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ALLVIN FORMALLY WELCOMED AS 23RD AIR FORCE CHIEF OF STAFF

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MYERS MARKET OPEN FOR BUSINESS



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander (right), and U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander cut the ribbon at the grand opening of Myers Market at Minot Air Force Base, North Dakota, Nov. 15, 2023. Myers Market gives Airmen living in the dorms access to more food and beverage options. It also aids Airmen during winter months when traveling elsewhere for food could be inconvenient. See more on page B2.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LUIS GOMEZ

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Innovation is Key It Starts With an Idea

ROD WILSON, NORTHERN SENTRY

For the men and women working at Atomic Spark “It’s an additional duty” according to Col Stephen Kroft who is the head of the 5 CONS on Minot Air Force Base. “I am passionate about innovation and have always loved solving problems”.

Atomic Spark is the innovation cell for the base according to Kroft. “Contracting also does innovation. We do all of the buying for the base. We do market research and try to find the best possible products and service.” But the products that are purchased are “commercial off the shelf” explains Kroft. “Atomic Spark takes on those issue where we are not able to find a workable solution off the shelf.” The group also steps in and helps identify solutions for problems that don’t have a commercial off the shelf solution on the market. “We try to work with them (Atomic Spark) to try and find the solution” continues Col Kroft.

Explaining it further, Kroft says that there are different groups within Ignitor. “Atomic Spark works to find innovative solutions, you have contracting looking to find commercial off the shelf solutions, then there is CE that handles all of the facilities issues, then you have CPI that does process improvement” says Kroft.

Atomic Spark works with the units to identify issues. “We ask them what are your issues? And we’re going to work with you and partner with you to find solutions... guiding them through the process.”

Typically, the group works on one unit (project) at a time and

try to finish that project in 6 to 8 weeks. An example of what the group may be working on would be a real time weather solution for B 52s when they are no longer above the U.S. where they can easily access weather information. “We are looking to identify a commercial solution for that problem” Kroft shares. And then there was the problem where there was an in service radio unit that needed to find a replacement battery. “As they got older, they had trouble finding batteries”. That issue was solved by going directly to the manufacturer. “We have to continually look for supply channels. When a supply channel no longer carries an item, we have to look for, and make sure that there is a replacement for that item.”

A more recent success story is the purchase of over 1,400 pairs of electric gloves that were commercial off the shelf products. “We tried to use American made products, but the manufacturers were not able to have the gloves to us before winter. The electric gloves were the answer to the issue of trying to keep the gunner’s hands warm in the helicopters. “When you are flying at 100 miles per hour with the door open and negative temperatures, it gets pretty cold” explains Kroft. But they still need to find other solutions for cold weather gear. “We want to try and make them comfortable doing their job.”

For Col Kroft and the others in Atomic Spark the job is never done. Out next article will feature one of the solutions that is being used every day at Minot Air Force Base.



Members of the 5th Civil Engineer Squadron Chemical, Biological, Radiological and Nuclear team (CBRN) train on the new Vision 60 “Robot Dog” on Minot Air Force Base, North Dakota, June 8, 2022. This new technology allows Airmen to react to CBRN threats down range without risking the safety of themselves or others.



U.S. Air Force Staff Sgt. Dylan Metcalf, a 54th Helicopter Squadron flight engineer, poses with a pair of heated glove prototypes being tested by Team Minot at Minot Air Force Base, North Dakota, July 28, 2023. The 54th HS can work up to approximately 10,000 feet where temperatures can be extremely low, requiring the highest level of cold weather equipment to stay warm and offset hypothermia.

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



Members of the 5th Contracting Squadron hold a meeting with other squadron leaders to discuss new heated glove prototypes for base personnel at Minot Air Force Base, North Dakota, July 17, 2023. Gloves are an essential item in the winter for Minot Airmen, Who must work in temperatures that can reach 50 below zero.

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Victims' Counsel: provide support and justice

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND -- The Victims' Counsel's mission is to empower victims of crime through independent advice and client-centered legal representation. The Victims' Counsel consists of two members, Captain Rina Hernandez, Victims' Counsel officer in charge, and Senior Airman Elena O'Connor-Rua, Victims' Counsel paralegal. Once an individual reports a sexually related offense or domestic violence offense, their victim advocate will give them to option to pursue legal action.

"The Victims' Counsel represents clients of specific kinds of crimes," said Hernandez. "Typically sex related crimes, but also victims of domestic violence, as well as intimate partner violence. We counsel and guide the victim through the various stages of the military justice process, starting at the beginning with the investigation, all the way through disposition. If there is a court martial, a discharge board, or whatever the process may be, that's the end goal. We advise throughout that whole process."

Hernandez explained they work very closely with agencies such as Family Advocacy and Sexual Assault and Prevention Response. These partnering agencies provide specific kinds of services; medical,

emotional, or mental health, whereas the Victims' Counsel office focuses on the legal aspect. She explained the legal process can be overwhelming as it has many steps, and the Victims' Counsel's job is to provide that legal guidance to their clients.

Individuals eligible for their services include active-duty Air Force and Space Force members, their dependents, and any Air Force Reserve Airmen if they are on Title 10 orders.

Once the individual decides they are going to pursue legal action, their victim advocate will assist them by reaching out to the Victims' Counsel. The Victims' Counsel holds a unique role as they have their own chain of command outside of the 5th Bomb Wing and 91st Missile Wing.

"Part of the strength of the Victims' Counsel program is that our chain of command is removed from installation leadership," said Hernandez. "The base commander is not in our chain of command, nor are we influenced by the Staff Judge Advocate at the base legal office. We are very independent in that regard. I think that provides integrity and purity to the process. You don't want the Victims' Counsel beholden to the leadership of the victim."

The Victims' Counsel is a helping agency for those in need. If you feel you want to peruse legal action in relation to a sexual or domestic offense, you can report the incident to the following helping agencies at:

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24/7 CRISIS LINE:

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SEXUAL ASSAULT

RESPONSE COORDINATOR:

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24/7 REPORT LINE:

(701)-340-8882

EQUAL OPPORTUNITY:

(701) 723-2711



Capt. Rina Hernandez, Victims' Counsel, reviews legal documents at Minot Air Force Base, North Dakota, Nov. 11, 2023. The Victims' Counsel is an agency independent of Minot Air Force Base's chain of command, offering advice and advocacy through independent representation to sexual assault victims.

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

United States Air Force Victims' Counsel



CAPT RINA HERNANDEZ
Victims' Counsel



SRA ELENA O'CONNOR-RUA
Victims' Paralegal

• What Victims' Counsel do for Sexual Assault and Domestic Violence victims:

- Provide confidential legal advice
- Protect your rights and privacy interests
- Advocate your voice & choice
- Advise you on the investigation and prosecution process
- Represent you in interviews, hearings, and military trials

• What Victims' Counsel do for Interpersonal Violence and Sexual Harassment Victims:

- Provide confidential legal advice

• Who does the Victims' Counsel work for? YOU!

- Victims' Counsel do not work for anyone in your wing except you, and cannot be influenced by your or the offender's chain of command
- Victims' Counsel have an independent chain of command in Washington, DC

• Contact SARC, FAP, VWAP Coordinator, or Legal Office to request a Victims' Counsel

- Restricted reports: Go to the Victims' Counsel, SARC, Victim Advocate, Chaplain, or Health Care provider to ensure the report remains restricted

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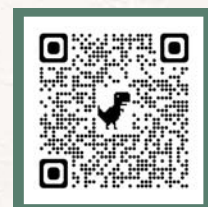
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Thanksgiving: I Can Remember

I have often spoken of my North Dakota heritage, and some of the memories of growing up in a small town. When Thanksgiving rolled around when I was a child it was more than a speed bump on the way to Black Friday. We had a fairly large dining room area that masterfully orchestrated by my Mom to seat all of the relatives who would travel to our home for Thanksgiving dinner. We didn't host Thanksgiving dinner every year, but when it was our turn we spared little to make sure that we had enough food for everyone, and that was without the many dishes that were brought by the relatives and friends who shared the day.

Most years we go along with just one large, and I am talking 20 pounds plus, turkey. There were a couple of years where we cooked 2 turkeys borrowing the neighbor's oven for the second bird as we didn't have room in our oven for two.

There was also an unwritten rule in our small town that everyone would have a place to go for Thanksgiving. Didn't make any difference that we may have to bring in a couple of cinder blocks and a plank to construct a make-shift bench to accommodate everyone in attendance.

Fast forward a bit to this year and Thanksgiving Day 2023. There is a group of young Airmen at 5 BW Public Affairs who work together and are all faced with a similar challenge. What do we do for Thanksgiving dinner? Times have changed a bit. Unfortunately, Thanksgiving dinner needs to take place after the Macy's Thanksgiving Day Parade and the noon kickoff of the NFL games on TV. That doesn't leave a tremendous amount of time to celebrate Thanksgiving, but that's

a discussion for a different time. Used to be that the stores opened for Black Friday sales events on Black Friday, albeit that it was 12:01 AM, but it was still Black Friday and not Thanksgiving Day. Again, a discussion for another day.

So back to the young men and women of the 5 BW Public Affairs. They have solved the Thanksgiving Day conundrum by scheduling a potluck (another of those North Dakota words) for 4 PM on Thanksgiving Day. Airmen Lichtenhan and his spouse have volunteered their home as the gather place. Everyone will contribute to the potluck, and just a visit with a few of them led me to believe that indeed, Thanksgiving Dinner would be well covered. The turkey? Well Airmen Lichtenhan



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

I'm sure just about everyone can remember the Dakota Access Pipeline protests that took place in 2016 and 2017. They lasted a long time and things got ugly. I'm sure some of you reading this were involved in it in some way.

First responders were sent, law enforcement was sent, protestors came from all over the U.S. and Canada and they all stayed there for a very long time. That placed a lot of stress on the locals; those people living in Morton County south of Mandan who sometimes couldn't get to their homes and farms because of road blocks.

DAPL was recently in the news again. The Standing Rock Sioux Tribe wants a review of the easement in which the pipeline is built and/or to have it shut down altogether.

During a TV news program, someone with the U.S. Army Corps of Engineers suggested there are five options in which to move forward. One of them is to continue as is, one is to indeed, shut down the pipeline and another, which may be the most significant, is to move the pipeline north where it would cross the Missouri River upstream of Bismarck.

Any messages we see from the Corps of Engineers, the state of North Dakota or Energy Transfer Partners paint the picture of the pipeline being completely safe and is the best way to transport crude oil from the Bakken to Illinois.

It's certainly safer than seeing freight trains exploding, but

**northern
 sentry**

**A VIEW FROM
 OUR SIDE**
 ROD WILSON



has assured me that his wife is "pretty fired up" about hosting Thanksgiving and has done internet research on just how to cook the turkey. Thanksgiving sounded me feel good knowing that even though the Wilson household has cooked for some larger family events, we may have struggled a bit to host the entire 5 BW PA staff and our friends and relatives. Rest assured, we would have made it happen had the necessity been there, it's just what you do on Thanksgiving.

**LUTFISK & LEFSE-
 THE 2 POWER "L" WORDS**

I don't know that we have talked about the 2 traditional Scandinavian dishes that appear on Thanksgiving, Lutefisk and Lefse. Lutefisk is cod, but that is where it's resemblance to fish ends. It is soaked in lye and salt until it becomes a fairly repulsive soft chunk of white "mush". Then, it is cooked, and the fragrance of cooking lutefisk overpowers the once familiar smell of a cooking turkey and boiling potatoes. The only redeeming ingredient is the melted butter that you pour over the lutefisk to drown not only the taste, but the smell. Still, it is an acquired taste, and if you grew up in a Norwegian community like me,

you look forward to the Lutefisk, especially when it is delivered to the table with another holiday favorite, lefse.

Lefse kind of looks like a softshell taco, but it is made out of potatoes. You once again overwhelm the lefse with butter, and now you reach for the sugar dish to spread white sugar on the butter and then you roll it into a long pastry and enjoy. For as bad as Lutefisk may be, Lefse more than makes up for the Lutefisk shortfall.

So Happy Thanksgiving! Enjoy family and friends, and of course all of the great food. Then sit back and maybe enjoy a football game, or a nap. They seem to go together on Thanksgiving.

BEST KEPT SECRETS

Not sure if you have made arrangements for your pumpkin pies at Thanksgiving, but Costco has 12 inch pumpkin pies that fit the bill quite well. There are several local vendors that will have pies out in their bakery section. A second piece of pie goes well with leftovers for supper.

TODAY'S CHUCKLE

What did one turkey say to the other when they saw the pilgrims arrive? They look nice, maybe they'll have us over for dinner.

DAPL rears it's ugly head...

there have been reports of leaks. According to the state of Iowa and the Des Moines Register, there have been at least five minor leaks in the pipeline, but they have all been in Iowa and points southeast.

That said, the pipeline crosses the Missouri River about a half mile north of the Standing Rock boundary and that was specifically the reason for the protests. But it wasn't just about potential leaks. It included the possibility of the easement disturbing Indian burial sites.

Consider the state of Iowa and the Des Moines Register to both be credible sources regarding these leaks that have happened in the past five years since the pipeline went operational. What's next?

So let's assume the Corps would want to move the pipeline north of Bismarck. What do you think would happen?

It doesn't take rocket science to figure out that the Bismarck City Commission and the residents of

Bismarck would be furious to allow that pipeline to cross north of town because Bismarck's water supply comes from two sources on the Missouri River.

It's interesting the Corps would even consider that option. But for argument's sake let's assume that happens.

Energy Transfer faces a litany of regulations as this pipeline operates. There have been numerous lawsuits because of it. Some landowners in Iowa sued the government to stop the easement across their property. Maybe this would prove once and for all that the Standing Rock Sioux Tribe had a legitimate complaint about the possible damage to the reservation should there be a leak underneath the Missouri River.

There can be an endless amount of "what ifs" in this scenario. Likewise, what if that Bakken train didn't explode in Lac Megantic, Quebec, what if Amoco didn't have to clean up a massive oil spill near Tioga, what if refineries were

built where the oil is rather than transporting it thousands of miles?

There's no doubt, oil is a huge money generator for North Dakota. It transformed a dying state into one of vibrance within a couple of years.

But the oil companies; all of them, have a responsibility to report spills immediately and take the appropriate action to mitigate the risk. We want to see oil transported to market in a safe way, but because there have been spills of oil and salt water, as well as fires, the public at large is skeptical because it generally takes days, sometimes weeks for a spill or fire to be made public.

So, perhaps the Corps should move the crossing north of Bismarck. Then, the drinking water for more than 100,000 people becomes potentially at risk. Would you want a major oil pipeline crossing the river upstream of your drinking water supply?

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A Taste of Gratitude: Memories in Every Bite



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Food is about more than just eating. Especially during the holidays. Aromas and flavors can evoke recollections, and unlock memories nearly forgotten. And there is nothing more nostalgic, no foods more worthy of reflection than those served up during the holidays.

Beginning with Thanksgiving, kitchens across America start rolling out recipes that “taste” like the season. Sure, you can make a green bean casserole—er, I mean hotdish—in July, but somehow it tastes better in November. Turkey and ham can be purchased all year, but for some reason they seem to taste much better on Thanksgiving, Christmas, and Easter. The law of physics at work here must be the same one that dictates cake is always more delicious when served at birthdays and weddings.

For military families, and transplants holidays can be a tricky time. This is the time of year we are pushed to make choices about when we travel, the cost of getting

“home” for the holidays, and how to discerningly use leave days. Which holiday will we miss? Who will we visit? Will we let someone down, or strain a relationship if we opt not to travel? Not to mention the added stress of deployments, TDYs, or a PCS that stretches across the holidays.

Holidays are a time of recipes and remembering. All that remembering can serve as a stark reminder that you’re far from “your” people. It can make you acutely aware that you’re not-from-around-here.

I’ve felt the weight of holiday loneliness. But I’ve reshaped my perspective on being a transplant during the holidays. Instead of mourning the place I cannot be, I create a table that celebrates all the places we’ve been. In my house, our Thanksgiving plates are filled with foods that remind us of all the places we’ve lived, the communities that have taken us in, the people who have opened their homes—and recipe boxes—to us through the years.

I’ll never be able to create a holiday meal exactly like Grandma, but I can create a Thanksgiving spread that stirs just as much nostalgia. Instead of striving for sameness, I strive for something different. Something unique to my family and our experience. Something that leaves room for others to bring in their own unique flavor and traditions as well.

The meal I prepare each year for Thanksgiving, intentionally points to each of our duty stations. There’s

corn casserole from Indiana. The pie crust I learned to make in Florida. The pumpkin cake recipe I drafted in Oklahoma. Every year, the brine and turkey rub I perfected in Louisiana show up. Our first tour in Minot introduced me to strawberry pretzel salad, and South Dakota brought overnight crockpot egg-bake into my life. Our second tour in Minot led me on a foray in bread-baking that resulted in the perfect dinner roll.

The result is a meal that truly causes us to pause and give thanks. Thanks for the people who taught me to cook these dishes, thanks for the people we shared them with, thanks for the places we first ate them. It’s a tapestry of flavors woven over years, states, holidays missed, and new friends made. Every piece compels me to remember a moment, relay a story, or testify to the goodness of people we’ve met along the way. It’s an edible memoir, that knocks me over with gratitude for all life has given us—in spite of, and because of, the hard and painful bits mixed



Through the years, our Thanksgiving meal has become an edible memoir—chronicling the places we’ve been and good people we’ve met.

AMY ALLENDER PHOTO

in. If you’re hosting Thanksgiving, or looking for a new approach feel free to steal mine. Make a dish that reminds you of each place you’ve lived. Invite friends to join and ask them to bring over something that tastes like Thanksgiving to them. It won’t be exactly like the

Thanksgivings you remember growing up, but will be nostalgic, it will be special, and it will be uniquely yours. For more ideas on taking charge of your narrative, and creating a life of positivity and contentment, join me on Instagram (@amy_allender) and Facebook (@amyallenderblog).

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SLICE OF LIFE
KIM FUNDINGSLAND

I write about dogs a lot, but never enough. They deserve more. No matter what I write about dogs it always seems inadequate, yet here I go again. Dog owners will understand. Dogs do not read. At least I don't think they do, at least not the written word.

Depending on what statistics you wish to follow, dogs reside in about half of all households in the United States. If the number were higher, I think it would be better for all of us.

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Depending on what statistics you wish to follow, dogs reside in about half of all households in the United States. If the number were higher, I think it would be better for all of us.

There are special therapy dogs that improve people's lives. Cancer and stroke detecting dogs, emotional support dogs, herding dogs, hunting dogs, cuddly dogs, and good old friendly family dogs are just a few of the dogs that lift spirits and make lives better.

I've owned several dogs and, while some were better at some things than others, all were very remarkable companions. Since I grew up in a hunting household my choice of dogs was always a hunting breed but, because hunting season only takes up part of the year, it was always important to have a combination family dog, boat dog, and overall fun dog too. That's exactly what you get if you spend just a little bit extra time with them. It doesn't take much.

As a judge on the field trial circuit, I often observed the real meaning of "every dog has its day." I would often watch dozens of different dogs perform in the field on a weekend. Fascinating stuff.

Of course, every owner thought their dog was the best, even when results in the field proved otherwise. They would pat their dog on the head while the dog looked in their eyes, praise them, give them fresh bowl of water, and find them a shady spot to lie down. It always made me smile to see a dog that had earned such family status.

Dogs earn a place in their owner's hearts. As an example, here are a few brief but touching incidents involving a golden retriever I owned.

Spice was giving birth in a child's swimming pool specially fixed up for her in the basement. After the third puppy was born, she got up and went upstairs. Huh? Now what?

I waited about a minute and then started up the stairs to see what the heck was going on. Spice met me, hurrying back down the stairs carrying her favorite soft toy. She placed it near her three new puppies and pushed it over to them with her nose, an act of kindness. Then she had seven more pups.

As gentle as that dog was, she showed a side I never knew existed during a hunt in the rolling sandhills of Nebraska. I had a far-ranging Brittany well out in front of me in search of prairie chickens. Spice always stayed close.

Spice and I watched from a ridgeline as my Brittany was heading up a distant ravine. I could see a pack of coyotes at the top of the ravine. They were closely watching my Brittany who was oblivious to the trap he was about to enter.

I called him back. As he turned to come back the coyotes split into two packs, six in one and seven in the other, and began working



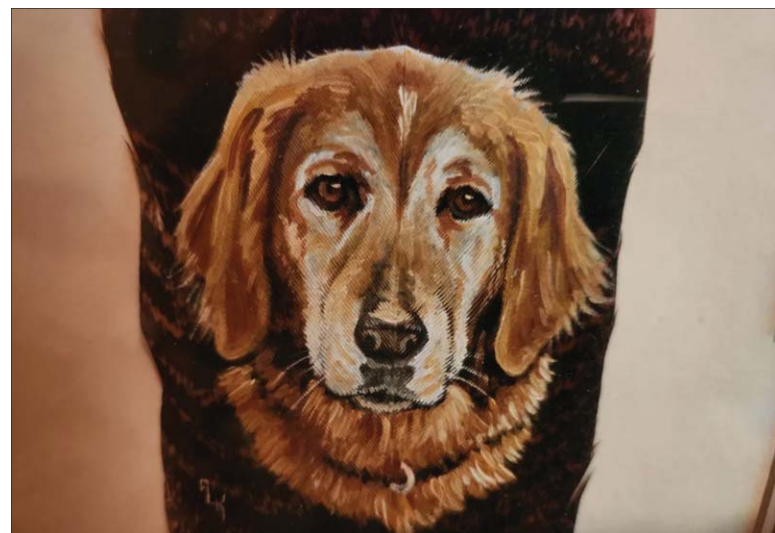
to outflank my Brittany. I was too far away to do anything and was certain I was about to see my dog ripped up by coyotes. Fortunately, Spice was watching the same thing.

Completely out of character, at least I had never seen it, Spice advanced to the end of the ridgeline we were on and puffed herself up. Her tail was raised high, her hair standing on end, she was showing her teeth, and woofing

loudly. Her presence caused all 13 coyotes to come to a stop as my Brittany, who never realized the danger he was in, slipped through their death trap.

The same dog that made sure her newborn puppies had a stuffed toy also sized up a dangerous situation and stepped forward to save my Brittany. Doggone good stuff.

Nope. I can never write enough good things about dogs.



Spice as painted on a turkey tailfeather.

KIM FUNDINGSLAND PHOTOS

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When ready to cook, set the temperature to High and preheat, lid closed for 15 minutes.

Place the prime rib fat side up, directly on the grill grate and cook for 30 minutes. Starting at a higher heat will help to develop a crispy, rendered crust.

After 30 minutes, reduce the grill temperature to 325°.

Close lid and roast at 325° for 3-4 hours or until cooked to desired internal temperature, 120° for rare, 130° for medium rare, 140° for medium and 150° for well done.

Remove from grill and let rest 15 minutes before carving. Enjoy!

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

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Ryan Davy - GM
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Council Reminder



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

The Minot AFB Resident Council is a forum for military members and their families residing in privatized housing on the installation to discuss health & safety concerns, identify potential community improvements, present viable solutions, and establish and maintain positive interactions between residents, wing leadership, Minot AFB Homes, and the Military Housing Office. The Resident Council meets monthly and is streamed on Facebook @ minotresidentadvocate. Residents can attend in person at the 5BW HQ, 167 Summit Drive, in the

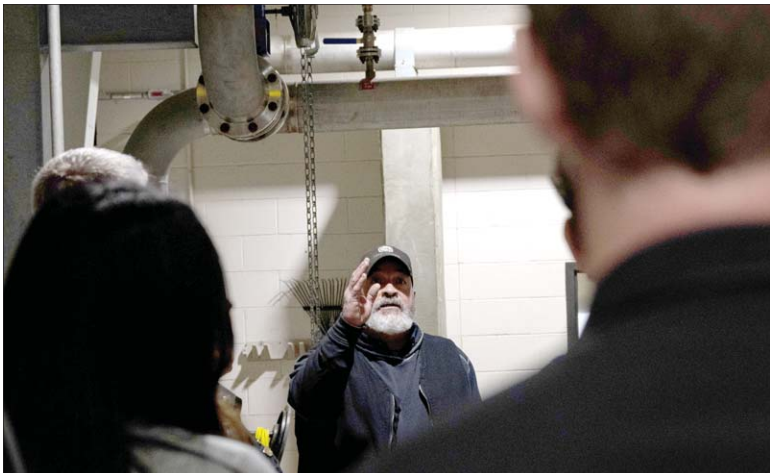
Striker Conference Room #109. This month's meeting will be held on Friday, 1 December at 1200. All residents of Minot AFB Homes are welcome to join the meeting and add to the conversation! Meeting topics generally include discussion on neighborhood safety, community amenities, maintenance, service, and current hot topics. Residents can submit anonymous input via an online form at: <https://tinyurl.com/mafbinput> and monthly minutes can be found at: <https://tinyurl.com/mafbCouncilminutes2023>.

COMMUNITY LEADERSHIP INSTITUTE STUDENTS TOUR MINOT AIR FORCE BASE

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



Senior Master Sgt. Thomas Pittman, 5th Weapons Standardization weapons flight chief, gives Community Leadership Institute (CLI) students a tour at Minot Air Force Base, North Dakota, Nov. 15, 2023. The CLI students learned how the 5th Maintenance Group supports Minot AFB's mission.



Robert Theiler, 5th Civil Engineer Squadron maintenance mechanic leader, gives students of the Community Leadership Institute a tour of the fuel farm at Minot Air Force Base, North Dakota, Nov. 15, 2023. The CLI students learned how the fuels support Minot AFB's mission.



Students of the Community Leadership Institute get a tour at Minot Air Force Base, North Dakota, Nov. 15, 2023. Team Minot hosts tours to increase community leaders' awareness and understanding of Minot AFB's role in national security.

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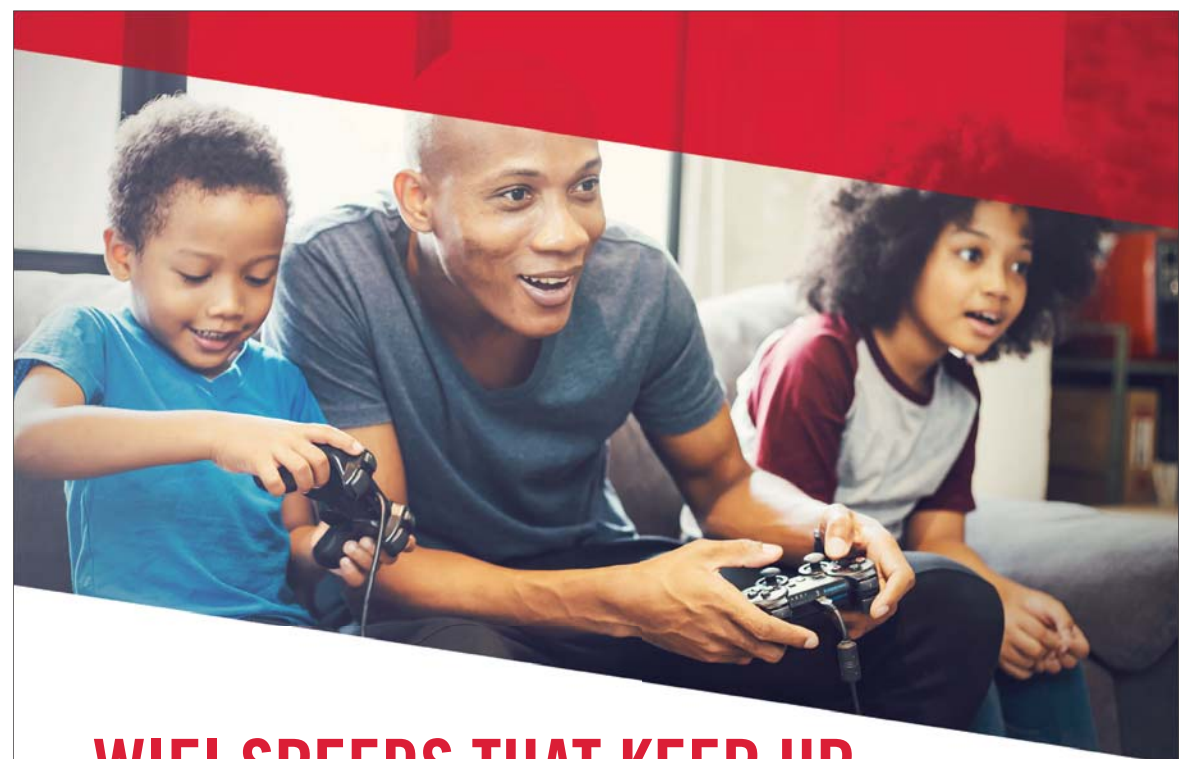
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COMMUNITY LEADERSHIP INSTITUTE 91ST MW KEEPS MISSILE MISSION GOING

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



U.S. Air Force Staff Sgt. Ethan Bowman, 91st Missile Maintenance Squadron missile handling team chief, observes his team retracting a Transporter Erector during a training exercise at Minot Air Force Base, North Dakota, Nov. 16, 2023. The Transporter Erector transports, stores, removes and emplaces the Minuteman III Missile.



U.S. Air Force Airmen 1st Class Jonas Castillo, 91st Missile Maintenance Squadron mechanic, tears off the transporter erector from the missile site pad at Minot Air Force Base, North Dakota, Nov. 16, 2023. The Transporter Erector is used to lower the Minute Man III, into one of many missile silos around Minot AFB's area of responsibility.



A Transporter Erector retracts during a training exercise at Minot Air Force Base, North Dakota, Nov. 16, 2023. The Transporter Erector is used to lower the Minute Man III, into one of many missile silos around Minot AFB's area of responsibility

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Letters of Intent are due by the
Coaches Meeting December 19.

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.

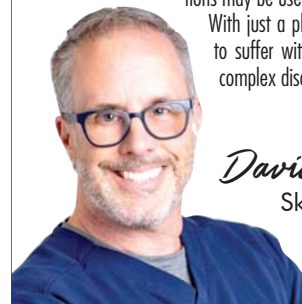
Step 3:

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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Allvin formally welcomed as 23rd Air Force Chief of Staff

STAFF SGT. ADAM R. SHANKS,
SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) --

Promising to lead the Total Force with “humility and resolve,” Gen. David W. Allvin was ceremoniously welcomed into his role as the 23rd Air Force Chief of Staff Nov. 17 during a ceremony at Joint Base Andrews.

Allvin was joined by his wife, Gina, their three children, as well as former chief of staff and current Chairman of the Joint Chiefs of Staff Gen. CQ Brown, Jr., Department of the Air Force Secretary Frank Kendall and numerous others. All were there for a dignified and historically significant ceremony to designate Allvin’s arrival as the Air Force’s highest ranking military officer.

“As I enter my role as the 23rd Chief of Staff, I do it with both humility and resolve,” Allvin said. “I am humbled by both the responsibility vested in the office – so deftly carried out by my predecessors – and the skill, dedication, and sacrifice of the Airmen and their families for whom this office exists to serve.”

Allvin steps into the job at a time of significant challenges – ongoing wars in Ukraine and Israel, as well as the emergence of “great power competition” with China, the pacing challenge.

Allvin acknowledged those challenges in his remarks.

“The current strategic environment is one in which our national interests are threatened in a way we have not seen in decades,” he said. “And the evolving character of war is one that privileges speed and tempo, agility, range, flexibility, resilience, and precise lethality ... these elements run deep in the DNA of airpower, and it is our responsibility to the Joint Force and the nation to bring these to bear to meet our pacing challenge.”

Despite the complexities, competition, and evolving challenges, Allvin said the service’s core mission has not changed.

“We deter and defeat aggression to defend and protect our nation and its interests,” he said.

Doing that, however, requires new thinking and action, Allvin said. “We must solve for agility – initiating action in the right direction and building in the flexibility to learn and adjust while in motion. This is the spirit in which we must pursue the efforts to optimize for the environment we face.”

Despite the challenges, Brown and Kendall each said in their remarks that Allvin is the right choice at the right time to lead the Air Force.

“After our three years together, I couldn’t ask for a better person to follow through and build upon the many ideas we’ve shared,” Brown said. “... [His career] has provided him a wide foundation to draw on to lead the Air Force as it faces a complex and volatile global security environment.”

Kendall echoed that assessment. “[Dave] is excited to come into this position at a time when our National Security Strategy, National Defense Strategy, Joint Warfighting Concepts, and Air Force priorities are in such clear alignment,” he said. “We are all on the same page, part of one team and one fight across the Department of the Air Force, the Joint Force, interagency teammates, and allies and partners ... Dave is taking the baton at full speed, and he is going to ensure that we follow through on the next leg of the race.”

While the welcome ceremony was a significant milestone, Allvin had officially been in the job since Nov. 2. On that day the Senate confirmed Allvin to become the service’s highest-ranking officer and uniformed leader. That was followed the same day by a brief swearing-in ceremony while he was visiting the U.S. Air Force Academy in Colorado Springs. The location bears a significant relevance as it was the same place Allvin swore his



Air Force Chief of Staff Gen. David W. Allvin speaks to the audience during his welcome ceremony at Joint Base Andrews, Md., Nov. 17, 2023. Allvin was officially sworn in as the 23rd Air Force chief of staff on Nov. 2 at the U.S. Air Force Academy in Colorado Springs, Colo.

U.S. AIR FORCE PHOTOS | STAFF SGT. STUART BRIGHT

commissioning oath in 1986.

As with his 22 predecessors, Allvin brings his own unique leadership style to the Chief of Staff office. One tangible example is that he signs most written correspondence simply “23.” Signing in this humble manner is Allvin’s acknowledgement that he is merely the “next up” in a long line of leaders charged with overseeing the service and upholding the Air Force’s high standards. It is also one of the ways he redirects personal attention from himself to Airmen and their families, who “display a sense of commitment and dedication to the mission that is unparalleled.”

During the welcome ceremony, Allvin expounded on his first message to Airmen, titled ‘Follow Through’ – a charge which he intends to shape his tenure around.

Allvin carries this responsibility with a sense of urgency, citing time as one of the “biggest challenges in pursuit of our destination ... as the future rushes toward us at a breathtaking pace.”

The call to follow through builds upon the changes set in motion by former service chiefs and brings into focus numerous initiatives that will be critical to the Joint Force in the years ahead. Among the most pressing are bringing the Air Force’s Operational Imperatives to operational capability, adapting the

organizational structure for great power competition, and harnessing innovative talent.

Allvin’s intent is well-supported by other senior leaders, who have full confidence in his leadership, integrity and ability to lead the Air Force.

“I will spend every day from this one until I pass the baton in dogged pursuit of the change we seek ... because [our Airmen] deserve it, and the nation demands it,” Allvin finished. “We’ve got the charge ... now let’s follow through.”

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Five Finalists Selected for Minot Northwoods League Softball Name Your Team Contest

Team recruits community's input ahead of 2024 Inaugural Season

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Out of more than 150 submissions, only five names remain. The new team, which will start play in June of 2024, challenged Minot residents and softball fans to come up with a creative moniker. Voting is now open to help the team select from the following submissions:

- The Minot Valkyries. These traditional female Norse warriors are fearsome foreboders of war who rode to the battlefield on horses, wearing helmets and shields. Additionally, Valkyrie is the name of a number of unmanned armed aircraft used by USAF. The Valkyries would bring victory to the diamond!
- The Minot Bombshells. Minot AFB is home to the 5th Bomb Wing, which operates 26 B-52 aircraft, each capable of carrying up to 70,000 pounds of weapons. The Bombshells pays tribute to the important work the men and women at Minot Air Force Base perform, and sends a message that Minot is a formidable foe!
- The Minot Honeybees. What's better than watching softball in the sweet, sweet summertime? Doing so while paying homage to one of

the state's most celebrated products! Producing a whopping 30 million pounds of honey annually, North Dakota bests all other states; just like we're hoping the Minot Honeybees will best their opponents.

- The Minot Charm. A touch of magic is conjured with this name! In the 1800's Minot was a railroad town, its population grew to 5,000 people in just five months... kind of like magic. A magical spell or an object that brings luck; we're charmed to make Minot home to an inaugural team of the Northwoods Softball League!

- The Minot Valhalla Dalas. Bringing everlasting glory to Minot! This name combines a cherished Scandi Symbol, the Dala Horse, with a revered mythical destination reserved for fierce warriors. Minot is home to a beautiful, towering Dala horse, recognized as a symbol of home for the city's residents. The Valhalla Dalas would hopefully bring everlasting glory to Minot (in the form of a NWL championship). Destiny is all!

Whatever the name, the team will call Corbett Field home when the league begins its inaugural season,

competing against teams from Mankato, Minnesota, LaCrosse, Wisconsin, and a yet-to-be-disclosed location. Northwoods League Softball brings a first-of-its-kind opportunity for female athletes: competitive summer ball, to develop them for college, Olympic, and future professional play.

"We saw such overwhelming public support for the Hot Tots in their first season in 2023. Given the crowds college softball attracts, and a local affinity for the game, we anticipate another warm reception when our softball team takes to the field," says Monica Hocking, General Manager of Minot Hot Tots and Minot Northwoods League Softball.

Voting continues through the end of the month. Follow the Name That Team contest, and all things Minot Softball through our website and on Facebook and Instagram @minotsoftball.

Additional teams and information for 2024 will be announced by the Northwoods League. Visit minotsoftball.com to vote in the Name Your Team contest and for team updates.

With Continuing Resolution, Service Members to Get Paid Through Holidays

C. TODD LOPEZ, DOD NEWS

The U.S. Senate sent forward to the president a bill that funds the government — including the Defense Department — through early 2024. The bill will ensure that the department can continue operating, and that service members will continue to get paid through the holiday season, said the deputy Pentagon press secretary.

"Congress [has] avoided a government shutdown by passing the bipartisan continuing resolution," said Sabrina Singh, during a briefing this afternoon at the Pentagon. "This short-term CR will ensure that our troops and civilian workforce will be paid through the holidays."

While the additional funding is good news for service members in the short term, Singh said that

what the department needs is the financial stability that comes with a full appropriation for fiscal year 2024.

"The department continues to urge Congress to pass a full-year appropriations, which is the best thing that Congress can do for our national defense," she said. "As we have long made clear, operating under a short-term continuing resolution hamstringing the department's people and our programs and undermines both our national security and competitiveness."

The DOD's budget request for fiscal year 2024 was sent by the president to Congress in March and has not yet been signed into law. Until a funding bill for FY 2024 is signed into law, the department is

limited in how it operates.

Singh also urged Congress to pass the department's supplemental funding requests which she said allow it to continue supporting Ukraine and Israel, which also provide humanitarian assistance across the globe, and which makes critical investments in the Indo-Pacific.

"The supplemental [funding request] doesn't just meet today's urgent challenges, but also invests in our industrial base here at home," Singh said. "As we send munitions from our stockpiles, the money to replenish our supplies invests in American industry and American workers. These investments will mean greater prosperity at home and greater security abroad."

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

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WINTER DRIVING TIPS

TIRE ROTATION TIPS

Tire rotation, or rotating tires, is moving automobile wheels and tires from one position on the car to another to ensure even tire wear. Tire wear becomes uneven for any number of reasons. Even tire wear is necessary to maintain consistent performance in the vehicle and extend the overall life of a set of tires.

By design, the weight on your car's front and rear axles are different, which causes uneven wear. With most cars being front-engine cars, the front axle usually carries most of the weight. For rear-wheel-drive vehicles, the weight distribution between front and back is near 50:50. Front-wheel drive vehicles also have the differential in front, adding to the weight, with a typical weight distribution of no better than 60:40. The result of this is that the front tires wear out at almost twice the rate of the rear tires, particularly when you factor in the included stress that braking adds to the front tires. Therefore, tire rotation for front-wheel-drive vehicles is even more of a necessity.

Turning your car (which is unavoidable) also contributes to uneven wear. The outside front tire is worn disproportionately. The left front tire wears faster than the right front in right-hand traffic countries. Also, right turns are tighter than left turns, causing more tire wear. On the other hand, the sidewalls on the right tire tend to be more often bumped and rubbed against the curb while parking the vehicle, causing asymmetric sidewall wear. As expected, the exact opposite occurs in countries that drive on the left-hand side of the road.

Mechanical issues in the vehicle may also cause uneven tire wear. The wheels need to be aligned with each other and with the vehicle. The wheel that is out of alignment will tend to be pulled along by the other wheels, causing uneven wear in that tire. If the alignment is such that the vehicle pulls to one side or the other, the driver will correct by steering against the pull. Essentially, the vehicle is constantly turning, in this case, causing uneven tire wear. Additionally, if a tire is under or over-inflated, it will wear differently than the other tires on the vehicle. Rotating will not help in this case, and the inflation needs to be corrected.

Automobile manufacturers recommend tire rotation frequency and pattern. Depending on the vehicle, tire rotation may be recommended every 8,000 miles. The rotation pattern typically moves the back wheels to the front, and the front to the back, crossing them when moving to the back. If the tires are unidirectional, the rotation can only be rotated front to back on the same side of the vehicle to preserve the rotational direction of the tires. Most unidirectional tires can be moved from side to side if they are remounted.

The current school of thought recommends keeping the best tires on the vehicle's rear wheels, whether it is front or rear-wheel drive. The logic is that if the rear wheels lose grip before the front wheels, an "oversteer" situation will occur, which is harder to control than an "understeer" situation. The intuitive idea that the front steering/driving tires need to be the best quality is not the case.



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- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

Fact File	
Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Omnivore Carnivore Herbivore Deer, Pigs, Water Buffalo, Antelope



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to mentoring.

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TEAM MINOT HOSTS TOWN HALL MEETING FOR LOCAL COMMUNITY



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, responds to a question during a town hall meeting at Minot Air Force Base, North Dakota, Nov. 15, 2023. Hoadley engaged with members of the local community during the event and addressed questions they had about Minot AFB.



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander (left), addresses members of the local community during a town hall meeting at Minot Air Force Base, North Dakota, Nov. 15, 2023. Hoadley answered questions about Minot AFB from members of the local community during the event.

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



Tom Ross, city of Minot mayor, speaks to members of the local community during a town hall meeting at Minot Air Force Base, North Dakota, Nov. 15, 2023. Ross spoke about the partnership and bond between Minot AFB and the city of Minot.



Lisa Hermosillo, a military spouse, asks a question during a town hall meeting at Minot Air Force Base, North Dakota, Nov. 15, 2023. The town hall meeting provided members of the local community with the opportunity to ask questions to Team Minot's leadership and the mayor of Minot.



U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander (center), gives remarks during a town hall meeting at Minot Air Force Base, North Dakota, Nov. 15, 2023. The town hall meeting provided members of the local community with the opportunity to ask questions to Team Minot leadership and the mayor of Minot.

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NEW DORMITORY MARKET PROVIDES AIRMEN MORE OPTIONS

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LUIS GOMEZ



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, gives remarks at the grand opening of Myers Market at Minot Air Force Base, North Dakota, Nov. 15, 2023. Myers Market gives Airmen living in the dorms access to more food and beverage options 24/7. During the event free samples of snacks that Myers Market provides were given to those who attended.



Members of team Minot looking at the frozen food section of the newly opened Myers Market at Minot Air Force Base, North Dakota, Nov. 15, 2023. Myers Market is a corner store located inside the Vosler Hall dormitory providing convenient food and beverage options to Airmen.



Tech. Sgt. Mark Malley, 5th Civil Engineering Squadron dorm management, grabs a beverage inside the newly opened Myers Market at Minot Air Force Base, North Dakota, Nov. 15, 2023. Myers Market is located inside the Vosler Hall dormitory and provides beverages, snacks, candy and frozen food available for Airmen to purchase.



Members of Team Minot celebrate the ribbon-cutting ceremony for the opening of Myers Market at Minot Air Force Base, North Dakota, Nov. 15, 2023. Myers Market is located inside the Vosler Hall dormitory. During the event free samples of snacks that Myers Market provides were given to attendees during the ceremony.



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<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.mimexicominotnd.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>
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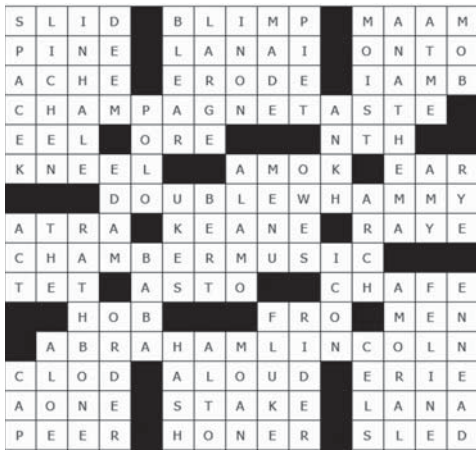
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

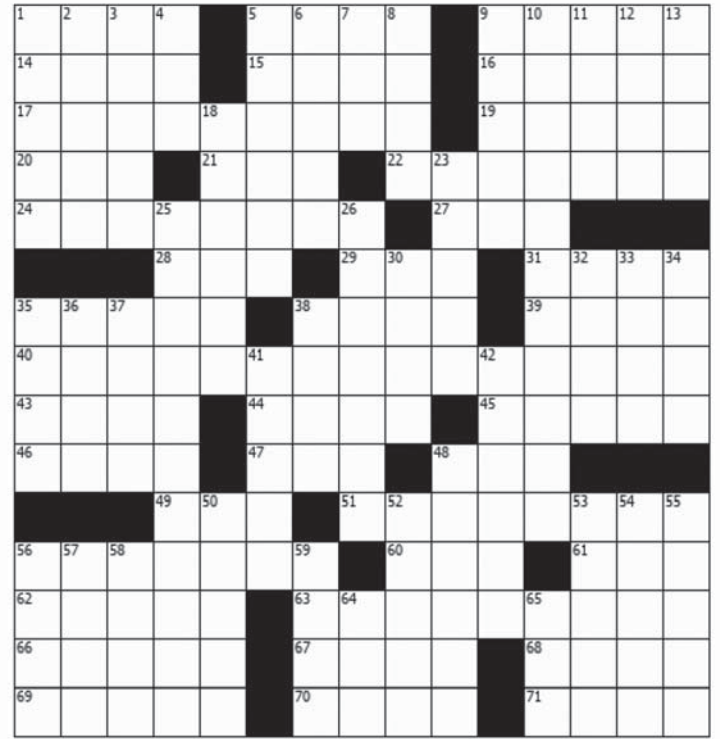
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. What a hog wants
- 5. Dull-colored
- 9. In pursuit
- 14. Inspires reverence
- 15. 17th of 50
- 16. More than mislead
- 17. Some knee-slappers
- 19. Hardly hidden
- 20. Clerical abbreviation
- 21. Aquarium implement
- 22. Sneaky plots
- 24. Superhero's secret
- 27. Stumblebum
- 28. McShane or Holm
- 29. Authority on diamonds?
- 31. Holy image
- 35. Reeked
- 38. "Ah, me!"
- 39. Bookbinder's buy
- 40. Some executive purchases
- 43. Hairy humanoid of legend
- 44. Keep the engine running
- 45. Get to the other side
- 46. Some Marvel heroes
- 47. Prefix meaning "recent"
- 48. Before, before a word
- 49. Bolt partner
- 51. Ghastly
- 56. Lunar phenomenon
- 60. Poetic conjunction
- 61. Confession starter
- 62. Birds that sound batty
- 63. Somewhere to sail?
- 66. "Beetle Bailey" character
- 67. Fishtail
- 68. Leer lasciviously
- 69. You do it if you breathe
- 70. "Sorry about that!"
- 71. Partner for means



Down

- 1. Native New Zealander
- 2. Had stuff
- 3. "The Canterbury Tales" character
- 4. Subj. for some immigrants
- 5. Slain
- 6. Clark's Butler
- 7. It can be hot, thin or cold
- 8. Give orders to
- 9. "Welcome to the islands!"
- 10. Contents of some salaries
- 11. Swarm
- 12. Raison d' ___
- 13. Putrefies
- 18. Type of valve
- 23. Thicket
- 25. Typical baseball game
- 26. Christmas tradition
- 30. Medieval club
- 32. Advertising award
- 33. Contract loopholes
- 34. Top Untouchable
- 35. Mythological river
- 36. Unnamed ones
- 37. Comic actor Johnson
- 38. Detail handler, maybe
- 41. Some ice cream units
- 42. Drive-in feature
- 48. Uses a blender, perhaps
- 50. Improbable victory
- 52. Accelerate sharply
- 53. Last of a series
- 54. ___-mouthed (insincere)
- 55. Relieves, as pain
- 56. Otherwise
- 57. Gently urge
- 58. Singer or Petty
- 59. Company that put a tiger in your tank
- 64. "Telephone Line" rock grp.
- 65. Porcine mama

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 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



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 email: minotcrbc@gmail.com
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Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

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 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.

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 Sunday Worship 3:30 p.m.
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YOUTH IN ACTION

NORTHERN PLAINS ELEMENTARY OBSERVES VETERANS DAY

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



Col. Benjamin Jensen, 5th Bomb Wing deputy commander, reads "America's White Table" to students at Northern Plains Elementary school during the Veterans Day assembly at Minot Air Force Base, North Dakota, Nov. 9, 2023. The story was read to teach the students the significance of the white table set on the auditorium stage for prisoners of war and members missing in action.



Minot Air Force Base Honor Guard drink from the glasses set on the ceremonial white table during the Veterans Day assembly at Minot Air Force Base, North Dakota, Nov. 9, 2023. The white table is set in remembrance for service members missing, fallen, or held captive in the line of duty.



Minot Air Force Base Honor Guard members conduct a two person flag fold at the Northern Plains Elementary Veterans Day assembly at Minot Air Force Base, North Dakota, Nov. 9, 2023. The Northern Plains Elementary students participated in the assembly to express their support and gratitude for all veterans.

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NOTES ON BEING SAFE

TOP HOLIDAY FOOD SAFETY TIPS DON'T BE A TURKEY ABOUT FOOD SAFETY THIS SEASON

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

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

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

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

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

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

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

Wash your hands thoroughly and often -- before, during, and after food preparation. "Simply washing hands is one of the easiest ways to minimize bacterial contamination and keep your food safe

Wash all fresh produce. Wash even prepackaged greens, to minimize potential bacterial contamination.

If you need additional information on holiday food safety tips, please





SSGT JOE VERGARA
5TH BOMB WING
NCOIC, OCCUPATIONAL SAFETY



visit one of these websites:

U.S. Food and Drug Administration 1-888-SAFEFOOD: For questions about safe handling of the many foods that go into a delicious holiday meal, including eggs, dairy, fresh produce and seafood.

U.S. Department of Agriculture Meat and Poultry Hotline, 1-888-MPHOTLINE (1-888-674-6854). M-F, 10 a.m. - 4 p.m. EST. Open Thanksgiving Day, 8 a.m. - 2 p.m. EST. E-mail questions to the hotline at: mph hotline.fsis@usda.gov




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(3.667-4.000+)**

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JUNIORS: Emma Brandt, Tyler Burns, Leah Charley, Teagan Coonrod, Rylie Deeter, Olivia Demars, Violet Demars, Boden Erck, Eva Hernandez, Alena Johannsen, Ruby Lormejuste, Jett Lundeen, Taylor Lundeen, Margaret O'Riley, Macksen Shean, Autumn Steckler, Ramsey Walz, Riley Weeks, Drew Zwak

SOPHOMORES: Annyka Anderson, Ella Boyle-Clark, Mia Braunberger, Kirstin Brunner, Ashlyn Burgardt, Katherine Castaneda, Carmyn Durand, Anne Fricke, Lilly McGough, Jack Passa, Bentley Schneider, Tochi Udekwe

FRESHMEN: Lauren Burns, Seth Finley, Lilly Jundt, Dani Martinez, Hailey O'Farrell, Chisom Osuala, Thomas Postula, Michael Prough, Adelynn Selk

EIGHTH GRADE: Taylor Brintnell, Viosa Cumani, Hayden

Deeter, Sage Feininger, Joshua Franks, Caleb Haverstock, Cecilia Johannsen, Helen Kamba, Gryphen Leier-Wangler, Justice Lundeen, Izabella Mocko, Russell Norman, Akasha Pacheco, Francesca Renda, Zachary Spain, Cambree Zwak

SEVENTH GRADE: Ella Brandt, Liam Finley, Liam Hieb, Grady Keyes, Afton Ost, Kene Osuala, Jack Prough, Hannah Schaefer

SIXTH GRADE: Lawson Borgeson, Matthew Bryans, Elira Cumani, Genevieve Deeter, Reed Feininger, Julianne O'Farrell, Oluwafadeorehanmi Oni, Brooklyn Ost, Owen Wald

HIGH HONORS (3.333-3.666)

SENIORS: Tayler Christianson, Jaydyn Crossett, Brayden Howe, Sienna Ronning

JUNIORS: Wyatt Hanson, Cambrie Johannes

SOPHOMORES: Elsie Braun, Claire Fegley, Miyah Harvey, Celia Martinez, Cade Okeson, Haylee Schwan, Hayden Seay, Jason Spain

FRESHMEN: Jaidyn Braunberger, Abigail Frey, Tytan Lundeen

EIGHTH GRADE: Tatiana Coronell, Violet McGough, Lily Palumbo

SEVENTH GRADE: Branson Bosch, Graham Gaddie,

Liam Hulm, Penelope Morales, Bryleigh Thorson

SIXTH GRADE: Camden Ahmann, Leah Brintnell, Natalie Burns, Sophia Cartier, Madison Fricke, Hanley Grant, Carsten Klein, Ava Passa, Thomas Prough, Caleb Schmidt, Mollie Selk

HONORS (3.000-3.332)

SENIORS: Michael Little

JUNIORS: Parker Baier, Conner Brintnell, Clay Fegley, Aidan Kelly-Binkoski, Bennet Warren

SOPHOMORES: Treyson Christianson, Aidan Elm, Jeremy Miller, Nathanael Sisa, Ella Zaback

FRESHMEN: Jose Castaneda, Blake Page, Elijah Penton, Peyton Seay

EIGHTH GRADE: Rylan Bakk, Cheyenne Degenstein, Calvin Olson, Cohen Schneider, Paxton Schwan, Dylan Walther

SEVENTH GRADE: August Bice, Eve Braun, Samuel Haverstock, Bridger Johannes, Sasha Kowalczyk, Bailey Weigel

SIXTH GRADE: Shilow Christianson, Ayda Erickson, Penn Gaddie, Todd Padgett, Kate Palumbo, Claire Postula, Harper Schneider, Keaton Sorum, Aiden Zaback



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YOUTH IN ACTION

Bus Safety at Minot AFB Schools



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



Safety reminders for Minot Air Force Base Parents and Guardians during parent drop off and pick up at Minot AFB Schools during Winter Busing:

The bus lanes and areas are designated for the safe drop off and pick up of students at each school.

At Memorial Middle School - Minot AFB, the main parking lot in front of the school is designated for bus drop off and pick up. As buses are staged in this area, please do not drive around the bus. This results in serious safety concerns especially if a child exits the bus.

At North Plains Elementary and

Dakota Elementary, as buses are pulling into the schools, please wait for buses to be staged before crossing the road to enter the school. Our goal is to ensure the safe arrival and departure of all students. Alternatives include utilizing the parking lots and parents/guardians escorting students to the school outside of the designated bus lanes.

Please be sure to use the cross walks outside of the designated bus lanes for students to cross safely.

Please share for increased awareness and assurance of the safety of students at Minot AFB.



Upcoming Events

24 NOV **DOWNTOWN MINOT TREE LIGHTING & OPEN HOUSE**
3:00 PM - 8:00 PM
Downtown Minot
Various Locations

Join us for the annual Christmas Open House in Downtown Minot on Friday, Nov. 24th 3-8pm. Enjoy hay rides, reindeer, cookies with Santa, tree lighting ceremony, special music and treats at local businesses, and sales galore! Bundle up the kids and bring the family to Downtown Minot and create your own magical memory.



For more information:
Facebook / Minot Downtown Business & Professional Association / Events

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

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

28 NOV **MINOT FUN ZONE**
9:00 AM
Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Tuesdays, Wednesdays, and Thursdays from 9:00am-Noon starting on November 28, 2023 and going through March 28, 2024 (** There will be a two week break for the Christmas holiday. The Fun Zone will be closed from Tuesday, December 19-Thursday, December 28, 2023. We will resume on Tuesday, January 2, 2024.)



For more information:
Facebook / Minot Parks / Events

28 NOV **A START IN ART TUESDAY SESSION**
9:00 AM - 12:00 NOON
2 Main Street North, Minot

Register today for our annual Art Camp for children ages 5 and up. Your child will explore and observe the artworks of four artists. Projects will consist of printmaking, acrylic painting, watercolor and new this year, ceramics! This is an art camp for children interested in a hands-on experience with the visual arts. Experienced art educators will work with your children developing their art skills. Dates: July 31st-August 3rd Time: 9-12am



For more information:
Facebook / Taube Museum of Art / Events

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Time for Christmas Travels!

Annual Holiday "Twilight" Tour of Homes

THE TAUBE MUSEUM OF ART

The Taube Museum of Art is happy to present, the Holiday Twilight Tour of Homes for 2023. It will be held on December 2 from 3pm-7pm, with tastefully decorated homes and cultural destinations for you to enjoy and delight in every detail. Enjoy a day of dazzling fun with your \$16 ticket. Tickets are available in advance at the Taube Museum of Art, Artmain, and online at <https://www.eventbrite.com/e/holiday-twilight-tour-of-homes-tickets-752043320817?aff=oddtcreator>

Day of the Tour tickets is \$20 and will be available at the Taube Museum of Art, as well as at each home. By purchasing a ticket, attendees will be supporting the Taube Museum of Art and have a delightful time viewing:

- Ken and Janet Dammen - 1329 1st St SE. Decorating for the holidays is a big deal in the Dammen home. Each room features a different style, from traditional to Victorian and in between the Dammen's home has décor for every taste.
- Scandinavian Heritage House - 408 11st Ave SW. Traditional Scandinavian Holiday décor.
- The Studio of Wendy Kimble - 7A East Central Ave, Suite 201. Holiday with a spooky twist.
- The Studio of EJ Rose - 7A East Central Ave, Suite 306. Artist studio decorated with an Artistic Chaotic flare.
- Carnegie Center - 105 2nd Ave SE. Traditional Holiday style in this beautiful Historic building.
- Mouse River Players - 115 1st St SE. Victorian beauty, perfect for a Christmas photo op!
- Koselig - 219 S. Main St. The Cozy Shop is a gift and handmade shop located at 219 Main St. S in the lower level of the Coldwell Banker Realty office. With 30 consignors, 11 distinct vendor booths, an entire area devoted to Scandinavian items, Pride of Dakota products and more, there truly is something for everything!

Entering the shop area, you will see handmade snowflakes made of vintage crocheted doilies in the store window. When you walk into the shop, you will be welcomed with a cozy Christmas vibe. Greens, trees, snowflakes, and vintage Christmas items. The aroma of a Koselig Christmas will be wafting in the air and Holiday favorites music will get you whistling to the tunes. It's a truly cozy experience!

Taube Museum of Art - 2 N. Main St. Festival of the Arts Sale - local artists works! Live Music, open Artist in Residence studio, Desserts, Coffee, Hot Cider!

The homes and locations maybe visited in any order. Please wear slip on shoes as a bag will be provided for them as you walk through the homes. Please respect the privacy of our homeowners- no cameras or phone use during the tour. Stop at the Taube Museum of Art to register for one of our wonderful door prizes! Enjoy a sip of cider, sweet treats, and view the art on display from the Festival of Arts Sale and maybe do a little Christmas Shopping. Artist in Residence Ryan Stander will be doing free letterpress holiday card making! Enjoy live music by It Was Her Idea.

Contact the Taube Museum of Art for additional information or visit our website at www.taubemuseum.org. Museum and Gift Shop business hours: Tues. - Fri. 10:30 am - 5:30 pm, Sat. 11:00 am - 4:00 pm or by special appointment. Museum admission is free, although contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts. This fundraiser is brought to you by the Taube Museum of Art, a 501c3.

For more information - 838-4445: Rachel Alfaro, Executive Director or Wendy Kimble, Gallery Manager



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Nov. 20: 1,839.98 feet above mean sea level (MSL); 17,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,449.29 feet above mean sea level (MSL). Stump Lake elevation: 1,440.2 MSL.

•N.D. Game & Fish Dept. game wardens: No Missouri River System, Devils Lake, or area lake reports

•Devi's Lake, Ed's Bait Shop, Devils Lake: Devils Lake generally quiet with only a few anglers on the water.

•Devi's Lake, Woodland Resort, Devils Lake: Not many anglers but those fishing around the bridges and on the lake itself are trolling and finding nice fall walleye activity.

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

•Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe quiet yet with anglers waiting for ice-over.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No reports from the east end of Lake Sakakawea with some nice walleye showing up in the river portion around New Town in the midsection. Try creek chubs or minnows or crankbaits.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No activity on the east end of Lake Sakakawea or Lake Audubon.

•Lake Sakakawea, New Town: Wind and weather permitting, anglers are finding a nice fall walleye bite in the Van Hook Arm and river portion of Lake Sakakawea around New Town. Try jigs and minnows.

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.

- Deer hunters need to beware of carcass and licensing transportation and disposal regulations.
- Beware of the potential for thin ice on wetlands and lakes when hunting, including when bird hunting with dogs.
- Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
- Nov. 24 & 25: Fort Stevenson State Park Dickens Village Festival Geo-cache, Garrison. Contact the park, (701) 337-5576, for details and GPS coordinates.
- Nov. 25 & 26: Minot Rifle & Pistol Club Gun Show, 9 a.m. to 5 p.m. Nov. 25 & 9 a.m. to 3 p.m. Nov. 26; North Dakota State Fairgrounds.
- Nov. 26: Deer gun season closes.
- Nov. 26: Mountain lion Zone 1 season closes.
- Nov. 27: Hunter's Brunch, Audubon Nat'l. Wildlife Refuge Visitor Center, serving free will donation soup and chili, 9 a.m. to 1 p.m. in conjunction with the refuge's opening day of upland game bird hunting. Sponsored by Audubon Refuge Partners Inc.
- Nov. 27: Mountain lion late Season Zone 1 opens.
- Nov. 27 through Nov. 30: Minot Curling Club Open House, 6:30 p.m., 2005 E. Burdick Expy.
- Nov. 29: Dove season closes.
- Dec. 1: Muzzleloader deer season opens.
- Dec. 1 & 2: Fort Stevenson State Park Dickens Village Festival Geo-cache, Garrison. Contact the park, (701) 337-5576, for details and GPS coordinates.
- Dec. 2: Minot Curling Club Learn to Curl, 10 a.m.; Funspiel begins at noon, 2005 E. Burdick Expy.
- Dec. 3: High and Low Plains Duck seasons close.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Try the spillway channel from boats in the afternoon and evening for walleye on the Missouri River using jigs and minnows. A few fish taken shore-fishing or from the wing walls. Overall limited angler numbers, though. Lake Sakakawea quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers clearing with good walleye activity from both boats and shore using jigs and minnows. Also try crankbaits on the Yellowstone River. Some walleye activity yet around Lewis & Clark State Park and Lund's landing on Lake Sakakawea.

Try deeper water with crankbaits or jigs and minnows but work shallow water.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank,

Towner: No activity with anglers waiting for ice-over.

Hunting:

•Deer: Rut seems to be peaking for deer activity.

•Upland: Pockets of nice pheasant numbers yet in some areas.

•Waterfowl: Fair numbers of Canada geese with some light geese remain along the east end of the Missouri River System. Good numbers of Canada geese along the river itself. Limited waterfowl numbers around the Williston area with a few lesser Canada geese lingering in areas with open water in central N.D./ and around Devils Lake. Some diving ducks also on the open water of Devils Lake yet.

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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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.

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

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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.

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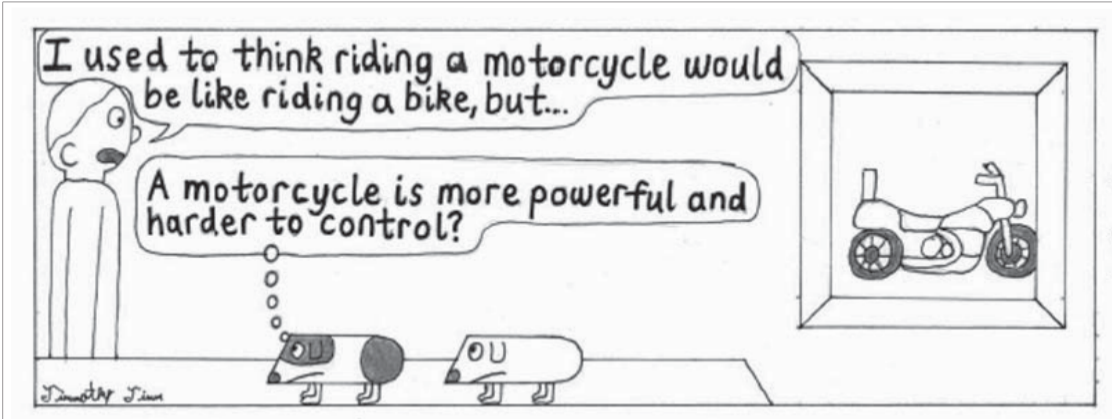
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MINOT STATE UNIVERSITY

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

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Everyday adventures of Titus and Philemon and their owner Joe.



TIMMOTHY 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/fkmaqNeYUlr> 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 McLemore, CAP, Jonathan.mclamore@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



91 SFG SHOUTOUTS



Congratulations SSgt Rivers on her promotion under the Stripes for Exception Performers (STEP) program! She's had an incredible year and absolutely represents the best of the SFG!! Way to 'rep the brand!



Huge congrats to TSgt Aaron "Farley" Bedker on graduating from the SF Weapons & Tactics Course. Not an easy course by any means, with this class experiencing a 26% attrition rate. The 891 can't wait to leverage those patch skills to better our missile field tactics.

A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION SUN RUN BREAKS TRANSCONTINENTAL SPEED RECORDS

NOVEMBER 27, 1957

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



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

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

Information courtesy of: nationalmuseum.af.mil / shaw.af.mil

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Patricia Stockdill

It's Thanksgiving weekend; perhaps it's time with immediate or extended family, new friends or longtime friends. It's food and, perhaps a time to reflect on all that is good about the things that make North Dakota special from an outdoors perspective.

It's a time to embrace the four seasons of North Dakota and be thankful for the variety of opportunities afforded its residents, including if it mean gutting out minus 20 degrees and 25 mile-an-hour winds when it snows horizontally.

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

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

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

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

We have solitude and we have gathering.

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

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

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

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

Other forward thinkers advocated for things such as the Federal Duck Stamp, which helps provide

public places and create habitat for people to hunt. They advocated for NAWMP and NAWCA, The North American Waterfowl Management Plan and North American Wetlands Conservation Act, providing funding for wetlands and waterfowl.

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

It doesn't matter if you're "outdoorsy" or not.

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

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

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

For that, we can be thankful.

But we can't be complacent.

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

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

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

It is ours to borrow from our children and grandchildren.

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

And we need to thank you for all you do.



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WHAT'S GOING ON MAFB

FRIDAY 24

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

SATURDAY 25

- For a full listing of Thanksgiving holiday facility hours, visit 5thforcesupport.com
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

SUNDAY 26

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

MONDAY 27

- Registration Opens: Youth Basketball, Youth Center
- TAP Overview, 0800, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Yoga, 1830, McAdoo Fitness Center

TUESDAY 28

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 29

- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Winter Vehicle Safety Fireside Chat, 1300-1500, Auto Hobby
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 30

- Native American Alaskan Native Heritage Month Ends, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development 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
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 01

- Winter Reading Program Begins, Minot AFB Library
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Zumba, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Swerk, 1830, McAdoo Fitness Center

SATURDAY 02

- Youth Bowling League, 1400, Rough Rider Bowling Center
- Frostival, 1400-1630, Turf
- Tree Lighting Ceremony, 1725, Turf Parking Lot
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

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The B-Fifty Brew Featured Item
Red Bull Burner
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Rockers Bar & Grill Featured Item
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