

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 38 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 20, 2024

## WHATS INSIDE THIS WEEK:



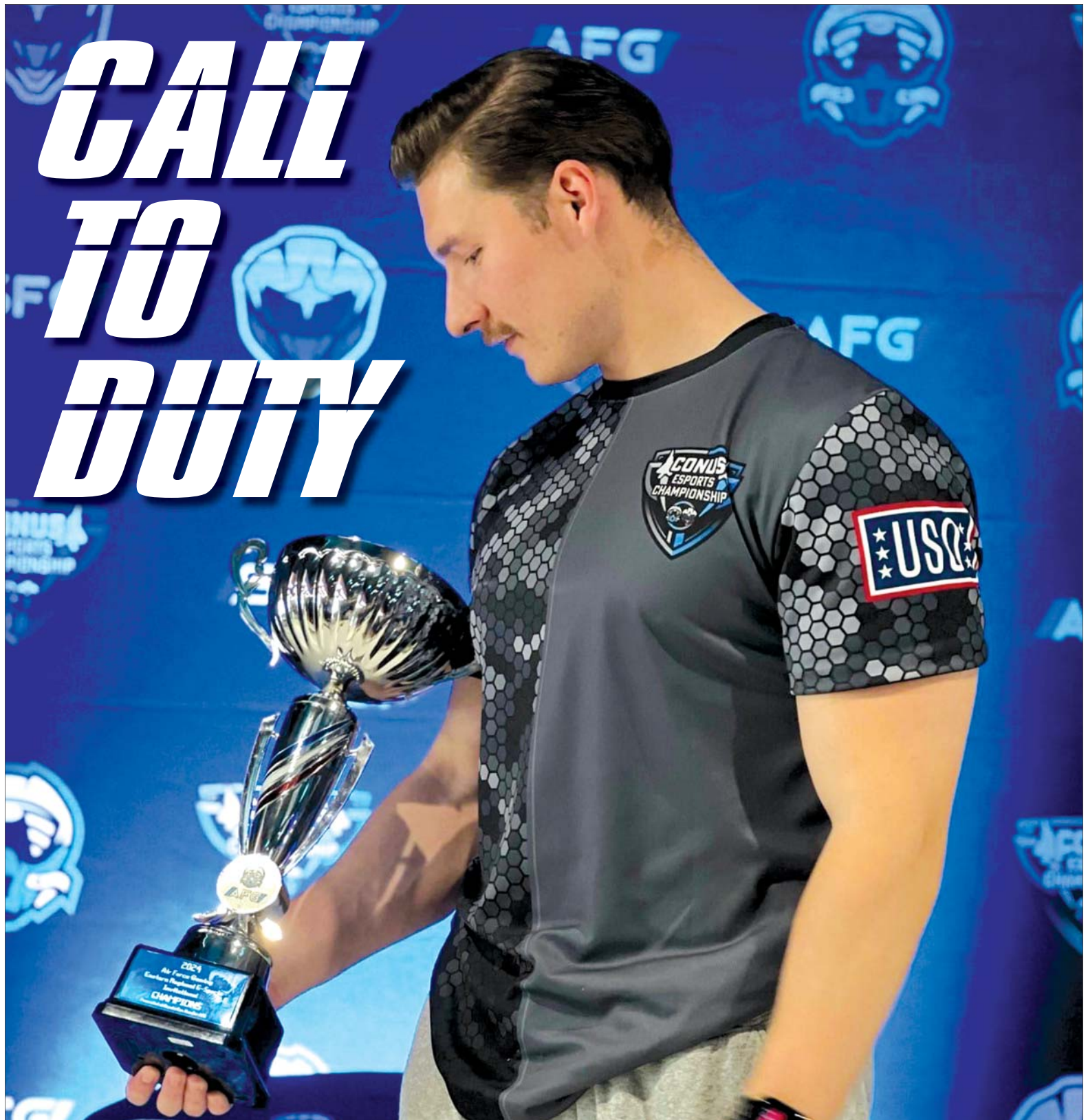
HOW CAN YOU BE A YEAR-ROUND SUICIDE PREVENTION ADVOCATE **A2**



MINOT SHRINE TO DEDICATE POW/MIA FLAG MEMORIAL **A10**



THE EAGLE SCOUT FAMILY TRADITION CONTINUES **B6**



SrA. Jacob Bass, 791st Missile Security Forces Squadron/S3O receives the Most Valuable Player trophy at the Eastern Regional E-Sport Invitational (EREI) at Keesler AFB, Mississippi on May 3-4, 2024. See more on page A7.

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**SUICIDE PREVENTION AWARENESS MONTH**

# How can you be a year-round suicide prevention advocate for your unit, peers, or family?

5TH BOMB WING INTEGRATED PRIMARY PREVENTION WORKFORCE

Join the Fight. Supporting those struggling with thoughts of suicide can take time, energy, and effort. Self-care and knowing your limits are key to staying resilient while being there for others.

- Be willing to listen and talk to others.
- Learn about suicide prevention resources and tools for prevention, including the availability of chaplain support and services.
- Adopt lethal means safety as a normalized practice in your day-to-day life.
- Spend time with friends and family members — whether in-person or virtually, depending on what works best.
- Seek support from peers, family, or health professionals when you need it.

Connect with Others. There are many ways to #JointheFight for members of your community and strengthen connections. Show your support.

- Check in with friends and family. Let them know you care.
- Use de-stigmatizing language and safe ways to talk about suicide.
- Plan activities that you can enjoy together.
- Listen when they want to talk.
- Accept what he or she has experienced without judgment.
- Resist the temptation to problem-solve.
- Reassure them.
- Express care and concern.
- Encourage them to get help and stay in touch with friends and family.

Speak Up. If you are concerned about someone, ask if they are thinking about suicide, have a plan, and have the means, such as a firearm, medication, or other method of self-harm.

Listen and Offer Support. Be calm and express concern. Take what they say seriously and ask how you can help.

Act Quickly

- If you have a concern that they are at imminent risk for suicide, do not leave them alone and seek help immediately. Contact a crisis line, chaplain, health provider, emergency room, or 911. The Veterans / Military Crisis Line is available 24/7 at 988 (press 1). If you are on the phone with an individual who you believe is in immediate danger, try to keep him or her on the line while you or someone else calls 911.

Remember, there is no one “fix,” and no single person or organization can prevent suicide alone.

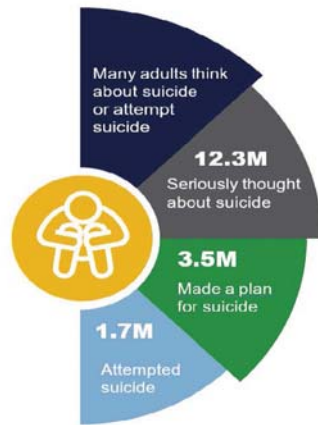
Remember, there is no one “fix,” and no single person or organization can prevent suicide alone.

#JoinYourFight  
#ConnectToProtect

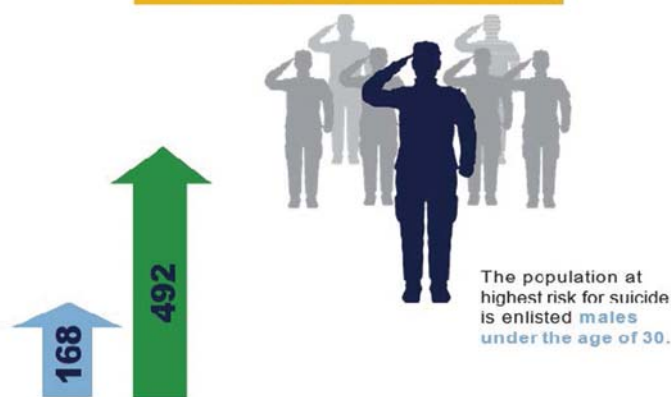
**2021 Suicide Statistics in the United States**

**48,100**  
Over 48,100 people died by suicide in 2021

**11**  
one death every 11 minutes



**CY2022 Suicide Statistics in the Military**



In 2021, 168 military family members died by suicide. In 2022, 492 service members died by suicide. 93 of the 492 were Airman/Air Force Reservists/Air National Guardsmen.

**7,052**  
U.S. service members  
Killed in post-9/11 war operations

**30,177**  
Suicides  
Among U.S. service members & veterans of the post-9/11 wars

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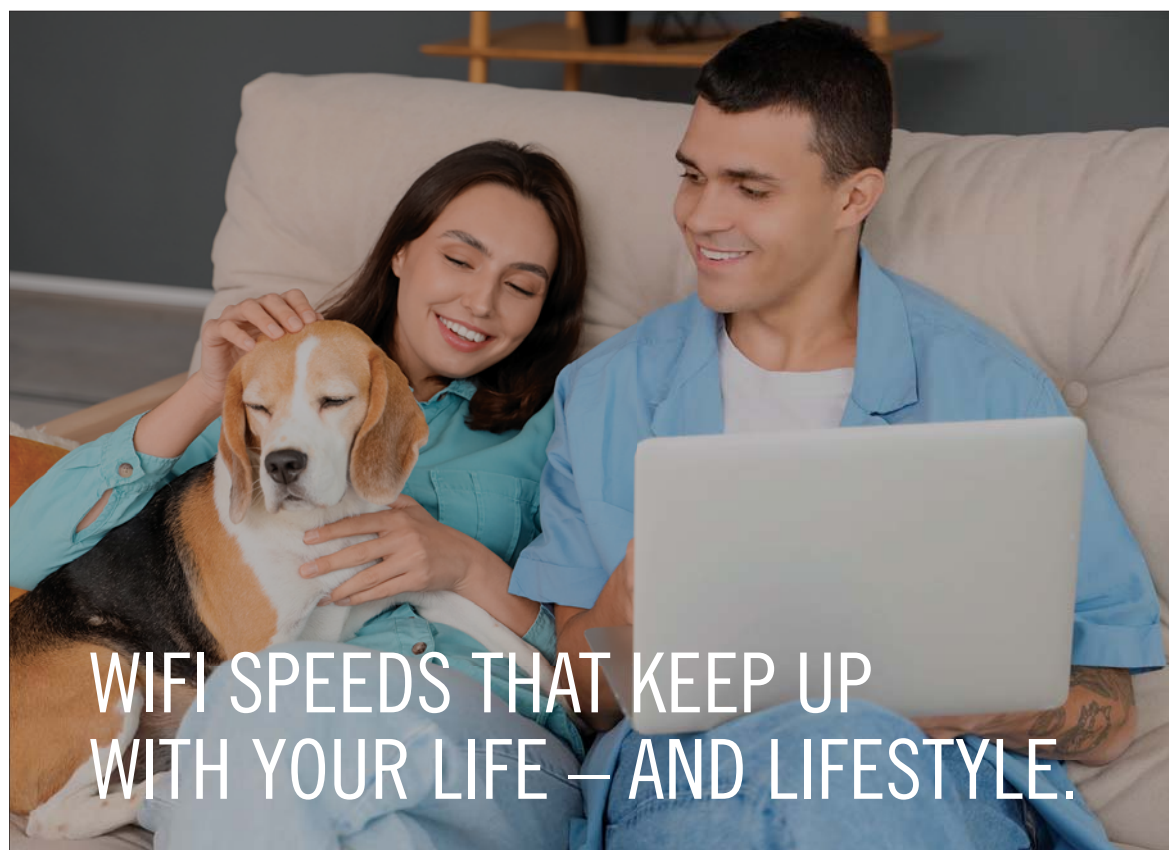
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# B-52 Bombers Fly to and from Poland for Exercise with Six NATO Allies

UNSHIN LEE HARPLEY, AIR & SPACE FORCES MAGAZINE

Two B-52 bombers from Minot Air Force Base, N.D., flew to and from Europe in recent days, taking part in a training mission along the way with more than two dozen fighters, tankers, and other assets from six other NATO allies over Poland, aimed at sharpening command and control in a contested environment.

The strategic bombers were joined by aircraft from Denmark, Germany, the Netherlands, Poland, Spain, and the U.K. for an exercise known as F2T2 on Sept. 11. The B-52s returned to Minot on Sept. 12 as part of what U.S. Air Forces in Europe described as a “double transatlantic” trip.

Four Spanish F-18M Hornets joined the exercise, flying in from Mihail Kogalniceanu Air Base in Romania. The base is currently hosting eight Hornets from the Spanish Air Force for NATO’s Air Policing mission, along with more than 150 military personnel as part of its PAZNIC Detachment, which began a four-month rotation last month.

“These kinds of exercises are an incredible opportunity to train and demonstrate Spanish F-18 Hornet capabilities and determination,” Lt. Col. Rafael Ichaso, detachment commander, said in a release. “Almost a six-hour flight with refueling, in coordination with other NATO assets, to deliver our high precision strike capabilities against any possible target is a

big and important challenge for the PAZNIC detachment.”

Poland provided ISR assets for the mission, while Germany and the U.K. ensured refueling support along with USAF KC-135 Stratotankers from the 100th Air Refueling Wing, based at Royal Air Force Mildenhall. The Royal Netherlands Air Force’s fifth-generation F-35s, the Danish Air Force’s F-16s, and Germany’s Tornado fighters also participated.

A NATO release noted that the training also included units from air, land, sea, cyber, and space domains, all focused on integrating multidomain effects.

“Executing these multidomain exercises ensures NATO assets are ready to respond to any potential threat to the Alliance,” added Hecker, calling the bomber mission “successful.”

This marks the second B-52 appearance in Europe in three months. In July, two B-52s from the 2nd Bomb Wing at Barksdale Air Force Base, La., touched down at Mihail Kogalniceanu for the first time, also marking the bomber’s inaugural flight through Finnish airspace. After crossing Norway and Finland, the bombers were intercepted by two Russian fighters over the Barents Sea. The intercept remained professional—unlike past encounters over the region.

This latest mission in Poland also coincided with a visit by U.S. Secretary of State Antony Blinken to meet with Polish Foreign

Minister Radoslaw Sikorski on Sept. 12. A day earlier, Blinken and U.K. Foreign Secretary David Lammy were in Ukraine, meeting President Volodymyr Zelenskyy and top officials to discuss continued support for Kyiv’s defense against Russia. Poland has voiced its support for Ukraine’s ongoing calls for the West to approve long-range missile strikes into Russia to counter Moscow’s aerial attacks.

“As the West, we shall continue supplying Ukraine with advanced air defense and antimissile defense systems,” Sikorski said in a joint press conference. “We shall also lift the ban on using long-range weapons.... and we hope that more intense activities will be taken with regard to seizing frozen Russian assets.”

Blinken, however, declined to commit to doing so.

“What we learned from our Ukrainian partners will inform discussions that we’ll be having with other allies and other partners in the days and weeks ahead, as we work through and think through the coming months,” he said.

Since Russia’s invasion of Ukraine ignited a full-scale war on Europe’s eastern edge, NATO members have been ramping up efforts to bolster their militaries and conduct exercises. While the U.S. began bomber task force missions in Europe in 2018, there has been a steady rotation in recent months.



A U.S. Air Force B-52 Stratofortress from the 5th Bomb Wing, Minot Air Force Base, North Dakota, receives fuel from a KC-135 Stratotanker from the 100th Air Refueling Wing, Royal Air Force Mildenhall, England, over the North Sea, Sept. 11, 2024. Bomber task force missions are representative of the U.S.’ extended deterrent commitment to Allies and partners and enhance regional security.

U.S. AIR FORCE PHOTO BY STAFF SGT. JESENIA LANDAVERDE

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**Ted Bolton**  
 Publisher | Advertising  
 701-240-5039  
 bagroup@srt.com

**Rod Wilson**  
 Business Development | Marketing  
 sentrysales@srt.com

**GRAPHIC DESIGN BY**

**Nikki Greening**  
 nsads@srt.com

**MINOT AIR FORCE BASE PUBLIC AFFAIRS**

**Chief of PA**  
 Maj. Thomas Barger

**NCOIC of PA**  
 Technical Sgt. Rusty Frank

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**NEWS SUBMISSIONS**

**Northern Sentry Office**

nsads@srt.com | 701.839.0946

**MAFB Public Affairs Office**

v35bw.pa@us.af.mil  
 701.723.6212

**MAIL**

315 South Main Street, Suite 202  
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**A VIEW FROM OUR SIDE**  
 ROD WILSON



The balloon is kind of deflated folks. How’s that? We have returned from our 2 week excursion through Indiana and the Outer Banks. Sure, daily activities will keep us busy but nothing to the extent of 5,000 miles on the road through 12 different states.

We’ll share our experiences with family and friends while trying not to overwhelm them with stories and photos.

Maybe you all have multiple trips planned on your itinerary of life, but we are usually gone for a couple of weeks in the fall, and then we try to get a break from winter in February or March. Do we have a lot of bucket list events to still check off in our lives. Of course. Will they all get done in the next 12 months, probably not. But how do you eat an elephant? One bite at a time, right? How do you make plans for the next 3 months, October-December? Yep, let’s start to re-inflate the balloon, one breath at a time.

First, let’s talk about Norsk Hostfest. It’s only a couple of days away! It’s not too late to mark one, or maybe two days on your calendar for the Largest Scandinavian Celebration in the United States. Checking this

morning there are still tickets left to all of the shows. The Great Hall has superb entertainment. Military Appreciation Day is Saturday, September 28th. Kids get in free, always! But what a perfect day to pack up your family and enjoy Norsk Hostfest. The Norsk Hostfest website has a full schedule of shows and events. (hostfest.com).

While you have your calendar out, let’s mark October 25th & 26th as the Y’s Men’s Professional Bull Rider event takes over the Minot Auditorium. Running April through late October, the King of the North Showdown series will conclude right here in Minot. Pro Bull Riding is a great family event. Tickets are on sale today on [minotpbr.com](http://minotpbr.com). Just a heads up, one night may not be enough. Watch the Northern Sentry social media channels for upcoming ticket give aways.

I just noticed that there is a very large X on my calendar on October 6th. That is the first concert of the season for the Brass Band of Minot. The Brass Band of Minot is the only British Style Brass Band in North Dakota. Details? 4 PM, Ann Nichole Nelson hall on the campus of Minot State University. Admission is free.

My friends at the Minot Symphony Orchestra are proud to announce their Stranger in Paradise concert on October 26th. Feel the rhythm and romance with an evening of unforgettable musical brilliance and timeless compositions. Donations will be collected for an area food drive.

MSO Featured soloist for the

Stranger in Paradise Concert: Oda Voltersvik, piano

Featured film scores: Brief Encounter, 2001 Space Odyssey, and Stranger in Paradise.

And then comes Halloween, but we’ll wait and give you all of the events going on for Halloween in, and around, Minot.

Of course, I will have missed a few events, but that brings me to my next topic, the Northern Sentry. We try to keep our online calendar and the What’s Going On calendar (on the last page of the Northern Sentry) up to date. By going online, you can enter events yourself for your non-profit group, and it’s absolutely free.

And if you send us details in press release form, we’ll try and publish your event in the Northern Sentry and online at [northernsentry.com](http://northernsentry.com). Send your events to [sentrysales@srt.com](mailto:sentrysales@srt.com).

**A BIG THANK YOU!!!**

The Northern Sentry is part of the Downtown Business and Professional Association, and we just held our Downtown Fall Festival last Saturday. Thank you to all who attended, and to Colonel’s Lamarand and Schlabach for their support of this event. It is our way of introducing military families to the downtown area. A special thanks to the Magic City Lions who sponsored our all new Kids Zone. It was a great success, and guess what? It will be bigger and better next year.

We had our friends from the Dakota Cruisers Car club join us. It was their 30th Anniversary of

the club. We also had the Ward County Historical Society, the Minot Shrine Club...and well the list goes on and on. From Our Side- we hope you all had a great time!

**BEST KEPT SECRETS**

I just got a note from the Minot Curling Club. We’re only a few short months from laying down the ice at the club and starting the curling leagues. Look around at those folks who work with you in your office. Which of them would enjoy curling? They all would. There is a Minot AFB league, and you can learn as you go. Watch the Northern Sentry for more information.

**TODAY’S CHUCKLE**

In Norsk Hostfest Tradition... Sven and Ole were carpentering on a new house. Sven who was nailing down siding would reach into his nail pouch, pull out a nail and either toss it over his shoulder or nail it in.

Ole, figuring this was worth looking into, asked,

“Why are you throwing dose nails away?”

Sven explained, “If I pull a nail out of my pouch and it’s pointed TOWARD me, I throw it away ‘cause it’s defective.

If it’s pointed toward da HOUSE, den I nail it in!”

Ole got completely upset and yelled, “You MORON!!!

Da nails pointed toward you aren’t defective!

Dare for da OTHER side of da house!!”

# Vermont’s got nothing on us...

Some of the best fall foliage photos I’ve ever taken have been there. It doesn’t even seem like you’re in North Dakota. You are. You’re only 6 miles from the Canadian border, but it’s North Dakota.

• Fort Ransom State Park provides incredible fall foliage. Actually the drive from Valley City south to Kathryn and to the community of Fort Ransom is quite a site to see. In that scenario, you might as well be in Vermont because you are driving close to 50 miles through the fall foliage.

• The Pembina Gorge – As you go west from the Tetrault overlook along Pembina County Highway 55, you descend into the Pembina Gorge which is quite similar to Tetrault, but you won’t have the exact vantage point. The interesting thing about the gorge is, it’s so deep that the wind doesn’t affect it like much of the rest of the state and if you go there in the winter, some of the fall foliage remains. It’s one of the prettiest sites in the snow.

• The Turtle Mountains are sometimes considered North Dakota’s best kept secret. In parallel with Lake Metigoshe State Park, this area feels like your somewhere in the woods in northern Manitoba. As you drive toward Bottineau on N.D. Highway 5, you see off in the distance what appear to be mountains. That’s where you need to go and view the

foliage. It’s gorgeous every year and you’ll most likely see some interesting wildlife as well while your visiting.

• Devils Lake is a great place to see fall foliage; not the community, but the area around the lake. There are several overlooks such as Sullys Hill to see the lake area in the fall. Unfortunately, it isn’t as spectacular as 30 year ago as the rising lake has killed a lot of the trees that magnified the beauty of fall.

• If you are in the central part of the state, a quick and easy drive will take you to Cross Ranch State Park near Center. This is an area that is covered with Cottonwood trees so the foliage won’t last as long as it will in other places that have Oak, Maple or Box Elder trees.

• In the northwest corner of the state is the Trenton Wildlife Management area near the Montana state line. It’s a large wooded area along Trenton Lake

that is perfect for taking in the beauty of the fall colors. This is a great getaway for people in the Williston area.

• Fort Lincoln State Park south of Mandan, the Denbigh Forest near Towner, Lake Tschida near Elgin, Lake Darling just to the northwest of Minot, Roosevelt National Park North and South units, Beaver Lake State Park near Wishek and the Greenway in Grand Forks are all places that you’ll be glad to visit.

North Dakota Tourism also points to the North Dakota state capitol area, Lindenwood Park in Fargo and the Turtle River State Park as must see areas as well. A couple of places Tourism missed are Icelandic State Park west of Cavalier and Seeman Park in Linton.

In conclusion, there are numerous places around the state to see the fall foliage. Take it in before it is too late.

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# Early education, affordable child care are community challenges



**DEAR MINOT**  
TOM ROSS, MAYOR  
CITY OF MINOT

I recently had the privilege of attending the Hunt Institute Early Childhood Leadership Conference, and it was truly an eye-opening experience on so many levels.

The conference also served as a strong reminder of the challenges every community, including Minot, faces when it comes to available and affordable early childhood education and child care.

I learned that studies have shown that up to 90 percent of a human's brain development happens between the ages of 0 to 5 years old. Yet most of us think the people/professionals who care for our children during that period in their lives are simply "babysitters." What I learned this last week at the conference is that nothing could be further from the truth.

This discussion also opened my eyes even wider to a potential flaw/opportunity for us as a community.

This conference was a learning experience that will help us here in Minot stay focused on our childcare committee that was put together last year by former Councilman Scott Burlingame and Councilwoman Lisa Olson. I was able to share some of the recommendations by the

committee to a delegation from North Dakota who were attending the conference with me. The week was filled with numerous "take-aways," including;

- High quality, affordable childhood education and child care affects so many aspects of our community. And it was mentioned over and over, "Whatever city or state that solves the early childhood and early family support will solve their workforce issues as well as increase their economic development impact."

- One reason it's difficult to attract childhood educators into that field of work is knowing that the salary you earn is potentially below the poverty scale.

- People who work in early childhood care and education are the first ones to show up, yet these programs are often the last ones in line to receive critical funding.

- Tomorrow's workforce is today's 0 to 5 year olds.

- 40 percent of families with young children have problems meeting their monthly bills.

- 1.2 million women have not returned to the workforce since the Covid-19 pandemic.

- Putting a focus on early education and early childhood support is a long term investment for communities like Minot, and

we need to remind ourselves that tangible results take time.

- Another message was stated and reinforced at the conference: Engage the educators, and listen to the parents.

Our local childcare committee has worked hard to be part of addressing this situation in Minot, and I will be asking Alderwoman Olson to carry the torch as we move forward. The investment also needs to have buy-in from every area of our communities, including private entities, public service organizations, parents, and businesses.

Creating affordable and available child care is a complicated issue. But to me, it really boils down to creating a sustainable program, building trust, spending time, and investing in time, talent, and funding. Those types of investments are much more cost-efficient than funding the potential troubles and issues we deal with as adults.

Addressing early childhood education and quality, affordable child care isn't easy, and there is no simple or magic solution. But I firmly believe that this is something we can do together. It truly will take a village to begin solving this issue, but it's critical to our community on so many

levels that we tackle these issues head-on. There are long term social and economic impacts that we, as a community, must continue to address.

One of my favorite activities as mayor is visiting with school children in the classroom and at all sorts of events. This is what I see on my visits: Staff and teachers are working hard, and have the best interests of their students on their minds at all times. Children are active and engaged, and they constantly want to learn more.

Can you imagine the

improvements and changes we could make if we, both as a community and as a state, put more focus on early childhood education? Imagine how investing our efforts on an even younger demographic could set future generations up for success?

My challenge is this: Let's not imagine it any more. Let's do it.

You can find more about what's happening at the City of Minot at [minotnd.org](http://minotnd.org), or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

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## All About Pets

**Pets have allergies too!**

Just like their humans, pets can have allergies too, and they are no fun for your furry friends! Pet allergies can be triggered by a variety of things including food ingredients, bug bites/stings, seasonal, prescriptions, chemicals, and more. Did you know that protein sources (including chicken, beef, or lamb) are some of the most common allergens for dogs? Here are some of the symptoms of allergies in your cats and dogs:

- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, its best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may

take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside. If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives, itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital.

In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional.

In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!

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# Summer Photo Winners Announced!

ERIN BEENE, NORTHERN SENTRY

Summer is practically over and the brief cool air of Autumn is blowing in. Before Winter hibernation ensues, let's take a minute to reminisce about the not-so-far-past sensational Summer months! During Summer 2024, the Northern Sentry asked the Minot AFB Community to submit fun, silly, beautiful and/or glorious photos of residents enjoying the summer weather in North Dakota.

You guys did not disappoint: we received almost 200 photo entries! While extra enticement for submitting photos was a chance to win the Grand Prize (a Night Stay and Water Park Tickets at the Canad Inn in Grand Forks), we enjoyed all the user submitted content on our Facebook page and hard copy newspaper!

The Grand Prize winner was chosen at random from the

entire pool of entries and Dana Berger was selected! The Berger Family moved here in 2023, but has taken full advantage of their first full year in the Peace Garden State. The Northern Sentry caught up with Dana to award her prize and got her opinion about the lovely Summer months. She said, "My favorite activity to do in the summer is camping! My family and I spent every weekend this July at a different ND State Park. We've met a lot of really wonderful people and have made friends that have turned into family, so I would say that is my favorite thing about this community."

When asked about how she deals with the long winter, Dana remarked, "My advice to make it through the winter months is not to have a negative mindset, just know that it will be over soon. Also to find an indoor hobby! My

family loves to play board games, legos, puzzles and have movie nights. I love the snow and am looking forward to spending this winter cuddled under my heated blanket with a good book."

Besides the coveted Grand Prize Winner, the Northern Sentry also awarded a "Staff Pick" prize to

our favorite photo. This was a tough choice as there were so many wonderful pictures. But after we all voted, our favorite was the sunrise photo of Lake Darling taken and submitted by Martha Lusson. Martha will be awarded a Downtown Minot gift card for her contribution.

Thank-you to the wonderful Minot AFB community for taking the time to submit photos and interact with the Northern Sentry. Our main goal is to "Share Your Minot AFB Adventure!" Keep an eye out for future giveaways, contests and stories about life on MAFB at the Northern Sentry.



Staff Pick Winner, Martha Lusson snapped this photo one morning fishing at Lake Darling.



Grand Prize Winner Dana Berger and son MJ accept the Canad Inns room and water park voucher!

## NOTES ON BEING SAFE

### WATCHING FOR THE WHITE TAILS TIPS TO AVOID DEER COLLISIONS



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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. According to State Farm Insurance stats 1 in 136 vehicle operators will have a deer strike this winter season.

Typically the month of November has the highest number of deer strikes crashes. In 2018, 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 poll 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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# It's the Call to Duty: E-Sport MVP

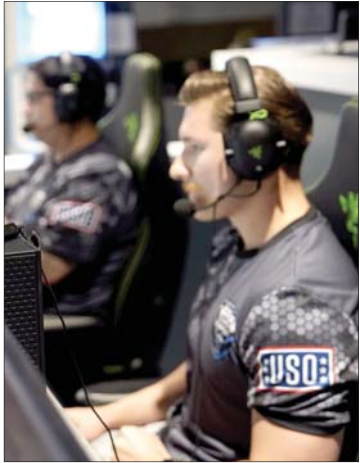
MARTINA KRANZ, NORTHERN SENTRY

Senior Airman Jacob Bass of the 791st Missile Security Forces Squadron/S30 on Minot AFB takes his Call to Duty to another level. He and his team won the Call of Duty (COD) Eastern Regional E-Sports Invitation (EREI) tournament at Keesler AFB, Mississippi on May 3-4, 2024. For Team Minot's E-sports Team, a team of four Airmen from different bases, U.S. Air Force Captain Nicholas Gutierrez, Senior Airman Jacob Bass, Senior Airman Angel Garcia, and Airman 1st Class Luke Townsend competed in the EREI tournament and qualified for the Continental United States (CONUS) tournament. In the EREI tournament, the best Air Force bases in the Continental United States competed against each other in a game called Call of Duty Modern Warfare 2, aka MW2. SrA. Bass received the Most Valuable Player (MVP) award.

E-sports are multiplayer video games played competitively for spectators, typically by professional gamers. SrA. Bass became involved in e-sports when he attended high school because a friend had always told him that he was exceptional and that he could play at a higher competitive level. Since he has been playing for years and dreamed of higher-level play, winning the MVP for the EREI was a huge, meaningful accomplishment for SrA Bass.

During the EREI, SrA. Bass, or Bruce (his in-game name

and his name in the AFG), said that when he would "pop off," he could hear the spectators' reactions. "Popping off" means going on a big kill streak or a quick multi-kill, which is a game changing play. The spectators always get him stoked. In many physical sports, athletes feed off the crowd's excitement. It's no different for e-sports athletes. The 2024 EREI attracted over 1200 attendees, who witnessed eight Air Force Gaming teams compete.



SrA. Bass playing with his team.

SrA. Bass's, or Bruce's, stats were as follows: 1.39 Overall K/D, 1.40 Hardpoint K/D, 1.09 SND K/D, and 1.51 CONTROL K/D. The kill record in any match was 47, and the team's overall record was 21-10.

What SrA. Bass likes most about playing e-sports is "No matter how old I get, I always stay super competitive and

wanna win so bad, making me love playing and competing at a high level." His favorite e-sport is Competitive Search and Destroy within the Call of Duty game because, to him, it's like a chess game. Every move you make on the map is very important, along with the in-game IQ. The team plays together, and ultimately, teamwork is what it takes to win, but sometimes there must be individual moves to push the team to victory.

SrA. Bass doesn't just play video games; he enjoys physical sports too. He likes to play softball for the 791 MSFS but says that he bonds more with his teammates in e-sports. He explained saying, "I would say truthfully that I have bonded with others more through e-sports compared to a regular sport. Not everyone is going to feel that way, but I have always been able to play at a high level of sports year-round vs. seasonally with regular sports. The camaraderie is always higher through e-sports." The Call of Duty Eastern Regional E-Sports Invitation has existed for several years, and SrA. Bass says that participation continues to grow.

The Team Minot's E-sports team did not win the CONUS tournament but placed 2nd in the Best Air Force Bases. So, congratulations to SrA. Bass and Team Minot's E-Sports Team for their accomplishments in the EREI and the CONUS tournament!



SrA. Bass being presented the trophy after winning the EREI in Florida at Eglin AFB.



The E-Sports team receiving their metal after placing 2nd in the CONUS tournament.

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# Secretary of Defense announces seven new initiatives to enhance well-being of military force and their families

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Secretary of Defense Lloyd J. Austin III announced seven initiatives to improve the quality of life for service members and their families today. These actions build on the extensive and unprecedented actions that Department of Defense leaders have taken over the past four years as part of Austin's Taking Care of People initiative.

Secretary Austin directed the implementation of the following:

**Health Care Flexible Spending Accounts for Service Members:** To reduce out-of-pocket health care costs for service members, the DoD will make HCFsAs available to Service members for the first time through a Special Enrollment Period in March 2025. HCFsAs are an optional benefit that enable Service members to set aside up to \$3,200 in pretax earnings per Service member to pay for health care costs, such as co-payments, contact lenses, glasses, dental care, and annual deductibles.

**Access to Wi-Fi Pilot:** To reduce out-of-pocket expenses and improve quality of life for junior enlisted Service members, the DoD is implementing a series of pilot projects to provide high-speed Wi-Fi internet access at no cost to Service members living in unaccompanied housing, which will form the basis of a long-term plan to build a Wi-Fi connected force.

**Making Moves Easier:** Building on previous expansions of move-related payments to Service members, the DoD will increase Temporary Lodging Expense reimbursement to 21 days (up from 14 days) and allow Temporary Lodging Allowance to be authorized for up to 60 days when it is necessary for a Service member or dependent to occupy temporary lodging immediately before leaving a permanent duty station outside the continental United States. The DoD will also initiate a study to review and evaluate increasing the household goods weight allowances for Service members.

**Further Expand Spouse Eligibility for My Career Advancement Account Financial Assistance:** To support career advancement for military spouses, eligibility for MyCAA financial assistance will be expanded to spouses of active-duty Service members and spouses of National Guard and reserve Service members on Title 10 orders in the E-7, E-8, E-9, and W-3 ranks. Financial assistance may be utilized to pursue a license, certification, or associate degree as well as testing for college credit and continuing education units. This initiative aims to reduce barriers to employment for military spouses.

**Investment in Childcare Workforce:** To improve access to childcare for military families, we must invest in our childcare

workforce to ensure we can recruit and retain childcare providers. The DoD is working closely with Congress to fund compensation increases for childcare providers and to add key positions — lead educators and special needs inclusion coordinators — that will enhance the developmental and educational support provided to children served by DoD child development centers.

**Quality of Life at Remote and Isolated Installations Review:** The DoD will conduct a review on risk and protective factors, and prevention capabilities of harmful behaviors at three remote installations. The results of the review will be used to inform and improve quality of life at those locations.

**Uniform Costs Review:** The DoD will review the quality of standard uniform clothing items issued to the enlisted force and the enlisted monetary uniform replacement allowance rates to ensure they are sufficient.

The Department continues to collaborate with Congress and state partners to ensure the successful implementation and ongoing support of these initiatives.

Find the Secretary's memorandum "Our Enduring Duty to America's Service Members and Their Families" here.



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# Minot Shrine To Dedicate POW/MIA Flag Memorial

ROD WILSON, NORTHERN SENTRY

For Shaun Lewellyn, President of the Minot Shrine Club, the idea of a dedicated flag memorial to POW/MIA veterans started about 9 months ago. Already to the east of the Minot Masonic Center in Minot located at 2524 Burdick Expressway East, are 3 flags that were just recently replaced. "We just put up new American, North Dakota and Canadian flags in the Masonic Park area" according to Lewellyn, and now we have decided there needed to be another, a flagpole that will fly the POW/MIA flag".

The ceremony will take place on Saturday with a ribbon cutting ceremony and dedication at 11:00 AM, and a free will donation lunch at 12 Noon according to an announcement sent out to press rooms last week.

"The Minot Masonic Center is the home to all of the different organizations, including the Minot Shrine Club and the Minot Masonic Blue Lodge of the Masons" continues Lewellyn "they are all taking part in the ceremony. Also included are the Order of the Eastern Star, The Scottish Rite Free Masons, and the Prince Hall Masons."

Music for the event is being provided by a local member that plays the bagpipes.

Lewellyn said that it started out as a simple idea "but it has grown a lot. We want to invite current Masonic members and their friends, along with those interested in becoming a Mason or a Shriner. You know it's something we should be proud to do. My Dad was retired military, and as I look around the room at our meetings, there are a lot of active duty military, retired military and of course the friends and dependents."

The financial arrangements for the flag pole and dedication is being handled by The Minot Shrine Club, "but we hope that we get some donations at the free will lunch that will follow the dedication to offset some of the costs...but this really isn't about raising money, it's about raising awareness" continues Lewellyn, "a lot of people think that Shriners only raise money through our circus, which of



Shaun Lewellyn- President of the Minot Shrine Club.

course is a big fund raiser for us, but we do so much more for our communities including the Children's Hospitals and Clinics."

More information about the Dedication Ceremony can be found on the group's website, [minotmasoniccenter.org](http://minotmasoniccenter.org).

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## MINOT AIR FORCE BALL 2024

These photos are merely a glimpse into the amazing night of celebration, only the best come North! Full album can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA





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## 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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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



Team Minot firefighters participate in a 9/11 memorial ruck march at Minot Air Force Base, North Dakota, Sept. 11, 2024. Team Minot firefighters hosted the memorial ruck to honor those who made the ultimate sacrifice on Sept. 11, 2001.

## TEAM MINOT FIREFIGHTERS REMEMBER 9/11

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



Participants in a 9/11 memorial stair climb pose for a group photo at Minot Air Force Base, North Dakota, Sept. 11, 2024. Team Minot firefighters hosted the memorial stair climb to commemorate the sacrifice and legacy of the first responders who lost their lives Sept. 11, 2001.



A commemorative firefighter helmet is displayed during a 9/11 memorial ceremony at Minot Air Force Base, North Dakota, Sept. 11, 2024. Team Minot firefighters hosted the 9/11 memorial ceremony to honor those who made the ultimate sacrifice on Sept. 11, 2001.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, speaks to the 9/11 memorial stair climb participants after the climb at Minot Air Force Base, North Dakota, Sept. 11, 2024. Lamarand and other Team Minot Airmen took part in the memorial stair climb to commemorate the sacrifice and legacy of the first responders who lost their lives Sept. 11, 2001.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, participates in a 9/11 memorial stair climb at Minot Air Force Base, North Dakota, Sept. 11, 2024. Lamarand took part in the 9/11 memorial stair climb to honor the sacrifice and legacy of the first responders who lost their lives Sept. 11, 2001, by climbing and descending the 3-story fire training facility 37 times in honor of the World Trade Center's 110 stories.



# VOLUNTEER OPPORTUNITIES

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

### Volunteer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming outdoor soccer season. The season will run from 9 September to 25 October. Coaching needs are as follows:

- Ages 3–4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center Fields
- Ages 5–6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 at the Youth Center Fields
- Ages 7–8-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the Youth Center Fields
- Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the Youth Center fields

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:** Mr. Jay Wyatt, Youth Sports  
[5svs.youth@us.af.mil](mailto:5svs.youth@us.af.mil), 701-723-2838.

### Minot Walk to End Alzheimer's Volunteer

The Minot Walk to End Alzheimer's event will be on Saturday, September 21, 2024. They need 23 people for the Saturday event. Here is the link to sign up to volunteer at this event. 2024 Minot Walk to End ALZ — <https://signup.com/client/invitation2/secure/822096860043/false#/invitation>

### Culture Stock Volunteers

We are teaming up with Minot State University to bring you Culture Stock, a festival celebrating culture, heritage, and diversity, and we need YOUR help for it to be successful. The event will take place on Saturday, 21 September from 1000-1400 at Minot State University. We are looking for volunteers to run booths as well as performers. Booths can have informational materials, books, pictures, clothing, jewelry, artwork, games, food samples, and anything else you'd like to display. Individuals who volunteer to represent the same culture will be connected to avoid duplicate tables. Performances can be instrumental, singing, dancing, poetry, or storytelling. Private orgs and booster clubs may use this as a fundraising opportunity and sell items as long as it approved through the proper channels. <https://www.signupgenius.com/go/10C0848ADAD29A5F5C25-48862178-culture>

**POC:** CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers)  
Director, 5 BW Diversity, Equity, Inclusion & Accessibility  
723-7288

### Junior Achievement Volunteers

Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers.

**POC:** Carla, 701-857-8205  
[carla@minotchamberedc.com](mailto:carla@minotchamberedc.com)

### AADD Volunteers

AADD is seeking volunteers to support various event requests. REGULAR 2024 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>

**POC:** SSgt Kristal A. Cruz Leon, 723-4633  
[kristal.cruz\\_leon@us.af.mil](mailto:kristal.cruz_leon@us.af.mil)  
[MinotAFB2233@gmail.com](mailto:MinotAFB2233@gmail.com)

### Meals on Wheels Volunteers

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

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

### The Minot Hot Tots and Honeybees Host Families

The Minot Hot Tots and Honeybees are looking for families to volunteer as host families for players during the upcoming season. Minot host families serve as community ambassadors while providing a positive, happy and FUN life experience in a family environment as student athletes transition from their colleges and hometowns to the city of Minot and the Northwoods League.

**POC:** (701) 838-8687  
[hottotsbaseball.com](http://hottotsbaseball.com)  
[honeybeessoftball.com](http://honeybeessoftball.com)

### Civil Air Patrol Magic City Composite Squadron

Learn aviation or bring your experience as a volunteer emergency responder. Serve the local community while flying in Cessna aircraft, piloting small unmanned aerial systems, and/or conducting physical and electronic ground search. Additionally, opportunities are available to teach cadets ground search and rescue, aerospace, cyber, and military professionalism. Make plans to visit at a weekly meeting, 6:30 pm, Tuesdays, upstairs at Avflight Minot.

**POC:** Maj. Jeffrey Slocum 701-360-5948 | [021cc@ndwg.cap.gov](mailto:021cc@ndwg.cap.gov) | [nd021.cap.gov](http://nd021.cap.gov)

### Caring Edge 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'll experience through the gift of volunteering. Our team and community would like to offer that gift to the Airmen at Minot AFB.

**POC:** Shelby Stuckey  
Volunteer Coordinator  
CaringEdge Division of Edgewood Healthcare  
Office: 888.223.4287 | Fax: 701.354.7959  
[shelby.stuckey@caringedge.com](mailto:shelby.stuckey@caringedge.com)



# MSU Military Resource Center to host a free screening of 'Suicide: The Ripple Effect'

MINOT STATE UNIVERSITY

MINOT, N.D. – The Minot State University Military Resource Center will host a free screening of Kevin Hines’s “Suicide: The Ripple Effect” with a question-and-answer discussion to follow on Tuesday, Sept. 24, as part of September’s Suicide Prevention Month events.

The screening and Q&A will take place in Ann Nicole Nelson Hall in MSU’s Old Main starting at 7 pm. There will be local and regional service providers on hand at Old Main’s second-floor lobby beginning at begin at 6 p.m., including Fargo Regional VA representatives, the Mobile Vet Center, and community veteran service providers. Parking is available in The Loop in front of Old Main.

The Minot area community and campus event is sponsored by the Department of Veterans Affairs in partnership with ND Cares and the MSU Military Resource Center. The screening, Q&A, and services provided are

all free and open to the public.

“The film opened my eyes to the complexity and far-reaching effects of suicide,” said Andy Heitkamp, MSU Military Resource Center director. “It got me started down the educational path to learning more about prevention/intervention and available treatments for suicidal individuals as well as other mental health diseases.”

According to its [www.suicidetherippleeffectfilm.com](http://www.suicidetherippleeffectfilm.com), “Suicide: The Ripple Effect” is a feature-length documentary film and movement focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration, and hope that are helping millions heal and stay alive. The film made its worldwide premiere in Baton Rouge, Louisiana, on Feb. 23, 2018.

For more information or questions, contact Kelli Weiland by e-mail [colleen.y.weiland.nfg@army.mil](mailto:colleen.y.weiland.nfg@army.mil)

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

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## NORTHERN CELEBRATIONS

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### AUTUMN AND SALMON

Patricia Stockdill

It's already beyond mid-September and North Dakota is heading full speed into hunting season. However, a unique fishing opportunity it also in full gear.

It's time to try one's hand at a shore-fishing for salmon as in Chinook, AKA King, salmon.

Admittedly, the state isn't what comes immediately to mind when thinking about salmon as a fishable species. That's understandable because salmon, like all members of the trout family, are not native to North Dakota waters.

Any North Dakota lake, river, or creek.

The N.D. Game and Fish Department stocks salmon in Lake Sakakawea.

It's there that they cherish its deep, cold waters and lurk around in search of rainbow smelt for their main meal.

While they're typically in deep water throughout most of the year, they move shallow in the fall in an attempt to spawn, searching for fast current and congregating in areas along the face of Garrison Dam on the east end of the big lake.

The problem they face, however, is adults can't get over the dam into flowing Missouri River waters and can't spawn. They're not alone – none of the other members of the trout family stocked anywhere in North Dakota lakes and rivers naturally spawn.

It's from about mid-September into October when anglers should try their hand at shore-fishing for salmon, Scott Hobbs, owner of Scott's Bait and Tackle, Pick City suggested.

While they've been lounging anywhere from 80 to 105 feet over deeper water throughout the summer, they typically move into shallower water by mid-September, he described.

Be prepared for a good fight, Hobbs advised, even with smaller salmon like those in the 4-pound range. This year he anticipates anglers could find salmon in the 8-pound range and larger based on success anglers experienced throughout the summer. That could translate into a nice fall salmon bite.

While condition of adult salmon begins to deteriorate later in October the meat is still in excellent condition in September. Simply filet some salmon steaks and toss them on the grill with one's favorite seasoning, Hobbs offered.

But first an angler has to catch them before

planning on eating them. Shore-fishing for salmon provides anglers with an opportunity to try a variety of techniques, Hobbs explained.

But for starters, using heavy line is especially important. “At least 10-pound test,” he described. Then try casting anything from Mepps spinners, Little Cleo's, Krocodile spoons, or “some crankbaits... you can also use a bobber and a nightcrawler,” he continued.

Or try plastics (think Gulp®) and a variety of scents.

And if a person really, truly wants a fight and a ride when it comes to landing a salmon, try fly-fishing for them.

In other words, experiment and mix those presentations up. You never know what might work on any given day.

Some areas to go include the Garrison Dam Spillway turnout just across the spillway on the east side of the dam as well as Lake Sakakawea State Park's Scoria Bay (it's the location with the park's swim beach) or the side of the park's main boat launch.

Salmon aren't stocked in the Missouri River but some make their way through the dam's massive hydropower generation turbines, miraculously surviving what's likely the ride of their life to swim another day in the tailrace. That's also a good spot to try, fishing from shore along the tailrace boat ramp or just off of the rocks.

Some salmon facts:

- The Game and Fish Department collects salmon eggs in the fall with the U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery raising the eggs to maturity and rearing them until large enough to stock in Lake Sakakawea and elsewhere in the United States.
- Chinook salmon are the largest member of the trout family stocked in North Dakota and are only stocked in Lake Sakakawea even though they get into the Missouri River tailrace through Garrison Dam.
- While Chinook salmon are spotted similar to rainbow trout, they have 15 to 17 rays on the long anal fin and the inside of their lower jaw is blackish in color.
- Throughout the summer they're silvery in color but adults will darken almost to black as their body condition deteriorates.
- The record Chinook salmon has been on the books nearly four decades – it was taken in the Missouri River tailrace in 1986, weighing 31 pounds, 2 ounces.



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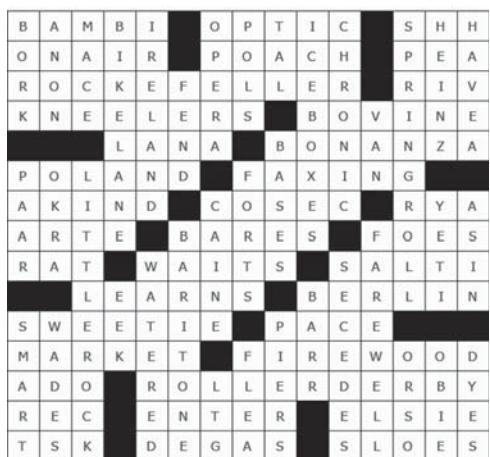
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

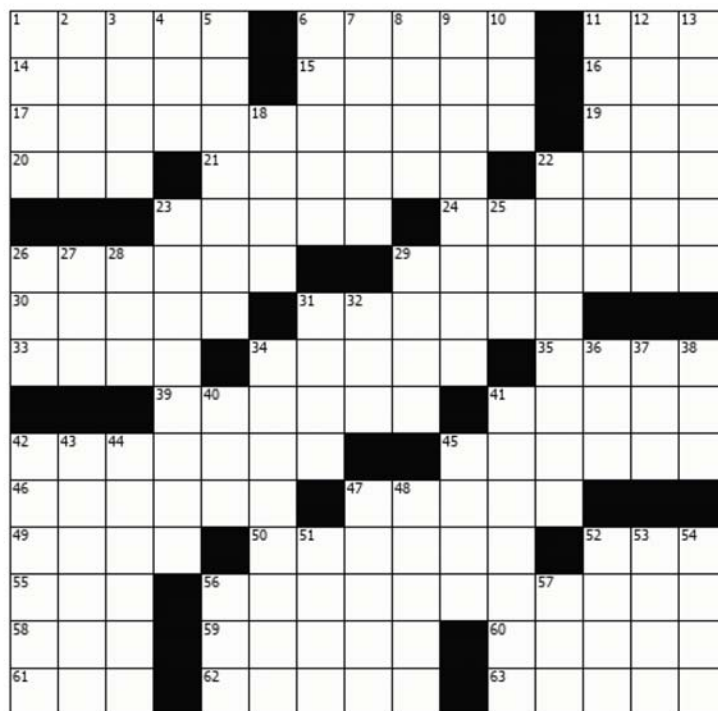
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Cheetah, for one
- 6. Backslide
- 11. \_\_\_-cone (summer treat)
- 14. Mix movie
- 15. One way to read
- 16. Pole footage?
- 17. 1970 film directed by Carl Reiner
- 19. "The Hairy \_\_\_" (O'Neill play)
- 20. Spade for hire
- 21. River of song
- 22. Some degrees
- 23. Originate, as a trail
- 24. Ian Fleming title word
- 26. Mississippi explorer
- 29. Asinine
- 30. Poem of lament
- 31. Bogart's love
- 33. Keep goal
- 34. Formed into a ball
- 35. Paint poorly
- 39. Horrified
- 41. Stack product
- 42. Award giver
- 45. Gave financial backing to
- 46. Grand and noble
- 47. "The Addams Family" star John
- 49. Moldable substance
- 50. Fowl matriarch
- 52. Jim in "The Doors"
- 55. Church vestment
- 56. 1964 Cary Grant film
- 58. Homeboy
- 59. Made a decision
- 60. Lloyd Webber musical
- 61. Fix opener
- 62. They equal one bit per second
- 63. Inert gas



**Down**

- 1. Whale moms
- 2. "I told you so!"
- 3. Agenda unit
- 4. Debussy's "La \_\_\_"
- 5. Memphis attraction
- 6. Bolivian capital
- 7. Without partners
- 8. The bishop of Rome
- 9. 1974 Disney film
- 10. Author LeShan
- 11. "\_\_\_ Mater" (Latin hymn)
- 12. Katmandu resident
- 13. "Just a moment!"
- 18. Swing at a fly
- 22. Hemingway short story
- 23. Adam Sandler film
- 25. Black gold
- 26. Word with set or lag
- 27. Plaudit in Pamplona
- 28. Author Deighton
- 29. Rapper-turned-actor
- 31. Sound like an ass
- 32. Muscle Beach sights
- 34. Eddie Fisher hit song
- 36. Fine letters?
- 37. Hawaiian strings
- 38. Breakfast company?
- 40. Salon application
- 41. Hornet's defense
- 42. Dogpatch creator
- 43. Neck piece
- 44. Like fertile soil
- 45. Trick ending
- 47. Oohed partner
- 48. Molts
- 51. "\_\_\_, Brute?"
- 52. Vacuum
- 53. Regarding, in memos
- 54. Sprat's order
- 56. Watch pocket
- 57. Eggs

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# CHURCH DIRECTORY

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

**Northern Lights Chapel**  
230 Missile Ave  
(across from Rockers)

**Catholic Mass**  
Sunday 1000  
Daily Monday-Friday 1200

**Open Circle** (Wiccan/ Neo-Pagan)  
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**Hof** (Norse Pagan)  
1700 on 2nd & 4th Wednesdays

## St. Peter The Aleut Eastern Orthodox Church

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**Saturday, September 21**  
5PM, No Vespers

**Sunday, September 22**  
10AM, Congregational Prayer Service

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Worship ..... 10:30 a.m.

www.trinitychurchminot.org

## Bible Fellowship Church

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**Sunday School**  
9:45am

## Vincent United Methodist Church

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

**Pastor Mark Ehrmantraut**  
www.vincentumc.com

## Faith United Methodist Church

**5900 Highway 83 N, Minot**  
www.faithumcminot.com

**Pastor Rick Craig**  
701-838-1540

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

## Cornerstone Presbyterian Church

**1000 NE 3rd Street 852-0315**

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

**Wednesday Evening Schedule**  
Community Dinner ..... 5:30-6:30pm  
Contemporary Worship ..... 6:30pm  
Youth Group & Small Groups.. 7:15pm  
**All are Welcome!**  
www.cornerstoneminot.com

## GriefShare

**Grief Support Group**  
meets Mondays at 7:00pm

**Contact Duane Deckert:**  
701-838-0916 or  
biblefellowship@srt.com  
www.griefshare.org

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

## Immanuel Baptist Church

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

**WEDNESDAYS:**  
11:30 AM SOUP KITCHEN

**SUNDAYS:**  
9:30 AM FELLOWSHIP  
10:00 AM WORSHIP

**Pastor Brian Keithline**

## Christ Reformed Church

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

## St. John the Apostle Catholic Church

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

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

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

## First Lutheran Church - ELCA

120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

www.firstlutheran.tv  
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www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman

## SGI-USA Buddhist Group In Minot

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Email: bispsych@yahoo.com  
Phone: (701) 838-9348

## JOURNEYCHURCH ASSEMBLY OF GOD

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

**Sunday Services**  
8:00 am | 9:30 am  
11:00 am

## 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.

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Pastor David Miller

## Cross Roads Baptist

**Southern Baptist Convention**

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

www.minotcrbc.org  
email: minotcrbc@gmail.com  
Gabe McCormick- Pastor

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

## West Minot Church of God Family Worship Center

**1105 16th St. NW • 839-1407**

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

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## St. Mark's Lutheran Church Missouri Synod

Sunday Divine Service.....9:30 AM  
Morning Bible Study and Sunday School ..... 11:00 AM  
Wednesdays  
Kid Connection.....6:00 PM

**Reverend Philip Beyersdorf**  
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www.fbcminot.org

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Sunday School (All Ages)..... 9:45 a.m.  
Contemporary Worship Service..... 9:50 a.m.  
Adult Sunday School ..... 11:00 a.m.  
Contemporary Worship Service..... 11:05 a.m.  
Children's Church ..... 11:05 am.  
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

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**(701) 838-0609**

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

**Jesse Starr, Pastor**

## Grace Baptist Church of Minot

A Reformed Baptist Church

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at Living Word Lutheran bldg  
710 46th Ave NE, Minot

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

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

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Anna B. Henderson

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**Home: 701-838-5759**  
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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.

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# Barksdale enhances combat readiness with new Bomber Generation Squadrons

SENIOR AIRMAN SETH WATSON, 2ND BOMB WING PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

In a significant shift towards enhancing combat readiness, the 2nd Bomb Wing at Barksdale Air Force Base, Louisiana, activated two new bomber generation squadrons (BGS) on August 22, 2024.

The 2nd Aircraft Maintenance Squadron was deactivated and split into the 20th and 96th BGSs. This move is part of a mission-specific maintenance transformation aimed at increasing operational efficiency and combat capability.

The BGS concept was first developed by Maj. Ian P. Rohde, outgoing 2nd AMXS commander, during his time at Air Combat Command.

The concept works by transforming traditional aircraft maintenance squadrons into mission specific generation squadrons. Those squadrons are then organized, trained and equipped for combat in any theater where the unique capabilities of bombers are required to meet the combatant commander's objectives.

A key component of the concept is allowing squadrons to operate independently from their host wing to align with their partner operational bomb squadrons throughout deployment cycles.

"Today's threat requires us to move away from the static concept of sanctuary bases where we traditionally have large numbers of maintenance and munitions personnel," said Rohde. "The way ahead is to reorganize the aircraft maintenance squadrons into bomber generation squadrons."

Rohde says operational wings will apply these concepts by

dividing and dispersing nuclear forces and conventional agile combat employment operations. With the increased flexibility, bombers can provide better integration and protection for allies and partners, even when landing in austere locations that otherwise might not be able to host bomber operations.

These changes will allow for standardized operations, whether at home or deployed, to allow for junior leaders to develop in the arts of aircraft production and maintenance generation, Rohde explained.

"There are several capabilities bomber generation squadrons will provide the combatant commander," Rohde said. "We're going to develop leaders much earlier in their careers. Our mission generation teams will operate with delegated mission command authorities, making our forces lighter, leaner, and faster, without the reliance on a traditional maintenance group force structure."

The concept will also be applied across other Air Force Global Strike Command bomber bases as the command continues to innovate and prepare for the future.

"Tomorrow's fight will be hotly contested, and we no longer have the luxury of assumed air superiority in the battlespace," said Gen. Thomas Bussiere, commander, AFGSC. "This new capability will prepare our units to operate autonomously without the need for extensive command structure while giving us more flexibility in how we position our bombers. I absolutely believe this will be a key factor in future conflicts."



by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, Sept. 16: 1,839.09 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.79 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.69 MSL.

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

• Devils Lake, Ed's Bait Shop, Devils Lake: Fair walleye success on Devils Lake with more activity now on East Bay and continued success on northern chain of lakes.

• Devils Lake, Woodland Resort, Devils Lake: Walleye generally remain quiet but fair numbers of small fish. Sort for the keepers. Try working deeper holes or along the towers and bridges for larger fish.

• Lake Darling, Karma C-Store, Ruthville: No new reports with limited activity on Lake Darling.

• Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success with some walleye activity for anglers willing to put in the time.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Look for improving fall walleye bite in 23 to 35 feet on the east end of Lake Sakakawea. Try live bait rigs or jigs with minnows or nightcrawlers with some larger fish showing up. No Lake Audubon reports.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing small walleye but slower success for larger fish. Work from 5 Fingers to Nishu Bay in 35 to 60 feet with Jig-N-Raps No. 9. Good salmon bite in 60 to 80 feet along the face of the dam. Also work along Riverdale Bluffs to Death Man's Bay or in front of the Spillway. Lake Audubon slow for walleye still a decent smallmouth bite using a variety of presentations.

• Lake Sakakawea, New Town: Van Hook Arm and river portion of Lake Sakakawea around New Town remain slow for walleye.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City:

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

- Be extremely careful with waterfowl species identification with most ducks lacking fall plumage and endangered whooping cranes beginning migration soon – don't mistake for snow goose or tundra swan.

- Keep any fish coming from 25 feet or deeper – their swim bladders can't handle coming up quickly from deep water and they typically won't survive.

- N.D. Game & Fish Dept. free PLOTS, Private Land Open to Sportmen, guides with maps available for download on their website, ([gf.nd.com](http://gf.nd.com)). Printed copies available at select vendors and Game & Fish Dept. offices.

- Sept. 20: Eastern Early Season Canada Goose Zone closes.

- Sept. 21: October Family Fest, Fort Stevenson State Park, Garrison.

- Sept. 21: Resident Canada goose, duck, merganser, white-fronted goose, light goose, coot, bonus teal, and woodcock seasons open.

- Sept. 23: Zumba in the Park, Oak Park, Minot, 7 p.m.

- Sept. 26: Souris Valley Ducks Unlimited dinners, Clarion Hotel, Motel, 5:30 p.m.

- Sept. 28: Tundra swan season opens.

- Sept. 28: Nonresident Canada goose, duck, merganser, white-fronted goose, light goose, coot, and bonus teal seasons open

- Sept. 28: Fall Festival celebrating Public Lands Day, Audubon Nat'l. Wildlife Refuge.

- Oct. 2: Pierce Co. Ducks Unlimited dinner, Eagles Club, Rugby, 5:30 p.m.



Missouri River tailrace producing catfish in the chutes with a few walleye and salmon mixed in from boats. Also try the spillway channel for walleye. Try the chutes, boat dock, or from shore along the rocks for salmon.

Wing walls producing catfish, also. Walleye remain deep in 30 feet and more along points and drop-offs on the east end of Lake Sakakawea working west to Beulah Bay. Try live bait presentations with minnows or nightcrawlers or crankbaits. Salmon showing up throughout the water column from shallow in the bays out deeper in 60 to 90 feet in the afternoon. Look for salmon to move shallow more consistently as fall progresses.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better walleye success on the upper end of Lake Sakakawea is around Lund's Landing. Try 3 to 6 feet or 20 to 30 feet with a switch more so to minnows than nightcrawlers. Yellowstone and Missouri rivers west of Williston producing walleye and few sauger from shore using floating jigs with minnows. River levels are low. Good catfish success on both rivers.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes with local anglers generally going to Devils Lake for walleye.

### Hunting:

- Doves: Fair numbers around yet throughout much of the state.

- Upland: Overall fair partridge numbers but fewer grouse in some areas.

- Waterfowl: Look for fair to good waterfowl success with fair local duck numbers for the resident opener but be extremely cautious about duck species identification. Most local birds lack full color plumage.

### Blue-green algae advisories, N.D. Dept. of Environmental Quality:

- Advisory: Blacktail Dam, Williams Co.; Buffalo Lodge Lake, McHenry Co.; Clear Lake, Pierce Co.; Devils Lake; Lake Brekken, McLean Co.

- Warning: Cottonwood Lake, Williams Co.

### 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.

## YOUTH IN ACTION

# The Eagle Scout Family Tradition Continues

SABRINA MULRAIN, NORTHERN SENTRY

Scouting brothers Dallin Chapman and Haydn Chapman worked diligently together to complete their community projects and reach the prestigious rank of Eagle Scout for the Scouting of America (previously known as Boy Scouts of America). Dallin, age 17, and Haydn, age 15, have been scouts since they were both 8 years old. The two brothers worked tirelessly to climb up the seven different scout ranks.

Scouts often spend months or even years fulfilling all the necessary requirements needed to achieve the next rank. Both Dallin and Haydn persevered and after all their years of challenging work they succeeded in making it all the way to the Eagle Scout rank. For these two new Eagle Scout achieving this monumental goal was not just about the honor, but about keeping up with a family tradition.

The Chapman family has a family tradition of family members including brothers, cousins and uncles who achieved the Eagle Scout rank too. Haydn mentioned that "On both sides of our family it has been a goal for all the boys to earn their Eagle Scout. My dad got his Eagle Scout, my grandpa has gotten his Eagle Scout, and most of my uncles have gotten their Eagle Scouts. It's kind of been an ongoing thing for a long time."

Reaching the Eagle Scout rank takes many years of dedication, hard work, and perseverance. Dallin and Haydn needed to collect 21 merit badges as well as complete their community service projects to earn their Eagle rank. There are 14 required merit badges some of which are First Aid, Citizenship in the Community, Citizenship in the Nation, Cooking, Personal Fitness, Family Life, Camping, Personal Management, Citizenship in the World, Citizenship in Society and Communication.

For his final project, Dallin noticed the poor conditions of multiple bird houses in the grassy field behind the North Plains Elementary School on Minot AFB. Only 8 out of the 10 bird houses he found were in functioning condition. Many were missing roofs or floors or were barely attached to their stands. After doing more research, he also noticed that the bird houses were not properly spaced apart from one another. Dallin decided to remove the old bird houses completely and replace them with new ones that would be better placed to accommodate the local bird wildlife. He gathered around 20 volunteers to help him build 16 brand new bird houses. The volunteers even added some extra flare by wood burning some designs onto the outside of the new houses.

For his final project, Haydn noticed trash surrounding the grassy area behind the North Plains Elementary School where his brother was fixing the old broken bird houses. His community project included cleaning up the trash, as well as mapping out a nature trail and campsites for families to utilize. The map included placing post markers so that the lawn mowers knew where to make the trail and the 5 open spaces for tent camping that are set up along that half mile trail. Now what was once a field filled with trash is instead a nice area for the residents

of Minot Air Force Base to use.

When asked what the most challenging part was of being a Scout was, Haydn explained that it was often difficult to get people to listen to a leader who was considered young. This is due to the fact that people often believe a younger leader is too inexperienced to know what they are doing. Although he mentioned being an older leader can at times be just as challenging as it isn't always easy to communicate one's ideas in a manner that everyone can understand.

Dallin shared that what he found most challenging was "The dedication to stick with it." Dallin further explained that he has been in the Scouts for almost 10 years now and that "After a little bit, it starts getting tough. Especially once you get into high school because there are a lot of other things that require your attention. So the dedication to stick with Boy Scouts is probably one of the most difficult reasons because usually [most] Scouts will go for the first couple years and then drop out because they need to do other things."

Dallin explained how he was able to stick with it all these years by saying "Seeing all the hard work and effort that you've put in actually goes to valuable life skills. The 21 required Eagle Scout merit badges are not just electives, they are skills that you carry with you throughout life. Right now I am working on the personal management merit badge which is teaching me how to manage finances. There is also the personal fitness merit badge which teaches

you how to live a healthy lifestyle."

Dallin said Scouting has "Taught [me] leadership skills, especially with this Eagle Scout project and with some of the positions that you can hold within Scouting. It teaches you how to manage large groups of people. With this Eagle Scout project I've had to organize a time and place for these volunteers to meet and I had to get the supplies. It taught me how to plan it all out. And also, within certain positions in the troop, like patrol leader, you manage a smaller group of scouts and you get to work with them and learn how to be a leader." Haydn added that he noticed himself "Stepping up whether it be in school or church where they asked for things to get done but no one is moving around because they don't know what to do. I will find myself stepping up and helping to guide people, because that's what we are here to do as leaders. We are not there to be by their side and help guide them."

Haydn and Dallin's father, Col. George Chapman, has been a huge help in them being able to get their projects done. Haydn said that their dad "has been a really big helper in us getting this done. He is the one that showed us this area and he helped get us in contact with people to get things done. He's been there to push us to do what needs to happen and help support us through the way."

Congratulations to the Minot AFB's newest Eagle Scouts, Haydn and Dallin Chapman!

Thanks for all your hard work and dedication to our community!



Haydn marking the 5th campsite for his Eagle Scout Project.



Much trash was picked up to create a clean and clear way for the half mile trail.



The Chapman family. Taken fall of 2019 when their oldest son Jaren (15yrs old) received his Eagle Scout rank. Dallin was 12 and Haydn was 10.



Dallin Chapman standing next to one of the 16 new bird houses he made for his Eagle Scout project

## A LOOK BACK THIS WEEK IN USAF HISTORY

PRESIDENT BUSH ENDS B-52 ALERT OF COLD WAR

September 27, 1991



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

On September 27, 1991, President George H.W. Bush ordered the termination of the Strategic Air Command alert that had been initiated in October of 1957 as a result of the Cold War. This halt signaled the end of the war, which would officially come in December with the collapse of the communist state. As a result of the Strategic Arms Reduction Treaty with Russia, hundreds of B-52 Stratofortresses were dismantled at Davis-Monthan Air Force Base, Arizona. In the years following the Cold War, the Air Force implemented a downsizing trend that permanently closed many bases around the country. Because of its strategic location and continuous support of the nuclear triad, Minot AFB remained a pivotal location for strategic deterrence, and while the 5th Bomb Wing B-52s were taken off alert, they remained poised for action on a moment's notice.

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

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# Free Search and Rescue Tour Saturday

CIVIL AIR PATROL, U.S. AIR FORCE AUXILIARY

Minot's local search & rescue team have invited the community to visit and see how to save lives through Civil Air Patrol this coming Saturday 10 – noon at Avflight, 2400 N. Broadway in Minot, ND. Tours are planned to see the Civil Air Patrol's aircraft and hear from members about Emergency Services provided, Aerospace Education opportunities, and Cadet Training programs at the morning's free open house.

Many flight opportunities have been provided this summer for both adults to hone their search skills and cadets to take an accelerated start into the world of aviation. The squadron added another mission-ready pilot starting in August, better enabling the search team to launch quickly when called upon. Full aircrew search teams consisted of three adults – only one of which required to hold a pilot license. Members were able to use the squadron's Cessna 172 to practice skills nearly every week, based on individual schedules.

Cadets experienced a variety of training both on the ground and in the air. Over half of locally assigned cadets received training flights and performed basic aircraft maneuvers under the supervision of a skilled pilot at a safe altitude. "I'm excited to say, not many 12-year-olds can say they've

flown an aircraft," new member Cadet Caleb Haun said while returning to the airport during his first flight. Four cadets, from Magic City, attended the state's week-long military-style training encampment at Camp Grafton, Devil's Lake, and one cadet returned to train on ground search and rescue operations. Some of the additional ground training was at members' cost for food & lodging while weekly ground training and flight training was included with the yearly cadet membership of only \$30.

Volunteers found more than just a way to serve the community. "I enjoy CAP for the social aspect," said Capt. David West when asked about why he stays with CAP. West received North Central Region's nomination for best Aerospace Education instructor for 2023 across seven states. He also served as aircrew, ready to search for missing aircraft or vehicles and provide aerial photographs during disasters such as mitigating flooding.

Individuals interested in learning more about CAP are encouraged to visit on Saturday. More information can also be found at [nd021.cap.gov](http://nd021.cap.gov) or by attending a weekly evening meeting 6:30 – 8:30 pm at Avflight, 2400 N. Broadway.



Capt. David West practices aerial photography through specially designed aircraft window. Airborne photography is essential to providing real-time updates during disaster response.



Cadets Emma Slocum and Elissa Sager receive flag presentation training from Airman First Class Amaris De Jesus of Minot AFB Honor Guard with Cadets Kohen Merkel and Caleb Haun during weekly training.



Cadets Favour and Divine Okonkwo receive their first of five free flight training experiences thanks to volunteer pilots like Capt. Benjamin Conlin. Cadets are provided, at no cost, five powered and five glider flights through CAP's Orientation Flight program, giving them a first opportunity to control an aircraft at a safe altitude.



Cadet Favour Okonkwo uses a digital receiver to find a training emergency locator beacon, similar to beacons installed in all general aviation aircraft.



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nd021.cap.gov // jeffrey.slocum@ndwg.cap.gov

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# YOUTH IN ACTION

## Winter Bussing and Town Hall

The school year is in full swing and 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. Yellowfin Bus Transportation manager, Mary Lee Scott and I are working closely together to ensure SY 24-25 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



JOY-NICOLE SMITH  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL  
LIAISON PROGRAM



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 21st, 2024, 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 maffb.school.liaison@us.af.mil or 701-240-2380.



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UNIVERSITY OF NORTH DAKOTA

## 2024-2025 MPS CALENDAR

### IMPORTANT UPCOMING DATES



#### October 9

Early Release Day

#### October 17 & 18

Administrative  
Convention Days  
No School

#### November 11

Veteran's Day - No School

#### November 20

Early Release Day

#### November 28 & 29

Thanksgiving Day and  
Vacation Day - No School

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- PD Days - contracted days
- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days



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SUN 11 AM TO 9 PM**

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**WWW.MIMEXICOMINOTND.COM**

**AUTHENTIC MEXICAN FOOD**

## MINOT NORTH FOOTBALL

### 2024 Schedule

 <b>Century JV vs Minot North</b> 8/29 - 7:00 PM - Sentinel Stadium	 <b>Wahpeton vs Minot North</b> 9/6 - 6:00 PM - Sentinel Stadium	 <b>Minot North vs Horace</b> 9/13 - 7:00 PM - Horace High School
 <b>Minot North vs Grand Forks Central</b> 9/20 - 4:00 PM - Cushman Field	 <b>St. Mary's vs Minot North</b> 9/27 - 7:00 PM - Sentinel Stadium	 <b>Minot North vs Watford City</b> 10/4 - 7:00 PM - Watford City High School
 <b>Dickinson vs Minot North</b> 10/11 - 7:00 PM - Sentinel Stadium	 <b>Minot North vs Jamestown</b> 10/17 - 7:00 PM - Hansen Stadium	 <b>Valley City vs Minot North</b> 10/25 - 7:00 PM - Sentinel Stadium

# CLASSIFIEDS

www.northernsentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## MOVING SALE

**SATURDAY, SEPTEMBER 21  
9AM-5PM**  
800 Harmony St NW  
Clothes, home decor, dance costumes, furniture and free giveaways!  
Don't miss it.

## THRIFT STORE

### Back Door Treasures



Minot's Newest & Biggest Thrift Store is

#### NOW ACCEPTING

**ALL** donations, estate settlements, and commercial (rental & real estate left behinds)

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Open 9-6 Mon-Sat  
(701) 837-1819**

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Matt or Peggy at IPM. 852-1157

### HOUSE FOR RENT IN GLENBURN ND.



Rent is \$900.00 a month with \$900.00 deposit. Three bedrooms, two full bathrooms, kitchen/dining area, and office space on the main floor - full finished basement. Attached single garage. Tenant pays utilities. Call Dianne Hensen 701-721-3089

## PROFESSIONALS

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REALTOR®  
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CONTACT ME!

**ONE**

- (662) 497-0596
- odalismart97@gmail.com
- @odalisjonesmartinez\_realtor
- ROGMagnum.com

## HELP WANTED



### PART TIME POSITION

15-20 hours per week.  
Embroidery/hotpress.  
Training provided.  
Flexible schedule available.

Stop in at 203 72nd Ave NE  
(just south of the base on Hwy 83)  
or call 701-839-8455.

### LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

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

## AUTOMOTIVE

### NORTHERN AUTO AUCTION

1st & 3rd Saturday Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

### BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.

Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

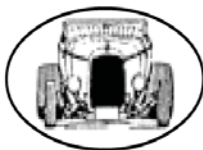
3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

### AUTO BENT UP OR JUNKED??

Would like to buy...  
Running and non-running cars.  
Call 701.240.2147

**\$\$\$ QUICK CASH \$\$\$** Paying cash now for any car or truck, running or not. We also sell cars, give us a call. Edwardson Towing 839-9512, cell: 720-6150 (Will haul junk cars or trucks away, no charge)

## JOHN'S



### AUTOBODY

Pays Up To \$500

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway

839-8896

## WANTED

UNWANTED CARS, TRUCKS & SCRAP METAL.

Call 701.240-7453

IF YOU HAVE A SMALL DOG, REPTILE OR BIRD that you no longer can care for, call me or text me at (701) 822-3455

# BUSINESSES & SERVICES

## AUTOMOTIVE

### QUICK CASH!!

Running & Non-Running Cars & Trucks



### EDWARDSON TOWING

We Also Sell Cars

839-9512

Cell 720-6150

Will Haul Junk Cars Free of Charge  
Cash for Scrap & Farm Clean Up



### AUTO PARTS

#### HOURS:

Monday-Friday 7am-7pm  
Saturday 7am-4pm  
Sunday 10am-3pm

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(701) 852-3301

Proud to serve Minot AFB

## PET GROOMING

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## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

## HOBBY SHOP

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RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues. We Have GUNDAM!

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Ask for Eva • www.airporthobby.com

Contact Rod Wilson to get your business listed here! 701.839.0946 sentrysales@srt.com

## FLOWER SHOP



# FLOWER Central

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405 Central Ave. E. • 701.852.6224

# CLASSIFIEDS

www.northernsentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## 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: 5 August - 6 October. 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.

**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

**PARK UNIVERSITY MINOT** – Your degree, Your way. Park University is enrolling now. 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

## Weddings for Warriors

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

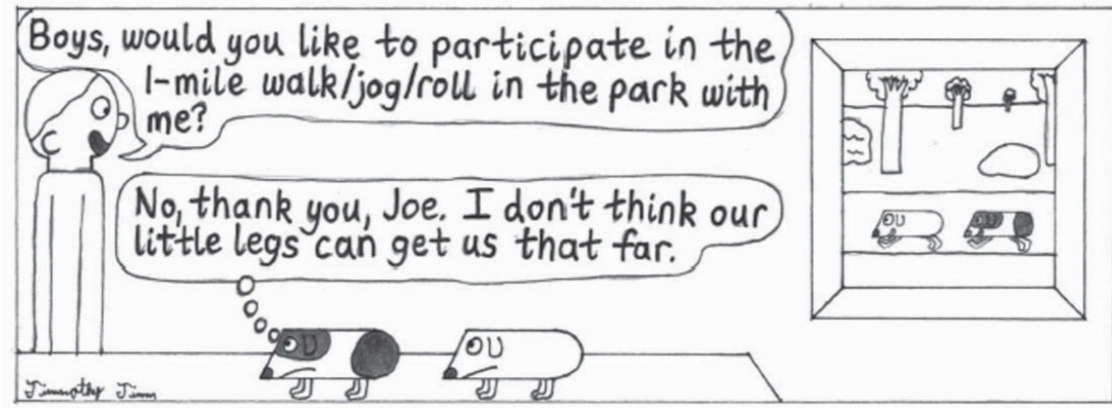
The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot’s Bar and banquet space once every month.

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

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

★ **Hotel** ★  
**REVEL**

## TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



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.

TIMMOTHY TIMM

## Musicians Of Minot AFB Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring your own Instruments

Don't know how to play anything? Come sing

Hosted at the Base Theater on  
Saturdays from 12:00 to 6:00!

JOIN OUR DISCORD,  
FACEBOOK,  
OR INSTAGRAM

For updates and socialization:  
<https://discord.com/invite/xQtPFRBr>  
Minot AFB Musicians On Facebook  
Minotafb\_musicians On Instagram



### Atypical Brewery & Barrel Works

510 Central Ave E, Minot  
Phone: 701.833.0567  
FB: Atypical Brewery & Barrelworks

### Applebee's Grill & Bar

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Culver's Restaurant

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Ironhorse Kitchen + Bar

21 E Central Avenue, Minot  
Phone: 701.852.8183  
FB: Ironhorse Kitchen + Bar Minot

### Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot  
Phone: 701-441-9309  
FB: Jamaican Vybz Kitchen

### Meg-A-Latte

2045 N Broadway Suite #100  
Minot, ND 58703  
Phone: 701-838-8479  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

### Mi Mexico

3816 South Broadway Minot  
Phone: 701.858.0777  
[www.mimexicomintnd.com](http://www.mimexicomintnd.com)

### N.D. Asia

3400 16th St SW, Minot  
Phone: 701.852.1240  
[www.ND-Asia.com](http://www.ND-Asia.com)

### Noodles & Company

304 4th Ave NW Minot  
701.491.9103  
[www.noodles.com](http://www.noodles.com)

### Pink's Bar & Grill

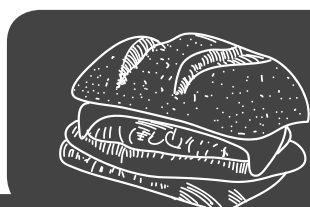
102 128th Ave NW Minot  
Phone: 701.852-2385  
FB: PinksBarGrill

### The Blue Rider

118 1st Avenue SE Minot  
Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

### The Starving Rooster

30 1st St. NE, Minot  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)



## MINOT MILITARY PERSONNEL FLIGHT

# SCAN TO SCHEDULE AN APPOINTMENT.

Use your smartphone.



### Snapshot of MPF Services:

- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500

Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130

Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130

\*Closed for training every Wed from 1200-1630

MINOT MPF OFFICE

# Magic City Discovery Center Reopens with Fall Fun Day Festivities

MAGIC CITY DISCOVERY CENTER

MINOT, N.D. – The Magic City Discovery Center will reopen from its annual closure on September 20th kicking off with a Fall Fun Day activity STEAM fair from 10am to 1pm. Staff educators will have 5 tables set up with each table providing a learning activity touching on the educational elements of STEAM (science, technology, education, art and math). Spark your curiosity in earth's natural elements using microscopes, test your engineering skills by using popsicles to hold a pumpkin, paint a leaf using a shaving cream painting technique, and much more!

STEAM activities will be set up on the 3rd floor of the discovery center with popcorn and hot cocoa provided. Weather permitting, take in the views of the Magic City from the rooftop area and come enjoy the day with us here at the discovery center.

Reminder that the Magic City Discovery Center will have new hours going into effect.

**NEW HOURS:**  
 MONDAY 9am - 4pm  
 TUESDAY CLOSED  
 WEDNESDAY 9am - 4pm  
 THURSDAY 10am - 6pm  
 FRIDAY 10am - 6pm  
 SATURDAY 10am - 6pm  
 SUNDAY 10am - 6pm

## NEW HOURS!

<b>MONDAY</b>	<b>9 AM - 4 PM</b>
<b>TUESDAY</b>	<b>CLOSED</b>
<b>WEDNESDAY</b>	<b>9 AM - 4 PM</b>
<b>THURSDAY</b>	<b>10 AM - 6 PM</b>
<b>FRIDAY</b>	<b>10 AM - 6 PM</b>
<b>SATURDAY</b>	<b>10 AM - 6 PM</b>
<b>SUNDAY</b>	<b>10 AM - 6 PM</b>

**NOW OPEN MONDAY, CLOSED TUESDAY**

# Norsk Høstfest Seeking Volunteers

NORSK HØSTFEST

The 45th annual Norsk Høstfest is slated for Sept. 25-28, 2024. To ensure a successful event, hundreds of volunteers are needed to assist with many tasks before and during the festival. Volunteers will receive free admission (\$44 value) to the festival each day they volunteer, a free Høstfest t-shirt, a Spicy Pie pizza coupon, snack, concert ticket discount (\$44 off to any concert), and a great time. For volunteers who volunteer for more than one shift per day, they will receive 20% off Høstfest swag and a meal voucher. Signing up now will guarantee volunteers their desired shift(s). Signing up with a friend will double the fun.

Volunteers are needed to help Scandi chefs in the Scandi Kitchen, assist with move-in setup and

move out, selling tickets, along with other jobs. Go to [Høstfest.com/about/volunteering](http://Høstfest.com/about/volunteering) to get more information and choose your job(s) and shift(s).

The festival's four-day slate of Great Hall entertainers are the Gaelic Storm & Texas Tenors, Church of Cash, Fab Four, Trace Adkins, Jay Leno, Ryan Bingham, and Garrison Keillor. Side stage entertainers include Molly B, Midwest Murder, Waddington Brothers, Steve Solkela, Norwegian Bachelor Farmers, and Koo Koo along with many others. Tickets can be purchased at [Høstfest.com](http://Høstfest.com) or at the office at 1020 S. Broadway between 9 a.m. and 4 p.m.

For more information, contact Teresa at the Hostfest office at 701.852.2368 ext. 3.



NEW COMICS BOARD GAMES AND RPG ITEMS  
 CRYSTALS FANTASY BOOKS

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



## Upcoming Events

**21 SEPT** **DOUBLE D-HAW 2024**  
**5:00 PM - 11:00 PM**  
 Blue Rider Bar  
 118 1st Ave SE Minot

The Blue Rider Bar is proud to announce that it will again be hosting Double-D Haw—Minot's biggest and best breast cancer fundraiser! All proceeds from this event will once again go to the Trinity Health Cancer Fund to help patients and survivors in their fight against breast cancer. Just like last year, the exterior of The Blue will be covered in bras, and Double D-Haw will feature a seafood boil, live music and street dance with Little Chicago Funk, silent auction of Double-D inspired art, signature pink beer by Atypical Brewery and Barrelworks, "Second Hand Frills," a vintage lingerie pop-up shop, a 50/50 paddle raffle, and some truly unique swag! Tickets are \$50.00 and are available at The Blue Rider and on-line here: [https://commerce.arryved.com/location/BYKhVv1\\_](https://commerce.arryved.com/location/BYKhVv1_)

**MINOT'S BIGGEST & BEST BREAST CANCER FUNDRAISER**

SEAFOOD BOIL  
 ART BRA AUCTION  
 PADDLE RAFFLE  
 STREET DANCE  
 SPECIALLY BREWED BEER BY ATYPICAL

ALL PROCEEDS GO TO THE CANCER FUND AT TRINITY HEALTH FOUNDATION

**For more information:**  
[downtownminot.com/double-d-haw-2024/](http://downtownminot.com/double-d-haw-2024/)

**22 SEPT** **CAESAR FEST**  
**11:00 AM - 2:00 PM**  
 Downtown Minot  
 109-19 Main St N, Minot

Garden Grown Pickles? Cheese Curds? .... a Deviled Egg? What will this year's Caesar Fest bring for toppings!? Join local bars and restaurants in this incredible brunch-time event as they compete for the coveted "Best Caesar in Minot" award! This event will take place in Downtown Minot, outdoors from 11 am to 2pm on Sunday, September 22nd. Tickets are \$60. Tickets must be purchased in advanced and will not be available at the door. Event will happen rain or shine. Tickets may be purchased online at: [www.minotcaesarfest.com/event-details/2024-caesar-fest](http://www.minotcaesarfest.com/event-details/2024-caesar-fest)



**For more information:**  
[www.minotcaesarfest.com/event-details/2024-caesar-fest](http://www.minotcaesarfest.com/event-details/2024-caesar-fest)

**25 SEPT** **BLUE RIDER TRIVIA**  
**7:00 PM - 10:00 PM**  
 Blue Rider  
 118 1st Avenue SE, Minot

Bring your quarters to buy your chances at free drink questions, and as always, earn style points and Blue Rider respect for creative team names. Why? Because it's Wednesday. And that means Minot's toughest trivia game is on!! Starts at seven. And feel free to bring your appetite; we've got Jimmy's Pizza, grilled cheese, pop-tarts and peanuts!



**For more information:**  
 Facebook/ Blue Rider/ Events

**5 OCT** **MIDWEST MONSTERCON**  
**10:00 AM - 5:00 PM**  
 Minot Municipal Auditorium  
 420 3rd Ave SW, Minot

Midwest MonsterCon was created to bring the ultimate horror experience to Minot, North Dakota. Our mission is to unite fans of all things spooky and macabre for a day of eerie excitement, engaging panels, unique vendors, and unforgettable memories.



**For more information:**  
 Facebook/ Midwest MonsterCon /Events

## NEW Community at the Northern Sentry

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



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

# HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



# WHAT'S GOING ON MINOT AFB

## FRIDAY 20

- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Bistro Family Night, 1700-1900, Bomber Bistro
- Crazy for Grazing, 1730-1930, Rockers Bar & Grill

## MONDAY 23

- AFFT, 0530, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1730, McAdoo Fitness Center

## FRIDAY 27

- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Tabletop Gaming, 1600-2200, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill

## SATURDAY 21

- Air Force Birthday – Freezin's the Reason Scramble, Rough Rider Golf Course, 0800
- Zumba, 0900, McAdoo Fitness Center
- International Peace Garden Trip, 1000-1800, Outdoor Recreation

## TUESDAY 24

- Cycle & Strength, 0515, McAdoo Fitness Center
- AFFT, 0530, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Federal Employment Basic 101, 0900-1100, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- AFFT, 1100, McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1730, McAdoo Fitness Center
- Vehicle Maintenance Class - Advanced, 1730-1930, Auto Hobby Shop

## SATURDAY 28

- Zumba, 0900, McAdoo Fitness Center



## SUNDAY 22

- Sunday Escapes Book Club, 1330, Minot AFB Library

## WEDNESDAY 25

- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center
- TAP (DOL) Overview Workshop, 0800-1600, M&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- SAPR Tier 2 Brief, 1300, Professional Development Center
- TRX Strength, 1330, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## SPECIALS

Bomber Bistro Featured Item  
**Spinach & Artichoke Pizza**  
 Alfredo sauce base with spinach and artichoke toppings.

The B-Fifty Brew Featured Item  
**Breakfast Bowls**  
 Choice of ham, bacon, sausage, turkey sausage, or 3 meat on top of crispy potatoes & cheese. Options to add bell peppers & onions as well.

Rockers Bar & Grill Featured Item  
**Naked Wings**  
 Rockers Traditional wings with your choice or classic sauces or dry rubs.

**FUN FRI-YAY**  
 JIMMY DOOLITTLE CENTER  
**27 SEPT 2024**  
**4PM - 9PM**  
**GAMES, MUSIC, & MORE!**  
**DELICIOUS FOOD**

CLUB MEMBERS EAT FREE!  
 FOOD SERVED 4:30PM - 6:30PM  
 NON MEMBERS PAY  
 \$10 PER PERSON OR \$30 FOR FAMILIES

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 5TH FORCES SUPPORT CENTER  
 NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

**FORCE** **5THFORCESUPPORT.COM**

**Shark Craft Class**  
 Arts & Crafts Center  
**30 Sept 2024 • 4pm-6pm**  
 For ages 4-10 Cost \$10 Register by 24 Sept

**Fun-filled shark craft day!**  
 We will stamp t-shirts, make clothespin whale sharks & make a portal window with shark silhouettes  
 Register at the Arts & Crafts Center or call 723-3640

**FORCE** **5THFORCESUPPORT.COM**

## THURSDAY 26

- Cycle & Strength, 0515, McAdoo Fitness Center
- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Minot AFB Job Fair, 1330-1630, Jimmy Doolittle Center, hosted by M&FRC
- Falling for Apples, 1500-1700, Youth Center
- Zumba, 1730, McAdoo Fitness Center

**LIFEGUARD CLASS**  
 OUTDOOR RECREATION  
**1-4 OCT 2024 • 8AM-4PM**  
**REGISTER BY 24 SEPT**

EXPLORE OPPORTUNITIES FOR EMPLOYMENT AT OUR INDOOR POOL!

ONLY \$125  
 MUST BE AGES 16+  
 THIS CLASS INVOLVES AN 8-HOUR ONLINE PORTION & IN-PERSON SESSIONS  
 COST REIMBURSED WHEN HIRED

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