

WHATS INSIDE
THIS WEEK:




69TH BOMB
SQUADRON
CHANGE OF
COMMAND

A7



MORE THAN A
MURAL

A11



BASE CHRISTMAS
TREE LIGHTING

B1



91 MW MSGT CHOSEN FOR UNIQUE COMMISSIONING PROGRAM

Master Sergeant Stephaun McKinley, 91st Missile Wing Security Forces, poses in front of an American flag at Minot Air Force Base, North Dakota, Nov. 28, 2022. McKinley is one of sixteen award recipients in Air Force Global Strike Command to earn an officer position through the Air Force Senior Leader Enlisted Commissioning Program. SLECP allows designated Air Force and Space Force senior leaders to directly select exceptionally performing, highly talented enlisted Airmen and Guardians for commissioning through OTS.

See page A5 to read what inspired McKinley to become a commissioned officer.

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

LET US CATER
YOUR HOLIDAY
PARTIES



GREAT FOOD
ON YOUR TABLE IN NO TIME!

 **noodles**
& COMPANY

More information at www.noodles.com



HOME OF THE GLOBAL STRIKER

Only The BEST Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS
701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on  [Minot Air Force Base](#)

New Healing Options at Minot Health Clinic: Hyperbaric Chamber

ERIN BEENE, NORTHERN SENTRY

This futuristic-looking chamber is actually a new way to treat many ailments and is on the cutting edge of health technology, now available to Minot citizens. Trisha Fennern, FNP-C from the Minot Health Clinic, introduced the two new Hyperbaric Chambers this past summer. The first of its kind in this portion of the state, Fennern was excited to present the concepts to the city of Minot and start helping people feel better.

As with any new technology, especially in the medical community, new concepts need some explaining and understanding before patients start coming on board with the treatment methods. These Hyperbaric Chambers—the Minot Health Clinic has one smaller and one large chamber—create a pressurized environment where more oxygen is forced into

the blood and plasma in order to encourage them to increase healing and create a healing therapy for a multitude of illnesses and conditions. As with any medical therapy, each case needs to be discussed with a provider, but Fennern said that the chamber can be used to help conditions like anxiety, PTSD, concussions, COVID lasting symptoms and even some injuries which require specific accelerated healing.

They are currently offering a 20% discount to any active duty members and veterans for the month of December. Before therapy can begin, each patient will first undergo a consultation in which goals and expectations will be discussed, as well as options and suggestions for the amount and time of therapy. Although the number of therapy sessions can

vary, a patient can expect to receive anywhere from 10 to 40+ sessions in the chamber for top goals. The chamber sessions usually last about an hour and Fennern said that the best results come from doing several sessions per week.

Fennern said the Hyperbaric Chamber sessions are painless and can be very relaxing but are actually revitalizing the body. She mentioned that there are no known side effects to the therapy beside occasional ear discomfort from pressure. Fennern mentioned that this type of therapy works directly with Red Light Therapy, and together they can work even more effectively. If anyone is interested in this new type of therapy and how it may be able to help, please give Minot Health Clinic a call to schedule a consultation or discuss pricing options: (701) 837-1551.



RN Trisha Fennern with the new Hyperbaric Chamber Therapy Unit at Minot Health Clinic

Competitive Rates for Renters / Home & Auto

Proud to Support Military Families

701 3rd St NE • Minot, ND 58703

office 701.852.4061

email Bob.Marquardt@fumic.com

Steve.Heilman@fumic.com



** Not all products are underwritten by Farmers Union Insurance **



15% Military Discount
Dine In or Take Out Only*



304 4th Ave NW Minot
Open Daily 11:00 AM to 8:45 PM

www.noodles.com

Santa's Sleigh \$30K Giveaway

DEC 16 Qualify Nov 1-Dec 15
DEC 17 Qualify Nov 1-Dec 16

CASH IS KING

WIN YOUR SHARE OF \$15,000!
Dec 10
Qualify Nov 1-Dec 9

WIN NFL GAMEDAY GETAWAY

Get your chance to win tickets, hotel and airfare for MN Vikings & Las Vegas Raiders home games this fall.

Receive one entry ticket for every 25 wagered at the Sports Book to win Raiders tickets. Receive one entry for every 25 points earned at the slots to win Vikings Tickets.

NEW YEAR'S EVE 2023 celebration

Win your share of over \$1,000!
Cash prizes awarded starting at 6 PM with a midnight grand prize of \$2,023!

WE'RE HIRING FOR ALL POSITIONS

\$2,000 sign-on bonus for select positions
Limited time offer. See 4bears casino.com/employment for more information.

4 BEARS CASINO & LODGE

4 MILES WEST OF NEW TOWN

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

NEW HOURS | CASINO MON-THURS 10 AM-2 AM; FRI 10 AM-4 AM; SAT 8 AM-4 AM; SUN 8 AM-2 AM
BAR 12 PM-1:30 AM FRI/SAT AND 12 PM-12:30 AM WED/THURS/SUN

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

4bears casino.com
800.294.5454

FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations

10% OFF ALL MILITARY PERSONNEL WITH MILITARY I.D.

ORDER NOW! 701-838-9140
BonesBBQMinot.com 1412 2nd Ave, SW, Minot

the SPOT

CORNHOLE

POOL

DARTS

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

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

Team Minot Observes Native American Heritage Month

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Team Minot observed Native American Heritage Month in November with events such as a proclamation signing, a veterans panel and a closing ceremony. The month was a time for Airmen to learn the history and culture of Native American communities.

At the panel, civilians and veterans expressed their previous experiences with the military as Native Americans. This panel allowed attendees to learn about the struggles and triumphs of previous warfighters.

"I am proud to serve the country," said BJ Rainbow, a former Corporal in the U.S. Marine Corps. "I joined because I'm protecting nations within a nation. We have a connection to this land, [and] to the elements on a spiritual level."

During the ceremony, held on November 30, attendees had the opportunity to learn about and experience the culture of local tribes and Native American Airmen. Ceremony attendees were introduced to the personal collection

of Tech. Sgt. Pashala Lewis, a Native American Airman from the Quinault tribe located on the Pacific coast of Washington. Items in the collection included traditional bands, blankets and ceremonial wardrobes. The items belonged to his family and had ceremonial and cultural significance.

"I believe it's important to share information about my tribe because I think it's essential to educate people about the differences in cultures of Native Americans across the U.S.," said Pashala.

Kobe Morsette and Sage Casas, two dancers from the Mandan Hidatsa Arikara Nations, performed a Prairie Chicken dance, a ceremonial dance used in competition, at the closing ceremony. After the performance, the dancers answered questions about their traditions, dance and regalia. The regalia is a powerful mode of self-expression blending historical and modern dress. Each different dance is a way of expression, a language in itself. These dances are used in many

different celebrations including but not limited to harvests or seasonal changes, marriages, and competitions. Opportunities like these are thanks to the hard work of the Minot Air Force Base Native American Council that strives to create learning opportunities for Airmen on base.

"I believe that with the military being so diverse, it brings a lot more insight and innovative ways to get every mission done," said Staff Sgt. Christopher G. Henry, the Minot Air Force Base Native American Council president.

Across the Air Force, diversity of backgrounds, experiences, demographics, and perspectives are essential to our success in an increasingly competitive environment. The United States military and its diverse branches create a culturally rich and operationally relevant military that can effectively accomplish various missions.

Mr. Sage Casas, a competitive dancer from the Mandan Hidatsa Arikara Nations, performs a



Mr. Sage Casas, Mandan Hidatsa Arikara Nations, competitive dancer, performs a ceremonial dance for members of Team Minot during a closing ceremony for Native American Heritage Month at Minot Air Force Base, North Dakota, Nov. 30, 2022. The ceremony was held to celebrate Native American Heritage Month and it showcased how the military is a diverse force.

U.S. AIR FORCE PHOTO | MASTER SGT. RYAN BELL

ceremonial dance for members of Team Minot during a closing ceremony for Native American Heritage Month at Minot Air Force Base, North Dakota, Nov. 30, 2022.

The ceremony was held to celebrate Native American Heritage Month and it showcased the diversity of not only Minot Air Force Base, but its tribal neighbors.

★ *Hotel* ★

REVEL

MUSIC • ART • COFFEE • BEER • WINE

== MINOT, ND ==

1510 26th Ave SW
Former Kelly Inn, Next to the Mall
www.revelnd.com

**Pool Side Rooms
Weekend Specials**

★ **Perks Include:** ★

- Heated Salt Water Pool & Hot Tub
- Full Hot Breakfast
- PAC-MAN Arcade Machine for Free Use
- Late Check Out - Up to 3:00pm upon request
- Mention Kenny the Duck to receive Snack and Soda Swag/Welcome Gift

*Based on Availability

Call us now at (701) 852-4300 or 800-735-5868

Armen Cookie Drive

Donate cookies or volunteer to bring the holiday spirit to Team Minot's Airmen!
Starts December 14

presents

JUNGLE JENN

AFRICAN LION

CREATURE FEATURES

- Lions live in prides dominated by one male, including several females and cubs.
- Their long retractable claws help the lion grab and hold prey. Lions have massive shoulders and strong forelimbs, long, sharp claws, and short, powerful jaws to aid them while hunting.
- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

ASSOCIATION OF ZOOS & AQUARIUMS

Fact File

Life Span	10 - 14 years
Weight	300 - 600 pounds
Height to Shoulder	4 feet
Body Length	8 - 9 feet
Tail Length	26 - 39 inches
Top Speed	50 mph
Wild Diet	Omnivore (Carnivore) Herbivore Antelope, Giraffe, Zebra, Wildebeest, Impala

Photo by Amanda Cone

CROSSWORD PUZZLE

ACROSS

- Condition of being protected
- Of great weight
- Aches and _____
- Large vehicle (abbr.)
- Gaining knowledge

DOWN

- Education building
- Things to read
- Flow into a stream
- Person, place or thing

Answers:

Across: 1. Safety 3. Heavy 4. Pains 6. Limo 7. Learning

Down: 1. School 2. Books 3. Pour 4. Pain 5. Noun

HOURS:
MON-SAT
10AM-3PM

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

UPCOMING EVENT
CHRISTMAS AT
THE ZOO - DEC 11

MILITARY DISCOUNT
\$5.00 off an
Annual Family Pass

CONTACTUS

Ted Bolton
Publisher | Advertising
701-240-5039
bagroup@srt.com

Rod Wilson
Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY
Nikki Greening
nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE
PUBLIC AFFAIRS
Chief
Maj. Jhanelle Haag
Operations Officer
1st. Lt. Christopher Thibeaux-Moore
Superintendent
Technical Sgt. Rusty Frank
Community Relations
Mrs. Abigail Kinder

Staff Photojournalists
Master Sgt. Ryan Bell
Senior Airman Josh Strickland
Senior Airman Michael Richmond
Senior Airman Caleb Kimmell
Senior Airman China Shock
Senior Airman Zachary Wright
Senior Airman Evan Lichtenhan
Airman 1st Class Alex Nottingham

COMMANDERS
5th Bomb Wing Commander:
Col. Daniel S. Hoadley
5th Bomb Wing Vice Commander:
Col. Michael D. Maginness
91st Missile Wing Commander:
Col. Kenneth C. McGhee
91st Missile Wing Vice Commander:
Col. Johnny L. Galbert

NEWS SUBMISSIONS
Northern Sentry Office
nsads@srt.com | 701.839.0946

MAFB Public Affairs Office
v35bw.pa@us.af.mil
701.723.6212

MAIL
315 South Main Street, Suite 202
Minot, ND 58701

VIEW ONLINE
www.northernsentry.com
www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

The Goal- Let Them Experience Minot



northern
sentry

A VIEW FROM
OUR SIDE

ROD WILSON, NORTHERN SENTRY

I am more convinced that our goal as a community is to give those “first time” folks assigned to Minot Air Force Base the true experience of Minot’s community.

Whether they are that new Airmen in the dorms or that family of four who moves into base housing, there is a definite lifestyle that Minot has that is different from any other military base, anywhere.

“Sure, you can say that Mr. Wilson. But where else do we have to plug our cars in at night and learn to navigate wind chill charts experiencing double digit below zero temperatures?” OK, there isn’t anything I can do about the weather. It is going to get cold, and the weather guy is more than happy to tell us how COLD it will be when you go to work tomorrow. But in a recent conversation with a couple of veterans of a North Dakota winter, they said their neighbors told them, “You’ll get used to the cold.” And the process of running from your heated home to your running car to the warm restaurant is not a lot different than living in Texas or Arizona where you replace heated and warm with cool and cold. “In Arizona, we let our car run with the air conditioning on, our house is air conditioned, every store is air conditioned, it’s the same,” said one of the ladies in the conversation.

So, weather behind us, let’s talk about Minot. Recently Downtown Minot welcomed a brand new recreational ice skating rink. Bring your skates, hit the ice, and

skate all night for free. Really, for free! The next time it snows, grab a large cardboard box or a plastic sled and hit the slopes for an afternoon of the most fun you can have, once again for free. There are several slopes around Minot where families gather—once the sidewalks and driveways are shoveled—to enjoy sledding.

What about all of those other things we do on ice up here? Minot Air Force Base has its own curling league, the only base in the world to be able to lay claim to crowning a Curling League Champion! There are also hockey and figure skating opportunities for both adults and youth.

Turn the page and you’ll find the other activities that make Minot special. Our world class Minot Symphony Orchestra and Western Plains Opera perform incredible productions. I was able to share a couple of my tickets to the MSO last fall, and the recipients were absolutely amazed. So amazed that they are now MSO season tickets holders.

Not into the arts? How about a stroll through Downtown Minot

where you can golf 12 months out of the year? Then there’s axe throwing, indoor miniature golf, cooking classes...it’s hard to name them all without forgetting something.

And soon the Minot Discovery Center will open, and it will be unique to Minot because it has activities for all ages.

I could certainly go on for another two or three pages, but the focus of this article is on the two communities, Minot and Minot Air Force Base. The people of Minot should always have their radar on for Minot AFB friends looking to get involved in our community. Believe it or not, we have a very special community to share.

And for our friends at Minot AFB, I can tell you with certainty that there is room for you to get involved.

You may have never placed your right hand on a curling rock (with your left hand on a broom) and slid that rock toward a target that seems like it’s miles away, but the opportunity for you to do so is available. And the invitation to join is always open.

Pembina, unique in North Dakota...



UPSIDE DOWN
UNDER

MARVIN BAKER

Everyone who is aware of North Dakota’s history knows that Pembina is a unique community for several reasons. Most notably, it was the first place in our state that was settled and that was in 1797.

It wasn’t part of the Louisiana Purchase in 1803, but was, at that time, a part of Canada called Prince Rupert’s Land. A fur trading company called the North West Company set up a fort on the north side of the confluence of the Red and Pembina Rivers and that today is the community of Pembina.

If you read into Canadian history, you’ll find the British government believed the best and most plentiful furs were in the Pembina vicinity so the Hudson’s Bay Company also built a fort, in 1803, this time on the south bank of the Pembina River.

But there is something else unique about Pembina that I

doubt many people younger than 50 years old would be aware of and that is television.

From 1960 to 1975, Pembina, North Dakota had the dubious distinction of being the smallest community in the United States to have a television station. It was KCND-TV channel 12. People in Glendive, Mont., might argue that point, so there is a caveat to this distinction.

KXGN, channel 5 in Glendive believes it was the smallest television market in the United States during those years. It went on the air in 1957 and it was indeed the smallest market. In fact, that was confirmed during U.S. Senate hearings held in Helena in 1959.

But here is where this gets a little dicey. During the 15 years that KCND was on the air, the population of Pembina was about 700. The population of Glendive during those same years was about 7,000. So clearly, Pembina was the smallest community in the United States to have an independent television station.

It was the smallest community vs. the smallest television market. That was because KCND wasn’t built to serve Pembina. Its target was the city of Winnipeg, 60 miles north with a population of about 700,000 at the time.

The studio, master controls and transmitting tower for KCND

were just west of Pembina, but it had a sales staff that worked out of Winnipeg and competed against two other stations. KCND was affiliated with NBC and ABC and produced some of its own local programming.

Despite Winnipeg being the target, KCND served northeast North Dakota, northwest Minnesota and a good swath of southern Manitoba. Old articles in the Winnipeg Free Press indicate that because of KCND, southern Manitoba had access to “Hollywood” for seven years before a second North Dakota station in that area, WDAZ in Devils Lake-Grand Forks, went on the air.

The north end of Winnipeg was in the deep fringe of KCND, so the ownership of the Pembina TV channel offered free rooftop antennas to people in Winnipeg to get channel 12, until cable TV became a reality there in 1968.

Changes in Canadian law regarding advertising in the early ‘70s made it more difficult for KCND to compete in the Winnipeg market and it didn’t have enough U.S. advertising to support itself. So in 1975 Izzy Asper of Winnipeg offered to purchase the station.

His goal was to move it to Winnipeg and put it back on the air with a Canadian license rather than an FCC license. The station

was sold and Asper moved the operation to Winnipeg. The tower that transmitted the KCND signal was later moved to the community of Minnedosa, Manitoba.

On Labor Day weekend in 1975, CKND went on the air with low power on channel 9. This was unique in that both channels were on the air for approximately three days. They both broadcast the Jerry Lewis

Labor Day Telethon. Following that event channel 12 went dark.

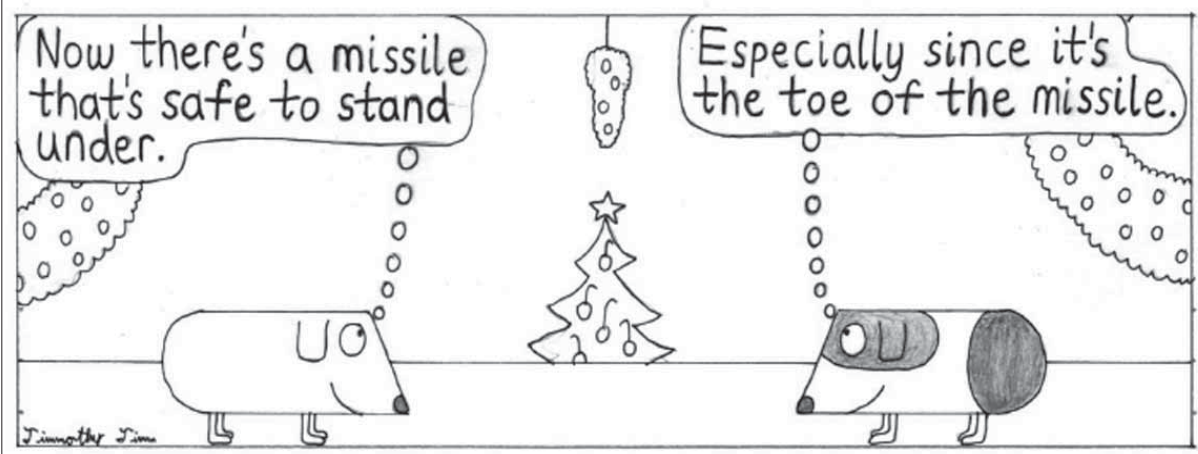
Since that time, CKND has grown to serve all of southern Manitoba and is the flagship station of Global, Canada’s third nationwide network.

In 1986, television returned to Pembina and channel 12. KNRR-TV is a satellite station of Fox affiliate KVRN, channel 15 in Fargo. And you guessed it, the target was Winnipeg. And when U.S. TV switched

to digital in 2009, it became harder for Canadians to receive the channel 12 signal. However, the city of

Winnipeg is still considered a fringe reception area of KNRR.

Meanwhile, in 1981 KCND resurfaced as Prairie Public Radio’s Bismarck affiliate on 90.5 FM. It became part of today’s statewide network of public radio stations.



TIMOTHY TIMM

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

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.

Team Minot Airman selected for Senior Leader Enlisted Commissioning Program 2022

SENIOR AIRMAN CALEB S. KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

--

On Sept. 26, 2022 a senior enlisted Airman from the 791st Missile Security Forces Squadron at Minot Air Force Base, was chosen to join the ranks of the Air Force’s commissioned officers.

Master Sgt. Stephaun McKinley, 791 MSFS operations and training superintendent was one of 16 Airmen selected for the Senior Leader Enlisted Commissioning Program.

“I could barely keep the emotions at bay, sitting there with all my leaders in the room,” said McKinley. “It was a crazy experience. It’s been a blur. Leaders from around the base are already taking me under their wing and really trying to mentally prepare me for what’s to come.”

SLECP allows designated Air Force and Space Force senior leaders to directly select exceptionally performing, highly talented enlisted Airmen and Guardians for commissioning through officer training school.

The SLECP holds no board or application for selection, however during each cycle of selection the competition is extremely stiff with only one Airman being selected from each U.S. Air Force Major Command. McKinley, among the thousands of enlisted Airmen over the multiple Air Force Global Strike Command bases, was the only person selected for SLECP in the MAJCOM.

“They say pressure creates diamonds,” said McKinley. “Adversity grows you so much, it’s kind of surreal, but I know that I’m ready. I’m going to be a sponge. I’m really going to learn

from the officers around me.”

McKinley said he is thankful for the supervisors and mentors he has had throughout his career. He says that shaped him into becoming a senior NCO, and helped him to commission.

“McKinley will be bringing a lot of talent over to the officer corps,” said Maj. Zachary Hunt, 791st MSFS commander. “He’s more than qualified, and I’m very excited to see the perspective he will be bringing.”

McKinley said his inspiration to commission sprung from memories of his first base. He said he struggled as a young Airman, but everything changed when new leadership came into his squadron.

He remembers how amazing it felt to have leaders that guided and mentored him.

“That’s where the spark was when I joined the Air Force,” said McKinley. “I knew I would want to be commissioned in any form or fashion. That’s when I saw the impact an officer could have on a workforce. I knew I had to commission.”

McKinley will leave for OTS in 2023. He hopes his career will lead him to become a pilot for the C-17 Globemaster III, and that he can have a lasting impact on the Airmen he serves with, just as his leaders impacted him as a young Airman.



Master Sgt. Stephaun McKinley, 791st Missile Security Forces Squadron operations and training superintendent, stands at a podium in the security forces guard-mount room at Minot Air Force Base, North Dakota, Nov. 3, 2022. McKinley was selected to commission under the Senior Enlisted Commissioning Program.



Master Sgt. Stephaun McKinley, 791st Missile Security Forces Squadron operations and training superintendent, discusses how an early experience in his career inspired him to become a commissioned officer at Minot Air Force Base, North Dakota, Nov. 3, 2022. McKinley was selected to commission under the Senior Enlisted Commissioning Program.

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

Vintage City

Buying and Selling everything antique, vintage and retro!

701.720.0215 or 701.720.4494

2001 8th Ave. SE Minot

Minot’s Hotspot for all things Antique, Vintage, & Repurposed!

2100 SQ. FT.

Open Thursday, Friday & Saturday

DEC 8-9-10

10AM-5PM

FIND US ON FACEBOOK

Join us for

Christmas

at The Pursuit

515 20TH AVE SE
MINOT, ND

DECEMBER 23
5pm & 7pm

DECEMBER 24
3pm, 5pm & 7pm



THE PURSUIT CHURCH

There will be no services December 25 & January 1.



YOU'VE BEEN INVITED TO

HOTEL REVEL

LOCALLY INSPIRED HORS D'OEUVRES & BAR

POOLSIDE TOURS AVAILABLE

CHANCE TO WIN JACUZZI SUITE WITH BOTTLE OF BUBBLY

FRIDAY, DECEMBER 9TH AT 5PM

REVEL HOTEL, 1510 26 AVE SW (NEXT TO DAKOTA MALL), MINOT, ND 58701

Meet your go-to, knows-you-best provider.

A Trinity Health primary care provider will take the time to listen to YOU. They know what’s normal for you and can spot changes over time, even referring you to specialists if needed. They make sure you’re getting the quality care and wellness screenings you need.

Choose yours today at trinityhealth.org/DR4U. Or call 701-857-DR4U.



MILITARY AFFAIRS COMMITTEE LUNCH
Members of Team Minot have lunch with the local civic leaders and students from the Change of Pace acapella group at the Military Affairs Committee luncheon, Grand Hotel, Minot, North Dakota, Dec. 1, 2022. The MAC lunch allows military leadership teams and community stakeholders an opportunity to strengthen their partnerships and this month, enjoy a warm holiday celebration.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

STORYTIME

and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!

10% Off Everything. Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srt.com

Vibeto Orthodontics

BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS

(701) 839-6010
2615 Elk Drive Suite 2
Minot, ND 58701

NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Dec. 5: 1,832.04 feet above mean sea level (MSL); 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.21 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.19 MSL.

•N.D. Game & Fish Dept. game wardens: OK walleye success around Tobacco Garden on Lake Sakakawea using jigs and minnows. Hit-and-miss walleye and perch success on east-central area lakes with a little better success on Goose and Dry lakes. No reports from Devils Lake with most anglers still focusing on its northern feeder lakes. No north-central area lake reports.

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

•Devils Lake, Woodland Resort, Devils Lake: No new reports but the main lake iced over. Use extreme caution yet.

•Lake Darling, Karma C-Store, Ruthville: Anglers walking onto Lake Darling, Grano, and Lake Audubon and finding fair to good walleye success.

•Lake Metigoshe, Four Seasons, Bottineau: Increasing number of anglers walking onto Lake Metigoshe but limited reports on success yet.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity on Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Anglers moving around Lake Audubon with typical late morning or early walleye bite. Try glowing-type presentation.

•Lake Sakakawea, New Town: Fair to good walleye success with anglers walking onto the ice north of New Town. Try jigs and minnows.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Limited activity on the Missouri River tailrace.

•Lake Sakakawea/northwest



- Ice is never completely safe. Avoid pressure ridges and 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.
- Dec. 9 & 10: Dickens Festival Ornament Geocache, Fort Stevenson State Park, Garrison. Contact the park for details, (701) 337-5576.
- Dec. 10: High Plains Unit duck, coot, and merganser seasons open.
- Dec. 11: Muzzleloader deer season closes.
- Dec. 15: Des Lacs and J. Clark Salyer Nat’l. Wildlife Refuge (NWR) Christmas Bird Counts.
- Dec. 16: Upper Souris NWR Christmas Bird Count.
- Dec. 17: Audubon National Wildlife Refuge and their Christmas Bird Count. Meet at headquarters at 7:45 a.m.
- Dec. 17: Canada Goose Eastern Zone season closes.
- Dec. 22: Western Canada Goose Zone season closes.

N.D. lakes, Scenic Sports, Williston: Avoid any pressure ridges on area lakes, including Lake Sakakawea. Continued fair to good walleye activity from Lewis & Clark State Park to Hofflund Island. Try 12 to 17 feet with jigs and minnows. Some pike spearing activity on Springbrook Dam with OK water quality, however Blacktail Dam is somewhat cloudy. Northgate Dam fair for crappie.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing some walleye and perch. Use extreme caution with

variable ice conditions and walk-on access only. No reports from other area lakes.

Hunting:

•Waterfowl: Good numbers of Canada geese on the Missouri River on sandbars around the Washburn area and open bays along the east end of Lake Sakakawea.

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.

THIS SPECIAL FEATURE IS SPONSORED BY:

THE DAKOTA’S AR AUTHORITY

Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online www.NodakArms.com
Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook

69th Bomb Squadron Change of Command

SENIOR AIRMAN CALEB S. KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Lt. Col. Brandon Wheeler assumed command of the 69th Bomb Squadron from Lt. Col. Bryson Ayers during a change of command ceremony at Minot Air Force Base, North Dakota, on December 2, 2022.

Those in attendance included families of both commanders, support staff, and the Knighthawks of the 69th BS.

“Today has been 16 years in the making, and I’m incredibly grateful for this opportunity,” said Wheeler. “I cannot

understate my excitement to be rejoining the squadron as the first Knighthawk to return as a commander.”

The 69th BS lineage predates World War II, originally called the 69th Bombardment Squadron in 1941. After going through multiple iterations, being stood down in 1946 and 1993, Wheeler joined the squadron in 2009 when it was reinstated as the 69th Bomb Squadron.

Ayers’s leadership will ensure the 69th BS will be mission ready for years to come. With

two years at Team Minot, Ayers’s experience will be utilized to its fullest potential as the 5th Operations Group deputy commander.

Ayers said he was truly blessed to have led such a fine squadron.

“I am extremely grateful to have worked with such phenomenal Airmen,” said Ayers. “I am certain with Lt. Col. Wheeler taking the reins, the mission focus and morale of the Fightin’ Knighthawks will continue to be elite.”



Lt. Col. Brandon Wheeler assumes command of the 69th Bomb Squadron from Lt. Col. Bryson Ayers at Minot Air Force Base, N.D., Dec. 2, 2022. The lineage of the 69th BS pre-dates World War II, originally titled the 69th Bombardment Squadron, which activated in September of 1941.



Col. Christopher Cain, 5th Operations Group commander, congratulates the incoming commander at the change of command ceremony at Minot Air Force Base, N.D., Dec. 2, 2022.



Lt. Col. Bryson Ayers delivers a speech to the 69th Bomb Squadron at Minot Air Force Base, N.D., Dec. 2, 2022. The 69th BS operates the B-52H Stratofortress, the world’s premiere heavyweight bomber.

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



The Airmen of the 69th Bomb Squadron render a salute at Minot Air Force Base, N.D., Dec. 2, 2022. Those in attendance included families of both commanders, support staff and the Knighthawks of the 69th BS.

**Simonson**
STATION STORES



1310 South Broadway, Minot N.D.

December
MILITARY DISCOUNTS

10 CENTS OFF
PER GAL.*

\$4.00 OFF
PREMIUM CAR WASH*

*Minot Location Only



UNRIVALED

They’ve been waiting all year for this — an unmatched display of competitiveness and brotherhood known as America’s Game. Today, cadets and midshipmen are primed to unleash their passion to sing second in the most storied football rivalry of all time.

USAA salutes them in their battle for victory at the 2022 Army-Navy Game.



Tune in for the 123rd Army-Navy Game
Saturday, 10DEC, 1500 ET on CBS

PROUD PRESENTER OF THE ARMY-NAVY GAME

USAA means United Services Automobile Association and its affiliates. No Department of Defense or government agency endorsement. The trademarks, logos and names of other companies, products and services are the property of their respective owners. USAA is not endorsed with or affiliated with the academy. This Academy receives financial support for this sponsorship. © 2022 USAA. 289988-1222

Exchange Shoppers Can Support the Air Force Assistance Fund during the Holidays

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AIR FORCE BASE – While Army & Air Force Exchange Service shoppers are gift-hunting and preparing for the holidays, they can also lend a helping hand to Airmen, Guardians and military families facing difficulties by donating the Air Force Assistance Fund (AFAF) at checkout at the Minot AFB Exchange and online. Shoppers at the Minot BX and Express can donate to AFAF in increments of \$1, \$5, \$10 or more when checking out. Online donations can be made in \$5 increments at ShopMyExchange.com. Since the Exchange partnered with the AFAF in 2017, military shoppers have donated more than \$2.3 million to help Airmen,

Guardians, retirees and their families in need. Year-round giving at the Exchange was introduced in 2020. “The holidays can be a particularly difficult time of year,” said Exchange Director/CEO Tom Shull. “Every dollar Exchange shoppers donate helps support service members and families who may be struggling.” AFAF provides financial assistance, sponsor educational scholarship grants for military family members and offer community programs to make life better for service members and their families. To learn more about the Exchange’s support for the funds, visit <https://publicaffairs-sme.com/Community/give>.



Tour our HOUSING OPTIONS



701.852.5028
CREATIVEMINOT.COM



Kim Albert Agency
701-852-1460
2825 S. Broadway, Suite 2
abby.martinson@allstate.com



You're in good hands.

© 2019 Allstate Insurance Co.

10585723

GOT A DIRTY CAR?



MAGIC CITY CARWASH

619 NORTH BROADWAY
HOURS: 8 AM TO 9 PM DAILY

10% MILITARY DISCOUNT



FOLLOW US ON FACEBOOK FOR THE LATEST UPDATES!

northernsentry

Let's Plan Your Party!



Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

- 2 Hour Party for up to 10 People
- Shoe Rental
- Pop and Ice Cream

\$165+tax

\$12 for each additional person

MEGA PARTY

- 2 Hour Party for up to 10 People
- Shoe Rental
- 2 - 16" Pizzas, Pop and Ice Cream

\$195+tax

\$15 for each additional person

ALL PARTIES INCLUDE:

Plates, Cups, Napkins, Utensils, Invitations & Balloons. Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt. You bring the cake and the kids!

NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

Party Room



FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!

Call for details!

109 South Main St. Minot **701.837.8555**

BOOK YOUR PARTY!



BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:

- 10 AM-12:30 PM
- 1 PM-4 PM
- 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

HighAir Ground

• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT

\$45.00

Includes:

- 4 Jumpers
- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!



www.highairground.com

I Just Tell People I’m Nosey

Bob Herrington Talks About His Past Role As Senior Enlisted Advisor

ROD WILSON, NORTHERN SENTRY

They refer to them as Command Chiefs today, but some 35 years ago at Minot Air Force Base, Bob Herrington was the Senior Enlisted Advisor for the 5th Bomb Wing. “It was the same then as it is today. There were about 1,800 enlisted folks, and I was the liaison between them, the wing and the wing commander.”

Bob first arrived in Minot in 1967 after being stationed in the Philippines in 1966 and 67. At that time, he was mainly working in aircraft maintenance.

After arriving at Minot, Bob would move around to various positions, leaving Minot AFB in 1970. He returned in 1984 and eventually ended up as the Senior Enlisted Advisor in 1988. “It’s a significant position. You represent all of the enlisted folks starting with the first-year Airmen who are here a little lost, cold, and they want to be somewhere else. At the top are the Chief Master Sergeants who are ready to retire and want advice on how and where to go,” according to Bob.

During his tenure in Minot, Bob would meet and marry Pamela Bondly; they have two children, Bob and Sandi, and four grandchildren.

After just one year as the SEA for the 5 BW, Bob transferred to Vandenberg Air Force Base in California, and it was his first experience with missiles, more specifically the Intercontinental Ballistic Missiles common to Minot AFB.

“While I was at Vandenberg, they activated the 20th Air Force which would include six bases. I was Command Chief for the 20th Air Force and responsible for over

6,000 enlisted personnel. My job would be to travel to every one of the six bases each year. I would tour the bases and gain information about each one,” he said.

Bob’s return to Minot AFB in 1984 and subsequent advancement to SEA in 1988 are special memories. “Before I became 5 BW SEA, I was 57th Air Division Maintenance Superintendent in Minot. At the 57th we were over the aircraft wings in Grand Forks, Malmstrom and Minot. I had different positions throughout the Bomb Wing from Branch Superintendent to Maintenance Control Superintendent. I guess I couldn’t keep a job,” he said with a chuckle.

The next stop was Ellsworth Air Force Base in South Dakota, where he would be the Superintendent for the 99th Training Wing and involved in testing and training on the B-1 bombers.

In 1994, Bob retired and he and Pam made Minot their home.

For Bob, retirement was just the end of his active duty career, and certainly not his involvement in the activities at Minot AFB.

As a member of the Military Affairs Committee, Bob serves as the Honorary Commander to Chief Master Sgt. Kacky Crider, current Command Chief of the 91st Missile Wing. He also serves as the Retirees Activity Director for the Minot AFB and volunteers in the 5th Medical Group in the pharmacy. Thursday is normally Bob’s day on base, and he can often be seen visiting the various wings. “Because I really like to know what is going on.”

For Bob, he said his career in the Air Force was excellent. But he is quick to point out that being an



RETIRED CHIEF MASTER SGT. BOB HARRINGTON

U.S. AIR FORCE PHOTO

Army brat, traveling to many bases when he was young, and later in his 30-year Air Force career, “there just isn’t anywhere else that has the special relationship between the two communities—Minot and Minot Air Force Base—that we have here. I help with the relationship between the First Sergeants on base and the Minot community. I play volleyball with the First Sergeants teams when they take on the Airmen Leadership classes.”

The smile and the now grey hair of Bob Herrington are a familiar icon on Minot Air Force Base. He may see himself as being “nosey,” but the rest of us know he is a wealth of knowledge who deeply cares about each and every one of the personnel who serve their country at Minot AFB.

HAVE FUN AS A VOLUNTEER AT

Calling all adult volunteers willing to spend some afternoon hours at the zoo. Help kids with interactive animal encounters with our goats: feeding, brushing & reading!

CALL US TODAY!

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
WWW.RPZOO.COM • 701-857-4166

IT’S TIME TO HIT THE ICE AND JOIN OUR

EXTRAMURAL CURLING LEAGUE

DON’T KNOW HOW TO CURL? DON’T WORRY! THIS LEAGUE IS OPEN TO ALL SKILL LEVELS.

TUESDAYS JANUARY 3 - MARCH 21
MINOT CURLING CLUB • NORTH DAKOTA STATE FAIRGROUNDS
2 GAMES PLAYED AT 6PM AND 7PM

COACHES MEETING

December 21 at 5:30PM
McAdoo Fitness Center

LEAGUE STARTS

January 3 at 5:30PM with a learn to curl/practice event

COST

\$10 a person a night

TEAMS

Min. team size is 4 persons
Recommended to have 5-6 to account for scheduling issues

REGISTRATION

Register at the McAdoo Fitness Center or e-mail 5.FSS.Fitness@us.af.mil to register for a team or submit your Letter of Intent by Wednesday, December 21.

FOR MORE INFORMATION

Contact Wesley Mason with Minot Curling Club @ 218-766-1988 or TSgt Clay Fisher @ 701-415-6063

Local Cravings Restaurant Guide

Applebee’s Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone’s BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

28 Tastes & Taps

1603 35th Ave SW Minot
Phone: 701.838.2828
FB: 28 Tastes & Taps

Culver’s Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

Pink’s Bar & Grill

102 128th Ave NW Minot
Phone: 701.852.2385
FB: PinksBarGrill

Prairie Sky Breads

3 1st St. SE, Minot
Phone: 701.858.0612
www.prairieskybreads.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Mi Mexico

3816 South Broadway Minot
Phone: 701.858.0777
www.mimexicominotnd.com

Primo Restaurant

1505 N Broadway, Minot
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot
Phone: 701.837.1884
www.sourisriverbrewing.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
www.starvingrooster.com

Whiskey Nine

109 Central Ave, Minot
Phone: 701.837.1090
www.whiskeynined.com



5TH SECURITY FORCES SQUADRON AWARD AND PROMOTION CEREMONY

More photos can be found on Minot AFB PA Flickr page.
U.S. AIR FORCE PHOTOS
MINOT AFB PA



50% Off All Frames*
Second Pair 40% Off

End of the Year Inflation Buster Blowout

Vision Galleria staff are available to help you select quality eyewear that best fits your lifestyle.

December 1-31, 2022

Plaza 16, 2815 16th St SW
Minot, ND



- Latest Styles
- Men
 - Women
 - Children

*No other discounts apply.
Maui Jim, Value Vision,
Safety Glasses excluded.
Some restrictions apply.



VOLUNTEER OPPORTUNITIES

Month of the Military Child Volunteers

The Month of the Military Child (MOMC) occurs in April and underscores military connected students' selflessness and sacrifice as they serve our country as part of a military family. The MAFB School Liaison Office is forming a committee for MOMC. The committee will plan, organize, coordinate, and execute meaningful local/statewide efforts in support of military connected children in April 2023. If interested in volunteering to serve on this committee, please email mafb.school.liaison@us.af.mil and expect an email in January with info on the 1st meeting.
POC: Joy-Nicole Smith, GS-11, MAT, DAF, School Liaison Program Manager
Comm- 701-723-1447 • DSN- 453-1447

Minot AFB Library Volunteers
(December 10)

The Base Library is looking for volunteers to help with a kid's arts & crafts program at the Base Library, Saturday, Dec 10th at 1300 hrs.
POC: Julie Reiten, Supervisory Librarian
Julie.Reiten@us.af.mil or 701-723-4554

CCAF Graduation Volunteers
(December 19)

Volunteers are needed for the upcoming CCAF graduation on 19 Dec 2022 at 1300, Jimmy Doolittle Center. Volunteers Needed: • Proctor- 1 person • Narrator- 1 person • Singer National Anthem-1 person • MC- 2 people (one from each wing) • Usher/Escort- 1 person • Proffer- 2 people • Set up and Tear Down- 10 people
POC: SSgt Andrea Boutwell (723-5262) or SSgt Nina Vergara (723-5565).

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(8)

Minot ND Men's Winter Refuge Volunteers
(until April 30)

The Men's Winter Refuge, is a non-profit homeless shelter that is looking for volunteers to assist with a wide-range of support. Our shelter provides assistance as well as a safe place for men in need during the coldest months. We now have a facility that features 12 beds in 4 bedrooms with 2 full bathrooms and large kitchen/dining and living room area. We provide support and assistance like transportation, clothing, and of course, lodging. We would like to humbly ask the Minot Air Force Base community to share with us their time by volunteering. We're in urgent and dire need of overnight attendants (7pm-5am). Bring a friend or colleague to volunteer, make connections, inspire and encourage people in the facility.
POC: Mike Zimmer, Executive Director
winterrefuge@srt.com • (701) 822-2585

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.
Comm (M&FRC): 701-723-3950

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

Minot Minotauros Game Volunteers

HERE'S A SWEET DEAL... Volunteers will receive a FREE dinner, FREE entry tickets for you and your families and FREE flex tickets for future home games too for volunteering a bit of your time!
• Where: Maysa Arena Pepsi Rink
• When: at 6:00 pm Home Game Nights. Doors open at 6:35 pm. (<https://www.minotauroshockey.com/printable-schedule>)
• Puck Drop is 7:05. We're asking volunteers to be here by 5:30 PM.
• 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.
• Wear the designated security blue coats.
• Enforce the Minotauro Community Standards. (<https://www.minotauroshockey.com/community-standards>)
• Remain on post until 15 min. after the end of the game. Doors must be manned until the rink is empty of fans. No alcoholic beverages may leave the Pepsi Rink.
POC: V. Conner, Digital Content Manager,
Minot Minotauros Hockey Club
Cell: 302.682.1575, Office: 701.852.0101

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

More than a Mural

ERIN BEENE, NORTHERN SENTRY

August 22, 2022, marked an important date in this base’s history, though it probably went by without much fanfare to many. In fact, it went by without any official recognition at all. This is the date that Master Sgt. Ryan Bell, 791st Missile Security Forces Squadron, finished a more than two-month long process of painting a massive mural in the Security Forces building outside his squadron’s main offices. This mural, completely devised, designed and painted by Bell, “Showcases all things for the 91st Security Forces Group”.

Bell got the idea to paint a mural back in June 2022, and when he presented it to his squadron leadership, they were supportive and encouraging. Thus, the mural began. Although Bell had never painted a mural before, he is a creative and artistic person with his degree in Graphic Design and was excited to begin the process. A lot went into creating the mural, but Bell wanted to first make sure that it correctly represented the 791 MSFS training center and highlighted the people there. Many

of the Airmen shown in the mural are based on actual people in the 791 MSFS, who are also known as the Dark Horses. Bell portrayed some of his most influential friends and co-workers among the many sections of the mural.

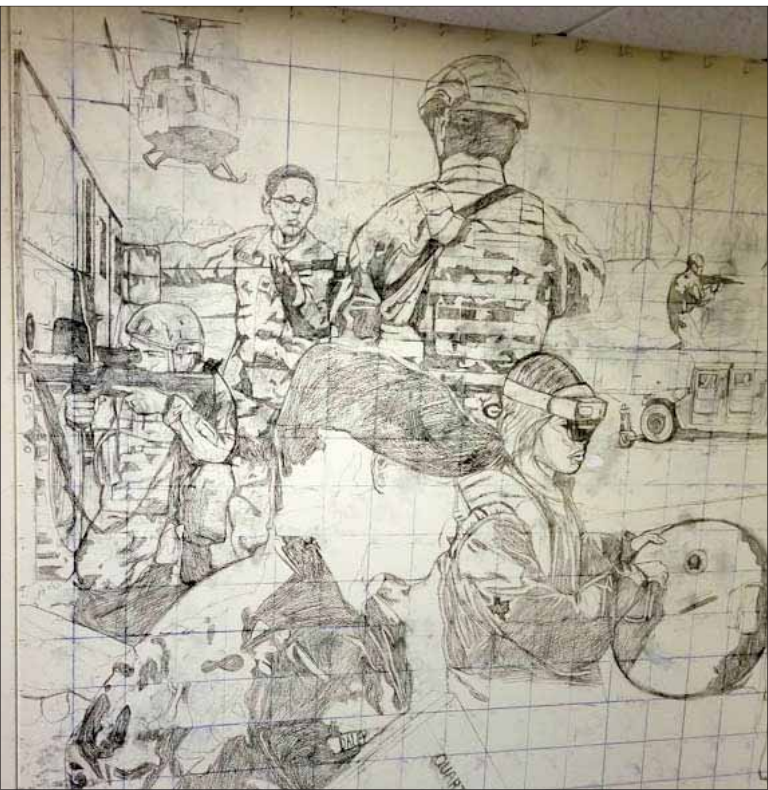
After two weeks of planning what should go where, who should be in it, not to mention measuring and creating grids, Bell officially began. The process was long, and many hours of work were put in. Bell said it was a “labor of love, and it is my way of saying thanks to the unit.” The lighting is dim in the hallway, so lights were brought in to assist him in getting it just right. The project, although single-handedly performed by Bell, was mostly funded and supported by the squadron’s booster club, the Dark Horse Association.

Bell mentioned it was really fun for people to come in everyday and see the process. He said, “People were excited when they came down the hallway every day.” He said that the most important aspect of the mural he wanted to display was his admiration for the hard-

working people of the unit.

After many months of work, the mural was finally completed. There was no official celebration or party to commemorate the completion, but Bell is proud of how it turned out and how it will create camaraderie within the unit, even with new Airmen. Bell said that although every part of the mural has special meaning to him, the portion of Teddy Roosevelt is the most inspirational because of what he represents to the area, as well as his strength throughout history.

MSgt. Bell has no immediate plans to create any more murals at the present time; he said he learned a lot during the process and is proud that he left his mark on the unit which will hopefully inspire Airmen from the 91 SFG for years to come.



Mural in the making.



MSgt Ryan Bell stands by his completed wall mural near the 791 MSFS Training Center.

NOTES ON BEING SAFE

Tis the Season for Toy Safety



ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY
AND HEALTH MANAGER



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



Welcomes you to Minot AFB

Checking & Savings
Online Banking for those on the go!
Loans for Autos, RV's, Life in General

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive
Minot • 1819 S Broadway

  **nscu.com**  

BABY ANNOUNCEMENTS



BABY BOY BORN ON
TUESDAY, NOVEMBER 29, 2022 TO:
AMY KESLAR AND BRIAN FOURNIER
SAWYER, ND



BABY BOY BORN ON
WEDNESDAY, NOVEMBER 30, 2022 TO:
NAOMI RANGEL AND KEVIN MUNIZ
MINOT AFB, ND



BABY GIRL BORN ON
SATURDAY, DECEMBER 03, 2022 TO:
KAITLYN KISER-SHEARER AND
TIMOTHY SHEARER
MINOT AFB, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

Seven online courses every Air Force leader should take

MIRIAM A. THURBER, AIR EDUCATION AND TRAINING COMMAND

JOINT BASE SAN ANTONIO—RANDOLPH, Texas--If you’re looking to grow as a leader, consider enrolling in one of AETC’s free DigitalU Diversity, Equity and Inclusion Education and Training Courses. Any Airman—active duty, reserve, guard or civilian—can enroll in one of the 22 online courses specifically designed for people-focused leaders.

We recommend looking through all the offered classes and choosing one that best fills in your personal or professional blind spots, but here are seven you can’t go wrong with:

- **DREAD-FREE DIFFICULT CONVERSATIONS.** Overcome your discomfort and assertively lead productive, empathetic conversations with win-win outcomes. Time to complete: 1 hr. 47 min.
- **THE EMOTIONALLY INTELLIGENT LEADER.** Learn how to manage the emotional climate of your team to build trust, authentic relationships and effective teams. Emotional intelligence is considered one of the strongest attributes of a leader, which is why, in industry, leaders with high emotional intelligence earn an average of \$29K more. Time to complete: 5 hr. 18 min.
- **UNCONSCIOUS BIAS: FUEL DIVERSITY AND BECOME A BETTER YOU.** A powerful way to grow your self-awareness and reveal your hidden biases. You’ll learn how your biases may negatively impact your relationships and the career growth of yourself and those you supervise and, most importantly, you’ll discover strategies to mitigate your biases. Time to complete: 2 hr.
- **NAVIGATE & RESPECT AGE, ETHNIC & RACIAL DIFFERENCES.** Understand and overcome the challenges of working in a multigenerational environment with these simple steps to leverage age diversity. Time to complete: 40 min.
- **LGBT+ 101.** The complete course to help you understand the various people in the LGBTQ+ community. You’ll learn how to have good, respectful conversations because you’ll understand what terms mean, which ones to use and which to avoid. Yes, you’ll be learning from a member of the LGBTQ+ community. Time to complete: 1 hr. 11 min.
- **BE A GREAT MENTOR: A PRACTICAL GUIDE TO MENTORSHIP.** Grow your career through mentoring, whether you’re a supervisor, leader, subject matter expert or individual. This is a NASBA CPE accredited course. Time to complete: 1 hr. 5 min.
- **HOW TO LEAD & COACH MILLENNIALS & GEN Z.** Increase your level of influence and promotability by tapping into the optimism and creativity of your team! Time to complete: 53 min.

To register for classes, create an account through DigitalU. After finishing the course, don’t forget to upload your certificate of completion to your professional development records.

“Diversity and inclusion are essential to mission readiness,” said Maggie Laws, Chief of Diversity and Inclusion at Air Education and Training Command. “We succeed when we fully embrace dignity and respect throughout the force—that starts with your personal and professional growth as an inclusive leader.”

To learn more about diversity and inclusion in AETC, check out Air Education and Training Command website at <https://www.aetc.af.mil/About-Us/AETC-Diversity-and-Inclusion/video/851081/>

SPONSORED BY



NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

ICE-FISHING OPPORTUNITIES CLOSE TO HOME

Patricia Stockdill

Ok, admittedly there are days when a person just doesn’t want to venture outside in North Dakota’s cold and wind of winter. But then there are days when it’s just no fun to stay inside.

That’s when ice-fishing some of the Minot area lakes irresistibly beckon.

Places like Lake Metigoshe. One reason N.D. Game and Fish Department North-central District Fisheries Manager Jason Lee enjoys a trip to Lake Metigoshe, tucked in the Turtle Mountain forests north of Bottineau, is its scenery. “It’s just so much different than the rest of North Dakota,” he described.

Bluegill do well in Lake Metigoshe because of its structure – a mix of islands, points, and bulrush vegetation along its shoreline, Lee continued. He recommends bluegill enthusiasts target that shoreline vegetation.

Lee explained that there’s a good possibility anglers could find a nice mix of bluegill sizes to offer action throughout the day based on their June population samplings on the lake.

Another reason to fish Lake Metigoshe is it has relatively easy winter access to get to potential bluegill areas even if there’s snow – places an angler can walk to simply by pulling a snow sled with their ice-fishing gear. In addition, public access is available at Hahn’s Bay, The Narrows, and Lake Metigoshe State Park.

The caveat to ice-fishing Lake Metigoshe in the winter – or any North Dakota lake, for that matter – is the state’s infamous winds tend to blow snow and pile it up.

And that typically means snowdrifts along shorelines and access points of one’s favorite ice-fishing destination. Roads getting to and from any particular lake may be fine but access onto a lake might be a different situation.

Lake Metigoshe’s Turtle Mountain setting offers silent beauty tucked in the trees of surrounding hills but the region tends to get more snow settling onto those hills and access points. Snow conditions can make accessing Lake Metigoshe a challenge without tracked vehicles, which is why using sleds at public areas is often a good way to get onto the lake.

Lake Audubon is North Dakota’s third most popular ice-fishing destination, behind only Devils Lake and Lake Sakakawea. Its popularity means that local benevolent landowners, anglers, or a business may take the time and expense to keep access open.

It’s just that sometimes access points can blow shut within hours or even minutes after they’re open so anglers want to be prepared in the event of getting stuck – always carry a shovel and emergency gear.

But back to fishing Lake Audubon in the winter: It’s known for its walleye bite, typically an hour before and after sunrise and sunset, Lee described. It also offers winter pike activity.

Rice and Makoti lakes are two more area winter fishing destinations for pike. June samplings on Makoti Lake found good numbers and nice sizes of pike along with small perch. However, Lee suggested anglers give the perch more time to grow up, a better opportunity in coming years more so than in 2022-2023 winter months

Hiddenwood Lake has a mix of walleye and pike, along with Buffalo Lodge Lake, which tends to be popular for northern pike spearing when good water clarity conditions exist.

Water clarity on any North Dakota lake can vary from year-to-year. While water clarity tends to remain the same or similar throughout winter on lakes, it can vary if a weather event allows for runoff conditions, Lee described.

Several other Minot area lakes offer potential opportunities and they’re easy to find. The Game and Fish Department website, (gf.nd.gov) provides directions to lakes across North Dakota, as well as details about each lake – things like depth, fish species, etc. Go to the “Where to Fish” link off the main page after clicking “Fishing”.



BEST SMOKED RIBS & BRISKET IN TOWN!

FRESH SMOKED MADE FROM SCRATCH RECIPES

1412 2ND AVE, SW. MINOT 701.839.9140

BONESBBQMINOT.COM

2 Winners Every Week!



WE’LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.



BASE CHRISTMAS TREE LIGHTING

Colonel Daniel S. Hoadley, 5th Bomb Wing commander, and Colonel Kenneth C. McGhee, 91st Missile Wing commander help light Christmas trees outside of the Northern Lights Chapel December 4, 2022, at Minot Air Force Base, N.D.

U.S. AIR FORCE PHOTO | MINOT AFB PA





MAGIC CITY
CAR WASH

619 NORTH BROADWAY
HOURS: 8 AM TO 9 PM DAILY

WELCOME TO THE CLEAN ZONE

**10%
MILITARY
DISCOUNT**

MONTHLY PASSES
AVAILABLE

FREE VACUUMS WITH
WASH PURCHASE

ADVANCED WASH
TECHNOLOGY



RESERVE YOUR NEW SUBARU AT KRAMER

GET THE
Kramer
ADVANTAGE

At Kramer Subaru, you can get the vehicle you need, without the hassle.

With our one price, clearly marked, you know you're getting a great price from the start. Our 7-day money-back guarantee gives you the freedom to bring the car back within 7 days, no questions asked; and our 30-day exchange gives you even more time to change your mind if you need it. Top all that off with our Warranty Forever and you're sure to find the perfect vehicle.

Love is what makes Subaru, Subaru — and at Kramer you'll love not only your Subaru, but our service as well.

MANDAN • ND
Kramer
WARRANTY FOREVER!



LOVE.
It's what makes
Subaru, Subaru.

700 Old Red Trail NW • Mandan, ND
888.852.6376 • KramerSubaru.com

Discover Minot Excursion- Holiday Edition

ERIN BEENE,
NORTHERN SENTRY

On Thursday, December 1 a group of 20 people from Minot Air Force Base took off on the Always a Good Time party bus to explore, sample and discover downtown Minot. The group had an oil and vinegar sampling at Gourmet Chef, an exclusive shopping experience at Mainstream Boutique and a full dinner at Whiskey Nine. They also enjoyed a holiday light tour.

The Discover Minot Excursion- Holiday Edition is organized by the Northern Sentry in order to help Minot AFB members and their families discover why Minot doesn't have to be a bad assignment. There is lots to do and plenty of friendly local people to make Minot a worthwhile place to live. The Discover Minot Excursion happens every quarter so keep an eye out for specific dates in March 2023!

WHAT DID THEY HAVE TO SAY?

“On behalf of my husband, thank you for organizing the downtown excursion. We had fun and while we are introverts and still a bit shy, we definitely had fun and definitely worth the price.”
- Jenni Fajardo-Dobbs

“It was such a treat to spend time with such amazing women and discover more of Downtown Minot's small businesses.”
- Claire Danaher

“It was fun to spend time with different spouses across the base in a really unique activity. I probably wouldn't have gone into the stores we visited if it wasn't for the tour, and now I know what I've been missing. I will definitely go back to them. Also, who knew there were so many places to see light shows in Minot!”
- Liz Anderson

“It was a fun and festive way to kick off the holiday season! Downtown Minot has some unique small businesses that make for great Christmas shopping inspiration.”
-Kira Hart

“The excursion is good for individuals, couples, and small groups wanting to explore Minot. It definitely made us appreciate the kindness of the locals as well as enjoy the warm hospitality in this cold Magic city. It's definitely something that should be done more often to continue bridging the strong relationship between the base and Minot. Well worth our money and time!”
- Northern Sentry Reader and Discover Minot Excursion Attendee



The Always a Good Time party bus was a huge hit!



Spouses enjoyed a relaxed setting to get to know one another.



Special shopping at Mainstream Boutique.



Dinner and drinks at Whiskey Nine.

GOLDEN TICKET WINNER!

Pick up a copy of the
Northern Sentry
for your chance to win!

**Sue George
wins \$65 again!**
This is the third time she has picked
up a Northern Sentry and found a
Golden Ticket inside! Twice at the Quick Stop!
It pays to read the Base Paper!

FOR ALL YOUR HOME LOAN NEEDS

BENCHMARK MORTGAGE

Ark-La-Tex Financial Services, LLC NMLS# 2143

We appreciate you & put you FIRST!

Offering a \$700 off closing cost credit in appreciation for your service

**Mention this ad
for the \$700 off**

701-839-3360
2080 36th Ave SW, Suite 205, Minot
APPLY NOW ONLINE
www.teamnd.benchmark.us

Steve Fennewald NMLS #766570
Sarah Burckhard NMLS #766557

This is not a commitment to lend. Offer valid to qualifying borrowers. Borrower receives credit for lender origination fees up to \$700.00 at loan closing. Loan must close and fund with Ark-La-Tex Financial Services, LLC NMLS# 2143 (www.nmlsconsumeraccess.org). Information, rates, and pricing subject to change without prior notice at the sole discretion of Ark-La-Tex Financial Services, LLC. Other restrictions may apply. (https://benchmark.us) Must present this coupon for it to be valid.

A LOOK BACK

THIS WEEK IN USAF HISTORY

MINOT'S 91ST SMW BECOMES FIRST COMBAT-READY MINUTEMAN III WING IN THE AIR FORCE

DECEMBER 13, 1971

On December 13, 1971, the 91st Strategic Missile Wing (predecessor to the 91st Missile Wing) became the first fully operational and combat-ready Minuteman III wing in the United States Air Force. The missiles were first placed at Minot AFB in 1970 under the 741st Strategic Missile Squadron. MAFB was at the forefront of the "Force Modernization" Program, which oversaw the switch from earlier ICBMs to the updated Minuteman III missiles. After the transition was completed, the 91st SMW was ready to provide strategic deterrence with a fleet of 150 ICBMs spread across 8,000 miles of North Dakota. Each Minuteman III weighs about 76,000 pounds and has a range of over 6,000 miles and a maximum speed of approximately 15,000 miles per hour. Each missile was projected to have a service lifespan of 10 years. However, the Minuteman III has remained in service for over 50 years, making it the oldest deployed strategic ballistic missile in the world.

Information courtesy of: History of Minot AFB c. 1980 / minot.af.mil / Minot Air Force Base Newcomer's Guide c. 1989

CELEBRATE LIFE

SERVING YOU SINCE 1926

304
S MAIN ST
MINOT, ND

**THOMAS
FAMILY
FUNERAL HOME**

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

CornerStone Chiropractic

1350 20TH AVE SW, MINOT, ND 58701

Dr. Matt Hanson Dr. Shad Froseth Dr. Crystal Long Dr. Willy Fielhaber

BUSINESS HOURS

Monday: 7:30am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

(701) 852-2800

Understanding, coping with seasonal affective disorder

MISHA KING

FORT LEE, Va. --
For many people, the change in weather and season brings great joy and happiness. But for others, it makes them sad. Seasonal affective disorder, known as SAD, affects an estimated 10 million people and possibly includes someone you know.
According to the National Institute of Mental Health's SAD resource page, many people go through short periods of time where they feel sad or not like their usual selves during a SAD episode. They may start to feel down when the days get shorter in the fall and winter, and begin to feel better in the spring when the daylight hours are longer. In some cases, these mood changes can affect how a person feels, thinks, and handles daily activities.
There are different types of SAD. For winter-pattern SAD, or winter

depression, the symptoms start in the late fall or early winter and go away during the spring and summer. This type applies to most SAD cases. Summer-pattern SAD is a less common type where some people may experience depressive episodes during the spring and summer months.
According to NIMH, SAD is not considered a separate disorder; it is a type of depression characterized by its recurrent seasonal patterns. The signs and symptoms include those associated with major depression as well as specific symptoms that differ for winter-pattern and summer-pattern SAD.
SYMPTOMS OF MAJOR DEPRESSION MAY INCLUDE:
• Feeling depressed most of the day, nearly every day
• Losing interest in activities you once enjoyed

• Experiencing changes in appetite or weight
• Having problems with sleep
• Feeling sluggish or agitated
• Having low energy
• Feeling hopeless or worthless
• Having difficulty concentrating
• Having frequent thoughts of death or suicide
WINTER-PATTERN SAD SPECIFIC SYMPTOMS MAY INCLUDE:
• Oversleeping (hypersomnia)
• Overeating, particularly with a craving for carbohydrates
• Weight gain
• Social withdrawal (feeling like "hibernating")
SUMMER-PATTERN SAD SPECIFIC SYMPTOMS MAY INCLUDE:
• Trouble sleeping (insomnia)
• Poor appetite, leading to weight loss

• Restlessness and agitation
• Anxiety
• Episodes of violent behavior
WARNING SIGNS OF SAD INCLUDE:
• Talking about feelings of hopelessness or desire to hurt self
• Increased alcohol/drug use or abuse
• Withdrawal from activity/isolation
• Extreme mood swings (good or bad)
• Impulsive behavior
• Depression/constant anxiety
• Saying goodbye to loved ones
• Giving away possessions
• Self-harm or injury
TIPS THAT CAN HELP PREVENT SAD:
• Create a comfortable work environment that reduces stress (both physical and mental).
• Remain active and prioritize

physical movement.
• Get organized through planning work and maintaining a tidy work place to avoid becoming overwhelmed.
• Maintain connections with friends and colleagues by deliberately reaching out and creating a habit of connection.
• Ask others how they are feeling or if they are contemplating suicide or hurting themselves.
• Encourage colleagues to seek professional help or use the Employee Assistance Program (EAP)
• Provide a support system to let others know they are not alone.
• Stay connected and check in regularly.
• Provide a listening ear.

Signs of SAD

Understanding Seasonal Affective Disorder and what to do about it.

SAD is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year.

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

B&D

Berni's

Hair Designers, Inc.

• Melisa Ellison •
701-240-1385

Located on North Hill
2001 3rd St NW • Minot

HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

NODAK ARMS

THE DAKOTA'S AR AUTHORITY

Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online www.NodakArms.com
Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook

Primo

RESTAURANT

1505 N Broadway, Minot, ND 58703
(701) 838-7746

Grand HOTEL

20% Military Discount

Closed Mondays
Tuesday - Saturday
7:00 am - 1:00 pm

Thursday - Saturday
5:00 pm - 9:00 pm

Sunday
7:00 am - 1:00 pm

Thank You VERY MUCH!

FOR SUPPORTING THE MINOT AIRMEN AGAINST DRUNK DRIVING PROGRAM

FOR DONATING CAR WASHES FOR THE AADD DRIVERS

MAGIC CITY CARWASH
MILITARY DISCOUNT:
10% OFF WITH MILITARY ID

ON the RUN

FOR SUPPLYING GAS CARDS FOR THE AADD DRIVERS

ON THE RUN MILITARY DISCOUNT:
.05 CENTS OFF PER GALLON
WITH MILITARY ID

FOR DONATING THE PHONE SERVICES FOR AADD

JAMAICAN VYBZ KITCHEN

Authentic Jamaican Food

Tuesday-Thursday 11 AM - 4 PM
Friday-Saturday 11 AM to 6 PM
Closed Sunday & Monday

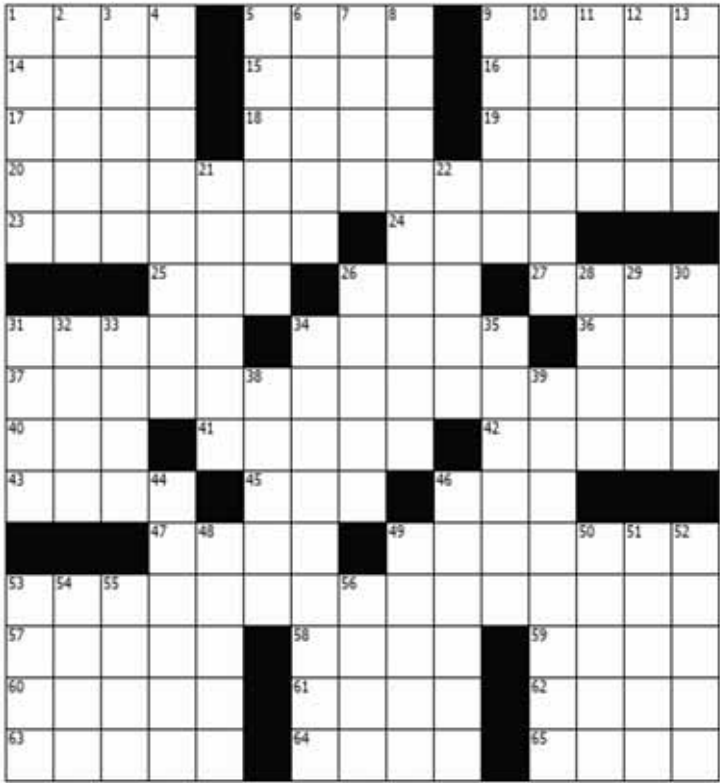
SUITE 200, 315 S MAIN STREET
MAIN MEDICAL BUILDING, MINOT

Check out our Facebook Page for Special Events!

TAKE OUT OR DINE IN

CROSSWORD PUZZLE

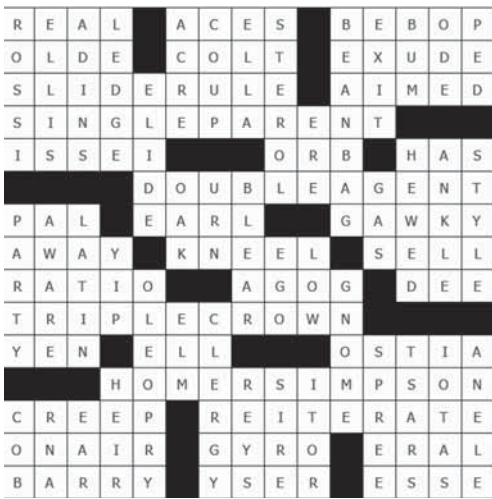
- Across
- 1. Tramped (on)
 - 5. Good word to see on a bill
 - 9. Loads and loads
 - 14. Coty or Russo
 - 15. Flying fish-eater
 - 16. Puts on the clock
 - 17. Yalies
 - 18. Totally amazed
 - 19. Loony?
 - 20. Party heartily
 - 23. Bouillabaisse cooker
 - 24. Wasp's home
 - 25. California Fort
 - 26. Labor Day mo.
 - 27. Corleone patriarch
 - 31. First name among former VPs
 - 34. Kind of iron
 - 36. Line on an invoice, perhaps
 - 37. Top dog, so to speak
 - 40. WWII entertainers
 - 41. Coal carriers
 - 42. Governor Pataki's predecessor
 - 43. Pealed
 - 45. It may get bruised
 - 46. Solo of "Star Wars"
 - 47. Speaker of a Siouan language
 - 49. Tony winner, 1967 and 1998
 - 53. Superficial effort
 - 57. Same-old same-old
 - 58. 23-Across relative
 - 59. Novel ending?
 - 60. ___ Haute
 - 61. Musical composition
 - 62. Ali-beater Spinks
 - 63. Lemon rinds
 - 64. Betsy or Diana
 - 65. Recipe amts.



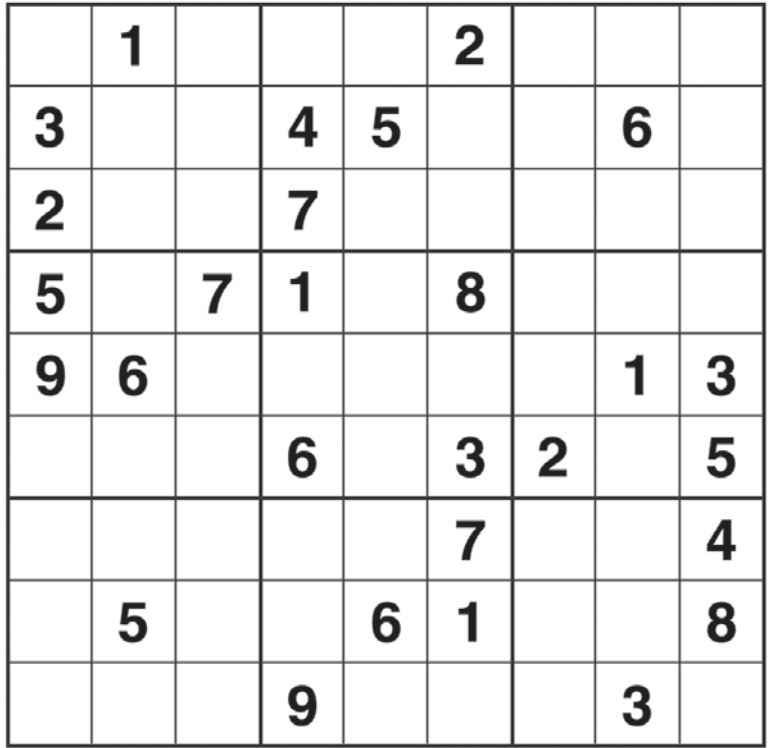
- Down
- 1. Long journeys
 - 2. Kindled again
 - 3. Chilling
 - 4. Filling out reports, e.g.
 - 5. Certain vegetable container
 - 6. Trade talk
 - 7. Aware of
 - 8. "The Ellen Show" star
 - 9. Iranian royalty
 - 10. Some real-time broadcasting
 - 11. Buffalo's lake
 - 12. Prosperity
 - 13. Nine-digit IDs
 - 21. Dislodge
 - 22. Flower part
 - 26. Doofus
 - 28. Word with bump or jump
 - 29. Abound
 - 30. Another, south of the border
 - 31. Rowel holder
 - 32. Tilting-tower town
 - 33. Computer symbol
 - 34. Johnny's waiting place
 - 35. Street on the slopes
 - 38. Refrigerator gas
 - 39. Sandwich order, sometimes
 - 44. Kid's racer
 - 46. Pester
 - 48. Adventurer's stock
 - 49. Barely above average grade
 - 50. Baptism, marriage, etc.
 - 51. Legally bar
 - 52. Most high schoolers
 - 53. Ice skater's jump
 - 54. "Gotcha"
 - 55. Mongrels
 - 56. Food for Fido, perhaps

CROSSWORD SOLUTION

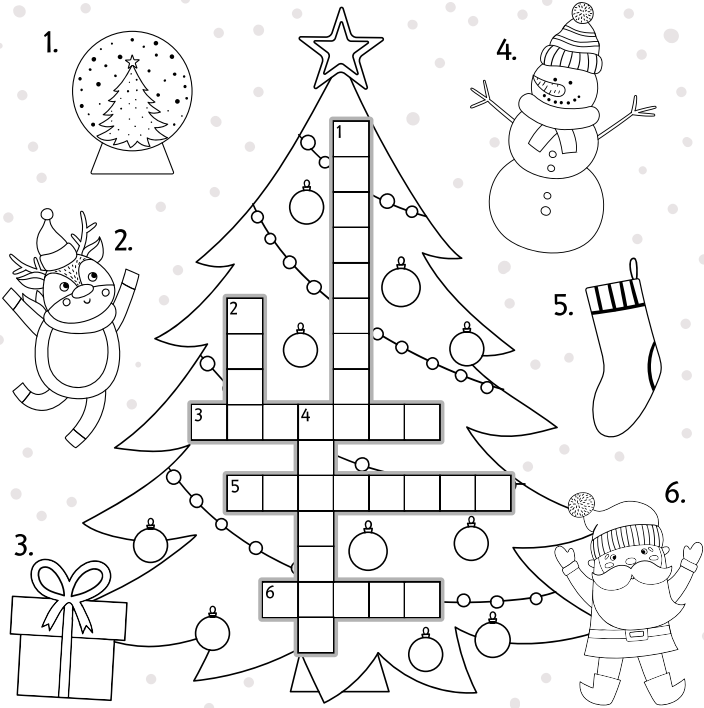
Solution to last week's Crossword puzzle.



SUDOKU Solution to puzzle on page B11



CHRISTMAS crossword puzzle



ANSWER: 1.Snowglobe 2.Deer 3.Present 4.Snowman 5.Stocking 6.Santa

**STARTS FRIDAY
AT OAK PARK THEATER**

FOR SHOWTIMES
VISIT WWW.OAKPARKTHEATER.NET

- **LYLE, LYLE, CROCODILE**
(2022) Animation, Adventure, Comedy (PG)
- **A CHRISTMAS STORY**
(1983) Comedy, Family (PG)
- **TICKET TO PARADISE**
(2022) Comedy, Romance (PG-13)
- **TOP GUN: MAVERICK**
(2022) Action, Drama (PG-13)
- **THE GRINCH**
(2018) Animation, Comedy, Family (PG)

**RENT THE THEATER
FOR EVENTS!**
CHECK OUR WEBSITE FOR
MORE INFO

1500 4TH AVE NW, MINOT, ND

**THE
IRONHORSE
KITCHEN + BAR**

HOURS:
MONDAY - THURSDAY
11AM - 12AM
FRIDAY & SATURDAY:
11AM - 1AM

21 E CENTRAL
AVENUE
DOWNTOWN MINOT

701.852.8183

Enjoy Holiday Magic with your Minot Symphony Orchestra

THE MINOT SYMPHONY ORCHESTRA

The Minot Symphony Orchestra presents an evening of familiar Christmas classics with Holiday Magic on Saturday, December 10th at 7 pm at MSU’s Ann Nicole Nelson Hall.

The evening includes holiday favorites featuring music from Tchaikovsky’s “The Nutcracker Suite” and “The Polar Express” as well as “Sleigh Ride” and “A Christmas Festival” by Leroy Anderson. The evening includes “Rudolph, Bells & Holly” by Wendel as well as “A Merry Christmas Sing Along” which encourages participation by all.

Special guests Marla Fogderud, Philip Zawisza, and the Minot High School Choir directed by Lindsay Kerzmann, will join the symphony for Christmas classics including “Te Deum” by Dvořák and “Christmas Day” by Holst.

Dr. Marla Fogderud, soprano, is an Associate Professor of Music at Northern State University in Aberdeen, SD, where she teaches voice, opera, and music history-related courses. A native of North Dakota, she is a regular performer in the region and will be making her debut with the Minot Symphony Orchestra.

Zawisza returns to the Magic City as he performed music director Efraim Amaya’s operatic excerpts, “Lilian and Leo” and “Ghismunda & Guiscardo” and “Carmina Burana” with the Minot Symphony Orchestra and Rossini’s “Barber of Seville” with the Western Plains Opera Theater in 2018 and also played the role of King Melchior in Gian Carlo Menotti’s “Amahl

and the Night Visitors” in 2021. Zawisza teaches as an Assistant Professor of Voice at the University of Minnesota.

The Minot Symphony Orchestra is hosting the Minot Area Community Foundation Donation Station to collect items for the Lord’s Cupboard Food Pantry. Products most requested: Canned meats, peanut butter, jelly, macaroni and cheese, canned vegetables, canned fruits in juice (not syrup), and nutritional cereal. Items can be brought to the symphony concert on December 10th at Ann Nicole Nelson Hall – MSU beginning at 6pm and placed in the Donation Station outside of Old Main or dropped off at Lien’s Jewelry 107 Main St. South during regular business hours (M-F 10am to 6pm and Sat. 11-4). If 1,000 lbs. of food are collected, the food pantry will receive \$1,000 in addition to the food collected. Everyone is welcome to contribute.

Tickets for Holiday Magic start at \$30 for adults with active military, senior, and student discounts available. All tickets are available at www.minotsymphony.com or through the box office at 701-858-4228. Patrons are encouraged to purchase tickets in advance.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efraim Amaya, Associate Professor of Performing Arts at Minot State University.

This project is supported in part by a grant from the North Dakota

Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts. This project is also supported by the National Endowment for the Arts and the Minot Area Council of the Arts.



Philip Zawisza



Marla Fogderud

- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty tool

117 S Main Street
701-839-4975
www.cookiesforyou.com

All About Pets

AF Life with Pets



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

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

- Get a low maintenance pet—snakes, certain varieties of fish, hamsters and other rodents, and turtles are just a few ideas of pets that are relatively low maintenance compared to your everyday dogs and cats. It’s still important to provide adequate enrichment, environments, and food for them, but if you do all those things, these pets will be just fine during long work hours. Be sure to check with you housing authority first to make sure these pets are allowed.
- Find a “lazy” pet—high energy and working dog breeds are not recommended for owners who are away from home a lot and do not have the time, energy, and resources to keep their dogs fully enriched. You could consider bringing home a characteristically “lazy” breed instead. Basset Hounds, Boston Terriers, Bull Mastiffs, and Maltese are a few dog breeds that pop up often in the conversation around low-energy breeds. However, it’s still important to note that all dogs are different. You may find a dog that is a couch-potato by nature, or you may find a “low-energy” dog that wants to go 24/7. Make sure you consider the needs of certain breeds and individual dogs (or cats) before adopting, and even if you have a low-energy dog, you still need to meet their basic requirements. Which is why working people should consider...
- Outside help—for shorter periods (a week in the field, a 12 hour day at work), it would

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

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

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

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools

Tool Surplus Center
Best prices on tools in the state!

T&E USA TOOLS

Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

Check 'em Out!!

YAMAHA Golf Cars

1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.
Saturday: 5:30 a.m. - Noon

Your favorite neighborhood store serves up big fun.

Join Our Pack!

Sign up in store or online today.

Preferred Pet Club Benefits Include:

- Freebies, exclusive coupons,
- member only pricing,
- birthday gift for your pet.

PET SUPPLIES PLUS.
Minus the hassle.

2215 16th St NW, Minot, ND
701-857-4070
HOURS Mon-Sat: 09:00 AM - 09:00 PM
Sun: 10:00 AM - 06:00 PM

Stay Connected with Pet Supplies Plus



Upcoming Events

10 DEC

GRINCH PARTY AT MAIN STREET BOOKS
1:00 PM - 2:30 PM
Main Street Books, 8 Main St S, Minot



13 DEC

POLAR EXPRESS PARTY AT MAIN STREET BOOKS
6:00 PM - 8:00 PM
Main Street Books, 8 Main St S, Minot



For more information: Facebook / Main Street Books / events

11 DEC

CHRISTMAS AT THE ZOO
11:00 AM - 2:00 PM
Roosevelt Zoo, 1215 E Burdick Expy, Minot
Admission: \$2 Members | \$3 Non-Members
Crafts, Santa, Hayrides, Snacks – all with a walk at the Zoo!
Your FAMILY (2 adults & kids in group) enter the event for FREE when you: Purchase a 2023 Zoo Membership here at the Zoo on December 11!
Already have yours? Buy a gift for a friend!
Enter the event for FREE per person when you donate a:
USED toy for zoo enrichment (washable plastic bowling pins or yard toys, animal) FOOD item for zoo enrichment (unsweetened cereal, peanut butter, popcorn kernels, dry fruit) NEW toys & people FOOD items will be also be accepted for event admission & will be locally donated.



For more information: Facebook / Roosevelt Zoo / events

12 DEC

PET PHOTOS WITH SANTA
4:00 PM - 7:00 PM
Dakota Square Mall
2400 10th St. SW Minot



13 DEC

RAPUNZEL VISITS SANTA
5:00 PM - 7:00 PM
Dakota Square Mall
2400 10th St. SW Minot



For more information: www.shopdakotasquare.com

TIL 31 DEC

SERTOMA CHRISTMAS LIGHTS IN OAK PARK
5:30-10:00 PM (SUN-THURS)
5:30-10:30 PM (FRI & SAT)
Minot Oak Park, 19th Ave SW, Minot



For more information: Facebook / Minot Sertoma Club

On Base

ROCKERS NEW YEAR'S EVE PARTY
ROCKERS BAR & GRILL
DECEMBER 31ST • 9:00PM - CLOSE
COST \$10
FIRST 15 PEOPLE GET IN FREE PLUS IT'S FREE!
HORS D'OEUVRE, DRINK SPECIALS, & LIVE DJ!
MUST BE 21 OR OLDER TO ATTEND

2023

NEW YEAR'S EVE!
ROUGH RIDER LANES
DECEMBER 31ST • 11:00AM - 4:00PM
FREE NEW YEAR'S GEAR & HOURLY DRAWINGS TO WIN DOOR PRIZES FOR THE WHOLE FAMILY!
FIRST 200 FAMILY MEMBERS BOWL 3 GAMES FREE WITH SHOE RENTAL



For more information visit: www.5thforcesupport.com

ALL YOU CAN EAT

GARDEN FRESH SALAD BAR

EVERY DAY



BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



DOD Study to Gauge Resilience of Military-Connected Youth

U.S. DEPARTMENT OF DEFENSE

The Defense Department launched a survey to assess the health and well-being of military-connected youth and their families. The Study of Adolescent Resilience asks children ages 11-17 about their experiences with military life. The findings will inform policies, programs and services for military-connected adolescents and their families.

“Our military youth have unique voices rooted in their military life experiences. The SOAR survey provides an opportunity to put their voices into action and provide necessary feedback to address military-connected adolescent needs,” said Patricia Montes Barron, deputy assistant secretary of defense for military community and family policy.

SOAR is embedded within the larger DOD Millennium Cohort Study of active-duty, reserve and National Guard service members and veterans, which began in 2001. The approximately 40,000 service members and veterans enrolled in MCS who have adolescent children will receive a packet in the mail

inviting them, their child and the other parent, if applicable, to fill out individual online surveys. The confidential online survey takes about 30 minutes to complete and focuses on how military experiences impact teens’ psychosocial adjustment and physical health, academic achievement and educational and career aspirations. The study also gathers insights into parenting experiences and the relationship between military-connected adolescents and their parents.

Each participant who completes a survey will receive a \$10 gift card to Amazon.com, up to \$40 per family. Adolescents will also be able to download a certificate of participation that showcases their involvement in the study.

The Naval Health Research Center is conducting the SOAR with funding and support from the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy.

For more information about SOAR, visit <https://millenniumcohort.org/soar>.



the MARKET ON 4TH

• HANDMADE PRODUCTS

• UNIQUE GIFTS

• HOME DECOR

• NORTH DAKOTA PRODUCTS

OPEN EVERY WEDNESDAY - SATURDAY

1900 4TH AVE. NW • MINOT, ND • WWW.THEMARKETON4TH.COM

WHISKEY NINE
golf. food. cocktails.




www.whiskeyninennd.com
701-837-1090

109 West Central Avenue
Minot, ND

Culver's
Welcome to delicious.®

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)



CULVER'S OF MINOT
3000 S Broadway Minot, ND 58701
701-852-4800



The North Dakota Purple Star Award



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



Did you know the average military-connected child will experience 6 to 9 different schools during their K-12 education experience? This is a challenge for many of our military connected students. However, there are organizations and agencies such as the DAF School Liaison Program focused on the quality education of military connected students across the United States and Overseas.

With more than 1.1 million military connected students attending public institutions, issues surrounding quality education are a top priority for the Department of the Air Force. As a result, the North Dakota Purple Star Award is an incredible opportunity to help schools respond to the educational and social-emotional challenges military-connected children face to keep them on track to be college, workforce, and life-ready.

The North Dakota Purple Star Award for military-friendly schools recognizes schools that show a major commitment to serving students and families

connected to our nation's armed forces. Applicants for the Purple Star Award are selected by The Purple Star Advisory Board which is formed by representatives of the North Dakota Department of Public Instruction, Minot and Grand Forks AFB, ND National Guard, school districts, school counselors and military-connected stakeholders.

A few weeks ago, at an assembly at North Plains Elementary School, a slide stated, "We will make this place your home." This statement was powerful and moving and shows how essential our schools are in creating environments for our students and families to thrive. With this, I believe our Minot AFB Schools and other schools and districts are poised and well positioned to serve our military connected students.

The hope of the MAFB School Liaison Office, is that as we prepare for the Month of the Military Child in April, we see many Purple Star Awardees! The time to "Purple Up" is coming!

MIMEXICO
AUTHENTIC MEXICAN FOOD

**3816 SOUTH BROADWAY
MINOT, ND
701-858-0777**

**CALL AHEAD AND TAKE OUT DELIVERY
AVAILABLE!**

**MON-THUR 11 AM TO 10 PM
FRI-SAT 11 AM TO 10:30 PM
SUN 11 AM TO 9 PM**

WWW.MIMEXICOMINOTND.COM



Your Collision Experts

What We Do



Vehicle Collision Repair



Boat & Fiberglass Repair



Semi-Tractor Body Work



RV Body Repair



Vehicle Detailing



Nationwide Lifetime Warranty

**Don't Settle for Less,
Choose Jerome's**

(701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703



Connect with us!

jeromescollision.com

Next Step in Making Air Force’s First Hypersonic Weapon

AMN NICOLE LEDBETTER, 2ND BOMB WING PUBLIC AFFAIRS

BARKDALE AIR FORCE BASE, La. --

Barksdale personnel have successfully taken the first steps toward implementing the Air Force’s first air-launched hypersonic weapon. The Air-Launched Rapid Response weapon or ARRW, is scheduled to be operational as early as fall 2023.

Recently, Airmen from the 2nd Maintenance Group, 307th Aircraft Maintenance Squadron, and civilians from the ARRW and B-52H Stratofortress Systems Programs Office validated loading procedures for what will be the B-52’s newest weapon.

By trial and error, Airmen and civilians developed the standard methods for attaching the weapon to the aircraft and unloading it.

The ARRW travels five times the speed of sound, giving combatant commanders the ability to hit time sensitive targets with ease.

“It demonstrates the far reaching capabilities of the B-52 and now projects its combat capabilities even further with the ARRW system,” said Master Sgt. Caleb Nolen, Air Force Global Strike B-52 armament systems manager.

The process of making this hypersonic weapon is expedited because of the National Defense Authentication Act section 804 Rapid Prototyping, Rapid Fielding program which allows swift weapon development in certain cases.

“The FY16 (fiscal year 2016) NDAA implemented section 804 as a means for programs to quickly prototype weapons within 5 years, and then a determination will be made if in fact the program was successful enough to move to Rapid Production phase,” said Bret Berryhill, logistics chief for ARRW.

ARRW is scheduled to begin live-fire testing near the end of this year and will be considered for rapid production.

The ARRW is the Air Force’s first air-launched hypersonic weapon that gives combatant commanders the ability to hit time-sensitive targets faster than they were ever able to before. With the validation of loading and unloading procedures the weapon can start live fire testing and then production. The weapon is scheduled to be operational in fall 2023.



Stay Ahead of Trouble

Roadside assistance calls to AAA often double, or triple, during winter weather, due to motorists spinning out on slick roads, flat tires, dead batteries and other breakdowns. Last winter, AAA responded to more than 312,000 roadside assistance calls. The most common calls were for tows, batteries and tires.

Motorists can help avoid winter breakdowns with preventative vehicle maintenance, including:
Tires: Adequate pressure and tread depth are essential for stopping and going on ice and snow, but tire pressure can drop during cold weather. Make sure tire pressure matches the sticker on the driver’s side doorjamb and the tread depth is above the wear bar indicators marked on the tires.
Battery: The average life of a battery is 3-5 years. Cold weather can drain batteries quickly, and leave drivers stranded. Have a technician inspect the battery at least twice a year.
Replace old windshield wipers and solvent: Precipitation and salty spray from the roads often make it hard to see when driving during the winter. Solvent and good windshield wipers can greatly improve winter driving visibility. If you break down or spin out during a winter storm, it may take longer for help to arrive. That’s why it’s important to be patient and pack an emergency roadside kit that includes blankets and extra clothes to stay warm, flashlights and extra batteries, an ice scraper, safety reflectors, a shovel, a first aid kit, a simple tool kit, water and non-perishable food, jumper cables and a mobile phone and charger to call for help.

Safe Winter Driving

Motorists can also avoid spinning out on slick roads by remaining alert and driving for conditions. To stay safe on winter roads, AAA offers several winter driving tips:

- Slow down: Always adjust your speed to account for less traction when driving on snow or ice. This often means driving below the posted speed limit.
- Accelerate and decelerate slowly: Apply the gas slowly to retain traction and avoid skids. Also remember, it takes longer to slow down on slick roads.
- Increase following distance: Allow five to six seconds of following distance between your vehicle and the one in front of you. The extra space will allow you time to stop safely.
- Never use cruise control: Using cruise control on any slippery (wet, ice, snow, sand) surface can cause your vehicle to lose control more easily.
- Don’t panic: If you start to slide, hitting the brake is the worst thing to do. Instead, take your feet off the pedals and keep your eyes focused on where you want to go.
- Leave early: Expect trips to take longer in winter driving conditions.
- By taking a few preventative measures and adjusting your driving practices to fit weather conditions, you can stay safer on the road this winter.

Courtesy of AAA

EVERYDAY HAPPY HOUR • 3PM – 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- ½ Flat Bread Pizza

DAILY SPECIALS

Monday	\$5 Moscow Mules (all day)
Tuesday	\$4 ND breweries (all day)
Wednesday	½ Price Wine by the glass/bottle (all day)
Thursday	\$1 up for all Tall Taps (all day)
Sunday	BRUNCH (11am-2pm)

\$7 TSR Bloody Mary & Caesars
\$12 Bottomless Mimosas
\$6 Breakfast Shots

FAMILY PACKS

Monday	Pizza Pack Combo
Tuesday	Sandwich Pack
Wednesday	Chef Creation*
Thursday	Pasta Pack

*Changes Weekly – Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

SMOKED PUMPKIN SOUP

INGREDIENTS

- 5 POUND PUMPKIN, WHOLE
- 3 TABLESPOON BUTTER
- 1 ONION, DICED
- 2 CLOVE GARLIC, MINCED
- 1 TABLESPOON BROWN SUGAR
- 1 TABLESPOON PAPRIKA
- 1/4 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON GROUND NUTMEG
- 1/8 TEASPOON ALLSPICE, GROUND
- 1/2 CUP APPLE CIDER
- 5 CUP CHICKEN BROTH
- 1/2 CUP HEAVY CREAM
- FRESH PARSLEY, AS NEEDED

Using a sturdy knife, cut the pumpkin into quarters. Scoop out the seeds and stringy fibers. Separate the seeds from the fibers, and save the seeds for roasting, if desired. When ready to cook, start the Traeger grill and set temperature to 165 ° F with the lid closed.

Arrange the pumpkin quarters, skin-side down, directly on the grill grate. Smoke for 1 hour. Increase the temperature to 300 ° F and roast the pumpkin until it is tender and can easily be pierced with a fork, about 90 minutes. Let cool, then separate the pumpkin flesh from the skin.

Meanwhile, melt the butter over medium heat in a 4-quart saucepan or stockpot. Sauté the onion and garlic until soft and translucent, about 5 minutes. Stir in brown sugar, smoked paprika, cinnamon, nutmeg, and allspice. Immediately add the apple cider, and cook for several minutes until the mixture is reduced and syrupy. Add the pumpkin and chicken broth. Let the soup simmer for 20 to 30 minutes. Blend soup until smooth. Add salt and pepper to taste. If it is too thick, stir in more chicken broth.

Divide the soup into bowls and drizzle with the heavy cream. Top with a sprig of parsley, if desired.

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

\$10 off
VALVOLINE OIL CHANGE

Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301

YOU CAN DEPEND ON YOUR HOMETOWN EXPERTS TO SERVE ALL YOUR CAR CARE NEEDS IN MINOT.

CHURCH DIRECTORY

<div>Chapel Services at MAFB</div> <div>North Plains Chapel in Base Housing</div> <div>Protestant Liturgical Service Christ Chapel 0900</div> <div>Protestant Sunday Community Service 1030</div> <div>(Holy Communion 1st Sunday) Children's Church during school year</div> <div>Wicca, Pagan, and Neopagan Services Open Circle 1000 on the 1st and 3rd Saturdays of every month</div> <div>Northern Lights Chapel across from Rockers</div> <div>Catholic Mass</div> <div>Sunday 1000 Daily Monday-Thursday at 1200</div>	<div>St. Peter The Aleut Eastern Orthodox Church</div> <div><div>109 6th St. SE Minot • 838-3094</div></div> <div>Saturday, Dec 10 5 PM, Great Vespers</div> <div>Sunday, Dec 11 10AM, Holy Liturgy</div> <div>V. Rev. Fr. Paul Hodge</div>	<div><div>Break Forth BIBLE CHURCH</div></div> <div>Wednesdays 7:00pm and Sundays 10:30am</div> <div>1821 W Burdick Expressway</div> <div>For More Information: 701.353.9337 www.bfbc.tv</div>	<div><div>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</div></div> <div>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</div> <div>www.trinitychurchminot.org</div>	<div><div>Worship Service at 10:45am Sundays Sunday School at 9:45am</div></div> <div>1720 4th Ave NW, Minot 838-0916</div> <div>MinotBibleFellowship.org</div>				
<div>Immanuel Baptist Church</div> <div>1615 2nd St. SE • www.ibcminot.org 701-839-3694</div> <div></div> <div>SUNDAYS: 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</div> <div>WEDNESDAYS: 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY</div>	<div></div> <div>Christ Reformed Church</div> <div>Worship 11:00 a.m. Sunday 234 14th Ave SE www.christreformedchurchminot.com</div>	<div>St. John the Apostle Catholic Church</div> <div></div> <div>2600 West Central Ave • Minot, ND 58701 839-7076</div> <div>Daily Mass Schedule:</div> <div>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</div> <div>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</div>	<div></div> <div>First Lutheran Church - ELCA</div> <div>120 5th Ave. NW 852-4853</div> <div>Sunday Worship 9:30 am</div> <div></div> <div>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.fleminot.com</div> <div>Pastor Brandy Gerjets • Pastor Ellery Dykeman</div>	<div></div> <div>Gospel Tabernacle Community Church</div> <div>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</div> <div>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</div> <div>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</div>				
<div>JOURNEYCHURCH ASSEMBLY OF GOD</div> <div>1805 2nd St. SE 838-1111</div> <div>Sunday Services 9:00 AM & 11:00 AM</div> <div>Wednesday 6:30 PM</div>	<div>Minot Baptist Church</div> <div>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</div> <div>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</div> <div>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</div>	<div>Cross Roads Baptist</div> <div>Southern Baptist Convention</div> <div>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) .. 6:30 p.m.</div> <div>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</div> <div>415 28th Ave SE (Behind Menards) 838-1873</div>	<div><div>West Minot Church of God Family Worship Center</div></div> <div>1105 16th St. NW • 839-1407</div> <div>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m.</div> <div>Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m.</div> <div>ABC Child Care Center 852-6352</div> <div>westminot.com facebook.com/westminot</div>	<div>First Baptist Church</div> <div>200 3rd St. SW • 852-4533 www.fbcminot.org</div> <div>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.</div> <div>Rev. Kent Hinkel, Senior Pastor Elaine Carlson, Children's Ministry Director</div>	<div>Apostolic Faith Church, UPCI</div> <div>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</div> <div>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</div> <div>Jesse Starr, Pastor</div>	<div><div>Grace Baptist CHURCH OF MINOT</div></div> <div>Sunday Service: 4:00 p.m. Wed. Prayer: 5:30 p.m. at Living Word Lutheran bldg 710 46th Ave NE, Minot</div> <div>Web: gracebaptistminot.com E-mail: gbcminot@gmail.com</div> <div>RADIO BROADCAST KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</div>	<div><div>OSLC where faith & life meet</div></div> <div>OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</div> <div>Rev. Heath Trampe Rev. Brian Doel</div> <div>Sunday Worship 8:15am Traditional Service 9:30am Contemporary (willstream) 9:30am Sunday School & Adult Bible study 11:00am Contemporary Service</div> <div>Wednesdays 6-7pm Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</div>	<div>To Advertise your Church on this page,</div> <div>Call 839-0946</div> <div>Only \$9.00 a space / per week</div>

CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

AUTOMOTIVE

DON

BESSETTE

SERVICE CENTER

SERVICE SPECIAL

1715 North Broadway, Minot

ENGINE PAN HEATER SPECIAL

MAKE SURE YOUR VEHICLE STARTS
IN FREEZING TEMPERATURES BY
INSTALLING AN ENGINE PAN HEATER.
INCLUDES INSTALLATION AND
ROUTING OF PLUG IN CORD.

\$199.95
(taxes applicable to loaner)
Expires 3/1/23

*Scan to Schedule
Your Service Today!*



JOHN'S



AUTOBODY

Pays Up To
\$500

Insurance Deductibles

*We Guarantee All
Work & Color Match*

4121 S. Broadway
839-8896

**NORTHERN AUTO
AUCTION**

**1st & 3rd Saturday
Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc.!
Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition
Tenure: Cash or check supported by a bank letter of credit.

Auctioneers: Clint Beefer, Lic. #199 &
Kevin Beefer, Lic. #464 - Clerk Lic. #199

3030 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

KRAMER SUBARU SERVICE
700 Old Red Trail NW • Mandan, ND
888.856.2383

Kramer

 **SUBARU**

\$ \$ \$ QUICK CASH \$ \$ \$ Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

1986 16' X 80' MOBILE HOME
LOCATED IN DEERING, ND
 3 Bedroom- Decks on Front & Back. Recently Winterized with New Insulation. Some New Windows. Located in Deering Mobile Home Park. \$10,500.00 OBO. Text /Call (701) 728-6965

RENTALS

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

**REMODELED 3 BDRM RANCH
STYLE HOME IN SURREY** w/
attached garage, central air,
large yard, patio, basement.
Laminate flooring in kitchen, dining
area & living room. Carpeting in
bedrooms. Window coverings in
all rooms. Washer/dryer included.
NO SMOKING & NO PETS
(701) 721-0355

THRIFT STORES

A Little Bit Of Everything...
With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway
Furniture, Tools, Movies,
Misc. & Interesting Items
Monday - Saturday -
8:30 AM to 6 PM
Sunday - 12 PM to 5 PM

15% Military Discount!
<https://www.facebook.com/4rhomethrift>

WANTED TO BUY

AUTO BENT UP OR JUNKED??
We'll buy!! Also Scrap iron!!
CALL 701.240.2147 OR
701.240.7453.

PROFESSIONALS

**LEE CLOUSE INDEPENDENT
BEAUTY CONSULTANT**
www.marykay.com/1clouse.
701-839-0475 or 701-721-0475.

HELP WANTED

**LOOKING FOR A CAREER
THAT IS BOTH
CHALLENGING AND REWARDING?**

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701

Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

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

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

Minot's Newest & Biggest Thrift Store is

NOW ACCEPTING
ALL donations,
estate settlements,
and commercial
(rental & real estate left behinds)

105 1st Street. SE Minot
Open 9-6 Mon-Sat

**DID YOU KNOW THAT OUR
CLASSIFIED ADS ARE POSTED
ONLINE WEEKLY!**

**northern
sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

DON'T RISK IT ALL!
IF THERE IS ANY DOUBT CALL

AIRMEN AGAINST DRUNK DRIVING



Free and Confidential

Saving Lives and Careers

Available to ALL Minot AFB Military Members and Spouses

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

CONTACT US AT:
(701) 727-2233
(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
10:00 PM – 03:00 AM

northernsentry

MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 9 Jan-29 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

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

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

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





SUDOKU SOLUTION PUZZLE ON PAGE B4

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

ACCOUNTANT

BradyMartz
Make Every Day Count


CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradmartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.
838-1658
2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

AUTOMOTIVE

QUICK CASH!!
Running & Non-Running Cars & Trucks



Edwardson Sales
839-9512
We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

Contact Rod Wilson to get your business listed here!
sentrysales@srt.com
701.839.0946

FLOWER SHOP



FLOWER Central

Voted Minot's #1 Flower Shop for the last 7 years!

405 Central Ave. E. • 701.852.6224

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!



#SOLD WITH US!
BROKERS12.COM

BARBERSHOP

Get Faded
BARBERSHOP



LaRae Honsey
Barber

1407 South Broadway Minot ND Suite F // **701-240-5802**
Specialize In Mens Hair

STORAGE UNITS

NORTHERN PRAIRIE CONDOS & STORAGE, INC.
Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

Duane W. Block "Dewy" Owner

Call: **701.720.1093**
Today for more Information.

NPCS

8 46th AVE NE
Minot, North Dakota 58703

WHAT'S GOING ON MAFB

FRIDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- 12 Jingle Bowling Days of Christmas, 1700, Rough Rider Lanes
- All You Can Eat Pizza Buffet, 1700-1900, Bomber Bistro
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- Magic The Gathering Powered Synergy Cube Draft, 1800, ESC

SATURDAY 10

- Frosen Krig (Strongman Event), 0800, Fitness Center
- Cycle & Strength, 0900, Fitness Center
- A Sense of the Season, 1300, Minot AFB Library
- 12 Jingle Bowling Days of Christmas, 1700, Rough Rider Lanes
- Family and Single Airmen Free Bowling, 1700, Rough Rider Lanes

SUNDAY 11

- Zumba, 1400, Fitness Center

MONDAY 12

- 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
- Swerk, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga for Fitness, 1830, Fitness 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.

TUESDAY 13

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (VA), 0800-1600, M&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

WEDNESDAY 14

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Summer in December BBQ Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Single Airmen Welding Class, 1400-1700, Arts & Crafts Center
- DIY Wreath, 1530-1730, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

THURSDAY 15

- 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
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- 12 Jingle Bowling Days of Christmas, 1700, Rough Rider Lanes
- Thursday Night Football, Doors Open at 1700, Rockers Bar & Grill
- Extramural Bowling, 1730, Rough Rider Lanes
- Craft Club, 1800, Minot AFB Library

FRIDAY 16

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, M&FRC
- 12 Jingle Bowling Days of Christmas, 1700, Rough Rider Lanes
- Epoxy Cutting Board Class, 1530-1730, Arts & Crafts Center
- Youth Programs Snow Ball, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- All Night Pajama Party, 2000-0100, Rockers Bar & Grill

SATURDAY 17

- 12 Jingle Bowling Days of Christmas, 1700, Rough Rider Lanes

UPCOMING EVENTS

12 JINGLE BOWLING DAYS OF CHRISTMAS

ROUGH RIDER LANES

STARTS DECEMBER 1ST AT 5:00PM

A DIFFERENT SPECIAL EACH THURSDAY, FRIDAY, & SATURDAY! (EXCLUDING THE 24TH, 29TH, & 30TH)

AVAILABLE ONLY DURING OPEN BOWLING



 **5THFORCESUPPORT.COM** 

DIY Wreath Class

Arts & Crafts Center

December 14th

3:30pm - 5:30pm

Create your very own wreath for the holidays in our class

Cost \$ 30.00

Call to reserve your spot today • 722-8529

 **5THFORCESUPPORT.COM** 

FREE COOKING NIGHT!



DECEMBER 22ND

6:00PM - 8:00PM

PREPARE & ENJOY AN ITEM FROM A LIMITED MENU WITH THE HELP OF ROCKERS STAFF!

 **5THFORCESUPPORT.COM** 



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



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



GAS UP. SNACK UP. GET GOIN'.

FUEL RESTROOMS COFFEE FOOD & DRINKS

2625 N. Broadway 2005 N. Broadway 1105 S. Broadway 7141 US HWY 2

ON the RUN