

northern sentry

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WHATS INSIDE THIS WEEK:




AIRMAN RECEIVES AWARD FROM AADD

A3



BETTERING THE WAYS OF DEFENDERS ACROSS 20AF, AFGSC

A7



GLOBAL STRIKE CHALLENGE 2021

B3



Santa Recon

Since my Reindeer are resting in preparation for Christmas, the 54th Helicopter Squadron at Minot Air Force Base was kind enough to take me up in a UH-1 Huey so I could do recon on all of the good boys and girls in The City of Minot! It was amazing to see all of you having a good time with your families. My elves are almost done getting your presents ready, and Minot will be my first stop! Please make sure to leave me some milk and cookies! See more photos on page A5 for more photos.

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Frost Fire Park is a ski/snowboard resort located in the heart of the Pembina River Gorge, N.D. They provide seven exciting downhill ski runs for beginners and experts, as well as a terrain park, equipment rentals, and a variety of family-friendly amenities and adventures.

FROST FIRE PARK PHOTOS



Family fun at Frost Fire Park

ABIGAIL KINDER, NORTHERN SENTRY

Looking for an exciting weekend getaway to make the most of those cold, snowy days? Look no further than Frost Fire Park! Frost Fire Park is a ski resort and mountain biking mecca located in the Pembina Gorge of northeast North Dakota.

Opened in 1976 by two people with a passion for outdoor recreation, Frost Fire Park offers adventurers seven downhill runs ranging from beginner to expert, a 350 foot vertical ski lift, a terrain park, as well as ski/snowboard rentals and lessons. In the summertime, the park offers a variety of downhill mountain biking trails (and rentals!) and a Summer Theatre with productions

such as this year's Marvelous Wonderettes.

Frost Fire Park is now owned by the Pembina Gorge Foundation, which aims to preserve and enhance the experience of the area through historical, cultural, natural, and recreational opportunities. Recently, the park received funding from the Economic Development Administration to expand their infrastructure. Patty Gorder, General Manager of the park, explained, "I'm so grateful that they actually saw the effort in what we were trying to do and how big of an impact the contribution would have, not only on Frost Fire Park but on

the community."

This year's opening date is planned for Sunday, December 12, and the Frost Fire team has been hard at work preparing the hills for the best winter adventure around. The park is able to supplement natural snowfall with "artificial" snow, created with a complex system of water pumps and snow guns. Staff spent over 200 hours making snow last season, according to Gorder.

But this labor-intensive process is all for a good cause. With constant monitoring of the snow guns and landscapers spending hours to shape the snow, Frost Fire Park is able to create the optimal terrain for downhill

skiing and snowboarding.

Alongside the outdoor recreation, Frost Fire Park also offers comfortable lodging, a restaurant, and a gift shop that features the works of local artisans. Gorder also has many plans for the future of the park, from developing a deli to many family-friendly events and themed weekends.

A festive Christmas celebration will be held on December 19 with a special holiday theatre performance, hot cocoa bar, and cookie decorating for families. From December 23 to January 2, the park will be

open all throughout the week to accommodate those on school breaks. At the end of the season, the park plans to hold the second "snocross" competition, which is essentially motocross in the snow.

Visitors are able to buy season passes, full day or half day passes, and Frost Fire Park also offers military discounts! Visit www.frostfirepark.org or visit their Facebook page to learn more about all this Pembina Gorge gem has to offer.

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Airman Receives Award from AADD

ABIGAIL KINDER, NORTHERN SENTRY

On Dec. 1, 2021, Airman First Class Dariana Gutierrez received a special award for her contributions to the wellbeing and safety of Minot Air Force Base. Gutierrez, who is the Primary Scheduler for Airmen Against Drunk Driving (AADD), has volunteered over 163 hours of her time within a two quarter period. She was presented with an Outstanding AADD Volunteer Award that included a plaque and two letters of appreciation, as well as the Command Chief's Coin from CMSgt. Brad Claypool, 5th Maintenance Group Chief, on behalf of 5th Bomb Wing Command CMSgt. Timothy Wieser, for her excellent overachievement in volunteer hours.

Gutierrez's work for AADD not only includes her duties as Primary Scheduler, but also a driver for the program. She has contributed to over 244 lives saved, and as of now, Team Minot has been able to go 44 days without a DUI.

"AADD is a response program, so we're there always on standby on Thursdays, Fridays, and Saturdays from 2100 to 0200 to pick up intoxicated individuals so we can mitigate DUIs and potential harmful incidences,"

said AADD President SSgt. Jan Mariel Punelas. "But it's not just about preventing DUIs, it's about helping Airmen who may not have a car to travel anywhere, need a pickup at the airport, or they may find themselves in a dangerous situation where they can't leave under their own power."

"[Gutierrez] has been a great liaison between leadership and Airmen and she also has a YouTube Channel talking about her experiences coming to Minot because she wanted to share her knowledge and experience of the world," said Punelas. Her dedication to helping her fellow Airmen and families is essential to AADD's goal of protecting the Air Force's most valuable asset: its people.

AADD is available to all Minot AFB military members and spouses, and is even available on holiday weekends. They are safe and reliable, as well as confidential. They are always looking for volunteers as well as highly motivated individuals continue on the legacy of helping others through leadership positions in the organization.

To contact AADD, call 701-727-2233 or check out the Minot AADD Facebook page.



Airman First Class Dariana Gutierrez, Primary Scheduler and volunteer for Airmen Against Drunk Driving, was presented several awards for her dedication to protecting Team Minot. By volunteering over 163 hours of her time in a two quarter period, Gutierrez has played a major role in saving over 244 lives and counting.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

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It's More Than A Number

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



Congratulations! As we go to press the number of days since the last DUI is at 44. John Jeziorske is in charge of keeping the sign current and says "I am pretty sure this has not happened for at least three and a half years" referring to reaching the milestone of over 40 days since there was a Minot AFB DUI reported.

Too recent memories are of two to three days between reported DUI's. The Northern Sentry has had a seat at the table of the DUI Task Force and Airmen Against Drunk Driving. We have supported these programs with ads and distributed the AADD cards to bars and other establishments. But that is just the tip of the iceberg in making this number happen. We know that there is a concerted effort by MAFB personnel to curb the number of DUI's on

Minot AFB. We have seen the number of days between DUI occurrences move up. When we approached the 30-day mark everyone was holding their breath for the possibility of reaching 40. Now we are on the threshold (remember I am writing this column on December 7) of 50 days! Even if we have to re-set (I have no crystal ball) and start over, we have a new target. In other words, we know it can be done.

As we look forward to the holiday season, remember to make plans for a designated driver if alcohol is going to be served. Don't tempt fate. Hand the keys over before your common sense becomes cloudy.

Is there a magic number for the board at the front gate of Minot AFB? Simple answer is yes. Any number over 44...



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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SANTA RECON

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5TH MEDICAL GROUP

Col. Michael Walters, 5th Bomb Wing Commander, and CMSgt. Timothy Wieser, 5th BW Command Chief, visit the Pharmacy at the 5th Medical Group to oversee operations. These Pharmacy Technicians work diligently to provide prescriptions and support medical readiness for Team Minot.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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A LOOK BACK THIS WEEK IN USAF HISTORY

“OPERATION CHRISTMAS KIDLIFT” BRINGS SOUTH KOREAN ORPHANS TO SAFETY
DECEMBER 20, 1950



Capt. Tone Nobile, a flight nurse, comforts an orphan before the airlift. (USAF Photo)

During the Korean War, Air Force Chaplains Lt. Col. Russell Blaisdell and Col. Wallace Wolverton set up the Seoul Orphanage Reception Center to provide food, clothing, shelter, and medical aid to approximately 4,000 orphans in the South Korean capital. When Chinese forces began pushing towards Seoul, the chaplains feared for the children’s safety in the midst of a war zone. On December 19, 1950, Blaisdell met Col. T.C. Rogers, Fifth Air Force Chief of Operations. Along with Lt. Gen. William Tunner, Commander of Combat Cargo Command, they were able to call in 12 C-54 Skymasters from the 61st Troop Carrier Group. Over 1,000 orphans were airlifted to safety on December 20. Nurses and medics from the 501st Air Evacuation Squadron also provided aid to the children, and most of them were able to make it out of harm’s way because of the valiant efforts of the Airmen involved.

Information courtesy of: airforcemedicine.af.mil / USAF Chronology by D. Haulman, P. Jones, R. Oliver

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Bettering the ways of Defenders across 20AF, AFGSC

AIRMAN SARAH POST, 90TH MISSILE WING PUBLIC AFFAIRS

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

Security Forces commanders and senior enlisted leaders from the 90th Security Forces Group at F.E. Warren Air Force Base, 91 SFG from Minot Air Force Base, North Dakota, and 341 SFG from Malmstrom Air Force Base, Montana, participated in a Security Forces Group Commanders' Conference, Nov. 29 through Dec. 3, 2021, at F.E. Warren AFB.

The Security Forces Group Commanders' Conference allowed commanders and senior enlisted leaders across three missile wings to meet and discuss ways they can help their Defenders get better with each new day.

The leaders learned the ways each group operates differently throughout their time at the conference and also discussed how they can adopt new practices or make their current practices

better. The goal of the discussions was to find practices each group can adopt so their Defenders can carry out the mission more effectively.

"This conference affords our Defender leaders the chance to meet with their counterparts from each missile wing to discuss the best practices in the missile field and at the base in order to achieve integrated lethality," said Col. Robert Ford, 90th security forces group commander. "It's a great opportunity to talk about things that might help our Defenders execute the mission more effectively and efficiently."

Leaders from the three security forces groups were able to take this conference opportunity to create better practices at their home station to help their Airmen and to better execute the mission, making a more ready and lethal defender force.



Senior Master Sgt. Nicholas Roberts, from the 91st Missile Security Forces Squadron, Minot Air Force Base, North Dakota, gets his gear checked by a cadre member for a rappel demo during the Security Forces Group Commanders' Conference Dec. 2, 2021, at F.E. Warren Air Force Base, Wyoming. Leaders from the 90th Security Forces Group from F.E. Warren AFB, Wyoming, 91 SFG from Minot AFB, North Dakota, and 341 SFG from Malmstrom AFB, Montana, met to bring new ideas together on how to improve their group's missile field and base security practices.



Chief Master Sgt. Marc Cobos, senior enlisted leader in the 91st Missile Support Operations Squadron, Minot Air Force Base, North Dakota, rappels down a building aussie style during a rappel demo at the Security Forces Group Commanders' Conference Dec. 2, 2021, at F.E. Warren Air Force Base, Wyoming.



Chief Master Sgt. Gerald Sullivan, chief enlisted manager in the 91st Security Forces Group, Minot Air Force Base, North Dakota, rappels down a building during the Security Forces Group Commanders' Conference Dec. 2, 2021, at F.E. Warren Air Force Base, Wyoming.



Security Forces commanders and senior enlisted leaders from Air Force Global Strike Command learn about the 90th Security Forces Groups way of fleet management in the Peacekeeper High Bay during the Security Forces Group Commanders' Conference Dec. 2, 2021, at F.E. Warren Air Force Base, Wyoming.



Chief Master Sgt. Gary Bubar, from the 791st Missile Security Forces Squadron, Minot Air Force Base, North Dakota, rappels down a six-story building during the Security Forces Group Commanders' Conference Dec. 2, 2021, at F.E. Warren Air Force Base, Wyoming.

U.S. AIR FORCE PHOTOS | AIRMAN SARAH POST

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AIRMAN 1ST CLASS
COLT CARR



BACKGROUND

Originally from Loxahatchee Florida, Carr became a member of Team Minot in September 2020. In his free time he travels to Western N.D. to see the Badlands and mountains.

DAY-TO-DAY

Carr is a Weather Forecaster for the 5th Operations Support Squadron.

“THE BIGGEST CHALLENGE UP HERE IS HAVING TO EXPECT THREE OR FOUR DAYS OF BAD WEATHER EVERY WEEK”.
CARR SAYS GOOD LEADERSHIP MAKES IT WORTH IT.

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Civil Air Patrol celebrates 80th anniversary



CIVIL AIR PATROL NATIONAL HEADQUARTERS

Civil Air Patrol members throughout the United States and in overseas squadrons are celebrating the organization's commitment to community service today — a commitment that began Dec. 1, 1941, and has continued for 80 years.

More than 56,000 members, youth and adult members, volunteer their time and talent to perform essential emergency services, advance aerospace and STEM education, and provide youth programs that build character, enhance physical and mental fitness, and shape the leaders of tomorrow.

"Civil Air Patrol members draw strength from our 80 years of history," said Maj. Gen. Edward D. Phelka, CAP's national commander and CEO. "On this milestone anniversary, today's volunteers take great pride in continuing the important work of our predecessors. Just as we did in CAP's early years, volunteers continue to perform vital missions for America, including homeland security, youth training, the advancement of science and technology, and so much more. Our proud past is a launching pad for us to rocket into the future."

Civil Air Patrol was founded in December 1941, one week before the U.S. entered World War II. Since then, its mission has evolved over the past eight decades to meet the ever-changing needs of America's communities with advanced lifesaving technology and world-class programs in youth development and education.

As the operator of the world's

largest fleet of single-engine aircraft, CAP also serves as the official auxiliary of the U.S. Air Force to perform emergency services duties as assigned, including conducting search and rescue missions; supporting local, state, and federal agencies after natural disaster; providing pandemic relief; participating in joint training exercises; and more.

In 2015, Civil Air Patrol became a Total Force partner of the Air Force in a noncombatant role, complementing the combined efforts of the Air Force, Air Force Reserve, and Air National Guard to preserve life and relieve suffering.

"Congratulations, and happy anniversary, Civil Air Patrol. I'm happy to be here with you, and to be working with you as a partner every day," said Brig. Gen. William D. Betts, vice commander, First Air Force and Air Forces Northern Command, who touted the organization's ability to always adapt so that its members stay mission-ready.

"Some of the technology used in emergency services missions today did not exist decades ago — GPS, forward-looking infrared, 3D scanning capabilities, digital photography, cell forensics and more, have changed the way CAP operates and the results are impressive, saving more lives, preserving property, and relieving human suffering in ways that could not have been imagined decades ago. This is what makes CAP an invaluable Total Force partner. The investment in dollars and lives saved is a hallmark of

CAP."

Civil Air Patrol's education programs for youth span grades K-12 with science-based aviation and aerospace education curriculum, interactive STEM kits, and career exploration. Volunteer University, the organization's adult learning center of excellence, provides online, on-site, and on-demand opportunities for adult members to hone existing skills and learn new ones to help create a highly trained and effective volunteer workforce.

Programs for CAP cadets aged 12-18 focus on developing well-rounded community-minded servant leaders by integrating education, enhancing physical fitness, increasing confidence and more. Civil Air Patrol is also helping address the looming national pilot shortage with innovative programs like Cadet Wings that provide scholarships to train cadets 17 and older to be private pilots — an opportunity that can change the trajectory of a young life.

Today's Civil Air Patrol looks different than it did 80 years ago, but at its core the organization remains the same — serving in meaningful ways that meet the nation's needs in ways no other organization can match.

"You should all be proud of the work you do as selfless volunteers of serving America's communities, saving lives, and shaping futures," Betts said. "You should be equally proud and grateful for the work of those who came before you, to bring us this far, and prepare Civil Air Patrol for the next 80 years."

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BackTalk
SoftWave Working on Bum Knee...
 ROD WILSON, NORTHERN SENTRY

In our last discussion we talked about Dr. Matt Hanson expanding the SoftWave treatment to include my right leg and knee. So many of us have those sports related injuries, for example, tennis elbow or aching knee. These conditions are amplified in the winter when the weather gets a bit colder. "It's part of living in North Dakota" according to Dr. Hanson.

Good news! After only three treatments on my right knee, injured in high school football and aggravated countless other times, there is a marked improvement. Swelling on the top of the kneecap has been reduced, and the soreness and stiffness that often occurs when I am sleeping has also been reduced.

Dr. Hanson explains that many professional teams have made SoftWave part of their training room, "and some major league baseball teams use SoftWave therapy immediately after a pitcher has finished for the day. If the SoftWave therapy causes discomfort, they know that there is inflammation in the shoulder and arm, and they use SoftWave to treat that inflammation."

SoftWave Therapy on my back and hip has continued to improve those areas as far as flexibility and pain management. I have only one more treatment and then "we re-assess and see where we are at" according to Dr. Hanson.

Without being too much of a "salesperson" here, I strongly encourage anyone with those nagging sports injuries to make an appointment for a SoftWave assessment. It will be worth your time and investment.

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Global Strike Challenge 2021

AIRMAN FIRST CLASS SAOMY SABOURNIN, 5TH BW PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The objective of the Global Strike Challenge is to showcase the abilities of the world's premier bomber and Intercontinental Ballistic Missile forces; as well as helicopter and security forces operations. Units at Minot Air Force Base are competing with others across Air Force Global Strike Command, Air Combat Command, Air Force Reserve Commands and the Air National Guard.

The Global Strike Challenge complements the Air Force's heritage of competition and recognizes the "best of the best" in weapons systems and security operations.

"The Global Strike Challenge is meant to promote competition and spread the best practices throughout the Command," said Capt. Alton Clifford, 91st Missile Wing project officer. "It's important because we want our members to get experience in what they're doing and become experts."

Air Force Global Strike Command honors its lineage of Strategic Air Command's bomber, weapons loading and missile competitions but launches a new tradition by including operations, maintenance and security forces participants from both missile and bomber communities.

The competition occurs every other year and teams have the opportunity to participate in events that require teamwork and innovative skills that are essential



Members of the 91st Missile Wing are sent off by their colleagues during the Global Strike Challenge Sep. 15, 2021 at Minot Air Force Base, North Dakota. The Global Strike Challenge showcases the world's premiere ICBM force and recognizing the best of the best in Global Strike.

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



Senior Airman Lincoln Manor, 91st MSOS Tactics Response Force (TRF) trainer, prepares for the Global Strike Challenge at Minot Air Force Base, N.D., Aug 27, 2021. TRF conduct multiple exercises in preparation of the Global Strike Challenge.

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

to the AFGSC mission. The teams compete at both their home bases and designated competition sites throughout the summer.

"If we're on a team and we're not talking to each other and communicating, we're going to fail," said Senior Master Sgt. Christopher McCauley, 5th Bomb Wing project officer. "Making sure there's crew integrity is very huge and the evaluators can pick up on that very easily."

Team Minot is looking forward to seeing the results of their efforts and showcasing their dedication to the mission. In 2019, Team Minot took first place in nine categories that included Best ICBM Missile Handling Team, Best Helicopter Squadron, Best Bomb Wing Nuclear Munitions Maintenance Team and the Barksdale Trophy for best community support for an AFGSC base.

100th Anniversary of the Church Building

The Minot United Congregational Church of Christ building will be turning 100 on the 11th of December. We will celebrate the building's centennial anniversary on Sunday, December 12th at noon by opening up the church to all who would like to celebrate the occasion with us. Refreshments will be served. Please note that our normal weekly worship service will be held at 11 am. All are welcome to join us.

Minot Congregational UCC is located at 430 N. Broadway in Minot.



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BAKED CHICKEN CORDON BLEU

Home of ECONOMY

INGREDIENTS

4 (4-5 OZ) BONELESS, SKINLESS CHICKEN BREASTS
8 SLICES PROSCIUTTO OR HAM
8 SLICES SWISS CHEESE
1/3 CUP ALL-PURPOSE FLOUR
SALT
FRESHLY GROUND BLACK PEPPER
1 CUP BREADCRUMBS, PREFERABLY PANKO
1/4 CUP PARMESAN CHEESE, GRATED
2 TABLESPOON BUTTER, MELTED
2 TEASPOON FRESH THYME LEAVES
2 EGGS

Line a baking sheet with parchment paper or use nonstick cooking spray. Butterfly each chicken breast and place between two pieces of plastic wrap. Evenly pound the meat, being careful not to tear it, until chicken is 1/4-inch thick. Lay each chicken breast on a fresh piece of plastic wrap. Season chicken with salt and lay 1 to 2 slices of cheese on each breast followed by prosciutto or ham, then 1 to 2 more slices of cheese. Roll the chicken breast up like you would roll a burrito. Using the bottom piece of plastic wrap as an aid, fold the bottom of the breast up about an inch, then fold in the sides. Roll tightly. Wrap in the plastic wrap and tightly twist the ends to shape and compress the chicken. Repeat with all chicken breasts. Chill in the refrigerator for 1 hour. Season the flour with salt and pepper and put in a shallow dish. Combine the breadcrumbs, Parmesan cheese, butter and thyme. Season with salt and pepper and put in a second shallow dish. Whisk the eggs in a separate third dish. Arrange your workspace in this order: flour, eggs, breadcrumbs. Remove the plastic wrap from the chicken breasts. Coat each lightly with flour then dip in the egg. Roll in breadcrumbs, patting them to make them adhere. Arrange on the baking sheet. When ready to cook, set Traeger temperature to 375°F. Bake for 30 to 40 minutes, or until the coating is golden brown and the chicken is cooked through. Serve whole or slice into pinwheels with a serrated knife. Enjoy!

Ryan Davy - GM
Minot

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Christmas at the Zoo

ABIGAIL KINDER, NORTHERN SENTRY

This holiday season, Roosevelt Park Zoo is not only showing how much they care for their animals, but for the Minot community as well. Their annual Christmas at the Zoo event has brought joy to families all around, and in an effort to help the community and make zoo events more accessible to everyone, RPZ is making a few changes in 2021.

“What we’re adding this year is a community giving day,” said Jennifer Kleen, Greater Minot Zoological Society Executive Director. Christmas at the Zoo will include hayrides around the zoo, cookies, hot cocoa, a variety of crafts, and a visit from Santa Claus. There will also be a blood drive courtesy of Vitalant, and toy and food drives to benefit the zoo animals as well as local organizations.

Admission is only \$2 for members and \$3 for nonmembers, but individuals are able to gain free access to Christmas at the Zoo by donating to one of the drives.

Used toys, especially hard, easily cleanable ones, will be given as enrichment to improve quality of life for zoo animals. New toys or ones that are unable to be used by the zoo will be donated to the Minot Area Homeless Coalition and the Boys & Girls Ranch.

For the food drive, the zoo is accepting nonperishable, “human food” donations for Last Call Food Pantry, as well as a variety of animal-safe items to feed to the zoo animals for enrichment, such as dried fruit, tuna, unsalted peanuts, or peanut butter.

The blood drive is one other

way to get free access to the event while supporting the community. Registration is available online at www.rpzoo.com/christmas.

“My goal is to make the event accessible to whoever wants to come, plus it helps all of these different entities and the idea was to embrace the whole community,” said Kleen. The Vitalant blood drive was the first giving event organized, and Kleen felt that the zoo could do even more for the community. “It kind of branched out from there. If we’re donating blood, what else can we donate so that the zoo is accessible to everyone? We know that Christmas can be a strain on the finances and we don’t want that to be a reason why you don’t come,” she said.

Even one Airman from Minot Air Force Base is getting into the spirit of giving this year! Airman First Class Michael Dorn, a regular volunteer for the zoo, has offered his time to dress up and parade around the zoo as Santa Claus during the event and will be joining families on hayrides to see the animals all around the zoo.

Kleen said that while only about half of the animals will be in their outside enclosures, many of them are built for cold weather and will be more active than they would in the summertime, offering even more excitement outside of the Christmas festivities.

Christmas at the Zoo will be held at Roosevelt Park Zoo, 1219 Burdick Expressway East, from 10 a.m. to 1 p.m. on December 11. For more information, visit www.rpzoo.com/christmas or head on over to their Facebook page.



AMANDA CONE PHOTO

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Upcoming Events

11 DEC CHRISTMAS IN THE GREENHOUSE
 10:00 AM - 5:00 PM
 Lowe's Garden Center
 1640 4th Ave NE, Minot

Join us at Lowe's Garden Center for a magical day of holiday festivities. With the purchase of one ticket per family, this family-friendly event includes poinsettia decorating, a hot cocoa bar and cookies, book reading by some special guests and teachers, fire pits, music, and a surprise gift for the kids when they visit the ice fishing booth. \$30 Family ticket includes: 1 poinsettia decorating session, Hot cocoa bar and cookies, Book reading by some special guests, Fire pits, Holiday Music, surprise take-home activity when you visit the ice fishing booth. \$60 Family Ticket includes: All activities, Professional Minin Photo Session. Get tickets online at the Minot Public School Foundation website!

For more information:
 Facebook Event / Lowe's Garden Center

14 DEC LADIES NIGHT OUT HOLIDAY WORKSHOP
 6:00 PM
 The Market on 4th
 1900 4th Ave NW, Minot

Join us for a fun Ladies Night at The Market - Holiday Style! We will have over 30 projects to choose from at this event including: Holiday String Art, Wooden Bead Wreaths, Greenery Wreaths, Santa Trays, Holiday Round 2-D Signs, Macrame, Jewelry Making, Parch Signs, Punch Needling, Concrete Art, and more!! Reserve your spot now and choose your project when you get to the event. Your \$25 ticket will go towards the project of your choice - prices range \$35-\$60 each project.

For more information:
 Facebook Event / Ladies Night Out Holiday Workshop

17 DEC UGLY CHRISTMAS SWEATER PARTY!
 7:00 PM - 2:00 AM
 The Spot
 6 2nd St NE, Minot

The uglier, the better! It's time to find the most hideous Christmas sweater or design your own to get festive in! There will be drink specials, live entertainment, and tons of fun to put the jingle in your bells! There will be prizes awarded throughout the night! Don't be a Scrooge, it's free to attend so let's get merry!

For more information:
 Facebook Event / The Spot / Ugly Christmas Sweater Party!

18 DEC BREAKFAST WITH SANTA
 8:00 AM - 10:00 AM
 Sonic Drive-In
 1601 35th Avenue Sw, Minot

Tickets are \$5 and include breakfast and a photo opportunity with Santa! Proceeds will be used to purchase Christmas gifts for local children at the Domestic Violence Crisis Center.

For more information:
 Facebook Event / Sonic Drive-In / Breakfast with Santa

18 DEC MEET SANTA'S REINDEER
 10:00 AM - 4:00 PM
 Scheels
 2400 10th St SW, Minot

We've invited Santa's Reindeer to Dakota Square mall! Come meet them, have hot chocolate with Mrs. Claus and take memorable pictures for free! Plus, representatives from the Magic City Discovery Center will be here to lead a fun activity with kids during the event!

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 Facebook Event / Scheels / Meet Santa's Reindeer

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DECEMBER DORM DINNER

December's Holiday Dorm Dinner was a success! Thank you to everyone who made it possible for dorm airmen to get a home cooked holiday meal.

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Northern Celebrations

Embracing
our North
Dakota
Lifestyle

Dog beds and Christmas

Patricia Stockdill

Christmas is just a couple of weeks away and the "need to get" items on the gift list are slowly being checked off.

It's almost embarrassing to admit, but the first two items on the list were purchased a few months ago, not with the idea to beat the supply and shipping crisis.

Not to save tons of money during an early, early, early Christmas sale.

Nope, the two dog beds for the two Hunting Maniacs in the household were bought because I got tired of watching Eider make her "nest" in her doggie bed, sending its internal fluff into the air, on the floor, and any nearby furniture.

With her mission accomplished and fluff everywhere, she triumphantly circles at least two or three times, plops down...and does it all over again.

Hmmm, the perfect "nest" wasn't quite perfect enough and that's why it's in shreds.

You see, Eider, like many dogs, likes her "nest" to be in perfect order. She walks, she circles, she plops, and she scratches it into submission – just right for her perfect nest.

Yes, another doggie bed bit the dust.

But I am proud of myself – I resisted the urge to give Eider with her new bed the moment I brought it home. Both beds are still in hiding. Eider and Garnet will get them when everyone else gets to open Christmas gifts. OK, they're not wrapped but they will get to sniff, walk on, and nest away while wrapping paper flies off the other presents.

So anyone out there just realizing they forgot the family Hunting Maniac or Family Fido, may want to take a look at their doggie bed and consider a new one.

Actually, there are some other cool things for those Hunting Maniacs out there. For example, there is a company with the awesome name of Ugly Dog Hunting. Yes, that's right; it got its name from Scrub, the owner's German Wire-haired pointer and another Hunting Maniac Extraordinaire. Their motto is (appropriately, perhaps) "Want birds? Hunt with

an Ugly Dog".

It's tough to beat a company that combines tongue-in-cheek humor with quality hunting gear for humans and four-legged Hunting Maniacs, along with an immense dedication to their dogs, affectionately dubbed "ugly dogs".

But back to last minute shopping. Scrolling through websites such as Ugly Dog Hunting that specialize in hunting gear and clothing, it's easy to get lost in the array of possible gift ideas.

While Eider likes to nest in her doggie bed, Garnet likes to shred her training dummies. No, she likes to pluck her training dummies, which are those foam duck or pheasant shaped dummies, their heads attached with cord and another cord at the back for easy throwing.

They float like buoys and look and feel like a bird sans feathers. While mallards and pheasants are the most common dummies, the array of other critters with wings on the Ugly Dog Hunting site was pretty neat – grouse, bobwhite and Gambel's quail, chukar, goose (yes, a Canada goose), mallard, pheasant, teal, and even a wood duck. That's about as close to the real thing without having your Hunting Maniac spit out wet feathers.

The litany of dog collars isn't for the faint of heart, either. These aren't Fluffy dog collars, although Fluffy can certainly wear them. These collars are designed to withstand the wear and tear of water work and heavy upland cover for retrievers, flushers, and pointers alike – and even those beloved "ugly dogs".

Plus there are serious name plates that also withstand the elements.

Dog beds, retrieving dummies, collars, training books, kennels, you name it, the list of items for the Hunting Maniac of the family is available locally and via the Internet.

Just get shopping sooner rather than later because that Hunting Maniac deserves to be shredding Christmas wrapping paper right along with everyone else.

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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Dec. 6: 1,829.68 feet above mean sea level (MSL); 16,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.07 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.11 MSL.

•N.D. Game & Fish Dept. game wardens: Look for increasing activity on north-central lakes. Some walk-on activity on the back bays of Lake Audubon but use caution and test the ice with springs in some areas of the lake. Scattered walleye success. Back bays of Lake Sakakawea icing over but no activity yet.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued walk-on activity on some of the small northern lakes, including Lake Alice and Lake Irvine.

•Devils Lake, Woodland Resort, Devils Lake: Bays are icing over but main Devils Lake was still open earlier in the week. Some walk-on activity on Lake Alice and Lake Irvine for walleye. Try jigs and minnows.

•Lake Darling, Karma C-Store, Ruthville: Continued walleye activity at Grano. No reports from Lake Darling but the lake iced over.

•Lake Metigoshe, Four Seasons, Bottineau: Scattered walleye success in the morning and evening with some nice pike mixed in using smelt. Walk-on access only yet

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some water open on Lake Darling on the west side by Grano early in the week. Anglers walking on some portions of the upper and lower ends of the lake with some small walleye success..

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Back bays on the east end of Lake Sakakawea and Lake Audubon icing over but anglers should give the ice more time. Use extreme caution if venturing out with variable ice depths and potential springs.

•Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

•Keep hunting dogs away from ice on wetlands and lake shorelines with thin ice conditions in many areas yet.

•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.

•Upper Souris Nat'l. Wildlife Refuge Prairie-Marsh Auto Tour Route closed until spring.

•Dec. 11: High Plains duck, merganser, and coot seasons re-open.

•Dec. 11: Ducks Unlimited "Raffle Knight", Knights Bar & Grill, Riverdale, 6 p.m.

•Dec. 12: Muzzleloader deer season closes.

•Dec. 15: Registration opens for Wild Outdoor Women (WOW) Weekend, Lake Metigoshe State Park via Eventbrite, (<https://bit.ly/WinterWOW2022>).

•Dec. 15: Des Lacs Nat'l. Wildlife Refuge (NWR) Christmas Bird Count. Contact the refuge, (701) 385-4046, for details.

•Dec. 17: Upper Souris NWR Christmas Bird Count. Contact the refuge, (701) 468-5467, for details.

•Dec. 18: Devils Lake Christmas Bird Count. Beginning birders and feeder watchers welcome. Contact Colleen at White Horse Hill Nat'l. Game Preserve, (701) 766-4272, ext. 428, for details.

•Lake Sakakawea, New Town: Open water opportunities are done in the Van Hook Arm and New Town areas of Lake Sakakawea with ramps icing in. Bays are icing over but unsafe for any access yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: No new activity on the Missouri River tailrace or Lake Sakakawea back bays as they ice over.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Look for the possibility of some walk-on activity on the back bays on the upper end of Lake Sakakawea but check ice depths, be prepared for winter conditions, and use extreme caution.

•Lonetree WMA area lakes, Harvey: No reports from area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Look for walk-on activity

with area lakes gaining ice.

•Turtle Mtn. area lakes: Coast-2-Coast, Rolla: Limited activity with snow and wind but lakes gaining ice so look for increasing walk-on activity throughout the area.

Hunting:

Hunting:

•Pheasants: Look for birds to bunch in heavy cover with colder temperatures and snow.

•Waterfowl: Nice numbers of waterfowl on the east end of Lake Sakakawea and farther downstream on the Missouri River but the bays on the lake are icing over which could move the birds out.

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.

Relentless pursuit of improvement: Personnel Reliability Assurance Program boot camp

1ST LT EMILY SEATON, 20TH AIR FORCE

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

Chris Brannan and Scott Johnston, the Personnel Reliability Assurance Program managers at F. E. Warren Air Force Base, have been working to refine and improve their PRAP Boot Camp as far back as 2014.

PRAP is the overarching designation for two Air Force reliability programs: the Personnel Reliability Program and Arming and Use of Force. Within 20th Air Force, these programs are used to ensure personnel who perform nuclear-related duties are of sound mind and body on the job.

According to Brannan, the training is meant to bolster the knowledge level of the unit program monitors by identifying all of the major areas they will encounter while managing their programs.

As a graduate of the boot camp, Brian Cain, force program manager for the 90th Civil Engineering Squadron, shared, "There are several intricacies to the Personnel Reliability Program, but the PRP Boot Camp hosted by Chris Brannan and Scott Johnston did a great job deep-diving into the particulars of DoDM5210.42_AFMAN 13-501, Nuclear Weapons Personnel Reliability Program. Chris and Scott methodically dissected and presented the requirements outlined in each chapter of the DoDM/AFI, making the vital information easy to understand and later implement in the unit."

Over the years, what started as just going over the staff assistance

visit checklist to improve PRP within the units, progressed into a slide presentation, Brannan explained. The slide presentation turned into three full days of information. After brainstorming together, Brannan and Johnston decided to make the information easier to digest and apply by going to three half-days.

"They can absorb that information, go back, apply it for the other half of their day, and then come back the next two mornings to do it again," said Brannan. "We have received nothing but positive feedback from our monitors that have attended these boot camps, not only with what content was discussed, but also with how the course is divided into the three half-days. This allows them to take it all in without information overload."

At the end of each boot camp, they conduct a quiz to see if there are any areas that need to be further clarified. If anything is identified from the quiz, they return to the topic and reinforce the content to ensure student understanding.

The success of Brannan's and Johnston's boot camp was shared with Maj. Gen. Michael Lutton, commander of 20th Air Force, during a meeting with wing commanders.

"The work of Chris and Scott is a great example of Airmen within 20th Air Force making a positive difference for our nuclear mission through quality training and a relentless pursuit of process improvement," said Lutton.

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On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following as the Twentieth Air Force nominee for the Twentieth Air Force 2022 General & Mrs. Jerome F. O'Malley Award. Colonel Christopher Menuey and Mrs. Tonya Menuey – 91 MW, Minot AFB, ND
 This award recognizes a wing commander and spouse's contributions to our nation.
 On behalf of the Twentieth Air Force Commander, we are also extremely proud to announce the following as the Twentieth Air Force nominees for the 2022 AFA Outstanding Air Force Civilian Employees of the Year Award. Civilian Wage Employee of the Year – Timothy R. Willis III – 90 CES, F. E. Warren AFB, WY
 Civilian Program Specialist – David E. Lycan – 90 GCTS, F. E. Warren AFB, WY
 Civilian Program Manager – Mark Gonsalves – 576 FLTS, Kirtland AFB, NM
 Each year, the Air Force Association (AFA) recognizes the outstanding achievements made by Air Force civilian appropriated fund employees. Nominations are evaluated on criteria such as nature of the achievement, development of techniques or procedures which significantly increased mission effectiveness, and breadth of impact.
 The nominees will now compete at the AFGSC level.



4 factors to consider to maintain winter safety

Many changes are to be expected as fall gives way to winter. Temperatures drop for much of the country, and depending on where one lives, snow, wind and ice are to be expected.

As beautiful as snow-covered landscapes can be, winter presents unique hazards, notably slippery roads and surfaces. Chilly temperatures also can put people at risk if they spend prolonged periods outdoors unprotected.

According to the insurance company Carsurance, more than 156,000 crashes occur annually due to icy roads. Roughly 17 percent of all vehicle crashes happen in winter conditions. Winter hazards are not exclusive to driving, however. That means winter safety involves a consideration of a host of factors.

1. Changing visibility

While slippery surfaces may contribute to some accidents, visibility can quickly change with winter weather. Blowing snow can contribute to whiteout conditions. In addition, fog can be hazardous to drivers, aviators and mariners and contributes to thousands

of travel accidents every year, advises the National Weather Service. It's important to slow down, leave plenty of distance, use your low-beam headlights, and recognize when it may be safest to pull over, such as when visibility is significantly compromised.

2. Snow removal

Shoveling snow or using a snowblower are common wintertime activities. Yet strenuous levels of activity in cold temperatures could put people at risk of heart attack, particularly if they are not acclimated to physical activity. Always warm up prior to shoveling snow to prepare the body for exercise. Go slowly and take frequent breaks. Avoid twisting and tossing snow over your shoulder, which can contribute to back injuries.

3. Carbon monoxide poisoning

Winter weather means turning up the heat or doing more indoor cooking. Carbon monoxide is produced through the burning of fuel in various forms, including stoves, engines, gas ranges, portable generators, and grills. The National Safety Council says carbon monoxide

is an odorless, colorless gas that can go undetected as it builds up in enclosed spaces. Never warm up the car inside of a contained garage. Do not use portable flameless chemical heaters indoors, and have furnaces, water heaters and other fuel-burning appliances checked and serviced by a qualified technician annually. Be sure that carbon monoxide alarms are on every floor of the home, and take it seriously if the alarm goes off.

4. Black ice

Black ice is a common winter foe. Black ice forms when temperatures rise above freezing during the day, melting any snow on the ground and causing surfaces to become wet. If the temperature drops once more while the ground is wet, a thin, transparent sheet of ice can form. Black ice also may occur if moisture in the air condenses and forms dew or fog, and then the temperature drops below freezing, says the National Weather Service. Black ice gets its name because it looks black on asphalt roads. However, it also can form on sidewalks and overpasses, or spots shaded by trees or other objects. Slowing down and exercising extreme caution are essential.

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Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>




WILLISTON ABS INNOVATION ACADEMY SCHOOL TRIP
Students from Williston ABS Innovation Academy participated in a tour of Minot AFB, conducted by the 69th Bomb Squadron, and had the opportunity to tour a B-52 H Stratofortress, the 54th Helicopter Squadron, and observe a K-9 demonstration.

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

NOTES ON BEING SAFE

TIS THE SEASON FOR TOY SAFETY



ROD KRAUSE
5TH BOMB WING
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Tis the season team Minot! When you are spreading the holiday cheer and in a giving spirit, keep in mind, toy safety! There are hundreds of toys on the market today, which are produced from all over the world. However, not all of them are made with quality. While shopping you may not be thinking of safety but this is something that is often overlooked. According to the U.S. Consumer Product Safety Commission more than 120,000 children are treated in the hospital emergency room for toy related injuries. When selecting a toy, the following things need to be considered: One, the age of the child should be the primary key, so that they are getting something that is appropriate for their group and skill level. Two, inspect the toy by looking for quality design and construction. Avoid items that have sharp points, glass, exposed metal edges, and small attachments. This will help reduce the chance of accidental hazards as choking and cuts. And three, read the label! We often neglect to read the warnings and precautions listed. This notice can be the deciding factor also if the toy will be a good idea as a gift. Remember, a toy for sale does not mean that the product is safe. If you encounter a toy that you feel is unsafe ensure you report your concern to the U.S. Consumer Product Safety Commission.

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presents

JUNGLE JENN

Fact File

Life Span	10 - 11 years
Weight	5 - 9 pounds
Height	24 - 28 inches
Top Swimming Speed	3 - 5 mph
Wild Diet	Crustaceans, Herbivores, Fish, Crustaceans, Squid

AFRICAN BLACK-FOOTED PENGUIN

CREATURE FEATURES

- A warm weather penguin, they are found in the subtropical climate, in waters of 41 to 68 degrees F, on the coast of South Africa.
- They are characterized by their erect posture, torpedo-shaped body, webbed black feet, hazel eyes, and stiff wings.
- Black-Footed Penguins have evolved to both survive in cooler water and the heat of the sun. Their body is covered by 70 - 80 waterproof feathers per square inch and a subcutaneous layer of fat helps fend off cold in the water. On land, they raise their feathers and hold their wings away from their bodies to release heat. The bare patch above their eyes also allows heat to escape.

WORD SEARCH

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

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in response to the pandemic and the stress it has caused families. Parent Coaching topics include: Scheduling & Organization, Setting Expectations, Study Techniques, Using Resources, Motivation & Goals, Managing Knowledge Gaps, and Finding Balance.

Additionally, tutor.com is free for military-connected students of all ages from kindergarten through college so military parents who are returning to school can also use this service. For more information about tutor.com or to sign up for access, visit: military.tutor.com.

2021-2022 MPS CALENDAR

IMPORTANT UPCOMING DATES

December 23
P/T Comp Day - No School

December 24-January 3
Vacation - No School

January 4
Classes Resume

January 17
Professional Development Day
Martin Luther King Jr. Day
No School

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		

January 2022							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	
23/30	24/31	25	26	27	28	29	

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



All About Pets

AF Life with Pets



Elmer Fudd, Dogs on Deployment Mascot 2019 with USAF Capt. Bryan Moore

As many Airmen and families already know, military life is not easy. Here are a few tips to help you manage your busy Air Force life while also taking proper care of your pet!

•Get a low maintenance pet—snakes, certain varieties of fish, hamsters and other rodents, and turtles are just a few ideas of pets that are relatively low maintenance compared to your everyday dogs and cats. It's still important to provide adequate enrichment, environments, and food for them, but if you do all those things, these pets will be just fine during long work hours. Be sure to check with your housing authority first to make sure these pets are allowed.

•Find a "lazy" pet—high energy and working dog breeds are not recommended for owners who are away from home a lot and do not have the time, energy, and resources to keep their dogs fully enriched. You could consider bringing home a characteristically "lazy" breed instead. Basset Hounds, Boston Terriers, Bull Mastiffs, and Maltese are a few dog breeds that pop up often in the conversation around low-energy breeds. However, it's still important to note that all dogs are different. You may find a dog that is a couch-potato by nature, or you may find a "low-energy" dog that wants to go 24/7. Make sure you consider the needs of certain breeds and individual dogs (or cats) before adopting, and even if you have a low-energy dog, you still need to meet their basic requirements. Which is why working people should consider...

•Outside help—for shorter periods (a week in the field, a 12 hour day at work), it would

be beneficial to hire a pet sitter, dog walker, or even a neighbor or family member who is willing to help out. While some pets won't go crazy at home all day, they still need to be provided with socialization and enrichment. See if you can find someone to pop in every few hours to play with, feed, and let your pet outside! Doggy daycare is a great option for many canine parents, and while cats and other small pets are usually alright left alone, it's never a bad idea for them to have someone to play with. Don't be afraid to reach out to the base community through Facebook or your friends/family for help if you're feeling overwhelmed with your pet-parental duties. Chances are there is someone out there who is willing to help you and your pet out.

•For bigger challenges, consider finding a temporary foster home for your pet. Family members, close friends, and even willing community members are always options for long-term pet care instead of rehoming. There are also "deployed pet" help sites that can connect you with temporary fosters, such as Dogs on Deployment and Guardian Angels for Soldier's Pets. If you're thinking about rehoming your pet due to the cost of PCSing with them, consider applying for SPCA International's Operation Military Pets grant.

Taking care of pets is a big responsibility, but when we bring them into our home, it's our duty to treat them with the care and love that they give us as well. Military life can make it more difficult, but there are so many resources out there to help.

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DOD Looks at Ways to Improve Child Care Access

C. TODD LOPEZ, DOD NEWS

During the COVID-19 pandemic, the challenges faced by service members and their families in getting child care demonstrated just how important child care is to the military mission. And now the department is working hard to find new ways to ensure that those who need child care can get it, the deputy assistant secretary of defense for military community and family policy said.

“What the pandemic did, and what it showed us was that child care is not just a ‘nice to have,’” Patricia Barron, who spoke on Tuesday as part of the Association of the U.S. Army’s “Thought Leaders” seminar, said. “You’ve got to have it. If you’re going to go to work, you’ve got to have your child care in place.”

Deputy Defense Secretary Kathleen H. Hicks has challenged the department, and MC&FP to uncover new and innovative ways to expand access to quality affordable child care for military families, Barron said.

“We’ve been working really hard on what that could look

like,” she said. “And we’ve had a couple of things that I’m very, very proud of.”

Earlier this year, Barron said, the department kicked off a pilot program that allows military families to seek in-home child care providers, and the department will help pay for the cost.

“Now you can hire someone that comes into your home. They still need to be vetted, and still kind of have to go through the process that we would if we were to hire anybody to work in our centers. But you hire someone that comes into your home. And we will provide you with fee assistance to help pay for their salary,” Barron said, adding she hopes the program will be expanded next year.

Barron also highlighted the DOD’s “Military Child Care in your Neighborhood +” effort, which aims to get more child care providers eligible for fee-assistance by the DOD. Right now that effort is underway in Maryland and Virginia, but Barron said the program is expanding into other

states as well.

“That’ll provide more opportunities for access to fee assistance,” she said.

For parents needing short-term child care — such as a babysitter — Barron said the DOD has partnered with “Sittercity.”

“If you go on to Military OneSource, we have waived the registration fee,” she said. “You can go right into the portal there and you can put in your information and a list of people will come up — and of course it’s up to you to talk to them and vet them and all of that. But they’ve had their background checks done.”

Barron said both the DOD and the services are working hard to improve access to child care for military service members and their families.

“There’s just never enough child care, because we have a young force,” she said. “You know, we’re always going to have young people coming in, we’re always going to have babies ... and children.”

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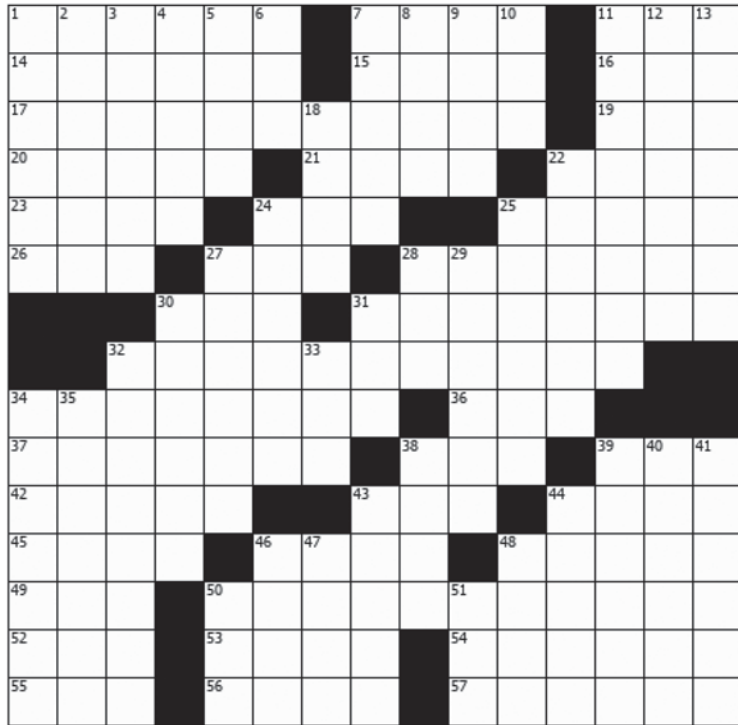
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CROSSWORD PUZZLE

Across

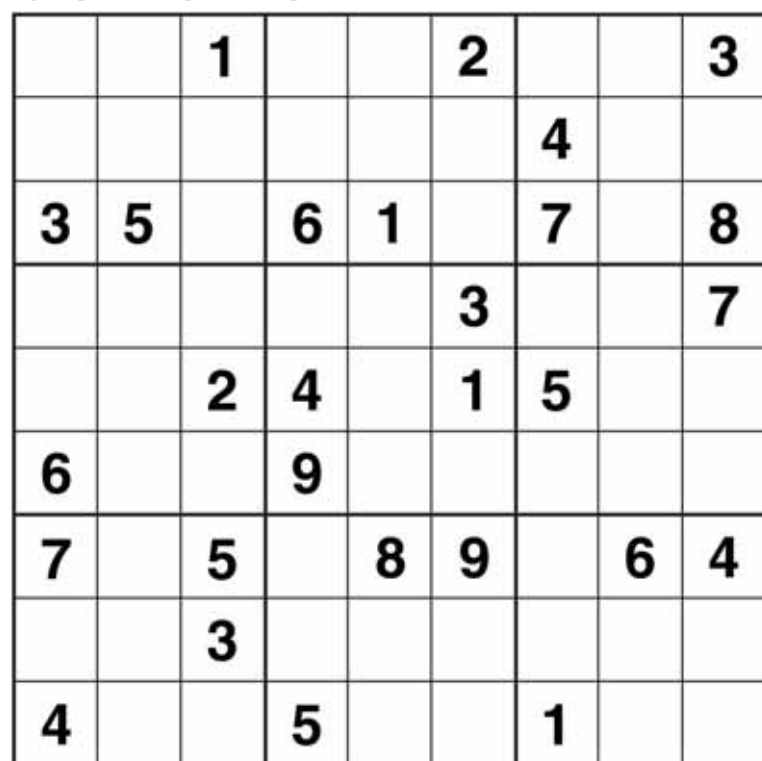
- 1. Obscure
- 7. Dance at a Jewish wedding
- 11. Essen interjection
- 14. Trusted (with "on")
- 15. Corrosive stuff
- 16. Caroler's syllable
- 17. Definition of an egotist (Part 1)
- 19. Behavioral quirk
- 20. Artist's hat, perhaps
- 21. Office abbr.
- 22. Comic strip sound effect
- 23. Needs to catch up
- 24. Never say this
- 25. Come together
- 26. England's Isle of ---
- 27. Seasonally decorated tree
- 28. Friday program?
- 30. Dr. King, for one
- 31. Most frightful
- 32. Definition of an egotist (Part 2)
- 34. Perfunctory
- 36. Gloomy guy
- 37. Backslides
- 38. A Turner
- 39. Letterman's network
- 42. Massenet offering
- 43. Third degree?
- 44. Algonquian living in Canada
- 45. Pirates' quaffs
- 46. Wynken, Blynken and Nod, e.g.
- 48. McCullough's "The --- Birds"
- 49. Took the cake?
- 50. Definition of an egotist (Part 3)
- 52. Pole footage?
- 53. Edison's middle name
- 54. Monogram bearer
- 55. NYC zone
- 56. Invigorates (with "up")
- 57. Takes back the lead?



Down

- 1. Suitable for plowing
- 2. Invalidate, as a law
- 3. Priests and ministers
- 4. River in England and city in France
- 5. Branch headquarters?
- 6. Old name for Tokyo
- 7. Part of a ship's bow
- 8. Baron in "Der Rosenkavalier"
- 9. Laughfest
- 10. Pitched messages
- 11. Fictional Mason, for one
- 12. Exhibits fear, in a way
- 13. Comedian Buddy
- 18. Hair removal brand
- 22. Commences
- 24. Sidetrack
- 25. Pillage
- 27. Bogart's snap brim
- 28. 601, to Caesar
- 29. Extended
- 30. Makes reference to
- 31. Where to sweat it out?
- 32. Symphonic segment
- 33. Printer's measures
- 34. Assess proportionally
- 35. Regards as
- 38. You, once
- 39. Embezzlers, burglars, etc.
- 40. Songwriter Taupin
- 41. Has a funny feeling
- 43. Type sizes
- 44. Hutch contents, often
- 46. Ceramic slab
- 47. Party giver's abbr.
- 48. Old despot
- 50. Drop the bait gently
- 51. Seashell seller?

SUDOKU



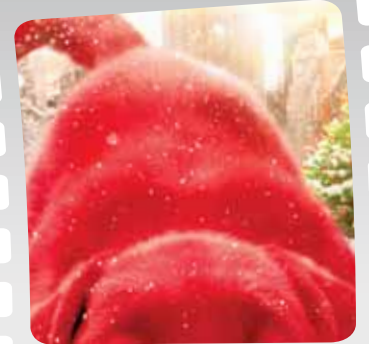
Solution to puzzle on page C6

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



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CLIFFORD THE BIG RED DOG* (PG)

FRIDAY, DEC 10 1800
 SATURDAY, DEC 11 1400
 SUNDAY, DEC 12 1500

SATURDAY, DEC 11 1800

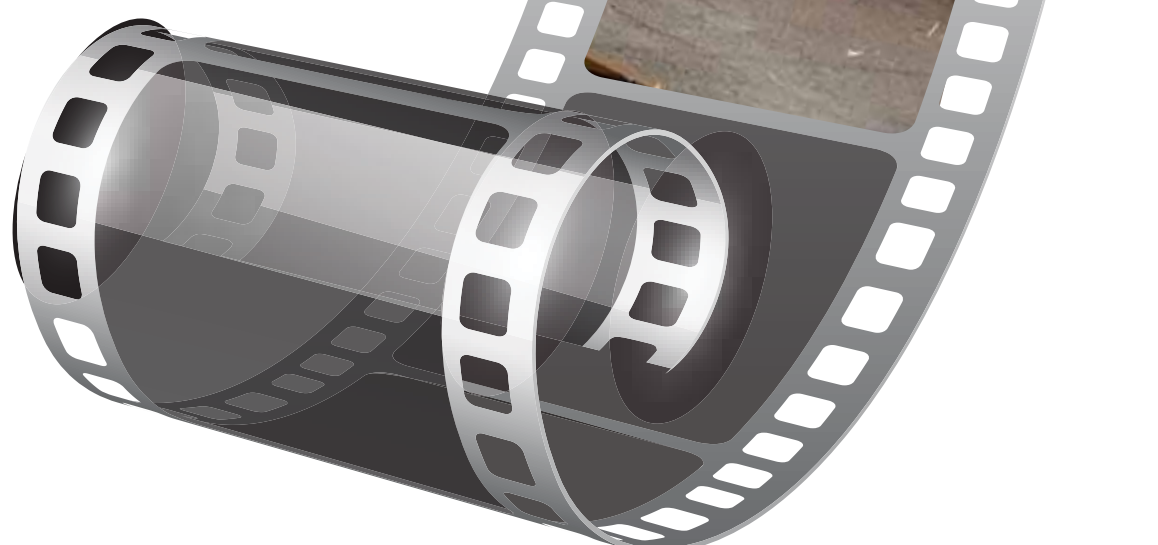
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CHURCH DIRECTORY

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

<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Saturday, December 11 5 PM, No Vespers</p> <p>Sunday, December 12 10AM, Congregational Prayer Service</p>	<p> Break Forth BIBLE CHURCH Wednesdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:30 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church 1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: 9:00 am..... Fellowship 9:15 am..... Sunday School 10:30 am..... Worship</p> <p>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</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  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. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> 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.</p>
<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot</p>	

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6	3	7	9	2	5	8	4	1
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MINOT AFB ANNOUNCEMENTS

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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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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 10

- Registration Closes: Battle of the Barbell at McAdoo Fitness Center
- Registration Closes: Wine & Paint at the Minot AFB Arts & Crafts Center
- 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
- Cycle, 1700, Fitness Center
- Single Airman Baking Class, 1800, Gourmet Chef hosted by UNITE
- Swerk, 1800, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 11

- Cycle, 0900, Fitness Center
- Battle of the Barbell, 1000, Fitness Center
- Zumba, 1000, Fitness Center
- Sewing Class, 1200, Arts & Crafts Center
- Frozen Fest, 1300, Fitness Center
- Halo Infinite Tournament, 1300, Fitness Center
- UFC 269, 2100, Rockers Bar & Grill

SUNDAY 12

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

MONDAY 13

- Registration Open: Strikers Soccer Camp at Youth Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730, Blended & In-Person A&FRC
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Craft Club, 1800, Library
- Yoga, 1830, Fitness Center

TUESDAY 14

- Registration Opens: Epoxy Cutting Board Class at the Arts & Crafts Center
- Registration Opens: Wine & Paint Class at the Arts & Crafts Center
- TAP (VA), 0800, A&FRC
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Pre-Separation Counseling Short Notice/COVID, 1300-1530, A&FRC, Zoom Meeting
- Magic The Gathering Commander Night, 1800, ESC
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 15

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL), 0730, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Parent Advisory Board, 1130, Childcare Development Center
- Yoga, 1300, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 16

- TAP (DoL) – Employment Workshop, 0800, A&FRC
- Short Notice Pre-Separation Counseling, 0930-1230, A&FRC, In person and Zoom Meeting
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000, A&FRC Zoom
- Magic The Gathering Pauper Night, 1800, ESC
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

FRIDAY 17

- Registration Closes: Acrylic Paint Pouring Class at Minot AFB Arts & Crafts
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800, 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
- Snowball Dance, 1800-2000, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 18

- Zumba, 1000, Fitness Center
- Super Smash Brothers Ultimate Tournament, 1300, ESC

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Winter Reading Program: 1 December – 1 March, Minot AFB Library
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

DECEMBER SPECIALS

DELIVERY OPTIONS (Hours subject to change)
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