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TRUE GRIT!

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SECOND GRADE STUDENTS BECOME PUBLISHED AUTHORS

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91ST MW KIDS CHRISTMAS PARTY

The 91st Missile Wing threw a Christmas party for the children of Minot AFB, ND, Dec. 11, 2021. Airmen and families enjoyed some holiday fun with hot chocolate, reindeer training camp, and visits from Santa Claus and the Grinch!

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS SAOMY SABOURNIN



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Global Strike Challenge '21 announces 'Best of the Best'

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command announced the winners of Global Strike Challenge 2021 at the multi-month competition's capstone event Dec. 8, here.

Global Strike Challenge is the world's premier bomber and intercontinental ballistic missile operations and maintenance, helicopter operations and security forces competition with units from Air Force Global Strike Command, Air Combat Command, Air Force Reserve Command and the Air National Guard participating.

The theme of this year's Global Strike Challenge was Strikers are One... Resilient, Credible, and Lethal Team.

"Because Strikers are a team of teams, we're all dependent on one another to succeed," said Gen. Anthony Cotton, commander of Air Force Global Strike Command. "This teamwork is critically important because, as we all know, the world has changed—we are now in an era of strategic competition."

The top honors of the night included:

FAIRCHILD TROPHY – BEST BOMB WING

7th Bomb Wing at Dyess Air Force Base, Texas

BLANCHARD TROPHY – BEST ICBM WING

341st Missile Wing at Malmstrom AFB, Montana

Other top honors included:

BOURLAND TROPHY – BEST HELICOPTER SQUADRON

40th Helicopter Squadron, Malmstrom AFB, Montana

CHARLIE FIRE TEAM TROPHY – BEST SECURITY FORCES

341st Missile Wing, Malmstrom AFB, Montana

ELLIS GIANT SWORD TROPHY – BEST BOMBER MAINTENANCE

7th Bomb Wing, Dyess AFB, Texas

"We asked our Striker Airmen—this includes officers, enlisted and civilians—to compete using some of our most modern tools, technologies and tactics," said Cotton. "They proved once again that they know how to overcome the toughest challenges in ways that demonstrate our credibility and lethality to our nation, our allies and to the world."

The 2nd Bomb Wing at Barksdale AFB, Louisiana, won the Doolittle Trophy for innovation excellence. This trophy recognizes the innovation efforts of the base and their dedication to staying competitive in the 21st century.

"The vision behind Global Strike Challenge 2021 emphasized resilient, credible and lethal Airmen who dominate the battlespace utilizing modern tools, modern technologies and modern tactics," said Lt. Col. Robert Fore, lead Global Strike Challenge coordinator.

"This competition is a testament at just how excellent all of our Global Strike Airmen really are," Fore said.

The 509th Bomb Squadron from Whiteman AFB, Missouri won the Spirit Bell Trophy for the best team spirit.

The Shreveport-Bossier community presented the Barksdale Trophy to the 7th Bomb Wing and their community partners. The Barksdale Trophy is awarded to the community that goes above and beyond to support Airmen and families at an Air Force Global Strike Command wing.

"Our Strikers showed up and showed out for this year's Global Strike Challenge," said Cotton. "Our Strikers are elite professionals, and I'm incredibly proud of how they have represented our command, our nation, and our profession."

Participants in the 2021 Global Strike Challenge included AFGSC's nine wings plus units from Air Combat Command, Air Force Reserve Command and the Air National Guard.

MINOT AFB GLOBAL STRIKE CHALLENGE AWARDS

CATEGORY	WINNER
SECURITY FORCES	
Best Security Forces Marksmanship Trophy	219th Security Forces Squadron, Minot Air Force Base, North Dakota
Best M4 Shooter	SMSgt Shawn Wegner, 219th Security Forces Squadron, Minot Air Force Base, North Dakota
Best M320 Shooter	A1C Thaddeus Moore, 219th Security Forces Squadron, Minot Air Force Base, North Dakota
ICBM TROPHIES MAINTENANCE	
Blackburn	91st Missile Wing, Minot Air Force Base, North Dakota
Best ICBM E-LAB Team	91st Missile Wing, Minot Air Force Base, North Dakota
Best ICBM PREL Team	91st Missile Wing, Minot Air Force Base, North Dakota
HELICOPTER TROPHIES	
Best Fires Observer	SrA Aaron Laudieri, 54th Helicopter Squadron, Minot Air Force Base, North Dakota
MAINTENANCE	
Best Conventional Munitions Maintenance Team	5th Bomb Wing, Minot Air Force Base, North Dakota
Best Conventional Aircraft Crew Chief Team	5th Bomb Wing, Minot Air Force Base, North Dakota

A LOOK BACK THIS WEEK IN USAF HISTORY

"OPERATION CHRISTMAS KIDLIFT" BRINGS SOUTH KOREAN ORPHANS TO SAFETY DECEMBER 20, 1950



Capt. Tone Nobile, a flight nurse, comforts an orphan before the airlift. (USAF Photo)

During the Korean War, Air Force Chaplains Lt. Col. Russell Blaisdell and Col. Wallace Wolverton set up the Seoul Orphanage Reception Center to provide food, clothing, shelter, and medical aid to approximately 4,000 orphans in the South Korean capital. When Chinese forces began pushing towards Seoul, the chaplains feared for the children's safety in the midst of a war zone. On December 19, 1950, Blaisdell met Col. T.C. Rogers, Fifth Air Force Chief of Operations. Along with Lt. Gen.

William Tunner, Commander of Combat Cargo Command, they were able to call in 12 C-54 Skymasters from the 61st Troop Carrier Group. Over 1,000 orphans were airlifted to safety on December 20. Nurses and medics from the 501st Air Evacuation Squadron also provided aid to the children, and most of them were able to make it out of harm's way because of the valiant efforts of the Airmen involved.

Information courtesy of: airforcemedicine.af.mil / USAF Chronology by D. Haulman, P. Jones, R. Oliver

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Air Force Wounded Warrior Program provides care, advocacy for Air Force Global Strike Command's wounded warriors

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

More than 2.7 million American service members, including nearly 520,000 from the U.S. Air Force, deployed abroad on more than 5.4 million deployments from 2001-2018, according to a study by the Rand Corporation. Airmen were deployed for nearly 1.3 million of those 5.4 million deployments, often to combat zones like Afghanistan and Iraq.

Among those who deployed, more than 52,000 U.S. service members were physically injured in recent military conflicts and another 500,000 are living with invisible wounds ranging from depression to post-traumatic stress disorder including 320,000 with brain trauma, according to the Wounded Warrior Project.

For Striker Airmen, who may be among those who have physical or invisible wounds, The Air Force Wounded Warrior (AFW2) Program is available to provide care and support. What is AFW2?

The Air Force Wounded Warrior Program "is a Congressionally-mandated and Federally-funded organization tasked with taking care of U.S. Air Force wounded, ill, and injured Airmen,

Guardians, Veterans, and their families," according to the AFW2 website, www.woundedwarrior.af.mil. They provide personalized restorative care throughout a Warrior's journey back to duty, separation, or retirement. The goal is to leave those enrolled in the program well-equipped to manage challenges, regardless of injury or illness.

AFW2 works together with the Air Force Survivor Assistance Program, Airman & Family Readiness Centers and the Air Force Medical Service to provide concentrated non-medical care and support for wounded, ill and injured Airmen, Guardians (and their families) as they recover and transition back to duty or into civilian life. The Air Force defines a wounded warrior as "any Airman who is seriously wounded, ill, or injured that may require a Medical Evaluation Board/Physical Evaluation Board to determine fitness for duty."

Members of the Global Strike team can find a Recovery Care Coordinator (RCC) at select AFGSC installations. A list of locations, and the assigned RCC, can be found on the AFW2 website.

"The Air Force Wounded

Warrior Program is here to help you, even if your incident results in you being permanently retired," said Ms. Selina Lyle, AFW2 Recovery Care Coordinator. "We will provide you information, resources and personalized

assistance as needed. Do not hesitate to call us for answers to questions or to help deal with issues as they arise. We are here to provide the #CareBeyondDuty you deserve."

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U.S. AIR FORCE PHOTO | WOUNDED WARRIOR (AFW2) PROGRAM

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Congratulations Senior Master Sgt. Jeffrey Brown

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY




In a recent quote SMSgt Brown was asked about what accomplishments he has done to receive the Air Force Global Strike Command-level Lance P. Sijan SNCO (senior noncommissioned officer) Award, "I just think it's my job" he said. SMSgt was also selected as the recipient of the Air Force-level award. Both awards cover the last year's accomplishments, which for SMSgt Brown was deployment to Kuwait in 2020-2021. The Minot Daily News had a great story on SMSgt Brown in their December 10, 2021 edition, written by Eloise Ogden.

To receive awards of this magnitude reflects not only on the recipient of the award, but also the unit he serves and the leadership of that unit. For those of us who are given the opportunity to cover news on Minot Air Force Base, we are not surprised with the accolades and awards that are regularly given to Minot AFB and the personnel who "do the job, 24/7". So thank you SMSgt Jeffrey Brown, and to the other members of the Marauder Bulls who served with you in Kuwait.

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ROD WILSON, NORTHERN SENTRY

My day at the YMCA was done. My pool workout was over, and I was headed home. Distracted a bit by a friend saying hello on her way into the YMCA, I turned back toward the doors leading into the parking lot and found myself on a collision course with a young man, then about nine years old, in a wheelchair. I hit the brakes, and so did he, and we avoided the accident and his Dad, Chad Thompson said “Palmer, watch out for Mr. Wilson, look out where you are going”. Chad and I have known each other since he was a kid about Palmer’s age. He used to play soccer and I was, for lack of a better word, his coach. I was able to shoot a “don’t worry about it” smile back at Chad and turned quickly enough to watch Palmer head through the doors at the “Y” bouncing a ball as he and his friends headed to the gym to play basketball. Palmer has been pretty much wheelchair bound his entire life. Born with spina bifida, Palmer is the second of four boys in the Chad and Angie Thompson family. The opportunity presented itself on this morning to take a few minutes and watch Palmer play wheelchair basketball with his friends, and I was more than amazed by how quickly and effortlessly Palmer moved around the court. Fast forward a bit to another occasion where I was able to watch Palmer playing sled hockey at MAYSA arena. Handicapped? Well, none of these athletes appeared to use that word as a description or a reason for that day. To my right were a couple of parents talking about how amazing it was for these kids to be on the ice and were praising the mission of Prairie Grit, the organization founded by Chad and Angie (Chad’s wife) Thompson of Minot. Prairie Grit Adaptive Sports was founded after the Thompson family experienced a ski outing

for Palmer at Eagle Mount in Bozeman, Montana. “He (Palmer) got to ski with Eagle Mount, and we looked for a house in Bozeman. It came down to we either move or start something similar with sports opportunities here for him (Palmer) or kids like...adults like him. We decided to get it going and I started building the board...I was calling people that we thought would be a good fit and we started with sled hockey” according to Chad “there was a need, and so building it (Prairie Grit) was not all that difficult because people saw the need.” Now a vibrant, growing organization, Prairie Grit is funded in part by a donation of 1% of sales from the four Qdoba restaurants that the Thompsons own, two in Minot and one each in Dickinson and Williston. Quite a lot has happened since those early days of Prairie Grit and now the list of sports has increased to over 35 sports, but more impressive there were over 220 participants last year, 20 of them being new to the program. We talked about the Prairie Grit fishing day at Van Hook on Lake Sakakawea. “They (all of the events) are all special, but that day is really special” according to Chad “those guys are all anglers, really good anglers, and I know that they enjoy the day as much as the athletes do.” Last year there were 18 participants “so you were talking 18-20 boats with guides. Everybody catches fish and then we fry the fish and give out prizes... it’s so cool.” Prairie Grit is growing, and Chad talked about getting into hunting. “We’re looking at how we manage all of these buckets, like our hunting and outdoor division. We have a couple of volunteers that manage that.” Chad still loves to hunt, but now it’s more about teaching and sharing hunting experiences with his boys. “For me it used to be planning a hunt



Chad and Angie (Krebsbach) Thompson, Founders of PGAS, were born and raised in Minot, ND. They were high school sweethearts and married in 2004. They have four boys: Oliver, Palmer, Wells, and Ford.

for one person. Well, that changes when you are planning to take a kid hunting and add to that a wheelchair or a disability and it all changes. We have great volunteers who plan the hunting events and all we do is show up”. Chad shares that Palmer loves sports, but his passion is really hunting and fishing “he just loves the outdoors” Chad says with a chuckle. Executive Director of Prairie Grit, Krystal Butgereit started as Palmer Thompson’s Occupation Therapist in 2016 and has been with Prairie Grit for the past three years. “I am so amazed how the community of Minot has embraced our program. It seems all we need to do is ask and the community responds.” The idea from the beginning was to make all of the sports adaptive and inclusive according to Krystal, “and it is really pretty great what we have going here.” Prairie Grit started with sled hockey “and we had about 10-15 youth and adults participating.” With ages from three years old for gymnastics to 50 plus year old adults that participate

in hunting and fishing, Prairie Grit is not only serving the athletes, but also the families. “It is so great to see 200+ people at a Prairie Grit event. Some come to all the events. And as far as area that we serve, we had a Montana kid that came to participate in wheelchair basketball.” Prairie Grit strives to be inclusive “We have family members who come and jump in a wheelchair or sled and participate.” Krystal and Prairie Grit have also brought wheelchairs to schools so that an entire class can participate in wheelchair basketball. “We want to do more of those kinds of activities” according to Krystal “but COVID kind of slowed our progress a bit.” Looking at continued expansion, Chad shares “one population that we are thinking we need to reach is our veterans, and the air base (Minot Air Force Base). A lot of people think we are only kid orientated, which we’re not. Do we get more kids? Probably, but we still want to reach out to adults with our programs.”

Chad says that in addition to being entertaining, “All of these events are therapy. For Palmer, it’s great therapy. He (Palmer) doesn’t want to go to a therapeutic environment. How do you make it a game? How do you improve the physical and mental health of our athletes? You do that through sports and competitive recreation, and through being part of a team.” For Palmer and the rest of the athletes the team experience is important, and the experience of being coached by someone who is not their parent is a life lesson according to Chad. On the Prairie Grit website, Chad sums it up very well. “This journey has been amazing for our family and the local support in the Minot area has surpassed our expectations. We couldn’t be happier to be a part of Prairie Grit Adaptive Sports. We have big plans in store for PGAS and look forward to future growth of our programming.”

• Over 220 participants-20 new participants this past year
 • Over 400 volunteers-added over 50 volunteers this past year
 • 35 sports and recreational opportunities have been offered

2021 ACTIVITIES INCLUDED:

- Intramural Sled Hockey Jamboree
- Outdoor Sled Hockey Events
- Adaptive Gymnastics with Gymagic Gymnastics
- Adaptive Rock Climbing
- First Adaptive Ice Fishing Day
- Adaptive Swim Lessons and Swim Meets
- Adaptive Yoga
- First Adaptive Dance Camp
- Adaptive Cheerleading
- Adventure Camp at Triangle Y Camp
- Wheelchair basketball open gyms, camp, and 3 on 3 tournament
- Adaptive Golf
- 3rd Annual Adaptive Fishing Day
- Adaptive Track and Field
- Co-Hosts for I Can Bike Camp with the Anne Carlsen Center
- Private Swim times at Roosevelt Pool
- Pedals and Pie with Scheels
- Cross Country with Minot Parks
- 3rd Annual Brady Samson Memorial Water Sports Day
- Nerf Battles with Minot Parks
- Various Adaptive Hunting Opportunities

COMING SOON

- Martial arts • Flag football • Soccer



Early on in Palmer’s life, the Thompsons found that sports and recreational opportunities for people with special needs were limited in the Minot area. Angie and Chad value the importance of physical activity, being part of a team, winning, losing and having goals to strive for. Prairie Grit Adaptive Sports was founded by Chad and Angie Thompson in 2016 with the mission of providing sports and recreational opportunities for children and adults living with physical and developmental disabilities to enhance their quality of life, allowing them to share their passion for sports and recreation with their son and others in the community.

PRAIRIE GRIT ADAPTIVE SPORTS IMAGES

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DARTS

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91ST MW KIDS CHRISTMAS PARTY

The 91st Missile Wing threw a Christmas party for the children of Minot AFB, ND, Dec. 11, 2021. Airmen and families enjoyed some holiday fun with hot chocolate, reindeer training camp, and visits from Santa Claus and the Grinch!

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- **Nodakords**
 - o Men's Barbershop Chorus
 - Meets Mondays at 7 PM

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AFW2 provides care, advocacy for AFGSC Airmen

CONTINUED FROM PAGE 3

More than 8,400 wounded warriors their families and or caregivers are being supported by the AFW2 Program, Lyle said. The number continues to grow as more wounded warriors are enrolled and she says the program is asking for help in identifying those who may qualify for the program.

Lyle said Airmen and Guardians who qualify for the AFW2 program include those who are, or were, seriously ill/injured or very seriously ill/injured; those with highly complex medical conditions; service members who were or are diagnosed with service-connected, or in-the-line-of-duty PTSD, TBI or military sexual trauma (MST), who have been referred or are likely to be referred through the Medical Evaluation Board process; Purple Heart recipients; or Air Reserve Component members who are retained for more than six months on Title 10 medical orders, or Airmen and Guardians who are returned to Title 10 orders for deployment-related condition(s).

Also, if someone knows a Striker Airman, or they think they may qualify for the AFW2 program, then that person can refer the Airman to the program, Lyle said. Anyone can refer an Airman into the AFW2 program by visiting the AFW2 website and clicking the "Refer and Airman or Guardian" icon and filling out the form and submitting it through the AFW2 website. The form is located here: https://www.woundedwarrior.af.mil/Portals/23/documents/01_HOME/AFW2%20Referral%20%201%20Oct%2020.pdf?ver=TAYZkYHfUn3oKB_VVndE0w%3d%3d

One critical aspect of the AFW2 program is the Wellness and Resiliency Program (WAR).

"The Warrior Care Division at AFPC is charged with providing Non-Medical Care management and personalized support to Air Force Wounded Warriors," said

Col. Richard L. Obert, Director, AFW2. "The Wellness and Resiliency team work with all programs within AFW2 to help strengthen the mental, social, spiritual, and physical domains of the Comprehensive Airman Fitness Model for our Warriors and their Caregivers enrolled in our program."

"We do this through both virtual and in-person CARE events, as well as teaching classes, connecting through social media platforms, and providing personalized support to those who are at high risk and are struggling with maintaining their resiliency," he said. "We are always researching new ideas that we can incorporate into the classes we offer. We understand that wellness and resiliency comes in many different forms."

Obert said that some of the classes offered to warriors, caregivers and staff include, but are not limited to: ASIST (applied suicide intervention skills training), SafeTALK (suicide alertness for everyone), Mental Health First Aid (understanding how to help those that struggle with mental health issues), MBTI (Myers-Briggs Type Indicator personality inventory), Journal to the Self (14 different journaling techniques), Improv (resilience through comedy), Rock 2 Recovery (writing and creating music), Photography (learning to view your world through a lens), Yoga (focus on harmony between mind and body), Meditation (awareness and having a healthy perspective on life), Mindfulness (focus on being present on the here and now), Origami (the art of paper folding), Art (everything from painting to bookbinding), Art Journaling (expression by combining art and the written word), My Intent (connection through self-reflection and meaningful conversations), Tai Chi (gentle exercises designed to keep your body in constant motion), Com-Motion Dance

(dance movement for all abilities), Zentangle (an artform to enhance relaxation and focus), and Goal Setting (mapping out your journey to recovery).

"Quality of care for wounded warriors remains a priority for Air Force leadership," Obert said. "The Air Force has and continues to honor the sacrifices of wounded Airmen, Guardians, their families and or caregivers by providing the best medical and non-medical professional support throughout their recovery process."

To contact AFW2 you can seek out your local or regional RCC at your installation or email wounded.warrior@us.af.mil or call 1 (800) 581-9437.

Whether someone qualifies for AFW2 or not, Chief Master Sgt. Melvina Smith, Command Chief, Air Force Global Strike Command, reminds all Strikers to look out for their Wingmen and seek help or support if they need it because so



The Air Force has and continues to honor the sacrifices of wounded Airmen, Guardians, their families and or caregivers by providing the best medical and non-medical professional support throughout their recovery process.



many Striker Airmen and service members don't qualify for AFW2 but have deployed and served or continue to serve and may need help or support from agencies similar AFW2.

"The AFW2 is an amazing program that helps our Wounded Warriors with wellness, resilience, physical health and mental health," Smith said. "I also want to remind our Strikers that they need to be a good Wingman to their fellow Strikers and they also need to know when it's time to

take a knee if they need to focus on self-help.

"Our people are our most important asset and we want to be sure that they are getting the support they need for their physical and mental well-being."

Smith wanted to let Striker Airmen and Civilians as well as family members know that if you're feeling anxious or in distress, contact a Wingman, a friend, family or a trusted leader. She also said these resources can also help:

AIRMAN AND FAMILY READINESS CENTER (A&FRC) On-base resource that ensures Airmen and their families connect with effective assistance services on and off base.

MILITARY CRISIS HOTLINE

Access 24/7 immediate, confidential crisis support at 1-800-273-8255

MILITARY ONESOURCE comprehensive DOD resource that provides health and wellness resources and confidential help, including connecting to specialized peer support groups and Military and Family Life Counseling. www.militaryonesource.mil

MILITARY TREATMENT FACILITY (MTF) On-base facilities for direct health and wellness care for Airmen, Air Force veterans, and their families.

USAF CHAPLAIN SERVICES Provides confidential care and counseling, a listening ear, guidance, and religious support. www.chaplaincorps.af.mil

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December 21 at 5:30PM

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LEAGUE STARTS

January 4 at 5:30PM with a

learn to curl/practice event

COST

\$10 a person a night

TEAMS

Min. team size is 4 persons

Recommended to have 5-6 to account for scheduling issues

REGISTRATION

Register at the McAdoo Fitness Center or e-mail

5.FSS.Fitness@us.af.mil to register for a team or submit

your Letter of Intent by Tuesday, December 21.

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ROBERT MICHEL**



Michel is the 5th Bomb Wing Historian. As the Historian, Michel keeps historical documentation of the 5th Bomb Wing. Every year, he creates a 5th Bomb Wing Annual Historical Document.

Michel's favorite part of his duties is that he learns something new every day. Michel says there is still history being discovered.

"I LOVE FINDING THE UNKNOWN, THOUGH IT'S MORE LIKE RE-DISCOVERING THE ONCE-KNOWN. HISTORY AND HERITAGE COULD BE LOST."

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Turning concepts into reality: Innovating a 50-year-old weapon system through test and evaluation

LT. COL. ANTHONY SANTINO, 576TH FLIGHT TEST SQUADRON

KIRTLAND AIR FORCE BASE, N.M. --

In 2020, when Air Force Chief of Staff Gen. Charles Q. Brown Jr. challenged Air Force leaders to “accelerate change or lose,” he wasn’t speaking by exception or targeting certain communities. The message was not directed at specific offices known for their innovative approach, like the Air Force’s Rapid Capabilities Office or their organic software development cell, Kessel Run.

He was addressing Airmen at every level. It was a reminder that innovation isn’t a phase, nor is it finite. It can be applied by every team, in every community, at all times; innovation is a culture, not a commodity.

The message was loud and clear to everyone in the USAF, but it especially resonated with members of the 576th Flight Test Squadron, a tenant unit hosted at Vandenberg Space Force Base, Calif. This squadron is an elite team of nearly 200 officers, enlisted, civilians, and contractors solely responsible for intercontinental ballistic missile operational test and evaluation. The Airmen of the 576th are the architects behind Minuteman III test launches, charged with vetting new tactics and equipment before they are operationally deployed.

Why did this squadron take special note of Brown’s message?

The Minuteman III was first fielded in 1970. The system has matured for more than 50 years, so it is easy to assume the best equipment and most efficient procedures are in use already. Airmen in the ICBM enterprise know that is not the case. That is why the men and women of the 576th FLTS, alongside mission partners, continue to validate Minuteman III accuracy and reliability, and bring innovative upgrades through rigorous testing to maximize the capability of the weapon system.

PUTTING IT TO THE TEST

All changes begin as an idea. In the case of Minuteman III, since the system is already fielded, an Air Force Form 1067, Modification Proposal, is usually the first step in translating an idea into a formal request for assessment and possible modification.

1067s drive improvements through temporary or permanent material solutions. They can implement new requirements or drive permanent modifications to improve effectiveness, survivability, and/or cost-effectiveness. Most proposals are minor: a software fix or small improvements to technical data. But 1067s can also spark major hardware upgrades, like replacing the Payload Transporter fleet with newly designed tractors and trailers.

“The process is easy. Any Airmen can submit a 1067,” said Chief Master Sgt. Ron McLaughlin, the 576th FLTS senior enlisted leader. “They simply work with their supervisor and local quality assurance section to codify their idea or suggestion.”

The 1067s route from tactical units to the appropriate major command and special program office. In the case of Minuteman

III, Air Force Global Strike Command collects and coordinates 1067s with the Minuteman III Systems Directorate at the Air Force Nuclear Weapons Center. From there, subject-matter experts prioritize and select 1067s for implementation. Those 1067s may eventually become part of operational tests built and led by the 576th FLTS. If a 1067 calls for replacing or upgrading equipment, a completely separate test execution may be directed to verify that the upgrade is suitable and effective for use with the system.

Although submitting 1067s is simple in practice, “we can improve by giving Airmen feedback throughout the process, so they know their voice is heard and they’re encouraged to submit again,” McLaughlin added. “The most important thing is improving awareness of this process and encouraging Airmen to submit their suggestions. They’re the ones who use the system every day; they know it best, they have the best ideas, and they’re the ones who are going to innovate.”

FROM TIP TO TEST

1067s are ideal for hardware and software improvements to a fielded system, but when it comes to non-material solutions and improvements to usability, Airmen turn to tactical doctrine. Tactics Improvement Proposals are written in response to tactical problems where a modification to the system might not be the best solution, or when developing procedures for systems in their early phases of development.

“TIPs are a lot like 1067s,” said Maj. Jeremy “CRIP” Wyatt, the senior weapons officer at the 576th FLTS. “They apply an elegant solution through written or practiced techniques. This means maximizing the weapon system’s capability to save resources and enhance lethality. We want maximum effect with minimum input.”

Just like 1067s, “TIPs can be produced by anyone at any time,” said Wyatt. “Airmen should work with their squadron’s weapons officer to shepherd their proposal to the Tactics Review Board.”

That’s where tactics proposals

are reviewed and selected for testing. The 576th FLTS works closely with Air Force Global Strike Command to select TIPs to test.

Selected TIPs are prioritized on the Test Project Order and formally scheduled on the five-year ICBM Test Forecast. Then, the 576th FLTS designs a Tactics Test Plan and identifies organizations required to support testing. TIP testing is often integrated into existing Simulated Electronic Launch-Minuteman tests or recurring software test events. The final product is a published tactic, technique or procedure, TTP, which can be built into the day-to-day operation of the weapon system.

“Sometimes, the output is as simple as saying ‘yes, these tactics work,’” said Capt. Maurice “TONKA” LeFever, a weapons officer and chief of weapons and tactics at the 576th FLTS. “But the TTP could also involve rewriting an entire procedure.”

Asked how we can improve the tactics-improvement process, LeFever explained that, “Tactics development may feel like a burden amid day-to-day requirements. We could collectively improve our process if TIP development becomes more familiar ... part of our culture. We’re never finished improving this system.”

TURNING CONCEPTS INTO REALITY

In Brown’s “Innovation Letter to Airmen,” written Sept. 17, 2021, he writes, “An idea that is never presented is worse than an idea that does not work ... Innovation depends on both creative individuals and supportive organizations to turn concepts into reality.”

With that, it’s easy to see why the Airmen of the 576th FLTS have been especially inspired by Brown’s emphasis on innovation. It is part of their mission. These Airmen are turning creative concepts from experts across the ICBM enterprise into reality every day.

As a result, they are enhancing the reliability and effectiveness of the Minuteman III, one of our nation’s oldest – but always ready – weapon systems.



The U.S. Air Force’s 576th Flight Test Squadron executes the first developmental test launch from Vandenberg Space Force Base, California, to validate effectiveness of the MK21 Warhead Fuze Replacement on Feb. 5, 2019. The 576th Flight Test Squadron is America’s only dedicated intercontinental ballistic missile test squadron, professionally executing tests that accurately measure the current and future capability of the ICBM force.

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It’s That Time of Year

ROD WILSON, NORTHERN SENTRY

“Do you want the good news, or the bad news?” a friend of mine asked. I responded with “Let’s go for the good news, first, and then the bad news.” Well the good news is that my friend had retired and was anxious to finish some of those long ignored projects around the house. “Great” I responded, “and now the bad news?” There was a long sigh on the other end of the phone call, “I figured I had all the time in the world to shovel snow, so the other day I left my snowblower in the garage and decided to shovel the 6 inches of snow off of my driveway. That was a big mistake”, he related, “because I messed up my back really bad and now I need a walker to get around.”

In a second I recommended a trip to a chiropractor. He said that was a good idea, one he thought of himself, but it would be a few days until he was able to get a chiropractic appointment. My friend had never been to a chiropractor, this would be his first appointment. He was wondering about the first appointment, and I shared that I have regularly scheduled appointments, and have done so for about the last 10+ years. The most recent treatments I have received have been SoftWave treatments to work on lower back and hip pain. Hopefully my friend will schedule an appointment and get started in chiropractic care. So, the bad news is that back, hip and even joint pain are part of life’s journey. The good news is that with carefully orchestrated chiropractic and even SoftWave care, you will be on the path to a better lifestyle with less pain.



1350 20th Ave SW, Minot, ND 58701
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AIRMAN LEADERSHIP SCHOOL CLASS 22-A GRADUATION
 Airmen in the Airman Leadership Class 22-A graduate on December 09, 2021, at Minot Air Force Base, North Dakota. More photos can be found on Minot AFB PA Flickr Page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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MINI SAUSAGE ROLLS

INGREDIENTS
 3/4 CUP DRY MUSTARD
 3/4 CUP DISTILLED WHITE VINEGAR
 1/2 CUP HONEY
 4 EGG YOLK, BEATEN
 2 POUND SAUSAGE, UNCOOKED
 GROUND SAGE
 1 SMALL ONION, DICED SMALL
 17 1/2 OUNCE FROZEN PUFF PASTRY

For Mustard: Combine the mustard and vinegar in a mixing bowl. Cover with plastic wrap and let sit overnight at room temperature to develop the flavors. Transfer the mustard mixture to a small heavy saucepan and add the honey and egg yolks. Cook over low heat, whisking constantly, until thickened, about 7 minutes. Cool, then refrigerate.

In a medium mixing bowl, thoroughly combine the sausage and onion. On a lightly floured work surface, roll each sheet of thawed puff pastry - there are two to a package - into an 11 by 10-1/2 inch rectangle.

Using a pizza cutter or knife, cut each rectangle widthwise into three strips, each 3-1/2 inches wide. Wet your hands and mold some of the sausage into a tube-like shape. Lay it down the center of one of the puff pastry strips. Wrap the pastry around the sausage and seal the seams with a bit of beaten egg. Repeat with the remaining sausage and puff pastry. Put all the rolls seam side down on your work surface and brush the tops lightly with the egg. Cut the rolls into pieces about 1-1/2 inches long and transfer to a rimmed baking sheet lined with parchment paper.

Leave about an inch between each roll. When ready to cook, set the grill temperature to 350°F and preheat, lid closed for 15 minutes. Bake the sausage rolls for about 25 minutes, or until the sausage is cooked through and the pastry is golden brown. Serve hot with the honey mustard.

Ryan Davy - GM
 Minot

www.HofE.com/BBQHQ

BABY ANNOUNCEMENTS

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BABY GIRL BORN ON MONDAY, NOVEMBER 29, 2021 TO: WHITNEY AND GEREMI LONG MAFB, ND

BABY BOY BORN ON FRIDAY, DECEMBER 03, 2021 TO: HAILEY AND ETHAN ASUNCION MINOT, ND

BABY GIRL BORN ON WEDNESDAY, DECEMBER 08, 2021 TO: CECELIA AND LAYTEAN BRADLEY MAFB, ND

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

Dakota Hope clinic 315 S. Main Ste. 205, Minot
 Free and Confidential Pregnancy Help
701.852.4673
www.dakotahope.org DakotaHopeMinot

Team Minot Ugly Sweater Morale Event

Join Team Minot for an Amazing Ugly Sweater Morale Event with food, fun, games, and prizes!

Time: Saturday, December 18, 2021 from 5:00 p.m. – 9:00 p.m.
Location: Planet Pizza – 220 S Broadway (Suite B), Minot. The Party Room will be reserved for this event.

Ticket Price includes: pizza, pasta, salad bar buffet & \$10/\$20 game card (amount not yet set in stone), a round of laser tag, raffle prizes, and games throughout the night!

Ticket Prices:
Amn Tier/GS 1 – 6: \$10 Per ticket
NCO Tier/GS 7 – 9: \$15 Per

Ticket SNCO/Officer/GS 10+: \$20 Per Ticket

Stop by Building 164 (Family Child Care Office) from 7:30 a.m. – 4:30 p.m. Monday through Friday to purchase your AMUSE tickets!

Consider attending with your spouse, a friend, your family/children, girls' night, guys' night, office bonding event, relatives-in-town, or whomever else you can imagine! (Guest ticket prices are the same as service member they are associated with)
See you there!



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

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



18 DEC **AMAZING UGLY SWEATER MORALE EVENT**
5:00 PM - 9:00 PM
Planet Pizza
220 S Broadway Suite B, Minot

Food, fun, games and prizes! 5:00pm-9:00pm Party Room Reserved, Ticket Price includes: pizza, pasta, salad bar buffet & \$10/20 game card (amount not yet set in stone), a round of laser tag, raffle prizes, and games throughout the night! Ticket Prices: Amn Tier/GS 1 – 6 : \$ 10 Per ticket, NCO Tier/GS 7 – 9: \$ 15 Per Ticket, SNCO/Officer/GS 10+: \$20 Per Ticket

You can stop by Building 164, FCC Office, from 7:30am-4:30pm M-F to purchase your AMUSE tickets! You can also purchase your tickets from the FCC Office on Saturday, December 11th from 8:00am-1:00pm!



For more information:
Contact Alyssa Kelly / alyssa.kelly.4@us.af.mil

19 DEC **EASTWOOD PARK HOLIDAY TOUR OF LIGHTS**
6:00 PM - 9:00 PM
Eastwood Park, Minot
Park in Roosevelt Park Pool lot

No admission charged but people are encouraged to bring canned or non-perishable food item to donate to a local food pantry. *A cash donation will also be accepted for the Souris Valley Animal Shelter. *Refreshments will be served at the St. Peter the Orthodox Church (6th Street) *Pictures with Santa available on 6th Street *Treats and music throughout the neighborhood *Both entrances to the neighborhood open *Carolers welcome! *Please park in Roosevelt Park Pool parking lot if you wish to tour the neighborhood on foot *This is our first tour since the flood and we are excited to be back! Please call or email with any question Jordan Pederson 701-833-8766 / Jpedx2@gmail.com



For more information:
Contact Jordan Pederson / 701-833-8766

21 DEC **BEER BINGO @ THE BLUE**
7:00 PM - 8:30 PM
Blue Rider
118 1st Ave SE, Minot

Having a beer?...why not walk away with more from Beer Bingo every Tuesday! \$0 to play. Winners get their choice of off sale and prizes. Come for the free popcorn, stay for the bingo and beers.



For more information:
Facebook Event / Beer Bingo @ The BLUE

22 DEC **SANTA SKATE - HOME ALONE**
6:00 PM
Maysa Arena
2501 W Burdick Expy, Minot

Join us for a Santa Skate at the MAYSA Arena Pepsi Rink! Showing: Home Alone Wednesday, December 22nd at 6:00pm \$5 to skate / \$5 for skate rentals



For more information:
Facebook Event / Maysa Arena / Santa Skate - Home Alone

17-23 DEC **FESTIVAL OF THE ARTS EXHIBIT AT THE TAUBE**
10:30 AM - 5:30 PM
Taube Museum of Art
2 Main Street North, Minot

Festival of the Arts Exhibit at the Taube! Exhibit Dates: November 17 – December 23. Local artists submissions!

If you have any further questions, please reach out to the Taube at taubemuseum.org or (701) 838-4445.

Festival of the Arts

Call for Entries
Entry Deadline: November 13, 2021
No fees | 16 yrs. & up

Exhibit dates: November 17 - December 23
All media accepted

Taube Museum of Art
2 N Main St., Minot, ND 58790
701-838-4445 | taubemuseum.org

For more information:
Facebook Page / Taube Museum of Art

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YOUTH PROGRAMS SUPER SMASH BROTHERS TOURNAMENT

23 December 2021 • Youth Center
1:30pm - 5:30pm • Ages 9+
Members: Free • Non-Members: \$10
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Back to Basics • Ages 7-8
307 January 2022 • 2:30PM - 6:30PM
Foot Skills • Ages 9-12
312 January 2022 • 6:30PM - 7:30PM

Registration (12-23 December 2021)

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Youth Members • \$10
Non-Members • \$15

Spots are limited. Sign up today!

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For more information visit: www.5thforcesupport.com

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She Loves The Magic

ROD WILSON, NORTHERN SENTRY



Christine Staley, Owner of Magic City Hoagies and Magic City Sweets

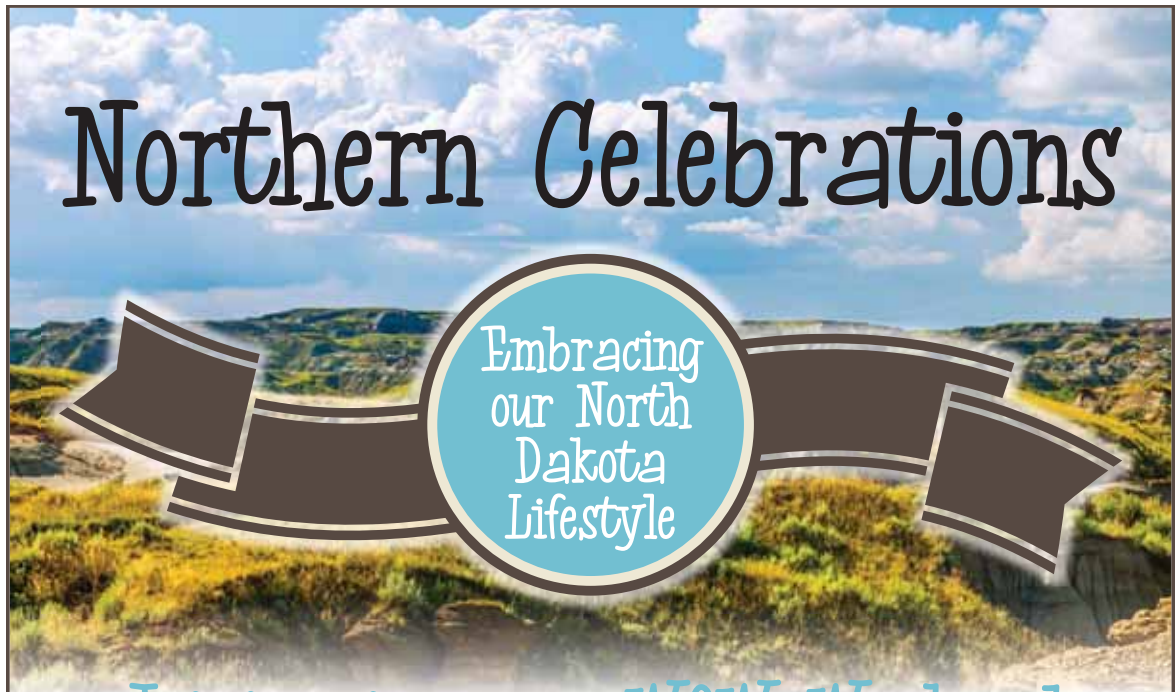
For Christine Staley there's always been "Magic" in Minot. She and her husband moved to Minot in 2013 leaving her TV Production career and Miami Beach behind. "Miami is the other magic city" according to Christine "I always tell people that I came from one magic city to another, but this is the magic city where my dreams came true so this is my favorite magic city." Her love of food and her personality lead her straight into the food business, and in 2014 she opened Magic City Hoagies, a unique hoagie shop that carries Staley's signature. Magic City Hoagies has two different demographics according to Staley "on-line I have more women, but if you were going to ask me who walks into my door, it's more men. The military love us. That's my favorite group because they know food. They know taste, they know flavor and they know quality...and you know they get value." Over the years Staley and Magic City Hoagies have taken on a role of educators. "I ask them to try something, and I have a reason. Just give us a shot, I ask them. I love doing what I do, and being a little bit different, in fact I am re-creating my menu. I'll have a new menu in January." After seven years there was big news for Christine when Magic City Hoagies was selected as one of 20, \$50,000 winners nationwide for the Sapphire Supports Restaurants Contest. "For the grant I received so many positive comments."

comments from a Minot resident: "It was a Sunday night just after dinner when I first saw the post on Facebook. Christine Staley, owner of Magic City Hoagies here in Minot, ND just posted 'to not worry parents' that she was feeding every school-aged child who was in need of free lunch in the entire city, K-5 until the end of the 2019-20 school year. All she asked for was their grade and school, no other questions!"

Her quote in the Sapphire write up pretty much describes Christine, "I've always just been a person who does. I'm a doer, and I felt like somehow all of this work was going to make sense."

When Christine first came to Minot in 2013, she fell in love with downtown Minot. "It was Christmas time, and it was back when they had the lights that were strung across main street. It was beautiful." Her love for downtown would lead her to opening a second business, Magic City Sweets. "We just bought the building, so now it's my shop. A lot of military people love this business" continues Staley "they haven't had the hard scoop ice cream in quite a while, so they come here. They also like the fun factor. Like I build my hoagies big and crazy, here I do the same by I use candy and toppings...anything you want, we have." Challenges? "The labor situation is real, we can always use people. It would be nice to have more foot traffic, and I am super excited with what is happening downtown."

Here is just one of the



Joining in on a WOW Weekend

Patricia Stockdill

Winter solstice is soon upon us but that doesn't mean it's dead around North Dakota, even if it gets cold, windy, and sometimes snowy.

And just because it's winter doesn't mean people have to hunker down inside waiting for spring.

Women have a unique opportunity to gain appreciation for the winter outdoors when they go WOW – Wild Outdoor Women - that is.

The annual winter program at Lake Metigoshe State Park provides ladies 16 years of age and older a chance for oodles of out- and indoor winter related activities.

It doesn't matter if a person has never heard of the activity or if they're experienced and longtime participant. It's a chance to gather with other women sharing the same interests – or seeking newfound interests.

It's a diverse activity list ranging from something mild, stay inside and relax to something outdoors for get a serious cardio workout.

A partial list of the mild stay inside and relax activities include custom fishing rod building, a challenging mind game of "Cabin in the Woods", "Whittle Me This" woodcarving, Intro to Insta-pot cooking, wood burning, "Sap to Syrup" and the history of tapping maple trees for true maple syrup, "Growing for the Good of All" – including humans and wildlife, an introduction to traps and trapping, the art of making focaccia bread, "Tackling Winter Blues" by making Lindy rigs and spinners for summer fishing, or "Get over the Cold" by learning how to dress, where to go, how to be safe, and how to connect with other outdoor winter-minded enthusiasts.

For ladies wanting to get outside and soak up crisp winter air with a good workout, the list of classes includes tubing at Bottineau Winter Park, nighttime snowshoe hike, downhill skiing introduction at Bottineau Winter Park, introductions to cross-country skiing, snowshoeing, fat tire biking, darkhouse spearfishing, and ski-shoeing, along with advanced cross-country skiing.

Participants can also go on self-guided snowshoeing, ski-shoeing, and cross-country skiing adventures.

Register soon because registration is now open via Eventbrite, (<https://bit.ly/WinterWOW2022>). It ends Jan. 28, 2022, unless a class fills.

The beauty of the workshop – other than the intriguing list of activities – is the program's flexibility: There are options for lodging so all participants aren't locked into staying in one particular location. There are meal options so participants can eat off-site if they choose. And they can partake in one event or as many as they can squeeze in during the Feb. 18 – 20, 2022 weekend.

It's all about what works best for participants and getting

outdoors (or staying indoors, for that matter) with others with similar interests

The emphasis is also on providing an abundance of hands-on learning opportunities so class size is limited. Tickets are limited to one per person per activity.

Equipment and materials are provided unless noted in a class description. Yet participants can bring their own gear – snowshoes, for example – if they have it.

A partnership with Starion Bank, Bottineau's State Farm Insurance agent Bryan Schweitzer, and SRT gives WOW participants free park admission.

Some tips on what to bring for the WOW Weekend: Clothing allowing a person to layer beginning with a moisture-wicking base layer (top and bottom) with tops that can be easily removed or added whether indoors or outdoors, winter vehicle survival and emergency kit, hand sanitizer, quality footwear for cold weather, lip balm and sunscreen – preferably at least 30 SPF rating – ball cap or stocking cap, hand and toe warmers (those little charcoal based packets), balaclava (face mask), winter scarf, extra socks and gloves, sunglasses, snacks, re-fillable coffee cup and water bottle, a book for downtime reading, and camera to capture the memories.

Despite the beauty of GPS, it won't get someone to Lake Metigoshe State Park when tracking on their vehicle. Sorry, but GPS often takes travelers to the wrong part of the lake. Instead use a good, old-fashioned North Dakota highway map. The park is 15 miles northeast of Bottineau and park entrance is on Lake Loop Road, the east side of the lake about three miles north of N.D. Highway 43.



The complete WOW Workshop brochure can be downloaded from the N.D. Parks and Recreation Department website, (parkrec.nd.gov), scrolling down on the home page to the link, Winter Wild Outdoor Women.

An introduction to snowshoeing is just one of an array of classes available for the 2022 Wild Outdoor Women workshop. Registration is now available. The workshop is geared towards women 16 years of age and older.

WILD OUTDOOR WOMEN, LAKE METIGOSHE STATE PARK PHOTO

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NOTES ON BEING SAFE

HOW TO REDUCE YOUR HOLIDAY STRESS

The holidays can be a joyous and wonderful time, but there's no denying that holiday stress can sometimes creep up on even the most calm and organized among us. With all the holiday parties, family get-togethers, and other holiday activities can be fun, but the added demands on our time and attention can all contribute to holiday stress. Of course, there are the disruptions in regular schedules, travel, preparing meals, and managing houseguests, and having less time for yourself and guess what, you have a perfect recipe for stress and anxiety.

Here are some common causes of holiday stress and anxiety and what you can do about them:

Holiday Stress Management: Biggest Causes of Stress and Anxiety

Less time, more obligations! Among the biggest causes of holiday stress are the additional events and activities that are added to often already-busy schedules. Christmas parties at school, work and church; Christmas shopping, whether online or in stores; and of course, preparing to either travel to see family or getting your house ready for guests are just some of the many extra things on the to do list that people have to contend with during the holiday season.

Fatigue. With all that running around can often mean that you don't have time to get enough rest. Physical exhaustion and lack of sleep can lead to increased stress and anxiety, and one of the best ways to reduce stress and anxiety is -- you guessed it -- getting enough rest.

Financial worries. Another major contributing factor to holiday stress can be financial strain. The holidays can pack a wallop on the old check book and credit cards and lead to stress and anxiety. Besides gifts, many people spend money eating out, traveling, going to shows, and participating in other holiday activities. All that added expense can add up to holiday stress.

Family get-togethers. While not being able to see family during the holidays can often be a source of sadness, spending lots of time with family -- especially when packed together in one house for days while, say, visiting grandparents -- can be a big contributor to holiday stress.

Unrealistic expectations. Expecting perfection in holiday activities and events is asking for the impossible, and will only set you up for disappointment and holiday stress and lead to post-holiday letdown. Try to accept the fact that



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things will go wrong. Kids may have a meltdown, Christmas dinner may not come out as perfectly as you hope, people may be disappointed by their presents. Being prepared for imperfection can help reduce holiday stress.

So with all this being said, here are some tips on how to handle holiday stress:

Identify the specific causes of your holiday stress. What are the factors that are causing the most stress and anxiety for you? Then do what you can to address those issues. Come up with ways you can either resolve or temporarily set aside conflict with a feuding family member.

Let go of perfection. Don't put too much emphasis on making everything perfect. Those magazine spreads showing gorgeous holiday decorations and feasts were prepared by teams of professional designers. Since you probably don't have a full-time staff at your disposal, set more realistic expectations for yourself.

Make a list. Santa isn't the only one who should be making a list. Write down your wish list of things you'd like to accomplish and be ruthless about whittling it down to things you must do.

Talk to a friend. Take a break from holiday shopping and preparation to call a friend or meet her over a cup of coffee or tea. Letting out your feelings to a supportive friend can be an invaluable, and an important way to relieve holiday stress or any kind of stress and anxiety.

Let others help. If you're feeling overwhelmed by the idea of having to cook an entire meal for Christmas or decorating for a party or tending to houseguests, have others pitch in. Why not make Christmas meals pot luck and have family members bring something to the table?

Get in some exercise. Hectic holiday schedules can often throw a wrench into regular routines, such as making time for exercise and eating a healthy diet. Ironically, not taking care of yourself can cause more stress and anxiety, leading to a vicious circle of holiday stress.

Recharge. Even if your hectic holiday schedule only allows you to spend a few minutes on yourself, take that time to go someplace quiet to recharge your batteries. Wherever and however you refresh your spirit depends on your individual preference. How about a trip to a day spa for a manicure and quick neck massage.

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Keystone Club

Keystone is the Boys and Girls Clubs of America's ultimate teen program. This teen club provides leadership development opportunities for youth aged 14-18 in three focus areas: academic success, career preparation, and community service. Keystone clubs are ranked on a national level by BGCA to highlight the highest performing groups. The Minot AFB Keystone Club, sponsored by Youth Programs, has earned "Legacy Level" which is the highest rank. The Legacy Level demonstrates a club which conducts community projects, mentors younger youth, fundraises, coaches peers, and supports the National Keystone Project. The Minot AFB Keystone Club is always striving to improve their club and their community. They conduct bi-weekly meetings to discuss current teen issues and solutions or strategies for those

issues. The club also conducts monthly community service projects on and off the installation. Recent support projects have included: Frostival, Turkey Bingo, Spook-a-Thon Trunk O' Treat, Skate Nights, Base Clean Up, Suicide Awareness & Prevention Walk, and many more! This year the Minot AFB Keystone Club will be attending the National Keystone Conference in Anaheim California in July 2022. The National Keystone Conference is the culmination of all the hard work that Keystone Clubs have put in throughout the year. Over 1000 teens and advisors will attend the event to celebrate their clubs. This year the Keystone advisor, Ms. Britnee McAlexander and Keystone Officer, Ms. Addison Walters, worked diligently in preparing an application for the 2022 National Keystone Conference 'Steering Committee'.

The Steering Committee is a prestigious and hand selected group of teens and advisors who work to provide leadership, input, and support to the conference throughout the entire planning process culminating with the National Keystone Conference. Selection as a Steering Committee members is a tremendous honor as it recognizes the positive impact youth have on their Keystone Club peers and the Boys & Girls Club Movement. Addison was selected alongside nine other traditional and military teens from BGCA Keystone Clubs across the globe. For more information on the Minot AFB Keystone Club or to consult on potential community service partnerships with the club contact, Ms. McAlexander at 701-723-2838 or email 5svs.youth@us.af.mil.

YOUTH IN ACTION



Pictured from top left Simon Thompson, Santa Claus, Peter Forte, Ms. Britnee McAlexander, Jonathan Menuey, Kailani Venable, Addison Walters, and Dalton Hoskin.

Pictured from left Addison Walters and Ms. Britnee McAlexander

5TH FORCE SUPPORT SERVICES PHOTOS

2021-2022 MPS CALENDAR

IMPORTANT UPCOMING DATES

December 23

P/T Comp Day - No School

December 24-January 3

Vacation - No School

January 4

Classes Resume

January 17

Professional Development Day

Martin Luther King Jr. Day

No School

December 2021							16 days
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

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

- PD Days - contracted days
- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days



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Dakota Elementary Second Grade Students Become Published Authors, Writing and Illustrating Their Own Books

Dakota Elementary has announced that their second grade students have become published authors through a national student publishing program. As part of the publishing process, students in Grade 2 planned, wrote and illustrated their own books using a free publishing kit provided by Studentreasures Publishing. The topic of their books was Family Recipes.

The students of Miss. DeGree, Mrs. Knight-Daiss, and Mrs. Murray's class have been working hard on their books for three weeks. The idea for their recipe book started when the second-grade teachers brainstormed projects that will engage students, involve families and meet the state curriculum standards. "I really liked making the book because we worked together and with our families" - Aubrey P., 2nd Grade student. "This book was fun because we got to spend time together making it." -Ella B., 2nd

Grade student. "I want to cook my friends' recipes." Bayleigh P., 2nd Grade student

The Studentreasures publishing program provides teachers an easy way to incorporate any lesson plan - from math and science to history, art, and more - into a fun and memorable activity. Publishing a book in the classroom engages students through hands-on learning and inspires a love of reading and writing.

The best part? A classroom full of proud, smiling young authors, with a memory that lasts a lifetime, plus, a full-color, deluxe hardcover book for the teacher or school library. A special thanks to the Minot Public Schools Title-1 Committee as they approved a grant to allow the second-grade teachers to order books for each family as a gift and keepsake of their hard work throughout this amazing project. The students' parents also have an option to purchase copies of these unique, childhood keepsakes.



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NORTH AMERICAN RIVER OTTER

CREATURE FEATURES

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- The River Otter's facial whiskers are called vibrissae and are extremely sensitive to touch. The vibrissae help the otter find food in the muddy water.
- Their nostrils and ears close in the water and they can hold their breath underwater for up to eight minutes!
- The North American River Otter swims by propelling themselves with their powerful tails and flexing their long bodies.

Fact File	
Life Span	9 - 14 years
Weight	11 - 30 pounds
Body Length	32 inches
Tail Length	12 - 20 inches
Swimming Speed	7 mph
Land top speed	18 mph
Wild Diet	Crustaceans, Carnivores, Mollusks, Fish, Birds, Small mammals, Amphibians, Invertebrates

CROSSWORD PUZZLE

1		2		3	
					4
			5	6	
7		8		9	
			10		
	11				

ACROSS

1. Heating up
5. Was victorious
7. Ground
9. Negative
11. Cleared away

DOWN

1. Cold season
2. In back
3. Currently
4. ___ in: blocked by snow
6. Opposite of "off"
8. Not fake
10. Line of things

Answers: Across 1. Warming 5. Won 7. Terra 9. No 11. Plowed Down 1. Winter 2. Rear 3. Now 4. Snowed 6. On 8. Real 10. Row

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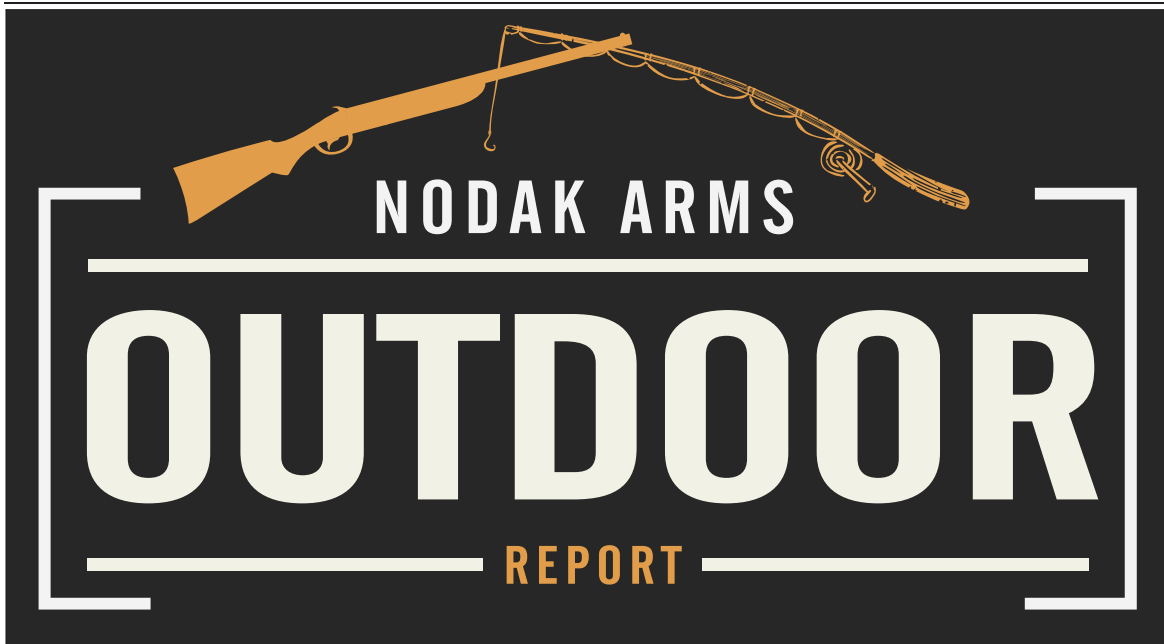
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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Dec. 13: 1,829.06 feet above mean sea level (MSL); 15,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.05 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.06 MSL.

•N.D. Game & Fish Dept. game wardens: More activity on north-central area lakes but no reports on success. No Devils Lake reports but activity on northern feeder lakes. Stay off area lakes, Lake Sakakawea, and Lake Audubon with vehicles yet with walk-on access only as ice depths aren't gaining with warmer daytime temperatures. In addition, snow on ice insulates and hampers formation.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some pike and walleye activity along N.D. Highway 5 on Lake Darling with Grano area producing walleye. Some activity on the lower end at the spillway and Landing 3 but Greene area quiet. Not much spearing activity for pike yet. Water is clear on the lower end and at Grano but murky at Greene.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued walleye success on the north end of Lake Irvine with some walk-on activity on Creel Bay around Beer Can Island. Also try pike spearing in Wofford's Bay.

•Devils Lake, Woodland Resort, Devils Lake: Some walk-on activity on Creel Bay of Devils Lake but test ice depths along the way. Activity continues on northern feeder lakes, including Lake Alice and Lake Irvine.

•Lake Darling, Karma C-Store, Ruthville: Some activity on Lake Darling and Grano but no reports on success. Try smelt for pike.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good walleye success with an evening bite. Some nice-sized pike mixed in. Look for improving bluegill success using wax worms.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Anglers walking onto the back bays of Lake Audubon with fair success.

•Lake Sakakawea, New Town: Try jigs and minnows for walleye farther west of New Town around the White Earth Bay area and west on Lake Sakakawea. Walk-on access only

•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.

•Keep hunting dogs away from ice on wetlands and lake shorelines with possible thin ice conditions in many areas yet.

•Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information regarding North Dakota's new electronic posting regulations and assistance.

•Check area U.S. Fish and Wildlife Service Nat'l. Wildlife Refuge hunting regulations for potential late season upland game hunting opportunities.

•Upper Souris Nat'l. Wildlife Refuge Prairie-Marsh Auto Tour Route closed until spring.

•Registration now open for Wild Outdoor Women (WOW) Weekend, Lake Metigoshe State Park via Eventbrite, (https://bit.ly/WinterWOW2022).

•Dec. 18: East Canada goose zone closes.

•Dec. 18: Devils Lake Christmas Bird Count (CBC). Beginning birders and feeder watchers welcome. Contact Colleen at White Horse Hill Nat'l. Game Preserve, (701) 766-4272, ext. 428, for details.

•Dec. 18: Garrison Dam CBC.

•Dec. 23: West Canada goose zone closes.

•Dec. 25 & 26: Free fishing weekend. Residents can fish without licenses.

•Dec. 26: Minot area CBC.

yet. Van Hook Arm quiet yet.

•Lakes Sakakawea & Audubon, Hwy. 83 Lawn & Leisure, Garrison: Decent Lake Audubon walleye bite along Velva Point with walk-on access only. Try evening hours in 8 to 15 feet using jigs and minnows. Ice conditions extremely variable throughout the rest of the lake, especially along the shorelines. Open water yet on the east end of Lake Sakakawea with back bays icing over but unsafe for access.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains generally quiet but look for some activity at night for walleye from both boat and shore.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Anglers walking onto the upper end of Lake Sakakawea. Try about 10 feet with tip-ups from Lewis & Clark State Park to Lund's Landing. Also try Tobacco Garden in the bay. Trenton Lake continues producing crappie. Blacktail and Springbook dams fair for some perch success. Missouri and Yellowstone rivers unfishable with poor ice conditions.

•Lonetree WMA area lakes, Harvey: Some activity on Goose Lake but no reports on success yet. No reports on activity from other area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing some nice walleye. Continued activity on Devils Lake northern feeder lakes. Also try Devils Lake back bays with walk-on access only still recommended.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: More anglers on area lakes with lots of activity on Carpenter Lake. Portable houses along shorelines on Gravel Lake and Lake Upsilon

Hunting:

•Deer: Deer starting to yard up for some late season archery options in areas farther away impacted areas by EHD.

•Upland: Nice pheasant numbers remain in areas with heavy cattails and cover.

•Waterfowl: Some Canada geese remain on the open bays on the east end of Lake Sakakawea but better numbers are on the open water of the Missouri River with birds moving out to feed east and west of the river.

Cross-country ski trails:

•Lake Metigoshe State Park, Bottineau: Trails packed but not tracked with about 7 inches of snow on the ground.

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.

Hooligan Command Chief Retires

NORTH DAKOTA NATIONAL GUARD

The North Dakota Air National Guard, known as the Happy Hooligans, bid farewell to its senior enlisted leader Saturday, Dec. 4, as Chief Master Sgt. Duane "Dewey" Kangas retired during a ceremony at the base in Fargo. Brig. Gen. Darrin Anderson, North Dakota National Guard assistant adjutant general for air, presided over the ceremony.

"A person like Dewey bounces from different jobs always in search of personal and professional growth," said Anderson during his remarks. "The career path he took was much more than timing, much more than being the right person at the right place and time – and it really fed into his ability to lead in a senior leadership position with the North Dakota Air National Guard."

In honor of his service and achievements during his more than 36-year career, Anderson presented the Meritorious Service Medal to Kangas during the ceremony.

As the state command chief master sergeant, Kangas advised senior North Dakota National Guard leaders on matters concerning discipline, morale, welfare, effective utilization, professional development and career progression of the state's Airmen.

"Representing the 119th as Command Chief was rewarding

and humbling, and the great men and women of the wing made the job a lot easier as they kept winning outstanding unit award after outstanding unit award," said Kangas during his remarks. "It's been a great ride and I want you to know you are all like a second family to me, and I love you all."

Kangas, a native of Pine River, Minnesota, began his career upon his enlistment into the U.S. Air Force in September 1984. He completed technical training at Chanhute Air Force Base, Ill., in March 1985 and served on active duty as an aerospace ground equipment mechanic until 1988. Kangas joined the North Dakota Air National Guard in 1989. He cross-trained in 2000 to become an F-16 aircraft maintenance phase inspector. In 2002, he was chosen for a quality assurance position, capitalizing on his many years of experience as an aircraft maintenance technician. In 2006, Kangas was selected as the 119th Civil Engineer Squadron first sergeant, a position that saw him deploy to five different countries in four years. In 2010, he was chosen as the 119th Mission Support Group first sergeant, and in 2011, he was selected as the 119th Wing first sergeant. Prior to his role as state command chief, Kangas served as the 119th Wing Command Chief from 2016 until 2020.



Brig. Gen. Darrin Anderson, the North Dakota National Guard assistant adjutant general for Air, left, presents the certificate of retirement to Chief Master Sgt. Duane Kangas, the North Dakota Air National Guard state command chief, during his retirement ceremony at the North Dakota Air National Guard Base, Fargo, N.D., Dec. 4, 2021. Kangas joined the U.S. Air Force in 1984, and then joined the North Dakota Air National Guard in 1989 and retires with 36 years of military service.

U.S. AIR NATIONAL GUARD PHOTO
CHIEF MASTER SGT. DAVID H. LIPP/RELEASED



Chief Master Sgt. Duane "Dewey" Kangas

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Visitor Guidelines to Balance Patient Needs with Safety

TRINITY HEALTH

As of December 8, Trinity Health is adjusting visitation guidelines at both of its hospital campuses to achieve a better balance between safety concerns and patients' emotional wellbeing.

Effective December 8, patients at Trinity Hospital and Trinity Hospital – St. Joseph's will be allowed two visitors at a time, provided they have not been in contact with someone with a contagious disease or been ill themselves. Children will be permitted to visit if they are accompanied by an adult.

Visiting hours will be extended from 8:00 a.m. to 8:00 p.m. in most areas. Visiting hours in Behavioral Health Units may vary by program. Visitors are advised to consult with Nursing staff in the individual units.

Karen Zimmerman, chief nursing officer and vice president of patient care, says as the pandemic continues, it is essential to reassess hospital policy while minimizing the risk of exposure to patients, visitors, and staff.

"We recognize that the support visitors offer to patients is an important aspect of patient care," Zimmerman said. "Studies have shown that allowing patients to spend more time with friends and family can improve outcomes by reducing feelings of isolation and anxiety."

One noteworthy change is that patients in isolation rooms will now be able to have a limited number of visitors under special guidance that includes donning PPE, among other precautions. Visitors will be requested to leave the facility directly after visiting someone in isolation.

Visitors will be screened upon entry and mask requirements will continue to be enforced at all Trinity Health facilities. Hospital cafeterias, lobbies, and waiting rooms will also be open. As always, Trinity Health reserves the right to amend restrictions as warranted based on changes in the community's health status.

Full visitor guidelines are located at www.trinityhealth.org.



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Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• Brake inspections: Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine

tire rotations, which many automotive professionals suggest should be done every six months.

• Car wash: Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• Air filter: The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year.

Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filter needs to be replaced.

• Windshield wipers: Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

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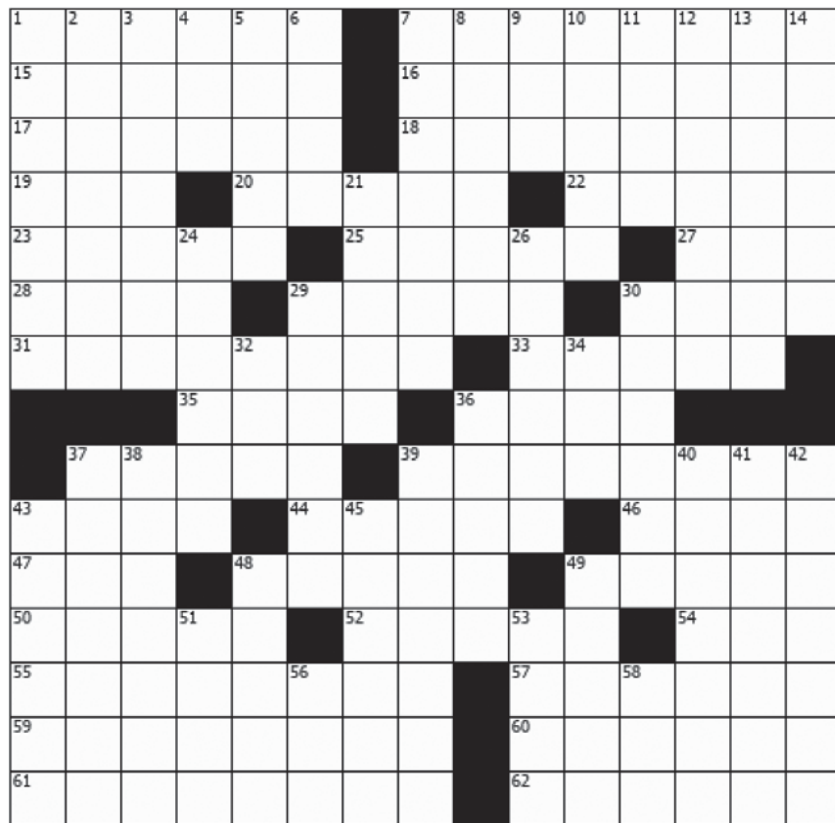
Auto Care - Valvoline Instant Oil - Tires
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Minot | 1301 20th Ave SW | 701-837-1301



CROSSWORD PUZZLE

Across

- 1. Fast dance
- 7. Close call
- 15. Hawks' homes
- 16. Conspiring together
- 17. Hot-dish holder
- 18. Animal
- 19. __ Percé
- 20. NFL Rookie of the Year in '61
- 22. Longest-serving ones
- 23. Quarks' homes
- 25. Sponsorship
- 27. Writer Hentoff
- 28. Cleaner scent
- 29. Group in a pack
- 30. Hunter's wear
- 31. Veal slices
- 33. Housing document
- 35. Shredded
- 36. Makes illegal
- 37. Some legislatures
- 39. Locket holders
- 43. Make (one's way)
- 44. Blew it
- 46. Real drag
- 47. Unusually bright
- 48. Censor
- 49. Idaho, slangily
- 50. Orange area
- 52. French film award
- 54. Jungfrau or Eiger
- 55. College age
- 57. Illusion
- 59. Dusk, to a poet
- 60. "Heat Wave" composer
- 61. Betrayed anger
- 62. Collar

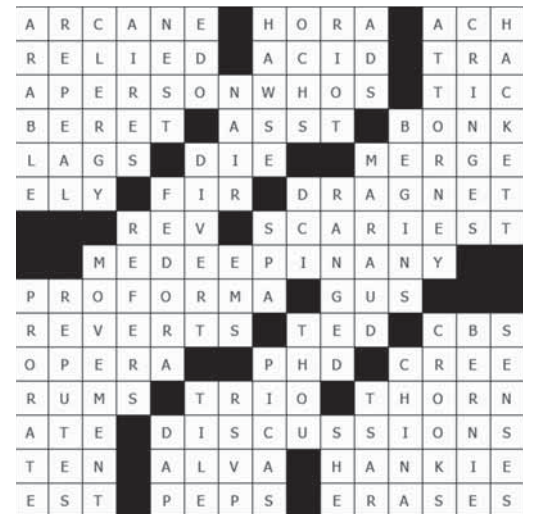


Down

- 1. Quick breaks
- 2. Doctrine rejecter
- 3. Spring-training locale
- 4. Not mil.
- 5. Listens to
- 6. Italian province
- 7. Small change
- 8. Rile up
- 9. Stein filler
- 10. Interprets
- 11. Partner
- 12. Exotic pets
- 13. Smith or Jones
- 14. Handles
- 21. Hosiery color
- 24. Gave in
- 26. Atlas dot
- 29. Bite
- 30. Kind of melon
- 32. Film studio
- 34. Quit
- 36. Hits a horn
- 37. Strip
- 38. Chanted
- 39. Admired oneself
- 40. Star
- 41. Vineyard device
- 42. Treacherous one
- 43. "Ring" creator
- 45. Abate
- 48. "For the Boys" name
- 49. More accurate
- 51. Market
- 53. "Fernando" band
- 56. Bonn article
- 58. Wintry cry

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

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

Solution to puzzle on page C6

KING RICHARD (PG-13)

FRIDAY, DEC 17 1800
 SATURDAY, DEC 18 1800
 SUNDAY, DEC 19 1500

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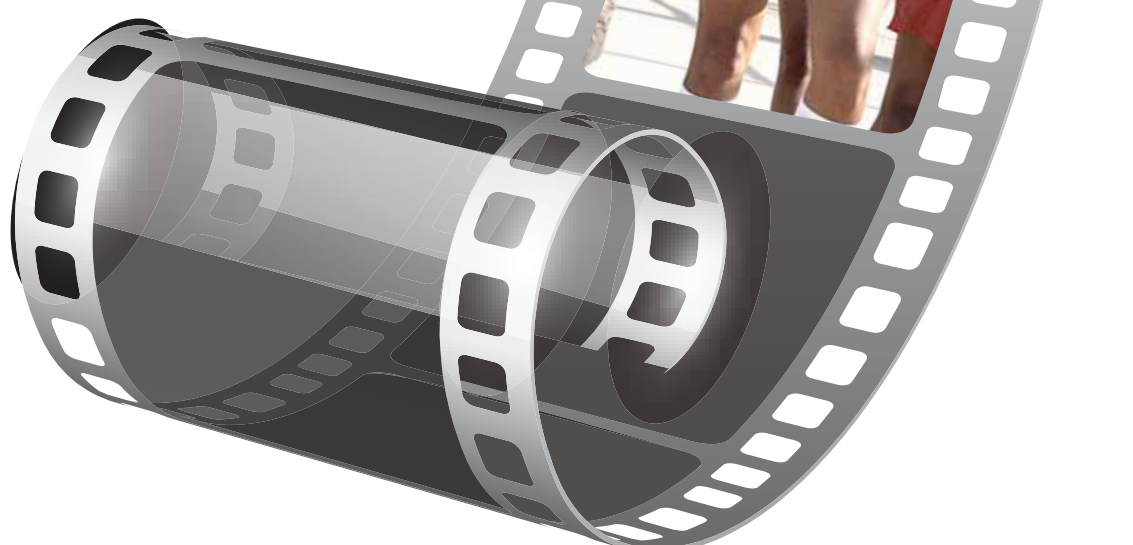




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CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

<p>Chapel Services at MAFB Protestant (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Saturday, December 18 Vespers, 5PM</p> <p>Sunday, December 19 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH Wednesdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>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</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> where faith & life meet</p> <p>OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:30 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church 1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: 9:00 am..... Fellowship 9:15 am..... Sunday School 10:30 am..... Worship</p> <p>Wednesdays: 11:30 am..... Soup Kitchen 5:30 pm..... Family Supper 6:30 pm..Preschool/Kids' Club/ABY 6:30 pm..... Adult Bible Study www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>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. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>
<p> JOURNEYCHURCH ASSEMBLY OF GOD</p> <p>1805 2nd St. SE 838-1111</p> <p>Sunday Services 8:30 AM-10:00 AM-11:30 AM</p> <p>Wednesday 6:30 PM</p> <p>Christmas Eve Service 3:30 PM & 5:00 PM</p>	<p> First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Sunday School (All Ages) 9:45 a.m. Contemporary Worship Service 9:50 a.m. Adult Sunday School 11:00 a.m. Contemporary Worship Service 11:05 a.m. Children's Church 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Fridays, Celebrate Recovery 7:00 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407</p> <p>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</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>

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

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For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. 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



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WHAT'S GOING ON MAFB

FRIDAY 17

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Snowball Dance, 1800-2100, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 18

- Zumba, 1000, Fitness Center
- Super Smash Bros Ultimate Tournament, 1300, ESC

SUNDAY 19

- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY 20

- Registration Opens: Laser Tag Party at Outdoor Recreation
- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1830, Fitness Center

TUESDAY 21

- Registration Closes: Extramural Curling League at the Fitness Center
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Pre-Separation Counseling Short Notice/COVID, 1300-1530, A&FRC, Zoom Meeting
- Magic The Gathering Commander Night, 1800, ESC
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 22

- Registration Closes: Winter Nerf Wars at the Youth Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- Right Start, 0800-1000, Jimmy Doolittle Event Center, hosted by A&FRC
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Yoga, 1200, Fitness Center
- Fighting Game Night, 1800, ESC
- Swerk, 1930, Fitness Center

THURSDAY 23

- AFGSC Family Day
- For full listing Christmas holiday facility hours, visit 5thforcesupport.com
- Registration Closes: Strikers Soccer Camp at the Youth Center
- Youth Programs Super Smash Brothers Tournament, 1330-1730, Youth Center
- Kids' Night, 1530-2030, Bomber Bistro
- Magic The Gathering Pauper Night, 1800, ESC

FRIDAY 24

- Christmas Eve
- For full listing Christmas holiday facility hours, visit 5thforcesupport.com

SATURDAY 25

- Christmas
- For full listing Christmas holiday facility hours, visit 5thforcesupport.com
- Christmas Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Christmas Special Dinner, 1630-1800, Dakota Inn Dining Facility

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Winter Reading Program: 1 December – 1 March, Minot AFB Library
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

DECEMBER SPECIALS

DELIVERY OPTIONS (Hours subject to change)
 Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro • Gluten Free Pizza
 Your favorite pizzas are available to order on gluten free crust. Grab a 10" pizza for \$11.95!

The B-Fifty Brew • Sugar Cookie Latte
 Sugar cookie-flavored syrup, Starbucks® Blonde Roast espresso, and almond milk. Tall \$4.50 • Grande \$5.00 • Venti \$5.45

Rockers Bar & Grill • Wings Basket
 Grab an order of traditional or boneless wings today with your favorite sauce! Small \$5.95 • Medium \$11.50 • Large \$15.95



Happy Holidays

Dakota Inn Dining Facility
 December 25th • 10:30 AM - 1:30 PM & 4:30 PM - 6:00 PM
 Special Lunch & Dinner Menu

Roast Beef • Carved Pil. Ham • Cranberry Dijon Chicken Breast
 Twice Baked Potatoes • Red Bliss Smashed Potatoes
 Broccoli with Carrots & Red Peppers • Balsamic Roasted Vegetables
 Brown Gravy • Mango Cranberry Chutney
 Assorted Cookies • Assorted Pies • Assorted Cakes



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