

# competition user for the second secon

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# from Tyndall AFB oper ating from bases across the Southeast JULIE DEBARDELABEN | CAP NATIONAL HEADQUARTERS

MAXWELL AIR FORCE planned to ride out the BASE, Ala. (AFNS) --

t was seemingly a normal day in Panama City Beach, Florida. But stormy winds and rising tides hinted at the devastation that was to come. Thousands of residents there and in surrounding areas were ordered to evacuate. Among the evacuees who did were some 3,500 Tyndall Air Force Base employees. Some of them are now operating from Civil Air Patrol National Headquarters at Maxwell AFB, Alabama.

"I knew something was going on," said Master Sgt. Kristen Redmon, whose waterfront home on the lagoon is only a 5-minute car ride from the beach. "The water was encroaching on the dock and it was starting to get breezy."

Knowing it would be irresponsible to stay when texts from the Air Force were mandating evacuation, she and her husband Geno, the cat Boo and dog Boogers loaded up in the car with maybe three days of clothing and an ice chest filled with basic items from the fridge. They left a supply of water and a generator for her best friend, a neighbor who

- FOOD

storm.

The Redmons left two days ahead of the hurricane but stayed in touch with the neighbor, who gave them a firsthand account of the storm via cellphone.

"I could hear the wind



At Maxwell AFB, Redmon is doing the job she performed at Tyndall AFB. She said the base, and her home, are seriously damaged. In addition to windows being blown out, shingles ripped off the roof, the attic being lifted and

sucked into the home and 1/4-inch of water standing inside, the house is "dented all over" and the wrought iron fence now "looks like a tent."

Her past experiences with an earthquake and ice storms don't compare to the Master Sgt. Kristen Redmon, a Tyn-dall Air Force Base civilian reservist, works in a temporary office at Maxwell Air Force Base overlooking the National Operations Center at Civil Air Patrol National Headquarters. Redmon relocated to Maxwell AFB, Ala., before Hurricane Michael hit the Tyndall AFB area.

> CIVIL AIR PATROL PHOTO | SUSAN SCHNEIDER

"tornado with water in it," but like many of Hurricane Michael's victims, she feels embarrassed to say she has damage.

"Our friends' damage is really bad compared to ours," she said.

The Southwest Airlines flight attendant, who works in Tyndall's air operations control center as a civilian reservist, is on orders at Maxwell AFB for now, helping maintain Tyndall AFB's operations.

Geno, a retired Air Force colonel, is back at the beach helping their neighbors recover.

"He took a trailer, backhoe, water and eight tanks of diesel fuel down there," Redmon said. "He's exhausted emotionally and physically but there are only so many handymen workers and a ton of destruction."

Lt. Col. Jim Clay, 1st Air Force director of CAP operations, feels lucky as well, though his home on Deer Point Lake on Panama City's North Bay also suffered extensive damage. "My damage was not

**Continued on page 11** 

October

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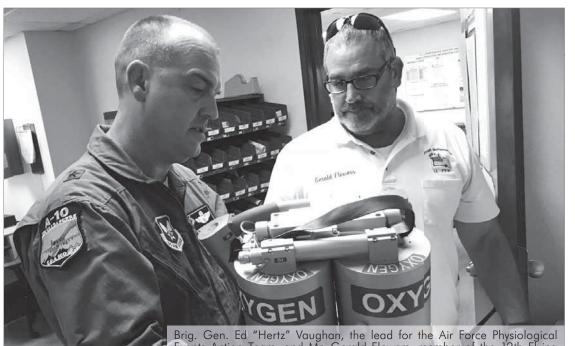
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Brig. Gen. Ed "Hertz" Vaughan, the lead for the Air Force Physiological Events Action Team, and Mr. Gerald Flowers, member of the 12th Flying Training Wing maintenance division, examine an on-board oxygen generating system (OBOGS) from a T-6 aircraft at Randolph Air Force Base, Texas. U.S. AIR FORCE PHOTO | LT. COL. KYLE GOLDSTEIN

# Physiological Events -Feedback from the pilot community is critical

### CAPT. MATT MURPHY | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON, D.C. -rise in the number of physiological events with primary pilot training aircraft, known as the T-6, is getting a lot of attention from students, instructors and leadership.

Air Force Physiological Event Action Team leader Brig. Gen. Edward "Hertz" Vaughan recently visited Joint Base San Antonio-Randolph, Texas, to establish a dialogue and get direct feedback from the pilot community.

"Recent headlines trumpet good news about finding the major cause of many of the T-6 physiological episodes," Vaughan said. "That really is good news for all involved. However, we need to remember that executing those solutions will require a time phased approach. While many proactive steps are already well underway, and others are coming in the next weeks, the process of procuring

and fielding major hardware solutions will require some time."

Vaughan also sees a path to action and solutions across other aircraft and systems. First, he says, the reports of "problems solved," quoting Air Force leadership, need perspective.

"There are teams, researchers, maintainers, pilots, medical professionals and a host of other highly qualified professionals who are tackling the issues surrounding physiological events," Vaughan said. "Specific solutions to one aircraft and system, like the T-6, is not a fix to all, but we're committed to applying the lessons of previous events to future operations and acquisitions."

One of the AF PEAT's lines of effort across aircraft platforms involves exploring internet-of-things microsensors and accelerated artificial intelligence, to help the pilots self-assess their physiology real time, he added.

AF PEAT's lead physiologist, Maj. Christianne Opresko, sees it as an evolution.

"For years we have relied on aircrew to act as the sensor to bring attention to physiological abnormalities in flight," Opresko said. "Just as we have sensors in the aircraft that provide real-time feedback on engines and other mechanical systems, our world class operators need monitoring sensors that provide real-time, 'in the loop' feedback on physiological and cognitive states. The ultimate goal is to optimize the human-machine environment interface for mission success." Going to Randolph also allowed Vaughan to engage several members within the pilot community to obtain authentic feedback and listen to their concerns. Opinions vary as to which solutions should be fielded and funded first, so front line feedback is critical to AF PEAT's mission.

Coincidentally, during Vaughan's visit, a T-6 pilot on a routine training flight experienced a PE. This provided an opportunity for Vaughan to see firsthand how the entire team, including operations, air traffic control, maintenance, medical, physiology and others come together to enhance safety.

Focusing on maintenance that afternoon, Vaughan got some hands on experience with the on-board oxygen generating system, or OBOGS.

"We looked at the system in the aircraft, we pulled it out, I held it there in my hands," said Vaughan. "The timing of my visit and the event validate the fact that there is more dialogue, more understanding and more time, effort and resources that need to be dedicated to finding long term solutions."

Vaughan says he sees the big picture in dealing with PEs and by teaming up with the Navy, the AF PEAT will be able to make advances toward finding solutions for each of the

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affected airframes.

"The Secretary of the Air Force wants us to work smarter and faster, across all domains" Vaughan said. "A big challenge for AF PEAT is to help remove process barriers to fielding solutions accurately and rapidly. I am confident this team and our joint partners will continue delivering viable results."

"PEs can usually be tied back to a system," he added. "The challenge is definitively knowing which system it is associated with – mechanical, human or a combination of both. This is why the PEATs were created and are working toward finding answers."

# U.S. Air men depl oyed for Cl ear Sky assist Ukr ainians after car crash

### MAJ. TRISTAN HINDERLITER | U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

STAROKOSTIANTYNIV AIR BASE, Ukraine (AFNS) -wo U.S. Airmen deployed to Starokostiantyniv Air Base for the Clear Sky 2018 exercise came to the aid of several Ukrainians following a violent car crash Oct. 13, in downtown Khmelnytskyi, about 45 minutes from the air base.

Staff Sgt. Artem Lozgachev and Staff Sgt. Yaroslav Bolotov, were exiting a restaurant after dinner when they heard tires squeal, followed by a crash.

The NCOs sprinted toward the intersection where they heard a child crying and saw a sport utility vehicle on its side with the driver trying to push it back over. They assisted the driver in safely pushing the vehicle upright and checked with all involved for injuries. Everyone was safe, including a mother, toddler, young boy and elderly Ukrainian in the other vehicle. Emergency services were called, and police arrived to make a report.

Lozgachev and Bolotov are two of approximately 60 interpreters supporting Clear Sky, most of whom are activeduty Airmen from bases around the world. Some are part of the

Air Force's formal Language Enabled Airmen Program, others, like these two, are not part of the program but speak Ukrainian or Russian, both of which are widely spoken in Ukraine.

exercise director. "In fact, this is the first exercise I've done over here where we've had this kind of support, and the difference in our capabilities by having them is amazing.

Lozgachev, deployed from the 31st Civil Engineer Squadron at Aviano AB, Italy, was born in Moscow in 1988.

After his parents' divorce, when he was young, which coincided with the collapse of the Soviet Union, Lozgachev's mother decided to look for opportunities elsewhere and eventually received a visa to work in the U.S.

Around 1991, his mother moved to California, while Lozgachev stayed in Russia with relatives. In 1996, when he was eight, Lozgachev joined his mother in the U.S. where he attended grade school, high school, some college, and eventually enlisted in the Air Force.

'In high school, I was the last person to see myself in a uniform, but after trying to juggle three jobs and school, I decided that enlisting would make a good career choice," he said. "I wanted to become a civil engineer, so I was really happy for the opportunity to be an engineer assistant, since that is the closest Air Force specialty to being a full-on civil engineer – doing construction management, drafting floorplans, blueprints, and so on."

Staff Sgt. Yaroslav Bolotov (right), 56th Communications Squadron, Luke Air Force Base, Ariz., is de-ployed to Starokostiantyniv Air Base, Ukraine, for the Clear Sky 2018 exercise as an interpreter. Bolotov and a fellow Airmen assisted several Ukrainians after a car wreck on Saturday. At Clear Sky, Bolotov has been providing interpretation for the ground control tower, coordinating aircraft taxiing and making sure the taxiways are clear.

COURTESY PHOTO

pilots allows me to be part of the focal point of this exercise, which is getting the Ukrainians up to NATO standards."

Bolotov, deployed from the 56th Communications Squadron at Luke Air Force Base, Arizona, was also born in Russia. His family moved to the U.S. in 1999 when he was nine years old, and he grew up in Maryland before joining the Air Force about five years ago.

At Clear Sky, Bolotov has been providing interpretation for the ground control tower, coordinating aircraft taxiing and making sure taxiways are clear.

Both Lozgachev and Bolotov said they felt fortunate to be in the right place at the right time – and to have the language skills to be able to communicate when they responded to the car crash.

"This is not an unusual story for me," Garrison said. "They're Airmen. We train them to be ready to go, and they're always ready to go. I'm just very proud of the fact that here we are in Ukraine, in a foreign country, and these guys see something happen, and just like they would do in the States, they go to help people. That's what American Airmen do."

# Employees need to know, heed Hatch Act rul es

### MARK WYATT | 66TH AIR BASE GROUP PUBLIC AFFAIRS

HANSCOM AIR FORCE BASE, Mass. (AFNS) --

epartment of Defense civilian employees must be aware of the law limiting political activities in the federal workplace, during duty hours, or on federal property at any time.

The law restricting federal employees from engaging in certain political activities is in Title 5 of the United States Code, Sections 7321-7326, and Title 5 of the Code of Federal Regulations, parts 733 and 734, commonly referred to as the Hatch Act. It defines political activity as "an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group."

"While the Air Force recognizes your right to support the issues and candidates of your choice, there are specific rules governing it, as well as roles one can assume as a government employee," said Kathy Owens, chief of Employee and Labor Relations.

The act limits actions by federal employees to ensure the government functions fairly and effectively. Employees who violate the Hatch Act may be subject to a range of disciplinary actions, including removal from federal service or employment.

According to the U.S. Office of Special Counsel, while on duty, employees may not use government computers to send or forward political content or post to social media sites. Additionally, employees must never post a comment to a blog or social media site that advocates for or against a political party, candidate for political office, or political group when in a pay status, other than paid leave, or if representing the government in an official capacity. The act also prohibits federal civilian employees from distributing campaign materials, performing campaign-related activities, displaying partisan political support to a candidate or political party or making political contributions on government time or

by using government equipment.

The Hatch Act ensures federal programs are nonpartisan, federal employees are free from political coercion in the workplace and that promotions are on merit and not political affiliation, according to information on the U.S. Office of Special Counsel's website.

It does not cover members of the military who have their own restrictions; however, if you are a member of the National Guard or the Reserves, as well as a federal civilian employee, the Hatch Act does apply.

The U.S. Office of Special Counsel offers advice to civilian employees on how to avoid violating the rules on social media and email at https://osc.gov/Pages/ Hatch-Act-Social-Mediaand-Email-Guidance.aspx.

The guidance concerning political activity for military members is found in DOD Directive 1344.10. Active duty personnel may not engage in partisan political activities while in uniform, and all military personnel should avoid creating the inference that their political activities imply or appear to imply DOD sponsorship, approval or endorsement of a political candidate, campaign or cause. The directive is available at http://www.esd.whs.mil/ Portals/54/Documents/DD/ issuances/dodd/134410p. pdf.

Additional resources on the Hatch Act are located at the U.S. Office of Special Counsel's website at https:// osc.gov/Pages/HatchAct-AdditionalResouces.aspx.

To request an advisory opinion from the U.S. Office of Special Counsel, go online to https://osc. gov/Pages/HatchAct-AdvisoryAction.aspx or send an email to hatchact@ osc.gov.



"We couldn't do this exercise without our interpreters," said Maj. Gen. Clay Garrison, California Air National Guard commander and Clear Sky

At Clear Sky, Lozgachev has been interpreting between U.S. and Ukrainian pilots during mission briefs.

"This has been an awesome experience," he said. "Being utilized as an interpreter for the



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701-839-0946 nsads@srt.com Tech. Sgt. Marquesa Taylor, 5th Medical Operations Squadron physical therapy technician, pulls herself forward against a resistance band during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D., Oct. 20, 2018. Taylor, who placed first among female competitors, will have a chance to compete at the finals in San Antonio, Nov. 17, 2018.

# Team Minot Air men take fir st in regional Alpha Warrior Competition

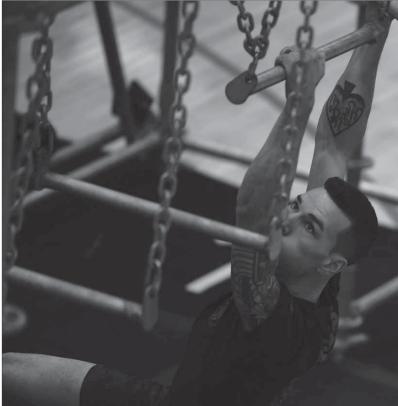
GT. JARAD A. DENTON | 5TH BOMB WING PUBLIC AFFAIRS

Team Minot Airmen joined with competitors from Ellsworth, Malmstrom, Grand Forks and Offutt Air Force Bases during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D. Oct. 20, 2018. The top three male and female contestants earned a chance to compete at the finals in San Antonio, Nov. 17, 2018.

First Place Female: Tech. Sgt. Marguesa Taylor, 5th Medical Operations Squadron, Minot Air Force Base - 5:10.03 First Place Male: 1st Lt. Matthew R. Ernst, 751st Missile Squadron, Minot Air Force Base - 2:25.78

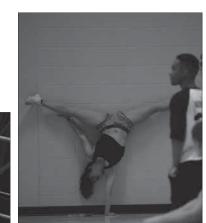
Second Place Female: 1st Lt. Ryann Anderson, 705th Munitions Squadron, Minot Air Force Base - 5:24.47 Second Place Male: Master Sgt. Kyle Douglass, 891st Missile Security Forces Squadron, Minot Air Force Base - 3:19.87

Third Place Female: 1st Lt. Stephanie Grabarczyk, 740th Missile Squadron, Minot Air Force Base - 5:56.60 Third Place Male: Staff Sqt. George Altosino, 341st Civil Engineer Squadron, Malmstrom Air Force Base - 3:31.62





First Lt. Ryann Anderson, 705th Munitions Squadron section com-



First Lt. Ryann Anderson, 705th Munitions Squadron section com-

Lt. Stephanie Grabarczyk, 740th Missile Squadron intercontinental ballistic missile operations officer, climbs a rope during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D., Oct. 20, 2018. Gabarczyk placed third among female competitors, which earned her a chance to compete at the finals in San Antonio, Nov. 17, 2018.

Master Sgt. Kyle Douglass, 891st Missile Security Forces Squadron flight chief, works his way through the battle course during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D., Oct. 20, 2018. Douglass, who placed second among male competitors, will have an opportunity to compete at the finals in San Antonio, Nov. 17, 2018

mander, takes on the battle ropes during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D., Oct. 20, 2018. The competition paired Airmen from Team Minot against challengers from Ellsworth, Malmstrom, Grand Forks and Offutt Air Force Bases.

mander, performs a single-handed handstand after her run during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D., Oct. 20, 2018



First Lt. Ryann Anderson, 705th Munitions Squadron section commander, prepares for her attempt during the 2018 Alpha Warrior U.S. Air Force Regional Competition at Minot Air Force Base, N.D., Oct. 20, 2018. The top three male and female contestants earned a chance to compete at the finals in San Antonio, Nov. 17.2018.

### THE LIGHTER SIDE

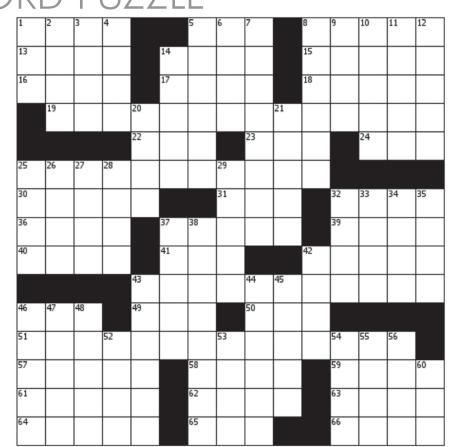
### CROSSWORD PUZZ Across

**1**. Without

- 5. Western alliance: Abbr.
- 8. Wash gently against
- 13. Pack away
- 14. Stocking material
- 15. Lickety-split
- 16. Fountain order 17. Cato's 1052
- 18. Try the food
- 19. "Spicy" Angie Dickinson TV role
- 22. Thor Heyerdahl craft
- **23**. Tonic's mate
- 24. EMTs' destinations
- 25. "Spicy" Tina Louise TV role
- 30. Atlanta university
- 31. Soul, to Sartre
- 32. Attempt
- 36. First baseman Martinez
- 37. Beach hills
- 39. Timber wolf 40. Mountain precipitation
- 41. Gary's state: Abbr.
- 42. Turned white
- 43. "Spicy" John Cleese TV role
- 46. Physician's org.
- 49. Peak for Heidi
- 50. Inventor Whitney
- 51. "Spicy" Barbara Bain TV role
- 57. Founded: Abbr.
- 58. Songstress Eartha
- 59. Race course
- 61. Valerie Harper sitcom
- 62. Adam's grandson

SUDOKU

63. Shell out



6. Et \_\_: and others

7. Dishonest scheme

8. Dormant

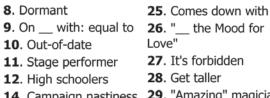
- 64. Capital of Yemen
- 65. Hide-hair connection
- 66. Dogs may pull one

### Down

- **1**. Mil. registration group
- 2. Resting on
- 3. Lymph \_\_\_

Solution to puzzle on page 14

- 4. Exchange
  - 5. Drilling equipment



20. Quarry

21. Eats in style

32. Cabbagy side dish

### HELL FEST • (R) FRIDAY, OCT. 26 • 1800

A masked serial killer turns a horrorthemed amusement park into his own personal playground, terrorizing a group of friends while the rest of the patrons believe that it is all part of the show.

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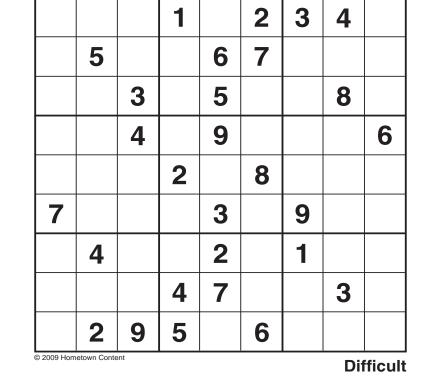
**SMALLFOOT** (PG) • SUNDAY, OCT. 28 1500

Juan 35. Crime scene 53. El \_\_: ocean current discovery 37. "\_\_\_ for Murder" 54. Clothes 55. "See no \_\_ ..." 38. Not mentioned 56. "Must-see" review 42. Twosome 60. Guided 43. Words to a black sheep 44. Campus speaker 45. London apartments 46. Players with big serves, often 47. Baryshnikov's nickname

33. Bridge fee

34. Assist in crime

48. Playwright Chekhov 52. It means nothing to



Solution to last week's Crossword puzzle.

- **12**. High schoolers 14. Campaign nastiness
- 26. "\_\_\_ the Mood for 29. "Amazing" magician

С	R	А	В		Ρ	Н	Ι	L		Е	L	0	Ρ	Е
Н	0	L	E		R	E	Ν	0		×	E	R	0	×
А	S	Ι	А		0	А	F	S		С	А	С	Т	Ι
R	E	Т	U	R	Ν	Т	0	Т	н	E	Ρ	А	S	Т
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A Yeti is convinced that the elusive creatures known as "hu-mans" really do exist.



### **DINING, ARTS & ENTERTAINMENT**

NORTHERN SENTRY FRIDAY, OCTOBER 26, 2018





### INGREDIENTS:

- 2 cups (250g) all-purpose flour (spoon & leveled)
- 2 teaspoons baking powder 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 heaping teaspoons ground cinnamon
- 1 teaspoon pumpkin pie spice 1
- 1 cup (180g) semi-sweet chocolate chips

### INSTRUCTIONS:

In a large bowl, toss the flour, baking powder, baking soda, salt, cinnamon, pumpkin pie spice, and chocolate chips together until combined. Set aside. I like to mix the wet ingredients in a blender (I love the one that is linked!). This guarantees a

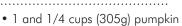
smoother batter and breaks down the pumpkin. This is especially necessary if you are using fresh pumpkin puree. Add the pumpkin, brown sugar, egg, oil, and whole milk to a blender and blend on high for 45 seconds until combined. Alternatively, you may whisk by hand or use a hand mixer.

Pour the wet ingredients into the dry ingredients and whisk by hand gently to combine the ingredients. The batter is extremely thick. Do not thin it out. Whisk until \*just\* combined, no more. A few lumps may remain. Taste the batter. If you want to add more spices, go ahead. I usually add more cinnamon.

Heat a griddle or skillet over medium heat. Coat generously with butter. Once hot, drop about 1/4 cup of batter on the griddle. Cook until the edges look dry and bubbles begin to form on the sides, about 1 minute. Flip and cook on the other side until cooked through, about 2 more minutes. Coat griddle/skillet again with butter for each pancake or batch of pancakes.

Keep pancakes warm in a preheated 200°F (93°C) oven until all pancakes are cooked. Serve immediately with your favorite pancake toppings. Pancakes taste best right after they are made. Pancakes freeze well, up to 2 months.





- puree (canned or fresh)
- 1/3 cup (67g) packed light or
- dark brown sugar
- 1 large egg • 3 Tablespoons (45ml) canola or
- vegetable oil • 1 and 1/2 cups (360ml) whole milk

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will be gladly accepted to refurbish the For more information check out: Facebook event/ Halloween Haunted House



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4th Ave NW, Minot Please join us for a Trunk-or-Treat hosted by Minot's Young Professional's Network along with High Air Ground Trampoline Park on October 29th, 2018 from 5-7 pm! We are aiming to make this a way for local businesses to give back by providing candy and games as well as members of the community to help raise donations for Essentials for

10:00 AM - 12:00 PM

Location:

Business

Associations

Ground



Learning provides personal hygiene products to children in need at McKinley Elementary. If you are able, please bring an item from the list below or \$5 per family to enter the Trunkor-Treat. 100% of the money raised will go back to Essentials for Learning and more items will be purchased to be given to the children. All ages are welcome! Happy Halloween!For More information: Facebook/Trunk-or-Treat!



## Key Spouses dedicated to hel ping Air men, fa mil ies feel connected

### RICHARD SALOMON | AIR FORCE'S PERSONNEL CENTER

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- As serviceminded volunteers, Air Force Key Spouses play an important role in building strong and resilient units, especially at the squadron level.

Key Spouses and Key Spouse Mentors serve as part of the Air Force Key Spouse Program and are selected and appointed in writing by unit commanders to act as official unit representatives. The Key Spouse Program is an official Air Force unit family readiness element designed to enhance readiness, strengthen personal and family resilience and help foster a sense of community among Airmen and families.

"Key Spouses provide an avenue for two-way communication between unit leadership and members," said Linda Logan, Key Spouse Program manager at the Air Force's Personnel Center. "They work within units and squadrons to help connect unit and family members to information and support services while providing a sense of belonging within the unit."

Key Spouses serve as part of the commander's support team that usually consists of the commander, first sergeant, unit superintendent or a senior noncommissioned officer. Key Spouse Mentors support Key Spouses by sharing their expertise, providing encouragement and advocating for the program.

As dedicated volunteers, Key Spouses assist with everything from maintaining

family contact rosters to organizing unit care packages for deployed squadron members.

"Leaders across the Air Force have witnessed how a robust Key Spouse Program reinforces families and helps build a positive culture," Logan said. "Key Spouses help strengthen units while building a sense of belonging, resilience and community."

Key Spouses serve as the focal point for communication with local unit members and actively support the program at commander's calls, various events and through social media.

A typical Key Spouse volunteer completes six or more hours of training annually, which includes initial and refresher training, and Key Spouse Mentor volunteers complete additional mentor training. The specialized training ensures they have the most up-to-date resources in their toolkit.

Amy Kiger has been a Key Spouse and Key Spouse Mentor for more than eight years.

"Whether our folks are married, single or single parents, we recognize the importance of strengthening bonds at the squadron level, especially with those new to the area," said Kiger, whose husband serves as a senior master sergeant and first sergeant with the 45th Medical Group at Patrick Air Force Base, Florida. "Our goal is to

Continued on page 10



# Former Governors' Mansion to Host Halloween Open House

### STATE HISTORICAL SOCIETY OF NORTH DAKOTA

BISMARCK, N.D. he Former Governors' Mansion is hosting a Halloween Open House on Sunday, Oct. 28, from 1 to 4 p.m. The event is free and open to the public. All ages are welcome, but children under age 16 must be accompanied by a parent or guardian.

The mansion, decorated for Halloween, will be open to explore. Enjoy

Halloween stories and sing Halloween songs in the parlor. Costumes are encouraged but not required. Treats and beverages will be provided.

The Former Governors' Mansion, located at the corner of Fourth Street and Avenue B in Bismarck, is a state historic site managed by the State Historical Society of North Dakota. Winter hours now in place are the second

combined Friday and Saturday of each month from 1 to 5 p.m., or by appointment. Admission is free. For more information about the Former Governors' Mansion, call 701.328.9528. Find out more about additional upcoming educational programs sponsored by the State Historical Society of North Dakota at history. nd.gov/events or call 701.328.2666.

# Welcome Renee Harju, FNP-C



Renee Harju, FNP-C

Kroll's

Diner

U.S. 2 & 52 Bypass

21st Avenue Southeast

N

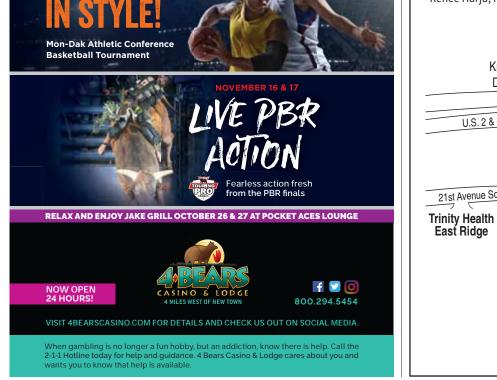
3th

Trinity Health is pleased to announce that Renee Harju, FNP-C, has returned to our Family Medicine team, joining a growing group of providers at our newly opened Trinity Health East Ridge.

### Expert Care for the Whole Family.

Renee has spent the past two decades caring for the primary healthcare needs of individuals and families in the Minot area. She provides comprehensive care throughout the lifespan with an emphasis on health promotion, diagnosis and treatment of illnesses and injuries, and management of chronic conditions. A 1981 graduate of the Trinity School of Nursing, Renee earned her Bachelor of Science in Nursing from Minot





State University and her Master of Science in Family Nurse Practice from the University of Mary, Bismarck.

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Trinity Health East Ridge, 1250 21st Avenue SE, Minot ND 58701 (Near 13th St. SE and 2/52 Bypass intersection, across from Kroll's Diner) For appointments, please call **701-857-7470** 



trinityhealth.org



# Minot State to honor veterans with 5th annual Veterans Week

#### MICHAEL LINNELL | DIRECTOR OF UNIVERSITY COMMUNICATIONS

MINOT, N.D. – The Minot State University Veterans Services office will host over 25 community agencies that are involved in the support of North Dakota's North Center Region Veterans, spouses, and their dependents during the 5th annual Veterans Week Nov. 5-9.

"Highlights of this year's activities include a screening of 'Thank You for Your Service,' to include a discussion with Adam Schumann, a brief campus Veterans Day program in the Westlie Room, and the week concludes with a concert in Ann Nicole Nelson Hall - 'We Remember You' our Veterans and the WWI Armistice of 1918 Concert, to help celebrate the centennial of WWI," said Minot State Veterans Services Director Andy Heitkamp.

The week begins on Monday, Nov. 5 with multiple events. Minot State will host service groups on campus next to the Beaver Creek Café from 11 a.m. to 1 p.m. Monday's group includes: North Dakota National Guard, Military Outreach Specialist, North Dakota NDDVA Family Assistance, Vet Center, Independence, Inc., and the United States Army.

On Tuesday, Nov. 6, the service groups include: AMVETS, Minot Area Homeless Coalition, American Legion Auxiliary, Minot Air Force Base Community Support Coordinator, and Community Options.

MSU will screen and host a discussion for the film "Thank You for Your Service." Sgt. Schumann, who the 2013 book and 2017 movie is based on, will be on hand to discuss the film. The screening and

Send us your

discussion is set to begin at 6 p.m. in Aleshire Theater Tuesday evening.

Wednesday, Nov. 7 service groups include: American Legion, Support Services for Veteran Families, HUD-VASH, Minot Air Force Base Family Readiness Center, and Center for Rural Health / TBI.

Thursday, Nov. 8 will have the following service groups: North Dakota Job Service, VFW Post 753, Domestic Violence and Crisis Center, and Ward County Veterans Services Officer.

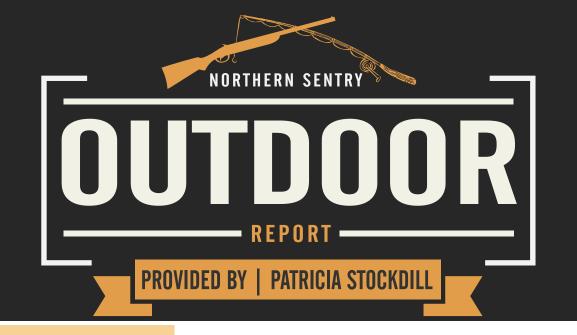
The final day of the week, Friday, Nov. 9, will feature the following services groups: Team Red White and Blue, MAFB Veterans group, Disabled American Veterans, NDNG Air, and Combat Veterans Motorcycle Association (CVMA).

There will be an 11:30 a.m. campus Veterans Day event starting in the Westlie Room before moving to a ceremony to conclude the rededication efforts that began on Memorial Day acknowledging the sacrifices of two former Minot State students, Henry Finn and James Otis Cooper. A memorial bench will be unveiled in honor of all of the students, faculty, and staff who supported America in the Great War.

The week's events are closed with "We Remember You" our Veterans and the WWI Armistice of 1918 concert at Ann Nicole Nelson Hall starting at 7:30 p.m.

For more information or questions please contact Heitkamp by email at andy. heitkamp@minotstateu.edu or by phone at 701-858-4002. For concert information contact Emerson Eads, Minot State director of choral activities, via email at emerson.eads@ minotstateu.edu.

<u>HUNTING • FISHING • BOATING • CAMPING • HIKING</u>



### Dates to Know:

• Oct. 27: Mink, muskrat, and weasel trapping seasons open.

• Nov. 2: Bighorn sheep season opens (lottery

Nov. 4: Standard time change, daylight savings

ended. • Nov. 9: Deer gun

season opens.Nov. 10: Bobcat season opens.



NUMBERS TO KNOW: • N.D. GAME AND FISH DEPT., MAIN BISMARCK OFFICE: (701) 328-6300, WEBSITE: (HTTP://GF.ND.GOV)

• N.D. GAME AND FISH DEPT., RIVERDALE OFFICE: (701) 654-7475

### • REPORT ALL POACHERS: (800) 472-

2121 OR (701) 328-9921

• FRIENDS OF LAKE SAKAKAWEA, THE REGION'S ONLY ORGANIZATION WORKING FOR QUALITY LAKE ACCESS, WEED CONTROL AND EFFECTIVE PARTNERSHIPS, (WWW. LAKESAKAKAWEA.COM)

# **OUTDOOR NOTES:**

\*No baiting allowed on Fish & Wildlife Nat'l. Wildlife Refuges & Waterfowl Production Areas & Game & Fish Dept. Wildlife Mgmt. Areas. **Fishina:** 

Lake Sakakawea elevation, Oct. 23: 1,842.36 feet above mean sea level (MSL); 29,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.24 MSL.

Stump Lake elevation: 1,448.29 MSL.

\*N.D. Game & Fish Dept. game wardens: No Devils Lake, northcentral, or Missouri River System reports.

\*Devils Lake, Ed's Bait Shop, Devils Lake: Not much fishing activity but those going out continue working along the bridges.

\*Devils Lake, Woodland Resort, Devils Lake: Not many anglers out but those going are finding fair walleye success. Try vertical jigging around 6-Mile Bay bridge or any deep rock piles.

\*Lake Darling, Karma C-Store, Ruthville: Try Landing 3 from shore on Lake Darling for walleye. Lake Sakakawea producing nice walleye from Deepwater Bay.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Grano area producing some walleye success from shore. Occasional pike from the Outlet Fishing Area but overall the river is somewhat slow.

\*Lake Metigoshe, Four Seasons, Bottineau: Not many anglers on Lake Metigoshe with overall slow success.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair walleye success on the east end of Lake Sakakawea around Douglas Bay, Camp of the Cross, Rattlesnake Bay or east of Fort Stevenson State Park. Try 15 to 25 feet with a mix of presentations and bait. Lake Audubon producing an occasional walleye.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Not many new reports from the east end of Lake Sakakawea with fair to good Village. Try jigs and minnows or Raps. \*Lake Sakakawea, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye from boats with best success in the chutes with 3-way swivels, crankbaits, or plastics. Limited salmon and trout numbers. OK shore success off the rocks with best success in the evening. Some trout and salmon mixed in the walleye. Overall evening bite is best. Lake Sakakawea slow for salmon. No walleye reports.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone producing good walleye numbers with jigs and minnows. Also try crankbaits. Lake Sakakawea producing a few fish yet using Lindy rigs or jigs with minnows around Lund's Landing or White Earth Bay. Trenton Lake producing a bit of a crappie bite.

\*Lonetree WMA area lakes, Harvey: No new reports.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Mouse River and area lakes quiet for angler numbers.

### <u>Hunting:</u>

\*Deer: Some rutting starting to get underway for bow hunters but look for increasing movement as it moves into cooler weather.

\*Pheasants: Fair numbers in pockets around the east end of the Missouri River System. South shore hunters finding slower success but look for better numbers once harvest is complete. Spotty in pockets in the northwest. Better numbers starting to show up around the Lonetree WMA area.

\*Waterfowl: Increasing numbers of snow geese moving into the Devils Lake area and along the northcentral, central, and central tier of N.D. More ducks moving into the Turtle Mountain region, as well. Fair duck and goose numbers around the east end of the Missouri River System. Some birds still around the lake's midsection with a few moving in but not much activity. Warm weather stalled migrants in the northwest but some snow geese have moved in and

EDDEE BOLTON ND BADLANDS, MULE DEER 2013

> \*\*PLEASE ENCLUDE NAME & ENFORMATION\* Email photos to: nsgraphics@srt.com

• DAKOTA RECREATION REPORT & N.D BIG GAME RECORDS BOOK: (WWW. DANCINGPRAIRIEARTS. COM) walleye success continuing around Deepwater Bay and Van Hook Arm. No Lake Audubon reports.

\*Lake Sakakawea, Scenic 23, New Town: Fair to good walleye success in the Van Hook Arm and around Shell fair numbers are still in the area.

\* About 100,000 snow geese in the Upper Souris NWR region over the weekend but the birds could be moving through and moving around feeding.

### THIS SPECIAL FEATURE IS SPONSORED BY:



# Women United 9dentifies Girl Power Need in Community

WOMENS UNITED OF MINOT, NORTH DAKOTA



MINOT, ND – Women United members prepared and presented 500 'Girl Power Packs' to 18 local elementary and high schools for their latest community initiative. These packs are filled with much needed personal care items to help girls.

Children in our schools have so many emotions and changes happening during their young lives. The 'Girl Power Packs' will hopefully alleviate some confusion, embarrassment and frustration as girls cope with growing up.

Missy Feist-Érickson, President of Women United, stated "After visiting with a few local school officials, there was a clear indication that some girls need additional resources during their teen years. This is a small way to show the power of giving, learning and leadership among women truly does make a difference and can provide



Women United members assembled 'Girl Power' packs for local schools. (Inset photo:) Women United member Karen Hannegrefs delivers 'Girl Power' packs to Erik Ramstad Middle School. Also pictured is Annette Stach. COURTESY PHOTOS

powerful results." Women United is an affinity group through Souris Valley United Way. The group consists of passionate women who offer their time, talent and financial resources to improve lives throughout the Souris Valley United Way service area. They exist to mobilize the power of women to advance the common good in the Minot area.

The Women United group combines the financial power and

collective talents of philanthropic women to address needs in the community.

For more information or become involved with Women United – contact Souris Valley United Way at 701.839.2994.

### **"KEY SPOUSE"** from page 8

help Airmen feel connected through our Facebook group, monthly get-togethers and other avenues."

Many Key Spouses are teachers, executives, nurses, fathers, mothers and more. In addition to being a volunteer, Kiger is also an elementary school teacher.

"Even with our busy schedules, we try to assist in any way we can and help our folks feel like they are part of the squadron family," Kiger said. "If a member of the squadron is having surgery, giving birth or experiencing some other trying time, we do our best to reach out to that individual."

When needed, Key Spouses also provide important referrals to agencies such as the Military and Family Life Counseling Program, Airman's Attic, Air Force Aid Society, Exceptional Family Member Program and other programs offered through Airman and Family Readiness Centers.

"We do not want Airmen and their families to feel like they are on an island and hesitant to ask for help," Kiger said. "We want them to be connected."

For more information about the Key Spouse Program, visit https://www.afpc.af.mil/ Benefits-and-Entitlements/ Key-Spouse-Program/.



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### **TYNDALL EVACUEES** from page 2



as bad as others. It could have been a lot worse," he said, referring to the 40 trees knocked down on his property, a boat dock ripped apart, broken windows, water intrusion and damage to the roof and soffits.

"No one got out of this storm without some type of damage," said Clay, who shared heartwarming stories of the many selfless ways in which people responded to pleas for help issued on social media, via text message and radio station blasts. "Neighbors are helping neighbors."

"People are bringing gas cans and gas money, offering supplies and alerting emergency service providers regarding critical needs, like help in keeping the generators running at a school serving as a storm shelter," Clay said. "Coy Pilson (the principal) was manning the shelter and taking care of the needs of the community, putting their needs before his own."

Looking to the future, Clay noted there are a lot of unknowns. Lt. Col. Jim Clay, 1st Air Force director of Civil Air Patrol operations, is one of several Hurricane Michael evacuees now working in CAP National Headquarters at Maxwell Air Force Base, Ala. His temporary office is set up in CAP's National Operations Center.

> CIVIL AIR PATROL PHOTO | SUSAN SCHNEIDER

"There is no power, no water, no place to buy fuel, no place to buy food. Most have to travel to Dothan, Alabama (over 80 miles) to get fuel and supplies and most don't have a place to go back to work," he said. Tyndall AFB evacuees are spread out across the Southern U.S., said Col. Mark Wootan, Civil Air Patrol-U.S. Air Force vice commander.

"Several 1st Air Force folks were invited to come here (Maxwell AFB). It makes them feel they still belong to a family, a team and it gives them a place to put down their hat," he said.

"Their lives have been completely interrupted," he continued. "We are opening the doors to them, our colleagues, so they can continue to work and function. It's the right thing to do to help them get back to normal."

## New podcast targets Air Force contracting, acquisition fields

PUBLIC AFFAIRS

needs.

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) --The Contracting Directorate at the Air Force Materiel Command has launched a new podcast to educate and inform government professionals across the globe on relevant, timely topics related to the field.

"The Contracting Experience" provides listeners insight into evolving issues, highperformance leadership and lessons from the field through conversations with acquisition influencers and contracting leaders, in an easy-to-listen format available on demand.

"This is an opportunity for us to connect with the large, widespread contracting workforce in a more modern format," said Amber Pecoraro, a procurement analyst at AFMC and the host of the podcast. "The episodes can be accessed at any time or place a listener chooses and provide interesting, thought provoking insights from influencers across the field."

The first episode features a conversation with Heidi Bullock, AFMC director of contracting, who provides insights into her Air Force career and discusses the role of contracting professionals in delivering rapid solutions for current and emerging warfighter Future episodes include interviews with both civilian and military contracting leaders, including Col. Damian Wilborne, AFMC deputy director of contracting; Bob Bochenek, AFMC technical director of contracting; Daniel Harris, contracting systems branch chief and CON-IT development lead; and Brian Morris, a procurement analyst at Air Force Contracting; among others.

Podcast topics include episodes focused on acquisition agility, influential leadership, tips for new contracting officers and an emerging contract writing system called CON-IT due to roll-out to Air Force locations in the near future.

New episodes are scheduled for release each month.

The podcasts are available on the Defense Visual Information Distribution Service website. Listeners can also search for "The Contracting Experience" on iTunes or through their favorite podcast application. A direct link to the podcast download page is available here: http://phobos.apple.com/ WebObjects/MZStore.woa/wa/ viewPodcast?id=1439350579. Individuals on the Air Force domain can access the podcasts at http://go.usa.gov/xPR4f.



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**Information:** Further information may be obtained from Ryan Haugen, Haugen Farm Realty, Inc., 3108 S Broadway, Ste. I, Minot, ND 58701, (701) 839-1451, or visit www.haugenfarmrealty.com



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1. Why didn't the mummy have any friends?
2. What road has the most ghosts haunting it?
3. Why is there a gate around cemeteries?
4. What position does a ghost play in soccer?
5. What are a ghost's favorite pants?
6. Why are graveyards noisy?
7. What is a scarecrow's favorite fruit?
8. Why did the scarecrow win the Nobel Prize?
9. What do witches put on their bagels?
10. Why are vampires tough to get along with?

### Answers:

Because he was wrapped up in himself • 2. A dead end
Because people are dying to get in • 4. Ghoulie • 5. Boo Jeans
Because of all the coffin • 7. Straw-berries
Because he was outstanding in his field
9. Scream Cheese
10. Because they can be a pain in the neck





## **CHURCHDIRECTORY**



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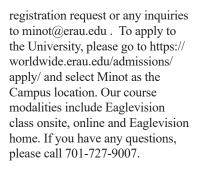
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### **BASE ANNOUNCEMENTS**

### **EMBRY-RIDDLE** AERONAUTICAL **UNIVERSITY** is now

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• Pumpkin Week Judging begins today at the Youth Center

240-0749

grigio92@aol.com

- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Keystone Meeting, 1600-1700, Youth Center
- Torch Club Meeting, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000-dose, Rockers Bar & Grill Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

# SATURDAY

- Just Pull It! Deadlift Competition, 0900, Fitness Center
- Halloween Spooktacular Fitness Event, 0900-1100, Fitness Center
- October Picture Framing Class, 1000, Arts & Crafts
- Youth Bowling League, 1000, Rough Rider Lanes
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider lanes
- Story Time, 1030, Base Library
- Run 4 Fitness, 1145, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC

# TUESDAY



tfn

### 2 November

- Barre, 0600, Fitness Center
- Ace in the Hole Tournament, 1130, Fitness Center
- Keystone Meeting, 1600-1700, Youth Center
- Torch Club Meeting, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
  - Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill • Zumba, 1800, Fitness Center
  - Mixed Fun League, 1830, Rough Rider Lanes
  - Karaoke Night, 2000-close, Rockers Bar & Grill
  - Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

### 3 November

- Zumba, 0900, Fitness Center

- Run 4 Fitness, 0600, Fitness Center • Pre-Separation Counseling, 0800-1130, A&FRC

• Neewollah at School Age Care

- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Fit to Fight, 1130, Fitness Center
- Cycle, 1230, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1830, Fitness Center

# **EDNESDAY**

- Last day for Youth Programs Membership Renewal 2018-2019 at the Youth Center

- Last day to register for Youth Indoor Soccer at the Youth Center
- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-2000, Rough Rider Lanes

# SUNDAY

- NFL Sunday Ticket Football Frenzy Ding Dong Cowbell Day & Bluetooth Speaker Giveaway, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Family Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

# MONDAY

- Voting ends for the Dakota Inn Pumpkin Decorating Contest at the Dakota Inn Dining Facility
- Tactical Fit Express, 0600, Fitness Center
- Digital Literacy Club, 1630-1730, Youth Center
- Zumba, 1730, Fitness Center
- Battle Rig Fitness, 1800, Fitness Center
- Knitting Club, 1800, Base Library
- Yoga, 1830, Fitness Center

- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Digital Literacy Club, 1630-1730, Youth Center
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1730, Rough Rider Lanes

# THURSDAY

- Last day to register for Ace in the Hole Tournament at the Fitness Center
- Submission period begins for the Air Force Art Contest at www.myairforcelife.com/artcontest
- Registration begins for the Great American Smokeout Fitness Relay at the Fitness Center
- Tactical Fit Express, 0600, Fitness Center
- Barre, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- High Performance Nutrition Class, 1200-1245, Fitness Center
- Cycle, 1230, Fitness Center
- Fitness Hour, 1600-1700, Youth Center
- Fit to Fight, 1700, Fitness Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- Zumba, 1800, Fitness Center
- NFL Thursday Night Football Frenzy, 1900, Rockers Bar & Grill

- International Games Day, 1300, Base Library
- Youth Bowling League, 1000, Rough Rider Lanes
- Fight Night UFC 230: Cormier vs Lewis, 1900, Rockers Bar & Grill
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider lanes

### **Rough Riders Pizza Special** <u>October Special – Gouda Porkalicious</u>

Mouth-watering basil butter crusted dough with a BBQ sauce base and topped with pulled pork. Deliciously flavored with Cajun, nutmeg, and garlic seasoning. Finished with sprinkled mozzarella cheese, sliced Gouda cheese, and a drizzle of BBQ sauce. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza Try it on a Panino! \$8.25 meal - includes side & drink

### The B-Fifty Brew Drink Special <u>October Drink of the Month – Pumpkin Pie Smoothie</u>

A delicious blend of pumpkin pie filling and whole milk over ice. Topped with a vanilla flavored whipped cream and sprinkled with cinnamon.

Auto Hobby September Specials October 2-31 | Scan Tool Hook-Up Special! Check engine light making you nervous? Bring your vehicle to Auto Hobby and we'll give you an idea on what needs to be repaired or replaced! Regular Price: \$25 Special Price: \$15 November 1-15

Free Battery Test – Don't get caught in the cold with a bad battery!

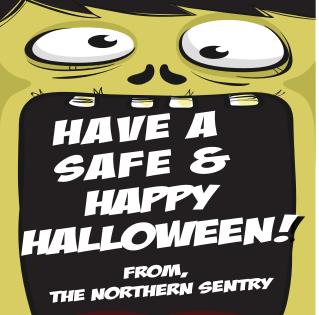
16 FRIDAY, OCTOBER 26, 2018 NORTHERN SENTRY



### Vincent United Methodist Fall Bazaar 1024 2nd St. SE Minot, ND

Saturday, October 27 at 9 AM - 2 PM Celebrate fall with our fabulous and fun ALL CHURCH BAZAAR. We will have a bake sale with home baked pies, breads, treats, and canned goods; a room with hand crafted items with beautiful table runners, fall and Christmas decor.... And then there is our wonderful Silent Auction with specialty items such as restaurant gift cards, gift baskets, beautiful quilts, doll clothes – many very unique items. We will also tempt you in our Vincent Vintage Shoppe. Check it out! Top that off with a delicious and world famous lunch of Creamed Turkey on Biscuits with all the trimmings including beverage and dessert prepared by the A-men group in our congregation Halloween Havoc at Roosters 101 Main St. S Minot, ND Saturday, October 27 at 7 PM - 1 AM Minot's biggest Halloween Party is happening at Roosters. Annual Costume Contest. Free Cover!! Hosted by Money Stackz Ent. DJ New Reign will be spinning all night!





Catery & Irish Pub







BRACELETS CAN BE PURCHASED ONLINE OR DAY OF AT ANY OF THE PARTICIPATING LOCATIONS! \* THIS EVENT IS 21+! PLEASE MAKE SURE TO HAVE A VALID ID ON YOU\*