

Check out the exclusive interviews with Minot Air Force Base leadership on pages A2 & A3.

U.S. AIR FORCE PHOTOS I NORTHERN SENTRY COLLAGE DESIGN



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As a journalist you

appreciate being given

the opportunity to visit with a person who is in

a position of authority,

Hoadley, Commander

of the 5th Bomb Wing.

It seems that each wing commander deals with

COVID 19 in 2021.

The invasion of The

Ukraine in 2022.

Situations unique to

their command tenure.

Yet what we know

about each of the Wing

Col. Daniel

challenges.

like

unique



COLONEL DANIEL S. HOADLEY 5th Bomb Wing Commander

U.S. AIR FORCE PHOTO

Commanders who have served at Minot Air Force Base is that their experience and integrity has prepared them for their position. $\bar{W}\!e$ were able to sit down with Col.'s Hoadley and McGhee in one on one interviews.

COL. HOADLEY LOOKS AT MINOT AIR FORCE BASE, 17 YEARS LATER....

NS- So after these past few months as Commander of Minot Air Force Base where are we at?

Col. Hoadley- This place (Minot AFB) is amazing. It's much different and better in a lot of ways than the place that Joyce and I left some 17 years ago. It's not to say that we don't have some work to do improving facilities and processes around base to make things a little bit better, but we have an awesome team, and we'll get it done.

NS- What are some of those processes and facilities that impress you. 17 years is a long time.

Col. Hoadley-Facilities like the BX is so much better. When we were here before it was in the facility that is the Security Forces training complex. The shoppette inside the gate did not exist. It's really awesome to have a 24 hour shopette on base. And of course, now we have 8 dorms on base. Base housing is completely different. Joyce and I lived in a 4-plex. Today they have individual houses with garages. And downtown is completely different too. The only places to go eat were Applebee's and Grizzlie's in the mall and 10 North Main had just opened up. Now there's a real upscale downtown with a lot of great places to get out and enjoy yourself.

NS- You definitely hit the ground running when you arrived in Minot. Are you surprised at the pace this base maintains?

Col. Hoadley- Not really. Minot Air Force Base has always been a fast paced place. The 5th Bomb Wing has always been a very high speed organization with a pretty demanding mission set. I can say that one of my objectives during my command tenure is to look at how we make that pace more predictable. Not saying that we aren't going to be busy, but we are able to advertise to our Airmen when we are going to be busy, and when there is a light at the end of the tunnel, and they can take a little bit of a break and re-charge their batteries and get ready for what's next on the schedule.

NS- That's providing that the world stays on an even keel. Col. Hoadley- Yes, frankly we are in a high demand business, and the joint forces and our allies all have a healthy appetite for what the 5th Bomb Wing provides. It's nice to be needed, but it can make life pretty busy, too.

NS- What years were you here previously? Col. Hoadley- We were here from 2003 to 2005.

NS-After you left here, can you give us a run through of your career up to this point?

Col. Hoadley- Sure after I left here. I went to Whiteman Air Force Base, Missouri. I was flying the B2 there. I had a total of 7 years there the first time. Left there in 2012; a brief tour through Knoxville for some school and then out to Join Operations Command at Fort Bragg, North Carolina for a couple of years. Then back to Whiteman for 2 years as a Squadron Commander from 2015 to 2017, then to DC for 3 years in a fellowship and working on the B21 on the staff, and then Elsworth Air Force Base as Vice Commander before being assigned here.

Hitting The Ground Running

ROD WILSON, NORTHERN SENTRY

Walters had to deal with, and certainly less of a hot button topic. We are certainly fortunate to be in an environment where we are able to get out and connect and spend time together building morale, reconnecting, and really establishing those links that make Minot a special place. The family atmosphere in Minot is like nowhere else in the Air Force and it is something that is unique feature of Minot, and it helps you get through what can be kind of a tough environment for good chunks of the year.

NS- What programs that you have seen at Minot Air Force Base that you would like to see improved and given the opportunity to grow?

Col. Hoadley- We certainly see a lot of great programs and experience a lot of great partnerships between the community and base and sometimes I don't feel that there is an awareness of those programs as I would like to see. I think we can do a lot more to advertise the opportunities that are out there. We have been talking with Mayor Tom Ross on how we can get people downtown as part of their orientation to make them aware of all of the great things that are downtown, and likewise get people from the community on base, and make them aware of some of the challenges we face out here and discover some of the challenges that we can work together on and solve.

NS- Your kids have returned to public school this year after being home schooled for 2 years. Can you discuss what was behind that decision for you and Joyce?

Col. Hoadley- Minot Public School had extremely high ratings across the many categories on the national scene and a great reputation. We heard many comments about kids having a positive experience in school, and we are looking forward to that type of experience for our kids.

There's always an environment that you have when you are growing up as a military kid. They interact with other kids. Everyone is in the same boat. There's a security in the military, and the military neighborhoods that is special. It's one of the nicer features of being a military family and living on base. You know it gets back to that signature feature of

Minot, like I was mentioning earlier, it really is a special culture that goes along with living here.

NS- A lot of emphasis has been put on the "Big A", as it pertains to helping each individual Airmen. From your standpoint are seeing an improvement, are we turning the corner?

Col. Hoadley- A part of what Chief (CMSgt Tori) Jones and I have to do every day is go to work and continue to fill in those gaps in some of the career fields on base in this very critical mission set that we have in Minot. There still is certainly a lot more work to do on the programs that address some of the issues we have when it comes to personnel. We are very passionate in showing individuals that when they are doing their work, it really matters, it makes a very significant difference to the mission. And along with that, making them feel that they belong, and then they may choose to stick around. There's more work to be done to build off the momentum we inherited from our predecessor. Bottom line is that we need to continue to take good care of our Airmen and our families.

NS- Did you ever think that someday you would be in this position, in this chair, in this moment?

Col. Hoadley- No way ... no. If you had approached me when we were leaving here in 2005 and asked me if I would be back here as Wing Commander, I would have said you were crazy. And even as recently as a few years ago I didn't think this was in the cards for me. I have a responsibility to take care of the mission and the people here at Minot.

NS- So, we know that Minot gets a bad rap when people are first assigned here, but do you see a difference in the Airmen that have had a chance to experience Minot after they have been here for a while?

Col. Hoadley- Yeah, you see those that are averse to coming here and then when it is time to leave you have to pry them away. The really become immersed in the culture.



NS-So, you've been able to fly all 3 Air Force Bombers? Col. Hoadley- I was able to have a unique experience because of a lucky circumstance, kind of a cool experience to be able to fly all 3 airplanes.

 $\it NS\mathchar`-$ You have taken over command at Minot Air Force Base, and you don't have to deal with COVID 19 in quite the same way. What do you see now from your position as Commander of the 5th Bomb wing? What are the differences in morale and operations?

Col. Hoadley-¹ I will preface my answer with a statement that I don't think that we are completely out of the woods when it comes to COVID 19. We are still having discussions about it and mitigations, and that will continue for some time; but it is certainly much less problematic than what Col.

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It's A Pace That Takes Time to Get Used To...

ROD WILSON, NORTHERN SENTRY

NS- Col. McGhee, let's talk about your career in the Air Force.

Col. McGhee- I enlisted in the Air Force in 1998 after graduating from Rhodes College in in Memphis, Tennessee in 1997. I was a recruiter for a year, and then I headed out to Vandenberg in California for my ICBM training. I did my first operational duty at Malmstrom Air Force Base in Montana for four and a half years then left there and went back to Vandenberg Air Force Base for ICBM operations. I was selected to be the Aide de Camp of the 10th Air Force Commander, and then I PCS'd to F.E. Warren Air Force Base. I was Aide de Camp for one year, and then went across the street to the 90th Missile Wing where I was the Maintenance Officer for three years. I really enjoyed my time there and got a real appreciation for what goes on in the maintenance field and also in security forces as well. After that I went to Sandia Nation Laboratories in Albuquerque, New Mexico, for school; it was the best academic year of my life. Then I ended up at Global Operations in Omaha, Nebraska, and served on staff there for two and a half to three years. I got the invite to come to Minot Air Force Base the first time to be the D.O. (Director of Operations) of the 740th Missile Squadron, and I enjoyed my time in the 740th. After that, I moved over to the Inspector General position for about four months and then assumed command of the 741st Missile Squadron after that. I loved my initial tour here at Minot and did some pretty unique things-things that I had never done in my life before-and I looked forward to doing some of them since I have been back. I actually left here and went down to Barksdale Air Force Base to serve to serve as the Commanders Action Group Chief for about a year and then moved out to Washington, D.C., to the National War College. Then, I went over to the Pentagon to work on the Chairman's Staff in Continuity of Operations for the Chairman. And after that I PCS'd to Malmstrom Air Force Base as Operations Group Commander before taking the assignment here. It's been an interesting 24 years.

NS- Your time here the first time was pretty unique, having been part of the 740th and 741st Missile Squadrons.

Col. McGhee- It was unique. It allowed me to see how things work, especially in the operations field here. Each missile wing operates a little differently, and it's no different here. Getting an understanding as the Director of Operations in the 740 MS gave me a good foundation. Seeing how

have often said that it's not a sprint, it's a marathon. The difference in this position is that it's a marathon with a two-and-a-half-hour pace. It's not so much surprising, but it takes some getting used to. I think I have my legs under me now.

NS- So how did the first months go?

Col. McGhee- It's been fantastic. I've met phenomenal people across the City of Minot and other local communities. We've had engagement with other folks outside of these local communities and the town of Minot that have been absolutely fantastic. Our civic leaders and the relationship that we have with our downtown leadership has been absolutely remarkable. People have said that this is the best involvement as far as civic leaders getting involved. And the on-base relationship between the 91st Missile Wing and the 5th Bomb Wing has been absolutely phenomenal. The partnership that I have with Col. Hoadley on the 5th Bomb Wing side, and the way that our two staffs work together across base to get at larger issues, is remarkable.

NS- You've been other places. Do you see a difference in the relationship between the base and the City of Minot, downtown if you will, compared to other bases where you have been?

Col. McGhee- In my previous opportunities to work with civic leaders, they've all been fantastic. The time that I had at F.E. Warren, the time that I had at Malmstrom, the relationships between those who are civic leaders and those leaders on base has been amazing. I won't say that those relationships were more or less successful, but I will say that this one is special. The relationships between the wing staffs and the civic leaders here... it's just special.

NS- So you took over and didn't have to walk right into the unknown situation of conducting operations during COVID. Is there a difference, in your opinion, of base morale now that we have been through COVID and come out the other side?

Col. McGhee- There is a difference in what is being done now, versus what was being done before. We always are concerned about the health and welfare of not only our members on base, but the people in the local communities. I think the biggest difference is that we were focused on operations and procedures in the heart of COVID, and now we are somewhat transitioning away from that. It isn't as significant, but it certainly is one of those things that stavs on our minds. Between our Med Group and the local officials downtown, we are still tracking COVID numbers, so we are always on top of the situation and looking out for the health of our members. Right now, we are trying to focus on getting back to pre-COVID activities such as the Air Force Ball and larger events. Now we are just trying to stabilize and balance ourselves through this transition.

in rest stage. That has paid great dividends for us when it comes to the physical and mental health of our Airmen. They get significant time for rest and recovery. Training has also increased. Also, when we are deploying to the missile fields, our security forces are on the same schedule as our operators. Before that was not very common. So, we've been able to establish relationships, both professionally and personally, with those in the other operations groups and the security forces groups, and that cohesiveness has made us stronger. The third thing I will add is that we have changed the rate that we are moving our crew members from base to base. Our crew members don't have to move every three to four years, they have the option to. That allows them a little bit more flexibility in the first six to seven years of their career. What we are finding is that in our missile wings our crew members don't necessarily want to depart. You get used to the community, you love the community, it works for them. And they end up staying for six years for their first tour.

NS- There seems to be more of an emphasis on serving each individual Airmen, and there is a focus on mental health. Do you see a difference in how the Air Force is reaching out to the Airmen through the many different programs?

Col. McGhee- I think that we have always kept our Airmen in the forefront. Society kind of changes and focuses on different things. We have reached out to our Medical Group to find ways to reach out to our Airmen with mental support programs, and we have utilized our chaplain's corps and military family life counselors as well. We also focus on reaching out to our local community for support, because our downtown healthcare facilities and providers are also providing additional support for our Airmen. I guess I can say that we have and will continue to focus on the well-being of our Airmen.

NS- So when you are not on duty, what do you find yourself doing in Minot, ND?

Col. McGhee- Well, my wife and my daughter consume a significant amount of my time when I'm not on duty. My daughter is attending one of the local high schools. She's a 9th grader now, so it's important to spend time with her when I'm not on duty. Also, my lovely bride needs listening for the time that I am there, and we like getting out and seeing what is available in the town of Minot. We explore new restaurants and also get out to the lakes and enjoy hikes that are available here. I am also an amateur athlete. I get out there and run and cycle, so the time I'm not in the office I am enjoying those types of things.

NS- And you are recently married?

Col. McGhee- Yes, June 15th was the wedding day. It happened in a



COLONEL KENNETH C. MCGHEE 91st Missile Wing Commander

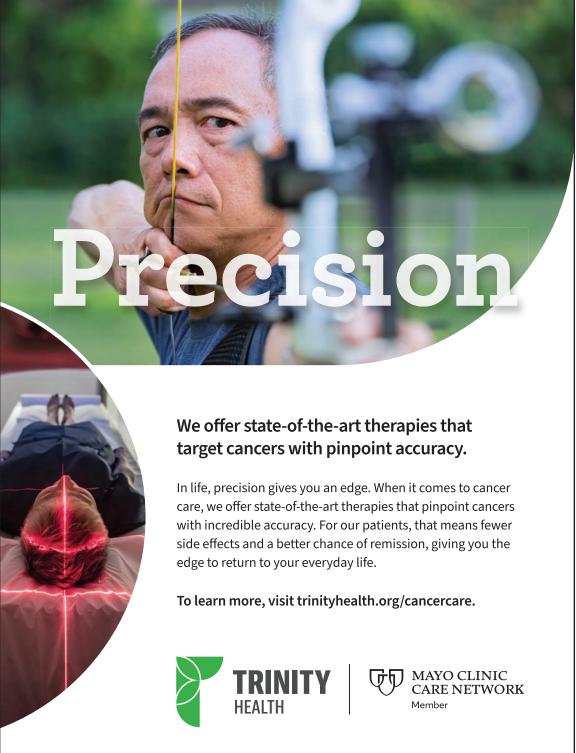
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flash. We got here, and it happened shortly after we arrived, and since then it has been a whirlwind.

NS- Anything else you would like to add, Col. McGhee?

Col. McGhee- Well in general, I think the town of Minot has changed from the first time we were here. Downtown seems more vibrant. There are a lot more choices in restaurants. I guess in general, we are enjoying everything that has changed. The entertainment options have increased.

It's a great honor and pleasure to be wing commander. I thoroughly enjoy meeting, and greeting, and working with the civic leaders downtown. I'm excited to see how far we go, and the things we get accomplished over the next two vears.



the operations work prepared me for actual wing command here at Minot Air Force base.

NS- As I talked with Col. Hoadley, it seems that you guys really hit the ground running, both wings, when you guys took over. Were you prepared? Did you anticipate it was going to be this busy for these first few months at Minot Air Force Base?

Col. McGhee- Well, you know you are going to be a wing commander in advance, so it helps to know that in order to prepare you and give you have an idea of what is going on, but nothing really prepares you for those first few weeks or months in command. So yes, the pace was very busy, so I jumped into it very aggressively and enthusiastically. It didn't surprise me as much as it took me a moment to set my pace to handle it. A lot of people say it's like drinking out of fire hose. I

NS- As I understand it, there are some "best practices" that came out of the COVID situation that are still in place.

Col. McGhee- Things have changed over the past few years. We have transitioned to three different waves for our crew members and our security forces. While one squadron is in the field, the next squadron is in the preparatory phase, and the third squadron is

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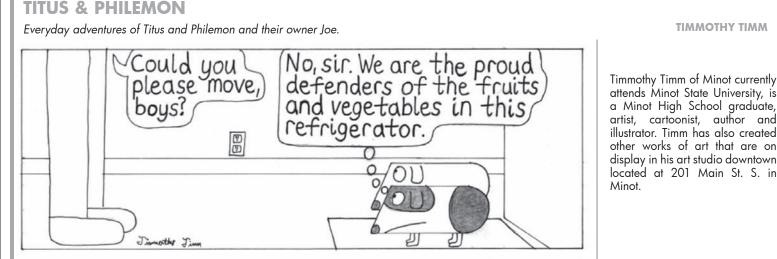
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A VIEW FROM OUR SIDE

ROD WILSON, NORTHERN SENTRY

SHOUT OUT FOR **EDUCATION**

At a recent Military Affairs Committee meeting, Col. McGhee took the podium to report on the activities of the 91st Missile Wing. At the end of his activity report, he added how much his family has appreciated the school(s) in Minot. The audience of those attending from Minot AFB certainly shook their heads in agreement, as did the many business leaders who were at a while since I had students in grades K-12, but I would have been one of those that was in complete agreement with Col. McGhee. We don't give our educators enough credit for what they do for our kids. All of the many schools that serve Minot, and Minot Air Force Base, are excellent. The landscape that they navigate in today's world is certainly a different challenge than even five years ago. So as Col. McGhee said, a "Shout Out" for education! HONORARY

the meeting. It has been quite

COMMANDERS

By the time the Northern Sentry goes to press this week, we will have had our first Honorary Commander event in almost two years, an event I have looked forward to since it was announced some two months ago.

The Honorary Commander program teams a person from "downtown" with one of the commanders on Minot AFB in a relationship that varies according each of the Honorary to

Thought You Should All Know.... Commander teams. My Honorary Commander is Mark McDonald, who is Director of Staff for the 91st Missile Wing, and teaming Mark and I together was almost a perfect match. Even through the tough months of COVID-19, Mark and I managed to schedule lunch every third Thursday on base. We also attend the Military Affairs Meeting the first Thursday of every month, and we manage to communicate on various events on and off base.

Mark and I, along with our spouses Cathy and Sue, have also done an evening supper together...although we are a bit negligent with scheduling a follow up evening, something we will work on for 2023.

So, thanks to Mark and the rest of the Honorary Commanders, for taking us "downtown" folks under their wing and sharing the very special atmosphere of Minot

Air Force Base. CHRISTMAS BEGINS WITH **SPECIAL CONCERTS**

On Sunday, November 20 at 40n Sunday, November 20th at 4 p.m., the Minot Brass Band will present our Sounds of the Season Christmas concert at Anne Nicole Nelson Hall on the campus of Minot State University.

Our repertoire is 100% Christmas music, ending with the Hallelujah Chorus from The Messiah. Some other pieces include Christmas Bolero, which is The Little Drummer Boy written in the style of Manheim Steamroller. The concert is free and is about one hour in length. We would certainly love to see you there. By the way, I play tuba in the Brass Band of Minot. **BEST KEPT SECRETS**

Chloe Marie is a Minot native and is one of our featured artists at our Downtown Christmas Open House on Friday, November 25th. She and her group will take the stage at 5:45 p.m., followed by the lighting of the downtown Christmas tree at 6:05 p.m. Looks like we will have great weather for November.

THIS WEEK'S CHUCKLE

What's the best way to stuff a turkey?

Serve him lots of pizza and ice cream!



UPSIDE DOWN UNDER MARVIN BAKER

When we think of boxing, I'll bet the first thing that enters your mind is Virgil Hill. And for those who may be fairly new to North Dakota, Virgil Hill grew up in Grand Forks, earned a silver medal in the 1984 Olympics and had a very successful professional career. Hill is the "Roger Maris" of the boxing world and since the summer of 1984, there have been a lot of people who have taken up boxing thanks to Virgil Hill's success. Anyone who has an interest in boxing can find a club in which to compete or just work out. All the major cities have boxing and/ or martial arts clubs and many of the smaller communities have opened boxing clubs to bolster the activity of their youth. Unfortunately, boxing isn't a sanctioned sport in high school like volleyball, wrestling or basketball. It does, however, have

Fight night in North Dakota...

a following and is an individual sport like track and field where athletes can excel. One name that comes to mind is Tucker Pudwill of Mandan. I don't know what he is doing now, but he's had a successful boxing career.

From 2008 to 2011, I was editor of the Mountrail County Record in Parshall. I received a call one day that community leaders there were considering opening a boxing club. It was actually a return to the ring

of that argument. Those kids who maybe weren't the best basketball players or those who didn't have an interest in basketball, could go to the ring and get a decent workout during the winter months.

Not only did the Bob Walsh Boxing Club produce several decent fighters, those kids went on to win a number of tournaments through the years. One in particular was the Golden Gloves Boxing Tournament held

the state titlist at 150 pounds.

The Parshall club won a total of eight fights with Hall winning three individually. Other fighters who competed for Parshall included Jaiven Hale, Amelio Thunder, Pete Deane, Daniel Hunt and Waylon Gardner.

You might recognize some of the names listed. Several of those boxers were later part of state Class B title cross country teams in New Town

The success of the club in Parshall spawned a similar reaction in neighboring New Town and the next thing we knew, KMHA radio in New Town had begun doing play by play of some of the matches. This isn't unique to Parshall or New Town. Enthusiasm for boxing can happen in any small town that has a facility in which to practice. If one isn't available, move some furniture in the basement or garage and create a makeshift ring. Punching bags are easy to set up and use as well. Just about every small town in the state has buildings that aren't in use. Turning them into boxing clubs could re-energize the enthusiasm for boxing, just like it did for hockey some 30 years ago.



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

northern sentry MINOT AIR FORCE BASE NEWSPAPER

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because Parshall has a storied past in the boxing world.

Anyway, I agreed to follow the progression of this idea. There seemed to be plenty of interest on the street and as time went on after the announcement, more and more kids became interested in taking up boxing. It included several girls that eventually led to competitive boxing in tournaments.

When the club finally opened, it was overwhelmed with interest. It became known as the Bob Walsh Boxing Club and not only were there a lot of kids interested, there were several adult coaches who were committed to making it work. We often hear about a lack of

things to do for youth on the reservation. In Parshall, boxing changed the entire dynamic

in Bismarck.

The Bob Walsh club took the 2009 team title over the Young Guns Boxing Club of Fort Yates and named six individual champions in that prestigious tournament.

Teams from Grand Forks, Spirit Lake Reservation, Fort Yates, Parshall, New Town, Mandan, Minot and Grafton competed in the two-day tournament that featured more than 100 fighters. Fred Fox Jr., Chace Hale, Scotty Hale, Jeff Hall, Dewayne Howling Wolf and Savannah Crows Brest all won titles in their individual weight classes and Fox, 8 years old, was named most promising boxer.Fox and Chace Hale both won at 65 pounds, Scotty Hale at 75 pounds, Hall won at 95 pounds, Howling Wolf took the title at 112 and Crows Brest was

Mil Spouse Country Singer Jessie G 'Salutes' Minot Veterans

ERIN BEENE, NORTHERN SENTRY

Even though Veteran's Day was last weekend, there is never a bad time to thank our dedicated servicemen and women. Jessi G, a world-renowned country/rock singer and performer, wants to do just that with a special "Weekend Salute to Veterans" show this Saturday, Nov 19, at The Spot in downtown Minot. The Friday night performance will feature South Dakota local band The Judd Hoos. Both performers will bring their talents to the stage for one weekend to offer their proceeds to the local District 3 VFW chapter, which supports military veterans who have served in combat war zones.

Jessie G has been a rising artist since she appeared on a Battle of the Bands competition to be the opener for Gretchen Wilson back in 2013; however, she has always been a singer. She performed in her high school and middle school competitions and created her own rock bands as a young adult. After that, she was awarded a scholarship to attend college after sending in an audition tape singing a cover of Aretha Franklin's Respect. After Jessie G's winning performance and opening number with Gretchen Wilson, she took a chance and moved to Nashville, Tennessee, to officially jump into her music career with passion.

Along the way, Jessie G met and fell in love with her now-husband, who just happened to be an Army Ranger. Army Rangers are some of the most elite members of the Army, being among the first to go into enemy territory and complete the most dangerous missions. Jessie G is a very proud Army wife and says that her first priority will always be her husband and the USA first. When asked how being a military spouse has affected her career, Jessie said that sometimes she feels like she has to work ten times harder to maintain relationships in the music industry and keep rising in her career. Because she performs around the country, Jessie G is often on the road and also has to take multiple trips to Nashville weekly so she can work and still live with her husband and family back home. But she also mentioned that it is all worth it because she is doing what she loves.

It is sometimes difficult for military spouses of all branches to maintain careers with so much moving around and uncertainty. Jessie G offered up this advice to other mil spouses who are struggling to make a career. She said, "Man... it's hard. But, take off one bite at a time. Nothing is impossible, and don't give up." She continued to say that most





not a one-year thing, but a 10-year thing that should be viewed as a long-run aspiration to work hard for and towards. She said that she has experienced a vast amount of support from her military community and would not trade it. "Rely on the community and other mil spouses; they are so supportive. Lean on the people around you and don't go at [your dreams] alone." Jessie G finished by saying that at the end of the day or a year or five years, all your hard

PHOTOS PROVIDED BY JESSIE G

work will be worth it.

To find out more about Jessie G's music and life as an Army Spouse, find her on social media or just come out and support her, the Judd Hoos and the VFW at the Weekend Salute at The Spot Friday, Nov 18 & 19. Facebook - www.Facebook. com/ JessieGofficial Instagram - @ JessieGofficial Twitter - @JessieG_ Music TikTok - @JessieGofficial YouTube - www.YouTube.com/ **IessieGofficial**









OPERATION SUN RUN BREAKS TRANSCONTINENTAL SPEED RECORDS

NOVEMBER 27, 1957

On November 27, 1957, USAF pilots of the 363rd Tactical Reconnaissance Wing completed "Operation Sun Run" and broke three transcontinental speed records. Sun Run included six pilots, six McDonnell RF-101C aircraft, and the new KC-135 Stratotankers that would perform the mission's in-flight refueling. Each flight took place between



McDonnell RF-101C Voodoo, named "Cin-Min" (USAF)

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Los Angeles and New York, with two of the aircraft making a full round trip. Lt. Gustav Klatt set one record, flying from L.A. to New York in 3 hours, 7 minutes and 43 seconds. Capt. Robert Sweet established the new round-trip record of 6 hours, 46 minutes and 36 seconds, as well as the New York to L.A. record of 3 hours, 37 minutes and 32 seconds. "At that time the Air Force was only 10 years old, and this operation was an early endeavor to showcase the capabilities, speed and range of the first supersonic photo reconnaissance aircraft refueling from the first jet tanker," said Christopher Koonce, the 20th Fighter Wing historian at

of the time, dreams and goals are



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Shaw AFB, SC. "It was an early display of the three effects of airpower: global vigilance, global reach and global power." Information courtesy of: nationalmuseum.af.mil / shaw.af.mil

HOMA

FAMILY

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Missile Wings conduct remote code change with ICU II

GLENN S. ROBERTSON, 20TH AIR FORCE

BASE, Wyo --

The missile wings of 20th Air Force are currently executing a change in procedure for nuclear code change operations, each having switched one squadron's area of responsibility to the new ICBM Cryptography Upgrade program.

It is a change that promises to save the Air Force considerable resources in labor hours, cash and the wear and tear on vehicles.

"Code change has typically included hundreds of defenders, maintainers and missileers, working five or more 14-hour days, and that's just at one wing," said Maj. Gen. Michael Lutton, commander of 20th Air Force. "With the new procedure for conducting code change, it now takes two missileers a single eight-hour alert, saving each wing thousands of miles of road time, as well as the fuel and labor hours that go with that. This innovation will improve the quality of life of our Airmen while saving millions of dollars."

Code change is an annual requirement that typically takes nearly three weeks to complete for each wing, at about five days for each missile squadron's area of responsibility. In those three weeks, missileers, maintainers and security forces drive thousands of miles and work thousands of hours to change the codes required for the launch of a wing's ICBMs, entirely on site

F.E. WARREN AIR FORCE at each launch facility. This manual process is now being changed to one that is conducted remotely from the launch control capsule by a team of missileers.

> Before the remote code change can be conducted, launch facilities all must be properly configured to the new format, a considerable effort for the maintenance group, according to Lt. Col. Claus Fasting, MSgt Adam Urban, NCOIC of Electromechanical Maintenance Team section in the 90th Missile Maintenance Squadron.

> "With an average of a 3-person team, EMT expended a total of 1,965 man-hours and typically accomplished one or two sites every day, including many weekends, until the whole squadron of 50 LFs and 5 MAFs was complete," said Urban. "Each day reconfiguring LFs was between 11 to 14 hours, with the days dispatched to the MAFs taking about eight.'

> Urban recognized that though his teams worked long hours, it was only from the efforts of other units that they had the resources required to complete the job.

> "EMTs efforts really came from a culmination of many other actions for the ICU II rollout, such as the ELAB section of the 790th Maintenance Squadron logging many manhours handling procuring, storing, packing and shipping the old component drawer units," said Urban. "Additionally, the OSS Codes section coded KS-60

code components about every day to ensure the new drawer could communicate with the rest of the system."

The process of reconfiguring a missile squadron's area of responsibility to ICU II consists of three phases, according to Capt. Aaron McLarty, director of training for the 320th Missile Squadron. The first, initial implementation, involves ensuring that everyone involved understands what ICU II is, and what goes into a remote code change. The second phase is similar to a typical code change and is what prepares the site to be formatted for a remote code change.

"Phase two of the process was the largest movement of personnel and resources, involving the code shop, maintenance and security forces," said McClarty. "Codes dispatch the properly coded components to maintenance, then the maintainers and defenders go out to the launch facilities multiple times over the course of a couple of months, getting them into a state of configuration for the operator in the capsule to be able to conduct that remote code change."

The third phase is the culmination of all the previous effort in conducting the remote code change, which required substantial training of the missileers in the new procedure.

"The third phase was a code change conducted remotely, which is one of the major capabilities of ICU II," said Capt. Dustin Maglinti, weapons and tactics instructor with the 90th Operations Support Squadron. "With its completion, it reduces the manpower required for code change, from maintenance personnel and security forces, lessens the need for moving code components from base to the missile field and now we have this capability where we can do all of this remotely."

From the thousands of hours that went into a legacy code change, the manpower requirement of ICU II diminishes to one eight-hour shift for the missileers on duty that day.

A lot of our day-to-day experience is doing a lot more with fewer people and less resources, and ICU actually helps a lot with that," said McClarty. "We're still accomplishing this code change, just like we normally would have to, but now we're cutting down tremendous numbers of personnel that no longer have to be involved in the physical maneuver of code change.

For all the benefit to the wings' missileers, ICU II will positively impact the airmen of the maintenance and security forces groups of the three missile wings, as well.

In the case of the maintenance groups, leaving the traditional code change format will free up hundreds of maintenance personnel to devote resources to the important job of maintaining the venerable Minuteman.

"An ICU II Code Change will free 163 personnel to continue their maintenance duties of maintaining and sustaining the launch facilities, missile alert facilities and ICBMs on alert here at F.E. Warren," said Fasting. "That sums up to 3,000 hours a year returned to the task of maintaining the 50-year-old Minuteman III.

In addition to the benefits of allocated maintenance better personnel, there are positive effects to other units and a direct benefit to the security of coded components.

"The second- and third-order effects of this are freed MAF space, the costs of and requirement for second chefs, the reduced cost of sundries and linens from not resting overnight and returning that time to our folks and their families," said Fasting. "Lastly, not carrying as many coded components to the field reduces the security risks from that material.'

The 91st and 341st Maintenance Groups are expected to see similar outcomes.

Like the maintainers, defenders will see their responsibilities specific to code change lessen, as the requirement to protect open sites decreases.

continued on next page





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continued from previous page

"The Defenders of the Mighty Ninety are always ready to ensure that launch facility sites are secure during code change operations," said Lt. Col. William Brokaw, commander of the 90th Missile Security Forces Squadron. "However, following the completion of ICU II, the dated approach to security response during those operations becomes much more limited, and that frees up personnel and resources for other aspects of the Big Missiles mission."

Though the security forces response specific to ICU II code change is not as significant as during manual code change, the physical defense of the complex will not diminish with the change – in fact, it will increase.

"The ICU II upgrade, by nature of design, is more secure and allows security forces defenders the flexibility to focus on all areas of security more effectively and efficiently across the complex," said Brokaw. "ICU II allows more defenders to patrol the field than ever before and guarantees security and safety of our sites and assets."

While the process of converting the sites to ICU II is a significant process for personnel across the operations and maintenance specialties, the result is a more secure missile field with more resources returned to the wing. Though the process has not been finalized, all three wings are working toward converting all their sites to ICU II over 2023.

Minot AFB Exchange Allowing More Time for Holiday Returns

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Army & Air Force Exchange Service shoppers have extra time to make returns as the Department of Defense retailer is extending its return policy for the holiday season.

Shoppers will have until Jan. 31 to make returns on purchases made from Nov. 1 to Dec. 24 at the Minot AFB Exchange or at ShopMyExchange.com.

"There's always so much going on around the holidays," said Minot Exchange General Manager Brian Read. "The Minot Exchange wants to make sure shoppers are able to make returns on their own schedule."

The Exchange's regular return policy allows returns from 15 to

90 days after the purchase with a receipt, depending on the item. If an item's regular return window extends past Jan. 31, that date will be honored.

Some exclusions apply. For more information, Minot AFB Exchange shoppers can speak with a BX associate or call 1-800-527-2345 for online returns.



SrA Johnathan Bonney

Squadron: 91 MMXS Home Town: Atlanta, GA



On 25 July 2022 SrA Bonney prevented a fellow airman from committing suicide. At approximately 1400 SrA Bonney received a phone call saying the airman was about to commit suicide. SrA Bonney sprung into action and headed to the airman's location. While enroute, SrA Bonney notified local law enforcement and paramedics of the situation. SrA Bonney found the airman in their vehicle on the side of the road 30 minutes south of Minot. SrA Bonney then approached the airman and noticed they had a knife. Airman Bonney then persuaded them to give him the knife and get in his car. He then escorted them to Trinity Hospital and waited with the airman until they received the help she needed

GAME SALUTE: NOVEMBER 25

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.



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5th Civil Engineers and Air National Guard engage with students during a career fair at the North Dakota State Fair Center in Minot, North Dakota, Nov. 9, 2022.

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NATIVE AMERICAN HERITAGE MONTH CEREMONY Team Minot leadership proclaimed the month of November as Native American Heritage Month.

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RACQUEL LABADIE, GS-12, USAF PRIVATIZED HOUSING RESIDENT ADVOCATE 5TH BOMB WING

Thanksgiving is a time of gratitude, home cooked meals, and for some, travel. According to the National Fire Prevention Association, Thanksgiving is the peak day for home cooking fires with more than three times the daily average for such incidences. Unattended cooking is by far the leading contributing factor in cooking fires and fire deaths. Please ensure your chefs stay in the kitchen and focus on the food, especially the stovetop. As for the oven, don't leave your turkey unattended! Stay home while the turkey is in and check it frequently. Finally, be mindful of the placement of knives, hot liquids, and appliance cords. If you plan to travel during the holiday, please call the Minot AFB Homes leasing office (701-727-0007) to get a "Weather Watchman" kit. If your travel will be for an extended period of time you can also consider "bleeding your lines". This is a process where the water is shut

off and then pipes are allowed to drain to avoid the possibility of freezing, contact Minot AFB Homes maintenance for further information (701-727-9312).

On the final note of gratitude, I want to thank our Minot AFB Resident Council Committee for their input, insight, and dedication in seeking improvements and solutions for base residents! The Council meets monthly, every first Wednesday at 6PM at the Welcome Center to discuss concerns or questions from residents with the Minot AFB Homes management, Military Housing, the Resident Advocate, and members of leadership. We invite MAFB residents to attend those monthly meetings and if you haven't already done so, please fill out the Annual Tenant Satisfaction Survey by 1 December to get your voice heard!

The Resident Advocate can be reached at 701-818-7075 or racquel.labadie.1@us.af.mil."

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TO BOOT OR NOT TO BOOT, THAT IS THE QUESTION

Patricia Stockdill

Poor William Shakespeare would likely be beside himself if he knew there was yet another play on one of his greatest story lines, but as winter approaches dog owners might be asking themselves the burning question, "to boot or not to boot, that is the question."

We're not talking "booting" up a computer. Nor are we talking about giving someone "the boot".

Instead the burning question is whether or not dog owners should put doggie boots on their beloved canine this winter. After all, people wear shoes and snow boots, so why not protect their tootsies? It makes sense for sled dogs, so why not other dogs?

There can be a couple of diverging trains of thought when it comes to pros and cons regarding dog boots. It comes down to knowing the dog (some breeds can handle cold and ice better than others), what one does in the winter in snowy regions of the country, and the dog itself. A list of dog boot advantages could include:

 Protects foot pads from cuts. Paws are sensitive to extreme cold and sharp objects like ice shards, various frozen vegetation, or objects such as sticks.

• Protects against street and sidewalk chemicals used to reduce snow and ice, such as salt. The American Kennel Club (AKC) warns that prolonged salt exposure used to melt ice could lead to chemical burns. Plus dogs might ingest salt or other chemicals when licking paws.

• Quality boots keep feet warmer.

• They could make it more comfortable for a dog to stay out longer for more quality time with their human.

• They could protect against snow and ice, especially for hunting dogs.

A list of dog boot disadvantages could include:

• The dog doesn't like them and tries to shake, pull, or bite them off.

- The dog doesn't adjust to wearing them.
- Can't find a comfortable size that fits.

BBQ

- The dog mastered the fine art of losing them.
- The wrong boot for the conditions could heighten cold, wet conditions on the feet.

Perhaps the Number One "con" to dog boots they could

That's not saying dog boots don't work. Instead, it goes back to knowing the dog, one's outdoor activities with the dog, and weather conditions. Take those

factors into consideration.

In addition, look at more than price.

Some features to think about:

• What material is comfortable and durable for what we do outside with our dogs in the winter? Is fleece the best option? What about Cordura®? How about fleece lining with nylon or Cordura on the outside? What other material options are available?

• It the material waterproof or just water-resistant?

• Look at the top closure. Make sure it keeps snow and moisture out and stays securely on but isn't too tight.

Check the bottom grip to see how slippery it could be on snow or ice.

 Is the boot flexible enough so it doesn't create rub points and sores?

AKC has tips for choosing the proper dog boot:

• Look for a textured sole with good grip for traction flexible yet enough so the dog walks naturally.

• Outside material should be water-resistant at the least and waterproof for maximum protection.

• Adjustable Velcro[®] straps tend to secure better at the top than drawstrings.

• Follow the manufacturer's guidelines specific to the boots you're getting for your dog's proper size and take their suggested measurements.

Most dogs don't appreciate wearing dog boots and don't readily adjust to them. They may walk goofy or stumble as they try to walk or get them off. They might shake, tug, or chew to get them off.

Or maybe they'll just lie down as if to say, "Nope, not wearing them. Not today. Or tomorrow."

Acclimate your dog to boots by first putting them on for short periods of time in the familiar setting of the house. Shower oodles of praise – and maybe a treat – as they adjust to wearing, walking, and running with them.

Introduce being outside with the boots as the dog gets used to them. It might have to be for short time periods but continue praising him or her as they accept their new footwear.

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increase snow and ice buildup on feet, pads, and in between toes.

That's because – depending on design – it's possible the top of the boot collects snow and ice. With the dog's warmer body temperature, snow melts and works its way onto the foot and in between toes and pads. In turn, because of colder outside temperatures snow then creates water and ice buildup, compounding a problem rather than solving it.

& GRILL

Another way to help your dog accept boots might be to try dog socks, letting the dog get used to those warm fuzzies first, then graduating to dog boots.

Regardless of whether or not a person chooses "to boot or not to boot"; the most important consideration is a dog's health and doing what's best for it.

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Those Thanksgiving Traditions

ERIN BEENE, NORTHERN SENTRY

Traditions are everywhere. Almost everyone has а remembrance that brings them joy around the holidays. Since Thanksgiving is the time to think about the blessings instead of the hardships that being a military family brings, the Northern Sentry has found several base residents willing to share a few of their well-loved family Thanksgiving traditions from all over the world.

Sarah Escarzaga, a Minot mil spouse originally from San Antonio, Texas, shared a unique tradition of making homemade tamales with her friends. She said that as a child she would sometimes help make them with family, but sometimes they bought them at the store. But either way, they always ate tamales on Thanksgiving and it has been a fun tradition to carry on. Tamales are a tasty Hispanic dish that is known for the corn husk outer shell and delicious insides. They are also known to take hours of complicated processes to create the perfect flavor. Sarah said, "Making them from start to finish is an allday affair, but definitely a bonding experience." Sarah and her husband Maj. Martin Escarzaga, 91st Missile Maintenance Squadron, both enjoy this special part of their home-away-from-home tradition.

Spouse Jennifer Rockwall said her Thanksgiving tradition is keeping the same day schedule. "At 3 p.m., we have two families come over that have kids the same age as our kids. In the morning we always watch the parade and then the dog show together. Deviled eggs are a must [for Thanksgiving dinner]. After dinner, we watch Elf or Christmas Vacation and play games before the desserts come out. After everyone has had time to digest dinner, naps are needed." She loves doing the same simple things every year that bring her happiness.

While most Thanksgiving celebrations are based around food, Master Sgt. Johann Gonzalez, 5th Security Forces Squadron, and spouse Samantha Gonzalez have a more active Thanksgiving tradition. Samantha said, "My husband and I love finding the 5K Turkey Trot races to do. This will be the second one here in Minot. We started them together in Omaha, Nebraska, but I started doing them with my family back in Wisconsin." She also said, "We started together in 2018 and have done them every year since. Even when we lived in different states one Thanksgiving, and then 2020 we had to do our own at the gym due to Covid.'

The Rivera family likes to take time to merge Christmas and Thanksgiving with a unique holiday tree of gratitude. Amanda Rivera said, "We do a Thanksgiving tree where each person writes what they're grateful for and ties it on the branches! And then we eat way too much food!"

5 CES spouse Melissa Lawyer doesn't find joy in cooking the perfect turkey, so she discovered a way to have her bird and eat it too, without doing the work. She said, "I [always] find a friend who wants to make a turkey for me so I can

continue my life of never having to make a Thanksgiving turkey.'

Whether it is the full bellies of wonderful food, yelling at the football game on TV, or simply taking a minute to be grateful, Thanksgiving brings people together. While a lot of MAFB residents are away from their extended family homes, adapting and finding new ways to bring family "home" is what the military family is known for. Happy Thanksgiving everyone!



MSgt Johann Gonzalez, 5th SFS, and his spouse Samantha enjoy a Turkey Trot every Thanksgiving.





and daughter Catalina prepare tamales for Thanksgiving dinner.

Sarah Escarzaga

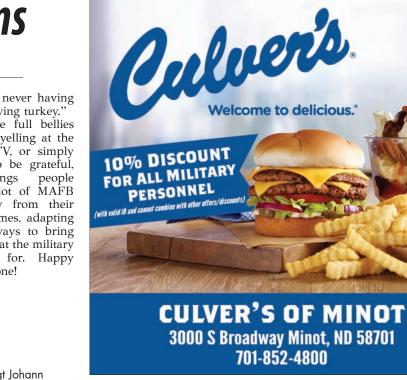
The Rivera Family and their Thanksgiving Tree!



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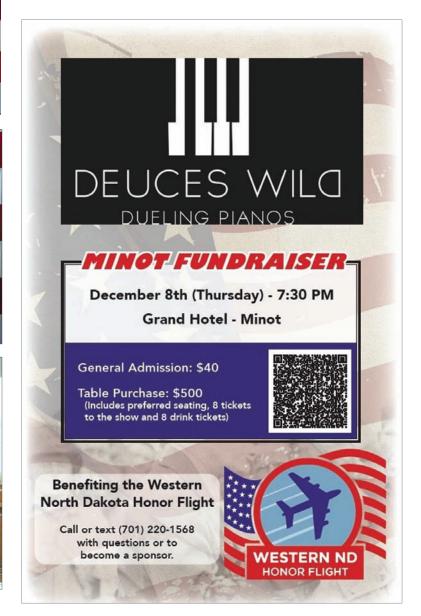




91ST MISSILE WING THIRD QUARTER AWARDS CEREMONY

91st Missile Wing Commander Col. Kenneth McGhee presents quarterly awards to the well-deserving service members and spouses of Team Minot, Nov. 8, 2022.

U.S. AIR FORCE PHOTOS I MASTER SGT. RYAN BELL











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SVAS Hosts 4th Annual Spay-Ghetti and **No Balls Dinner**

SOURIS VALLEY ANIMAL SHELTER

The Souris Valley Animal Shelter (SVAS) is hosting the 4th Annual Spay-Ghetti and No Balls fundraiser on Friday, November 18th at the Sleep Inn & Suites Conference Center. The event will directly support low-cost and free spay and neuter services in the Minot community through our brand-new Severson Ahart Community Clinic in partnership with Towner Animal Health.

Did you know that spaying cats and dogs can help prevent uterine infections and tumors? These are cancerous in an estimated 50 percent of dogs and 90 percent of cats! Last year, SVAS raised nearly

For the first time ever, Spay-Ghetti and No Balls will be held at Sleep Inn & Suites Conference Center, located at 2400 10th St

record this year!

SW, Minot, ND 58701. The price of admission is only \$15! Doors will open at 6 o'clock pm, and tickets include dinner for one, as well as access to all events of the evening. If you are interested participating as a volunteer, please contact us by November 4th, 2022!

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New reporting options for sexual harassment victims

REBECCA WARD, AIR FORCE RESILIENCE

ARLINGTON, Va. (AFNS) --

Uniformed Airmen and Guardians who experience sexual harassment now have the option to file a restricted or unrestricted report with the Sexual Assault Prevention and Response office to access advocacy services and supportive referrals.

This change now allows members to seek support services for both sexual harassment and sexual assault from one office.

Brig. Gen. Debra A. Lovette, Integrated Resilience director, said the new policy reflects the Department of the Air Force's commitment to expanding support for victims, and strengthening a culture of respect, dignity and honor for all who serve.

"Sexual harassment does not reflect who we are as an organization and has no place in the military," Lovette said. "For service members victimized by this harmful behavior, it can be crippling, preventing them from coming forward out of fear of further harassment or the perceived lack of support from their leaders or co-workers. This new policy will allow service members to make a report confidentially, if they choose, while still receiving support and care from their sexual assault response coordinator or SAPR victim advocate."

The new policy, which took effect September 30, expands services to DAF military members who are sexual harassment victims and implements FY 2022 National Defense Authorization Act and Independent Review Commission requirements. The Equal Opportunity Program will continue to process and track military sexual harassment complaints.

Under the new policy, military members have two options for reporting sexual harassment to the SAPR office:

Unrestricted Report - This reporting option allows a service member to report sexual harassment to a SARC or SAPR VA and receive victim advocacy services from that office. This reporting option will result in the SARC or SAPR VA notifying the victim's commander and the installation EO office, who will initiate an investigation (or clarification report via EO complaint processes) of the sexual harassment allegation(s).

Restricted Report - This reporting option allows a service member to confidentially report sexual harassment to a SARC or SAPR VA and receive victim advocacy services from that office. This reporting option does not trigger an investigation or notification to the service member's command or installation EO office unless there is written consent from the service member or if there is a clear and present risk to the health and safety to the service member or another person, as determined by the servicing legal office.

SAPR victim advocacy services for sexual harassment do not replace Military Equal Opportunity complaint processes. Military members may choose to make an unrestricted report with the SAPR program to receive victim advocacy services such as crisis intervention, safety assessments and counseling referrals, and they may also file a separate MEO complaint through the EO office.

The DAF Unlawful Discrimination, Harassment, and Sexual Harassment Hotline (888-231-4058) functions as a referral line to facilitate potential EO concerns or complaints to the appropriate installation for resolution. It is not set up to provide victim assistance, advocacy, or services.



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A night of dueling pianos to benefit the Western North Dakota **Honor Flight**

All Proceeds Used to Support Taking Military Veterans of WWII, Korea, and Vietnam to visit National War Memorials

WESTERN ND HONOR FLIGHT

The Western North Dakota Honor Flight is hosting an event with all proceeds going towards the upcoming flight taking nearly 100 veterans from Western North Dakota to Washington D.C. to see the national memorials built in their honor.

"This Honor Flight experience is provided at no cost to the veteran, so all the funds we raise directly benefit a Western North Dakota veteran of World War II, the Korean War or the Vietnam War," said Kathleen Bien, Western North Dakota Honor Flight board president.

Please join us for a Deuces Wild Dueling Pianos, Thursday, December 8 at the Grand Hotel - Minot 1505 N Broadway Ave, beginning at 7:30 pm

For information on Deuces Wild, please visit their website at wildpianos.com

Tickets for the event may be

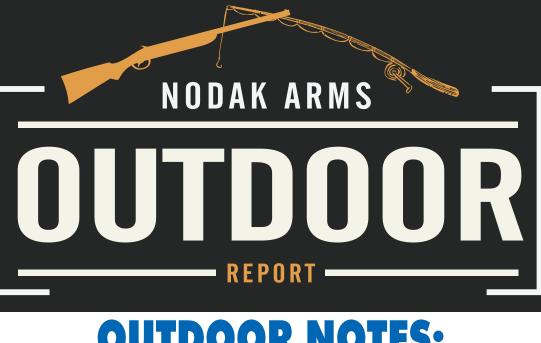
purchased individually for \$40 or a table of 8 people with preferred seating and 8 drink tickets for \$500. To purchase tickets for the event, please visit the event site. Additionally, the evening will feature an option to sponsor a veteran's flight. Join us for this fun filled evening while benefitting veterans in your local community.

Veterans from nearly every community in western North Dakota will be participating in this upcoming flight. Visit westernndhf. org for more information on the flight, the organization and upcoming fund raisers in your community.

If you would like to do a story on a veteran from your area who participated in the inaugural Western North Dakota Honor Flight trip, or for general information about Western North Dakota Honor Flight, contact Marty Presler at 701-527-7550.

ф WANT TO MAKE \$16 TO \$20 AN HOUR TO HAVE FUN? **REGENCY EVENT CENTER** is looking for event and security staff to join our great team. Make extra money working on weekends! Enjoy the fun and festivities while you work. Contact Randy at 701.630.7070





OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Sakakawea elevation, Lake Nov. 14: 1,832.86 feet above mean sea level (MSL); 16,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.23 feet above mean sea level (MSL). Stump Lake elevation: 1,449.24 MSL.

 N.D. Game & Fish Dept. game wardens: No access advised on area lakes until ice conditions improve for walk-on fishing activity.

• Devils Lake, Ed's Bait Shop, Devils Lake: Smaller area lakes icing over and have iced over but no access recommended yet.

• Devils Lake, Woodland Resort, Devils Lake: Back bays of Devils Lake and Minnewaukan Flats starting to ice over but unsafe for any walk-on icefishing activity yet.

• Lake Darling, Karma C-Store, Ruthville: No activity as lake transitions into ice with unsafe conditions yet.

Lake Metigoshe, Four Seasons, Bottineau: No activity with anglers waiting for better ice conditions.

Sakakawea/Lake Lake Audubon, Cenex Bait & Tackle, Garrison: Back bays of Lake Sakakawea icing over but unsafe for any walk-on fishing activity.

Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon and back bays of Lake Sakakawea icing over but no walk-on activity yet with unsafe ice conditions.

• Lake Sakakawea, New Town: Portions of Van Hook Arm and the New Town area icing over on Lake Sakakawea but too dangerous for any walk-on access.

• 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.

• 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.

Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace quiet due to recent weather front. No activity on Lake Sakakawea.

 Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Trenton Lake iced over and walk-on anglers are finding occasional crappie. Back bays starting to ice over on the upper end of Lake Sakakawea but remain unsafe for walk-on access.

 North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity with poor ice conditions yet on area lakes. Hunting:

is difficult, however, with heavy snow on trails and section lines. Pheasants: Birds bunching

into heavy cover in cattails and shelterbelts.

• Waterfowl: Birds moved out of northern and north-central N.D. but some Canada geese remain on the open water of the bays on Lake Sakakawea. Some birds remained on the open water of main Devils Lake earlier in the week but will move out as iceover progresses. Birds moved out of northwest N.D. with weather change although a few were lingering on open water of the river around Williston yet. Numbers to know:

valid for monday league slots only

sign up at whiskeyninend.com

food. cocktails



Deer: Increased movement with the rut underway but numbers are poor in EHDimpacted areas. Access and moving around to get to areas

 N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http:// qf.nd.gov).

 Report All Poachers: (701) 328-9921.

THIS SPECIAL FEATURE IS SPONSORED BY:



Minot's Hot Tots Announce New Head Coach Cooking Up the Roster for the Inaugural Season

The Minot Hot Tots announced their official team name less than a month ago and have been busy creating a new baseball experience for the Magic City. Another ingredient has been added to the dish, as the Hot Tots have announced their head coach for the 2023 season. Mitch Gallagher is ready to cook up an impressive inaugural season with the Hot Tots inside and outside Corbett Field.

Gallagher started his career in baseball on the field as an infielder. In college he spent two years at Pepperdine, winning two West Coast Conference championships and making two regional final appearances and one super regional appearance. He then spent two vears at Xavier, taking home a Big East Championship and making another regional final appearance.

Gallagher also spent time as a player in the Northwoods League, playing for the Bismarck Larks in their inaugural season. "The time I spent playing in the Northwoods League was an experience I will never forget," said Gallagher. "We got to spend a summer playing with some of the best players college baseball had to offer in front of fan bases that bring the energy each night."

After his time as a collegiate player, Gallagher baseball continued his love for the sport as the infield coach at Palomar College. During his loan season at Palomar he had three players drafted and 14 sophomores move on to 4-year schools, 11 of them going to Division 1 institutions. In 2020, Gallagher made his

first coaching appearance in the Northwoods League as the Head Coach of the Bismarck Bull Moose. Three players from the 2020 Bull Moose team have since been drafted. "The Northwoods League is second to none in terms of player preparation. Each night you are facing top players from highlevel schools across the country knowing that there will be future big leaguers to their left and right," said Gallagher. "No league can prepare players for what life will be like in the Minor Leagues quite like the Northwoods does.



Gallagher's most recent coaching experience is as the Recruiting Coordinator at Eastern Florida State College, one of the top Junior College Baseball programs in the country. In his first season with the team he had one player drafted and 12 sophomores more on to 4-year institutions.

"I always knew that I wanted to get into coaching and it has been quite the journey so far coaching in California, Texas, Florida and of course North Dakota. But that

has to be one of my favorite parts about my baseball career and the stops I've made along the way," said Gallagher. "I'm excited to see what Minot is all about and look forward to becoming a part of the community."

Gallagher is an experienced coach who wants to create a winning culture in Minot. However, he has goals that go beyond stats and strategy, and that will help build a strong foundation for the future of the Hot Tots.

"It was important to us to hire a coach that could recruit highcaliber, collegiate baseball players that want to develop and compete, but also someone that would embrace FUN with our fans and in the community," General Manager, Monica Blake said. "Mitch does both of those things very well."

The Hot Tots season is set to begin in May. In the meantime, Gallagher will be working on building their team on the field. Interested collegiate athletes can get in contact with Mitch by filling out the player interest form on the Hot Tots website. Fans ready for an exciting new baseball experience can check out the 5 Game Hot Dish Memberships for the best seats to the best games.

More information about Gallagher's history and stats, 5 Game Hot Dish Memberships, internships, working at the ballpark, hosting a player, becoming a sponsor, and more can be found by visiting hottotsbaseball.com.



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 - o Men's Barbershop Chorus
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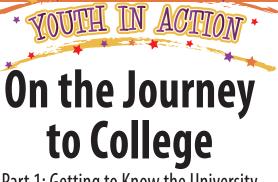
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2022-2023 MPS CALENDAR

November 2022 19			19 d	ays	December 2022 1					15 da	L5 days			
S	Μ	Т	W	Т	F	S		S	Μ	Т	W	Т	F	S
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6	7	8	9	10	11	12		4	5	6	7	8	9	10
13	14	15	16	17	18	19		11	12	13	14	15	16	17
20	21	22	23	24	25	26		18	19	20	21	22	23	24
27	28	29	30					25	26	27	28	29	30	31
November 11November 25December 22Veteran's Day - No SchoolVacation - No SchoolP/T Comp Day - No SchoolNovember 24December 23-Jan 2Thanksgiving - No SchoolVacation - No School														
Vacation Days - not contracted day Holidays PD Days - contra							ontracte	d day						
Early Release Days - 1:15pm Pare						ent/	Teacher (Comp Da	iys	* W	eather N	lake-up	Day	





Part 1: Getting to Know the University of our "On the Journey to College"



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

If you have a college bound high school junior or senior, there are many tasks to accomplish in preparation for college applications. This can often be overwhelming for students and parents. However, this very moment is the perfect time to begin planning, preparing, and executing on this journey.

Over the next several weeks, we will break down the process of applying to college and share tips and resources for students and families. The following includes Part 1: Getting to Know the University of our "On the Journey to College"

1.Create a balanced list of colleges and universities that align to your potential career goals, interests, and values. For this step, students can write down goals and desires.

2. Research colleges and universities online and request additional information. This

Memorial Middle School

typically located is under "Undergraduate Admissions" on the website.

3. Request a Virtual or In-Person Tour of the campus as an opportunity to learn more about the university. These tours are ongoing so do not miss out!

4. Learn of the experiences of current students and alumni of the university. This is a critical step in deciding whether a college is the right fit for the student and family.

Though these steps may seem small, they are important in learning more about the colleges or universities of interest. The Minot AFB School Liaison Office is able to assist by providing resources and answering questions at 701-723-1447 or at mafb.school. liaison@us.af.mil

Next week, I look forward to sharing Part 2: Completing College Applications.

Highest Honors

Grade 8

 Aiden Finney • Khylah Jacinthe • Layton Kelly • Evangelina Reed Samiya Shoemaker • Keira Venable • Megan Watts • Brendon Weber

High Honors

Grade 8

Kayla Bates • Glen Geyer • Dylan Graham • Caleb Jones-Dow

2022-2023 Quarter 1

- Madilynn Knupp Malia Magee Gabriel Montgomery
- Joshua Myers Jr Braivyn Patterson Elizabeth Patton

Honors

uarter 1 OP ROL

Grade 8

- Mathew Bedell Eva Blackmon Macey Blake Dylan Ewalt
- Arianna Forth Tryston Keilman Serenity Martinez Gabriele Reed
- Raphael Richardson Madelyn Rivera Jaydon Sikes Taylor Toro

Grade 7

Jhonalene Atoigue • Addison Ayers • Taliyah Braddy • Isabelle Brown

- Sophia Cain Eden Curtis Lanaiya Edwards James Elizondo Ian Finney
- Sara Garver Ariana Gonzalez Henry Karabelski Hailey Kennedy
- Krishal Mahat Luciana Mason Asher Muhs Frank Prebble
- Stella Prebble Penelope Reed Aiden Skates Jacob Smith
- Leilani Smith
 Nichelle Williams

Grade 6

- Aidan Beaton Arryanna Beaumont Tucker Black Yara Boscarino
- Olivia Calo Santiago Caitlyn Cummock Zaire Dorsey Jahbari Edwards
- Alexander Gandalal Vaeh Geske Milania Gomez Robert Gomez
- Tyson Hann David Maginness Samuel Martinez Jr. Wyatt McDole
- Melanie Monson Braelynn Ramirez Ava Richards Keegan Roth
- Michael Scheller Rilo Smith Nora Turner Alexander Vadala
- Jayden Whitfield Thor Winn

Davinity Perez-Williams
 Sadie Tilstra
 Jonas Turner

Grade 7

- Mason Culver Evelyn Filiowich Mason Foerster Kendalyn Hansen
- Jada Hawkins Wesley Hoadley Mckenna Jackson Ava Loucks
- Christian Mendoza Lilith Straut Atreyu Street Olivia Workman

Grade 6

 Kassidy Bradley
 Isaac Brinkley
 Elena Catahay-Soles
 Isaiah Coon • Logan Fry • Aria Jeong • Brandon Judge • Mason Lee • Brooklyn McDougle Madison Palmer • Jayden Shoemaker • Chloe Stitt

Grade /

- Kenai Alicea Aliyah Bradford Abigail Burton Fiona Burton
- Michael Carriker Jose De La Rosa Torres Moses Ellis III Jocelyn Isza
- Mylah Jackson-Montgomery
 Jack-Tyler Karst
 Anthony King
- Melanie Loving Jandiel Melendez Ortiz Peter Michaud Charlee Morris William Rector
 Nicole Szabo

Grade 6

 Zahara Aguilera • Justice Bradley • Iverrie Brim • Lucas Foster Alyssa Gonzalez • Alexandra Guzman Munoz • Paycen Irvin London James • Brandon Jenkins • Leo Jordan • Cameron Kozak Aethan Long • Cooper Mathewson • Jeremy Selman • Nayeli Umana Landon Wilson



Caroline and Kodiak

CAROLINE HOWSE, AGE 7

When you have someone who constantly makes you happy. The one you can lean on and always makes you smile. For me, that is the best. For me, that is my dog!

He is very big and white all over. He likes to sleep on the carpet; I like to lay on him! His fur is so soft and fuzzy. He gives the best warm hugs! Kodi makes the family even better by always being there for us. Protecting us is his job like chasing away strangers who might give us harm. My memaw says, "Kodiak is a Great Pyrenees, a large breed guardian. They imprint on what they are raised with and once they imprint, they consider you family and will protect you with their life." Have you ever heard a bark so strong it echoes over the whole neighborhood? That would be my boy!

Even though he is older than me, he has only been with us for about half of my life. My mom says, "Actually more than half! We adopted Kodi into our family when you were about two years

old. Your father had just returned from his first deployment and our family grew by four paws!" We lived in Virginia and had a good time. We played outside together all the time! Sometimes we played tag. Kodi likes to run around a lot, and I like to chase him. We always like to be together. My family even took him to the beach now and then.

We thought he would be scared to move to North Dakota but he's just happy to be with us. He seems right at home with the winterv weather and even blends in with the dusty white snow! Kodi is playful when he is in the snow. He romps around and rolls in it like he's making a pup-angel. He looks so silly when he's covered in snow!

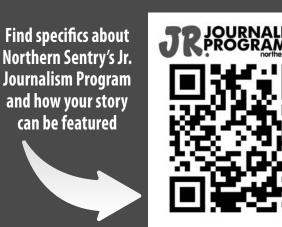
I love him a lot! I feel great inside when he is with me. When I snuggle Kodi, it makes me happy. Everybody needs a friend like my dog. Kodiak and I are best friends.

Caroline's artwork featuring her best friend Kodiak.



Caroline joins Kodiak in his favorite spot on the floor.









NOV. 25



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Tree Lighting Event 5:30pm Main Street

In-store activities, visits from Santa, treats & more!



Mail train requested for military kid diagnosed with terminal cancer

CRYSTAL KUPPER

Loved ones of a Gold Star teenager with terminal brain cancer are asking for the public's help in making her last days special.

Kayla Spangler, a 17-year-old high school senior in Indiana, was diagnosed with glioblastoma in the fall of 2020 after getting into an ATV accident. Two years earlier, her father, Navy Petty Officer 1st Class Jacob Spangler, passed away in his sleep. Currently in stage 4 of her cancer diagnosis, doctors say Kayla may not even have another month to live.

"She knows her life is ending at this point, and I think the more support she has right now, the better," said her mother, Linzy Spangler. "She's declining pretty quick - just last week she attended school on Monday and was not able to make it another day of the week.'

BIG DREAMS

It was never supposed to be this way for Kayla, an avid softball player who admires Dwayne "The Rock" Johnson — a celebrity she still fervently hopes to meet. She loves dolphins and dreams of one day working with marine life, said Rosalyn Mendez, a family friend who has known the Spanglers since 2009.

"She's very loving, always a smile on her face, loves her family, loves the outdoors, strong-willed, amazingly resilient," said Mendez, who worked with Kayla's father as his Navy Ombudsman. "Kayla has been so brave through all of this she's conquered one hurdle after

another, but she keeps pushing forward with a smile.

Brain surgery, chemotherapy and radiation treatments helped propel Kayla past the initial six to 12 months' timeline doctors gave her. But those treatments proved to be only a temporary solution.

In September, clad in a sparkly pink dress and sporting strands of rainbow-hued hair, Kayla was crowned homecoming queen at Franklin County High School. The school is also attempting to throw a graduation ceremony for her in the first week of November, including coordinating with her hospice team to arrange transportation.

It's all a lot to take in for her mother. Yet Linzy remains focused on one thing: making sure her baby girl - the one who loves wolves, sushi and hanging out with her mom and siblings - is happy and comfortable.

Kayla loves people, and for people to show support would mean a ton to her," Linzy said.

TRAINS OF LOVE

Part of that support has arrived through a social media campaign to attract the attention of Johnson. Kayla's favorite Hollywood star. Others have come through a special trip to the Bahamas in September so Kayla could swim with her beloved dolphins. Now, Mendez wants the public outside Indiana to let Kayla know that she is not forgotten.

"I feel like I'm running out of

time for this dear child, and I want to set up a mail train for her,"

send gift cards, that's fine, too." Kayla is completely bedridden now. Losing her eyesight and hearing, she has been asking Linzy

Mendez said. "I would like for people all over to send her cards,

letters, pictures - if they want to

for an early Christmas. In a world full of sad stories, Mendez said that Kayla's is worth paying attention to.

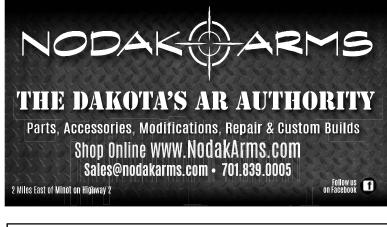
"In my eyes, she is a military child who has had to be resilient with moving every two to three years, [her dad] always deployed,' she said.

And now, of course, he is gone. "This dear child has had way too much thrown at her at such a young age," Mendez said. "I just want people to know how special she is and help her smile, and to know she's loved with the time she has left."

Find Kayla's social media support group on Facebook "Kayla Strong". To send a card or letter to Kayla, write to:

Kayla Spangler 17225 U.S. Hwy 52 Metamora, IN 47030 This story originally appeared in Military Families Magazine.







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2 OUNCE CREAM CHEESE

lid closed for 15 minutes. Dredge 8 of the slices of bacon in brown sugar, making sure to cover both sides of the bacon. Place the brown sugared bacon slices along with the other slices of bacon on a cooling rack placed on top of a large baking sheet. Cook the bacon on the Traeger for 15-20 minutes or until the fat renders but bacon is still pliable.

When ready to cook, set the Traeger to 350 ° F and preheat,

Turn the Traeger down to 325 ° F. Open and unroll the cinnamon rolls. While bacon is still warm, place 1 slice of the brown sugared bacon on top of 1 of the unrolled rolls and roll back up. Repeat for all the rolls.

Place cinnamon rolls in an 8" x 8" baking dish or cake pan that has been sprayed with nonstick cooking spray. Cook the cinnamon rolls at 325 ° F for 10 to 15 minutes or until golden. Rotate the pan a half turn halfway through cooking time.

Meanwhile, take the provided cream cheese frosting



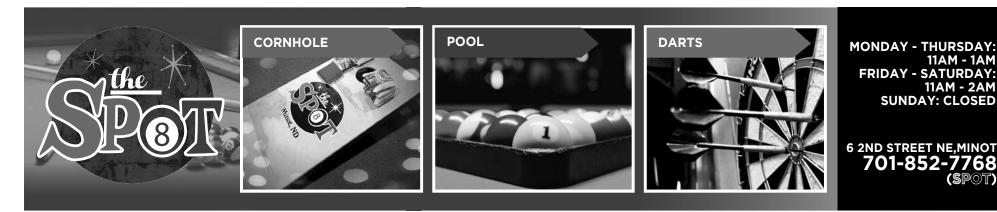
and mix in the softened cream cheese. Crumble the cooked bacon and add into the cream cheese frosting.

Spread frosting over warm cinnamon rolls. Serve warm, eniov!

www.HofE.com/BBQHQ



WITH MILITARY ID



Pauline Yang to Perform In Minot this Friday

The International Artists Series of Minot and Live On Stage, Inc. announce classical pianist as part of their 2022 - 2023 Concert Season



Julliard-trained piano aficionado, Pauline Yang, will be performing live in concert at Ann Nicole Nelson Hall - MSU on Friday, November 18, 2022 at 7:00 p.m. Doors will open 30 minutes in advance with no reserve seating. Single event tickets are available at \$30/adult and \$15/student at the door, or by calling the number below or on the International Artist Series website. To purchase event tickets, or to get more information on season tickets, please visit the association's website at www.minotconcerts.org, contact 701-838-1113, or email at iasminot@srt.com.

Pianist Pauline Yang began her piano studies at the age of five and won her first international competition at the age of seven in Washington, DC. In March of 1998, at the age of eleven, Ms. Yang made both her Philadelphia Orchestra debut as well as her solo recital debut at Carnegie Hall. That same year, Yang entered The Juilliard School, where she won both the Pre-College's concerto and scholarship competitions in her first year. Named one of Glamour Magazine's "Top Ten College Women of the Year" in 2008, Yang places a heavy emphasis on being a good role model and inspiring generations of young people to pursue their dreams. Yang's concerts feature complex, beautiful renditions of famous pieces by

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The International Artists Series of Minot, North Dakota has been presenting internationally acclaimed artists to the community since 1947. The all-volunteer non-profit board is committed to bringing artists and audiences together and enriching the cultural life of the greater Minot community through live performances offered at affordable, family friendly prices. Live On Stage, Inc. provides

excellent, affordable, entertainment attractions and support services to an American community of concert presenters.





12-26 November 2022 • Minot AFB Library

A1C DAMIAN BISSEN A1C Bissen continuously and



Art Explorers – Art techniques and processes for 4/5 Year olds. In this class we will explore a variety of art media and materials and provide a safe space for kids to create their own works of art. Artworks will be open ended, meaning your child will get to choose the direction they go with the materials after an introduction on how to use them has been mad 2 Tuesday afternoons per month (1-2 PM) October-April November: 8, 22 (Textured paper/ Collage) December: 6, 13** (Tooling Foil / Chalk Art) January: 10, 24 (Scratch Art/ Pipette Paintings) February: 7, 21 (Valentine Hugs/ Printmaking)



Costumed runners encouraged! Let's see those Turkey hats! We will have a variety of prizes for our best dressed and most spirited runners! Water will be provided at the 5k half way point as well as at the finish line. Pre-Registration packet pick up is Wednesday, November, 23rd from 4-7pm in the lobby of the Maysa Arena.

welcome!

12th & 19th 5:00PM

Ground Equipment used for 5th Bomb Wing B-52 generations and 91 Missile Wing operations. A1C Bissen has completed over 150 maintenance actions and 325 equipment dispatches. A1C Bissen has also been TDY to Nellis AFB, where he was recognized by the lead production superintendent for his outstanding support. A1C Bissen's work ethic and attitude is a valuable asset to the 5 Maintenance Squadrons AGE Flight.

professionally maintains Aerospace



For more information visit: www.5thforcesupport.com





JOB

MILITARY AFFAIRS COMMITTEE LUNCHEON



Randy McDonald, Together with Veterans Minot Chapter executive director, discusses veteran suicide outreach initiatives during the Military Affairs Committee luncheon at an off-site location in Minot, North Dakota, Nov. 3, 2022. The MAC lunch allows military leadership teams and community stakeholders an opportunity to converse and strengthen partnerships that benefit both parties.



Ken Oda, Minot Minotauros director of operations provides context on a fundraising initiative between the hockey team and the Together with Veterans Minot Chapter during the Military Affairs Committee luncheon at an off-site location in Minot, North Dakota, Nov. 3, 2022.



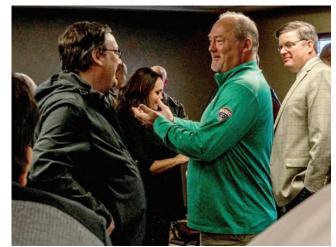
Col. Kenneth McGhee, 91st Missile Wing commander briefs military leaders, honorary commanders, and community leaders on initiatives that have taken place within the 91 MW during the Military Affairs Committee luncheon at an off-site location in Minot, North Dakota, Nov. 3, 2022.



Maj. Greg Goodman, 219th Security Forces Squadron commander briefs military leaders, honorary commanders, and community leaders on initiatives that have taken place within the Air National Guard during the Military Affairs Committee luncheon at an off-site location in Minot, North Dakota, Nov. 3, 2022.



Col. Anthony McCarty, 91st Security Forces Group commander interacts with Louis "Mac" McLeod, Minot Area Homeless Coalition Incorporated executive director during the Military Affairs Committee luncheon at an off-site location in Minot, North Dakota, Nov. 3, 2022.



Honorary commanders, and community leaders interact during the Military Affairs Committee luncheon at an off-site location in Minot, North Dakota, Nov. 3, 2022. The MAC lunch allows military leadership teams and community stakeholders an opportunity to converse and strengthen partnerships that benefit both parties.

U.S. AIR FORCE PHOTOS I MASTER SGT. RYAN BELL







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'The Eternal Patrol of Freedom'

CORY TOMPKINS

As it happened, I was on my way to somewhere else, when I first caught sight of them. I was visiting our nation's capital to attend a professional seminar in Washington, D.C. I am speaking of course of the hauntingly, ghostly figures of the 19, sculpted by Frank Gaylord, for the Korean War Memorial.

I came across the them quite unexpectedly, backed up my car & remained there with them for some time, how long exactly I don't recall, for time lost it's meaning while I was with them. For during the time that I spent with the 19, alone with my thoughts, as I was studying their frozen sculptural nuances, my mind went flickering backwards in time, recalling the hundreds of veteran's faces that I have met & known over my many years, & as surely as I was standing there I felt as though I had been transported to another time & place with the Holv 19.

Korea. 1950. The sight of them took my breath away. Quite simply, one of the rare times I have been rendered speechless in viewing a magnificent artwork. I had read about them of course, but I had envisioned them on a stately marble plinth, like so many other sculptures of prominence on the national Mall. Not like this-fanned out across the plain, single file, like soldiers who had yet to be told that their war was long over. It almost seemed cruel to I the viewer, that this squad alone remained on patrol, ever vigilant, seemingly stuck in the time warp of war Forever-- taking the viewer along with them, on their endless journey. These were the figures & faces of those quiet heroes from that war, people that we all knew, familiar faces like the filling station attendant down at the corner Texaco station who obligingly filled our bicycle tires back home in Indiana, you remember him don't you? What was his name? You know, that guy that never came home, old lady Potter's son. And the boys like your uncle perhaps, or like my Uncle Frank who said he spent the coldest winter of his life there, in a place by the name of Incheon, I think he called it.

Thev were individual sculptures, as individual as the soldiers themselves were in that war. Ranch kids from Montana, farm boys from Kansas, coal miners from West Virginia, city boys from Brooklyn, New York. They came to Korea as young men, but they look so old now; battle weary & eyes bleary from lack of sleep & the horrifying specters of war that they have seen over & over again, but will never speak of when they get home again ... IF they ever get home again. They don't dare think of that day, for here in Korea it is all you can do to put one foot in front of the other, ever watchful, ever slogging through the muddy muck & slop of this inhospitable place, trying not to fall on their asses as they slip & slide down the mountain trail to the rear, where the dream of hot chow is the greatest dream you dare ask God for on this bone numbing, cold day as a wind of 42 knots crawls it's freezing hand up your backside & tears at your poncho & slaps it's sodden sides against your rifle. For several reasons you forget the scent of your girlfriend's hair & Mom's cooking on patrols like this. For one thing, probably the most important thing, daydreaming can get you killed quickly over here & until you reach camp, don't forget-- you are still on patrol. Be vigilant. For another thing, you've forgotten what her Prell shampoo & Mom's pot roast smelled like anyway. Over here the smells you remember are of strong coffee, outdoor latrines, diesel fuel & spent cartridges, they have erased those smells of home some time

ago. The 19 of the Eternal Patrol just try to get through each day. They don't count out the days they have left in-country any longer, the old timers like Sarge, say it's bad luck. They say that Korea is the 'Forgotten War' but here, together they comprise a unit of American fighting men that I will never forget.

Because freedom isn't free.

For you see, when I first saw them, it was around 7am; an early Autumn morning, becalmed winds,cool air, the heavy dew casting a low ground fog --- and there they were, the 19. Like a mirage, rising upwards out of the humid vapors of the Virginia grass beneath their combat boots. From the postures of the 19, my eyes took in a troop of war wary

infantrymen, slogging it out on an endless patrol. Clad in military issue rain poncho slickers--their steeled folds forever whipping in the cold Korean wind they are walking against, their helmeted heads bent to deflect the stinging force of the pelting sleet, their rifles shoulder-slung but ready. These 19, from an

almost now forgotten war called Korea. A place that conjures up

an assortment of curious, but never forgotten names--- Chesty Puller, Incheon, Pusan, Chosin . Names that represent locations where historic deeds took place and the names of the heroes from that embattled conflict that are still on the lips of we few who remember them.

The weary 19 from that war are strung out across the foggy grassed green, somewhere in our Nation's Capital. From the land that they stand watch over, they can still be seen on patrol, guarding the ideals of freedom for both the living who visit & the dead who lay entombed at Arlington & across America. They are The Eternal Patrol. And they, like all soldiers, from all wars, look forward to the last day their vigilance will be required here.

When at last, peace on earth will reign, and they can finally be reunited with their loved ones, at a place they dare not dream of yet, called back home.

Should you the reader, have the opportunity to visit our Nation's Capital, if you see nothing else, I ask that you see this monument. I promise, you won't be sorry.

And if you don't mind terribly, tell the 19 of the Eternal Patrol, hello from Cory in North Dakota. And please tell them, she still considers the time she spent with all of them, unforgettable.



KELLY GABBERT PHOTO



Frank & Joanne Tompkins, April 1972.

and keep your food safe

If you need additional information

and

on holiday food safety tips, please

Administration 1-888-SAFEFOOD:

visit one of these websites:

Food

U.S.

CORY TOMPKINS PHOTO

NOTES ON BEING SAFE TOP HOLIDAY FOOD SAFETY TIPS **DON'T BE A TURKEY ABOUT FOOD SAFETY THIS SEASON**

Cooks across the country are making plans for holiday feasts that include everyone's favorite dishes, from cornbread stuffing to pumpkin pie. Friends and families are invited, and excitement is in the air. Food safety is probably not the first thing you think about when planning a holiday dinner. But to keep your gathering from being memorable in the wrong way, it's important to take steps to protect your guests from foodborne illnesses.

While the U.S. food supply is one of the safest in the world, some 76 million people get sick from foodborne illness every year, according to the CDC. And food safety can be a special challenge during the holidays. Not only is it cold and flu season, but the menu may includes more dishes than there is room for in the refrigerator or oven.

To make sure your holiday dinner is not only delicious but as safe as possible, here a few top suggestions:



5TH BOMB WING OCCUPATIONAL SAFETY AND HEALTH MANAGER

Drug

food preparation. "Simply washing For questions about safe handling hands is one of the easiest ways to of the many foods that go into a minimize bacterial contamination delicious holiday meal, including eggs, dairy, fresh produce and Wash all fresh produce. Wash seafood. even prepackaged greens, to minimize potential bacterial contamination.

U.S. Department of Agriculture

Meat and Poultry Hotline, 1-888-MPHOTLINE (1-888-674-6854). M-F, 10 a.m. - 4 p.m. EST.

Open Thanksgiving Day, 8 a.m. -2 p.m. EST. E-mail questions to the hotline at: mphotline.fsis@usda.gov





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Have a master plan. Chefs do it, and so should you. Consider your refrigerator, freezer and oven space, and how you'll manage to keep hot foods at 140 degrees or higher and cold foods at 40 degrees or below.

Cook to proper temperature -and use a thermometer. There is simply no other way to determine that food has been cooked enough to kill bacteria.

Refrigerate leftovers within two hours of preparation. Leaving food out too long is one of the biggest holiday food safety problems.

Properly defrost your turkey, or buy a fresh one. "If you choose a frozen turkey, allocate 24 hours per 5 pounds to defrost in the refrigerator, and whatever you do, don't defrost the bird on the kitchen counter

Wash your hands thoroughly and often -- before, during, and after

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examined

perhaps

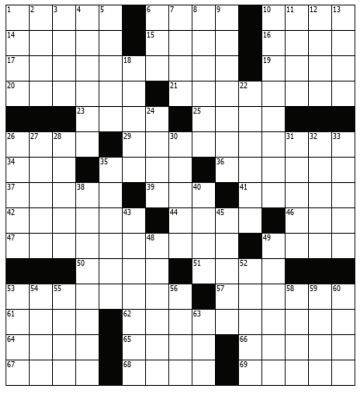
combination

and "is new"

monthly

Across

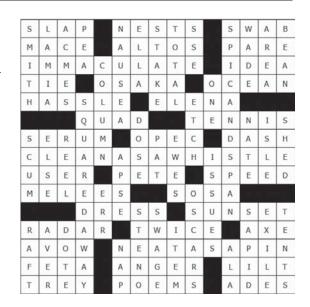
- 1. Vitamin C sources
- 6. Mustang encourager
- 10. George Michael's old group
- 14. Looks-everything link
- 15. Top-drawer
- 16. Financial predicament
- 17. Symbol of wedlock
- 19. Follows suit
- 20. Sudden violent wind 21. Word coined by Asimov
- 23. Bissextile year
- 25. Volcano shape
- 26. First king of Israel
- 29. Unmitigated untruths
- 34. Notable 1980 TV debut
- 35. "Prometheus Unbound" character
- 36. "Plant one right here!"
- **37**. Coated with hoarfrost
- 39. Vessel edge
- 41. Grant entry
- 42. Plummer or Blake 44. Garb for the bench
- 46. Brit's Inc.
- 47. Chinese political radicals Down
- 49. Harry's wife
- 50. Insider dirt
- **51**. Spread unchecked
- 53. Type of yarn
- **57**. Peered through a scope
- **61**. It's over 4,000 miles long 62. Daredevil's challenge,
- perhaps
- 64. Sister of Charles
- 65. Debatable
- 66. Knee-length, loose-
- fitting cloak
- **67**. Alligator (avocado)
- 68. One-time jet-set jets,
- briefly
- 69. Insignificant jot



- 1. Where rats are 2. Sumer, nowadays 3. Remote button, 4. Ultimate purpose neck 5. Absconded with 6. Be hardly lively 7. Impecunious nerve 8. Utilize the right 9. Popular women's 32. Expels 10. Words between "so" 11. A Pueblo people accessories **12**. Knighted Guinness 13. Unkempt state
- 18. Envelope parts 22. Where bank signatures are kept 24. It'll hold water 26. Lean end of the **27**. Jungian life principle **28**. Cause to lose one's 30. City in a Woody Allen film title **31**. Certain carpet fiber 33. Transmits 35. Enhancing 38. Scotty's position 40. Rain cats and dogs
- 43. Corroborates 45. Shout heard over the applause 48. Page-numbering systems 49. Add muscle 52. Inherent abilities 53. Variety of pea **54**. Wood type 55. It's near the crazy bone 56. Granny, for one 58. Enologist's interest 59. "Red" Viking 60. Where to find two

black suits 63. Some Mustangs

puzzle. Crossword last week's 0 Solution





SUDOKU

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



Solution to puzzle on page B10



• MINIONS: THE RISE OF GRU (2022) Animation, Adventure, Comedy (PG)

 TOP GUN: MAVERICK (2022) Action, Drama (PG-13)

 SEE HOW THEY RUN (2022) Mystery, Crime (PG-13)

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Chapel Services at MAFB	St. Peter The Aleut Eastern Orthodox Church	RE		Bible Fellowship
North Plains Chapel in Base Housing	109 6th St. SE Minot • 838-3094	Break Forth	Winity	Church
Protestant Liturgical Service Christ Chapel 0900	Saturday, Nov 19 5 PM, No Vespers	BIBLE CHURCH Wednesdays 7:00pm	An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)	Worship Service at 10:45am Sundays Sunday School at 9:45am
Protestant Sunday Community Service 1030	Sunday, Nov 20 10AM, Congregational Prayer Service	and Sundays 10:30am 1821 W Burdick Expressway For More Information:	Sunday School & Fellowship9:00 a.m. Worship10:30 a.m.	1720 4th Ave NW, Minot 838-0916
(Holy Communion 1st Sunday) Children's Church during school year	V. Rev. Fr. Paul Hodge	701.353.9337 www.bfbc.tv	www.trinitychurchminot.org	MinotBibleFellowship.org
<i>Wicca, Pagan, and Neopagan Services</i> Open Circle 1000 on the 1st and 3rd Saturdays of every month	Faith United Methodist Church	Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315	To Advertise your Church on this page,	St. Mark's Lutheran Church Missouri Synod Sunday Worship
Northern Lights Chapel	5900 Highway 83 N, Minot	Sunday Schedule Contemporary Worship	Call 839-0946	9:30 AM 2209 4th Avenue NW
across from Rockers Catholic Mass	www.faithumcminot.com Pastor Ken Mund 701-838-1540	Traditional Worship11:00am Wednesday Evening Schedule	Only \$9.00	Minot, ND 839-4663
Sunday1000 Daily Monday-Thursday at 1200	Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.	Community Dinner	a space / per week	Reverend Philip Beyersdorf www.minotstmarks.com Join us on facebook
Immanuel	1. 15 10	St. John 🕂	First Lutheran	
Baptist Church 1615 2nd St. SE • www.ibcminot.org		the Apostle Catholic Church	Lao 5th Ave. NW 852-4853	(mar 120
701-839-3694		2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:	Sunday Worship 9:30 am	E La A
SUNDAYS: WEDNESDAYS: 9:00 AM FELLOWSHIP 11:30 AM SOUP KITCHEN	Christ Reformed Church Worship 11:00 a.m. Sunday	Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m.	www.firstlutheran.tv (Live Stream & Recorded)	Gospel Tabernacle
9:15 AM SUNDAY SCHOOL 5:30 PM FAMILY SUPPER 10:30 AM WORSHIP 6:30 PM PRE-K/KIDS' CLUB /	234 14th Ave SE www.christreformedchurchminot.com	Saturday	Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com	Community Church 9999 27th St NE
ABY & ADULT BIBLE STUDY	Minot	Parish website: www.stjohnminot.com	Pastor Brandy Gerjets • Pastor Ellery Dykeman	4 miles south of MAFB James W. Henderson Anna B. Henderson
JOURNEYCHURCH	Baptist Church	Cross Roads	West Minot Church of God Family Worship Center	Church: 701-838-4492
1805 2nd St. SE	Sending the Glorious Light of Jesus Christ to a Dark and Needy World	Baptist Southern Baptist Convention	1105 16th St. NW • 839-1407 Sunday School	Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday
838-1111 Sunday Services	Sunday School	Sunday School (all ages)9:45 a.m. Sunday Worship11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions)6:30 p.m.	Sunday Worship	Sunday School9:45 a.m. Adult/Children Worship11 a.m. Family Hour6:30 p.m.
9:00 AM & 11:00 AM Wednesday	Evening Worship6:00 p.m. Wednesday Evening7:00 p.m. Independent/Fundamental/KJV	www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor	Meal	Evening Worship7:30 p.m. Bible Study/Child-Adult
6:30 PM	500 46th Ave NE • 839-1351 Pastor David Miller	415 28th Ave SE (Behind Menards) 838-1873	ABC Child Care Center852-6352 westminot.com facebook.com/westminot	Children Worship (Wed)7 p.m. Prayer (Friday)7 P.m.
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200 3rd St. SW • 852-4533 www.fbcminot.org	Church, UPCI	Grace Baptist CHURCH OF MINOT	where faith@life meet	To Advertise your Church on this page,
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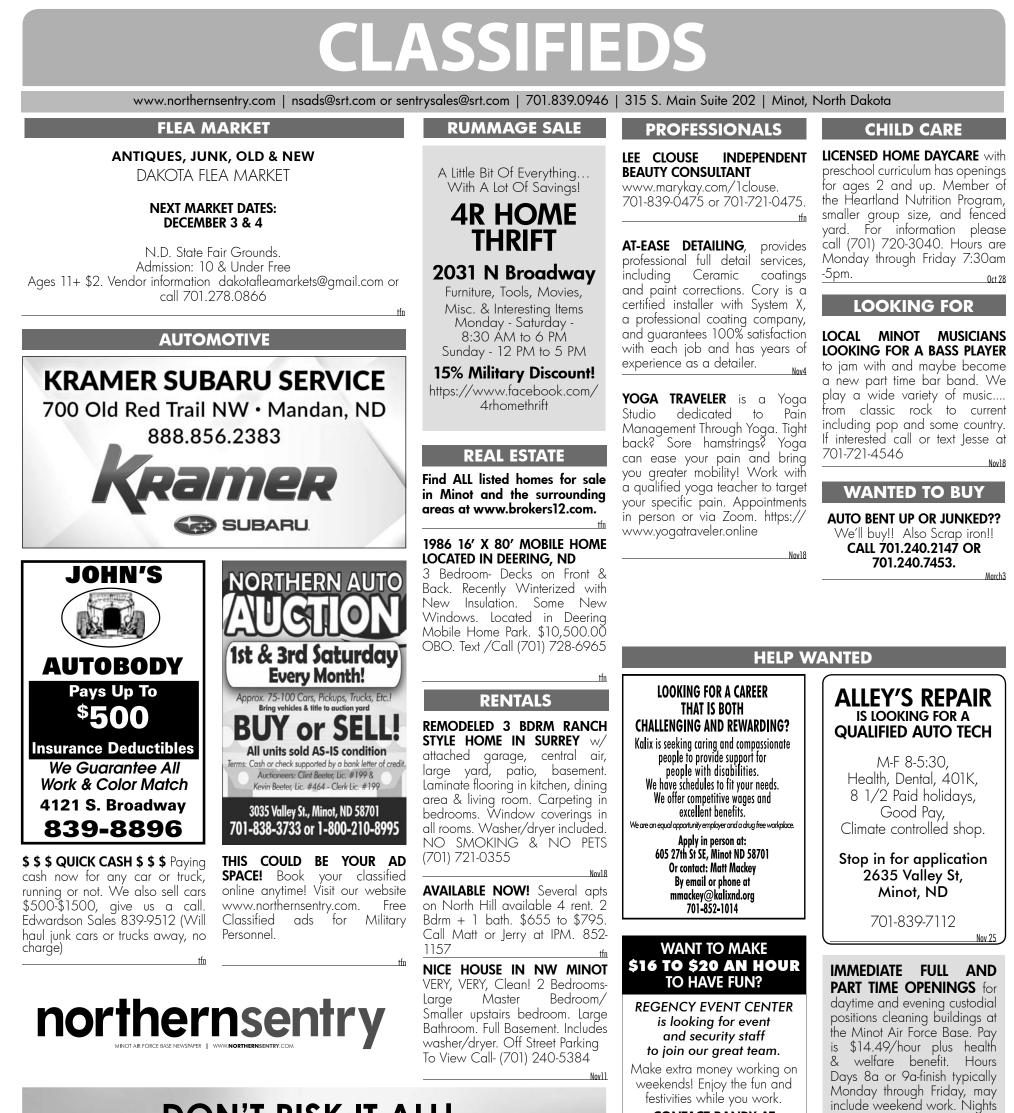
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MINOT AFB ANNOUNCEMENTS

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Embry-Riddle Aeronautical University is the world's preeminent 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 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 recognize 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 701-714-0000.

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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. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

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



WHAT'S GOING ON MAFB

FRIDAY

- 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

WEDNESDAY 🤈 🔁

- HIIT Strength & Conditioning, 0500, Fitness Center
- Right Start, 0800-1030, Jimmy Doo M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, 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, smkoky bacon, 2 stacked crispy onion rings and barbeque ranch on a bed of lettuce and tomato!

SATURDAY

- Turkey Burn Sampler, 0900, Fitness Center
- Youth League, 1400, Rough Rider Lanes
- Free Bowling for First 200 Family Members & Single Airmen, 1700, Rough **Rider Lanes**

THURSDAY 74

Thanksgiving

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

ONGOING

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

SUNDAY

Zumba, 1400, Fitness Center

MONDA

- HIIT Strength & Conditioning, 0500, Fitness Center
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

FRIDAY

• AFGSC Family Day

• For a full listing of Thanksgiving holiday facility hours, visit 5thforcesupport.com

SATURDAY

• Hidden Treasures Escape Room Game Ends at the Minot AFB Library • For a full listing of Thanksgiving holiday facility hours, visit 5thforcesupport.com

THANKSGIVING MEA Dakota Inn Dining Facility 24 November 2022 Lunch 10:30AM - 1:30PM Dinner 4:30PM - 6:00PM Roast Turkey • Baked Ham with Peach Glaze • Roast Beef • Turkey Gravy iread Dressing • Candied Sweet Potatoes • Mashed Potatoes • Corn Pudding Green Bean Casserole • Steamed Vegetable Medley • Fresh Dinner Rolls Corn Bread • Cranberry Sauce • Deviled Eggs • Vegetable Sour Enjoy a delicious slice of pie or cake to top it all off

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- HIIT Strength & Conditioning, 0500, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center



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