

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 41 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 13, 2023

WHATS INSIDE THIS WEEK:



FRIDAY THE 13TH



SSGT TAKES STAGE TO SING NATIONAL ANTHEM

A3



LAUNCH INTO LITERACY AT DAKOTA ELEMENTARY

B7



MINOT HIGH HOSTS MILITARY APPRECIATION FOOTBALL GAME TODAY

B8

FIRE PREVENTION WEEK



Col. Daniel Hoadley, 5th Bomb Wing commander and Col. Kenneth McGhee, 91st Missile Wing commander, signed a proclamation marking this week as Fire Prevention Week. Fire Prevention Week is from Oct. 8-14, and is themed around "Cooking safety". Make sure you have a home fire escape plan, and know what to do in the case of an emergency. See more on Fire Prevention Week (page A3) and activities happening on base to conclude FPW 2023.

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Allie Takes Center Stage Sings National Anthem at Brass Band Concert

ROD WILSON, NORTHERN SENTRY

On Sunday afternoon a Staff Sergeant from Minot Air Force Base took center stage at the Brass Band of Minot concert and proudly led the audience in the National Anthem, the opening of the Brass Band of Minot Patriotic concert. Her name was SSgt Allie Payne, member of the 5th Aircraft Maintenance Squadron where she is a weapons load crew chief.

Music has always been a part of Allie Payne's life. The Pittsburgh, Pennsylvania native got her first guitar at age 11, from her Dad. "I grew up in an environment of music. My Dad sang and played in a band. My Dad and I communicated through music, not around the kitchen table like some people do." Payne sang in choir all through high school, but when she was 17 she had made up her mind that she would enlist in the Air Force, and the summer of 2018, after graduating from high school, she was headed to basic.

It was on February 1st of 2019 that she arrived in Minot for her first assignment at Minot Air Force Base. "Yes, I remember it was so cold. There was a polar vortex, and the temperature was 50 below!" remembers Payne. "My first day we only worked half of a day because of weather."

As tough as those first few days were, Payne has grown to love Minot. "I am going to PCS to Korea in February, and I am just going to hate leaving here," she said. "This is where I grew up, here. I grew up in the Air Force and I grew up to be the adult I wanted to be." But the assignment to Korea will allow Payne to work on F-16s, which, according to Payne, is "something that I've wanted to do."

The call to perform the National Anthem at the Brass Band of Minot concert happened because of her singing Karaoke for fun at a local lounge. The DJ at the lounge was Trust Tate, who knew that the Brass Band was looking for someone from Minot Air Force Base to do the anthem, and he recommended Payne. From there, the arrangements were made and on October 1st, Payne was able to practice with the Brass Band. The Patriotic Concert was scheduled for October 8th at Anne Nicole Nelson Hall. Not only would Payne lead the audience in the National Anthem but would also lead the audience in God Bless America.

Payne took center stage at 4 PM, and as the Brass Band performed behind her, she led the audience. "It happened so fast. It seemed like just two seconds, and it was over," said Payne. "I really, really enjoyed it. I was so nervous, but I realized that I really missed that kind of setting... being involved in music."

At the end of the concert, Payne was able to make her way down to the auditorium floor "and just meet people. They are all so nice. It was such a healthy environment to be in."

Allie Payne will also remember October 8, 2023, as one of the highlights of her time in Minot. Soon she will be headed to Korea.

When not on duty Payne enjoys the outdoors. "I love camping. I love backpack camping. [In my time off] I go to the gym, read books and take care of my three cats. You know it's kind of like having three toddlers."

For Payne, the opportunity to perform with a band like the Brass Band of Minot, in front of an auditorium filled with people, will be a moment she remembers, and shares, for quite some time.



SSgt. Allie Payne, 5th AMXS leading the audience in God Bless America at the Brass Band of Minot' Annual Patriotic Concert on Oct 8, 2023.



The Legion Color Guard accompanies Payne during the National Anthem.



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Oct. 8-14 is Fire Prevention Week in North Dakota

NORTH DAKOTA INSURANCE DEPARTMENT/ NORTH DAKOTA FIRE MARSHAL

BISMARCK, N.D. – Oct. 8-14 has been proclaimed Fire Prevention Week in North Dakota by Gov. Doug Burgum.

The theme of this year’s campaign is “Cooking safety starts with YOU. Pay attention to fire prevention™.” According to the National Fire Protection Association (NFPA), cooking is the leading cause of home fires and home fire injuries in the United States. Unattended cooking is the leading cause of cooking fires and deaths.

“This is an important time for the fire service as we work to educate North Dakotans about fire safety and taking precautions now to prevent, or at least limit the impact of, fires,” said State Fire Marshal Doug Nelson. “Every home should have a fire safety plan. Make sure everyone knows where to go if a fire breaks out.”

In North Dakota, approximately \$48.6 million worth of property and possessions were lost due to fires in 2022, the most lost in a single year over the past ten years. Last year, 19 fatalities were reported due to fires across the state. In all, 2,727 fires were reported in North Dakota in 2022.

“We all can make a difference in protecting one another by taking practical steps to lessen the risk of fire in our homes and businesses. I encourage North Dakotans to engage with their local fire departments and support their efforts to protect all of us. They are our neighbors, friends

and relatives who want to keep us safe,” said Insurance Commissioner Jon Godfread.

The State Fire Marshal offers these tips to help reduce the risk of cooking fires:

- Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.
- Turn pot handles toward the back of the stove. Always keep a

lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

- Have a “kid- and pet-free zone” of at least 3 feet (1 meter) around the stove or grill and anywhere else hot food or drink is prepared or carried.

Residents are also encouraged to test smoke alarms and replace batteries if needed.



Minot Air Force Base leadership Col. Daniel Hoadley, 5th Bomb Wing commander and Col. Kenneth McGhee, 91st Missile Wing commander, signed a proclamation marking this past week as Fire Prevention Week.

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HALLOWEEN

WATCH OUT! SPOOKY SEASON IS NOW AMONG US

It’s here! The trendy time of year where leaves fall, pumpkin spice everything resurfaces, and all North Dakotans cross their fingers for an Autumn season instead of heading straight into Winter. That being said, there is certainly no shortage of Fall-ish and Halloweeny events to participate in both on and off base. Seriously, this is one month in which “I’m bored” cannot be in any base resident’s vocabulary. Because events tend to be hosted by multiple organizations and outlets, it can become confusing. But fear not, the Northern Sentry has compiled a community calendar glimpse for ALL the October/Halloween events going on in ONE place! Yep, everything on and off base, for kids and adults, is right HERE! Take a look, pick out the events for you and have some FUN before the cold and darkness take over.....Mwahahah!

FRIDAY, Oct. 13 6:00-9:00 pm Minot Parks Pumpkin Walk	THURSDAY, Oct. 26 4:00-6:00pm Trunk or Treat	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm
SATURDAY, Oct. 14 12:00pm 1:00pm 6:00-9:00pm	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm
TUESDAY, Oct. 17 DFAC Pumpkin Decorating Contest Begins	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm
WEDNESDAY, Oct. 18 4:30-7:30pm October OD Trip	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm
FRIDAY, Oct. 20 Library Hours - Oct. 31 4:00-6:00pm 6:00-10:00pm 10pm-6:00am	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm
SATURDAY, Oct. 21 4:30pm 8:00pm	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm
WEDNESDAY, Oct. 25 6:00pm	FRIDAY, Oct. 27 10:00am-12:00pm 4:00-6:00pm 5:30-8:00pm 5:00-9:00pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm	SATURDAY, Oct. 28 10:00am-3:00pm 11:00am-3:00pm 12:00pm-4:00pm 4:00pm 5:30pm

*EVENTS ARE COMPILED BASED ON PUBLIC KNOWLEDGE. THE NORTHERN SENTRY IS NOT RESPONSIBLE FOR TIME CHANGES/EVENT CANCELLATIONS. PLEASE VERIFY DATE/TIME BEFORE HEADING OUT TO EACH EVENT.

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MINOT AIR FORCE BASE NEWSPAPER
 WWW.NORTHERNSENTRY.COM

What An Opportunity Minot Air Force Base is a Melting Pot of Cultures

Where are you from? It's the first question that I normally ask after meeting a new Airmen or family member stationed at Minot Air Force Base. "Where am I really from?" is often the answer. "Because I was an Air Force brat and lived all over" they will add. Minot is certainly unique in that the Minot Air Force base is a significant part of the population of the community. Hardly a day goes by that I won't meet someone that was brought to the Minot area through their affiliation with the Air Force, and of course Minot Air Force Base.

Let me digress a bit, because asking where you are from is very normal, even for us native North Dakotans. However, the conversation between two folks who are "from around here" is a bit different. Once I answer that I am from Maddock, (a small North Dakota town of around 500 people) I expect that the person I am meeting will know someone, who knows someone, who is related to a person from Maddock. Seriously, hardly a conversation will end without finding common ground, albeit it could be stretching the boundaries a bit because you want to eventually have some commonality with the person you just met.

That is normally not true when

meeting someone from the Minot AFB. Instead, you listen intently as they share places they've been. To them, Minot is another change in culture, quite different from Barksdale in Louisiana or Osan in Korea. You soon learn about three letter acronyms like TDY and PCS. The commonality you have with them is Minot, North Dakota. If they have not been through a winter in North Dakota yet, conversation will revolve around what to expect. Some of us downplay the extremes of winter, others seem to want to paint a picture that would make even the most seasoned North Dakota native cringe.

If you regularly read my articles in the Northern Sentry, you know that I like to share my experiences in North Dakota, from the Badlands to the Pembina Gorge, and hundreds of places in between. This is also true of those who have made the Air Force their career choice. Many of them have been stationed at multiple bases, in countries from Germany to Japan. They begin to share what they have done, and parts of the world that they have seen and experienced. Many joined the Air Force to see the world, and that is exactly what a lot of them have done. Minot, through Minot Air Force Base is truly a melting pot of cultures, both nationally and internationally. My

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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



One grows, one shrinks...

Consider these similarities, which makes this even more of a puzzle.

Both communities are about the same distance from the nearest city. Langdon is 114 miles from Grand Forks and 110 miles from Winnipeg while Morden is 79 miles from Winnipeg. Langdon has a North Dakota State University Extension Research Center and Morden has a Manitoba Provincial Agriculture Experiment Station.

In addition, the newspaper I worked for in Langdon, the Cavalier County Republican, closed in December 2021 and the Morden Times closed in May 2020.

One thing Langdon doesn't have is a bigger community next to it. At one time Langdon and nearby Cavalier were both growing communities so there was robust competition between the two county seats in northeastern North Dakota.

Ten miles to the east of Morden is Winkler with nearly 15,000 in population. Over the years Winkler has built an impressive industrial complex and I suspect that a number of people live in Morden and work in Winkler.

It reminds me of what Hazen and Beulah were like in the early 1980s. Beulah had all the industry with two massive power plants being built and Hazen was more of a traditional North Dakota community while Beulah continued to grow rapidly.

wife and I want to tour the Blue Ridge mountain area someday. One of my Minot AFB acquaintances lived in Asheville, North Carolina. He drew me out a map, on a napkin of course, of places that we should go, and "can't miss" attractions. I would venture a guess that if there was someplace, anywhere in the U.S. or even the world, that you want to go, there would be someone at Minot AFB who has been there. Of course, you can't just stand at the gate and interview people entering and leaving the base to locate that person who may have been to Greece (just a suggestion). My point is that having Minot Air Force Base as part of our community certainly gives us a unique opportunity to learn from others. On the flip side, don't be afraid to share those out of the way locations with those you meet who are assigned to Minot Air Force Base. A napkin at a coffee gathering works perfect as a make-shift map.

Finally, let's not dwell on extremes. Every climate has them. Too much rain, too much heat, too much-well you get the point. There are times in North Dakota when there is certainly too much wind, and there are times when there is too much cold. And yes, there are times when you mix wind, cold and snow together and you get

a blizzard. But one blizzard does not a winter make. There are days when a North Dakota winter is truly beautiful. Ice fishing is a great outdoor adventure. But how can you ice fish, if you don't have ice.

The opportunity to learn is out there, folks. So, let's seize it, and embrace it.

BEST KEPT SECRET

I don't often talk about restaurants, because there are so many "great" restaurants. However, I rarely drive through Stanley, North Dakota, without heading downtown for a Whirl A Whip at Dakota Drug. The secret to Whirl A Whip is that it takes any of your favorite flavors, mine happens to be Reese's Peanut Butter Cups, and blends them into hard ice cream. Those other places do something similar with soft serve ice cream, but Whirl A Whips are so much better.

Next time you're headed for Stanley, or maybe just make a special trip, make sure to allow a few extra minutes for a Whirl A Whip! You won't be disappointed.

TODAY'S CHUCKLE

Be good to your parents. They did all they could to provide for you long after you ceased being adorable and fun to be with.

Take a day trip to Morden and see the difference for yourself. This is a community about the size of Jamestown and if you compare those two communities, it's like night and day. Morden is lively and robust and Jamestown simply exists.

An initiative like this is one way to "manufacture" growth. It could save a lot of small North Dakota towns.

It appears the only obvious difference in Langdon and Morden is the Morden Community Driven Immigration Initiative.

The initiative offers eligible skilled workers an opportunity to immigrate to Morden through the Manitoba Provincial Nominee Program, strategic initiative pathway with the formal support of the city of Morden.

The website for the initiative also states that only people outside of Canada may apply. In other words, Canadians from one part of the country who might want to move to Morden can't use the initiative. But those outside of Canada, especially Europe, are encouraged to apply.

And right now, many of the applicants are Ukrainian and totally by design in cooperation with the city of Morden, the province of Manitoba and the Canadian federal government.

Nothing like that exists in Langdon, or anywhere in North Dakota that I'm aware of, except maybe Lutheran Social Services resettling refugees from war, which is mostly taking place in the city of Fargo.

Perhaps small communities and the state of North Dakota, should take a look at something like this. We continue to complain that our small towns are shrinking and that nearly every business right now is short staffed.



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

During the second half of the 1990s, I operated the newspaper in Langdon and often made short, 38-mile trips to Morden, Manitoba for various reasons.

At the time, Langdon's population was about 2,500 and Morden was just shy of 5,000. That has always been a snapshot in my mind, until a couple of weeks ago.

I was looking through some information about the Corn and Apple Festival in Morden and saw that Morden's population is now nearly 11,000. When I checked Langdon's population, it was 1,884.

These communities are right next to each other. Why is one growing rapidly and one shrinking more than any of us would like?

Right now, Morden is the eighth-largest city in Manitoba and is the fastest growing community in the province. At the same time, Langdon continues to shrink by 2 percent annually.



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SLICE OF LIFE
KIM FUNDINGSLAND

Homer Hanky

That bit of trivia aside, it's baseball, especially playoff baseball, that brings out fan loyalty by the buckets full. It's wonderful.

I was in the stands for Hrbek's monstrous home run, a real game changer. It was a special time in so many ways. It was my first World Series game, and I had my dad alongside me. Better yet, I think he was the most excited fan in the place.



KIM FUNDINGSLAND PHOTO

When the Twins loaded the bases, the entire crowd knew they had a chance to break the game open. As Hrbek was leaving the on-deck circle and heading to the plate I was about to tear the wrapper off a Grand Slam candy bar. Dad put a hand on my right shoulder just as a fan behind me grabbed my left shoulder. In unison they said, "Hold it up!"

With that dad grabbed my Homer Hanky and began twirling it. I was waving a Grand Slam

candy bar. The fan on my left gave me a thumbs up. It was a little Slice of Life, a great memory of a great moment in Twins history!

When the Twins made their way through the playoffs and into the World Series again in 1991 the Homer Hanky came back too. When the hanky was first introduced in 1987, they were snapped up quickly by rabid fans who liked the idea. They became hard to get. A second printing was necessary to meet demand.

The 1991 Homer Hanky, a simple white cloth with a Twins logo on it, was smaller than its predecessor but just as popular. When the Twins took the field in the Metrodome against the Atlanta Braves it seemed every fan in the building was waving one. Incidentally, the Twins won both World Series.

This year the Twins are in the playoffs again. They even broke an 18-game postseason record losing streak. How far they will go I cannot say, but there's a new Homer Hanky being waved at Target Field. It's red, not white, but Twins fans seem to be just as enthusiastic about them as they were in '87 and '91.

I hope fans get plenty of chances to wave them. Baseball creates memories and fans want to be a part of that. I understand it. I've outgrown Grand Slam candy bars, but fathers and fans and special moments make for special games, and memories that last forever.

The place was absolutely crazy. The noise was deafening. The packed stadium went wild as the baseball soared over the centerfield fence at the old Metrodome in Minneapolis. Put four on the board for the Minnesota Twins!

It was a World Series game against the St. Louis Cardinals. Twins first baseman Kent Hrbek sent the crowd into a frenzy with thousands of enthusiastic fans twirling those white cloths above their heads. It was 1987, the year of the Homer Hanky.

Sports fans find all sorts of ways to show enthusiastic support for their favorite team. There's special chants, foot stomping, loud cheering, signs, virtually anything that's favorable to the home team and maybe even a little intimidating, annoying perhaps, to the visitors.

That was the thinking behind the Homer Hanky which proved to be the biggest hit for Twins fans, other than having their team in the Series, since Mudcat Grant beat the Los Angeles Dodgers in game one of the 1967 fall classic at old Metropolitan Stadium. A bit of history here, that's now the location of the Mall of America.

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MAKING MORE POSSIBLE



Resident Feedback Channels



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

There is always room for improvement and your MAFB housing partners are ready to hear resident feedback! Residents have a number of options to ensure their voice is heard. Following each work order, residents will be sent a text requesting satisfaction feedback. This survey is open for the first four days after a maintenance technician has finished work. If residents are unhappy with work provided or customer service or feel that additional work is needed the survey, called "Key 2 Text", will provide immediate feedback to the maintenance team who can address those concerns. In addition, Key2Text work order surveys are reviewed by the local Military Housing Office who will also follow up on any concerning responses and elevate those concerns through the chain of command as appropriate. If you are not receiving these text surveys contact the Leasing Office to verify your phone number or reset your account. There is also an annual Tenant Satisfaction Survey that is sent via email to residents. The 2024 Tenant Satisfaction Survey is slated for

release in the Spring of next year. This survey is reviewed by the local teams, analyzed by the Air Force whereby action plans are developed to address concerns. The Minot AFB Resident Council also seeks input. Residents can anonymously submit questions, concerns, and inquires to: <https://tinyurl.com/mafbinput> and attend the monthly council meetings. All input is reviewed and included in the monthly Resident Council meeting. Upcoming council meetings are scheduled for Friday, 3 November and Friday, 7 December at 1200 at the 5BW and streamed on Facebook. Finally, residents can always reach out to any of the housing partners directly. Your first point of contact should be Minot AFB Homes at 701-727-0007 for general questions or concerns or 701-727-9312 for maintenance questions. Next, the Military Housing Office is also available to support if housing issues arise, 701-723-4661 or email 5ces.ceih@us.af.mil. And finally, the Resident Advocate will address housing disputes for privatized housing residents, 701-818-7075.



There is always room for improvement and your MAFB housing partners are ready to hear resident feedback! Residents have a number of options to ensure their voice is heard. Following each work order, residents will be sent a text requesting satisfaction feedback. This survey is open for the first four days after a maintenance technician has finished work. If residents are unhappy with work provided or customer service or feel that additional work is needed the survey, called "Key 2 Text", will provide immediate feedback to the maintenance team who can address those concerns. In addition, Key2Text work order surveys are reviewed by the local Military Housing Office who will also follow up on any concerning responses and elevate those concerns through the chain of command as appropriate. If you are not receiving these text surveys contact the Leasing Office to verify your phone number or reset your account. There is also an annual Tenant Satisfaction Survey that is sent via email to residents. The 2024 Tenant Satisfaction Survey is slated for

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NOTES ON BEING SAFE

WATCHING FOR THE WHITE TAILS:

TIPS TO AVOID DEER COLLISIONS



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



There is no doubt that the fall and winter seasons are the most common time for a person to hit a deer while driving, mainly because this is the time of year that deer are out looking for food. As with any other type of automobile accident, however, the good news is that there are many ways for you to prevent yourself from hitting a deer.

The steady increase in North Dakota's deer population has been felt on vehicles as well as driver's pocket books across the state. Vehicle mishaps involving deer strikes have had a steady increase of 34% since 2000. In 2007, there were 4,118 mishaps in North Dakota that involved deer, with 43 people injured and two people killed.

Typically the month of November has the highest number of deer strikes crashes. In 2007, there were approximately 31 per day in November. Deer strikes occur most often between 7 a.m. and 8 a.m., and again in the evening from 6 p.m. – 10 p.m.

According to Linda Butts, NDDOT Deputy Director of Driver and Vehicle Services "Drivers should always wear a seat belt whether driving on a highway or a rural road, and need to be especially vigilant during the early morning and evening hours."

AVOID HITTING A DEER BY DRIVING SLOW

If you want to avoid hitting a deer, the first thing that you will start doing is driving slow - or at least slower than usual. The main reason is because you will be more likely to slam on the breaks and bring the car to a stop before your car comes close to hitting the deer. You will allow yourself more time to react to a deer crossing the road when you drive slower than if you were to drive faster. Following speed limits, or doing lower than the speed limit in areas where you know that deer may be spotted frequently, is one of the best ways to prevent hitting a deer this winter.

AVOID HITTING A DEER BY USING HIGH BEAMS

It is important to keep in mind that using your high beams is not allowable in certain areas, such as highways or main roads, however, there are many areas where you still can use your high beams, such as secluded back roads or wooded areas - which are both places where deer enjoy hiding out. The reason that using your high beams is likely

to help you prevent hitting a deer is because you will be able to see further away than if you used your headlights alone. This will give you much more time to react and to be aware of the fact that a deer is crossing the road in front of you.

One of the best ways to prevent hitting a deer is to avoid distractions. This includes talking on a cell phone or fumbling with the cd player while you are driving. As with any other type of car accident, you will be giving yourself less time, if any time, to react to situation when you have too many distractions going on at once. If you really want to prevent hitting a deer this winter, you will want to allow yourself that extra reaction time by being aware of what you are doing, without distractions.

These are just some of the things that you can do to prevent hitting a deer this winter. Unfortunately, there are situations in which hitting a deer is entirely inevitable. If you do feel like you are about to hit a deer, the best thing that you can do

for yourself and your automobile is just hit it. The main reason is because more injuries and deaths occur from those who choose to swerve, ultimately landing themselves wrapped around a tree, telephone pole or even another vehicle. Although your car may have some damage, it is likely that the injuries you may face from hitting a deer will not be half as bad as if you had swerved.

If you hit a deer, you are to contact law enforcement to report the crash if the damage is over \$1,000. Remove the deer to the side of the roadway if it is safe to do so. If you are unable to do so, law enforcement will move the deer.

If the deer is a traffic hazard and you can't move it to the side of the road, and law enforcement isn't involved, you may contact the NDDOT district office in Minot at 837-7625, or North Dakota State Radio at 1.800.472.2121 so they can make arrangements to remove the deer.

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3RD QUARTERLY LOAD CREW COMPETITION

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS TRUST TATE



Airmen assigned to the 5th Aircraft Maintenance Squadron take a written test at Minot Air Force Base, North Dakota, Oct. 2, 2023. The Airmen completed the test as part of the 3rd Quarter Load Crew Competition which evaluated their readiness and job proficiency.



Airman 1st Class Timothy McDonald, 5th Aircraft Maintenance Squadron weapons load crew member, uses a missile carrier to load an inert precision guided munition onto a B-52H Stratofortress at Minot Air Force Base, North Dakota, Oct. 2, 2023.



Airman 1st Class Timothy McDonald, 5th Aircraft Maintenance Squadron weapons load crew member (left), and Senior Airman Matthew McMahon, 5th Aircraft Maintenance Squadron weapons load crew member (right), load an inert precision guided munition onto a B-52H Stratofortress at Minot Air Force Base, North Dakota, Oct. 2, 2023. The Airmen competed in the 3rd Quarter Load Crew Competition evaluating their preparedness.



U.S. Air Force Tech. Sgt. Bryce Gex, 5th Aircraft Maintenance Squadron load standardization crew member, gives opening remarks for the 3rd Quarter Load Crew Competition at Minot Air Force Base, North Dakota Oct. 2, 2023. The competition is held quarterly to test readiness with load crews competing head-to-head in multiple categories such as a written test, equipment and uniform inspection and missile loading.



Airmen assigned to the 5th Aircraft Maintenance Squadron pose for a group photo with their certificates and Load Crew of the Year trophy at Minot Air Force Base, North Dakota Oct. 2, 2023. The team earned the award by successfully loading an inert AGM-86 air-launched cruise missile onto a B-52H Stratofortress faster than their competition.

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SrA Joseph Avila



91st Missile Maintenance Squadron
Hometown: Mesa, AZ

SrA Avila spent over 40 hours in 3 days fixing a Joint Chief of Staff satellite communication network outage across the 91st Missile Wing. Additionally, during the upgrade of 17 Top-Secret terminals, Joe identified incorrect technical data which eliminated work stoppages across Air Force Global Strike Command.

GAME SALUTE: THURSDAY, OCTOBER 19

2nd Lt Natalie Tanabe



740th Missile Squadron
Hometown: Denver, Colorado

Lt Tanabe served as a base ambassador during International Women's Month, communicating with installation units and their leadership on the opportunities for women in the local community. During the past year she has been a part of every major 740th Missile Squadron operation, to include the GLOBAL THUNDER exercise and world-wide nuclear document updates. Her enthusiasm and high degree of competence make her a phenomenal asset to the defense of the Nation.

GAME SALUTE: SATURDAY, OCTOBER 21

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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Tom Ross, Mayor of the city of Minot, North Dakota, and other civic leaders pose for a photo with Team Minot leaders during Norsk Høstfest in the city of Minot, North Dakota, Sept. 30, 2023. The boarding pass represented donations used to send Team Minot Airmen home for the holidays.



Members of Team Minot play a game of tug-of-war during the Norsk Høstfest Military Games in the city of Minot, North Dakota, Sept. 30, 2023. The Airmen competed for the coveted Høstfest trophy during the annual event.



Col. Kenneth McGhee, 91st Missile Wing commander, poses for a group photo with the winners of the Norsk Høstfest Military Games during Norsk Høstfest in the city of Minot, North Dakota, Sept. 30, 2023. The competition took place during the Military Appreciation Day portion of Norsk Høstfest.



A Team Minot Airman competes in an axe throwing competition during the Norsk Høstfest Military Games in the city of Minot, North Dakota, Sept. 30, 2023. The competition was held as part of the Military Appreciation Day segment of the Norsk Høstfest.



Col. Kenneth McGhee, 91st Missile Wing (MW) commander (left), and Chief Master Sgt. Ernest Crider, 91st MW command chief (right), pose for a photo with Operation Home for the Holidays donors during Norsk Høstfest in the city of Minot, North Dakota, Sept. 30, 2023. Operation Home for the Holidays raised \$100,000 for 100 Team Minot Airmen to go home during the holiday season.

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Proud to Serve

ROD WILSON, NORTHERN SENTRY

The honor of presenting colors at events normally falls on either an active duty military group, like the Color Guard at Minot Air Force Base, or retired military organizations such as the American Legion Post #26 color guard.

At an event on Sunday at Anne Nicole Nelson hall on the campus of Minot State University, 4 veterans accepted the call to present colors at The Brass Band of Minot Patriotic concert.

Leading the color guard was Dean Verstraete, a 14 year volunteer who to date has done a number of Color Guard events, along with taking part in 735 veteran's funerals as an Honor Guard member. Dean spent 21 of his 26 years in the Air Force at Minot Air Force Base, joining the Air Force in April of 1967 and retiring in May of 1993. Other volunteers for this Sunday afternoon Color Guard were Millo Wallace, carrying the American Flag, Rob Schutt carrying the North Dakota flag, and John Kinkade, who with Dean carried rifles. Dean, Rob & John are Air Force vets, with Millo having served in the U.S. Army.

"To be honest, we have 10-11 volunteers, and of those volunteers there are 5 that are pretty much full time" says Verstraete, "the color guard can do 10-15 events per year, and the Honor Guard will serve at 70-75 veteran's funerals per year. We never know from day to day or week to week how many we will do, but it keeps us busy."

There are other active American Legion Color & Honor Guard units but Post #26 tries to serve about a 30 mile radius of Minot.

Volunteers to serve on the Honor & Color Guard units are sometimes hard to find, but the need is always there according to Verstraete.

"We give the flag the respect and honor that it deserves" says Verstraete "sometimes when we are short of people we are forced to do the color guard with only 2 people, without rifles. But we don't like to do that because the rifles symbolize protecting our flag and our country."

There are challenges for the Honor Guard and Color Guard units. "Some churches have taken the American flag out of their sanctuary, and the pastor will request that we don't do any of our ceremony in the church, instead they want us to do everything in a narthex or even outside. We have to visit with some of them and remind them that without the veterans that we came here to honor, they probably wouldn't be able to stand in their pulpit and practice the freedom of religion. Some don't like it, but that's the way it is" says Verstraete.

There is one other member of the team, the bugler who will sound TAPS. "We are so fortunate to have folks like Wayne Schempp, Pat Schwann and Craig Eraas to play TAPS."

So how does a volunteer get started? "Well for me it was my First Sergeant that talked me into doing Honor Guard, and within 4 months, I was leading the team."

Proud to be patriotic and wanting to continue to serve. For Dean, Millo, Rob & John the job is not done. They continue to serve whenever they are called.



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U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS TRUST TATE



Airmen with the 5th Civil Engineer Squadron work as a team to collect and filter water at Douglass Creek campgrounds, North Dakota, Sept. 23, 2023. The Airmen came together for an Agile Combat Employment exercise that tested their understanding of survival tactics.



Airmen assigned to the 5th Civil Engineer Squadron perform Tactical Combat Casualty Care on a simulated wounded teammate at Douglass Creek campgrounds, North Dakota, Sept. 23, 2023. The Airmen participated in an Agile Combat Employment exercise which emphasized adaptability and effective utilization of multi-capable Airmen.



Tech. Sgt. Jacob Sober, 5th Civil Engineer Squadron water and fuel systems maintenance craftsman, scans the surrounding area at Douglass Creek campgrounds, North Dakota, Sept. 23, 2023. Sober used binoculars to secure the area while his teammates procured a safe water source during an Agile Combat Employment exercise.



Airmen assigned to the 5th Civil Engineer Squadron (CES) gather to be issued weapons and complete accountability at Douglass Creek campgrounds, North Dakota, Sept. 23, 2023. 5th CES Airmen participated in an Agile Combat Employment exercise which tested their survival tactics.

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Skin Deep

Winter Skin Woes: How to Take Care of Your Skin During a North Dakota Winter

We have grown accustomed to blue skies and warm temperatures these past several months. However, the weather is already taking a turn. As temperatures plunge this winter our skin can suffer, especially if you're not accustomed to the "cold" (which I may need to redefine once I experience my first winter here in Minot - my hometown being Pittsburgh), you may find your skin becomes dry, flaky, and irritated. Do not despair! Let's consider how the cold affects the skin and ways for keeping your skin healthy.

Whether you have enjoyed the humidity or not this past summer your skin has likely grown accustomed to it. In winter, humidity levels drop dramatically, and the air becomes significantly drier. This can cause your skin's natural oil production to struggle to keep up, leading to dehydration. Because we are fortunate enough to have heating in our homes, the dehydration becomes worse in the colder months. If you thought that was enough to cause drier skin... that's not all! Let's not forget the seemingly unending winds!

All of these factors combine to a breakdown in the skin's protective barrier, leaving it prone to redness, dryness, itch and irritation. The key to keeping your skin healthy when temperatures drop, is to ensure that it is well hydrated.

So where do we start?

Turn Down the Temperature in the Shower.

I know, I know - we LOVE a long hot shower in the colder months! I get the same reaction when I have given this bit of advice over many years- the long disdainful stare. Unfortunately one of the things that makes us feel good on a winter day actually aggravates the already sensitive winter skin. Instead, try to use a lukewarm or tepid shower and you will see how it will greatly benefit your skin.

Don't Dry Off...

At least not entirely. Pat drying and leaving the widespread areas of your body damp while making sure the skin folds and creases are completely dry will help with the next step.

Use a Good Moisturizer

While your skin is still damp from the shower, apply a cream moisturizer on your entire body, thereby trapping that moisture within. Look for products with ingredients like alpha hydroxy acid, ceramides, urea, hyaluronic acid, sorbitol and glycerin which will keep your skin hydrated and help protect its natural barrier. Keep a smaller version of a moisturizer to reapply to exposed areas like your hands throughout the day if needed.

Water Water Water

Staying hydrated is not just for hot days. Fluid intake is essential for keeping your skin hydrated any time of the year, and especially so during cold weather. Drink water throughout the day and with meals to ensure you are getting as much water as possible to keep your skin healthy and from feeling and looking dry.

Wear Sunscreen/Sunblock

Often we forget about sunblock when the temperature drops, but it is essential during cold weather and snowy days. Sun exposure can still cause damage to your skin, regardless of the temperature, so make sure you're applying sunscreen/sunblock with SPF 30 or higher every day- even on the cloudy ones to exposed areas like your face and hands. Just because you work or spend a lot of time inside doesn't mean sunscreen and sunblock don't matter. Newer research has discovered the light that we encounter from indoor, artificial lighting sources are also damaging our skin. Fortunately, it has also been noted that tinted sunscreens and foundations containing iron oxide do offer protection against these longer wave-lengths.

Use these tips to maintain healthy, hydrated glowing skin when the cold weather hits! Hope this helps - Stay warm everyone!

David W. Patterson MPA, PA-C

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SOUTHERN GROUND HORNBILL

CREATURE FEATURES

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

Fact File	
Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore Carnivore Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

Photo by Amanda Cone

MONKEY MAZE

HOURS: OPEN DAILY 9AM-6PM

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Annual Family Pass

FALL CAR CARE

HOW LONG CAN YOU GO IN BETWEEN GETTING AN OIL CHANGE?

Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?
When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

- Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.
- Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?
Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

DON'T MISS OUT ON YOUR NEXT OIL CHANGE
When it is time to schedule service at the auto shop, there's plenty of benefits to getting your oil changed at Tires Plus. Each oil change comes with a free courtesy inspection, speedy service, and we regularly offer coupons to save you money. Find your nearest Tires Plus for assistance from our auto experts on all your car maintenance and tires needs.

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Minot | 1301 20th Ave SW | 701-837-1301

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National Fire Prevention Week

October 8-14 2023



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FIRE PREVENTION WEEK™

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Saturday
Oct 14

🔥 0900

PARADE THROUGH HOUSING

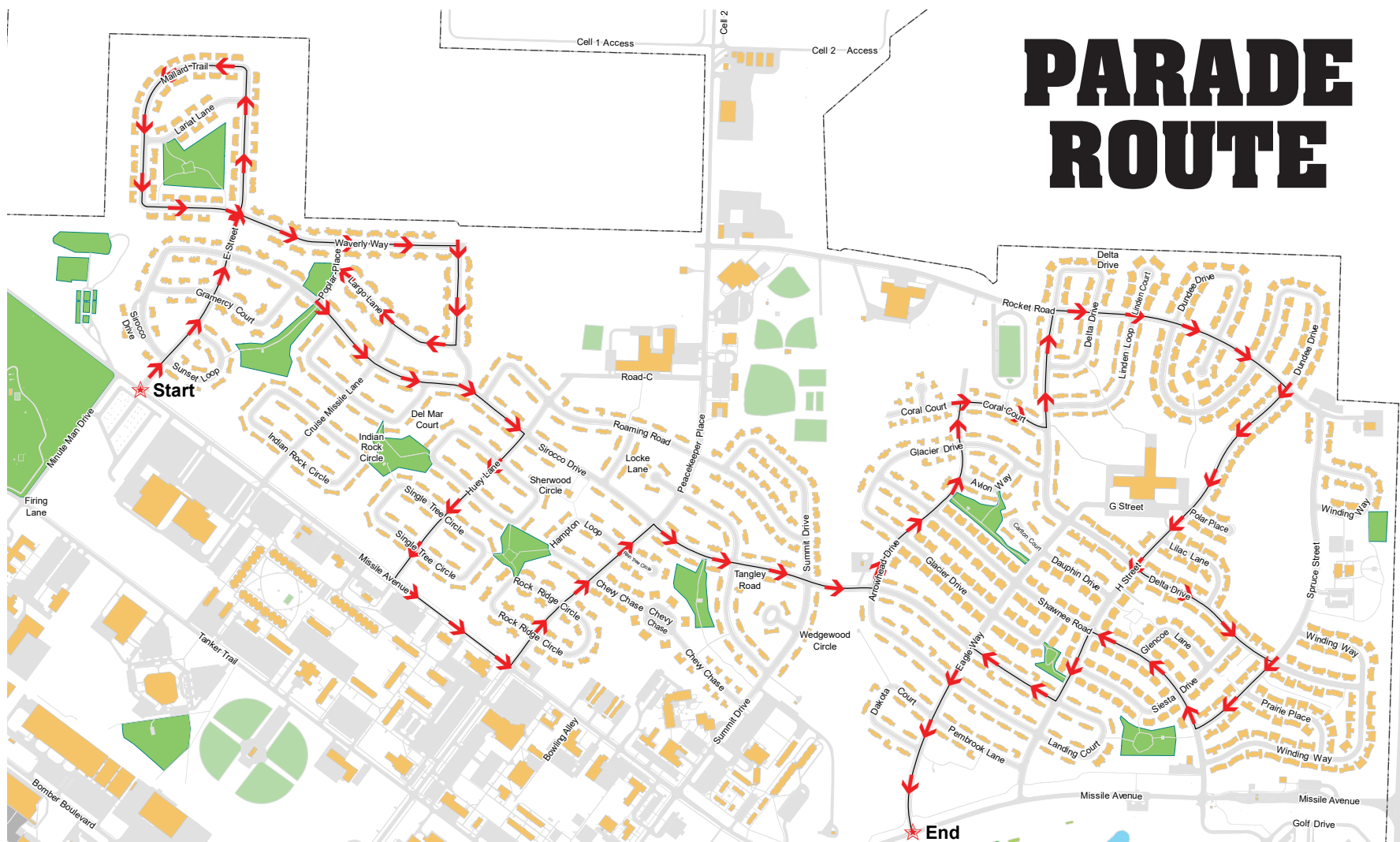
Start- at E Street and Sunset Loop
End- at Eagle Way and Missile Ave.

🔥 1030-1300

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Minot Air Force Base Fire Department 896 Flight Line Drive Minot ND



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The Minot Minotauros Weekend Recap for October 7

JEREMY PIKE, MINOTAUROSHOCKEY.COM

Despite Niklas Ketonen scoring only 2:45 into the first period Saturday, his first goal of the season for the Minot Minotauros, the Tauros fell 3-1 to the Aberdeen Wings to split the weekend series. The Tauros take two points, but due to Friday being a shootout, Aberdeen takes three points on the weekend.

Ketonen jammed home a bouncing puck from Jack O'Hanisain, his third assist of the season. The Tauros dominated the first period and outshot the visitors 19-6.

However, the second period was a different story. The Wings scored twice with Nikolai Tishkevich tying the game with his third goal of the season before Isak Holstrom scored the eventual game-winner, his fourth of the season.

Then just over halfway through the third period, Leonid Bulgakov scored his fourth of the season with a short-handed breakaway.

The Tauros did not fail for trying, putting 44 shots on net but could not solve Wings goaltender Adam Dybal. He finished the night with 43 saves on 44 shots after saving 37 of 39 on Friday. Tauros goalie Brady James saved 20 of 23 Saturday night and 14 of 16 Friday night.

Both nights were full of physicality that poured over into problems. The Wings had two players given game misconducts Friday night and a third on Saturday night. There were a total of 17 penalties Friday night and 18 Saturday night.

The man who opened the scoring Saturday night, the Tauros' Ketonen, was also the man responsible for

sealing the points for Minot after he scored in the third round of the shootout for a 3-2 victory. The rest of the scoring came in the second period. Cayden Casey scored his first goal as a Tauro at almost exactly the halfway point of the period before the Wings responded less than two and a half minutes later through Grant Kohonen.

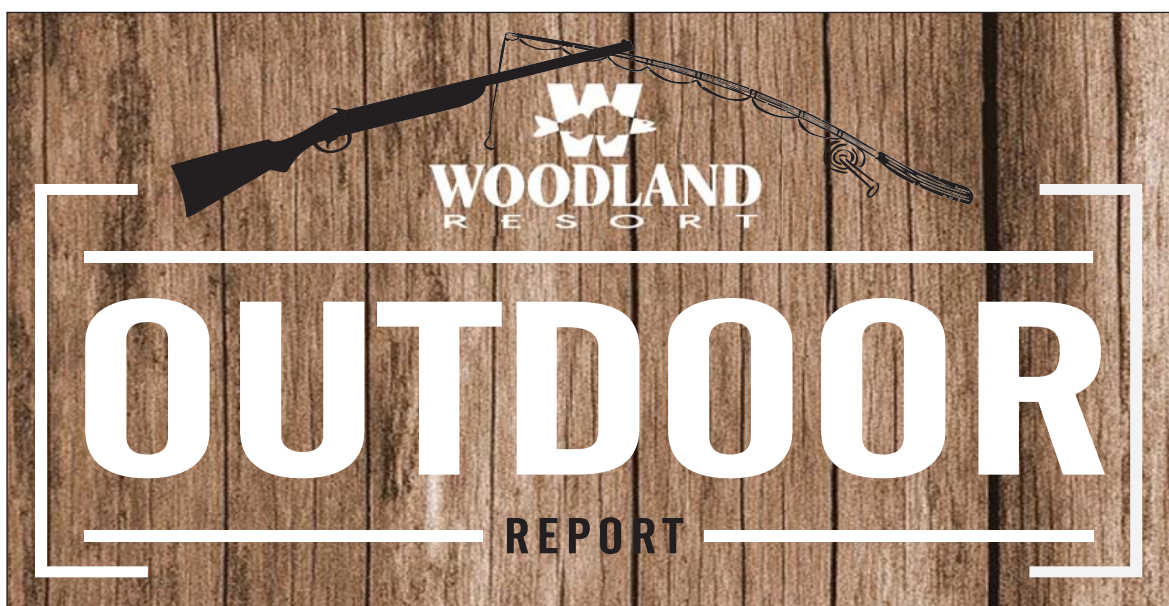
It only took just over a minute before the Tauros retook the lead. Weston Knox sent a long pass out of his own zone to Jack O'Hanisain who got a partial breakaway. As he got hooked down, he slipped the puck past Dybal.

However, with less than two minutes left in the game, Logan Gravnik scored his fifth of the season, his second point of the game after assisting on the Wings' first goal of the game.

That was the only scoring before the shootout. Both teams failed to score through two rounds before Ketonen gave the Tauros the win.

The Tauros outshot Aberdeen 34-14 in regulation and 5-2 in overtime but were only able to get the two goals in open play.

Next up the Tauros head on the road to Mason City, Iowa to take on the North Iowa Bulls. Then the Tauros return to the Maysa Arena for a three game weekend starting on Thursday, October 19th against the Bismarck Bobcats before the St. Cloud Norsemen come in for a weekend set on October 20th and 21st. Saturday the 21st will also be the Minotauros Booster Club Trunk or Treat Tailgate.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Oct. 9: 1,840.25 feet above mean sea level (MSL); 16,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.49 feet above mean sea level (MSL). Stump Lake elevation: 1,449.52 MSL.

•N.D. Game & Fish Dept. game wardens: Little activity on the Missouri River System. No reports from Devils Lake or north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Not as many anglers on the water with limited reports.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye with lots of small fish yet. Work shallower water using spinners and bottom bouncers or try vertical jigging in deeper water.

•Lake Darling, Karma C-Store, Ruthville: Continued fair to good walleye activity from shore at Grano crossing.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling closed to boat fishing but designated shoreline access points remain open.

•Lake Metigoshe, Four Seasons, Bottineau: Not much activity with limited reports.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Better walleye activity on the east end of Lake Sakakawea is farther west from Douglas Bay. Water releases into Lake Sakakawea from Lake Audubon are complete so activity quieted along the Highway 83 embankment.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn &

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.

- Blue-green algae is still present in some area wetlands and lakes so watch water conditions before allowing hunting dogs into the water. It's deadly and death can occur in minutes.
- 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.
- 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.
- Oct. 14: Audubon Nat'l. Wildlife Refuge Fall Fest, refuge Visitor Center.
- Oct. 22: Pronghorn season closes.

TOURNAMENTS:

- Oct. 21: Lake Sakakawea, Lewis & Clark Bridge, Williston.

Leisure, Garrison: East end of Lake Sakakawea remains slow with the walleye taken still found in deeper water around 40 to 50 feet.

•Lake Sakakawea, New Town: A few more walleye showing up in shallower water around 20 to 25 feet in the Van Hook Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow from both boat and shore. Look for improving salmon success, though., as more fish move through the dam and some small walleye in the spillway channel yet/. Try 30 to 50 feet off the points on the east end of Lake Sakakawea using minnows or nightcrawlers with some crankbait activity. Fair salmon activity from boats and shore with off-and-on success. Look for improving success as temperatures drop.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea slowed with muddy water after rains and high winds in early October. Better success is east around White Earth Bay and New Town. Try 30 to 40 feet using jigging Raps. Missouri and Yellowstone rivers also muddy.

Blacktail Dam producing a nice mix of species. Trenton Lake producing some walleye activity.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A little activity on the Souris River but no reports.

Hunting:

•Cranes: A few sandhill cranes starting to trickle into central areas of the state.

•Upland: Nice pheasant numbers in some areas of west-central N.D. but lots of birds still not fully colored.

•Waterfowl: Limited migration yet with mostly local ducks and geese across much of the state, although a few scattered snow geese moving into northwestern and north-central N.D. Some ducks moving around the northern tier of the state. Lots of activity around northeast and east-central N.D.

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.

welcome baby

BABY BOY BORN ON WEDNESDAY, SEPTEMBER 27, 2023 TO
RENEE DUBOIS AND BRUCE BECKER
BELCOURT, ND

BABY GIRL BORN ON FRIDAY, SEPTEMBER 29, 2023 TO:
TIA AND MATTHEW PIGMON
MINOT, ND

BABY BOY BORN FRIDAY, SEPTEMBER 29, 2023 TO:
ALYSSA ANDRINO AND CARLOS FIGUERON
MINOT, ND

BABY GIRL BORN ON SUNDAY, OCTOBER 01, 2023 TO:
JASMIN AND ROSS REUBIN
MINOT AFB, ND

BABY BOY BORN ON MONDAY, OCTOBER 02, 2023 TO:
KAYLA AND BLASÉ HENDRICKSON
MINOT, ND

BABY BOY BORN ON TUESDAY, OCTOBER 03, 2023 TO:
ALLISON AND JACOB HICKMAN
MINOT AFB, ND

BABY BOY BORN ON WEDNESDAY, OCTOBER 04, 2023 TO:
MAYA AND LALPORCHEA SANDERS
MINOT AFB, ND

BABY BOY BORN ON THURSDAY, OCTOBER 05, 2023 TO:
KADY AND JEFF ALEXANDER
MINOT AFB, ND

If you wish to put a photo of your baby in the Northern Sentry,
please send it to nsads@srt.com.

Please include your name and the birth date of your baby.
Baby listings will come from Trinity Health.



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

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



JOURNEY CHURCH

ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

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



OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

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

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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

St. Peter The Aleut Eastern Orthodox Church



109 6th St. SE
 Minot • 838-3094

Saturday, October 14
 5PM, Great Vespers

Sunday, October 15
 10AM Holy Liturgy

V. Rev. Fr. Paul Hodge



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



Christ Reformed Church

Worship 11:00 a.m. Sunday
 234 14th Ave SE
 www.christreformedchurchminot.com

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

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



Break Forth BIBLE CHURCH

Wednesdays 7:00pm
 and Sundays 10:30am

1821 W Burdick Expressway

For More Information:
 701.838.2665 | www.bfbc.tv




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.

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



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



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

RADIO BROADCAST
 KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



Trinity CHURCH

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

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

www.trinitychurchminot.org

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



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.fleminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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



OSLC

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 3705 11th St. SW
 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)



Bible Fellowship Church

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

1720 4th Ave NW, Minot
 838-0916
 MinotBibleFellowship.org



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
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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.

ORCS Preschool

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- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

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



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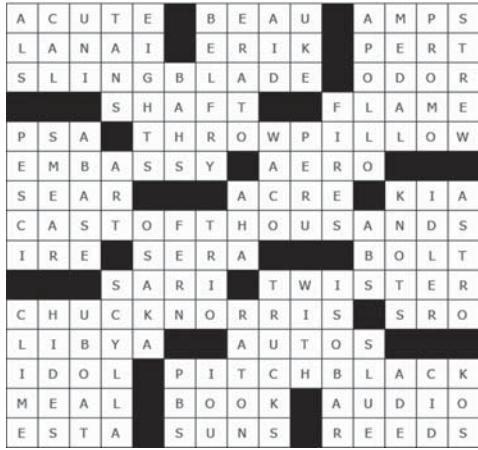
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NORTHERNSENTRY.COM

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

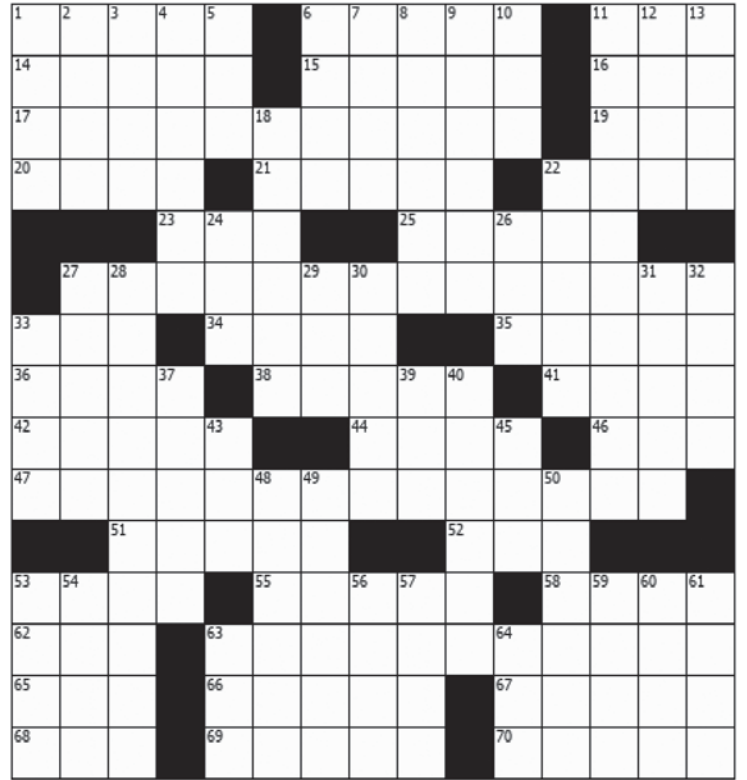
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Oldsmobile model
- 6. "The Velvet Fog"
- 11. Tennis shot
- 14. Prehistoric creatures, for short
- 15. Made bovine noises
- 16. Words of praise
- 17. Start of a Groucho Marx quote
- 19. Portable bed
- 20. Wood used for furniture
- 21. "...bombs bursting ___..."
- 22. Gumbo vegetable
- 23. Son of, in Arabic names
- 25. My girl cousin, to my mom
- 27. Part 2 of the quote
- 33. CA landing spot
- 34. He watched Rome burn
- 35. By no means long-winded
- 36. Eight, in Emden
- 38. Is bold
- 41. Turn's partner
- 42. Grouses
- 44. Rat-__
- 46. Away from the office
- 47. Part 3 of the quote
- 51. Reject cruelly
- 52. "___ Haw"
- 53. No ifs, ands, or ___
- 55. Market place
- 58. Safecracker
- 62. Black cuckoo
- 63. End of the quote
- 65. Ice skater Midori
- 66. Curved moldings
- 67. Madison Square Garden is one
- 68. It may be long or short
- 69. Geeks
- 70. Irritable



Down

- 1. Mine entrance
- 2. Cereal or game name
- 3. One-named singer
- 4. New New York Yankee, maybe
- 5. Columbus sch.
- 6. Fed. agent
- 7. Eugene O'Neill's daughter
- 8. Alternative to shells
- 9. Type of system of measures
- 10. Tokyo before 1868
- 11. Place for a pep talk
- 12. Glade's enemy
- 13. Phi-Kappa middle
- 18. Reacted to a vaccination, perhaps
- 22. Group of eight
- 24. Prohibition
- 26. NYC winter setting
- 27. Iliac preceder
- 28. Extreme weariness
- 29. ___ pro nobis
- 30. Aesop's lesson
- 31. It's open for discussion
- 32. Nuisance
- 33. Like a doily
- 37. Recipe amts.
- 39. Schedule abbr.
- 40. Cumberbund's cousins
- 43. Moo ___ chicken
- 45. Golfer's gadget
- 48. Syracuse players
- 49. Consolidator
- 50. Milne's donkey
- 53. Worms, sometimes
- 54. Golden rule preposition
- 56. Place for a mower
- 57. Minus
- 59. Fold females
- 60. Lady's man
- 61. It's often touched up
- 63. Charged particle
- 64. Ring toss item?

Cooking safety starts with YOU!



Sparky says: Have a 3-foot (1-meter) "kid-free zone" around hot things like the grill or stove. Stay away from things that get hot.

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(1984) Horror (R)

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1500 4TH AVE NW, MINOT, ND

YOUTH IN ACTION

Winter Bussing and Town Hall



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



Autumn is in full swing with great programming at Minot Air Force Base. As we adjust to shorter days and decreasing temperatures, the School Liaison Office serves as the Contracting Officer Representative (COR) for Yellowfin Bus Transportation and is excited to prepare for our winter bussing season.

Winter bussing at Minot Air Force Base is provided by Yellowfin Bus Transportation and services students attending North Plains Elementary, Dakota Elementary, and Memorial Middle School. This year, there is a new manager, Mary Lee Scott. Mary Lee and I are working closely together to ensure SY 23-24 Winter Busing is a success! In this article, I would like to highlight a few things to keep in mind as you prepare your student to ride the bus. These items include submitting bus forms, arrival to bus stop, communication, and the bussing town hall.

Bus Forms: Please remember to fill out and submit bus forms to yellowfin.minot@bragglines.com. This is an important step for all students to be accounted for prior to the start of winter bussing. As a point of clarification, Youth Programs transportation will transition to Yellowfin. As a result, please be sure to submit the forms to Yellowfin Bus Transportation at the above email.

Arrival at Bus Stop: The School Liaison Office and Yellowfin Bus Transportation encourages all students to be in place at the

designated bus stop 5 minutes prior to pick up. This is necessary to ensure the safe and timely arrival of students to school and home. It is important are students are not missing a moment of precious instructional time with teachers and staff.

Change of Transportation: Communication is key as our students are being transported. Change is inevitable especially as we daily strive to fulfill a mission. If there is a change in transportation with awareness prior to a student's arrival to school, please be sure to communicate this with your school child as a preliminary step. This provides the student with clear expectations and a sense of security. After this, share this information with the classroom teacher via Parent Square. If there is an urgent or immediate concern, please reach out to Mary Lee Scott at 701-500-4466 and/or the respective school.

Bussing Townhall: On Monday, October 16th, 2023, at 5:00 pm, the School Liaison Office will host a bussing town hall at the Jimmy Doolittle Center. This would be a great opportunity to connect with the School Liaison Office and Yellowfin Bus Transportation. You can expect an introduction to the bus drivers, and a detailed description of the bus routes.

We look forward to a fantastic winter bussing season and seeing you soon! If there are questions, please send me an email at mafbschool.liaison@us.af.mil or 701-240-2380.



Upcoming Events

14 OCT

GET ON YOUR HIGH HORSE WITH TOGETHER WITH VETERANS

12:00 PM
Prairie Therapy Stables

Have you ever thought about learning to ride a horse? Do you know you like riding and haven't been able to in a while? TWV-Minot has partnered with Prairie Therapy to give 10 people an opportunity to learn how to ride horses. On October 14th from 10am - 12pm, the first 15 people to reserve seats with us will get the chance to ride in an environment suited for all abilities. Simply send a message to 'Together with Veterans-Minot' facebook page with the number of seats you'd like to reserve. We look forward to seeing you there



For more information:
Facebook / Together With Veterans - Minot / Events

14 OCT

FALL FEST AT MINOT FARMERS MARKET

10:00 AM-1:00 PM
Oak Park
1300 4th Ave NW, Minot

It's time to celebrate Fall with spice and everything nice. This is another way to get out and enjoy the last hooray of this season of Minot Farmer's Market. Warm up with a Hot Beverage Bar featuring hot cider, hot chocolate and coffees and have fun (without the stress or mess!) with the holiday photo station, pumpkin painting and fall decoration craft! PLUS Our Vendor Members are brewing up some fun things that you'll be able to do in their booths like games and more. Remember the Minot Farmer's Market is OPEN RAIN OR SHINE - but not if it's below freezing. Click the Ticketing Link to get all of the information about each station!



For more information:
Facebook / Minot Farmers Market / Events

16 OCT

STORYTIME WITH MISS KRISTI AT MAIN STREET BOOKS

11:00 PM-12:00 PM
Main Street Books
8 Main St S, Minot

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



For more information:
Facebook / Main Street Books / events

19 OCT

MINOT LIONS 7TH ANNUAL 'DINING IN THE DARK'

5:30 PM
Northwest Art Center - Minot State University
500 University Ave W, Minot, ND

Enjoy a delicious four-course meal while wearing a blindfold. A table host who is visually impaired will guide your dining experience. To purchase tickets, go to <https://givebutter.com/U4PsFJ> \$60 tickets, with proceeds benefitting the North Dakota Association of the Blind and the Minot Lions Club vision assistance program.



For more information:
Facebook / Minot Lions Club / Events

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 \$5 Moscow Mule
 \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
 1/2 Flat Bread Pizza

DAILY SPECIALS
 Monday \$5 Moscow Mules (all day)
 Tuesday \$4 ND Breweries (all day)
 Wednesday 1/2 Price Wine by the glass/bottle (all day)
 Thursday \$1 up for all Tall Taps (all day)
 Sunday BRUNCH (11am-2pm)
 \$7 TSR Bloody Mary & Caesars
 \$12 Bottomless Mimosas
 \$6 Breakfast Shots

FAMILY PACKS
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 Thursday Pasta Pack
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3rd and 4th graders had some special guests read and help them develop a better understanding of Hispanic Heritage Month! The students with the volunteers made paper feathers that will be displayed at the closing of the Hispanic Allies Oct 13 ceremony. Dakota Elementary welcomed Kayla Dennis, Selen Lugo, Judith Guerrero, Thomas Reed, Melisa Barrera, and Fredy Velazquez.

Mr. Wolf aka "That Chess Guy!" came to visit 3rd grade this past Friday. Mr. Wolf taught the students how to play chess and also some chess moves they can do. There was a lot of fun learning and even getting to practice and play!

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF RESPONDS TO CUBAN MISSILE CRISIS
 OCTOBER 16-28, 1962




The Cuban Missile Crisis was a pivotal moment in Cold War history. After US intelligence became aware of the construction of Soviet missile sites in Cuba, Strategic Air Command sent two officers from the 4080th Strategic Wing to verify with the use of U-2 spy planes. The missile sites were only located about 90 miles from US shores, presenting a serious potential threat. President John F. Kennedy was notified of the missiles on the morning of October 16, 1962, and the confrontation with the Soviet Union intensified as US military forces sprang to action. Within a week, the USAF shifted from peacetime status to full combat alert in preparation. Aircraft from all over the country were mobilized, missiles were placed on alert, and USAF airlift increased to support combat forces. After the military show of readiness and much negotiation over the next few weeks, the Soviets finally agreed to withdraw their missiles on October 28, 1962. Later on, President Kennedy credited Strategic Air Command with contributing greatly "to the maintenance of the peace and security of the United States..."

Intermediate Range Ballistic Missile site at Guanajay, Cuba (USAF Photo)

Information courtesy of: minot.af.mil / afhistory.af.mil / MAFB by Lt. Col. George A. Larson, USAF (retired)

JR. JOURNALISM PROGRAM
 northern Sentry



Kids are an important part of our Minot AFB Community. We want to hear about them, FROM them!

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

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


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

Open to military dependents ages 7-17

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

We can't wait to read your stories!

Find out how you can get published



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'Launch into Literacy' Dakota Elementary

ERIN BEENE, NORTHERN SENTRY

American abolitionist and dynamic orator, Frederick Douglass, is credited with having said: "Once you learn to read, you will be forever free."

Dakota Elementary is leaning into this ideal and making sure their students understand the importance of literacy and the power of the written word with a new program: 'Launch Into Literacy'.

2nd grade teacher at Dakota, Mrs. Melvina Murray, has worked hard to help kick off the program. She loves having the community involved with learning. The function of the program allows students to hear books and stories read from members of Minot Air Force Base. Mrs Murray says, "The

'Launch into Literacy' program is an exciting and educational collaboration where Minot AFB members are taking to the skies of imagination and launching into local schools to promote literacy."

She continued to explain the concept of the new program by saying: "The initial idea came from several military friends and organizations reaching out to read in my classroom and our school. Last year we had several readers including Colonel Galbert formerly from the 91st Missile Wing and Major Word from the 5th Bomb Wing. Before this school year began, I had several organizations reach out and express how they want to be in the classrooms and work

with our Minot AFB students. Therefore the 'Launch into Literacy' program was created as a way to organize all the military members willing to read to our students."

One of the other main POCs for the project, Captain Avaris Murray, read to students last week. Mrs. Murray explained that so far there are three classes and sixty students who have been able to enjoy this program. But they would like to include more classes and schools within Minot Public Schools, if possible. If you or someone you know on the base would be interested in reading to students for the 'Launch into Literacy' program, please contact Capt. Murray at avaris.murray@us.af.mil.



The Launch Into Literacy program brings special guest readers into the classroom to inspire and engage students with captivating stories! On Friday, October 6, Capt. Avaris Murray attended as the first reader for the program. He came and read to a few K-2 classrooms.



STORYTIME
and activity with Miss Kristi
Tuesday and Friday 11 am

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TRUNK OR TREAT

THURSDAY **OCTOBER 26**

BEHIND DAKOTA ELEMENTARY
4:00PM - 6:00PM

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 Tuesday: 9:00am – 6:00pm
 Wednesday: 7:30am – 6:00pm
 Thursday: 7:30am – 6:00pm
 Friday: 7:30am – 4:30pm
 Saturday: 2 a month by appt
 Sunday: Closed

(701) 852-2800

Minot High Military Football Game

BRIANNA LOW NORTHERN SENTRY

The Friday night lights will be glowing strong on October 13, as the Minot High School Varsity Team takes on Williston High School at Duane Carlson Stadium for their military themed football game. The team will be honoring local active military, retired veterans, law enforcement, and first responders. Erik Jolliffe,

of Foremost Well Service and the man behind this event said, "Minot is a city where the Air Force Base is a huge part of the community and we want to create an event that shows our appreciation and says thank you to all the Active Duty and retired military, first responders, fire department, and police. It helps

bring the community together and to celebrate the freedom that is provided by the armed forces". The team and the booster club want to celebrate those that have dedicated their lives to keep us safe each day.

Starting with a warm-up to a military-themed playlist, the team has events planned through the entire night to show their appreciation. The National Guard will be landing at the Jim Hill Practice field at 4pm and will remain there for the duration of the game for families to go take a closer look, along with Humvees, Avengers System, and the tent/booth with the Guardsmen. Thanks to a local business here in Minot, the tickets for all any active duty or retired military, first responder, police, and firefighter will be free admission. There are so many surprises in store for the community on Friday night and I will not spoil them all, but this is most definitely a game you do not want to miss! Be sure to grab a flag for your little ones and enjoy the game! I look forward to seeing you all there!



- October 13, 2023 •
- Game Starts @ 7pm •
- Duane Carlson Stadium (Minot) •

Minot High School wants to celebrate our local active military, retired veterans, law enforcement, and 1st responders with an invitation to our military themed Varsity football game.

Free admission, pregame and halftime celebrations, and exciting football for all those who help protect and provide our precious freedom.

YOUTH IN ACTION

CELEBRATING SOURCES OF STRENGTH



OCTOBER 16-27, 2023

MONDAY, OCTOBER 16

FAMILY SUPPORT

"Whether related to us by blood, or by choice, these are the people who support, nurture, and care for us."

#WEAREFAMILY
WEAR MEMORIAL GEAR OR BLUE/WHITE

WEDNESDAY, OCTOBER 18

MENTORS

"A mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves."

DRESS LIKE A SUPERHERO

TUESDAY, OCTOBER 24

GENEROSITY

"Generosity can look a lot of different ways, from donating money or time, to being intentionally kind to other people. These acts of kindness towards others, big or small, can make an impact on how we feel about ourselves."

HATS OFF TO ENDING HUNGER!
DONATE A CANNED FOOD ITEM. WEAR A HAT

THURSDAY, OCTOBER 26

PHYSICAL HEALTH

"When we are injured, we don't have to stay in pain. We can get better with access to the medical care we need and deserve. Physical and social-emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds."

DRESS IN YOUR BEST WORKOUT GEAR

TUESDAY, OCTOBER 17

POSITIVE FRIENDS

"Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them."

HOMEROOM COLORS
EACH HOMEROOM ROCKS A DIFFERENT COLOR

MONDAY, OCTOBER 23

HEALTHY ACTIVITIES

"When we feel stressed, healthy activities—whether they are social, physical, or emotional—help us unwind, lift our mood, and gain clarity."

REPRESENT YOUR FAVORITE TEAM
BRING A PROP FOR A FUN ACTIVITY!

WEDNESDAY, OCTOBER 25

SPIRITUALITY

"Spirituality is practiced in many ways, but at its core we consider what gives us a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice spirituality no matter what our cultural heritage and/or spiritual tradition."

GET COZY! WEAR YOUR FAVORITE FUZZY SOCKS

FRIDAY, OCTOBER 27

MENTAL HEALTH

"Mental health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life and oftentimes, getting together with a trusted person, a counselor, or a doctor can help empower us to overcome internal struggles we might be facing."

DRESS LIKE CHARACTERS FROM "INSIDE OUT"

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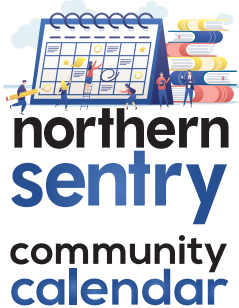


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IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include 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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PUZZLE ON PAGE B4

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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

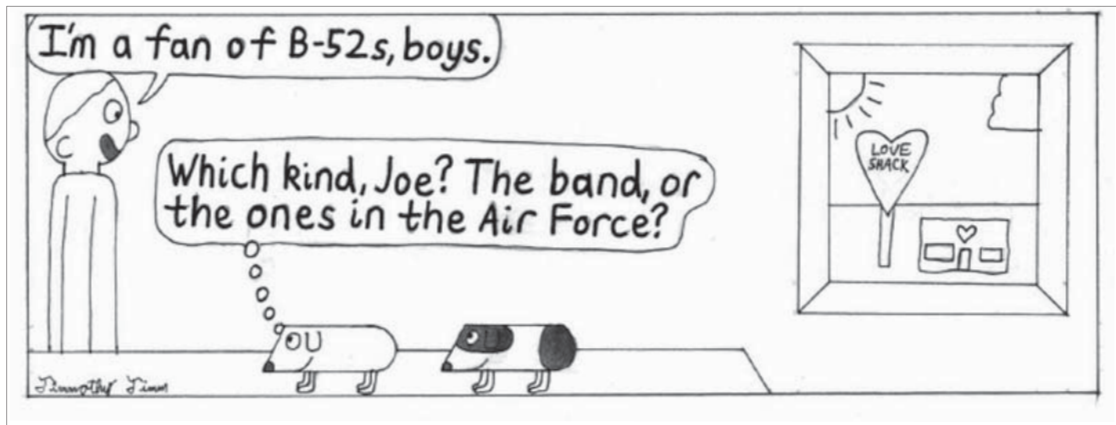
The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

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.mclmore@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



YOUTH IN ACTION

Magic City Cadets Return to the Skies

CIVIL AIR PATROL - MAGIC CITY COMPOSITE SQUADRON

Cadets from Magic City Composite Squadron, Civil Air Patrol, received their first opportunity to control a Cessna 172 in flight this past Saturday, October 7. These flights are funded as part of the Civil Air Patrols Orientation flights for cadets at least age 12 and less than age 18. Each cadet is allowed five flights in powered aircraft and five in a glider while receiving instruction from an experienced, qualified pilot. Saturday's flights were the first of their kind in eight months due to previous pilots moving and complications with weather.

Maj. Jeffrey Slocum, the pilot for the most recent flights, said, "I'm glad to be able to help our cadets take the next step toward their

aviation goals. I can tell they both were excited about actually getting to fly for themselves and I'm proud of the work they've put into studying aviation so far." Basic maneuvers and aerospace fundamentals are taught on all Orientation Flights and students had many questions answered Saturday.

The Magic City Composite Squadron has made plans to ensure all new cadets have their first opportunity for flight within 90 days of joining. The squadron's webpage, nd021.cap.gov, can be visited to find more information and visitors are welcome to attend normal meetings, Thursdays, 6:30 PM at Avflight, 2400 N Broadway, Minot, ND.



Cadets and adults prepare the Squadron's assigned Cessna 172 for the day's flights.



Cadet Merkel receives pre-flight checklist instruction from Major Slocum during the first flight of the day.



Aircraft safely returned to the hangar; the aircrew finishes a great flying day.

SPICY SHRIMP SKEWERS



INGREDIENTS

- 2 LBS SHRIMP, PEELLED, AND DEVEINED
- 6 OZ THAI CHILIES
- 6 CLOVES GARLIC
- 2 TBSP WINEMAKERS BLEND
- NAPA VALLEY RUB
- 1-1/2 TSP SUGAR
- 1-1/2 TBSP WHITE VINEGAR
- 3 TBSP OLIVE OIL
- BAMBOO OR METAL SKEWERS

Place all ingredients besides shrimp in a blender and blend until a coarse textured paste is reached.

Place shrimp in a bowl, add chili garlic mixture and place in fridge to marinate for at least 30 minutes.

Remove from fridge and thread shrimp onto bamboo or metal skewers.

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

Place shrimp on grill and cook for 2 to 3 minutes per side or until shrimp are pink and firm to touch. Enjoy!

Access this, and over a thousand other Traeger recipes on the Traeger App.



Ryan Davy - GM Minot

www.HofE.com/BBQHQ

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NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

CREATING ART

Patricia Stockdill

I wasn't sure I really wanted to admit what my dangly earrings were made of when someone recently asked me. But I paused and 'fessed up that they were lynx claws purchased while at a writer's conference near Fairbanks, Alaska.

His response caught me by surprise - That's what I thought. I was stationed in Alaska.

Whew, I wasn't quite sure what reaction I would get and was relieved knowing he understand, not only what animal it was, but the importance of using as much of a harvested animal as possible.

That's especially true when living in Alaska's remote regions. Using as much of a harvested animal is resourceful, responsible, and a necessity. It was also the belief of the artist crafting my earrings.

It's more respectful of the animal by not wasting it, plus the earrings are unique - and beautiful.

I have lynx and coyote claw earrings, pheasant feather earrings that appear as if they're fly-fishing ties because they really are tied on barbless fishing hooks, and an array of handcrafted elk "ivory" jewelry, essentially the canine tooth from elk - bracelet and matching necklace, watchband, earrings, and wedding rings.

There is another set of earrings made from the base of a tiny antler - the burr - in my jewelry box, as well.

When it comes to turkeys, though, I don't have jewelry from their feathers or claws.

Others crafted my jewelry because, honestly, artistry isn't really my strength.

What I am capable of crafting, though, is much less intricate than my jewelry.

I can make a turkey wing bone call.

Admittedly, it's still on my to-do list but the point is that it's hopefully less challenging for my limited artist ability. Plus, it's practical.

Let's face it; calling turkeys is important, even though it's probably more critical in the spring season than in the fall. And calling in a turkey from something one crafted themselves creates a special memory to a hunt.

So this winter - assuming I get my turkey this fall and don't have to wait until the spring season - my "to do" list includes making my very own turkey wing bone call.

My search to learn how to craft my own turkey wing bone call led me to a variety of websites and online

videos.

One that I found especially interesting and easy to follow was from an article on the NRA Women website, (www.nrawomen.com/content/how-to-make-your-own-wing-bone-turkey-call/).

The first step is to remove wing feathers, deboning it to use the radius, ulna, and humerus, and remove as much meat and cartilage as possible so there are the three separate bones.

Boil (less than 20 minutes so they don't get brittle) to complete the cleaning process, adding a few drops of Dawn® dish soap to help with degreasing. Carefully cut the ends of both the radius and ulna with a hacksaw or Dremel® tool and remove the bone marrow. Cut the larger end of the humerus, as well.

Lightly sand, gently boil again for just a few minutes, adding more detergent along with hydrogen peroxide to whiten.

The final step is assembling the three bones into the call: The flat end of the radius is what becomes the mouthpiece while the round end goes into the ulna. The other end of the ulna goes into the humerus, although not all call makers add the humerus. It might be necessary to lightly sand the ends so they fit tightly.

While it's a smaller call with just the radius and ulna, adding the humerus helps sounds carry farther distance.

Use epoxy glue to seal the pieces together once there is a tight fit, filling any gaps with glue for an even tighter seal. Let dry.

Some things to keep in mind once the beautiful new call is ready to use: The sound differs between bones from toms, hens, and jakes. Sound from tom wing bones will likely be more raspy and deep. A hen wing bone call probably is higher pitched and crisper, while a jake call will be somewhere in-between.

Using a wing bone call is different but that's another topic for another day. The trick is to practice, just like it is with all turkey calls,

Hopefully the turkey wing bone call becomes a reality this winter. It won't be as elegant or eye-catching as jewelry but it's practical and resourceful. Then maybe I can turn my attention and imagination into deciding what beautiful item could be crafted from feathers.

Or claws.



BEST SMOKED RIBS & BRISKET IN TOWN!

FRESH SMOKED MADE FROM SCRATCH RECIPES

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WHAT'S GOING ON MAFB

FRIDAY 13

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Zumba Strong Nation, 1700, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Lanes Bowling Center
- Swerk, 1800, McAdoo Fitness Center

TUESDAY 17

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, ESC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 20

- Haunted Stacks Begins, Minot AFB Library
- JCM Becoming a Person Of Influence, 0800-1600, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Zombie Apocalypse Fun Run, 1600-1800, Youth Center
- Zumba Strong Nation, 1700, McAdoo Fitness Center
- Fright Night! Pre-Teen Late Night!, 1800-2200, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Lanes Bowling Center
- Swerk, 1800, McAdoo Fitness Center
- Apocalypse '23 Lock-In, 2200-0600, Youth Center

SATURDAY 14

- Zumba, 1100, McAdoo Fitness Center
- Eclipse Viewing Party, 1115, Minot AFB Library
- Pumpkin Party, 1200, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Lanes Bowling Center

WEDNESDAY 18

- TAP (DoL) Overview, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, ESC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 21

- Zumba, 1100, McAdoo Fitness Center
- Youth Bowling League, 1400, Rough Rider Lanes Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Lanes Bowling Center

SUNDAY 15

- Hispanic Latino Heritage Month Ends, Dakota Inn Dining Facility
- Zumba, 1800, McAdoo Fitness Center

MONDAY 16

- TAP Overview, 0800, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, ESC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Winter Busing Town Hall, 1700, Jimmy Doolittle Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

THURSDAY 19

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- OSI Recruitment Briefing, 1500, Professional Development Center
- Paint & Sip, 1730-1930, Arts & Crafts Center

OCT 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 **Twix Frappuccino**
Dark chocolate chip frappe with dark caramel, topped with mocha sauce and dark caramel.

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



Epoxy Cutting Board Class
Arts & Crafts Center
September 19th & October 17th
5:30 PM - 7:30 PM
Make an awesome resin cutting board that you can keep for yourself or give as a gift! Seats are limited, hurry & call or stop by Arts & Crafts Center to sign up!
Cost: \$85.00

5THFORCESUPPORT.COM



SPOOKY-CON
27 October 2023
5:30 - 8:00PM • Free Events
Family Fun Fest
At the Turf
Festive activities and games with Child & Youth Programs!
Haunted Stacks
At the Minot AFB Library
Scary shelves, ghostly games, and a ghoulish green screen photo op!

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SINGLE AIRMEN & DEPLOYED AFFECTED FAMILY MEMBERS
OCTOBER 7TH, 14TH, 21ST, & 28TH
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