

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 47 | MINOT AIR FORCE BASE | FRIDAY, NOVEMBER 19, 2021

WHATS INSIDE THIS WEEK:



GLOBAL THUNDER 22

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OPERATION HOMEFRONT HOLIDAY MEALS

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LET YOURSELF GET HELP

CB

GT22: HUEY FLIGHT



A UH-1 Huey with the 54th Helicopter Squadron flies above the flightline at Minot Air Force Base, N.D. Nov. 5, 2021 during exercise Global Thunder 22. The 54th uses the Huey and many other tools to provide defense to the Minuteman III missile fields maintained and operated by the 91st Missile Wing. Both units participated in the U.S. Strategic Command led, command and control training exercise along with B-52H Stratofortresses and Airmen from the 5th Bomb Wing also based out at Minot and elements of the 2nd Bomb Wing out of Barksdale AFB, La. See A2-A4 for more coverage on GT22.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB S. KIMMELL



DOWNTOWN CHRISTMAS OPEN HOUSE
Friday, November 26

SMALL BUSINESS SATURDAY
Saturday, November 27

FIND ALL THE DETAILS INSIDE THIS EDITION!

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GLOBAL THUNDER 22

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CALEB S. KIMMELL

TAKE OFF ALERT



A line of B-52 Stratofortresses take off from the flightline at Minot Air Force Base, N.D. Nov. 8, 2021 during exercise Global Thunder 22. The aircraft and their crews launched with just a few moments notice in support of the U.S. Strategic Command exercise scenario, which validated the nation's nuclear command, control, and operation procedures.



A 5th Security Forces Squadron Airman moves a heater out of the way of a B-52H Stratofortress at Minot Air Force Base, N.D. Nov. 5, 2021 during exercise Global Thunder 22. The Security Forces Airmen play a vital role in protecting the aircraft and the nation's nuclear enterprise day in and out, enabling readiness exercises like GT22, a U.S. Strategic Command exercise focused on testing the nation's nuclear command and control processes.



Team Minot Airmen scramble to a B-52H Stratofortress at Minot Air Force Base, N.D. Nov. 5, 2021 during exercise Global Thunder 22. The aircrew and supporting maintenance personnel sustained a ready alert posture in support of the annual nuclear command and control exercise led by U.S. Strategic Command, which culminated with a mass fly-off of aircraft conducting minimum interval take offs.



B-52H Stratofortresses from the 5th and 2nd Bomb Wings take off from the flightline at Minot Air Force Base, N.D. Nov. 5, 2021 during exercise Global Thunder 22. The aircraft and their crews launched with just a few moments notice in support of the U.S. Strategic Command exercise scenario, which validated the nation's nuclear command, control, and operation procedures.



B-52H Stratofortresses assigned to the 5th and 2nd Bomb Wings sit parked on the flightline at Minot Air Force Base, N.D. Nov. 5, 2021 during exercise Global Thunder 22. The aircraft and their crews launched with just a few moments notice in support of the U.S. Strategic Command exercise scenario, which validated the nation's nuclear command, control, and operation procedures.



5TH MUNITIONS SQUADRON

Airmen assigned to the 5th Aircraft Munitions Squadron build and load inert munitions as a part of Global Thunder 22 at Minot Air Force Base, N.D., Nov. 4, 2021. The inert munitions simulate the weight of real munitions allowing pilot's to train under the most realistic conditions possible. Global Thunder is an annual command and control exercise designed to train U.S. Strategic Command forces and assess joint operational readiness.

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



HUEY FLIGHT

A UH-1 Huey with the 54th Helicopter Squadron flies above the flightline at Minot Air Force Base, N.D. Nov. 5, 2021 during exercise Global Thunder 22. The 54th uses the Huey to provide enhanced defensive measures to the Minuteman III missile fields maintained and operated by the 91st Missile Wing. Both units participated in the U.S. Strategic Command led, command and control training exercise along with B-52H Stratofortresses and Airmen from the 5th Bomb Wing also based out at Minot and elements of the 2nd Bomb Wing out of Barksdale AFB, La.

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Bomber Task Force Europe: B-52s join long-range strategic deployment

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA
RELEASE NUMBER 011121

B-52 Stratofortress aircraft from Minot Air Force Base's 5th Bomb Wing join the 9th Expeditionary Bomb Squadron's B-1B Lancers to support the Bomber Task Force Europe mission series, Nov. 10, during a targeting mission throughout the North Sea region.

Air Force Global Strike Command's strategic bomber platforms were joined by Royal Air Force Eurofighter Typhoon FGR4 aircraft, RAF Lakenheath's F-15D Eagles and F-15E Strike Eagles, and RAF Mildenhall's KC-135 Stratotankers, combining a force capable of executing super and sub-sonic strike capabilities with a range of conventional and precision guided munitions.

"Our ability to strike air, land, and sea targets with a coalition fighting force goes unmatched," said Gen. Jeff Harrigan, U.S. Air Forces in Europe – Air Forces Africa commander. "Combining unique bomber strike packages with ally and partner capabilities

offered within the European theater builds brings a force, which can counter any threat to our collective safety and security."

Bomber Task Force rotations have brought all three of U.S. Strategic Command's strategic bomber assets to the European and African theater since the mission series began in 2018. The series demonstrates the U.S. Air Force's unique ability to rapidly deploy to unfamiliar airfields and integrate with NATO allies and coalition partners.

Coverage of BTF deployments will be continuously available on the Defense Visual Information Distribution Service at: <https://www.dvidshub.net/feature/bombertaskforceeurope>.

For media interested in engagement opportunities, please contact USAFE-AFAFRICA Public Affairs as +49 06371-47-6558 or email usafepao.pao@us.af.mil or usafepa.pastaffdutyofficer@us.af.mil.



Three B-52H Stratofortresses took off from Minot Air Force Base as part of Global Thunder 22 on November 9. During the 20+ hour flight they supported combined operations involving Royal Air Force Typhoon FGR4s and United States Air Force F-15Cs Eagles and F-15Es Strike Eagles out of RAF Lakenheath alongside our fellow Air Force Global Strike Command bombers, the B-1 Lancers out of Dyess Air Force Base. The sortie supported the annual United States Strategic Command exercise, Global Thunder, and validated the ability to integrate with allies and partners around the world.



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GLOBAL THUNDER 22

AIRMEN OF GLOBAL THUNDER

AIRMAN 1ST CLASS CHRIS MCCONNELL



JOB DESCRIPTION

McConnell's duties include observing the weather forecast to protect assets on base, the B-52 H Stratofortresses and helicopters.

ROLE IN GLOBAL THUNDER

Weather operations prepares people for what conditions they will be working in and determining if B-52 H Stratofortresses will be able to fly.

"GLOBAL THUNDER ALLOWS US TO SHOW OTHER PEOPLE HOW READY WE ARE TO STRIKE BACK WHEN NEED BE."

AIRMAN 1ST CLASS MIN SUNG CHOI



JOB DESCRIPTION

As an Air Force Traffic Controller, Choi's responsibilities include coordinating the movement of aircraft in the air and on the airfield, and working in teams to track planes by using radar and visual observations.

ROLE IN GLOBAL THUNDER

Working with multiple agencies to ensure the safe and efficient flow of aircraft and aircrews to meet global strike strategic objectives.

"WORKING AS A TEAM WITHIN THE (ATC TOWER) AS WELL AS OTHER FACILITIES TO CONTRIBUTE TO THE OVERALL MISSION IS VERY EMPOWERING"

SSGT CHRISTIAN BARENG



JOB DESCRIPTION

Bareng is the Dedicated Crew Chief for Aircraft 044 and also the Sole Vouching Authority. He verifies credentials of people coming in to the area and also ensures proper care of the B-52.

ROLE IN GLOBAL THUNDER

This is Bareng's 7th year participating in Global Thunder. His main role is to train his Airmen and pass down the knowledge that he has gained.

"MY FAVORITE PART OF GLOBAL THUNDER IS DEFINITELY THE FLY OFF. IT'S ALMOST TWO WEEKS OF 12 HOUR SHIFTS AND FOR THE MOST PART STRESSFUL. FINALLY SEEING THE FLY OFF IS THE BEST PART."

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A LOOK BACK THIS WEEK IN USAF HISTORY

THE SON TAY RAID NOVEMBER 21, 1970



A painting of raiders exiting a crashed helicopter at Son Tay, by Mikhail Nikiporenko. (USAF)

During the Vietnam War, U.S. intelligence revealed evidence of over 50 prisoners of war being held at Son Tay, in North Vietnam. The Joint Chiefs of Staff and President Nixon believed that a rescue operation was worth the risk and appointed Air Force Brig. Gen. LeRoy J. Manor as mission commander and Army Col. Arthur D. "Bull" Simons as the ground force commander. The raid was a joint-force operation that began early on the morning of November 21, 1970.

While Navy carriers used flares to create a diversion, Air Force and Army Special Forces flew in under the cover of night. Once inside Son Tay, it was revealed that the POWs had been previously relocated. All military personnel involved returned safely after the 27 minute raid. While it failed to free POWs, the Son Tay Raid was still considered a success. North Vietnam consolidated POW locations to prevent other raids, making POW communication easier and raising morale and hope for the future. It also served as a basis for future joint-force missions. "Military leaders... were so motivated and committed to the rescue of the prisoners that their desire for solidarity and unanimity overrode any realistic appraisal of what was facing them," said John Gargus, the lead navigator for the mission.

Information courtesy of: nationalmuseum.af.mil / Into Son Tay by John T. Correll

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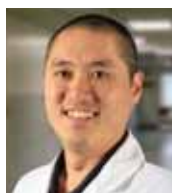
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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



"Boy did winter hit with a bang" I heard on Thursday morning from a young Airmen. This first-year Airmen had arrived in July, and of course had been warned about the winters of North Dakota. I had to explain to him that this really wasn't winter, just kind of a warmup, or cool down, for the real winter that would arrive soon. Later that day I helped push a car out of a small snowbank knowing right away that the Tennessee license plate meant that this young lady wasn't "from here." She was exasperated. She said with a sigh once her car was on the move again "I hope this doesn't last very long." Of course, there really was nothing I could say, being a 60+ year veteran of many North Dakota winters, that would make her feel better...except, I did manage to say, "well spring will be here before you know it." I quickly got back in my car and checked my nose in case it had grown,

somewhat like Pinocchio.

I am guessing that in a year, both of these young, first term Airmen will be advising their peers about winter survival in North Dakota. The young man will know that the first snow and icy roads are just a precursor to what is more than likely to happen in December. The young lady will know that there are more often than not, four serious months of winter in North Dakota. But there is one more fact that they will soon find out about native North Dakotans, we are eager to help out when winter creates hardships for those around us. We shovel, we jump your dead battery, we give you a ride to the service station or whatever it takes to help you survive what can be a trying time. But chin up to all of you who are experiencing your first winter in North Dakota. You'll make it through, and we'll be here to help.

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.
3. Residents will receive reminder emails about the survey.
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Operation Homefront Holiday Meals

Operation Homefront's Holiday Meals for Military program plans to reach the key milestone of serving its 550,000th military family this holiday season. On Veteran's Day, 11 November 2021, Minot contributed to that goal by providing 75 eligible active-duty families with a grocery gift card. Alicia Thompson of the Airmen & Family Readiness Center, Racquel Labadie of the School Liaison Office, and community partner, Stacey Golde of Dakota Supply Group conducted the event at Cash Wise Foods. In

addition to receiving the gift cards, participants learned about available on-base helping agency programs and received a handmade Veteran's Day card from the students at Memorial Middle School. "We are so proud to partner with Operation Homefront for another year to bring this needed support to the Minot AFB community. We know that so many of our active-duty families are away from loved ones and many struggle financially this time of year," Racquel Labadie, School Liaison. Holiday Meals

for Military is part of Operation Homefront's campaign to "Start Strong, Stay Strong". The initiative brings attention to the dedicated service of our military families and highlights the support that Americans can provide in order to build the stability, connections, and comfort that these families deserve so they start strong in their communities and stay strong throughout their journeys. Visit operationhomefront.org for more information on the Holiday Meals Program and other support options.



Above: Alicia Thompson, AFRC, prepared to greet participants at the Operation Homefront Holiday Meals event held at Cash Wise Foods in Minot on November 11.

Right: Donated Veteran's Day cards from Memorial Middle School Students.



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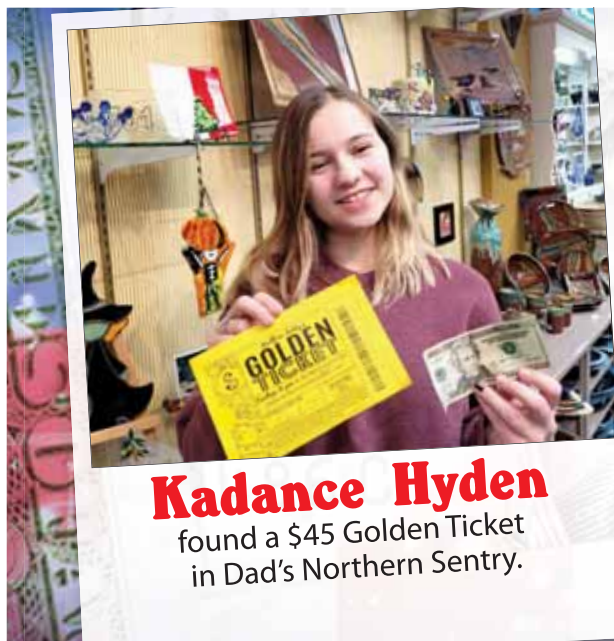


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TRICARE to cover doulas, lactation consultants for some starting Jan. 1

PATRICIA KIME

Expectant moms who use TRICARE in the U.S. will have access to the services of a doula and/or lactation consultant under a new program being rolled out by the Defense Department in 2022.

The Pentagon announced Friday that it plans to launch a five-year pilot starting Jan. 1 to examine whether these birthing and breastfeeding consultants can help improve the health outcomes of new moms and babies in the TRICARE program.

But the pilot will be only for those who use the TRICARE health program at civilian facilities in the U.S. and won't be available overseas until Jan. 1, 2025.

The program, created earlier this year in the 2021 defense policy law, will "study the impact of adding these providers and services on cost, quality of care and maternal and fetal outcomes for the TRICARE population," according to an announcement Friday in the Federal Register.

The military health system has significantly lower rates of maternal death and infant mortality than the general U.S. population, according to the Pentagon — 7.4 maternal deaths per 100,000 births, or 42% lower than in the general population, and 2.51 newborn deaths per 1,000 live births, or 62% lower. But it "continues to actively work to decrease infant and maternal mortality," officials noted.

The federal register notice does not say whether telehealth visits would be covered under the new program. During the COVID-19 pandemic, many hospitals have been excluding doulas from delivery rooms.

The new program will study the impact of the doula assistance and breastfeeding support separately, weighing their impact to determine whether both should become a permanent benefit under TRICARE, according to the DoD.

"The three months immediately following birth, sometimes referred to as the 'fourth trimester,' account for more than half (52 percent) of pregnancy-related deaths in

the U.S. ... Doulas and lactation consultants and counselors provide services during pregnancy and the critical fourth trimester, potentially impacting outcomes for both the parent giving birth and the infant," wrote Aaron Siegel, alternate Federal Register liaison officer for the Defense Department.

Labor doulas are non-medical professionals trained to provide guidance and support to birthing moms before, during and after the labor and delivery process.

Under the program, TRICARE will cover up to six pre-birth and postpartum visits by a certified labor doula, as well as assistance through the entirety of a vaginal or cesarean section birth, whether it occurs at a hospital, birthing center or at home under the supervision of a TRICARE-authorized provider.

The program will cover only experienced doulas certified by one of the following organizations: BirthWorks International; Doulas of North America International; Childbirth and Postpartum Professional Association; International Childbirth Education Association; and toLabor.

Visits will be reimbursed at \$46, while support during the labor will be reimbursed at \$690 for 2021, with both figures due to be adjusted annually.

While TRICARE historically has supported new moms with lactation counseling through outpatient postpartum appointments and well-child visits and has covered up to six lactation counseling sessions since 2015, the latter program is underutilized, with just 5% of new moms using it in fiscal 2020, according to military health officials.

The new program will broaden eligibility for providers, allowing non-medical personnel who are trained as consultants to participate.

It authorizes coverage of up to six lactation counseling sessions per birth, as well as group lactation classes and counseling sessions.

The pilot will cover lactation consultants who have a certification from the International Board of Lactation Consultant Examiners

or are certified as an advanced consultant by the Academy of Lactation Policy and Practice.

The new benefit does not cover those seen at military treatment facilities, nor will it be offered to those who use the U.S. Family Health Plan or Continued Health Care Benefit Program.

DoD officials noted that some military hospitals have lactation consultants on staff and, while there are no doulas at those hospitals, many "[military treatment facilities] do permit beneficiaries to bring a doula with them during labor, whether that doula be a volunteer, paid for by the family, or reimbursed under another program."

The new program will not be offered to TRICARE beneficiaries overseas until Jan. 1, 2025. Officials said that delaying the rollout outside the U.S. will "reduce the administrative burden of the demonstration without having a meaningful impact on the demonstration's results."

The five-year pilot is expected to cost \$51.16 million, with an additional \$4.3 million cost for the analysis.

Senate Democrats Kirsten Gillibrand of New York and Richard Blumenthal of Connecticut originally sponsored the legislation, saying they wanted to help service members and military spouses who may deliver their babies alone as the result of deployment or training and are stationed away from family and friends.

"Military moms, either service members themselves or the partners of those who serve, are at a higher risk of stress and isolation during their pregnancies, and they're more likely to give birth alone — all factors that make doula access especially important," Blumenthal said when introducing the legislation.

The legislation containing the provision became law on Jan. 1, 2021, following a veto by then-President Donald Trump.

Read the original article on Military.com. Follow Military.com on Twitter.



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SoftWave Therapy is Cutting Edge

ROD WILSON, NORTHERN SENTRY

Week two of my SoftWave therapy began with a few more questions for Dr. Matt Hanson of Cornerstone Chiropractic.

First question: I know that my SoftWave treatments are focused on my back, but what other treatments are available?

Dr. Hanson: It has successfully helped patients suffering from knee pain, arthritis, Carpal Tunnel, and athletic injuries, to name a few.

Second Question: You (Dr. Hanson) mentioned that you had other patients that are more advanced in their treatments. What are some of the success stories so far?

Dr. Hanson: What we have discovered so far is that after four treatments patients have started to really notice a difference in their pain.

With those answers, we began my third of what will eventually be eight treatments over six weeks. My lower back has been a source of pain for quite some time. When the SoftWave treatments are started, we begin on my right side. But the treatments will more than likely be on opposing areas, right lower back vs. left lower back. As explained by Dr. Hanson, this is common because you start to compensate for pain or weakness in one side of the body, creating issues on the other side. So yes, we are treating both sides of my lower back, with the goal to alleviate pain in the lower back. As I shared last time, the treatments are about 10 minutes in length and the intensity of the treatments will increase on each treatment. The SoftWave treatments will eventually draw stem cells into the area which will decrease the inflammation in the area, and thus relieve that pain. What Dr. Hanson is finding is that patients are experiencing success, up to 80% of pain relief compared to normal. Next week will be the end of my twice a week treatment, and the beginning of once a week SoftWave treatments. Just another note, you can continue your regular chiropractic adjustments at the same time as your SoftWave treatments.

If you are interested in SoftWave Therapy, give Dr. Matt a call at Cornerstone Chiropractic. Next week we begin the second half of my SoftWave Therapy with once a week treatment



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From the Eighth Air Force Commander

"Men and Women of the Mighty Eighth Air Force and the J-GSOC,

As we wrap up our most important annual training exercise—GLOBAL THUNDER—we also wrap up my first three months as your commander. In that three months, Chief Cenov and I have witnessed the amazing results this combat-tested team has produced time and time again. Just last week, in a mere 72-hour period of time, you showcased our STRATCOM indefinite strategic deterrence mission through operations at Barksdale, Minot, Offutt and Whiteman, while simultaneously proving your global strike dominance in weapons training exercises at Ellsworth and over our nation's most challenging combat training ranges. Dyess and Ellsworth airmen demonstrated our expeditionary readiness through BTF's in INDO-PACOM and EUCOM, and multiple Wings participated in complex joint and combined flight operations with

our NATO allies and INDO-PACIFIC partners.

You have ensured our "BIG-3 Missions" of strategic deterrence, global strike, and expeditionary readiness remain tight. Thank you for this important work. None of this is easy. Protecting our country requires an agile, back-to-basics mindset that produces airmen ready to fight tonight and able to bridge to the

future of global strike.

You prove every day that you honor the incredible legacy of the Mighty Eighth airmen that came before us.

The Holidays are approaching, but they are not here yet. Every man and woman in the Mighty Eighth needs to remain focused for the next few weeks to safely get us to the end of the year, and a short but well-earned down

time for celebration with family and friends. As before, the honor of serving as your commander is the highlight of my professional life and I couldn't be prouder to serve with you."

-Maj Gen Gebara



Maj Gen Gebara
U.S. AIR FORCE PHOTO

BABY ANNOUNCEMENTS

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BABY BOY BORN ON
THURSDAY, NOVEMBER 11, 2021 TO:
GLORIA AND JOSEPH SAUER
MINOT, ND

BABY BOY BORN ON
FRIDAY, NOVEMBER 12, 2021 TO:
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MAFB, ND

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Upcoming Events

18-21 NOV **MOUSE RIVER PLAYERS PRESENT ALICE IN WONDERLAND**
VARIOUS TIMES
Location: 115 1st Street SE, Minot ND

Alice plunges down the rabbit hole and becomes involved in that madcap and deliciously satiric series of adventures immortalized by Lewis Carroll. Dramatized as a series of fourteen episodes from Alice in Wonderland and Through the Looking Glass. A kaleidoscope of action and madness, with the necessary elements of suspense and frustration to make it all work. Adults: \$15, Seniors, Military & Students: \$13, Children 12 & under: \$10

For more information:
www.mouseriverplayers.com

21 NOV **MOVIE SKATE - SOUL**
4:30 PM
Location: Maysa Arena, Minot ND
2501 W Burdick Expy, Minot, ND

Showing: Soul
MAYSA Arena - Pepsi Rink
Sponsored by the Minot Area Community Foundation
- All ages welcome
- \$5 to skate / \$5 for skate rentals

For more information:
Facebook event / Minot Parks

25 NOV **7TH ANNUAL MAGIC CITY TURKEY TROT**
9:00 AM
Location: Brick Building 400 Central Ave, Minot, ND

This event is an un-timed run or walk, on Thanksgiving Day morning. Costumed runners encouraged! Let's see those Turkey hats! We will have a variety of prizes for our best dressed and most spirited runners! Water will be provided at the 5k half way point as well as at the finish line. Children 5 & under are free. Friendly dogs on leashes welcome! Register at <https://runsignup.com/Race/ND/Minot/MagicCityTurkeyTrot>

For more information:
Facebook event / Magic City Turkey Trot

26 NOV **PASSPORT TO THE NORTH POLE- REAL REINDEER AND SANTA**
12:00 PM - 6:00 PM
Location: The Spot 6 2nd st NE, Minot, ND

Come one, Come ALL! Santa and his reindeer are making a stop at downtown Minot's The Spot! This is event is for kids, adults and fur babies alike! There will be hot chocolate, smores, kid activities, family photo shoot with Hint of Whimsy (included in event price) as well as opportunity to travel around downtown Minot for other fun activities brought to you by Margie's and Cookies for you! Tickets are \$50 and include real reindeer encounter, Santa Claus visit, family portrait, smores and hot chocolate! additional stops in downtown Minot are available for discounted prices with main event purchase!

For more information:
Facebook event / The Spot

26 NOV **DOWNTOWN MINOT'S HOLIDAY OPEN HOUSE & CHRISTMAS TREE LIGHTING**
6:00 PM
Location: Downtown Minot

The Christmas Tree Lighting program will start at 6:00 pm, but the Holiday Open house throughout downtown will be going on all day!

For more information:
Facebook event / Minot Downtown Business & Professional Association

26 NOV **SERTOMA CHRISTMAS IN THE PARK**
5:30 PM - 10:30 PM
Location: Minot Oak Park, 19th Ave SW, Minot, ND

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community.
Sunday-Thursday 5:30-10:00
Friday & Saturday 5:30-10:30
November 26-January 1
All proceeds from this event are invested back into our community through the Minot Sertoma Club.

For more information:
Facebook event / Minot Sertoma Club

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DOT'S PRETZEL BREADED CHICKEN THIGHS

Dot's pretzels may be the greatest snack food success story ever to come out of North Dakota. Only a few years ago, they were a little known brand of pretzels only sold in a few stores. This week's news is that they were sold to Hershey Corporation for over a billion dollars. Today Dot's has a whole line of pretzel products and the world's best pork rinds.

One product from Dot's, the Pretzel Crumble is a sometimes misunderstood item. Formerly called Pretzel Ru, it is more suitable as a breading ingredient than as a spice rub. In my opinion, Crumble is a better and more descriptive name than the original. The products are exactly the same, just the name and packaging are new.

At Home of Economy, we use Dot's Pretzel Crumble as the basis for our breading on the deep fried alligator nuggets that we serve at our Gator Parties. One other great way to use Dot's Pretzel Crumble is as breading on oven baked chicken thighs.

In traditional French cooking, mustard is used to adhere bread crumbs, caraway seeds, or other heavy bulky ingredients, to meat. In North Dakota, it is also a great way to coat chicken thighs with Dot's Pretzel Crumble. In France, you might be arrested and thrown in a dungeon for using Bright Yellow American mustard, but in North Dakota you can get away with it. You could also use fancy French mustard if you don't have any of the good American stuff.

Preparation could hardly be simpler. We placed chicken thighs in a big mixing bowl and then coated them liberally with with mustard, then Dot's Pretzel Crumble. We placed the thighs in the Traeger Wood Fired Grill, skin side down and set the temperature to 375°F. After 30 minutes, we turned them over and left them for another 15 minutes until the Internal Temperature (IT) was 185°F. Poultry needs to be cooked to 165°F for food safety, but dark meat is better at 180°F. If you try this with breast meat, you will want to remove them at 165°F, and not even one degree hotter. Some people even remove white meat at 155°F or 160°F, trusting time and carryover cooking to make them safe.

Heat in the Traeger removes much of the mustard flavor, leaving just a bit of vinegar and spice, which combines deliciously with smoke and the spices in Dot's. The breading is light and crispy. Even served cold the next day, I predict you and your family will love it.





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JAPANESE SEROW

CREATURE FEATURES

- Both male and female Japanese Serow have slightly curved horns that are 3 to 6 inches long.
- They are sure-footed and steady to negotiate the steep rocky slopes of their habit areas on the mountains of the Japanese Islands of Shikoku, Kyushu, and Honshu.
- The Japanese Serow has been known to stand on high lookouts for extended periods. This habit is useful for detecting predators or territorial rivals.
- Due to the Japanese Serow's range, they have few, to no predators other than humans and the Asiatic Black Bear.

Fact File

Life Span	Up to 20 years
Weight	55 - 205 pounds
Body Length	2.6 - 6 feet
Shoulder Height	1.6 - 3 feet
Wild Diet	Oakleaves, Canopies, Herbaceous, Fleishy leaves, Shoots, Acorns, Wood, Bark, Evergreen "leaves"



WORD SEARCH

G	I	T	E	Y	U	P	S	X	G	F	G
J	N	G	O	M	E	K	Q	E	N	A	N
B	U	I	I	B	A	K	L	Q	I	X	I
L	Z	E	E	T	O	Y	C	P	K	C	C
Q	K	K	I	O	T	G	Q	O	I	U	N
N	X	N	Q	S	H	Z	G	T	H	R	A
N	G	D	E	T	X	S	C	A	P	L	D
Y	R	E	C	Z	W	W	N	N	I	E	
O	R	G	N	I	I	K	S	O	T	N	C
F	V	E	S	L	E	D	D	I	N	G	I
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Airmen interested in learning aviation fundamentals, becoming a rated officer can apply for Rated Prep Program until Dec. 2

CAPT. KENYA PETTWAY, AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

Active duty Air Force officers and enlisted personnel interested in becoming rated officers have until Dec. 2 to apply for the Spring 2022 Air Force Rated Preparatory Program (RPP), scheduled for March 20-25, 2022, and March 27-April 1, 2022 in Denton.

U.S. Air Force rated career fields consist of pilots, combat systems officers, air battle managers and remotely piloted aircraft pilots.

RPP provides qualified Airmen interested in cross-training to an Air Force rated career field the opportunity to gain and strengthen basic aviation skills.

"The Rated Preparatory Program provides a unique opportunity for officers and enlisted personnel to become rated officers," said Brig. Gen. Brenda P. Cartier, Air Education and Training Command director of operations and communications. "Through RPP, qualified Airmen gain skills they may have not had the opportunity or resources to gain before entering the Air Force. We want to provide our Airmen the tools to pursue their lifelong dream of flying in the Air Force — a dream they may have never thought possible."

Program participants will receive self-paced ground training, about eight flight hours in a Civil Air Patrol Cessna 182 Skylane, and additional training in Federal Aviation Administration-certified simulators — helping them become more competitive for rated selection boards.

"RPP has proven successful in improving students' Air Force Officer Qualifying Test and Test of Basic Aviation Skills scores, which are considered at rated selection boards, by about 40%," said Kathryn Gifford, AETC rated

diversity improvement program analyst. "Of the 93 RPP students trained in fiscal years 19 and 20, 70 applied to the undergraduate flying training board, with 55 (78%) of applicants selected for a rated position."

Airmen who can meet the requirements below are encouraged to apply.

Officer requirements:

☐ Be of high moral character.
☐ Obtain group commander (or higher) approval and endorsement (on application).

☐ Take the AFOQT and TBAS to receive Pilot Candidate Selection Method initial scoring results prior to RPP. Then, retake the AFOQT and TBAS two-four weeks after completion of RPP. Note: The AFOQT and TBAS cannot be attempted more than three times total. RPP officials will provide an exception to policy for RPP graduates who require a waiver for retest intervals, and for those who have tested twice already.

☐ Have less than five hours of total civilian flight time. Note: Applicants with greater than five hours of flight time will be considered on a space-available basis.

☐ Prior to attending RPP, obtain the appropriate Air Force flight physical specific to the rated carrier field. For example, Initial Flying Class 1 for pilots.

☐ Meet UFT board requirements post RPP in accordance with Air Force Manual 36-2100.

☐ Review Civil Air Patrol-assigned study material prior to class start date.

Enlisted personnel requirements:
☐ Must be under 33 years of age on March 20, 2022.

☐ Prior to attending RPP, have

or obtain a bachelor's degree from an accredited university with at least a 2.5 GPA.

☐ After completion of RPP,

apply to an Air Force officer commissioning source at the next available opportunity.

☐ Airmen interested in

applying to the program can find additional information via the call for nominations on MyPers (Common Access Card required).

NOTES ON BEING SAFE

HOLIDAY SEASON DECORATING SAFETY TIPS



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It's that festive time of year again - Time to string the lights, hang decorations, put up Christmas trees, and bring out the candles to celebrate the holidays. To keep the holiday season a merry one, the U.S. Consumer Product Safety Commission (CPSC) has decorating safety tips for consumers.

No matter how people plan to celebrate the holidays, special care should be taken when decorating and by following the CPSC's safety tips can help prevent holiday traditions from turning into tragedies.

Each year, hospital emergency rooms treat about 12,800 people for falls, cuts, shocks, and burns due to incidents involving faulty holiday lights, dried-out Christmas trees and other holiday decorations. Christmas trees alone involve approximately 300 fires annually, resulting in an average of 10 deaths, 40 injuries and about \$7 million in property damage and loss.

To prevent incidents associated with holiday decorations, the CPSC monitors holiday lights and other decorations sold at stores and on the internet. The CPSC works with the Bureau of Customs and Border Protection to identify and prevent unsafe holiday light sets posing fire risks from being distributed in the U.S.

Trees and Decorations:

When purchasing an artificial tree, look for the label "Fire Resistant". Although this label does not mean the tree won't catch fire, it does indicate the tree is more resistant to burning.

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers. The bottom of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic, and do not block doorways.

Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.

In homes with small children, take special care to avoid sharp or breakable decorations, keep trimmings with small removable parts out of the reach of children who could swallow or inhale small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.

Lights:

Indoors or outside, use only lights that have been tested for safety by a nationally-recognized Testing Laboratory, such as UL or ETL/ITSNA. Use only newer lights that have thicker wiring and are required to have safety fuses to prevent the wires from overheating.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Throw out damaged sets.

If you are using an extension cord, make sure it is rated for the intended use.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

When using lights outdoors, check labels to be sure they have been certified for outdoor use and plug them in only ground-fault circuit interrupter (GFCI) protected receptacles.

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

Fireplaces:

Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that, if eaten, can cause intense gastrointestinal irritation and vomiting. Keep them away from children.

Do not burn wrapping papers in the fireplace. Wrappings can ignite suddenly and burn intensely, resulting in a flash fire.

Place a screen around your fireplace to prevent sparks from igniting nearby flammable materials.

General rules for holiday safety

Keep matches, lighters, and candles out of the reach of children.

Avoid smoking near flammable decorations.

Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do. PRACTICE THE PLAN!

Avoid wearing loose flowing clothes—particularly long, open sleeves—near open flames - such as those of a fireplace, stove, or candlelit table.

Never burn candles near evergreens. Burning evergreens in the fireplace can also be hazardous. When dry, greens burn like tinder. Flames can flare out of control, and send sparks flying into a room, or up the chimney to ignite creosote deposits.

Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and/or electrical connections.

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Bible story makes an impression in Follow the Star event

TANYA WATTERUD

What impressed Andy Busch the most when he played the character of Joseph in the Follow the Star Family Treasure Hunt last year was “the kids’ faces. The delight and joy in seeing the characters and seeing the Bible come alive.”

Follow the Star Family Treasure Hunt is part of Dakota Hope Clinic’s Festival of Trees event being held this weekend at the North State Fair Center. With events both Friday and Saturday, November 19 and 20, the Follow the Star portion takes place Saturday, from 10 a.m. to noon and 1 to 3 p.m.

Other activities include Tea in the Trees from 1 to 4 p.m. Friday, Oh What Fun Family Night from 4 to 8 p.m. Friday, Concert in the Trees and Open House from 10 a.m. to 3 p.m. on Saturday, Dashing through the Snow 1 Mile Fun Run/Walk and 5K Run/Walk starting at noon Saturday, and the Dinner and Action Saturday evening, with doors opening at 5 p.m.

During the Follow the Star portion of the event, young children, accompanied by their parents, may follow the star to learn about the birth of Jesus. Along the way they will learn from local volunteers who play the parts of Mary, Joseph, the innkeeper, shepherds, the three wise men and angels.

Busch, who teaches high school

religion classes at Our Redeemer’s Christian School in Minot, also mentioned the reactions of the parents who were “watching behind their kids with smiles on their faces.” Acting as Joseph, Busch shared what it was like for Joseph traveling with a pregnant wife and trying to find a place to stay when there was nothing available.

This year will be the third year that Habeebee Rice of Minot has played the character of Mary, Jesus’ mother. “I have always been touched by the Virgin Mary and bringing Christ to earth, thanks to God,” she said.

Rice said she feels called to play this part, stemming from her childhood when her grandfather would refer to her lovingly as the Virgin Mary.

“Now that I have a baby of my own, I can’t imagine bringing a child into this world that is going to be taken from me – the ultimate sacrifice” Rice said. “If there was someone in the Bible that I could speak to, it would be Mary.”

Rice said the children are “always amazed when they see Baby Jesus in my arms. They try to touch the cloth wrapped around him.” She said the children have probably heard the story of Jesus’ birth, “but it’s in front of them” when they participate in the Follow the Star Family Treasure Hunt. “I just love being part of this story,” she said. “It’s just really close to

my heart.”

One thing that makes the Follow the Star event so realistic is the nativity scene built by Wade Nelson of Minot. It is the first nativity scene he has built, and it was a meaningful endeavor. “I’m an evangelist at heart, so everything I do I do unto the Lord,” Nelson, who serves as one of the pastors at The Pursuit in Minot, said. After the Festival of Trees event, a local church will use the nativity scene. Then Nelson will store it again until the next event.

He and his wife support Dakota Hope Clinic in many ways. He has also built large backyard Jenga and Yahtzee games, written poems and professionally framed them, and offered other things for the live auction that is part of the Festival of Trees. The Saturday evening dinner and live auction is “an elegant night, a time of fellowship,” he said.

Jennifer Lade of Minot brought her children to the Festival of Trees events last year. “My kids and I did the Family Fun Run. We really enjoyed it!” she said. Lade is a monthly supporter of Dakota Hope Clinic. “I was so excited to hear when we were getting a pregnancy help center,” she said. A woman she knows who was pregnant and went to Dakota Hope Clinic for assistance “had nothing but good to say about” the ministry, she said.

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Town & Country Credit Union launches Military Appreciation Loan Discount

TOWN & COUNTRY CREDIT UNION

To show their appreciation to the military servicemen and women who have served our country, Town & Country Credit Union launched their Military Appreciation Loan Discount on November 1.

Veterans and active military are eligible for 1% off their qualified loan rate* and no loan document fees when they close on their loan with Town & Country Credit Union between Nov. 1 and Dec. 31, 2021.

"We are grateful for the sacrifices our military servicemen and women make for our country," said Jeremiah Kossen, Town & Country Credit Union President/CEO. "This is one way that we can show our appreciation and give back to those who give so much back to all of us through their service."

Qualifying loans include:

1. Auto Loans (new and used, purchases or refinance)
2. Recreational Vehicle Loans (ice houses, snowmobiles, ATVs, etc.)
3. Personal Unsecured Loans

Interested veteran and active military can apply online or find a local lender at www.townandcountry.org.

townandcountry.org. Applicants must mention this discount or add MILITARY in the promo code field on the online application to take advantage of this limited time offer.

Town & Country Credit Union has been Positively Impacting the communities they serve for over 80 years. With 11 convenient locations in Minot, Fargo, West Fargo, Kenmare and Stanley, North Dakota, over 150 employees and a focus on continual growth, they provide meaningful value to their more than 23,000 members every day. Membership in the credit union is open to anyone living within 75 miles of Minot and 50 miles of Fargo or Kenmare. More information can be found at www.townandcountry.org.

*Minimum rate of 1% APR. APR = Annual Percentage Rate. Stated rate of 1% applies to a 36-month term with monthly payments of \$28.21 per \$1,000 borrowed. Rate and approval based on credit history and underwriting factors. Offer for auto, recreational, and personal unsecured loans. Not valid on TCCU refinances. Terms, conditions and restrictions may apply and are subject to change.



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How to make the most of Small Business Saturday

Gifts and gatherings take center stage come the holiday season. The holiday season begins on Thanksgiving and continues until New Year's Day. During that time, families gather to exchange gifts, break bread, celebrate their faith, and toast the year to come.

The good times and gatherings that are such a big part of the holiday season were absent from many celebrations in 2020. Though the COVID-19 pandemic is ongoing, the successful rollout of various vaccines should make the coming holiday season feel more normal. That means gift exchanges and gatherings are back in play. Savvy celebrants recognize the benefits of shopping early, and Small Business Saturday is a great chance to get back in the holiday swing of things while supporting the local businesses that make communities so unique.

Plan ahead. Small Business Saturday takes place each year on the Saturday after Thanksgiving in the United States. Since its inception in 2010, Small Business Saturday has grown in popularity. American Express estimates that 110 million people participated in Small Business Saturday in 2019, which underscores how shoppers can benefit from planning ahead. Research sales and inventories of local businesses you want to support so you're ready to go come Saturday morning. Doing

your homework can make it easier to navigate the crowds.

Reserve a table at your favorite restaurant. A great meal with friends and family can be an ideal way to cap off a day of shopping, and it's a great way to support a local restaurant. It's worth noting that a National Today survey of 1,000 shoppers that focused on Small Business Saturday shopping habits found that food and groceries were the most popular things to buy local. Saturday is traditionally a popular night to dine out, and that popularity is even greater on Small Business Saturday. Shoppers can ensure they aren't waiting for a table by booking a reservation in advance.

Check your social media feeds. Many small businesses have recognized the value of communicating directly with

consumers through their social media feeds. Throughout the day, shoppers can keep an eye on Facebook, Twitter and Instagram to learn about special sales or events. In addition, shoppers can share their shopping experiences via their own feeds. Many small businesses rely on word-of-mouth from existing customers, so this can be another way to show your support for the establishments that call your community home.

Make sure you swing into Downtown Minot next Friday & Saturday to partake in some wonderful specials and promotions during the Downtown Christmas Open House & Small Business Saturday. Full details can be found in this weeks Northern Sentry. Begin the holiday shopping season on the right foot.



HERB ROASTED TURKEY



INGREDIENTS

HERB BUTTER
8 TABLESPOON BUTTER, ROOM TEMPERATURE
2 TABLESPOON CHOPPED MIXED HERBS, SUCH AS PARSLEY, SAGE, ROSEMARY AND/OR MARJORAM
1/4 TEASPOON BLACK PEPPER
1 TEASPOON KOSHER SALT

MAIN

1 (12-14 LB) TURKEY, FRESH OR THAWED
3 TABLESPOON BUTTER, MELTED
TRAEGER PORK & POULTRY RUB
2 CUP CHICKEN OR TURKEY BROTH

Combine the 8 tablespoons of softened butter, mixed herbs, salt and black pepper and beat until fluffy. Remove any giblets from the turkey cavity and save them for gravy making. Wash turkey, inside and out, under cold water. Dry with paper towels. Place the turkey on a roasting rack in a roasting pan. Tuck the wings behind the back, and tie the legs together with butcher's string. Gently push some of the herbed butter underneath the turkey skin onto the breast halves, being careful not to tear the skin. Massage the skin to evenly distribute the herbed butter. Rub the outside of the turkey with the melted butter and sprinkle with the Traeger Pork and Poultry Rub. Pour the chicken broth in the bottom of the roasting pan. When ready to cook, set Traeger temperature to 325° F and preheat. Put the roasting pan with the turkey directly on the grill grate. Roast the turkey for 3 hours. Insert the probe from the meat thermometer in the thickest part of the thigh, but not touching bone. Cook until internal temperature reaches 165° F. If the temperature is less than that, let it roast for another 30 minutes, then check the temperature again. When the turkey is done, carefully transfer it to a cutting board and let it rest for 20 to 30 minutes. Do not tent it with aluminum foil or the skin will lose its crispness. Use the drippings that have accumulated in the bottom of the roasting pan to make gravy, if desired. Carve the turkey and serve.



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Local Cravings Restaurant Guide

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 15: 1,829.73 feet above mean sea level (MSL); 12,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.15 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.06 MSL.

- N.D. Game & Fish Dept. game wardens: No reports from the Missouri River System, Devils Lake, or area lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake generally quiet although a few anglers still working the bridges.

- Devils Lake, Woodland Resort, Devils Lake: Activity remains light but try Lindy rigs and minnows on the bottom around the bridges.

- Lake Darling, Karma C-Store, Ruthville: No activity on Lake Darling.

- Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe is starting to ice over but unsafe for any activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited activity on Lake Sakakawea.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with low river levels and access concerns. No activity on Lake Sakakawea.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers continue producing walleye from boats with access still available at the Highway 85 ramp. Try deeper water by Tobacco Garden on the upper end of Lake Sakakawea, although the upper ends of bays are starting to ice over so ramps might not be available as colder weather progresses. Small area lakes getting ice along the edges limiting shore-fishing and boat access but no ice fishing

- Lonetree WMA area lakes, Harvey: Coal Mine Lake closed to



- Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information regarding North Dakota's new electronic posting regulations and assistance.

- Check area U.S. Fish and Wildlife Service Nat'l. Wildlife Refuge hunting regulations for potential late season upland game hunting opportunities.

- Nov. 21: Deer gun season closes.

- Nov. 22: N.D. Game & Fish Dept. public advisory meetings, Painted Woods Sporting Range, 5050 145th Ave NW, Williston, 7 p.m.

- Nov. 23: N.D. Game & Fish Dept. public advisory meetings, Dakota College Alumni Center, Simrall Blvd., Thatcher Hall, Bottineau, 7 p.m.

- Nov. 26: Muzzleloader deer season opens.

- Nov. 29: Dove season closes.

small game hunting and fishing through Nov. 30. No activity on other area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on the Souris River or area lakes.

Hunting:

- Deer: Gun hunters generally had fair success with bucks more active as the rut progresses.

- Upland: Pheasants moving into heavier winter cover. Try working cattails and heavy vegetation.

- Waterfowl: Good numbers of geese around the east end of the Missouri River System, including east of Lake Audubon and along the Missouri River. However, ducks and geese moving out of north-central N.D. although numbers

of birds remained earlier in the week around the Towner area. Decent numbers remained in east-central N.D. earlier in the week with bigger concentrations south of N.D. Highway 200 but movement could change rapidly. Some birds still around central N.D. but they're on the move south. Lots of geese moved out in northwest N.D. with small wetlands and lakes icing over, although fair numbers on large water bodies and Lake Sakakawea yet.

Numbers to know:

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



The 91 Security Forces Group welcomed Mr. Paul Butler as he visits Minot AFB this week. He had a chance to sit with the leadership teams, visited the armory, the guardmount room memorial wall, the VCC and a few Shadow Warriors at O-01. Mr. Butler was here this past week to help us understand where we fit on the team and why, with 27 years of law enforcement experience, he brings a much needed look, insight and understanding of team building and leadership.

91ST SECURITY FORCES GROUP

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MALMSTROM AIR FORCE BASE, Mont. --

My son was born pissed off. I don't really blame him. I'm five feet tall and he was more than nine pounds, so he got stuck on the way out. The doctors broke his collar bone saving his life.

Every parent holds their breath to wait for the sound of that first cry after the birth of their child. But then the crying didn't stop.

It wasn't the soft, sweet cries that most newborns make, it was loud and intense and made my heart race and only stopped in the moments he was sleeping, which were much fewer than the ones he was awake.

When we finally got home, he kept crying. Once, he screamed for hours because I was so out of it that I'd accidentally zipped one of his pacifiers underneath his armpit on the broken clavicle side.

I cried too. Almost every single day.

My post-partum anxiety got so bad I became convinced my son was going choke to death on a dog hair. I'd read about it happening to someone else in an article. Or at least I thought I did. My mind was so cloudy and sleep deprived and my body so weak that I could have imagined reading about it.

I started having intense anxiety attacks where my vision would go fuzzy and the ringing in my ears would become even more deafening than the crying and I could hardly breathe. I started smoking again. I stopped answering most calls. I sent weak excuses via text message. Then I felt guilty about smoking and blowing people off and became even more anxious.

I crawled deep into a dark thought spiral and almost completely isolated myself.

My husband wanted to help more, but his squadron at the time didn't have enough manning so he had to go straight back to work the day after I gave birth.

I was active duty myself until one month before our son was born and I wonder what it would have been like if I'd stayed in. I'm good at hiding behind text messages, but I know in person my coworkers would have seen through my façade immediately and got me the help I told myself I didn't need.

There was even someone from the base's mental health flight assigned to me, but when she

came to the hospital room to speak with me a few days after I gave birth I decided instantly that I didn't like her. I don't even remember why.

I wish I wouldn't have ignored her calls. She probably could have helped.

It was only eight years ago, but I feel like there is so much more awareness of mental health now than there was then. I didn't understand that anxiety or depression or any other mental struggle isn't something that you can just turn off. Most people cannot will their anguish away. That's what mental health professionals are for. They can treat those illnesses just like a medical doctor treats any other illness.

For military members and dependents there are so many people available to help -- a whole army, if you will. There are first sergeants, chaplains, military and family life counselors, supervisors and so many more. I can't speak for other branches, but at least in the Air Force, every single one of us, including civilians, is trained to at least get you to someone who can help if we can't help you directly.

Letting people help me would not have made my son's collar bone heal faster and it might not have made him cry less, but it could have made that first year a whole lot easier for me.

I could have spent that time savoring the moments when he smiled and felt confident that I was doing the best I could instead of focusing on the moments when he was upset and feeling like I was failing.

The problem was I told myself I didn't deserve the help. I told myself that I was the one who'd chosen to become a mother and I should be able to handle it. I told myself I'd be wasting their time and that there were people who need the help more than me.

But even if other people are struggling more than you, that doesn't make your need for help invalid.

I did deserve help. Everyone who needs it does.

To find new parent support and other resources, visit <https://installations.militaryonesource.mil/military-installation/minot-afb/military-and-family-support-center/new-parent-support-program> or <https://www.minot.af.mil/Base-Units/Resiliency/>.



All things deer

Patricia Stockdill

North Dakota's granddaddy of hunting opportunities - deer gun season - may be winding down but that doesn't mean memories of deer and deer hunting will go by the wayside for everyone.

Lucky hunters drawn for the state's limited number of white-tailed deer muzzleloader licenses can go afield beginning Nov. 26 and archery season lasts into the New Year.

So just to keep "all things deer" fresh and alive, not to mention testing ones' knowledge of the wildlife enthusiasts in the audience, here is Deer Quiz 101:

- Question: Deer are members of what family of animals?
- Answer: Technically that would be Cervidae, but commonly it's called the cervid family. Let's be generous and count that correct if cervids was the answer of choice.
- Question: How many members of the cervid family are in North Dakota?
- Answer: Four. Give yourself a bonus point if you can name them, which are white-tailed deer, mule deer, elk, and moose. Deduct a point if you included pronghorn. Deduct two points if you said antelope because technically North America doesn't have antelope. North America has pronghorn. There is a difference.
- But back to the quiz...
- Question: What material comprises antlers?
- Answer: Nope, not hair. Not tissue. They're made of bone.
- Question: Do deer have canine teeth?
- Answer: No, although, early forms of deer had tusk-like canine teeth. Molars are more important teeth to deer than canines because they mainly grind their food. Deer have evolved over time so they no longer need or have canine teeth.
- Question: What was the historic range of white-tailed deer in North Dakota?
- Answer: Forested regions of the bottomlands of the state's rivers.
- Question: Did they live exclusively in the forest?
- Answer: Nope, whitetails didn't thrive best in the woods of places such as the Missouri or Sheyenne

river bottoms. Instead, historically, they did best along forest edges.

In order to manage North Dakota's deer populations early wildlife managers had to first figure out how many deer were in the state. In 1941 they began putting money from Pittman-Robertson legislation to use once they became armed with an opportunity to finally manage wildlife based on science and knowledge. The new influx of money from taxes on hunting equipment meant hunters began funding the science behind the management.

That leads to the next question - when did North Dakota conduct the state's first official deer survey?

- Answer: March 1941. A bonus point goes to anyone who said it was conducted by airplane.
- Question: Why was the survey conducted in March?
- Answer: White-tailed deer are easier to see from the air against a white backdrop of snow. Early observers noted that the difference in coloration between whitetails and mule deer made it more difficult to see mule deer. Today's biologists try to conduct aerial whitetail surveys in January when there is potential for more snow and their tawny coloration can stand out better.

Nowadays, however, mule deer surveys are conducted in the fall.

Question: Why were mule deer surveys changed to the fall?

- Answer: Because leaves are off trees and mule deer are more visible in the Badlands terrain. In the winter, their grayish bodies blend with the earthen tones of the clay buttes and often patchy areas of snow.
 - Question: How fast could a mule deer travel?
 - Answer: A stotting mule deer on the move can hit almost 35 miles an hour by single 25-foot leaps, according to "Wild Facts of North Dakota".
 - Question (mule deer hunters in the state really should get this answer correct): What region has the highest mule deer density?
 - Answer: The Badlands.
- So there you go a few things to ponder about deer. How did you do?

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Air Force releases alternate component fitness score charts

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Air Force will officially add new alternative components to physical fitness assessments beginning Jan. 1, 2022. The updated scoring charts can be found here.

After announcing the components in July, over 9,000 data points were collected to determine the point values for each component by assessing approximately 2,000 Airmen from 23 installations.

Airmen will have the choice to perform these options to meet the strength and cardiovascular requirements:

Cardio
Traditional 1.5-mile Run
High Aerobic Multi-shuttle Run

(20M HAMR)

Strength
Traditional Push-ups
Hand Release Push-ups
Sit-ups
Traditional Sit-ups
Cross-Leg Reverse Crunch
Plank

"While testing these components at various installations, we received a large amount of positive feedback," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel, and services. "The changes to the physical fitness assessments reflect what we learned and our desire to provide Airmen with additional flexibility in maintaining fitness standards."

Airmen can schedule their

assessment and sign up for their desired cardio option via myFitness, which will be available for scheduling starting on Dec. 10. While members can select their desired cardio option when scheduling their assessment, they will select their desired strength components at time of their assessment.

While the waist measurement is no longer a component of the fitness assessment, DoD Instruction 1308.3 still requires Airmen to be measured for and maintain a healthy body composition to ensure physical readiness. The Air Force Surgeon General, who has responsibility for overall Airmen health, has reviewed alternatives and determined waist-to-height

ratio as the best available method for assessing body composition. AF/SG will be providing guidance on this program in the coming months.

In addition to the approved new options, the Air Force continues to test future alternatives. Key tenets for new options include ensuring the test is an equivalent measure of fitness, regardless of testing method, and ensuring approved alternatives can be available at every location so all Airmen have the same set of options. This currently limits options like swimming or biking where sufficient equipment is not available at all locations. Likewise, based on equipment requirements and the need for continued

testing, the one-mile walk is not being incorporated as an option at this time. The two-kilometer walk will remain a fitness component for those who are not medically cleared to perform the two approved aerobic options.

The Air Force Services Center is working with installation Fitness Assessment Cells to schedule and conduct training for Unit Fitness Program Managers and Physical Training Leaders to ensure proper administration of the new components.

The alternative events will not apply to Guardian annual fitness tests as the U.S. Space Force develops and implements their service-specific Holistic Health Assessment over the next year.

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Trinity Health Foundation Board of Directors Welcomes Boppre and Sem

TRINITY HEALTH FOUNDATION

(MINOT, ND)— Trinity Health and Trinity Health Foundation recently appointed two new members to the Foundation’s Board of Directors Brian Boppre and Claude Sem were both appointed to fill 3-year terms on the board.

Brian Boppre is a licensed attorney and the founder/owner of the Boppre Law Firm in Minot, North Dakota. Claude Sem is a retired banking executive from the Minot area, most recently serving as the CEO of Farm Credit Services of North Dakota. Both new members have a wealth of experience serving on numerous community and regional boards throughout their careers. The knowledge they bring from within the finance and estate planning industries will be a critical asset to the board.

“I am thrilled that Brian and Claude have joined the board of directors of the Trinity Health Foundation. The next few years will be transformative for the

foundation as we support the efforts to open the new Trinity Health campus. The expertise that these men bring to our organization will be instrumental in our success as they help to guide the organization into the next 100 years,” said Dusty Zimmerman, Director of Trinity Health Foundation.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.






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Commander: 1st Lt. Jeremy Skalicky

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- GET YOUR BATTERY TESTED**

Winter is rough on batteries, draining power more quickly than usual. With the temperature rising, now is the time to get your battery checked to ensure you’re starting the season off right. Stop by a AAA Car Care center for a free digital vehicle inspection, which includes a battery check and, if needed, we can install a new battery.
- REPLACE YOUR WIPER BLADES**

We’ve had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.
- CHECK YOUR ENGINE AIR FILTER**


The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.
- INSPECT YOUR TIRES**

Ensuring your tires have enough tread – ideally at least 4/32” – will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it’s time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.
- TOP OFF OR CHANGE VEHICLE FLUIDS**



Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.
- CHECK YOUR AIR CONDITIONING**

You’ll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn’t just a luxury – it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.
- CLEAN YOUR CAR**

Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car’s exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.
- HAS YOUR VEHICLE BEEN SITTING IDLE?**

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EFMP & Me

The Military One Source EFMP & Me online resource is an encompassing toolkit for families with EFMP members. Families can log on to find out the basics of the Exceptional Family Member Program and enrollment. Those with younger children can dive into child care resources and discover on and off installation provider information. The vast education section details general information for preparing students for success and also specifics for varying age groups; this includes birth to age 3 early intervention, K-12 education to include IEPs and 504 plans, and transition to secondary education or the workforce. Other pertinent



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



topics within this online resource includes: Medical and Navigating Tricare, Deployment, Housing, PCS support, Separation & Retirement, Financial Planning, and Legal. For more information visit <https://efmpandme.militaryonesource.mil/> or contact the EFMP Family Support Coordinator at 701-723-3950. For questions regarding special needs education please contact the SLO at 701-723-1447.

efmpandme.militaryonesource.mil/ or contact the EFMP Family Support Coordinator at 701-723-3950. For questions regarding special needs education please contact the SLO at 701-723-1447.

2021-2022 MPS CALENDAR



IMPORTANT UPCOMING DATES

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						
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						
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



EXPANDED ELIGIBILITY PILOT PROGRAM

Now Accepting Applications!

The Expanded Eligibility Pilot Program (E2P2) gives military-connected high school students without access to a DoDEA brick-and-mortar high school the ability to take up to two online courses through the DoDEA Virtual High School. These courses supplement classes offered at local schools and must be used toward graduation requirements. Course areas include Advanced Placement, World Languages, and Career Technical Education. The E2P2 is designed for students with an active duty parent stationed in remote locations or who are homeschooled. The program is limited to 400 enrollments per year, so be sure and submit your application right away.

Submit your application at:

www.dodea.edu/dvs/e2p2.cfm

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military high school
dependents



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Placement, World
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Time for a children's vision checkup

As the routine of a school year settles in, families may direct their focus to factors that have nothing to do with school supplies or enrolling youngsters in extracurricular activities. For example, the weeks after families settle into a new school year routine can be a great time to have students' vision checked.

According to Prevent Blindness, the oldest eye health and safety nonprofit organization in the United States, common vision problems in children include amblyopia (lazy eye), strabismus (crossed eyes), and refractive errors like myopia, astigmatism and hyperopia.

A recent study titled "Children's Vision and Eye Health: A Snapshot of Current National Issues, 2nd Edition," points out that vision has a critical role in children's physical, cognitive and social development. Furthermore, visual functioning is a strong predictor of academic performance in school-age children, according to the study. In fact, without early detection and treatment, uncorrected vision disorders can interfere with learning and impair children's development.

Parents and educators are urged to be aware of symptoms of common eye disorders in children, which include the following.

- Rubs eyes a lot.
- Closes or covers one eye to read or see.
- Tilts head or thrusts forward.
- Has trouble reading or doing other close-up work.
- Holds objects close to eyes to see.
- Blinks more than usual.
- Complains things are blurry or hard to see.
- Squints eyes or frowns.

All children, and especially those who are having issues with their eyes, should visit with an eye professional annually to have their vision checked. In addition, parents can rely on Prevent Blindness in conjunction with Children's Vision Massachusetts and School Health for a new web resource to assess their kids' digital screen time use. Tips are available at <https://preventblindness.org/childrens-screen-time-tips/>.

The opening weeks of a new school year mark a great time for kids to get their annual vision checkup.



Healthy vision is an important component of success in school and can even affect children's social development.

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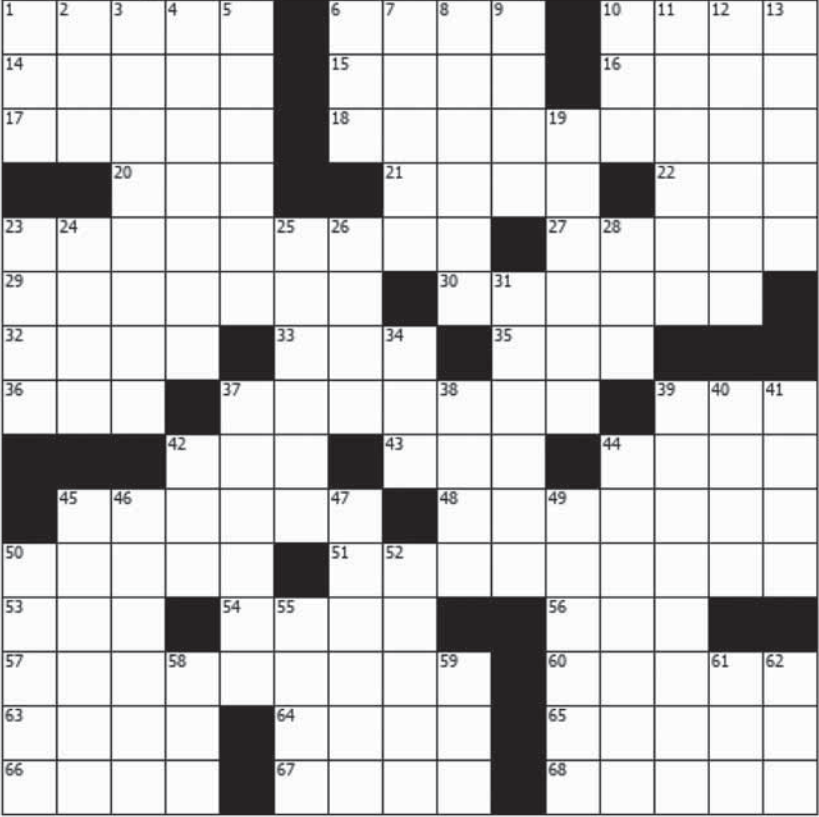
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CROSSWORD PUZZLE

- Across**
- 1. Onion and leek relative
 - 6. Some whistle blowers
 - 10. Allowing access
 - 14. Nation once called Dahomey
 - 15. Overlook
 - 16. Hindu teacher
 - 17. Expanse
 - 18. 1775 foe of the British
 - 20. "Love ____ Madly"
 - 21. Quebec separatist Levesque
 - 22. Major leaguer, e.g.
 - 23. Kind of figure
 - 27. Not carrying a piece
 - 29. Pueblo gullies
 - 30. Jeans topper, often
 - 32. "Diff'rent Strokes" star Coleman
 - 33. Guerrilla Guevara
 - 35. Battleship score
 - 36. Cagey
 - 37. Help for many a mom and dad
 - 39. Overalls part
 - 42. Lamp contents, once
 - 43. "Madama Butterfly" accessory
 - 44. Raise, as a question
 - 45. Breathtaking garment?
 - 48. Like good penmanship
 - 50. Capital on the Willamette River
 - 51. Small suitcase
 - 53. Caesar's welcome
 - 54. "Tosca" tune
 - 56. Quaker word
 - 57. Young horses
 - 60. Cobbler's replacements
 - 63. Paddock pop
 - 64. Give wolfish looks
 - 65. Lawnmower part
 - 66. Cameo stone
 - 67. One of the "Beverly Hills 90210" crowd
 - 68. Meddler



- Down**
- 1. Safer working environment?
 - 2. With-it
 - 3. Rushing
 - 4. British ruler in India, for one
 - 5. Vigor
 - 6. CD follower
 - 7. Dubai leaders
 - 8. Top-of-the-line
 - 9. Shock
 - 10. Birthday candle giveaway
 - 11. Type of cable
 - 12. Genesis resting place
 - 13. Sentence type
 - 19. Computer enthusiast
 - 23. Macbeth trio
 - 24. Mouth-related
 - 25. Site
 - 26. Far from ruddy
 - 28. Brightened
 - 31. Horror film sound
 - 34. "The Island of the Day Before" author
 - 37. Gloomy
 - 38. Deft
 - 39. Woody Guthrie protege
 - 40. Ocean occupant
 - 41. Shampoo type
 - 42. Gold digger's aim
 - 44. Tiny opening
 - 45. Spelunker's worry
 - 46. Notorious cow owner
 - 47. Pang of conscience
 - 49. Copes
 - 50. Permission
 - 52. Harpy, e.g.
 - 55. Sidesplitter
 - 58. Part of a dino name
 - 59. Brunei coin
 - 61. Summer TV notation
 - 62. Great amount

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C6

FRIDAY, NOV 19 1800
SATURDAY, NOV 20 1800
SUNDAY, NOV 21 1500
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AFTERLIFE** (PG-13)

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<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	 <p>OUR REDEEMER'S CHURCH</p> <p>A Church of the Lutheran Brethren</p> <hr/> <p>Sundays: Worship..... 9:00 a.m. & 11:00 a.m. 700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<h1 style="text-align: center;">ORCS Preschool</h1> <p style="text-align: center;"> Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p style="text-align: center;">NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p style="text-align: center;">Please contact our school office or visit our website for more information.</p> <p style="text-align: center;">701.839.0772</p> <p style="text-align: center;">Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>   
<div style="background-color: #cccccc; padding: 20px; text-align: center;"> <p>ADVERTISE YOUR</p> <h1>Church</h1> </div> <div style="margin-top: 20px;"> <p><i>Advertise</i> FOR ONLY \$9 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> </div>		  <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	
<div style="background-color: black; color: white; padding: 10px; text-align: center;"> CONTACT US </div> <div style="margin-top: 10px;"> <p style="text-align: center;"><i>call</i> 701-839-0946</p> <hr/> <p style="text-align: center;"><i>email</i> NSADS@SRT.COM</p> <hr/> <p style="text-align: center;"><i>fax</i> 701-839-1867</p> </div> <div style="margin-top: 20px; background-color: #f0f0f0; padding: 10px;"> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> </div>		<p>we've got the church you've been looking for</p>  <p><i>Your life matters to God!</i></p>	

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

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.

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MINOT AFB ANNOUNCEMENTS

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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 19

- Registration Closes: Epoxy Cutting Board Class at Arts & Crafts
- Registration Closes: Wine & Paint Class at Arts & Crafts
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (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
- 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
- Spades Tournament, 1800, ESC
- 16th Annual Membership Appreciation Youth Turkey Bingo, 1800, Youth Center
- Gobble Up Skate Night, 1800-2000, Youth Center
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 20

- Zumba, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Magic The Gathering Crimson Vow Pre-Release Sealed Draft, 1300, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 21

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

MONDAY 22

- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 23

- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 24

- HIIT Strength & Conditioning, 0530, Fitness Center
- Right Start, 0800-1000, Jimmy Doolittle Event Center, hosted by A&FRC
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Yoga, 1300, Fitness Center
- Extramural Bowling League, 1715, Rough Rider Lanes
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 25

- Thanksgiving
- For full listing Thanksgiving holiday facility hours, visit 5thforcesupport.com
- Thanksgiving Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Thanksgiving Special Dinner, 1630-1800, Dakota Inn Dining Facility

Happy
THANKSGIVING

UPCOMING EVENTS

FRIDAY 26

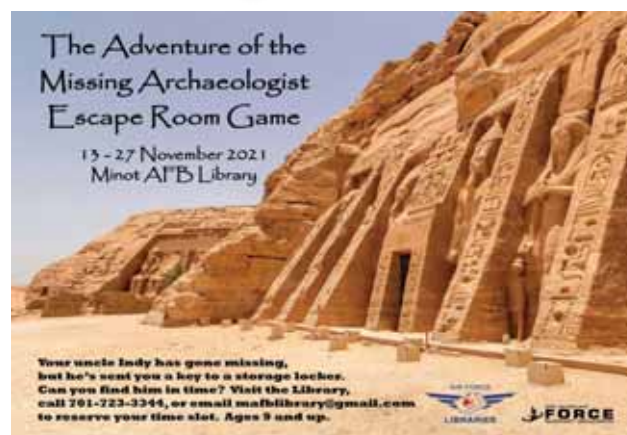
- AFGSC Family Day
- For full listing Thanksgiving holiday facility hours, visit 5thforcesupport.com

SATURDAY 27

- For full listing Thanksgiving holiday facility hours, visit 5thforcesupport.com
- Zumba, 1000, Fitness Center

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- The Adventure of the Missing Archaeologist Escape Room Game: 13 November — 27 November, Minot AFB Library — Call to schedule an appointment.
- American Education Week: 15 November — 19 November, 1000-1400, Education Center
- 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



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