

# northern sentry


FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 38 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 22, 2023

## WHATS INSIDE THIS WEEK:



**TOGETHER WITH VETERANS ENHANCES MILITARY COMMUNITY**

**A3**



**BEARING THE WEIGHT OF GIANTS**

**A9**



**2023 AIR FORCE PHOTO CONTEST**

**B8**



Stephen Bueschel, 5th Logistics Readiness Squadron property consolidation warehouse operator, poses for a photo at Minot Air Force Base, North Dakota, Aug. 30, 2023. Bueschel manages the staging area for reutilization of Minot AFB property. See page A8 to see how Bueschel supports the mission.

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

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## 54TH HS SPOUSES ORIENTATION FLIGHT



A Team Minot spouse tries on a pair of night vision goggles during a tour for spouses prior to a spouse orientation flight at Minot Air Force Base, North Dakota, Sept. 9, 2023. To learn more about the 54th Helicopter Squadron's (HS) role on base, spouses had the opportunity to go hands-on with the tools used to complete its mission.



Three UH-1N Iroquois, "Hueys", assigned to the 54th Helicopter Squadron (HS) take off during a spouse orientation flight from Minot Air Force Base, North Dakota, Sept. 9, 2023. During the flight, Team Minot spouses received an aerial tour of MAFB's area of responsibility.



A 91st Missile Security Operations Squadron tactical response force member takes a picture of his spouse during a spouse orientation flight at Minot Air Force Base, North Dakota, Sept. 9, 2023. During the orientation flight, the 54th HS provided spouses a first-hand experience of the mission and demonstrated how the unit conducts global deterrence missions.

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



Aircrew with the 54th Helicopter Squadron (HS) load a UH-1N Iroquois, "Huey", with passengers for a spouse orientation flight at Minot Air Force Base, North Dakota, Sept. 9, 2023. During the orientation flight, the 54th HS provided spouses a first-hand experience of the mission and demonstrated how the unit conducts global deterrence missions.



Capt. Christopher Rocco, a 54th Helicopter Squadron (HS) UH-1N Iroquois pilot, flies a spouse orientation flight over the town of Minot, North Dakota, Sept. 9, 2023. Spouses received a first hand experience of the 54th HS mission during the orientation flight, including: airlift of emergency security forces, security and surveillance of off-base nuclear weapons convoys, and distinguished visitor airlift.

# Hensen's

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## All About Pets

Handling Picky Eaters

Having a dog who is a picky eater can be one of the biggest challenges for pet owners. Like all pets, dogs have specific nutritional needs that must be met and if they are fussy eaters, fulfilling those needs can be difficult. Here are a few tips to help you find the right solution for your pet.

- **Health problems:** If your dog has suddenly developed an aversion to certain food or you have been dealing with pickiness for a while, try speaking with your veterinarian. Your dog may have an underlying health issue that could be creating the pickiness. In that case, your vet may be able to recommend the best food for your dog's situation. Some dogs also have food allergies, and your vet can perform tests or offer suggestions to help you identify what they are.
- **Stick to a routine:** Domesticated dogs are creatures of habit. Stick to a set routine to avoid messing up your dog's schedule. For example, feed at 7 a.m. and 4 p.m. every day and take uneaten food away after some time. However, it is important to keep in mind that some dogs do actually prefer to graze throughout the day. Free feeding works great for some dogs, so monitor Fido closely to figure out what works best.
- **Boredom:** Some dogs will simply refuse to eat if they are bored of what they're getting. Eating the same food out of the same bowl every day can be monotonous, and humans wouldn't want to do that either. If your dog doesn't seem interested in its food, try switching up the method of feeding. For normally food-motivated dogs, kibble can be used during training sessions to make it more fun. You can also try other more mentally-stimulating methods of feeding such as scatter feeding, snuffle mats, puzzle toys, etc.

Believe it or not, some dogs actually like to work for their food! You can also encourage your dog to eat by adding in supplements such as fresh or frozen fruits and vegetables, canned pumpkin or yogurt, wet food, no salt added, plain chicken broth, eggs, or if you're into it, freeze dried or raw meat supplements. Some dog owners even prefer to feed entirely raw diets. It should be noted that you should consult your veterinarian before making any major changes to your dog's diet, and when it comes to feeding raw, consulting a nutrition specialist is very important to make sure your dog is getting all of the necessary nutrients.

- **Stress:** Picky eating can also be caused by stress and anxiety. Especially in changing environments, such as rehoming situations, moving, or bringing another pet into the home, your pet may not feel like eating. If you suspect your pet is not eating due to stress, try returning your routine back to normal as much as you can. You can try to reduce stressors by allowing your dog to eat in a quiet, calm space in the home, or by separating them from whatever they are triggered by. In some instances, all it takes is time and trust building to get your pet to start eating. This is where it can be especially important to try different foods and toppers to encourage your dog to eat, even just a little bit.

Some dogs are just picky eaters by nature, similar to how humans have preferences in what they eat. If your dog has recently developed pickiness, it may be time to visit the vet to figure out the cause. Otherwise healthy dogs can go several days (with water) without food, but the best practice is to solve the problem before ever getting there.

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# Together with Veterans enhances military community

BRIANNA LOW, NORTHERN SENTRY

You guys will hear me say this a million times over, the answer to making the most of any base is to build the community around you. I got the chance to sit with Randy McDonald, the Executive Director of the Minot Chapter of Together with Veterans and have a conversation with him about this incredible organization. Their mission is to end veteran suicide and provide veterans, service members and their families resources aimed at positively impacting their mental health. This mission is near and dear to all our hearts. Minot is a rural location and research has shown that there has been an increase in veteran suicides in rural locations. The driving purpose of Together with Veterans is to offer resources and support to those that are in search of help.

So how do they do it? Randy spent an hour with me going over all the various things his team does for those who need help. The first resource we talked about is called Co-Pilot. Co-Pilot is a text message-based program that allows service members, veterans, and their families to talk with mental health counselors through text message for free. It is a completely anonymous service that offers 24/7 support. Minot is the first chapter to pilot this program and is proud to know that they can give members of our area this support.

Another amazing service this group offers is their peer-to-peer groups. These groups meet on the first and third Tuesday of every month and discuss veteran related topics and concerns. One major thing to know about this, they offer childcare through Kiddie Koral to allow members and families to attend. Enjoy refreshments and feel comfortable talking with others who you can relate to.

Something that Randy is very passionate about is their events and classes that are organized for people to get involved, get out of their comfort zone, and create a bond to last. They have done kayaking, ukelele lessons, horse riding lessons, bread making classes and more. Randy stated that if you have an idea of an activity, he will run with it and make it happen. For him, it's not about having a huge group come to every event. Even if there are just two people who come, that's two people that are going out and finding something to enjoy. The best part is that these events are nearly always family friendly and are here to support you. They've

had spouses come with kids as an activity while their active-duty partner is deployed, they have retired veterans come, and service members attend all events. It is a community they are building to support and build up the entire military community here in Minot.

Their next event is one that I know my family and I will attend and that is their Annual Together with Veterans Community Picnic. Taking place in Oak Park on September 30 at 3pm, TWV will

be putting together a free Crawfish Boil/Low Country Boil for the community to attend. They will have live music, entertainment for kids and information and resources for service members, veterans and their families. So, Minot AFB and our veterans of Minot, I hope to see you at this event and many other TWV events. Let's take advantage of this incredible organization and work towards a healthier military community in our area.



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## SHE'S NOT FROM AROUND HERE

AMY ALLENDER

About two weeks ago I stood in front of a group of Minot's leaders at the Military Affairs Committee (MAC) meeting. A PowerPoint I'd probably spent too much time perfecting projected behind me. My palms were sweaty. I'd known about this day for a long time, and here it was.

More than anything I wanted the words that I spoke and the message I had prepared to be useful. I was speaking on why I have such a positive perspective on living in Minot. But to me, the assignment was deeper. This was a message about how choosing to craft an uplifting narrative about wherever we find ourselves impacts the health and happiness of our community—both on and off base.

This is a message I am completely sold on. I believe it to my core. When we intentionally create a better story about our lives, our minds are free to focus on what's really important. Instead of expending vital energy on bemoaning where we are, or counting down the days until circumstances change, we are able to fully live—as the whole humans we were created to be. When we aren't consumed with comparison, and complaint, we show up more vividly for our jobs, families, friends, education and even strangers on the street.

This was the message I wanted to bring to the committee. But there were questions bouncing around my head. Would anyone resonate with this? Could I explain it? Who was I—someone not from around here—to speak to our community leaders?



## UPSIDE DOWN UNDER

MARVIN BAKER

There's a 1941 school map of North Dakota that hangs in my garage. Knowing of my interest in geography, one of my wife's friends gave me that map when she moved away.

I look at that map every day when I'm in the garage and after six years of hanging there, it still hasn't gotten old (no pun intended).

There's always something to look at and the most obvious to me; something that will not change over time is that North Dakota spans 3 degrees of latitude, from 46 Degrees North to 49 Degrees North.

That's a lot of space and within that space is a diverse landscape, a diverse climate, a diverse transportation infrastructure and diverse communities.

When that map was printed in early 1941, World War II hadn't started yet and the population wasn't nearly what it is now. In other cases, the population has shifted drastically, at the expense of the small towns to the benefit

# Reshaping a Reputation

Well, friends. It resonated. The message I wanted to bring was well received by military and civilian leaders, alike. The response I got after speaking at the MAC meeting was incredible. And it left me feeling grateful to live in a place where the leaders care so deeply about the people who call Minot home—whether for a few years, or forever.

You may not see it up close, but the people serving in leadership positions in the Magic City are thinking, rethinking, and dreaming up ways to make our spot on the map one we can all easily be proud of.

At the end of my presentation I offered four actionable steps anyone can take to create a more positive narrative about Minot. I'll wrap up by sharing them with you, too.

### 1. EMPATHIZE AND ENCOURAGE.

Minot, ND may not be everyone's ideal place to live. Some people may not want to stay here forever and ever—and that's okay! We can empathize with those who are homesick for something else, or longing for a different climate. We can encourage them to take hold of what Minot can offer—ample opportunity to take part in a quirky culture, time to focus on educational goals, or even just time to practice cultivating a resilient and positive mindset that will serve them long after they move away from the 701 area code.

### 2. BE CURIOUS.

Be curious about the pain points of others. Be curious about the pain points you feel hung up on. What is it you/they are looking for? Is it really that you wish we had a Chick-fil-a, or is it that you just miss having a go-to fast food order? Be especially curious about the locals and the transplants that choose to stay. What do they know that you don't? What is it that keeps them here year after year?

### 3. USE YOUR WORDS.

Words have meaning. The

words you use to describe your life here will impact you, and those around you. Your words set the tone for your experience—and the experience of your spouse and children. Choose your words wisely. Practice reframing negativity (ie, "I can't stand the cold...") into something honest, but positive, (ie, "Winters are harsh, but the summers are fantastic!")

### 4. FOCUS ON THE FAMILY.

Focus on your family unit as a place to start breaking the cycle of negativity that comes so easily in Minot. Do not set a precedent of counting the days until you can

PCS, or making snide remarks about how there's "nothing to do here." That will squelch your contentment and you'll miss out on precious days of your life that could have been lived in joy.

Just as I hoped my words were helpful at the MAC meeting, I hope they are helpful to you, too. This is a good place. I'm glad you're here. Let's intentionally see some good this week.

*For more on living in positivity, peace, and contentment in all life's circumstances—and stories of my life in Hotdish Land, join me on Instagram (@amy\_allender) and Facebook (@amyallenderblog).*



I snapped this selfie just before the meeting and sent it to my husband, with a text that said, "My palms are sweaty, but I think the PowerPoint came out okay."

AMY ALLENDER PHOTO

# Spanning 3 Degrees of Latitude...

of the cities.

In 1941, my hometown of Hazelton was still growing, peaking it's population in 1960 at about 500 people. It now has 220 for its population. That's been the fate of most small towns in the state with a very few exceptions.

At the same time, nearby Bismarck was growing rapidly and continues to do so. In the early 1970s, it was said that Bismarck and Denver were the fastest growing cities in the United States. We all thought Bismarck was going to catch Fargo in population, but the city of Fargo has seen it's own continued robust growth.

West Fargo, which in 1960, had about the same population as Hazelton, is now the fifth largest city in North Dakota with 40,000 people.

The most radical population growth of a small town, however, had to be Watford City. In a matter of five years, it went from 1,300 population to 12,000. My wife grew up in Watford City and we went there to visit her brother during the oil boom and she didn't even recognize it.

It has since stabilized, but is six times the population it once was.

To use the word diverse, agriculture personifies diverse. I've written numerous newspaper articles about the history of agriculture in North Dakota. In 1941, farmers grew wheat, oats, barley and rye with a smattering

of other crops.

Wheat, which for years was king, is no longer at the top. It has been replaced by soybeans and some counties grow far more canola that wheat.

Really, the only downside to agriculture in all these years, has been the loss of dairy farms. Nearly every farm in the state in the 1940s was considered a dairy farm. My parents, who milked 10 cows, had a dairy farm, according to USDA.

Most of the cows have disappeared and fewer than 100 farms are considered dairies today. Instead of 10 or 20 cows, now dairies are 400, 600, 1,000 cows. But if you compare the numbers, there were more dairy cows in 1941 than now and more milk was being produced.


Power plants have sprung up since 1941, oil was still 10 years away from being discovered and now we are the second-leading oil producing state in the nation and tourism has become a top industry, something I doubt anyone thought about in 1941, before the war started.

The state capitol as we know it, was basically a brand new building, Garrison Dam hadn't yet been built, nor did the Minot or Grand Forks Air Force bases exist. Each county, and in many cases, townships, had their own schools.

My oldest brother didn't go to school in Hazelton until he was in high school. He attended a

township school a couple of miles from the farm. When I started school in 1966, we were bused to school in Hazelton.

And when I look at that 1941 map, I think about those who lived through the Great Depression and World War II, the despair and hopelessness for the better part of eight years, I can almost guarantee you they would prefer it like it was before December 1941.

  
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# For Two Weeks I'm in Heaven

**northern sentry**

**A VIEW FROM OUR SIDE**  
ROD WILSON



Photo opportunities abound on the Souris RiverPark.

It's a brisk fall morning. I grabbed a jacket on my way out the door knowing that more than likely it will be warmer this afternoon and the jacket will not be needed. It's September in North Dakota, things are starting to change. Most of the birds that migrate south are gone. Above me is the familiar V shaped flight of geese, and they are headed south. It's only one flock today, soon the sky will be filled with geese headed south. Some will stop for a temporary stay; others seem bound and determined to book a direct flight.

I ask myself if I have time this morning for a quick trip through Oak Park, and the answer is "sure, Rod", knowing the trees have started to turn their fall colors, the clock is ticking and soon all those leaves will abandon their trees and fall gracefully to the ground. There have been mornings when I drive through the park and the leaves are falling almost like snowflakes. Those days the sun will be lower in the sky, shining through the trees, casting a yellow haze. "How could it be more amazing than this?" I ask myself. The oak trees in the park are fewer now than when I first came to Minot. Still, there are enough trees shedding acorns to keep the squirrels busy storing their winter rations. When the acorns are crushed by the tires on my car, they make a distinctive sound causing the squirrels to dart up the nearest tree to wait until I've driven by, and they can get back to work.

Today is Monday. Let's see, what do I have on my calendar for the weekend? Can I take a short trip to the Upper Souris (Lake Darling) Wildlife Refuge? I love to drive the backroads along the Souris River valley. The views of the trees along the valley are so enjoyable. The colors, albeit a little less brilliant because of the smoke from the Canadian wildfires, vary from green to yellow, and once in a while a vibrant red. Got a whole day to kill. Get out your GPS and plot a course. Start at Upper Souris, then head to the Del Lacs wildlife refuge. Take Highway 5 and turn north on Highway 83. Take the road that heads east toward Lake Metigoshe. The trip around Metigoshe is phenomenal! Metigoshe State Park has wonderful hiking and biking trails, in fact, there is a paved bike path all the way around Lake Metigoshe. Note: This may be another trip that goes in your bucket list, as the trail probably takes a couple of hours to traverse. Now we are headed back to Minot through Bottineau, but the trip would not be complete

without taking a tour of the Clark Saylor wildlife refuge on Highway 14 near Upham.

Cameras are a must. Pack a lunch and make it a point to stop and enjoy the fall colors. There are certainly limitless opportunities to get the kids out of the car and expend some of their energy. In the meantime, maybe they catch a site of a wandering moose or a herd of deer. One time at Lake Metigoshe we parked on a road to protect a painted turtle as he crossed from one ditch to the other. It was a very slow process, but one the kids (now grown) talk about to this day.

I know, it's a lot to squeeze into one day. But it is certainly worth your time. But the opportunity is limited. A quick frost and the

leaves start to fall. If you get a great photo, email it to me at sentrysales@srt.com. We love to share those special moments with all of our readers. Remember, the clock is ticking, so start planning your journey today.

**BEST KEPT SECRETS**

On October 8th the Brass Band of Minot will perform their Fall Patriotic Concert in Anne Nicole Nelson hall on the campus of Minot State University. It's one hour of excellent brass music, ending with an audience sing along of God Bless America. Admission is free.

**TODAY'S CHUCKLE**

The problem with lying is that it's so hard to keep track of what you said to who.



Fall is a great time for a picnic in Oak Park.

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# Hollywood Horses

the very fence that was to be jumped by Lieutenant John J. Dunbar. They replaced the section of fence with a much lower fence made of the same lumber. Instead of more than waist high it was now about knee high. The crew was also digging a hole underneath the fence in which they placed a camera to film the spectacular jump. I can tell you the North Dakota guys I was with, along with a few from Minnesota, were impressed with the lengthy preparation.

Then, with great fanfare, a handler entered the “hot” area, leading a special jumping horse and making final calculations for the stunt. It was decided that Costner’s double would be in the saddle for the scene. The horsemen among us had begun to quietly voice their doubts, saying anyone’s pet dachshund could jump that low fence.

But hey, this was Hollywood stuff, and we were about to witness a scene that took several hours to set up. Action! Cameras rolling, and the special jumping horse with a stunt double aboard began a run toward the fence and buried camera. Oops!

The horse stopped at the fence and the rider fell off, much to the displeasure of the movie crew but to the quiet delight of those of us watching this whole affair. I don’t recall how many attempts it took to shoot that scene, but it was most of the afternoon.

I do remember when a director said, “We got it! That’s a wrap!” and the entire Hollywood crew erupted in cheers, hugs, and high fives for a job well done. We were

happy for them too, especially since we had been sitting around for several hours in wool uniforms on a hot afternoon and more than eager for a refreshing shower and change of clothes. Then we spoiled the show.

You see, the cavalry horses were tethered inside the very fence that was used in the jumping horse scene that took hours to film. When the cavalry boys mounted up to take their horses back to the staging area, they didn’t use a gate but instead jumped the fence, every single horse with no trouble or hesitation. Not the special low fence either, but the much higher section.

This simple act of leaving the set drew the immediate ire of the movie crew. A couple of on-set directors who had been very friendly and courteous previously were enraged at what they considered a deliberate act designed to embarrass all of Hollywood. They stopped the cavalry, all whose horses had jumped the taller fence with ease, and sternly reprimanded them for what the reenactors believed was completely innocent behavior.

The directors went so far as telling the mounted soldiers to get back inside the fence and leave the grounds properly, that is, through the gate so as not to show up the professional movie crew that spent an entire afternoon on the fence jumping scene.

Very North Dakota-like, the cavalry offered their apologies, and agreed to turn the column around and leave in a manner that would be more favorable to the sensitive movie crew. Of course, to return



NORTH DAKOTA TOURSIM PHOTO

to the battlefield they jumped the fence with ease a second time, each and every horse.

As you might expect, this simple act had the Hollywood folks enraged a second time. Most of us were fighting back laughter. A few Confederate reenactors were removed from the set. The cause of all the trouble, a cavalry reenactors unit from North Dakota, dismounted and led their horses

off the set.

Dances with Wolves was nominated for a record 12 academy awards, with the fence jumping scene being one of the most spectacular moments at the beginning of the film. Every time I watch that movie, I smile and think about what happened behind the scenes on that day in South Dakota.

Old photographs have a way of bringing back to life events of years past.

Recently I was looking through some photographs taken on the set of the movie “Dances with Wolves,” a 1990 big screen blockbuster in which I played an insignificant part as a Union soldier in the Civil War. I was one of several North Dakota reenactors on the set at a huge buffalo ranch near Pierre, South Dakota.

Several of the North Dakota boys brought horses with them to play the part of Union cavalry, which they did very well. Their appearance was well received by the cast and crew, that is, with the exception of one hot afternoon when the Dakota cavalry embarrassed Hollywood.

On this memorable day the directors called a halt to filming of the opening battle scene sometime before noon. Word quickly spread that the next shoot would involve lead actor Kevin Costner and a special jumping horse flown in from California. This, of course, was something we all wanted to see.

I watched closely as the movie crew removed a section of split rail fence surrounding the battlefield,



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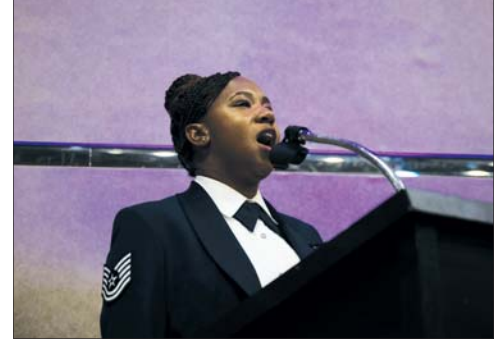
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# MINOT AIR FORCE BALL 2023



Col. Kenneth McGhee, 91st Missile Wing commander, Amn Daniel Hanks, Colonel Rofelio Grinston, and Col. Daniel Hoadley, 5th Bomb Wing commander join together for the official cake cutting honor at the 76th Air Force Ball held at September 16 at the Grand Hotel in Minot, North Dakota. The ball was held to celebrate the 76th Birthday of the Air Force and to commemorate all of the service members active and retired.

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# The Reutilization Rockstar

SENIOR AIRMAN EVAN LICHTENHAN, SENIOR AIRMAN CALEB KIMMELL  
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

It was a hot day in August when my coworker and I walked into a warehouse with 80s rock music bouncing wall to wall. A cheery face with a grin ear to ear stepped out from behind boxes of equipment and greeted us with a firm handshake.

“Hey! Are you guys here to drop off some stuff?” Bueschel said happily.

He walked us through the process and paperwork, and after we were done unloading our old desktop computers, he offered us some popsicles and gave us a tour of the warehouse.

Stephen Bueschel, 5th Logistics

Readiness Squadron property consolidation warehouse operator, has been working as a warehouse operator for three years, and has lived in Minot for over twenty.

During the tour, he showed us his “living room,” a section of the warehouse where he repurposed some decommissioned furniture, an electric fireplace, and had constructed a living room where he spent his breaks. Here, he displayed a variety of model airplanes and remote control models he built.

As we sat down with our frozen treats listening to classic rock, he treated us like we were old friends catching up on life.

Bueschel joined the Air Force

as an airfield ground equipment (AGE) Airman in 1988, and retired in 2008 at Minot.

“DINSTAAR Baby!” Bueschel said after telling me he was an AGE Airman.

After a few years of doing civilian work at Minot, he decided to come back to Minot AFB and to work for the 5th LRS.

“I like everything about this job,” said Bueschel. “I get to use my mind, my hands, my body and I get to talk to people. You name it and it’s probably something I like about the job. And I really like the people, they bring out the best in me.”

His job is to consolidate excess property on base, and ship it to Fort Carson, Colorado. Additionally, he ensures all of the paperwork is accurate, and every piece of property has the proper documentation.

Although he ships it to Fort Carson, he prefers it when different squadrons visit his warehouse, and pick up things they might need before it is shipped. In the last year, Bueschel has reissued over \$230,000 of property back into the base.

If your squadron is in need of furniture, appliances, or general equipment, send Mr. Bueschel an email. Additionally, if your squadron is getting rid of things, take a picture of it and ask Bueschel he thinks it is something that could be reissued.



Stephen Bueschel, 5th Logistics Readiness Squadron property consolidation warehouse operator, prepares to operate a forklift at Minot Air Force Base, North Dakota Aug. 30, 2023. Bueschel consolidates all of the excess property on Minot AFB and ships it to appropriate locations.

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





<p><b>EVERYDAY HAPPY HOUR - 3PM - 6PM</b></p> <ul style="list-style-type: none"> <li>\$2 off All Apps</li> <li>\$3 House Wine &amp; Domestic Pints</li> <li>Bavarian Pretzels with Beer Cheese Sauce</li> <li>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</li> <li>\$5 Moscow Mule</li> <li>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps</li> <li>½ Flat Bread Pizza</li> </ul>	<p><b>DAILY SPECIALS</b></p> <ul style="list-style-type: none"> <li>Monday \$5 Moscow Mules (all day)</li> <li>Tuesday \$4 ND breweries (all day)</li> <li>Wednesday ½ Price Wine by the glass, bottle (all day)</li> <li>Thursday \$1 up for all Tall Taps (all day)</li> <li>Sunday BRUNCH (11am-2pm)</li> <li>\$7 TSR Bloody Mary &amp; Caesars</li> <li>\$12 Bottomless Mimosas</li> <li>\$6 Breakfast Shots</li> </ul>	<p><b>FAMILY PACKS</b></p> <ul style="list-style-type: none"> <li>Monday Pizza Pack Combo</li> <li>Tuesday Sandwich Pack</li> <li>Wednesday Chef Creation*</li> <li>*Changes Weekly - Check our Facebook Page</li> <li>Thursday Pasta Pack</li> </ul>
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## A LOOK BACK THIS WEEK IN USAF HISTORY

PRESIDENT BUSH ENDS B-52 ALERT OF COLD WAR  
September 27, 1991



On September 27, 1991, President George H.W. Bush ordered the termination of the Strategic Air Command alert that had been initiated in October of 1957 as a result of the Cold War. This halt signaled the end of the war, which would officially come in December with the collapse of the communist state.

The Strategic Air Command B-52 bomber was kept on around-the-clock alert, posed for retaliatory strikes against the Soviet Union. (USAF Photo)

As a result of the Strategic Arms Reduction Treaty with Russia, hundreds of B-52 Stratofortresses were dismantled at Davis-Monthan Air Force Base, Arizona. In the years following the Cold War, the Air Force implemented a downsizing trend that permanently closed many bases around the country. Because of its strategic location and continuous support of the nuclear triad, Minot AFB remained a pivotal location for strategic deterrence, and while the 5th Bomb Wing B-52s were taken off alert, they remained poised for action on a moment's notice.

Information courtesy of: media.defense.gov / defensemedianetwork.com / Strategic Air Command, An Organizational History by Ronald Mixer

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# Bearing the Weight of Giants

MSGT JASON LAWYER, 5TH CIVIL ENGINEER SQUADRON

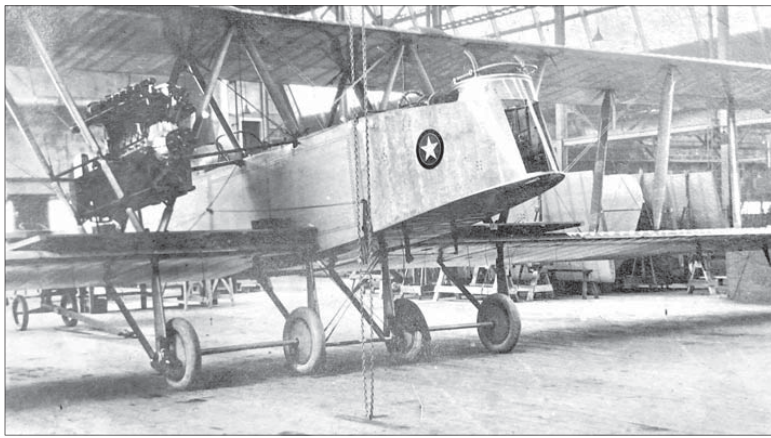
Aircrafts have changed our way of life. We can reach almost anywhere on the planet in two days or less, and this speed has taken our societies to new heights. It's amazing to think about the sheer weight of a plane soaring in the air, however, an aircraft's ability to simply roll down a runway is just as amazing!

Two factors make it possible for an aircraft to achieve the speed for takeoff, which are tires and airfield surfaces, and both factors are highly lucrative businesses. In 2020, the global aircraft tire market was valued at \$1.52 billion, and it is projected to nearly double to \$2.85 billion by 2030. Furthermore, the surging demand for air travel will increase the world's airport construction market to \$1.8 trillion by 2030, amassing a \$500 billion growth from 2022.

How are two of the simplest raw materials, rubber & aggregate, so vital to the 120-year history of aviation, and so essential to the projected economic growth of the next decade?

## EARLY YEARS OF FLIGHT

The first pneumatic rubber airplane tire was developed in 1909, six years after the Wright brother's first flight. Prior to the novel product, aviation pioneers used sled runners, heavy motorcycle tires, or even bicycle tires which tended to rip off upon landing. Goodyear Tire & Rubber Company led the development of the first aircraft specific tire, knowing the tire didn't have to travel far, but had to withstand hard impacts.



Martin MB-1, circa 1918, incomplete aircraft in hangar. Fixed four main landing gear wheels, propeller yet to be fitted to engines, original photo owned by Jason Lawyer, All Rights Reserved.

"On the basis of the flyer's recommendations, we built some experimental tires, tested them by dropping them off the roof of a three-story building on a concrete court. They worked out satisfactorily and soon everybody was using them – though this was not much of a compliment, as ours was the only one on the market." -

Paul W. Litchfield, Goodyear Tire & Rubber Company

With further input from the flying community, the first pneumatic aircraft tire was redesigned a year later, this time using cord fabric and a wire bead, and the improved design ultimately remained the standard for twenty years. In 1918, the U.S. Army began to fly the most advanced bomber in the world, the

Martin MB-1. This wood-framed aircraft was the first bomber built by the United States and had a maximum takeoff weight (MTOW) of 10,225 pounds, which included an over 1,000-pound bomb payload. Even by today's FAA standards, this is just shy of the 12,500-pound weight threshold to be considered a "large aircraft." To distribute the hefty load, the aircraft utilized a distinct, fixed main landing gear consisting of four-wheels, and a typical fixed taildragger wheel.

By 1928, problems began to rise as aircraft weights continued to increase, and the planes struggled to traverse on the primitive mud, sand, and thin pavement runways. Goodyear Tire & Rubber Company devised a larger tire to ride on extremely low air pressure, essentially a "floatation" tire to roll over rough ground instead of

rutting. However, the larger tires only masked another underlying issue, airfield surface conditions.

## LESSONS FROM WWII

In 1941, the U.S. completed the Douglas XB-19, an experimental heavy bomber. At the time, it was the largest bomber aircraft built with a boastful MTOW of 162,000 pounds, which included the max bomb load capacity of 37,000 pounds. The aircraft utilized a tricycle landing gear configuration, with the two massive main gear wheels showcasing 96-inch diameter tires with 24 plies, and

each wheel assembly weighed 2,700 pounds.

On 6 May 1941, the behemoth bomber rolled out of the hangar for the first time and literally broke through the asphalt pavement to a depth of one foot. Efforts to move the heavy bomber continued, and it was towed under much strain to the asphalt runway but caused noticeable damage to the airfield surfaces. It took nearly two more months for the maiden voyage to occur on a newly constructed concrete runway.

Continued on next page

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# Bearing the Weight of Giants

Continued from previous page



Douglas XB-19, main landing gear tires taller than people. Photo circa 1941, public domain courtesy of the National Museum of the U.S. Air Force.

Prior to this incident, airfield designs were based off automotive highway knowledge and experience, but now geotechnical engineering for aircraft was of greater importance. Within a year, O. James Porter devised a new test and measure called the *California Bearing Ratio (CBR)*, which became the principal method to design asphalt pavement by evaluating the shear resistance of base and subbase materials.

Also in 1942, Dr. Arthur Casagrande developed the "Airfield Classification" system to further understand soil behavior characteristics that are pertinent for design consideration. This early system expanded into what is now the *Unified Soil Classification System (USCS)*, which is used to define grain-sizes as cobbles, gravel, sand, and fines, and further examines the plasticity and dry strength of the fines material.

than aeronautical engineering knowledge. In-situ soil continues to be a major factor to airfields, as it ultimately sustains the high wheel load stresses acted upon the pavement. Additionally, pavements require a careful design of layer strength and thicknesses to ensure the capability of carrying a given tire load, and now, stresses from multiple-axle bogies.

### MODERN ERA

Typical of human behavior, build it bigger continued to be an aircraft design endeavor. To date, the Antonov An-225 Mriya is the aircraft that surpassed all in the weight category. The strategic cargo aircraft built by the Ukrainian company made its maiden flight on 21 December 1998. The jet has a main landing gear arrangement with seven pairs of wheels on each

side, and two additional two-wheel bogies below the nose. All 32 wheels are used to enable the record setting MTOW of 1,322,275 pounds, which includes the 551,146-pound payload capacity.

Creating and flying very large aircraft (VLA), such as our modern-day cargo and passenger planes, also advances the world's main aircraft tire manufacturers: Goodyear Tire & Rubber Company, Michelin, Bridgestone Corporation, and Dunlop Aircraft Tyres. An average commercial aircraft tire costs \$5,000 each but can be retreaded seven times or more. There are many factors that play into the lifespan of a typical aircraft tire, but they are generally designed and constructed to last anywhere from 120 to 400 landings.

Aircraft tires are a mix of bias ply or radial design, tubeless or

innertube, and innovative safety technology such as a fusible plug to avoid blowouts from occurring. Commercial and military main gear tires can range from 56 to 360 psi ratings, with individual load ratings of 60,000 pounds, all while resisting distortion during high speeds.

The strength of a tire is derived from its casing plies, and strong beads are used to hold the tire on its wheel. Recently, Goodyear Tire & Rubber Company developed what they coined Featherweight Aluminum Core Bead Technology, an innovative cord bead that maintains tire strength and durability but reduces the overall weight of a tire. This may not seem vital but remember some planes can use upwards of 32 tires!

### ON THE HORIZON

The next time you are seated comfortably on an aircraft, and you begin to roll down a taxiway and turn to speed down a runway, be sure to marvel at the engineering involved to get you up to that point...before the nose of the plane rotates to the sky and the wings lift the aircraft. Over 120 years ago, the largest aircraft weighed nearly 12,000 pounds, and now we have passenger planes that can weigh 1,200,000 pounds, a growth factor of 100 times!

I'm sure we can build bigger aircraft, but do we need to? The future goal may need to be sustainability, in all factors such as aircraft fuel sources and efficiency, tire life and manufacturing, and pavement materials and design. After all, we are only talking about

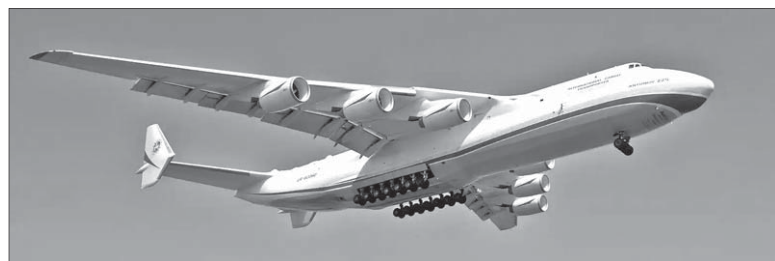
highly inflated rubber containers of air, traversing over compacted rocks and binder, under extreme loads of tens of thousands of pounds... simple science, right?

Additional Notes: All three of the aircraft assessed in this article now cease to exist. None of the original 20 built Martin MB-1 aircraft remain, but there is a full-scale reproduction of its successor, the Martin NBS-1 (MB-2), at the National Museum of the U. S. Air Force. The only Douglas XB-19 aircraft built was scrapped shortly after WWII, but two of its enormous main tires were saved. One tire is on display at Hill Aerospace Museum, and the other at the National Museum of the U.S. Air Force. The only Antonov An-225 built was destroyed in the Battle of Antonov Airport, during the Russian invasion of Ukraine, in February 2022.

Disclaimer: The views of this article belong to the author and do not represent the official views of the United States Air Force.

Jason Lawyer is a military professional with 15 years of experience working in multiple civil engineering disciplines. He loves all things pertaining to the transportation industry, including the infrastructure needed to support. He has a passion for research and enjoys sharing exciting discoveries. He lives with his wife and children in North Dakota.

A full list of references for this article can be found on Jason Lawye's LinkedIn profile.



Antonov An-225, landing approach with all 32 wheels exposed. Photo from 2014, shareable under Creative Commons, Vasily Koba.

"Air bases are a determining factor in the success of air operations. The two-legged stool of men and planes would topple over without this equally important third leg."

- General Henry H. Arnold, Commander U.S. Army Air Forces

Arguably, the XB-19 produced more civil engineering knowledge

## Local Cravings Restaurant Guide



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# I'm Happy Minot

BRIANNA LOW, NORTHERN SENTRY

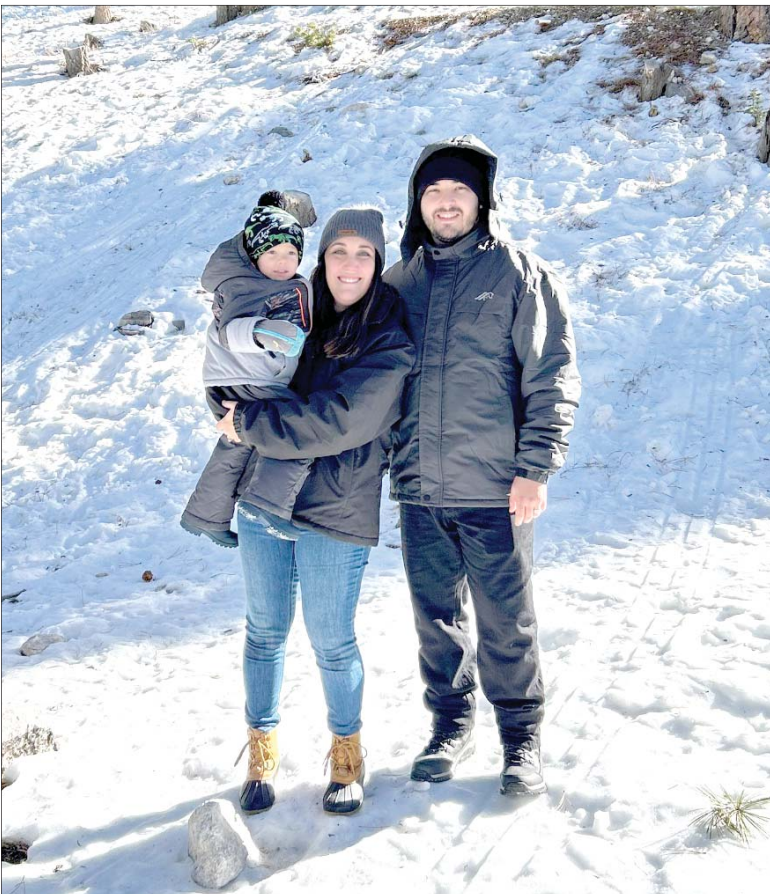
I came to write tonight with a different topic in mind but, as fate would have it, I'm sitting in my backyard watching the skies for the Northern Lights and realizing that I feel lucky to be at Minot. Now this is not something I ever thought I would say. I remember when my husband joined, I told him that if he ever got stationed here, I would stay with my mom, and he could come visit. I had listened to the rumors and had let them take over my thoughts before even stepping foot anywhere near North Dakota. But now, here I am. We've been here for eight months now, and I have found myself growing to like this place more and more. Minot isn't perfect, but I challenge those to find me a place that is.

Minot gets a bad rep due to one thing, the winters. I will never tell you that the winters are not cold here. They can be brutal, but the town and the base have found ways to get you out of your house by offering indoor facilities for everyone to use. We have a large gym with an indoor pool and track, we have two indoor playgrounds for parents to take their kids and run the energy out. We have the

Turf where parents can take their kids to ride their bikes in the winter or people can host workout classes to get people out of their house. Not to mention, in town there is an abundance of indoor things for everyone to do.

Minot has a lot to offer beyond the experience you will have with winters. I want to push you to see that and appreciate that. This base has offered me one of the strongest senses of community I have had at any base. It has a sense of safety in the area and local kindness. There are incredible events on and off base to attend and enjoy. Families are welcomed everywhere and appreciated. Overall, it is a great place to live.

This article is primarily for the newcomers and people who have just received orders to Minot that feel a sense of panic and dread. But it also is here to serve as a reminder of some of Minot's highlights to those that have been here for a while. No base or city will be perfect in every way, it's all about what you make of it. So, get out, explore, and find your place in Minot. It's worth giving a shot.



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by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, Sept. 19: 1,840.43 feet above mean sea level (MSL); 19,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.41 feet above mean sea level (MSL).  
Stump Lake elevation: 1,449.42 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good walleye success with several in the 17-inch range taken around Doc Hagen's.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good small walleye success. Start out working shallow and then move into deeper water around rock piles and towers.

•Lake Darling, Karma C-Store, Ruthville: Continued fair to good walleye success on Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Not many anglers out but those going continue finding fair walleye activity with good pike success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon improving for walleye. Continue working deep in about 40 feet on the east end of Lake Sakakawea for some walleye activity.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work main lake points or sunken humps on the east end of Lake Sakakawea in 24 to 40 feet for walleye using Lindy rigs and bottom bouncers with minnows or nightcrawlers. Also try jigging Raps or shiner minnows. Better bite has been around Mallard Island and Pick City west to Hazen Bay along the south

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

- Be sure of proper bird identification with partridge, grouse, and young pheasants.
  - Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
  - Sept. 23: Minot Rifle & Pistol Club 8 a.m. Buffalo Match; 9 a.m. Steel Challenge.
  - Sept. 24: Minot Rifle & Pistol Club 9 a.m. Multi-gun.
  - Sept. 24: Youth deer season closes.
  - Sept. 30: Minot Rifle & Pistol Club Hunters Prayer & Blessing, 3 p.m.
  - Sept. 30: MonDak Pheasants Forever banquet, Raymond Family Community Center, Williston, 3 p.m.
  - Sept. 30: Flannel Fest, Lewis & Clark State Park, Williston.
  - Oct. 4: Pierce Co. Ducks Unlimited Dinner, Rugby Eagles Club, 5:30 p.m.
- TOURNAMENTS:**
- Sept. 23: Lake Sakakawea, Fort Stevenson State Park.

shore. Also try Berthold Bay on the north shore. Try 25 to 30 feet with spinners and bottom bouncers with nightcrawlers for walleye on Lake Audubon. Continued smallmouth bass success in 2 to 12 feet using top water or swim baits.

•Lake Sakakawea, Indian Hills Resort, Garrison; Walleye remain scattered in about 25 to 50 feet with increasing success using minnows. Continue trying nightcrawlers yet, however. Improving activity around the beacon. Bait shop closed for the season but campground remains open.

•Lake Sakakawea, New Town: Not many anglers on the midsection and those going continue finding slow success.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with a few catfish and walleye in the spillway channel from boats. Try jigs and minnows or Lindy rigs and nightcrawlers. Try crankbaits in the main river. Limited salmon and trout activity. Shore-fishing slow during the day with better success at night. Occasional success from the wing walls during the day. East end of Lake Sakakawea producing a few walleye off the points in 40 to 50 feet using spinners or slow death hooks and minnows. Some fish are shallower but seem less active. Try Steinke, Douglas,

or Government bays and around Alcatraz. Salmon are starting to move into shallower water.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success remains around Lewis & Clark State Park and Lund's Landing on the upper end of Lake Sakakawea with crankbait success slowing and more of a fall minnow presentation. Missouri and Yellowstone rivers muddied somewhat but look for improving walleye success as water clears. Blacktail Dam continues producing decent panfish activity.

•Lonetree WMA area lakes, Harvey: Area lakes generally quiet.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes quiet with some anglers still heading to Devils Lake.

### Hunting:

•Doves: Fair numbers remain across many areas of the state.

•Upland: Generally fair partridge and grouse activity yet.

•Waterfowl: Look for fair to good bird numbers throughout areas with fair to good water conditions.

### 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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## SOUTHERN GROUND HORNBILL

**CREATURE FEATURES**

- The Southern Ground Hornbill is the largest hornbill in the world. They are named for their habit of walking on the ground as it feeds.
- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

**Fact File**

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore <span style="border: 1px solid black; padding: 1px;">Carnivore</span> Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

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# FALL CAR CARE

## HOW TO ADJUST DRUM BRAKES

Today's vehicles use a variety of braking systems to bring your vehicle to a safe stop. Most passenger vehicles on the road use either disc brakes or drum brakes. If you have an older vehicle, you are probably working with a set of drum brakes on all four of your wheels.

Over time drum brakes need to be adjusted to ensure top performance and maintain even wear. So how is it done? We'll walk you through the process of how to adjust drum brakes and why it's best left in the hands of the experts.

**WHAT ARE DRUM BRAKES?**  
With disc brakes, brake pads apply pressure to rotors and stop your vehicle. Drum brakes work similarly, but with a few different parts. Drum brakes have three main parts: the drums, brake shoes, and wheel cylinders:

Drum: Cylindrical piece of metal attached to the wheel of the car  
Brake Shoe: Curved piece of metal that holds the brake lining  
Wheel Cylinder: Hydraulic mechanism that presses the brake shoes against the drum  
These three parts are put into action when you hit the brake pedal. The pistons in the wheel cylinder are pushed outward against the brake shoes that then press against the rotating drum. The friction between the drum and the brake shoes is what causes your car to drop speed and come to a stop.

**HOW ADJUSTING DRUM BRAKES WORKS**  
Most drum brakes can adjust themselves but sometimes that is not enough. Have you noticed you have to press harder on the brake pedal for your vehicle to come to a stop? Over time, brake shoes can take longer to reach the drum as their lining wears down. Delayed braking responsiveness or deeper foot pedal travel is a sign your drum brakes may need adjusting. When drum brakes need fine tuning, here's how an auto expert would adjust them.

**HOW TO ADJUST DRUM BRAKES PROPERLY**

- 1. REMOVE THE WHEELS**  
A technician will jack and remove each wheel equipped with drum braking. A technician will do this so they have a better feel of when each drum brake is properly adjusted.
- 2. RECALIBRATE ADJUSTERS**  
Drum brakes can be altered using drum brake adjusters, also called star wheel adjusters. Drum brake adjusters are accessible behind a back panel on the drum brake. The "star" on the drum brake adjuster can be rotated to tighten or reduce the distance between the brake shoe and each drum. A technician will manually adjust the star until each brake shoe sits at a proper distance from the drum. This will be repeated for each wheel with drum brakes.
- 3. TESTING THE BRAKE SHOE SEATING**  
Next the technician will rotate each wheel by hand until the correct amount of drag is felt from the shoes lightly contacting the drum. After each drum brake is adjusted, it is a good idea to check the parking brake adjustment as well.

**LEAVE BRAKE SERVICE TO THE EXPERTS**  
Fixing brake issues is not something you want to leave up to guesswork. Adjusting drum brakes takes a trained feel, so if you have no experience working with drum brakes it is best to leave this work in professional hands. At Tires Plus you can trust our experienced technicians to fix your brakes quickly and correctly the first time around. Whether you need brake service or other repairs, visit your nearest Tires Plus for all your tire and auto care needs.

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# 12 Outstanding Airmen of the Year: Becoming tomorrow's DAF ambassadors today

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

NATIONAL HARBOR, Md. (AFNS) --

The Air Force's 12 Outstanding Airmen for 2023 were recognized and honored during the Air and Space Forces Association's Air, Space and Cyber Conference Sept. 9-13.

The 12 Outstanding Airmen of the Year (alphabetically listed, by rank and command of assignment when selected) are:

- o Senior Master Sgt. Justin S. Cruz, Air Force Materiel Command – Airman supporting Space Force
- o Tech. Sgt. Jennel L. Edwards, Air Force Global Strike Command
- o Senior Master Sgt. Sedrick F. Evans, Pacific Air Forces
- o Tech. Sgt. Michelle A. Fernandez, Air Mobility Command
- o Master Sgt. Michael A. Galindo, Air Education and Training Command
- o Senior Airman Ryan G. Hospelhorn, United States Air Forces in Europe - Air Forces Africa
- o Senior Airman Kostiantyn Khymchenko, Air Combat

- Command
- o Tech. Sgt. Micaela R. Mahan, Air Force Materiel Command
- o Tech. Sgt. Kimberly R. Mastrocola, Air Force Special Operations Command
- o Staff Sgt. Dhruva S. Poluru, Air National Guard
- o Tech. Sgt. Theodore M. Sebsibe, Air Force District of Washington
- o Senior Airman Jacob T. Tawasha, Air Force Reserve Command

Selected for their exceptional leadership, job performance and personal achievement, the 12 Airmen will spend the next year, and the rest of their Air Force careers, being distinguished representatives for the department.

"Don't change who you are," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Who you are is what got you here. Looking forward, you are an ambassador to our Air Force. That comes with a lot of responsibility."

These servant leaders embody Secretary of the Air Force Frank Kendall's "One Team, One Fight."

"Don't change who you are. Who you are is what got you here. Looking forward, you are an ambassador to our Air Force. That comes with a lot of responsibility."

- Chief Master Sgt. of the Air Force JoAnne S. Bass.

Their character, leadership and experiences reflect the strength of the Air Force and will serve the 12 Airmen as they advocate for and work with Airmen across the force.

"I feel honored and humbled to be surrounded by Airmen at this level," reflected Fernandez, 6th Security Forces Squadron Marine Patrol team lead at MacDill Air Force Base, Florida. "They're like-minded in the way they want the best for the Air Force and the best for themselves. Working with this team is always a great experience, and I'm looking forward to the work we will accomplish this year."

Throughout their time at the conference, the honorees experienced Washington, D.C., with an immersion tour of the 1st Helicopter Squadron at Joint Base Andrews, Maryland, and met DAF senior leaders, gaining insight into their key focus areas and intent.

During a sit-down discussion with the 12 Airmen, Bass conveyed her expectations and answered questions relating to their year-long journey.

"There is nothing that is on the minds of our Airmen and their families that we aren't focused on," Bass said. "We've got to work together to create irreversible momentum to get after these things while reoptimizing our Air Force."

The event culminated with a ceremony celebrating all the achievements of the Airmen.

From senior master sergeant to senior airman, each member demonstrated how to lead, inspire others, and accelerate change around them. Their time at the conference will play a key role in the team's ability to attract, train, and maintain the highest caliber of Airmen and Guardians in the year ahead.

The 12 Outstanding Airmen's first official role will take place at the U.S. Air Force Academy in Colorado Springs, Colorado, where they will help mentor and guide future officers of the Air Force and Space Force.



The 12 Outstanding Airmen of the Year for 2023 pose with Secretary of the Air Force Frank Kendall, Air Force Chief of Staff Gen. CQ Brown, Jr., and Chief Master Sgt. of the Air Force JoAnne S. Bass during a reception at the Jacob Smart Center at Joint Base Andrews, Md., Sept. 10, 2023. The Airmen were selected based on their leadership, job performance and personal achievement.



The 12 Outstanding Airmen of the Year for 2023 pose in front of the Capital building in Washington, DC., Sept. 13, 2023. The Airmen were selected based on their leadership, job performance and personal achievement.



Chief Master Sgt. Melvina Smith, Command Chief Master Sergeant for Air Force Global Strike Command, poses for a selfie with Air Force Chief of Staff Gen. CQ Brown, Jr., Chief Master Sgt. of the Air Force JoAnne Bass, and Tech. Sgt. Jennel Edwards, one of the 12 Outstanding Airmen of the Year for 2023.

U.S. AIR FORCE PHOTO | STAFF SGT. OLIVIA STECKER

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 Saturday: 2 a month by appt  
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# Supporting Military Connected Students and Families: Military Family Life Counseling Program



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

We are thrilled to welcome our Child and Youth Behavioral (CYB) Military and Family Life Counselors (MFLCs) supporting the Child and Development Center and Minot AFB Schools at Minot Air Force Base!

MFLCs are an incredible resource and provide confidential non-medical counseling services for children and youth to age 18 in groups or individually. They offer support to families, staff, and support personnel.

The above image includes information about the program. For more information about the program, please send an email to [mafbschool.liaison@us.af.mil](mailto:mafbschool.liaison@us.af.mil).

## SUPPORT FOR MILITARY CHILDREN

**The Military and Family Life Counseling Program helps military families and children navigate challenges with free face-to-face support.**

Child and youth behavioral military and family life counselors, or CYB-MFLCs, provide confidential non-medical counseling services to children and youth up to age 18 in groups and individually. They also offer support to families, staff and support personnel. Working with a counselor can help improve behavior, performance in school and relationships.

**CYB-MFLCs are master's or doctorate-level licensed counselors who may:**

- Provide consultation support to parents and caregivers, childcare providers, teachers and administrators on the healthy development of children and youth
- Model evidence-based intervention approaches
- Assist educators with strategies for cultivating a deeper understanding of the factors that shape social-emotional development
- Conduct classroom observations

Services are private and confidential except in situations that involve domestic violence, child abuse, sexual assault or otherwise necessitate a duty to warn.

**CYB-MFLCs provide support on topics including, but not limited to:**

Feelings identification

- Bullying
- Self-esteem
- Separation from parents
- Problem solving
- Sibling and parent relationships
- Time management
- Deployment and reunification
- Divorce

Learn more by visiting or calling your Installation's Military and Family Support Center.

Learn more about other helpful programs for military families: 800-342-9647 | [www.militaryonesource.mil](http://www.militaryonesource.mil)

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# Literally From The Ground Up Craig Rudland Takes State Fair Reigns

ROD WILSON, NORTHERN SENTRY

“You know those small feet on the bottom of a ladder?” Yep, I answer “Well I started below those, at the very, very bottom. I tell people I was the dirt underneath them feet” says new North Dakota State Fair Manager Craig Rudland.

2023 would mark the 42nd fair for Craig Rudland. Craig was still in grade school and would work mostly summers. As he got older, there were more hours on the fairgrounds. “As soon as I graduated, I went to work full time, and time just flies by and now we’re right here” Craig reminisces.

The obvious question about being from Minot is quickly answered with a smile and a nod “Yep, born and raised in Minot.”

42 years can certainly make a big difference in an event like the NDSF, and in the fairgrounds themselves. “I can remember when the streets weren’t paved. Everything out here was just gravel; and when you would get a little bit of rain during the fair it was a muddy mess. And when you didn’t get some rain it was a dusty mess. So yah, there certainly have been a lot of changes in that time frame.”

There were many older barns and buildings on the fairgrounds, but the construction of what is now the State Fair Center started in 1972 with the All Seasons Arena. “They built Arena 1, then the built FFA, then they built crops and gardens which isn’t there anymore, and then Arena 2 was added; it’s just been added to and remodeled over the years.”

Early days for Craig were tasks assigned like sweeping floors and doing whatever needed to be done “so not a lot of change, I still do what I am told” Craig says with a grin.

As it is today, the early days of the NDSF revolved around the farming and livestock exhibits. “I love the fact that we have held onto

our roots. Still today, we put it all together and it all seems to work” says Rudland.

Over the years the fairgrounds have gone through a modernization and clean-up. As Craig remembers “the burying of all the power lines was just kind of the start of cleaning things up. We got the paving done.” And then from there Craig talks with pride about the new grandstand. “It’s amazing...the acts that come into North Dakota, they give us compliments on our fairgrounds. The big acts, you know they have traveled all around the country, and they all talk about the fact that this is an amazing place. We are proud when we hear that.”

Beyond the fairgrounds themselves “we have a staff second to none. They (the staff) are very meticulous about the way they maintain our buildings and our structures. It’s really pretty humbling when you arrive in the morning and get a chance to look at our beautiful grounds.”

There are 26, full time, year round staff at the North Dakota State Fair. During the fair the number increases to around 500 staff to set up, operate and help where needed during the fair.

Volunteers will always be what makes the big events like the North Dakota State Fair and Norsk Hostfest successful. “We work very close with the booster groups to get volunteers” says Rudland “and I always like to take a few minutes and talk with some of them every day. They are great people, and they are fun to have conversations with. Looking around we have groups from Minot Air Force Base, we have groups from MSU, Our Redeemer’s school; bottom line is we couldn’t do it without them.”

Looking to the future, as it pertains to the Minot Air Force Base, Craig would like to explore new ways of getting more of the

active military and their families to the fair. “We’d like to eliminate coupons, and that extra step when they arrive at the gates” shares Rudland “I’d love to make it easier for all of them (active military and their friends). I would love to expand on the military day and give them an even better experience at the ND State Fair”

For Craig Rudland, there are 42 fairs behind him, but he’s already planning for the 2024 North Dakota State Fair. “It’s a great job (Manager of the ND State Fair). And with his experience, Craig Rudland can pretty much handle the challenge ahead.



Craig Rudland

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# JR. JOURNALISM PROGRAM

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The Northern Sentry’s Jr. Journalism Program is a chance for kids and teenagers to write articles about important topics and get published in the real Northern Sentry newspaper and online!

**But what can you write about? We are open to lots of things, but here are some ideas:**

- Do you love riding your bike around base? Tell us about what you see and hear!
- Do you love your school or teacher? Tell us why they make your life better.
- Do you enjoy a specific base playground? Tell us why and what you do there.
- Have you had a unique experience being a military kid? Tell us about it!
- Did you go to a cool base event (ex. Rock Concert, Library Camp)? Tell us about it from your perspective.
- Where have you lived and which base has been your favorite and why?

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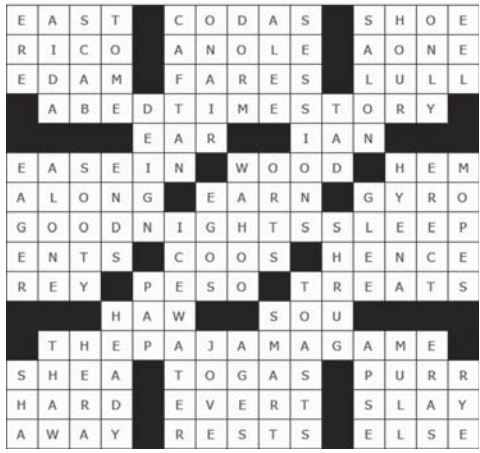
Besides getting rewarded with a published article (which could be used in college applications), every published submission comes with a prize, your own framed copy of your article AND a chance to win Minot AFB’s Jr. Journalist of the Year Award!

We can’t wait to read your stories!

Find out how you can get published

**CROSSWORD SOLUTION**

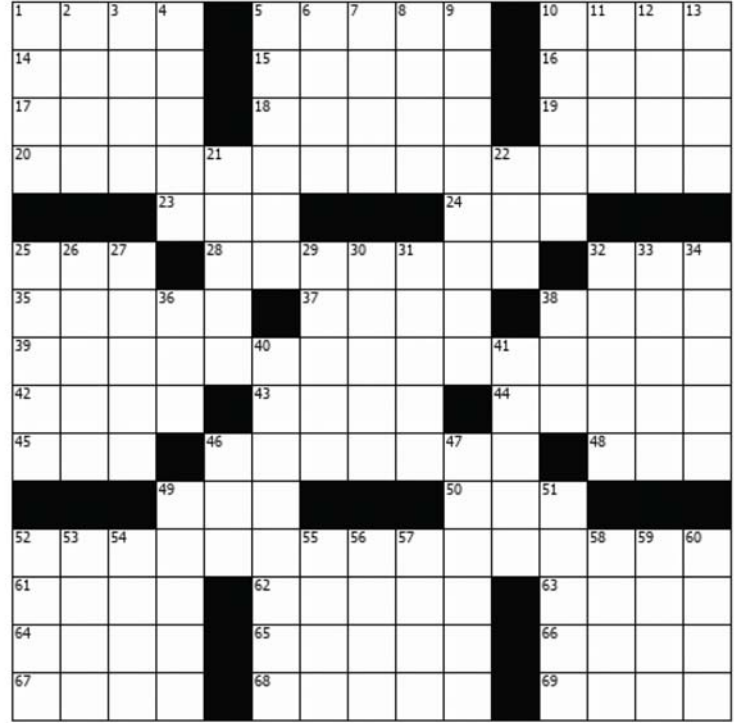
Solution to last week's Crossword puzzle.



**CROSSWORD PUZZLE**

**Across**

- 1. Monopolizes
- 5. Not appropriate
- 10. Hudson and Green
- 14. Sword, Juno, Gold, Omaha and \_\_\_
- 15. "When pigs fly!"
- 16. Medicinal succulent
- 17. Monster lizard
- 18. Silk with a wavy pattern
- 19. Eye infection
- 20. "He may try to cover up his ..."
- 23. Possessive pronoun
- 24. Emmy winner Ruby
- 25. Nickname of the 30th U.S. president
- 28. Hawaiian instrument (Var.)
- 32. \_\_\_ del Plata (Argentinean resort)
- 35. Snooty
- 37. Levesque of Quebec
- 38. Use hip boots, e.g.
- 39. "He may be hiding out at his ..."
- 42. \_\_\_ out (just made it)
- 43. Raw silk color
- 44. Sea of the Solomon Islands
- 45. Hankering
- 46. Like some modeling substances
- 48. Playable serves
- 49. \_\_\_-Wan Kenobi
- 50. Mosconi's pride
- 52. "He will hide his identity with an ..."
- 61. Cubby holes?
- 62. Wee one in Glasgow
- 63. Not the best place for a thorn
- 64. Social starter?
- 65. "The sky's the \_\_\_"
- 66. L X W
- 67. Sounds from a milk container?
- 68. Mournful poem
- 69. 2000, for one



**Down**

- 1. Good things to give your kids
- 2. Ear-relevant
- 3. Lavish celebration
- 4. Lamb Chop's handler
- 5. Reveal
- 6. Gaudy night light
- 7. Like fanatical sports fans
- 8. Sassy
- 9. Ran the old sewing machine
- 10. Thanksgiving Day chore
- 11. Range between soprano and tenor
- 12. Ma the musician
- 13. Gets an eyeful
- 21. Thanksgiving Day chore
- 22. Site of the first stroke?
- 25. Shrewd
- 26. How great minds think
- 27. Ponti's wife
- 29. Author Jong
- 30. Having that doubtful feeling
- 31. Listlessness
- 32. A language of New Zealand
- 33. Spot maker?
- 34. Lively dances
- 36. Like Methuselah
- 38. "\_\_\_ goes there?"
- 40. Trustworthy
- 41. Hebrew school (Var.)
- 46. TV network letters
- 47. Hardly plentiful
- 49. Desert watering hole
- 51. Test format, perhaps
- 52. Man with an apple named after him?
- 53. He's after the news
- 54. "Out of the frying pan, \_\_\_ ..."
- 55. Tooth partner
- 56. Word with store or novel
- 57. Icebox, informally
- 58. The Emerald Isle
- 59. The embryo of an invention
- 60. Snookums

**SUDOKU**

Solution to puzzle on page B9

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

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(2023) Action, Biography, Drama (PG-13)

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**NORTHERN SENTRY GIVEAWAY WINNERS**



Congratulations Sarah & TSgt Travis Westmoreland, 91 MSFS who won a Northern Sentry giveaway to see Daughtry at Norsk Høstfest. Watch for more amazing Northern Sentry contests and giveaways!

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*Upcoming Events*

**22-23 SEPT** **MINOT'S Y'S MEN'S PBR 2023**  
4:00 PM  
Minot Municipal Auditorium  
420 3rd Ave SW, Minot

You'll be on the edge of your seat watching 8 seconds of the most dangerous sport on dirt! Like when a 150 lb man goes head-to-head against a 2,000 lb bull! This will be the Biggest Bull Ride that has ever been to Minot, North Dakota – the Minot Y's Men's PBR is the finale to the King of the North Showdown. Watch the best bull riders from around the country compete on Chad Burger's ferocious bucking bulls. He is the 12th-time stock contractor of the year! See the crowning of a king when the rider with the top aggregate score throughout this and 11 previous events wins! He will walk away with a \$100,000 bonus paycheck & the King of the North title. The second-place rider will receive, \$25,000 paycheck! Third Place receives a CF Moto Side by Side!



**For more information:**  
<https://minotpbr.com/>

**23 SEPT** **WOMEN, WINE, AND WINGS**  
8:00 PM - 10:00 PM  
Dakota Territory Air Museum  
100 34th Ave NE, Minot

Light appetizers and drinks are included in the admission for this event. This event will feature a presentation by Vintage Aircraft Association President Susan Dusenbury that will highlight the contribution of women in the aviation industry. This event is NOT only for women, it's ABOUT women. Admission is \$25/person and will include drinks and light appetizers.



**For more information:**  
[www.dakotaterritoryairmuseum.com/](http://www.dakotaterritoryairmuseum.com/)

**26 SEPT** **SALSA SHOWDOWN**  
4:00 PM  
Oak Park  
1300 4th Ave, NW, Minot

This Showdown is for the sweet and spicy homemade salsas to finally get the credit they deserve. Judged by our panel of celebrity judges with the help of the People's Favorite Jar Decoration to crown the winners in 3 categories and 2 divisions. Salsa will be judged on appearance, color, flavor and texture. Decorate your Jar for the chance to win People's Choice! Get all major produce supplies from one or more of our market vendors and get yourself entered for a BONUS prize! Adult Division: \$15 per entry, Youth Division: \$10 per entry. Entries can be dropped off September 19, 20 or 23rd - or on the 26th at the Market. Need not be present to compete. Salsa Showdown Details, 2 Age Divisions - Youth & Adult, Multiple Categories - Spicy, Sweet, Non-Tomato Base. Prizes for 1st and 2nd Place in each category and division. Prize for the People's Choice Salsa Jar Decoration



**For more information:**  
[www.minotfarmersmarket.com/salsa-showdown](http://www.minotfarmersmarket.com/salsa-showdown)

**2 OCT** **STORYTIME WITH MISS KRISTI AT MAIN STREET BOOKS**  
11:00 PM-12:00 PM  
Main Street Books  
8 Main St S, Minot

Join us for Story Time with Miss Kristi every Tuesday and Friday. There will be songs, stories, maybe some jumping up and down, dancing and a craft. Story time is geared for preschool but all ages are welcome. If you or your child is showing a sign of a fever or has a cough or runny nose we would appreciate it if you would stay home—as you would even in pre-covid times. We will see you here!



**For more information:**  
Facebook / Main Street Books / events

**NEW Community at the Northern Sentry**



For more events visit our online Community Calendar at [www.northern Sentry.com/calendar/](http://www.northern Sentry.com/calendar/)

It's more than Minot and more than Minot AFB, it's a Shared Community.

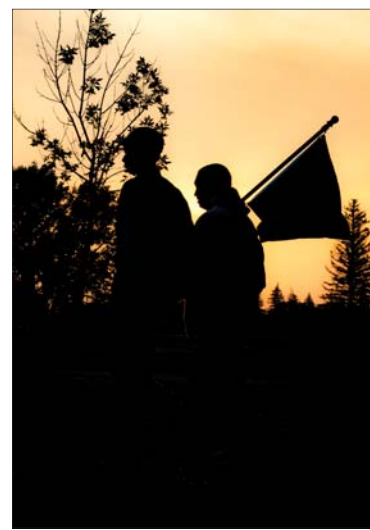


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### POW/MIA 24-HOUR RUN

The POW/MIA run gave Airmen the opportunity to honor the more than 83,000 Americans who have been missing or prisoners of war since World War II.

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**NORSK HØSTFEST**

SEPTEMBER 27-30, 2023  
N.D. STATE FAIR CENTER  
MINOT, N.D.

**LET'S TALK NORSK HØSTFEST!**

What happens when you combine "Only the Best Come North" with the "Largest Scandinavian Festival in North America?" A cultural experience for the 44th time like none other.

The 2023 Norsk Høstfest is September 27, 28, 29, and 30 at the ND State Fair Center in Minot. Great Hall top-notch concerts, side stage entertainment, eateries, artisans, and vendors create the energy for the event that you'll surely want to attend.

In support of MAFB Airmen and their families, all military personnel receive discounted tickets for the Great

Hall concerts which are headlined by Brothers Osborne and Daughtry. Sat., Sept. 30 is Military Appreciation Day where all military get in free. A new event, Military Games, promises to be one of the day's highlights.

An added perk is that kids get in free thanks to Cornerstone Bank. Pick up your free voucher at Cornerstone Bank or at the festival's main entrance. Learning and play happens at the Viking Village, Familie Fjord Kids Zone, the authors' corner along with the sights and sounds of the festival.

Go to Høstfest.com for the event schedule.

**EMBRACE 44 YEARS OF MINOT'S LONG-STANDING FESTIVAL**

Immerse yourself in an unforgettable experience that combines world-class entertainment, engaging children's activities, and a rich tapestry of Scandinavian culture. Additionally, savor the authentic cuisine, indulge in unique shopping opportunities, and create cherished family memories filled with joy and fun.

**NEW TO NORSK HØSTFEST**

KID'S AND ADULT PASSPORTS | LUTEFISK EATING COMPETITION | A NEW BREW ONLY AT NORSK HØSTFEST | AND MORE!

Visit Hostfest.com for more information.

# CHURCH DIRECTORY

## Chapel Services at MAFB

*North Plains Chapel in Base Housing*

Protestant  
**Sunday Community Service**  
 1030  
 (Holy Communion 1st Sunday)  
 Children's Church during school year

*Wicca, Pagan, and Neopagan Services*  
**Open Circle**  
 1000 on the 1st and 3rd Saturdays of every month

*Northern Lights Chapel across from Rockers*

**Catholic Mass**  
 Sunday ..... 1000  
 Daily ..... Monday-Thursday at 1200

## St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE Minot • 838-3094**

**Saturday, September 23**  
 5PM, No Vespers

**Sunday, September 24**  
 10AM, Congregational Prayer Service



## Break Forth Bible Church

Wednesdays 7:00pm and Sundays 10:30am

**1821 W Burdick Expressway**  
 For More Information:  
 701.838.2665 | www.bfbc.tv



## Trinity Church

**An Evangelical Free Church**  
 3500 4th St. SW • 839-5127  
 (Just North of Super Wal-Mart)

Sunday School & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:30 a.m.

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)



## Bible Fellowship Church

Worship Service at 10:45am Sundays  
 Sunday School at 9:45am

**1720 4th Ave NW, Minot 838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

## Immanuel Baptist Church

**1615 2nd St. SE • www.ibcminot.org 701-839-3694**



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

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



## Christ Reformed Church

Worship 11:00 a.m. Sunday  
 234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

## St. John the Apostle Catholic Church

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

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

Fr. David A. Richter, Pastor  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)



## First Lutheran Church - ELCA

120 5th Ave. NW  
 852-4853

Sunday Worship 9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am  
[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman

## St. Mark's Lutheran Church Missouri Synod



**Sunday Divine Service 9:30 AM**

**Adult Bible Study and Sunday School 11:00 AM**

**Wednesdays Kid Connection 5:15 PM**

Reverend Philip Beyersdorf  
 2209 4th Avenue NW, Minot, ND  
**839-4663**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
 Join us on facebook



## Journey Church

**1805 2nd St. SE 838-1111**

**Sunday Services 9:00 AM & 11:00 AM**

**Wednesday 6:30 PM**

## Minot Baptist Church

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

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

*Independent/Fundamental/KJV*  
**500 46th Ave NE • 839-1351**  
 Pastor David Miller



## Cross Roads Baptist

**Southern Baptist Convention**

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

[www.minotcrbc.org](http://www.minotcrbc.org)  
 email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick- Pastor**

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



## West Minot Church of God


*Family Worship Center*

**1105 16th St. NW • 839-1407**

Sunday School ..... 9:30 a.m.  
 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal ..... 5:30 p.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](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)



## Gospel Tabernacle Community Church

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

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

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

## First Baptist Church

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

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

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

## Apostolic Faith Church, UPCI

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

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

**Jesse Starr, Pastor**



## Grace Baptist Church of Minot

*A Reformed Baptist Church*

**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](http://gracebaptistminot.com)**  
**E-mail: [gbcminot@gmail.com](mailto:gbcminot@gmail.com)**

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[www.oslcminot.com](http://www.oslcminot.com)

Rev. Heath Trampe  
 Rev. Brian Doel

Sunday Worship  
 8:15am Traditional Service  
 9:30am Sunday School & Adult Bible study  
 11:00am Contemporary Service

Wednesdays 6-7pm  
 Adult Choir  
 OSKids (age 4-5th gr.)  
 Confirmation (gr. 6-8)  
 High school youth group (6-8pm)



## 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](http://www.ourredeemers.org)



## ORCS Knights



Our Redeemer's Christian School  
 700 16th Avenue SE  
 Minot, ND 58701  
[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772  
[www.orcsknights.org](http://www.orcsknights.org)

# ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

## NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.  
**701.839.0772**  
 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)



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**NSADS@SRT.COM**

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[NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)

# 2023 Air Force Photo Contest

AFIMSC PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas --

Photographers of all ages and experience, get your cameras ready for the annual Air Force Photo Contest launched Sept. 15. The theme for this year's contest, which runs through Nov. 14, is "101 Days of Summer."

"We've been asking patrons since June to capture the essence of summer through their lenses and showcase their creativity, talent and love of summer," said Susan Lear, Air Force Services Center community services analyst, "and we can't wait to see their amazing work that celebrates all of the joy, warmth and adventure that summer brings."

Unlike previous competitions, this year's contest includes two categories of photography – traditional and composite.

"Both traditional and composite photography offer unique opportunities for artistic expression and creativity," Lear said. "While traditional photography captures the beauty of real-life moments, composite photography enables

photographers to push the boundaries of their imagination and create captivating visual narratives."

According to contest rules, traditional photography refers to "capturing images by exposing light-sensitive film or a digital sensor directly to the scene being photographed. It involves composing a single image in-camera, without significant post-processing or manipulation. Traditional photography aims to depict a scene or subject as faithfully as possible, relying on natural lighting and minimal alterations."

Composite photography involves "combining multiple images or elements to create a final composite image. It allows photographers to merge various elements, such as different photographs, backgrounds, textures or objects, to produce a new and often more elaborate composition. With image editing software, photographers can blend, layer and manipulate the different elements to create a cohesive and imaginative final image that may not exist in reality."

The contest, open to all authorized

patrons of Air Force morale, welfare and recreation programs including military members, civilians, retirees and their families, has various subcategories based on age and experience.

For traditional photography, there are five subcategories: Adult Novice and Adult Accomplished for those 18 and older; and Teen ages 13-17, Pre-Teen ages 9-12 and Child ages 6-8.

Adult novice is considered those

who are new or inexperienced in photography while adult accomplished is for those who have higher levels of photography skills through experience, education, training or those who operate as professional photographers.

Composite photography has three subcategories – Adult Novice, Adult Accomplished and Youth Teen (ages 13-17).

After the contest closes, a panel of judges will evaluate submissions

based on various criteria including impact, creativity and technical excellence. First, second and third place winners will then be selected in each subcategory and be awarded \$500, \$400 and \$300 gift cards.

For more information on the contest, including official rules, judging criteria and submission requirements, go to: <https://forcesupport.awardsplatform.com/page/xoKrJDRY>.

101 days of Summer

2023 AIR FORCE PHOTO CONTEST

TAKE PHOTOS OF YOUR SUMMER. WIN PRIZES. SUBMIT ENTRIES STARTING 15 SEPT

[FORCESUPPORT.AWARDSPLATFORM.COM](https://forcesupport.awardsplatform.com)

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## NOTES ON BEING SAFE

### GUN SAFETY PROPER USAGE AND STORAGE IS ESSENTIAL



In our daily lives, firearms of all types are featured in T.V. shows, movies, video games, and in a large majority of our homes. Since firearms have become such a large part of today's society, "Firearm Safety" cannot be overlooked. The purpose of Firearm Safety is to eliminate or minimize the risks of unintentional death, injury or damage caused by improper handling and storage of firearms. If you choose to maintain firearms, you must become fully aware of the risks exposed to not only you, but friends and family. Although studies show that firearm related injuries peak in adolescent groups; adults are just as likely to have a firearm mishap.

Unfortunately, tragedies occur on a daily basis involving unlocked firearms, which make them easily accessible. The first rule of firearm safety is simple and important: Know why you have a weapon in the house, and act accordingly. Keep your weapons secure where no one can access them and cause accidental harm to themselves or others. After all, how often are you going to hunt deer or shoot targets in your home? In the event of a fire or natural disaster, would you want the loaded, unlocked firearm to wound or kill the emergency response personnel who are there to rescue you?

Here are a few basic guide lines to help keep firearms safe and away from unauthorized access.

- Always remove ammunition from firearms.
- Assure no unauthorized persons have access to your firearm.
- Place ammunition in a locked location, separate from firearms. When deciding where to store ammunition, remember to select a

secure place that is out of sight and reach of children.

- Secure unloaded firearms with a gunlock, gun alarm or other type of tamper-proof device, these might render the gun inoperable.
- Store unloaded firearms, in lockable gun cabinet, safe, or locked vault. Remember to place a locked storage case where children cannot

find it.

- Keep firearms storage unit keys away from the "every day" keys. Remember that proper storage or firearms and ammunition can significantly decrease injuries; the consequences of an accidental discard can be devastating.

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

## PETS

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### HELP WANTED

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

### IMMEDIATE FULL AND PART TIME OPENINGS

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

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**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY** Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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**NEXT MARKET DATES: SEPT 9 & 10**

N.D. State Fair Grounds. Admission: \$3. Kids Admission Free All Weekend. Active Military & Veterans' Admission Free on Sunday. Vendor information: [dakotafleamarkets@gmail.com](mailto:dakotafleamarkets@gmail.com) or call or 701-550-1318



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## SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 16 Oct-17 Dec. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007.

### 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](http://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 –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! 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](http://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](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

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

★ Hotel ★  
**REVEL** Weddings for Warriors

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

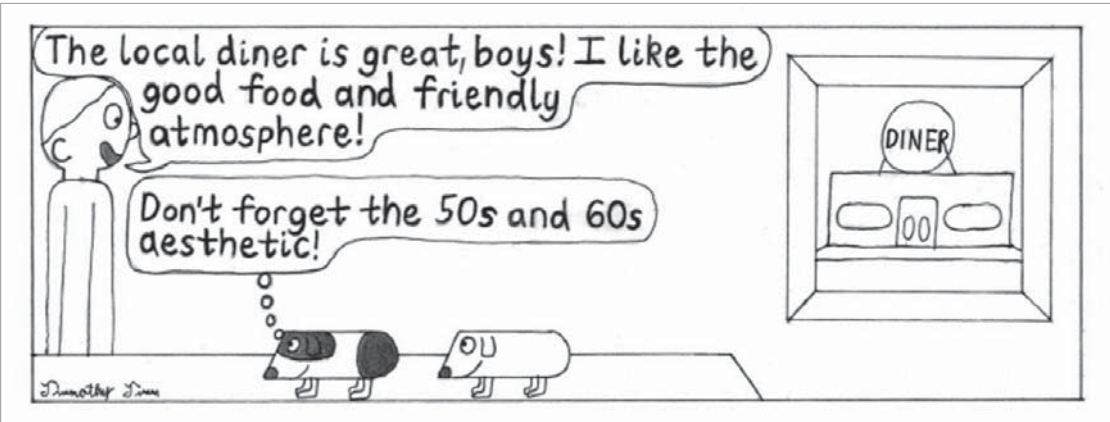
The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

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

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

## TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMMOTHY TIMM

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



# VOLUNTEER OPPORTUNITIES

#### Zombie Run Volunteers

Youth Programs is seeking approximately 15-20 volunteers to play zombies in our zombie run on the 20th of Oct. Additionally, we're seeking 2-3 make-up artists who would like to volunteer to do zombie make-up for these volunteers (supplies would be provided). Volunteer hours would likely begin around 1400 to allow time for makeup and costumes and would conclude around 1800. Anyone who is interested can contact the youth center at 701-723-2838 and speak with either April Lawrence, Briannah Barnett, or Britnee McAlexander.

#### Car Care Clinic Volunteers

1st Baptist Church Minot will be hosting a Car Care Clinic on Saturday, 23 Sep from 0800-1200. This is a great opportunity for those who are familiar with changing oil and other standard vehicle maintenance to help those in need! Each Spring and Fall, FBC Minot hosts the Car Care Clinic for single mothers and widows to get their cars worked on. With winter coming, this is especially important! No experience is required; extra hands are always needed. All tools, parts, and supplies will be provided, feel free to bring extra tools if you have them. Light refreshments will be provided.

POC: SIDNEY M. HELMS, Capt, USAF  
[sidney.helms.1@us.af.mil](mailto:sidney.helms.1@us.af.mil)

#### YMCA Referee Volunteers

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

POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA  
701-852-0141

#### Meals on Wheels Volunteers

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

POC: SrA Brian Bermúdez, [brian.o.bermudezcartagena.mil@health.mil](mailto:brian.o.bermudezcartagena.mil@health.mil) or 723-5184.

#### Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

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

#### Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows:

- Ages 3-4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center
- Ages 5-6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center
- Ages 7-8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center
- Ages 9-12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center

All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.

POC: Ms. April Lawrence, the Youth Sports Coordinator,  
701-723-1477/2838 or email [april.lawrence.2@us.af.mil](mailto:april.lawrence.2@us.af.mil)

#### Magic City Civil Air Patrol Composite Squadron

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

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday  
POC: 1st Lt Jon McLeMores, CAP, [Jonathan.mclmores@ndcap.us](mailto:Jonathan.mclmores@ndcap.us)  
701-720-6410 | <https://nd021.cap.gov>

#### AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire).

The program entails for schools:

- The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher.
- Large-scale pre-scheduled live events will include a program link after registration.
- In-person engagements may be available depending on location and availability of local personnel.

Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields!

This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too.

For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYuLr>

Please feel free to reach out if you have any questions.  
POC: Abigail Kinder, Community Relations & Media Operations,  
Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

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



# “Our Town,” Kicks Off Minot Symphony Orchestra Season

The Minot Symphony Orchestra will open their 98th season, “Our Town” on Saturday, September 23rd with Musicology (the study of music) at 6 pm and music at 7pm in MSU’s Ann Nicole Nelson Hall.

“It’s All About That Bass” is the first of the symphony’s 6 concert series for the 2023-2024 season. Other performance dates include October 28, December 9, February 3 (3pm), March 16, and April 27. Programs for the 2023-2024 season include works by Bizet, Ravel, Liszt, Shostakovich, Sibelius, Copland, and more. The season will also feature two world premieres, a ND premiere, works by 3 local composers including the winner of the annual Young Composer Competition, ND High School Soloist competition winner, and the MSU Division of Performing Arts Honors Competition winner. Featured soloists include 2 MSU professors of music David Rolandson and Dianna Anderson. Also sharing the stage with the symphony this season will be the voices of the MSU Concert Choir, Minot High School Choir, and the Minot Chamber Chorale. The symphony will also feature 3 short films with music played by the local musicians. More information and tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com).

“We are pleased to present this season themed “Our Town” that highlights phenomenal musicians who call Minot, North Dakota home. We hope that concertgoers enjoy the varied musical selections and take advantage of all of the offerings presented this season,” said Christine Baumann, Minot Symphony Association Board President and violist.

The season opener on September 23rd will feature music from one of the most familiar operas, Carmen, Suite No. 1 by George Bizet. The music of Carmen has been widely acclaimed for brilliance of melody, harmony, atmosphere, and orchestration, and for the skill with which Bizet musically represented the emotions and suffering of his characters. A piece that any concertgoer is sure to recognize from numerous movies and commercials.

The program continues with Ralph Vaughn Williams Tuba Concerto in F Minor. The featured soloist is Tubist and MSU Professor of Music, Dr. David Rolandson. Rolandson is Chair of the Division of Performing Arts, Associate Professor of Music, and Director

of Bands at Minot State University where he conducts the Concert Band and leads the MSU Marching Band. In addition, Dr. Rolandson teaches trombone, euphonium, tuba, conducting, and music education courses. He earned a PhD in Music Education from the University of Minnesota, a Master of Music in Wind Band Conducting from Central Washington University, and a Bachelor of Music Education from the University of Minnesota Duluth.

Darius Milhaud’s Suite Provençal is a four-movement suite is based on authentic folk tunes from the beautiful southern province in France, the “Provence”. The composer used a harmonic language respecting the popular characteristics, but that on the other hand also contains some “spicy” notes (just like the well-known “Provençal sauce”! ...). The instrumentation is very colorful, paying a lot of attention to the different timbres of both brass and woodwinds as well as to the percussion section. And the season opener finishes with Alexander Borodin Symphony No. 2.

Tickets start at \$30 for adults with active military, senior, and student discounts available. Season tickets, individual tickets and Pick 6 Flex Passes are available. The Pick 6 Flex Pass includes 6 concert tickets for the price of 5, can be used for multiple tickets to the same performance or spread out between performances. All tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com) or through the box office at 701-858-4228. Patrons are encouraged to purchase tickets in advance.

Musicology, the study of music, will begin 1 hour before the concert starts. Concertgoers are encouraged to attend this 30-minute engaging overview of the works being performed, the story behind the music, the composer, and historical context. It will not be held for the Dec. 9th performance.

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

This project is supported in part by grants from Arts Midwest and the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.



## NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

### NAVIGATING A WORLD OF BROWN DUCKS

Patricia Stockdill

The opening of waterfowl season – specifically ducks – means a couple of things in North Dakota: For starters, it means hunting season truly is getting into high gear and pheasant season rapidly approaches.

Secondly, it means welcome to the world of brown ducks.

You see the problem with North Dakota’s resident waterfowl opener – Sept. 23 this year - is a great number of ducks across the state are still brown. Yes, welcome to the world of brown ducks.

North Dakota is a major player in duck production in the Lower 48 States. Its location in the heart of the Prairie Pothole Region provides a mosaic of wetland kettles in an array of sizes along with nesting cover grass. That combination means the state raises a significant percentage of mallards, gadwalls, blue-winged teal, and other species.

With a September opener for its homegrown ducks, many ducklings are still getting their adult plumage. Many adults are still in the process of molting.

Duck identification is always critical to meet state and federal species and sex bag limits and restrictions. It’s just that in North Dakota, that can be especially tricky.

The N. D. Game and Fish Department helps make identification easier by providing photos or illustrations of the most common waterfowl found in the state on their website link, ([gf.nd.gov/wildlife/id/waterfowl](http://gf.nd.gov/wildlife/id/waterfowl)). A click on the artwork links to species fact sheet.

Hunters can also visit the Central Flyway website, ([www.centralflyway.org](http://www.centralflyway.org)) for more information and details. Click “Education” on the home page and scroll down to “Online Resources” where “Waterfowl Identification in the Central Flyway” takes people to a pdf file of the identification booklet.

The booklet – which can be downloaded and printed for future reference – illustrates characteristics differentiating diver and puddle ducks. Legs of a puddle duck such as a mallard are centered more in the middle of its body, for example. They tip upside down in the water to feed; rarely diving which is characteristic of diving ducks like canvasbacks.

The Central Flyway web page also provides links to U.S. Fish and Wildlife Service videos with actual wing

samples illustrating species differences.

In addition to perusing the Game and Fish Department and Central Flyway websites, it helps to spend as much time afield as possible watching ducks in flight as well as simply watching ducks be ducks: Listen to ducks. Not all ducks sound alike. Just consider that diving ducks have a different quack. In fact, it’s not really a quack; it’s almost like a growl.

Seriously, divers tend to sound like they’re growling a guttural growl - not quacking like puddle ducks such as mallards.

They don’t fly the same, either. Different ducks posture differently when coming into a landing. Wing and flight speed also vary. Just consider a canvasback in flight: They seem to be a mission to get from Point A to Point B as if they absolutely, positively have to be someplace at an exact moment. Plus, “cans” don’t break flight into a landing until the last possible moment.

That’s much different from mallards that seem to enjoy circling around the block... again... and again... and again... and then only to change their minds. That, of course, always seems to happen over one’s decoys, never anyone else’s decoys.

One tip for hunters: Don’t focus so much on breast feather coloration. Instead, study wings. For one thing, lighting changes coloration. Instead, look for a side view to see as much of the wing as possible. In reality, looking at the wing is the truest way to identify ducks.

Also look at a duck’s bill, if possible. If a hunter can see that greenish-yellow bill, it’s a mallard. Not only that, it’s in range. Bill color also indicates if it’s a mallard hen or drake – drakes have yellow-greenish bills while hens have an orangish bill with black mottling.

An example of why foot coloring isn’t always a species indicator is the fact that mallards and shovelers both have orangish legs.

Proper duck identification is more than staying legal and hunting responsibly. It helps understand the nuances of the different species and perhaps above all, helps heighten one’s appreciation for the entire wetland experience.

## TREAGER FRIES WITH CHIPOTLE KETCHUP

**INGREDIENTS**

- 4 WHOLE CHIPOTLE CHILES
- TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 TEASPOON ONION POWDER
- 1 TEASPOON GARLIC POWDER
- CUP KETCHUP
- 1 TABLESPOON SUGAR
- 1 TABLESPOON CUMIN
- 1 TABLESPOON CHILI POWDER
- 1 WHOLE LIMES
- 6 WHOLE YUKON GOLD POTATOES, CUT INTO THICK STRIPS
- 2 TABLESPOON BUTTER
- 1 TABLESPOON TREAGER BEEF RUB
- 1/4 CUP PARSLEY, FLAT LEAF, FINELY CHOPPED

Chop the chipotle peppers, then combine them with the remaining chipotle ketchup ingredients in a mixing bowl. Refrigerate the mixture for at least 1 hour to allow the flavors to blend (making it one day ahead of time is even better if you can swing it).

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

Place the potatoes in a bowl, drizzle with melted butter and sprinkle with Beef rub, toss to coat.

Lay the fries on a Traeger Grilling Basket or a baking sheet and bake for 10-15 minutes, or until the fries reach your desired level of crispness.

Remove the fries from the grill, place in a bowl, and toss with parsley. Enjoy by the handful with plenty of chipotle ketchup for dipping. Enjoy

Ryan Davy - GM  
Minot

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# WHAT'S GOING ON MAFB

## FRIDAY 22

- Project Enigma, 0800, Professional Development Center
- TAP (DoL) – Employment Workshop, 0800, M&FRC
- Family Zumba, 1000, Turf hosted by McAdoo Fitness Center

## TUESDAY 26

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

## FRIDAY 29

- Registration Closes for Youth Indoor Soccer, Youth Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC

## SATURDAY 23

- Zumba, 1100, McAdoo Fitness Center

## SATURDAY 30

- Minot Runs the World Ends, McAdoo Fitness Center
- Zumba, 1100, McAdoo Fitness Center

## SUNDAY 24

- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, McAdoo Fitness Center

## WEDNESDAY 27

- Right Start, 0730, Jimmy Doolittle Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130, Professional Development Center
- Food Advisory Council, 1200, Dakota Inn Dining Facility
- Suicide Prevention/SAPR Brief Tier 2, 1400, Professional Development Center
- Zumba, 1730, McAdoo Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, McAdoo Fitness Center

## MONDAY 25

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

## THURSDAY 28

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Informed Decision Seminar, 0800, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- July – September ESM Birthday Meal, 1730, Dakota Inn Dining Facility
- Zumba, 1800, McAdoo Fitness Center

## SEPT SPECIALS

Bomber Bistro **Teriyaki Chicken Bowl**  
Grilled chicken enveloped in tasty teriyaki sauce with a side of broccoli and topped with sesame seeds. Only available during lunch in limited supply.

The B-Fifty Brew **Pumpkin Spice Latte**  
Signature Starbucks espresso and steamed milk with the fan-favorite flavor combination of pumpkin, cinnamon, nutmeg, and clove.

Rockers Bar & Grill **Naked Wings**  
Crispy, juicy traditional wings with your choice of sauce or dry rub, including Asian sesame, buffalo, fire & fury, honey bbq, sriracha, lemon pepper, and roasted garlic

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B-FIFTY BREW

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## Opening Weekend

Rough Rider Bowling Center opens on Thursday, 5 October 2023!  
Hours: Thursday 4PM-9PM, Friday 4PM-10PM, & Saturday 2PM-10PM

4PM-9PM • Saturday, 7 October  
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