

northern sentry

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WHATS INSIDE THIS WEEK:



INNOVATION AT MINOT AFB: ATOMIC SPARK

A2



AADD SHARES STATISTICS

B6



RED RIBBON WEEK

C7



Maj. Gen. Michael Lutton, Twentieth Air Force Commander, visited Minot AFB last week to tour the base and connect with Airmen. Maj. Gen. Lutton is responsible for over 12,000 Airmen providing nuclear global strike and nuclear weapons sustainment for the United States Air Force. More photos can be found on page B3.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS



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Innovation at Minot AFB: Atomic Spark

ABIGAIL KINDER, NORTHERN SENTRY

In an age of rapidly advancing technology and the need for practical solutions to current problems, the Air Force is finding ways to draw ideas from everyday Airmen and foster an innovative ecosystem. AFWERX, the Air Force's one of a kind program that assists Airmen in efficiently developing affordable, useful capabilities by connecting them to technology developers, is a powerhouse of innovation. On an installation level, AFWERX supports individual spark cells, or innovation cells, to bring Airmen's ideas to life.

Minot Air Force Base previously hosted two spark cells, BullyWERX and BUFFWERX, but has recently combined the efforts of both wings to create a more efficient joint cell called Atomic Spark. Thanks to the dedication of Capt. Matthew Matuszak, 91st Operational Support Squadron, TSgt. Dominic Garcia, 5th Civil Engineer Squadron and Director of Innovation for the Bomb Wing, TSgt. Israel Garza and MSgt. Peter Patera, 91st Missile Security Operations Squadron, Team Minot now has a unique opportunity to lead the way in innovation.

Atomic Spark began at an AFWERX conference in Las Vegas, Nev., in June 2021. At the time, Matuszak was directing the 91st Missile Wing spark cell and Garcia was in charge of the 5th Bomb Wing cell. "When we met, we thought it was kind of silly that we had two spark cells doing some of the same things and it was wasting a lot of resources, so what if we just pooled our efforts instead? That would make a lot more sense," said Matuszak.

The team named the new joint-wing innovation cell Atomic Spark as "an homage to the nuclear capabilities of the B-52 and Intercontinental Ballistic Missiles," according to Garcia. From there, they were able to secure \$100,000 from AFWERX to set up a facility at Minot AFB. Through their own handiwork and with the help of Marvin Sanders, Director of Skills and Development at MAFB Arts

and Crafts, the Atomic Spark team built a one of a kind maker space within the Arts and Crafts building.

So why does Team Minot need Atomic Spark? Matuszak said, "A lot of good ideas die in the process. By the time it gets through multiple supervisors or leadership, maybe it doesn't get approved or it gets lost in the weeds and is never seen or heard from again. We have our own pool of money that works very rapidly, and it skips a lot of the contracting processes that take a lot of time. Small companies get to prototype the tech, and we work directly with the Airmen to take an industry approach to solve existing problems without all that lag time. An easier way to understand it is as a rapid capabilities office. You take an idea, and you work with industry or existing solutions that the Air Force hasn't adopted yet, and prototype it, bring it to life, and then sustain it."

Since its conception, the Atomic Spark team has secured millions of dollars in funding for projects that will help streamline the mission at Minot AFB, and potentially even Air Force-wide. From UV light absorbing windows that generate power to individually heated clothing, and even the first 3D printed tool to be used in ICBM operations, Atomic Spark is already making waves and developing innovative solutions and efficient alternatives for the base.

"The spark cells are designed to procure and solve certain problems. They can be technological problems, process problems, they could be anything," said Garcia. "The cells procure these issues and then help garner solutions and work with Airmen to get it from ideation to deployment or execution."

Innovation is no cheap task, but for Atomic Spark, where there's a will there's a way. "We've been spending the last four months setting up the physical location for Atomic Spark, but since I got here in December, I've been able to get

\$12 million worth of funding for projects across the installation. None of that is Air Force money," said Garcia.

Atomic Spark draws funding from the Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) programs, which provide valuable seed money to fund research, development, and projects for small businesses.

Because the spark cell works directly with small businesses and avoids the typical contracting process, Airmen are able to be more hands-on and expedite the development of new technology. Garcia explained, "What's even more incredible, besides the money, is that now you have the end user who had the idea, who is championing this project and they are working directly with the company. The company has 15 months to deliver something. The reason why that's special is if you think of the normal procurement process, you need to have leadership approval, programs officers, contracting, finance approval, and the end user will never talk to the company. Here, you choose a company you want, they build it for you, and it's more direct."

"It costs us extremely different compared to contracting out. It's way faster, and we are in total control of the process," said Matuszak.

Atomic Spark focuses on this Airman-involved concept, and their new facility is filled with state of the art technology, furniture, and other resources to foster innovation mindset and creativity in developers. Instead of looking like a typical military facility, Atomic Spark's environment was modeled after the idea of a successful technology innovation space, such as Google, according to Matuszak.

Though the program is quickly expanding, the directorial team must still balance their unit missions alongside running Atomic Spark. Patera said, "Myself and Tech Sergeant Garza, our primary



Col. Michael Maginness, Vice Commander of the 5th Bomb Wing, and Col. Christopher Menuey, Commander of the 91st Missile Wing, cut the ribbon at the Atomic Spark grand opening ceremony on Nov. 1, 2021.

roles are Security Forces Weapons and Tactics. We have to coordinate through communication. We aren't dedicated to this as a primary like other spark cells. Most of them, their primary focus is the innovation cell but we are not. Our primary focus is what we do for our units. We do the best we can to help out."

Garza, who will be stepping into Patera's position at Atomic Spark once he leaves Minot, continued, "The 91st is the smallest missile wing, since we share with the 5th Bomb Wing. So manpower wise, we struggle the most in comparison. We try to balance it as best we can, and we are definitely trying to open it up full time so the Airmen have the opportunity to come in with their ideas."

Not only is Atomic Spark focused on bringing Airmen's ideas to life, but they hope to shift the innovation mindset within the Air Force. "It's been an uphill battle, but that culture is slowly shifting. Why do we spend ten hours doing this thing like we have for the past 30 years when, say, Amazon can do it this way and it takes them five minutes? It's changing the mindset and the culture," said Matuszak.

Garcia added, "We used to have the idea program back in the day and it created this culture that Airmen thought they had to have these big, grandiose, Air Force changing ideas, but they don't. There can be an incremental solution that can still have an impact across the installation or in your work center, and even those need help being brought to life. It's from the small to the big and

everything in between."

Part of that mindset shift includes education opportunities, which the Atomic Spark team hopes to expand in the future. Coding workshops, a Design Warfare and Thinking courses, Design Sprints, and Innovation Funding educations available to interested individuals and organizations are a few examples of the programs that Atomic Spark can provide to inspire future innovators. "The goal is to basically work more hand in hand... how can we better serve Team Minot as a whole?" said Matuszak.

The Atomic Spark team is just getting started, but they have already made an impact at Minot AFB in changing the dynamic and bringing excitement and passion to innovation. At its very core, Atomic Spark is just as passion-centered as it is creativity and Airman-centered. "Passion is the magic that drives change," said Garcia. "It is contagious, re-energizing, and progress forward to harness that individual passion and bring it together towards a common interest." With that, Airmen and Atomic Spark can successfully collaborate to bring modern solutions to quickly evolving problems. Not only do the best people come North, but so do the best ideas.

Whether you have a great concept and need help developing it or are interested in learning more about Atomic Spark, email atomicsparkminot@gmail.com or visit their headquarters at Arts and Crafts.



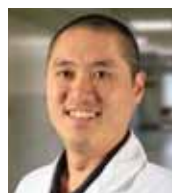
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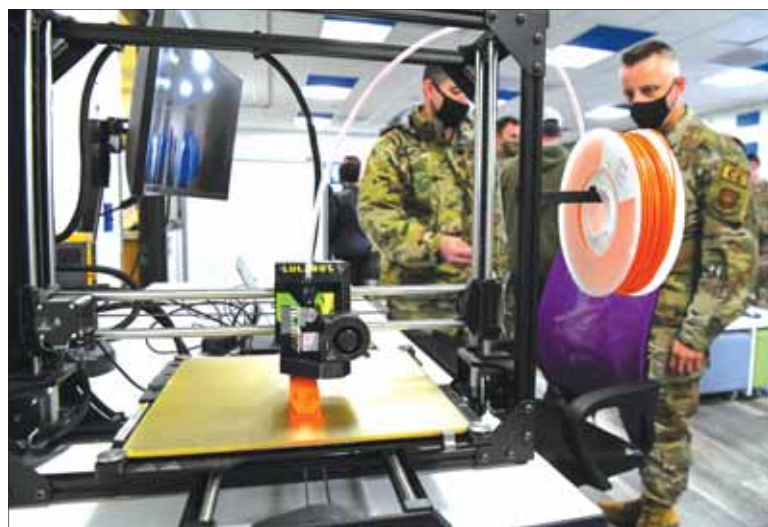
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Onlookers gather to watch the creation of a 3D printed prototype at the Atomic Spark Grand Opening on Nov. 1, 2021.



Col. Michael Maginness, 5th Bomb Wing Vice Commander, takes a turn using a virtual reality headset at Atomic Spark.



Airmen and leadership from Minot Air Force Base gathered on Nov. 1, 2021, to celebrate the grand opening of Atomic Spark, a joint-wing innovation cell focused on solving every day problems in Air Force workplaces. The space, which is inside the Arts and Crafts building, boasts state of the art technology and a creativity inspiring environment for Airmen to bring their ideas to life.



From Left to Right: TSgt. Dominic Garcia, Capt. Matthew Matuszak, Col. Christopher Menuey, TSgt. Israel Garza, and MSgt. Peter Patera pose in front of a mural drawn on the whiteboard wall at the Atomic Spark grand opening on Nov. 1, 2021.

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ROD WILSON, NORTHERN SENTRY



It was Thursday morning, 0630, as I headed north on Highway 83. My goal this morning was the front gate of Minot Air Force Base where I was told there would be several volunteers doing a “Gate Greet” in support of AADD (Airmen Against Drunk Driving).

It was an interesting trip to say the least. It seemed that everyone else was in a big hurry to reach their destination that morning. Let’s just say that I was not leading the pack and decided the safest place to be was in the right lane.

As I approached the Magic City Gate, I could see several volunteers, some dressed in Halloween costumes, others were in uniform with warm coats. Even though it was a fairly warm October 29th morning, it was still quite brisk, and pretty much everyone had steam rising as they would offer accolades of welcome to those entering the base gates that morning. There were signs that promoted AADD, as Halloween tends to be one of those “party” weekends. 727-2233 (AADD) would be the number to call if every other option failed. According to SSgt Jan Mariel D. Punelas, President of the AADD chapter at Minot Air Force Base, they would be staffed and ready for what was expected to be a busy

weekend.

But there was a second message on signs carried by volunteers at the gate, “You Matter”. Pretty simple to interpret, each and every person entering the gate that morning was important. The You Matter campaign was started some two years ago as a way to get out a message that should resonate to everyone. No matter where you work, or what you do, you are an important part of our mission at Minot Air Force Base. Sometimes it is easy to get lost and think we are only a number, or one small spoke in a very large wheel. But the truth is that the Air Force, and Minot Air Force Base in particular, needs you. The leadership on Minot AFB constantly is talking about the quality of the Airmen, and how well they perform their jobs. Many small spokes make a very big wheel work. So take that message with you. When things seem to be stacked against you, for whatever reason, remember those two simple words, “You Matter”. And then remember that there were several volunteers on a chilly October morning, willing to donate their time, to get out a very simple message, just two words that are so important to every one of us, “You Matter!”

PRIVATIZED HOUSING

ANNUAL TENANT SATISFACTION SURVEY



The Department of the Air Force (DAF) has contracted an independent, third-party survey firm to administer the DoD Annual Tenant Satisfaction Survey for all DAF privatized housing sites. The survey will begin October 28, 2021. All tenants in DAF privatized housing will receive a link to access the survey via email. Tenants will have until December 13, 2021 to submit their assessments.

By using an independent third party, Airmen, Guardians, and their families will be able to provide their open, honest and anonymous impressions of living in DAF privatized housing. The survey is anonymous, and data will be shared with DAF housing program leaders and project owners to continue improving the privatized housing experience. CEL & Associates, Inc. (CEL), will administer the survey, which will be made available to all tenants living in privatized housing. Housing continues to be a positive quality of life program supporting Airmen, Guardians and their families. The data and comments gathered via the survey are taken very seriously as they shape the evolution of improvements provided to service members and their families which advance the DAF housing portfolio.

OF NOTE:

1. The survey will be emailed from AirForceHousingSurvey@celassociates.com. Please check your spam/junk box.
2. If you do not received an email please email AirForceHousingSurvey@celassociates.com to obtain a link.
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Colonel Gary Kramlich to be keynote speaker at Veterans Day Service

Join us in honoring all Veterans of the Armed Forces of the United States at the Minot Municipal Auditorium Armory on November 11. The service will be held at 420 3rd Ave SW in Minot, beginning at 11:00am.

Keynote address by Colonel Gary Kramlich, US Army, currently assigned to the Pentagon. Colonel Kramlich was born and raised in Minot and offers a unique perspective on today's global strategic environment.

Colonel Gary Kramlich was born and raised in Minot, North Dakota, the second of eight children to Gary and Glory Kramlich. After graduating from Minot High in 1992, he attended the United States Military Academy, receiving a commission in 1996 as a Second Lieutenant in the Infantry. He held multiple operational assignments as a Mechanized Platoon Leader, Support Platoon Leader, Brigade Planner and Rifle Infantry Company Commander. Upon relinquishing command, he attended the Naval Postgraduate School in Monterey, CA where he obtained a Master of Science in Operations Research in 2005. He then served as an Assistant

Professor at the United States Military Academy from 2005-2008.

He was assigned to the 82nd Airborne Division at Ft Bragg, NC from 2008-2012 as the Chief of Assessments, where he



deployed for a total of 26 months in Afghanistan for Operation ENDURING FREEDOM. In 2012, Kramlich took assignments in the Headquarters, Department of the Army G-3/5/7 as a Strategic Planner and later at the US Army Intelligence and Security Command at Ft Belvoir, VA.

In 2015, he then attended the U.S. Army War College followed with two years in U.S. Africa Command in Stuttgart, Germany.

His most recent assignments were as the Chief of Operations Research at the Joint Improvised-threat Defeat Organization, where he also deployed to Iraq for 6 months for Operation INHERENT RESOLVE in 2019 and assisted the Executive Office of the President during the initial COVID-19 response. He is currently assigned to the Pentagon as the Director of Resource, Analysis and Integration, G-3/5/7 on the Army Staff.

Colonel Kramlich has been awarded the Defense Superior Service Medal, the Bronze Star, the Defense Meritorious Service Medal (2 Oak Leaf Clusters), the Joint Service Commendation Medal, and the Army Meritorious Service Medal (3 Oak Leaf Clusters), among others. He earned the Jumpmaster skill identifier, the Army Parachutist Badge, the Army Air Assault Badge, the Expert Infantryman's Badge and the Ranger Tab. Gary and wife Sandra have four daughters, Georgia, Catalina, Isabel and Gabriella.

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1/4 TEASPOON GROUND CINNAMON
1/8 TEASPOON GROUND NUTMEG
1/8 TEASPOON ALLSPICE, GROUND
1/2 CUP APPLE CIDER
5 CUP CHICKEN BROTH
1/2 CUP HEAVY CREAM
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Using a sturdy knife, cut the pumpkin into quarters. Scoop out the seeds and stringy fibers. Separate the seeds from the fibers, and save the seeds for roasting, if desired. When ready to cook, start the Traeger grill and set temperature to 165° F with the lid closed.

Arrange the pumpkin quarters, skin-side down, directly on the grill grate. Smoke for 1 hour. Increase the temperature to 300° F and roast the pumpkin until it is tender and can easily be pierced with a fork, about 90 minutes. Let cool, then separate the pumpkin flesh from the skin.

Meanwhile, melt the butter over medium heat in a 4-quart saucepan or stockpot. Sauté the onion and garlic until soft and translucent, about 5 minutes. Stir in brown sugar, smoked paprika, cinnamon, nutmeg, and allspice. Immediately add the apple cider, and cook for several minutes until the mixture is reduced and syrupy. Add the pumpkin and chicken broth. Let the soup simmer for 20 to 30 minutes. Blend soup until smooth. Add salt and pepper to taste. If it is too thick, stir in more chicken broth.

Divide the soup into bowls and drizzle with the heavy cream. Top with a sprig of parsley, if desired.

Ryan Davy - GM
Minot

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For rules, visit MyECP.com/CustomerAds/Page/Exchange beginning Nov. 1.

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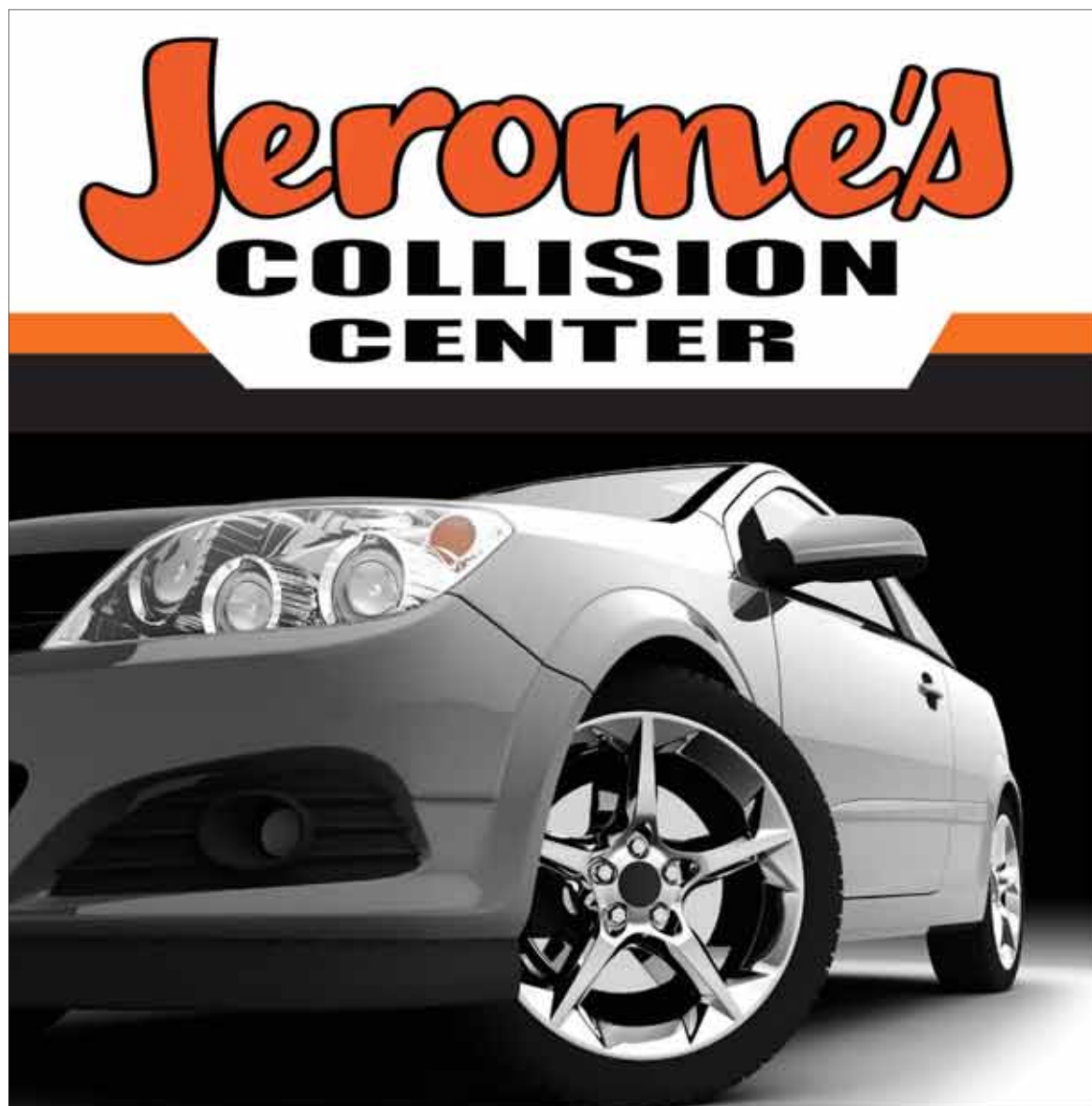
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**SQUADRON AIRCREW RESOURCE MANAGER
SSGT. KEVIN MORRIS**



BACKGROUND

Originally from Memphis, T.N. He joined Team Minot in June of 2019. In his free time, Morris likes to play Dungeons & Dragons and also likes to fish.

DAY-TO-DAY

SSgt. Morris's responsibilities include ensuring that the 5th Bomb Wing's flying operations are run both legally and safely.

"I FOUND MY GROUP OF FRIENDS LIKE, REALLY QUICKLY. IT'S A BUNCH OF NERDS UP HERE PLAYING D&D, SO I LIKE THAT."

**SENIOR AIRMAN
WESLEY BRANNON**



BACKGROUND

Originally from Katy, Texas, Brannon arrived to Minot AFB in July of 2019. He is interested in a variety of outdoor activities that include camping, fishing, and riding dirt bikes. He also enjoys playing the guitar.

DAY-TO-DAY

Brannon's official job title is a Special Missions Aviator, more commonly known as a Flight Engineer. His duties range from performing checklist items with the pilots, monitoring systems, deploying aircraft weapons, and operating the hoist in the back of the helicopter.

"I LOVE WORKING HERE AND BEING PART OF THE COMMUNITY ALONG WITH MY FELLOW COWORKERS."

skinny week

Roma Tomato Soup

Approximately 6 servings at 241 calories per cup

| Ingredients | Instructions |
|--|---|
| 4 cups fresh roma tomatoes, diced (or run through food processor)** | Mix cream and half & half together and let sit. |
| 1/2 teaspoon baking soda | Boil tomatoes over medium-high heat for about 5 minutes. |
| 4 teaspoons Better Than Bouillon chicken base | Carefully add the baking soda, it will foam a bit. |
| 1 teaspoon butter | Combine the Better than Bouillon, butter, salt, and pepper, then add to the tomato mixture and stir until melted. |
| 1 cup half & half | Remove from heat and slowly add the cream mixture so it doesn't curdle. |
| 1 cup whipping cream | Place back on low heat, stirring occasionally, to desired temperature. |
| 1 teaspoon salt | |
| 1/2 teaspoon black pepper | |
| Dash of Tabasco | |
| **You can peel the tomatoes if you want, we just dumped the whole tomatoes into the food processor | |

recipe written by Cherie Blessum

Normalizing food behavior means removing judgment. Food is not "good" or "bad" - it is just food and we can adjust our behaviors. Most children have the instinct to eat until satisfied, and stop before becoming too full. Some of us lose this natural ability along the way. If you've ever eaten with a person who doesn't struggle with their weight, you may notice they eat more slowly, leave food on their plate, and set their utensils down between bites.

There are a few ways to make food and eating behaviors "normal". If you know you're going out to eat, you can pre-track most of what you think you'll choose. Once you know how many calories you'll spend on that meal, you can split the remaining calories between your earlier meals and stay close to your daily budget.

If something comes up - you end up at fast food without planning - do the best you can. It is a meal you ate somewhere else instead of home - it's okay! If you overdo a meal & think you messed up, you will continue in that pattern of thinking. If you realize it was just a moment, you can recover more quickly.

Focus on enjoying the meal, not trying to skip on everything. You don't have to remove the top bun or the whole bun, or order your foods dry. Finding more foods rather than subtracting foods leads to greater satisfaction overall, which leads to improved habits.

Instead of "I can't have that" think "I don't choose that", or I AM choosing that. When you're in charge of your decisions, you own them. Eventually you'll learn more about yourself, and you will make most food decisions based on how those foods make you feel.

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-Cherie
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*meeting times are subject to change

| Thursdays | | In-Person Meeting | | Virtual Meeting | |
|------------|-------|-------------------|------|-----------------|------|
| Doors Open | 11:45 | Doors Open | 5:00 | Meeting | 5:30 |
| Meeting | 12:15 | Meeting | 5:30 | | |

| Saturdays | | In-Person Meeting | | Virtual Meeting | |
|------------|------|-------------------|------|-----------------|-------|
| Doors Open | 8:00 | Doors Open | 8:00 | Meeting | 10:30 |
| Meeting | 8:30 | Meeting | 8:30 | | |

In-person meetings are held at the Sleep Inn & Suites Theater Room
2400 10th St SW Minot, ND 58701



Maj. Gen. Michael Lutton, Twentieth Air Force Commander, visited Minot AFB last week to tour the base and connect with Airmen. Maj. Gen. Lutton is responsible for over 12,000 Airmen providing nuclear global strike and nuclear weapons sustainment for the United States Air Force.

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Friday, November 12th

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Saturday, November 13th

- Doors open at 5:00 pm, Silent Auction items available to view
- Silent Auction closes at 7:00 pm
- Must have electronic device to bid on Silent Auction items
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- Live Auction 7:30 - 8:30 pm
- Live raffle drawing at the conclusion of the Live Auction

No cost to attend. Food and beverages available for purchase. All Silent Auction items will be closed out electronically. Live Auction items can be purchased with cash, check, or credit card.

For more information call (701) 839-0772 or visit www.orcsauction.org



TIPS BEFORE BUYING NEW TIRES

Though vehicles can't function without them, tires are something few drivers think about until something goes wrong. A roadside flat tire or a tire rotation recommendation from a mechanic during a routine oil change appointment may be the only time many drivers give much thought to their tires. That no doubt leads to some confusion about what to do when tires inevitably need to be replaced.

The automotive resource Kelley Blue Book notes that the life expectancy of most tires falls between 25,000 and 50,000 miles. That's a big gap, and car owners can check their vehicle manuals to see if their vehicle manufacturer recommends a more specific replacement interval. It's worth noting that mileage is not the only barometer drivers should use to determine if they need to buy new tires. The following tips can help drivers determine if now is the time to outfit their vehicle with new tires.

- Measure the tread. KBB notes that a tire assessment should always include measuring the amount of remaining tread. Drivers can do this on their own in various ways. One method involves looking at the tread wear bars, which are little bridges in the grooves between the ridges. If the bars are even with the tread pattern, then the tire has very little tread remaining and must be replaced. The penny or quarter test is a popular way to determine if tires must be replaced. Insert

a penny or quarter into the center of the tread between two ridges with Lincoln's or Washington's head facing you. If you can see the very top of the head or the space above the head, the tire must be replaced. If only a little bit of hair is visible, then the tire is nearing its end. The tire has sufficient remaining tread if the some of the forehead is concealed.

- Check for other signs of wear and tear. Little remaining tread is not the only sign tires must be replaced. Tires with cracked sidewalls, discoloration and/or bulging need to be replaced.

- Confirm a larger issue isn't lurking. Uneven wear on tires is typically a byproduct of a larger issue. Though tires that have worn unevenly will need to be replaced, replacing them without correcting the larger issue will only lead to more uneven wear on the new tires. That's a costly mistake. KBB notes that poor wheel alignment or suspension issues are typically to blame for uneven wear. This issue can be fixed and should be addressed prior to purchasing a new set of tires.

Tires sometimes exhibit telltale signs that they need to be replaced. Before buying replacement tires, drivers can inspect their existing ones and ask their mechanic to confirm that a larger issue isn't affecting their performance.

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BABY BOY BORN ON THURSDAY, OCTOBER 28, 2021 TO: KATALYN AND CHRISTOPHER CLIFFORD MINOT, ND

BABY GIRL BORN ON SATURDAY, OCTOBER 30, 2021 TO: BRONTE AND TREVOR SCHULTZ MINOT, ND

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

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U.S. Strategic Command to begin exercise Global Thunder 22

U.S. Strategic Command will commence its annual nuclear command and control exercise, Global Thunder, Nov. 2, 2021.

Global Thunder 22 (GT22) provides training opportunities that exercise all USSTRATCOM mission areas, with a specific focus on nuclear readiness. GT22 will include the headquarters staff, USSTRATCOM components and subordinate units to enhance readiness and ensure a safe, secure, ready and reliable strategic deterrent force.

GT22 also involves key allied personnel and partners, including Australia and the United Kingdom. Allied personnel

integrate into senior leadership teams and work across a broad spectrum of areas offering policy support and operational insight.

USSTRATCOM has global responsibilities assigned through the Unified Command Plan that include strategic deterrence, nuclear operations, joint electromagnetic spectrum operations, global strike, missile defense, and analysis and targeting.

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSRATCOMPA@mail.mil or visit www.stratcom.mil



Rows of B-52H Stratofortresses sit ready on the flightline during Global Thunder 19 at Minot Air Force Base, N.D., Nov. 2, 2018. Global Thunder is a U.S. Strategic Command (USSTRATCOM) exercise designed to provide training opportunities to test and validate command, control and operational procedures. The training is based on a notional scenario developed to drive execution of USSTRATCOM and component forces; ability to support the geographic combatant commands, deter adversaries and, if necessary, employ forces as directed by the President of the United States.

U.S. AIR FORCE PHOTO | TECH. SGT. JARAD A. DENTON



Refuge opportunities

Patricia Stockdill

Each U.S. Fish and Wildlife Service National Wildlife Refuge (NWR) across the United States plays an important role in conserving wildlife species. Their missions vary depending on species and location but it's still all about wildlife, conservation, and habitat.

Refuges vary greatly in size. Just consider Alaska's Arctic National Wildlife Refuge embracing 19.64 million acres and Minnesota's Mille Lacs NWR covering a mere 0.57-acre. That refuge is just two small islands on Mille Lacs Lake.

Even though wildlife and a refuge's particular mission remains its management priority, many National Wildlife Refuges allow public use activities when they're compatible with its mission. Summer fishing, canoeing, and kayaking on Lake Darling and hunting opportunities available on parts of Upper Souris National Wildlife Refuge near Foxholm are one example.

While National Wildlife Refuges are usually thought of as public land managed by the U.S. Fish and Wildlife Service and owned in fee title by the federal government, North Dakota has 41 National Wildlife Refuges with land in other ownership.

They're easement refuges because the Fish and Wildlife Service acquired various easements for specific purposes. Many were acquired to protect habitat or provide resting areas for migratory bird species, for example.

Up until August 2020, all of North Dakota's FWS easement refuges were closed to hunting. All but three were closed to fishing.

Now, however, hunters and anglers potentially have additional opportunities on all 41 easement National Wildlife Refuges in the state.

There are caveats, however. The most important one is that all hunting and fish access onto private land on an easement refuge is still controlled by the private landowner – it's their land, after all. Go online to get the N.D. Game and Fish Department's electronic posting app to find out if the land was electronically posted or look for signs on land surrounding an easement refuge.

It also doesn't hurt to find out the landowner's name and get permission.

Some other easement refuge rules:

- Open – with landowner permission unless not posted with signs or electronically – only to resident game species and legal fish species.
- Easement refuges remain closed to all migratory bird hunting, including mourning doves, cranes, ducks, geese, and swans.
- Trapping is only allowed on easement refuges for management purposes. Permits from the managing FWS office are required.
- Placing bait for hunting is regulated by the N.D. Game and Fish Department. Go to their website, (gf.nd.gov) for baiting regulations. However, baiting is prohibited on all Fish and Wildlife Service-owned land, including fee title refuges and Waterfowl Production Areas.
- North Dakota hunting and fish regulations apply, including trespass laws, and standard North Dakota opening and closing season dates.
- Some easement refuges are on N.D. Department of Trust Lands. They're open for hunting and fishing unless closed by the Department of Trust Lands. In addition, any FWS-owned land within an easement refuge is open to hunting and fishing with access controlled by the Fish and Wildlife Service.

Some of the easement refuges potentially available for hunting and fishing are found in neighboring Benson, Bottineau, Eddy, McHenry, McLean, Nelson, Pierce, Ramsey, Rolette, Sheridan, and Towner counties.

They're managed by Arrowwood, Audubon, Devils Lake, or J. Clark Salyer Wetland Management Districts depending on their location.

The bottom line is Fish and Wildlife Service National Wildlife Easement Refuges still play an important role in wildlife conservation. But now there might be more public use hunting and fishing opportunities.

Just remember it's often private land and permission is required if it's posted, whether signs or electronically.

One of the best ways to get more information about a particular National Wildlife Refuge in North Dakota – fee title or easement – is to simply google its name to get the managing office and links to hunting and fishing information and maps.

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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 1: 1,830.42 feet above mean sea level (MSL); 13,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.09 feet above mean sea level (MSL).

Stump Lake elevation: 1,447 MSL.

- N.D. Game & Fish Dept. game wardens: Limited activity on Devils Lake, although anglers working the bridges from boat and shore continue finding fair success. No reports from the Missouri River System.

- Devils Lake, Ed's Bait Shop, Devils Lake: Little activity although fair walleye success for anglers still working along any of the bridges. Try Lindy rigs or jigs with minnows from boats.

- Devils Lake, Woodland Resort, Devils Lake: Not many anglers out but those going continue to find nice walleye with most anglers pitching crankbaits from shore around the bridges.

- Lake Darling, Karma C-Store, Ruthville: A few anglers still shore-fishing on Lake Darling and Grano with occasional walleye success.

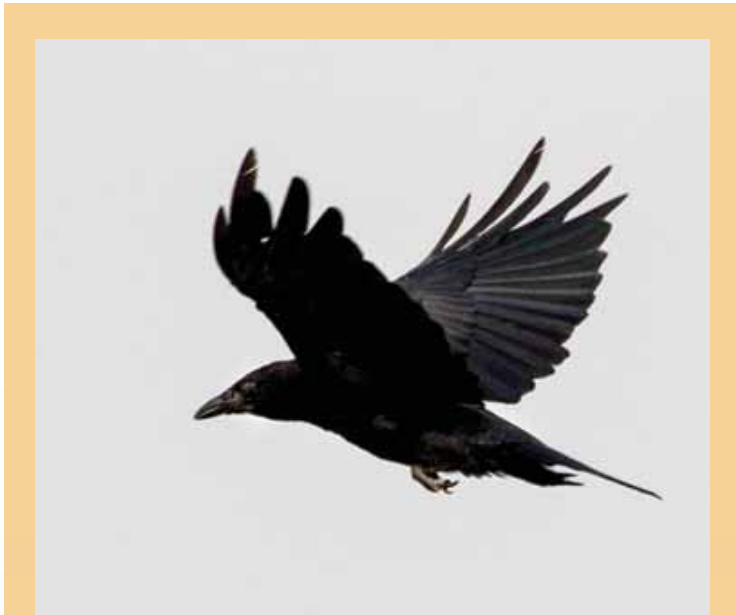
- Lake Metigoshe, Four Seasons, Bottineau: No activity with anglers waiting to transition to ice-fishing.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Minimal activity on the east end of Lake Sakakawea.

- Lake Sakakawea, New Town: A nice fall walleye bite continues in the Van Hook Arm and the river portion around New Town. Try jigs and minnows or jigging Raps.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Activity remains limited on the Missouri River tailrace and east end of Lake Sakakawea, including for salmon.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers cleared with fair to good walleye success by the pump house and other accessible areas. Try floating jigs and minnows. Small boats only at Sundheim Park ramp



NORTH DAKOTA GAME & FISH PHOTO

- Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information regarding North Dakota's new electronic posting regulations and assistance.
- Nov. 6: Bakken Friends of the NRA banquet, Roughrider Events Center, Watford City, 5:30 p.m.
- Nov. 8: Fall crow season closes.
- Nov. 14: Sandhill cranes season closes.

with shallow water. Confluence ramp unusable. Upper end of Lake Sakakawea remains fair for walleye using crankbaits. Work deep water along drop-offs from Tobacco Gardens to White Earth Bay.

- Lonetree WMA area lakes, Harvey: No activity. Coal Mine Lake closed to small game hunting and fishing through Nov. 30.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on the river and area lakes.

Hunting:

- Deer: Some hunters in areas along the Missouri River System turned deer tags back to the N.D. Game & Fish Dept. after the EHD outbreak but areas farther east were less impacted.

- Upland: Continued fair success in pockets.

- Waterfowl: Birds are moving out of northeast N.D. but large numbers of snow geese moving into northern and central N.D., including along the east end of the Missouri River System. Lots of snow geese in east-central N.D. with fair duck numbers. Migration near its peak in northwest N.D. with large numbers of snow geese also moving through. Some ducks in areas with water. A few cranes lingering in the northwest, as well, with good tundra swan numbers.

Numbers to know:

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

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ROD WILSON, NORTHERN SENTRY

After completion of their successful Gate Greet event, SSgt Jan Mariel D. Punelas, President of the Minot AFB AADD Organization, took a few minutes to talk about the success of Airmen Against Drunk Driving in the Minot area, none more impressive than the 201 lives that were saved from the risk of driving, and being pulled over, when they were under the influence. "With DUIs on the rise we are wanting to show a bit more face and garner attention toward free and confidential resources available to all DoD affiliated members and their dependents. We want to keep reminding the masses that AADD is always available to help and always accepting volunteers," according to Punelas. Every weekend volunteers staff the (701) 727-2233 line that fields calls from Airmen and dependents who have determined they need a ride home.

"AADD is a group of volunteers and is not an official government agency" Punelas continues "every Thursday, Friday and Saturday night we have volunteers, sometimes up to 10-15 per night, standing-by to pick up individuals needing a ride home." The phone lines for AADD and the (701) 727-2233 access number are donated by SRT, and our community partners will soon be asking for donations from Minot businesses to help fund gas cards to be given to the volunteers. Events like Gate Greets are important for recognition according to Punelas "it's also a great way to show the community what base organizations there are as well." Additional stats supplied to the Northern Sentry by Punelas show the importance of AADD, and the dedication the volunteers have:

Average calls/lives saved per weekend (depending on the season): 9-13

Average volunteers that help during the weekends: 6-11

Hours worked per week: 18 hours (6 hours a night for 3 nights)

Total lives saved thus far in 2021: 201

With Minot AFB personnel following the HPCON B+ directives, the activity in the bars has dropped significantly "but that just pushes people to private parties, and unfortunately the alcohol in a drink, and the number of drinks, are not monitored as closely" according to Punelas. Local bars were active in promoting AADD before the latest return to COVID 19 protocol and according to Sherry McGlaughlin, a local business owner "they'll be just as active when military personnel can return to bars in the future. We don't want our military personnel on the road driving drunk, and we'll do whatever it takes to cooperate and change the culture."

SSgt Punelas said that AADD is always looking for volunteers to staff the weekends. "We ask them to use their own automobile, and if there is a reason, AADD will pay for a complete detailing of their car if needed." For SSgt Punelas, her support of AADD is personal "my infant son and I were almost run off the road by a drunk driver. Things like that really bring the need for AADD home. If there are volunteers out there who want to help, they can get in touch with my amazing team via our distro-email MAFB. OperationSafeRide@us.af.mil. You can also text or call our AADD Phone line at 701-727-2233 (AADD)."



AADD handed out goodie bags with some candy/treats and AADD resource cards the morning of October 29. The volunteers worked from 0600-0800 at both the Main and South gates on Minot Air Force Base.

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SSgt Jan Mariel D. Punelas
President of AADD; 5th Munitions Squadron



A1C Gennifer Newby
AADD Alternate Scheduler; 705 Munitions Squadron



SSgt Kalie Paulus
Community Outreach Representative of AADD; 5 SFS



- Volunteers:
- SrA Roman Oundirenko – 5 CES
 - SSgt Cody Behrens – 5 CES
 - A1C Arthur Schippmann – 5 CES
 - Amn Forrest Turner—5 CES
 - A1C William Munson – 5 CES
 - A1C Andrew Ferguson—5 CES
 - SrA Kris Lenhardt—5 SFS
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 - SSgt Taysia Brinkley – 5 FSS
 - William Lovett
 - Roberts Watts
 - A1C Liam Brantley-Curl – 5th Munitions Squadron
 - SrA Armani Cornish – 91 MSOS
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A1C Dariana Gutierrez;
AADD Primary Scheduler; 791 MSFS

| | | |
|---|---|--|
| <p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <p>\$2 off All Apps</p> <p>\$3 House Wine & Domestic Pints</p> <p>Bavarian Pretzels with Beer Cheese Sauce</p> <p>\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups</p> <p>\$5 Moscow Mule</p> <p>\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps</p> <p>½ Flat Bread Pizza</p> | <p>DAILY SPECIALS</p> <p>Monday \$5 Moscow Mules (all day)</p> <p>Tuesday \$4 ND breweries (all day)</p> <p>Wednesday ½ Price Wine by the glass/bottle (all day)</p> <p>Thursday \$1 up for all Tall Taps (all day)</p> <p>Sunday BRUNCH (11am-2pm)</p> <p>\$7 TSR Bloody Mary & Caesars</p> <p>\$12 Bottomless Mimosas</p> <p>\$6 Breakfast Shots</p> | <p>FAMILY PACKS</p> <p>Monday Pizza Pack Combo</p> <p>Tuesday Sandwich Pack</p> <p>Wednesday Chef Creation*</p> <p>*Changes Weekly – Check our Facebook Page</p> <p>Thursday Pasta Pack</p> |
|---|---|--|

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Local Cravings Restaurant Guide

Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701
Phone: 701.839.2130
www.applebees.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot, ND 58701
Phone: 701.838.9140
www.bonesbbqminot.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701
Phone: 701.852.7335
www.blgrill.com

28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701
Phone: 701.838.2828
www.facebook.com/28tastes

Mi Mexico

301 40th Ave SW Minot, ND 58701
Phone: 701.858.0777
www.mimexicomintnd.com

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
Phone: 701.852.4800
www.culvers.com

Prairie Sky Breads

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www.prairieskybreads.com

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Phone: 701.838.3030
www.starvingrooster.com

Primo Restaurant

1505 N Broadway, Minot, ND 58703
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot, ND,
Phone: 701.837.1884
www.sourisriverbrewing.com



AIRMEN AGAINST DRUNK DRIVING

UPCOMING EVENTS

SCAN QR CODES FOR MORE INFO & SIGN UP

AF Ball

Air Force Ball

Volunteer as an AADD Driver for the Air Force Ball. Food and drinks are provided & volunteers will receive a Letter of Appreciation for supporting our community.

NOV 20

WANT TO BE A WEEKEND VOLUNTEER?

Scan this QR code to sign up. Slots available for the rest of 2021. Volunteers receive free food and drinks, are entered to win gift cards, and will receive a Letter of Appreciation for volunteering with a minimum of 40 hours total.

AADD Volunteer

CornerStone Chiropractic

1350 20TH AVE SW, MINOT, ND 58701

Dr. Willy Fielhaber

Dr. Matt Hanson

Dr. Crystal Long

BUSINESS HOURS

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

(701) 852-2800

Dickens Festival Unique Experience

ROD WILSON, NORTHERN SENTRY

The community of Garrison, ND, just an hour drive south of Minot, have taken the wraps off of their annual Dickens Festival. "It starts on November 26th and we have 3 weekends (Saturday & Sunday) of activities" and according to the Festival's website, "The event turns a community of 1,500 into a quaint Victorian town from the era of Charles Dickens. We hope you join us in celebrating the Holiday Season in Garrison, ND!"

As usual there will be great entertainment featured every day "and this year we have made sure we have something for everyone, and all ages" according to Garrison CVB Director, Bree Diffley.

The theater on Main Street in Garrison will once again play host to "The Christmas Carol" "but this year it will be a comedy, and there are only 4 performances that we are expecting will sell out fast.

Of the other 6 entertainment acts, Diffley is looking forward to Williams & Ree. "Everyone one I talk to say they put on a great show". The rest of the entertainment for all 3 weekends are listed on dickensfestival.com.

Last year's Dicken's Festival was cancelled due to Covid 19, and had it not been a new feature, Fezziwig's Feast would have had its debut. Fezziwig's Feast features a 3-course, sit down gourmet meal served by Kyle's Katering. The social begins at 5:30 PM with dinner being served at 6:00 PM at the Cubby Hole on Main Street. "There will also be Hometown's Beer and Wine tasting" according to Diffley "there will be a limit on tickets sold." Reserved tickets are \$25.00, and participants must be 21 or older.

Other Events

Street Food Vendors – (4:30 p.m. until the last cup is sold) Main Street. From Buffalo Swedish Meatballs & Sausage on a Stick to Rice Pudding & Homemade Soups, a variety of yummy foods are available from non-profit organizations.

Lighted Parade – Main Street. (5:30 p.m.) Dickens Festival Committee is sponsoring hot chocolate during the parade.

Historic/Heritage Side Trip - (12:30–5 p.m.) Fort Stevenson Guardhouse, Fort Stevenson State Park, 3½ miles south of Garrison. View the displays and murals and learn about life during the days of the original fort.

Carriage Rides – (1 p.m.-5 p.m.) Each day of the Festival, weather permitting, NE of the Auditorium at 1 Central Ave E. FREE, thanks to our sponsor RTC Networks.

Doubledecker Bus Rides - (1:00, 2:30, 3:30, 5:00 and 6:30 p.m.) The 1:00 and 3:30 p.m. trips (each hour) go to the Fort Stevenson Guardhouse to view historical and heritage displays. The 2:30 p.m. ride is a 30-minute tour around town. The 5 p.m. ride includes being part of the lighted parade on Main Street. The 6:30 p.m. is a 30-minute ride to view lighted homes; riders will be dropped off at the theater. (\$3 for each passenger who requires a seat, purchase tickets at the Ticket Center).

So, mark your calendar, and welcome to Garrison for the annual Dickens Festival. Information on all events is on the dickensfestival.com website or on their Dickens Festival Facebook page.



STARTS FRIDAY **\$4.00 ALL SEATS** **RENT THE THEATER FOR EVENTS** CHECK OUR WEBSITE FOR MORE INFO

PAW PATROL: THE MOVIE (2021) Animation, Adventure, Family (G)

DON'T BREATHE 2 (2021) Action, Drama, Horror (R)

JUNGLE CRUISE (2021) Action, Adventure, Comedy (PG-13)

FOR SHOWTIMES **WWW.OAKPARKTHEATER.NET** 1500 4TH AVE NW, MINOT, ND

NOTES ON BEING SAFE

BE PREPARED FOR WINTER... BEFORE IT SETTLES IN



ROD KRAUSE
5TH BOMB WING
SAFETY & OCCUPATIONAL
HEALTH MANAGER



From chilling temperatures to slippery sidewalks, winter is a season that brings unique safety concerns. Here are some important safety tips to keep your family cozy and safe this winter.

To start with, winter comes with a few hazards for homeowners, however there are plenty of things you can do to protect your property and your family.

Home Heating Inspection

The fact that your central heating unit, space heater, or fireplace was working properly at the end of last season does not mean it's ready for this winter. Before the frigid temperatures set in, advise to hire a professional to conduct a safety inspection of your heating units, as well as your fireplace's flue and chimney. If any potential hazards are found, act immediately to remedy them. If you'll be using space heaters, make sure your rooms have proper ventilation and that the units are not placed near anything flammable. Using unsafe heating systems can result in fire, injuries, or carbon monoxide poisoning.

Be Aware of Carbon Monoxide Poisoning

When is the last time you have replaced your carbon monoxide (CO) detector? CO detectors usually wear out in 5-7 years. Replace them with a "fuel-cell electrochemical" sensor type and with a "peak" level memory to alert you to the highest level of CO present. According to the Centers for Disease Control and Prevention (CDC), more than 400 people die annually of carbon monoxide poisoning. Carbon monoxide is a colorless, odorless vapor that is sometimes produced by gas furnaces and space heaters. Symptoms of carbon monoxide poisoning include nausea, dizziness, severe headache, confusion, and unconsciousness. If you notice these symptoms in yourself or a family member, go to the emergency room right away.

Clear Snow and Remove Ice

Falls especially those related to winter are the number one cause of injuries to adults. Since the majority of these falls happen when sidewalks, driveways, and walkways are covered in snow and ice, make sure any of these surfaces around your home are shoveled regularly and free from ice and snow. Keep in mind that simply clearing the snow may not be enough to keep the area safe; ice is always a concern during the winter. Your regular routine for keeping access to your home clear should include adding sand or rock salt to slippery spots. Pay particular attention to stairs, since they can be hazardous and icy in colder months. If you find it necessary to remove large snow build up from the roof of your house, use a roof snow rake (from the ground level) or hire a professional rather than attempting to climb on a ice/snow covered roof, reducing the possibility of falling off a roof.

Prepare for Winter Storms

Severe winter storms can cause widespread damage and disruption. Heavy snow often results in paralyzed transportation systems and automobile accidents due to slippery roads and stranded vehicles. Ice storms can topple utility lines and poles, and make travel virtually impossible. These conditions pose a threat to life. Individual preparation is the key to survival.

The North Dakota winter season usually begins in late November and continues until late March. On average, the state experiences three to four severe winter storms each year. Winter precipitation is nearly all in the form of snow and is often associated with strong winds and low temperatures. Winter storms are normally accompanied by strong winds, creating blizzard conditions with blinding, wind-driven snow, severe drifting, dangerous wind chill and heavy accumulations of ice and/or heavy snow. Since we live in an area prone to winter storms, it's important to plan for them early in the season. Stock up on the following supplies:

- Battery-powered radio
- Flashlights and lanterns, with spare batteries
- Drinking water
- Non-perishable food that doesn't require cooking
- Baby food and formula, if needed
- Pet food
- Prescription medications
- First aid kit

Winter Activity Safety Tips

In addition to making sure that your home is prepared and stocked to deal with the winter weather situations

that you can expect as the days get shorter and the temperatures drop, it's also important to consider winter safety tips for the activities that you and the other members of your family are likely to participate in this time of year.

Know the Signs of Hypothermia

According to the National Institute of Health, anyone who spends extended periods outside in cold winter temperatures is at risk for hypothermia. Hypothermia can happen when your body temperature drops from its usual 98.6 degrees. It is a medical emergency if a person's temperature is 95 degrees or less.

In addition to the lowered temperature, someone experiencing hypothermia may have the following symptoms:

- Confusion
- Clumsiness and stumbling
- Dizziness and drowsiness
- Apathetic mental state
- Shivering
- Slurred speech
- Weak pulse and slow breathing

Dress Appropriately

When heading outdoors to participate in wintertime activities, whether you'll be hiking, skiing, shoveling snow from your driveway, make sure that you dress warmly. It's wise to dress in layers when you'll be exerting yourself in frigid temperatures so that you can start out properly insulated and then shed layers as your body temperature starts to rise as a result of your level of activity. It's advised to wear clothing made from synthetic materials to help conserve body heat. Avoid wearing clothing made from cotton fibers, when cotton gets wet, it takes some time to dry and during that time, you run the risk of becoming severely chilled and losing much-needed body heat.

Use Caution on Frozen Lakes and Rivers

According to the Minnesota Department of Natural Resources (DNR), it can be very difficult to tell whether ice is solid just from looking at it. The color or thickness of the ice will not necessarily tell you how much weight it can support. In general, new ice, which has formed in the last couple of weeks, is stronger than ice that has been there for months. Ice on moving water, such as rivers, is generally weaker than ice on lakes. Always consult your local DNR office or Fish and Game Department about ice safety before heading out on the lake for ice fishing, ice skating, or other sports.

Use Proper Equipment

Skiing and snowboarding can be enjoyable winter pastimes, but you still need to keep personal safety in mind when you venture out onto the slopes. By wearing a helmet will help to prevent head injuries. If you don't own the right equipment, you can rent it from the ski resort. Many winter sports require specific equipment. Make sure that your equipment is in good condition and properly maintained. Once example is snow skis, they need to be properly waxed, and the bindings properly adjusted. Snowmobiles should be serviced at the beginning of each season.

Take Regular Breaks

Taking breaks at regular intervals is a good idea when you are enjoying the great outdoors in the winter. Go inside to warm up and get a snack and something to drink like a hot cup of tea or hot chocolate.

Tell Someone About Your Plans

An important tip that I cannot stress enough is telling someone of your plans before you head out in the snow or on a road trip. Tell someone where you are going and what time you will be coming back. That way in the event you are overdue, someone can alert authorities to start searching for you. If you are going to be in the wilderness, it's also important to stay on well-marked trails. Take a trail map with you and keep track of where you are while snowmobiling or skiing.

In closing North Dakota winters can be fun and adventurous, however they can also be dangerous. Take into consideration of you plan on doing, and above all use common sense.

Again, these are just a few of the many important safety tips that need to be observed to enjoy a safe, healthy and enjoyable winter season

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GRAY WOLF

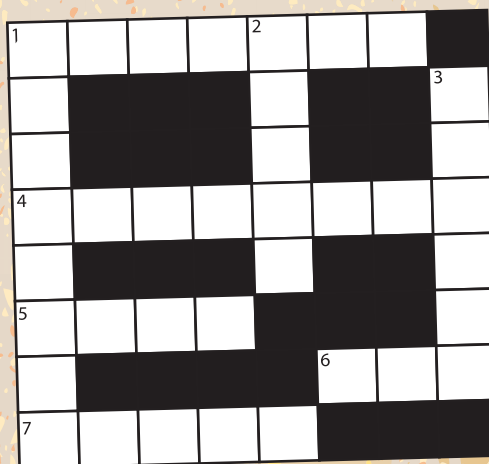
CREATURE FEATURES

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

Fact File

| | |
|-------------|--|
| Life Span | 7 - 8 years |
| Weight | 55 - 130 pounds |
| Height | 26 - 32 inches |
| Body Length | 4 1/2 to 6 1/2 feet (tail to nose) |
| Wild Diet | Elk, Caribou, Deer, Sheep, Smaller mammals |

CROSSWORD PUZZLE



DOWN

- Jewish holiday
- Nickname for "Lawrence"
- Place of worship

ACROSS

- Wax and wicks and edited
- Part of a boat upon which the hull is built
- Singular
- Feeling content

Answers:
Across:
1. Chanukah, 4. Newroom, 5. Keel, 6. One
7. Happy
Down:
1. Candles, 2. Larry, 3. Temple

**HOURS:
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10AM-8PM**

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Minot AFB Exchange Service to Recognize America's Heroes with Coins in honor of Veterans Day

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

In honor of Veterans Day, the Army & Air Force Exchange Service will be handing out free challenge coins to those who selflessly served our Nation.

Minot AFB Exchange will distribute limited-edition challenge coins to Veterans on Friday, November 12 at the Commissary from 11:00 AM to 1:00 PM.

If veterans are unable to attend during that time, they are encouraged to stop by customer service at the Exchange should there be any coins left to distribute.

"The Exchange is eternally grateful to the brave men and

women who raised their right hands and took the oath to their country," said Air Force Chief Master Sgt. Kevin Osby, the Army & Air Force Exchange Service's senior enlisted advisor. "The Exchange is honored to do its part to recognize them on their special day with these unique coins."



The coins, which feature an eagle on one side and emblems for all six military branches on the other, are available while supplies last. Veterans are encouraged to contact their local Exchange or visit the store's Facebook page for more information.

A LOOK BACK THIS WEEK IN USAF HISTORY

A BRIEF HISTORY OF VETERAN'S DAY NOVEMBER 11



President Eisenhower signing HR7786, which redesignated Armistice Day as Veteran's Day (va.gov)

On November 11, 1919, President Woodrow Wilson declared the first "Armistice Day" to honor the heroism and sacrifice of America's service members during WWI. Seven months before the Treaty of Versailles was signed to officially end the war, an armistice between the Allied nations and Germany was implemented. This cessation of hostilities began at 11:00 a.m. on November 11. In his proclamation, President Wilson said, "To us in America, the reflections of Armistice Day

will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." Originally, the holiday was meant to commemorate WWI veterans and promote the cause of world peace, but in 1954 it was redesignated as "Veteran's Day" to honor all of the brave Americans who have served this country.

Information courtesy of: va.gov

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Upcoming Events

5-6 NOV 46TH ANNUAL MINOT CHRISTMAS BIG ONE ART & CRAFT FAIR
10:00 AM - 8:00 PM
North Dakota State Fair Center
2005 Burdick Expy E, Minot

Don't miss out on the 46th Annual Big One Art & Craft Fair in Minot at the ND State Fair Center! The doors will be opened from 10am-8pm on Friday, November 5th and from 9am-5pm on Saturday, November 6th. Come and shop from the 250+ vendors that will fill over 400 booths with handmade home décor, furniture, candles, jewelry, framed art, photography, sewn items for the kitchen, infant/children's sewn items, clothing for infants-adults, upcycled/repurposed items, soaps, lotions and other homemade bath and body products, baked goods and SO MUCH MORE! Ticket admission is available at the door the day of the event only. \$5.00 for adults, 12 and under are free!



For more information:
Website / www.thebigone.biz

8-13 NOV 23RD ANNUAL CARING ROSE WEEK
ALL DAY
The Flower Box
301 Burdick Expy W, Minot

This is one of our favorite times of the year. As the cold sets in, it's important to remember the families who go without food and shelter and do what we can to help. And helping is so simple! Two cans of food and \$10 gets you one dozen beautiful roses – the kind that carries the extra love and gratitude that comes with giving to others. Once the week has ended, your donations will be collected and delivered to local food pantries. We encourage you to participate in Caring Rose Week and begin the holiday season knowing you have made a difference in someone's life. Call us today at 701-838-9302 (Burdick Expy) OR 701-500-4460 (MAFB) to pre-order!!



For more information:
Website / www.flowerboxminot.com

9 NOV PAJAMA PARTY STORYTIME AT MAIN STREET BOOKS!
6:00 PM - 7:00 PM
Main Street Books
8 Main St S, Minot

Join us for a special Pajama Party Story Time with Miss Kristi! There will be songs, bedtime stories, and hot chocolate and cookies! Story time is geared for preschool but all ages are welcome. If you or your child is showing a sign of a fever or has a cough or runny nose we would appreciate it if you would stay home—as you would even in pre-covid times. We will see you here!!
Member: \$30



For more information:
Facebook Event / Main Street Books

13-14 NOV 2021 MINOT HOLIDAY SHOWCASE
SEE BELOW FOR TIMES
North Dakota State Fair Center
2005 Burdick Expy E, Minot

Shop from more than 100 Pride of Dakota members at the Minot Holiday Showcase! The North Dakota Department of Agriculture proudly presents the Pride of Dakota Holiday Showcase —Saturday & Sunday, November 13th & 14th at the ND State Fair Center. Celebrate the holiday season. Stock up on your favorite Pride of Dakota products and find the perfect gifts for those on your holiday shopping lists! You'll find unique products, including gourmet food, art, books, jewelry, sporting goods, home décor, apparel, children and pet items, and more! Admission is free thanks to the Bank of North Dakota College SAVE Plan! Shopping hours (CT): Saturday 9 a.m. – 5 p.m., Sunday 11 a.m. – 4 p.m.



For more information:
Facebook Event / 2021 Minot Holiday Pride of Dakota Showcase

On Base

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Proud to be a Defender

COLONEL THOMAS E. SEGARS, JR. COMMANDER, 91ST SECURITY FORCES GROUP

Defenders- Just this week, Ms. Mechelle Brown (91 MW Protocol Officer) mentioned to me that she can tell right away when a 91 SFG Defender walks into the room... confident, respectful, professional, and ready to do work!!

Chief Sullivan and I are so proud of you and your performance over the last year. Still a lil rocky with COVID-19 having a say in our game plans and initiatives, but even through this COVID-contested environment you have been an absolute beacon for the wing to follow! Thanks for being part of our amazing team!!

From record-breaking NSI results (best 91 SFG results in 10+ years...ask the Chief...), to decimating the UEI (no write-ups, no observations, no recommendations), to logging well over a MILLION miles on the road...and we STILL hold the best record in Twentieth Air Force for safety (even after culling some of the local deer population...). We have world-class CSS support and top-shelf First Sergeants, who tirelessly work for you on all things SDAP, BAH, BAS, family support, etc., all behind the scenes...an incredible team! Our civilians are quiet professionals who are some of the finest in the Air Force, and we certainly wouldn't be half as capable without them and the experiences they bring. We re-energized the SF Duty Officer program to improve our communication up and down the chain. In July and August we unveiled Defender Culture and the 9 Lines of Effort...led by our eye-watering cadre of SNCOs and CGOs in order to get after what matters most to us: YOU. These 9 Lines of Effort encompass everything from addressing items for you and your families, to educating and professionally developing

you, to fixing our communication shortcomings, and a whole lot more, while ultimately reinforcing our standards of dignity, respect, diversity, and inclusion. Heck, we'd be remiss if we didn't address how Defender Culture is underpinned by our powerful acronym BADH -- Be A Decent Human -- to remind us all off the importance of just being a good human.

The accolades you receive, the recognition and world-wide reputation you have established... simply mind-blowing! Sounds like the 91 SFG is the premier place to be?!? Well, it is!! And we freely admit, like any other large organization we are not perfect and have our own unique challenges. However, rest assured we're listening to you and addressing your issues as they arise, and not clinging to the proverbial notion of just "sitting back and admiring issues."

What's on the horizon? More frequent [combined] SFG OPD/SNCO professional development events, the launch of Defender Leadership Lab 2.0 geared towards SSgts and TSgts, more nuclear academics to educate you and challenge your brains, as well as a visit from Mr. Paul Butler (15-17 Nov, courtesy of our stupendous True North team!) to open our hearts and minds to alternate ways of thinking about resiliency, character building, and the dynamics of being a good teammate. Next month we'll also have a visit from 3rd Audio Visual Squadron out of Lackland AFB to film an unfiltered and realistic look at duty in the 91 SFG...

focused on YOU...the premier Missile Complex Defender. We're also going to add some small group sessions in the coming months for Chief Sullivan and I to cover a second round of State of Play for those who missed round 1, and we'll also be sure to schedule some sessions to show you how Defender Culture has positively changed our organization.

We cannot thank you enough for all that you do, your willingness to serve this great nation, secure our strategic mission sets, and routinely go above and beyond what is asked...it's completely awe-inspiring! "Go Above and Beyond..." That certainly resonates here in the best SFG in the Air Force, and once again I have the honor to announce your

91 SFG Security Forces Annual award winners for those select few who will next compete at the Air Force Global Strike Command level:

OUTSTANDING SECURITY FORCES FLIGHT LEVEL AMN OF THE YEAR:

SrA Alexis R. Roseboom, 791 MSFS

OUTSTANDING SECURITY FORCES STAFF SUPPORT AMN OF THE YEAR:

SSgt Sarah L. Westmoreland, 891 MSFS

OUTSTANDING SECURITY FORCES FLIGHT LEVEL NCO OF THE YEAR:

TSgt Jamaal K. Smalls, 791 MSFS

OUTSTANDING SECURITY FORCES SUPPORT STAFF NCO OF THE YEAR:

TSgt Justin W. Hovis, 791 MSFS

OUTSTANDING SECURITY FORCES FLIGHT LEVEL SNCO OF THE YEAR:

MSgt Adam T. Macowicz, 91 MSOS

OUTSTANDING SECURITY FORCES SUPPORT STAFF SNCO OF THE YEAR:

MSgt Nathan P. McIver, 791 MSFS

OUTSTANDING SECURITY FORCES COMPANY GRADE OFFICER OF THE YEAR:

Capt Andrew D. Metz, 91 MSOS

OUTSTANDING SECURITY FORCES CIVILIAN OF THE YEAR:

Mr. Donovan D. Womack, 91 SFG Staff

THE ELIZABETH JACOBSEN AWARD:

SSgt Erica G. Baldenegro, 791 MSFS

THE BILLY JACK CARTER AWARD:

TSgt Seth C. Harrier, 91 MSFS

Please help us congratulate these Defenders as they represent us at the next level of competition... GOOD LUCK!



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November ushers in Free Application Month at Minot State University

MINOT STATE UNIVERSITY

MINOT, N.D. – For the first time ever, Minot State is waiving all admission application fees for any and all applicants to the University during the month of November.

“This is a great opportunity for prospective students to fill out a free application when they are considering attending Minot State and to learn about our programs, athletics, and student

engagement,” said Sydney Clark, admissions counselor. “They can make Minot State their next home by being a part of Free Application Month.”

The Free Application Month follows on the heels of the University’s Hometown Pride Scholarship launch, a new, automatic scholarship for area high school students.

“We want to provide the

opportunity to apply free of charge to all students, those that couldn’t take advantage of the Bank of North Dakota refund in state, and to encourage out-of-state and international students to apply early,” said Jacek Mrozik, associate vice president of enrollment management and graduate school.

Students can apply to Minot State at askmsu.com/apply.

Academic High Achievers Can Score Big Rewards with Exchange’s You Made the Grade Program

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – The Minot Exchange is saluting military children who excel in the classroom—and those good grades are paying off.

The Exchange’s You Made the Grade program, now in its 22nd year, rewards academic excellence for military students in first through 12th grades, including those who are homeschooled. Students who maintain a B average or higher are eligible to receive a \$5 Exchange gift card each grading period during the 2021-22 school year.

Military students face unique challenges. According to the Department of Defense Education Activity, military children move six to nine times before graduating high school—three times more often than civilian children.

“Military life poses challenges that our youngest heroes consistently overcome,” said

Minot Exchange General Manager Brian M. Read. “Military kids face multiple moves, new schools and parental deployments. The Exchange’s You Made the Grade program celebrates the resiliency of military students and rewards their hard work in the classroom.”

Students who make the grade qualify to enter a worldwide sweepstakes to win a \$2,000, \$1,500 or \$500 Exchange gift card. Drawings are held in December and June. The most recent sweepstakes winners were from Travis Air Force Base, Fort Hood and U.S. Army Garrison Humphreys.

To receive the \$5 gift card, students can visit the Minot BX customer service area and present a valid military ID with proof of a B average or higher.

To enter the You Made the Grade sweepstakes, students can complete the form on the back of

the gift card reward sleeve and mail it to:

You Made the Grade
 PO Box 227398
 Dallas, TX 75222-7398

Students can submit one sweepstakes entry for each grading period. The next drawing will take place in December.



GOLDEN TICKET WINNER!

Pick up a copy of the Northern Sentry for your chance to win!

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YOUTH IN ACTION

Red Ribbon Week 2021 at Minot AFB

ABIGAIL KINDER, NORTHERN SENTRY

Team Minot has come to the end of another successful Red Ribbon Week, an annual campaign to educate youth on the negative impacts of drug use and raise awareness for healthy, conscious lifestyles. Airmen from units all over the base, as well as personnel from the Drug Demand Reduction Program, held events throughout the week to inspire children to stay drug free using the slogan, Drug Free Looks Like Me!

The chaplains started off the campaign with a prayer for those affected by drug use and by handing out red ribbons for participants to wear throughout

the week. DDRP was able to reach people all over the base with informational tables set up at the Base Exchange and Commissary, and Team Minot was encouraged to wear the color red to support the cause. On October 27, first responders and DDRP representatives held a Red Ribbon Caravan that wound through base housing, passing out Halloween candy and celebrating the importance of remaining drug free. On October 28, DDRP brought the message to Memorial Middle School with a live working dog demonstration and fun giveaways, as well as a door

decorating contest. To celebrate Halloween, DDRP participated in a trunk or treat to hand out candy with the impactful Red Ribbon message.

As they remain drug free, Airmen have the opportunity to act as role models for the youth of Minot AFB and encourage them to make good decisions as they grow up. While Red Ribbon Week is an important annual reminder of the negative effects of drug use, the message is one that can be practiced every day of the year in order to build a healthy, happy community and a successful next generation.



PHOTOS BY ABIGAIL KINDER, MEMORIAL MIDDLE SCHOOL, AND SAMANTHA MENDOZA OF DDRP

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Military Family Appreciation Month

November is Military Family Appreciation Month! It was established in 1993 by the Armed Services YMCA; the US Government has recognized the occasion every year since through a proclamation signed by the president. This annual proclamation marks the beginning of a month-long celebration of the Military Family in which the Department of Defense and the nation honors the commitment and sacrifices made by the families of the nation's service members. The month of November is a time for our community to thank our military families for the sacrifices they bear. President Biden captures this reverence in the 2021 proclamation for National Veterans and Military Families Month, "Our veteran and military families do so much and ask for little. They are strong and adaptable, changing course to accommodate the needs of our



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



country, often foregoing personal wishes. They are capable and proud, holding down the home front during their loved one's deployments, coping through their absence and the risk of danger, and helping them readjust when they come home. These families and their Soldiers, Sailors, Airmen, Marines, Guardians, and Coast Guardsmen, are simply the best America has to offer." During this month of thanksgiving there are a number of on-base family events planned where you can enjoy

the company of loved ones and friends: Turkey Bingo and Turkey Skate Night at the Youth Center on 19 November, International Games Week at the Library beginning 6 November, The Adventure of the Missing Archaeologist Escape Room at the Library beginning 13 November, and the Deployed Spouse Dinner on 28 November conducted by the Chaplain Corps. For more information on these events visit the TEAM MINOT app and look under the events tab.

2021-2022 MPS CALENDAR



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

IMPORTANT UPCOMING DATES

October 21 & 22

Administrator Convention Days
No School for Students

November 11

Veteran's Day - No School

November 25

Thanksgiving Day - No School

November 26

Vacation - No School

December 23

P/T Comp Day - No School

December 24-January 3

Vacation - No School

| November 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 | 29 | 30 | | | | | | |

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

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

701-727-4715
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MON & TUES: CLOSED
WED: 5 PM - 9 PM
THURS: 5 PM - 9 PM
FRI: 5 PM - 11 PM
SAT: 9 AM - 11 PM
SUN: 10 AM - 4 PM

ROUGH RIDER LANES XTAMURAL BOWLING

Wednesday October 27, 2021

| TEAM STANDINGS | | REVIEW OF LAST WEEK'S BOWLING & TOP SCORES | | | |
|-----------------------|-----------------|--|------------|---|--------------------------|
| PLACE/TEAM NAME | POINTS WON/LOST | TEAM | HDCP TOTAL | SCRATCH SERIES (W) | SCRATCH GAME (M) |
| 1 The Rando's | 24/8 | 5th CES | 2551 | Charline Monty - 4482 | Moose Monty - 220 |
| 2 5th CES | 24/8 | The Pin Headhunters | 2480 | Abby Smith - 357 | Butch Hutchins Jr - 216 |
| 3 The Pin Headhunters | 20/12 | AAFES #1 | 2313 | Alyshia Botkin - 351 | Sebastian Pulgarin - 208 |
| 4 5th OSSpears | 10/22 | AAFES #1 | 2313 | Mike Froman - 699 | Cassidy Gula - 151 |
| 5 AAFES #1 | 10/22 | Dolls With Balls | 2407 | Damon Nixon - 553 | Brandi Dearing - 141 |
| 6 Dolls With Balls | 8/24 | The Rando's | -- | Leighton Hammond Jr - 534 | Marie Carter - 128 |
| 7 BYE | 20/12 | BYE | 0 | MOST IMPROVED AVERAGE | |
| 8 BYE | 8/24 | 5th OSSpears | 2348 | BOWLERS MUST HAVE A MINIMUM OF 21 GAMES TO BE LISTED FOR MOST IMPROVED AVERAGE RECOGNITION. | |
| | | BYE | 0 | | |

| SEASON HIGH SCORES | | | |
|----------------------|----------------------|--------------------|---------------------------|
| SCRATCH SERIES (W) | SCRATCH GAME (W) | SCRATCH SERIES (M) | SCRATCH GAME (M) |
| Charline Monty - 502 | Megan Woiewski - 154 | JB Butler - 722 | Scotty Botkin - 277 |
| Abby Smith - 414 | Cassidy Gula - 151 | Mike Froman - 699 | Kris Lenhardt - 242 |
| Marie Carter - 394 | Brandi Dearing - 147 | Moose Monty - 636 | Leighton Hammond Jr - 233 |

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Minot AFB welcomes new MFLC

ABIGAIL KINDER, NORTHERN SENTRY

Minot Air Force Base welcomes a new Military and Family Life Counseling program School Counselor, Jazmin Ribeiro! Ribeiro provides non-medical counseling services to Airmen and families of Dakota Elementary, North Plains Elementary, and Memorial Middle School.

She has extensive experience in working with children, and has an Associate's Degree in Criminal Justice, a Bachelor's Degree in Behavioral Science, and a Master's Degree in School Counseling. While living at Dover AFB, Ribeiro had the unique opportunity to work with displaced families in the school district as a homeless liaison. She has also previously worked as an elementary school counselor while she and her family were stationed in Guam, and after moving to Minot AFB in August 2021, she has assumed the role of MFLC Counselor and is able to continue her passion for helping children and families.

"I love listening to people," Ribeiro said. "I want to be everybody's full time counselor

and therapist. My Bachelors degree is in behavioral science, which is like psychology. In the past, I was doing mental health with younger kids, and I was finding myself in schools a lot of times doing these services. I really like the environment and the people in the schools, and just how well the faculty worked with the kids and collaborated with mental health workers like me."

Ribeiro recognized a need for counselors at Minot AFB, especially in the stressful times of COVID-19 and as someone who understands the extra challenges facing military families. "We are a military family; I saw it with my kids. We went through the same struggles that everybody has gone through during COVID, on top of being military families. I see a lot of relocation and deployment struggles with other families, and I live it every day so I feel like I can really relate to the families and the kids," she said. "I think there needs to be this middleman that understands the concept of the military and what it means to

live a military life. I think a person that understands that is very helpful versus somebody who is just there to listen, because they don't always know how to relate."

Along with counseling families and children on military related problems, Ribeiro also provides resources for victims of bullying, those struggling with self-esteem issues, creating healthy interpersonal relationships, as well as discovering problems solving and time management skills. "There are counselors in the schools who deal with these things a lot more in depth, but I deal with them on more of a short term level. I'm an add-on and collaboration with the school counselors and other military resources," she explained.

For more information on MFLC or to reach out to Ribeiro for services at Dakota Elementary, North Plains Elementary, and Memorial Middle School, call 410-916-6458 or email jazmin.ribeiro@leidos.com.



Jazmin Ribeiro is Minot Air Force Base's newest Military and Family Life Counselor. With plenty of experience working with children, as well as her understanding of the Air Force as a military spouse, Ribeiro hopes to bring valuable assistance to the Airmen and families of Dakota Elementary, North Plains Elementary, and Memorial Middle School through confidential, one-on-one counseling.

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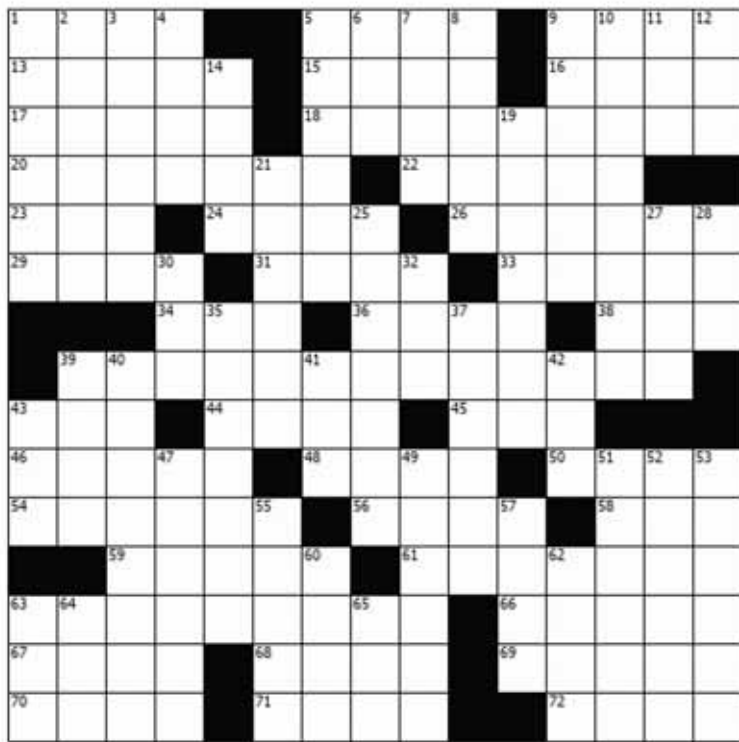
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WWW.HIGHAIRGROUND.COM

CROSSWORD PUZZLE

Across

- 1. Nervous twitches
- 5. Abates
- 9. Cass was one
- 13. Double-reed instruments
- 15. Pulitzer poet Teasdale
- 16. Old-style "Holy cow!"
- 17. Donnybrook
- 18. "... and a cast of _"
- 20. Gung-ho campaign
- 22. Shorthand whiz
- 23. Intention
- 24. Get together
- 26. Inventor Otis
- 29. Vehicle with caterpillar tread
- 31. Give off
- 33. Abate
- 34. Jabber
- 36. Condoleezza of the cabinet
- 38. Infant suffix
- 39. Just plain folks, and a hint to the central letters in 18-, 20-, 61- and 63-Across
- 43. Scot's cap
- 44. Pair
- 45. Oct. 2003 retiree
- 46. _ Bowl
- 48. Pete Rose's team
- 50. Patsies
- 54. High fliers
- 56. Enjoy some karaoke
- 58. Nada
- 59. Controversial topic
- 61. Pizza topping
- 63. City of David
- 66. Serious lawbreaker
- 67. With 71-Across, one way to cook eggs
- 68. Border crosser's document
- 69. "The Interpretation of Dreams" author
- 70. Expressed, as farewell
- 71. See 67-Across
- 72. Pool's Minnesota _



Down

- 1. Alley prowler
- 2. Spain and Portugal
- 3. Op-Ed piece
- 4. Understands
- 5. Regard
- 6. "Ridiculous!"
- 7. 'Hood buddies
- 8. Fry in a pan
- 9. Ogre
- 10. Religious doubter
- 11. Boiling
- 12. Classified listings
- 14. Clothes line
- 19. Inspector Clouseau's portrayal
- 21. With great feeling
- 25. Harangues
- 27. Dance that tells a story
- 28. Gibbon or orang
- 30. 16th century dramatist Thomas
- 32. "Mystic River" actor
- 35. Speech
- 37. Small aircraft maker
- 39. Rough up
- 40. Not 100%, as hearing
- 41. Corn serving
- 42. "... for what _ worth"
- 43. Recipe meas.
- 47. Make certain
- 49. Consternation
- 51. Spring bloomer
- 52. Eat like it's going out of style, slangily
- 53. Uses for purchasing
- 55. Urbane
- 57. Back talk
- 60. Director Kazan
- 62. Medieval worker
- 63. College graduate's pursuit
- 64. Señora Perón
- 65. Winding curve

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C10



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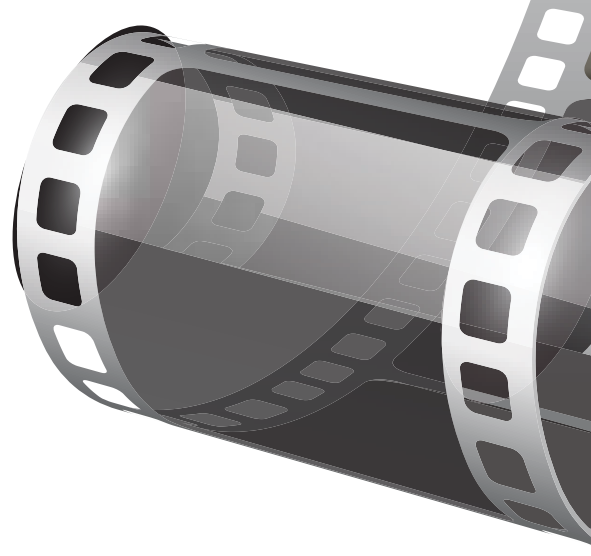
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THEATER
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SCHEDULE






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.

Chapel Services at MAFB
Protestant
 (North Plains Chapel in Base Housing)
Sunday Community Service
 1030 a.m.
 (Holy Communion 1st Sunday)
 Children's Church during school year

Catholic Mass (Northern Lights Chapel across from Rockers)
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Wednesday Evening Schedule
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 Contemporary Worship 6:30pm
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Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church

1615 2nd St. SE, Minot
701-839-3694

Sundays:
 9:00 am..... Fellowship
 9:15 am..... Sunday School
 10:30 am..... Worship

Wednesdays:
 11:30 am..... Soup Kitchen
 5:30 pm..... Family Supper
 6:30 pm.. Preschool/Kids' Club/ABY
 6:30 pm..... Adult Bible Study

www.ibcminot.org

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

St. John the Apostle Catholic Church


 2600 West Central Ave • Minot, ND 58701
839-7076

Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.


Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


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

Sunday Worship
 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church

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

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 p.m.

First Assembly of God

1805 2nd St. SE
838-1111

Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.

First Baptist Church


200 3rd St. SW • 852-4533
www.fbcminot.org

Classic Worship Service 8:30 a.m.
 Sunday School (All Ages) 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Adult Sunday School 11:00 a.m.
 Contemporary Worship Service 11:05 a.m.
 Children's Church 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director


Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor

415 28th Ave SE (Behind Menards)
838-1873


West Minot
 Church of God
 Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

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www.ourredeemers.org

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- Christ-centered environment

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701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org

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email **NSADS@SRT.COM**

fax **701-839-1867**


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SUDOKU SOLUTION

Puzzle on page C8

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

HELP WANTED

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 15 Nov-23 Jan. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 701-727-9007 or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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PARK UNIVERSITY MINOT – Your way. Open enrollment for the 2021/2022 year! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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WHAT'S GOING ON MAFB

FRIDAY 05

- Registration Ends: Wine & Paint Class at Arts & Crafts
- ToP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- First Friday, 1630-1830, Rockers Bar & Grill
- Escape Room Evening, 1700-2100, Turf
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Cycle, 1700, Fitness Center
- Junior Youth of the Year, 1700, Youth Center
- Youth of the Year, 1800, Youth Center
- Friday Night Fun League, 1800, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

WEDNESDAY 10

- HIIT Strength & Conditioning, 0530, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Yoga, 1300, Fitness Center
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Extramural Bowling League, 1715, Rough Rider Lanes
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

FRIDAY 12

- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Friday Night Fun League, 1800, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 06

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 268: Usman vs Covington, doors open at 1900, main event begins at 2100, Rockers Bar & Grill

THURSDAY 11

- Veterans Day: Check out www.5thforcesupport.com for all Veterans Day holiday hours of operation.
- Veterans Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Kids' Night, 1530-2030, Bomber Bistro
- 9 Pin No Tap League, 1800, Rough Rider Lanes
- "Have a Beer Ball" League, 1800, Rough Rider Lanes

SATURDAY 13

- Turkey Burn Fitness Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Call of Duty Vanguard Release Event Tournament, 1300, ESC
- Sewing Class, 1800-2000, Arts & Crafts
- Single Airmen Cooking Class, 1800-2000, Gourmet Chef, hosted by Unite
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 07

- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill
- Yoga, 1230, Fitness Center
- Zumba, 1400, Fitness Center

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- International Games Week: 6 November — 13 November, Minot AFB Library — Call to schedule an appointment.
- The Adventure of the Missing Archaeologist Escape Room Game: 13 November — 27 November, Minot AFB Library — Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care — Call to schedule an appointment.

NOVEMBER SPECIALS

DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro • Southwest Turkey Wrap
Roasted turkey, pico de gallo, lettuce, cheddar cheese, jalapeños, and chipotle mayo, in your choice of tortilla. Served with chips and a drink for \$11.95!

The B-Fifty Brew • Toffee Nut Latte
Rich sweet toffee notes combine with warm toasted nuts, espresso, and steamed milk in this tasty fall drink. Tall \$3.60 • Grande \$4.10 • Venti \$4.60

Rockers Bar & Grill • Turkey Burger
Turkey patty, shredded lettuce, and diced tomatoes on a split bun. Don't miss this tasty combo with crispy fries for only \$6.50

MONDAY 08

- Registration Closes: Single Airmen Cooking Class
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cycle, 1700, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 09

- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Early Intervention Parent Workshop, 1700-1800, A&FRC, In person and Zoom Meeting
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

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