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FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 52 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 24, 2021

MERRY Christmas!

WHATS INSIDE THIS WEEK:



FIRST SERGEANT SYMPOSIUM GRADUATION

B2



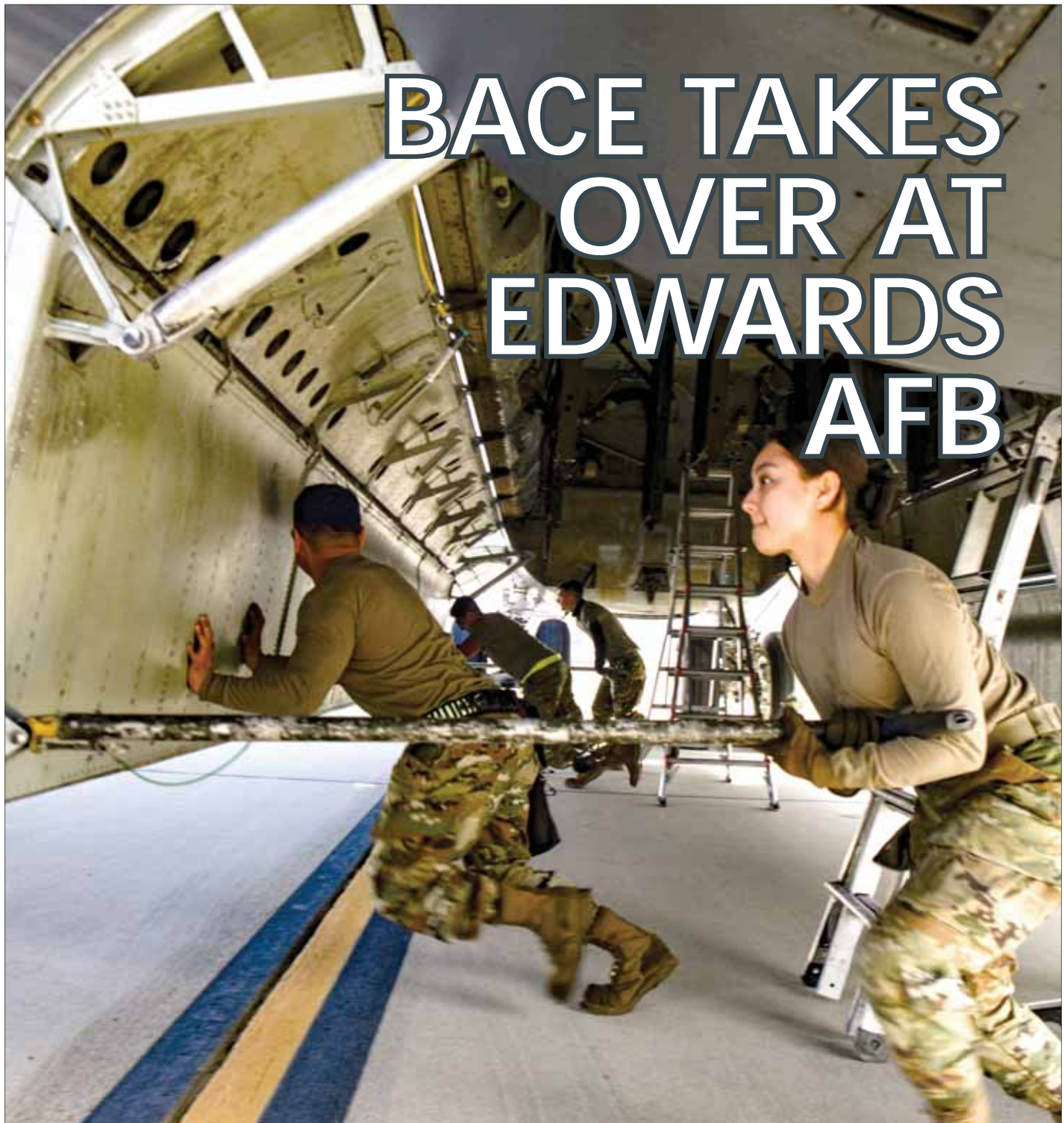
SPOUSES CLUB COOKIE DRIVE

B3



VOLUNTEER RUNS SCHOOL SHOP FOR SIX YEARS

C3



BACE TAKES OVER AT EDWARDS AFB

Airman Melissa Lopez (left), Senior Airman Trenton Garcia (center) and Airman 1st Class Shane Mickolick (top right), 5th Aircraft Maintenance Squadron Weapons Load Crew Members, load a mine into the bomb bay of a B-52H Stratofortress during a Bomber Agile Combat Employment exercise on Dec. 7, 2021, at Edwards Air Force Base, California. BACE is part of an initiative to develop and improve our capability to deploy bombers, personnel and equipment to austere or unfamiliar locations on short notice, allowing units to better fulfill future missions in support of Air Force Global Strike Command and Air Force strategic objectives. See page A2 & A3 for more coverage.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MICHAEL RICHMOND



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Airman Melissa Lopez (left), Senior Airman Trenton Garcia (center) and Airman 1st Class Shane Mickolick (top right), 5th Aircraft Maintenance Squadron Weapons Load Crew Members, load a mine into the bomb bay of a B-52H Stratofortress during a Bomber Agile Combat Employment exercise on Dec. 7, 2021, at Edwards Air Force Base, California. BACE is part of an initiative to develop and improve our capability to deploy bombers, personnel and equipment to austere or unfamiliar locations on short notice, allowing units to better fulfill future missions in support of Air Force Global Strike Command and Air Force strategic objectives.



Senior Airman Trenton Garcia and Airman 1st Class Shane Mickolick, 5th Aircraft Maintenance Squadron Weapons Load Crew Members, conduct an operations check in the bomb bay of a B-52H Stratofortress on Dec. 7, 2021, at Edwards Air Force Base, California. The operations check verified that the systems in the B-52 bomb bay will function correctly and are ready to receive the weapons.



Airmen assigned to the 5th Bomb Wing from Minot Air Force Base, North Dakota, and Sailors assigned to the Navy Munitions Command Pacific CONUS West Division Unit from Seal Beach, California, work together during a Bomber Agile Combat Employment exercise to load mines into a 23rd Bomb Squadron B-52H Stratofortress on Dec. 7, 2021, at Edwards Air Force Base, CA. Together with the U.S. Navy Sailors, who built and delivered the mines, the Airmen were able to successfully load the mines into the B-52 aircraft in support of the joint-force level exercise.



Airman Melissa Lopez (left), Senior Airman Trenton Garcia (center) and Airman 1st Class Shane Mickolick (top right), 5th Aircraft Maintenance Squadron Weapons Load Crew Members, load a mine into the bomb bay of a B-52H Stratofortress during a Bomber Agile Combat Employment exercise on Dec. 7, 2021, at Edwards Air Force Base, California. BACE is part of an initiative to develop and improve our capability to deploy bombers, personnel and equipment to austere or unfamiliar locations on short notice, allowing units to better fulfill future missions in support of Air Force Global Strike Command and Air Force strategic objectives.

Above: Airman Melissa Lopez, 5th Aircraft Maintenance Squadron Weapons Load Crew Member, waits for her signal to power up a B-52H Stratofortress for an operational check prior to arming the aircraft on Dec. 7, 2021, at Edwards Air Force Base, California. Airmen from Minot Air Force Base, North Dakota went on a four day quick-turn TDY and brought with them the least amount of manning and equipment possible and achieved mission requirements in a joint-force level exercise.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN MICHAEL RICHMOND

A LOOK BACK THIS WEEK IN USAF HISTORY

LT. COL. EMIL BEAUDRY RESCUES 12 AIRMEN STRANDED ON THE GREENLAND ICE CAP DECEMBER 28, 1948



Lt. Col. Emil Beaudry
(Air Force Mag Photo)

On December 7, 1948, a United States Air Force C-47 crashed on the Greenland Ice Cap. The seven passengers survived, but were stranded in temperatures of minus 45 degrees for nearly three weeks. Several rescue attempts were thwarted in the weeks after the initial crash, resulting in two downed aircraft, two crashed gliders, and a total of 12 people stranded in the remote Arctic wasteland.

Lt. Col. Emil Beaudry, a USAF Arctic Rescue Operations expert, decided to take advantage of a break in the unpredictable Greenland weather and try for another rescue attempt in a ski-equipped C-47 with jet assisted takeoff. On December 28, he landed the plane on the ice cap and was able to bring the 12 stranded passengers to safety at Bluie West 8, an air base in central Greenland. For his heroic efforts, especially in the wake of other attempts, Beaudry was presented with the Mackay Trophy.



Photo of BW-8, Greenland.
(Richard Rybak, 1942)

Information courtesy of: media.defense.gov / airforcemag.com

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BACE Takes Over at Edwards Air Force Base

SENIOR AIRMAN MICHAEL RICHMOND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

U.S. Air Force Airmen with the 5th Bomb Wing out of Minot Air Force Base, North Dakota, and U.S. Navy Sailors with the Naval Munitions Command Pacific CONUS West Division Unit Seal Beach (NMCPAC CWD Unit Seal Beach) out of Seal Beach, CA, supported a Bomber Agile Combat Employment (BACE) from Dec. 6 to Dec. 8, 2021 at Edwards Air Force Base, California.

The concept is an operation initially designed by Pacific Air Forces (PACAF) and now adopted by other commands with the intent of enhancing mobility and adaptability of bomber forces to various locations. The concept allows for dynamic force employment of personnel and equipment to practice and enhance self-sustainable operations for extended durations, while simultaneously building resilience and maximizing operational capabilities with minimum manning and equipment.

A derivative of the original PACAF Agile Combat Employment (ACE), Air Force Global Strike Command leaders developed the BACE concept in response to adversary Anti-Access/Anti-Denial strategies described in the 2018 National Defense Strategy (NDS). The 2018 NDS described ACE "...

as an operational scheme of maneuver executed within threat timelines to increase survivability while generating combat power in contested and highly contested basing environments."

The bomber aircraft involved in this BACE iteration touched down at EAFB on Dec. 6 and quickly, 5th Aircraft Maintenance Squadron and 23rd Bomb Squadron, Airmen integrated with the Sailors out of Seal Beach. The Navy munitions personnel built and delivered the MK-62 Quick Strike Mines to 5th BW Airmen to enable the 23rd BS mine laying training. This gave military personnel on both sides the opportunity to work together for the first time and build a foundation of interoperability for future exercises to achieve a more lethal and allied force.

"Basically it's [BACE] a step forward from BTF [Bomber Task Force] which is what we were doing," said Staff Sgt. Aaron Sampayan, 5th AMXS Flying Crew Chief. In reference to the deployment pace for the B-52, Sampayan stated, "We do quick, short little TDYs to here [EAFB] to all over the world. We project our combat effectiveness all throughout the entirety of the world."

The two B-52H Stratofortress aircraft which participated in this BACE iteration hailed from the 23rd BS. The B-52s transported personnel, luggage,

and equipment to provide 5th AMXS Airmen with the means to receive the mines upon delivery and properly load them into the B-52s.

Key attributes of the BACE concept include an agile force, with a small footprint and flexible employment posture.

"I would say [BACE] is different due to the fact that we've used the most minimal amount of equipment [and] most minimal amount of manpower comparably to our other deployments and now our other TDYs," said Staff Sgt. Rodolfo Alas-Melendez, 5th AMXS Weapons Load Crew Team Chief. "We brought the bare minimum of what we need, we brought the bare minimum of people and we were still able to accomplish the mission that needed to be done."

"It's important to get this training in, not just for the Mine Men, on our side for the Navy," said Petty Officer 1st Class Michael Phillips, a Sailor with the NMCPAC CWD Unit Seal Beach Quality Assurance Division. "It helps us to better have our knowledge for our mines, for our buildup and our delivery to the aircraft. In regards to the Air Force, it's great seeing what you guys do...It's a really good process to see Mine Men wise since a lot of what we see is just the building of the mines and the shipping of them, not really the load processes. Just overall,

it helps increase our overall camaraderie between the two branches."

The BACE concept also opened up new avenues to how we see the deployment of bomber units. The exercise displayed through its multiple iterations in various locations that bombers are not bound to just a few overseas bases.

"BACE is important because it expounds on the dynamic force employment," said Capt. Austyn Wilson, 23rd BS Weapons Officer. "It gives us that strategic competition again with the bomber fleet to exercise the agility portion, instead of just having a consistent and predictable cycle of deployments. Now we can take off anywhere, anytime and again we can employ en route with weapons so we can have that kinetic capability against our adversaries, but it really gives us the increase. I should say, in strategic competition to expound on the dynamic force employment concept."

After months of planning and three days of flawless execution of the exercise, the 5th BW Airmen returned back home to Minot AFB with honed technical abilities and knowledge. In a show of joint force interoperability the U.S. Navy and U.S. Air Force showed that no matter what, we are ready to strike anytime, anywhere.

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Cookies are Only A Small Way To Say Thanks...

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



You may have read about the annual cookie drive sponsored by the Military Affairs Committee. Hundreds of cookies are gathered, packaged, and then distributed to the young Airmen at Minot Air Force Base right before the Christmas season.

When I was in college, I would watch my friends pack up and head home for the holidays. A hug, a handshake, a smile and away they would go. Some would drive, some would fly, some would take the train, but all of them were headed home.

My job did not allow me to go home for the holidays. I worked in a Grand Forks theater and there were movies Christmas Eve and Christmas Day; no time to head home. But it would never fail that someone, from a nearby church or even a neighbor, someone would drop in at the fraternity house where I lived with a dozen, or

two, Christmas cookies or even better, Christmas baking.

The same happens at Minot Air Force Base as some personnel will be headed home for the Christmas or New Years, and well, some may not be quite that fortunate.

A dozen cookies may not seem like much, but in my case, and I am sure in the case of those who received them at Minot AFB, it made a difference.

So from the members of the Military Affairs Committee, and for those many others who donated cookies for this year's cookie drive, we hope the cookies brought a little Christmas cheer. And from all of us, and I am pretty sure I speak for our Minot community, Merry Christmas to those who serve at Minot Air Force Base and at all of the other military bases and locations around the world.

Domestic Violence Crisis Center: A 360 approach

ABIGAIL KINDER, NORTHERN SENTRY

Minot's Domestic Violence Crisis Center focuses on every aspect of domestic violence in order to help victims escape those situations and thrive in their everyday lives. "Our mission is to empower victims of domestic and sexual violence, educate our community, and use innovative solutions to eliminate domestic violence," said Jill McDonald, Executive Director of DVCC.

In order to do this, DVCC uses what McDonald calls a "360 approach," which puts a plan in place for any stage of domestic violence. "We offer a 360 approach, so we can work prior to an event even occurring with educational opportunities... during an incident of violence with protection orders or intervention such as shelter, and then following through the system into resilience and healing with therapeutic opportunities and support groups, etc. We also offer classes for those who have been convicted of domestic violence offenses trying to re-educate and change those belief systems so that violence doesn't continue to occur," she said.

While DVCC is located in downtown Minot, the organization serves the entire county and also works with Minot Air Force Base to widen their outreach. Working closely with Family Advocacy on base, DVCC offers refuge and services for any victims of domestic and sexual violence, whether military or civilian, and they provide all the resources needed when leaving an abusive situation.

"A lot of the folks who stay here just have the clothes on their backs. We are able to get clothing for you, we provide food, hygiene products, so that no matter what the situation is, you don't have to worry about forgetting anything at home. We try to make it as easy as possible. There is a play area there for kids, and nobody is roomed in a space with anyone that isn't their family, almost like a hotel room."

According to McDonald, one in four women is impacted by domestic and sexual violence, and one in seven men are. Whether it is psychological, physical, sexual, or financial abuse, DVCC has the resources to help in any situation. "There is a whole spectrum and it doesn't always lead to physical. One of the things that we're seeing is strangulation, it puts you at an increased risk for future homicide. It can be extremely normalized through different media and things like that, so we want to make sure that if that is happening in your relationship, that you reach out for help because it's a huge indicator that things can escalate extremely quickly," she said.

Many victims may not even realize that they are in an abusive relationship, which is why DVCC encourages people to learn to recognize the signs through their education, whether it is through Family Advocacy, squadron events, or even on their own time.

McDonald encourages anyone who is in an abusive situation

to reach out to family, friends, or even go straight to DVCC. "If they are on base and don't have local folks, by all means they are welcome to contact us. We will be able to get you the resources that you need to escape it. The most dangerous time is often immediately after leaving an abusive relationship, so we want to make sure that everything you have in your toolbox can be in your hands."

DVCC has only operated in Minot since 1977, but its universal mission has been the same for generations. And while a major priority is supporting the victims of today, they have big goals for the future. "My whole life, there has been a Domestic Violence Crisis Center in Minot," said McDonald. "My mom's generation, they were the ones that were introducing it. But I've always known that there was a place to go. Our goal for the next generation is to prevent it before it starts and introduce what healthy relationships look like, and hopefully getting folks in touch with how to interact in a healthy way to prevent it from occurring even in the first place."

With the help of donations and volunteers in the local community, DVCC can provide the tools needed for victims of domestic violence to leave their abusers behind and find empowerment, independence, and safety. To learn more about DVCC and find resources on domestic violence, visit www.courage4change.org or call 701-852-2258.

All About Pets



There are many reasons why one might lose a pet: old age, an unfortunate accident, or changing life circumstances, to name a few. For those of us who truly care about our pets, losing them can be devastating. So how can you cope with the loss of a pet? Here are a few suggestions.

- Let yourself grieve—whether your pet has gone off to the rainbow bridge or simply another home, it is completely normal to feel a level of grief. It's important to recognize your feelings and if you need support, reach out to friends, family, or even a professional counselor. You can also try finding pet loss resources such as those at www.aplb.org.
- Reflect on your time together—after the loss of a pet, it can be difficult to think about their memory. But reflecting on the time you've spent together can actually be therapeutic. Try to focus on the positive memories and recall the challenges that you faced and overcame as a team. Writing your feelings down in a journal a great way to reflect and hopefully help turn your grief into gratitude. If you're the type to keep reminders of your pet, there are plenty of creators who make keepsakes such as keychains, paintings, jewelry, or other memorials. Something I like to do is use a stepping stone kit to imprint my pet's paw prints forever. When they're gone, you will always have a little piece of them in your life to remind you of all the great times you spent together.
- Spend time with other pets—humans aren't the only ones who have feelings about losing pets. Some pets can sense when there has been a loss, other than the obvious sign of not having their friend around. Unless your pet is actively giving you signals that they want to be

left alone, spending time and giving attention to your other pet(s) can benefit you both and help you walk through the grieving process together. Take your pet to the park, spend some time playing in the back yard, or cuddle up on the couch and watch a movie.

- Use your grief for a good cause—research has shown that doing good deeds can make you happier. After the loss of a pet, you can try curbing those negative feelings by doing something good such as volunteering at a local animal shelter, donating supplies to them, or if you're able, you can even sign up to be a transporter or foster for other animals in need.
- Get another pet—this one seems like the obvious answer to dealing with the death of a pet. However, this is not a decision that should be made impulsively! Bringing another pet into your home immediately after losing one will not always make you feel better right away, and if you are not in the headspace to properly take care of and focus on the new pet because you are still grieving the old one, it can rub off on them. Try giving yourself some time to grieve first. When you feel ready, start looking for a new friend. It's unfair to your new pet to compare them to your old one... all pets have different personalities, but that is what makes them so special. While a new pet can never replace your lost one, they can still offer the same companionship and give you another great, loving relationship to enjoy. Saying goodbye to our pets is never fun, but at some point it is an inevitable. Enjoy every moment you spend together—even the difficult ones—and when the time comes, just remember the love that they brought into your life.

YOU MATTER HOLIDAY GUIDE



HAPPY HOLIDAYS FROM YOUR MINOT AFB HELPING AGENCIES!!

- Take time for yourself** – It can be easy to lose yourself during the holidays. Remember to take time for yourself to rest and recharge.
- Be realistic with finances** – The short-term joy of giving should not result in the pain of long-term debt.
- Check on folks** – Depression and anxiety can worsen during the holidays for many; showing you care and being present can make all the difference. Reach out to those who you know/suspect may be having a difficult time.
- Moderation is the key** – if you are of legal age and choose to drink, know your limits (a good rule is no more than 1-drink per hour); same goes for food, the line between joy and misery could be that extra mug of egg nog, or handful of cookies!
- Don't drink and drive** – There are 2-3 times more alcohol related traffic fatalities during the holidays. Use a designated driver, or ride-share, if you choose to drink.
- Set boundaries** – family gatherings can be stressful, communicate expectations clearly and say "no" when appropriate.
- Be realistic and forgiving (to yourself and others)** – Perfectionism is a dangerous practice. Give yourself (and others) grace and space when things don't go according to plan.
- Practice mindfulness in the moment** – It's easy to get caught up looking ahead and reflecting this time of year. Intentionally focus on the here and now so you don't miss a moment with family and friends.
- Practice intentional gratitude** – Take time each day to focus on what you appreciate in your world.

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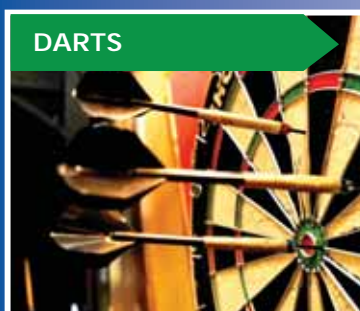
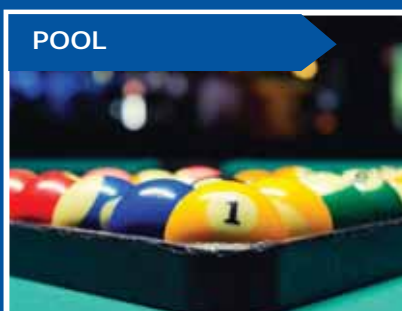


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MAC Chairman Randy Hauck retires

ROD WILSON, NORTHERN SENTRY

Originally, we had set up a time to interview Randy Hauck about the Minot Chamber/EDC Military Affairs Committee, a committee he has chaired since 2016. "The past year has been a challenge. We have always alternated the meetings between the base and the community. I'd like to see it, well I am sure we would all like to see that happen next year when Tom Rafferty, my replacement, becomes the chair." Of course, Mr. Hauck will assume the position of Chairman of the Minot Chamber/EDC in 2022, "and I just didn't think it was the best idea to have me be chair of the Chamber," continues Hauck, "and chair of one of the most important committees." For both Randy Hauck, and now his replacement Tom Rafferty, there is a vested interest in the Minot Air Force Base. Both Randy and Tom work for Verendrye Electric Cooperative. "We (Verendrye) serve the entire base and over 1/3 of the missile fields," continues Hauck.

Randy's tenure with Verendrye began 37 years ago. Working his way through the Verendrye system, he would find himself as General Manager of Verendrye, a position he has held for six years. During a majority of that time, Hauck has been a member of the Military Affairs Committee (MAC). As a member of the MAC there is an opportunity to serve as an Honorary Commander, easily explained as a civilian connected to one of the commanders on the Minot AFB. "The Honorary Commander program is a way for Chamber members to get to really learn about the Minot AFB. The base is such a big part of Minot, and it's important to foster the relationship between the base and community," says Hauck.

The Military Affairs Committee has about 50 members from the Chamber, and about the same number of members from the 5th Bomb Wing, the 91st Missile Wing, and the various National Guard units stationed in Minot. "In a normal year, we rotate the meetings between a location in Minot and a location either on base, or at the National Guard Armory. The topics of the meeting are decided by the host. We learn about what is going on in the military, they (the representatives from the MAFB & Guard Units) learn about what is new and interesting in the community." Of course, all of those protocols changed in 2020, as the MAC would have to continue the monthly meetings via Zoom. "It wasn't quite the same. Part of the effectiveness of the MAC was that you would meet people face to face. Every month you would meet someone new, and that is really important because of the change of personnel at the base," according to Hauck. But the monthly meetings are only part of the mission of the MAC. "There are a lot of auxiliary events that are sponsored by MAC. We start with the annual Sportsman's Feed, and then we raise money for travel and promotion through The Prairie Warrior Auction. In the summer we do the Family Day at Roosevelt Park Zoo, and we just recently sponsored the International Military Ball."

For Hauck, he knows that the MAC will be in good hands with Tom Rafferty. "He has been involved with the MAC for quite some time. I know he has the same goals that I have." And those goals? "I want to see participation in the MAC meetings return to what it was before COVID. I also want to see

successful events like the Prairie Warrior Auction get back to where they were."

For Randy Hauck, it has been six years that he has enjoyed. He shared a couple of memories of his Honorary Commander activities, including taking a group of commanders on an ice fishing trip to Buffalo Lodge Lake. "I don't think they believed we were going ice fishing," laughed Hauck. "Gravel roads, snow, and then finally driving onto the lake. Their impression was that maybe they were being kidnapped!"

Even though his Chairmanship of the Military Affairs Committee will come to an end on January 1, 2022, he will still remain active as a member, and "help out where I can."



MAC Chairman and Verendrye Electric Cooperative Manager Randy Hauck poses with a model Minuteman missile in 2016.

VERENDRYE ELECTRIC COOPERATIVE PHOTO

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AFI 36-2903 CHANGES

- Airmen may walk or stand with their hands in their pockets while in uniform.
- Airmen may drink water while walking in any uniform combination.
- Airmen may use a cell phone while walking in uniform, including ear pieces and text messaging.
- Male hair bulk has increased from 2 inches to 2 1/2 inches.
- Female hair accessories may be 2 inches wide and may wear eyelash extensions up to 14mm that match their natural color.
- Male and female Airmen may wear transparent piercing spacers only in the lower earlobe while in uniform.
- Wing commanders may authorize morale patches in spice brown color scheme on Fridays or during special events.
- Airmen may wear the tactical ball cap.
- Airmen may wear a sweatband and may wear shirts tucked or untucked in PT gear.

See official AFI 36-2903 to view all of the changes and details.

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FOR MORE INFORMATION
 Contact Lt Col Lopez at eric.lopez.7@us.af.mil or 701-723-1987



SrA Gil Sylvester is a Response Force Leader for the 891st Missile Security Forces Squadron.

He and his team provide safety and security for the assets at Minot Air Force Base, N.D.

Sylvester has been a member of Team Minot since 2019. He says one of the best parts of Team Minot is spending time with friends.

“My favorite thing about Team Minot is definitely the community.”



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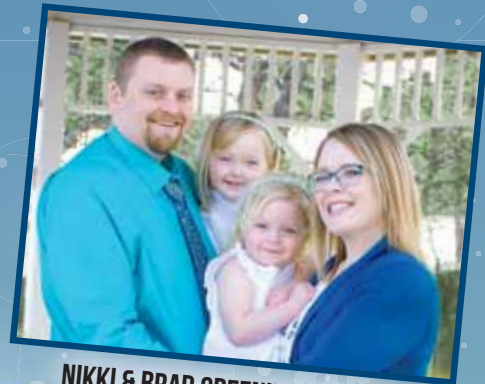
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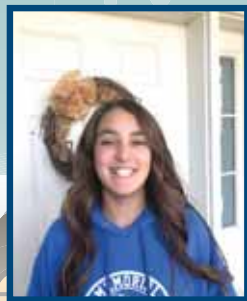
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First Sergeant Symposium Graduation held Dec 15, 2021. More photos can be found on Minot AFB PA Flickr page.
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Improving Every Week

ROD WILSON, NORTHERN SENTRY

It happened! We had snow this past week and I grudgingly put on my winter boots, heavy coat and gloves and headed for the driveway. Last year on several occasions my shoveling would grind to a halt because of lower back pain. So, what was different this year? I went for an extended period of time without lower back pain taking me out of the shoveling game. And what is more amazing, is that I didn't notice the lack of lower back pain. I actually felt normal. I am sure that Dr. Matt at Cornerstone Chiropractic would be the first to encourage caution when shoveling snow. But we also talked about the SoftWave treatments getting me back to normal. If you, like me, have lived with years of lower back pain, it is certainly an "Ah Hah Moment" when you realize that the lower back pain has been alleviated.

Dr. Matt has always said that 90 percent of those who have SoftWave treatments will return to 80 per cent of normal. And it isn't just for lower back pain. Those nagging athletic injuries, SoftWave is used by professional and college athletic teams for sports related injuries.

A quick call to Cornerstone Chiropractic to schedule an evaluation is certainly worth the time and effort. SoftWave treatment is not a "one size fits all" procedure. Every patient and every situation is certainly different. And I almost forgot, I am really looking forward to Christmas with the grandkids this year. With significantly reduced lower back pain, I will be able to actually play with them and the toys that Santa brings.



CornerStone Chiropractic

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COOKIE DRIVE 2021

Minot Air Force Base spouses bag cookies for single Airmen assigned to Minot AFB, December 15, 2021. The cookies were donated by the Minot Chamber of Commerce, Minot area civilians, Minot AFB families, and Minot AFB Spouses' club.

AIR FORCE CIVILIAN
GEORGE F. GUTIERREZ
MINOT AFB PA



The Airmen Cookie Drive is a well supported effort by the Chamber of Commerce. They collect the bulk of the cookies every year from the Minot community and local businesses, and we are so grateful for the support. We couldn't do this without them.

CARRI WALTERS

Base spouses volunteer their time to bag approximately 13,000 cookies for the Airmen. There is a lot of joy in the room as we work together to provide a taste of home for them.

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4 EGGS
1 1/3 CUP GRANULATED SUGAR
1 TEASPOON VANILLA EXTRACT
1 1/2 CUP ALL-PURPOSE FLOUR
1/2 TEASPOON BAKING POWDER
1 CUP SEMISWEET CHOCOLATE CHIPS

When ready to cook, set Traeger temperature to 350°F and preheat, lid closed for 15 minutes. Line two baking sheets with parchment paper.

Put the finely chopped chocolate and butter in a heatproof bowl and set over a saucepan of barely simmering water; stir occasionally until chocolate is completely melted and smooth. Set aside and allow to cool to room temperature. Whisk together eggs, sugar and vanilla extract in a medium bowl. Set aside.

Sift together the flour and baking powder in a small bowl. Add the melted chocolate mixture to the egg mixture and stir with a rubber spatula until completely combined. Add the flour mixture in three batches, folding gently into the batter with a spatula. Once all of the flour has been incorporated, stir in the chocolate chips.

Scoop 1-1/2 tablespoons of dough onto prepared baking sheets. Bake for 10 to 12 minutes or until they are firm on the outside. Do not over bake.

Leave to cool completely on the baking sheets. Enjoy!



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Upcoming Events

24 DEC **CHRISTMAS EVE BRUNCH AT ELEVATION**
10:00 AM - 2:00 PM
Elevation
1912 Valley Bluffs Dr, Minot

Get in the Christmas spirit with a splendid brunch at Elevation on December 24th with your loved ones! We will be offering our brunch menu along with \$10 Bottomless Mimosas from 10AM-2PM. Reservations are not required but are highly encouraged. Visit elevationminot.com/events for more information!



For more information:
Facebook Event / Christmas Eve Brunch at Elevation!

28-30 DEC **SCHOOL'S OUT DAY CAMP**
8:30 AM - 5:00 PM
Roosevelt Park Zoo
1215 E Burdick Expy, Minot

When school is out, Camp is in! Join Roosevelt Park Zoo for our School's Out Day Camp featuring themed activities designed to foster exploration, and encourage learning through observation and discovery. Campers will participate in games, activities and crafts, zoo walks, meet one of the zoo's ambassador animals plus much more. Cost: \$60 per day or \$150 all 3 days

Tuesday (12/28) Winter Adaptations
Wednesday (12/29) Wild Cats
Thursday (12/30) Birds of a Feather



For more information:
Website / www.rpzoo.com

29 DEC **BLUE RIDER TRIVIA NIGHT**
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

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For more information:
Facebook Event / Blue Rider Trivia Night

31 DEC **NEW YEAR'S EVE PARTY**
5:00 PM - 1:00 AM
The Columbian Club
2601 N Broadway, Minot

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For more information:
Facebook Event / The Columbian Club

31 DEC **NOON YEAR'S EVE**
10:00 AM - 12:30 PM
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The doors slam shut with a clang and the captain presses a button, starting a slow descent 80 feet into the Nebraska underground.

She considers all the tasks expected of her and her deputy while they stand alert in the launch control capsule. In a few short minutes, they'll conduct a turnover where the crew ending their alert will brief the oncoming crew of what they need to know for their own time in the capsule – including information about any maintenance in progress or upcoming, the status of equipment in the Launch Control Center and at the Launch Facilities, as well as any other information to be aware of for the next 24 hours.

The officers go down a checklist covering all the items to be aware of before custody of the warheads and the control center is turned over, ensuring nothing is left out.

When the turnover is complete and the other crew departs topside, the heavy blast door is closed and wheeled to a locked position. So begins the challenging period of alert for the two-person crew manning the most lethal weapons in the U.S. inventory.

The thought of spending a full day in an egg no more than 15 feet wide, 30 feet long and 10 foot high might be able to put a claustrophobic's hair on end, but it's all in a day's work for a missileer.

"The way I like to describe the feeling of being on alert is that it's like you're in an airplane: there isn't much room to move around, there's recycled air, and there's always ambient noise from the airflow through the equipment," said Capt. Stephanie Sanchez, 321st Missile Squadron flight commander. "I've never felt claustrophobic while I was in the Launch Control Center, because I know that if there were an emergency situation, we aren't stuck - we have the training to know how to handle it, and we can open the door to evacuate and get to safety."

The capsule is lined on all sides with crucial equipment for conducting the mission, as well as support equipment for quality of life such as a stainless steel toilet and a bed. The space taken by the equipment leaves little space for the missileers to move around.

"It's essentially a tiny shipping container filled with very old

– but very effective and lethal – equipment suspended inside a concrete capsule and it's all underground," said Lt. Keeshia McDonald, 320th Missile Squadron missile combat crew commander. "It's like working in a Cold War Museum."

Much of that equipment creates an endless hum of noise that can be both distracting and exhausting.

"The constant sound of the equipment running and the constant vibration from the motor generator, coupled with the audible indications from the console create an atmosphere of mental exhaustion by the end of an alert," said Lt. Col. Robert Mack, 319th Missile Squadron commander. "It's not dissimilar to being on a plane for a full 24 hours or more, so by the time the alert is over, you're ready to be back on 'solid ground'."

With a system that was designed and installed around 50 years ago, stepping inside the capsule can be like stepping into history.

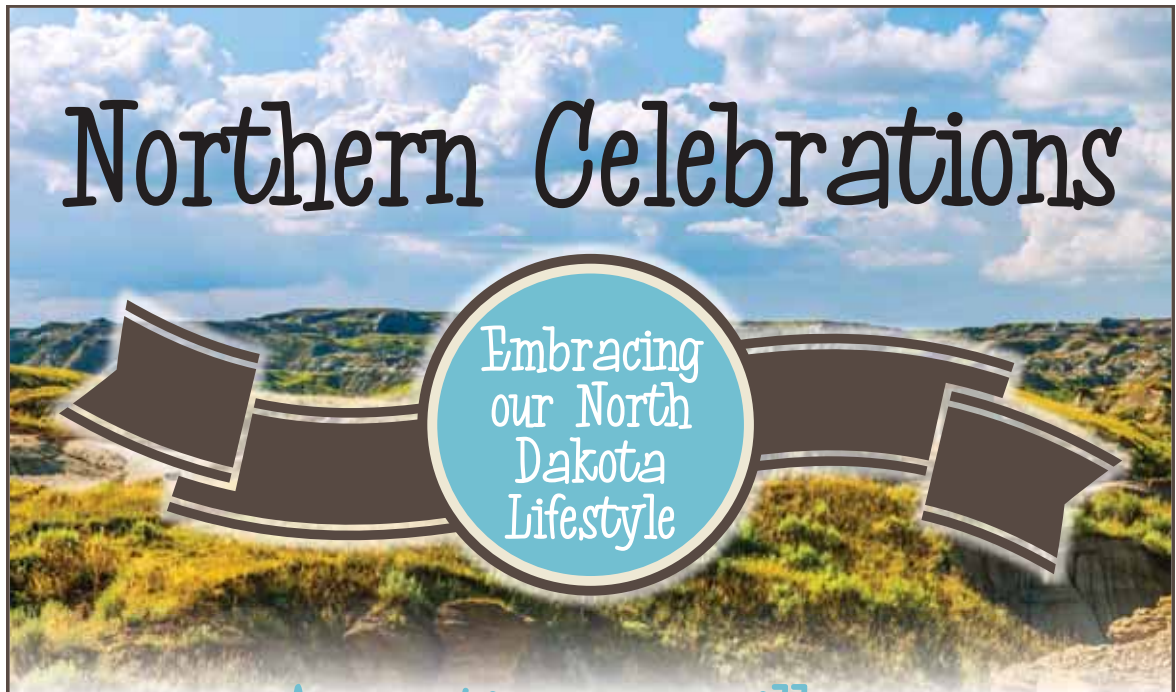
"It's like stepping into the 1950s," said McDonald. "We call the Launch Control Center 'the capsule' because of its pill-like shape underground but it's also like walking into a time capsule."

The missileers who shoulder the task of standing alert in the LCC know all too well the awesome responsibility they assume.

"When you're on alert, you're responsible for the safety and security of the weapon system and the people who interact with it," said Sanchez. "Most days, that involves periodic checks of the security system or coordinating with maintenance and security forces at the Launch Facilities while maintenance is happening and I'm always amazed by alert because even the day-to-day tasks that become routine are still operating and maintaining a nuclear weapon - it's an incredible responsibility."

Though the work environment might seem intimidating to some, missileers remain undaunted by the compact, confining, and potentially even claustrophobia-inducing launch control capsule.

"For some, it can be difficult to be that far underground behind two blast doors," said Mack. "However, missileers push past the challenges that come from working in a small space 100 feet below ground because they have a responsibility to uphold – and they get it done."



A yurting we will go

Patricia Stockdill

Weather rules the Northern Great Plains and can dominate life with North Dakota smack in the heart of the region.

Blizzards shut down roads, work, and school. Whipping winds seem to drain everyone. And dressing for days when it's bitter cold can be challenging.

Yet for all of those challenges, winter can also bring quiet solitude with nature, especially when it's tucked along the Missouri River bottom woodlands of Cross Ranch State Park south of Hensler.

It's easy to check camping off one's "must do" list in the winter. However, the park's four yurts could make a person re-think that idea.

Yurts, a Turkish word for what was historically a round tent-like dwelling, were used by nomadic people living in the steppes of Central Asia. Their exteriors were usually covered with animal skins or felt.

Just as those nomads lived year-around in their yurts, today people can camp year-around in the ones at Cross Ranch. Yes, camping in the winter.

Modern yurts run the gamut from the most rustic, primitive style imaginable to something rivaling luxurious 5-star hotels – inside and outside.

Three of Cross Ranch State Park's yurts are primitive because they lack running water. However, a vault toilet is nearby and a modern comfort station complete with shower facilities is located in the visitor center, which is also open in the winter, park manager Terry Mitchell described.

Names of each yurt reflect some of the park's history and locations - Bagnell, Levis, and Ice Glider. Each primitive yurt has a different layout: Located on the park's northern trail system, the Levis yurt sleeps three. Amenities include futon chair and couch, table, small refrigerator, and gas fireplace.

The park's main campground is home to the "twins" – Bagnell and Ice Glider yurts. They're adjacent to the Matah ("river" in the Hidatsa Indian language) Trail and each sleeps five. They include a pull-out futon, gas fireplace, table, and refrigerator.

And then there is Pretty Point. "There's a "wow" factor inside," Mitchell described with its loft, two full bedrooms, a full kitchen with microwave, oven, stove, and refrigerator, central heat (and air conditioning, not that it's a priority in the winter), and gas fireplace. Oh, there is also a pull-out couch and chairs.

It's camping that says, yes, this is glamping in style.

Even in the winter.

Guests will need to bring their own bedding, including blankets, Mitchell continued, and whatever food and other amenities they desire.

Bagnell and Ice Glider yurts came to the park in 2011.

Given their popularity Levis joined the yurt family in 2012 with Pretty Point following in 2016.

Pretty Point is popular even in the winter so Mitchell suggested campers try to reserve early or consider booking a stay during the week.

The Missouri River bottomland woods can be a special place in the winter, especially when seeking nature's quiet solitude.

Towering, century-old native cottonwoods, box elder trees, and shrubs provide shelter and food for an array of wildlife. The echo of woodland birds reverberates through the woods. Crisp winter air accentuates the sights and sounds of nature.

Park visitors come off what old-time locals call "high bottom" river land, dropping down the steppe to the "low bottom" immediately adjacent to the river itself. Its setting secludes wildlife and people alike from what can be howling winds sweeping across nearby prairie hillsides.

Snow filters down through trees onto the low bottoms and all four yurts are next to hiking, cross-country skiing, and snowshoeing trails winding more than 15 miles.

Ma-ak-oti ("old village") Trail is great for snowshoeing and hiking while Matah, Cottonwood, Gaines, and Levis trails are groomed for cross-country skiing. The park also has several ungroomed trails for hiking and snowshoeing, Mitchell added.

Bagnell, Levis, and Ice Glider can be rented for \$65 per night while Pretty Point has a \$125 nightly fee in addition. The park also has 24 pairs of cross-country skis and 12 snowshoe pairs for rent at \$15 per day. Daily entrance fees or an annual pass is needed with 2022 annual passes now available.

Call the park, (701) 794-3731, or go to the N.D. Parks and Recreation Department website link, (parkrec.nd.gov/cross-ranch-state-park).



A sunrise along the Missouri River south of Hensler, N.D. and Pretty Point yurt at Cross Ranch State Park.

TERRY MITCHELL PHOTO, CROSS RANCH STATE PARK

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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Dec. 20: 1,828.95 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.1 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.08 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports but look for walk-on activity on small area lakes, as well as Lake Audubon and Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Increasing activity on Devils Lake with the main lake iced over. Continued fair success on northern feeder lakes

•Devils Lake, Woodland Resort, Devils Lake: Bays iced over with walk-on activity. Still somewhat slow with occasional walleye. Lots of activity on northern feeder lakes yet.

•Lake Darling, Karma C-Store, Ruthville: Not much activity yet on Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Fair for a mix of pike and walleye with improving ice conditions although walk-on or ATV access only still recommended. Pike running in some nice sizes with smaller walleye.

•Lake Metigoshe, Lake Metigoshe State Park, Bottineau: No new reports.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Activity continues on Lake Audubon back bays but Lake Sakakawea bays still iffy for walk-on access yet.

•Lake Sakakawea, New Town: Little activity yet on the Van Hook Arm with

•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.

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

•Dec. 25 & 26: Free fishing weekend. Residents can fish without licenses.

•Dec. 26: Minot area Christmas Bird Count.

•Dec. 31: Missouri River Canada goose zone and light goose seasons close.

•Jan. 1: Denhigh CBC.

•Jan. 2: Pheasant, grouse, partridge, High Plains duck, goose, merganser, and archery deer seasons close.

•Jan. 2: Medora CBC.

Tournaments:

•Jan. 8: Lake Darling, Lake Sakakawea, Lewis & Clark State Park

anglers waiting for better ice. Most anglers going to White Earth Bay for walleye.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon fair to good for walleye. Try 3-Mile or Nelson bays and Velva Point in 8 to 12 feet or working deeper in 15 to 25 feet with jigs and minnows.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try Lewis & Clark State Park or Lund's Landing for walleye on the upper end of Lake Sakakawea.

•Lonetree WMA area lakes, Harvey: Fair to good walleye and perch success on Goose Lake with lots of activity on other area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports but look

for increasing activity throughout area lakes with improving ice conditions.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Some portable houses on Gravel Lake and Lake Upsilon with anglers pulling them out with snowmobiles and ATVs. Lots of activity on Carpenter Lake and Devils Lake.

Hunting:

•Upland: Continued pheasant activity working heavy cover but birds are flighty.

N.D. Parks & Recreation Dept. state park cross-country ski trails:

•Lake Metigoshe, Bottineau: Trails packed in mid-December but not enough new snow for tracking.

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.

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PROJECT BEE PHOTO

MINOT AIR FORCE BASE PUBLIC AFFAIRS DONATES TO PROJECT BEE

Minot Air Force Base Public Affairs recently donated winter weather parkas and additional winter gear to Project Bee's Warming Center. Pictured above, Senior Airman Josh Strickland and Public Affairs Officer 1st Lt. Ryan Walsh. "Having a warm jacket in North Dakota is essential, especially now. As the cold temperatures set in, we are grateful to have these on hand for clients that need them. Minot AFB has been and continues to be an incredible source of support for our organization. Many of our volunteers, staff, donors, and board members are associated with the Air Force, and we can't thank them enough for their service not only to our country, but also to Project BEE and the Minot community!" -Project Bee

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It certainly would be fair to say that each geographical location certainly has different challenges in keeping vehicles properly maintained. That is why it is so important to establish a relationship with a locally owned shop like Tires Plus. And of course maintain that relationship so that they get to know you, and your car. So let's quickly review some of what is important in maintaining your vehicle.

1. Acquaint Yourself With Your Owner's Manual
2. Check Your Tires Monthly
3. Have Your Oil and Oil Filter changed on Schedule
4. Also Have Your Air Filter Replaced With Oil Changes
5. Let Tires Plus Inspect All Other Fluids
6. It's Important to Examine Belts and Hoses When You Change Your Oil & Filter
7. Always Listen and Feel for Brake Issues
8. Replace Wiper Blades as Needed
9. Know That Tires Plus Will Also Inspect Your Battery and Remove Battery Corrosion
10. Keep A Detailed Accounting So You Don't Forget Routine Maintenance

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Congratulations to TSgt Shawn Daley, 791 MSFS, who was selected as a Distinguished Graduate upon graduating from the United States Air Force Noncommissioned Officer Academy. Awesome job TSgt Daley!

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The B-52 "climber" was put in place at the Magic City Discovery Center in Minot! The Discovery Center was made possible due to a Defense Community Infrastructure Project grant. This was a combined effort between The City of Minot and Minot Air Force Base!

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NOTES ON BEING SAFE

TIPS FOR A SAFER HOLIDAY SEASON

ROD KRAUSE
5TH BOMB WING
SAFETY & OCCUPATIONAL
HEALTH MANAGER

The holidays provide a wonderful opportunity for family and friends to gather and celebrate. It is also a time of continuous activity, with errands to run and scheduled activities that demand attention and time. It's also a time when busy people can become careless and vulnerable to theft and other holiday crime. The following tips can help you be more careful, prepared and aware during the holiday season.

Already this holiday season there have been tragic incidents around the country; so it's a good time to remind everyone of the dangers that lurk out there if you don't follow some simple safety rules. Obviously, some crimes occur in busy areas during broad daylight, but thieves usually prefer more secluded areas that aren't well-lit. Many thefts occur because we're not paying attention to business. Women's purses are especially easy targets when they are left in a shopping cart. Thieves rely on the trust that good people place in others. Some people go Christmas shopping and get very intrigued by items on the lower shelf. A person might never think that an older woman would steal something from them when their eyes are diverted for just a moment, but this type of theft occurs more often than people realize it does. Thieves can take on any type of personality and have any type of body style.

Here are some holidays shopping safety tips from various websites our office would like to pass along:

- Stay alert at all times and pay attention to your surroundings.
- Park in well-lit spaces, always lock your car, roll up the windows, and hide packages in the trunk or under a blanket.
- Don't overload yourself with packages, have your car keys in hand before heading to the parking lot.
- Do not leave your purse unattended, avoid carrying large amounts of cash. Whenever possible, use credit cards or checks instead. Carry only the credit cards you need.
- When using public rest rooms, be cautious; avoid putting your purse on the floor.
- Keep receipts separate from the packages; this will make it harder for the thief to refund the stolen items.

Remain alert in parking lots; don't carry so many packages that you aren't aware of your surroundings and personal safety and shop during the daytime, if possible.

Walk confidently, with your head up, and stay in well-lighted and well-traveled areas, and have your vehicle key in hand and ready when walking to your car.

Visually check the backseat before opening the door, and lock your doors immediately when inside, when loading your purchases into your vehicle, place your purse in the vehicle first, so it's not in the cart while your back is turned.

Shopping with Children:

- Teach your children to go to a store clerk or security guard if they get separated from you in a shopping mall.
- Keep children under age 4 in a stroller or supervise them closely.
- If you place your child in a shopping cart, always use the safety belt, and stay close to the cart and never let your child stand in or push a shopping cart.
- Toy Safety:**
- Make sure the toys you give children are safe for them. Read the package labels and follow age recommendation.
- Do not give children under the age of 3 toys that contain small or metal parts or toys that break easily and can be swallowed.
- Do not give children under the age of 8 toys that have sharp edges, points, or heating elements.
- Include helmets and other protective gear (such as elbow, knee, and wrist pads) when giving bicycles, skates, or skateboards as gifts.
- Dispose of toy packaging properly (do not burn in fireplace). Keep packaging materials away from children because they can become a choking or suffocation hazard.
- Keep batteries away from children. They are toxic if swallowed.

We realize this alert might put a damper on your holiday spirit, but being safe is much better than being sorry. By taking a few prevention measures can help keep your holiday season joyous!

Merry Christmas!

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WORD SCRAMBLE
HINT: BALD EAGLES ARE BIRDS OF PREY, ALSO KNOWN AS...

P O R S A R T

ANSWER: RAPTORS

BALD EAGLE

CREATURE FEATURES

- The national bird of the United States, it is the only eagle unique to North America.
- A Bald Eagle's eye is almost as large as a human's. Their eyesight is 4 times sharper than a human with perfect vision.
- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.

Fact File

Life Span	15 - 20 years
Weight	10 - 14 pounds
Body Height	30 - 37 inches
Wingspan	70 - 90 inches
Top Speed	30 - 35 mph
Wild Diet	Omnivore (Carrots) Herbivore (Fish, Other birds, Carrion)

HOURS:
MON-SAT: 10AM-3PM
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UPCOMING EVENTS

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THRIVE- Parenting Support

The Department of Defense is committed to supporting the health and well-being of all military children and families. One of the avenues of support is a partnership with the Clearinghouse for Military Family Readiness at Penn State. The Clearinghouse has developed a parenting education program, Thrive, which offers no-cost, 24/7 online support. Thrive promotes positive parenting, stress management, and healthy lifestyle practices for children from birth to 18. Thrive has four age-level specific modules: Take Root: for children ages 0-3, Sprout: for children ages 3-5, Grow: for children ages 5-10, Branch Out: for children ages 10-18. Each module gives parents the information they need in a way



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



that is easy to understand. Parents choose the module for their child's age and developmental stage. The program encourages parents to use the strengths they already have while building additional skills. The no-cost online programs have an engaging, self-directed format

and are available to military and civilian audiences through the Penn State website. For program information visit the Thrive website at <https://thrive.psu.edu> or contact the School Liaison at 723-1447 or the MFLCs at 410-916-6458/425-7905.

College for Kids: Fitness Fun

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University is offering a College for Kids session on Dec. 28-29 guaranteed to help burn off extra energy.

The Fitness Fun for Kids session costs \$40 and will run from 9 a.m.-12 p.m. on Tuesday, Dec. 28 and Wednesday, Dec. 29 for ages 6-12 at the Wellness Center.

"We're excited to offer an opportunity for kids to have some fun and hang out with friends while burning off some energy over the holiday break," said Amy Woodbeck, professional and community education coordinator.

The fitness camp focuses on fun while providing a variety of activities for children of all fitness levels to participate in. Attendees will enjoy being active while they rotate through various stations that include playing games, a climbing wall, yoga, calisthenics, agility, and more. Children should wear tennis shoes and comfortable clothes and bring a water bottle.

To register, fill out the form found at <https://www.minotstateu.edu/> and email to Woodbeck at amy.woodbeck@MinotStateU.edu.

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



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Volunteer brings smiles to Dakota Elementary School

ABIGAIL KINDER, NORTHERN SENTRY

Every Friday, the students of Dakota Elementary are greeted outside of the lunchroom by Staff Sgt. Christerfer James of the 5th Communications Squadron. James, who runs the "school store," has volunteered his time to the school since 2016, and has played an important role in brightening the days of students and faculty alike.

He originally began volunteering when his son was a student at Dakota Elementary. "[My son] was having issues, so I decided to come help him out and then I found out they had the school store so I came by to do that so I could check up on him, and then it became a routine after that," said James.

Despite his very busy schedule, James stepped up to run the store after noticing that there was a lack of volunteers available. "I quickly noticed that a lot of the parents are very busy, myself included, and often the school store was run by spouses. When people would PCS and leave, I noticed that no one would come

do the school store, so I came every Friday for the rest of the year," and now, six years later, James is still the familiar school store merchant.

The school store sells a variety of supplies such as unique pencils and erasers, and even some fun knickknacks that students can buy for outside the classroom. All proceeds from the store benefit the students and are used for new school supplies, class parties, and for the Parent-Teacher Association (PTA). Even more, they are able to learn how to use money, make decisions about items they want, and have a listening ear to talk about their day.

"It's always a joy working with the kids. It helps out too because if these kids have a bad day, they can come to the school store and I can talk to them and help them feel less angry. It does get hectic sometimes, but it is very nice. The teachers like it as well."

James gives more to the school than just his time. Alongside running the school store, he

was also the previous PTA Vice President and has spent much of his time supporting Dakota Elementary through fundraisers, events, and acts of kindness such as baking homemade cakes for the staff.

"It's about giving back," he said. "To be honest, I'm just a Sergeant wearing my uniform and I'm not really important but to these kids, I'm someone they can look forward to seeing for a happy day. I may not be the biggest figure in the Air Force and I may not be well known, but a smile a day makes the world go round. The happy faces are my favorite part. It's been a unique experience and I'm glad my squadron gives me the time to come up here and do it."

But SSgt. James and volunteers like him are very important, and their dedication and compassion does not go unnoticed.

From the students, staff, and parents of Dakota Elementary, thank you SSgt. James for all you do!



SSgt. Christerfer James, 5th Communications Squadron, has volunteered to run Dakota Elementary's school store since 2016.

ABIGAIL KINDER PHOTO

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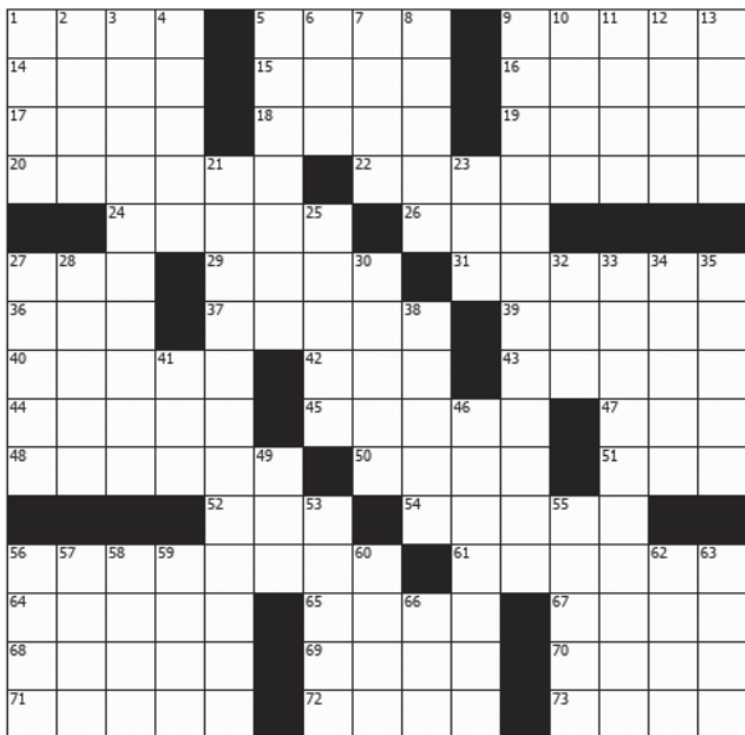
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CROSSWORD PUZZLE

Across

- 1. Pipe feature
- 5. Word with bar or binary
- 9. Be active on Wall Street
- 14. Pavarotti solo
- 15. Surrounding glow
- 16. Increased the staff
- 17. Like a pole vaulter's pole in action
- 18. Alg. cousin
- 19. "I give up!"
- 20. Displays peak singing condition?
- 22. Becomes a face in the crowd
- 24. Samples
- 26. Word with split or tail
- 27. TGIF eve
- 29. Lifting spots?
- 31. Substitute for gum or jove?
- 36. Vied for office
- 37. Loaf or loafer parts
- 39. Some horses
- 40. Likely ___ (probably)
- 42. "I'm impressed!"
- 43. Plant pets
- 44. Rudder's place
- 45. Spare the rod
- 47. Gun owners' grp.
- 48. "Whoa!"
- 50. Mediocre
- 51. It may be in the ointment
- 52. Nemo's harpoonist
- 54. Charon's planet
- 56. Completely losing it
- 61. Thought the world of
- 64. Sesame Street name
- 65. Bowling green?
- 67. Flat-topped elevation
- 68. TV sports playback effect
- 69. Like hand-me-downs
- 70. Popular cable channel
- 71. Improved an edge
- 72. The sun does it every day
- 73. Eye ailment (Var.)



Down

- 1. Coddle
- 2. Snack since 1912
- 3. Plane-testing chamber
- 4. Not now
- 5. Marble type
- 6. Couple's pronoun
- 7. Negligible amount
- 8. Henley or Frey
- 9. Billowy boomer
- 10. Unwanted coat?
- 11. Circle components
- 12. Where the workers cut the mustard?
- 13. Setting in Haydn's "The Creation"
- 21. Conductor, but not of music
- 23. Celebrated twin
- 25. Certain mergansers
- 27. Vandalize
- 28. Can't help but
- 30. Feeds the pigs
- 32. "What a view!"
- 33. Endangered tropical region
- 34. Twist into a knot
- 35. "How I Spent My Summer Vacation," maybe
- 38. Hawk's maneuver
- 41. Former California fort
- 46. Oahu and Maui, e.g.
- 49. Crumpets go-with
- 53. One barely passes with it
- 55. Heavy volumes
- 56. More than "hmmm!"
- 57. Peace Prize city
- 58. Desktop image
- 59. Sobriquet
- 60. Cushiness
- 62. Catch sight of
- 63. Denmark native
- 66. Just painted

SUDOKU

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

Solution to puzzle on page C6

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE



SPIDER-MAN: NO WAY HOME (PG-13)

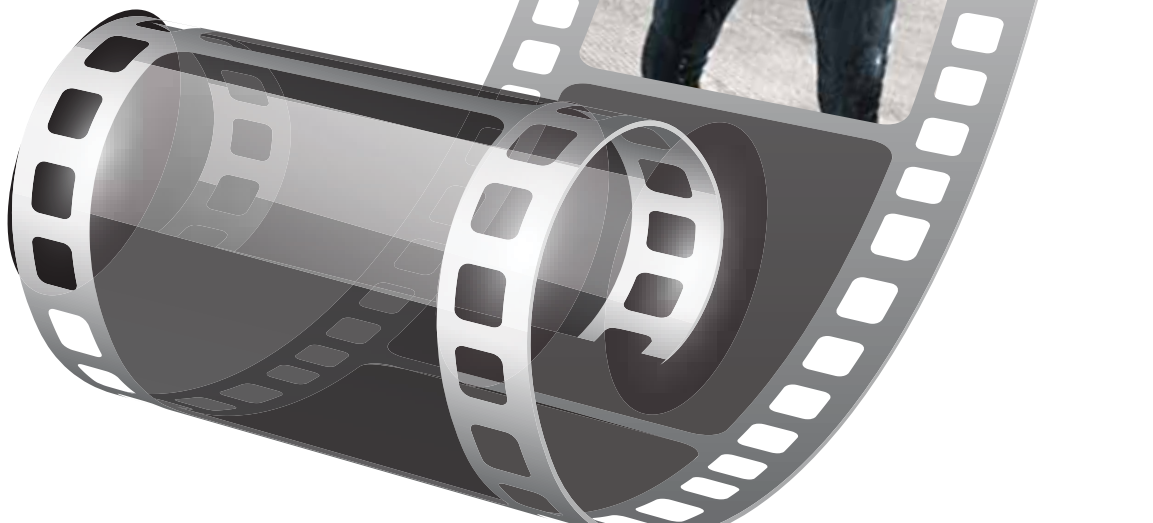
SUNDAY, DEC 26 1500

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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.

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

Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE**
Minot • 838-3094

Thursday, December 23,
 Vespers at 5:00 p.m.

Friday, December 24,
 Royal Hours of the Nativity at 9:00 a.m.

Vespersal Divine Liturgy of St. Basil at 10:30 a.m.

Great Compline on at 5:00 p.m. followed by Matins of the Nativity at 6:30 p.m.

Saturday, December 25,
 Festal Divine Liturgy of St. John Chrysostom for the Nativity on at 10:00 a.m.

V. Rev. Fr. Paul Hodge
All Services in English


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 Wednesdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
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701.353.9337 | www.bfbc.tv


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 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


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

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

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


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 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcmminot.com

Rev. Heath Trampe
Rev. Brian Doel

SUNDAY MORNING
 Worship Services
 8:15, 9:30, & 11:00 am
 Sunday School
 Age 4 - Grade 12
 9:30 am (Sept-May)
 Adult Bible Study
 9:30 am


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship
9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church

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

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

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


Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

St. John the Apostle Catholic Church


 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:

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


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


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

Sunday Worship
 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



Gospel Tabernacle Community Church

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

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

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


JOURNEYCHURCH
 ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
 8:30 AM-10:00 AM-11:30 AM

Wednesday
 6:30 PM

Christmas Eve Service
 3:30 PM & 5:00 PM

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor


Cross Roads Baptist

Southern Baptist Convention

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

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

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


West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot

First Baptist Church

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

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

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

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www.ourredeemers.org


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 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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

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

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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IMMEDIATE FULL AND PART TIME OPENINGS

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

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- **TEEN HOURS**
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- Morning start times rotate & vary

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mmackey@kalixnd.org
701-852-1014

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CONTACT US AT:
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(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
09:00 PM – 02:00 AM
HOLIDAY WEEKENDS
08:00 PM – 03:00 AM

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 10 Jan-13 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 701-727-9007 or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

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

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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 24

- Christmas Eve
- For full listing Christmas Holiday Weekend Facility Hours, visit 5thforcesupport.com

SATURDAY 25

- Christmas
- For full listing Christmas Holiday Weekend Facility Hours, visit 5thforcesupport.com
- Holiday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Holiday Special Dinner, 1630-1800, Dakota Inn Dining Facility

SUNDAY 26

- For full listing Christmas Holiday Weekend Facility Hours, visit 5thforcesupport.com
- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill

MONDAY 27

- HIIT Strength & Conditioning, 0530, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1600, Minot AFB Library
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 28

- Winter Nerf Wars, 0900-1100, Youth Center
- Game Day, 1000-1930, Minot AFB Library
- Pre-Separation Counseling Short Notice/COVID, 1300-1530, A&FRC, Zoom Meeting
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Zumba, 1830, Fitness Center

WEDNESDAY 29

- HIIT Strength & Conditioning, 0530, Fitness Center
- Winter Nerf Wars, 0900-1100, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Yoga, 1300, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 30

- Winter Nerf Wars, 0900-1100, Youth Center
- 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, 1000-1100, A&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Magic The Gathering Pauper Night, 1800, ESC
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

FRIDAY 31

- New Year's Eve
- For full listing New Year's Weekend Facility Hours, visit 5thforcesupport.com

SATURDAY 01

- New Year's Day
- For full listing New Year's Weekend Facility Hours, visit 5thforcesupport.com
- Winter STEAM Challenges Begin on the Minot AFB Library Facebook Page
- New Year's Special Lunch, 1030-1330, Dakota Inn Dining Facility

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

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HAPPY NEW YEAR! 2022

New Year's Day Special Lunch
Dakota Inn Dining Facility
1 January 2022 • 10:30 AM - 1:30 PM

- Waffles
- Balsamic Grilled Salmon
- Grilled Ham with Red Eye Gravy
- Chicken Tenders
- Bacon
- Sausage Patty
- Eggs Benedict
- Baked Potato Rounds (Tater Tots)
- Biscuit
- Macaroni & Cheese
- Black-eyed Peas
- Mashed Potatoes
- Fried Cabbage
- Southern Style Greens
- Senate Bean Soup
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- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

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