission and their incredible response to the COVID-19 pandemic.

"Gen. Brown was very personable," said Capt. Zachary Todd, 741st Missile Squadron instructor, Minot Air Force Base, North Dakota. "He asked about my family and home life, specifically with regards to how COVID operations have affected the holidays."

Todd, a Navarre, Florida native and a United States Air Force Academy graduate, likes to bring simple comforts from home, like board games, a cozy bathrobe and lots of books, to help pass time and make being on alert more enjoyable.

Missile alert crews from all three missile wings, located at F. E. Warren AFB, Wyoming, Malmstrom AFB, Montana and Minot AFB, N.D., made drastic

changes to alert schedules to ensure the force stayed healthy, without any degradation in readiness. These changes were historic - for the first time in ICBM history, alert crews were pulling two to one week alert tours.

Extended alert tours mean that the Airmen are spending more time in the missile field, but also limit the amount of changeover a Missile Alert Facility (MAF) experiences, greatly reducing the chances of transmitting the virus. Additionally, longer alert tours increased schedule predictability, allowed for more recovery time and increased integration with Defenders and MAF facility managers.

"Meeting people from all sorts of different backgrounds is definitely the best part of being a missileer," said Todd.

Lastly, Brown thanked the Airmen for their dedication to the mission, even during the holidays, when others are spending time with family or enjoying time off.

First deployed in 1970, with an expected 10 year service life, Minuteman III (MMIII) ICBMs have been operating for 50 years from bases deep in the American heartland. Having undergone multiple life extensions, the

Minuteman III will be replaced by a new, more survivable, and more cost-effective weapon system: the Ground Based Strategic Deterrent (GBSD).

The Air Force maintains 400 land-based intercontinental ballistic missiles in the Department of Defense's nuclear triad. These ICBMs are deployed in hundreds of silos and can be launched and reach targets within minutes, creating a nearly insurmountable targeting problem for adversaries.

U.S. ICBMs are the most responsive leg of the Triad, on day-to-day alert 24/7/365, and controlled by iron-clad nuclear command, control, and communications (NC3). The hardened and dispersed nature of U.S. ICBMs requires a potential adversary to commit to a massive attack on the U.S. homeland to even have a chance of disabling all U.S. ICBMs - thus enhancing deterrence of an attack.

20th Air Force, the missile numbered air force for Air Force Global Strike Command, oversees three ICBM wings and one nuclear operations support wing, 377th Air Base Wing, Kirtland AFB, New Mexico, and is responsible for operating, maintaining, securing and supporting the U.S. ICBM force.



## HOLIDAY CARDS 4 OUR MILITARY CHALLENGE

The "Holiday Cards 4 Our Military Challenge" was started by Laura Landerman-Garber as a family tradition seventeen years ago and has developed into a national challenge to send holiday cards to deployed troops every December. In 2019 they sent 175,000 cards to deployed military members across all five branches. Despite the global pandemic, people from over 30 states have been sending in tens of thousands of cards to show their appreciation and send some holiday cheer to all those deployed. The cards come signed by people of all ages ranging from preschoolers to senior citizens. They come from people of all walks of life such as small business owners, senators, governors, as well as veterans, and active-duty military. Here at Minot Air Force Base, TSgt Christopher Sirotkin, NCOIC of command support staff for the 91st Missile Security Forces Squadron, and his team have taken the lead in sending thousands of cards in honor of this challenge. This year, Minot has gathered 7,000 cards that will be sent to military personnel who are deployed during the holidays.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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## BackTalk

### How Can a Chiropractor Help a Bed-Wetting Child?

Approximately five to seven million children in the U.S. wet the bed 10-15% of children wet the bed until age six. Bed-wetting often leaves parents scratching their heads and digging into their wallets in search of solutions. Many of the children experiencing enuresis, the official diagnosis given to the inability to control urination, live with embarrassment and hopelessness when many forms of intervention do not provide a solution. Chiropractic offers hope and delivers unique results to many children suffering from consistent bed-wetting.

The struggle of bed-wetting brings embarrassment and frustration to parents and children alike. A mental and emotional burden adds to the extra laundry and impacts both relationships and a child's self-esteem. Nocturnal enuresis does not classify as a major health concern but certainly influences the way children view themselves. Studies show that just one bout of bedwetting per month causes a child's self-esteem to be significantly influenced.

One of the most important aspects of all urinary function stems from open and clear lines of communication in the nervous system. Nerve receptors in the bladder recognize and trigger a warning when the bladder needs to be emptied. But urinary control involves much more than just brain and bladder nerve receptors. Alignment and mobility in the spinal vertebrae influence communication between the brain, bladder, and other important organs. Miscommunication between the brain and bladder alter the body's ability to know when to urinate and when to contract muscles that allow a person to control urination.

Most bed-wetting during the night occurs because children do not recognize their need to urinate. The nervous system triggers recognition of the body's alert system. Chiropractic care keeps

lines of communication open and helps struggling children overcome bed wetting issues. Improving movement and alignment in the spine ensures that the bladder can properly send alarm signals to the brain and help kids contract muscles and wake up before losing bladder control.

Chiropractic focuses on the cause of functional issues in the body. Long term benefits occur for those suffering from enuresis and other ailments because chiropractic helps to heal and improve performance within the body. The top medical interventions for bed wetting involve setting alarms and taking medications that reduce the amount of urine production. Some interventions even involve taking anti-depressants. Chiropractors do not focus on the bladder. Nervous system care improves communication between the brain and body by restoring proper spinal alignment and motion. Research done on children suffering with bed-wetting showed that those receiving chiropractic adjustments



significantly reduced the number of wet nights with many transitioning out of the bed wetting stage soon after.

Spinal misalignments often interfere with nervous system function without any presence of pain. Cavities, high blood pressure, and spinal misalignments usually become debilitating before making their presence known. Proactive health care ensures that the body performs optimally.

Evaluating a child's nervous system for interference begins with a trip to the chiropractor. Removing interference and promoting proactive care in children offers a permanent solution to bed-wetting and countless other childhood ailments. Remove anxiety and embarrassment from the home by removing stress on every child's spine. Chiropractic works.

All the best to you and yours in great health,



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# Minot AFB Library

## Running Community Programs in a Pandemic

ABIGAIL KINDER, NORTHERN SENTRY

Through the ups and downs of 2020, the Minot Air Force Base Library has had to navigate new ways of operating in order to continue providing activities and services for Team Minot. While the pandemic has encouraged the library team to rethink their normal activities, they have still managed to provide a variety of innovative and fun programs for families to participate in. One key member of the library team, Supervisory Librarian Julie Reiten, has put a lot of effort into continuing their programs as consistently as possible, despite the new regulations.

Reiten worked at the Minot Public Library before coming to Minot AFB in 2010. She has a strong passion for working in libraries as well as providing children's services, which drives her to create the best experience that she can for the citizens of Minot AFB.

"I enjoy the variety of working in a small library. We have enough staff that we can experiment with and learn new things while staying on top of daily tasks," said Reiten.

Because of this, Reiten and her team have developed many new programs and events that have provided engagement and learning experiences for the families of Minot, even in the middle of a pandemic.

COVID-19 has left many Airmen and families scrambling for new hobbies and activities to occupy their time. The library provides everything from reading programs to

hobby specific events, and even makeshift escape rooms. While the pandemic has put a pause on many normal library activities, they still have a variety of engaging virtual programs available on their Facebook page.

One activity that has grown significantly is the library's winter reading program, which began in December 2020 and will continue until March 1, 2021. This season, the program is being directly sponsored by USAA, who is providing gift cards for participants.

The library also encourages learning and creativity by offering a wide variety of services, including 3D printing, a rapidly growing board game and video game collection, therapy dog-guided reading programs, and hands-on virtual learning activities.

Reiten believes that one of the library's greatest strengths lies in their program development. The Minot AFB Library has experimented with and added so many unique activities and continually worked on streamlining their virtual experience to accommodate the pandemic regulations.

In the future, Reiten hopes to continue building safe programs for library patrons. Escape Room Kits, the online Harry Potter trivia, and many more virtual activities will be available soon.

To learn more about the programs offered, see the Minot AFB Library Facebook page.



Julie Reiten, Supervisory Librarian for the Minot Air Force Base Library, poses in front of their extensive board game and video game collection. Reiten has overseen library operations for 10 years and works with their team to expand library inventory and educational programs.



The Minot AFB Library has won several awards for excellence, including Library Program of the Year and Best Library in Global Strike Command.

SUPPLIED PHOTOS

# 791st Missile Security Forces Squadron Award Winners

Dark Horses,

Please join CMSgt Allegranza and I in congratulating the following 2020 Annual Award winners and 4th Quarter Award winners. This is an awesome moment in their careers to which we must celebrate and share with friends and families. We likewise are cognizant that this is a team sport and offer thanks for the support of the colleagues and supervisors! We wish them the absolute best as they go on to compete at the Security Forces Group-Level...

### 2020 Annual Award Winners:

Amn: SrA Caitlin Bradford  
NCO: SSgt Brian Weber  
SNCO: MSgt Kyle Tow  
CGO: 2Lt Drew Delong  
Civ Cat 2: Tara Schaffer-Nygaard

### 4th Quarter Award Winners:

Amn: SrA Alexandra Lugo  
NCO: TSgt Ryan Bell  
SNCO: MSgt Kyle Tow  
CGO: Capt Jonathan Dahm  
Volunteer: A1C Nevens Lordeus



Thanks for what you do every day. Saddle Up!

VR Dark Horse 6

ZACHARY M. HUNT, Maj, USAF

Commander, 791st Missile Security Forces Squadron

# City to offer rapid COVID-19 tests starting Dec. 28

CITY OF MINOT

Minot has become the next North Dakota community to offer rapid COVID-19 testing to the public.

The City of Minot will partner with the State of North Dakota and the North Dakota National Guard to offer BinaxNOW Rapid Antigen screening to the general public starting Monday, December 28.

Tests will be self-administered with the assistance of the Minot Fire Department and other City of Minot staff and offer results in approximately 15 minutes. Testing will be at Minot's Fire Station #1, 2111 10th St SW, from 8 a.m. to 5 p.m. Monday through Saturday and 11 a.m. to 4 p.m. on Sundays.

"We're glad we can be a community to offer rapid tests following what was likely an active holiday weekend," said Minot Mayor Shaun Sipma. "Anything we can

do locally to help track and monitor any spread quickly will hopefully save lives and livelihoods by identifying asymptomatic individuals."

Due to the unknown daily demand and to save time for anyone taking the BinaxNOW tests, recipients should pre-register before arriving at the test site.

Registration can be completed online at <https://testreg.nd.gov/>

Traffic control will be positioned at the testing site as well. All motor vehicles should come from the west on 20th Avenue before turning onto 10th street. This will help to avoid any potential traffic jams at that intersection. Rapid test recipients will be required to follow the signage to drive into Fire Station #1.

Bismarck and Fargo were the first communities to offer widespread rapid testing



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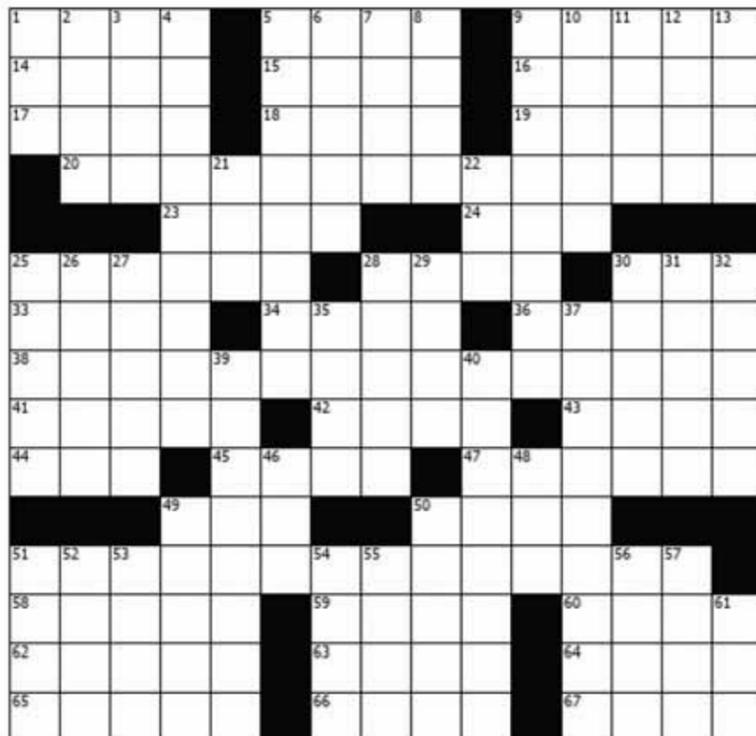
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**Across**

- 1. Starting from
- 5. Robin Cook thriller
- 9. Rascalion
- 14. It's in a jamb
- 15. 'Grace'-ful finale
- 16. Young eel
- 17. M or L, e.g.
- 18. Niagara's veil
- 19. Sales goal
- 20. Take off
- 23. Hobby shop inventory
- 24. NASA thumbs-up
- 25. Schwarzenegger film
- 28. Morrison or Braxton
- 30. Easy mark
- 33. City near Lake Tahoe
- 34. Windows alternative
- 36. Up and at 'em
- 38. Take off
- 41. Madonna musical
- 42. List of options
- 43. Pub offerings
- 44. Gidget portrayer Sandra
- 45. Tool repository
- 47. Kings and queens
- 49. Mom and pop org.
- 50. Cutlet meat
- 51. Take off
- 58. Acquired kin
- 59. Centers of activity
- 60. One concerned with feet and rhythm
- 62. Dough
- 63. Petri dish stuff
- 64. Of all time
- 65. Adversary
- 66. Exasperate
- 67. Declare untrue

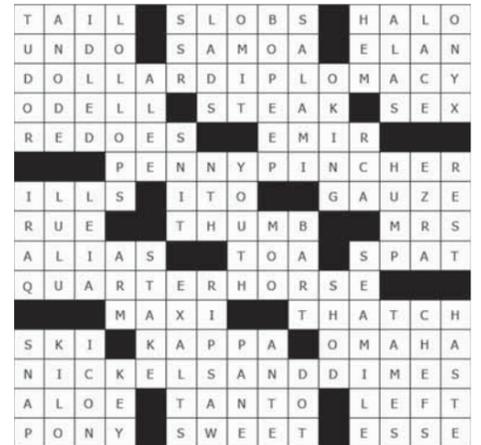


**Down**

- 1. Paid notices
- 2. Bed covering?
- 3. Move like molasses
- 4. Goes berserk
- 5. Happened
- 6. Overlooks
- 7. Screen material
- 8. Get the pot going
- 9. West Coast giants
- 10. Fall sound
- 11. Assert
- 12. Intro to physics?
- 13. Mimic a mantis
- 21. Compete
- 22. Threw one's hat in the ring
- 25. Flubbed
- 26. Screen Superman
- 27. Actress MacDowell
- 28. Like a trident
- 29. The yoke's on them
- 30. Took the wrong way?
- 31. Broadcaster
- 32. Fourth estate
- 35. Seward Peninsula town
- 37. Like some potatoes
- 39. Crusoe, e.g.
- 40. Guaranteed to work
- 46. Scammed
- 48. Detroit labor gp.
- 49. "The Lord is my shepherd . . ." begins one
- 50. Outspoken
- 51. Marcel Marceau, notably
- 52. Privy to
- 53. Fruit of the blackthorn
- 54. Off in the distance
- 55. "Pic-a-nic" basket seeker
- 56. Be nomadic
- 57. Sharp
- 61. Adjudicate

**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



# SUDOKU

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

Solution to puzzle on page B10

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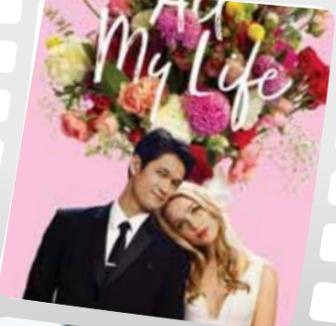


Dr. Seuss' **The LORAX**

SATURDAY, JAN 2

**THE LORAX** (PG) 1400

**ALL MY LIFE** (PG-13) 1700



**My Life**

SUNDAY, JAN 3

**THE LORAX** (PG) 1400

**MONSTER HUNTER** (PG-13) 1700



**MONSTER HUNTER**

# Airmen of Minot



**SENIOR AIRMAN ARIANA DEMOSS**  
COUNTER UNMANNED AIRCRAFT SYSTEMS SPECIALIST

Senior Airman Ariana Demoss is a counter unmanned aircraft systems specialist for the 91st Mobility Support Operations Squadron. She is originally from Birmingham, Alabama, and became a member of Team Minot in November 2018. "I love the people that I work with," said Demoss. "I know I was put here for a reason and I wouldn't change that." Demoss's responsibilities include making sure that the 91st Security Forces Group vehicles roll in safely

Monday through Friday by monitoring the airspace around different missile alert facilities and launch facilities. When she is not ensuring the safety and security of the missile fields and defenders, she enjoys spending her time cooking. Looking towards the future, she says she plans to enroll in nursing school. "What keeps me motivated is my family from back home knowing that I make them proud," said Demoss



U.S. AIR FORCE PHOTOS | MINOT AFB PA



## Upcoming Events

**1-5 JAN** WINTER WONDERLAND AT THE PUTT DISTRICT  
12:00 PM - 11:00 PM  
The Putt District  
17 South Main Street, Suite A, Minot

Play mini-golf under the Christmas lights at The Putt District! Featuring a light show synced to Christmas Music, the course is completely decorated in the Christmas spirit for all to enjoy!

Looking for something to do as a family or as a date night? Stop out and have fun!

Jan 1: 2 PM - 11 PM  
Jan 2: 12 PM - 11 PM  
Jan 3: 12 PM - 6 PM  
Jan 4: 4 PM - 9 PM  
Jan 5: 4 PM - 9 PM



For more information:  
Facebook Event / Winter Wonderland at the Putt District

**5 JAN** BASICS OF DRAWING  
6:00 PM - 7:30 PM  
Margie's Art Studio  
109 Main Street South, Minot

Classes will be an on going series lead by Shane Hawley. Shane says "I will guide you through the basic principles that will familiarize you with the techniques you need to know in order to move forward with your fine art progression and exploration".

This is a unique opportunity for Shane with you his many years of experience and help you discover the JOY of art!

A list of needed materials for your first class will be supplied for you to purchase before your first class.



For more information:  
Facebook Event / Margie's Art Studio / Basics of Drawing

**7 JAN** BOOK & BREWS WITH THE MINOT PUBLIC LIBRARY  
7:00 PM - 8:00 PM  
Virtual Event  
Zoom

Books n Brews is coming back! We will meet virtually through Zoom every first Thursday of the month. Call or stop by the library to pick up your copy of our next book club pick. Our 2021 Books n Brews schedule will be as follows:

January 7th- Aristotle and Dante Discover the Secrets of the Universe- Benjamin Alire Sáenz

February 4th- The Greatest Beer Run Ever- Chick Donohue and J.T. Molloy

March 4th- First Women: The Grace and Power of America's Modern First Ladies by Kate Andersen Brewer



For more information:  
Facebook Event / Books N Brews / Minot Public Library

**8 JAN** MIDWEST MURDER LIVE PODCAST  
5:30 PM - 9:30 PM  
Off The Vine  
15 Main Street South, Minot

Come listen to Minot's local crime podcast, Midwest Murder, hosted by Dawn Palumbo & Jonah Lanitto! Enjoy an evening filled with drinks, food, & well, local true crime stories! Tickets are \$30.00 per person which includes admission & your choice of a free house wine, draft or bottled beer, or our event sangria! This podcast will be recorded live with you as our audience so we will need the same rules to apply here as when in a movie theater! (Phones on silent, no disruptive chatter, etc).

This is a private event with limited seating!

\*MUST BE 21 YEARS OF AGE OR OLDER!



For more information:  
Facebook Event / Midwest Murder Live Podcast

## On Base

**30 DAY FITNESS CENTER ATTENDANCE CHALLENGE**  
AT THE MCADOO FITNESS CENTER  
GET READY FOR A MONTH OF MOVING!  
STARTING JANUARY 4TH REGISTER TO RECEIVE YOUR JOURNAL SHEET! CHECK IN AT THE FRONT DESK EACH DAY TO RECEIVE POINTS. ONLY ONE SESSION PER DAY MAY BE LOGGED. TOP FEMALE & MALE WILL WIN PRIZES! POINTS WILL BE BASED ON THE TOTAL AMOUNT OF WORKOUTS FOR THE MONTH. SO GET OUT THERE & GET MOVING!  
FORCE 723-2145

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# WHAT'S GOING ON MAFB

## FRIDAY 01

- For full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- New Year's Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

## SATURDAY 02

- Escape Room, 1000-1400, Outdoor Recreation
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Swerk, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## SUNDAY 03

- Sunday NFL Football, 1130-1800, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

## MONDAY 04

- HIIT Strength and Conditioning, 0545, Fitness Center
- Swerk, 0915, Fitness Center
- Escape Room, 1000-1700, Outdoor Recreation
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Zumba, 1730, Fitness Center

## TUESDAY 05

- Cycle, 0545, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Escape Room, 1000-1700, Outdoor Recreation
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center

## WEDNESDAY 06

- HIIT Strength and Conditioning, 0545, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library Facebook Page
- First Duty Station Office Financial Training, 1300-1430, A&FRC – Online Zoom Meeting
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## THURSDAY 07

- Cycle, 0545, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC – Online Zoom Meeting
- Escape Room, 1000-1700, Outdoor Recreation
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center
- Cycle, 1930, Fitness Center

## FRIDAY 08

- HIIT Strength and Conditioning, 0545, Fitness Center
- Escape Room, 1000-1700, Outdoor Recreation
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro
- Keystone Meeting, 1800-1900, Youth Center – Online Zoom Meeting
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- For full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- Beast Mode Challenge, Monday-Friday, 1000-1500, Fitness Center
- 30 Day Fitness Center Attendance Challenge, 4 January – 3 February, Fitness Center
- 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
- FCC Pre-Orientation: One-on-One Appointments: 1-31 December, Family Child Care – Call to schedule an appointment.
- Moving Out of the Dorms: One-on-One Appointments: 1-31 December, A&FRC – Call to schedule an appointment.

## DINING

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

## SATURDAY 09

- New Year New You Fitness Sampler, 0900-1100, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- USBC Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Swerk, 1015, Fitness Center
- Star Wars Spectacular, 1300, Minot AFB Library Facebook Page
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## 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**  
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**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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## MONDAY SPECIALS

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## JANUARY 2020



### CSAF GENERAL GOLDFEIN VISITS TEAM MINOT

Gen. David Goldfein, Chief of Staff of the Air Force, visits with air traffic control Airmen at Minot Air Force Base, North Dakota, Jan. 2, 2020. During his visit, General Goldfein shows appreciation to Team Minot Airmen who stand watch 24-7 for their efforts and sacrifice.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER



### CHAPLAIN MAJ. GENERAL STEVEN SCHAICK VISITS MAFB

Chaplain Maj. General Steven Schaick, U.S. Air Force chief of chaplains, visits Airmen at Minot Air Force Base, North Dakota, Jan. 9, 2020. Schaick's visit included a dorm dinner, a missile alert facility tour, and a meet and greet with Team Minot Airmen.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE



### BRIG. GEN VAN HOFFMAN VISITS MINOT PERSONELL

Brig. General von Hoffman, commander of Ogden Air Logistics Complex, visits personnel at Minot Air Force Base, North Dakota, Jan. 28, 2020. Van Hoffman's visit included tours of the 583rd Missile Maintenance Squadron, a missile alert facility and a launch facility.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE

## FEBRUARY 2020



### AIR FORCE SURGEON GENERAL VISITS TEAM MINOT

Staff Sergeant Gibbs Bellamour, 5th Medical Operations Squadron aerospace medical technician, receives the First Sergeant Diamond Sharp Award at Minot Air Force Base, North Dakota, Jan. 29, 2020. Bellamour was coined by Lt. Gen. Dorothy Hogg, Air Force Surgeon General, for his outstanding work and commitment to duty.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER



### GIVING HEARTS DAY

Third graders from Our Redeemers Christian School shared valentines cards with Team Minot Airmen at Minot Air Force Base, North Dakota, February 13, 2020. During their visit the children toured the 54th Helicopter squadron.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER



### US, JAPAN BOMBER-FIGHTER INTEGRATION

A U.S. Air Force B-52H Stratofortress from Minot Air Force Base, North Dakota, six F-16 Fighting Falcons and four Japan Air Self-Defense Force F-2s from Misawa Air Base, Japan, fly in formation off the coast of Northern Japan as part of a combined Continuous Bomber Presence and Bomber Task Force mission, Feb. 3, 2020. U.S. Strategic Command's bomber forces regularly conduct combined theater security cooperation engagements with allies and partners, demonstrating U.S. capability to command, control and conduct bomber missions around the world.

COURTESY PHOTO | THE JAPAN AIR SELF-DEFENSE FORCE

present's **JUNGLE JENN**

**KIRK'S DIK DIK**

**CREATURE FEATURES**

- Primarily nocturnal, Kirk's Dik Dik are the smallest of the antelope.
- One of their facial features is their large eyes surrounded by a white ring.
- Pre-orbital glands appear as a black spot below the inside of the corner of each eye. These glands produce dark, sticky secretions used to scent mark their territories.
- When frightened, Kirk's Dik Dik will make a whistling sound through their noses that sounds like "zik zik". This behavior is how they got their name.

| Fact File       |  |
|-----------------|--|
| Life Span       | 3 to 4 years   |
| Weight          | 10 - 15 pounds   |
| Shoulder Height | 14 - 16 inches   |
| Body Length     | 28 inches  |
| Tail Length     | 1 - 2 inches   |
| Wild Diet       | Opuntia, Cactus (cholla), Foliage, Shrubs, Fruits, Berries |

## WORD SCRAMBLE

HINT: HAPPY NEW YEAR! THESE ANIMALS ARE THE CHINESE ZODIAC SIGN FOR 2021.

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## UPCOMING EVENTS

**JANUARY 7**  
SPRING ZOO TOTS CLASSES BEGIN

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ANSWER: OXEN



# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Dec. 28: 1,838.56 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.5 feet above mean sea level (MSL). Stump Lake elevation: 1,448.43 MSL.

\*N.D. Game & Fish Dept. game wardens: White Earth Bay slow to fair for walleye on the west end of Lake Sakakawea. New Town area fair for walleye. No activity on the Van Hook Arm; wait for better ice. Generally slow success on small area lakes in southern Ward County. No reports from north-central area lakes or Devils Lake.

\*Devils Lake, Woodland Resort, Devils Lake: Main Devils Lake is gaining ice with mixed walleye success. Ice conditions aren't adequate enough yet for anglers to move around to locate perch. Also try Pelican or Mike's lakes for more consistent activity.

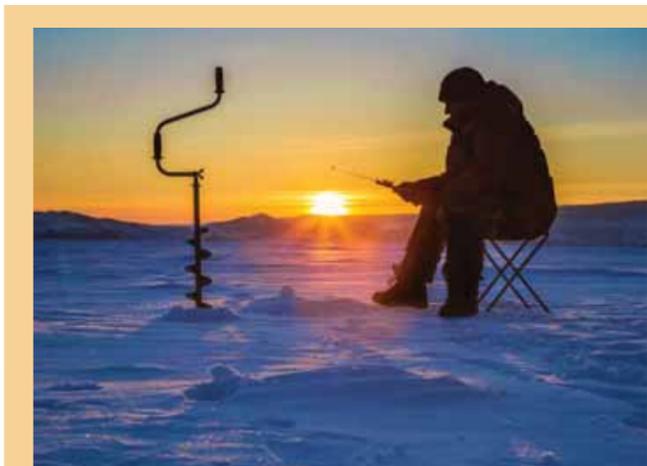
\*Lake Darling, Karma C-Store, Ruthville: Lake Audubon fair for pike. Some activity at Lake Darling, Grano, and Rice Lake but no reports on success.

\*Lake Metigoshe, Four Seasons, Bottineau: Lots of activity on Lake Metigoshe with anglers finding a mix of walleye, bluegill, and pike. Try smelt for pike, wax worms for bluegill, and jigs and minnows for walleye.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon producing some walleye around Car Body, 6-Mile Bay, and Velva Point in a variety of depths. Ice is extremely variable, however, and watch for developing pressure ridges. Lake Gertie by Benedict producing a mix of walleye and perch.

\*Lake Sakakawea, Scenic 23, New Town: Ice conditions still marginal for accessing ice. No activity with anglers waiting for better ice.

\*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 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.
- 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.

River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains quiet for anglers. Look for a night walleye bite from the rocks from shore casting crankbaits. No reports from the east end of Lake Sakakawea with back bays gaining ice but marginal access yet.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea still has variable ice conditions so be sure to check ice depth. Better success is closer to Williston on the lake. Trenton Lake continues producing crappie. Limited reports from small area lakes.

\*Lonetree WMA area lakes, Harvey: Goose Lake fair for smaller perch with some keepers mixed in. Lots of activity on other central N.D. lakes with anglers moving portable houses out. Limited reports so far.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Look for some walleye activity on the Souris River around J. Clark Salyer Nat'l. Wildlife Refuge headquarters.

### Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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MARCH 2020



### SECAF VISITS TEAM MINOT

Secretary of the Air Force Barbara M. Barrett, speaks with Team Minot Airmen at Minot Air Force Base, North Dakota, March 5, 2020. Barrett's visit focused on quality of life and included a tour of base facilities, meeting with military families and a meeting with the mayor of Minot.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSH W. STRICKLAND



### WOMEN ON WATCH

All-Female Alert Airmen from Minot Air Force Base pose in front of a High Mobility Multipurpose Wheeled Vehicle at a Missile Alert facility near Minot, North Dakota, March 12, 2020. The Airmen took part in an all-female alert crew in observance of Women's History Month.

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



All-Female Alert Airmen from Minot Air Force Base pose for a photo at Minot Air Force Base, North Dakota, March 12, 2020. 91st Missile Wing women from Minot Air Force Base participated in the All-Female Missile Alert Day in support of National Women's History Month.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE

## FLANK STEAK MATAMBRE



### INGREDIENTS

- 1 1/3 POUND FLANK STEAK
- 1 1/3 TABLESPOON WORCESTERSHIRE SAUCE
- 1 TEASPOON DRIED OREGANO
- 1 TRAEGER PRIME RIB RUB
- 5 1/3 OUNCE PROVOLONE CHEESE
- 4 2/3 OUNCE KIELBASA SAUSAGE
- 2 2/3 OUNCE SPINACH, FRESH
- 1/3 RED BELL PEPPER
- 1 1/3 LARGE CARROT, PEELLED
- TO TASTE EXTRA-VIRGIN OLIVE OIL

FEEDS 4 PEOPLE

Lay flank steak on a cutting board between sheets of plastic wrap. Pound the meat to an even 1/4-inch thickness with a meat pounder.

Brush the meat (the side facing up) with Worcestershire sauce, then season with oregano and Traeger Prime Rib Rub. Distribute thinly sliced cheese over the surface of the meat, starting with the long side closest to you; leave 2 inches on the opposite side free of cheese and other toppings. Evenly distribute sausage strips, spinach leaves, bell pepper strips, and carrot strips on the meat, aligning them in rows parallel to the long side nearest you.

Roll the steak up like a tight jelly roll. Secure it with toothpicks. Tie the meat roll with butcher's string at 2-inch intervals. Remove the toothpicks. Oil the outside of meat with olive oil, then season with Traeger Prime Rib Rub. Enclose the roll in aluminum foil and twist the ends to close. Use a knife to make a few shallow holes so steam can escape. When ready to cook, start the Traeger grill and set the temperature to 325° F.

Arrange roll directly on the grill grate and roast until the meat is very tender, 2 to 2-1/2 hours (135° F internal temperature degrees). Transfer roll to a cutting board and let rest for several minutes. Remove the foil and the strings before slicing the meat crosswise into 1/2-inch thick slices.

Enjoy!



Ryan Davy - GM Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

**MARCH 2020**



**CMSGT MELVINA A. SMITH VISIT 2020**  
 CMSGt Melvina A. Smith, 8th Air Force Command Chief, visits Team Minot Airmen at Minot Air Force Base, North Dakota, March 10, 2020.

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



**MINOT DEFENDERS JOIN U.S. AIR FORCE RUGBY TEAM**

U.S. Air Force Airmen 1st Class Jena White and Jordan Agnello, 5th Security Forces Squadron response force members assigned to Minot Air Force Base, N.D., pose for a photograph in Glendale, Colo., March 14, 2020. They are the two youngest members of the U.S. Air Force Women's Rugby Team.

U.S. AIR FORCE PHOTO | CAPT. MICHELLE SIERRA- KWANDHAM



**DAKOTA ELEMENTARY TEACHER PARADE**

Students from Dakota Elementary School lined the streets in their neighbourhoods, March 25, to wave and show their appreciation to teachers and staff during the recent implemented COVID-19 school closures. Pictured: Grayci Holmes, PreK Ryin Holmes, 1st Grade Dakota Elementary.

SUBMITTED PHOTO

**APRIL 2020**



**B52 ARRIVAL AT MINOT AFB**

Airmen assigned to the 5th Maintenance Squadron prepare to service incoming B-52 Stratofortress on the flightline at Minot Air Force Base, North Dakota, April 16, 2020. Airmen from the 5th Bomb Wing support the U.S. Indo-Pacific Command's Continuous Bomber Presence mission in the Indo-Pacific region from Anderson Air Force Base.

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



**5TH BW AIRMEN RETURN HOME FROM NINE-MONTH DEPLOYMENT**

Airmen deployed to Guam return to Minot at Minot Air Force Base, North Dakota, April 20, 2020. Airmen from the 5th Bomb Wing support the U.S. Indo-Pacific Command's Continuous Bomber Presence mission in the Indo-Pacific region from Anderson AFB.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSH W. STRICKLAND



**FIRST RESPONDERS PARADE**

Team Minot first responders host a parade at Minot Air Force Base, North Dakota, April 17, 2020. The parade consisted of many vehicles from different squadrons of Minot AFB to include 5 Civil Engineering Squadron and 5 Logistic Readiness Squadron.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE

  
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MAY 2020



**5TH BW AWARDED BEST COMMANDERS INSPECTION PROGRAM IN THE AIR FORCE**

The 5th Bomb Wing Inspector General Office pose for a photo at Minot Air Force Base, North Dakota, May 11, 2020. The IG office was awarded the 2019 Maj. General Junius W. Jones Inspector General Award for having the most outstanding Commander's Inspection Program in the Air Force.

U.S. AIR FORCE PHOTO | STAFF SGT. ASHLEY BOSTER



**POLICE WEEK RUCK MARCH**

Team Minot security forces Airmen conduct a ruck march at Minot Air Force Base, North Dakota, May 13, 2020. Security forces members from the 91st Missile Security Forces Squadron and 5th Security Forces Squadron rucked through base housing as one of the events held for Police Week, events included an opening ceremony, ruck march, and a parade.

U.S. AIR FORCE PHOTO | AIRMAN JAN VALLE



**MINOT EMERGENCY FLIGHT WINS BEST AIR FORCE READINESS & EMERGENCY MANAGEMENT FLIGHT**

The 5th Civil Engineer Squadron Readiness and Emergency Flight poses for a photo at Minot Air Force Base, North Dakota on May 28, 2020. The Readiness and Emergency Flight recently won the 2019 Air Force Col. Frederick J. Reimer award, not pictured are TSgt Christine Cherry and Ms. Sebina Oren.

U.S. AIR FORCE PHOTO | MINOT AFB PA



**CSAF GENERAL DAVID L. GOLDFEIN AND CMSAF KALETH WRIGHT VISIT TEAM MINOT**

Air Force Chief of Staff Gen. David L. Goldfein and Chief Master Sgt. of the Air Force Kaleth O. Wright visit Team Minot at Minot Air Force Base, North Dakota, May 14, 2020.

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

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JUNE 2020



**PRAIRIE VIGILANCE COVID-19 TESTING**  
 Medical professionals from the 5th Bomb Wing test Airmen for COVID-19 during the Prairie Vigilance exercise at Minot Air Force Base, North Dakota, June 6, 2020.

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



**AFGSC OUTSTANDING AIRMEN OF THE YEAR: MINOT FIRST SERGEANTS COUNCIL**  
 The Minot Air Force Base, North Dakota, First Sergeants Council was named the First Sergeant Council of the Year for 2019. The council is comprised of 31 members, which includes the 91st Missile Wing, 5th Bomb Wing and tenant units.

U.S. AIR FORCE PHOTO | MINOT AFB PA



**AFGSC OUTSTANDING AIRMEN OF THE YEAR: SENIOR MASTER SGT. WILFRED MORGAN**

Senior Master Sgt. Wilfred Morgan, a facility systems superintendent with the 5th Civil Engineer Squadron at Minot Air Force Base, North Dakota, won the Air Force Global Strike Command Outstanding Airmen of the Year Senior Noncommissioned Officer of the Year category for 2019.

U.S. AIR FORCE PHOTO



**B-52S TRAIN WITH NORWEGIAN AIRCRAFT IN HIGH NORTH**

Norwegian F-16s and F-35s train with a B-52H Stratofortress during a long-range, long duration strategic Bomber Task Mission throughout Europe and the Arctic region June 3, 2020. The Arctic is a strategic region with growing geopolitical and global importance, the U.S. Department of Defense is working with our Arctic nations and multinational and interagency public and private partners to maintain a secure and stable region where nations work cooperatively to address challenges.

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA PHOTO



**B-52S PARTICIPATE IN BTF, BALTOPS 2020 EXERCISE**

B-52s conduct interoperability training with aircraft from the Baltic Air Policing mission during a long-range, long duration strategic Bomber Task Mission throughout Europe and the Baltic region, June 15, 2020. Participation in multinational exercises enhances our professional relationships and improves overall coordination with allies and partner militaries during times of crisis.

COURTESY PHOTO ESTONIAN AIR FORCE



**2020 AIR FORCE SPOUSE OF THE YEAR**

Colonel and Mrs. Walters congratulate Bree Carroll, a Minot AFB Spouse, awarded the 2020 Air Force Spouse of the Year! One of the many ways she contributes to our military community is through her podcast, Hearts & Stripes where she speaks on the power of relationships and ways military couples can sustain healthy marriages. Way to go Bree!!! We are so proud of you!!!

MINOT AFB AIRMAN & FAMILY READINESS CENTER PHOTO

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**BABY GIRL**  
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 HOPE AND LANE VENDSEL  
 MINOT, ND

**BABY BOY**  
 BORN ON TUESDAY, DECEMBER 22, 2020 TO:  
 DESIREE AND TAMAURIO JENKINS  
 MAFB, ND

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

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# Northern Celebrations

Embracing our North Dakota Lifestyle

## Resolving in the outdoors

Patricia Stockdill

Yeah, yeah, yeah, more New Year's resolutions...

But now that the cloud that was 2020 is gone, it truly is time to look ahead and perhaps reflect on how a person can make 2021 and the coming years better whether it relates to one's personal, work, family life, or all of the above.

Let's look at this from an outdoors perspective: The beauty of the outdoors, even in a worldwide pandemic, is that just being able to get beyond four walls can help improve one's mindset, generate physical activity, and help a person get and stay healthy.

So here are some potential 2021 New Year's resolutions, outdoors style:

\*I hereby resolve to get outside and walk – at the minimum – at least once a week in areas such as a city park or North Dakota state park (perhaps Lake Metigoshe or Fort Stevenson state parks, they're relatively close by).

\*I hereby resolve that I will dress appropriately when undertaking those walks in the winter. That means dressing in layers – the first layer next to one's skin being a moisture-wicking material with additional layers that can easily be unzipped and removed as one gets warm, proper footwear, gloves, and cap or hat.

\*I hereby resolve to wear sunscreen – preferably SPF 30 – whenever outdoors and re-apply as directed.

\*I hereby resolve to venture out on a clear night to an area where city lights are a distant memory and study the nighttime sky. Part II of that resolution is learning to identify constellations and see how many galaxies are visible. Look for shooting stars – and be sure to make a wish if fortunate enough to see one.

\*I hereby resolve to make a snow angel in the winter, joyfully lying on my back and moving legs and arms out to make angel's wings and gown, laughing and smiling as snow filters onto one's face.

\*I hereby resolve pay more attention to the birds on my walks so maybe someday those "little brown birds" might even have a name – and it doesn't even have to be their official scientific name.

\*I hereby resolve to try a new winter activity. Maybe it's watching a hockey game or league curling. Maybe it's renting a pair of cross-country skis, snowshoes, or even a fat tire bike and testing one's learning ability on a local trail.

\*I hereby resolve to try a new summer activity. Maybe even learn to fly a kite. After all, North Dakota certainly has its share of wind to prove ample opportunities.

\*I hereby resolve to head to the country and watch a sunrise or sunset, listening to the world as it slowly awakens and comes to life.

\*I hereby resolve that if I'm heading to the country to observe stars, sunrise, or sunset in the winter that I will be mindful of the roads or trails I'm venturing out on and won't get stuck in a snowdrift.

\*I hereby resolve that if I'm heading to the country to observe stars, sunrise, or sunset in the summer after a rain that I will be mindful of the roads or trails I'm venturing out on and won't get stuck in the mud.

\*I hereby resolve to spend some time at a place where I can learn about wildlife and nature. It can be a zoo, such as Roosevelt Park Zoo. Or it could be a park. It could be an interpretive center. Or it could even involve going to more rural areas and discovering a U.S. Fish and Wildlife Service National Wildlife Refuge like Upper Souris northwest of Minot, J. Clark Salyer east of Minot near Upham, Audubon on the south side of Lake Audubon, or others nearby. It could be Fish and Wildlife Service Waterfowl Production Areas or a N.D. Game and Fish Department Wildlife Management Area.

The list of outdoor-related resolutions can go on and on, everything from introducing children and others to the joy of fishing and hunting, getting involved in local wildlife and conservation organizations, or simply taking a moment to appreciate the outdoors.

Regardless of what type of outdoor-related resolution a person makes, just the idea of making a commitment to get outside for a breath of fresh air and open space is one reason to make yet another New Year's resolution.

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# Youth In Action



RACQUEL LABADIE, GS-11 SCHOOL LIAISON SPECIALIST CHILD AND YOUTH EDUCATION SERVICES



Your military-connected student will face numerous school transitions during their K-12 education; the average military child will transition 6 to 9 times between kindergarten and senior year! One of the most stressful transitions for all students is the transition after high school. Children are asked all through adolescence, "What do you want to be when you grow up?". During the high school years it is time to not only consider answers for that question, but also to begin taking steps toward those future goals. There are varying considerations for your student during their high school years, from career exploration during freshman year to financial aid applications during senior year. Your high school student should work with their guidance counselor and career counselor as they navigate

these big decisions. At home, there are numerous websites that can offer recommendations and support. Mappingyourfuture.org is a national collaborative that provides career, college, and financial aid guidance and has printable planning guides for each year of high school. Militarychild.org is an organization specifically geared toward support of military students and has a number of video and printable resources for life after high school. If your child has a military career in mind, check out careersinthemilitary.com to begin exploring the vast options within each of the armed forces. Contact the Minot AFB School Liaison Office with questions or to receive a copy of the 2020-2021 annual scholarship listing. Office Phone- 701-723-1447 Email- mafb.school.liaison@us.af.mil

## 2020-2021 MPS CALENDAR



### IMPORTANT UPCOMING DATES

**December 9**

Early Release Day

**December 21**

Parent/Teacher Comp Day - No School

**December 22 - January 3**

Vacation - No School

**January 4**

Classes Resume

**January 18**

Prof. Development Day - No School for Students

Martin Luther King Jr. Day

Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays

Parent/Teacher Comp Days

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

| January 2021 |    |    |    |    |    |    | 19 days |
|--------------|----|----|----|----|----|----|---------|
| S            | M  | T  | W  | T  | F  | S  |         |
|              |    |    |    |    | 1  | 2  |         |
| 3            | 4  | 5  | 6  | 7  | 8  | 9  |         |
| 10           | 11 | 12 | 13 | 14 | 15 | 16 |         |
| 17           | 18 | 19 | 20 | 21 | 22 | 23 |         |
| 24/31        | 25 | 26 | 27 | 28 | 29 | 30 |         |

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JULY 2020



**COL. COCHRAN'S FINI FLIGHT**

Col. Bradley Cochran, 5th BW Commander, flew his fini-flight on July 14, 2020 at Minot Air Force Base North Dakota. Family, friends, and co-workers all gathered to celebrate Col. Cochran's time at Minot Air Force Base.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS CALEB S. KIMMELL



**WELCOME TO TEAM MINOT**

Col. Michael Walters assumed command of the 5th Bomb Wing from Col. Bradley Cochran during a change of command ceremony at Minot Air Force Base, North Dakota, on July 16, 2020. Walters comes to the 5 BW from the 379th Air Expeditionary Wing, Al Udeid Air Base, Qatar.

U.S. AIR FORCE PHOTO  
SSGT STEVEN ADKINS



**2020 5TH BOMB WING CHANGE OF COMMAND**

Col. Bradley L. Cochran relinquishes command of the 5th Bomb Wing to Col. Michael O. Walters on July 16, 2020 at Minot Air Force Base, North Dakota. The presiding official over the ceremony was Maj. Gen. Mark E. Weatherington, 8th Air Force and Joint-Global Strike Operations Center commander.

U.S. AIR FORCE PHOTO  
SSGT STEVEN ADKINS



**N.D. AIR NATIONAL GUARD FAMILY OF THE YEAR NAMED**

Airmen of the 219th Security Forces Squadron Staff Sgt. Jessica Harper, left, and her wife Staff Sgt. Sarah Harper, hold their North Dakota Air National Guard Family of the Year award, which was presented to them at Minot Air Force Base, N.D., on July 18, 2020.

U.S. AIR NATIONAL GUARD PHOTO  
CHIEF MASTER SGT. DAVID H. LIPP



**COLONEL HARRIS MOVES ON**

Col. Glenn Harris says goodbye to Minot Air Force Base after 2 years of being command lead of more than 1,800 Airmen and civilians in operation, maintenance and security of Minot AFB's Minuteman III intercontinental ballistic missiles. Harris relinquishes command of the 91st Missile Wing to Col. Christopher Menuey during a change of command ceremony at Minot Air Force Base, North Dakota, on July 28, 2020.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS JOSH W. STRICKLAND



**91ST MISSILE WING CHANGE OF COMMAND**

Col. Glenn T. Harris relinquishes command of the 91st Missile Wing to Col. Christopher E. Menuey on July 28, 2020 at Minot Air Force Base, North Dakota. The presiding official over the ceremony was Maj. Gen. Michael J. Lutton, 20th Air Force commander.

U.S. AIR FORCE PHOTO  
SSGT MICHAEL KANTACK

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**A LOOK BACK**  
THIS WEEK IN USAF HISTORY

**SAC CHANGES MINUTEMAN & PEACEKEEPER ASSIGNMENTS TO INCLUDE MIXED GENDER CREWS**  
JANUARY 1, 1988

Linda Aldrich at a Minuteman console in the 1980s. (Linda Aldrich, from nps.gov)

Up until the late 1970s, the United States Air Force restricted female service members to only noncombat positions. In 1978, women were finally given the chance to serve on Titan II missile crews, and their roles in the missile field only grew from there. However, for some time, missile crews were restricted to all-male or all-female assignments. It wasn't until January 1, 1988 that Strategic Air Command changed the policy for Minuteman and Peacekeeper crew assignments to permit mixed gender crews in launch facilities. This inclusive effort aimed to reduce scheduling issues and increase opportunities for female Airmen. After the integration, SAC stressed the importance of guaranteeing equal career progression for men and women. This was one major step forward in the journey towards women's equality in the armed forces.

Information courtesy of: media.defense.gov / pacaf.af.mil / nps.gov

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**AUGUST 2020**



**50TH ANNIVERSARY FIRST MINUTEMAN III PLACED ON ALERT AT MINOT**

On Aug. 19, 1970, the very first Minuteman III intercontinental ballistic missile, known as ICBM, was placed on alert status at the 741st Strategic Missile Squadron, Minot AFB, North Dakota. The missile was emplaced in Launch Facility Hotel-02, just two months prior to its launch.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN AUBREE OWENS



**WELCOME TO MINOT**

Brandi Hoff, True North Program Manager, cuts the ribbon to symbolize the opening of the new Welcome Center facility. The 5th Bomb Wing held a ribbon-cutting ceremony to introduce a new Welcome Center facility August 21, 2020 at Minot Air Force Base, North Dakota.

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

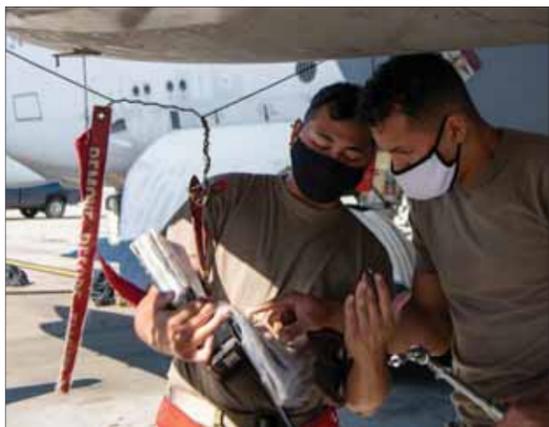


**BARKSDALE B-52 EVACUATION TO MINOT AFB**

B-52 Stratofortress bombers stationed at Barksdale Air Force in Barksdale, Louisiana, relocated to Minot Air Force Base, as part of a standard precautionary plan, amid the threat of Hurricane Laura.

U.S. AIR FORCE PHOTO | MINOT AFB PA

**SEPTEMBER 2020**



**5TH BOMB WING AWARDED THE 2019 OMAHA TROPHY FOR STRATEGIC BOMBER WING CATEGORY**

5th Bomb Wing was announced as one of five winners of the 2019 Omaha Trophy. U.S. Navy Adm. Charles Richard, commander of U.S. Strategic Command (USSTRATCOM), announced the winners September 21, 2020.

U.S. AIR FORCE PHOTO | MINOT AFB PA



**BRONZE STAR AWARDED TO 54TH HELICOPTER SQUADRON PILOT**

Maj. Gen. Mike Lutton, 20th Air Force commander, presents a bronze star to Capt. Bryan Ashton, 54th Helicopter Squadron pilot at Minot Air Force Base, North Dakota, Sep. 30, 2020. He was awarded this decoration for outstanding achievement and upholding Air Force standards through his contributions while on his deployment.

U.S. AIR FORCE PHOTO | AIRMAN FIRST CLASS JAN K. VALLE



**MAJ. GEN. LUTTON QUALITY OF LIFE VISIT**

Maj. Gen. Mike Lutton, 20th Air Force commander, speaks to 91st Missile Wing Airmen at a Launch Facility, Sep. 30, 2020. Lutton's mission for the 20th Air Force and especially the 91st Missile Wing is to enhance and achieve integrated lethality. He expects Airmen to integrate with other organizations to improve combat capabilities.

U.S. AIR FORCE PHOTO | MINOT AFB PA



**91ST MISSILE WING AWARDED THE 2019 OMAHA TROPHY FOR ICBM CATEGORY**

The 91st Missile Wing, through their extraordinary and exemplary support of the U.S. Strategic Command's (USSTRATCOM) strategic deterrence mission, has been awarded the 2019 Omaha Trophy for the Intercontinental Ballistic Missile (ICBM) category. The Rough Riders were announced as one of five winners by U.S. Navy Adm. Charles Richard, commander of USSTRATCOM on September 21, 2020.

U.S. AIR FORCE PHOTO  
MINOT AFB PA



**POW/MIA RUN**

An Airman starts his run on the base track Sep. 17, 2020, at Minot Air Force Base, North Dakota. About 250 volunteers that alternated shifts throughout the day and night, ran around the base track for 24 hours to honor those POW/MIA and concluded the run at 2 p.m. the next day.

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

# CHURCH DIRECTORY

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

|   |  |   |  |   |
|---|--|---|--|---|
| <p><b>Little Flower Catholic Church</b><br/>800 University Avenue West<br/>838-1520</p> <p><b>Mass Schedule</b><br/>Saturday ..... 4:30 pm<br/>Sunday ..... 8:30 &amp; 10:00 am</p> <p>Fr. Ken Phillips, Pastor<br/>www.littleflowerminot.com</p>   | <p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p><b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, January 2</b><br/>5 PM, No Vespers</p> <p><b>Sunday, January 3</b><br/>10 AM, Congregational Prayer Service</p>  | <p><b>BF</b><br/><b>Break Forth BIBLE CHURCH</b></p> <p>Thursdays 7:00pm<br/>2<sup>nd</sup> + 4<sup>th</sup> Sundays 10:30am<br/>at the <b>GRAND HOTEL</b><br/>www.breakforthbiblechurch.com</p>  | <p><b>Trinity Church</b></p> <p><b>An Evangelical Free Church</b><br/>3500 4th St. SW • 839-5127<br/>(Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m.<br/>Worship ..... 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>   | <p><b>Bible Fellowship Church</b></p> <p>Worship Service at 10:45am Sundays<br/>Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b><br/>MinotBibleFellowship.org</p>  |
| <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot www.faithumcminot.com</b></p> <p><b>Pastor Ken Mund 701-838-1540</b></p> <p>Sunday School (All Ages): 9:45 a.m.<br/>Sunday Coffee Fellowship: 10:30 a.m.<br/>Worship Services: Sunday 11 a.m.</p>  | <p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m.<br/>Morning Worship .... 11:00 a.m.<br/>Evening Worship ..... 6:00 p.m.<br/>Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i><br/><b>500 46th Ave NE • 839-1351</b><br/>Pastor David Miller</p>   | <p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b><br/>Contemporary Worship ..... 9:00am<br/>Sunday School (All Ages) ..... 10:00am<br/>Traditional Worship..... 11:00am</p> <p><b>Wednesday Evening Schedule</b><br/>Community Dinner ..... 5:30-6:30pm<br/>Contemporary Worship ..... 6:30pm<br/>Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b><br/>www.ecominot.org</p> | <p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>  | <p><b>St. Mark's Lutheran Church Missouri Synod</b></p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b><br/>Reverend Philip Beyersdorf</p>   |
| <p><b>Immanuel Baptist Church</b><br/>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays:<br/>Mask Only Service..... 8:30 am<br/>Fellowship..... 9:00 am<br/>Sunday School ..... 9:15 am<br/>Worship ..... 10:30 am</p> <p>Wednesdays:<br/>Soup Kitchen ..... 11:30 am<br/>Family Supper ..... 5:30 pm<br/>Preschool/Kids' Club/ABY ... 6:30 pm<br/>Adult Bible Study ..... 6:45 pm</p> <p><b>Brian T. Skar, Pastor</b><br/>www.ibcminot.org</p>                               | <p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b><br/>Located off Hwy 83 Bypass West<br/><b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m.<br/>Sunday Worship ..... 3:30 p.m.<br/>Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>  | <p><b>St. John the Apostle Catholic Church</b></p> <p>2600 West Central Ave • Minot, ND 58701<br/><b>839-7076</b></p> <p>Daily Mass Schedule:<br/>Tuesday ..... 5:15 p.m.<br/>Wednesday - Friday ..... 7:00 a.m.<br/>Saturday ..... 5:00 p.m.<br/>Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor<br/>Parish website: www.stjohnminot.com</p>  | <p><b>First Lutheran Church - ELCA</b><br/>120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv<br/>(Live Stream &amp; Recorded)<br/>Radio Broadcast KRRZ 1390AM<br/>Sunday 9:30 am<br/>www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>  | <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE<br/>4 miles south of MAFB<br/>James W. Henderson<br/>Anna B. Henderson</p> <p><b>Church: 701-838-4492</b><br/><b>Home: 701-838-5759</b><br/><b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b><br/><b>Adult/Children Worship.. 11 a.m.</b><br/><b>Family Hour ..... 6:30 p.m.</b><br/><b>Evening Worship ..... 7:30 p.m.</b><br/><b>Bible Study/Child-Adult</b><br/><b>Children Worship (Wed).... 7 p.m.</b><br/><b>Prayer (Friday) ..... 7 P.m.</b></p> |
| <p><b>Bethany Lutheran</b><br/>215 3rd Ave. SE, Minot, ND<br/>Phone: 838-5196<br/>A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am<br/>Sunday Fellowship..... 9:30 am<br/>Wednesday Church School ..... 5:45 pm<br/>Wednesday Worship ..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com<br/>Email: bethanylutheran@srt.com<br/>Live Streaming: bethanylutheran.tv</p> <p><b>Pastor Janet Hernes Mathistad</b><br/><b>Pastor Gerald Roise</b></p> | <p><b>First Baptist Church</b><br/>200 3rd St. SW • 852-4533<br/>www.fbcminot.org</p> <p>Classic Worship Service ..... 8:30 a.m.<br/>Adult Sunday School..... 9:45 a.m.<br/>Contemporary Worship Service .. 9:50 a.m.<br/>Children's Church..... 9:50 a.m.<br/>Sunday School (All Ages) ..... 11:00 a.m.<br/>Contemporary Worship Service.. 11:05 a.m.<br/>Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b><br/><b>Rev. Barry Seifert, Associate Pastor</b><br/><b>Pastor Sam Kautzmann, Student Ministries</b><br/><b>Elaine Carlson, Children's Ministry Director</b></p> | <p><b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m.<br/>Sunday Worship ..... 11 a.m. &amp; 6:30 p.m.<br/>Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p>www.minotcbbc.org<br/>email: minotcbbc@gmail.com<br/><b>Dr. Bob Farmer- Pastor</b></p> <p>415 28th Ave SE (Behind Menards)<br/>838-1873</p>  | <p><b>West Minot Church of God Family Worship Center</b></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m.<br/>Sunday Worship ..... 10:30 a.m.<br/>Children's Church &amp; Nursery<br/>Wednesday Family Training Hour<br/>Meal..... 5:30 p.m.<br/>Classes for All Ages ..... 6:30 p.m.<br/>Youth Center, Friday..... 7:00 - 11:00 p.m.<br/>ABC Child Care Center..... 852-6352</p> <p>westminot.com<br/>facebook.com/westminot</p>  |   |
| <p><b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b><br/>Behind Town &amp; Country Shopping Center<br/>open hearts...open minds...open doors!</p> <p>Traditional Service..... 9:00 am<br/>Contemporary Service..... 10:30 am<br/>Kid's Church ..... 10:30 am</p> <p><b>Pastor Matt Scherbenske</b><br/>www.vincentumc.com</p>   | <p><b>OUR REDEEMER'S CHURCH</b><br/>A Church of the Lutheran Brethren</p> <p>Thursdays:<br/>Worship..... 6:30 p.m.</p> <p>Sundays:<br/>Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at:<br/><b>www.ourredeemers.org</b></p>  | <p><b>Chapel Services at MAFB</b><br/>Protestant<br/>(North Plains Chapel in Base Housing)</p> <p><b>Contemporary Service</b><br/>Sunday Worship ..... 1000</p> <p><b>Gospel Service</b><br/>Sunday Worship ..... 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i><br/>Sunday ..... 1000<br/>Daily ..... Monday-Thursday at 1200</p>   | <p><b>ORCS Preschool</b></p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p><b>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</b></p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>• 2 and 3 day options available</li> <li>• Kindergarten readiness skills practiced each session</li> <li>• All teachers hold a North Dakota Professional Educator's License</li> <li>• Christ-centered environment</li> </ul> <p>Please contact our school office or visit our website for more information.<br/><b>701.839.0772</b><br/>Email: jschultz@orcsknights.org<br/>Website: www.orcsknights.org</p> |   |
| <p><b>First Assembly of God</b><br/>1805 2nd St. SE<br/>838-1111</p> <p>Morning Worship ..... 8:30 a.m.<br/>Sunday School ..... 10 a.m.<br/>Morning Worship ..... 11 a.m.<br/>Wednesday Family Night..... 6:30 p.m.</p>   | <p><b>OUR REDEEMER'S CHRISTIAN SCHOOL</b></p> <p><b>KNIGHTS</b></p> <p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p> <p>Our Redeemer's Christian School<br/>700 16th Avenue SE<br/>Minot, ND 58701<br/>info@orcsknights.org • 701-839-0772<br/>www.orcsknights.org</p>  |   |  |   |

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



# CLASSIFIEDS

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

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A Little Bit Of Everything...  
With A Lot Of Savings!  
**4R HOME THRIFT**  
**2031 N Broadway**  
Furniture, Tools, Movies,  
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Monday - Saturday -  
8:30 AM to 6 PM  
Sunday - 12 PM to 5 PM  
**15% Military Discount!**  
<https://www.facebook.com/4rhomethrift>

## UPCOMING EVENT

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

## AUTOMOTIVE

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

## JOHN'S



## AUTOBODY

**Pays Up To \$500**

**Insurance Deductibles**

**We Guarantee All Work & Color Match**

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**839-8896**

## TRANSPORTATION

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

## \$\$\$ QUICK CASH \$\$\$

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

## SUDOKU SOLUTION

Puzzle on page 6

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

## GARAGE SALE

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

## REAL ESTATE

Find **ALL** listed homes for sale in **Minot** and the surrounding areas at [www.brokers12.com](http://www.brokers12.com). tfm

## FSBO MOHALL ND

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

## FOR RENT OR SALE

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

## RENTALS

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

## PROFESSIONALS

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[www.marykay.com/1clouse](http://www.marykay.com/1clouse). 701-839-0475 or 701-721-0475. tfm

## HELP WANTED

**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY**

**BAGGERS WORK FOR TIPS ONLY**

- **ADULT HOURS**  
Tuesday-Friday 7am-4pm
- Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

- **TEEN HOURS**  
Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
- Morning start times rotate & vary

**PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.**

## HELP WANTED

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

**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. tfm

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

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

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

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

## 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](mailto:minot@erau.edu) To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

### COLUMBIA COLLEGE

#### ONLINE COURSE SCHEDULE - ASYNCHRONOUS

Learn on your own, weekly assignments requirements by instructor Please verify technology requirements

- Late Fall Session (term 20FALL2) 8 week session. Session dates: Monday, October 26 - Saturday, December 19, 2020. Registration dates: Monday, July 6 - Sunday, October 25, 2020. Late registration dates: Monday, October 26 - Wednesday, October 28, 2020

#### VIRTUAL EDUCATION COURSES - SYNCHRONOUS

Student and instructor are online anywhere at the same time/set schedule. Please verify technology requirements.

- Late Fall Session (term 20FALL2) 8 week session  
Session dates: Monday, October 26 - Saturday, December 19, 2020  
Registration dates: Monday, July 6 - Sunday, October 25, 2020  
Late registration dates: Monday, October 26, 2020 - Wednesday, October 28, 2020

Please call to schedule an appointment. 701-727-8386. Linde L. Paige, M.S.A., Program Coordinator

### PARK UNIVERSITY MINOT -

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

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**SUPER PARTY**

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\$12 for each additional person

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Additional \$10 for X-treme Bowling

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

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We have a party space available for all of your fun!  
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• 1 PM-4 PM  
• 6 PM-10 PM

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**WWW.OAKPARKTHEATER.NET**

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**10% OFF ANY PARTY PACKAGE**  
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**QUICK CASH!!**  
Running & Non-Running Cars & Trucks



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Give Us A Call!  
Will Haul Junk Cars Free Of Charge

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Convenient North Location for Both Base & Minot Customers

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**WWW.NORTHERNSENTRY.COM**

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For more information call 839-0946 or email: **sentrysales@srt.com**

OCTOBER 2020



**PRAIRIE VIGILANCE 2020**

Airmen from the 5th Bomb Wing, Minot Air Force Base, North Dakota and the 2nd Bomb Wing, Barksdale Air Force Base, Louisiana, participate in an exercise, Prairie Vigilance, Oct. 13-19, 2020 at Minot Air Force Base. Prairie Vigilance is an annual exercise performed in conjunction with Barksdale AFB that demonstrates Air Force Global Strike Command's ability to generate nuclear ready bombers at a moments notice and provides readiness training annually for Airmen.

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



**DR. ANDERSON TEAM MINOT VISIT**

Acting Under Secretary of Defense for Policy Dr. James Anderson and Under Secretary of Defense for Acquisition and Sustainment Ellen Lord visit Team Minot on October 20.

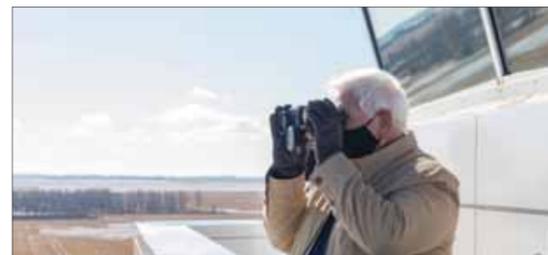
U.S. AIR FORCE PHOTO SENIOR AIRMAN DILLON AUDIT



**SENATOR KEVIN CRAMER VISITS TEAM MINOT**

Senator Kevin Cramer visits Team Minot Oct. 29.

U.S. AIR FORCE PHOTO MINOT AFB PA



**U.S. STRATEGIC COMMAND KICKS OFF EXERCISE GLOBAL THUNDER**

Bruce Christianson, Air Force Global Strike Command Civic Leader, watches B-52H Stratofortress aircraft take off from the air traffic control tower as part of an exercise, Global Thunder, on Oct. 23, 2020, at Minot Air Force.



A B-52H Stratofortress aircraft takes off as part of an exercise, Global Thunder, on Oct. 23, 2020 at Minot Air Force Base, North Dakota.

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

NOVEMBER 2020



**91ST MW AFGSC AWARD AND MCADOO TROPHY PRESENTATION**

Col. Christopher Menuey, 91st Missile Wing commander, and Chief Master Sergeant Garrett Langston, 91st Missile Wing command chief, present awards to Airmen and civilians on Nov. 6, 2020 at Minot Air Force Base, North Dakota. Air Force Global Strike Command awards are given quarterly and annually to Airmen and civilians while the McAdoo trophy for sustained ICBM excellence is presented annually to a wing.

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



**5 BW AIRCREW DEPLOY TO MIDDLE EAST**

Aircrew prepare to board a B-52H Stratofortress on the flightline on Nov. 20, 2020, at Minot Air Force Base, North Dakota. U.S. Central Command is committed to preserving and protecting the freedom of navigation and the free flow of commerce throughout the region. While the United continues to have robust defensive capabilities throughout the U.S. Central Command area of responsibility, any potential adversary should understand that no nation on earth is more ready and capable of rapidly deploying additional combat power in the face of any aggression.

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



**COL. WALTERS RECOGNITION TOUR**

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

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DECEMBER 2020



**MEMORIAL MIDDLE SCHOOL RECEIVES NATIONAL BLUE RIBBON AWARD**

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. Award was announced September 2020.

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



**TEAM MINOT'S CHIEF PROMOTION CEREMONY**

On Dec. 8, 2020, nine senior master sergeants promoted to the rank of chief master sergeant. They were joined by their friends and families on stage. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTO | MINOT AFB PA



**OMAHA TROPHY CEREMONY**

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.

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