


northern sentry

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NEW DEPUTY COMMANDERS AT MINOT AFB

U.S. Air Force Col. Benjamin Jensen, 5th Bomb Wing deputy commander (left), and U.S. Air Force Col. George L. Chapman, 91st Missile Wing deputy commander, pose for a photo next to their respective wing's shield at Minot Air Force Base, North Dakota, Sept. 11, 2023. Jensen and Chapman are Minot Air Force Base's newest deputy commanders. More on page A3.

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

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Team Minot welcomes newest deputy commanders

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

MINOT AIR FORCE BASE, N.D.

Recently, Team Minot welcomed its newest deputy commanders. U.S. Air Force Col. Benjamin Jensen and U.S. Air Force Col. George L. Chapman assumed deputy commander duties for the 5th Bomb Wing and 91st Missile Wing respectively.

Jensen most recently served as Chief of the Bomber Requirements Division at Air Force Global Strike Command headquarters. In this role, he supported nuclear weapon system and strategic force modernization across bomber platforms, enabling AFGSC to provide combat-ready forces to combatant commanders for strategic nuclear, global strike, and deterrence operations.

Chapman previously served as Chief of the Nuclear Force Development Division and as the nuclear and missile operations career field manager at Air Force headquarters. He is a master nuclear and missile operations officer with more than 5,560 hours of nuclear alert duty.

With Minot AFB being the only dual-wing nuclear capable base in the Air Force, it plays a significant and unique role in the AFGSC mission. As deputy commanders, Jensen and Chapman agree that executing this mission requires a high level of synchronization between their respective wings.

“We support two missions that carry vital strategic impact,” said Jensen. “We have to communicate together, think together, and work through any challenges together.”

“Having a solid partnership and being a team player allows us to work well together,” said Chapman. “The relationship between the 5th BW and 91st MW is crucial to accomplishing the mission.”

Jensen is no stranger to Minot AFB, having been stationed here twice previously. Chapman, however, will be serving here for the first time. Both say they are looking forward to what lies ahead and are excited to be a part of Team Minot.

“The sense of community and teamwork here is unmatched, and that excites me,” said Jensen. “It’s very impressive the way Airmen and their families come together day in and day out to execute the mission here.”

“Retired veterans often talk about how important the people to their left and right were, and it’s places like Minot AFB where those meaningful bonds are forged,” said Chapman.

In addition to supporting Minot AFB’s mission of global strike and nuclear deterrence, Jensen and Chapman say they look forward to investing in and identifying ways to benefit the careers of Team Minot’s Airmen.

“A big priority of mine is focusing on the Airmen and their families, and seeing what can be done to help their growth and development as they serve here at Minot AFB,” said Jensen.

Chapman added, “As the saying goes, ‘Only the best come North,’ and it’s about the people. Caring for Airmen and their families is very important to us.”



COLONEL GEORGE L. CHAPMAN
91st Missile Wing Deputy Commander



COLONEL BENJAMIN D. JENSEN
5th Bomb Wing Deputy Commander

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5th Bomb Wing Deputy Commander:

Col. Benjamin Jensen

91st Missile Wing Commander:

Col. Kenneth C. McGhee

91st Missile Wing Deputy Commander:

Col. George L. Chapman

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Finger in the Flame



SLICE OF LIFE
KIM FUNDINGSLAND

Quite often men behave like, well, men. At least that's my explanation for what I am about to reveal.

Men relish the tough guy persona, of which the trait of never showing pain is one of the foremost measurements of the male sex. Of course, there's a limit to how far this illusion can successfully be carried. I know. I've reached it.

Admittedly, I am not one to smirk and smile when a physician is about to stick a needle in me, or when it actually happens. I'm more of a grin and bear it guy, short on grin though. Needles and I just don't get along very well.

Where's he going with this? Fine. I'll get to the point.

A few years ago, I was afflicted with a particularly nasty case of what is known as tennis elbow. In my case it was actually fishing elbow, a swelling and soreness of the elbow joint that just wouldn't go away, making the simple act of using even the lightest fishing rod rise to a 10 on the misery meter.

After talking to several other continually active fishermen, including some in the professional ranks, I learned that "fishing" elbow usually required a shot of cortisone to settle it down. Most of them hinted at, or rather warned me, that getting the shot wouldn't be the most pleasant experience but maybe the only solution.



**UPSIDE DOWN
UNDER**
MARVIN BAKER

There have been a lot of articles recently about AM radio and its impending doom. Apparently, some auto manufacturers are eliminating AM radio from their cars, but there continues to be a pushback from government and the private sector.

Someone asked me the other day if I thought AM radio will be going away? My reply was not a chance because there are too many people and organizations dependent on AM radio.

All you need to do is look across North Dakota to know and understand how important AM radio is to its listeners.

At the top of that list is emergency broadcasting. If we have a tornado, flood or blizzard, AM radio stations can get immediate reports to inform the public about the threat of a disaster.

During and after the disaster, it brings people back together that many of us remember from 1997 in Grand Forks and 2011 in Minot. AM radio is also a trusted source of information during a national emergency.

Sports is getting to be a bigger

Cortisone though, is kind of a last resort thing. However, after trying rest, then certain exercises, my elbow was not responding. Swelling and soreness remained. It was time to "man up" and ask the doctor for the needle.

When the appointed time arrived, I sat in the doctor's office, sleeve rolled up, ready for a needle. I put on my best face, joking about being injured in the simple act of fishing, smiling at the nurse and doctor.

Then the doctor pulled out a needle about the size of Idaho, with a monstrous vile of fluid attached to it, and politely warned me this may not be pleasant. He then explained that the needle would remain in me for several minutes so as to complete the injection, the result of which may or may not be successful.

While I am telling myself to toughen up for what is about to happen, the doctor asks me if it is okay if an intern watches the procedure. No problem.

Then the nurse opens the door and in walks the most beautiful medical student on the planet. I was no longer looking for a stick to bite while the doctor administered the shot, but determined I would smile through the entire event. I mean, it's just a shot. Right?

The doctor pressed gently on my swollen elbow, asking me where it hurt the most, which was pretty much everywhere. However, after some poking around we agreed on the most tender spot. It was there, he said, that the shot would be most effective. I was already hoping the worst was over.

So, the doctor sticks the needle in what is already a miserably sore spot while I have determined to hold a contrived smile through the entire event, especially in the presence of the lovely intern.

I managed this false persona for but a few scant seconds. My smile was turning into a frown despite



KIM FUNDINGSLAND PHOTO

my best efforts to appear immune to the pain. Manly, huh?

The doctor holding the needle reminded me to hold still, adding that it would take some time to complete the injection. I looked at the vile of fluid atop the needle and knew he wasn't kidding. It appeared darn near full to me. Then I looked up at the doctor and saw him smile slightly, eyes bright too. He knew my ruse was about to unravel.

Well, seconds turned into weeks. At least that's what it felt like. My pretend smile was soon long gone, and tears were filling my eyes. I white-knuckled the arm of chair I was sitting in. I couldn't breathe. Now tears began dripping off my face. The vile was only about 2/3rds drained. My cover was blown.

I looked at the doctor. He grinned and winked and told me it wouldn't be much longer. Then I turned my eyes to the intern who smiled slightly, which I took to mean she read the situation perfectly. I had to laugh a bit. Not

much, but a little. I still had that darned needle in my elbow.

When this excruciating event came to an end, we all had a good laugh at my feeble attempt to ignore what they knew would be impossible to do. The doctor complimented me for my effort, adding that he hoped the injection worked because he wouldn't administer another for at least six months. That was the most welcome news I had ever heard.

I was given a handout which detailed exercises to do once the swelling went down, exercises to keep "fishing elbow" at bay. They shot worked and the exercises work. I've been doing them at the start of each fishing trip for the last dozen years or more. I'm motivated. No more cortisone shots for me!

Wherever she may be, I'm sure that intern has shared this slice of life story many times. When I think about that I can hear the laughter, shake my head, and chuckle.

Is AM radio going away?...

industry than it once was in North Dakota. High school, college and semi-pro sports teams broadcast on AM radio here in the state. Other AM stations carry the Minnesota Twins and/or Minnesota Vikings.

And to a baseball fan like myself, on any given night, I can listen to any one of four baseball games; the Minnesota Twins on KCJB in Minot, the Toronto Blue Jays on CFSL in Weyburn, Saskatchewan, the St. Louis Cardinals on KMOX in St. Louis and the Chicago Cubs on WSCR in Chicago.

If AM wasn't available, none of those teams would have fans in remote locations because FM doesn't travel as far.

And let's not forget high school district, regional and state tournaments. How many times are important games going on while farmers across North Dakota are in the field? With AM they can turn on the radio in their tractor, combine or truck and perhaps listen to their own kid's game when they can't be there.

In my opinion, the biggest change for the better in AM radio is the move to digital broadcasting. As of right now, there are just a handful of AM stations that broadcast a digital format. Digital AM has CD quality sound which would make it a better choice for listeners.

There's at least one digital AM station we can receive here in North Dakota at night and that is KSL, 1160 in Salt Lake City. If you have a high definition radio, tune into KSL some night and you'll be

shocked at the quality of sound.

Then, there's the quality of sound itself with analog AM. Given the right equipment, you can make AM sound pretty darn good. Many of us think AM radio sounds like listening to a broadcast from a tin can. Sure, that's what cheap radios sound like.

Get yourself a good radio and see for yourself. Most newer vehicles have good quality sound systems in them these days. Try an AM station and see for yourself. I think you'll be quite surprised.

But the downside of AM is the static that comes with electrical storms, bad wiring and other radio frequency interference. There are several ways to control that however. One way is to use ferrite coils or choke coils that stop RFI before it enters the radio itself. These things can be quite effective.

Unfortunately, I don't understand the physics of RFI in electric vehicles. But my guess is that is something that can be improved and eventually eliminated. If you're old enough to remember 1940s and 1950s car radios, you'll know what I mean.

Now, think about listening to radio in remote locations. There are several places here in North Dakota in which FM radio and TV are not or are barely available to rural residents. With AM it doesn't matter. The most remote locations will get AM because of how the amplitude modulation (AM) radio waves travel.

I seriously doubt AM is going

anywhere anytime soon. In fact, CKJH, 750 AM in Melfort, Saskatchewan recently went on the air. What's interesting about CKJH is that it's heard loud and clear in parts of North Dakota. And if you think North Dakota is remote, consider interior Alaska, rural Nevada or rural Arizona where there are no other terrestrial broadcasts.

These are the reasons AM radio is and will remain important.

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Events from
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Dates You Won't Want To Miss!

Whether you keep your life organized on your smart phone or have a calendar on the wall, like me, there are some important dates coming up of events you won't want to miss.

We'll start with October 8th at 4 PM at Anne Nicole Nelson Hall on the campus of Minot State University. The Brass Band of Minot will begin their concert season with a Patriotic Concert filled with familiar tunes; some older favorites and some new charts including Josh Groban's "Your Raise Me Up". Admission is free.

As long as you are in October, take a step back a day to October 7th as The Sertoma Club of Minot presents their annual Seltzer and Beerfest at the Flickertail Gardens at the North Dakota State Fairgrounds. There are more details on the Sertoma Facebook page, including a link for purchasing tickets. October is certainly beer & seltzer time.

On October 28th the Minot Symphony Orchestra present their Halloween SPOOKTACULAR at 7 PM. The big screens at Anne Nicole Nelson Hall on the MSU campus will come alive with spooky silent film scenes accompanied by the music of the world's most masterful composers. Tickets available on the MSO website.

Start your Christmas season right at the Downtown Christmas Open House. You hit all of those early-bird sales at the big box stores, and now it's time to come downtown and experience Christmas, at a little slower pace. Stores will have special Christmas window displays and many will serve special holiday treats. DRUM ROLL!!! At 6 PM on stage, and on cue, VIP guests from the

Minot Air Force Base will light the downtown Main Street Christmas tree. On stage will be Chloe Marie and friends performing many of your favorite holiday season tunes. Admission is free, and you can find parking in either of the parking ramps.

The Minot Chamber Chorale will present their annual Renaissance Feast on Friday, December 1st and Saturday, December 2nd. The Lords and Ladies of the manor invite you to a holiday feast. The hall will be filled with Christmas tunes and holiday fun. More information at minotchamberchorale.com.

How about a short drive to Garrison, ND for the annual Dickens Village Festival, "Where Christmas Begins." The festival takes place over 3 weekends, starting on Friday November 24th, and continuing on the December 1st & 2nd, and December 8th & 9th. Garrison's Dickens Village Festival will delight and entertain families from across North Dakota, eastern Montana and southern Canada. The event turns a community of 1,500 into a quaint Victorian town from the era of Charles Dickens'. Hope you join your friends in celebrating the Holiday Season in Garrison, ND! More information, including entertainment and ticket information, at dickensfestival.com.

It's a sell-out! The Holiday Magic Minot Symphony Orchestra concert on Saturday, December 9th at 7 PM. There's a lot going on during the Christmas season, but this concert is a "don't miss" event. This year the concert will host the Minot State University and Minot High School choirs. Get your tickets early on the MSO web site, or Facebook page.

The CP Holiday Train is

coming...but you'll have to watch the Northern Sentry for the date and time when they arrive in Minot. Usually set for a 6:00 PM arrival, the CP Holiday Train has great entertainment and will host a holiday food drive for local pantries.

I know I didn't fill your calendars...but keep watching as I will highlight some of the events that I may have missed today, in future articles. Keep watching for more, dates you won't want to miss.

BEST KEPT SECRETS

I am going to go with the double decker Queen Elizabeth from the Dickens Village Festival in Garrison. Book your ride from downtown Garrison to Fort Stevenson. Walk around the exhibits, tour the Fort. The Queen Elizabeth runs during the Dickens Festival, starting on November 24th.

TODAY'S CHUCKLE

If you're really looking for a get-rich-quick scheme, get elected to public office.

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**A VIEW FROM
OUR SIDE**
ROD WILSON



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LET'S TALK NORSK HØSTFEST!

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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.

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AIC Maxwell Ditsworth




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Forces Squadron**

Home Town: Spirit Lake, Iowa

Airman 1st Class Maxwell Distworth is a certified Missile Security Operator for the 891 Missile Security Forces Squadron. While deployed to the Missile field, he is responsible for the safety and security of his assigned equipment and patrol areas. Maxwell is also a member of the Minot AFB Hockey Team where he was the team's lead for fundraising events that raised over \$3,500 allowing the team to participate in three additional competitions.

GAME SALUTE: FRIDAY, OCTOBER 6

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.



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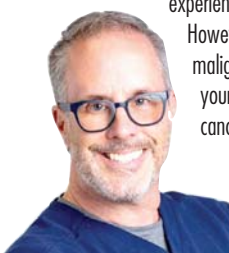
Skin Cancer: Who Is at Risk?

I recently entered into my 25th year practicing dermatology. Though any diagnosis of Cancer is always frightening, researchers have continued to expand our understanding of these varied and distinct diseases, far beyond what I ever could have imagined. Of course, early detection has remained the best weapon we have in the fight against any type of cancer. Routine recommended cancer screenings have been demonstrated to improve one's life length and quality. With regard to your skin, the Skin Cancer Foundation states, "As part of a complete early detection strategy, we recommend that you see a dermatologist once per year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam."

Time in the Sun
As most of us already know, exposure to ultraviolet (UV) rays is the leading environmental cause of skin cancer. The most common source of (UV) exposure is the sun. However, utilizing sun protection and taking precautionary measures while enjoying the outdoors will minimize the deleterious effects. Those who work outside, and spend much of the day in direct sunlight, have a greater lifetime risk of developing skin cancer. UV rays can penetrate cloud cover (and smoke from Canada as of late) and clothing that has not been specifically designed to thwart them.


Genetic Factors
The good news is that not all skin cancers are genetic. The bad news is, that according to the Skin Cancer Center, "Skin cancer is the most common form of cancer in the United States, with one in five Americans developing the disease during their lifetime." However, if you have a close relative that suffered from skin cancer, this can factor into your overall risk. Certain other diseases and genetic mutations are linked with the increased risk of skin cancer. Most notably, according to the National Institute of Health, one specific gene mutation will "...result in red hair and fair skin, and are also associated with (a greater) risk for melanoma", the most deadly form of skin cancer.

How do Skin Cancers Appear
Though I hope to get into much greater detail in subsequent articles, the earliest signs of skin cancer are spots on the skin. If you have moles/marks/freckles, you should get them evaluated by an experienced dermatology provider. In many cases, these lesions are benign. However, there is a chance that some of them may be premalignant or malignant. Getting them evaluated and removed, if necessary, reduces your risk of skin cancer and/or serious outcome as a result of a skin cancer diagnosis



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AIRMAN 1ST CLASS ALYSSA BANKSTON, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Class is in session. The 372nd Training Squadron, Detachment 22, is an Air Education and Training Command detachment with its host command at Sheppard AFB, Texas. Det. 22 delivers aircraft maintenance training to Airmen assigned to the 5th Maintenance Group.

"We have a really big focus on empowering people and giving them the tools that they need to do their job better and giving them the confidence to do it," said U.S. Air Force Master Sgt. Michael Orvieto, 372nd TRS, Det. 22 senior enlisted leader.

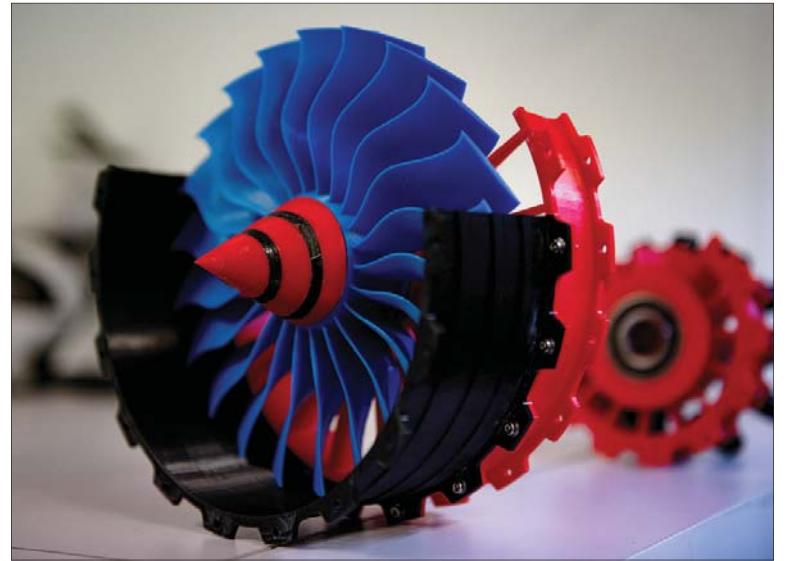
Orvieto said Det. 22 is the third stop for new Airmen assigned to the 5th Maintenance Group. Maintenance Airmen will first go to basic military training, where they are challenged mentally and physically and learn the basics of Air Force life. After BMT, maintenance Airmen attend technical school to learn the basic principles of their career field. Once they graduate from technical school and receive their assignment to the 5th Maintenance Group, they report to their work center and start working. Shortly after, they go to the field training detachment to learn

about the specifics of maintaining the B-52H Stratofortress.

"Here you get the chance to talk to the instructor and get feedback on how you're doing and build your confidence up so you can go back to the flight line and lead a team of

people and have confidence in what you're doing," said Orvieto.

Det. 22 trains Airmen assigned to 11 different career fields with classes as short as six hours or as long as 40 days, depending on the career field.



A 3D printed model of a B-52H Stratofortress engine is displayed for 372nd Training Squadron, Detachment 22 students to gain a better understanding of how the engine functions at Minot Air Force Base, North Dakota, Aug. 28, 2023. Det. 22 has been modernizing their training by incorporating new technology into their curriculum.



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Tech. Sgt. Stephenie Molloy, 372nd Training Squadron, Detachment 22 B-52H Stratofortress aircraft maintenance instructor, gives a lecture in a Det. 22 classroom at Minot Air Force Base, North Dakota, Aug. 28, 2023. A major focus for Det. 22 leadership is to inspire students to care more deeply about their jobs.



A broken B-52H Stratofortress tip landing gear used for training is displayed at the 372nd Training Squadron, Detachment 22 at Minot Air Force Base, North Dakota, Aug. 28, 2023. The training at Det. 22 is important because it offers hands-on familiarization for new Airmen without impacting flight line operations.

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

“The training that we offer here is on many different spectrums from engine theory, all the way to crew chief jobs changing tires, to avionics jobs,” said Tech. Sgt. Bryce Mathew Weaver, 372nd TRS, Det. 22 non-commissioned officer in charge and B-52H avionics instructor.

Airman 1st Class Nayeli Ruiz, 5th Maintenance Squadron crew chief and 372nd TRS, Det. 22 student, has been stationed at Minot AFB since March. Ruiz worked in the phase dock until August when she started training at Det. 22. Ruiz is expected to complete her training in October.

“I love the small class environment and being able to ask questions freely and getting that answer either immediately or written down and followed up,” said Ruiz. “I like how small the class is and how it’s more hands-on.”

Orvieto described his experience as a student as a beneficial step in his career. Completing this training allowed him to take time to read about the system theory and understand how things work in

order to build on his troubleshooting skills rather than just following technical orders.

“On the flight line, a lot of times we have to get the mission done and you’re still following the TOs, you’re still following all the data, but sometimes the translation of why a system isn’t working right or what parts connect to these other parts, that information is best taught in a classroom environment where you don’t have the stressors of the flight line,” said Weaver.

Upon completing their training at Det. 22, Airmen are prepared to do the job to the best of their abilities and are sent out on the flight line.

Orvieto described his experience as a Det. 22 student in 2011 as having limited technology. He talked about the projectors, pulldown screens and how everyone used paper documents. Over the last few years, Det. 22 was able to modernize their technology by collaborating with different agencies including AFWERX, a U.S. Air Force program that encourages an innovative

culture within the service.

“We’ve been in touch with Sparkworks as well as Barksdale and Sheppard headquarters, transitioning from hands-on training to virtual reality training,” said Weaver. “We have come a long way from starting with essentially nothing. We’ve actually been starting the process of building courses so that instead of going on the flightline having a dedicated aircraft that we have to train Airmen on, we can do it in a virtual reality environment so they can still have that hands-on experience without impacting the mission requirement.”

By communicating with other bomber training detachments across the U.S. Air Force, Det. 22 incorporated new technology into its curriculum, such as virtual reality headsets, a 3D printer, new monitors, new computers and new SMART Boards in every room.

“It seemed like back in the day, Det. 22 was just kind of like a broom closet,” said Orvieto. “Now we’re up and coming.”

Det. 22 is working with the training detachment at Barksdale AFB, Louisiana, and a company called HTX Labs to build a virtual reality product that would allow students and their instructors to put on a headset and do tasks in a virtual hangar without leaving the classroom.

3D printing has also found a place in the innovative training at Det. 22. Here, Det. 22 has used their 3D printer for training by printing

a model of a B-52H Stratofortress engine so students can improve their comprehension of how the engine functions.

“We’re using the technologies that are available to us to improve our training,” said Orvieto. “One of the major things we can do is inspire people to really care about their jobs because if you actually care, you’re going to do a better job.”

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Air Force Picks Northrop Grumman for New Stand-in Attack Weapon

JOHN A. TIRPAK, AIR & SPACE FORCES MAGAZINE

The Air Force has awarded Northrop Grumman a \$705 million contract for a three-year program to develop and test the classified Stand-in Attack Weapon (SiAW), a supersonic air-to-ground missile which will be used to clear a path through adversary air defenses and take out high-value targets in potential future conflicts.

Under previous, classified competitive Phase 1 contracts to Northrop, L3Harris, and Lockheed Martin, the Air Force was looking toward a five-year development and production program that will provide SiAWs to operational units by 2026. The F-35 is the initial platform for the SiAW, and the Air Force has indicated the B-21 bomber may also carry the weapon.

“During the next 36 months, Northrop Grumman will further develop the weapon, conduct platform integration and complete the flight test program for rapid prototyping in preparation for rapid fielding,” the company said in a press release. “Work will be performed at the company’s Northridge, Calif., facility” as well as its “factory of the future” missile integration facility at Allegany Ballistics Laboratory in West Virginia.

Northrop’s SiAW builds on its Advanced Anti-Radiation Guided Missile (AARGM), which in turn

succeeds the AGM-88 HARM (High-speed Anti-Radiation Missile). The HARM, which entered service in the 1980s, was used with great effect during Operation Desert Storm by quickly homing in on and destroying ground-based search and track radars before they had a chance to move to a new location. The weapon was so effective that Iraqi radar operators were deterred from turning on their systems, knowing a HARM would likely arrive a few seconds later.

According to Northrop, SiAW is meant to “defeat rapidly relocatable targets” that are part of an enemy’s anti-access/aerial denial system, but industry and Air Force officials have said SiAW’s target set will go beyond air defense radars and include:

- command-and-control sites
- ballistic missile and cruise missile launchers
- GPS jamming systems
- anti-satellite systems
- Other high-value or fleeting targets.

The SiAW is also supposed to be faster than HARM and be effective against targets at greater range. Northrop’s website says the SiAW addresses “gaps created by 2025+ threats.”

Despite the weapon’s longer range, the term “stand-in” indicates that it operates within an enemy’s

defended airspace. Since the 1980s, the effective range of integrated air defense systems worldwide has multiplied.

The SiAW will have multiple seeker sensors and use GPS in addition to other navigational systems. The missile employs tail control and has “enhanced survivability,” Northrop said.

The SiAW will have an open architecture “that will allow for rapid subsystem upgrades to field enhanced capabilities,” according to Northrop. While the Air Force has not disclosed its SiAW acquisition strategy, service officials have said that those companies not selected to develop the weapon will have a chance to propose later upgrades for it.

The contract covers Phase Two of the program, a Middle Tier Acquisition effort utilizing digital engineering. In Phase 2.1, a guided vehicle will make a flight test, while Phase 2.2 “concludes with three additional flight tests and the delivery of the SiAW leave-behind prototype missiles and test assets,” the Northrop release stated.

Air Force funding for SiAW in fiscal 2023 was \$283.3 million, with peak funding of \$718.2 million expected in 2026.



A Northrop Grumman illustration of the Stand-in Attack Weapon, or SiAW.



BUSY BEES

A big thank you to these volunteers from Minot Air Force Base! They dropped in to help sort and organize donations at Project BEE. Project BEE is fortunate to have many generous folks bring donations, but it takes a lot of work to ensure that they are sorted and stored correctly so items can be properly distributed. The Warming Center opens this Sunday, and they are actively recruiting volunteers. Check their openings <https://portal.goldenvolunteer.com/opportunities/wmbBghzEdy>



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DAF childcare fees amended following DoD policy change

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JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

The Department of the Air Force is set to amend childcare fees, effective Dec. 31, in keeping with the new Department of Defense Program Fee Policy for school year 2023-2024.

“The Defense Department is adjusting how much service members pay in childcare fees for the 2023-2024 school year to reduce the burden on lower-income families and meet the intent of Executive Order 14095,” according to a DoD release.

Executive Order 14095, “Increasing Access to High-Quality Care and Supporting Caregivers,” directs the DoD to improve the affordability of childcare on military installations.

The new fee policy reduces the number of fee categories from 14 to 11, modifies the total family income categories and increases the highest income category to \$160,001 and above.

“These adjustments provide a more equitable division of fees based on total family income,” said Lesley Smith, Air Force Services Center chief of Air Force Child and Youth Programs.

“We’re mission enablers and our goal is to care for Air and Space Forces families not only through our traditional programs, but in our local communities as well. These adjusted fees will allow our members to receive high-quality care at a reasonable cost,” she said.

The new fee policy also increases the fee assistance provider rate cap for community-based providers and military-certified family childcare providers up to \$100 a month per child.

“Changes to the fee policy will ensure DoD can continue to invest in our service members by providing quality, affordable childcare through both installation-based programs and community-based fee assistance,” said Grier Martin, performing the duties of the assistant secretary of defense for Manpower and Reserve Affairs. “We recognize the importance of

Category	Total Family Income	Standard Weekly Fee Per Child	Market Adjustment Fee Low (Optional)	Market Adjustment Fee High (Optional)
I	\$1 – \$45,000	\$54	\$45	\$56
II	\$45,001 – \$55,000	\$61	\$51	\$63
III	\$55,001 – \$65,000	\$74	\$62	\$77
IV	\$65,001 – \$77,500	\$88	\$74	\$91
V	\$77,501 – \$90,000	\$104	\$88	\$108
VI	\$90,001 – \$102,500	\$121	\$102	\$126
VII	\$102,501 – \$115,000	\$138	\$116	\$143
VIII	\$115,001 – \$130,000	\$155	\$130	\$161
IX	\$130,001 – \$145,000	\$175	\$147	\$182
X	\$145,001 – \$160,000	\$195	\$164	\$203
XI	\$160,001+	\$215	\$181	\$224
DoD contractors and specified space-available patrons	Not Applicable		\$340	
Standard Hourly Care Rate			\$8.00	

The recently released Department of Defense Child Development Program Fees School Year 2023-2024 includes a reduction in categories from 14 to 11.

DEPARTMENT OF DEFENSE GRAPHIC

providing military families and DoD civilians with access to quality and affordable childcare, and we’re committed to addressing the increased demand and challenges for this critical issue which directly impacts the readiness of the Total Force.”

Following routine, all-inclusive assessments of childcare fees, the school year 2023-2024 fee policy was developed to make the cost of childcare more equitable and affordable for families with the greatest economic need by reducing the percentage of income that lower income families devote to their childcare needs, according to the DoD news release.

The DoD is also expanding

eligibility to service members for Dependent Care Flexible Spending Accounts. Service members can enroll during the 2023 Federal Benefits Open Season in mid-November through mid-December 2023, and accounts will start for those enrolled on Jan. 1.

Overall, these childcare fee policy changes will help the DoD continue to provide quality child development services to military families, “which is consistent with our ongoing efforts to both improve the affordability of childcare and recruit and retain CDP workers,” Martin said.

The updated DAF fee policy will be released in the next few weeks and will provide more guidance for Air and Space Forces families.

welcome baby

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BABY GIRL BORN ON SEPTEMBER 17, 2023 TO: ASHLYN CLEMENSON BRUMMOND AND JOSHUA KELLER BOTTINEAU, ND

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More Can Be Done to Bring Hispanic Americans Into DOD, Defense Official Says

C. TODD LOPEZ, DOD NEWS

The Defense Department provides broad opportunities for service members and civilians alike, but more can be done to increase the diversity of those holding DOD positions, including Hispanic citizens, said the undersecretary of defense for personnel and readiness.

“The department offers a variety of career opportunities in and out of uniform that span from astronomy, to nuclear science, to human resources and education — not to mention the vast array of opportunities in science, technology, engineering, mathematics, which are in great demand,” Gilbert Cisneros said at the 19th National LATINA Symposium’s Distinguished Military Service Awards.

Cisneros also serves as the DOD’s chief diversity officer, and he told the audience that he wants future generations of young people to see the Defense Department as a model employer and want to serve their country in uniform or as DOD civilian employees. But he also said the department must do more to increase the diversity of those who choose to serve in either capacity.

While Hispanics are well represented in the enlisted force, the same can’t be said across the board, he said.

“We still need more improvement in Hispanic representation in our officer corps and especially in our general and flag officers,” he said. Within the civilian workforce, he said, there is also a discrepancy in Hispanic representation.

“While the DOD has made progress in increasing the presence of Hispanics in the Department of

Defense military and civilian ranks, there is still much work to be accomplished. This is where I need your help,” Cisneros said, calling on Hispanic symposium attendees to represent military service in their communities.

“To each of you in this room, as an influencer in your community, I call upon you to help increase awareness for what the Department of Defense has to offer by sharing with young people the value of public service, particularly service to our country, either in the military ranks or as a civilian servant,” Cisneros said. “DOD will do its part to build more inclusive cultures and communities that work together to influence constructive change.”

Charmane S. Johnson, who serves as DOD’s director of policy for special emphasis programs, touted the size of the U.S. military and the significance of its mission.

“For those who are not aware, DOD is the biggest employer in the United States with a total force population of approximately 2.5 million military service members and over 900,000 civilians,” she said. “We are also the largest government agency, we own the most land, and we are the biggest part of the president’s budget. And, not to mention, we have the best mission in the world — at least in my opinion — because we get to solve problems no one else can, and that makes DOD a pretty exciting place to work.”

For DOD to maintain the successes it already has, Johnson said, it needs something else: diversity.

“We need talent from every

community in America to help us get the job done,” she said.

At the symposium’s awards ceremony, about two dozen Hispanic women from all branches of the military, both uniformed and civilian, were recognized for service to the Defense Department. Johnson asked all those in attendance to look to those women to see how diversity is helping the DOD accomplish its mission.

“As we learn more about their accomplishments, I hope you will also take note of the vast opportunities to grow and excel in DOD, whether in uniform or as a civil servant,” Johnson said. “As we celebrate this great heritage month for many years to come, we hope to tell even more successful stories, like how women, especially women of color, many in this room, how they will be seated at the table and represented in senior ranks at the same rate as their male counterparts.”

Johnson said DOD recognizes the importance of diversity, including Hispanic women, to its mission, and failure to recognize that will be detrimental to its mission.

“DOD will continue to play a role in advancing equity in Hispanic communities because we understand that readiness requires people, and, when talent is marginalized, organizations lose,” she said.

The 19th National LATINA Symposium Distinguished Military Service Awards event was held during National Hispanic Heritage Month, which runs Sept. 15 through Oct. 15.



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ACCURATE ASSURANCE

These recently cleared photos of the reentry of an unarmed Minuteman III ICBM, sent by the team at the U.S. Army Space and Missile Defense Command (SMDC) Ronald Reagan Ballistic Missile Defense Test Site demonstrate the accuracy of the unarmed ICBM test launch earlier this month, 2,300 miles west-southwest of Hawaii on Kwajalein Atoll, in the Republic of the Marshall Islands. Each test launch reiterates the safe, secure, and effective capability of the land-based leg of the U.S. nuclear triad. Operated by Striker Airmen out of Vandenberg Space Force Base, every test launch is also closely monitored by teams at the Reagan Test Site, supporting and evaluating through the duration of the ICBM's flight. The information collected by personnel at RTS provides invaluable radar, optical and telemetry data in the terminal phase of flight to evaluate system performance. The world-class range and test facility utilizes optical and telemetry sensors, as well as high-fidelity metric and signature radars, to support the research, development, test and evaluation of America's defense and space programs.

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Sept. 26: 1,840.42 feet above mean sea level (MSL); 17,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.59 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.56 MSL.

- N.D. Game & Fish Dept. game wardens: No reports from area lakes, Devils Lake, or the Missouri River System.

- Devils Lake, Ed's Bait Shop, Devils Lake: limited reports but look for continued small walleye activity.

- Devils Lake, Woodland Resort, Devils Lake: lots of small walleye yet in 8 to 16 feet but also try deeper in 22 to 32 feet with spinners. Some crankbait activity, as well. Improving pike success in shallower water.

- Lake Darling, Karma C-Store, Ruthville: Better walleye activity seems to be more so around Greene than on Lake Darling with anglers switching to minnows.

- Lake Metigoshe, Four Seasons, Bottineau: Anglers finding a few walleye but no bluegill reports.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Anglers switching to minnows for walleye but depths remain deep on the east end of Lake Sakakawea. Try around Douglas, Deepwater, and Steinke bays. No Lake Audubon reports.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye success remains challenging on both Lake Sakakawea and lake Audubon with anglers still trying to work deep.

- Lake Sakakawea, New Town: Walleye remain deep with overall slow to fair success at best.

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

- 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. 30: Lake Darling and the Souris River closed to boat activity.
- Sept. 30: Nonresident waterfowl season opens.
- Sept. 30: Flannel Fest, Lewis & Clark State Park.
- Sept. 30: MonDak Pheasants Forever chapter banquet, Raymond Family Community Center, Williston, 3 p.m.
- Sept. 30 & Oct. 1: Youth pheasant season.
- Oct. 4: Pierce Co. Ducks Unlimited dinner, Rugby Eagles Club, 5:30 p.m.
- Oct. 6: Pronghorn season opens.
- Oct. 6 & 7: Haunted Fort, Fort Abraham Lincoln State Park, Mandan.
- Oct. 7: Pheasant season opens.
- Oct. 7: Mountrail Co. Nat'l. Wild Turkey Federation banquet, Parshall City Hall, 5:30 p.m.
- Oct. 12: Devils Lake Ducks Unlimited dinner, Devils Lake KC Club, 5:30 p.m.
- Oct. 14: Turkey season opens.
- Oct. 14: Sakakawea Pheasants Forever Fall Flush dinner and fundraiser, Garrison City Auditorium, 5:30 p.m.
- Oct. 14: Peaceful Valley Pheasants Forever dinner, Tioga Community Center, 5 p.m.

TOURNAMENTS:

- Oct. 6 & 7: Lake Sakakawea, Lewis & Clark Bridge, Williston.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains OK for walleye in the spillway channel during the day. Sort through for keepers. Honey hole producing a variety of sizes but chutes remain slow from boats. Try the honey hole and boat ramp from shore for OK success with overall sporadic activity, including from the wing walls. Work deep on the east end of Lake Sakakawea off the points for walleye. Try the outside of Douglas Bay on the north shore or Government Bay to the Riverdale Bluffs on the south side. Some salmon starting to move into the bays, such as Government, Intake, and Scoria bays. Try casting spoons or crankbaits from shore or boats. Salmon seem to be throughout the water column but not many anglers working deep water now.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea remains fair for walleye between Lewis & Clark

State Park and White Earth Bay with best success using minnows. Try 18 feet and deeper. Missouri and Yellowstone rivers muddied up after recent rains.

- Lonetree WMA area lakes, Harvey: Area lakes remains quiet.
- North-central/central N.D. lakes, Towner Halwe. Hank, Towner: Little activity throughout area lakes.

Hunting:

- Deer: Cooler weather could bring more deer movement.

- Upland: Pockets of fair grouse and partridge numbers in some areas of north-central N.D.

- Waterfowl: Nice waterfowl opener with good numbers of local ducks and geese. Limited at best migration so far throughout the state, though.

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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CREATURE FEATURES

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- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

Fact File

Life Span	11 - 22 years
Weight	400 - 1200 pounds
Height to Shoulder	3 to 3 1/2 feet
Top Speed	25 mph
Wild Diet	Omnivore Carnivore <u>Herbivore</u> Grasses, Leaves, Flowers

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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 breaking 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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WOLF CREEK WINERY

ONE OF THOSE RETIREMENT JOBS

ROD WILSON, NORTHERN SENTRY

At 57 Randy Albrecht officially retired, the first time. However, you need not spend a lot of time around Mr. Albrecht to know that one of those “sit by the lake fishing with your feet up” retirements was not going to work. His lake is home located on the shores of Lake Sakakawea near the Wolf Creek Game Management area, and just across the bay from Mallard Island, a true island created when Lake Sakakawea filled behind the Garrison Dam in the late 50’s and early 60’s.

Randy had experimented with making hobby wines for 25 to 30 years, and soon his love of the craft of wine making, and the desire to produce more than just a few bottles here and there, created what was to become Wolf Creek Winery, largely run out of the basement of his home on Wolf Creek. Today Wolf Creek winery produces around 2,000 gallons of wine a year, and for those of your who are wondering “our goal is 10,000 bottles a year in our current location” according to Randy. But the big news is that Wolf Creek Winery is building a new facility, complete with wine production area, offices, small vineyard and a sampling and retail sales area in Coleharbor, ND, “when we get to the new place, with additional equipment, we’ll be able to do up to 10,000 gallons a year.”

It was 2012 when Randy started Wolf Creek Winery, partly because



Wine ferments in stainless steel containers. From start to finish each batch takes about a year.

of some health issues. “I had been doing radiation treatments, and my doctor told me I had to get my blood going.” The options were drink a little bit of red wine or eat liver. “Liver was OK, but within a few hours of Rochester, Minnesota, there were about 30 different wineries” and through day trips to some of the wineries Randy gained a fascination for the production of wine. “We had apples and we had chokecherries by the lake, and we had plums, so I started making hobby wines” said Randy. About that time Randy’s life would take a turn, and he would be able to retire from the job he had at the time. For a short time, he continued to consult, but “I if I was going to be retired I wanted to do something I liked” and then he says with a chuckle “and I tell people I’ve never worked so hard for so little and had so much fun.”

2012 would be the first year of being a commercial winery “and we put out about 200 gallons. We did very few shows, but at the end of the season we did the Dickens (Village Festival in Garrison), and I don’t think we had a case of wine left” according to Randy. The next year Wolf Creek Winery doubled production and “as we got more involved, we tried to build our brand” he said, “we feel we are a boutique winter, and we want our wines to be quality.”

The success of good wine seems to come from the ability to get good fruit, and for Wolf Creek Winery their success also comes from being “very fussy about where we get our fruit. We try to make our wine as good as the fruit will make it. We won’t take fruit unless it is coming from a grower because we don’t know what non-grower fruit has been treated with. It takes good fruit to make good wine, and we are really particular about who we are working with.”

Wolf Creek Winery produces wine pretty much every day. The size of

the tanks they use has increased over the years going from smaller 25 gallon tanks to their now 260 gallon tanks housed in a garage adjacent to their home.

For a winery the size of Wolf Creek there isn’t enough fruit in North Dakota. “We go through 20,000 pounds plus of fruit each year. One of the favorite grapes is the Marquette grape. “But there are some years when we can only source enough for 80 gallons, and when that’s gone, it’s gone. We have to wait another year.” Wolf Creek Winery uses as much local fruit as they can, doing more grapes than fruit. On the local side they use rhubarb, apples and Aronia berries “as we can access as much of those fruits as we need. We are fortunate that we have a local Aronia grower just outside of Underwood.” Wines like Cabernet and Moscato require fruit from other sources in other states “we bring those grapes in from Washington state” according to Randy.

Wolf Creek Winery gives a 10% military discount, something that is important to them as recognition for those who serve and who have served. “Darcy’s (Hardy) Dad was in Korea, and my Dad was in the Army National Guard. He served until he had to retire. He truly believed in the military and the service and retired as a Sergeant Major.”

As far as being a local wine, local to North Dakota, Randy explains “the entire process takes place here from start to finish. The grapes that we can source locally, we do that. The majority of what we use here comes from North Dakota and Minnesota.” But as Wine Creek grows, so will their need for additional fruit. “We tell people you can’t grow a Cabernet grape here, but when you purchase a Wolf Creek Cabernet it’s made right here. It’s made our way here.”

Soon Wolf Creek Winery will have



Owner Randy Albrecht tells us about a batch of wine. Numerous fruits are used to give each wine a unique taste.



There are two bottling machines currently at Wolf Creek Winery. The new winery will have more.



An alcohol hydrometer is used to test the alcohol content of each batch of wine

a new home, and Randy Albrecht will be able to give tours of their production area and let people taste their product before the make a purchase. Some of that is done now at shows that Wolf Creek Winery attend.

For Randy, it’s the perfect

retirement job, albeit, even Randy will admit that it’s sometimes a bit more than what he had thought it would be. But in Randy’s own words “I may as well retire to doing something I like, right?” We couldn’t agree more.

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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.

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

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Minot State announces new Academic Excellence Scholarship

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University has announced a new Academic Excellence Scholarship for incoming freshmen with the opportunity to receive up to \$10,000.

“We are so excited to offer a GPA-only based scholarship,” said Michelle Sayler, enrollment services director. “We have seen fewer students submitting their ACT and SAT scores, and this gives a scholarship opportunity to those students who are not taking those tests.”

New freshmen admitted by the University’s priority deadline of Feb. 15, 2024 that meet academic standards are automatically eligible for the award. Dependent on final unweighted high school GPAs, the Academic Excellence Scholarship will award funds every year a student is enrolled at Minot State for a maximum of four years.

“The Academic Excellence Scholarship provides an easy way for new freshmen students to predict their level of eligibility for our exciting new renewable scholarship,” said Laurie Weber, financial aid director.

Total scholarship award amounts are determined by a student’s final unweighted high school GPA, broken into four tiers: \$2,500 for a 3.0-3.49 GPA, \$5,000 for 3.5-3.69, \$7,500 for 3.7-3.89, and \$10,000 for a 3.9+ GPA.

The Academic Excellence Scholarship replaces the Automatic 4-Year Award, which was based off final unweighted high school GPA and ACT or SAT score.

“The ACT/SAT has not been a

requirement for the admissions process for some time now,” explained Sayler. “This new scholarship model is a better fit for prospective students.”

The new scholarship empowers prospective full-time students with a renewable financial aid opportunity, as the total award amount is evenly split between four years.

“Newly admitted incoming freshmen students will be automatically evaluated for the Academic Excellence Scholarship

upon admission to Minot State, and they can also apply for additional Minot State scholarships,” said Weber. “The 2024-25 Minot State Scholarship Application will open Dec. 1, 2023 for these additional scholarships with a deadline of Feb. 15, 2024.”

Offering a quality education at the right price, 91% of Minot State freshmen students receive scholarships and/or grants to help with the costs of their higher education.

Minot State University Academic Excellence Scholarship

New freshmen admitted by the priority deadline of Feb. 15 that meet the academic standards are eligible for these awards.



High School GPA (unweighted)	Scholarship Award
3.9+	\$10,000 \$2,500/year for a max. of 4 years
3.7 – 3.89	\$7,500 \$1,875/year for a max. of 4 years
3.5 – 3.69	\$5,000 \$1,250/year for a max. of 4 years
3.0 – 3.49	\$2,500 \$625/year for a max. of 4 years

Award programs are subject to change without notice and are subject to the availability of funds.

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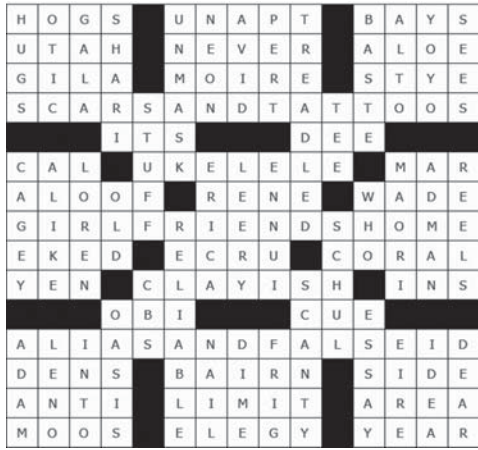
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

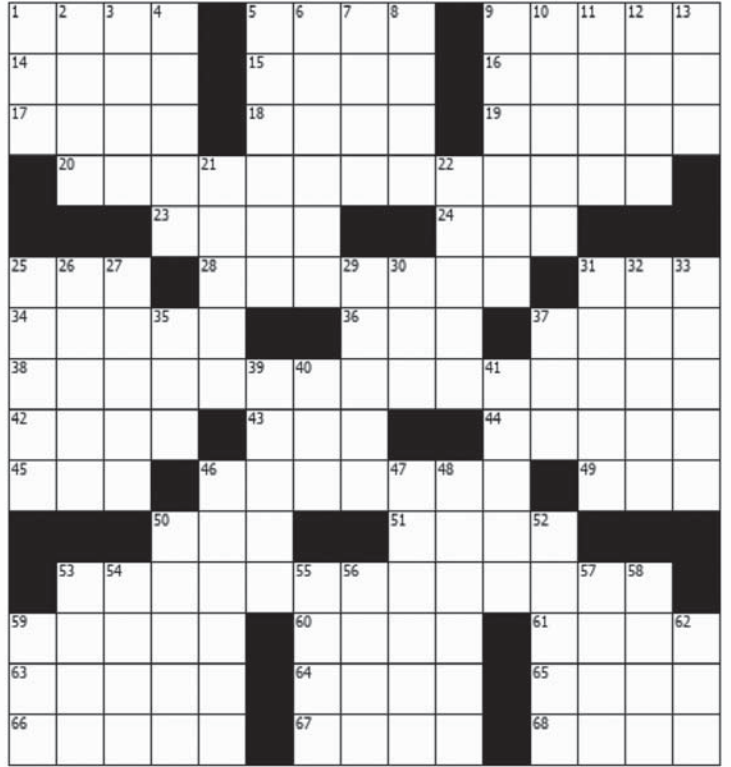
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

1. Logical Latin word
5. Die feature
9. "Ninotchka" star
14. Capriole or jeté
15. Inspect the figures?
16. Most of Earth
17. Hansom fee
18. True-to-life
19. Macbeth title
20. Certain scam
23. Word for poor Yorick
24. Disembarrass
25. Stabilizer muscles
28. Poor Richard's book
31. Short shots from the foul line
34. "PG" assigner
36. --- Alamos
37. Musical symbol
38. 1989 skateboarding film
42. Exploitative type
43. Cultural funding org.
44. Man of parts
45. "The Gold Bug" monogram
46. Heinz Field player
49. Vast time period
50. Part of the second qtr.
51. "--- Well That Ends Well"
53. Gadget for Agent 86
59. "Beetle Bailey" character
60. Hec tored
61. Parted company with a horse
63. Like some jackets
64. Nose wrinkler
65. Have concern
66. Place for pins
67. Pluribus, as in e pluribus unum
68. Mini revelation?



Down

1. Small toy maker
2. Get as a result
3. Actor Coleman
4. Kathleen Battles bag
5. Kind of gown
6. Type of hiring discrimination
7. Unlike Lady Godiva
8. Sushi bar servings
9. Fiction genre
10. Suffered from the workout
11. Five hundred sheets of paper
12. Scourge
13. Hydrogen's atomic number
21. Word with smoke or fire
22. Computer problem
25. Do a lawyer's job
26. Model wood
27. Declivitous
29. Tiny pond plants
30. Commandment adverb
31. Orchestra member
32. Major no-no
33. Boat section
35. Musician's need
37. Org. that regulates radio
39. Conclusion's opposite
40. Formerly called
41. Baseball Hall of Famer Combs
46. Fleet-footed
47. Applied, as flattery
48. First name in mysteries
50. Dickinson of "Police Woman"
52. Noshers' delight
53. Lead a square dance
54. Like some testimony
55. Beginning at
56. It may be prepared by a jerk
57. Highlands family
58. James Joyce's homeland
59. Marienbad, for one
62. Links item

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(2018) Animation, Adventure (PG)

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Provider of the Month Feature

OCTOBER 2023



KAETI JOHNSON

What do you enjoy most about being an FCC Provider?

Being a FCC provider has brought me so much joy. I love watching the kiddos I take care of learn and develop new skills. Watching them grow into their little personalities is the best!

What are your interests/hobbies?

Some things I love to do outside of work is travel, and take my dogs on walks!

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

My advice to new or interested FCC providers is if you are not sure about it yet, it is SO worth it! Also, do not be afraid to reach out. To anybody. When I first started so many people were willing to listen and help guide me in the best direction, with whatever questions or concerns I had!

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

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Upcoming Events

30 SEPT **WORLDWIDE DAY OF PLAY**
 12:00 - 4:00 PM
 Magic City Discovery Center
 1545 1st St NW, Minot

This event is in participation with Our World: Worldwide Day of Play, a global play event presented by Nickelodeon and the Association of Children's Museums (ACM). The discovery center will be featuring play by offering: Connect 4, Giant Jenga, Fort Building, Lucky Duck Pond, Corn Hole, Ladder Golf, 3 Legged Races, Egg Races, Sack Races, Slime Contests, Sidewalk Chalk, Watercolor Guns, Hula Hoops, Jump Ropes, Parachutes, Bubble Activities. Plus much more with activities! Special Guests: The Local Lemon will be there for the duration of the event with fresh lemonade! Hello Sunshine - Ice Cream and Books will be there from 1:30 - 2:30 p.m. with free ice cream and books. PLUS story time will be taking place at 1:30 p.m.



For more information: Facebook / Magic City Discovery Center / Events

5 OCT **MILITARY APPRECIATION AT UP YOUR AXE**
 11:00 AM - 2:00 PM
 Up Your Axe
 21 East Central Ave. Suite 102, Minot

Every first Thursday of the month, all day long, is Military Appreciation! With deals on axe throwing and drinks, we're here to show our servicemen and women our appreciation for them! So come join us for a fun day of axe throwing! Learn more about our events <https://upyouraxe.bar>



For more information: upyouraxe.bar

6 OCT **PAINT A PURPLE COW**
 10:00 AM - 11:00 PM
 Taube Museum of Art
 1300 4th Ave, NW, Minot

An art class designed especially for homeschool and daycare groups! Proudly running since 1997. Join us at the Taube Museum of Art for an art class designed specifically for your needs. Our annual Paint a Purple Cow Programs runs once a month, October - May since 1997! This program gives children an opportunity to view the current exhibits located in our two beautiful galleries, the Linha and Langer galleries. Then, kids will learn about a famous artist and participate in a related hands on activity. Registration is required for this class. Fees: \$10 per child. Visit Eventbrite to register.



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

7 OCT **2023 WALK TO END ALZHEIMER'S**
 10:00 AM
 Oak Park
 1300 4th Ave NW, Minot

Ceremony 10:00 AM. Walk to immediately follow. Join us at Oak Park at 1305 4th Ave NW in Minot this year for an inspiring event full of hope. It is a great way to honor a loved one and connect with a community of others impacted by this disease. The morning will also feature a short opening ceremony. Registration is free, and fundraising is encouraged. Pre-registration is highly recommended but on-site registration will also be available. When you register, you will be set up with a personal fundraising page that you have the option to share with others. Every registered participant who achieves the fundraising minimum of \$100 will receive an official Walk to End Alzheimer's T-shirt via USPS. To receive a shirt in time for Walk day, participants must raise the T-shirt minimum at least four weeks prior to the event.



Sign Up Today: <http://act.alz.org/minot>
 Questions: 701-356-4976, safflesberg@alz.org

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TEDDY ROOSEVELT LEADERSHIP AWARD RECIPIENT

Congratulations to Capt Chick on receiving the Teddy Roosevelt Roughrider CGO Leadership award, from the National Guard Association of the United States (NGAUS) which was presented by Col Domitrovitch, 119th WG/CD. During his visit, Col Domitrovitch visited the 219 SFS, including SrA Harris and SSgt Ashmore.

91ST SECURITY FORCES GROUP PHOTOS



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Thursday - Saturday
5:00 pm - 9:00 pm

Sunday
7:00 am - 1:00 pm

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A LOOK BACK

THIS WEEK IN USAF HISTORY

LGM-118A PEACEKEEPER MISSILE PLACED ON ALERT
October 10, 1986

On October 10, 1986, near the end of the Cold War, the Air Force placed the LGM-118A Peacekeeper on alert duty. The intercontinental ballistic missile, also known as the MX for Missile, Experimental, was a four-stage missile capable of carrying up to ten independently-targetable reentry vehicles. 50 Peacekeeper missiles were brought to F.E. Warren Air Force Base, Wyo., and placed on alert in modified Minuteman III silos. The other ICBMs were meant to be deployed to railcar launch vehicles, but the railcar basing was never implemented. By the end of 1988, a total of 114 missiles were produced. The Peacekeepers were deactivated in 2005 and the United States switched to a missile force composed entirely of Minuteman IIIs.

Information courtesy of: media.defense.gov/ / nuke.fas.org/ / warren.af.mil/ / missilethreat.csis.org

1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500
[find us on facebook](#)
www.hwy83llt.com

HOURS:
Monday - Friday:
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Saturday:
5:30 a.m. - Noon
Now Open Sunday
8:00 a.m. - 2:00 p.m.

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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 30
 5PM, No Vespers

Sunday, October 1
 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



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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




Bible Fellowship Church

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

1720 4th Ave NW, Minot 838-0916
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



Vincent United Methodist Church

1024 2nd St. SE • 838-4425
 Behind Town & Country Shopping Center
 Come As You Are!

Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship 11:00 a.m.

Pastor Mark Ehrmantraut
www.vincentumc.com



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
 701-838-1540

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

Cornerstone Presbyterian Church

1000 NE 3rd Street 852-0315

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

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

All are Welcome!
www.cornerstoneminot.com

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
 Join us on facebook

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

St. John the Apostle Catholic Church

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

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

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



First Lutheran Church - ELCA

120 5th Ave. NW
 852-4853

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



JOURNEYCHURCH

ASSEMBLY OF GOD

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
 email: minotcrbc@gmail.com
Gabe McCormick- Pastor

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



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30 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
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
E-mail: gbcminot@gmail.com

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 Minot, ND 58701
 701-852-6404
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



ORCS Knights

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

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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!

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701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org



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NOTES ON BEING SAFE

LET'S GO HUNTING



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Whether you've hunted for years or this is your first time, each hunting adventure always brings a "new experience!" It can be good or bad depending on the WHO, WHAT, WHEN, WHERE, and HOW.

WHO you hunt with is important as far as their experience, habits, and general knowledge of wild game and its habitat. Normally, an experienced hunter will ask a potential partner tons of questions to determine whether they want to go hunting with them or not. This is especially important when you consider that around 40 percent of the hunters injured each year are accidentally shot by their hunting partner while another 35 percent figure out ways to shoot themselves! For the sake of your own safety -- as well as that of your partner -- make sure you take into account both parties' skill levels and knowledge base.

WHAT type of wild game are you planning to hunt? Some of the most common are deer, elk, bear, duck, turkey, quail, pheasant, squirrel, rabbits, grouse, fox, and raccoon -- not to mention skunk, boar, woodchuck, coyote, weasel, and porcupine! And guess what? The seasons overlap each other. So, if you're not careful, there's a big window of opportunity out there for you to become some hunter's trophy! Keep in mind, however, that the most serious accidents typically occur during deer season. This is mainly because of the greater shooting distance and destructive power associated with high velocity rifles.

WHEN are you going hunting? You may want to consider scheduling your foray when the level of activity for big game -- like deer or bear -- is low. Since the total number of hunters is highest when big game season first opens up, scheduling your hunt in the middle or last part of hunting season will reduce your risk of accidentally being shot by another hunter.

WHERE you hunt could be the difference between life and death! It would seem totally ridiculous for hunters to just jump in a 4x4 and drive for hours to hunt in a place they have never been before or haven't visited since last season, but it happens. You need to do some pre-hunt scouting to visually check the areas you plan to hunt. This includes checking to make

sure the land is open to hunting; checking for trails, ponds, game, etc.; determining if your cellular phone operates or locating occupied areas where telephones or help may be available; and talking with local officials and residents.

HOW you hunt will largely determine whether you succeed or not. Just as seasons overlap, the weapons you use to hunt with may also have some overlap. You can use muzzleloaders, assorted firearms, and the good old bow and arrow (archery), as long as you obey the rules and guidelines set by each state. Each state usually publishes their hunting regulations and includes pamphlets with special game permits that are a "must read" for all hunters. Cellular phones, two-way radios, etc., are very important in keeping hunters in contact and obtaining help in the event of an emergency. A backpack with food, water, first aid kit, flashlight, blankets, tools,

etc., always comes in handy. It's not a bad idea to include signaling devices such as mirrors, flares, etc., whether you are in a remote location or not! Most states also ask or require you to wear hunter orange clothing. This helps other hunters to be absolutely positive of their target. Consider what is behind your targeted game to ensure your projectile doesn't glide through buildings, people, or in the direction of a road. One of the oldest safety messages is the control of your firearm's muzzle. Also, ensure that your firearms are properly secured and stored on base. This can be accomplished through the Security Forces Armory.

To summarize, don't forget to communicate your planned courses of action for any potential situations, wear that hunter orange clothing, pick your hunting buddies with care, and "keep your gun barrel pointed in the right direction!"



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IMMEDIATE FULL AND PART TIME OPENINGS

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

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SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

Sept 29

Oct 13

Sept 30

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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 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) 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. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

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



★ Hotel ★
REVEL Weddings for Warriors

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

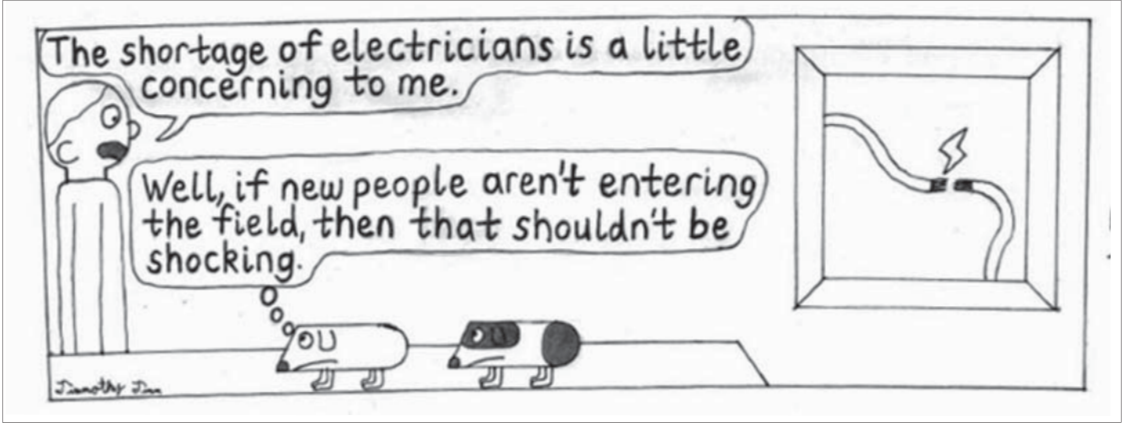
The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

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

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

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.

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

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members.

•REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

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

POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil
or 723-5184.

Caring Edge Hospice Volunteers

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

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

Volunteer Soccer Coaches

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

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

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

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

Magic City Civil Air Patrol Composite Squadron

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

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



Sertoma Seltzer and Beerfest Tickets on Sale Now

MINOT SERTOMA CLUB

Tickets for Sertoma Seltzer and Beerfest, an annual event sponsored by the Minot Sertoma Club, are now on sale online. New this year, wine will be added to the sampling!

The event will be held Saturday, October 7, at the Flickertail Gardens on the North Dakota State Fairgrounds, and will run from 4-8 p.m. This event includes a taste testing of seltzers, wine and some of the best beers in town. Tickets are \$50 each and can be purchased from Sertoma members or online at: <https://www.eventbrite.com/e/sertoma-seltzer-and-beerfest-tickets-692020912177?aff=ebdshpse>

Military personnel receive a 50% discount with a military ID; those tickets can be purchased at the Landing Bar and Bottle Shop or at the door.

Admission gets you 20 sampling tickets to use on your own selection of over 20 different beers, seltzers

and wine varieties. A free taco bar from Big Dog Saloon is included, plus raffle tickets for a chance to win some big items, free door prizes throughout the night, a cash bar and lots of fun! Games include free axe throwing from Up Your Axe, cornhole and beer pong. This year's event includes live music from Paula Rauschenberger, lead singer for The Fossils, Wilder Days, and Whiskey Talkin', and several past band members.

Proceeds will be used to benefit the many projects funded by the Minot Sertoma Club, including STEAM T-ball league, Hands and Voices Hearing Aid Loaner Bank and Minot State University hearing and speech initiatives. Since 1959, the Minot Sertoma Club has donated more than \$1 million to the Minot community and area.

For more information about Sertoma Seltzer and Beerfest, or sponsorship opportunities, call Jenny Castro at 406-490-6185.



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EMBRACING OUR NORTH DAKOTA LIFESTYLE

A HAVEN OF REFUGES

Patricia Stockdill

Perhaps in a way, U.S. Fish and Wildlife Service National Wildlife Refuges (NWR) reflect America's diversity: While they all help protect and enhance wildlife and habitat, they vary in size, mission, and even public use opportunities.

Consider that the Arctic and Yukon Delta National Wildlife Refuges each stretch more than 19 million acres. They can't be more different than Mille Lacs NWR in Minnesota; a mere 0.57 acre – two islands, Hennepin and Spirit, that are basically rocks in an array of sizes.

Despite their differences, those three refuges - and all 500-plus in the United States – are dedicated to the unique mission of putting wildlife, fish, and plants first; their habitat and conservation.

Location, species, and habitat differ.

Sometimes public use opportunities, specifically photography, hunting, fishing, birding, and environmental interpretation and education, are compatible with a refuge's mission and public use is allowed.

In other instances, a refuge is closed to public use, which is the case for tiny Mille Lacs Lake NWR.

Most National Wildlife Refuges in North Dakota focus on migratory birds, providing vital nesting habitat for wetland and grassland species as well as resting and feeding areas during spring and fall migrations. They also provide habitat for resident wildlife species.

North Dakota's location in the heart of the Prairie Pothole Region makes it critical for grassland and wetland species. That's one reason the state has so many National Wildlife Refuges – not large, especially compared to the Arctic or Yukon Delta refuges - but just as vital for critters living and migrating through North Dakota.

Many refuges in North Dakota were created in the dark, dirty Dust Bowl days of the Great Depression in the 1930s – a time of drought and despair for humans and wildlife, alike.

The Works Projects Administration (WPA) through the Civilian Conservation Corps (CCC) built water control structures and other features on several North Dakota refuges. Upper Souris National Wildlife Refuge northwest of Minot is just one example.

Its CCC projects built from 1935 through 1941

include dikes, roads, fences, and water control structures. They provide flood protection while creating additional marshland and wetland habitat below Lake Darling for wetland species. The refuge is one of three in the Souris River Basin including Des Lacs and J. Clark Slayer refuges.

Lake Ilo Dam in southwestern North Dakota's Dunn County is a WPA project that became a refuge. The dam was built in 1936 and became a refuge in 1939 as breeding grounds for migratory birds and other wildlife.

While most National Wildlife Refuges in North Dakota share the similar migratory bird and habitat mission they differ regarding public use opportunities, including hunting for species such as deer or upland game birds, for example.

Unlike major refuges like those on the Souris River Basin, other refuges in North Dakota are on private land and are "limited use" or easement refuges. They were also established during the Dust Bowl era to provide critical nesting and migration resting areas. However, easements restrict hunting and fishing while allowing the landowner rights to other uses, such as haying and grazing.

Some of the larger National Wildlife Refuges in North Dakota allow hunting but have refuge-specific regulations in addition to following N.D. Game and Fish Department regulations and state laws.

One of the easiest ways to learn what public opportunities are available is to do an Internet search of the refuge name. Major refuges in North Dakota, such as Upper Souris, Des Lacs, and Audubon, have maps and guides available detailing refuge-specific opportunities and regulations.

Autumn is an amazing time to visit a National Wildlife Refuge in North Dakota. Migration is in full force: Light geese and Canada geese by the tens of thousands, ducks of all kinds, and maybe even an endangered whooping crane could be spotted.

While the state isn't renowned for its fall foliage from trees, the shrubs and grasses on the prairie grasslands landscape offers its own special kaleidoscope of color.

They're worth checking out for hunters and non-hunters, alike.

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(with valid ID and cannot combine with other offers/discounts)

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BAKED QUESO BLANCO DIP

Home of ECONOMY

INGREDIENTS
12 OUNCE HEAVY CREAM
1 POUND AMERICAN CHEESE, CHOPPED INTO SMALL PIECES
1/2 POUND MOZZARELLA CHEESE, GRATED
2 CAN GREEN CHILES
1 TEASPOON CHILI POWDER
1 TABLESPOON CUMIN
1/2 TEASPOON RED PEPPER FLAKES
1 TABLESPOON TRAEGER CHICKEN RUB
TO TASTE CILANTRO, FINELY CHOPPED
TO TASTE CHERRY TOMATOES, SLICED
TO TASTE NACHO JALAPENOS
AS NEEDED TORTILLA CHIPS

When ready to cook, start the Traeger according to grill instructions. Set the temperature to 450 degrees F (500 if using a WiFIRE-enabled grill) and preheat, lid closed, for 10 to 15 minutes.

Bring cream to a simmer over medium heat. Slowly whisk in cheese in batches making sure the first batch is fully incorporated before adding the next.

Once all the cheese is melted, add in green chiles and seasonings. Taste and adjust seasoning with more Traeger Chicken Rub if needed.

Pour cheese mixture into a cast iron pan and place directly on the grill grate. Cook for 15-20 minutes or until cheese mixture is bubbling.

Garnish with tomatoes, cilantro, jalapeños and a sprinkle of chili powder if desired. Serve with your favorite tortilla chips. Enjoy!

Ryan Davy - GM
Minot

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WHAT'S GOING ON MAFB

FRIDAY 29

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

TUESDAY 03

- Boots to Business, 0830-1630, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- DIY Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center
- Ultimate Game Show, 1830-2000, Jimmy Doolittle Center

FRIDAY 06

- AFGSC Family Day
- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com
- Swerk, 1800, McAdoo Fitness Center

SATURDAY 30

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

SATURDAY 07

- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1700-2100, Rough Rider Lanes Bowling Center

SUNDAY 01

- Zumba, 1400, McAdoo Fitness Center

WEDNESDAY 04

- Boots to Business, 0830-1630, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Oktoberfest Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- Zumba, 1730, McAdoo Fitness Center

THURSDAY 05

- Short Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Home Buying Seminar, 1300-1500, M&FRC
- Bowling Center Opening Day, 1600-2100, Rough Rider Lanes Bowling Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

SEPT SPECIALS

Bomber Bistro **Chicken Alfredo**
Grilled chicken enveloped in creamy alfredo sauce and parmesan cheese with a slice of garlic bread.

The B-Fifty Brew **The Poison Apple**
Apple brown sugar chai with dark caramel drizzle.

Rockers Bar & Grill **Rockin' Chicken Sandwich**
Hand breaded fried chicken sandwich, served with crispy fries. Try it with their famous Rockin' Chicken sauce!

Art Resin Charcuterie Board Class
September 7th & October 3rd
5:30pm - 7:30pm • Cost \$60.00
Join us & make your own art resin charcuterie board!
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FREE! 90 MINUTE SHOW — CONTESTANTS CHOSEN FROM THE AUDIENCE
\$5,000 IN PRIZES
RobSki's **Ultimate Game Show**
3 October • 6:30PM
JIMMY DOOLITTLE CENTER

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
Free Bowling*
for the first 100 Single Airmen & first 100 Deployed Affected Family Members
*Up to 3 free games with free shoe rental!
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