


# northern sentry

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# MEDALS FOR MINOT MARATHONERS



Seventeen Airmen were awarded an Air Force Marathon medal by base leadership at Minot Air Force, North Dakota, Nov. 15, 2022. The Airmen participated in the Bismarck Marathon as a substitution to the Air Force Marathon held on Sept. 17, 2022, which was at Wright-Patterson Air Force Base, Ohio. See page A3 for more coverage.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



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*Thanksgiving*

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# Minot AFB Airmen Become U.S. Citizens

SENIOR AIRMAN ZACHARY WRIGHT, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Airman 1st Class Jarious George from the 5th Force Support Squadron, Airman 1st Class Kojo Affainie and Airman Constanza

De Puerta, from the 5th Logistics Readiness Squadron, earn their United States citizenship during a naturalization ceremony, Nov. 15, 2022, at Minot Air Force Base, North Dakota. During

the ceremony, the Airmen were presented with their Certificates of Naturalization, making them U.S. citizens by law.



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

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# Airmen Compete in Bismarck Marathon

A1C ALEXANDER NOTTINGHAM, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Seventeen Airmen were awarded an Air Force Marathon medal by base leadership on Nov. 15, 2022.

The Airmen participated in the Bismarck Marathon as a substitution to the Air Force Marathon held on Sept. 17, 2022, which was at Wright-Patterson Air Force Base, Ohio. The Air Force Marathon Officiated the runners times and awarded them each an Air Force Marathon medal.

"Beginning on May 18, 2022, a group of runners came together weekly at Bud Ebert park with the goal of 'running

farther than you have ever run before.'" said Capt. Mark Bradshaw, 5th Bomb Wing chaplain and organizer of the Minot marathon group. "Throughout the summer we became a supportive community and discovered the interplay between distance running and the pillars of Comprehensive Airman Fitness."

Runners from Minot AFB trained all year with each other in the Minot Marathon group; growing not only in strength, but in camaraderie. The hard work of these Airmen led to all participants earning an Air Force

Marathon medal.

"I trained for four months for the event so that I could challenge myself to be a better runner and attempt to achieve a sub 3-hour time," said SrA Benjamin Smith, a runner at the event who ran a qualifying Boston Marathon time.

The achievements of each Airman and the obstacles that they overcame demonstrates what it means to adopt and sustain healthy behaviors needed to enhance health, and well-being in not only their Air Force career but in all future endeavors.



Airmen celebrate during the presentation of an Air Force Marathon Medal at Minot Air Force, North Dakota, Nov. 15, 2022.

U.S. AIR FORCE PHOTOS  
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



Seventeen Airmen were awarded an Air Force Marathon medal by base leadership at Minot Air Force, North Dakota, Nov. 15, 2022. The Airmen participated in the Bismarck Marathon as a substitution to the Air Force Marathon held on Sept. 17, 2022, which was at Wright-Patterson Air Force Base, Ohio.

**Listed below are Airmen that participated:**

**5K:**

Amn Forrest Anciso, 91MW, 91 MMXS

**HALF MARATHON:**

SrA Miya Ray Alger, 5 BW, 5 OMRS  
SrA Tai Bui, 5 BW, 5 OMRS  
A1C Ella Koleon Salita, 5 BW, 5 FSS  
A1C Sayri "Daniela" Urias Jimenez, 91 MW, 891 MSFS.  
Ch, Capt Sean Russell, (91 OG chaplain) 5 BW/HC

**FULL MARATHON:**

Ch, Capt Mark Bradshaw, 5 BW, 5 BW/HC  
A1C Alexander Buexjuahi-Silis, 5 BW, 5 MUNS  
SrA Ashton Burton, 91 MW, 791 MSFS  
Raquel Gladue, Civ, 5 BW, 5 HCOS  
A1C Samuel Lalawi, 5 BW, 5 HCOS  
A1C Parker Lund, 5 BW, 5 MXS  
SrA Joseph Purser 91 MW, 791 MXS  
SrA Brandon Royce, 5 BW, 5 CES  
SrA Benjamin Smith, 5BW, 5 OMRS  
A1C Chris Van Asten, 5 BW, 5 FSS  
SSgt Shamar Young, 5 BW, 5 HCOS

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**SAT., DEC. 3 • 7:30 PM** Dance Party Reunion

**SAT., DEC. 10 • 3 PM** Da Lutherlic Ladies

**FRI., DEC. 9 • 7PM** The Arch Allies

**FRI., DEC. 9 • 3PM** The Hammerhead Steel Drum Band



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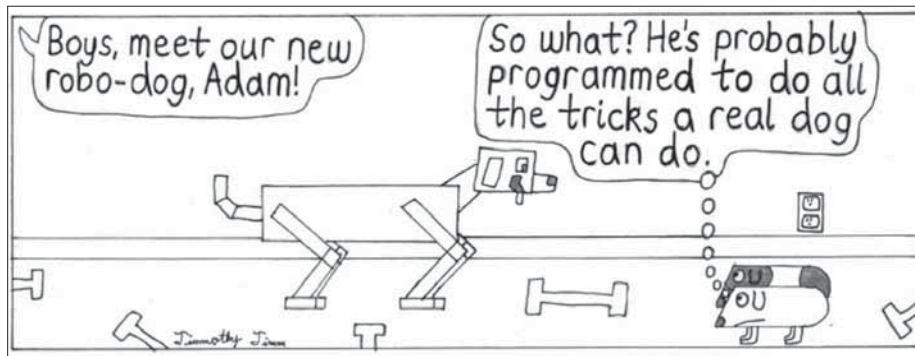
A VIEW FROM  
OUR SIDE

ROD WILSON, NORTHERN SENTRY

## TITUS &amp; PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

TIMOTHY TIMM



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

## A True North Dakota Winter Experience

You are writing your friends and relatives who have the impression that you have been sent to the frozen tundra of North Dakota... a place where all there is to do is hunker down for a long winter of darkness and cold, cold weather.

Well, let's change that dialogue a bit as I give you some outdoor activity options. Hey, I have been down south when it was so darn hot and humid that outside activities were limited. It's how you approach the situation, right?

First, I was sent a photo of the new ice skating rink in Downtown Minot by developer Ryan Ackerman. Complete with a cooling system and ice surfacing

machine, the rink will be opening on November 25. You will need to bring your own skates, but the new rink is absolutely free to the public. There is nothing that tops a brisk outdoor skate, either in the sunshine of a North Dakota afternoon or the evening when snowflakes fall, providing an unmatched winter experience. Give it a try, and our thanks to Ryan Ackerman for his contribution to the Downtown Minot experience.

The outdoor experiences certainly do not stop there. The Minot Park District does an excellent job of keeping the trail system maintained, and a walk through Oak Park, Roosevelt

Park, the Bison Plant Trail, or the Woodland Trail, just to name a few, is another one of those North Dakota outdoor experiences. Dress warm and check the weather. There are a lot of 30+ degree days with limited wind.

Have you ever cross-country skied? Cross-country skis and snowshoes are available to rent at the Corbett Field warming house starting December 15th.

Monday – Friday 4-9:30 p.m.

Saturday and Sunday 12-9:30 p.m.

Located at 13th Street SE and East Burdick Expressway, (behind Corbett Field)

The cost for rental skis and snowshoes is \$7. Rental skis and snowshoes are to be used on Minot Park District Property only. Trails are groomed at the Souris Valley Golf Course, Oak Park, and the Bison Plant when snow conditions allow.

Souris Valley Golf Course is groomed twice a week on Monday and Thursday. Bison Plant and Oak Park will be groomed every Wednesday. All cross-country ski trails are groomed after fresh snowfall. It is important to note that trail routes may vary due to melting snow and the exposure of grass in some areas.

## BEST KEPT SECRETS

Well, maybe it isn't a secret, but a challenge. Right now, we have a

great cover of snow. Last Sunday on the slopes near Magic City Campus, there was a crowd using everything from cardboard boxes to toboggans to slide down the hills, only to have to jump off and walk to the top for the next run. Kids in snowsuits were watched by adults to keep the activity safe. Seriously, a cardboard box works just fine. Give it a try and should we have a fresh blanket of snow-it's another unmatched winter experience.

## THIS WEEKS CHUCKLE

An optimist is a person who starts a new diet on Thanksgiving Day. *Irv Kupcine*

## BEING THANKFUL

As a journalist, it is extremely hard to write about Thanksgiving because of those many writers who have written columns that give you pause to consider what it is that we should be thankful for. The staff of the Northern Sentry would like to extend our thanks to all military personnel and their families for the job they do every day protecting our freedom. The mission at Minot Air Force Base will not take Thanksgiving day off. We know that even as we sit down to enjoy our Thanksgiving day meal, there are many on duty at Minot AFB. So yes, we are thankful, and yes, we appreciate the freedom we are afforded.



**UPSIDE DOWN  
UNDER**  
MARVIN BAKER

Last Sunday before that incredible football game between the Minnesota Vikings and Buffalo Bills, I listened to the national anthem and something occurred to me that made me think of an interesting moment that happened several years ago.

I was in Winnipeg on business and there happened to be a football game in town that night so I thought I'd stick around and catch the Winnipeg Blue Bombers against the Sacramento Gold Miners. The Sacramento team was the first Canadian Football League team in the United States so that too, was a reason to attend.

Since an American team was playing, standard protocol was to play the "Star Spangled Banner"

before "Oh Canada."

But before that happened, several members of the Canadian Airborne Regiment dropped out of a C-130 transport aircraft right over the top of Winnipeg Stadium.

One of them was carrying the Canadian flag, one of them was carrying the American flag and one of them was carrying the game ball.

As the paratroopers got closer to the playing field, an elderly gentleman beside me, who had absolutely no idea who I was, looked at me and said, "I was in the war, you know! Those Americans, they were some good ole' boys."

I assumed by his age and Canada's military background that he must have fought in Europe in World War II.

When they played the "Star Spangled Banner," the elderly gentleman next to me and a woman about 50 years old on the other side of me, sang it like nobody's business.

It was incredible hearing these Canadians singing our national anthem in Winnipeg Stadium.

I just looked at them both with my mouth open. Again, the two of them had no idea there was an American standing between them.

When "Oh Canada" was played, I tried unsuccessfully to sing it. I actually kind of hummed it just to save myself from total embarrassment. Following the national anthems, everyone among the 35,000 in attendance gave a good round of applause.

About that same time, I thought about telling these two people on either side of me that I was an American from North Dakota. But then I thought, why open my mouth. Some things are better left unsaid. It was a proud moment for me as an Army veteran to listen and absorb that feeling.

The thing is, we take what we have for granted until we're away from it. Then the pride factor of being an American, even as close as Winnipeg, in Canada, is magnified.

I had a good conversation with those two throughout the game and shared popcorn with them.

I wonder if it would have been different had I told them I was from Langdon, just across the border, in North Dakota?

Unfortunately, they didn't have many kind words to say about the Sacramento Gold Miners. Because the Gold Miners (who no longer exist) played out of Hornet Field in Sacramento, they were exempt from certain CFL rules and I think these folks thought it gave the Gold Miners an unfair advantage.

The truth is Winnipeg beat them that night and they finished their inaugural season with a 6-12 record.

But the real story was with that elderly gentleman to my right. And, as a news reporter, I so wanted to get his story about the war, but it wasn't the time or place for that.

It was a time to enjoy the fact that these two Canadians from the big city sang our national anthem better than I could have ever done. We are so blessed to have such good neighbors. There's a mutual respect and trust that resonates far beyond a football game.

## Proud moment before game time...





**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

# Thankfulness is a perspective

A few weeks ago, everything seemed to be going wrong.

My family had gone on a trip where some hard decisions had to be made. Stress levels were high, and during the trip, everyone had gotten sick. My husband, Derek, had a fever, our boys were coughing, noses were running like faucets, and after a trip to urgent care, I came out with a bronchitis diagnosis, and doctor's advice to "...take a healthy dose of whiskey mixed with honey to help you sleep with that cough."

On the day we were due to leave, I was desperate to wrap up our trip and start the drive home. With the strength only an ill mother can muster, I moved at warp speed, finishing what needed to be done, repacking the luggage, and prepping snacks for the car.

At one point, Derek found me in tears while simultaneously wiping a counter and using a hand vacuum to sweep crumbs from the floor. Seeing this, he took both sponge and sweeper and said, "Go get a coffee."

God bless husbands. The caffeine helped, but we still left later than I would have liked. On the drive, I missed a turn, spilled water all over myself, and dropped goldfish crackers in the abyss between the seat and center console. As we crossed the state line, we depleted our supply of Dayquil and cough drops.

We arrived in Bismarck after our kids' usual bedtime and immediately pulled into Chick-fil-A—because nothing soothes the woes of someone who isn't from around here quite like the crispy chicken sandwich that reminds us of "home."

After dinner, we checked into a hotel, resigning ourselves to one more night of all sleeping in the same room. In my hasty packing, I had jumbled items we'd need to "overnight" again into numerous bags in the name of efficiency. Where were the pajamas and toothbrushes?

It was one of those days that seemed to dole out one thing after another. We've all had these days, haven't we?

"One of us should go out for cold medicine and cough drops," Derek said. "Would you rather stay here and do pajamas, or go to CVS?"

Twenty minutes later, I stood in the hotel parking lot, a bag of necessities in hand. I paused to let the icy air open my lungs. This

was a hard day, the kind that is easy to label as "bad."

But instead of reflecting back over this bad day, I only felt peace and gratitude. All considered, there had been more calm moments, than chaotic. There had been more good moments than bad.

I was overwhelmed by all the good this day had held: a dependable car; money in the bank to buy gas, book a hotel room, pay for cough drops, and order a milkshake with dinner; enough car snacks to spill some and still have plenty to consume; clean water.

How could I be cranky when I was headed back to a place I loved calling home? How could I be angry when I'd spent the whole day in close proximity to the people I love most?

Why wallow in sadness over hard decisions, instead of rejoicing in gratitude for the freedom to decide? Why mourn another night away from my own bed when I could be thankful for clean sheets, kind staff, and complimentary breakfast?

As Thanksgiving approaches, I have thought often about this hard day, and this moment of clarity. It's a reminder that thankfulness is a perspective. Gratitude is always possible, but sometimes it takes more intentionality than others.

In a place like Minot, Thanksgiving can stir lots of emotions. I'm aware that many in our city did not choose to live here. Some may not even like it here. Some are grieving holidays away from family and loved ones. I get it.

But I also believe we are strong enough to choose our perspective, to opt for intentional thankfulness instead of disdain.

My hope for all of us this Thanksgiving—and throughout the holiday season—is that we would have courage to create our own narrative. Instead of



We took this family photo during a cave tour before we all came down with coughs and colds on a recent trip."

AMY ALLENDER PHOTOS

settling into an attitude of greed or grumpiness because things don't look how we may have envisioned, let's be brazenly grateful.

Soak up these winter days. Go to the tree lighting ceremony. See the reindeer. Head to the Dickens Festival. Shop small. Drive through Oak Park. Attend the symphony's Christmas performance. Do any of this,

or all of it, or something totally different. Savor these holiday days in Minot.

There is plenty of good in the here and now, let's be intentional enough to see it, and humble enough to be thankful.

For more positive perspective and tips for loving life in Minot join me on Instagram (@amy\_allender) and Facebook (@amyallenderblog).



My boys playing in the kitchen of our rental property while I frantically tried to finish cleaning so we could leave. Look closely and you'll see the vacuum and sponge Derek took from my hands moments later.

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## During the holidays, let's not forget those in need

Dear Minot:

As we draw closer to the holiday season, most of us probably have visions of family gatherings, generational traditions, and meals with relatives around the big dining room table.

But we should also be well aware that the holidays are often an extra-stressful time for many in our community who struggle to make ends meet for themselves or their families.

This holiday season, we must come together as a community to make sure everyone receives the support they deserve. Sometimes, people just need a hand up in times of need. We can all help in our own ways, and I'm fully confident that Minot will respond this year, as we have done every year. I'm thankful to live in a community that prides itself in taking care of each other; it's one of Minot's truly endearing qualities and one of the traits that sets our community apart.

It's heartbreaking when you realize some of our friends, neighbors, and co-workers find themselves in need of help, not only during the holidays, but year-round. How can you help? Well, there are endless organizations and agencies in Minot that welcome our assistance. These agencies help with the essentials of life that most of us take for granted – food, shelter, baby supplies, etc., and their importance is magnified when the holiday season approaches.

If you're fortunate enough that your family has never truly struggled to make ends meet, that's great. But I guarantee you we all know someone who has lived through trying times in their life, either now or when they were growing up. Perhaps that someone is you; if that's true, then you already know what I'm talking about, and you have witnessed firsthand the challenges many residents face every day.

All of us can help, and while I recognize not everyone is able to provide financial assistance to the agencies whose mission it is to help those in need, there are other ways you can benefit your community. It could be volunteering with the Salvation Army or one of our local food pantries. It could be helping an organization that assembles and delivers holiday meals to needy families in Minot. It could be as



**DEAR MINOT**  
TOM ROSS, MAYOR  
CITY OF MINOT

simple as donating an item to Backpack Buddies or another cause the next time you're grocery shopping. Or it could be simply visiting your elderly neighbor who doesn't get out much during the winter months, or shovel their driveway if it's necessary.

I'm proud that Minot is friendly and supportive, with a spirit more like a small town than a city of 50,000 people. I like it that way. Actually, I prefer it that way, because it means we know our neighbors, but we're also not afraid to engage perfect strangers in conversation about the weather while waiting in line to order lunch or as we're leaving church.

As we prepare for the holiday season, there are family friendly community events that help usher in the festivities. That includes a Christmas open house downtown on Nov. 25 that provides an opportunity to visit local establishments from 3 p.m.-8 p.m., including the Christmas tree lighting ceremony at 6 p.m. on Main Street near the Taube Museum. Also on that day, the Minot Sertoma Club's annual Christmas in the Park light event begins at 5:30 p.m. and runs every night until Jan. 1.

There are countless more events that showcase the spirit of Minot, and an endless list of agencies that make Minot a better place to live every day. Let's enjoy the holiday season, but let's also be mindful that our neighbor might need a little help during this part of the year. As Minot residents, we can accomplish both of these goals if we simply put our mind to it.

*You can find more about what's happening at the City of Minot at [minotnd.org](http://minotnd.org), or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.*

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NODAK ARMS

# OUTDOOR

REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Nov. 21: 1,832.6 feet above mean sea level (MSL); 15,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.25 feet above mean sea level (MSL). Stump Lake elevation: 1,449.26 MSL.

•N.D. Game & Fish Dept. game wardens: Limited activity on area lakes with extreme caution if venturing out.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Some walk-on activity on upper northern feeder lakes with some walleye and perch activity. Devils Lake iced over but no activity yet, nor is any recommended.

•Lake Darling, Karma C-Store, Ruthville: Some walk-on activity on Lake Darling and Northgate Dam but no reports on success.

•Lake Metigoshe, Four Seasons, Bottineau: Walk-on access only with occasional bluegill but use extreme caution with heavy snow pushing water on the ice in places.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Back bays icing over but no walk-on activity recommended yet on Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some walk-on activity in the far upper ends of back bays on the north end of Lake Audubon but extreme caution is needed and test the ice along the way.

•Lake Sakakawea, New Town: No activity with no safe access around the New Town area and Van Hook Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: No activity on the Missouri River.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lewis & Clark State Park seeing some walk-on activity



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

•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. 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.

•Nov. 29: N.D. Game & Fish Dept. public advisory meeting, Mountrail South Complex, Stanley, 7 p.m.

•Dec. 1: Snowmobile N.D. trails open, weather and snow conditions allowing for grooming. Go to their website, ([snowmobilednd.org](http://snowmobilednd.org)), for trail conditions and other information.

•Dec. 2 & 3 and Dec. 9 & 10: Dickens Festival Ornament Geocache, Fort Stevenson State Park, Garrison. Contact the park for details, (701) 337-5576.

•Dec. 4: Low Plains Unit duck, coot, and merganser seasons close.

•Dec. 10: High Plains Unit duck, coot, and merganser seasons open.

for walleye in 8 to 10 feet on the upper end of Lake Sakakawea. Also try Tobacco Garden on the south shore. Trenton Lake somewhat slow with occasional crappie but lake is low. Try Blacktail, Springbrook, or Kota-Ray dams for potential panfish activity.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Anglers waiting for better ice conditions yet.

### Hunting:

•Deer: Lots of movement yet for archery and muzzleloader hunters with the rut underway.

•Pheasants: Birds moved into heavy cover.

•Waterfowl: Fair numbers of Canada geese remain along the east end of Lake Sakakawea on open water of the back bays. Most Canada geese moved out of the midsection region of Lake Sakakawea. Birds moved out of the Devils Lake area with the lake iced over.

### Numbers to know:

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

•Report All Poachers: (701) 328-9921

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# English Renaissance Feast... in North Dakota?

ERIN BEENE, NORTHERN SENTRY

On December 2nd and 3rd, The Regency Event Center will be transported to another time and space. Present day Minot, as we know it, will cease to exist and a be superseded by the atmosphere of 16th century Britain. So be prepared. Things are about to get historical, musical and festival. Ok, not sure that is a word, but it does best encompass the English Christmas Renaissance Feast put on by the Minot Chamber Choral.

This magnificent 2-day event, which is in its 50th year this season, is a Minot holiday tradition. It has never taken a break and even continued virtually through the Covid years. Although seasoned Minot residents are likely familiar with this classic event, newcomers may wonder what to expect, what is all about and why they should get tickets?

Choral member Lauren Kinker said that the Renaissance feast is a bit like dinner theater in that all the entertainment will be adorned in period costumes and interact with guests in character. She said there will be a jester who goes around telling jokes, lords and ladies of the court as well as live musicians playing the harp and cello for a historic ambiance. Guests who attend are not expected to wear costumes, the dress code is festive casual, but can enjoy a full delicious buffet style meal, a special brew from Atypical Brewery and Barrelworks.

The event begins at 6:30 and interactions begin the moment guests enter the door. After festivities and dinner, at 8pm the Minot Chamber Chorale will begin their concert performance. The Choral only performs about four concerts a year and will be serenading guests at the Renaissance Feast with "Ceremony of Carols" and other Christmas favorites. Kinker said that the Choral themselves are made up of people of all walks of



Jester supplies guest with jokes and humor throughout the night.



The Minot Chamber Choral performing at last year's Renaissance Feast, 2021.

life. "It truly is a community," said Kinker. She mentioned that they are always looking for more singers and members are welcome to join at any time throughout the year.

While this event is always a captivating and interactive experience, this year the Feast marks its 50th anniversary by having commemorative Christmas tree ornaments and making it even

better than ever.

To purchase tickets, got to <https://minotchamberchorale.org/renaissance/>

Children's tickets: \$15  
Adult Tickets: \$50

Tickets prices include a full meal, some drinks and of course all the entertainment, atmosphere and concert.



Be prepared for Renaissance characters entertaining at every turn.



Period music provided by harpist Jaclyn Wappel.

MINOT CHAMBER CHORAL PHOTOS

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## All About Pets

Photo courtesy of Cole and Marmalade

As the chilly weather sets in, the need for proper care and quick action for stray animals is of the utmost importance, especially here in North Dakota. So what can you do if you find a stray animal during the winter?

- Call your local shelter: There are a few shelters in the Minot area who can guide you through the challenge of finding a stray animal. Souris Valley Animal Shelter (701-852-6133), Hairball Haven Feline Rescue (hairballhavenfr@gmail.com), or For Belle's Sake (701-300-8182) may be able to offer you tips on how to catch or care for a stray. If the animal is a lost pet, they may even be able to help you find the owner!
- Bang on the hood of your car: This is something we hear a lot when winter time rolls around. Some feral cats will seek warmth and shelter in the nooks and crannies of your car as it gets colder, so banging on your car can give them time to move to a safer location before it starts up.
- Provide shelter: If you are willing or able, you can provide shelter and at home care for a stray animal until you are able to find a place for it. If you can lure it into your home or garage (treats and food are the best lures), you give the animal a safe place to rest and warm up until you are able to see a veterinarian or contact a shelter. If you want to help but don't want to bring strays into your home, you can also provide makeshift shelters for them that you can leave on your porch, in your driveway, or anywhere else a stray might come. You can DIY shelters using plastic bins that contain blankets, food, water, and some type of insulation.
- Provide sustenance: At the very least, you can also provide food and water to a stray animal. If you are able to keep water in an environment where it will not freeze, this is ideal for below-freezing temperatures.
- Be careful: Carefully handling stray animals is important any time of year. Some animals will be more comfortable around humans than others, so keep an eye out for uncomfortable or aggressive body language to keep yourself safe. If you do not feel comfortable approaching a nervous or aggressive animal, call a local shelter to notify them of the stray and either stay nearby or let them know the location of the sighting. You can also contact Minot's Animal Control. Stray animals may also carry diseases that you do not want to bring home to your own pet. This is where it may be a good idea to keep them in the garage for safety until you are able to have them checked out by a veterinarian.

It takes a caring heart to take care of stray animals, especially in winter conditions. Whether you catch and bring one into your home for care, provide outdoor shelter, or even just make a phone call to someone who is able to help, you are doing a great service to the lost and wandering animals in Minot.

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# 91st Missile Wing 3rd Quarter Award Winners

Congratulations to the following 91st Missile Wing third quarter award winners:

**AIRMAN OF THE QUARTER:**

Senior Airman Austin Shields, 91 Missile Security Operations Squadron

**NCO OF THE QUARTER:**

Staff Sgt. Calvin Navarro, 91st Missile Maintenance Squadron

**SENIOR NCO OF THE QUARTER:**

Master Sgt. Stephaun McKinley, 791st Missile Security Forces Squadron

**COMPANY GRADE OFFICER OF THE QUARTER:**

Capt. Ian Martinez Morel, 91 MSOS

**FIELD GRADE OFFICER OF THE QUARTER:**

Maj. Andrew Fox, 740th Missile Squadron

**CIVILIAN OF THE QUARTER CATEGORY I:**

Tawana Hixon, 91 MW Staff Agencies

**CIVILIAN OF THE QUARTER CATEGORY II:**

Matthew Bianco, 791st Maintenance Squadron

**FLIGHT COMMANDER OF THE QUARTER:**

1st Lt. Austin Alcoser, 791 MXS

**PROFESSIONAL TEAM OF THE QUARTER:**

91st MMXS electro-mechanical team

**VOLUNTEER OF THE QUARTER:**

1st Lt. Kimberly Ratliff, 91st Operations Support Squadron

**KEY SPOUSE OF THE QUARTER:**

Cristinia Villalta, 791 MSFS

**KEY SPOUSE PROGRAM OF THE QUARTER:**

891st Missile Security Forces Squadron

The 91st MW leadership team recognized 12 award recipients for their contributions to the wing, the impact of which resonated with some of the winners.

“To be selected for this award is an awesome feeling, and to be recognized at the wing level is such an honor” said Tawana Hixon, a 91st MW Staff Agency true north member, and quarterly award recipient. “It is such a joy to be in the midst of a group of people who work so hard to protect our national security”

Photos can be found in last week's edition of the Northern Sentry and on the Minot AFB PA Flickr page.



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## 20TH AIR FORCE COMMAND TEAM VISIT



The propellers of a UH-1N Huey helicopter wind down at Minot Air Force Base, North Dakota, Nov. 3, 2022. The 54th Helicopter Squadron provides helicopter security response and airlift capabilities for the 91st Missile Wing. Helicopters, like the one featured, were used by 54 HS to transport the 20th Air Force command team during their visit to the installation.



Lt. Col. Jared Hann, 54th Helicopter Squadron commander and Ashley Ogden, 54 HS aircrew flight equipment lead, interact with Maj. Gen. Michael Lutton, 20th Air Force commander, at Minot Air Force Base, North Dakota, Nov. 3, 2022. Hann coordinated logistics to prepare Lutton for his helicopter flight.



Ron Johnson, 54th Helicopter Squadron aircrew flight equipment technician, adjusts a flight helmet for Chief Master Sgt. Rodolfo Gamez Jr., 20th Air Force command chief, at Minot Air Force Base, North Dakota, Nov. 3, 2022. Johnson's actions facilitated a helicopter flight for the 20 AF command team's installation visit.



Personnel from the 54th Helicopter Squadron inspect a propeller on a UH-1N Huey helicopter at Minot Air Force Base, North Dakota, Nov. 3, 2022. The inspection included a helicopter flight for the 20th Air Force command team. The 54 HS provides helicopter security response and airlift capabilities for the 91st Missile Wing.



Ashley Ogden, 54th Helicopter Squadron aircrew flight equipment lead, adjusts a flight helmet for Maj. Gen. Michael Lutton, 20th Air Force commander, at Minot Air Force Base, North Dakota, Nov. 3, 2022. Ogden's actions facilitated a helicopter flight for the 20 AF command team's installation visit.



Maj. Gen. Michael Lutton, 20th Air Force commander, engages in conversation with Lt. Col. Jared Hann, 54th Helicopter Squadron commander, at Minot Air Force Base, North Dakota, Nov. 3, 2022. Hann coordinated logistics to prepare the 20 AF command team for their helicopter flight.

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

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

Fact File	
Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore (Carnivore) Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

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# Bringing the Holiday Spirit to Minot AFB

## 5th CES to Host Third Annual Holiday Parade

On December 2, 2022, the 5th Civil Engineer Squadron Electrical Shop will once again bring the holiday spirit to the community of Minot Air Force Base with a festive holiday parade.

Tech. Sgt. William Hudnall, now retired, originally brought the idea of a parade to the 5th CES Electricians who worked together to plan an unforgettable display of holiday cheer for the children of Minot AFB.

"We had a vision and went with it. We made this event a dual-wing event to show the support of everyone on the base," said Hudnall.

Due to COVID-19 in previous years, many children had to miss out on the typical holiday experience and at its beginning in 2020, the parade allowed the children of Minot AFB to have a unique and safe holiday celebration. For the third year in a row, it has quickly become a new Minot AFB tradition for the community to look forward to.

The parade, inspired by a similar concept at Eielson AFB, will include members from the 5th CES, as well as the 91st and 791st Missile Maintenance Squadrons.

Airmen from all over Minot will collaborate to create the magical event. Santa's sleigh was originally created and designed by Paul Buettner and usually features spots for Santa and

Mrs. Claus, reindeer, and the Grinch. In an impressive display of diligence, the electrical shop hand strings over 200 lights on each reindeer in the parade.

Due to mission requirements, the dedicated members of the Electrical Shop are putting in extra work to ensure the base community has a holiday celebration with the Christmas Tree Lighting and the holiday parade.

Staff Sgt. Tristan Frank of the Electrical Shop said, "Not

everyone is going to be with their families this time of year. There are those who are deployed and people who are living here for the first time away from their families, and this parade is our effort to help comfort them."

Thanks to the volunteers' hard work and their spirit during the season of giving, Minot AFB will be able to enjoy another magical parade.

The third annual Holiday Parade will start at 5:30 p.m. and last until 7:30 on December 2.



U.S. AIR FORCE PHOTOS | MINOT AFB PA

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# Introducing THE Community Calendar

ERIN BEENE, NORTHERN SENTRY

Even though information in this day and age is much easier to locate than in previous decades, there has still been the lingering annoyance about exactly how to find out what is going on, both on and off base. Information tends to be scattered amongst emails, multiple Facebook pages, and sometimes word of mouth by active duty members, which isn't always reliable to make it back home (you spouses know what I mean).

At the Northern Sentry, one of our main goals is to connect the base populace with the local community, and we have been listening to what you need on how to do that. YOU can now go and find out at any time what is happening, all over base and all over town in ONE PLACE!

Officially introducing THE one and only online Community Calendar that represents both Minot AFB events and the City of Minot (and surrounding areas)!

THE Northern Sentry Community Calendar

No more will you spend your precious time scouring emails for one specific event or searching multiple social media pages to find events, it is all right here! <https://northern Sentry.com/calendar/>.

Not only can you see absolutely EVERYTHING that is going on for the holidays (and beyond) YOU can add events too! Yep, you heard that right. The Community Calendar is for the community (that's YOU!).

So, do you have a girl scout troop setting up cookie sales at the BX? Add it to the calendar!

Do you have a fundraiser car wash going on? Add it to the Calendar!

It's so easy too. See the step-by-step guide below to see how it's done, and get those events up and spread awareness to all!

Did we mention that adding events and checking out the calendar is completely FREE?

Go check out THE Community Calendar and be prepared to be amazed at how much there really is to do here. We can't wait to see how this will further bring our communities together!

\*THE Community Calendar is for events/happenings that are open to a wide audience, not a specific unit or squadron events. Events will also be on a public forum so please keep privacy and OPSEC in mind.

\*\*All events are subject to approval

## STEP-BY-STEP GUIDE FOR ADDING EVENTS:

1. Go to <https://northern Sentry.com/add-edit-events-page/> (or go to the Northern Sentry Home page and choose the drop-down from the Calendar > Add Edit Event)

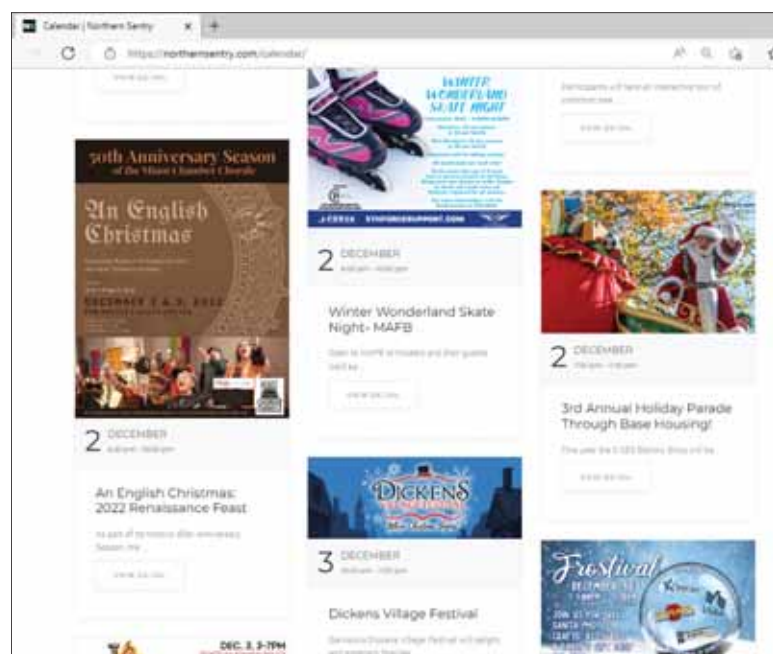
2. For a first-time user, this will then bring up a screen for you to create an account. Accounts are required to help eliminate spam events and keep everything secure. Fill in the simple info to get your account up and going.

3. Once logged in, you can add pertinent information about the event. The most important things to add are: Name of Event, Date/Time, Short Description & Photo. (trust us, every event NEEDS a photo or it won't be looked at)

4. If you would like to add a link to your event then when a user clicks on the event it will take them directly to your link! So that's pretty cool.

5. Make sure and click Submit Event at the bottom of the page, and you're done!

You can go to the Community Calendar page as it should update immediately on our website. You can go back at any time to edit the event as well. So EASY!



## NOTES ON BEING SAFE

### CHRISTMAS LIGHT SAFETY



ROD KRAUSE  
5TH BOMB WING  
OCCUPATIONAL SAFETY  
AND HEALTH MANAGER



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

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

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

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

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

you approve them for your house.

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

Turn them off when you go to bed or leave: Christmas lights

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

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We would like to take the time to congratulate our Advanced Gunfighter Course Graduates!!! A1C Cooper Williams, SrA Gustavo Dominguez and Amn Brandon Claggett represented the Shadow Warrior family well.

2 Winners Every Week!



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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## THANKFUL YEAR-AROUND

**Patricia Stockdill**

It's Thanksgiving weekend; perhaps it's time with immediate or extended family, new friends or longtime friends. It's food and, perhaps a time to reflect on all that is good about the things that make North Dakota special from an outdoors perspective. It's a time to embrace the four seasons of North Dakota and be thankful for the variety of opportunities afforded its residents, including if it mean gutting out minus 20 degrees and 25 mile-an-hour winds when it snows horizontally.

Or the 100-degree days when it hasn't rained for six weeks.

Because we know things will change. We know the sun will come out and the wind will be so calm your breath rises straight towards the sky on a crisp winter day.

We know weather and clouds will offer up amazing, grandiose sunsets across an expansive horizon. And we know rain will come, even if it might be too much, too fast at times.

Even with our changing landscape, we have hiking, hunting, fishing, and other outdoor opportunities that evoke jealousy among outdoor enthusiasts across the country.

We need to thank and recognize those landowners who value the land and soil they work, while at the same time incorporating agricultural practices that provide habitat for wildlife for all to enjoy.

We need to thank some extremely astute forward thinkers from days gone by whether on a broad, national scale or locally in one's community: Those who sought to engage hunters and anglers in being proactive in fish and wildlife habitat and improvements by their actions, such as creating Wildlife and Sportfish Restoration Funds.

Those two pieces of federal legislation place taxes on hunting and fishing equipment and, in turn, those funds go to state wildlife agencies for habitat and management.

It's the funding that, together with North Dakota hunting and fishing license sales, means the N.D. Game and Fish Department can do things like stock lakes with fish, conduct aerial wildlife surveys, and manage Wildlife Management Areas.

Other forward thinkers advocated for things such

as the Federal Duck Stamp, which helps provide public places and create habitat for people to hunt. They advocated for NAWMP and NAWCA, The North American Waterfowl Management Plan and North American Wetlands Conservation Act, providing funding for wetlands and waterfowl.

Everyone benefits when wetlands are healthy because they are nature's filter, protecting water quality for humans and wildlife alike.

On a state level, North Dakota's Outdoor Heritage Fund brings landowners, conservationists, and sportsmen and women together creating practices benefiting agriculture, livestock, the ecosystem, wildlife – and people. It helps brings the outdoor experience to urban areas through green space and park developments.

We are the benefactors of a litany of visionaries, everyone from the "Conservation President" – Theodore Roosevelt – to Aldo Leopold and so many others who wrote and talked about the importance of conservation – and put words in deeds.

We need to be thankful their vision benefited so many people that followed them, regardless of whether or not those who followed hunt, fish, or simply enjoy the outdoors.

For that, we can be thankful.

But we can't be complacent.

Regardless of where a person calls home, we owe it to future citizens to be involved and engaged when it comes to hunting, fishing, and wildlife issues. We need to recognize that conservation isn't protectionism and preservation; it's the wise use of natural resources for today's generations and those that follow.

We need to be thankful we still have something worth conserving so that someday others will thank the generations of today.

And we need to protect that for the future for it is not ours to keep.

It is ours to borrow from our children and grandchildren.

And just as it is our duty to protect America and what it means to have the freedom to enjoy the outdoors, it is also our duty to protect and ensure we have wildlife, the Great Outdoors, and the outdoor recreational opportunities they provide.

And we need to thank you for all you do.



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### HONORARY COMMANDER SOCIAL

Minot Air Force Base leadership, honorary commanders and Minot State University (MSU) members meet at the MSU Honorary Commander Social, November 17, 2022, at Minot State University, Minot, North Dakota.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN



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# The General Under Your Hat

DR. MATT HANSON, CORNERSTONE CHIROPRACTIC

There is a closely guarded secret about health and full human potential. That secret is that if you take care of your nervous system you will take care of a large percentage of your ultimate potential. You see every cell in your body is controlled by your nervous system, and interference in that systems communication is THE cause of Dis-Ease in the human body. Let's put it a different way. Your brain is the general. It makes all the decisions and keeps steadfast to the mission of life. The organs of your body are the officers. They carry the tasks of the general, and the cells of your body are the soldiers. They are 24/7 365 carrying out orders. What happens though, if the lines of communication are compromised?

What happens if the officers (organs and glands) can't clearly hear what the General is saying? They will give incomplete or wrong orders to the soldiers (cells). How well does a military run on bad communication? I think all of you reading this know the answer to that question.

The general needs to hear what the officers are saying. The officers need to know what the soldiers are saying. That, is a fighting unit functioning well or at a state of Ease.

No matter the situation you have, the best chance you have, of combating your environment is with clear communication. If you don't have that, the environment you find yourself in can quickly become overwhelming. Communication by its nature needs to go both ways. If it does not problems can occur. If the General can give clear orders to his Officers

the Officers can give clear orders to their soldiers, however if the officers can't communicate with the General The General does not know what has been done and what has not. This can lead to overuse in some areas and underuse in others. Either way it is bad. Break downs in communications within a system are necessarily bad for units as a whole.

The brain needs to be able to communicate with the organs, the organs need to be able to communicate with the cells. If communication is broken down in either direction the system does not function optimally. your Nervous system is the communication network between your brain (the general) and everything else in your body. If that network is interfered with you have a system in Dis-Ease. And just like with the military example if there is not much stress on that system that Dis-Ease may be hidden for weeks, months, or even years, but regardless it is still there eating away at the cohesiveness of the system. If the system is under heavy stress the Dis-Ease will show itself much sooner and more apparently (in this case as anger, depression, anxiety, fatigue, ill health, etc).

Chiropractors work with the spine. We are known as headache doctors, back ache doctors, and pain professionals and the reason being is that we are really good at dealing with those things. Let me stretch your mind a bit though. The spine has 3 functions.

1. To keep us standing upright.
2. A structure over which to stretch and thus give tone and tension to our delicate nervous system.

3. A hard bony protection for our delicate nervous system.

Of its 3 purposes the spine has 2 dedicated to your communication network. If something goes wrong with that spinal structure; be it from stress physically, chemically, or emotionally communication breaks down. Maybe you don't notice it at first, or maybe you don't associate your Dis-Ease with a break down in communication but after many years of experience I can tell you it is a part of it. The thing I want to express to you is that an aligned spine supports the communication network. It is not the only ingredient in the recipe for your health, but it is an ingredient that you will not find anywhere else. There is no pill, potion, lotion, or tonic that can ultimately overcome bad communication. Chiropractic will not only help you feel better physically (the first thing you guys will notice) it will also help you mentally and spiritually to be more authentically yourself by restoring the communication and shoring up the integrity of the unit.

*Testimonial*

*I have been in the military for 33.5 years. As a result of playing sports as a young man, military duties, PT tests, genetics, and some bad luck I ended up having my neck fused at C3/4 in Feb 2021. The surgery was a success for the most part, but I had lingering neck stiffness that often turned into headaches that caused me to be unable to focus or function and often times forced me to miss work. I started seeing Dr. Fielhaber in August with a recommendation by my primary care manager (PCM). I want to emphasize that my PCM is not a big believer in a lot of chiropractic care techniques so the*

*fact that he recommended Dr. Fielhaber and Cornerstone Chiropractic means a lot. First visit they do a complete diagnostic test on you to determine your specific treatment plan. After that they work with you to tweak the plan to fit your needs. Since I have started my treatments I still have neck stiffness, but it no longer turns into the debilitating headaches. I love to golf, prior to starting my treatments if I played a round it was most certainly*

*going to result in a couple of horrible days formy neck and head. I can now play golf a few times a week and still function afterward. I sleep better and have not missed a day of work. I cannot say enough about the life changing effect Dr. Fielhaber and the outstanding Cornerstone Chiropractic staff have had on me.*

CMSgt Michael J. Anders  
219th Security Forces SEL

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## A LOOK BACK

### THIS WEEK IN USAF HISTORY

---

#### 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 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 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 / show.af.mil](http://nationalmuseum.af.mil/show.af.mil)

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

# Santa

## DOWNTOWN MINOT

3pm - 5pm

FRIDAY, NOV. 25

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Wednesday: 7:30am – 6:00pm  
Thursday: 7:30am – 6:00pm  
Friday: 7:30am – 4:30pm  
Saturday: 2 a month by appt  
Sunday: Closed

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STRIKER SPOTLIGHT



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"GETTING TO BE A PART OF THE LARGEST AIRLIFT HUMANITARIAN MISSION IN AIR FORCE HISTORY IS ONE OF MY PROUDEST MOMENTS"

Ensuring Striker Airmen's readiness as a dental tech at Minot Air Force Base, SrA Thalia Morales-Diaz has innovated processes in her job that have been recognized as "best practice" across the Air Force. She also leads physical fitness programs as part of

an active lifestyle that also includes hiking and Zumba.

Thank you SrA Morales-Diaz from all of #StrikerNation; you demonstrate striker excellence in all you do while ensuring others also remain #AlwaysReady!

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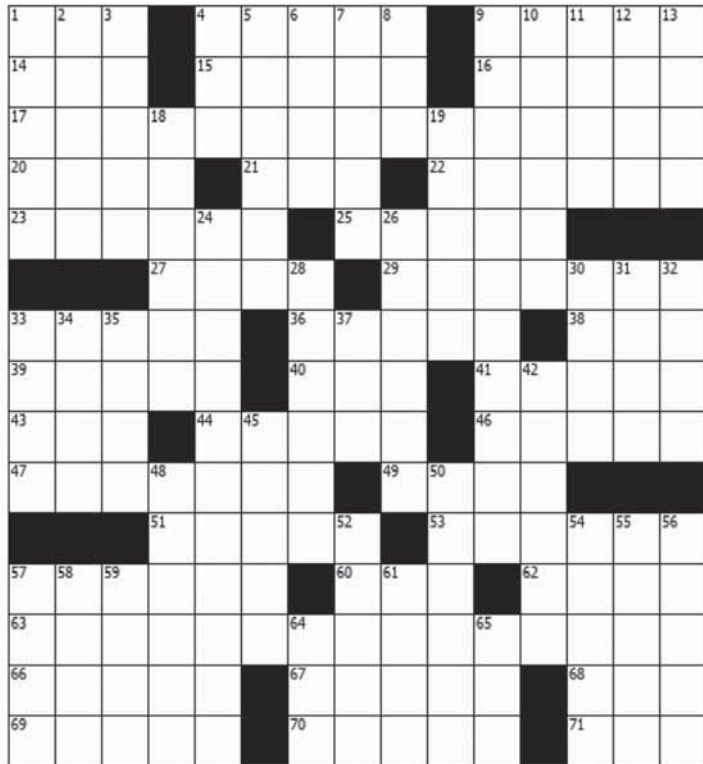
KEEP READING, YOU COULD BE OUR NEXT WINNER!



# CROSSWORD PUZZLE

**Across**

- 1. \_\_\_ in Charles
- 4. Took out, in a way
- 9. Relinquish office
- 14. Headsman's tool
- 15. Cause euphoria
- 16. Words with hole or two
- 17. Batten down the hatches
- 20. Word with happy or rush
- 21. Cheer leader?
- 22. In the crowd
- 23. Entertainer Kelly
- 25. Dressy synthetic
- 27. Approximately
- 29. Set on edge
- 33. Type of pepper or powder
- 36. Compared poorly?
- 38. Voter's cry
- 39. It's between Daniel and Joel
- 40. Actress Zadora
- 41. Watering hole items
- 43. Islam's fourth caliph
- 44. Wynonna's mom
- 46. Analyze ore
- 47. Dior's forte
- 49. Savoir-faire
- 51. Jingles
- 53. Charcoal drawing, e.g.
- 57. Thrift shop objective
- 60. Legislative product, perhaps
- 62. \_\_\_ Stanley Gardner
- 63. Has some French toast?
- 66. Leaflike plant part
- 67. Standing ovation, e.g.
- 68. Is for two?
- 69. Seaweed and kelp, e.g.
- 70. Wooded hollows
- 71. A bill

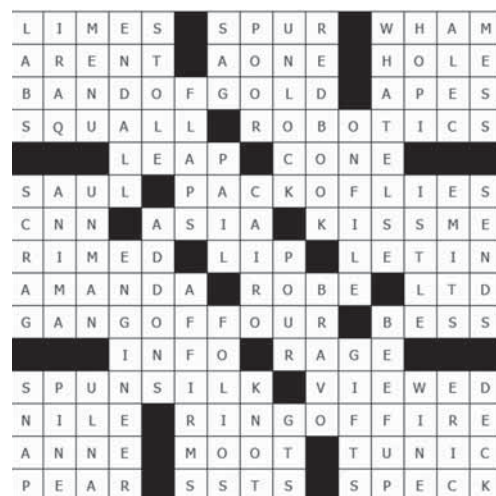


**Down**

- 1. Squirrel away
- 2. Murphy's Law, e.g.
- 3. Word with truth or blood
- 4. Tierra \_\_\_ Fuego
- 5. Sends Mr. Smith to Washington?
- 6. Type of edition
- 7. Old operating room substance
- 8. Stupid end?
- 9. Certain rattlesnake or terrapin
- 10. Detroit pistons are here
- 11. Type of ring that goes with bell-bottoms
- 12. \_\_\_ of Court (English legal societies)
- 13. Word with acid or field
- 18. Like jambalaya
- 19. Oater star
- 24. Measure using trigonometry
- 26. Coffee shop words
- 28. Just say no
- 30. Some bakery loaves
- 31. Mel's Diner waitress
- 32. Street for the wealthy?
- 33. African nation
- 34. Green's feature
- 35. Goddess of fertility
- 37. Intention
- 42. Admiration
- 45. Sexton and Bancroft
- 48. Source of the Mississippi
- 50. Body that's heavenly
- 52. Bechamel, e.g.
- 54. Part of a holiday phrase
- 55. \_\_\_ Boothe Luce
- 56. Her face "launched a thousand ships"
- 57. McEntire of Nashville
- 58. Peerage member
- 59. Type of party
- 61. Telephone
- 64. Abbreviation in a proof
- 65. They're certainly not from around here

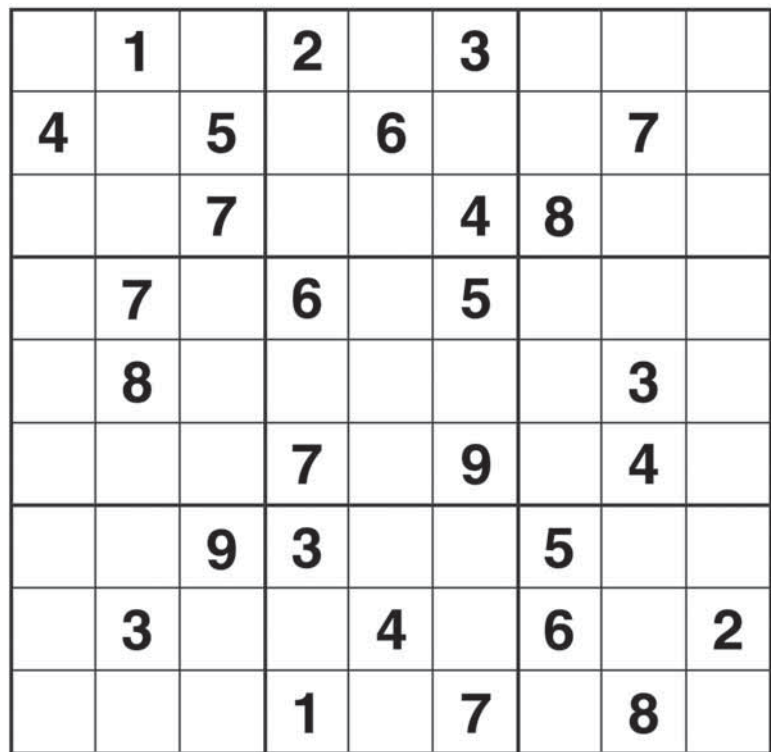
# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



# SUDOKU

Solution to puzzle on page B11



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- **TOP GUN: MAVERICK** (2022) Action, Drama (PG-13)
- **MINIONS: THE RISE OF GRU** (2022) Animation, Adventure, Comedy (PG)

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**I SPY**

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- Turkey
- Pumpkin
- Hat
- Acorn
- Leaf
- Basket

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# On the Journey to College:

## Part 2: Personal and Scholarship Essays



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



As we continue the “Journey to College”, a very important aspect of applying to college includes personal statements and essays. With a competitive applicant pool, colleges and universities are searching for students with unique and varied educational and life experiences. Look no further than our military connected students! Our students are equipped with a dynamic background to share a dynamic essay.

Military connected students experience different locations, cultures, countries, schools, and environments. With this exposure, the perspectives of our students provides ample opportunity to share their stories from a unique point-of-view. Author Robin Moore shared, “Inside each of us is a natural-born storyteller, waiting to be released.” In personal and scholarship essays for college, students need to communicate to their story, goals, and contributions to society to an admissions committee and scholarship grantee.

Below are a few questions to ask oneself while drafting a personal or scholarship essay:

- 1) How can I tell my story in a compelling way?
- 2) What is the purpose of this essay?
- 3) Who is my audience?
- 4) What are the criteria shared for the essay?
- 5) What educational, personal, or professional experiences can I draw upon to share a unique perspective?
- 6) Who can review, edit, and provide meaningful feedback for my essay?

Dr. Howard Gardener, Professor at Harvard University shared, “Stories constitute the single most powerful weapon in a leader’s arsenal.” I would exchange leader for student in this quote. Crafting personal and scholarship essays can be challenging. However, the Minot AFB School Liaison Office is here to provide help. Reach out to us at 701-723-1447 or at mafb.school.liaison@us.af.mil

### 2022-2023 MPS CALENDAR

December 2022							15 days
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	



**December 22** P/T Comp Day - No School  
**December 23-Jan 2** Vacation - No School

- Vacation Days - not contracted day
- Holidays
- PD Days - contracted day
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days
- \* Weather Make-up Day



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## VOLUNTEER OPPORTUNITIES

### Taube Museum of Art Cookie Walk/Baker Volunteers

(December 1-2)  
The Taube Museum of Art is looking for cookie baking enthusiasts to help with our Cookie Walk fundraiser that will be held during the Tour of Homes on December 3rd, 3-7pm. We are looking for 4-6 dozen cookies, delivered in non-returnable containers by December 1st or 2nd from 10:30am-5:30pm. No need to pre-package. Proceeds from this fundraiser will help the Taube Museum of Art replace our broken wheelchair lift. Volunteers can sign up online via our website <https://taubemuseum.org>, or call 701-838-4445. Cookies can be dropped off at the Taube Museum of Art  
**POC:** Jay Gaare, Gallery Coordinator, Taube Museum of Art  
2 North Main St, 701-838-4445 [www.taubemuseum.org](http://www.taubemuseum.org)

### Frostival Volunteers

(December 2 & 3)  
We need volunteers for this year’s Frostival event at The Turf! The event begins at 1500 and ends at 1730. We would like to get as much set up on Friday and then on Saturday, when the event is over, we’d like to get things cleaned up since it won’t be too late and the more folks staying to help us, the better!!  
• Friday, 2 Dec, 1000  
6-8 people to help get the tables/chairs from ODR and set up at The Turf, put tablecloths on tables, get Santa’s stage decorated, set up the Gift Shop, etc.  
• Saturday, 3 Dec, 1415  
4 people to help at Darcy’s Gift Shop & Gift Wrapping (the kids are wrapping their gifts)  
4 people to help at the craft tables  
2-3 helpers for Santa pictures (crowd control), and help the kids get their present  
2 people to help with the coloring station  
2 people to help the Library with their science experiment  
**POC:** To sign up to volunteer, contact Lt Susan Pelechek at 723-4795 or [susan.pelechek@us.af.mil](mailto:susan.pelechek@us.af.mil)

### 5th OSS Christmas Party Volunteers

(December 2)  
We’re looking for 6 volunteers to help with childcare and 5 volunteers to be designated drivers for the 5th OSS Christmas party on 2 Dec 2022 at the Clarion hotel from 6- 11 pm.  
**POC:** SHELBY N MEDFORD, SSgt, USAF  
NCOIC Outbound Assignments/Enlisted Promotions  
Comm 701-723-1337, DSN 453-1337

**To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)**  
[5fss.family.support@us.af.mil](mailto:5fss.family.support@us.af.mil)

### Operation Hero Winter Edition Event Volunteers

(January 20-22)  
Operations Heroes, a fun, kid-friendly event for children to interact and experience a little bit of what military life is like.  
Friday, January 20th, from 1600-2000 at The Turf  
Unit POCs: These volunteers will rally their unit for participants & craft a fun, kid-friendly interactive experience showcasing their career. Requesting unit POCs notify MSgt Bird (see contact info below) by Nov 7th to start planning meetings. Set-up: January 19 & 20, as needed. Setup will depend on the extent of each unit’s involvement/imagination. Tear down: January 20th-22nd, as needed. NOTE: this will be a strictly indoor event.  
Want to volunteer, call or email  
POC: MSgt Christian Bird at 723-6605 or [christian.bird@us.af.mil](mailto:christian.bird@us.af.mil).  
Comm (M&FRC): 701-723-3950

### Minot Minotauros Game Volunteers

o Arrive at the Pepsi Rink at 6:00 pm on Home Game Nights. Doors open at 6:35 pm. (<https://www.minotauroshockey.com/printable-schedule>)  
o outlining games:  
o Thursday, January 5th, Puck Drop is 7:05. We’re asking volunteers to be here by as close to 5:30 pm as possible.  
o Check-in using the QR Coded Poster in the Volunteer Room. (Located below the concourse at the rink level). In order to get credit for volunteering, you must sign in. For FULL volunteer expectations and requirements, please reach out.  
**POC:** V. Conner, Digital Content Manager, Minot Minotauros Hockey Club  
Cell: 302.682.1575, Office: 701.852.0101  
<https://www.minotauroshockey.com/adbroadchure>

### Dragon Booster Club Holiday Party Planning/Volunteers

The Dragon Booster Club is looking for volunteers to help plan our upcoming Holiday Party. We intend to make this year’s celebration the biggest and best yet! If you’re interested, please show up with your ideas.  
**POC:** DEVIN S. WIGLEY, TSgt, USAF,  
NCOIC, ICBM Feeding Operations  
5 FSS/FSVFM  
DSN: 453-3118 Comm: 701-723-3118

### Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It’s an honor to be part of our patients’ and their families’ journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.  
**POC:** Shelby Stuckey, Volunteer Coordinator  
(888) 223-4287  
[shelby.stuckey@caringedge.com](mailto:shelby.stuckey@caringedge.com)

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### 5TH BOMB WING HISTORY

(Courtesy: 5th Bomb Wing Historian)

The 5th Bomb Wing emblem dates back to the very beginning of the unit. The green and black portions were the colors of the Air Force Service at the time the 5th BW was created. The vertical line dividing the shield is symbolic of the clouds in the sky, and the winged death's head is the militant representation of aerial bombardment. The motto "Kiai O Ka Lewa", guardians of the upper realm, is a Hawaiian expression frequently used in battle. Tradition has it that there were two great birds, Kiwaha and Halulu, which were the guardians of the realms.



Did you know the 5th Bomb Wing's original home was once located in the territory of Hawaii? The direct history of the wing begins with the activation of the 5th Strategic Reconnaissance Wing in 1949. However, upon its activation, Strategic Air Command (SAC) bestowed the history of the 5th Bombardment Group, with its extensive WWII combat honors, on the new wing. This Bestowal of history is explained in "A Guide to Air Force Lineage and Honors," by Charles A. Ravenstein. This group was originated and activated in Hawaii on May 19, 1918 as the 2d Observation Group. Then on April 12, 1921 the unit was redesignated as the 5th Group (Observation) and later, on June 21, 1922 as the 5th Group (Pursuit and Bombardment). The group's first station was Luke Field on the island of Oahu, Territory of Hawaii. At the beginning of 1939, the 5th moved from its old headquarters at Luke to Hickam Field; Hickam was to be the unit's home until farewell was said to Hawaii in 1942.



In 1935, the 5th Group (Pursuit and Bombardment) helped save the city of Hilo, Hawaii during the eruption of the Mauna Loa volcano. Ten Keystone B-3 and B-4 bombers from the group's 23rd and 72nd bombardment squadrons dropped twenty, 600-pound bombs around the volcano to divert molten lava away from the town.

U.S. AIR FORCE PHOTOS



**25 NOV** **DICKENS VILLAGE FESTIVAL**  
1:00-2:00 PM  
Garrison, North Dakota

The event turns a community of 1,500 into a quaint Victorian town from the era of Charles Dickens. Beginning Thanksgiving week, the Dickens Village Festival runs three consecutive Fridays and Saturdays. Live entertainment, specialty events, Craft Vendor Show, street food vendors, street urchins and street carolers, parade at dusk and a theater production of "A Christmas Carol". Ride on an authentic English double decker bus or enjoy a carriage ride. Each day offers entertainment of everything from top-drawer vocalists to tribute artists and comedy. Merchants also join in the fun as employees dress up in their favorite Victorian garb to serve customers. As the official Christmas Capitol of N.D., Garrison and its Dickens Village Festival are a must for anyone who wants to turn the holiday season into a special experience year after year.



For more information: Please call us at 1.800.799.4242.

**1 DEC** **DISCOVER MINOT EXCURSION HOLIDAY EDITION**  
4:00 PM - 9:00 PM  
Minot AFB - Downtown Minot

This once a year opportunity will feature our quarterly Discover Minot Excursion but include light displays, a delicious dinner at Whiskey Nine, drinks and a ride from the base to downtown and back! Plus some exclusive shopping perks at Mainstream Boutique and an interactive demonstration from Gourmet Chef. The Holidays will be here before you know it, so grab a friend, or come by yourself to meet some new friends, and see Minot with its Holiday Cheer on full display! You'll be surprised to discover why you might not hate it here. Tickets are only \$20 per person which includes dinner and the bus ride from the base to town and back again, not to mention all the other perks. This is a steal of a deal to kick off the festive month of December. Seats will fill up, so get yours today!



For more information: Facebook / Minot Air Force Base Northern Sentry

**2-3 DEC** **THE RENAISSANCE FEAST**  
6:30 PM  
The Regency Event Center  
105 1st St SE Minot

The Renaissance Feast returns again, transforming the beautiful Regency Event Center into a 15th century manor with our Lord Eric and Lady Pamela providing you with dinner, wine, and song featuring music for choir and brass, and harpist Jaclyn Wappel who will return to collaborate with the chorale in Benjamin Britten's Ceremony of Carols. Don't miss the 50th anniversary celebration of this 5-decade Minot tradition!



For more information: www.minotchamberchorale.org

**3 DEC** **HOLIDAY TWILIGHT TOUR OF HOMES**  
3:00 - 7:00 PM  
Taube Museum of Art  
2 Main Street North Minot

'Tis the season for the Taube Museum of Art's Holiday Twilight Tour of Homes Fundraiser! The Taube Museum of Art is happy to present, the Holiday "Twilight" Tour of Homes for 2022 after a 2 year hiatus. It will be held on December 3, 2022 from 3pm-7pm, with tastefully decorated homes and cultural destinations for you to enjoy and delight in every detail. Enjoy a day of dazzling fun with your \$16 ticket. Day of the Tour tickets are \$20 and will be available at the Taube Museum of Art, as well as at each home. By purchasing a ticket, attendees will be supporting the Taube Museum of Art and have a delightful time viewing beautiful holiday decorations.



For more information: Facebook / Taube Museum of Art

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# DOD survey asks participants to weigh in on Exceptional Family Member Program

C. TODD LOPEZ, DOD NEWS

For the first time, the Defense Department will offer those enrolled in the Exceptional Family Member Program, also called EFMP, an opportunity to provide detailed input about their experiences. Feedback will be used to improve how the program provides services to participating families.

"It's pretty exciting because it's the first official DOD survey about EFMP," said Jennifer Wong, a program analyst with the Defense Department's Office of Special Needs. "It's a phenomenal chance for families who are enrolled in the program to be heard directly at the DOD policy level."

About 105,000 active-duty service members are part of the EFMP, which provides support to families with children or adult dependents who have special medical or educational needs.

Every service member with a family member enrolled in EFMP is eligible to take the survey, Wong said. Service members will receive an announcement e-mail containing a unique ticket number. Service members with a ticket number will be directed to go to [www.dodsurveys.mil](http://www.dodsurveys.mil) and enter the ticket number to take the survey. It's expected that those emails will be sent out on or after November 17, 2022.

According to Wong, EFMP ensures that, among other things, special needs are taken into consideration when a military family is moved to a new duty assignment.

"When a family PCSs to the next location, they may be looking

for particular medical services, specialists, therapies, behavioral health - those types of services - and we want to make sure that when they do PCS, they'll have continuity of care," Wong said.

Wong said the results of the survey will be used by the department to both improve the program and standardize delivery to all families across the services.

"Within the Office of Special Needs, we are committed to improving support for military families with special medical and/or educational needs," Wong said. "A vital part of that ... is hearing from families who are enrolled in the program. It's very important to hear from the families who are in the program so we have feedback that's representative of the families we serve, and it's based off their real-life experiences and their interactions with the program. That's why it's a great opportunity for families who are enrolled to

participate in the survey."

The EFMP is made up of three components: Identification and enrollment of family members into the program, which is completed by the medical commands; an assignments component that ensures the medical and/or education needs of the family member are taken into consideration with an upcoming PCS, which is completed by the medical and personnel commands; and a family support component, which families can reach out to for information regarding resources and non-clinical case management.

"The survey is going to ask about all three components and what a family's experience or interaction has been ... so we can see all those different touch points for a family, what's working or what can be improved upon," Wong said.

Every family enrolled in the EFMP will be able to take the survey and share their own family experiences with the program.



U.S. AIR FORCE GRAPHIC BY KENT BINGHAM

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# Minot AFB Exchange Featuring Hot Deals Thanksgiving Day through Cyber Week

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AIR FORCE BASE – The Army & Air Force Exchange Service is giving Minot AFB shoppers deals to feast on, beginning Thanksgiving Day and continuing through Cyber Week.

To see all the deals, Minot AFB shoppers can view the digital sales ads at ShopMyExchange.com by navigating to “Weekly Ad” under “Savings” at the bottom of the webpage. Scanning QR codes at the top of the sales flyer unlocks even more exclusive savings offers. Offers begin at 12:01 a.m. Central time on the starting date of the promotion.

While the Minot Exchange will be closed on Thanksgiving Day, ShopMyExchange.com is always open. One-day-only deals for Nov. 24 will be posted online and include up to \$600 off smart TVs; up to 30% off select soundbars; an additional 20% off select footwear; an additional 15% off jewelry; and more.

On Black Friday, the Minot AFB Exchange will open at 8 a.m., when shoppers can pick up Apple products up to \$250 off; an HP Core i3 laptop (model #3020740) discounted by 45%; electric toothbrushes up to \$80 off; as well as hair tools and apparel from Old Navy, Levi’s, Nike, Under Armour, Adidas, Columbia and The North Face for 40% off. Discounted designer handbags, footwear and cosmetics and fragrance gift sets will also be available.

The deals continue all Thanksgiving weekend (Nov. 26 and Nov. 27), with luggage up to 50% off; games, toys and grills up to 40% off; tool kits up to 30% off; and more.

Cyber Monday, Nov. 28, kicks off one-day and four-day sales. On Cyber Monday, Minot AFB shoppers can save up big on diamond jewelry and pick up great deals on kids’ clothing and outerwear and gourmet gift baskets. Savings through Dec. 1 include up to \$500 off gaming desktops; up to \$600 off smart TVs; up to \$1,100 off fine jewelry; \$50 off AirPods Pro and Beats Studio Buds; and up to 20% off scooters and hoverboards.

“Why limit great deals to just one day?” said Minot BX General Manager Brian Read. “The Tinker Exchange helps Airmen and families save with a week’s worth of Black Friday discounts—and shopping at the Exchange is always tax-free.”

The Minot Exchange offers contactless shopping options such as buy online pickup in store service and curbside pickup to make shopping easier for Airmen and others with in-store shopping privileges. Service-connected disabled Veterans can shop in person and all honorably discharged Veterans can shop online at ShopMyExchange.com.

Deals are available in-store and online and are subject to availability.



Maintenance is an essential component of responsible vehicle ownership. Routine maintenance can help discover problems before they escalate into potentially costly issues. Maintenance also keeps vehicles running smoothly, making them more enjoyable to drive and extending their life expectancy.

Various factors can help to determine how often drivers should change their vehicles’ fluids and take them in for tuneups. Such variables include how frequently a vehicle is driven, the type of driving (city or rural) drivers do and how many miles are on the car. However, drivers can still rely on this basic car maintenance schedule, courtesy of Advance Auto Parts, to serve as a guide.

### 3,000 miles/3 months

Advance Auto Parts notes that monthly fluid checks typically are unnecessary with newer vehicles, though older vehicles should be inspected for leaks once a month. Among the fluids to check after every 3,000 miles or three months, whichever comes first, are:

- Engine oil level
- Windshield washer fluid
- Coolant
- Brake fluid level
- Transmission fluid
- Power steering fluid

Drivers also can use 3,000 miles or three months as a benchmark to check tire pressure, hoses and belts. Many vehicles now display tire pressure for each tire on the dashboard, and drivers should pay attention to those

numbers and put air in their tires when necessary. When inspecting hoses, touch them to make sure they’re not leaking and bulging. Hoses should be a little flexible, especially when they are warm.

### 5,000 miles/6 months

Oil and oil filters should be changed at this interval. In addition, this is a good time to rotate tires and inspect lights to make sure they’re still operating at peak capacity. Drivers also can check their cabin and engine air filters and replace them if need be. Changing these filters is a simple DIY project, and drivers can find an assortment of YouTube tutorials to help them complete these projects. Wiper blades also can be inspected around this time or whenever drivers suspect the blades aren’t operating at peak capacity. Replacing wiper blades is another simple DIY project that drivers can complete in a few minutes.

### 10,000 miles/12 months

Advance Auto Parts notes that synthetic oil is typically used in cars made since 2010. Each manufacturer is different, and drivers should check their manuals for recommendations. Synthetic oil and filters in vehicles that use synthetic oil is typically changed every 10,000 miles or 12 months, whichever comes first. Once a year drivers should ask their mechanics to check the alignment on their vehicles and the condition of their brakes.

Routine maintenance can keep vehicles running strong for years on end.

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- 1/2 LB BUTTER, SOFTENED
- 8 SPRIGS THYME
- 6 CLOVES GARLIC, MINCED
- 1 SPRIG ROSEMARY, ROUGH CHOP
- 1 TBSP CRACKED BLACK PEPPER
- 1/2 TBSP KOSHER SALT

In a small bowl, combine butter with the minced garlic, thyme leaves, chopped rosemary, black pepper and kosher salt.

Prepare the turkey by separating the skin from the breast creating a pocket to stuff the butter/herb mixture in.

Cover the entire breast with 1/4" thickness of butter mixture. Season the whole turkey with kosher salt and black pepper. As an option, you can also stuff the turkey cavity with Traditional Stuffing.

When ready to cook, set temperature to 300° F and preheat, lid closed for 15 minutes.

Place turkey on the grill and roast for 3-4 hours. Check the internal temperature, the desired temperature is 175° F in the thigh next to the bone, and 160° F in the breast.

Turkey will continue to cook once taken off grill to reach a final temperature of 165° F in the breast.

Let rest for 10-15 minutes before carving. Enjoy!

\*Cook times will vary depending on set and ambient temperatures.

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**Ryan Davy - GM**  
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# CHURCH DIRECTORY

<p><b>Chapel Services at MAFB</b></p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i></p> <p><b>Christ Chapel</b> 0900</p> <p><i>Protestant</i></p> <p><b>Sunday Community Service</b> 1030</p> <p>(Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i></p> <p><b>Open Circle</b> 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p><b>Catholic Mass</b></p> <p>Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, Nov 26</b> 5 PM, No Vespers</p> <p><b>Sunday, Nov 27</b> 10AM, Congregational Prayer Service</p> <p><b>V. Rev. Fr. Paul Hodge</b></p>	<p> <b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b></p> <p>For More Information: 701.353.9337   <a href="http://www.bfbc.tv">www.bfbc.tv</a></p>	<p> <b>An Evangelical Free Church</b></p> <p>3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> <b>Bible Fellowship Church</b></p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b></p> <p><a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street</b> <b>852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.cornerstoneminot.com">www.cornerstoneminot.com</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW</b> <b>Minot, ND</b> <b>839-4663</b></p> <p><b>Reverend Philip Beyersdorf</b> <a href="http://www.minotstmarks.com">www.minotstmarks.com</a> <i>Join us on facebook</i></p>	
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • <a href="http://www.ibcminot.org">www.ibcminot.org</a></b> <b>701-839-3694</b></p> <p></p> <p><b>SUNDAYS:</b> 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p><b>WEDNESDAYS:</b> 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY &amp; ADULT BIBLE STUDY</p>	<p> <b>Christ Reformed Church</b></p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE <a href="http://www.christreformedchurchminot.com">www.christreformedchurchminot.com</a></p>	<p><b>St. John the Apostle Catholic Church</b></p> <p> 2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b></p> <p>120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> <b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p> <b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p><b>Sunday Services</b> 9:00 AM &amp; 11:00 AM</p> <p><b>Wednesday</b> 6:30 PM</p>	<p><b>Minot Baptist Church</b></p> <p></p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p> <b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ..6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:minotcrbc@gmail.com">minotcrbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center .....852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>
<p><b>First Baptist Church</b></p> <p> 200 3rd St. SW • 852-4533 <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service..... 8:30 a.m. Sunday School (All Ages)..... 9:45 a.m. Contemporary Worship Service..... 9:50 a.m. Adult Sunday School ..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Children's Church ..... 11:05 am. Wed. AWANA (Sept. to May) ..... 6:30 p.m. Fridays, Celebrate Recovery ..... 7:00 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p> <b>Grace Baptist CHURCH OF MINOT</b></p> <p><b>Sunday Service: 4:00 p.m.</b> <b>Wed. Prayer: 5:30 p.m.</b> at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p><b>Web: <a href="http://gracebaptistminot.com">gracebaptistminot.com</a></b> <b>E-mail: <a href="mailto:gbcminot@gmail.com">gbcminot@gmail.com</a></b></p> <p><b>RADIO BROADCAST</b> KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	<p> <b>oslc</b> where faith &amp; life meet</p> <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <a href="http://www.oslcminot.com">www.oslcminot.com</a></p> <p><b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <p><b>Sunday Worship</b> 8:15am Traditional Service 9:30am Contemporary (w/ livestream) 9:30am Sunday School &amp; Adult Bible study 11:00am Contemporary Service</p> <p><b>Wednesdays 6-7pm</b> Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>

  
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*A Church of the Lutheran Brethren*

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Website: [www.orcsknights.org](http://www.orcsknights.org)



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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

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### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at [Brigitte.mikula@minotstateu.edu](mailto:Brigitte.mikula@minotstateu.edu)

# BUSINESSES & SERVICES



### SUDOKU SOLUTION PUZZLE ON PAGE B4

6	1	8	2	7	3	4	5	9
4	9	5	8	6	1	2	7	3
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# WHAT'S GOING ON MAFB

## FRIDAY 25

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

## THURSDAY 01

- Gingerbread House Contest Begins at the Dakota Inn Dining Facility
- Winter Reading Program Begins at the Minot AFB Library
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- Extramural Bowling, 1730, Rough Rider Lanes

## NOV. SPECIALS

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

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

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

## SATURDAY 26

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

## FRIDAY 02

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- Winter Wonderland Skate Night, 1800-2000, Youth Center

## DEC. SPECIALS

**Bomber Bistro • Italian Hoagie**  
Ham, pastrami, pepperoni, lettuce, provolone cheese, tomato, Italian dressing on a demi baguette!

**The B-Fifty Brew • Peppermint Mocha**  
Espresso with steamed milk, sweet mocha sauce and peppermint-flavored syrup, topped with whipped cream and dark-chocolate curls.

**Rockers Bar & Grill • Shrimp Basket**  
Corkscrew shrimp lightly battered and fried golden brown, served with fries and cocktail sauce.

## SUNDAY 27

- For a full listing of Thanksgiving holiday facility hours, visit 5thforcesupport.com
- Sunday Escapes Book Club, 1330, Minot AFB Library

## SATURDAY 26

- Cycle & Strength, 0900, Fitness Center
- Youth League, 1400, Rough Rider Lanes
- Frostival, 1500-1730, Turf
- Family and Single Airmen Free Bowling, 1700, Rough Rider Lanes

## MONDAY 28

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

## TUESDAY 29

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (VA), 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

## WEDNESDAY 30

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Single Airmen Welding Class, 1400-1700, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

## UPCOMING EVENTS

**WELDING CLASS**  
AUTOHOBBY  
DECEMBER 14TH  
2:00PM - 5:00PM  
SINGLE AIRMEN  
GUIDED WELDING  
CLASS.  
COST \$17.50

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**Frostival**  
DECEMBER 3RD  
3:00PM - 5:30PM  
JOIN US FOR FREE  
SANTA PHOTOS,  
CRAFTS, ACTIVITIES,  
& DABBY'S GIFT SHOP  
FOR KIDS!  
TREE LIGHTING AT 5:30PM

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**FROZEN KRIG**  
STRONGMAN COMPETITION  
DEC 10TH • 0800  
MCARDOO FITNESS CENTER

EVENTS	WEIGHT CLASSES
• LOG PRESS	• MALES
• KALE BAR DEADLIFT	• 220LBS & UNDER
• CARRYING MEDLEY	• 220LBS & OVER
• GRIP STRENGTH	• FEMALES
• SLED PUSH/PULL	• 140LBS & UNDER
• SURPRISE EVENT	• 140LBS & OVER

SIGN UP TODAY!

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**Give Thanks**  
THANKSGIVING MEAL  
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  
Bread Dressing • Candied Sweet Potatoes • Mashed Potatoes • Corn Pudding  
Green Bean Casserole • Steamed Vegetable Medley • Fresh Dinner Rolls  
Corn Bread • Cranberry Sauce • Deviled Eggs • Vegetable Soup

Enjoy a delicious slice of pie or cake to top it all off!

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**QUALITY HEALTHCARE FOR ALL**

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

Center for Family Medicine  
UND SCHOOL OF MEDICINE & HEALTH SCIENCES  
UNIVERSITY OF NORTH DAKOTA

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfmminot.UND.edu



MONDAY - THURSDAY:  
11AM - 1AM  
FRIDAY - SATURDAY:  
11AM - 2AM  
SUNDAY: CLOSED

6 2ND STREET NE, MINOT  
701-852-7768  
(SPOT)