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IT COULD BE HAPPENING IN OUR CITY: HUMAN TRAFFICKING

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OCTOBER MARKS DOMESTIC VIOLENCE AWARENESS MONTH

B5

OPERATION CERBERUS



U.S. Air Force Staff Sgt. Jacob Sheets, 54th Helicopter Squadron UH-1N Iroquois flight engineer, awaits instruction while wielding a M-240 during Operation Cerberus at Camp Ripley, Minnesota, Sept. 23, 2024. Airmen from the 891st Missile Security Forces Squadron and 54 HS traveled to Camp Ripley to increase military readiness and improve team cohesion. See more on page A8-A9.

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Proving Credibility: 91st Missile Wing completes simulated test launch

SENIOR AIRMAN ALEXANDER NOTTINGHAM
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 91st Missile Wing successfully performed its biennial Simulated Electronic Launch Minuteman test, the first phase of testing for the Minuteman III, at Minot Air Force Base, North Dakota on September 17th and 18th, 2024.

"This year's SELM, named OPERATION GIANT PACE 24-2M, was conducted to evaluate the readiness and reliability of the MMIII ICBM system," said 1st Lt. Ivan Cruz, 91MW Maintenance Group executive officer. "Although operational test launches are executed frequently at Vandenberg Space Force Base, SELM allows the Air Force to test critical processes in a deployed environment without firing the missile."

This evaluation is an end-to-end test that is used to verify the reliability of the MMIII ICBM system's ability to launch if given the command from a Launch Control Center or an Airborne Launch Control System.

"This year we tested four LF and two LCCs, with assistance from the 625th Strategic Operations Squadron, to test a new flight track of the E-6B Mercury," said Cruz.

Before the test launch order can be given, more than 1,500 hours are committed to ensure all safety measures are met. For the SELM test, the maintenance crews and operators replaced the operational components with test components and isolated the LFs from the rest of the operational squadron to form a test squadron. This allows the test to be conducted safely without affecting an operational missile site while the testing missile crew members use real commands.

"Due to the ever-growing age of our weapon system, showing that it can complete its mission when asked is important for us in gathering analytical data, and show we are capable of assuring our allies and deterring our adversaries," said 1st Lt. Alex Mathews, 740th Missile Squadron Missileer.

Once the preparation phase was concluded, the SELM test began. The teams tested their ability as combat crews to launch from not only the LCC but from an ALCS aboard a Navy E-6B Mercury aircraft, which is capable of remotely launching the fleet of MMIII ICBMs.

Many agencies are involved in safety, like the missile maintenance team and electronic mechanical team, who ensure the numerous safety procedures are complete prior to testing. The 91MW's crisis action team then confirms that all sites are in a safe configuration before the simulated launch, Cruz said.

When all of these tasks have been completed a last-look inspection is done by SELM Quality Assurance personnel to verify the proper configuration of the test LF and LCCs.

After the safety of each site was confirmed, test commands were sent from isolated test LCCs and the airborne ALCS. Missile commands were transmitted to the isolated SELM test squadron to evaluate everything from routine activities all the way up to the first stage ignition of the MMIII.

"The credibility of the 91st MW lies in our Airmen and the weapon system we maintain and operate. We train daily for our mission, and SELM allows us to demonstrate the standard of upkeep provided by our maintainers, and the expertise of missileers tasked with executing our mission," said Mathews.

The most important aspect of any weapon system is to demonstrate its reliability through extensive scheduled and routine testing. With the SELM test complete the second and final phase of testing can be completed. This second phase of testing will see a live launch of unarmed MMIII at Vandenberg Space Force Base, California. This rigorous testing allows the 91MW, U.S. Air Force and U.S. Space Force to provide a demonstration of combat capability without compromising safety.



Members of Minot Air Force base's 91st Missile Wing and Vandenberg Space Force Base's 576th Flight Test Squadron, coordinate with other agencies during the simulated electronic launch of a Minuteman III (SELM) at Minot Air Force Base, North Dakota, Sept. 17, 2024. The teams tested their ability as combat crews to launch from not only the launch control center (LCC) but from an airborne launch control system aboard a Navy E-6B Mercury aircraft, which is capable of remotely launching the fleet of MMIII ICBMs.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ALEXANDER NOTTINGHAM



U.S. Air Force Col. George Chapman, 91st Missile Wing commander and Lt. Col. Karrie Wray, 576th Flight Test Squadron director of operations, confirm the safety checklist during the simulated electronic launch of a Minuteman III (SELM) at Minot Air Force Base, North Dakota, Sept. 17, 2024. This evaluation is an end-to-end test that is used to verify the reliability of the MMIII intercontinental ballistic missile (ICBM) system's ability to launch if given the command from a launch control center (LCC) or an airborne launch control system (ALCS).



U.S. Air Force Capt. Jedediah Simpson, 576th Flight Test Squadron test operator, observes the simulated electronic launch of a Minuteman III (SELM) at Minot Air Force Base, North Dakota, Sept. 17, 2024. More than 1,500 hours are committed to plan and prepare for the rigorous amount of safety measures put in place.

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First Sergeant Symposium: Training Future Mentors and Leaders

MARTINA KRANZ, NORTHERN SENTRY



Chief Wayne Sharp, 5th Bomb Wing Command Chief and former Minot First Sergeant, opens the symposium with an introduction to being a "Shirt."

For those Air Force members who might've thought about becoming a First Sergeant, the First Sergeant Symposium was the class to ask any questions about becoming a mentor and leader. On Sept 30-Oct 2, the First Sergeant Symposium was held at the Joint Training Center (JTC) on Minot AFB. The symposium was a condensed 3-day course from the month-long course offered at the First Sergeant Academy at Maxwell, AFB, AL. Instructors covered several, inter-connected subjects at the symposium.

The symposium instructors reviewed some scenarios that an interim First Sergeant, sometimes called the "First Shirt," might encounter, such as death in command, interpersonal interactions and how to mediate some of those situations, and what to do if law enforcement arrests an Airman. According to Master Sergeant Christine Shoup, 5th MDG First Sergeant and symposium instructor, "it's a lot of what you would see and what you have seen scenarios. First Sergeants deal with a gamut of situations so we really never know what's going to happen. We want to arm the symposium attendees with the best critical thinking opportunity to think about the situation from outside perspectives."

Interim First Sergeants are informed about the different helping agencies available on base for all Airmen, such as the Sexual Assault Prevention and Response Team (SAPRT), Family Advocacy, the Chaplain, the Legal Office, and others. Interim First Sergeants need to know what agencies there are to help Airmen in times of stress or during problematic situations. First Sergeants need to build relationships with these helping agencies.

Two aspects of performing a First Sergeant's job are teaching Airmen discipline and accountability. Shoup states "a lot of it is [from] the perspective of the health of the Air Force as a whole while also caring for the member, disciplinary-wise. We don't see into the future but holding people accountable because you don't know [it] for the moment that it is and making sure that we document and conduct discipline fair and equitably across the Force. That's the importance of the First Sergeant and the importance of our community. A lot of the symposium is explaining our position in advisement."

Condensed to three days, this course is meant for those TSgts and MSgts thinking about becoming a First Sergeant but haven't earned the rank yet to help them get an overview of what they may be subjected to. According to MSgt. Christine

Hubbard, 5th MUNS First Sergeant and symposium instructor, "It's to see if it is truly what they want to do prior to actually applying to be a First Sergeant. It is also there for young officers and other senior NCOs that just want to better their overall knowledge of how things work in that capacity as it relates to the people portion." MSgt. Shoup and MSgt. Hubbard also explained that leaders must want to help, to do the job, and possess some level of empathy, not just anyone, because they never know what they will encounter as a First Sergeant. Everyone is vetted through their own First Sergeant to make sure they have the correct personality for the job. The instructors come from the First Sergeant Council on Minot AFB because they possess the unique perspective of being stationed at Minot AFB and understand the hardships associated with this location and mission.

TSgt. Drew Liechty, member of the 5th MUNS Squadron, Officer Training School candidate (OTS), and symposium attendee stated that the symposium will help him in his job because it provided the information and appropriate resources to take care of people with whatever they need, whether disciplinary or personal. Liechty also explained that the symposium will help him be ahead of the game when he becomes a new officer because problems don't away and caring for people doesn't go away when an NCO crosses over into the officer corps. The most informative class for Liechty was the Counseling and Crisis Intervention class because it provided the information and standards to help people in difficult

situations by being there, lending an ear, and providing resources along the way. Liechty's biggest takeaway was hearing about the First Sergeant Council's experiences helping people and how behind-the-scenes, personally rewarding they were for the Council members. It was eye-opening to him to see how much First Sergeants do for their squadrons.

There was a good mix of TSgts and MSgts and several TSgt Selects who attended the course. As a perk, attendees receive free breakfast and coffee each day of the symposium. When attendees complete the course, they receive a certificate and the "ability to hold the phone" or work in the First Sergeant role. It's great to see the eagerness to learn. We have a lot of head nods as we go through stuff. A lot of the audience are people that have been affected, negatively or positively, by First Sergeants so they want to be one. They want to make that change. The attendees want to be a mentor, or they want to be a better First Sergeant than what they experienced in the past, MSgt. Shoup explained. MSgt. Hubbard agreed.

The First Sergeant's Symposium is held twice a year, once in the spring and again in the fall. So, a TSgt or MSgt interested in becoming a First Sergeant and wanting to learn what the job entails, attend the First Sergeant Symposium in the spring. Acquire the ability "to hold the phone."

On a humorous note, Airmen sometimes refer to an Air Force NCO who temporarily fills in for the First Sergeant when the "Shirt" is on leave, deployment, or TDY, as the "T-Shirt." (The "T" stands for "Temporary.")



First Sergeant Ian Yoshimoto, 23rd BGS, received his certificate from MSgt. John Silva, 5th FSS and First Sergeant Council President.

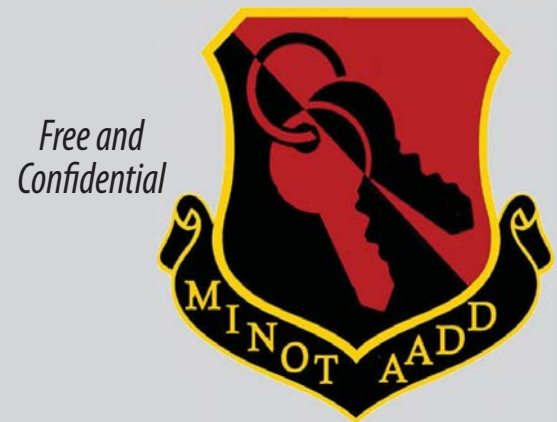


At the Fall 2024 First Sergeant's Symposium, the Small Group Sessions, lead by MSgt. Stephanie Hubbard, 5th MUNS First Sergeant (far right), discuss scenarios that First Sergeants encounter at any time.

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A VIEW FROM OUR SIDE

ROD WILSON

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My Dad used to school me daily about having an Attitude of Gratitude. About the time I was moping around the house because nothing in my life seemed to be going right, he would bring to my attention everything around me that I should be thankful for. First would be my Mom. "Just realize that you come home from school and your clothes are washed, there's always supper on the table. During the summer she raises a garden and has the most beautiful flower beds in the entire town of Maddock (she was a green thumb), and all she expects is for you boys (2 boys and a sister) to take care of a few chores around the house.

An Attitude of Gratitude

The list would often include my teachers, my pastor, and the fact that I lived in a small town in North Dakota that allowed me to enjoy activities like hunting, and fishing, and camping; just to name a few.

Governor Doug Burgum would re-introduce me to that phrase when he took office some 8 years ago. He would use the phrase as the opening line in most of his speeches. Most recently Governor Burgum talked about gratitude when he toured the fire ravaged counties in Western North Dakota. We should, and most certainly I am, grateful for the first responders and volunteers who took on what is being call the largest rash of wildfires in North Dakota history. Without much hope on Saturday afternoon, hundreds of volunteers fought to save homes, farms, and lives. Next time you drive through small towns like Ray, Tioga and Mandaree, remember those volunteers who left their homes, farms, and businesses to fight those fires.

And then there are the folks at Minot Air Force Base. Col's Lamarand and Schlabach, with the help of the 54th Helo

Squadron, carried game balls to football games. I was on the sidelines for the delivery of the game ball to the Minot North homecoming game, and you could feel the excitement. Col Schlabach, Col Chapman, and Chief Thomas bounding off the Huey that had just landed at the 50 yard line on a perfect Friday night was an experience that I won't forget. None of those who took part in this special event would ask for a thank you, but they certainly deserve one. Again, an attitude of gratitude.

Spin the clock forward to Sunday when the Brass Band of Minot had the pleasure of hosting Lt. Col. Richard Morrison, Commander of the 741st Missile Squadron, The Gravel Haulers, as our guest emcee. The concert, A Tribute to our Military, gave recognition for both our active duty and our military veterans. At one point the Brass Band played the service songs and asked those active duty and military veterans to stand and be recognized with a round of applause. This tradition will never get old for me. Every citizen of the United States should certainly have an Attitude of Gratitude for these great individuals who served and are serving their country as members of our military.

At the end of the selection Lt. Col. Morrison took a couple of minutes to once again thank those military and veterans in attendance. But then, in a true Attitude of Gratitude moment, he thanked the city of Minot for what they do for the Minot Air Force Base. "The city of Minot, hands down, is the best city for how they work and recognize the Minot Air Force Base."

These 3 moments of gratitude are only the tip of the iceberg when it comes to the Minot Air Force Base joining with the city of Minot, and surrounding communities, to lend assistance to accomplish a common good. There is a Military Affairs Committee in the Minot Chamber of Commerce that meets once a month to have lunch, enjoy

speakers of interest, and most important to hear about the missions on Minot Air Force Base and the added mission of the North Dakota National Guard. Right now, there is a lot to report, as the world around us is very volatile. Over and over again we hear that Minot Air Force Base, with its' dual nuclear missions, is so very important to the defense of our freedom. In our Attitude of Gratitude salute, we should be grateful for the many young men and women who have chosen to serve our country.

We should feel lucky that Minot is the host city for Minot Air Force Base, and the missions they complete every day. Every time I see a B 52 fly over our city, or encounter a caravan as they move a missile or warhead, I am reminded that the mission of defending our country is very real. Today a B 52 flies over Minot, but tomorrow it may be deployed to another part of our world. The Minuteman III missiles may be tucked away silently waiting for a moment that we hope never happens. Yet deterrence is real. The missiles and B 52's hold important squares on the chess game of national defense. Let us always have an Attitude of Gratitude that the lifestyle we live today is because of the missions assigned to the Minot Air Force Base.

BEST KEPT SECRETS

It may not be a total secret, but the Downtown Minot Treat trail takes place on October 25th from 10 AM to 12 Noon. Maps of the businesses (usually over 30) that are taking part in the Treat Trail will be available at participating merchants. Park in either parking garage, FREE, for 2 hours and enjoy a nice, friendly, environment for those young trick or treaters. Don't be surprised if someone quickly takes a photo of the little folks in their costumes.

TODAY'S CHUCKLE

Few of us have that many faults. It's just that we make the most of the ones we have.



Members of the 91st Missile Wing greet players of the Minot North High School football team prior to the game at Minot, North Dakota, Sept. 27, 2024. The 91st MW delivered the game ball to kick-off the first homecoming game of Minot North High School.

U.S. AIR FORCE PHOTO BY TECH. SGT. RUSTY FRANK



UPSIDE DOWN UNDER

MARVIN BAKER

Two weeks ago I was at Bismarck State College for an event and it had been 38 years since I was on campus. It has changed drastically, but it was fun to be back there if only for a few hours.

When it was my time to speak, I started with asking a question. "How many of you are Bismarck High School graduates?" Approximately 10 people raised their hands of the roughly 60 in attendance. Then I asked them if they know who Weston Dressler is? They all said they at least recognized his name.

Unfortunately, however, these BHS grads didn't know the most important message about Mr. Dressler. About a month ago, he was inducted into the Canadian Football League Hall of Fame and none of them were aware of that.

An impressive line up...

It could have been they aren't sports fans and don't pay attention to football. It could have been the Bismarck media didn't cover it, or it could have been something completely different.

But, after playing 11 years in the CFL and setting numerous records including winning a Grey Cup, Dressler should be recognized locally for his time as a flanker with the Saskatchewan Roughriders and later the Winnipeg Blue Bombers.

When he played in Regina, he was arguably the most likable player in the Roughriders franchise. But that's not really a surprise given he was just as popular when he played at UND and was given the name Mr. Electricity because of his knack for sparking the fans.

Dressler certainly made a name for himself, but so have many other North Dakotans such as boxer Virgil Hill, football player Carson Wentz, or hockey player Mason Morelli.

As some of you might realize, the sports landscape in North Dakota has changed a great deal in the past 20 years. In fact, there was a time here in the state that most of us who call ourselves sports fans, wondered what it would be like to have seen someone like baseball player

Roger Maris play in his or her respective sport.

In my own mind, that goes back to December 1985 when the funeral for Maris was held in Fargo. From 1961 when Maris hit 61 home runs for the New York Yankees to 1985 when he was laid to rest, there was a void for North Dakota sports fans.

Virgil Hill had won a silver medal in the Olympics a year earlier, but he was just beginning as a professional boxer at the time and hadn't yet achieved his impressive won/lost record.

In the years to follow, however, additional sports figures from within the state would pop up and now there are numerous players in numerous sports making a name for themselves.

First, there was Darin Erstad from Jamestown, who broke into the Major Leagues with the California Angels in 1995. He played a number of years with the Angels and Diamonbacks and became an American League All-Star.

Rick Helling from Fargo was a pitcher with the Texas Rangers and who can forget Travis Hafner, who grew up in the small town of Sykeston and became a standout player with the Cleveland Indians (now called Guardians).

Hafner showed us that anyone

playing baseball in a small town has a chance to make it big.

It doesn't stop with baseball. NDSU has groomed numerous players who are now in the NFL, Wentz, as I mentioned earlier, Trey Lance, Christian Watson are becoming common names on Sunday afternoon.

Small-town football players have shown they can make it too. Simon and Grant Romfo who helped Langdon win a state football championship are now tearing it up at UND. Simon Romfo was named starting quarterback while his brother Grant is a runningback.

Dave Osborn who played for the Minnesota Vikings came from Cando. Jim Kleinsasser, also with the Vikings, came from Carrington. Pete Retzlaff, Ellendale, Phil Hanson, Oakes, Jeff Boschee, Valley City, Randy Hedberg, Parshall, Les Jepson, Bowbells, among others have done well in sports.

And let's not forget Monique and Jocelyne Lamoureaux, twins from Grand Forks who played women's hockey for Team USA in the Olympics.

Yes, North Dakota has come a long way in sports since Oct. 1, 1961.

Cookie Salad, Old Recipes, and New Memories



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

We have a tradition in my house. It started years ago when I inherited some old cookbooks from my grandparents. After they sat on my kitchen shelves for far too long, I decided I needed to either make use of them or retire them to the donation bin. I made a deal with my husband: Once a week, we'd make dinner using only these extremely dated recipes. While I'm known to deviate liberally from recipes, these would be made with the exact ingredients, and the instructions would be followed to the letter. And thus, Vintage Supper Club (VSC) was born. We started nearly seven years ago, when my firstborn was just a baby. After a short hiatus while we moved back to Minot and resettled, the VSC was resurrected—first as a

weekly dinner with a friend during the long, cold months, and later, it became a year-round Sunday ritual. We've pulled recipes from my Grandma Allender's meticulously typed and categorized pages. I've squinted to decipher handwriting on brittle sheets from a book curated by my husband's great-grandmother. We've eaten handpies, meat porcupines, cold weather stew, butterfly bread, and something called a "carrot ring." Each attempt is entertaining as we choose something new to try and watch it come together—without photos, Pinterest boards, or blog post-style instructions. With a little guesswork and a lot of luck, there have been no disasters—except for that one time we had "Rice and Jello Salad." It came out fine, but we're still talking about the awful texture nearly a year later. Recently, I thought it would be fun to expand Vintage Supper Club to include some "new" old recipes from Hotdish Land. Then, I happened to come across a treasure trove of time-tested local recipes. I had been working on some freelance projects from my laptop at the Minot Public Library. On this particular day, I had set up my "office" in the Great Plains Room—a special space dedicated to housing books and maps that are historically significant to our region. I stood up to stretch and began browsing the

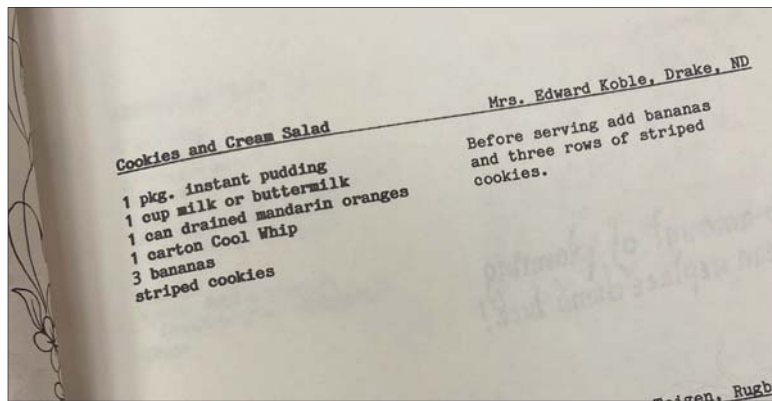
regal-looking shelves of books. That's when a series of cookbooks caught my eye. Here they were: ideal VSC fodder. Books filled with more bar, hotdish, and Cool Whip-based salads than I ever imagined. Filled with curiosity, I took the North Dakota Centennial Cookbook from the shelf and flipped to the salad section. I'd been looking for a cookie salad recipe for years. Maybe this would be the day I'd finally find it. The first time I had cookie salad was at a wedding reception in 2013. It wasn't my favorite item in the buffet line, but the fact that it was called "cookie salad" intrigued me. And the enthusiasm it garnered from locals was endearing. On and off since then, I'd searched for a recipe, but most locals told me it was just something they "knew how to make." Or, they'd never made it themselves but enjoyed it at family get-togethers, where it was usually brought by their mother or grandmother. There, in the Great Plains Room, as I flipped through the pages of a book boasting North Dakota family favorites, I found it. The recipe that had made it into the Centennial Cookbook, was surprisingly vague. No wonder no one had been able to give me a recipe—it really is the kind of thing you just "make." Last weekend, for Vintage Supper Club, I made a hotdish and cookie salad from this cookbook. I documented my first attempt at cookie salad and shared it on my Instagram account, Hey Minot. It



One day while working in the Great Plains Room at Minot Public Library, I found something I'd been seeking for a long time.

AMY ALLENDER PHOTO

quickly gained thousands of views, and many comments and messages, with everyone chiming in with their memories of this recipe, their family's unique take, and tips on perfecting my technique. All of this reminded me that food has a special way of bringing us together. Recipes—especially those in a well-worn cookbook—help us understand each other, new places, and even our own history. Sure, I could have Googled "cookie salad" long ago. But the camaraderie formed from discovering it, and finding a version in an actual book, has been much sweeter than the instant gratification of search engine results. *If you want to try your hand at Cookie Salad, the recipe is pictured here. For more stories from Hotdish Land, you can find me online at amyallender.com, Instagram @heyminot or @amy_allender, and Facebook @amyallenderblog.*



The recipe for cookie salad, as written in the North Dakota Centennial Cookbook.

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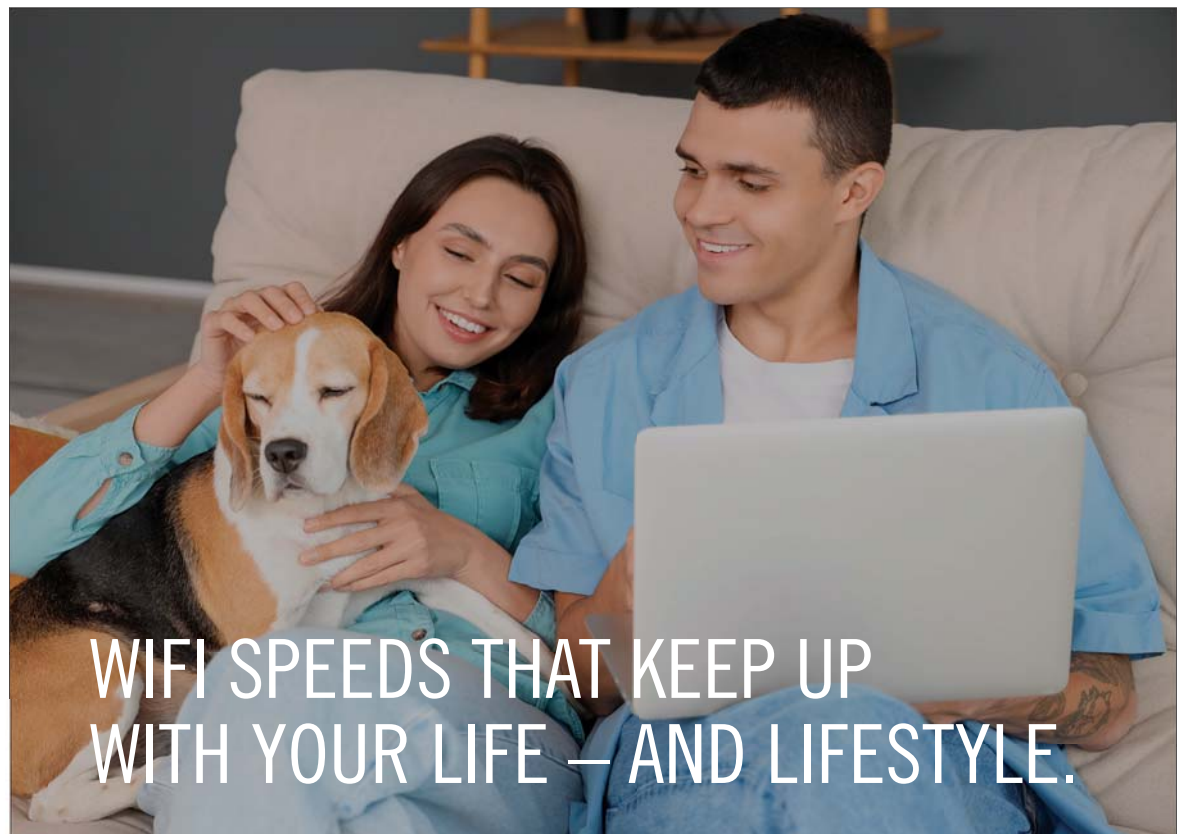
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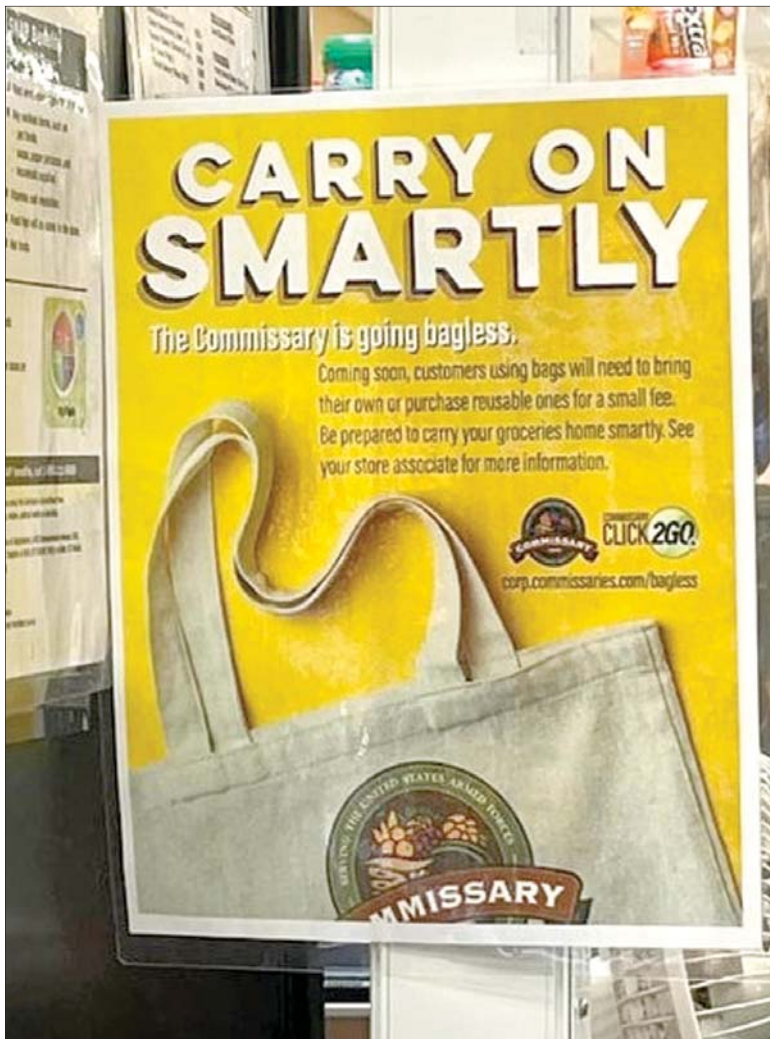
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For Now, Minot AFB Commissary Not "Going Bagless"

MARTINA KRANZ, NORTHERN SENTRY

Until further notice, the Minot AFB Commissary's Carry On Smartly program has been placed on a hold. According to Ms. Kendall Kenny, the MAFB Commissary Officer, the Headquarters (HQ) of the Defense Commissary Agency, located in Fort Lee, VA, placed

the program on hold. The Defense Commissary Agency did not give Kenny the reason for the delay or a confirmed date for start-up. So, plastic bags will be available for the foreseeable future at the commissary.



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THE DUCK STAMP

Patricia Stockdill

Ninety years. In the big picture of Planet Earth, 90 years isn't even a blink of the eye; not even a nanosecond. But in the big picture of wildlife conservation in the United States, 90 years is huge. Very huge.

It's been 90 years since the U.S. Congress approved and Pres. Franklin D. Roosevelt signed the Migratory Bird Hunting Stamp Act, more commonly and affectionately known simply as the "Duck Stamp Act".

Approved in 1934, the new legislation provided a funding mechanism for the 1929 Migratory Bird Conservation Act Congress. As significant as that legislation was to address declining migratory bird populations, there wasn't a funding tool to accomplish its goals.

That's where, five years later, the Duck Stamp legislation came into play bolstering the 1929 Migratory Bird Conservation Act: The new Duck Stamp Act required people 16 years of age and older to purchase an annual Duck Stamp to hunt migratory game birds.

It also gave authority for the agency preceding the U.S. Fish and Wildlife Service to acquire grassland and wetland habitat for migratory bird conservation. However, those areas were established as sanctuaries – National Wildlife Refuges – and not intended for hunting.

Fast-forward to 1958: Congress amended the Duck Stamp Act allowing for acquisition and establishment of what would become Waterfowl Production Areas (WPA). They would be open to hunting. It was finally a way for hunters – the ones paying the bill – to have access to what they were buying.

While the Duck Stamp Act provided much needed funding for all types of migratory birds and their associated habitat, North Dakota is a huge benefactor of what Duck Stamp funding provides for hunters and non-hunters alike to experience the benefits of its unique concept.

That's because the Prairie Pothole Region was the focus for acquiring land for WPAs from interested landowners – almost 95 percent of the nation's WPAs are within the Prairie Pothole Region.

The ecosystem embraces about one-third of North Dakota, along with parts of South Dakota, Montana, Minnesota, and Iowa. Technically it even extends into the southern end of a couple of Canadian provinces. It's a region known for its rolling hills, prairie, and wetlands in an array of sizes providing habitat for everything from migratory bird breeding, nesting, brood-rearing, and even resting and loafing during arduous spring and fall migrations – especially waterfowl.

WPAs focus on the heart of waterfowl production in the Lower 48 states – and that means North Dakota. The Duck Stamp Act has generated about \$1.2 billion in its 90-year history. It helped establish more than 300 National Wildlife Refuges – and every state has at least one refuge.

The number of WPAs in a variety of sizes stretches over 1,000 in the Prairie Pothole Region.

North Dakota has another tie to the Duck Stamp at Upper Souris National Wildlife Refuge. Lake Darling, the Souris River impoundment within the refuge is named after Jay "Ding" Darling, the artist creating the etching "Mallards Dropping In" for what would be the illustration featured on the first \$1 Duck Stamp.

Darling served as director of what is now the Fish and Wildlife Service and was a major proponent of the new funding mechanism. He headed the agency for only six days before the 1934 legislation was approved and began the tradition of featuring wildlife artists, which has become a leading wildlife art contest, in selecting the featured migratory species on each annual Duck Stamp.

The Duck Stamp has changed over the years. Its cost has increased to \$25, reflecting changing times and inflation. Its official name has even changed when in 1976 the act was amended to become Migratory Bird Hunting and Conservation Stamp Act – a reflection of its importance to habitat and wildlife conservation. It's even available electronically.

A Junior Duck Stamp art contest was added, showcasing the amazing talent of America's young artists.

More than hunters buy Ducks Stamps. Non-hunters supporting migratory bird conservation and collectors account for about 25 percent of annual Duck Stamp sales.

The Duck Stamp is an example of what can be accomplished in a mere 90 years of conservation when people get together and decide they can make a positive difference.

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It Could Be Happening in Our City: Human Trafficking

ERIN BEENE, NORTHERN SENTRY

“Human Trafficking is the recruitment, transportation, transfer, harbouring or receipt of people through force, fraud or deception, with the aim of exploiting them for profit. Men, women and children of all ages and from all backgrounds can become victims of this crime, which occurs in every region of the world.” - The United Nations

“People often think human trafficking happens only in 3rd world countries, but it happens right here in our very own state. It is not something out and far away.” Walk for Freedom Coordinator Hannah Hamilton

On Saturday, October 19, citizens of Minot and Minot AFB will take part in the 3rd Annual Walk for Freedom event starting at The Pursuit church at 515 20th Ave SE. Hamilton explained that this event is not exactly a protest and it is not a physical walking race. It is a 2-mile, single file walk through the city of Minot as a group of silent, yet noticeable activists trying to draw attention to this world-wide and city-wide problem. “We do this to shine a light on a global crisis,” said Hamilton.

The event is free for anyone to attend, even children, but participants are asked to register ahead of time online if they plan to walk (A21.org/minot). Before the silent walk commences, there will be a guest speaker, family-

friendly activities and instruction on how people can take an active step to prevent and be aware of the human trafficking problem.

The Walk for Freedom is a combined effort between Minot AFB and the city to help the awareness reach a wider audience. Minot AFB POC and Walk for Freedom co-coordinator, Airman First Class Amaris “Mikayla” De Jesus, 91st Missile Security Forces Squadron, explained why this walk is such a big deal. She said, “Human trafficking is hidden from view and rapidly developing. It generates billions annually with the exploitation of countless individuals. People are exploited everywhere in the world, and it could be happening in our city. Our community should be fully aware of how this occurs and what to do if you encounter someone who might be a victim of human trafficking.”

A1C De Jesus participated in the Walk for Freedom last year and was immediately struck by its powerful message and awareness campaign. She knew she wanted to get working on a similar type of event for on-base residents. While the original goal was to have the walk on base, it worked out smoother for it to be held off base again. When asked what she hopes to be the outcome of this event, A1C De Jesus put it this way: “My hope is that each person

who attends, will become educated and equipped with the skills to help someone, in the event that it becomes necessary. I encourage all service members and their families to participate in this walk and to understand that they can make a difference.”

The base and the community have come together to make the Walk for Freedom come together. Support this cause by walking at the event, or making a monetary donation to the A21 organization, who specialize in reaching, recovering and restoring the lives of those affected by human trafficking.

*If you or someone else suspects human trafficking please report it. <https://www.a21.org/content/report-now/grbqhs>

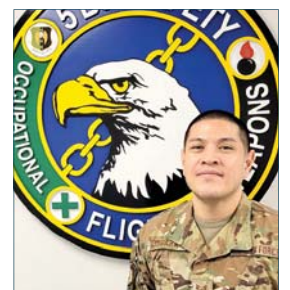


NOTES ON BEING SAFE

RISK MANAGEMENT FOR ALL OF US



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Imagine this scene in your head ... you have a three-day weekend, your planning on a road trip with friends or the Family. So far the weather looks promising, however the next morning you check out the weather reports and it looks like the weather “forecasters” are predicting a possible major winter storm rolling into the area. The day you plan on setting out on your well deserved trip. So, you sit back, take a deep breath and are contemplating the big decision, should we stay home or go? This is where your risk management and common sense needs to be reviewed to make a decision that could possibly save your life and the life’s of friends or loved ones. What are going to do?

Along with this scenario, everyone has at one time or another heard someone say, “I’m only human” or is familiar with the ancient Latin proverb, “Errare humanum est” - to err is human.

As the 5th Bomb Wing Occupational Safety and Health Manager, I have quickly learned from a mishap standpoint what it really means to be human.

Did you know that human error is identified as a causal factor in 80 percent to 90 percent of all mishaps, both civilian and in the military, and is present but not causal factor in another 50 to 60 percent of all mishaps, making it the single greatest mishap hazard. To counter this well-documented statistic, the Department of Defense safety community has implemented a human factors-based taxonomy for use in the mishap investigation process which classifies human error believe it or not into 147 categories describing the involved human factor including fatigue, complacency, overconfidence, misperception, get-home-itis, negative transfer and procedural error.

The complex nuances of human error in the mishap investigation process are beyond the scope of this article. My team of trained safety investigators, with assistance from human factors experts, do an excellent job of capturing the causal and non-causal human factor errors that, once these are identified, they ultimately lead to future mishap prevention strategies. In the 5th Bomb Wing, the prevailing human factor identified in on and off duty mishap investigations continues to be “Risk Assessment - During Operation.” Risk Assessment - During Operation is a factor when the individual fails to adequately evaluate the risks associated with a particular course of action, to which this faulty evaluation can lead to inappropriate decision making and an subsequent unsafe situation. This failure occurs in real-time when formal risk-assessment

procedures are not possible.

Fortunately, the Air Force have gone to great lengths to develop risk management processes for both on and off duty applications that address deliberate (The 5-Step Process) and real-time risk management needs. Although both processes accomplish the same goal, the real-time risk management will be your best bet for mitigating risk in day-to-day job hazards or off duty activities.

USING THE ABCD MODEL

Assess the Situation: Identify and assess the hazards associated with a particular mission or activity.

Balance Controls: Consider all available controls (resources) available to ensure success or mitigate identified hazards.

Communicate: Communicate with leadership or others to discuss problems, intentions, and possible alternatives. In individual situations this refers to carefully considering personal actions before deciding upon and implementing an action. Bottom line; if you are not sure of something ask, it’s that simple!

Decide and Debrief: Make the decision to continue, modify or abandon the mission or activity based upon real-time circumstances and conditions. To ensure lessons learned are passed on, provide feedback on what worked and what did not. Like my scenario do you go or stay home?

Remember, you are the decision maker in your personal life. I cannot emphasize enough the importance of making sound decisions based on the ABCD model which, realistically, can be accomplished in just seconds or minutes before acting on something that may change your life forever. Every mishap has a causal chain that often times can be broken by simple common sense intervention - this is where the wingman concept and good old fashion mentorship comes into play and is critical to the risk management process. When on the job, regulatory guidance, technical orders and job guides have already accomplished the necessary risk management decisions for you to ensure your task is done safely. Again, if something doesn’t look right, or you don’t understand something,



2023 Walk for Freedom.

HANNAH HAMILTON PHOTOS.

POC: A1C DE JESUS
amaris_de_jesus@us.af.mil

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A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF RESPONDS TO CUBAN MISSILE CRISIS

OCTOBER 16-28, 1962

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

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

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

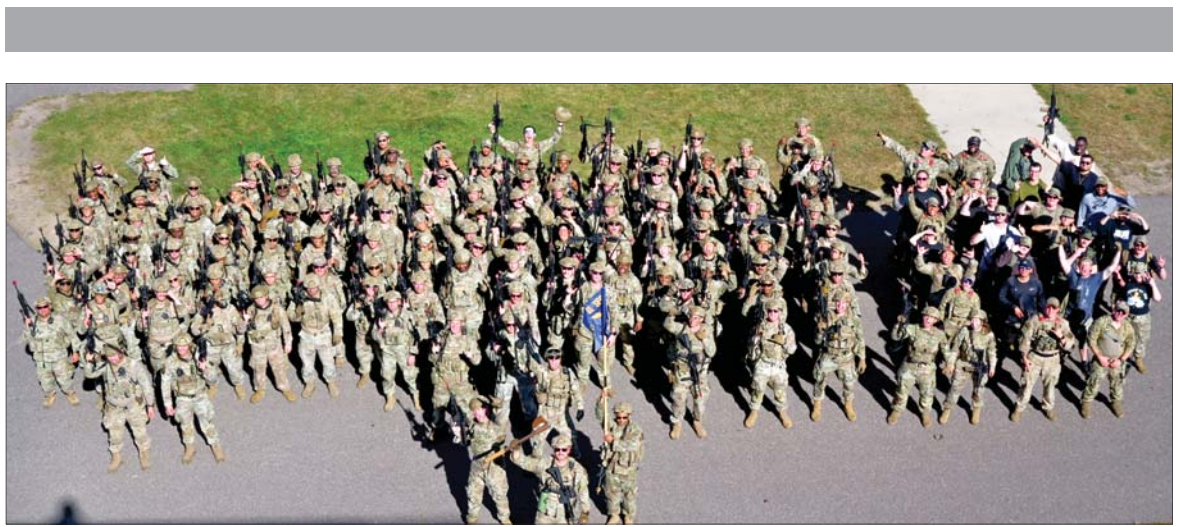
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Airmen assigned to the 891st Missile Security Forces Squadron pose for a group photo at Camp Ripley, Minnesota, Sept. 26, 2024. Camp Ripley is a 53,000-acre training center with numerous ranges and facilities designed for military and civilian agencies to develop their skills.



Airmen assigned to the 891st Missile Security Forces Squadron perform simulated tactical combat casualty care (TCCC) on their wingman during Operation Cerberus at Camp Ripley, Minnesota, Sept. 24, 2024. TCCC severely reduces the risk of hemorrhaging, which is the leading preventable cause of death in combat.



U.S. Air Force 1st Lt. Jakob Hauser, 891st Missile Security Forces Squadron flight commander, shoots an M-4 carbine rifle during Operation Cerberus at Camp Ripley, Minnesota, Sept. 24, 2024. Hauser tested his accuracy with an M-4 carbine rifle while shooting in different positions at the weapons range.



Airman Justin Todd, 54th Helicopter Squadron (54HS) UH-1N Iroquois flight engineer (left), sits by a M-240 while U.S. Air Force Capt. Damon Lappe, 54HS UH-1N Iroquois pilot (center) and U.S. Air Force Capt. Grace Orahoad, 54 HS UH-1N Iroquois pilot (right), fly over Camp Ripley, Minnesota, Sept. 24, 2024. The 54 HS coordinated with the 91st Missile Security Operations Squadron to designate simulated targets for Operation Cerberus.

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Operation Cerberus fortifies 891st MSFS capabilities

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MINOT AIR FORCE BASE, N.D. -- The 891st Missile Security Forces Squadron (MSFS) conducted Operation Cerberus at Camp Ripley, Minnesota, Sept. 21-26. Operation Cerberus replicated a deployed environment and gave Airmen of the 891 MSFS a chance to enhance their teamwork and expeditionary skills.

"We've got over 200 people here for four full days of training, and six total days of travel on both ends," U.S. Air Force Maj. Mathew Brox, 891 MSFS commander said. "Our training staff did an excellent job, and we trusted and relied on our leadership on all levels to execute that training."

During the operation, the 891 MSFS conducted training in a variety of disciplines including land navigation, tactical combat casualty care, convoy operations, close quarters battle tactics and conventional weapons training.

"At Camp Ripley we have access to full-distance weapons and helicopter ranges, as well as access to armored vehicles, training areas and open villages," U.S. Air Force Capt. Nicolas Niazian, 891 MSFS operations officer expressed. "Camp Ripley has amenities that Minot AFB and many other bases don't, so at Ripley we get to practice how we play."

Niazian said that the Airmen not only learned how to use their own rifle and operate an M-240 on an armored vehicle, but they also learned how to work as a team.

"You learn who people really are when the rounds start flying and learn a lot about what you need to work on," stated Airman 1st Class Jacob Kohler, 891 MSFS missile security operator. "We're supposed to practice how we play, so everybody giving their maximum effort and working together made me very proud."

Kohler was the Top Shot award recipient during Operation Cerberus, which he earned by hitting 31 out of 40 targets at the weapons range.

"They had smoke grenades, ground burst simulators, and a



Leadership assigned to the 891st Missile Security Forces Squadron (MSFS) huddle up in preparation for Operation Cerberus at Camp Ripley, Minnesota, Sept. 22, 2024. Operation Cerberus was a readiness exercise designed to simulate a deployed environment and give an opportunity for Airmen of 891 MSFS to test their expeditionary skills.



U.S. Air Force Capt. Nicolas Niazian, 891st Missile Security Forces Squadron (MSFS) operations officer, delivers a mission brief for Operation Cerberus at Camp Ripley, Minnesota, Sept. 22, 2024. Operation Cerberus was a readiness exercise designed to simulate a deployed environment and give an opportunity for Airmen of 891 MSFS to test their expeditionary skills.

simulated 50 caliber fired blank ammunition at them," said U.S. Air Force Staff Sgt. Cody Carvey, 891 MSFS unit security manager. "It was a loud, fun time for them."

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Kicking up Dirt Badlands Circuit Finals Rodeo this weekend

KATIE ROSE, RODEO MINOT

MINOT- Another year of the region's top Cowboys and Cowgirls are set to flood the North Dakota State Fair Center for the PRCA Badlands Circuit Finals October 11th -13th.

The Badlands Circuit Finals crown champions of ProRodeo from North and South Dakota. This year is shaping up to have a dramatic finish on Championship Saddle Sunday. The stakes are high for these Cowboys and Cowgirls with prize money on the line in addition to the chance of qualifying to compete at the NFR Open in July.

Saddle Bronc-Currently Holding the #1 spot is Kash Deal of Faith, SD. Although he sits \$4,000 ahead of Cole Elshere, he plans to "Just take it one horse at a time. I just need to beat the horse" to hold onto first.

In June, Kash had back-to-back rodeos of no scores. Desperate to get out of his rut, Deal buckled down and found success in Clear Lake, SD, scoring 87.5 points on Dakota Rodeo's "Richie's High" placing 1st.

That same weekend Deal managed to take home another win on Korkow Rodeos "Joker Poker" in Dickinson, ND.

Those successive wins "spun the whole season around" for him. His cheering section will be heading to Minot with him, including his wife and two sons. Deal is excited about the finals and all it entails, but having his family there with him is the "best part of it all."

Looking towards the circuit finals, Kash plans to stick to the basics, "Pre-Workout, stretch and ride."

The 2nd position is held by Cole Elshere of Faith, SD who said there are two best-case scenarios at circuit finals, "either Kash wins the average, or I do." In March at Rodeo Houston, Cole had consistent high scoring rides with a comfortable position in overall standings.

This July at Cheyenne Elshere tore his bicep, forcing him to take time to heal outside of the arena.

Wanting to keep up in the standings with hopes of qualifying for finals, Elshere made the difficult decision to continue riding with his non-dominant left hand for the remainder of the season. Cole will ride left-handed in Minot with plans to switch back to his right mid-November.

Elshere has managed to collect several checks riding with his non-dominant hand while the muscle tear heals, the most recent being at the Rough Rider Cup in Mandan, ND marking an 85 on Korkow Rodeos "Wiggle Worm."

Cole and his family look at

circuit finals like vacation, "we get a hotel, and the kids like to swim every day." Family is first for Cole, not only have fellow contestants become like family, but he will also be competing against his own relatives: Thayne and Talon Elshere, "it's always fun to be rodeoing with family."

Steer Wrestling- Just shy of \$300 ahead to claim that 1st spot, Joe Nelson of Watford City, ND is hanging on by a thread.

Nelson has had a slow start to the season, he underwent surgery in January after tearing his shoulder in three places and his horse "Shortcut" needed time to recover from a life-threatening case of phenomena, the pair did not compete until the beginning of June.

The first rodeo of the 2024 for the team was Newtown, ND, "I felt a little behind" Nelson mentioned, but at the end of June in Kadoka, SD Nelson took home his first check of the year. Nelson remembers his run explaining the "steer was way to the right, I just had to snag and tuck," and from "there on, it took off."

This will be Nelson's 5th circuit Finals, "it's what you work for all year, I went in as #1 last year and I am excited to have another crack at it." Nelson attributes his comeback to his traveling partners Rope Smith, Colten Herbert, River Voigt, and Lane Rossow.

With only a marginal lead as he heads to the circuit finals weekend, Joe has a game plan to hold on to that spot, "I just need to do my job. Score sharp, stay close to the barrier, get heads and throw 'em down."

Tie Down-Bodie Mattson of Sturgis, SD has Trey Young of Dupree, SD edged out of 1st coming into Minot by less than \$1,000.

Mattson's strategy is simple, "last year I came from behind, I am going to keep the same mentality, aggressive."

Mattson has blazed his own rodeo trail by winning the NFR open and currently is marked high in world standings for the all-around title. "You know, rodeo is a humbling sport" Mattson said, describing how the highs of rodeo will last a few weeks with good runs, then a cowboy may hit some tough runs and things do not go as planned.

Mattson has learned from last season; he qualified for San Antonio and Fort Worth and wants to keep that same momentum going for circuit finals in Minot. Mattson wants to "keep it simple and do the same thing every time." His consistency with each run is partly due to his horse "Bomber,"

a 14-year-old black horse trained by his father, "he's not the most athletic, but he is honest."

Mattson hopes to enjoy some fine dining in Minot to celebrate his victories, "a guy could win \$12,000, the committee does a great job with added money and the back number ceremony is always a good time."

Bareback- Andy Gingerich of Aberdeen, SD and Richmond, MN native Kyle Bloomquist are the two cowboys sitting at the top. Bloomquist is behind by \$2,000 and eager to close the gap with Gingerich.

Kyle Bloomquist plans to put up a fight, "Each round pays around \$3,000; I just need to draw the right horses and go do my job for three nights in Minot". Bloomquist has had a strong season with wins in Huron, SD, Council Bluffs, IA, Burke, SD and scored an 87.5 at the Burke Stampede aboard Muddy Creek Pro Rodeo's "Black Mamba."

"It's a lot of reflection between your own thoughts and talking to your buddies about what they saw," Bloomquist explains. Although he does not claim to be superstitious, for good measure he keeps his hat of the bed and so far, it has been proven to keep the bad luck away.

Gingerich, the leader going into circuit finals, has secured a check at every rodeo he entered since the beginning of August. Gingerich scored an impressive 87 in Killdeer, ND on Fettig Pro Rodeos "Hot Money" and has kept up his consistency all season.

The bareback riding is set to be a battle between these two, all coming to a head on championship



VISIT MINOT PHOTO

Sunday.

Bull Riding- Dylan Rice of Flandreau, SD who has managed some impressive rides this season marking an 85.5 on Sutton Rodeo's "Charlie Brown" and he currently sits in second place behind Custer, SD native Jestyn Woodward.

Jestyn has a different outlook on circuit finals after a head injury nearly cost him his life earlier this year.

"I am going to go have fun and let the cards lay the way they do."

His road to recovery has been difficult, from regaining the 'mind muscle' connection, dealing with delayed reaction times, and sometimes forgetting where to put his hand on the bull. For someone who wears yellow chaps (a notoriously unlucky color), he is managing quite well, "sponsors pay me too much to change the color, superstitions are not even real."

Woodward is 'just glad to be here' and looking forward to seeing his friends. A good buddy of his, Chance Schott, was injured in Greeley this year, "we talk every day on the phone" but Woodward is looking forward to Schott making it to Minot and spending three days.

For a man that was told he may never ride a bull again, Jestyn Woodward is coming into Circuit Finals sitting in first and ready to "let the cards lay."

The competition at the PRCA Badlands Circuit Finals does not stop there. Barrel Racers, Team Ropers and Breakaway Cowgirls will all be competing for prize money, circuit championship saddles and the bragging rights that come along with it.

Tickets and more information are available online at www.rodeominot.com. Performances are at the North Dakota State Fair Center October 11th and 12th at 7pm, Cowboy church Sunday the 13th at 10am the high stakes Championship round to follow at 1pm.

The Wrangler Tradeshow will be back this year with shopping open until 10pm Friday and Saturday and 10am-4pm on Sunday.

The 2024 Badlands Circuit Finals, produced by Rodeo Minot is brought to you by 4 Bears Casino & Lodge, Dig It Up Backhoe Service, LSI Truck Sales, Pendleton Whisky, Cinch Jeans & Shirts, Las Vegas, Justin Boots, Montana Silversmiths, and Tenda Farm Paint.

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Monthly Minot Things to Do

VISIT MINOT

Get ready for an action-packed month in Minot! From thrilling rodeo championships to captivating live orchestra performances, there's something for everyone to enjoy. Here's a roundup of the exciting events happening in Minot this October.

LIVE ORCHESTRA

On October 26th, the Ann Nicole Nelson Hall will come alive with the melodious tunes of the Minot Symphony Orchestra's *Stranger in Paradise*. Experience the magic of live performance and immerse yourself in music featured in films as the orchestra takes center stage. Get tickets at MinotSymphony.com.

RODEO CHAMPIONSHIPS

Saddle up for three nights of adrenaline-pumping rodeo action at the Badlands Circuit Finals at the ND State Fair Center from October 11th to 13th. Watch as top riders showcase their skills in bronc riding, roping, barrel racing, and more. For more information, visit RodeoMinot.com.

BULL RIDING

The Y's Men's PBR event at the Minot Municipal Auditorium on October 25th and 26th promises to deliver heart-stopping moments as the world's best bull riders compete in the most dangerous sport on dirt. Don't miss this thrilling showcase of strength and skill. Find out more at MinotPBR.com.

MADE IN NORTH DAKOTA

Discover the pride of North Dakota at the Pride of Dakota Showcase, which features

various locally-made products, including food, art, jewelry, books, and more. Head over to PrideOfDakota.nd.gov to explore the showcase and support local artisans.

HOCKEY GAMES

Hockey fans, mark your calendars for October 11th, 12th, 24th, and 26th as the Maysa Arena hosts the Minot Minotauros in action-packed games. Cheer on the team as they take on their opponents and enjoy concessions, beer, and family-friendly fun. For more details, visit MinotaurosHockey.com.

FOOTBALL GAME

Join the sea of red at Herb Parker Stadium on October 12th and show your support for the MSU Beavers as they go head-to-head against Augustana University. It's a must-see game for football enthusiasts and supporters of the Beavers. For game schedules and tickets, visit MSUBeavers.com.

With a diverse lineup of events, October in Minot promises entertainment, excitement, and unforgettable experiences. Don't miss out on these fantastic opportunities to create lasting memories with friends and family.



Minot State Football - tailgating

VISIT MINOT PHOTOS



Minot Symphony Orchestra

All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon
(Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries
(Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi
- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats
(Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.



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SCOTTISH HIGHLAND CATTLE

CREATURE FEATURES

- Native to the rough terrain of Scotland, Scottish Highland Cattle are the oldest registered breed of cattle. Registration goes back to the 6th century. They were brought to the United States in the 1890's.
- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

Fact File

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

CROSSWORD PUZZLE

ACROSS

- Slope of land
- Petaled plant part
- Sweet liquid
- Soil fertilizer

DOWN

- Places to grow plants
- Knob for tuning
- Pick crops
- Short for ampere

Answers: 1. Gardens 2. Dial 3. Harvest 6. Amp Down 1. Grading 4. Flower 5. Nectar 7. Compost

HOURS: MON-SAT 10AM-3PM

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TOP SYMPTOMS OF AN ENGINE OIL LEAK

Ugly, greasy stains on the driveway...a burning smell and smoke coming from your engine...and the oil light on your dashboard flicking on and off—yikes! This sounds like it could be an engine oil leak. Not only are these issues hard to ignore, but they're signs of a problem you can't afford to ignore. Putting off repairs for an oil leak could lead to bigger headaches later on, from serious engine damage to overheating on the side of the road. Study up on the top symptoms of an engine oil leak so you can recognize one if you see it, and learn more about the important role oil plays in the health of your vehicle.

FIVE SYMPTOMS OF AN OIL LEAK

- 1. DARK PUDDLES UNDER YOUR CAR**
When you back out from your driveway or parking space, check to see if there are dark brown or yellow puddles where your car was sitting. (Pro-Tip: If you don't have a dedicated parking space you can watch for spotting, lay down a piece of cardboard or a plastic plate underneath your vehicle when you park. That way you can confirm the leak is coming from your car, not someone else's.) If your oil pan has a leak, it will spill out directly onto the pavement and could cause issues with oil levels and pressure.
- 2. SMOKE FROM THE ENGINE**
If oil drips onto the exhaust manifold, it's going to result in smoke coming from the engine area. Leave this problem unattended for too long and leaking oil could damage the oxygen sensors or cause gaskets to break down.
- 3. THE DASHBOARD OIL LIGHT**
Your oil light is a dashboard warning that you shouldn't ignore. It will alert you if the oil level or oil pressure is lower than normal. While it doesn't automatically indicate a leak, it does require further inspection.
- 4. ENGINE OVERHEATING**
Engine oil plays an essential role in regulating the engine's temperature. It lubricates the pistons and makes sure they glide smoothly within their housing. Without proper lubrication, the pistons will grind against other parts of the engine, produce great amounts of heat, and potentially cause your engine to seize-up and stall. If there's an oil leak and the oil level drops too low, the engine could overheat.
- 5. SMELL OF BURNING OIL**
If there's oil leaking onto your engine's hot metal parts, you're likely to smell burning oil and hear a sizzle, sizzle when the oil comes into contact with the hot engine. If you notice an unpleasant smell that's thick and bitter paired with the sound of bacon frying under the hood, you could have an oil leak.

"I THINK I HAVE AN OIL LEAK! NOW WHAT?"
If you believe you have an oil leak, don't waste time getting it checked out. Oil lubricates the moving parts of your engine, reducing friction and regulating the temperature of your engine. Driving with a leak could mean extra wear and tear on your vehicle and unfortunate engine damage.

The easiest way to spot an oil leak as soon as it sprouts is by getting your oil changed at the manufacturer's recommended intervals. Your car's manual will detail exactly how often this is. At Tires Plus, every oil change service comes with a courtesy vehicle inspection that can alert you to an evolving issue that may lead to an oil leak, or bring your attention to an existing leak.

LET OUR TECHNICIANS SOLVE YOUR ENGINE OIL TROUBLES
If you suspect something fishy is going on under your hood, visit your nearest Tires Plus and have our technicians take a look. They can help identify and repair leaks, but they can also take care of an important preventative service: your oil change. You can rely on them for excellent service and sound advice. And if your trusty vehicle has been loved for over 75,000 miles, talk to your technician about the benefits of high mileage oil too. This type of oil can help restore seals, prevent leaks, and enhance your overall engine performance. Schedule your appointment online or stop by your neighborhood Tires Plus today.

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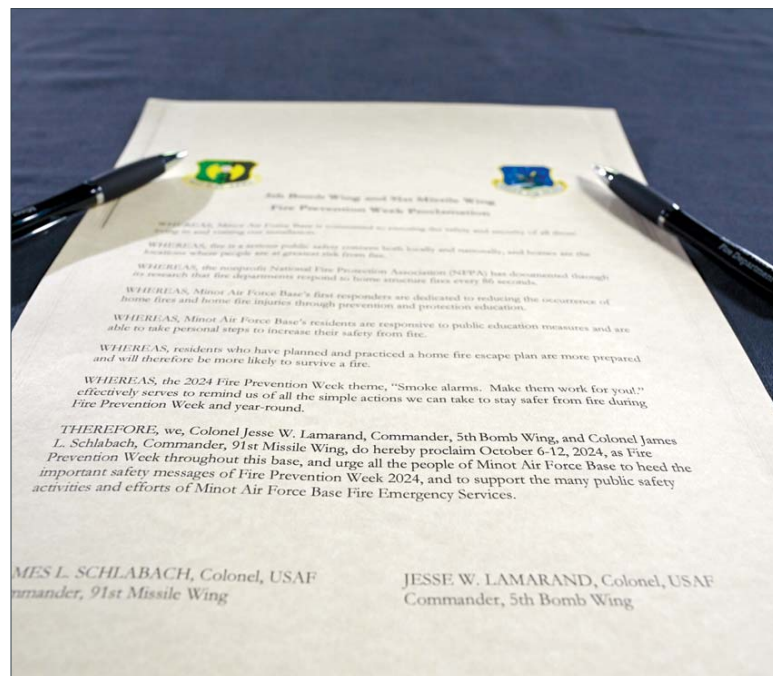
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MINOT AFB KICKS-OFF FIRE PREVENTION WEEK 2024

U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing (5 BW) commander (left), and Col. James Schlabach, 91st Missile Wing (91 MW) commander (right), pose for a photo with Sparky the Firedog for Fire Prevention Week on Sept. 30, 2024, Minot Air Force Base, North Dakota. Sparky was created for the National Fire Protection Association in 1951 to teach children and adults about fire safety.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



Senior Airman Jaden Briley



**91st Missile Security Operations Squadron
Hometown: New Bern, North Carolina**

Senior Airman Briley currently serves as an Air Defense expert and oversees the 91st Security Forces Group's advanced mobile counter-drone vehicles. He ensures the multi-million-dollar fleet is ready to support missile operations dispersed around the Minot community. Additionally, he trains his fellow Airmen on drone tactics to improve their job knowledge and proficiency in defeating these emergent threats.

GAME SALUTE: FRIDAY, OCTOBER 11

Senior Airman Tristan Poff



**5th Security Forces Squadron
Hometown: Oroville, Washington**

Senior Airman Poff has been in the Air Force for over 2 years and been stationed at Minot AFB since February of 2023. While stationed at Minot, Senior Airman Poff led teams in 14 operations protecting \$6.9 billion in Department of Defense assets. He also acted as command and control for demonstrations to Air Force Senior leaders to include the Under Secretary of the Air Force and the Global Strike Command Senior Leaders Conference, resulting in 5 teammates being recognized. Finally, Poff acted as team lead in an Installation Major Accident Response exercise aiding with immediate care and transport of 39 victims, resulting in the recognition of 3 Superior Performers by the 5 Bomb Wing IG.

GAME SALUTE: SATURDAY, OCTOBER 12

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

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1030-1300 FIRE DEPARTMENT OPEN HOUSE

At Fire Dept Bldg 896

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

Saturday October 12

LOCAL RELIGIOUS LEADERS TOUR MINOT AFB

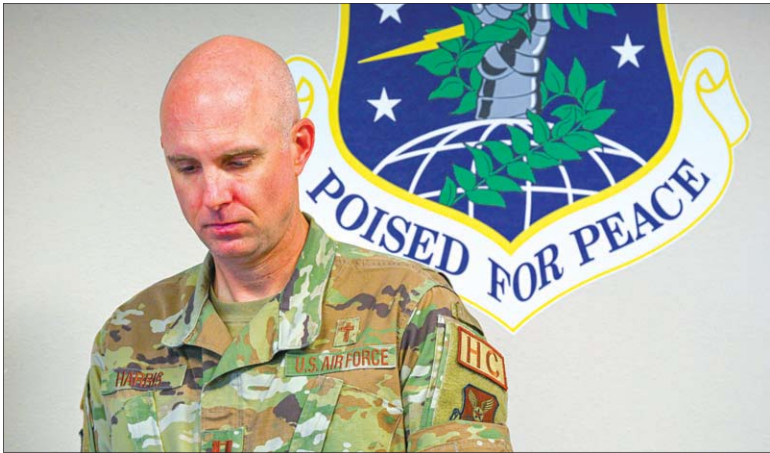
AIRMAN 1ST CLASS TRUST TATE & AIRMAN 1ST CLASS WESLEY DAVIES



U.S. Air Force Lt. Col. Ronald Feeser, 5th Bomb Wing (5BW) chaplain, delivers a speech during the 5 BW Chaplain Corps Clergy Day tour at Minot Air Force Base, North Dakota, Oct. 2, 2024. Feeser spoke to local religious leaders about the importance of their impact on Airmen.



City of Minot religious leaders attend a combined mission brief at Minot Air Force Base, North Dakota, Oct. 2, 2024. Local religious leaders visited the base for the first-ever 5th Bomb Wing Chaplain Corps Clergy Day tour. The tour gave local religious leaders a better understanding of the mission at Minot Air Force Base and how spiritual resiliency can benefit Airmen.



U.S. Air Force Capt. Brian Harris, 5th Bomb Wing chaplain, prepares for a combined mission brief at Minot Air Force Base, North Dakota, Oct. 2, 2024. Local religious leaders visited the base for the 5 BW Chaplain Corps Clergy Day tour.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Oct. 7: 1,838.43 feet above mean sea level (MSL); 13,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.5 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.44 MSL.

• N.D. Game & Fish Dept. game wardens: No new reports from Lake Sakakawea or north-central area lakes.

• Devils Lake, Ed's Bait Shop, Devils Lake: No reports.

• Devils Lake, Woodland Resort, Devils Lake: Limited activity on Devils Lake with those still going out generally working northern feeder lakes for walleye.

• Lake Darling, Karma C-Store, Ruthville: Minimal activity on Lake Darling with a few anglers heading to Lake Sakakawea. No reports on success, however

• Lake Metigoshe, Four Seasons, Bottineau: Limited activity on Lake Metigoshe.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers on the east end of Lake Sakakawea but those going out continue finding a few walleye around Douglas Bay working deeper in at least 40 feet. Be sure to keep any fish taken from that depth, however. Also try Shell Village farther west.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea still producing a slow walleye bite working deep in 30 to 60 feet with jig 'N Raps or jigs and minnows. Ongoing salmon bite along Garrison Dam spillway and Government Gay. Some fish still deep with more moving into shallower water. Try longlining crankbairs. Lake Audubon remains slow for walleye with decent smallmouth bass bite using a variety of presentation. Annual Audubon draw-down tentatively planned for the week of Oct. 15 or Oct. 21.

• Lake Sakakawea, New Town: A few more walleye showing up in both the Van Hook Arm and river portion of

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

- It's illegal to drive through any standing crops when hunting.
- Be extremely careful with waterfowl species identification with some ducks still lacking fall plumage. Endangered whooping cranes migrating could be flying with sandhill and don't mistake for snow geese or tundra swans.
- N.D. Game & Fish Dept. free PLOTS, Private Land Open to Sportmen, guides with maps available for download on their website, (gf.nd.com). Printed copies available at select vendors and Game & Fish Dept. offices.
- Registration now open for free Family Camping 101 Workshop to be held Oct. 19, Lewis & Clark State Park east of Williston along Lake Sakakawea. Register at (parkrec.nd.gov/events/family-camping-101). Noon to 5 p.m. with all equipment provided.
- Oct. 11 & 12: Free Pumpkin Walk, Woodland Trail, Minot, 6 p.m. to 9 p.m.
- Oct. 12: Pheasant and fall turkey seasons open.
- Oct. 12: Sakakawea Pheasants Forever Fall Flush dinner and fundraiser, Garrison City Auditorium, 5:30 p.m.
- Oct. 17: Coteau Hills Rocky Mtn. Elk Foundation banquet and fundraiser, Sports on Tap, Minot, 6 p.m.
- Oct. 19: Free Family Camping 101 Workshop, Lewis & Clark State Park east of Williston along Lake Sakakawea. Noon to 5 p.m. with all equipment provided.



Lake Sakakawea around New Town. Try a variety of depths and bring patience.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing some salmon from shore in the morning and evening hours with a few catfish and walleye mixed in. Boat anglers continue finding small walleye down river. Look for a mix of salmon, walleye, and catfish in the chutes. Try Scoria, Government, and Marina bays from shore for salmon using a variety of presentations on the east end of Lake Sakakawea. Work at least 30 feet off the flats and deep points with jigs or crankbaits for walleye, wind permitting, on the east end of Lake Sakakawea with better success farther west.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try crankbaits for best walleye success on the upper end of Lake Sakakawea around Tobacco Garden and the beacon. Missouri and Yellowstone rivers continue clearing with fair walleye success using jigs and minnows.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with little to no activity on area lakes and the Souris River.

Hunting:

• Be extremely careful with the state's high fire danger in many areas and check for local fire danger index updates.

• Cranes: Hunttable numbers in some areas of northwest N.D. Look for shallow, alkali waters.

• Pheasants: Look for the potential for a good Oct. 12 opener.

• Swans: A few tundra swans moving into northwest N.D.

• Waterfowl: Local ducks are starting to show more fall plumage. Some waterfowl hunting activity in north-central N.D. but fewer local birds around Devils Lake with no northern movement of ducks yet in the northeast. No real concentration of ducks in east-central N.D. with the better number of local birds

Numbers to know:

• N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

• Report All Poachers: (701) 328-9921.

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

H	U	M	P	S		O	P	T	E	D		A	D	Z	
A	V	I	A	N		C	R	I	M	E		R	O	E	
R	U	N	W	I	D	E	O	P	E	N		A	N	N	
E	L	S		P	A	L	M		R	I	A	L	T	O	
M	A	K	E	S	D	O		H	A	A	S				
				G	O	A	T	F	U	L	L	T	I	L	T
A	L	O	O	F		R	E	D		I	B	A	R	O	
D	O	G		F	I	N	E	S	S	E		E	C	O	
O	U	R	S		N	O	S		T	A	X	E	D		
S	T	E	P	O	N	T	H	E	G	A	S				
				O	B	O	E		R	O	I	S	T	E	R
B	E	A	T	I	T		A	R	I	L		A	R	A	
A	R	C		W	I	N	G	O	N	E	S	W	A	Y	
J	I	M		A	M	O	U	R		R	U	N	T	O	
A	C	E		N	E	N	E	S		S	P	Y	O	N	

SUDOKU

Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Trendy fare
- 6. Pushovers
- 10. Thunder egg component
- 14. Wan
- 15. "Sylvia" move
- 16. More than average
- 17. Spooky foresight?
- 20. "The Haj" author
- 21. Keep from getting too close, with "out"
- 22. It employs a movable mirror: Abbr.
- 23. Kind of boss
- 24. Attach, in a way
- 26. Place to 24-Across something
- 30. Presentable
- 32. "48 Hours" producer
- 34. Mag founder of 1953
- 35. They might give you a jump-start: Abbr.
- 36. First name in a classic court case
- 37. Fast homebuilding ensemble?
- 41. Lost
- 42. Wing
- 43. "She Loves __"
- 44. Studies a small part of
- 46. Lessened
- 49. "'Tis __ that pulls the country down": "Othello"
- 50. Vodafone Derby site
- 52. Marked wrong
- 54. Tiny pest
- 56. Bob Hope tour gp.
- 57. Trauma consequence
- 58. Untimely winner?
- 63. Mercyhurst College site
- 64. Utopia
- 65. Shelter
- 66. Gives a ticket
- 67. Leave in
- 68. Kid bouncers, at times

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						
						34				35				36		
						37				38						
41										42				43		
44						45				46				47	48	
49										50	51				52	53
						54				55				56		57
58	59	60								61				62		
63										64				65		
66										67				68		

Down

- 1. Escorted, as to an apartment
- 2. Log-on need
- 3. Islamic worshiper
- 4. Towel designation
- 5. Its st. flower is the peony
- 6. Burst of speed
- 7. Sporty Olds
- 8. Magnum et al., briefly
- 9. "Gimme a few __"
- 10. Ham line
- 11. Scribe
- 12. Shuttlecock's path
- 13. Caustic solution
- 18. What some killers promise to make you?
- 19. Misfortunes
- 24. Little sound
- 25. ESPN subject
- 27. Where the Urubamba flows
- 28. Decorative vessel
- 29. It was dropped in the '60s
- 31. Easily pleased companions
- 33. Explosion of a sort
- 35. Merged gridiron gp.
- 37. Deposed despot
- 38. Prefix with plankton
- 39. Other than this
- 40. Head for a bar?
- 41. Nile threat
- 45. Late-appearing star
- 46. Give the nod
- 47. It may be poor
- 48. Sweetheart
- 51. Blender setting
- 53. Formal
- 55. "__ bien!"
- 57. Hall of Fame pitcher Coveleski
- 58. Old-timer
- 59. Savings vehicle
- 60. Smoke
- 61. L.A. summer hrs.
- 62. Just fine

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Break the Silence

October marks Domestic Violence Awareness Month

5TH BOMB WING INTEGRATED PRIMARY PREVENTION OFFICE

October marks the beginning of the Department of Defense's 2024 Domestic Violence Awareness Month campaign. The purpose of the campaign is to bring awareness to the military community's responsibility to support victims, respond to abuse, and focus on prevention efforts this month and throughout the year.

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is purposeful and intentional behavior. The perpetrator's abusive acts are done to achieve compliance from or control over the victim. Many people assume that domestic violence includes only physical types of violence; in actuality, perpetrators use many different controlling actions to achieve power over the victim. These include physical, emotional, and sexual forms of abuse.

Connectedness is a key protective factor that can create a protective buffer against the everyday risk factors people encounter throughout their lives. Successful

violence prevention efforts are linked to fostering connectedness – meaningful relationships and interpersonal connections that individuals forge with family, friends, colleagues, and their community.

Relationships take effort and attention, especially in military relationships when frequent moves, long separations, and additional stress are parts of the equation. But it's worth the effort. A loving, resilient marriage is a source of personal happiness and family joy, and a solid relationship also lets service members focus on their mission and daily duty requirements.

Domestic abuse is devastating to service members and their families, presenting significant challenges and weakened mission readiness. We all need to recognize – and take seriously – any signs or reports of an unsafe relationship, whether a couple is dating or married.

PURPLE ON

Minot AFB, Let's show some support for those impacted by

Domestic Violence and Purple On! The FACTS:

- Why Minot MUST Purple On!
- According to CDC (2024), approximately 41% of women and 26% of men have been impacted by contact sexual violence, physical violence, or stalking in their lifetime from an intimate partner.
- More than 60 million women and 50 million men have experienced psychological aggression in their lifetime due to intimate partner violence (CDC, 2024).
- Over 25 million men and women who experience intimate partner violence report that their experiences began before the age of 18 (CDC, 2024).
- Domestic violence can impact many people from all walks of life regardless of race, age, sexual orientation, religion, sex, gender identity, socioeconomic status. (DOJ, 2024)
- Domestic violence causes a ripple effect impacting families, communities, work centers, and leaves a lasting negative impact on

those who witness it (DOJ, 2024).

HOW CAN YOU SUPPORT MINOT PURPLE ON?

Between 01 October and 25 October show your support for DV survivors, and those impacted, by snapping a picture of yourself with something purple and share it with the Minot AFB Prevention Office.

• Sharing your photo in support of the Minot Purple On campaign enters you in for chance to win a movie themed swag basket in honor of the award-winning film The Last Drop, coming to Minot AFB.

MOVIE BASKET GIVEAWAY: ENTRY DETAILS

• Email a picture of yourself with something purple or wearing something purple to: 5bw.prevention.orgbox@us.af.mil or 5bw.prevention@gmail.com between 01 October and 25 October.

The Prevention Team will select a winner.

Winner will receive an email on Thursday October 31st to schedule

prize collection at the Prevention Office.

*Individual submitting the photo will be contacted via email to receive the prize even if multiple individuals are included in the photo.

*Please be mindful of what photos and information you share, giveaway open to all active duty, their families, and all civilians living/working on Minot AFB.

THE LAST DROP

We are showcasing the 30-minute sci-fi film, "The Last Drop".

The Last Drop, aims to show young people what abuse looks like before it turns violent and kickstart a national conversation about relationship safety.

There are two upcoming shows scheduled for 28 October, 1100 and 1430 held at the Education Center Room #210.

We are offering screenings "upon request" as well for Units and agencies, spouses.

#DVAM #UnitedAgainstDA #BreaktheSilence



We Got the Beat!

DR. AMANDA CAPOTE, PHD

With paint splattering everywhere, the students at North Plains Elementary School showcased their steady beat skills while drum painting! Drum painting is a messy creative way to practice steady beats (the pulse in music), while having fun! Students kept a steady beat to Jump in The Line by: Harry Belafonte and Hang on Sloopy by: The McCoy's. This is a school-wide project that every student K-5th grade gets to participate in and they always ask to do it again. We love getting creative in music class!






BABY GIRL BORN ON FRIDAY, SEPTEMBER 20, 2024 TO: MICHELLE SABANGAN AND TYZAVIEN CLEMONS-PURVIS MINOT AFB, ND

BABY BOY BORN ON FRIDAY, SEPTEMBER 20, 2024 TO: MADISON PETERSON SAWYER, ND




BABY GIRL BORN ON FRIDAY, SEPTEMBER 27, 2024 TO: CALLIE AND DONNELL BROWN MINOT AFB, ND

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



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HALLOWEEN

SPOOKY SEASON IS NOW AMONG US

It's here! The trendy time of year where leaves fall, pumpkin spice everything resurfaces, and all North Dakotans cross their fingers for an Autumn season instead of heading straight into Winter. The Northern Sentry has compiled a community calendar glimpse for ALL the October/Halloween events going on in ONE place! Yep, everything on and off base, for kids and adults, is right HERE! Take a look, pick out the events for you and have some FUN before the cold and darkness take over.....Muahahah!

FRIDAY, OCTOBER 11

6:00pm-12:00am Daily	Nightmare Haunted House Starts	Downtown Minot	\$
6:00pm	Pumpkin Walk	Woodland Trail	Free

SATURDAY, OCTOBER 12

9:00am - 12:00noon	Halloween Fest (Toddlers & Anyone w/Disabilities)	Armory at Minot Auditorium	Free
1:00pm - 5:00pm	Halloween Fest (All Kids)	Armory at Minot Auditorium	Free
12:00noon - 3:00pm	Trunk or Treat	Reeds K9 Training	Free
1:00pm	Ghosts and Ghouls	Minot AFB Library	Free
6:00pm	Pumpkin Walk	Woodland Trail	Free

SATURDAY, OCTOBER 19

Business Hours Daily	Haunted Stacks starts	Minot AFB Library	Free
4:00pm - 6:00pm	Trunk or Treat	Gymagic Gymnastics	Free
8:00 pm - 11:55 pm	Hocus Pocus Halloween Pub Crawl	Downtown Minot	\$

SUNDAY, OCTOBER 20

11:00am - 2:00pm	Boo at the Zoo	Roosevelt Park Zoo	\$
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THURSDAY, OCTOBER 24

6:00pm	3rd Annual Trunk or Treat	Kiddie Korral 2.0	Free
5:00pm - 6:30pm	Hall-O-Ween (Dakota Elementary Students/Families)	Dakota Elementary	Free

FRIDAY, OCTOBER 25

10:00am - 12:00noon	Trick or Treat Downtown (Preschoolers)	Downtown Minot	Free
10:00pm	Apocalypse 24-Lock-In	Youth Center	\$/Register by 10/22

SATURDAY, OCTOBER 26

10:00am - 12:00noon	Trunk or Treat	Ryan Nissan	Free
12:00noon - 2:00pm	Chopped: Halloween Edition	Magic City Discovery Center	\$/Register

SUNDAY, OCTOBER 27

8:30am - 12:30pm	CandyPaloosa	The Pursuit Minot	Free/Register
2:00pm - 4:00pm	Halloween Party	Minot Moose Lodge	Free
6:00pm	Skate and Scare Movie Skate	MAYSA Arena Pepsi Rink	\$

WEDNESDAY, OCTOBER 30

4:00pm - 6:00pm	Trail of Treats	5th Medical Group	Free
4:00pm - 5:00pm	91 SFG & 5 SFS Trunk or Treat (EFMP Families)	Defender Dome	Free
5:00pm - 8:00pm	91 SFG & 5 SFS Trunk or Treat (Open to Everyone)	Defender Dome	Free
6:00pm - 8:00pm	Spooky-Con	Youth Center	Free

THURSDAY, OCTOBER 31

Business Hours	Haunted Stacks ends	Minot AFB Library	Free
10:00am - 11:30am	Trick or Treating	The View Assisted Living	Free
4:00pm - 8:00pm	Trick or Treat	Scheels Minot	Free
5:00pm - 7:00pm	Trick-or-Treat Spooktacular	MSU Dome	Free

SATURDAY, NOVEMBER 2

6:00pm-12:00am Daily	Nightmare Haunted House Ends	Downtown Minot	\$
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GET YOUR HALLOWEEN EVENT LISTED

Please email event details to: nsads@srt.com

*Events are compiled based on public knowledge. The Northern Sentry is not responsible for time changes/event cancellations. Please verify date/time before heading out to each event.

YOUTH IN ACTION

Dakota Elementary Soaring Eagle Awards October

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Jocelyn King

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KELLER
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Sophia Fried

RECESS ROCKSTARS
Mrs. Keller's Class
Respectful, Responsible, and safe- Lining up well

AXELSON
Hunter Becker
Maggie Thompson

MUSIC MAESTROS
Mrs. Holm's Class
Respectful and safe with their bodies as they have been moving, playing, and singing to learn rhythm and steady beat.

GOLDEN LUNCHROOM
Mrs. Espeseth's Class
Being respectful

MURRAY
Ana Quezada
Avigail DeRyke

ESPESETH
Aiden Taylor
Avery Bries

DELZER
Xavier Leite
Kayleb Morris

OGRODNICK
Abygail Carbo
Oliver Babcock



Magic City Discovery Center Welcomes New Executive Director, Michael McCloud

MAGIC CITY DISCOVERY CENTER

MINOT, N.D. – The Magic City Discovery Center is excited to welcome its new Executive Director, Michael McCloud who will be starting on October 9th. McCloud brings a wealth of experience in leadership, management, and planning, most recently serving as the Facility Director at the Dakota Boys and Girls Ranch.

Michael's background includes over 18 years of supervisory experience with the North Dakota Highway Patrol, and a strong track record in grant writing, organizational management, and public speaking. His commitment to community safety and education, coupled with his experience in strategic planning and facility management, make him the perfect fit to lead the Magic City Discovery Center into its next chapter.

McCloud steps into the roll following the retirement of Wendy Keller, who has been instrumental

in the establishment, growth, and success of the Discovery Center. Keller's vision and leadership have helped solidify the Discovery Center as a premier location for interactive learning and creativity in Minot.

Board President, Dave Schwengler, expressed excitement about McCloud's Hiring stating,

"Michael's leadership and management skills align perfectly with the vision of the Magic City Discovery Center. We are confident that his guidance will continue to foster growth and innovation, ensuring that the Discovery Center remains a cornerstone for learning and discovery in our community."

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(Information from Feb 2024).

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MINOT NORTH FOOTBALL

2024 Schedule

Dickinson vs Minot North

10/11 - 7:00 PM - Sentinel Stadium

Minot North vs Jamestown

10/17 - 7:00 PM - Hansen Stadium

Valley City vs Minot North

10/25 - 7:00 PM - Sentinel Stadium

YOUTH IN ACTION

Supporting Military Connected Students and Families: Military Family Life Counseling Program

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

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



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



about the program. For more information about the program, please send an email to mafb.school.liason@us.af.mil.

SUPPORT FOR MILITARY CHILDREN



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

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

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

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

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

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

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

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

Learn more about other helpful programs for military families: 800-342-9647 | www.militaryonesource.mil

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7	5	6	4	3	1	8	2	9
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MINOT AFB ANNOUNCEMENTS

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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 or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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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.

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www.bonesbbqminot.com

Culver's Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
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

Mi Mexico

3816 South Broadway Minot
Phone: 701.858.0777
www.mimexicomintnd.com

N.D. Asia

3400 16th St SW, Minot
Phone: 701.852.1240
www.ND-Asia.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Pink's Bar & Grill

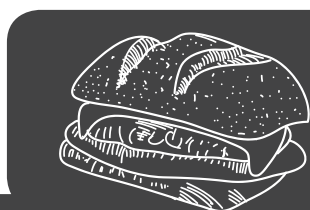
102 128th Ave NW Minot
Phone: 701.852-2385
FB: PinksBarGrill

The Blue Rider

118 1st Avenue SE Minot
Phone: 701.852.9050
www.theblueriderbar.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
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

YOUTH IN ACTION

North Plains September Star Students



KINDERGARTEN

Sawyer S
Kingston B
Iris R
Amina M
Caleb S
Grady D
Ollie D
Lucas R
Ovedia Z
Elida K

2ND GRADE

Benjamin M
Greyson S
Iversyn H
Davina L
Alex P
Owen T
Alex M
Charlotte M

4TH GRADE

Emily S
Dominick S
Isabella O
Audrey R
Jordan C
Laila S
Don (DJ) M
Porter S
Carter J
Addison C

1ST GRADE

Isla S
Jacob H
Levi M
Adrian M
Lucas C
Gunnar D
Jace E
Rohan P
Isabella S

3RD GRADE

Aiden C
Muriel C
Reagan K
Kamden M
Emily S
Chloe G
Mia H
Alexander L
Charlie L

5TH GRADE

Mia M
Wyatt H
Shadrach J
Cora J



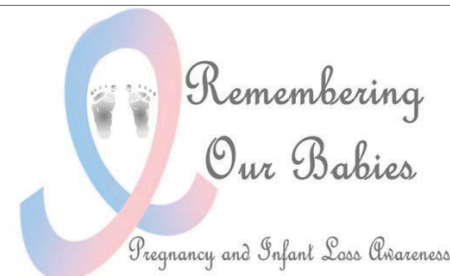
North Plains Elementary Student Ricardo A. and Norsk Høstfest presenter Ross Sutter at September Star Student Assembly.



Upcoming Events

12 OCT **A WALK TO REMEMBER**
6:30 PM
Scandinavian Heritage Park
1020 South Broadway, Minot

Walk to Remember – Infant and Pregnancy Loss Awareness Walk
All are invited to join our gathering to remember the our babies that have left us too soon – with a moment of silence, dedication, and a candle-lit “Wave of Light” walk.
October is Infant and Pregnancy Loss Awareness Month, and for those impacted by such tragedy, it can feel isolating and lonesome. Angel Parents of North Dakota seeks to create community and space for bereaved parents.



For more information:
Facebook/ Angel Parents of North Dakota /Events

15 OCT **WOMEN CONNECT EVENT**
2:00 PM - 5:00 PM
Oak Park Theater
1500 4th Avenue Northwest, Minot

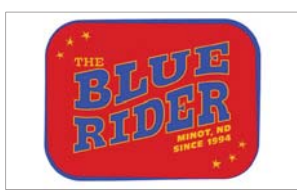
Melvina “Mel” Smith is an exceptional leader whose journey motivates others to create their own paths to success. Hailing from the inner city of Chicago, Smith is a testament to the idea that one’s beginnings do not dictate their future. With a wealth of military experience spanning over thirty years, she has thrived in various roles, molding innovative and forward-thinking leaders. Her career is loaded with accomplishments, all of which have contributed to her personal and professional success over the years. On October 15, 2024, Minot Women Connect and Minot Area Chamber EDC is thrilled to host Smith in the Magic City to share her inspiring story.



For more information:
Facebook/ Minot Area Chamber EDC /Events

16 OCT **TRIVIA NIGHT**
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; “Not Last Place” award!



For more information:
Facebook/ Blue Rider/ Events

18 OCT **DANNY SAVAGE AT THE BLUE RIDER**
11:00 PM
Blue Rider, 118 1st Avenue SE, Minot

Danny Savage performs as a One Man Band with instruments including guitar, mandolin, banjo, harmonica, drums, and kazoo!
For more info, visit linktr.ee/DannySavageMusician



For more information:
Facebook/ Blue Rider/ Events

19 OCT **WALK FOR FREEDOM**
10:00 AM - 12:00 NOON
The Pursuit Minot
2nd Avenue Southwest, Minot

Join us at this FREE event as we walk from the Pursuit Church down Broadway, raising awareness for the global and local issue of human trafficking. We believe that every step we take locally leaves footprints globally. Every dollar fundraised, every poster seen, every person made aware of the issue of human trafficking, add up to one Global impact – a world where everyone is free. We encourage registering online before the event, but the day-of registration begins at 9:30 am. Starting at 10, there will be a short speech from 31:8 Project before we walk about 2 miles and family activities afterward.
To register online or to purchase an optional shirt/sweatshirt, visit a21.org/minot



For more information:
www.a21.org/minot

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/

NEW SUBSCRIBER GIVEAWAY

weekly post brief
northern sentry

Win 4 Tickets to Minot Y's Men's Rodeo



Friday, October 25
7pm
\$180 dollar value.

SUBSCRIBE to the weekly Post Brief & Enter to Win!



*Contest runs from October 4-13, 2024.

HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

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



WHAT'S GOING ON MINOT AFB

FRIDAY 11

- AFGSC Family Day
- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com
- Bootcamp, 0900, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Friday Night Mixed League, 1800, Rough Rider Lanes Bowling Center
- Fiesta Friday, 1800-2200, Rockers Bar & Grill
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 12

- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 0900, McAdoo Fitness Center
- Ghosts & Ghouls, 1300, Minot AFB Library

SUNDAY 13

- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com

MONDAY 14

- Columbus Day
- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com
- Bootcamp, 0900, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 15

- AFFT, 0530, McAdoo Fitness Center
- 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
- Zumba, 1800, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY 16

- AFFT, 0530, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, 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
- AFFT, 1100, McAdoo Fitness Center
- SAPR Tier 2 Brief, 1300-1400, Professional Development Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center



FRIDAY 18

- Registration Closes: Mall of America Trip, Outdoor Recreation
- Moving Out of the Dorms Budget Classes, 0900-1100, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Family Zumba, 1000, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 19

- Haunted Stacks Begins, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item
Philly Cheesesteak Pizza
 Steak, bell peppers, onion, and banana peppers topped on an alfredo base.

The B-Fifty Brew Featured Item
Hocus Pocus and Goblin Potion
 A cream red bull burner with cherry and blue raspberry or your choice of red bull with strawberry and blue raspberry flavoring, topped with lemonade.

Rockers Bar & Grill Featured Item
Rockin' Chicken Sandwich
 Hand breaded fried chicken sandwich, served with crispy fries. Try it with Rockin' Chicken Sauce.

GHOSTS AND GHOULS

12 October 2024 • 1:00PM
 Minot AFB Library

Get ready for Halloween by entering our (temporarily) haunted library for spooky stories, ghostly crafts, and ghoulish activities.

Halloween costumes are welcome but not required.

For details, call the Minot AFB Library at 723-3344 or email mafblibrary@gmail.com

FORCE 5THFORCESUPPORT.COM AIR FORCE LIBRARIES

THURSDAY 17

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Sponsorship Training, 1300-1500, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

MALL OF AMERICA
 OUTDOOR RECREATION
 8-10 NOV 2024
 REGISTER BY 13 OCT

JOIN US FOR A FUN HOLIDAY SHOPPING TRIP TO BLOOMINGTON, MN!

\$200 PER PERSON LODGING & TRANSPORTATION INCLUDED IN COST
 FOOD IS NOT INCLUDED - SINGLE AIRMEN ONLY

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EMAIL SENTRYSALES@SRT.COM INCLUDE NOMINEES NAME, PHOTO AND THE REASON THEY ARE A NEIGHBORHOOD HERO
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