

northern sentry

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HAPPY HOLIDAYS MINOT AFB!



Spectators gather outside the Northern Lights Chapel as Base Leadership help light Christmas trees at the annual Tree Lighting Ceremony held December 1, 2023 at Minot Air Force Base, N.D.. See more on page B2.

U.S. AIR FORCE PHOTO | MINOT AFB PA

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Operation Home for the Holidays helps Minot Airmen return home

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- For many Americans, the holiday season is a time spent with loved ones, exchanging gifts, and expressing gratitude for blessings received throughout the year. For military service members, the costs of traveling during this time can be expensive. This is especially true for Airmen assigned to Minot AFB, due to its location in the far northern United States.

Operation Home for the Holidays is a program implemented by U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, and U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, in partnership with leaders from the local Minot community, which raises funds to cover travel costs for Team Minot's Airmen during the holiday season.

Through the combined efforts of the local Minot community and Team Minot's leadership, the program was able to raise approximately \$125,000. These funds will be used throughout the holiday season to purchase airline tickets for Minot Airmen.

Airman 1st Class Giovanni Palafox, 91st Missile Maintenance Squadron missile maintainer, is one such Airman who got the opportunity to return home due to Operation Home for the Holidays. Thanks to the program, he was able to travel home free-of-charge to Porterville, California and spend Thanksgiving with his family.

"Operation Home for the Holidays



Airman 1st Class Giovanni Palafox, 91st Missile Maintenance Squadron missile maintainer, poses for a portrait at Minot Air Force Base, North Dakota, Dec. 5, 2023. Palafox was the recipient of a free airline ticket through Operation Home for the Holidays.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON

was a huge relief for me," said Palafox. "The prices for airline tickets are very expensive around this time of the year and it was amazing getting to see my family and spend Thanksgiving with them."

Palafox says he is thankful for the program and those who organized it, and he hopes it will continue to provide Airmen the opportunity to

see their families during holiday seasons in the coming years.

"Being away from your family is always hard, but this is the time of the year when you want to see them the most," said Palafox. "I'm very grateful for the people who gave me this opportunity and I just want to say thank you."

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Skin Deep

Life is Less Than Rosy with Rosacea

"I hate the redness of my face."
 "Sometimes I become so flushed that people ask me if I'm feeling Okay."
 "I didn't have this many pimples when I was a teenager."
 "No matter what I put on my face stings and looks worse."

Rosacea is a chronic incurable but highly treatable skin condition that primarily affects the face. Though not always, most report onset after age 30 as redness that may come and go. Rosacea flares are more than a minor inconvenience. Each time your skin flushes, it can stay red a little longer. Rosacea may start to appear on more of your skin over time. In some people, repeated flushing becomes more persistent, usually accompanied by the development of superficial blood vessels. Usually next to what follows are inflammatory pimples often mistaken as acne.

In more severe cases the skin, especially of the nose in men, may thicken. Other skin related symptoms of rosacea may include burning, stinging, dryness. Lastly, rosacea may also affect the eyes causing irritation, watering, crusting and appearing chronically bloodshot.

According to the National Rosacea Society (NRS), patients with rosacea suffer from low self-esteem, causing many of them to avoid public contact. Many, with more severe cases, reported that the disorder had adversely affected their professional interactions. Sometimes flares even cause them to miss work. The good news is that rosacea can effectively be controlled. As with acne, there's a great deal of misinformation about rosacea leading to ineffective treatments, or even misdiagnosis. The first step is to make an appointment with a dermatology provider. Based on the examination, it's likely that a prescription medication will be used as a first line treatment. Often, there are in-office type treatments that can also help too.

One of the things that can help is understanding what makes your rosacea flare and then minimize the exposure to those things.

Rosacea Triggers

Anything that causes your rosacea to flare is called a trigger. Sunlight and hairspray are common rosacea triggers. Other common triggers include heat, stress, alcohol, and spicy foods.

Rosacea makes the skin extremely sensitive. Because the skin is so sensitive, many things can cause rosacea to flare. Time spent in the sun can lead to unexpected flushing that lasts for hours. Any number of skin care products may cause your face to sting, burn, or itch for what seems like an eternity. You can help to minimize Rosacea flares by learning your triggers.

Learn Your Triggers

• It's important to know what triggers your rosacea. With repeated flushing, treatment can also become more difficult. Treatment that may have worked earlier is no longer effective. Your dermatology provider may need to prescribe stronger medicine or talk with you about an in-office treatment.

Knowing what triggers your flare-ups and making some simple changes can help you:

- Reduce flares.
- Get better results from treatment.
- Prevent rosacea from worsening.

You can find your own rosacea triggers by using the following 3-step process.

Step 1:

A good place to start is by looking at this list of common rosacea triggers. Do you think any could be causing your rosacea to flare?

- Sunlight • Stress • Heat • Alcohol, especially red wine • Spicy foods • Exercise
- Some skin and hair care products • Some makeup • Wind and cold • Some medicines

Step 2: Confirm your triggers.

Now that you have an idea of what could be causing your rosacea flares, it's time to gather the evidence. The National Rosacea Society offers an online form to help you do this.

The National Rosacea Society recommends that you:

- Check out this online form: Rosacea diary booklet
- Complete the form every day for at least 2 weeks.
- Look at the items you checked on the form to see what coincides with your rosacea flares.

Another option is to keep a notebook. Write down what foods you eat, beverages you drink, personal care products you use, and things you are exposed to (like cold and heat) that could cause a rosacea flare-up.

Check your cheeks!

Are you unsure when your face turns red? If your cheeks feel warm to the touch or you feel warm, you may be flushing.

You'll also want to describe your rosacea symptoms, jotting down how serious they are.

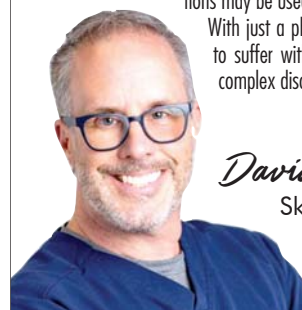
Keeping track of these things for a few weeks (or months) can help you pinpoint what causes your flare-ups.

Step 3:

Once you know what's triggering your rosacea flares, taking action can help you avoid those triggers and help be a partner in your care with your dermatology provider.

Arranging a visit with your dermatology provider is the best course of action to keep your Rosacea under control, a treatment plan should be implemented, and adjusted over time, by a qualified dermatology provider. Skin care techniques, lifestyle management to manage flares and topical and/or oral medications may be used to treat the various aspects of this disorder.

With just a phone call to arrange an appointment, there is no longer a need to suffer with the medical, cosmetic and social issues associated with this complex disorder.



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AFGSC Director of ICBM Modernization discusses "monumental" Sentinel Program at Joint Engineers Conference

SENIOR AIRMAN BREANNA CHRISTOPHER VOLKMAR, 341ST MISSILE WING PUBLIC AFFAIRS

MALMSTROM AIR FORCE BASE, Mont. --

Brig. Gen. Colin J. Connor, Air Force Global Strike Command Director of Intercontinental Ballistic Missile Modernization, recently highlighted the future of the LGM-35A Sentinel during the annual Joint Engineers Conference in Helena, Montana.

The Sentinel, which will modernize 400 missiles, 450 silos and more than 600 facilities across almost 40,000 square miles of U.S. territory over 6 states, 3 operational wings and a test location, is scheduled to replace the LGM-30G Minuteman III intercontinental ballistic missile weapon system.

"[61 years ago], the first ever intercontinental ballistic missile went on alert, here in Montana," said Connor. "It's been a fantastic weapon system, but now it's time for our generation to come into the next [one]."

Connor stepped into his role in August of this year and is responsible for overseeing and coordinating the activities of the Air Force in support of the deployment of the Sentinel ICBM weapon system and the retirement of the Minuteman III ICBM weapon system.

As keynote speaker during the conference, he described the significance of the project as monumental for the United States. The weapon system overhaul will occur in Montana, Wyoming, North Dakota and Nebraska over the next 20 years.

The project includes replacing all land-based Minuteman III missiles deployed in the continental United States, with Sentinel missiles. All components of the previous weapon system will be replaced, including the motors, interstages, propulsion system rocket engine, and missile guidance set. The number, size, configuration, and design of the nuclear warheads provided by the Department of Energy would remain unchanged.

"We're not digging 150 new holes," Connor explained of the physical replacement process. "We're going to pull the [old] missiles out of the silos, figure out what state the silo is in, refurbish them and place the new missile in."

He also discussed the fiber optics infrastructure that will be implemented as one of the many modernization efforts to replace aging telephone lines originally placed in the ground during the 1960s.

In all, the modernization plan is intended to hone strategic abilities, improve operational capabilities and increase capacity to succeed in a high-intensity conflict.

While the LGM-35A Sentinel will replace the LGM-30G Minuteman III ICBM with an initial capability of 2029, until full capability is achieved, the Air Force is committed to ensuring the Minuteman III remains a viable deterrent.

For more information regarding the Sentinel Program: <https://www.afgsc.af.mil/Sentinel-GBSD/>

For queries regarding the ICBM test launch mission and missile, contact AFGSC Public Affairs at 318-456-1305 (After Hours 318-532-1215) or afgsc.paworkflow@us.af.mil.



Brig. Gen. Colin J. Connor, Air Force Global Strike Command Director of Intercontinental Ballistic Missile Modernization, speaks with Katie Rediske, assigned to the 341st Civil Engineer Squadron, at the annual Joint Engineers Conference in Helena, Mont. Nov. 3, 2023. The LGM-35A Sentinel, which will modernize 400 missiles, 450 silos and more than 600 facilities across almost 40,000 square miles of U.S. territory over 6 states, 3 operational wings and a test location, is scheduled to replace the LGM-30G Minuteman III intercontinental ballistic missile weapon system.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN BREANNA CHRISTOPHER VOLKMAR

NOTICE
Minot AFB, ND –
1st Lt Alexander Samaniego from the 740th Missile Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SSGT LOGAN HILL, 91ST MAINTENANCE GROUP.**
All claims for or against the estate of the deceased must be submitted to the SCO.
For more information, please contact 1st Lt Alexander Samaniego: Email: alexander.samaniego.2@us.af.mil

NOTICE
Minot AFB, ND –
1st Lt Jake Laurel from the 742d Missile Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA SANDRO ERAZO JR, 791ST MAINTENANCE SQUADRON.**
All claims for or against the estate of the deceased must be submitted to the SCO.
For more information, please contact 1st Lt Jake Laurel: DSN: 453-6297 Cell: 209-479-0993

NOTICE
Minot AFB, ND –
2d Lt William Parker from the 891st Missile Security Forces Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SSGT JONATHAN LYNCH, 891ST MISSILE SECURITY FORCES SQUADRON.**
All claims for or against the estate of the deceased must be submitted to the SCO.
For more information, please contact 2d Lt William Parker: DSN: 453-4443 Email: william.parker.43@us.af.mil

NOTICE
Minot AFB, ND –
Captain Michael Bechtel from the 5th Munitions Squadron has been appointed the Summary Court Officer (SCO) for the estate of **TSGT JALEN MEDINA, 5TH MUNITIONS SQUADRON.**
All claims for or against the estate of the deceased must be submitted to the SCO.
For more information, please contact Capt Michael Bechtel: DSN: 453-1119 Cell: (701) 389-8208

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BABY BOY BORN ON TUESDAY, NOVEMBER 28, 2023 TO: MIRANDA AND JOSHUA WELCH MINOT AFB, ND

BABY BOY BORN ON SATURDAY, DECEMBER 02, 2023 TO: AVA AND ANDREW BURCKHARD MINOT, ND

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SLICE OF LIFE

KIM FUNDINGSLAND

The scoreboard above the end of the rink reads 2-0 in the first period. A young player is called for cross-checking, a two-minute penalty, and shows his disgust by pounding on the plexiglass before stepping into the penalty box and slamming the door.

The angry display doesn't go unnoticed by the referee who responds by explaining to the young player that his unsportsmanlike actions just added two minutes to his time in the bin. A few moments later his team, playing a man short due to the penalties, surrenders a goal.

Lesson learned, hopefully.

After witnessing the event I recalled one of my own reactions from an early experience on the baseball field. I was at the plate. The pitcher was known for throwing

low strikes and the umpire was known for calling low strikes.

The first two pitches to me were low strikes. I grumbled to the umpire about both calls, believing the pitches to be below the strike zone. The veteran umpire, who had worked hundreds of games and had an excellent reputation, took his mask off after my second complaint and explained to me that he called both pitches strikes because that's exactly what he saw.

Looking back on it, I needed that lesson. It took me a while to realize it. I didn't like it, but I never forgot it. The hockey official was teaching the aforementioned young hockey player the same thing - don't argue with officials or display unsportsmanlike behavior.

Today's young athletes have much more opportunity to learn and develop than ever before. There are organized levels of teaching sports from toddler to high school, quite different from not so many years ago when kids learned what they could on neighborhood playgrounds.

Parents are much more involved too. No matter if it is hockey, swimming, dance, basketball, or any other activity it is dedicated

Much More than a Game



KIM FUNDINGSLAND PHOTO

parents that are firmly involved in their children's chosen sport.

They transport children to and from practices at all hours of the day, any day of the week. There are road trips too, tournaments and competitions in other cities in North Dakota and beyond.

One parent of a young hockey player told me he hadn't been ice fishing in several years, one of the favorite activities, because of his passion for watching his son develop through the ranks of youth hockey.

How fortunate these young

athletes are to have unlimited opportunities to play, and participate, and learn. Behind all of them are supporting parents and friends. That's what I see when watching any of the many youth activities today.

What happens on the rink, or court, or stage, or pool, is secondary to the support system that makes it all possible. That is where the real rewards are, and a lesson that should never be forgotten.

Our personal affairs are important...



UPSIDE DOWN UNDER

MARVIN BAKER

There was a recent funeral I attended and before the service, I was chatting with the funeral director, who has been a friend for many years.

He was telling me that he was dealing with a separate situation in which the deceased didn't have a will, didn't have a life insurance policy and the loved ones didn't have any money to bury the deceased. Making it even more complicated is the family members weren't close at all.

He said those kinds of situations put an emotional and financial strain on his business, but when it comes to dealing with a death, carrying out the funeral is the right thing to do.

That conversation was quite interesting to me because less than two months ago my family dealt with a similar situation. My brother, at 58, died of a massive heart attack on Oct. 9. So while we were in

Fargo to plan a funeral, my younger brother and I realized we may never sort out the details.

We essentially tore the house apart looking for a will, a life insurance policy; something that would give us direction on what to do. All we found were canceled checks from his bank.

But that's only the beginning. He owed \$110,000 on his house, he had medical bills from a hospital stay totaling \$60,000 and there were other smaller debts that weren't significant, but nonetheless, creditors wanted their money.

We assumed that because he and my niece were really close, he would have had a will and given her everything. Not so!

And because he lived on the Minnesota side, in Moorhead, we don't understand Minnesota law and so we had to hire an attorney to figure out how to solve these issues.

Fortunately for us, the attorney is very well respected in western Minnesota and has already made some major progress.

But an even bigger issue here with not having a will is that myself, my brothers and sister are all equally responsible for the fate of his estate. We're not responsible financially, but we have to make legal decisions together and that's not always easy to do.

Our family is fairly close so the hurdle there is coordinating everyone's answer to our lawyer's questions.

Now think about those families

that don't get along. Assume there are siblings who are estranged, then something like a death without a will or life insurance happens. Our lawyer has already told us she appreciates us working together, but she often times deals with what she called "the impossible."

My brother's death was traumatic enough because he's actually one of the younger siblings. But now we expect we're going to be dealing with these legal issues that could take a year to sort out. It's not something any of us expected or wanted, but it's upon us.

We all think we are 10 feet tall and bullet proof. And because many of us have that mentality, we don't put our affairs in order and our loved ones are left with questions that never get answered. A heart attack, a traffic accident, a military fatality, disease; we don't like to think about these things, but unfortunately, they happen. And when they do, preparation is key.

Many of us have taken the right path. We have wills, we have life insurance and we've provided at least enough information to our families so they would know what to do in an emergency such as this.

Many don't do that or refuse to do that and it becomes a snarled legal issue that frustrates even the best of attorneys. And if a lawyer is frazzled, imagine what the family is going through.

So, for the sake of your family, if you haven't done these things, please do. It would make it easier for all concerned. And hiring a lawyer to file a will isn't always necessary. If you don't have money for that, at least write down your wishes on a piece of paper and leave it with your legal papers so the family has a starting point. That's what happened to us.

We didn't have a starting point and that threw a big monkey wrench into our family's grieving.

Team Minot

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**A VIEW FROM
OUR SIDE**
ROD WILSON



On Wednesday, December 6th, just one day before the anniversary of Pearl Harbor, they laid Edward Zilli to rest in the veterans' section of Rosehill Cemetery. He began his life in Clifton, New Jersey, which was some 1,700 miles from where his life ended. Never having been to Clifton, New Jersey, I did a bit of research on the geography of the Clifton area. It's a suburban industrial area, and a bedroom community of New York City, quite a bit different from Minot, ND.

How did Edward Zilli end up in Minot? Well let's start from the beginning. Edward Zilli was born on February 8th of 1923. With a little math you'll discover that Edward Zilli was 100 years young when he died. Warren G. Harding, a Republican from Ohio, was President of the U.S. in 1923 when Edward Zilli was born. In August of 1923, President Harding would die from a heart attack and be succeeded by then Vice-President Calvin Coolidge. Although Edward Zilli was born in New Jersey, he would be raised in Moriches, New York...but if you asked him, he would tell you he grew up in Long Island, New York.

Fast forward to 1943 when a then 20 year old Ed Zilli enlisted in the

U.S. Army. It would certainly be fair to say that the hub of Edward Zilli's life was his military service. As a journalist and a friend, I would often sit and listen to him recount his experiences. Basic training, which he described as very basic training would end and then began his voyage across the Atlantic on a troop ship to England where a little event called D Day was being planned. June 6th of 1944, Edward Zilli would be crossing the English Channel with the Allied invasion that would eventually end him up on Utah Beach. His stories, like those of so many others, leave you empty inside as you think about the horrific conditions under which these men fought and died for their country. After D Day and the march into France would come the Battle of the Bulge under the leadership of the man that Edward Zilli refers to as "Georgie". It was Patton that led the Third Army across France. It's pretty clear that Edward Zilli respected Maj General Patton, knowing that his leadership and the resolve of the Third Army was key in turning the Battle of the Bulge.

Edward Zilli re-enlisted in the Army, and would find his wife to be, Margareta, in Germany and the two would get married and

have their first child, a daughter, Mariam. 1953 would be a year of transition for the Zilli family. Edward would retire, and the Zilli family would head home to the United States and establish a home in Long Island New York, this time in the town of Bay Shore, and for 25 years Edward Zilli was "a cop" in his words. During his time as a police officer for Suffolk County they would add another member to the Zilli family, a daughter by the name of Margie.

After retirement Edward and Margareta would move to Florida, where they remained until 2005. Margie had met a young Airman by the name of Ted Bolton and Ted would be stationed at Minot Air Force Base. Margie and Ted were married and would raise their kids in Minot. In 2005 Edward and Margareta and Ted and Margie would be brought together in Minot where Margareta passed away in 2008 and Edward would pass away in 2023 at the age of 100 years and 8 months.

In 100 plus years of life I believe there comes a transition where you quit making history, and become part of history. To have lived through World War II and been part of the D Day invasion gives Edward Zilli the right, if you will, to share his stories with those who will take the time to respectfully listen. We call them stories, but they really aren't. They are the true-life experiences of a man who served, and loved, his country as a member of the U.S. Army. Even though we are able to remember those experiences long after Edward Zilli is gone, they will eventually start to lose some of the details that made them special. I guess that is why it is so important that we allow ourselves to review the life of Edward Zilli on days like June 6th, as we count down those who were on the beaches at

Normandy. Once thousands, now there are just a few. The same can be said for World War II veterans in general. Someone like Edward Zilli takes a lot of history with him when he passes on.

I was able to meet and interview Edward Zilli in his later years. We often talked about "Georgie", and Utah Beach and The Battle of the Bulge. As with any veteran I have interviewed, I wish there would have been a way to record all of those conversations word for word. I am also pretty sure there are experiences that we will never hear about. We are protected from some of the worst details of D Day, and rightfully so. It is hard to imagine losing a friend, but even more so, many friends. Those who didn't make it off the beach or even make it to the beach. We need to see the big story. We needed to honor Edward Zilli on Wednesday as we lay him to rest at Rosehill Cemetery. But we also needed to silently look around at all of the other graves and



Ed Zilli

February 8, 1923 - November 30, 2023

be thankful that some 79 years ago Zilli, and thousands of others like him, were willing to go to war to protect our freedoms. Living 100 years in a peaceful world would have been amazing enough. Living 100 years and being in harm's way like Edward Zilli was defies description. Rest in Peace Ed Zilli. You deserve it.



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On December 9th Santa Day, admission to IPG and the Conservatory is \$5 per person over age 5. Annual passes are \$50.

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Burning Leaves, Notre Dame, and Amish Cooking--I'm From Around Here



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Northern Indiana is full of trees. Full. There are trees everywhere you look. Lots of them, and all different kinds. Oak, maple, ash, cherry, gum, dogwood, cottonwood, the list goes on. If it's a tree, it's probably here.

My husband and I grew up here. For 22 years, I didn't bat an eye at all these trees. They were--quite literally--part of the scenery. Now, though, things are different. After living in states where trees aren't as varied, or abundant, we are always agog at the trees when we return.

For the last six weeks, my husband, Derek and I have been living in our hometown. For the first time in 20 years, I've been in Elkhart, IN to enjoy autumn. And although I'm "from around here," it's as though I'm seeing this place for the first time.

I've explored attractions we typically skip on shorter trips, gone on walks, and eaten copious dinners with extended family. Through it all, I can't help but wonder what someone "not from around here" might write about this corner of the world. So, today I'm doing just that.

I've written this column for nearly two years. I've poked fun at hotdishes, The Lake, and saying, "Oh, fer cute." A mountain could be made from the words I've written pondering life in Hotdish Land.

In the spirit of She's Not From Around Here, I'm going to turn it around. Today, I'll tell you a few of the odd things that are incredibly commonplace where I do come from.

Let start with the trees. It's literally been decades since I even thought about what happens to all those leaves.

They're burned.

From the minute they start falling until snow covers the ground, the scent of burning leaves lingers in the air. People burn their leaves in the country. People burn their leaves in subdivisions. Bagging is a drag. Just light them on fire.

Derek and I have been shocked at all the burning. One day, I went running through a neighborhood and literally had to dodge piles of ash on the edge of the road. Leaves are raked to the edge of the road and smoldered into oblivion. I can't believe I never noticed this before--now I can't unsee it. Is this normal where you come from?

Now, let's move on to Notre Dame. Everyone is a Notre Dame fan. We love the campus, we love the teams. We own the merchandise to prove it. I remember taking an annual trip to the campus bookstore to browse the new shirt designs. My family is completely uninvested in sports of all kinds (except the Olympics, of course)--however there are definitely Nortre Dame shirts and souvenirs in the house.

It doesn't matter if it's not your alma mater. It doesn't matter if you aren't Catholic, or Irish, or care about football. If you're here, you like Notre Dame. Which has me thinking, we should all invest in a little more Beaver-wear.

I'll round it out with some rapid-fire roasting.

Instead of blaming the cold on the wind, we say, "It's a damp cold." Instead of lefse, we rave about Amish noodles. An open-face sandwich is roast beef, mashed potatoes, and gravy stacked on top of white bread. It has nothing to do with Cheez-Whiz (looking at you Minot.)

"The Lake" means Lake Michigan, we go there all the time, but no one camps all summer. We say, "whole nother" in casual conversation. Everyone knows someone who wears shorts year-round. Hotdishes are casseroles, "playing cards" means "playing euchre," having an acre is pretty standard, and complaining about the humidity is akin to bemoaning sub-zero temps.

It's weird, worth poking fun at, and wonderful. I love this place. Being here has reminded me that we're all a little weird--and life is more fun when we take note of the quirks, and goodness that set each of our communities apart. Not to place one above another, but to appreciate the beauty of American diversity, of humanity and our ability to be the same, and so different all at once.

What's something that is unique to where you're from? I'd love to hear from you. Connect with me on Instagram (@amy_allender), Facebook (@amyallender.com) or amyallender.com.



An extended stay in my hometown has reminded me that every community has its own wonderful brand of weird. And I wouldn't have it any other way.

AMY ALLENDER PHOTO

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Before Thanksgiving, I squeezed in a trip to The Lake with my boys.

AMY ALLENDER PHOTO

MINOT AIR FORCE BASE

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SENIOR AIRMEN BLAIK GAGE

SrA Gage is an Aviation Resource Management Technician assigned to the 23rd Bomb Squadron. She was recently recognized as the Outstanding Aviation Resource Airman of the Year for the 5th Bomb Wing. During a recent squadron deployment, she performed above her rank by serving as the Interim Non-Commissioned Officer in Charge for a six-week stint validating 240 aircrew aviation records, 190 flying hours, and 3000 training events. She also took the initiative to identify and correct uncertified aircrew simulator events fixing 1,568 flying hours and 578 sorties, rectifying a five-year Air Force Global Strike Command discrepancy.

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Minot AFB Wins Double Gold in Las Vegas Hockey Tournament!

Minot AFB was able to send a Varsity and Junior Varsity team to the 2023 International Armed Services Hockey Association tournament that took place 9-12 November in sunny Las Vegas, NV. The tournament, in its 20th year, brought over 70 teams from across the United States and Canada to compete for supremacy in the sport amongst Active Duty, Guard, Reserve, Veteran, and Retired military members. Both teams began preparations for the tournament in the summer, holding scheduled practices weekly. The hard work and dedication of the players paid off as both teams were able to take home the gold in both of their respective divisions.

The Varsity team came out strong in the tournament, going 4-0 in their division.

The Junior Varsity team battled through some early adversity finishing off their tournament 2-2.



SUBMITTED PHOTOS

VARSITY ROSTER

Capt Jake Bergman, 5 LRS
 1st Lt Benjamin Martin, 5 CS
 1st Lt Joseph Cambio, 742 MS
 1st Lt Taylor Clendenin, 23 BS
 1st Lt Jacob Nielsen, 742 MS
 2d Lt Konur Peterson, 742 MS
 2d Lt Derek Burton

SSG Taylor Smith, ND National Guard
 SSgt Kevin Bostian, 5 FSS
 A1C Erik Peterson, 115 OSS, ANG
 A1C Hakon Peterson, 115 OSS, ANG
 Mr. Ryan Rustad
 Mr. Tristan Keyes

JUNIOR VARSITY ROSTER

Lt Col Corey Norton, 47 MDG
 Capt Jack Scott, 69 BS
 1st Lt Thomas Carmack, 5 OSS
 TSgt Benjamin Lingenfelter, 219 SFS
 SSgt Victor Ralbovsky, 355 AMXS
 SSgt Bradley Roberts, 5 MXS
 SGT Jesse Trush, US Army
 SrA Dillan Gissel, 705 MUNS

SPC Nicholas Baum, NG
 A1C Max Ditsworth, 891 MSFS
 A1C Dominic Haggard, 5 SFS
 A1C Garret Klein, 5 AMXS
 Mr. Scott Wiedermann, 5 LRS
 Mr. Konstantin Baizat
 Mr. Chase Clipperton

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1 Checking Cash Promotion Offer Terms and Conditions Eligibility: Offer available for new USAA Classic Checking accounts from USAA Federal Savings Bank, also known as FSB, opened between October 11, 2023, and March 14, 2024. The account is not eligible for this offer if: 1) the primary account holder of the newly-opened account currently has, or has had, ownership of a USAA FSB checking account in the 12 months prior to new account opening. The primary account holder is the account holder whose U.S. taxpayer identification number is used for tax reporting purposes on the new account; or 2) the account is titled as a trust account, estate, Uniform Transfer to Minor Account, also known as UTMA, or other fiduciary account. The new USAA Classic Checking account must remain open and in good standing through the time we attempt to deposit any earned bonus payment. Offer may be discontinued or changed at any time without notice. **Bonus Requirements and Payment:** To qualify for the bonus, open a new USAA Classic Checking account between October 11, 2023, and March 14, 2024, and receive a qualifying direct deposit into the new USAA Classic Checking account within 180 calendar days after account opening. A qualifying direct deposit is a single Automated Clearing House, also known as ACH, electronic deposit of \$100 or more. We will attempt to deposit the \$200 bonus into your new USAA Classic Checking account within 60 days after the first qualifying direct deposit amount has been received. You are responsible for any federal, state, or local taxes due on the bonus and we will report the bonus as income to the tax authorities if required by applicable law. Consult your tax advisor. **Additional Terms and Conditions:** All account applications are subject to approval and may be subject to a \$25 minimum opening deposit. For Annual Percentage Yield, refer to usaa.com/checking. Offer can't be paid without a valid U.S. taxpayer identification number or combined with any other offer related to consumer deposit accounts. Offer is limited to one bonus per member, one bonus per account, on first eligible account only. Offer cannot be reproduced, purchased, sold, transferred or traded. See the USAA FSB Depository Agreement and Disclosures for terms and conditions of your USAA Classic Checking account. Membership eligibility and product restrictions apply and subject to change. **Bank products provided by USAA Federal Savings Bank, Member FDIC. © 2023 USAA. 6027715.1123**

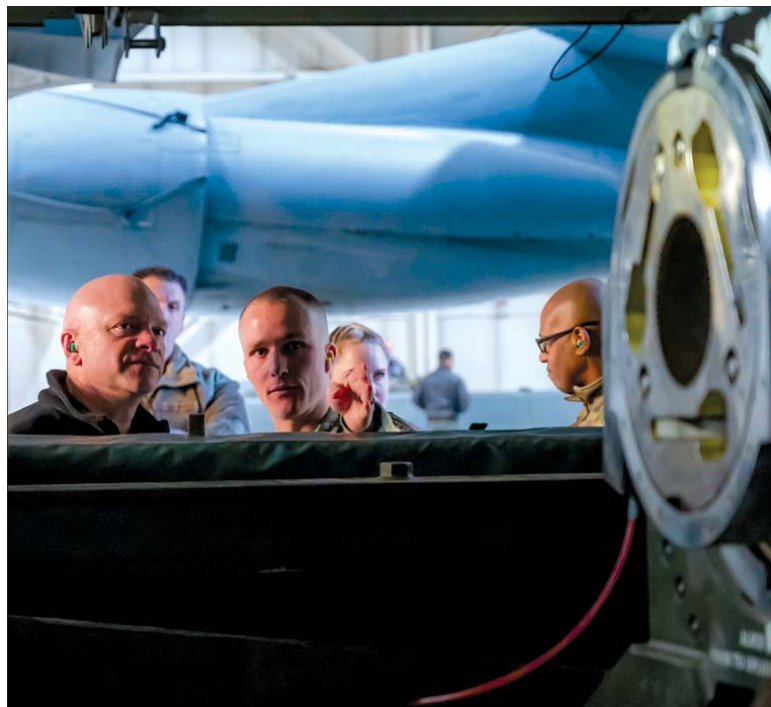


RDML WIRTH, STRATCOM DEPUTY DIRECTOR, VISITS MINOT AFB

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



Rear Adm. Robert Wirth, J5N, U.S. Strategic Command deputy director, strategic targeting and nuclear mission planning, poses for a group photo with members of the 5th Bomb Wing at Minot Air Force Base, North Dakota, Nov. 29, 2023. Wirth visited the 5th Bomb Wing to meet with wing leaders and interact with Airmen.



Rear Adm. Robert Wirth, J5N, U.S. Strategic Command deputy director, strategic targeting and nuclear mission planning, is briefed by Tech. Sgt. Bryce Gex, 5th Maintenance Group weapons load crew standardization member, on the capabilities of the B-52H Stratofortress at Minot Air Force Base, North Dakota, Nov. 29, 2023. During his visit to Minot, Wirth toured a B-52H Stratofortress static display and a weapons loader trainer.



Rear Adm. Robert Wirth, J5N, U.S. Strategic Command deputy director, strategic targeting and nuclear mission planning, receives a post brief by U.S. Air Force Staff Sgt. Thomas Archbold, 91st Missile Wing flight security controller, at Missile Alert Facility (MAF) Oscar-1, North Dakota, Nov. 29, 2023. The 91st MW has a no-fail mission that requires Airmen to be on alert 24/7.



Rear Adm. Robert Wirth, J5N, U.S. Strategic Command deputy director, strategic targeting and nuclear mission planning, receives a demonstration at a Missile Procedure Trainer (MPT) at Minot Air Force Base, North Dakota, Nov. 29, 2023. The MPT mimics the environment of a launch control center which is used in the field to monitor and control missile launch facilities.

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COACHES MEETING
Tuesday December 19 at 5:30PM
McAdoo Fitness Center

LEAGUE STARTS
January 2 at 6:00PM with Learn to Curl & Exhibition Game

TEAMS
Min. Team Size is 4 persons. Recommended to have 6+ to account for scheduling issues.

COST
\$15 a person a night, or \$125 a person for whole season upfront.

REGISTRATION
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Creation of Cookies Consistently Create Community

MINOT AREA CHAMBER ECONOMIC DEVELOPMENT CORPORATION (EDC)

Minot, N.D. – It's almost time again for the annual Team Minot Holiday Cookie Drive on Minot Air Force Base! Each year, freshly baked cookies are collected from the base and community to distribute holiday cheer to airmen.

The collected cookies are distributed to the nearly 1200 first term airmen between the ages of 18-20 who live in the dorms on Minot AFB. These airmen are required to live in the dorms, and it could be the first time they have been away from family for the holidays. Baking cookies is just one small way the Minot area can show its appreciation to the men and women serving our country.

Dozens of people participate in the Cookie Drive every year, and Tammy Gillmore is one of the incredibly dedicated community members that continues to go above and beyond with entire carloads of cookies she donates. An avid baker, Tammy recounted, "Baking has always been my stress reliever and a way to show people I care. I've always had the people I love the most, close to me and when the holidays roll around, we are all able to gather together. Our service men and women don't have the option of being with their family during the holidays. Getting homemade cookies from the community is not only a way for them to have a little taste of home, but a way to show them we care."

Since 2009, Tammy has been a passionate participant in the Cookie Drive. "I actually had no idea about this program until a former co-worker asked me if I baked for our service men and women. When I told her I haven't, she brought in the newspaper. I realized this is something easy for me to do. I've been baking every year since."

Looking back, Tammy's favorite memory was the very first time she dropped off her donation. "I remember coming in and asking where they would like my cookies. Their response was to place it on the table in the doorway. When I said the table wouldn't be big enough for what I brought, they followed me out to my car almost like they couldn't believe me. The moment they saw everything their faces went from disbelief to utter shock. Now, when I come in, they usually grab the key to the donation trailer and just start loading it in there."

Though she bakes so many cookies, Tammy does her best to keep her recipes fresh. "To me the most enjoyable part is getting to try new cookies each year! My family all have their favorites and so getting to try my hand at something new with zero complaints is refreshing and fun!"

When asked if Tammy had a message to others considering participating in community initiatives like this, she wanted to convey, "baking a few cookies to share with our service men and women is what the holiday season is all about. No one is asking you to make dozens and dozens of cookies, but if you can spare a few, even from multiple batches to help spread a little holiday joy, I promise you won't regret it!"

Tammy Gillmore is one of the mass-bakers that rises to the challenge of baking goodies every year, and we're incredibly appreciative of her drive, along with each and every donation received for the airmen.

"We are so grateful for a tremendously supportive community that donates baked goods to Team

Minot Airmen year after year," said Col Daniel S. Hoadley, 5th Bomb Wing commander. "Many of our Airmen will be spending their first holiday season away from home. This time-honored tradition brings a little homemade cheer to their holiday, and it's a tangible reminder to them that they're surrounded by a community that cares."

"The people of Minot provide unrivaled support to our Airmen through traditions like the Cookie Drive," said Col Kenneth C. McGhee, 91st Missile Wing commander. "These cookies are donated to Airmen in the dorms, but they are also shared with our Airmen defending the nation 24/7 in the missile field. It is a simple and heartfelt gesture that reminds us why we do what we do."

Tom Rafferty, Military Affairs Committee Chair, is also an enthusiastic supporter of the Cookie Drive.

"Whenever you make cookies to gift to someone, a bit of love goes into the recipe. That's why I like the Minot Air Force Base cookie drive. There's



Tammy Gillmore with her 2022 Cookie Drive donation.

MINOT AREA EDC PHOTOS

so many people involved making their special cookies. They're making cookies for people they don't know, but who they value and appreciate and care about. We know it is hard to be so far from home during the holidays and this is just one way to say thank you to the men and women of Minot Air Force Base."

For those wanting to participate, drop off days will be December 11

& 12 from 8:30 am to 4:30 pm at the Minot Area Chamber EDC office, 1020 20th Ave. SW. Help us reach the goal of 1200 dozen- one dozen homemade holiday goodies per

person for the first term airmen! Send an email to keli@minotchamberedc.com or give our office a call at 701-852-6000 with any questions.



Tom Rafferty, Military Affairs Committee Chair, and Carla Dolan, MACEDC Vice President help load cookies for transportation to Minot Air Force Base.



Close up on Tammy's donation.

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Air Force Global Strike Command: Malmstrom, FE Warren and Minot AFBs round 1 environmental sampling results complete

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BARKSDALE AIR FORCE BASE, La --

The Missile Community Cancer Study's (MCCS) first round of environmental sampling results for Malmstrom Air Force Base, Montana, F.E. Warren AFB, Wyoming, and Minot AFB, North Dakota, found no additional instances of contaminants above regulatory action levels, Air Force Global Strike Command reported today.

The study, conducted by the U.S. Air Force School of Aerospace Medicine (USAFSAM), was designed to sample for a broad range of known or suspected toxic chemicals and included testing of air, drinking water and surfaces inside the facilities, and soil samples taken on property outside the facilities. The sampling plan targeted potential carcinogens and other environmental health hazards, including nitrates, nitrites, pesticides, semi-volatile organic compounds, diquat, paraquat, dioxin, volatile organic compounds, organophosphates and polychlorinated biphenyls (PCB).

The results, which are based on samples taken in June from the 15 Missile Alert Facilities and Launch Control Centers at each base,

found no contaminants above the levels established by the regulatory agencies for remediation, with the exception of two PCB surface swipes each at Malmstrom and Minot, which were first reported in August.

The command reported in August that two surface swipe samples from Malmstrom detected PCB levels above the EPA's threshold for remediation, and 19 other samples detected PCBs that were below the levels set for remediation. The remaining 279 samples detected no PCBs. At Minot, two surface swipe samples detected PCB levels above the EPA's threshold for remediation, 28 detected PCBs below that level, and the remaining 270 samples detected no PCBs.

Following those results, AFGSC Commander Gen. Thomas Bussiere ordered a thorough cleaning effort in all facilities where any level of PCBs was detected. The command reported in October that the first round of cleaning had successfully reduced PCB levels and validated the cleaning procedure, which will continue until all surfaces test below the EPA's remediation level.

Radon sampling is ongoing and will be conducted quarterly to account for seasonal variations. The

first round of radon results is in the final stages of review and will be reported when complete.

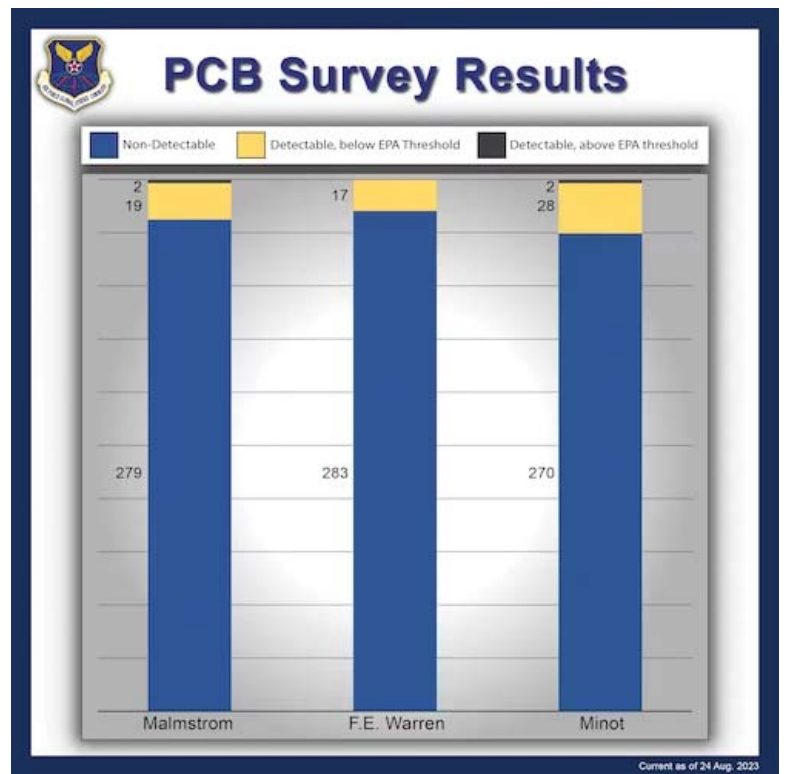
"The initial results from the USAFSAM survey alerted us to the presence of PCBs on some surfaces in the facilities, which we are aggressively moving to clean, but they also indicate no detectable levels of many of the other contaminants and toxic substances that concerned us," said Bussiere.

"This is only the first round of sampling, which will continue at all our missile bases," Bussiere continued. "I am dedicated to continuing this study until our health professionals are confident we are providing our Airmen and Guardians with clean, safe work environments."

Summaries of the survey and its results for all three bases will be published soon at the Missile Community Cancer Study website, which will include key findings and proposed ways forward.

More information about PCBs: <https://www.epa.gov/pcbs/learn-about-polychlorinated-biphenyls>

More information about the Missile Community Cancer Study: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>



A total of 900 samples were taken from surfaces in missile facilities at Malmstrom, F.E. Warren, and Minot AFBs. This table shows the number of samples that detected any level of PCBs, as well as the four samples above the EPA's standard for mitigation.

U.S. AIR FORCE GRAPHIC | STAFF SGT. SHELBY THURMAN

Holiday safety: fire and more

FRANK BARKER, 75TH AIR BASE WING SAFETY

HILL AIR FORCE BASE – Winter safety and fire safety go hand-in-hand. It's time for holiday decorations, and space heaters. It doesn't matter what holiday you celebrate; we all want to show our holiday spirit.

Don't ruin your holiday with a fire. The National Fire Protection Agency states that on average, there are 790 home fires caused by decorations, excluding Christmas tree fires. One third of tree fires are caused by electrical problems.

Lights

- Use approved/listed lights
- Inspect lights for damage before you hang them
- Use outdoor lights for outside, use GFCI outlets
- Don't overload your outlets with too many strands
- A good rule of thumb is no more than three strands
- Turn off and unplug electrical decorations when you aren't home

Space Heaters

- Thirty percent of home fires are caused by space heaters
- Use approved/listed space heaters
- Make sure the tip-over protection works (test it)
- Plug heaters directly into a wall outlet
- Keep heaters away from combustibles
- Turn off and unplug when you leave

Decorating

There are more than 15,000 emergency room visits annually in America associated with holiday decorations. This goes without saying but I'll say it anyway, "If you use a ladder, make sure its in good condition."

Wear good shoes, not your holiday slippers, and don't reach too far when placing your favorite ornament.

I used to do outdoor roof lights but, one year I decided falling off a roof just isn't worth it. If you must, I recommend hiring the job out.

Renting a boom lift is another option but has its own risks. A 2014 study showed more than 10% of

holiday products contained lead. Newer decorations, made in the US will probably be ok. If you have some holiday heirlooms, you may want to keep them away from children.

Following these tips and others can help you have a safer holiday season.

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Magic City Discovery Center Presents Quilt of Valor to Local Veteran



MAGIC CITY DISCOVERY CENTER

The Magic City Discovery Center held a ceremony Tuesday afternoon where Peace and Honor Quilts of Valor members presented a Quilt of Valor, locally crafted by area kids at the discovery center to veteran, Rex Sisco.

Sisco is a retired Air Force Master Sergeant that served from December 5, 1966 -September 30, 1991. Sisco trained as a reciprocating aircraft mechanic then retrained to ICBM Minuteman Missiles maintenance. He served during the Vietnam era and Gulf War and currently lives in Minot.

The mission of The Quilts of Valor Foundation (QOVF) is to cover service members and veterans touched by war with comforting and healing Quilts of Valor. A Quilt of Valor is a quality, handmade quilt that is machine or hand quilted. It is awarded to a service member or veteran who has been touched by war. The quilt says, thank you for your service and sacrifice in serving our nation. Veterans and service members must be nominated to be awarded a quilt and then the QOVF committee approves the nominations.

Lynn Heald, the Peace and Honor Quilts of Valor Minot Program Chair shared, "We are all here because we are patriots, because we want to share the talents that we have with the people who are guarding our

freedoms. Sometimes our quilts are given directly to a military veteran or service member, but our volunteers look forward to thanking veterans in person at ceremonies like this one today. We tell our veterans and service members, we put the fabric together, you guys are the thread. Nobody sees what you do, but you hold us together."

The mission of the Magic City Discovery Center is to engage children and families in the magic of lifelong learning through discovery, creativity, and play.



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INGREDIENTS

- 5 LARGE SWEET POTATOES (YAMS), PIERCED
- 1 1/2 STICKS BUTTER, SOFTENED
- 1/2 CUP BROWN SUGAR
- 1 TSP VANILLA
- 1 TSP KOSHER SALT
- 1 TSP CRACKED BLACK PEPPER
- 1 BAG MINI MARSHMALLOWS

When ready to cook, set temperature to 375°F and preheat, lid closed for 15 minutes.

Pierce the skin of the yams with a fork a few times. Place on a baking sheet or foil tin inside the Traeger and let roast for 50 minutes or until extremely softened.

When soft, peel off skin by hand and cut into cubes. Place sweet potatoes in a deep cast iron or baking dish.

With a stiff whisk, whip together 1 stick butter, brown sugar, vanilla, salt and pepper. Pour over potatoes and sprinkle with marshmallows. Dot the rest of the butter over the top of the casserole.

Place back in the Traeger for 15 minutes until warm and the marshmallows are golden. Enjoy!

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

Access this, and over a thousand other Traeger recipes on the Traeger App.

Ryan Davy - GM
Minot

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- 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

WINTER DRIVING TIPS

Car Maintenance Guidelines

BATTERY

Today, most car batteries are maintenance-free, sealed, and can last more than three years. The first sign your battery should be replaced is often trouble starting the engine.

TIRES

A car tire inflated to 35 pounds per square inch (psi) can lose one psi every month or for every 10 degrees Fahrenheit of temperature change, so your car maintenance checklist should include checking tire pressure. Find the recommended level in the owner's manual or sticker on the driver's side door jamb. And don't forget the spare.

Rotate tires every 6,000 miles to prevent uneven wear, replace them when they become worn and have the alignment checked if the car pulls to either side when driving or if you notice uneven tire wear.

ENGINE OIL

Checking and changing oil is critical to keep today's engines running properly and efficiently. Follow manufacturer guidelines for changing the lubricant – generally, every 3,000 miles or three to six months.

Check the oil level with the engine off and the car parked on a level surface. Open the hood, remove the dipstick, wipe it clean with a cloth or paper towel, then return it to the oil reservoir. Take it out again and see whether the level is within the acceptable range marked on the dipstick. If you add oil, don't overfill, damaging the engine.

TRANSMISSION FLUID

Checking the automatic transmission fluid is another essential item on the car maintenance checklist. Look for a reservoir marked ATF (automatic transmission fluid) and follow the same steps as monitoring the oil level – only this time, with the engine running. Follow manufacturer's recommendations for change intervals, about every 30,000 miles.

ENGINE COOLANT

Replace most engine coolant or antifreeze every 30,000 miles – or every two to three years. Newer formulas, however, may last up to 50,000 miles. Turn the car off and wait for the engine to cool

to check the coolant level. Locate the coolant reservoir (usually a translucent plastic tank) and eyeball the level of the coolant against the full and low indicators.

POWER STEERING FLUID

Power steering fluid should be changed every three years or 50,000 miles. If you have a power steering fluid reservoir, check the level visually; otherwise, follow the dipstick method. Low power steering fluid may indicate a leak, so have your mechanic take a look.

BRAKES AND BRAKE FLUID

Check to ensure that brake fluid levels are within tolerance. How often you need to replace brake pads or other components depends on your driving and typical driving conditions. A brake problem warning signs include noise, vibration, or "grabbing" when you apply the brakes. Working on your brakes is a job probably best left to the professionals.

AIR FILTER

Basic car maintenance suggests changing your air filter each year or every 12,000-15,000 miles. A clean air filter can help your engine "breathe" better, improve gas mileage, and reduce harmful emissions.

FUEL FILTER

Replace it annually to help prevent debris from clogging your car's fuel line.

WINDSHIELD WIPERS AND WIPER FLUID

Windshield wiper care is one of the most neglected basic car care tips. Replace the blades every six to 12 months or whenever the rubber becomes worn. Check the wiper fluid reservoir every week or so and keep it full.

HEADLIGHTS AND BRAKE LIGHTS

With your car running and parked, have someone walk around to see that your lights are working – headlights, brake and tail lights, turn signals, etc. Replacing bulbs in today's vehicles can be a challenge. Have a mechanic do the job, mainly replacing and aiming headlights. A pro also knows if the problem is a blown fuse, not a burned-out bulb.



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- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE





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SNOW LEOPARD

CREATURE FEATURES



Fact File	
Life Span	13 - 20 years
Weight	75 - 120 pounds
Height to Shoulder	2 feet
Body Length Including Tail	6 - 7.5 feet
Tail Length	Over 3 feet
Wild Diet	Omnivore Carnivore Herbivore Hares, Birds, Wild goats, Sheep

- Known throughout the world for its beautiful fur and elusive behavior, the Snow Leopard is found at high altitudes of 9,800 to 17,000 feet in the rugged mountains of central Asia.
- Snow Leopards have short front legs and longer hind limbs. Their powerful hind legs help them leap up to 30 feet, equaling 6 times their body length!
- They have a wide, short nose cavity that heats the chilled outside air before it reaches its sensitive lungs. A Snow Leopard's round, short ears help prevent heat loss.
- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

MAZE CRAZE

Can you find your way through to the other side of the maze?





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Chief Master Sergeant Selects Announced



Congratulations to the newest CMSgt selects across Striker Nation! You represent the best of the best as the pinnacle of the enlisted force, demonstrating how our Airmen enable the Global Strike mission and stay Always Ready!

BICKHAUS, ZACHARY
 BLITZ, MATTHIAS
 BOCZAR, STEPHAN
 COOMBS, LEROY
 DANIELS, CHRISTOPHE
 DOUGLAS, RYAN
 DUFFY, JOSEPH
 DUNLEVY, MEGAN
 ELDRIDGE, TRAVIS
 EMERY, ANIK
 ESPINOZA, EZECHIEL
 GALVEZ, JESSE
 GEORGE, MARLON
 JONES, RILEY
 KHASANE, ITUMELENG
 LAPKA, SHANNA
 LONG, CHRISTOPHER

LYLE, MICHAEL
 LYNN, ALANA
MALENSEK, HEATHER
 MCKERLIE, ASHLEYMARIE
 OBREGON, CARLOS
 RINDERER, JARED
ROBERTS, NICHOLAS
 SHONDER, RICHARD
 SIMMERING, CHRISTOPHER
 SMITH, RYAN
 SMYER, DAVID
 THOMAS, CARY ANN
 THOMPSON, NATHANIEL
 TURNER, MELISSA
 WEEKS, PAUL
 WERNEGREEN, JOHN



Congratulations to Team Minot's newest Chief Master Sergeant selects Heather Malensek and Nicholas Roberts.

U.S. AIR FORCE PHOTOS | MINOT AIR FORCE BASE PA

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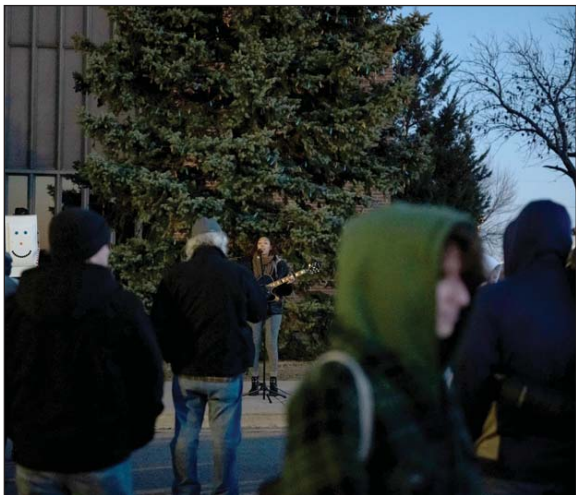
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MINOT AFB TREE LIGHTING CEREMONY

Team Minot came together to celebrate the annual Tree Lighting, as well as to enjoy some music and heartwarming words from Base leadership!

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Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>	<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701.441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p>N.D. Asia</p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>		

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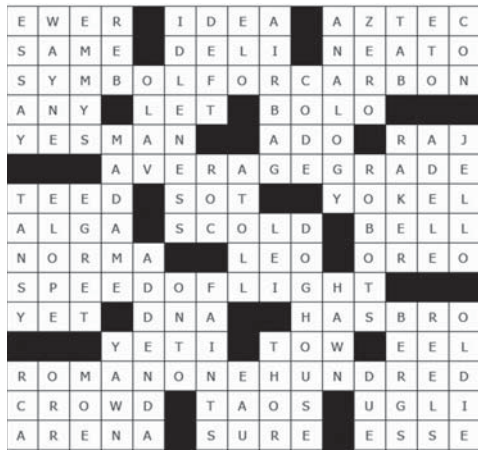
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Uncle with a top hat
- 4. Traps by stealth
- 10. Forest unit
- 14. Apr. consultant
- 15. Hide out indefinitely
- 16. "On Golden Pond" bird
- 17. One way to be left
- 19. Comfy cozy
- 20. Historic racehorse
- 21. Computer programmer, e.g.
- 22. ___ upswing (rising)
- 23. Truman's state
- 27. Flamed meat venue, briefly
- 31. Past potentates
- 34. Back on the boat
- 35. Where Moses floated
- 36. "Men in Black" quarry
- 37. Suffix with cynic
- 40. As well
- 42. Bovine chaw?
- 43. Univ. mil. group
- 45. Help and comfort
- 47. Mugs of suds
- 49. 1990 Hackman thriller
- 53. Not one of the gang
- 54. You must read this?
- 58. Midshipman's counterpart
- 60. Transports for 36-Across
- 62. Way off base?
- 63. Circular
- 66. Ditto
- 67. Books in hotel drawers
- 68. "To Kill a Mockingbird" character
- 69. Observer
- 70. Second in the credits, often
- 71. Unusual gift of sight

Down

- 1. Dunderhead
- 2. For the bees
- 3. ___ cum laude
- 4. Artie or George
- 5. Generic
- 6. Astronaut with Armstrong and Collins
- 7. Color of Mao's little book
- 8. Continental abbr.
- 9. Place bugs or wires
- 10. Nonwinner
- 11. Presidential advisor, affectionately
- 12. Bounder
- 13. Tech. dept. in a university
- 18. Provide with a medal
- 21. 2003 play-off 10-Down
- 24. Treadmill site, perhaps
- 25. Refine, as flour
- 26. Preminger of film
- 28. Letters on a Michelin
- 29. Hazy appearance
- 30. Proof letters
- 31. Bird over the waves
- 32. Long Greek promenade
- 33. First roofed ballpark
- 38. Wise words
- 39. Actress Rogers
- 41. Kimono tie
- 44. More like Simon Legree
- 46. Parent, back and forth
- 48. Methuselah's father
- 50. Giant legend Mel
- 51. Treat the ice again
- 52. Egg quality
- 55. Pioneer bathyspherist William
- 56. Popular cookies
- 57. Legally block
- 58. Check out, as a joint
- 59. Not here
- 61. Gorby's former domain
- 63. Brit. broadcaster
- 64. Spanish river
- 65. They make hosp. deliveries

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WHITE CHRISTMAS (1954) Comedy, Musical, Romance **SUN.**

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 10AM, Congregational Prayer Service



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 Sunday Worship Service 10:00 a.m.
 Fellowship 11:00 a.m.

Pastor Mark Ehrmantraut
www.vincentumc.com



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

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

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

All are Welcome!
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St. Mark's Lutheran Church

Missouri Synod



Sunday Divine Service
 9:30 AM

Adult Bible Study and Sunday School
 11:00 AM

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 5:15 PM

Reverend Philip Beyersdorf
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Immanuel Baptist Church

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SUNDAYS: 9:00 AM FELLOWSHIP
 9:15 AM SUNDAY SCHOOL
 10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
 5:30 PM FAMILY SUPPER
 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



Christ Reformed Church

Worship 11:00 a.m. Sunday
 234 14th Ave SE
www.christreformedchurchminot.com



St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076

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

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



First Lutheran Church - ELCA

120 5th Ave. NW
 852-4853

Sunday Worship
 9:30 am

www.firstlutheran.tv
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 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman

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Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

Minot Baptist Church

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

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

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 Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 5:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
 email: minotcrbc@gmail.com
Gabe McCormick - Pastor
415 28th Ave SE (Behind Menards)
838-1873




West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot



Gospel Tabernacle Community Church

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

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

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



First Baptist Church

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

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

Rev. Kent Hinkel, Senior Pastor
 Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Grace Baptist Church of Minot

A Reformed Baptist Church

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 9:30am Contemporary Service
 9:30am Sunday School & Adult Bible Study
 11:00am Contemporary (w/ livestream)

Wednesday, Dec. 13
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Air Force Global Strike Command conducts first annual Combat Ammunition Production Exercise

AIRMAN 1ST CLASS SETH WATSON
2ND BOMB WING PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. –

In a milestone event, the Air Force Global Strike Command successfully executed its inaugural Combat Ammunition Production Exercise (CAPEX) on November 7, 2023, at Barksdale Air Force Base. This exercise evaluates munitions production capabilities and provides realistic training to enhance the Air Force's preparedness for wartime operations.

The primary goal of CAPEX is to assess munitions production techniques and procedures. By doing so, the exercise determines how well the current Base Support Plans and Munitions Employment Plans would support wartime operation plans.

The roots of CAPEX go back to 1987 when it was first initiated by Pacific Air Forces (PACAF). Over the years, these exercises have become an annual event, with U.S. Air Forces in Europe (USAFE) hosting their first exercise in 2018. These exercises serve as a crucial pulse check on mass, live-munitions production, aligning with Air Tasking Orders (ATO) and reinforcing combat planning and

production tactics.

At its core, CAPEX is a proven method designed to train munitions personnel in contingency planning and production. It not only evaluates the wing's strengths and weaknesses but also identifies areas for improvement to meet potential mission generation requirements. The exercise contributes to command-wide enhancements, including improved munitions production capability, enhanced training plans, better tool and equipment management, updates to base support plans, improved war reserve material stockpile management techniques, and a more comprehensive understanding of Operational Plan (OPLAN) supportability.

In summary, the success of the first annual CAPEX at Barksdale Air Force Base signifies an important step forward in ensuring Air Force Global Strike Command's readiness for munitions-related challenges, ultimately enhancing the overall effectiveness of the force in fulfilling its mission.

NOTES ON BEING SAFE

TIS THE SEASON FOR TOY SAFETY



SSGT JOE VERGARA
5TH BOMB WING
NCOIC, OCCUPATIONAL SAFETY



'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.



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Minot AFB Pollinator Project: A Great Example of Partnership!

There are incredible joys experienced as a multi-stakeholder project or program approaches the finish line. A few weeks ago, I experienced this joy as seed was laid on a 5 acre plot next to an elementary school at Minot Air Force Base for a pollinator garden. I want to share this joy with you.

The multi-stakeholder initiative involved the Minot Pollinator Project, Minot Air Force Base, Minot Public Schools, and U.S. Fish and Wildlife Service. This project is a special opportunity to enhance quality of life measures for residents and students and enhance access for students to Science, Technology, Engineering, and Mathematics with a budding partnership with a local biologist.

I am beyond thrilled to play a part in this project and to work with incredible colleagues and partners! It is also a full circle moment from my time at the Penn State Center for Science and Teaching (CSAT) collaborating with other Science educators and researchers from the Center for Pollinator Research in the summer of 2019. I've included a photo to the right.

There are great things happening in Minot and Minot AFB!



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



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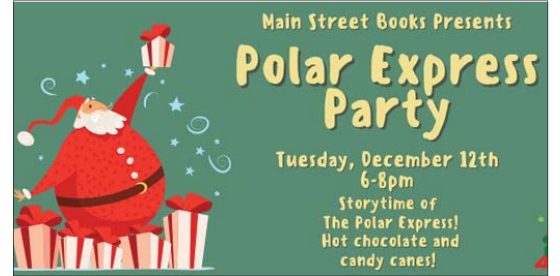
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For more information:
 Facebook / Main Street Books / Events

14 DEC CHRISTMAS WITH MRS. CLAUS
 4:00-6:00 PM
 Scheels Minot
 2400 10th St SW, Minot, ND

Mrs. Claus will be visiting us at Minot SCHEELS! Join us in the Minot SCHEELS Training room on Thursday, December 14th from 4pm - 6pm for festive, fun Christmas activities.

- Hot Cocoa Bar
- Color Station
- Storytime with Mrs. Claus
- Photo Opportunity
- Christmas swag bag (while supplies last)
- THIS IS A FREE EVENT FOR KIDS AGES 10 & UNDER



For more information:
 Facebook / Scheels (Minot, ND) / Events

16 DEC CPKC HOLIDAY TRAIN
 6:30 PM
 Maint Street Railroad Crossing
 Minot, ND

"All aboard! The CPKC Holiday Train is making its way to Minot, ND, bringing with it a festive spectacle of dazzling lights and captivating musical performances! Join us in the heart of downtown to bask in the enchanting glow of the train and relish in the delightful live music. Come enjoy an exciting Family Fun Night all while supporting your local food pantry Our Lady of Grace and other community programs providing healthy meals. Enjoy Downtown shopping. The Hitchin Kitchen Food Truck, Free Will Donation Pepsi Cart with Hot Dogs and Cocoa, visit with Santa and enjoy some fantastic music by Dallas Smith & Mackenzie Porter on the Holiday Train. Don't forget to bring your non-perishable food, cleaning and hygiene items and drop them at the Donation Station on your way in.



For more information:
 Facebook / Minot Area Homeless Coalition, Inc. / Events

1-31 DEC SERTOMA CHRISTMAS LIGHTS IN OAK PARK
 5:30-10:00 PM (SUN-THURS)
 5:30-10:30 PM (FRI & SAT)
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Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club. Running daily until December 31.



For more information:
 Facebook / Minot Sertoma Club

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Minot AFB Exchange Shoppers Can See More Green With the Holiday Price Guarantee

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MINOT AFB –The Army & Air Force Exchange Service is helping Minot AFB shoppers receive the best value on purchases with an extended holiday price guarantee.

From Dec. 1 to Dec. 24, shoppers making a purchase at the Minot AFB BX can receive an Exchange gift card for the price difference if they find an identical item from a local retailer at a lower price.

“Shoppers get the best value with the price guarantee,” said Minot AFB Exchange General Manager Kyle Omler. “Since we have no sales tax and exclusive prices, you

could actually save quite a bit on purchases.”

To receive a gift card, shoppers can visit the BX customer service desk with an original receipt or order confirmation alongside a local competitor’s advertisement. Those who made a purchase from the Exchange online may fill out a customer service feedback form at ShopMyExchange.com/customer-service or call the Exchange Customer Service Center at 800-527-2345. Additional restrictions may apply.



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Hotel REVEL Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot’s Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot’s Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.



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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Dec. 4: 1,839.59 feet above mean sea level (MSL); 17,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,499.2 feet above mean sea level (MSL). Stump Lake elevation: 1,449.14 MSL.

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

•Devils Lake, Ed’s Bait Shop, Devils Lake: Some walk-on activity on northern feeder lakes.

•Devils Lake, Woodland Resort, Devils Lake: Back bays and northern lakes icing over with some walk-on activity for walleye on northern lakes.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling.

•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: Lake Darling iced over with a few anglers walking on the ice. .No reports on success.

•Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe iced over with some walk-on activity for occasional walleye and bluegill. Use extreme caution, however.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, a few anglers are boat fishing for walleye on the east end of Lake Sakakawea, mostly working farther west around Douglas Bay and the midsection. Try jigs and minnows or jigging Raps in a variety of depths.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some activity on the east end of Lake Sakakawea, weather permitting. Try Douglas Bay.

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They’re located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

•Upper Souris Nat’l. Wildlife Refuge now open for late season pheasant hunting north of Lake Darling Dam to the north end of the refuge by Mouse River Park. The refuge is also open to muzzleloader deer hunting for lottery license holders.

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

•Dec. 8 & 9: Fort Stevenson State Park Dickens Village Festival Geo-cache, Garrison. Contact the park, (701) 337-5576, for details and GPS coordinates.

•Dec. 9: High Plains Duck season opens. Refer to N.D. Game & Fish Dept. regulations for open zone description.

•Dec. 9 & 10: Dakota Territory Gun Collector’s Show, McKenzie Co. Sportsman’s Club, Watford City.

•Dec. 13: Registration opens for Feb. 9 – 11, 2024 WOW, Wild Outdoor Women, Lake Metigoshe State Park. Go to the N.D. Parks & Recreation Dept. website, (parkrec.nd.gov) and click “All Events” under the event listing for details.

•Dec. 14: J. Clark Salyer Nat’l. Wildlife Refuge (NWR) Christmas Bird Count (CBC). Contact (701) 768-2548, ext. 116, for details.

•Dec. 19: Des Lacs NWR CBC. Contact (701) 385-4046, ext. 225, for details.

•Dec. 20: Movie Skate Night, MAYSA Arena, \$5 skate with \$5 skate rentals.

•Dec. 21: West Canada Goose Zone closes.

•Dec. 21: Upper Souris NWR CBC. Contact (701) 468-5467, ext. 117, for details.

•Lake Sakakawea, New Town: Continued fair to good walleye success in the Van Hook Arm and river portion around New Town from boats, wind and weather permitting. Try jigs and minnows.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: No new reports from the Missouri River or Lake Sakakawea.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea has a skim of ice and is breaking up and icing over so it’s unfishable yet. Trenton Lake producing some crappie activity with occasional walleye and pike. Walking access only on Trenton Lake and all area lakes. Epping-Springbrook Dam producing a few walleye and perch with some trout and perch from Kota-Ray Dam.

•Lonetree WMA area lakes, Harvey: No new reports.

•North-central/central N.D.

lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet as anglers wait for improving ice conditions.

Hunting:

•Upland: Continued fair success in some areas.

•Waterfowl: Canada geese still scattered on the open water along the east end of Lake Sakakawea with birds on the Missouri River as well. Birds are difficult to decoy and don’t go out to feed on a consistent basis. Some Canada geese along the upper end of Lake Sakakawea, as well, but birds moved out of north-central and much of the rest of the state without open water.

Numbers to know:

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

•Report All Poachers: (701) 328-9921



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NOTICE

NOTICE

Minot AFB, ND – 1st Lt Alexander Samaniego from the 740th Missile Squadron has been appointed the Summary Court Officer (SCO) for the estate of

SSGT LOGAN HILL, 91ST MAINTENANCE GROUP.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 1st Lt Alexander Samaniego: Email: alexander.samaniego.2@us.af.mil

NOTICE

Minot AFB, ND – 1st Lt Jake Laurel from the 742d Missile Squadron has been appointed the Summary Court Officer (SCO) for the estate of

SRA SANDRO ERAZO JR, 791ST MAINTENANCE SQUADRON.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 1st Lt Jake Laurel: DSN: 453-6297 Cell: 209-479-0993

NOTICE

Minot AFB, ND – 2d Lt William Parker from the 891st Missile Security Forces Squadron has been appointed the Summary Court Officer (SCO) for the estate of

SSGT JONATHAN LYNCH, 891ST MISSILE SECURITY FORCES SQUADRON.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 2d Lt William Parker: DSN: 453-4443 Email: william.parker.43@us.af.mil

NOTICE

Minot AFB, ND – Captain Michael Bechtel from the 5th Munitions Squadron has been appointed the

Summary Court Officer (SCO) for the estate of TSGT JALEN MEDINA, 5TH MUNITIONS SQUADRON.

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact Capt Michael Bechtel: DSN: 453-1119 Cell: (701) 389-8208

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9	4	5	3	7	2	1	6	8
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Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway. tfm

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot. tfm

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. tfm

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605 27th St SE, Minot ND 58701
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ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY
BAGGERS WORK FOR TIPS ONLY

•ADULT HOURS

Tuesday-Friday 7am-4pm
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

• TEEN HOURS

Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
• Morning start times rotate & vary

IF INTERESTED SPEAK TO CHARLIE AT THE COMMISSARY OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.

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 upcoming term: 8 Jan-10 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.

PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now. 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 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

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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



VOLUNTEER OPPORTUNITIES

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members.
•REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>
POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire).
The program entails for schools:
• The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher.
• Large-scale pre-scheduled live events will include a program link after registration.
• In-person engagements may be available depending on location and availability of local personnel.
Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields!
This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too.
For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYulr>
Please feel free to reach out if you have any questions.
POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director.
POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA 701-852-0141

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

Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows:
• Ages 3–4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center
• Ages 5–6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center
• Ages 7–8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center
• Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center
All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.
POC: Ms. April Lawrence, the Youth Sports Coordinator,
701-723-1477/2838 or email april.lawrence.2@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.gocivilairpatrol.com> or contact the POC below.
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McEmore, CAP, Jonathan.mcemore@ndcap.us
701-720-6410 | <https://nd021.cap.go>

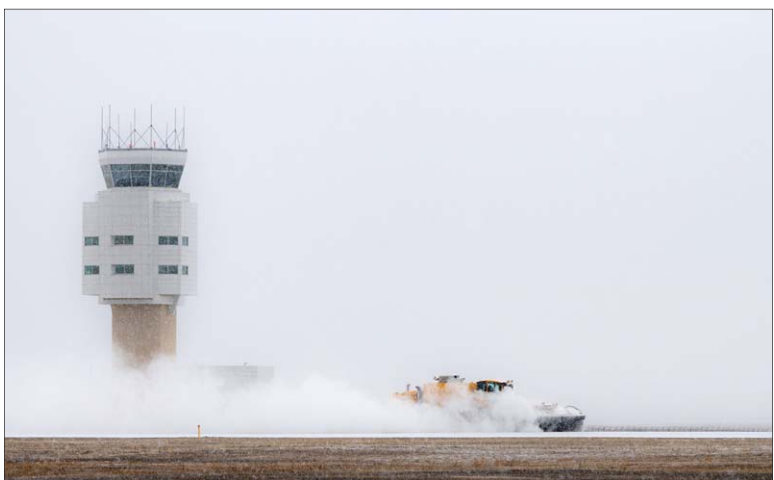
To have your volunteer opportunity posted, please contact
Military & Family Readiness Center (M&FRC) at:
5fss.family.support@us.af.mil



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TEAM MINOT KEEPS JETS FLYING IN THE SNOW



Members of the 5th Civil Engineer Squadron work to remove snow from the flight line at Minot Air Force Base, North Dakota, Nov. 27, 2023. The 5th CE tends to base snow removal efforts to prevent delays in base operations.



5th Aircraft Maintenance Squadron crew chiefs perform pre-flight procedures on a B-52H Stratofortress at Minot Air Force Base, North Dakota, Nov. 27, 2023. The 5th Bomb Wing Airmen work in all-weather conditions to provide the B-52H global strike capabilities at a moments notice.

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

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

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SCRATCH THAT THOUGHT

Patricia Stockdill

There are times when a person should just take an idea and slide back into the hinterlands of one's mind. Everyone has them. At the time, they seem brilliant – almost Einstein-esque.

And afterwards, ya just gotta wonder why that idea was ever allowed to escape from its box.

Here's the deal: November's deer rifle season was a memory and the family four-legged hunting maniacs were extremely bored for lack of opportunities to pursue their mission in life, which is seeking, finding, and retrieving upland game birds – when they're not zonked on the couch, that is.

Pheasants in particular are a prize because they smell, oh so good.

It was time to head to their favorite Waterfowl Production Area (WPA). It harbored good things like grouse, pheasants, and before its wetlands iced over, ducks. It's a hunting maniac's heaven, especially when you're Brittanys named Garnet and Magnum.

Eider, the family "cardiac/oncology canine" still thrives on hunting, even though her version is, in reality, a short walk around a little area not too far from home. She gets her "hunt", we take her home and she sleeps. The rest of us head out to put that not-so-brilliant idea into action.

The WPA is a mosaic of rolling hills, wetland kettles that in dry conditions offer vegetation for potential quarry to hide, umpteen pockets of buffaloberries, chokecherries, and – this is where the good idea of hunting the beloved WPA turns into a not-so-good idea – much to our dismay, what seems like every cocklebur in the State of North Dakota.

The problem wasn't so much the unending multitude of super ripe cockleburs begging to cling to everything; the problem was that the hunter didn't realize every cocklebur attached itself to the two Hunting Maniacs, in particular to the relatively young newcomer to the hunting game, Magnum.

She must have figured she was behind in the cocklebur count because she made sure she caught as many as she could.

She was a cocklebur magnet.

Magnum was encased in cockleburs.

She had layers of cockleburs. Cockleburs attached to cockleburs. She waddled in cockleburs.

She was a walking cocklebur.

A giant walking cocklebur.

Magnum firmly believes she was perfectly capable of removing her own cockleburs, grabbing, pulling, chewing, and spitting them out after deciding they weren't as delectable as she thought.

Of course, she's distributing them throughout both the pickup and house because she can't get them all out on the ride home.

Thankfully Eider was back home snoring away or she would have been the worst one of the whole brace of Brittanys.

The problem wasn't just cockleburs: Garnet kissed a porcupine.

Yup, somewhere in one of the chokecherry or buffaloberry clumps – or something - Garnet greeted a porcupine, unbeknownst to the hunter until noticing that Garnet shouldn't have what at first glance appeared to be frosty whiskers.

It's wasn't frosty weather and they weren't frosty whiskers.

Nope, it was porcupine quills.

It was time to beat a hasty retreat from the formerly beloved WPA to the pickup in an attempt to remove the dozen or so quills in Garnet's nose. Thankfully, it seems she simply tried to smell (kiss?) the antisocial critter rather than retrieve it.

It was after the quills were removed and determined that Garnet was none the worse for her acupuncture session that Magnum's predicament thoroughly came to light.

The evening was spent with a small scissors in hand, an impatient dog, and a growing mound of cocklebur-laden dog hair clippings.

By the end of the night Magnum looked like she had been sheared by a 5-year-old running amok with plastic scissors.

But the cockleburs were gone – along with her hair – and she was a much happier dog.

Garnet was happy, too, because even though her nose was bit tender, she didn't have to visit her veterinarian friend.

As for that WPA, well, it's still a beautiful area.

But the thought of hunting it next year might be one idea that will remain shoved into the recesses of one's mind. Whether or not it's allowed to escape again – despite its allure - is yet to be determined.



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WHAT'S GOING ON MAFB

FRIDAY 08

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

WEDNESDAY 13

- December Fitness Challenge, 0500-2100, McAdoo Fitness Center
- Career & Certification Exploration Track, 0800-1630, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Zumba, 1730, McAdoo Fitness Center

FAMILY NIGHT
15 December 2023 • 5:00PM- 7:00PM

Join us for our Family Night Special!
Buy one adult entree
& get one kids item FREE!

FORCE 5THFORCESUPPORT.COM **BOMBER**

SATURDAY 09

- Frossen Krig: Bjorn's Wrath Strongman Competition, 0900, McAdoo Fitness Center
- R4R Free Snow Tubing, 1000-1700, Bottineau Winter Park
- Zumba, 1100, McAdoo Fitness Center
- Frosty & Friends, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center
- 9 Pin No Tap Tournament, 1800-2100, Rough Rider Bowling Center

THURSDAY 14

- December Fitness Challenge, 0500-2100, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- October – December ESM Birthday Meal, 1730, Dakota Inn Dining Facility, Chief's Den
- Zumba, 1800, McAdoo Fitness Center

SUNDAY 10

- Zumba, 1400, McAdoo Fitness Center

MINOT AFB STRONGMAN COMPETITION
FROSSEN KRIG
DEC 9TH • 0900
MCADOO FITNESS CENTER
2 MALE & FEMALE DIVISIONS
FEMALE 144 & 145<
MALE 199 & 200<

SCAN FOR MORE INFO & EVENTS

ASK **NASCAR**

FORCE 5THFORCESUPPORT.COM **BOMBER**

MONDAY 11

- December Fitness Challenge, 0500-2100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Sponsorship Training, 1300-1500, M&FRC
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library

FRIDAY 15

- December Fitness Challenge, 0500-2100, McAdoo Fitness Center
- JCM – 21 Irrefutable Laws of Leadership, 0800-1600, Professional Development Center
- Family Night, 1700-1900, Bomber Bistro
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Snowball Dance, 1800-2000, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

TUESDAY 12

- December Fitness Challenge, 0500-2100, McAdoo Fitness Center
- Career & Certification Exploration Track, 0800-1630, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Minot Myth Busters, 0800, M&FRC, Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 16

- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

DEC SPECIALS

Bomber Bistro Featured Item
Grinch Pie

Pizza with a pesto base, topped with shredded mozzarella and cherry tomatoes.

The B-Fifty Brew Featured Item

Peppermint Mocha

Signature Starbucks Espresso Roast combines with steamed milk, sweet mocha sauce, and peppermint-flavored syrup, topped with whipped cream and dark-chocolate curls

Rockers Bar & Grill Featured Item

Chicken Tenders

Four tasty tenders served with crispy fries and your choice of dipping sauce!

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