


★★★★★  
NOVEMBER 11<sup>TH</sup>  
**VETERANS DAY**  
Honoring All Who Served



WHATS INSIDE THIS WEEK:



DISCOVER  
MINOT  
EXCURSION-  
HOLIDAY  
EDITION  
**A3**



DAKOTA  
HOPE  
ANNOUNCES  
FESTIVAL OF  
TREES  
**B7**



Airman 1st Class Francesco Haydo, 5th Contracting Squadron, enjoyed a night of free bowling at Rough Rider Lanes on Friday, Nov. 4. See page A7 for more coverage. NORTHERN SENTRY PHOTO | ERIN BEENE

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ERIN BEENE, NORTHERN SENTRY

It’s that time of year, the time where folks get bundled up, have rosy cheeks, runny noses and opt to stay cozy inside their cheerfully decorated homes as much as possible. Oh wait! Here in Minot that describes a major chunk of the year. Since that’s the case, the blustery wind and biting temperatures can’t be an excuse to stay indoors for five months. Once living in Minot, the only way to survive it is to embrace the cold -or as many a military member will say, “embrace the suck”- and get out, make friends and enjoy where you live.



On Wednesday, September 21, dependents from MAFB took off on the Discover Minot Excursion to explore the many places that make Minot a worthwhile assignment.

The Northern Sentry is here to help! Introducing the evening Holiday Edition of the Discover Minot Excursion! This once a

year opportunity will feature our quarterly Discover Minot Excursion but include light displays, a delicious dinner at Whiskey Nine, drinks and a ride from the base to downtown and back! Plus some exclusive shopping perks at Mainstream Boutique and an interactive demonstration from Gourmet Chef.

The Holidays will be here before you know it, so grab a friend, or come by yourself to meet some new friends, and see Minot with its Holiday Cheer on full display! You’ll be surprised

to discover why you might not hate it here. Tickets are only \$20 per person which includes dinner and the bus ride from the base to town and back again, not to mention all the other perks. This is a steal of a deal to kick off the festive month of December. Seats will fill up, so get yours today!  
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A VIEW FROM  
OUR SIDE

ROD WILSON, NORTHERN SENTRY



UPSIDE DOWN  
UNDER

MARVIN BAKER

When people say they did something on their bucket list it usually means going to Hawaii, buying a BMW or running in the Boston Marathon.

For me, one of those bucket list items has been much different. It was implementing a radio wave propagation phenomenon called passive reflection, sometimes referred to as passive reception.

In most cases this is done in radar, microwave and sometimes TV in the mountain west. I decided to do it with FM radio because my situation is such that passive reflection could work, at least in theory.

I've known about this phenomenon for about 20 years, but discovered that in the past several years Mackenzie Presbyterian University in Sao Paulo, Brazil is actually researching it to enhance digital TV. That provided new inspiration for this intriguing idea.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

TIMOTHY TIMM



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

So, What's The Scoop on Turkey?

Well friends, here we are just a few weeks away from Thanksgiving, and everywhere we are hearing about the high cost of turkey. One news report was even so bold as to suggest that consumers may have to switch their choice of meat because turkey prices were expected to be at record highs. So, what is the reason for this turkey-flation? Well, most experts point to the loss of millions of turkeys, chickens, and other birds due to Avian flu. Over 44.6 million birds, and more specifically, six million turkeys have died from the virus. And of course, at Thanksgiving consumer demand for turkey already puts a strain on supply.

But let's be realistic here folks, even if turkey stays at the predicted price of around \$2.00 per pound, and you purchase a 15 pound turkey, it's \$30.00. Last year the average price for that same turkey was around

\$1.15 per pound, well even less in some stores, so we are talking about \$12.75 more this year than last. And even though, as CNN points out, that's a 73 per cent increase over 2021, compare the price of gas to last year and your Thanksgiving turkey will seem like a bargain.

What causes all of this turkey tension in 2022? It's pretty simple. Turkey has always been used by grocers as their loss leader at Thanksgiving. Purchase your Thanksgiving turkey at a store, and more than likely you will fill your shopping cart with all of the other staples of a Thanksgiving dinner.

I was in the advertising business for more than 30 years, and I know that grocery store managers lost sleep over the price of turkeys every year. I was even called at 3 AM one morning to quickly head to the TV station where I worked to lower the price of the turkeys on

a TV ad by three cents "because we can't afford to lose the war on turkeys, son". I clearly remember lowering the price from .32 cents per pound, to .29 cents per pound. I finished re-doing the ad just as the station was signing on the air, and the first ad ran just minutes later, right after the National Anthem. Turkey crisis averted.

And then of course we have to remember that after Thanksgiving, our turkey purchase lives on for days in the form of turkey sandwiches, turkey & tater tot hot dish and finally a week later, turkey noodle soup. Face it folks. Pound for pound, turkey, even at \$2.00 per pound, is a real bargain.

In my humble opinion, people will grudgingly step up to the supermarket check-out line and pay what it takes to put a turkey on the table for Thanksgiving. So please, no more lost sleep over the price of turkeys.

THIS WEEK'S BEST KEPT  
SECRET

Downtown Minot has embarked on what will be a multi-year endeavor to restore the historic facades that once adorned our Main Street. The first of these projects got a huge boost this past week when the colorful awning was installed on Margie's Art Glass Studio, also home to the Black Iguana Coffee shop. Take a minute to drive by 109 South Main. It really does look marvelous. Sure, there is more work to be done. But one can only imagine what it will look like when other merchants re-do their store fronts and return to the look of historic Downtown Minot from years past.

TODAY'S CHUCKLE

"What did the mother turkey say to her disobedient children?" "If your father could see you now, he'd turn over in his gravy!"

The passive reflection experience...

Essentially what it amounts to is creating a "repeater" to extend the range of a radio/TV station, but no electricity is used therefore it doesn't require an FCC license. All you're doing is "pushing" the range of an existing signal, typically over mountains, tall buildings or into a valley, which is my case. In theory, that range is about three miles.

To put this into motion, I purchased three, identical FM antennas from Stellar Labs and mounted two of them out of the Des Lacs River Valley on an old shack. One of the antennas is pointed northeast toward Brandon, Manitoba and the other southwest toward my garage. Both are connected by a quad-shield coax cable and I used the building itself as an isolation plate.

It's unclear why Mackenzie Presbyterian uses an isolation plate in its theory, but I assume it's so unwanted signals and interference aren't absorbed by the opposite antenna.

The third antenna is mounted on my garage and is pointed toward the second antenna that is pointed southwest, about a mile northeast and at least 50 feet higher in elevation. On the third antenna, I added a dedicated toggle switch so I can easily tell which radio stations are coming in on that particular antenna as

well as their signal strength.

As a result, I now get all seven of the Brandon FM stations as well as several others in the region including Belcourt and sometimes Langdon and Winkler, Manitoba. It has also enhanced other beyond-line-of-sight stations that I've been listening to for quite some time.

This isn't as easy as slapping a couple of antennas on the side of a building. A number of factors go into making this happen. They include azimuth (exact direction) to the transmitter, elevation, height of antenna, quality cable, transmitter power, perceived range of a radio station, is the station analog or digital and what is the next nearest station on that frequency. All this information is available from two websites, Radio-Locator.com and fmfool.com.

Until I set up this passive reflection system, I could only sporadically get two of Brandon's seven stations, approximately 112 miles away. Now, all seven are available including CKSB, a French station on 99.5 FM that transmits on 21,000 watts, unlike CKX on 96.1 that pushes out 100,000 watts.

Other stations enhanced at my location 26 miles northwest of Minot include, CHWY, 106.7 in Weyburn, Saskatchewan. Weyburn is 125 miles to my

northwest and is equidistant to KQZZ, 96.7 in Devils Lake, almost straight east.

For the Devils Lake stations I have a separate, 17-element FM antenna pointed 98 degrees in order to receive the four FM stations there. But because it is such a high-gain antenna, I sometimes get other stations from as far away as Valley City and Grand Forks.

I've also begun to pick up low-power Christian radio stations that weren't previously available. The best example of that is of 104.1 FM. When I have the toggle switch on one of the antennas, I receive KSAF on 104.1 in Minot. When I switch it, KZTW in Tioga is heard on 104.1, 70 miles west.

Sure, this system can be tweaked, but functions just the way I built it, which means I could essentially build a similar system to reach any direction outside the valley that is within reason.

Williston, Sidney, Mont., and Dickinson are all possibilities.

Anyone could do this from their location. If FM radio stations are within reason or up to 125 miles from your location, you should be able to get them with a low-cost antenna system. And yes, streaming makes this obsolete, but sometimes it's the challenge that makes it worth your while.



# DOD celebrates National Veterans and Military Families Month

DAVID VERGUN, DOD NEWS

The Defense Department recognizes that military families have important roles to play in supporting a strong and ready force.

“Our nation’s service members do not serve alone. Alongside them are the dedicated members of their families, whose commitment and resolve strengthen our nation. Your support and resilience help strengthen our force,” said C. Eddy Mentzer, acting director of military community support programs.

“The department recognizes that readiness depends on a strong and resilient home front, and we honor those who make it possible — our nation’s nearly 3 million military family members,” said Mentzer, whose spouse is an active-duty Air Force colonel.

Every military family is unique and could consist of not just immediate family members, but also partners, caregivers, extended family members and friends. “Each one of you is important.”

Military life has its own unique challenges and rewards, and the department wants to ensure family members have support and access to resources they can use, said Mentzer. The entire suite of these resources is available on the Military OneSource website.

Military OneSource should be the first stop for any military family when facing adversity,” said Mentzer. “Service members and their families can visit the website, call Military OneSource at 800-342-9647 to speak with a Military

OneSource consultant, or start a live chat. Our team will listen to your needs and lead you to the resources you need.

“Military OneSource is not just for currently serving military families, but also for transitioning service members and their families. They have access to all Military OneSource has to offer up to 365 days post transition.”

That website provides helpful information and guidance on topics, such as:

- Nurturing and growing friendships and relationships to help maintain important connections.
- Navigating parenting and caregiving.
- Planning for and working through different transitions in military life.
- Parenting, relationship support and child care help.
- Programs for youths.
- Spouse employment opportunities.
- Permanent change of station and deployment assistance.



The Defense Department recognizes that military families have important roles to play in supporting a strong and ready force. Military life has its own unique challenges and rewards, and the department wants to ensure family members have support and access to resources they can use. The entire suite of these resources is available on the Military OneSource website.

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# DOD offering additional assistance in finding employment for military spouses

DEIDRE MOON, AEDC PUBLIC AFFAIRS

ARNOLD AIR FORCE BASE, Tenn. --

The well-being and readiness of service members is a top priority for the Defense Department, and in September, Secretary of Defense Lloyd J. Austin III announced an action plan offering them and their families additional support.

One of these includes providing assistance in finding employment for military spouses.

According to the Secretary of Defense's memo, the DOD is committed to enhancing military spouse employment and facilitating the portability of occupational licenses for military spouses as they make permanent change of station from state to state.

The department has assisted professions in drafting "interstate compacts" for those licensed occupations in which the majority of military spouses work. Compacts generally allow military spouses to PCS from state to state without having to relicense in their chosen professions or submit paperwork, pay fees for applications or test.

The compacts, which include teaching, social work, dentistry/dental hygiene, massage therapy, and cosmetology or barbering, are nearing completion for states to consider in 2023. Groups representing the professions are

also drafting compacts for dietetic nutrition and school psychology to be ready for the 2024 state legislative sessions.

Nine licensure compacts currently exist, and the DOD is working with groups representing the impacted professions to obtain approval by additional states for the following: nurses, physicians, physical therapists, occupational therapists, audiologists/speech-language pathologists, emergency medical technicians, psychologists and licensed professional counselors.

There are also plans to further use direct-hire authorities where applicable and expand telework and remote work opportunities for spouses.

Noncompetitive hiring and direct-hire authorities allow DOD components to target their recruiting efforts toward eligible military spouses for DOD employment opportunities. These hiring routes will also enable DOD employers to quickly hire qualified military spouses.

Telework and remote work programs provide opportunities for military spouses to retain current employment within the DOD and continue to advance their careers in a manner consistent with the future of work and mobile work forces. The Secretary's "Taking Care of Our People" initiatives encourage the expansion and use of telework and remote work policies to assist military spouses to retain productive and continuous employment as they relocate throughout their spouse's military career. This also alleviates financial stress to military families by potentially avoiding a disruption in income.

The DOD, partnering with the Department of State, has already begun promoting a broader use of telework/remote work for military spouses overseas. USAJOBS.com and DODCiviliancareers.com offer spouses a filtered view of job opportunities targeting military spouses.



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Another option for military spouses is a paid fellowship. Participation in a fellowship program provides career ready military spouses with job relevant skill building, enhances their professional network, and introduces them to employers with future employment opportunities.

Beginning in December this year, the DOD Military Spouse Corporate Fellows Program will begin taking applications from candidates, for placement in early 2023, in paid fellowships with employers from across industry who are looking for full-time staff. Fellowships will last from 6-12 weeks, depending on the needs of the employer.

While follow-on employment is not a guarantee, the goal of

the pilot program is to place military spouses with employers that are seeking to fill full-time employment openings.

The DOD is also looking to increase employer partners in Military Spouse Employment Partnership, or MSEP.

The MSEP consists of more than 540 employer partners that have committed to recruiting, hiring, promoting and retaining military spouses. The goal is to increase the number of MSEP partners by 10% to nearly 600 employers by the end of 2022 providing even more employment opportunities for military spouses in multiple industry sectors. Currently, MSEP employer partners have hired more than 220,000 military spouses across all industry sectors.



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# Bowling Alley Re-Opens!

ERIN BEENE, NORTHERN SENTRY

This past Friday, November 4, the bowling alley on base hosted its grand re-opening event! Rough Rider Lanes, which has been close since early December 2021, happily greeted base patrons once again with a slightly different look and feel. Rough Riders is slated to be open Thursdays, Friday and Saturdays throughout the duration of the winter with parties, specials, leagues for all ages, as well as offering opportunities for reservations.

Manager Mike Guthrie said that the new goal for the bowling alley is to be able to provide this fun service and facility for base families to stay busy during the winter months. When asked why the bowling alley has now reopened, Guthrie replied that new Wing and Force Support Squadron leadership saw the facility as too nice of a place to leave closed. He said, “they wanted to give it another shot.” Additionally, now that the base golf course, Rough Rider Golf Course, has closed for the season, it frees up those non-appropriated fund employees to now work at the bowling alley. The plan, according to Guthrie, is to sort of switch the seasonal operation between the golf course and bowling alley seasonally to better serve the needs and wants of the population on base and allow for optimal staffing to both services.

At the opening on Friday, single Airman were treated to free bowling while families were given the same special on Saturday, November 5. The atmosphere was one of upbeat music, groovy

lighting and of course all the bowling excitement! The staff greeted guests with smiles and obvious joy that the place was once again opened. Although restaurant-fare food is not available, there is a small selection of light snacks and beverages including canned alcoholic drinks for those interested. Guthrie said that patrons are welcome to bring in outside food, but they prefer it to be from other FSS-owned operations like Rockers or the Bomber Bistro. He also mentioned that they may be looking into what it would take to get more food service at Rough Riders in the future but needed to start small as the operation builds back up.

In order to promote the newly opened bowling alley, the Rough Riders Lanes will be hosting FREE bowling to single Airmen and families on November 12 & 13 as well as December 3 & 19. They also have some fun Christmas themed specials coming up as well as a family-friendly New Year’s Eve party. Bowling leagues plan to begin on November 17 with intramurals on Thursdays, mix leagues on Fridays and youth on Saturdays. Guthrie said they are still taking applicants and teams, so call the Bowling Alley for more information about how to sign up. Rough Rider Lanes is also available to book for birthday parties, squadron functions and other events. They hope to make use of this well-maintained base facility and allow it to serve Team Minot in as many ways as possible.



Bowling Center Rough Rider Lanes manager Mike Guthrie and employee Tracy Smith.



Airman 1st Class Deltron Banks and his spouse Taelyn.



Senior Airman Miya Alger and SrA Alyssa Aver, from the 5th Operational Medical Readiness Squadron, having a ball at the bowling alley.



2nd Lt. Jacob Donofry, 740th Missile Squadron, 2nd Lt. Joshua Bowers, 741st MS, and 2nd Lt. Nathan Barry 740 MS.

NORTHERN SENTRY PHOTOS | ERIN BEENE



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So, at the game, when we're asked to stand,  
it's not applause that's in my sight.

I'm looking around for you, my friend,  
to see who's on my left and right.



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ON THE FLIGHTLINE AT NIGHT



A 23rd Bomb Squadron B-52H Stratofortress prepares for take-off as a bus transports a crew to their B-52H Stratofortress during a Oct. 26, 2022, at Minot Air Force Base, North Dakota. The B-52H is able to achieve speeds up to 650 miles per hour and cover a distance of 8,800 miles, giving the U.S. and its allies unique fighting capabilities and flexibility.



Airmen with the 69th Bomb Squadron conduct a preflight check on their helmets to ensure airflow and communication devices installed inside the helmet function properly, Oct. 26, 2022, at Minot Air Force Base, North Dakota. Before heading out to the B-52H Stratofortresses, Airmen first need to stop by Aircrew Flight Equipment to pick up their flight gear and attend a briefing to review the mission plan.

U.S. AIR FORCE PHOTOS  
SENIOR AIRMAN  
MICHAEL A. RICHMOND



Airmen with the 69th Bomb Squadron pick up their flight gear from Aircrew Flight Equipment Oct. 26, 2022, at Minot Air Force Base, North Dakota. Before heading out to the B-52H Stratofortresses, Airmen first need to stop by Aircrew Flight Equipment to pick up their flight gear and attend a briefing to review the mission plan.

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# Halloween at Minot Air Force Base

SENIOR AIRMAN ZACHARY WRIGHT, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Minot Air Force Base put on their annual Halloween celebration, with various organizations hosting events like Trunk-or-Treat, a Zombie 5k race, Trail of Terror and a Spooky-Con. The events are put on by volunteers for the servicemembers and families of Team Minot throughout the month of October and help bring in “Spooky Season” with style.

During the Trunk-or-Treat, hosted by members of the 91st Security Forces Group, volunteers decorate the trunks of their vehicles with creative displays, handing out candy to the children of Team Minot’s families. Along with active-duty volunteers, off-base businesses contributed by donating pumpkins, funds, and candy to the trick-or-treaters.

“My favorite part of the event was coordinating with the off-base businesses that helped support this. It solidified how close knit the base and local community are and their willingness to support each other,” said Master Sgt. Lauren Collins, 91st Missile Security Operations

Squadron flight chief.

“After coming out of the Covid pandemic the past two years, the abundance of families that came out to enjoy a family-friendly activity was fulfilling. I feel it’s what was needed. We provided candy to over 2,000 people ranging from costumes of Harry Potters to a baby chicken!”

The Trail of Terror, organized by the 5th Medical Group, had all three floors of the 5th MDG facility decorated with a variety of themed displays. The participants were led through each display, collecting candy, laughs and some scares along the way.

“My favorite part about our annual Trail of Terror event is seeing all of the excitement on the kids’ faces as they made their way through our building,” said Tech. Sgt. Ariel Venne, non-commissioned officer in charge of the Medical Treatment Facility Personnel Reliability Program. “Depending on which floor you were on, you might have seen some minions running around, Jack Sparrow and his ship, the Scooby-

Doo crew, or even a T-Rex on the loose.”

The Zombie 5km race was put on by the 5th Force Support Squadron, who contributes year-round to quality-of-life programs at Minot AFB. Volunteers dress as zombies, chasing after the racers who compete for prizes like fastest runner and best costume.

“It is important to hold events like this to build morale around MAFB, as well as promoting comradery around the base and within squadrons,” said Senior Airman Alexandra Guidry, a 5th FSS fitness specialist.

Another event put on by 5th FSS was Spooky-Con, a family-oriented series of events that included festive activities and games at the Community Center, Haunted Stacks and crafts at the library, and a Trunk-or-Treat with volunteers from FSS and the Fire Department.

All the events are made possible by the volunteers donating their time, effort and candy to the Airmen and Families looking to celebrate Halloween.



Volunteers from the 5th Force Support Squadron at Minot Air Force Base, North Dakota, host Spooky-Con Oct. 28, 2022. The volunteers provided candy and festive activities to the families on base.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT



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- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

**Fact File**

Life Span	40 – 50 years
Male Weight	7 – 13 pounds
Female Weight	5 – 10 pounds
Body Length	35 – 50 inches
Wild Diet	Omnivore <b>Carnivore</b> Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

Photo by Amanda Cane



1. Banana

2. Monkey

3. Pineapple

4. Parrot

5. Flower

ANSWER: 1.Banana 2.Monkey 3.Pineapple 3i.Palmtree 4.Parrot 5.Flower

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# AFGSC saves millions, increases safety through CSP

AIRMAN NICOLE LEDBETTER, AFGSC PUBLIC AFFAIRS

Modernization and innovation make the Air Force always ready, but modernizing takes time and money, while innovating requires new ideas. Air Force Global Strike Command B-2 Requirements division recently expedited this process, saving millions of dollars and six years of work by using AFWERX to apply already conceptualized innovative ideas to solve an existing problem.

In 2019 and 2020, AFWERX opened a U.S. Air Force Pilot Training and Development challenge to commercial investors and industries. Multiple companies submitted commercial solution proposals they believed would improve pilot training and development. One of the solutions submitted was the T-38 Mixed Reality Training Device.

“The T-38 MRTD was proposed as a ‘prototype project’ to get a needed capability to the pilots at Whiteman,” said Francisco Webb, Deputy Chief of B-2 Requirements. “We were able to use the CSP as the proposal to the government in our contract with them for the project.”

By using an already developed proposal for the simulator and a company ready to support it, the contract was easier to create. This allowed the entire project to be completed with a savings of \$4 million and the simulator was fully operational in one year instead of the expected seven.

The simulator, located at Whiteman Air Force Base,

Missouri, gives pilots the opportunity to regularly train on emergency procedures so they are prepared for in-flight emergencies. It combines virtual reality goggles and reflectors on the pilot’s fingers that overhead sensors pick up to track movement while they are sitting in a model cockpit. When the pilot flips a switch, the jet in the virtual reality responds. There is also a tablet connected so an instructor pilot can inject one of 18 emergency scenarios at any time during the simulated flight.

“It makes them better at switch memory,” said Webb. “So it’s muscle memory and almost a second nature reaction versus

having to struggle through handling an actual in flight emergency. It makes them faster, but it makes them more efficient and potentially it’s going to save lives. That’s the ultimate goal.”

“AFWERX, the Air Force Research Laboratory Technology Directorate and Air Force innovation arm, accelerates agile and affordable capability transitions by teaming innovative technology developers with Airmen and Guardian talent,” according to their website.

Airmen interested in accessing ongoing and previous AFWERX challenges can go to [afwerxchallenge.com](http://afwerxchallenge.com).



Whiteman Air Force Base B-2 pilots train in a T-38 Mixed Reality Training Device. The simulator, which was acquired through an AFWERX program, allowed Air Force Global Strike Command to improve safety faster and for less money by using a commercial solution proposal.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSEPH GARCIA

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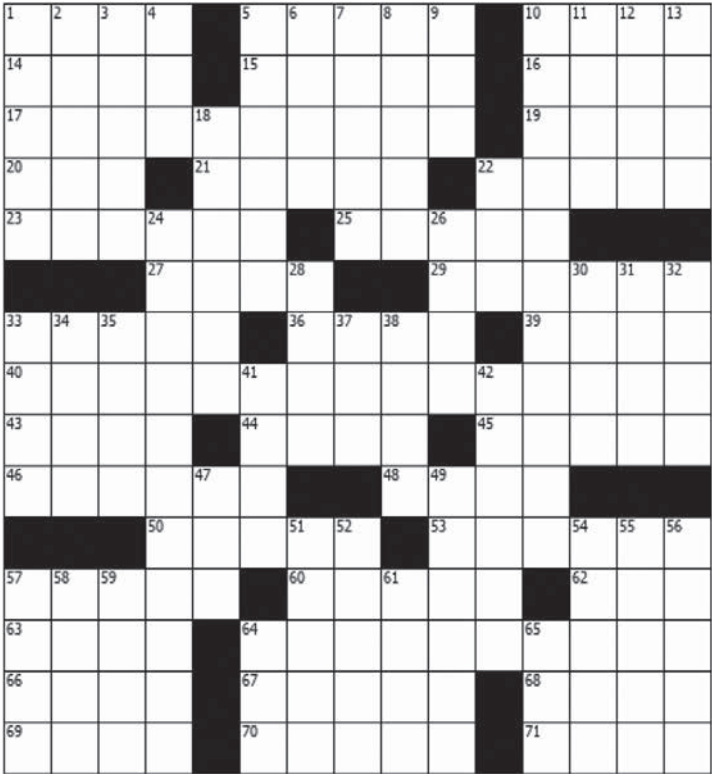
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CROSSWORD PUZZLE

- Across**
- 1. Response to a pickup line, perhaps
  - 5. Hatchling homes
  - 10. Cotton on a stick
  - 14. Stunning spray
  - 15. Some choir ranges
  - 16. Whittle
  - 17. Pristine
  - 19. It may be bright or big
  - 20. Standoff
  - 21. Japanese bay city
  - 22. River's end, often
  - 23. Beset
  - 25. "Mefistofele" soprano
  - 27. Stereo times two
  - 29. Open activity
  - 33. Syringe contents, sometimes
  - 36. Qatar's org.
  - 39. Just a pinch
  - 40. Spotless
  - 43. Computer operator
  - 44. Name used in some exclamations
  - 45. Rate of motion
  - 46. Bench-clearing brawls
  - 48. Baseball's Sammy
  - 50. Prepare for a formal dinner
  - 53. Western scene, sometimes
  - 57. Kind of gun
  - 60. How often Santa checks his list
  - 62. Capable feller?
  - 63. State with assurance
  - 64. Orderly
  - 66. Goat's-milk cheese
  - 67. Emotional heat
  - 68. Jaunty rhythm
  - 69. Rummy card
  - 70. Odes and idylls
  - 71. Fruit coolers



- Down**
- 1. Metalworker
  - 2. Keats poem
  - 3. Pinnacles
  - 4. Pod veggie
  - 5. Seasick feeling
  - 6. "\_\_\_ Cinders" (1926)
  - 7. Vampire's fear
  - 8. Full amount
  - 9. Chicago-to-Atlanta dir.
  - 10. Household cleaning brand
  - 11. Use hip boots
  - 12. Expanse
  - 13. Rowan Atkinson persona
  - 18. Editorial, e.g.
  - 22. Loneliest number
  - 24. Tidy
  - 26. Cut with acid
  - 28. Drug portion
  - 30. Hoops great Archibald
  - 31. Seagirt land
  - 32. Molt
  - 33. Bathtub dirt
  - 34. Otherwise
  - 35. Teeter
  - 37. How some stand
  - 38. Cote denizens
  - 41. Area behind the choir, perhaps
  - 42. Topics at hand
  - 47. Mess up
  - 49. Speech-inspiring figures
  - 51. Shorthand, in short
  - 52. Metal-shaping tool
  - 54. Pleasantly flavorful
  - 55. Refugee
  - 56. Pavilions
  - 57. Flat float
  - 58. Make a statement
  - 59. Spoil (with "on")
  - 61. Checklist unit
  - 64. Fabric fuzz
  - 65. In the manner of

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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



DOT TO DOT

SUDOKU

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

Solution to puzzle on page B10

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BABY GIRL BORN ON  
MONDAY, OCTOBER 31, 2022 TO:  
TAYLOR MEANS AND CHRISTIAN KAPPLER  
MINOT, ND

BABY BOY BORN ON  
TUESDAY, NOVEMBER 01, 2022 TO:  
PATRICIA AND LENCE HALVORSON  
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BABY BOY BORN ON  
WEDNESDAY, OCTOBER 02, 2022 TO:  
ASHLEY AND JOSHUA FELICIANO  
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# NORTHERN CELEBRATIONS

## EMBRACING OUR NORTH DAKOTA LIFESTYLE

# THE TRICKS OF A SHARP KNIFE

Patricia Stockdill

A handy pocket jackknife, kitchen knives, or that hunting knife strapped on a belt or in a backpack now that deer gun season is underway – it never seems to fail that knife cuts tend to happen more with dull knives than sharp ones.

It seems like a dull knife would make it harder for a person to accidentally cut themselves but when a person thinks about when most knife cuts occur, it's probably because and when the knife was dull as a person worked harder to cut something than necessary because it's dull.

For decades the staple in knife sharpening has been a flat stone made from a variety of abrasives, including carbide, diamond or Arkansas stone to name a few.

Then along came sharpening systems at pre-set angles.

Now, pocket sharpeners make it even easier to keep a well-honed knife on hand – especially in the field – whether it's used for field dressing, a thorough de-boning of a deer or breasting out a pheasant (just remember to save the leg for proper identification).

Carbide pocket sharpeners typically have built-in angles, which are there for a reason - to keep the blade at a consistent angle. That holds true with sharpening systems.

Most knives are sharpened in the factory at angles ranging from 15 to 25 degrees, although there isn't a specific industry standard.

Consumers are taking to the handy size of pocket sharpeners because of the ease of use. Traditional flat stone sharpeners are becoming somewhat of a lost art - tradition - as a way to sharpen knives because it's harder to find the right angle.

Look for a pocket sharpener that is lightweight and compact. Prices vary depending on if the stone is diamond, carbide, or ceramic.

All three types of sharpening stones work quickly and unless the knife is extremely dull a few strokes can bring a blade back to sharpness.

How often a hunting knife needs to be sharpened during field use depends on the hardness of the blade's steel, the thickness of the animal's hide and extent of use. For example, an elk or moose hide is much thicker than antelope or deer and de-boning means an extensive amount of knife use compared to field dressing an animal.

Ceramic stones tend to provide the best finished edge. While diamond sharpeners are the most expensive, they are good quality stones and can aggressively return a sharp edge to a blade.

Carbide stones are the most aggressive and therefore can sharpen a blade the fastest. Draw the knife three or four times and it often can be returned to razor sharpness depending on the steel's hardness.

However, diamond stones tend to work best on knives made with today's modern hard steel. The advantage to a hard steel blade is it holds its edge well.

The disadvantage to a hard steel blade is that it's harder to sharpen if dull. It also takes longer to sharpen a hard steel blade.

Ceramic abrasive sharpeners are a good way to finish off a knife in the field, providing a quick touchup.

Safety is critical when knife sharpening, whether in the field or at home. It's not just an old saying that most cuts and knife accidents occur with dull knives rather than sharp ones and it doesn't matter whether it's in the field or in the kitchen.

When sharpening in the field, be certain to rest the sharpener on a flat rock, log or other stable object if a bench or table isn't available – something to brace the sharpener. Always sharpen away from one's body when pulling a knife across a sharpener.

The safest way to test a knife's sharpness is to slice a piece of paper, not feeling the edge with one's thumb or running it against a hand or arm in an attempt to shave hair. That's just a good way to experience another annoying cut.

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# Guidance given on use of bereavement leave

75TH AIR FORCE BASE PUBLIC AFFAIRS

HILL AIR FORCE BASE, Utah -- The Office of Personnel Management has offered guidance on how government agencies should implement the benefit providing federal workers with up to two weeks of paid bereavement leave following the death of a child. The new leave was adopted as part of the 2022 National Defense Authorization Act.

In an April memo to agency heads, OPM Director Kiran Ahuja wrote that although the Air Force and other federal agencies are responsible for their own implementation of the new benefit, the leave will be provided to employees across government “in an equitable and uniform way.”

The bereavement leave category is available to federal employees serving in permanent or term appointments of more than one year with at least one year of service. Employees with intermittent work schedules are not eligible, and seasonal employees cannot use leave during their off-season.

Employees become eligible for two weeks of paid bereavement leave if a child—including adopted, foster and stepchildren, as well as an adult child with “a mental or physical disability”—dies. Employees have one year in which they may elect to take a period of up to two weeks of paid leave.

If an employee endures the death of a second child during that

12-month period, they effectively have two overlapping periods where they are eligible for paid bereavement leave, but any time off taken during the overlap will count against the two-week cap for both periods.

Because bereavement leave is a stand-alone leave program for federal workers, the use of this leave does not affect accrual of other paid leave or paid time off. It also does not preclude employees from using other types of leave for bereavement purposes when appropriate.

For more information, contact Civilian Personnel at (701) 723-2799

## NOTES ON BEING SAFE

# CHRISTMAS LIGHT SAFETY

Yes, it’s almost that time of year again: the holidays. Reindeer, Santa, fruitcakes, stockings, visions of sugar plumbs dancing in our heads, and, of course, Christmas lights. Adding a sense of essence to a neighborhood house, Christmas lights are hung from chimneys, and roof eaves, with cheer. But, remember, danger soon could appear.

In order to keep your holidays merry, keep these Christmas light safety tips in mind:

Watch for Ice: Whether you are climbing on a roof or looking for a place to set your ladder, ice is your enemy. Sometimes it’s obvious, with a sidewalk or a rooftop being visibly slick, and sometimes it is black ice, ice you don’t really notice until it’s too late. Before you step anywhere or set a ladder down, be sure there is no ice in the vicinity. Check suspicious areas closely and lay down salt or sand when warranted. Use assistance when needed to avoid a possible fall.

Check lights and unravel them on ground level: After sitting in your basement or attic for nearly a year, Christmas lights probably aren’t in the best shape. Some lights are loose, some are burnt out, and some cords are tangled in a tight, but oddly well done, sailor’s knot. Don’t wait till you standing on top of a ladder to learn your lights need some work. Because getting them “roof top ready” can take some time, unravel and check them on ground level.

Make sure they are approved for outdoor use: There are indoor lights, there are outdoor lights, and then there are the switch hitters: lights that do both. Before hanging lights up outside, make sure they are suitable for the outdoors (if they are, it will say on the box). It’s also important to make sure the lights were checked by a legitimate testing laboratory, such as UL. Look for seals of approval before you approve them for your house.



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The Smaller the Better: There was a time when all holiday lights were made of big, robust bulbs. Nowadays, many lights are much smaller. Some people prefer smaller lights because they look better, allow more variety, and are easier to hang, but they are also safer. The larger lights have a tendency to get much hotter, increasing the chances for a fire or a singed Christmas tree. For this reason, use smaller lights.

Turn them off when you go to bed or leave: Christmas lights surely add something to your neighborhood: glowing from afar, they make the holidays luminous. Still, any kind of lights have the potential for danger. Even if you want to keep them on from Thanksgiving to Valentine’s Day, they need to be turned off when you aren’t around. If you leave, shut them down and when you go to bed, pull the plug. If you have a tendency to forget, get a timer that turns them off automatically.



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Sunday: Closed

## (701) 852-2800



# Dakota Hope Announces Festival of Trees Nov. 18-19

## Free Family Photos and fun for all ages

FESTIVAL OF TREES

Since 2014, the Festival of Trees has provided fun and festive activities for all ages. Held the weekend before Thanksgiving on Friday and Saturday, Nov. 18 and 19, it is a perfect way to kick off the holiday season.

Sponsored by Dakota Hope Clinic, the Festival will again be held at the ND State Fair Center. One hall is dedicated to the "Holiday Shoppe", a vendor showcase. A Silent and Live Auction provide shopping options. The Holiday Bake Sale is a great place to pick up homemade treats for Thanksgiving observances.

Tickets are on sale now at festoftrees.com for the traditional "Dinner and Auction" on Saturday, Nov. 19th. With auctioneer, Ben Stiegelmeier, the Live Auction of decorated trees and other premium items, is sure to generate excitement for attendees and those participating through the livestream at home. According to Director of Development, Tim Knutson, "anyone who wants to support the mission, but does not need a tree, will have an option to donate their tree to a Dakota Hope client family or a local non-profit.

The trees provide the setting for local musicians and dancers to showcase their talents. New performers on stage this year include the Heritage Singers, Gordy (Crazy Fingers) Lindquist, Celebration Ringers Handbell Choir, Minot Chamber Chorale, Pianist Karen Atwood, and the Pivo Brass Quintet. These family friendly performances are free and open to everyone. Daniel Starks will return, this time performing at the Dinner and Auction.

Popular annual attractions include a 5K Race and Family Fun Run, and Free Professional Family Photos. New this year are Free Horse-Drawn Wagon Rides.

Festival Chair, Amanda Olson, shared "because everyone is busy, we added more activities that will help attendees check off items on their to-do list. In addition to the

shopping and family pictures, the Make-n-Take Classes led by Karen Anderson of Grammy's Cards and Diane Kessler with Diane's Designs, will get families started on other holiday tasks."

Just like the Christmas Trees that point heavenward, "Follow the Star" allows children to catch a fresh vision of what the holiday commemorates – the night when the Creator of the Universe made the journey of the unborn, then a newborn child...just like all of us.

"We have inspiration, food, and free activities that the whole family

can enjoy while they learn about and support Dakota Hope" shared Nadia Smetana, Clinic Director. "Go to the website, festoftrees.com for all the details and to purchase tickets for the Dinner and Auction."

Dakota Hope Clinic, now in Tioga as well as Minot, provides free, confidential, life-affirming services and long-term support to women and men facing an unintended or otherwise stressful pregnancy. Contact them at 701-852-4675 (office) or 701-852-4673 (client line), or at dakotahope.org.



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# A LOOK BACK

## THIS WEEK IN USAF HISTORY

### USAF C-141 IS THE FIRST JET TO LAND IN ANTARCTICA

NOVEMBER 14, 1966

On November 14, 1966, a USAF Lockheed C-141 became the first jet to land in Antarctica as a part of "Operation Deep Freeze." Operation Deep Freeze began in 1955 when major nations collaborated to conduct earth science research in one of the least explored areas on Earth. The Air Force began its involvement in 1956 and continues running airlifts to this day. Previously, the USAF had only deployed propeller planes to Antarctica, but on November 14, the 60th Air Mobility Wing landed the first jet carrying 12.9 tons of cargo. Over hundreds of missions, the C-141s would carry essential supplies to installations in Antarctica, as well as hosting passengers that included penguins, gulls, and seal pups. Lockheed C-141s would continue participating in Operation Deep Freeze until they were decommissioned from the Air Force in 2004. Due to the Antarctic Treaty of 1959, US military involvement in Antarctica, including Operation Deep Freeze, continues to be for peaceful and scientific purposes only.

The first C-141 to land at McMurdo Sound, Antarctica on Nov. 14, 1966 (USAF)

Information courtesy of: [www.amc.af.mil](http://www.amc.af.mil) / "Operation Deep Freeze," Office of History Air Mobility Command

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# Community VOICES

## Shawn

MRS. ALYSSA N. KELLY M.A.

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Needing you is my forever.

Keeping you is my intent.  
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lovingly into your core,  
living what we both live for.  
You are perfect.

Do you have something you’d like to share with the world? Whether it’s a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com

### BAKED QUESO BLANCO DIP



**INGREDIENTS**  
12 OUNCE HEAVY CREAM  
1 POUND AMERICAN CHEESE, CHOPPED INTO SMALL PIECES  
1/2 POUND MOZZARELLA CHEESE, GRATED  
2 CAN GREEN CHILES  
1 TEASPOON CHILI POWDER  
1 TABLESPOON CUMIN  
1/2 TEASPOON RED PEPPER FLAKES  
1 TABLESPOON TROGER CHICKEN RUB  
TO TASTE CILANTRO, FINELY CHOPPED  
TO TASTE CHERRY TOMATOES, SLICED  
TO TASTE NACHO JALAPENOS  
AS NEEDED TORTILLA CHIPS

When ready to cook, start the Traeger according to grill instructions. Set the temperature to 450 degrees F (500 if using a WiFi-enabled grill) and preheat, lid closed, for 10 to 15 minutes.

Bring cream to a simmer over medium heat. Slowly whisk in cheese in batches making sure the first batch is fully incorporated before adding the next.

Once all the cheese is melted, add in green chiles and seasonings. Taste and adjust seasoning with more Traeger Chicken Rub if needed.

Pour cheese mixture into a cast iron pan and place directly on the grill grate. Cook for 15-20 minutes or until cheese mixture is bubbling.

Garnish with tomatoes, cilantro, jalapeños and a sprinkle of chili powder if desired. Serve with your favorite tortilla chips. Enjoy!



Ryan Davy - GM  
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## TIPS BEFORE BUYING NEW TIRES

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

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

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

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

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

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

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

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# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Nov. 6: 1,833.16 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.19 feet above mean sea level (MSL). Stump Lake elevation: 1,449.22 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports throughout area lakes.

•Devils Lake, Woodland Resort, Devils Lake: Fair walleye success prior to the cold and windy weather change with anglers still trolling, weather permitting.

•Lake Metigoshe, Four Seasons, Bottineau: Weather limiting activity as anglers wait for the transition to ice-over.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, anglers continue heading to Deepwater Bay and the New Town area on Lake Sakakawea for walleye. Try jigging Raps in 35 to 45 feet.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Light activity on the east end of Lake Sakakawea, although a few anglers continue finding walleye success around Douglas Bay, weather permitting. Try jigging Raps or vertical jigging with minnows, which is producing the most activity. Work 15 to 40 feet. Lake Audubon annual winter drawdown is complete. A few anglers also on Audubon working shallow in 3 to 8 feet for walleye. Try jigs and minnows in back bays or east embankment culverts. Decent smallmouth bass success continues working a variety of presentations in the early morning.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains light for angler numbers during the day with better success at night. East end of Lake



•Upper Souris Nat'l. Wildlife Refuge open to deer unit 3A2 antlerless license holders but refuge permit also required for antlered 3A2 license holders. Refuge's Prairie-Marsh Scenic Drive closed until spring.

•Reminder that most roads and trails closed to hunting if posted on both sides.

•Check all PLOTS signage before driving into fields with vehicles when waterfowl hunting to ensure landowner allows vehicles.

•Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.

•Minot Curling Club team registration now open until Dec. 3.

•Nov. 20: Deer gun season closes.

•Nov. 20: Zone 1 Early Season mountain lion season closes.

•Nov. 21: Upland Hunter Chili Brunch, Audubon Nat'l. Wildlife Refuge, 9 a.m. to 1 p.m. Free will donation supporting Audubon Refuge Partners programs.

•Nov. 21 Audubon and Upper Souris NWR open for upland bird hunting. Special regulations and closed areas apply. Contact all refuge headquarters prior to hunting for more information and details.

•Nov. 25: Deer muzzleloader season opens.

•Nov. 25 & 26: Dickens Festival Ornament Geocache, Fort Stevenson State Park, Garrison. Contact the park for details, (701) 337-5576.

•Nov. 26 & 27: Minot Rifle & Pistol Club host annual Minot Gun Show, N.D. State Fair Center. Friday 9 a.m. to 5 p.m.; Sunday 9 a.m. to 3 p.m.

Sakakawea remains quiet with most walleye activity at Van Hook Arm and New Town, weather permitting. Try jigging Raps.


•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers muddied up with little activity. No Lake

Sakakawea reports.

**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.



# Teens invited to participate in Scholastic Art and Writing Awards for cash prizes

NORTH DAKOTA STATE UNIVERSITY

The Red River Valley Writing Project at North Dakota State University and Plains Art Museum announce more than \$2,500 in cash prizes available for teen artists and writers in grades 7-12 who win Gold Key, Silver Key and honorable mention awards during the annual Scholastic Art and Writing Awards.

Students from across the country are invited to submit original artwork and writing. The entry fee is \$10 per submission. Fee waiver forms are available upon request. The deadline to submit is Dec. 14. Details on how to enter are available at [artandwriting.org/awards/how-to-enter/](http://artandwriting.org/awards/how-to-enter/).

The mission of the Scholastic Art and Writing Awards is to identify teenagers with exceptional artistic and literary talent and bring their remarkable work to a national audience. It is the nation's longest running and most prestigious scholarship and recognition initiative for creative teens.

"For creative teens in North Dakota, these awards are equivalent to what the state tournaments are for athletes – a recognition of hard work and a showcase of talent," said Benjamin Melby, director of the Red River Valley Writing

Project at NDSU.

The awards have fostered creativity and talent since 1923 for millions of students, featuring an impressive roster of past winners, including Andy Warhol, Truman Capote, Sylvia Plath, Robert Redford and Amanda Gorman.

Kelvin Monroe, Voices of Creative Change coordinator at the Plains Art Museum and adjunct English instructor at NDSU, celebrates "the creative works of youths, which grapple daily with themes, issues, and concerns that embody both the interior dimensions of their humanity as well as the exterior terrain of being human in the world. Our service to them involves, then, reflecting, honoring and engaging their vast expressions of complex-personhood."

An exhibit of award-winning works is set to be featured at Plains Art Museum's Starion Gallery beginning in February. The North Dakota state ceremony is scheduled for March 4 at Plains Art Museum, where Gold Key, Silver Key and Honorable Mention recipients will be announced. All Gold Key recipients are forwarded on to the national level. National winners are recognized at Carnegie Hall in New York City.



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# MIC3: Military Interstate Children's Compact Commission



JOY-NICOLE SMITH  
SCHOOL LIAISON PROGRAM MANAGER, GS-11  
DEPARTMENT OF THE AIR FORCE SCHOOL  
LIAISON PROGRAM



There are unique needs for Prek-12 military-connected families Navigating educational systems across the United States is challenging as you prepare to relocate to a different community. As you prepare to PCS with your military-connected student, one available resource to ease this transition is the Military Interstate Children's Compact (MIC3).

MIC3 is an interstate compact across all 50 States and the District of Columbia. The compact addresses the challenges of the military children encounter on their frequent relocations stateside. It allows for the uniform treatment as military children transfer between school districts in member states. The Compact only applies to public schools and focuses on specific impacts on military connected children such as the transfer of records, course sequencing, graduation requirements, exclusion from extracurricular activities, redundant or missed entrance/exit testing, kindergarten and first grade entrance age variances, and

power of custodial parents while parents are deployed.

Military Interstate Children's Compact (MIC3) covers students of Active Duty Members of the Uniformed Services, including members of the National Guard and Reserve on active duty orders (Title 10), members or veterans who are medically discharged or retired for one year, members who die on active duty, for a period of one year after death, and uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public Health Services (USPHS).

MIC3 is an incredible resource and is the policy ensuring consistency of the educational experiences of military connected student. For more information on the compact, visit mic3.net. If you are due to PCS or have educational questions or concerns, now is a great time to contact a School Liaison! Please reach out to the Minot AFB School Liaison at mafb.school.liaison@us.af.mil or 701-723-1447.



## Upcoming Events

11  
NOV

**VETERAN'S DAY STEAM CAMP**  
9:00 AM - 4:00 PM  
Minot Municipal Auditorium  
420 3rd Ave SW, Minot

November is a month for being thankful. Thankful for family, friends, community, and learning. Are you ready to pay tribute and commemorate some of the most important people in our community? Join us for our Veteran's Day Remembrance Camp. We will be learning, experimenting, and creating activities to remember our veterans and our military.

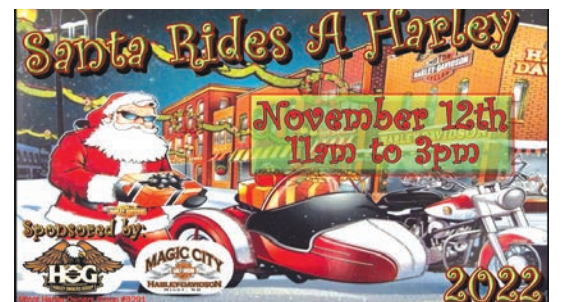


For more information:  
minotparks.com

12  
NOV

**SANTA RIDES A HARLEY**  
11:00AM - 3:00PM  
Magic City Harley-Davidson  
6701 US-83 South, Minot

Join the Minot Harley Owners Group #3291 & Magic City Harley-Davidson in the annual Santa Rides A Harley! Have your picture taken with Santa & his Harley-Davidson® Motorcycle! Pets are welcome if on a leash. Don't forget to make a stop at our all-new cookie decorating station this year while you're here! \$10.00 suggested donation goes towards either (1) 8x10 or (2) 5x7 photos Proceeds go to Project Bee



For more information:  
Facebook / Magic City Harley-Davidson

15  
NOV

**LADIES NIGHT AT THE MARKET - HOLIDAY CRAFTS**  
6:30 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 • Holiday Gnomes
- Wooden Bead Wreaths • Greenery Wreaths
- Santa Trays • Holiday Round 2-D Signs
- Macrame • Jewelry Making
- Punch Needling • Concrete Art • and more!!

Reserve your spot now and choose your project when you get to the event. Your \$30 ticket will go towards the project of your choice - prices range \$35-\$60 each project.



For more information:  
Facebook / Market on 4th

16  
NOV

**NERF BATTLE**  
2:30 PM - 4:30 PM  
Minot Municipal Auditorium  
420 3rd Ave SW, Minot

The first group will begin at 2:30 pm

Start times:

- 2:30pm: Prairie Grit
- 3:30pm: Kindergarten - Second Grade
- 4:30pm: Third Grade - Fifth Grade

Pre-Registration only. You cannot register on the day of the event. - All supplies will be provided. No outside nerf guns, darts, accessories, etc. See full event listing and registration on minotparks.com



For more information:  
minotparks.com

## On Base



For more information visit: [www.5thforcesupport.com](http://www.5thforcesupport.com)



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“QUIBBLER”

**Home State:** Texas  
**Hobbies:** Religiously watching college football and Minotauros hockey and spending time with my wife.  
**Why I Serve:**  
I’m a 4th generation AF Officer, so it is a family tradition.  
I serve in honor of CDR Philip Murphy-Sweet, who made the ultimate sacrifice in Iraq in 2007, saving my dad’s life.  
**Keys To Success:**  
Know your job, give 100% every day, be excellent buddies for each other, and take care of yourself!



TSGT NICHOLAS J. SIMMONS

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**Home State:** South Carolina  
**Hobbies:** Football and Basketball  
**Why I Serve:**  
The sense of duty to serve my nation. Gaining experience to learn various skills/education. Family.  
**Keys To Success:**  
Having balance. Taking it a day at a time. Success is not the key to happiness. Happiness is the key to success. If you love and strive for what you are doing, you will be successful.

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All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it’s pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it’s still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning’s bacon and pancakes.

- Green Beans
  - Carrots
  - Melon  
(Cantaloupe, Honeydew, Watermelon)
  - Apples
  - Bananas
  - Pumpkin
  - Berries  
(Blueberries, Strawberries, Blackberries, Raspberries)
  - Kiwi
- Pineapple
  - Mango
  - Pears
  - Peas
  - Eggs
  - Celery
  - Sweet Potatoes
  - Unseasoned, Boneless Meats  
(Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it’s important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don’t forget to monitor your pet’s reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.

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## CHURCH DIRECTORY

<p><b>Chapel Services at MAFB</b></p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i></p> <p><b>Christ Chapel</b> 0900</p> <p><i>Protestant</i></p> <p><b>Sunday Community Service</b> 1030 (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i></p> <p><b>Open Circle</b> 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p><b>Catholic Mass</b> Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, Nov 12</b> 5 PM, No Vespers</p> <p><b>Sunday, Nov 13</b> 10AM, Congregational Prayer Service</p>	<p> <b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b> For More Information: <b>701.353.9337   www.bfbc.tv</b></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><b>www.trinitychurchminot.org</b></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <b>MinotBibleFellowship.org</b></p>
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • www.ibcminot.org</b> <b>701-839-3694</b></p> <p></p> <p><b>SUNDAYS:</b> 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p><b>WEDNESDAYS:</b> 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY &amp; ADULT BIBLE STUDY</p>	<p></p> <p><b>Christ Reformed Church</b> Worship 11:00 a.m. Sunday 234 14th Ave SE <b>www.christreformedchurchminot.com</b></p>	<p><b>St. John the Apostle Catholic Church</b></p> <p> 2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: <b>www.stjohnminot.com</b></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p> <b>www.firstlutheran.tv</b> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <b>www.flcminot.com</b> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b> 9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p> <b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p><b>Sunday Services</b> 9:00 AM &amp; 11:00 AM</p> <p><b>Wednesday</b> 6:30 PM</p>	<p><b>Minot Baptist Church</b></p> <p></p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p> <b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><b>westminot.com</b> <b>facebook.com/westminot</b></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00</b> <b>a space / per week</b></p>
<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <b>www.fbcminot.org</b></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><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p> <b>Grace Baptist CHURCH OF MINOT</b></p> <p><b>Sunday Service: 4:00 p.m.</b> <b>Wed. Prayer: 5:30 p.m.</b> at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p><b>Web: gracebaptistminot.com</b> <b>E-mail: gbcminot@gmail.com</b></p> <p><b>RADIO BROADCAST</b> <b>KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</b></p>	<p> <b>oslc</b> where faith &amp; life meet</p> <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <b>www.oslcminot.com</b> <b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <p><b>Sunday Worship</b> 8:15am Traditional Service 9:30am Contemporary (w/ livestream) 9:30am Sunday School &amp; Adult Bible study 11:00am Contemporary Service</p> <p><b>Wednesdays 6-7pm</b> Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00</b> <b>a space / per week</b></p>

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- Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
- Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

**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](mailto:mmackey@kalixnd.org) 701-852-1014.

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/ week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

**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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- Call AADD
  - Notify location and destination
  - State the amount of people that need a ride
  - Give a description on an easily identifiable article of clothing
  - Verify member's military/ dependent status by showing identification



# CLASSIFIEDS

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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: 21 Nov-29 Jan. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

### 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](http://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 701-714-0000.

### PARK UNIVERSITY MINOT –

PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2022/2023 year starts August 15! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu) and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base.

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](mailto:Brigitte.mikula@minotstateu.edu)

# BUSINESSES & SERVICES



### SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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# WHAT'S GOING ON MAFB

FRIDAY11

- Veterans Day
- For full listing Veterans Day holiday facility hours, visit 5thforcesupport.com
- Veterans Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

VETERANS DAY

HONORING ALL WHO SERVED

SATURDAY12

- For full listing Veterans Day holiday facility hours, visit 5thforcesupport.com
- Hidden Treasure Escape Room Game Begins at the Minot AFB Library
- International Games Day at the Minot AFB Library
- Cycle & Strength, 0900, Fitness Center

SUNDAY13

- For full listing Veterans Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 1400, Fitness Center

MONDAY14

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- American Education Week, 1000-1400, M&FRC
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

TUESDAY15

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (VA), 0800-1600, M&FRC
- American Education Week, 1000-1400, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

WEDNESDAY16

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- American Education Week, 1000-1400, M&FRC
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- First Duty Station Officer Financial Course, 1400-1600, M&FRC
- Swerk, 1730, Fitness Center
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

THURSDAY17

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- American Education Week, 1000-1400, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- Pizza Buffet, 1700-1900, Bomber Bistro
- Thursday Night Football, Doors Open at 1700, Rockers Bar & Grill
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Craft Club, 1800, Minot AFB Library



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PIZZA BUFFET

NOV 17TH  
5:00PM - 7:00PM

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FRIDAY18

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- American Education Week, 1000-1400, M&FRC
- First Friday, 1530-2100, Jimmy Doolittle Center
- Turkey Bingo, 1800-2000, Jimmy Doolittle Center

SATURDAY19

- Turkey Burn Sampler, 0900, Fitness Center

NOV. SPECIALS

**Bomber Bistro • Chicken Alfredo**  
Grilled chicken enveloped in creamy alfredo sauce and topped with Italian seasoning and parmesan cheese!

**The B-Fifty Brew • Matcha Green Latte**  
Smooth and creamy matcha sweetened just right and served with steamed milk. This favorite will transport your senses to pure green delight.

**Rockers Bar & Grill • Smokin’ Bomber Burger**  
Seasoned 1/3lb burger layered with cheddar cheese, smoky bacon, 2 stacked crispy onion rings and barbeque ranch on a bed of lettuce and tomato!

ONGOING

- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.



THURSDAY IS THE  
NEW FRIDAY!  
AT ROCKERS BAR & GRILL  
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GAME DAY SPECIALS:  
BUCKET OF BEERS  
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