

northern sentry


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WHATS INSIDE THIS WEEK:




SUICIDE PREVENTION AWARENESS MONTH

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BEST BASES IN THE AIR FORCE: JOINT BASE PEARL HARBOR HICKAM

A6



BOMBER TASK FORCE - EUROPE 22-3

B1-B4



SrA Hannah Donavon, the Minot AFB Community Defender, is excited and ready to take on this new role in the base community. See page A3 for more on her role serving the Minot AFB.

NORTHERN SENTRY PHOTO | ERIN BEENE

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MINOT AIR FORCE BASE NEWSPAPER

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Why Do We Focus on Suicide Prevention?

MINOT AFB VIOLENCE PREVENTION OFFICE

According to the Centers for Disease Control and Prevention (CDC), suicide is a leading cause of death in the United States. Suicide among service members, veterans, and their families is a public health and national security crisis. While suicide is generally the act of an individual, it occurs in the context of the individual's relationships, community, larger society, and culture in which we live. Suicide is the culmination of multiple factors and complex interactions. Yet suicide is preventable. Every death by suicide is a tragedy and weighs heavily on the military community. Suicide prevention is the responsibility of the entire DAF community.

AIR FORCE VISION

Decrease suicides and attempted suicides by increasing morale and comradery among Airmen, Guardians, and their families. Service members and civilians who feel a greater connection to each other, their leadership and mission are more protected against risk of self-harm in times of distress. Seeking help, including mental health services, is viewed as normal by Airmen and Guardians, and is supported and encouraged by leadership. Foundational education and resources can fulfill the vision

by increasing protective factors for Airmen, Guardians, and their family members. This is a holistic approach to strengthen resilience, reinforce protective factors, and reduced unwanted behaviors through deliberate and meaningful personal and professional development. Focusing on our mission, building a shared purpose and strong connections will aid in assisting our most vital resource - our people.

Connectedness is a key protective factor that assists with combating the everyday risk factors people encounter throughout their lives. The Centers for Disease Control and Prevention has reported that substantial evidence supports the view that connectedness between persons reduces risk of suicidal behavior. Being able to connect with trusted peers and knowing that they will listen (nonjudgmentally) and provide support is crucial for mental wellness. Greater social support and unit cohesion can have a positive impact on an individual's sense of purpose and overall mental wellbeing. Successful suicide prevention efforts are linked to fostering connectedness - the vital relationships and interpersonal connections that

individuals forge with family, friends, colleagues, and their community.

Connectedness means that people feel a sense of belonging. They feel seen and heard and know that others will be there for them. Active listening enables us to learn more about one another, recognize changes in behavior, and work as a team to build up and support one another. Daily connections can make a big impact when someone is feeling lonely - especially if they're new to the unit or community. No special training is needed to show genuine concern. When we feel connected to others, we have people we can reach out to and recognize when they are in distress. Family members and other caregivers are very important to suicide prevention. They can help increase protective factors such as helping the person develop positive life skills and learn how to engage in healthy relationships. They can also provide support during a suicidal crisis and encourage the person to seek help. Importantly, family members can stay connected, be open to supportive conversations, and let each other know that they are there, always.

Connect to Protect!

SUICIDE PREVENTION AWARENESS 2022

SEPT 01

FLAGS ON MISSILE AVE

EACH FLAG PLACED REPRESENTS A DOD MEMBER WHO DIED BY SUICIDE IN 2021.

SEPT 08

GO SLO CAMPAIGN DEBUT

JOIN LEADERSHIP AT THE BX AT 1200 TO PICK UP YOUR GUN LOCK AND DISCOVER THE NEW SUICIDE PREVENTION STRATEGY BASED UPON USING SAFES or LOCKS OUTSIDE THE HOME (SLO).

SEPT 18

OUT OF THE DARKNESS COMMUNITY WALK

JOIN US AT OAK PARK AT 12:30PM FOR THIS ANNUAL EVENT WITH THE MINOT COMMUNITY.

SEPT 23

TEEN SUICIDE AWARENESS PREVENTION

YOUTH CENTER AT 6PM.

SEPT 28

STORYTELLER EVENT

JOIN US AT THE JIMMY DOOLITTLE EVENT CENTER AT 1300. HEAR STORIES FROM TEAM MINOT MEMBERS ON THEIR PERSONAL EXPERIENCES WITH SUICIDE.



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VOLUNTEER OPPORTUNITIES

Minot Minotauros Game Volunteers

- o Arrive at the Pepsi Rink at 6:00 pm on Home Game Nights. Doors open at 6:35 pm. (<https://www.minotauroshockey.com/printable-schedule>)
- o There are two outlining games:
- o Sunday, October 9th, Puck Drop is at 6:05. We're asking volunteers to be here by as close to 4:30 pm as possible.
- o Thursday, January 5th, Puck Drop is 7:05. We're asking volunteers to be here by as close to 5:30 pm as possible.
- o Check-in using the QR Coded Poster in the Volunteer Room. (Located below the concourse at the rink level). In order to get credit for volunteering, you must sign in. For FULL volunteer expectations and requirements, please reach out.

POC: V. Conner, Digital Content Manager
Minot Minotauros Hockey Club
Cell: 302.682.1575
Office: 701.852.0101
<https://www.minotauroshockey.com/adbrochure>

Ice Cream Booth Volunteers - Norsk Hostfest

(September 28-October 1)
Workers are needed Wednesday through Saturday in the ice cream booths. Proceeds from the booths' sales greatly benefit the Western Plains Opera and Children's Chorus. The shifts in the ice cream booths run four hours. All volunteers get a day pass to the Hostfest. Please enjoy the festival before or after your shift. There's a lot to see and do and eat at the Hostfest! If you want any more details, please email Mr. Eric Furuseth anytime. Please confirm the date and time you will be working by email.

POC: Eric Furuseth, eric.furuseth@ndus.edu
eric.furuseth@minotstateu.edu

Dragon Booster Club Holiday Party Planning/Volunteers

The Dragon Booster Club is looking for volunteers to help plan our upcoming Holiday Party. We intend to make this year's celebration the biggest and best yet! Our first meeting will be located in the Fitness Center (Court B) on 12 September at 1400. If you're interested, please show up with your ideas.

POC: DEVIN S. WIGLEY, TSgt, USAF,
NCOIC, ICBM Feeding Operations
5 FSS/FSVFM
DSN: 453-3118 Comm: 701-723-3118

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support.

POC: Shelby Stuckey, Volunteer Coordinator • (888) 223-4287
shelby.stuckey@caringedge.com

Lego League Challenge Robotics Volunteers

The MAFB School Liaison Office is in search of volunteers interested in coaching FIRST Lego League Challenge Robotics Teams with Full STEAM Ahead. Please reach out to mafbs.school.liaison@us.af.mil for more information.

POC: Joy-Nicole Smith, GS-11, MAT, DAF
School Liaison Program Manager
Child and Youth Education Services
Cell- 701-240-2380 Comm- 701-723-1447 DSN- 453-1447

POW/MIA Volunteers

(September 16 @1400)
Where: Parade Grounds
POW/MIA ceremony again, and we are looking for volunteers for the Retreat Ceremony Formation. This is a great opportunity to get involved and honor the sacrifices of our predecessors. We are asking to have at least 50 volunteers for this part of the event. Please contact POC to sign-up.

POC: Eriberto Gonzalez Gomez, TSgt, USAF
Phase Dock Controller
5 MXS/MXMTTC
Comm: 701-723-4476

National Disability Employment Awareness Month Planning Committee Lead

(October)
Need individual to lead an awareness campaign educating about disability employment issues and celebrating the many and varied contributions of America's workers with disabilities through the month of October.

POC: TSgt Christine Cherry/SMSgt Yucari Brown
christine.cherry@us.af.mil/yucari.brown@us.af.mil

Youth Soccer Coaches Needed

The Youth Sports Program is looking for Outdoor Soccer coaches. Needed for all age groups in the 3-12 range. Season Aug. 1- Sept. 22. Anyone interested please fill out a coaches packet at the front desk of the youth center.

POC: Tad Lee, Youth Sports Director, 701-723-2838

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)

701-723-3950
5fss.family.support@us.af.mil



Minot AFB Homes and Security Forces Team Up: Meet Your NEW Community Defender

ERIN BEENE, NORTHERN SENTRY

Let's start with the basics; what is a "Defender" anyway? It is one of those terms that gets thrown around the Air Force frequently. A Defender refers to any Security Forces member, either working on base or in the missile fields. You know the people walking around with the berets? Those are the Security Forces members (AKA Defenders). Defenders are the ones that keep the base safe. They are seen at the gate, driving around base and helping out in emergencies. They want to keep everyone protected and well-informed so, through some innovative ideas, a new position and concept was created to bring the housing office and the community together. Meet the brand-new Community Defender (also known as the Police Liaison), SrA Hannah Donovan, from the 5th Security Forces Squadron.

A few months ago, TSgt Montie Butler and TSgt Samuel Gonzalez, both 5 SFS, were talking with other members of their unit about how they overheard people on base talk about SF as the bad guys that are out to get them. While this attitude is not unique to this base, Butler and Gonzalez started to think of a way to change that perception. Butler really wanted to let the base community know that SF actually cares about the citizens and that they are there to help, not just to get them in trouble. After a discussion with their leadership, the pair initiated a meeting with Balfour Beatty (Minot AFB Homes) to see what they thought about having a "Community Defender" in the housing office to help manage non-emergency situations and be a physical presence in the community. The housing office was all for it, and just a few short months later, the position was created and brought to life. Butler explained that this new position would be a place for Minot AFB residents to contact with non-emergency issues and questions. She said, "We are going to be setting her [SrA Donovan] up with a phone and she's going to essentially be like a call center for issues with people speeding through base or have non-criminal complaints. It will be for some of the things that people call the law enforcement desk for now. Sometimes we [SF] can't respond to these [non-criminal] things because bigger incidents are

happening, but Donovan is going to be there for the community in that regard." Gonzalez also interjected that if people have questions about what is allowed on base, Donovan is a great resource. The program officially starts on September 1 and then Donovan will be available for school visitations, community involvement and questions. Butler explained that they hope this program will allow for more transparency and allow residents to feel protected and supported. Both Butler and Gonzalez want residents to feel like they now have a direct source contact. Gonzalez said, "We now have someone there as a representative for our unit who can either immediately give you an answer, or can find the correct answer and provide it to you."

When it came to finding the best Airmen to take on this exclusive and important new role, a few candidates were originally looked at, but ultimately the Defender leadership decided on SrA Donovan because, "She's a really

friendly person. She loves being a cop. She loves helping people. So she's actually the perfect person for the job," said Butler. SrA Donovan exuded positive energy and the perception that not only is she pumped to be in this new role, but she is most excited about connecting with the kids and families on MAFB to show them that the Defenders are friendly and not the "bad guys." She said, "I'm really excited to be a part of the community. I like to talk to people. I'm looking forward to having a better relationship with the residents in base housing and them getting a better idea of who Security Forces are and what we do. We're not just the ones you call when something bad happens. I want little kids to be excited when they get to see SF [vehicles] rolling by and know that we also get excited to hand out coupons for a free Dairy Queen Ice-cream when we see them wearing helmets while riding bikes. It's the small stuff like that." She wants to show



off the good part and be included in the happiness of the community as well.

SrA Donovan is originally from Washington state and has been stationed at Minot for about three years, where she lives in base housing. Although Donovan originally wanted to be a loadmaster when she enlisted, she is grateful that she was chosen for Security Forces as she believes she is here for a reason and ultimately SF is

what she was meant to do, and she is loving it! With her cheerful disposition and go-getter attitude, SrA Donovan is ready and eager to get started being a friendly face for the Minot Base Community!

The Community Defender is also referred to as Police Liaison. SrA Donovan, can be contacted Monday- Friday 8:30 a.m.-5:00 p.m. at the housing office on base.

Or give her a call at (701) 833-5613 starting September 1.

5th SFS Community Police Liaison
SrA Hannah Donovan







Services:

- ✓ Speeding in Base Housing
- ✓ School Safety
- ✓ Non-Criminal Disputes
- ✓ Public Safety/Training
- ✓ Statistics Tracking/Trends

Meet SrA Hannah Donovan, the new 5th SFS Community Police Liaison. Her focus is providing exceptional police services in order to ensure that SF is readily available to residents of Minot AFB and to be a direct source to voice their comments, concerns and suggestions.

Hours of Operation:
0800- 1630 Monday-Friday

For more info please email us or call
5SFS.Police.Liaison@us.af.mil

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Alternate: LE Desk 723-3096

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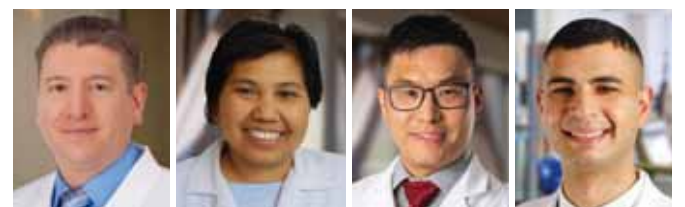


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Michael Grant, MD Radiation Oncology
Patanit Watanaboonyakhet, DO Medical Oncology
Joon K. Lee, MD Radiation Oncology
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MINOT AIR FORCE BASE NEWSPAPER
 WWW.NORTHERNSENTRY.COM

“What Do They Do On That Base Out There?”

I was sitting and waiting at a dentist appointment when the gentlemen across from me noticed the Northern Sentry logo on my shirt. After fielding and answering a couple of the normal questions about my job position at the Northern Sentry...what do you do? Where do I get your paper? I answered his questions as I always do with a smile and talk about how much I love my job and what I do.

But different from the many other folks who have asked those questions, his demeanor changed to a more serious tone when he leaned toward me and asked, “What do they do on that base out there?”

Like a kid coming home from his first day in school I began with the dual nuclear mission and the uniqueness of Minot Air Force Base, and ten minutes later finished with the Bomber Task Force now in Fairford, England. I explained the many working pieces that he may see and

experience like the transport of missiles for maintenance purposes and the transport of the missiles to Vandenburg Air Force Base for the test launches.

Maybe I got a little bit in depth for him when I explained the two wings on base, the 5th Bomb Wing and the 91st Missile Wing, but he seemed to be interested and more than that he would fire back questions like “How many missiles are there in those fences we see around the countryside?” or “How many B-52’s are there parked out at Minot Air Force Base?”

I was able to talk about some of my experiences as a Northern Sentry reporter that allowed me to do neat things like control a robot dog or watch multiple B-52’s taking off as part of a mission.

I talked fast, because I wanted to get as much in as I could before I was called to the dentist chair. But today the hygienist was a bit behind, and our conversation ended up being over 15 minutes.



UPSIDE DOWN UNDER
 MARVIN BAKER

A woman with four young children stopped by the farmers’ market last week and she said they had just moved to North Dakota from Louisiana. “From hurricanes to blizzards,” she said. But, she seemed happy to be in Minot and her kids were relaxed and appeared to be having fun.

As our conversation continued, she asked myself and my intern what there is to do around here? Of course, our answers centered around the usual things to do; high school sports, fishing on the lakes, traveling to tourist spots like the dinosaur museum in Dickinson and the International Peace Garden near Dunseith.

Her next question was about what to do in the city. What city I asked? “Well, don’t you have a city in North Dakota?” I told her

we kind of do in Fargo, but that it’s nearly 300 miles to travel, but doesn’t offer the big city appeal like this woman is used to in New Orleans or Dallas.

Her next question was about Regina and Winnipeg. I told her many people in northwest North Dakota visit Regina, but it’s just like here, only much larger, stores, grain elevators and farm fields.

Winnipeg, however, is quite different. It’s obviously farther than Regina, but it’s a big city of nearly 1 million and has a lot of culture that can’t be found anywhere in North Dakota.

I told this woman, who never told us her name, that Winnipeg is a melting pot of cultures and has some world class art in the Winnipeg Art Gallery which sometimes gives it the name, “Paris on the Prairie.”

There’s Inuit culture, Ukrainian culture, Polish culture, Metis culture, French, German and British culture. It also has skyscrapers like one would find in New Orleans or Dallas.

Numerous street fairs in summer and winter also make Winnipeg and the surrounding suburbs a great place to be, depending on



A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



Certainly not enough time to come anywhere close to totally answering his question, but yes, there was enough time for me to impart my very limited knowledge compared to someone who wears the uniform of the US Air Force.

“Mr. Wilson, we’re ready for you” broke the conversation between Jim and I. Knowing that I may never see him again, I got up and shook his hand as we North Dakotans do. And then he made my day as he gave me a wink and said, “You have a great job, son (and anyone who knows me, knows that I am a bit old to be called son-but I’ll take it any day) gonna look for your articles in the Northern Sentry.”

I couldn’t agree more, Jim, if you are reading this article. I do have a great job, and I love imparting the limited knowledge, albeit more knowledge than the average citizen of Minot, to those who query me

about Minot Air Force Base. And what is more impressive is that after four years of being a Minot Air Force Base reporter, I have only touched the tip of the iceberg in learning “What do they do out on that base out there?”

TODAY’S BEST KEPT SECRET:

Be watching social media and even the Northern Sentry for those fall church dinners, which are traditions in the churches around the area. From roast pork to turkey to Swedish Meatballs, they offer a great meal at a reasonable price. So, load up the family and enjoy North Dakota hospitality at its finest! I’ll keep watch and list a few of them in my column.

TODAY’S CHUCKLE

It takes a human about two years to learn to talk, and another 40 years to learn how to shut up.

Paris of the Prairie...

your seasonal preference.

The Festival du Voyageur is an annual 10-day winter festival that takes place in the Winnipeg suburb of Saint Boniface. The event is held each February and is western Canada’s largest winter festival. There are people from the Minot area who have taken part in the festival’s fur traders rendezvous.

Winnipeg has a professional football team in the Winnipeg Blue Bombers and has a world-class zoo. There’s a major shopping mall in Polo Park Shopping Centre with more than 200 stores. Minneapolis also has those amenities, but it is much farther away than Winnipeg, making it a more attractive travel option, especially for someone new to the northern Great Plains.

There’s also Winnipeg Beach, which is a town in the Interlake Region of Manitoba, but also has a wonderful beach with a boardwalk, and although the swimming season is short, it’s a lot of fun.

We could have easily talked about some of the tourist attractions in North Dakota, and briefly mentioned Mount Rushmore, but it was clear this woman was interested in what Winnipeg has to offer its visitors.

I don’t know if she is affiliated with Minot Air Force Base or not. That would be the logical assumption. But people come here from all over the country for oilfield jobs, college and other job opportunities not found right now elsewhere in the nation.

For goodness sake, a young man moved here from Sarasota, Fla., to work in oil and is now part of the family since he married my niece last summer. He too, is somewhat naive to what North Dakota and the surrounding states and provinces have. The other thing that is clear is that he likes it enough to stay here indefinitely.

Let’s hope this new resident from Louisiana feels the same way. I do know her kids were looking forward to starting school here, because her oldest son actually said that. He is playing high school football in a new environment at a much higher latitude than he is used to playing.

When the lady said she had to get going, I told her “Welcome to North Dakota and North Prairie Farmers’ Market.” She said it was a great conversation and quite an education and she would be back soon to visit.

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SHE'S NOT FROM AROUND HERE

AMY ALLENDER

"No sane person would choose to leave Florida to live in North Dakota."

I read that quote in a news article a couple weeks ago. When my eyes ran across the words, I nearly spit out my coffee, choking back a laugh.

The next day, friends came over for taco night and I told them about the quote. We all had a good laugh. It's funny because it's unbelievable that a Florida state representative would have the audacity to say something so negative about another state. It's funny because we are all aware of North Dakota's reputation for being a frigid wasteland. It's funny because we all know the truth, the secret: life in North Dakota is amazing.

Nearly everyone at taco night has moved to North Dakota from out of state. Everyone had chosen of their own volition to come here. To be fair, my husband and I originally came on military orders, but we requested to come back. Everyone has chosen to stay.

Since then, I've said those words, originally spoken in response to a politically charged

She's Not from Around Here

issue, many times. It's become my favorite sarcastic saying, though usually I shorten it to, "No sane person would willingly live in North Dakota."

I can't get these words out of my head. I can't seem to wrap my mind around the fact that so many people find North Dakota so easy to despise. To a person who never tires of telling others about the abundantly lovely life to be found in the "Legendary" state, this quote is both haunting and hilarious.

If I had to make a wager, I'd bet the man quoted in the article has never been here.

Sometimes it can be so easy to perpetuate negativity. Living in North Dakota often reminds me of this; seeing this quote from the news reminds me of this. Drawing conclusions based on stereotypes, or assumptions comes naturally, quickly, even instinctively. Agreeing with a common negative opinion is often more comfortable than being contrary with an edifying, uplifting, or positive point of view.

My goal is not to convince Floridians to move to North Dakota. I don't mean to throw shade at the representative who thinks it would be crazy to move here. He loves his state, and that's great.

No, my words are for us—the Dakotans. Whether by force, choice, or birth, we all find ourselves living in a place others

find easy to belittle and use as the butt of a joke.

I want us to remember there is good everywhere. I want us to be people who speak kindly of where we live, taking pride in our place in this beautiful country. I want us to be people who express negativity with grace and seek out things that are praiseworthy—here and everywhere.

Let's be curious people, willing to understand what others find hard to like, ready to ease that burden, and encourage folks who transplant to Hot Dish Land. Let's be ready to understand what others find endearing, and enjoyable—willing to let the contentment, or excitement of others soften the places we may be harboring negativity. Let's laugh together because we are the insane ones, thriving and finding plenty of fun in a place outsiders claim has "nothing to do."

"No sane person would willingly live in North Dakota."

Yet, here we are. It's funny because it isn't true.

We're not crazy. We just know the truth.

For more on how I spend my time soaking up Hot Dish fun, and practical tips for positive living, join me on Instagram (@amy_allender) or Facebook (@amyallenderblog.) ips for positive living, join me on Instagram (@amy_allender) or Facebook (@amyallenderblog.)



Life in North Dakota is unique, but it's a place I've found peace, beauty, and honed the ability to intentionally see the good around me.



North Dakota instantly conjures up images of snow and wind, but there are also lush patches of berries to pick, perfect summers, and a closeness of community that is hard to find elsewhere.

AMY ALLENDER PHOTOS

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Best Bases in the Air Force: Joint Base Pearl Harbor Hickam

ERIN BEENE, NORTHERN SENTRY

Hawaii anyone? Ok, Hawaii is a dream location for many Air Force families. Besides the enviable crystal beaches, sunny skies, and year-round moderate weather, what else should people be prepared for when getting an assignment to Joint Base Pearl Harbor-Hickam in Honolulu, Hawaii? Lauren Shields explains about their experience there and what to expect from the assignment besides the sunny skies and vacation vibes.

The Shields family was stationed at JBP HH from 2016 until 2019. Their family at the time consisted of Lauren, her husband Chase, 891 MSFS, and their two young boys. When asked what she and her family originally thought about getting the assignment, Lauren said, "We were going into our 2nd year stationed at McConnell AFB in Wichita, Kansas (that's a great base as well!) and had originally planned for a 3- to 4-year assignment there when my husband got a call from his commander saying they were in need of someone to work at Pacific Air Force (PACAF) Headquarters and if he wanted to volunteer to take it. Chase was going on his 4th year in the military and we had NO idea where PACAF Headquarters was, but he wanted to seem willing to volunteer and take on any challenge so he said yes!" Lauren was really open minded

and curious about living in this so-called paradise and was extra pleased when she found out the chatter was more than true and the experience was even better than expected. Lauren admitted that while the surroundings are gorgeous and it is like living in a dream, it was also the people that made her decide that this was her best base. She said, "Yes, it is beautiful and there is so much to do, but we are also military families thousands of miles across the ocean from family. Because of that, I think the friendships made were solid and unwavering, which I still treasure to this day."

Like many seasoned military families, Lauren understands that every base is what you make it, and focusing on the negatives will only lead to years of unhappiness. She said, "Whatever base we have gone to, I always try to go in with a positive outlook, regardless if it is the frozen tundra of Minot or the beaches of Hawaii! I went in with a good attitude and ignored the negative comments from others to try and make my own experience there. If you are fortunate enough to be stationed at Joint Base Pearl Harbor-Hickam, I encourage you to soak in all the activities available (No, you don't have to hit tourist spots or pay tourist prices to do the same activities they do!) and build an Ohana that will support you and your family as your home away from home."

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LAUREN'S TOP 5 REASONS THAT JOINT BASE PEARL HARBOR HICKAM AFB WAS THE BEST BASE:

1) It is a **JOINT** base with the Navy, literally connected together. This joint relationship was great, not only to expand my perspective of the military family experience but there are also a plethora of things to do that the Navy puts on. You can live in authentic military housing right next to Pearl Harbor, watch fireworks on the Battleship Missouri Memorial on the 4th of July, take a private tour of Pearl Harbor by boat with your servicemember, and tour battleships that come in from all over the world for RIMPAC, which is a huge maritime exercise.

2) **Local Hiking.** My husband and I aren't a huge fan of crowds and were concerned about exploring the island and running into tourists everywhere. We learned quickly, from local Hawaiians and fellow military, about lesser-known hiking trails across the island. We did at least 30 different hikes while we lived there and hardly ever had to worry about congested hiking trails. It led to some breathtaking photos of the island and great family time!

3) **Island Hopping!** While Pearl Harbor-Hickam is on Oahu, known as the "Gathering Place", a very fitting name for the most popular vacation spot, there are also 6 other Hawaiian islands, five of which are open for visitors. We

were fortunate to visit two other islands: Hawaii (famous for its lava caves and Volcanoes National Park) and Kauai (known as the "Garden Isle" and beautifully covered in green). All the islands are very different from each other and make for great weekend adventures!

4) **Base Amenities.** One of my favorite spots on the entire island was the running trail right on Hickam Air Force Base. The trail runs right along the entrance to Pearl Harbor and, on any given day, you could watch seals and dolphins swim into the Harbor, or watch massive battleships and submarines exit into the open ocean. It was the most beautiful sight and I felt one in a million being able to watch it every time I ran.

5) **The Beaches!** While there are several well-known beaches on Oahu, such as Waikiki and Makaha Beach, there are beautiful beaches for military members and their families all over the island. One well-known one is Bellows Beach on the east side of the island. We would enjoy staying in their beachside cabins in April to wake up before sunrise to watch the baby turtles dig out of the sand and head to the ocean to avoid hungry birds. It was a memory my kids and I will never forget.



Shields family photo in 2017 at Bellows Beach, a popular beach for military members and their families



At the Fourth of July celebration in 2019, where military families were able to watch fireworks on the Battleship Missouri memorialized in Pearl Harbor



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2022 SUMMER GAMES

The Summer Games were recently held at Minot Air Force Base, North Dakota, Aug 19, 2022. Team Minot Airmen participate in multiple events throughout the day such as, dodgeball, basketball, tug-of-war and other activities.

U.S. AIR FORCE PHOTOS MINOT AFB PA





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NATO Executes Complex Multi-National Exercise Over Slovakia

ALLIED AIR COMMAND PUBLIC AFFAIRS OFFICE

RAMSTIEN, Germany - Allied fighters, bombers and support aircraft conducted a large-scale, complex, multinational exercise over NATO's Eastern flank, August 22.

Allied aircraft from Slovakia, France, the US and the UK have taken part in a multinational exercise to train the interoperability of Alliance members in a complex and demanding scenario. The long-range operation, led by Allied Air Command, was executed over Slovakia with many Allies flying from their home bases.

The formation included 4th and 5th Generation fighters, including F-22s, Rafales, MiG-29s and Eurofighter Typhoons alongside B-52 bombers all support by a number of air refuelling aircraft. The formation operated against the joint German-Netherlands, Surface Based Air and Missile Defence Patriot batteries that are currently deployed in Slovakia to shield NATO's eastern flank. Participants benefited from essential joint training including the employment of precision strike capabilities, enhancing Alliance

interoperability and improving readiness.

"The participation of such a diverse and capable array of Allied aircraft demonstrates the Alliance's ability to react to any threat to NATO nations across the Euro-Atlantic area," said Air Marshal Johnny Stringer, Deputy Commander, Allied Air Command.



The participation of such a diverse and capable array of Allied aircraft demonstrates the Alliance's ability to react to any threat to NATO nations across the Euro-Atlantic area

AIR MARSHAL JOHNNY STRINGER, DEPUTY COMMANDER, ALLIED AIR COMMAND.



"Allied air power operates freely and rapidly across SACEUR's area of responsibility, and is essential

to ensuring freedom of access and the maintenance of collective security. Training like this displays the reach, interoperability and agility of our forces that continue to safeguard all NATO nations," he concluded.

This is the first mission for the USAF B-52 bombers post their arrival in Europe on August 18 for another scheduled Bomber Task Force rotation. This will see them operating alongside Allies across the continent during similar missions for the next two months.

The aim of this complex multinational mission was to prepare NATO forces to operate in a contested and sophisticated threat environment. This ensures a capable and credible response to potential aggression, set against the background of heightened tensions following Russia's invasion of Ukraine. The training was conducted in compliance with international laws and standards and executed within NATO airspace.



After the combined mission over Slovakia, Turkish F-16 escorted the US Air Force B-52 in Turkish airspace.

TURKISH AIR FORCE PHOTO



This is the first mission for the U.S. Air Force B-52 bombers post their arrival in Europe on August 18 for another scheduled Bomber Task Force rotation.

U.S. AIR FORCE PHOTO | AIRMAN JORDAN LAZARO

B-52s Brought Under NATO Command for the First Time During Mission over Romania

ALLIED AIR COMMAND PUBLIC AFFAIRS OFFICE

RAMSTEIN, Germany - U.S. B-52s came under NATO command and control for the first time ever during a Bomber Task Force training mission over Romania working out offensive and defensive manoeuvres with Allied fighters.

The Allied aircraft from Canada, Romania and France practiced fighter-bomber escort procedures and bi-lateral communication on the long-range mission flying from the United Kingdom to Romania and the Black Sea Region. Then the aircraft conducted a range of simulated offensive strikes and defensive manoeuvres to support flying training objectives and interoperability between Allied aircraft and crews. The bomber aircraft came under command and control of NATO's Combined Operations Centres Torrejón and Uedem for the duration of the mission.

"Bringing U.S. bombers under

the command and control of NATO entities creates the necessary opportunity to build our lines of trust and cohesion," said General James B. Hecker, Commander of NATO's Allied Air Command and U.S. Air Forces in Europe

- Air Forces Africa. "We're providing advanced capabilities and readiness enhancing activities across the Euro-Atlantic Area while creating flexible and agile options for bombers should they

need to respond to any changes in the operational environment," he added.

Bomber Task Force (BTF) missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe. BTF mission offer unique opportunities for Allies and Partners to strengthen collective deterrence and security throughout the region.



Bringing U.S. bombers under the command and control of NATO entities creates the necessary opportunity to build our lines of trust and cohesion



U.S. B-52s came under NATO command and control for the first time ever during a Bomber Task Force training mission over Romania working out offensive and defensive manoeuvres with Allied fighters. Photo courtesy of US Air Force.

U.S. AIR FORCE PHOTO



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A LOOK BACK

THIS WEEK IN USAF HISTORY

MINOT AFB RECEIVES ITS FIRST MINUTEMAN I

SEPTEMBER 9, 1963



After Minot Air Force Base, N.D., was selected to host Minuteman I Intercontinental Ballistic Missiles, construction on a missile complex began. The next year on Sept. 9, 1963, Minot AFB received its first Minuteman I missile coming from Hill AFB, Utah. Under the charge of the newly activated 455th Strategic Missile Wing, the first missile was placed in Launch Facility A-02. By 1964, the 455th SMW became fully operational and combat ready with 150 ICBMs in service. Each missile weighed nearly 65,000 lbs. and had a range of over 5,000 miles. Because of its strategic positioning in the United States, Minot was in the perfect position to establish the first-of-its-kind system. The Minuteman I was replaced several years later by the new and improved Minuteman III which composes the current ICBM force.

This Minuteman launch took place at Cape Canaveral, Fla., on Nov. 17, 1961. It became operational less than a year later. (USAF Photo)

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

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BOMBER TASK FORCE EUROPE 22-3

RAF MILDENHALL REFUELS BOMBER TASK FORCE

A U.S. Air Force B-52H Stratofortress aircraft assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., refuels from a U.S. Air Force KC-135 Stratotanker aircraft assigned to the 100th Air Refueling Wing, Royal Air Force Mildenhall, England, during a flight across the Atlantic Ocean, Aug. 18, 2022. The 5th BW is participating in Bomber Task Force exercises focused on the training and development of U.S. and partnered forces across the European region.

U.S. AIR FORCE PHOTO | STAFF SGT. NICHOLAS SWIFT



BOMBER TASK FORCE 22-3

A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron flies in a training exercise with NATO partners Aug. 24, 2022. Given the inherent speed, flexibility, and range of strategic bombers, Bomber Task Force missions highlight U.S. capabilities and commitment to work closely with our allies and partners to deter any potential adversary from aggressive actions.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB S. KIMMELL



B-52S INTEGRATE WITH GERMAN AND BELGIAN AIR FORCES

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL A. RICHMOND



A U.S. Air Force 23rd Bomb Squadron B-52H Stratofortress, two German Air Force Panavia Tornados followed by two German Air Force Eurofighter Typhoons and one Belgian Air Force F-16 Fighting Falcon fly in formation over Germany during a Bomber Task Force mission Aug. 24, 2022.



U.S. Air Force 23rd Expeditionary Bomb Squadron Weapons Systems Officer Capt. Jonah "Kanye" West conducts simulated pre-planned strikes in a 23EBS B-52H Stratofortress with the Belgian Air Force during a Bomber Task Force mission over Belgium Aug. 24, 2022.



U.S. Air Force 23rd Expeditionary Bomb Squadron Pilot Capt. Ryan "Clipper" Reers monitors his B-52H Stratofortress instrument panel while piloting a B-52H over Germany during a Bomber Task Force mission, Aug. 24, 2022.



A U.S. Air Force B-52H Stratofortress soars above the clouds during a Bomber Task Force mission over Belgium, Aug. 24, 2022. This BTF mission integrated with German and Belgian Air Forces, demonstrating the United State's commitment and assurance to NATO allies and partners.

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BOMBER TASK FORCE EUROPE 22-3

B-52S FLOVER OVER SOUTHEASTERN EUROPE TO REASSURE ALLIES AND PARTNERS

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL A. RICHMOND



Two Italian Air Force F-35s fly in formation with a U.S. Air Force 23rd Expeditionary Bomb Squadron B-52H Stratofortress over the Tyrrhenian Sea during a Bomber Task Force mission on Aug. 22, 2022. B-52Hs from the 23EBS flew along the western coast of Italy to demonstrate their Global Strategic Bomber Presence as a part of the pre-planned Bomber Task Force Europe series of missions.



U.S. Air Force 23rd Expeditionary Bomb Squadron Pilot Capt. Emolce "Felon" Toth watches on as the first of two B-52H Stratofortresses makes its way to the runway for takeoff for a Bomber Task Force mission at RAF Fairford, United Kingdom, Aug. 22, 2022. Given the inherent speed, flexibility, and range of strategic bombers, Bomber Task Force missions highlight U.S. capabilities and commitment to work closely with our allies and partners to deter any potential adversary from aggressive actions.



Three Turkish Air Force F-16s fly in formation with a U.S. Air Force 23rd Expeditionary Bomb Squadron B-52H Stratofortress along the southern coast of Turkey during a Bomber Task Force mission on Aug. 22, 2022. B-52Hs from the 23EBS flew along the western coast of Italy to demonstrate their Global Strategic Bomber Presence as a part of the pre-planned Bomber Task Force Europe series of missions.



A U.S. Air Force 23rd Expeditionary Bomb Squadron B-52H Stratofortress flies over Dubrovnik, Croatia, during a Bomber Task Force mission on Aug. 22, 2022. This BTF mission integrated with Italian and Turkish Air Forces and a flyover in Skanderbeg Square, Tirana, Albania, demonstrates the United States' commitment and assurance to NATO allies and partners located in South Eastern Europe.



U.S. Air Force 23rd Expeditionary Bomb Squadron Pilot Capt. Collin "Boa" Whitney monitors his B-52H Stratofortress instrument panel while piloting a B-52H over the United Kingdom during a Bomber Task Force mission, Aug. 22, 2022. The pre-planned Bomber Task Force operations are conducted with NATO partners and allies to demonstrate and strengthen our shared commitment to global security and stability.

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BOMBER TASK FORCE EUROPE 22-3

23RD AIRCRAFT MAINTENANCE UNIT PROVIDES UPKEEP FOR B-52s

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL A. RICHMOND



Staff Sgt. Rudy Arciaga and Senior Airman Joseph Holtgrave, Aerospace Propulsionists with the 23rd Aircraft Maintenance Unit from Minot Air Force Base, North Dakota, perform upkeep on a B-52H Stratofortress engine at RAF Fairford, United Kingdom, Aug. 19, 2022. The 23AMU provides routine maintenance for all of the B-52s sent to support this Bomber Task Force and is one of many crucial support units that make the 23rd Expeditionary Bomb Squadron's mission possible.



Staff Sgt. Zach West (right) and Senior Airman Dalton Amsden (left), Aircraft Structural Maintenance Specialists with the 23rd Aircraft Maintenance Unit from Minot Air Force Base, North Dakota, document their repairs of a B-52H Stratofortress engine at RAF Fairford, United Kingdom, Aug. 19, 2022.



Staff Sgt. Rudy Arciaga, an Aerospace Propulsion specialist with the 23rd Aircraft Maintenance Unit from Minot Air Force Base, North Dakota, performs upkeep on a B-52H Stratofortress engine at RAF Fairford, United Kingdom, Aug. 19, 2022.



Senior Airman Joseph Holtgrave, an Aerospace Propulsion specialist with the 23rd Aircraft Maintenance Unit from Minot Air Force Base, North Dakota, performs upkeep on a B-52H Stratofortress engine at RAF Fairford, United Kingdom, Aug. 19, 2022.



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All About Pets

Coping with the loss of a pet



There are many reasons why one might lose a pet: old age, an unfortunate accident, or changing life circumstances, to name a few. For those of us who truly care about our pets, losing them can be devastating. So how can you cope with the loss of a pet? Here are a few suggestions.

- Let yourself grieve—whether your pet has gone off to the rainbow bridge or simply another home, it is completely normal to feel a level of grief. It's important to recognize your feelings and if you need support, reach out to friends, family, or even a professional counselor. You can also try finding pet loss resources such as those at www.aplb.org.
- Reflect on your time together—after the loss of a pet, it can be difficult to think about their memory. But reflecting on the time you've spent together can actually be therapeutic. Try to focus on the positive memories and recall the challenges that you faced and overcame as a team. Writing your feelings down in a journal a great way to reflect and hopefully help turn your grief into gratitude. If you're the type to keep reminders of your pet, there are plenty of creators who make keepsakes such as keychains, paintings, jewelry, or other memorials. Something I like to do is use a stepping stone kit to imprint my pet's paw prints forever. When they're gone, you will always have a little piece of them in your life to remind you of all the great times you spent together.
- Spend time with other pets—humans aren't the only ones who have feelings about losing pets. Some pets can sense when there has been a loss, other than the obvious sign of not having their friend around. Unless your pet is actively giving you signals that they want to be

left alone, spending time and giving attention to your other pet(s) can benefit you both and help you walk through the grieving process together. Take your pet to the park, spend some time playing in the back yard, or cuddle up on the couch and watch a movie.

- Use your grief for a good cause—research has shown that doing good deeds can make you happier. After the loss of a pet, you can try curbing those negative feelings by doing something good such as volunteering at a local animal shelter, donating supplies to them, or if you're able, you can even sign up to be a transporter or foster for other animals in need.
- Get another pet—this one seems like the obvious answer to dealing with the death of a pet. However, this is not a decision that should be made impulsively! Bringing another pet into your home immediately after losing one will not always make you feel better right away, and if you are not in the headspace to properly take care of and focus on the new pet because you are still grieving the old one, it can rub off on them. Try giving yourself some time to grieve first. When you feel ready, start looking for a new friend. It's unfair to your new pet to compare them to your old one... all pets have different personalities, but that is what makes them so special. While a new pet can never replace your lost one, they can still offer the same companionship and give you another great, loving relationship to enjoy. Saying goodbye to our pets is never fun, but at some point it is an inevitable. Enjoy every moment you spend together—even the difficult ones—and when the time comes, just remember the love that they brought into your life.

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91ST SECURITY FORCES GROUP

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- SrA Ashton C. Burton, 791 MSFS
- SrA Allison R. Cano, 791 MSFS
- SrA Leslie A. Castellano-Gonzalez, 91 MSOS
- SrA Britney N. Ciccarelli, 91 MSOS
- SrA Jaylin M. Davis, 91 MSOS
- SrA Melissa D. Davison, 791 MSFS
- SrA Miguel A. Farias, 91 SFG
- SrA Felicity N. Flores, 91 MSOS
- SrA Uriah E. Gonzales, 891 MSFS
- SrA Labon Greene, Jr., 891 MSFS
- SrA Trevor J. Hurt, 91 MSOS
- SrA Casey M. Long, 91 MSOS
- SrA Samuel G. Palchik, 91 MSOS
- SrA Lance A. Perkey, 91 MSOS
- SrA Carlos G. Rivera-Pagan, 91 MSFS
- SrA Kyle S. Taylor, 91 MSFS
- SrA Jocelyn Tsitiridis, 91 MSOS
- SrA Alfredo P. Valderrama, 91 MSOS
- SrA Samantha E. Van De Riet, 91 MSFS



Welcome to the NCO ranks!
Air Force officials have selected 9,706 senior airmen for promotion to staff sergeant, out of 45,991 eligible, for a selection rate of 21.1 percent in the 22E5 promotion cycle, which includes supplemental promotion opportunities.

Infant Memorial Service a Chance to Heal

TRINITY HEALTH

Trinity Health will host an infant memorial service for families who have experienced the loss of an infant on Thursday, September 15, at 1 p.m. at Rosehill Cemetery. The event is open to the community.

A chaplain from Trinity Health's Pastoral Care Department will give a non-denominational blessing and offer words of comfort, followed by a moment of silence. Families also

will be invited to share reflections on the loss of their infant child.

An infant memorial service is an opportunity for families who have experienced loss to come together for remembrance, support, and healing. Infant loss is generally defined as a death that occurs during pregnancy, at the time of delivery, or after birth.

Good Gardening

ADVICE

by Marvin Baker



Flea beetle attacks

If you have any kind of brassicas in your garden (cabbage, broccoli, cauliflower, kale, bok choy, etc.) and like to use organic methods, I would expect that by now they are nearly or completely destroyed. The tiny, black flea beetle is responsible for it. They feed on canola and when the canola is ready for harvest, they move to any live brassica they can find. We use an OMRI listed product for organic use called Spinosad that worked very well until the canola started to dry. Then, they became impossible to stop. As a result, all of our brassicas had to be harvested regardless of the size of the vegetable.




YOUR LOCALLY OWNED VEHICLE MAINTENANCE SHOP

Welcome to Minot AFB from Tires Plus, your locally owned vehicle maintenance shop. Yes, that is right, Tires Plus is locally owned. You may have become associated with Tires Plus shops in other parts of the country. They, like the Minot and Minot AFB Tires Plus locations are owned and operated by a local franchisee, one that is familiar with the challenges of maintaining a vehicle in their particular location.

It certainly would be fair to say that each geographical location certainly has different challenges in keeping vehicles properly maintained. That is why it is so important to establish a relationship with a locally owned shop like Tires Plus. And of course maintain that relationship so that they get to know you, and your car. So let's quickly review some of what is important in maintaining your vehicle.

1. Acquaint Yourself With Your Owner's Manual
2. Check Your Tires Monthly
3. Have Your Oil and Oil Filter changed on Schedule
4. Also Have Your Air Filter Replaced With Oil Changes
5. Let Tires Plus Inspect All Other Fluids
6. It's Important to Examine Belts and Hoses When You Change Your Oil & Filter
7. Always Listen and Feel for Brake Issues
8. Replace Wiper Blades as Needed
9. Know That Tires Plus Will Also Inspect Your Battery and Remove Battery Corrosion
10. Keep A Detailed Accounting So You Don't Forget Routine Maintenance

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FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

SEPTEMBER 2022



DIANE BADILLO

What do you enjoy most about being an FCC Provider?

I enjoy being a Family Childcare Provider because it gives me the opportunity to help military families in need. I have been in childcare for about 8 years now, and everyday I learn something new. I am so grateful I was able to find a job that I love and one that also allows me to be home with my two children. FCC has definitely expanded my knowledge and experience to a greater level, and I will always be thankful for that.

What are your interests/hobbies?

Outside of being a Family Childcare Provider I enjoy spending quality time with my family, whether it just be taking a trip to Target, or walking around the mall! If I get any free time I will use it to play with my makeup. Makeup is very therapeutic for me, it helps me relax and get creative!

What advice do you have for new providers/those interested in being FCC Providers?

If you enjoy working with children then I highly recommend becoming a Family Childcare Provider. This job has definitely humbled me in so many ways. I'd say the biggest adjustments are the rules and regulations, but after a while it just becomes a routine. In my experience the key to getting your program to run smoothly is a routine and consistency. Children thrive off of routine, so once you get that routine in tune your days will become easier. Always remember there will be GREAT days and there will be not so great days. And don't be afraid to reach out to your fellow Family Childcare Providers! We are here to help with what we can!

SALMON WITH SPRING VEGETABLES AND PESTO



- INGREDIENTS**
 4 (4 OZ EACH) SALMON, SKIN-ON, PIN BONES REMOVED
 2 TABLESPOON OLIVE OIL
 KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
 2/3 BUNCH ASPARAGUS, BOTTOM THIRDS OF STALKS REMOVED AND SLICED INTO 1 INCH PIECES ON THE BIAS
 2/3 POUND SUGAR SNAP PEAS, ENDS TRIMMED AND SLICED INTO 1/2 INCH PIECES ON THE BIAS
 6 2/3 OUNCE CHERRY TOMATOES, RINSED AND HALVED
 1 1/3 LEMONS, HALVED
 1/3 CUP FRESH PESTO
 2/3 LEMON, ZESTED
 FRESH BASIL LEAVES, FOR GARNISH

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Place a piece of parchment paper on a large baking sheet or in a roasting pan. Rinse the salmon and pat dry. Brush all sides of the salmon with olive oil, and sprinkle generously with salt and black pepper on all sides. Place the salmon pieces skin-side up on the sheet tray leaving 2 inches between each piece. Place the asparagus, snap peas, and cherry tomatoes in a bowl. Gently mix the vegetables with the remaining tablespoon of olive oil, 1/2 teaspoon salt and a fresh grinding of pepper. Scatter the vegetables evenly onto the sheet pan. Place the sheet pan on the grill. In addition, place the lemons cut-side down directly on the grill grate towards the front of the grill. Close the lid and cook for 5 minutes. After 5 minutes, remove the lemons from the grill and stir the vegetables. Close the lid and cook for 5 more minutes, or until the fish reaches an internal temperature of 140°F and can be flaked with a fork. Remove the sheet pan from the grill. Place the fish and vegetables on a serving platter and drizzle with the pesto. Squeeze the grilled lemon over the top of the fish and vegetables. Sprinkle the lemon zest over the fish and add a few basil leaves for garnish. Serve immediately. Enjoy!



Ryan Davy - GM Minot

www.HofE.com/BBQH



Upcoming Events

05 SEPT SOGGY DOGGY POOL PAW-TY
 6:30 PM - 8:00 PM
 Roosevelt Pool
 1215 E Burdick Expy, Minot

Roosevelt Park Pool will be open to the Dogs! The event is free, goodwill donations will be collected & all proceeds will be given to the Souris Valley Animal Shelter. Please note that you are required to show proof of rabies vaccination for your dog (rabies tags are valid). Leashes are mandatory when the dog is not in the pool. You must maintain full control over your pet at ALL times. Small dogs will swim in the shallow end of the pool.



For more information:
www.minotparks.com

06 SEPT MINOT AREA FALL SPORTS FUNDRAISER
 5:00-7:00 PM
 Slim Chickens (Minot, ND)
 1416 South Broadway, Minot

Please Join us at the MINOT Slim Chickens for a Fundraiser to support MINOT AREA FALL SPORTS from 5-7PM 50% of total sales will be going back to these groups!

- Participants:
 • Magikix Dance Team • Minot High School Trap Team • Empire Volleyball • Minot High Boys Soccer • Minot High Volleyball • Prairie Grit Adaptive Sports • X-Family Fundraising • Surrey Stingerz • More Coming Soon!
 If you are a coach of a local MINOT team Please email/call Riley 701-838-7079 rileybrodal.prg@gmail.com



For more information:
 Facebook/Slim Chickens

07 SEPT RPZOO + MIDWEST MURDER PODCAST LIVE
 6:00 PM
 Roosevelt Zoo
 1215 E Burdick Expy, Minot

Midwest Murder PODCAST was born of murder mystery entertainment and describe themselves this way: "It's difficult to imagine murder mixing in with Midwest nice but hold on to your hotdish. You can join this dynamic duo at Midwest Murder LIVE where hosts, Jonah and Dawn, present delicate and devious situations with compassion and a little humor. They do the research, they have the chemistry, and fans get the murder." This is the first ever Zoo venue for the podcast duo. Tables & seating will be set with the Severson-Ahart African Lion Savanna as a backdrop. Atypical Brewery & Barrelworks, Mama Mac's, Hitchen Kitchen & Fun on a Bun will have menu items for purchase. Zoo gates will open for ticket holders at 6:30pm, seating for Midwest Murder LIVE at 7:30pm.



For tickets:
www.eventbrite.com/e/402699313487

14 SEPT WOMEN, WINE & WINGS
 6:00-9:00 PM
 Dakota Territory Air Museum
 100 34th Ave NE, Minot

Mark your calendars! This museum event celebrates the contributions of women in aviation past and present! Food and drinks are a part of a presentation that features women who have made an impact in the aviation industry. \$25.00. Admission includes Food & Wine.



For more information:
 Facebook/Dakota Territory Air Museum

On Base



For more information visit: www.5thforcesupport.com



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B-52H STRATOFORTRESS BASKING IN THE SUN

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT



Multiple B-52H Stratofortresses sit parked at the flight line on Minot Air Force Base, North Dakota, Aug. 8, 2022. The B-52 bomber can carry approximately 70,000 pounds of bombs, mines and missiles.



A B-52H Stratofortress sit parked on the flight line at Minot Air Force Base, North Dakota, Aug. 8, 2022. The B-52 bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet.

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Center for Family Medicine

UNIVERSITY OF NORTH DAKOTA

NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Aug. 29: 1,836.15 feet above mean sea level (MSL); 21,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.18 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.2 MSL.

•N.D. Game & Fish Dept. game wardens: Continued salmon activity on the east end of Lake Sakakawea. Try areas around Sakakawea State Park. Upper end of Lake Sakakawea remains fair to good for walleye around Tobacco Garden. No reports from north-central area lakes or Devils Lake.

•Devils Lake, Woodland Resort, Devils Lake: Continued walleye success using spinners and bottom bouncers with larger fish still showing up on crankbaits in 20 to 25 feet.

•Lake Darling, Karma C-Store, Ruthville: Continued small walleye success on Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill activity with slower walleye success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Angler numbers slowed on the east end of Lake Sakakawea but those going continue finding walleye in deep water.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Switch to minnows on the east end of Lake Sakakawea and continue working deep water for walleye in 20 to 40 feet. Move slowly with live bait rigs and minnows. No reports from Lake Audubon with overall activity slowing on both lakes for angler numbers.

•Lake Sakakawea, Indian Hills Resort, Garrison: Continued fair to good walleye success. Overall steady activity working deep water with a switch to crankbaits. Try Nishu Bay, mouth of the Little Missouri Arm, or Deepwater Bay. Work shallower on overcast days. Limited weekday hours for the remainder of the season.

•Lake Sakakawea, New Town: Angler numbers slowing in the Van Hook Arm with slower walleye success, as well, as fish remain deep.

•Lake Sakakawea, Van Hook Bait

•Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.

•PLOTS guide now available online at the Game & Fish Dept. website with printed editions also available at vendors.

•Anglers reminded to follow ANS regulations, including draining live wells and removing plugs.

•Applications such as Onyx now have updated electronic posting information for the upcoming 2022 hunting season.

•Blue-green algae updates, N.D. Dept. of Environmental Quality: No warnings listed for area lakes but conditions could change daily. Epping-Springbrook Dam, Williams Co. under advisory. Several N.D. lakes have low toxin levels, including Antelope Lake, Pierce Co.; Buffalo Lake, Pierce Co.; Buffalo Lodge Lake, McHenry Co.; Harvey Dam, Wells Co.; Nelson-Carlson Lake, Ward Co.; Hecker Lake, McLean Co., Stump Lake, Nelson Co.; and Wood Lake, Nelson Co. Lakes under investigation include Devils Lake and Makoti Lake, Ward Co. Go to the agency website, (deq.nd.gov) for more information.

•Sept. 2: Archery deer and (lottery license holders) pronghorn seasons open.

•Sept. 3: Fort Stevenson Sailing Regatta, Fort Stevenson State Park, Garrison. Contact the park, (701) 337-5576, for details.

•Sept. 10: Grouse partridge, and squirrel seasons open.

•Sept. 16: Youth deer season opens.

•Sept. 17: Youth waterfowl season opens.

TOURNAMENTS:

•Sept. 10: Lake Sakakawea, Tobacco Garden; Lake Sakakawea, Van Hook Arm; Devils Lake, Spirit Lake Casino.

•Sept. 17: Lake Sakakawea, White Earth Bay.

& Tackle, New Town: Van Hook Arm slowed with best success in the river portion by New Town. Also try the south end of the Arm in deep water using crankbaits. Be prepared to keep any fish from depths of 25 feet or more, however.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for walleye during the day from both boat and shore with small fish still coming from the Spillway Channel. Chutes continue producing catfish. East end of Lake Sakakawea remains fair to good for walleye in 30 feet and deeper. Try slow death hooks and nightcrawlers with bottom bouncers. Move around and work points. OK salmon success with nice numbers of fish. Most activity is around Government Bay with some success yet around Deadman's Bay. Try 70 feet and deeper with flashers and squids.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walleye continue moving east with

best success around Lewis & Clark State Park or Tobacco Garden. Work a mix of nightcrawlers and minnows as the bite switches more to minnows. Water levels dropping on the Yellowstone and Missouri rivers so use caution but look for continued walleye and catfish activity.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains limited on area lakes.

Hunting:

•Early Canada goose season: Lots of activity around the Devils Lake area but not as many birds around parts of central and northwestern N.D.

•Doves: Fair to good numbers throughout many areas of the state.

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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A1C Tyler Fazande

Fazande, originally from New Orleans, Louisiana, has spent one year at Minot AFB and works in Ground Transportation.



In his freetime, Fazande enjoys playing volleyball, tennis and video games.



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MEN

4 Person Teams

Tuesday (9/13)..... 6:30 pm
 Wednesday (9/14)..... 6:30 pm
 Wednesday (9/14)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/13)..... 6:30 pm
 Thursday (9/15)..... 6:30 pm

YOUTH

All New Bowlers Get a FREE Bowling Ball and Shirt

Sundays (Ages 12 and up)..... 6:00 pm

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Mondays (Ages 12 and up)..... 5:00 pm

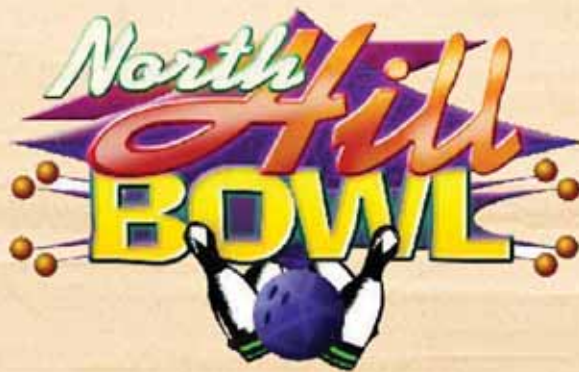
- Registration and Start Day, 9/12
- Weekly fees for 3 games: \$13

Thursdays (Ages 7 and up)..... 3:45 pm

- Registration and Start Day, 9/8
- Weekly fees for 2 games: \$9

Saturdays (Ages 5 and up)..... 9:30 am

- Registration Day, 9/10 - Bumper Leagues for ages 5-6
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- Weekly fees for Bantams (3 games): \$13



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 Thursday (9/15)..... 7:00 pm
 Friday (9/16).....6:30 pm

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Wednesday..... 10:00 am

- Starts 9/7

Friday..... 1:00 pm

- Starts 9/9

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FREE COFFEE

Thursday..... 1 pm

- Starts 9/15, 3 person teams

28

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BOBCAT

CREATURE FEATURES

- The Bobcat has ear tufts that are thought to heighten their hearing along with having a ruff of longer fur around its face. Their fur changes color with the seasons.
- Bobcats are excellent hunters, stalking their prey with stealth and patience, capturing their meals with one great leap. Their sharp claws are designed to help them hunt prey and climb.
- The bobcat has a special technique for running fast to catch its prey. It puts its back feet into the front feet's spot. The bobcat's feet spread, keeping it from sinking into the snow.

Fact File

Life Span	10 - 13 years
Weight	10 - 28 pounds
Height	17 - 23 inches
Tail Length	22 - 25 inches
Body Length	26 - 41 inches
Top Speed	30 mph
Wild Diet	On average (Caracaras) (fishbone) Rabbit, Birds, Rodents, Eggs, Bats

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dogs.

LCROAL

--	--	--	--	--	--

UPCOMING EVENTS

SEPTEMBER 7

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Answer: Collar

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WHEN THE UNCOMMON OCCURS

Patricia Stockdill

It doesn't seem possible but fall and hunting season will arrive soon – too soon for those who haven't been conditioning and training their four-legged hunting maniac in the cool hours of the day.

So get out there in the short time before hunting officially kicks off. Get ready to hunt. Throw the training dummy, walk, and swim – and take the hunting dog along for their workout.

After all, dove season is already open. Even though many doves that nested in North Dakota have already started their fall migration to warmer wintering grounds, there are still good numbers and it's great way to start the fall. There will likely be huntable dove numbers until cold nights and frost chase them south.

A problem with warm weather activity, whether training or actual hunting, is that some uncommon medical conditions can result from overexertion or environmental conditions no matter how careful a person is out there.

Here are six things Nestle Purina's canine experts recommend people beware of when in the Great Outdoors, especially now that dove hunting season is here and other bird hunting opportunities are rapidly approaching.

It's amazing just how common these uncommon conditions could become:

•Blastomycosis: A systemically occurring fungal infection, blastomycosis is caused by mold found in moist, slightly acidic soil and decomposing organic matter such as wood and leaves. The mold releases spores, which if inhaled could cause infection. Look for limping or lameness, troubled breathing, nose, mouth or paw pad sores, or appetite loss. Take the dog to your veterinarian if any symptoms occur. This condition might be less common in North Dakota with the state's soil leaning to alkali rather than acidic but hunters in search of ruffed grouse might want to keep it in mind when hunting the Turtle Mountains or Pembina Hills woods.

•Blue-green algae: Officially called cyanobacteria poisoning, blue-green algae is becoming increasing prevalent worldwide. Blooming in warm, stagnant water, it's a toxic and deadly pond scum occurring in a variety of colors. People and animals alike should avoid any discolored water. It can be deadly to dogs if inhaled. It's

imperative to get a dog to a veterinarian immediately if they show any symptoms of blue-green algae exposure: Vomiting, spasms, and skin abrasions. Blue - green alga is serious – death can occur within minutes in dogs. While blue-green algal reports have been less prevalent in 2022, it's not something to ignore given its severity to dogs.

•Exercise-induced collapse (EIC): EIC can be hereditary. Dogs with exercise-induced collapse lose control of rear limbs during high-intensity exercise. It can be detected through DNA testing and is more common in highly energetic dogs. Look for wobbly back legs and a rocking gait with long, wide strides. Stop the activity should it occur.

•Gastric dilation-volvulus: Also called bloat, it occurs when the stomach fills with excess air, builds pressure, twists, and flips. Large- and giant-breed dogs with deep, narrow chests are more prone to bloat, but its cause is unknown. Bloat can be deadly and if symptoms such as an enlarged abdomen, labored breathing, salivating, vomiting, weak pulse, and pale nose or mouth occur, get the dog to a veterinarian immediately. Like blue-green algae, it's nothing to mess with.

•Grass-awn migration disease: Also called "mean seeds", seeds or grass awns can enter a dog's body orally through the mouth or nose and by piercing skin. They migrate, can even pierce vital organs, and cause tissue infection as they move around. Look for lethargy, fever, weight loss, or swollen areas. Such conditions also warrant a trip to a veterinarian. Surgery to remove an awn or seed may be necessary.

•Tick-borne diseases: Tick season is generally over in North Dakota but it's still wise to check that hunting maniac after an evening training session or workout for anything from an errant tick to burs or mean seeds.

Even though preventative care or a well-stocked canine first-aid kit is often good enough to deal with in-the-field emergencies, there are times when hunters need to high-tail to a veterinarian, including when some of these lesser-known conditions develop.

Keep your veterinarian's contact information handy and when hunting in a new area, be sure to plan ahead and get information about the nearest veterinarian in the event an injury occurs.

How the new Special Warfare Branch at AFRS is making a difference

AIR FORCE RECRUITING SERVICE PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas --

Historically, recruiting Airmen for Special Warfare career fields has been as tough as the Airmen who fill its ranks. So when Air Force Recruiting Service entered fiscal 2022, it organized a team in its Operations division here to inspire, engage and recruit future SW Airmen.

That team, called the SW branch, is reporting some progress despite headwinds that have characterized one of the toughest recruiting years in Air Force history for all career fields.

The selection process and relatively small size of the Air

Force Special Warfare community compared to other career fields make members an elite class of warriors. So AFSPECWAR is lesser known compared to its counterparts in the Army, Navy and Marine Corps.

"We needed to share the story of our community, its feats of heroism and no longer be 'quiet professionals'," said Lt. Col. Joe Lopez, SW branch chief. The former Army Ranger and current Air Force combat rescue officer by trade, designed the 2022 plan to recruit aspiring Airmen for AFSPECWAR from within the Air Force as well as non-prior service future Airmen.



About 40 Air Force ROTC cadets from colleges throughout Ohio and Kentucky train with a "Rogue Worm" at Wright-Patterson Air Force Base, Ohio, April 22, 2022. The event was one of several immersive training experiences that the Special Warfare branch has organized as part of its nationwide outreach effort which aims to educate future Airmen and attract Special Warfare candidates to the career field.

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Unlike most branches at the AFRS headquarters, SW branch members visited universities and military installations where they met with all demographics while local Air Force recruiters focused on traditional recruiting methods. Overall, SW branch is searching for people with grit and determination who have the aptitude, mentality and physicality to endure the requirements of entering the SW career fields.

Those career opportunities include Combat Rescue, Special Tactics, and Tactical Air Control Party officer career fields as well as Pararescue, Combat Control, Special Reconnaissance, and Tactical Air Control Party enlisted career fields. In addition, the branch also supports recruitment for enabler Air Force Specialty Codes such as Survival, Evasion, Resistance, and Escape, along with Explosive Ordnance Disposal enlisted career fields.

Specific to enlisted career fields, qualified applicants will enter the Special Warfare Operator Enlistment vectoring program designed in 2020 to streamline the enlistment process. This begins in the pre-accession phase where recruiting development teams identify potential SW candidates and begin the process to prepare them for the rigors of the Special Warfare training pipeline and later, their designated career field.

AFRS and the AFSPECWAR community aim to create a competitive model in the SWOE "Development Pool" where interested civilians strive to be sufficiently mentally and physically fit so they can be the next AFSPECWAR operators.

Part of the need and desire to move out more aggressively than before is because the Air Force has struggled to meet its goal for enlisted and officer ranks in

AFSPECWAR.

"The intent of these outreach efforts is to establish rapport with interested applicants, give them insight on how to train smartly, and expose them with introductions to some of the physical challenges that they may experience while being screened and assessed so they're better prepared mentally to overcome adversity during those trying times," Lopez said. "All too often, we hear 'I didn't know the Air Force had this capability,' so we are working to inspire, connect, develop and recruit future candidates into AFSPECWAR before they ship to Basic Military Training."

Lopez's team includes veteran recruiters who are familiar with the challenges of recruiting SW Airmen. "Recruiting special warfare Airmen for the Air Force is very difficult, because most civilians have only heard about Navy SEALs and Green Berets," said Master Sgt. Kenneth Babb, SW branch superintendent and former SW recruiting flight chief. "Few have ever heard about this very small community of elite warriors inside the Air Force. We know that there are people out there who want to serve in the military as a ground combatant and we need them to know that there are opportunities for them in the Air Force."

Circumstances dictated the need for a new, innovative approach and plan that synchronized the worldwide effort to recruit SW Airmen.

"This is the very reason AFRS stood SW branch up and we hit the ground running," Lopez said. "In our first year alone, we engaged with almost 1,300 cadets in 42 different Air Force ROTC detachments to recruit potential special warfare officers."

The SW branch also visited 10 different Air Force bases and met

with more than 200 Airmen to conduct in-service recruiting for enlisted Airmen and officers.

Simultaneously, Lopez and his team supported initiatives to elevate public awareness and engage new enlistees. The SW branch helped AFSPECWAR obtain trademark approval for a new logo and was involved in the Air Force's decision-making process to increase SW initial enlistment bonuses from \$15,000 to \$50,000.

"Our main goal is to streamline the process from recruiting America's highly talented applicants to enter the Air Force and begin their journey, in the hopes of becoming an AFSPECWAR Airman," Lopez said. "We truly believe that if we can improve AFSPECWAR's brand awareness and promote the opportunities special warfare careers offer, then recruiting will be much easier."

SW branch members said that, overall, AFSPECWAR's most difficult challenge is recruiting SW Open Enlistment candidates. SW recruiters are spread throughout the U.S. where they need to bring in roughly 1,000 non-prior service recruits each year.

"I was blown away by the effort a recruiter puts into shipping a SWOE candidate," said Master Sgt. Matthew Voss, a SERE specialist assigned to the SW branch. Before Voss was assigned to AFRS, he served as a flight chief for the SERE Specialist Orientation Course at Joint Base San Antonio-Lackland's Chapman Annex. He is the first SERE specialist assigned to AFRS.

"The Airmen of AFSPECWAR are absolutely critical when a conflict kicks off and we need to ensure that we have sufficient Airmen ready for the next conflict," Voss said. "That all starts with recruiting."

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Unleashed: Grey Wolf flies with all-Air Force crew for first time

SAMUEL KING JR.

EGLIN AIR FORCE BASE, Fla. -- Lt. Col. Mary Clark stepped out to the MH-139A Grey Wolf with confidence.

Confidence gained from taking part in and leading in the developmental efforts of the Air Force's first acquisitioned helicopter. Those early labors from concept to reality culminated as she climbed into one of the pilot seats for the MH-139A's first flight under Air Force ownership here Aug. 17.

"This milestone really represents the beginning of Air Force testing for the Grey Wolf," said Clark, a former requirements officer with the Grey Wolf program, now at the 96th Operations Group. "We can now open up those test points for the military and push the envelope more to ensure we're delivering that operational capability the units need out of the helicopter."

The Grey Wolf achieved this milestone after earning its military flight release, Aug. 12. The new status allows Air Force-only aircrew to conduct testing on military capabilities of the MH-139A as the program moves forward. Prior to the military flight release, military and Boeing contractors shared the flight duties since the aircraft's arrival here in December 2019.

During that two-and-a-half-year period, the military testing fell to

the 413th Flight Test Squadron and the AFGSC Detachment 7, in which Clark was a former commander. The 413th FLTS is the Air Force's only rotary-wing developmental test unit.

"We learned a lot over the last two years," Clark said. "That experience allowed us to shape our test plans and ultimately save time. We already know some baseline foundational things we don't have to re-establish in our own program."

The aircraft's first flight under its new call sign, Lycan, meaning werewolf, took place above and around Duke Field, an auxiliary field North of Eglin. The goal of that flight was to validate processes, checklists, maintenance, emergency procedures and aircrew communication and coordination.

Tech. Sgt. Alexander Graves, an AFGSC Det. 7 special missions aviator, was part of both MH-139 first flights with Boeing in early 2020 and now the all-Air Force flight. The Airman said he hadn't reflected on his place in Grey Wolf history as the first enlisted to fly in and instruct on one of the Air Force's newest aircraft.

"What an honor," said Graves, a former C-130 loadmaster, who was chosen to be part of the Grey Wolf program. "I never thought in my career I'd be in a position to do something like this. It's so

rewarding to finally test the things we've been building up and to see that work we put in over the last two years pay off now."

The goal for the next 15 months of testing on the four MH-139As here will be to validate the safety of the aircraft and define the limits and maneuvers that can be performed. The developmental testing here will make sure the MH-139A meets AFGSC requirements for operational missions and define baseline operational capabilities upon which to build tactics, techniques, and procedures.

The MH-139A will replace the Air Force fleet of UH-1N aircraft, increasing capabilities in speed, range, endurance, payload, and survivability. The Air Force will acquire up to 80 helicopters, training devices, and associated support equipment. The aircraft will provide vertical airlift and support to four major commands and other operating agencies.

From those humble beginnings in concept to feeling the MH-139A's wheels leave the pavement, Clark said it was truly a magical moment.

"It's just extremely satisfying to now own and fly something we worked so hard to get," she said smiling. "Today the leash was off and we could finally run with the Grey Wolf."



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Restaurant Guide

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AUG 2022 HELOFLIGHT

The new Grey Wolf helos are coming soon, but in the meantime, the 54th Helicopter Squadron continues to use UH-1 Hueys to provide helicopter security response for the 91st Missile Wing mission with overwatch during convoys and the rapid deployment of Tactical Response Forces to the missile fields.

U.S. AIR FORCE PHOTOS | LT. AARON CHEN



<p>EVERYDAY HAPPY HOUR - 3PM - 6PM</p> <p>\$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps 1/2 Flat Bread Pizza</p>	<p>DAILY SPECIALS</p> <p>Monday \$5 Moscow Mules (all day) Tuesday \$4 ND Breweries (all day) Wednesday 1/2 Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots</p>	<p>FAMILY PACKS</p> <p>Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack</p> <p><small>*Changes Weekly - Check our Facebook Page</small></p>
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BABY ANNOUNCEMENTS

BABY BOY BORN ON SUNDAY, AUGUST 21, 2022 TO: JAZMINE BONNER AND BRENDEN BITTERMAN MINOT AFB, ND

BABY GIRL BORN ON MONDAY, AUGUST 22, 2022 TO: SAMANTHA SPICCIATI AND PAUL DOBSON MINOT, ND

BABY BOY BORN ON TUESDAY, AUGUST 23, 2022 TO: ELIORA AND KYLE PARISIEN MINOT, ND

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

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91ST SECURITY FORCES GROUP PHOTOS

NOTES ON BEING SAFE

JOGGING SAFETY



ROD KRAUSE
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OCCUPATIONAL SAFETY
AND HEALTH MANAGER



Aaahh... with the temperatures finally warming up and days lasting a bit longer, more and more people will be out getting into shape by jogging. However, there are some considerations each participant should look into before lacing up their shoes and hitting the pavement.

First, choose the right equipment. Runners need shoes that fit comfortably, with extra room for toes to allow for foot expansion when running. Contact the Health and Wellness Center for more information about running shoes and the proper fit. Clothes should be roomy enough to let you move freely and should "breathe" (let moisture evaporate). Dress as lightly as possible in porous, light fabrics. Joggers should also choose light-colored clothing and/or reflective material if running in darkness.

Second, know the rules of the road. When jogging with others on the roadway, run in single file. Use sidewalks where available and practical. If jogging on a road, always jog facing traffic. Use extreme caution when crossing streets and at intersections. For those who choose to jog on base, Air Force Instruction 91-207, "The US Air Force Traffic Safety Program," and AFI 31-204, "Air Force Motor Vehicle Traffic Supervision," prohibit the use of headphones while jogging on base streets. For additional details and/or questions please refer to AFI 91-207.

Finally, when the weather is hot and humid, gradually build up distances over a five to seven-day period so your body can adjust.

Run slowly and dress lightly. Jog during morning or evening hours when it's the coolest. Don't forget to drink plenty of water before and during jogging, but don't drink too much.

Know the type of heat injuries - heat stroke, heat stress, heat exhaustion, etc. - and watch for

the danger signs such as dizziness, nausea, throbbing head, etc. If you recognize these signs, stop running and get prompt medical attention. Keep these tips in mind when you get ready to hit the pavement. The key to a great workout is a safe workout.

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STEM Learning at Minot Air Force Base

Is your child interested in Science, Technology, Engineering, and Mathematics (STEM)? Did you know there are national and local organizations in Minot that support STEM learning? Well, you are in the right place!

Organizations such as For Inspiration and Recognition of Science and Technology (FIRST) and Full Steam Ahead Minot are inspiring a generation of students to engage in STEM learning and its importance in our everyday lives. This inspiration takes the form programming such as FIRST Lego League (FLL).

FLL is a competitive national program designed to engage students in understanding core STEM principles and apply their skills in competition while encouraging learning, confidence, and teamwork skills.

In Minot, FLL is hosted by Full STEAM Ahead with competitive teams throughout the area. FLL teams prepare from August to December for a local competition in January with hopes of advancing to the state competition in Grand Forks.

As a result, a team is forming here at Minot Air Force Base

for 5th to 8th Grade students. We have 5 coaches who trained with Full STEAM Ahead and are skilled in the areas of STEM! For example, one of our coaches is an Aerospace Engineer!

FLL is a great opportunity for students to be challenged academically while providing opportunities to build upon core STEM concepts shared in the classroom environment. Join us on our FLL journey!

For more information, please email MAFB.school.liaison@us.af.mil or call 701-240-2380.



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September 18th, 2022

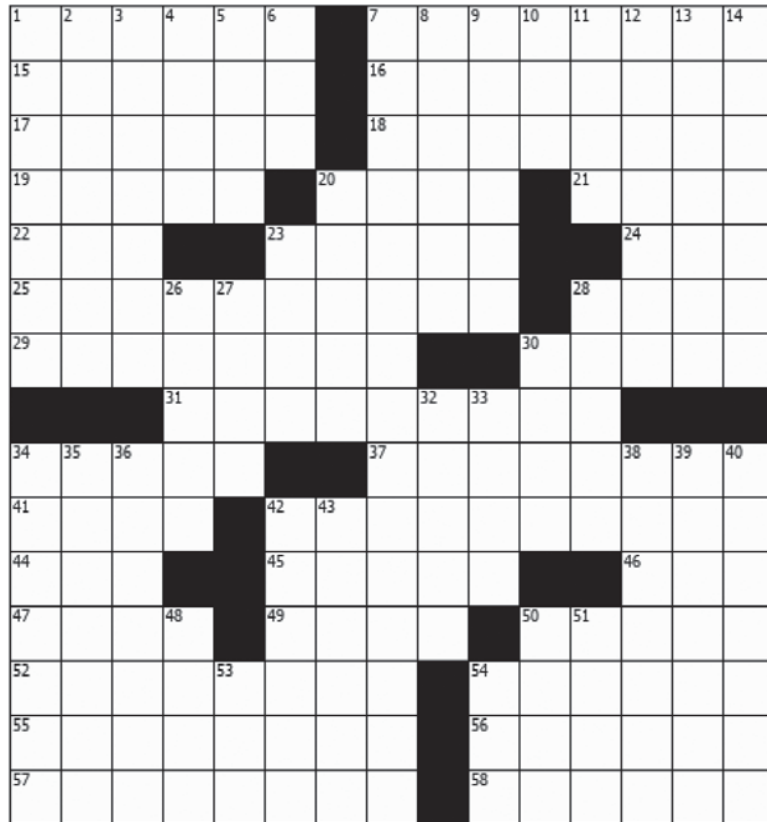
Oak Park Shelter #7
Registration at Noon

Register at AFSP.ORG/MINOT

American Foundation for Suicide Prevention | **OUT OF THE DARKNESS**

CROSSWORD PUZZLE

- Across**
- "Pulp Fiction" actor
 - Literally, "openness"
 - City near Denver
 - Ball game
 - Twice and again
 - Candy-box word
 - Blank out
 - What it's risky to work without
 - "Harvey" hero
 - Pulled off
 - Geometry term
 - "Avril" follower
 - Olympian undertaking
 - Singular
 - Antioxidant source
 - Deals in
 - Oscar role for Ingrid
 - Gothic feature
 - Wide-ranging
 - Is obliged to
 - Museum pieces
 - Marge's neighbor
 - Harry
 - '70s Cambodian leader
 - Lou's "La Bamba" costar
 - Disagreeable duty
 - Franklin's colleague in France
 - Main modifier
 - Presently
 - Divine refreshment
 - One of the Karamazovs
 - One that's left
 - Candy name



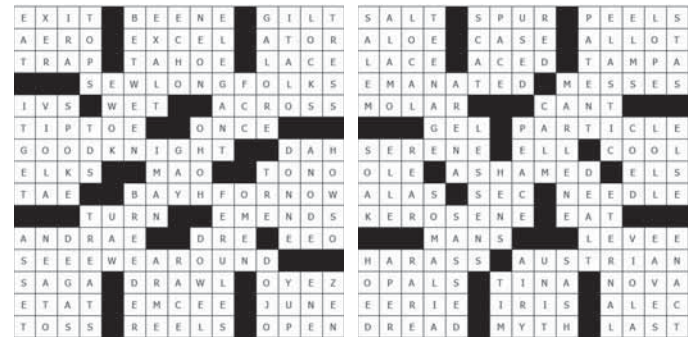
- Down**
- Like "The Incredibles"
 - He makes tracks
 - Strauss opera heroine
 - Does the deck
 - Dashiell contemporary
 - For instance
 - Lump alternative
 - Don't top
 - "Mansfield Park" author
 - Warning to motorists
 - Teen-movie persona
 - Armchair adjunct
 - Estate manager
 - Some bears
 - Smarts
 - "__ boy!"
 - Freshwater fowl
 - Sister of Charlotte and Emily
 - Blush, perhaps
 - Struggles
 - #1 spots
 - Bed piece
 - Turned
 - Way cool
 - Makes a mess of
 - Flat fillers
 - Refinement subject
 - "Out of the Silent Planet" author
 - Orchestra member
 - "Of Mice and Men" character
 - As regards
 - Field topper
 - Sandusky's county
 - Palme __ (film award)
 - NRA proponent

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



Solution to 08-19-22 Crossword puzzle.



SUDOKU

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

Solution to puzzle on page C11

DUE TO MECHANICAL ISSUES THE THEATER WILL BE CLOSED UNTIL FURTHER NOTICE.

FOLLOW REEL TIME MOVIE THEATER MINOT, AFB ON FACEBOOK OR VISIT MINOT EXCHANGE WEBSITE FOR UP TO DATE MOVIE LISTINGS

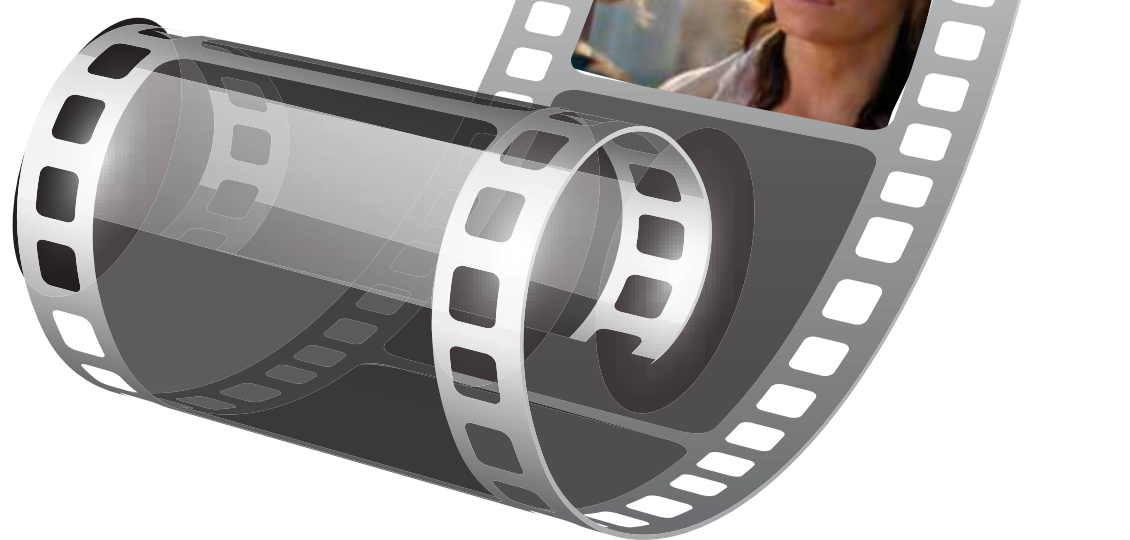




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www.christreformedchurchminot.com

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839-7076

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Prayer (Friday) 7 P.m.


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

www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor

415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week

First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor


Grace Baptist CHURCH OF MINOT

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
at Living Word Lutheran bldg
710 46th Ave NE, Minot

Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

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Rev. Heath Trampe
Rev. Brian Doel

SUMMER WORSHIP SCHEDULE
June 12-September 4

Sundays
8:15am Traditional Service
9:30am Adult Bible Study
11:00am Contemporary Service (w/Livestream)

Wednesdays
6:30pm Contemporary Service

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OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

Sundays:
Worship 9:00 a.m. & 11:00 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org


ORCS KNIGHTS



Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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701.839.0772

Email: jschultz@orcsknights.org
Website: www.orcsknights.org



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NOVEMBER 12 & 13
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Sept 2

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Sept 16

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Sept 30

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(701) 727-AADD

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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 term is: 12 Sept-13 Nov. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

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

PARK UNIVERSITY MINOT –

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

MINOT STATE UNIVERSITY

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



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7	2	1	4	3	5	6	8	9

Contact Rod Wilson to get your business listed here!
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WHAT'S GOING ON MAFB

FRIDAY 02

- AFGSC Family Day
- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Game Night Series Star Wars Battlefront II, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

WEDNESDAY 07

- M&FRC Closed to Walk In Customers
- HIIT Strength & Conditioning, 0500, Fitness Center
- Story Time, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

SEPT. SPECIALS

- Bomber Bistro • Buffalo Chicken Wrap**
Chicken, lettuce, onion, pepper jack cheese, roasted peppers, tomato and buffalo ranch wrapped in your choice of tortilla. Served with chips and a drink!
- The B-Fifty Brew • Iced Caramel Macchiato**
Milk, vanilla, espresso, and caramel served over ice!
A chill way to start your morning!
- Rockers Bar & Grill • Rockin' Chicken**
Your choice of either fresh chicken breast lightly breaded and fried golden brown or grilled to perfection with dill pickles on a split bun!



SATURDAY 03

- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Cycle & Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Game Night Series Mario Kart, 1800, ESC

THURSDAY 08

- M&FRC Closed to Walk In Customers
- Run for Fitness, 1700, Fitness Center
- Zumba, 1730, Fitness Center

SUNDAY 04

- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com

FRIDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Single Airmen Free Paintball, 1700-1900, Base Paintball Field, hosted by Outdoor Recreation
- Cult Classics Movie Night, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

Pirate Party

Field Behind the Minot AFB Library
10 September • 1:00 PM

Avast ye me hearties! Set sail for the library for a pirating venture! Ye'll learn about the great pirates of old, make y' self some piratical crafts, and find some hidden treasure.

For more information, call the Minot AFB Library at 723-3344

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MONDAY 05

- Labor Day
- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Labor Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

SATURDAY 10

- Cycle & Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Pirate Party, 1300, Minot AFB Library
- Warhammer 40,000 Casual Game Day, 1400, ESC

TUESDAY 06

- Registration Ends: Single Airmen Free Paintball at Outdoor Recreation
- Moving Out of the Dorms Budget Class, 0900-1000, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Acrylic Paint Pouring Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

SINGLE AIRMEN PAINTBALL
WITH OUTDOOR RECREATION

SEPT 9TH
5:00PM - 7:00PM

REGISTER AUG 23RD - SEPT 6TH

GRAB YOUR FRIENDS & COWORKERS FOR AN EVENING OF PAINTBALL!

FREE!

CALL OUTDOOR REC AT 723-3648 FOR MORE INFORMATION!

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HAPPY Labor Day

Monday, September 5th • 10:30AM - 1:30PM

Dakota Inn Dining Facility

Join us at the for a Special Lunch featuring:
Hot Dogs • Grilled Chicken Breast Sandwich • BBQ Spare ribs
Grilled Portobello Mushroom Burger • Hamburgers • Cheeseburgers
French Fries • Savory Baked Beans • Roasted Corn on the Cob • Roasted Zucchini
Farmhouse Potato Salad • Creamy Macaroni & Cheddar Salad • Watermelon • Brownies

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