

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 03 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 15, 2021

WHATS INSIDE THIS WEEK:



F-16S ESCORT BOMBERS THROUGH CENTCOM

A2



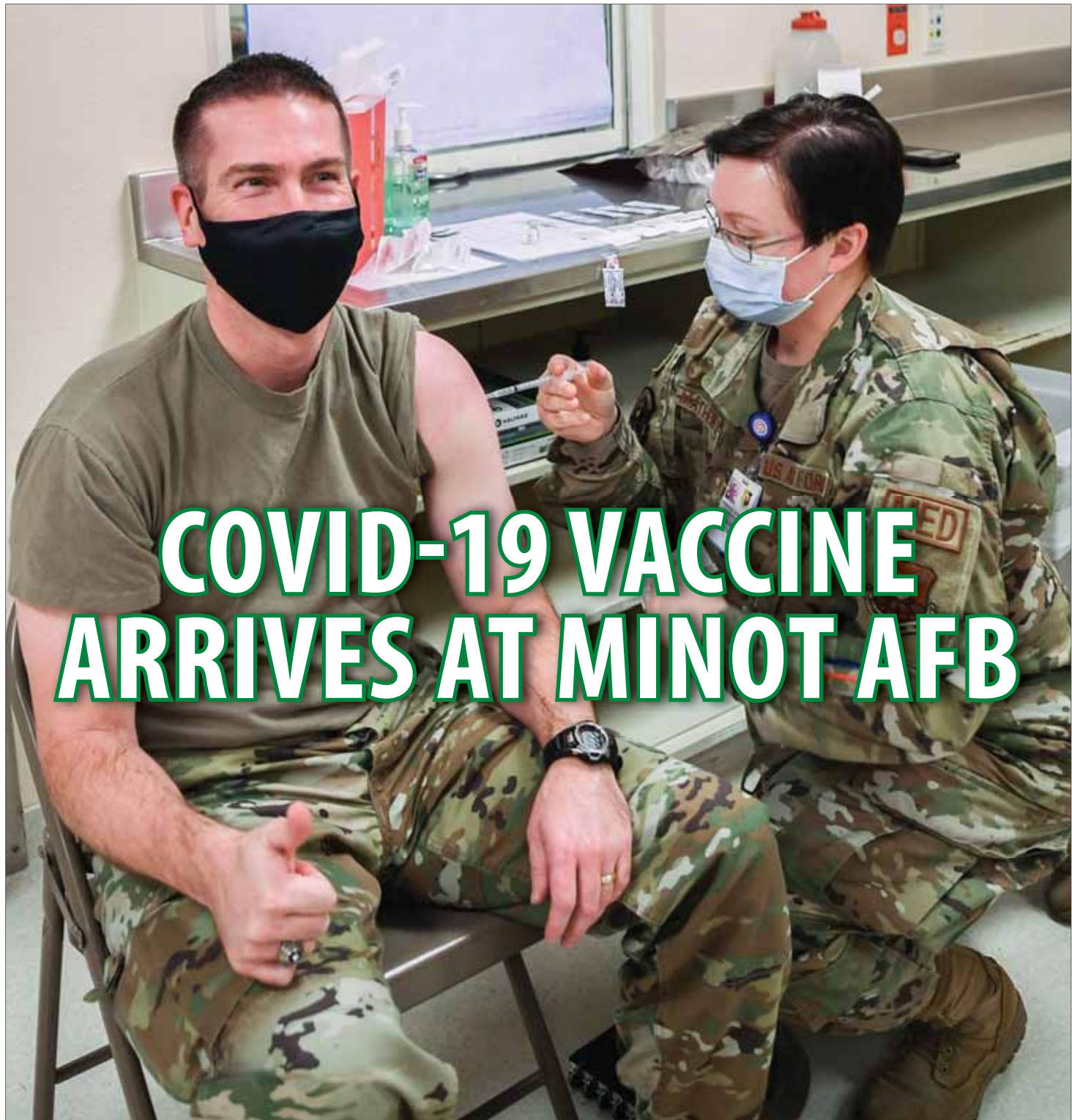
VOLUNTEER VICTIM ADVOCATES TRAINING

A5



21ST CENTURY DETERRENCE

B4



Col. Christopher Menuey, 91st Missile Wing Commander receives his first dose of the COVID-19 vaccine on Jan. 11, 2021 at Minot Air Force Base, North Dakota. The first members of Team Minot to receive the vaccine were first responders and mission essential personnel. See page 3 & 4 for coverage.

U.S. AIR FORCE PHOTO | MINOT AIR FORCE BASE PA



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Find us on  Minot Air Force Base

F-16s escort Bombers through CENTCOM



U.S. Air Force B-52 Stratofortresses from Minot Air Force Base fly in formation with U.S. Air Force F-16 Fighting Falcons and Royal Saudi Arabian Air Force F-15SAs over the U.S. Central Command area of responsibility Jan. 7, 2021. The bomber deployment underscores the U.S. military's commitment to regional security and demonstrates a unique ability to rapidly deploy on short notice. The B-52 is a long-range, heavy bomber that is capable of flying at high subsonic speeds at altitudes of up to 50,000 feet and provides the United States with a global strike capability.

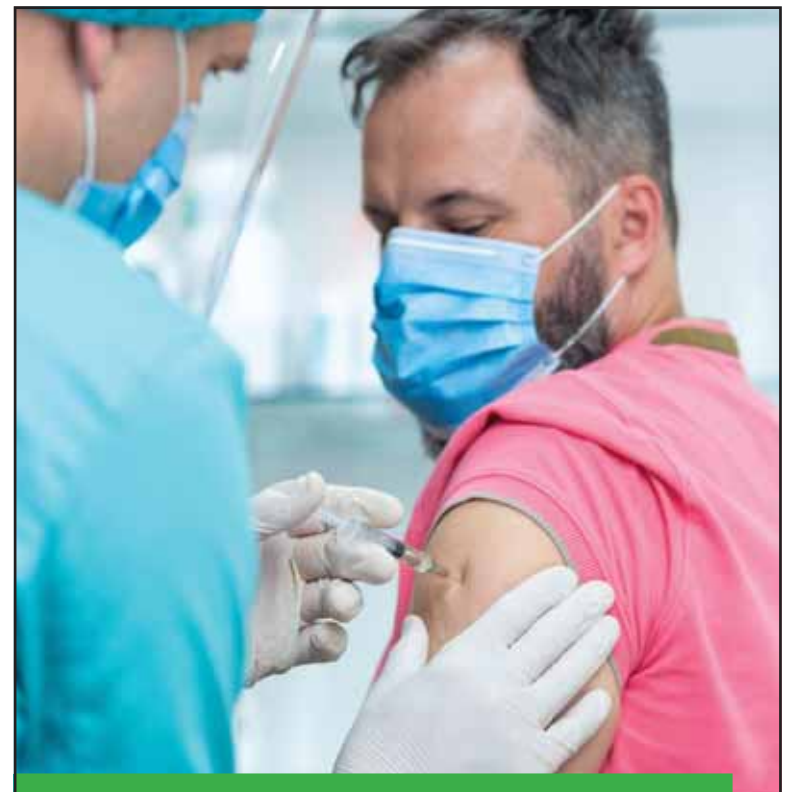
U.S. AIR FORCE PHOTOS | MASTER SGT. JOEY SWAFFORD



A U.S. Air Force KC-135 Stratotanker in-flight refueling specialist completes pre-flight procedures before a bomber task force mission at Al Udeid Air Base, Qatar, Jan. 7, 2021.



A U.S. Air Force KC-135 Stratotanker pilot flies during a bomber task force mission over the U.S. Central Command area of responsibility Jan. 7, 2021.



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

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

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

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COVID-19 vaccine arrives at Minot AFB

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

MINOT AIR FORCE BASE, N.D. --

The 5th Medical Group at Minot Air Force Base will receive doses of the COVID-19 vaccine with intentions to distribute the vaccine on a volunteer basis. Local prioritization follows the Centers for Disease Control and Department of Defense guidance. First priorities will be given to those healthcare personnel, emergency services and public safety personnel (Fire Department and Security Forces). The next priorities are maintaining essential national security and installation functions, those being deployed, and individuals at the highest risk of developing a severe illness from COVID-19 during the initial distribution phase.

The U.S. Food and Drug Administration has authorized the implementation of the vaccine after careful and rigorous testing and trials to ensure its safety and effectiveness. Those who have been previously diagnosed with COVID are still encouraged to receive the vaccine. With the duration of immunity after having been infected being unknown, it may serve to protect those previously infected as well.

"We strongly encourage all members and families to consider taking the vaccine. This will protect the individual, community and country. The vaccine is safe and effective based on all research conducted so far," said Col. Lisa Bader, 5th Medical Group commander.

In order to continue the mitigation of potential COVID

spread, the use of cloth face coverings, physical distancing and restriction of movement will continue. Despite the roll-out of the vaccine, the risks will still be present. This is in part because of initial availability of the vaccine for all those who may choose to receive it. The need to stay diligent with mitigation measures will be in place until there is a substantial reduction in risk of spread of COVID and to maintain the safety of all personnel, their dependents and the community as a whole.

"The expected roll-out of the vaccine will begin this week [week of 4 Jan] and will be the next step in reducing the public health risk to our community," said Bader.

To keep track of the specific vaccine someone may receive, all vaccine recipients will be provided a copy of the Centers for Disease Control and Prevention COVID-19 Vaccination Record Card. Early vaccines will be given in two doses separated by 21 or 28 days, depending on the specific vaccine received. To ensure the efficacy of the vaccine, ask if you need to make an appointment for the second dose at the time of the initial dose.

For more information on the availability of the vaccine for you and your family, please contact your chain of command for the most updated information. For information on the vaccine received by Minot AFB, visit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html>



Lt. Colonel Jamie Hart, 5th Security Forces commander, receives his first dose of the COVID-19 vaccine on Jan. 7, 2021 at Minot Air Force Base, North Dakota. The first members of Team Minot to receive the vaccine were first responders and mission essential personnel.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ZACHARY WRIGHT

CONTACTUS

Ted Bolton

Publisher | Advertising
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrystales@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 Cheriere

Technical Sgt. Benjamin Smith

Staff Sgt. Michael Kantack

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Senior Airman Dillon Audit

Senior Airman Josh Strickland

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5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Christopher E. Menuey

91st Missile Wing Vice Commander:

Col. Barry E. Little

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

315 South Main Street, Suite 202
Minot, ND 58701 | 701.839.1867

VIEW ONLINE

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FRANCES MAHON DEACONESS HOSPITAL

OUR VISION
Frances Mahon Deaconess Hospital Will Be The Best Place To Work, The Best Place To Practice Medicine, And The Best Place To Receive Care In Rural America.

About the facility

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Contact

For more information regarding current job openings, please contact:

Connie Brunelle, R.N.
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Department of the Air Force now tracking more administrative discipline data, including demographics

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --A memorandum was published Dec. 21, directing Department of the Air Force commanders to track data from lesser disciplinary actions to assist in determining whether all discipline is being carried out in a fair and impartial manner.

Lesser disciplinary actions are defined as adverse administrative discipline, to include administrative counseling, admonishments and reprimands. Data demographics that will be tracked are rank, age, gender, race and ethnicity of Airmen and Guardians who issue and receive the discipline.

“(Tracking administrative discipline data, to include demographics) reinforces the Department’s commitment to ensuring all Airmen and Guardians are treated fairly and provides commanders insight to facilitate positive practices, such as increased mentoring and professional development,” said John A. Fedrigo, principal deputy assistant secretary of the Air Force for manpower and reserve affairs, in a signed memorandum.

The Department of the Air Force has collected data on nonjudicial punishment and court-martials since 1974. The General Administration message expands this initiative to include

other disciplinary actions, as well.

Letters of counseling, letters of admonishment and letters of reprimand intended to be placed into an Airman’s or Guardian’s official record, to include a personal information file or unfavorable information file, will now be tracked to include demographic data.

“The intent of this data tracking is to aid commanders in their responsibility to build a lethal, disciplined force to execute our national security missions and more specifically to see disciplinary trends in their organizations,” said Lt. Gen. Jeffrey Rockwell, the judge advocate general for the Department of the Air Force. “The key to our success historically in developing this disciplined force has been to operate under a progressive discipline construct, across the entire continuum of discipline, addressing minor transgressions to major crimes

appropriately. As an Air Force, we have consistently collected Article 15 and court-martial data, but not lesser mentoring and other actions which build this inclusive, disciplined force. This tool will help commanders facilitate positive practices such as increased mentoring and will ensure that every Airman and Guardian is given an equal opportunity to meet and exceed standards.”

Names and other personally identifiable information will not be collected. The data will be reported by commanders to installation staff judge advocates, who will make the data available to commanders during status of discipline briefings, or other times as commanders require.

For more information, service members can contact their local staff judge advocate’s office or review the interim change to AFI 36-2907.

Col. Christopher E. Menuey, 91st Missile Wing Commander along with 91st Missile Wing Chief Master Sergeant Garrett Langston receive their first dose of the COVID-19 vaccine on Jan. 11, 2021 at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTO | MINOT AIR FORCE BASE PA

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Minot AFB Sexual Assault Prevention & Response: Creating a Safe Space One Volunteer at a Time

ABIGAIL KINDER, NORTHERN SENTRY

The Minot Air Force Base Sexual Assault Prevention & Response team is working hard to make Minot a safe environment for all. On Jan. 11, 2021, 15 new Volunteer Victim Advocates began a 40 hour training course to focus on prevention and support for sexual assault in the military. The VVAs, who come from various units throughout the installation, must undergo a vetting process from base command and the SAPR office before beginning the course.

The training class is conducted by the Installation Sexual Assault Response Coordinator Reagan Gagne and full-time Victim Advocate, Donita Theiler. Together, they focus the course on awareness, prevention training, victim advocacy, response education and many more topics that help each prospective VVA to broaden their knowledge and think outside the box to gain valuable insight into military sexual assault.

SAPR also involves base organizations such as the Office of Special Investigations, as well as legal and mental health services to help volunteers experience every aspect of handling a sexual assault report.

Once they have finished the training class, the Victim Advocates will go on to work the 24/7 Crisis Line and respond to any reports of sexual assault on base. To ensure proper knowledge and certifications, they will be required to recertify every two years with 32 continued education units regarding sexual assault topics.

By the end of the initial course, each volunteer should be readily equipped to respond to reports and offer vital support to survivors. The SAPR hopes that through community awareness and open communication, they can create a safe place for everyone and work to eliminate

incidents of sexual assault. The Minot AFB SAPR has a variety of helpful and anonymous resources for survivors of sexual assault. To find a list of resources or inquire about becoming a

VVA, see the Minot AFB SAPR Facebook page or call 701-723-7272.

The 24/7 Crisis Line is reachable at 701-340-8882.



MINOT AIR FORCE BASE SEXUAL ASSAULT PREVENTION AND RESPONSE PHOTOS

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The Limitations of Matter

In chiropractic we talk about the limitations of matter. Matter is the stuff that makes you, you. The chemicals hydrogen, nitrogen, oxygen, copper, iron etc etc. All these different molecules and atoms get bound together by your innate intelligence to form cells, those cells form organs, those organs form systems and those systems help you to be alive. Everything in your body down to the lowliest atom is controlled by your innate intelligence. It is constantly breaking down and repairing and rebuilding and coordinating the stuff (matter) that makes you. I think that is pretty cool.

There is no limit to that intelligence. It is always 100% from birth to death. There are limitations on its ability to communicate with the tissues. Those limitations are called subluxations and those happen when a bone is interfering with a nerve. Subluxations are bad news, but not so bad cuz a good chiropractor is trained to remove them and restore connection so that your innate intelligence can do its job of keeping you healthy.

There are, however limitations to matter. An easy way to explain this is getting hit by a bus. That force exceeds your matters limitation. It is of no consequence how well your innate intelligence is connected to you body's matter if the bus is going 60mph. There can also be limitation of matter caused by letting a problem go too long. Ignoring symptoms or putting off taking care of yourself can also cause you to reach your limitations of matter. Don't be in that category. Call in today to get checked and don't let that problem become chronic condition. Better yet get your kids checked by a chiropractor so that they will never know the limitations of their matter.


I want to also talk about matter in a different sense. I want to talk about it in the sense of what matters to you. What worries you. What keeps you up at night. Because there is limitation to that matter as well. As one of my mentors once was fond of saying "life is an issue of mind over matter." "If you don't mind it does not matter." God has given us the gift of free will. Part of that free will is the ability to choose what bothers us. There is enough going on in todays world to put even the strongest among us in a sanitarium if we were not careful about what matters to us. Take some time to take the limitations off of the matter (stuff) that make up your body and put some limitations on what matters to you. Here is a hint, they are related. If you have a perspective of love, joy, gratitude and peace you will experience much less stress and much less interference to your innate intelligence doing its job. If you don't think you are up to it that is ok. We can help. Give us a call 701-852-2800 and ask about our new patient special. You can get a scan, exam, x-ray, consultation, and adjustment for \$89 a savings of over \$125 so call today and we can talk about the limitations of matter.

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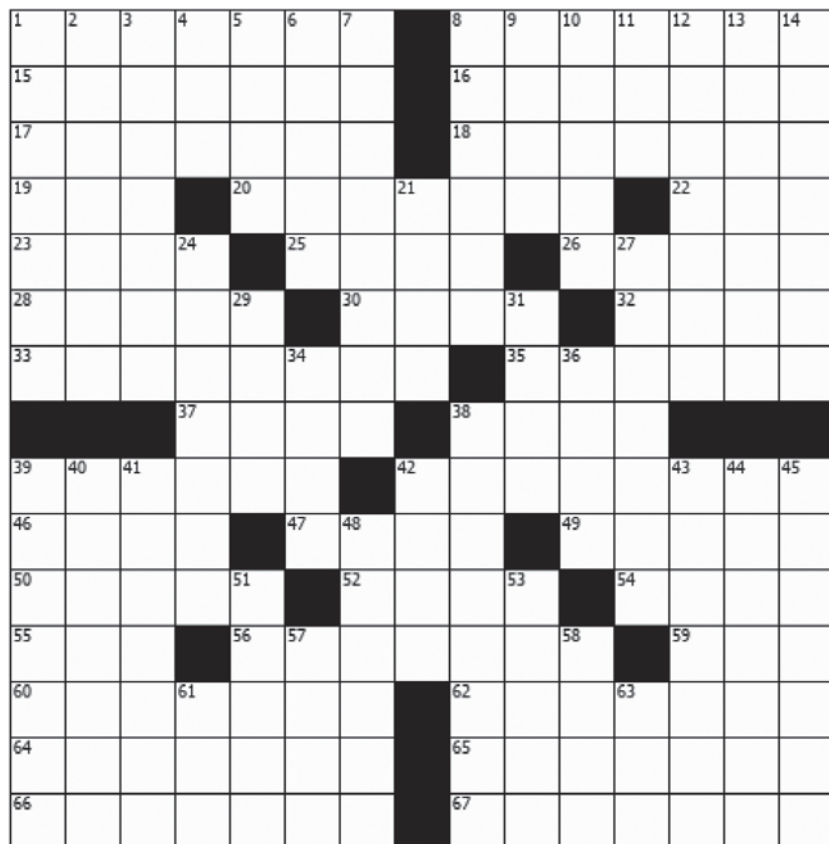
Minimum Requirements
Education: Bachelor's degree in one the following fields:
Social Work, Psychology, Criminal Justice, Counseling or Behavioral Science
Experience: 2 years' experience providing advocacy services to victims of domestic abuse or sexual assault.

For more information, please call (720) 844-8055 or visit www.adcmgt.com

CROSSWORD PUZZLE

Across

- 1. Painter's finish
- 8. Collapse
- 15. 20 grains
- 16. Columbus discovery of 1498
- 17. Visionary
- 18. Threw a party for
- 19. When you're out for a while
- 20. Touchdown turf
- 22. Cousteau's season
- 23. Shakespearean septet
- 25. Have the look of
- 26. Ottoman
- 28. Back biter
- 30. Felt remorse
- 32. Mysterious character
- 33. Hammers home
- 35. More than pleased
- 37. Jade
- 38. Lacking imagination
- 39. Stockpiled
- 42. Arctic animals
- 46. Talented
- 47. They're often inflated
- 49. Assume as fact
- 50. Formal wear
- 52. Having as a hobby
- 54. Pop singer Hendryx
- 55. Dartboard material
- 56. Kid's scene
- 59. Movie frame
- 60. Cell phone user's concern
- 62. Opening
- 64. Political alliance
- 65. Land
- 66. Abandon orbit
- 67. Twitted

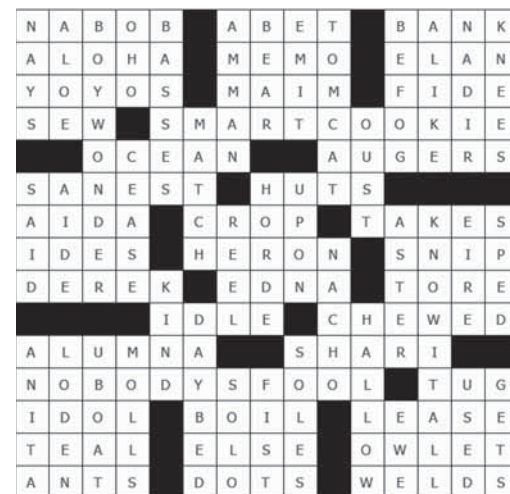


Down

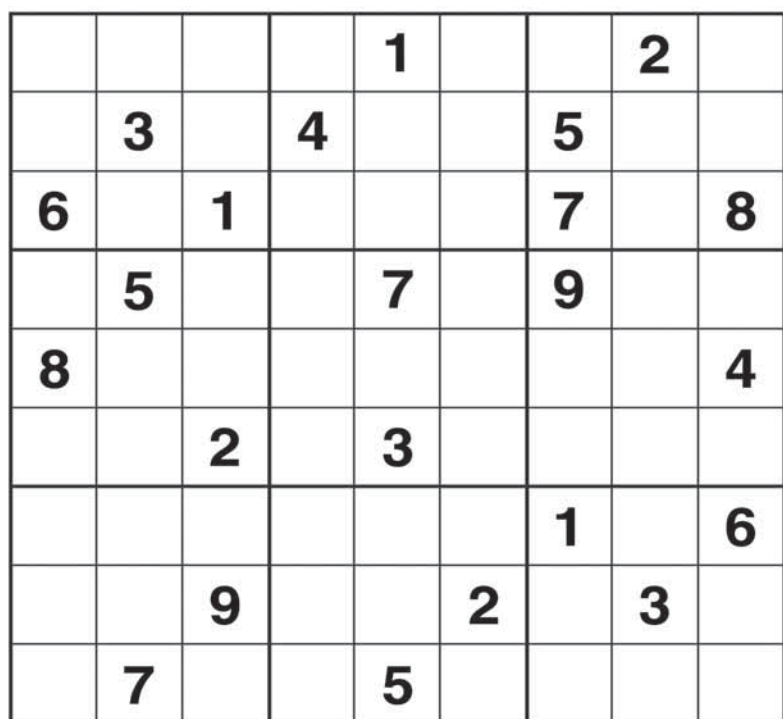
- 1. Earthquake aftermath, perhaps
- 2. 1080-degree figure
- 3. Drives forward
- 4. Hold gently
- 5. British portraitist
- 6. King et al.
- 7. Clooney tune of '55
- 8. Protest-sign phrase
- 9. Monopoly token
- 10. Honeysuckle and clematis
- 11. David Bowie collaborator
- 12. Had to be replaced
- 13. Spot remover
- 14. Called from the Tyrol
- 21. Pan's parent
- 24. Bag
- 27. Take advantage of
- 29. Stir up
- 31. Writer Earl Biggers
- 34. Mine seam
- 36. Baby-talk characteristic
- 38. Mozart, e.g.
- 39. Film-location worker
- 40. Mother-of-pearl source
- 41. Ecologist's concern
- 42. Wellspring
- 43. Hardly gregarious
- 44. Roots
- 45. Quit running
- 48. Antioxidant source
- 51. Give ungenerously
- 53. Modicum
- 57. Kick in
- 58. Entangle
- 61. Checkers
- 63. "Ode for __" (Plath poem)

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU



Solution to puzzle on page B10

FRIDAY, JAN 15 1900
 SATURDAY, JAN 16 1900
 SUNDAY, JAN 17 1900
50 SHADES DARKER (R)

SATURDAY, JAN 16 1400
 SUNDAY, JAN 17 1400
SPIES IN DISGUISE (PG)

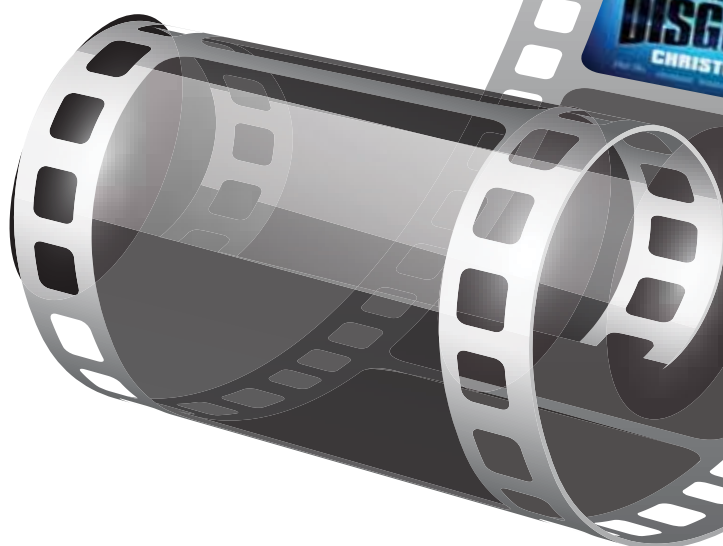


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Airmen of Minot



SENIOR AIRMAN ALLIE PAYNE
ARMAMENT SYSTEM TECHNICIAN

Senior Airman Allie Payne is an armament system technician for the 5th Munitions Squadron. She became a member of Team Minot in February 2019 and is originally from Pittsburgh, Pennsylvania. Payne's primary responsibilities are maintaining equipment that holds munitions on a B-52.

"You have three possible things to do, but everyone will eventually learn to do the same thing," said Payne.

Those three possible things encompass maintaining munitions holding equipment, loading munitions, and instructing other Airmen on how to properly load munitions.

"My coworkers keep me motivated," said Payne. "Getting close to your coworkers especially in a job like this is so important

because they know you the best and that's probably the most important part."

When she isn't doing her job, which is crucial in making sure munitions are secure, she serves as the president of the Minot Enlisted Airman's Council. Additionally, she is also a member of the 8th Air Force Advisory Council. Outside of her responsibilities and in her free time, she enjoys playing video games and spending time with her cats. Payne's aspirations for the future involve obtaining her bachelor's degree in a STEM-related career field.

"I think it is an important experience being a part of Team Minot," said Payne. "I wouldn't be who I am if I didn't come here."



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Upcoming Events

15-31 JAN

CREATIVE ECONOMY SUMMIT 2021
10:00 AM
Virtual Event

The Creative Economy Summit 2021 (CES2) event will provide a platform for diverse change leaders to collaborate and support community-driven solutions to connect arts, culture and economic development in rural North Dakota. The objective of CES2 is to engage partners across uncommon sectors to identify true partnership opportunities and uncover creative, practical, and easy-to-implement solutions to problems that many rural North Dakota communities face today. This will be a series of short summit sessions between January 14, 2021 and February 28, 2021. Visit www.sourisbasin.org to register!



For more information:
Facebook Event / Creative Economy Summit 2021

19-20 JAN

A START IN ART
10:00 AM - 1:00 PM
Taube Museum of Art
2 Main Street North, Minot

An annual program running twice a month until May! Children listen to stories for the beginning class of each month, and then have a fun visit with a zoo animal in the second class. Each time, they will create a related hands on art activity! Children with either attend the Tuesday OR Wednesday classes each month. Please note, we are working hard to keep our classes safe for the participants. This means that we are keeping a sanitized environment and limiting class size. Preregistration is required for classes. One parent or guardian must attend with child. Welcome to children ages 9 months to 5 years old. Annual Fees: Members: \$100 | Non-member: \$120 Please contact us for individual class sign up at taubeeducation@srt.com



For more information:
Facebook Event / A Start in Art / Taube Museum of Art

21 JAN

PICTURE FRAME TAKE & MAKE
9:00 AM - 5:00 PM
Minot Public Library
516 2nd Ave SW, Minot
(Class in virtual on Facebook)

Hey Teens, reserve your kit by calling 852-1045! Then print your favorite photo of friends or family as a 6 by 4 inch photo! We're making a fun photo frame for your favorite picture with awesome adventure stickers that will enhance the fun of your candid shots. Pick up is 9:00-5:00 on Thursday. We will deliver kits curbside to your car! Just call 852-1045 to sign up for a kit. Supplies are limited. *Funded in part by Humanities North Dakota, a nonprofit independent state partner of the National Endowment for the Humanities Any views, finding, conclusions or recommendations expressed in this program do not necessarily represent those of Humanities North Dakota or the National Endowment for the Humanities."



For more information:
Facebook Event / Minot Public Library

23 JAN

FAMILY KARAOKE NIGHT @ THE PUTT DISTRICT
6:00 PM - 10:00 PM
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For more information:
Facebook Event / 101 Series / Creative Dimensions by Chelce..

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Two B-52H bombers regenerated to active service undergoing simultaneous maintenance at Tinker's Air Logistics Complex



Curtis Smith, an aircraft mechanic with the 565th Aircraft Maintenance Squadron, opens a panel to replace a fuel level control valve on a B-52H bomber Nov. 19, 2020. The bomber known as "Wise Guy" is being regenerated to rejoin the fleet. The aircraft sat in the desert for 10 years at the 309th Aerospace Maintenance and Regeneration Group's National-Level Airpower Reservoir located at Davis-Monthan Air Force Base, Arizona. Wise Guy is the second B-52H aircraft to be brought back to active service.



Nathan Whitesell, a B-52 structures engineer and Andrew Jones, an aerospace engineer with the B-52 System Program Office, Air Force Life Cycle Management Center, examine wing skins through the landing gear bay on "Ghost Rider," a B-52H bomber currently undergoing programmed depot maintenance at the Oklahoma City Air Logistics Complex Nov. 20, 2020. In 2015, Ghost Rider was the first B-52H aircraft to be regenerated from the 309th Aerospace Maintenance and Regeneration Group's National-Level Airpower Reservoir located at Davis-Monthan Air Force Base, Arizona.

U.S. AIR FORCE PHOTOS | RON MULLAN



A B-52H bomber nick named "Ghost Rider" undergoes routine programmed depot maintenance

The B-52H bomber nick named "Wise Guy," sits in post dock nearing completion of its regeneration back to active service, Nov. 19, 2020. The bomber sat in the desert for 10 years at the 309th Aerospace Maintenance and Regeneration Group's National-Level Airpower Reservoir located at Davis-Monthan Air Force Base, Arizona and is the second B-52H aircraft to be brought back to active service. The first aircraft was nick named "Ghost Rider" and was regenerated in 2015. Both bombers are here at the same time and will return to the 5th Bomb Wing at Minot AFB, North Dakota.

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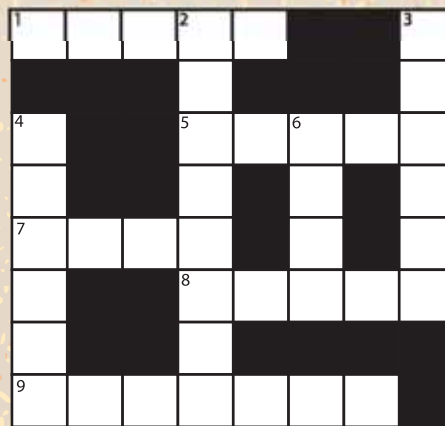
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- Native to South America, llamas once lived on the plains of North America.
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- Llamas were once considered extinct during the ice age but had migrated to South America.
- The fibers of Llama wool are fireproof!
- Llamas can survive for weeks without drinking water because they collect moisture from the food they eat.

Fact File

Life Span	15 - 29 years
Weight	200 - 450 pounds
Height	5 - 6 1/2 feet at the head
Wild Diet	Grasses, Plants

CROSSWORD PUZZLE



ACROSS

1. Related to the moon
5. Muddy color
7. Slight hollow in surface
8. Most suitable
9. Hailing from China

DOWN

2. Desire to achieve
3. Happening each year
4. Astrological system
6. Instrument

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Jan. 12: 1,838.59 feet above mean sea level (MSL); 16,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.53 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.43 MSL.

•N.D. Game & Fish Dept. game wardens: Devils Lake spotty for walleye and small perch. Lake Metigoshe fair for perch and walleye. Other north-central lakes generally slow. No Missouri River System reports.

•Devils Lake, Woodland Resort, Devils Lake: Ice conditions changing daily so use extreme caution with some slushy snow on top. Stay on trails and don't take full-size pickups. Somewhat spotty perch success but nice numbers of 7- to 10-inch fish in 25 to 40 feet. Not many jumbo perch, however. Try early morning or late evening for walleye with minnows and slip bobbers or jigging spoons in 13 to 23 feet. Fair for white bass with several in the 12- to 13-inch range and some up to 17 inches. Work deeper water and look for schools in midstream depths using jigging spoons. Pike remain slower although water clarity is generally OK for spearing.

•Lake Darling, Karma C-Store, Ruthville: Buffalo Lodge Lake improving for pike. Some activity on Lake Darling but no reports on success.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Limited success. Variable ice conditions with lingering areas of open water around the spillway boat ramp and Grano along with some pressure ridges. Use caution. ATVs and UTVs can now be used at designed areas only when accessing the lake.

•Lake Metigoshe, Four Seasons, Bottineau: Lots of activity on Lake Metigoshe with some walleye success after 4 p.m. in late afternoon and early evening. Good numbers of bluegill using wax worms.

•Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Lots of activity on Lake Metigoshe and Long Lake for pike, walleye, and bluegill. Murky water slowing pike spearing success, however.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison:

• 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.

• Jan. 23: Flakes of Fury fat tire bike race, Fort Stevenson State Park, Garrison, 1 p.m. Go to (www.ticketleap.com) and google the race for details and registration.

TOURNAMENTS

(check with event organizers for scheduling updates):

• Jan. 16: Lake Sakakawea, Tobacco Garden.

• Jan. 30: Devils Lake, 6-Mile Bay.

Spotty pike spearing success in some of the back ends of bays on the east end of Lake Sakakawea. Check ice depth with varying conditions on both Lake Sakakawea and Lake Audubon. Try shallow water for pike on Lake Audubon. Sort through small walleye for keepers on Lake Audubon with scattered, fair success.

•Lake Sakakawea, Scenic 23, New Town: No activity on the Van Hook Arm with poor ice conditions and access. Ice also deteriorating on the river portion of Lake Sakakawea around the New Town area. Use extreme caution as UTVs broke through the ice last week.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Activity remains light and limited on the Missouri River tailrace. Wing walls slow. Try the rocks from shore at night for walleye using crankbaits but overall activity is slow.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Use caution on Lake Sakakawea with varying ice depths. Look for continued evening bite for walleye around Long Creek on the upper end of Lake Sakakawea. Work deeper in 30 feet for walleye on White Earth Bay. Try large herring or frozen smelt for pike on points along deeper water on Lake Sakakawea back bays. Yellowstone and Missouri rivers producing decent-sized walleye but use caution with several areas of poor ice on the rivers. Trenton Lake continues producing crappie. Not much activity on other small area lakes.

•Lonetree WMA area lakes, Harvey: Continued good perch success from Goose Lake but other area lakes slow.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A few

walleye and pike starting to show up on area lakes. Souris River remains slow.

N.D. Parks & Recreation Dept. trails (conditions can vary):

•North Dakota state parks remain open with trails usable for hiking. Check with individual parks for other available amenities this winter.

•Lake Metigoshe, Bottineau: Poor snow conditions limiting winter trail use but trails in good condition for hiking.

•Fort Stevenson, Garrison: Mowed trails have light snow covering in some areas and could be icy with fluctuating temperatures. Dirt trails generally clear but could be muddy at times. Flicker Loop trail adjacent to the visitor center has motion solar lights for night hiking.

Downhill skiing (conditions can vary):

•Bottineau Winter Park, Bottineau: Contact the ski area, (701) 263-4556 for hours.

•Frostfire Ski Area, Walhalla: Open Jan. 18 and Saturday and Sundays. 5 runs, Beginner Hill, and Magic Carpet open. Call (701) 549-3600 for trail conditions.

•Terry Peak, Leads, S.D.: 10 - to 16-inch base with 7 runs and 1 lift, 2 express, and 1 carpet open.

•Huff Hills Ski Area, Mandan: Open Saturday and Sunday. 10- to 20-inch base with machine groomed, spring conditions. 40 percent of the runs open with Terrain Park features available, 2 lifts, and Bunny Tow.

•Snowmobile N.D.: Trails remain closed until better snow conditions.

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.

Support and Resources Through the Commissary and Exchange

MILITARY ONESOURCE

You may already know that shopping for groceries at the commissary or for electronics at the exchange can amount to significant savings. But you may not know that these stores also offer additional perks like contest prizes, scholarships and family employment opportunities, all while supporting your war-fighter overseas. Check out our listings below for benefits you may not have heard about.

Commissary rewards

The commissary and exchange system was born when the government mandated retail sales of only high-quality goods for a fair price to military personnel. No matter where you are in the world, you'll find products at your installation's post exchange (department store) and commissary (grocery store) you recognize at prices you can afford. Under this system, the Defense Commissary Agency arrived at even more benefits:

Perks — Load your Commissary Rewards Card with coupons, promotions and discount savings. You can also create a handy online shopping list on the website.

Prizes — Test your luck and enter to win one of many commissary contests, sweepstakes or shopping spree.

Scholarships —Your spending helps the Defense Commissary Agency and Fisher House Foundation provide a \$2,000 scholarship per commissary location.

Recipes — Improve your diet. Visit the Healthy Living section for healthy tips, recipes and the nutrition program guide.

Gift cards — Forget brainstorming for gifts. Instead, buy gift cards your loved ones can use at commissaries worldwide.

Exchange perks

Each military branch has its own exchange. But whether

you're a soldier, Marine, sailor or airman, any military service member can shop at any branch exchange and take advantage of their awesome savings and benefits:

Contest prizes —Consider entering Army and Air Force exchange service contests to win thousands in prizes.

Scholastic rewards — The Marine and Navy exchanges give military kids a monetary incentive to work hard on their grades. Check out their Superstar Student and A-OK Student Reward drawings that award kids \$5,500 quarterly.

Family employment — The exchange offers eligible spouses an advantage in the hiring process through its Spouse Preference Program.

Where You Shop Matters — Expect to save an average of 30 percent when you shop at your exchange. Plus, about 70 percent of what you spend funds military programs like the Morale, Welfare and Recreation program and other services.

"We go where you go" — Exchange employees are not just found state-side. You can find our retail workers overseas serving deployed service members and providing products for the war-fighter.

Pay it forward — You can pay it forward by donating a calling or gift card to an unknown military service member at any exchange.

Where you shop does matter. By shopping at your commissary and exchange, you keep more of your hard-earned cash. Plus, you put your dollars to work supporting your military community. The next time you need to do some shopping, visit the commissary and exchange on your installation for benefits beyond savings.

GRILLED WINTER SUCCOTASH



INGREDIENTS

1 SMALL SHALLOT, MINCED
3 TABLESPOON LIME JUICE
1 TABLESPOON SHERRY VINEGAR
1 TABLESPOON DIJON MUSTARD
1 TABLESPOON HONEY
1/4 CUP EXTRA-VIRGIN OLIVE OIL, PLUS MORE AS NEEDED
3 TABLESPOON FINELY CHOPPED HERBS, SUCH AS BASIL, MINT AND/OR CHIVES
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
2 CUP DICED BUTTERNUT SQUASH
1 POUND MIXED MUSHROOMS, SUCH AS SHIITAKE OR KING TRUMPET, STEMS TRIMMED
12 STALK ASPARAGUS, ENDS TRIMMED AND SLICED INTO 2 INCH PIECES
3 HEAD BOK CHOY, HALVED THROUGH THE STEM
2 TABLESPOON EXTRA-VIRGIN OLIVE OIL
2 TEASPOON KOSHER SALT

When ready to cook, set Traeger temperature 450°F and preheat, lid closed for 15 minutes. In a small bowl, whisk together the shallot, lime juice, vinegar, mustard and honey. Slowly whisk 1/4 cup extra-virgin olive oil to form a vinaigrette. Gently stir in the herbs, then taste and season with salt and pepper. Set aside.

Place mushrooms and butternut squash in a large bowl, and asparagus and bok choy in a second bowl. Drizzle the vegetables with 2 tablespoons of the olive oil. Sprinkle with a teaspoon of salt and toss to coat, adding up to 2 more tablespoons of oil if needed. Spread the butternut squash and mushrooms out onto a large baking sheet, and the asparagus and bok choy on a second tray, using additional sheets if necessary so the vegetables are not overcrowded. Place the tray with the butternut and mushrooms on the grill and roast for 25 to 35 minutes, or until the butternut squash is slightly caramelized and can be pierced with a fork. After 15 minutes, add the asparagus and bok choy to the grill and cook for the remaining 10 to 15 minutes. Remove the vegetables from the grill and place in a large bowl. Drizzle a few tablespoons of the vinaigrette over the veggies and toss to coat, adding more seasoning and vinaigrette as desired.

Serve at room temperature. Enjoy!



Ryan Davy - GM
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AFMC reinforces value of mentoring, AFMC We Need

MARISA ALIA-NOVOBILSKI, AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) --

To ensure the command and the Air Force has a strong leadership base to fly, fight and win into the future, the Air Force Materiel Command continues to encourage personnel at all levels to participate in mentorship programs in 2021.

"Our job as leaders is to prepare the next generation to take our place," said Gen. Arnold W. Bunch, Jr., AFMC commander, in a recently released mentoring video. "Part of being a mentor is sharing some of those lessons so that we make sure the next generation is ready to step in without the Air Force missing a beat."

In conjunction with January's National Mentoring Month, the AFMC Mentoring Team has refreshed the program's focus, tying mentorship more closely to the command-wide AFMC We Need initiative.

"Mentoring is a crucial part of professional development at all levels," said Mandy Smith-

Nethercott, AFMC Career Development Program manager and mentoring team lead. "Our program focuses on the relationships that can build between a junior and senior Airman or civilian that provides for reciprocal exchange of information and growth at all levels. Mentoring can help us to build a workforce for the AFMC WE Need."

As part of the rebrand, the mentoring team drew inspiration from the word "need" to explain how mentoring enables the development process. According to Smith-Nethercott, mentoring provides a platform to, "Nurture, Educate, Encourage and Develop our current and future workforce."

Nurture: Mentoring enables a person to pass along knowledge, experiences, successes and failures to help another in their career journey. By guiding through open and honest dialogue and exchange, mentoring enables a nurturing relationship that promotes career and personal



Our program focuses on the relationships that can build between a junior and senior Airman or civilian that provides for reciprocal exchange of information and growth at all levels.

MANDY SMITH-NETHERCOTT, AFMC CAREER DEVELOPMENT PROGRAM MANAGER AND MENTORING TEAM LEAD



growth in another.

Educate: Rather than focusing on the skills that a protégé lacks, an inspirational mentor helps a person to develop their strengths while introducing educational paths and opportunities that can help them attain a higher level of proficiency in work and life.

Encourage: Mentoring relationships do not solely focus on one's successes. Mistakes

and opportunities to improve are shared in an effort to help another improve. Resilience is an important quality in any line of work, and mentors can help a person develop this skill while providing an opportunity for a person to talk openly about any topic related to their career or personal ambitions.

Develop: The mentor's role is to guide and help the mentee develop themselves both professionally and personally.

Mentors may be able to help a mentee in different ways such as growing the mentee's network, overcoming challenges with their role, creating a career path, and creating long term career goals.

To learn more about the AFMC Mentoring Program and access videos and resources, including Bunch's mentoring message, visit <https://go.usa.gov/xANQU>.

Department of the Air Force increases commander accountability for climate survey results

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --The Department of the Air Force released a memorandum Dec. 21, highlighting improvements made to address concerns identified in Defense Equal Opportunity Climate Survey reports, a tool for leaders to assess command climate.

The Department of the Air Force guidance memorandum directed all commanders who score 49% or less in categories relating to diversity, inclusion, belonging or equal opportunity topics, to create a command action plan to address findings within 60 days of receiving the DEOCS reports.

"A diverse force and inclusive environment directly tie to mission success," said John A. Fedrigo, principal deputy assistant secretary of the Air Force for

manpower and reserve affairs, in a signed memorandum. "We all play a role in creating a healthy organizational climate and it is critical we ensure a safe, engaged and inclusive environment for our Airmen and Guardians to achieve their full potential."

The climate factors that receive low scores requiring an action plan are fairness, inclusion, leadership support, racism, sexism, sexually harassing behaviors, workplace hostility, cohesion and connectedness.

Commanders must present their plan to their next-level commander with the following elements:

- A summary of the commander's intent for conducting a climate assessment and analysis of the climate assessment report

- A listing of issues identified as needing to be addressed, with an action plan to address each item identified, the status of the actions taken, and the party responsible for accomplishing the actions

- A plan to publicly review the command action plan with all members of the organization

Installation equal opportunity offices are required to conduct a follow-up meeting with the commander within six months of report closeout to ensure the plan is progressing.

For more information, Airmen and Guardians should view Air Force Guidance Memorandum 2020-01 and check Air Force Instruction 36-2710 https://static.e-publishing.af.mil/production/1/af_a1/publication/afi36-2710/afi36-2710.pdf

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An unarmed Minuteman III intercontinental ballistic missile launches during an operational test at 1:13 a.m. Pacific Time, Oct. 2, 2019, at Vandenberg Air Force Base, Calif. The test demonstrates the United States' nuclear deterrent is robust, flexible, ready and approximately tailored to deter twenty-first century threats and reassure our allies.

U.S. AIR FORCE PHOTO | STAFF SGT. J.T. ARMSTRONG

Since the employment of nuclear weapons to end WWII, deterrence has been a cornerstone of U.S. military strategy. The display of preeminent military power 75 years ago ushered in security to international order, enabled the economic prosperity of the United States and its allies and provided a strategic deterrence to prevent major power conflict.

The Defense Department defines deterrence as, "the prevention of action by the existence of a credible threat of unacceptable counteraction and/or belief that the cost of action outweighs the perceived benefits." In theory, it's the threat of force not the actual use of force, communicated to an adversary. There are two basic methods to deter an adversary. One is deterrence by punishment, or plainly, "if you attack us, we'll destroy you." The other is deterrence by denial. This method focuses on making the enemy's objective more difficult to achieve, by rendering the target harder to take, harder to keep or both during the act of aggression.

Historically, the United States provides for the security of its allies by threatening a nuclear response in the event of an enemy attack. This threat of retaliation serves as the foundation for what is defined as extended deterrence and sometimes described as providing a nuclear umbrella for our partners.

In the 20th century and throughout the Cold War, U.S. deterrence primarily focused on the nuclear capabilities of the Soviet Union and the doctrine of mutual assured destruction on both sides.

In the Post-Cold War era, the traditional "threat-based" posturing against a well-known specific foe gave way to Capability-Based Planning posture to develop technology to defeat a generic enemy like terrorist and extremist groups, rogue states and other potential adversaries inside a volatile security environment.

Now, with the emergence and modernization of Russia and China, the National Defense Strategy defines the great-power competition with these near-peer rivals, not terrorism, the primary focus of U.S. National Security.

"China is on a trajectory to be a strategic peer to us by the end of the decade. So, for the first time ever, the U.S. is going to face two peer-capable nuclear competitors," said Navy Adm. Charles A. Richard, commander of U.S. Strategic Command, adding Russia is the other peer. "We have never faced that situation before."

Richard, speaking to the Nuclear Deterrence Forum sponsored by the Air Force Association's Mitchell Institute, also stressed that defining deterrence in 2020 can be difficult, noting that "strategic deterrence is more than just nuclear deterrence, particularly now, today. It is non-kinetic space, cyber; it's your conventional piece

of this. All of this has to be integrated together. It's not just a STRATCOM job, it is all combatant commands. And we have to be able to rethink the way we do business," he said. "We're going to have to change the way we think about deterrence."

Across the Air Force restructuring, modernization and advances in technology are at the forefront of priorities to meet today's threats defined in the NDS.

AIR FORCE GLOBAL STRIKE COMMAND

As long as nuclear weapons exist, there will be no mission more important in the Air Force than maintaining the nation's nuclear capability and ensuring strategic deterrence and assurance options. Air Force Global Strike Command demonstrates this operational readiness and reliability through strategic weapons' tests, exercises and operations of two parts of the America's nuclear triad, strategic bombers and intercontinental ballistic missiles (ICBM).

The U.S. nuclear triad serves as the backbone of America's national security. The triad, along with assigned forces, provide 24/7 deterrence to prevent catastrophic actions from our adversaries and they stand ready, if necessary, to deliver a decisive response, anywhere, anytime from land, sea or air.

"Maintaining the credibility and readiness of our strategic capabilities requires a long-term, visible commitment to sustainment and modernization, and we are well under way with that," said Gen. Timothy M. Ray is Commander, Air Force Global Strike Command and Commander, Air Forces Strategic - Air, U.S. Strategic Command.

Deterrence goes hand-in-hand with having a credible force of ready bombers and ICBMs, capable of communicating to potential adversaries that the cost is not worth it, and that restraint is a better option, said Ray. As a force provider,

21ST CENTURY

BENNIE J. DAVIS III

the strategic deterrent capabilities and options we provide our nation's leaders are foundational to our national security, assuring our allies and supporting the nation's non-proliferation objectives.

The changing nature of the threats to American and allied security interests has stimulated a considerable broadening of the deterrence concept. The 2018 Nuclear Posture Review calls for the modernization of America's nuclear deterrent, while providing flexible capabilities designed to deter adversaries across a diverse set of potential contingencies.

Ray said the use of emerging technologies to discredit and subvert democratic processes in Georgia, Crimea, and eastern Ukraine is concerning enough; but, when coupled with Russia's expanding and modernizing nuclear arsenal, the challenge is clear.

"We're on track with our modernization programs and in the meantime, we continue to move forward with investing in multiple improvements to ensure continued readiness in today's combat environment. The B-21 is under development and will replace much of the legacy bomber fleet," said Ray. "However, we must continue to sustain and modernize the B-1B, B-2, and B-52H until sufficient B-21 aircraft are operational. We plan to start retiring the existing bombers when there are sufficient B-21 aircraft in place to replace them."

With regards to our ICBMs, the as-yet named Ground-Based Strategic Deterrent (GBSD) is on track to end its technology maturation and risk reduction phase in 2020. A preliminary design review was held in late April and the review advanced the program toward its next milestone and acquisition phase. The Air Force anticipates receiving DoD approval to enter Milestone B later this year and awarding the contract for the engineering and manufacturing development phase before the end of the current fiscal year.

Fifty years ago, on Aug. 19, 1970, Strategic Air Command placed the first flight of 10 Minuteman III ICBMs on alert at Minot Air Force Base, North Dakota, and shortly after its emplacement at the 741st Strategic Missile Squadron, Minuteman III has stood watch as the nation's strategic deterrent.

This noteworthy occasion was the byproduct of the Air Force's nine-year Minuteman Force Modernization Program governing the replacement of all deployed Minuteman I (A and B) ICBMs with either Minuteman II or Minuteman III missiles.

The Minuteman III was the first U.S. ICBM designed to carry the Multiple Independently targetable Re-entry Vehicle

capability, or MIRV. This configuration allowed individual targeting upon release for each of the weapon's three warheads.

"Until GBSD comes online fully, we must continue to take the actions necessary to ensure Minuteman III remains a viable deterrent for the Nation," said Ray. "We all owe a large debt of gratitude to the missileers, maintainers, security forces and countless others, who held the watch over the past generation. However, the Minuteman III is 50-years-old. It's time to modernize and bring on the GBSD."

Adapting the Agile Combat Employment framework to AFGSC assets provides the ability to deploy bomber aircraft to unfamiliar locations on short notice, in a similar fashion to what's been done with other air platforms.

"The ACE concept isn't new, but the application to bombers is, which means in a sense we're reshaping the way in which the Air Force is able to respond to the challenges of today and tomorrow," said Ray. "We must ensure an agile, mobile, modern and lethal bomber, missile and command and control force while operating out of austere locations that are unprepared, moving from one location to the next with the smallest footprint possible."

A number of bomber ACE exercises were conducted over the past year with both the B-52H and B-1B, allowing rapid deployment to unfamiliar locations and self-sustainment. Air Force "Strikers" demonstrated they are fully capable of generating global power, anytime, anywhere and at a moment's notice.

"Our Western Alliance has no bombers, or open bomber production lines. Nor does our Alliance have any ICBMs or ICBM production lines. The 156 bombers and 400 ICBMs operated by Strikers are all our nation has to compete, deter and win when it comes to strategic victory," Ray said. "We have the ability to stand-in, or stand-off, making it clear to the joint warfighter and our allies that we have their backs."

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

Throughout the European theater the Air Force is restructuring and rewriting the playbook on how to deter adversaries to any short-notice threat with the concept of Agile Combat Employment.

ACE ensures U.S. Air Forces in Europe and our partners are ready for potential contingencies with little notice by allowing forces to operate from locations with varying levels of capacity and support, ensuring Airmen and aircrews are postured to respond across the spectrum of military operations.

"Our future as a command hinges on our ability to achieve air superiority in a highly contested environment. However, our current force posture presents our adversaries with a simplified targeting problem," said Lt. Gen. Steven Basham, U.S. Air Forces in Europe-Air Forces Africa deputy commander. "We must complicate and confuse adversary targeting, and agility is required to achieve that end."

Basham explained that due to the dynamic nature of the agile operations, ACE demands a ready and resilient joint all-domain command and control (JADC2) architecture. When we use these two things together, ACE and JADC2 greatly enhance our ability to conduct combat operations with speed and operational unpredictability.

Along with the ACE concept, the Defense Department recently announced restructuring of its forces in Europe to deal



Airmen from the 90th Maintenance Group are responsible for maintaining and repairing ICBMs on alert status Dec. 18, 2019, within the F.E. Warren missile complex, as they are one of three missile bases part of Air Force Global Strike Command. The Minuteman III, on alert at all three bases, replaced the Peacekeeper at F.E. Warren in the 1970s.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ABBIGAYLE WILLIAMS

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DETERRENCE

AIR FORCE MAGAZINE

with today's threats, said Air Force Gen. John E. Hyten, the vice chairman of the Joint Chiefs of Staff.

The Air Force will begin winding down U.S. operations at Germany's Spangdahlem Air Base, pulling out Air Force F-16s and canceling plans to move tankers and special-operations forces.

Hyten said personnel will be moving back to the United States to improve readiness, but our Airmen will be deployed back around the European theater on a rotational basis to allow better be posturing to threats.

"You'll see Poland be a more active partner, you'll see Romania be a more active partner, [and] you'll see the Black Sea area more active because that's where we improve our deterrence versus Russia, which was [Defense Secretary Dr. Mark T. Esper's] No. 1 priority," Hyten said.

After the military is done with the restructure, the largest number of forces will still be in Germany, he said, calling Germany "a critical ally."

Air Force strategic bombers are also deployed across the European theater supporting joint and coalition integration and interoperability helping to extend deterrence.

"Our Bomber Task Force missions demonstrate U.S. commitment to the collective defense of the NATO alliance, and are a visible demonstration of extended deterrence. The last iteration of BTF is a great example of our reach, with some of the CONUS-to-CONUS missions lasting approximately 23 hours. Additionally, integrating with multiple partners within Europe we are able to maintain readiness through training with our NATO allies, partner nations, and other U.S. Air Force and joint units," said Gen. Jeff Harrigian, U.S. Air Forces in Europe-Air Forces Africa commander.

Hyten believes if DOD and its allies can do all of this together it creates a huge advantage for the future joint combined force, and it will create huge challenges for competitors around the world to try to figure out how to deal with it.

"It's pretty exciting to see," he said.

PACIFIC AIR FORCES

Within the Indo-Pacific, deterrence in many forms plays a critical role in day-to-day operations.

Strategic bombers in the theater play a multitude of roles. Beyond the strategic deterrence that is often associated with bomber aircraft, bombers provide our allies and partners an assurance that reinforces the U.S. commitment to regional stability, security and extended deterrence.

Since Pacific Air Forces do not have a direct nuclear mission, forces in the area of responsibility or AOR cannot leverage nuclear deterrence as the main force against adversary aggression. Alliances and partnerships play a critical role within the theater and allow the U.S. to leverage a capability that is not existent for our adversaries.

"Our efforts help strengthen our alliances and partnerships in the Indo-Pacific to a networked security architecture capable of deterring aggression, maintaining stability, and ensuring free access to common domains," said Brigadier General Michael Winkler, Director of Strategy, Plans, and Programs, Headquarters Pacific Air Forces. "This together with allied partners brings a deterrent force to the theater, giving adversaries pause."

Demonstrating airpower, bomber and fighter aircrew assigned and deployed to Pacific Air Forces launched four B-1 Lancers, two B-2 Spirit Stealth Bombers, and four F-15C Eagles and conducted Bomber Task Force missions simultaneously with joint and allied partners within the Indo-Pacific region over the course of 24 hours, August 17.

"Our unique strength as an Air Force is our ability to generate integrated actions with our joint teammates and allies and partners to challenge competitors in a time and place of our choosing," said Gen. Ken Wilsbach, Pacific Air Forces commander. "These simultaneous airpower missions

demonstrated our capacity and readiness to deliver a wide range of proactive, scalable options to quickly deploy our forces to support our mission of ensuring a free and open Indo-Pacific theater."

While the two BONES were en route to the Sea of Japan another set of two B-1s took off from Andersen Air Force Base, Guam.

In addition to the two sets of bomber missions, four F-15C Eagles from Kadena Air Base, Japan, also made their way to the Sea of Japan to integrate with the four B-1s, the U.S. Navy's USS Ronald Reagan Carrier Strike Group, F-35 Lightning IIs assigned to Marine Corps Air Station Iwakuni, Japan, and F-15J aircraft from the Japan Air Self-Defense Force to conduct large force exercise training.

"High end, integrated training with our Air Force peers enhances our capability to respond to any contingency, and meet any challenge," said U.S. Navy Rear Adm. George Wikoff, Ronald Reagan Carrier Strike Group commander. "U.S. joint integration demonstrates our unwavering commitment to regional defense agreements with our allies and partners."

Upon completion of integration and training, the fighters returned to Kadena while the two B-1s returned to their home station in South Dakota and the other two returned to Dyess.

"U.S. strategic bomber forces project strength and deter regional threats to our free and open Indo-Pacific. Integrating Marine tactical aircraft allows us to demonstrate the advantages created by our own unique capabilities and support these important assets," said Lt. Gen. Steven Rudder, commander of U.S. Marine Corps Forces, Pacific. "Our joint aviation team is unmatched in its ability to command and control the missions required in this complex and dynamic global environment. We are committed to our allies and partners across the region."

Finally, while integration and training were happening in the Sea of Japan, two B-2 Spirit Stealth Bombers from Whiteman Air Force Base, Missouri currently deployed to Naval Support Facility Diego Garcia delivered their own unique capabilities in the theater.

In the Indian Ocean, the Spirits conducted joint interoperability tactics training before returning to Diego Garcia.

The first display of airpower came when two B-1s from Dyess Air Force Base, Texas took off from Dyess and flew to the Sea of Japan. Once there, they integrated with the Koku Jieitai JASDF, and further strengthened relationships by training together.

"The Koku-Jieitai has participated in bilateral training on a continuous basis, and I have no doubt that our efforts result in strengthening the Alliance and partnership between Japan and the U.S.," said JASDF Lt. Gen. Shunji Izutsu, Air Defense Command commander. "Training in a complex situation like this large force employment improves not only tactical skills, but also interoperability and mutual trust."

The Air Force announced in April it will no longer base strategic bombers outside of the continental United States, marking an end to the service's 16-year continuous bomber presence at Andersen Air Force Base, Guam.

But before the last bomber left the island, USAF reminded the world of its combat power with an impressive "elephant walk" that included five B-52 strategic bombers, six KC-135 tankers, an MH-60S Knighthawk helicopter, an RQ-4 Global Hawk, and a U.S. Navy MQ-4C Triton.

"U.S. strategic bombers will continue to operate in the Indo-Pacific, to include Guam, at the timing and tempo of our choosing," said AFGSC in a statement. "We will maximize all opportunities to train alongside our allies and partners, to build interoperability, and bolster our collective ability to be operationally unpredictable."

The transition to a "dynamic force employment" model allows the bombers to operate from a "broader array of overseas locations" with greater resilience, while



A U.S. Air Force B-52H Stratofortress from Minot Air Force Base, North Dakota, and six F-16 Fighting Falcons from Misawa Air Base, Japan, conduct bilateral joint training with four Japan Air Self-Defense Force F-2's off the coast of Northern Japan, Feb. 4, 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.

U.S. AIR FORCE PHOTO | STAFF SGT. MELANIE A. BULOW-GONTERMAN

keeping the aircraft permanently based in the U.S., AFGSC said.

The National Defense Strategy directs the Joint Force to 'introduce unpredictability to adversary decision-makers through Dynamic Force Employment.' Dynamic Force Employment allows us to develop a wide range of proactive, scalable options and quickly deploy forces for emerging requirements while maintaining readiness to respond to contingencies.

There are three critical characteristics of dynamic force employment: unpredictability, agility, and proactive deployments.

"Today's and tomorrow's fights will execute at a speed, scope, and complexity exceeding the pace of recent campaigns and hinge on the ability to seize air superiority, command and control (C2), and deliver decisive combat effects against a peer. Enterprise adaptations and innovations that support mission generation in a distributed environment are a key to success," said Winkler. "Adaptive cluster operations, or 'cluster basing,' use distributed networks of hub and spoke locations to maintain operational momentum in a high-end fight, defend allies and partners, and present layers of operational unpredictability to complicate an adversary's calculus."

U.S. NORTHERN COMMAND

"Despite the COVID-19 pandemic, U.S. Northern Command and the North American Aerospace Defense Command, as well as our components and regions, are conducting our no-fail mission of defending our homeland," Air Force Gen. Terrence J. O'Shaughnessy, commander of U.S. Northern Command and the North American Aerospace Defense Command, said during a telephone news conference.

NORAD is a United States and Canada bi-national organization charged with the missions of aerospace warning, aerospace control and maritime warning for North America. Aerospace warning includes the detection, validation, and warning of attack against North America whether by aircraft, missiles, or space vehicles, through mutual support arrangements with other commands.

Under Operation NOBLE EAGLE, the name given to all air sovereignty and air

defense missions in North America, F-22s, supported by a KC-135 Stratotanker, intercepted two Russian IL-38 maritime patrol aircraft entering the Alaskan Air Defense Identification Zone in the late hours of June 24.

"For the fifth time this month, NORAD has demonstrated our readiness and ability to defend the homeland by intercepting Russian military aircraft entering our Air Defense Identification Zone," said O'Shaughnessy. "The mission assurance measures we are taking to protect our people ensure we are meeting the challenges and operating through the COVID-19 environment to defend our nations, just as NORAD forces have for more than 60 years."

NORAD continues to track and remains ready to respond to North Korean missile activity as well. North Korea launched a short-range missile March 29, which was identified by the Japanese coast guard. North Korea also had launched three missiles March 9, and two additional missiles March 21.

Both the Russian aircraft and the North Korean missile launches are considered typical activity, rather than an effort to take advantage of any ill-conceived perception the U.S. military capability might be diminished due to COVID-19, O'Shaughnessy said. Rather, he said, he believes Russian activity is part of an ongoing effort to probe and check the U.S. ability to respond.

"We just wanted to make it very clear to them — which we did by the way we intercepted them — that there are no vulnerabilities as a result of COVID-19," the general said. "We are postured to maintain that ability to respond at a moment's notice and have no degradation in our ability to defend the homeland."

The same is true of North Korea, he said. "We have seen continuous activity," he told reporters. "It's not necessarily outside of the realm of historical norms, especially given some of the significant dates that have gone by. And so, as always, we're ready to defend the homeland with the ballistic missile capability, defense capability, to be able to respond."



From left, Airmen 1st Classes Rubio Steven and Ian Arriaza, 5th Aircraft Maintenance Squadron crew chiefs, prepare a B-52H Stratofortress for takeoff at Minot Air Force Base, North Dakota, June 2, 2020. The B-52s are conducting a long-range, long duration strategic Bomber Task Force mission throughout Europe and the Arctic region.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA DAY

Northern Celebrations

Embracing our North Dakota Lifestyle

Fat tire riding we will go...

Patricia Stockdill

Snowy flakes of fury haven't exactly fallen from the North Dakota skies this winter but that isn't keeping the folks at Fort Stevenson State Park from hosting its Third Annual Flakes of Fury Fat Tire Bike Race Jan. 23.

Sponsored in conjunction with Val's Cyclery, Minot, the tentative route for the bike race features four laps on trails looping through the park, which is located three miles south of Garrison. Each lap is a tad longer than three miles, described park ranger Tyler Schelske. That's assuming Mother Nature and her weather mood don't alter their planned course, that is.

Normally on race day the fat tire bike racers were dealing with a snow-covered course, making for intriguing challenges when riding a bicycle. But these aren't normal bikes – their wide, fat tires help riders churn their way through snow, mud, and the nuances of a more primitive, less maintained trail.

It's also not a normal year in many ways, including the adjustments park staff made to accommodate Covid-19 concerns: Rather than registering onsite, participants need to register at the website, (www.ticketleap.com), googling Flakes of Fury race or with the link, (fort-stevenson-state-parkflakesoffury.ticketleap.com/flakes-of-fury-fat-tire-bike-race/). The site includes information, race rules, and directions to the park. Participants can preregister on the site for \$29 or register race day for \$39. All participants must register through Ticketleap this year. A \$7 daily park entrance fee or N.D. Parks and Recreation Department annual pass is also needed.

Another change because of lingering covid-19 issues is cancellation of the chili feed and entertainment, traditionally held at the conclusion of the race. Schelske is hopeful the entire day's menu of activities can return in 2022.

Riders depart at 1 p.m. and will be timed until 3 p.m., Schelske described. Riders on

the course after 3 p.m. can simply time themselves in when they cross the finish line. Prizes will be awarded in the men's and women's divisions for first, second, and third place.

In addition to race participants, people can participate as "social riders" where they ride the same course – and can be timed – but aren't actually racing in the competition. It's a good way to get used to riding a fat tire bike and testing one's interest in future competition. Social riders will be asked to wait to depart from the start line until all of the racers have left, Schelske added.

Thirty-six racers participated in the each of the previous two events, along with six social (or leisure) riders, Schelske added, Interested participants don't have to rush out and purchase a fat tire bike in order to ride in Flakes of Fury. Fort Stevenson State Park has 14 fat tire rental bikes available in a variety of sizes to accommodate several age groups. Rental rates are \$8 per hour or \$50 for a full day. Simply contact the park, (701) 337-5576, for availability.

People can still be involved in Flakes of Fury even if they aren't riding a fat tire bike. Schelske said volunteers are needed, including anyone willing to put their stopwatch to work, to help run the race. Interested volunteers can also call the park.

Updates about the upcoming race will be posted on the park's Facebook page, (www.facebook.com/fort.stevenson).

Fat tire bike riding in the park isn't limited to the Flakes of Fury race. There are several trails throughout the park, including some specifically prepared for fat tire bike riding. Others are packed and groomed for traditional cross-country skiers when snow conditions are adequate for skiing. In addition, trails are available for snowshoeing, hiking, and Nordic cross-country skiing, which are wider skis than traditional cross-country skis.

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One place to start is careersinthemilitary.com where students can explore their interests as it relates to careers among each branch of the Armed Forces. The Guided Exploration tab on the website allows users to answer broad questions based on personal preferences to sort through the thousands of career opportunities. Asvabprogram.com provides students with more career research tools and also provides valuable information regarding the ASVAB CEP such as sample test questions, suggested strategies for the test, and a guide on how to read your results. Students can visit the

U.S. Bureau of Labor Statistics at bls.gov and search under Publications for the Occupational Outlook Handbook for military careers. This encompassing site describes occupational groups across branches, work environment, entry, pay, job outlook and more. For homeschool families, the Home School Legal Defense Association has articles on their website, hslda.org, under the High School & Beyond tab to help in preparing and guiding teens as they consider a career in the military. As your high school student weighs their many options for a future career in the military, help out by supporting them in identifying their military career goals and discussing their path to military service. Contact the Minot AFB School Liaison Office with questions or for support at 701-723-1447 or mafbschool.liaison@us.af.mil.

2020-2021 MPS CALENDAR

IMPORTANT UPCOMING DATES

February 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	25	26	27	
28							

January 18

Prof. Dev. Day - No School for Students
Martin Luther King Jr. Day

February 10

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February 15

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Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays

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College Scholarships for Military Children and How to Apply

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Military families have two scholarships designed just for military kids to help ease rising college costs. The Fisher House Foundation administers the Scholarships for Military Children Program and the Heroes' Legacy Scholarship. These two opportunities for military children assist with tuition costs, books, lab fees and other college-related expenses.

Scholarships for Military Children Program

When you think of your local commissary, you might not think about an extra \$2,000 for college expenses. But over the past 15 years, commissaries have awarded more than \$16 million in scholarships to more than 8,012 military children.

The Scholarships for Military Children Program was created to recognize military families' contributions to the readiness of the fighting force and to celebrate the commissary's role in the military family community.

At least one \$2,000 scholarship is awarded at every commissary location that receives qualified applications. More than one scholarship per commissary may be available based on the response and funding. The scholarship provides for payment of tuition, books, lab fees and other college-related expenses.

To be eligible, applicants must:

- Be under age 23
- Be a dependent, unmarried child of active-duty personnel, Reserve Component members, National Guard and retired military members, survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military
- Ensure that they and their sponsor are currently enrolled in the Defense Enrollment Eligibility Reporting System (DEERS database)
- Have a current dependent military ID card
- Be enrolled or plan to enroll in a full-time undergraduate degree program at an accredited U.S. college or university in the fall term (Students attending a community

or junior college must be enrolled in a program of studies that allows them to transfer directly into a four-year program.)

- Have a minimum, unweighted grade point average of 3.0 (on a 4.0 scale)

You can pick up an application at your local commissary or download one during the application timeframe. Completed applications must be printed and hand-carried or mailed to your local commissary. You may apply at only one commissary, and it is recommended you submit your application where your family typically shops or the closest to where your sponsor lives.

How recipients are selected. Scholarship Managers, an independent, professional scholarship service, selects the recipients based on the following criteria:

- Academic achievement
- Participation in school and community activities
- Work experience
- A submitted essay

Applications become available in mid-December for the following year. They must be completed and returned to your local commissary by mid-February, and scholarships are awarded in May. For more information, read the FAQs at MilitaryScholar.org.

Heroes' Legacy Scholarships

The Heroes' Legacy Scholarship honors those who fell in battle and all who died or became disabled through their active military service since Sept. 11, 2001. Over 1.8 million in scholarships have been awarded in the first five years of the program.

To be eligible, applicants must:

- Be a child with one parent who died while serving on active duty on or after Sept. 11, 2001, in any branch or component of the U. S. Armed Forces, or
- Be a child with one parent who became disabled while serving on active duty on or after Sept. 11, 2001 (which means the parent qualified to receive traumatic Servicemembers Group Life Insurance), or be a child with one parent who was on active

duty on or after Sept. 11, 2001, and received a permanent and total compensation rating of 100 percent from the Department of Defense or the Department of Veterans Affairs

- Be under age 23
- Be enrolled or plan to enroll full time in the fall term in an accredited U.S. college, university, or junior or community college

- Have a minimum cumulative unweighted grade point average of 2.5 or higher (on a 4.0 scale)

• Be a dependent, unmarried child of active-duty personnel, Reserve Component members, the National Guard or retired military members Applications become available in mid-December for the following year. To apply, download the application from the Fisher House website. Applications are due in mid-March. Detailed information and due dates can be found in FAQs on the Fisher House website.

Completed application packages must be mailed to Scholarship Managers, an independent, professional scholarship service. The completed application package consists of:

- The two-page application
- A transcript or copy of grades
- A typed essay of 500 words or less, double-spaced and not longer than two pages (essay topics vary)

You may apply to both scholarships as long as you meet the criteria for both.

Recipient selection. Scholarship Managers selects the recipients based on the following criteria:

- Academic achievement
- Participation in school, community and volunteer activities
- Work experience
- Submitted essay

Find out more about scholarships for military children. College tuition costs will continue to rise, so take advantage of the financial awards available to military families. Start by visiting Military OneSource, where you can schedule a no-cost, confidential education consultation to learn more about scholarship opportunities and the financial assistance available to military children. Call 800-342-9647.

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A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION POWER FLITE PUTS B-52 BOMBERS IN THE RECORD BOOK

JANUARY 16, 1957

After a disheartening string of crashes in the 1950s, USAF Strategic Air Command wanted to re-ignite public confidence in the B-52 bomber and reiterate their powerful capabilities to the world. SAC initiated Operation Power Flite, in which three B-52B Stratofortresses and their crews circumnavigated the globe in a historic flight that took 45 hours and 19 minutes. The original five planes, which were stationed with the 93rd Bomb Wing, departed from Castle AFB, California at 1:00 PM on January 16, 1957. Two of the bombers experienced equipment malfunctions and had to land in the USA and England for maintenance. Each plane held the normal six man crew, as well as an extra pilot, navigator, and the crew chief of each plane. Nearly 100 KC-97s from air bases all over the world took part in the operation, providing essential air refueling for the B-52s. The planes landed at March AFB, CA on the morning of January 18 and became the first jet powered planes to circumnavigate the globe without landing to refuel.

Information courtesy of: afgsc.af.mil

The three B-52s that completed Operation Power Flite, grounded at March, AFB, CA. (USAF Photo)

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Force development information now accessible through the Air Force Portal

AIR EDUCATION AND TRAINING COMMAND



Navigating the force development waters just became smoother with the recent launch of two new SharePoint Online sites aimed at keeping Airmen and Guardians informed. The Force Development Gateway and Force Development Service Catalog are now live.

U.S. AIR FORCE GRAPHIC | DAN HAWKINS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Navigating the force development waters just became smoother with the recent launch of two new SharePoint Online sites aimed at keeping Airmen and Guardians informed.

The Force Development Gateway and Force Development Service Catalog are now live. Both sites can also be accessed through the Air Force Portal front page under the Education / Training / Force Development section.

Force Development falls under the umbrella of Air Education and Training Command and is managed by the Operations and Communications Directorate, led by Maj. Gen. Jeannie Leavitt. It is the framework that links training, education and experiential learning to develop an Airman's competencies to

out-think and out-perform any adversary in air, space and cyberspace.

As part of that framework, the Force Development Gateway was created. This customer-service office is the designated entry point for Force Development mission requests, and can be reached directly by email at AETC.ForceDevelopment.Gateway@us.af.mil.

"A mission request is a clearly defined or identified request for Force Development support or funding," said Teddy Woodland, AETC Planning, Analysis and Liaison branch chief. "Examples of requests may involve administration, course updates, or technology."

The Force Development Gateway receives the requests directly from customers through the use of a submission form and then tracks them through

the life-cycle of the request. The submission form, a status dashboard, frequently asked questions and more can all be found on the site.

The Force Development Service Catalog site is an entry-point into Force Development programs and services and "is designed to be a one-stop shop for finding pertinent information about Force Development," Woodland added. Within the catalog site is information about policy, credentialing, innovation advancement and more.

"In AETC, we are evolving to a more competitive approach to Force Development that is Airmen-centric, mission-focused and competency-based," Woodland said. "These sites are just one more step in the right direction to ensure our Force Development customers stay informed."



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CHURCH DIRECTORY

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

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>Saturday, January 16 5 PM, No Vespers</p> <p>Sunday, January 17 10 AM, Congregational Prayer Service</p>	<p>Break Forth Bible Church</p> <p>Thursdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway For More Information Visit breakforthbiblechurch.com</p>	<p>Trinity Church</p> <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Traditional Service..... 9:00 am Contemporary Service..... 10:30 am Kid's Church 10:30 am</p> <p>Pastor Matt Scherbenske www.vincentumc.com</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p>Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Fellowship..... 9:00 am Sunday School 9:15 am Worship 10:30 am</p> <p>Wednesdays: Soup Kitchen 11:30 am Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study 6:30 pm</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA</p> <p>120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>First Baptist Church</p> <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>

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RESUMING
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IN FEBRUARY

SUDOKU SOLUTION

Puzzle on page 6

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

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BASE ANNOUNCEMENTS

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Embry-Riddle Aeronautical University is now registering for the Spring 2021 term (8 Feb-11 Apr). 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.

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• Early Spring Session (term 20SPRG1)

Session dates: Monday, January 11, 2021 - Saturday, March 6, 2021
 Registration dates: Monday, November 9, 2020 - Sunday, January 10, 2021. Late registration dates: Monday, January 11, 2021 - Wednesday, January 13, 2021

• Late Spring Session (term 20SPRG2)

Session dates: Monday, March 8, 2021 - Saturday, May 1, 2021
 Registration dates: Monday, November 9, 2020 - Sunday, March 7, 2021. Late registration dates: Monday, March 8, 2021 - Wednesday, March 10, 2021

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WHAT'S GOING ON MAFB

FRIDAY 15

- Cycle, 1630, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 16

- Family Bowling, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Cycle, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 17

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

MONDAY 18

For full listing of Martin Luther King Jr. Day holiday facility hours, visit 5thforcesupport.com

- Martin Luther King Jr. Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

TUESDAY 19

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

WEDNESDAY 20

- HIIT Strength and Conditioning, 0545, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC – Online Zoom Meeting
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Cycle, 1015, Fitness Center
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Lunch Cycle, 1130, Fitness Center
- Thrift Savings Plan for Military Members, 1400-1630, A&FRC – Online Zoom Meeting
- Cycle, 1630, Fitness Center
- 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 21

- Registration Ends for Battle of the Barbell at Fitness Center
- Cycle, 0545, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC – Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Federal Resume Workshop, 1400-1630, A&FRC – Online Zoom Meeting
- Kids' Night, 1530-2030, Bomber Bistro
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center
- Cycle, 1930, Fitness Center

FRIDAY 22

- HIIT Strength and Conditioning, 0545, Fitness Center
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Keystone Meeting, 1800-2100, Youth Center
- 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.
- 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 January, Family Child Care – Call to schedule an appointment.
- Moving Out of the Dorms: One-on-One Appointments: 1-31 January, A&FRC – Call to schedule an appointment.

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!

SATURDAY 23

- Battle of the Barbell, 0900, 1200, 1500, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Swerk, 1015, Fitness Center
- Canvas & Paint Class, 1600-1800, Jimmy Doolittle Event Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 257: McGregor vs Poirier, doors open at 1900, main event begins at 2100, Rockers Bar & Grill

DINING

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

"I HAVE A DREAM"



Join us for a special lunch at the Dakota Inn Dining Facility
18 January 2021
10:30 AM - 1:30 PM

Featuring:

- Chipotle BBQ Chicken • Lemon Dill Cod • Pork Chops with Onions
- Baked Macaroni & Cheese • Roasted Corn Succotash
- Glazed Carrots • Sautéed Green Beans & Mushrooms

FLY FORCE

We feel your need for speed.

MIDCO
Midco.com/Internet

QUALITY HEALTHCARE FOR ALL

- Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.
- Ob/Gyn Care
 - Newborn Care
 - Well Child Visits
 - Pediatrics
 - Free Pregnancy Tests
 - Geriatric Care
 - Preventive Healthcare
 - Full Service Pharmacy



1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfmminot.UND.edu

