

WHATS  
INSIDE  
THIS WEEK:



WELCOME TO  
MINOT

A2



THE LEGACY OF  
THE MIGHTY  
EIGHTH...

B4



U.S. BOMBERS  
INTEGRATE WITH  
FRENCH, U.K.  
AIRCRAFT

B7



## 5th CONTRACTING SQUADRON



The 5th Bomb Wing Contracting Squadron pose for a photo at Minot Air Force Base, North Dakota, Aug. 28, 2020. The 5th CONS work behind the scenes to ensure you have the necessary tools for mission success.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT

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# Welcome to Minot

TECH. SERGEANT BENJAMIN SMITH, MINOT AIR FORCE BASE PUBLIC AFFAIRS



MINOT AIR FORCE BASE, N.D. -- The 5th Bomb Wing held a ribbon-cutting ceremony to introduce a new Welcome Center facility August 21, 2020 at Minot Air Force Base.

Newly arriving Warbird and Roughrider Airmen and their families will now have the ability to in-process at the Welcome Center, allowing for a speedy and personalized onboarding experience. The ultimate goal of the project is not only to streamline and consolidate the necessary activities involved in arriving at a new duty station, but to ensure a warm and informative welcome to the base and the local Minot community. The \$380,000 remodel provides the opportunity to onboard the new Airmen in a single facility while delivering quality services that save time.

"It's ultimately a place the Airmen and their families can come to be comfortable, while also having the agencies needed here to make the ins and outs of arriving at a new base easier to tackle" said Fabian Perales, Welcome Center Manager.

The new facility is now open for appointments, during which Airmen will in-process with representatives from finance, traffic management, housing, medical group, and military personnel flight. Additionally, onboarding Airmen have the opportunity to connect with various helping agencies and entities such as a True North provider, chaplain, key spouse, community support coordinator, and resident advocate.

After his in-processing appointment, Staff Sergeant Nicholas Colbert said "This is my third-time in-processing to a new base and the way they have it set up here at the Welcome Center made the entire process so much easier than either of my two previous moves. Not only is it all in one place, but it's a lot more personal since each of the representatives from the organizations takes the time to sit with you one on one and go over everything you need. That made a huge difference to me."

The Welcome Center isn't just a building. It's an opportunity to reach out to Airmen and to help them get settled, connected, and learning their jobs. Our Airmen need to understand they are supported by their leadership and our Minot community.

"Our goal is to get everyone coming into Minot taken care of in a stress-free environment so they're done with this part by the time they have to report to their unit, which saves everyone time" Mr. Perales said.

In 2019, the welcome center concept proved its value under the True North program in a previous location by in-processing 1148 Airmen at a different location. By consolidating the majority of necessary appointments into one location, Team Minot saved 957 man-hours in 2019 alone. The newly dedicated location is easier to find and better configured for an even smoother onboarding experience.

The new Welcome Center is a crucial part of earning positive and lasting impressions from arriving Airmen that our Warbirds, Roughriders, and Team Minot community take care of our own.

Brandi Hoff, True North Program Manager, cuts the ribbon to symbolize the opening of the new Welcome Center facility. The 5th Bomb Wing held a ribbon-cutting ceremony to introduce a new Welcome Center facility August 21, 2020 at Minot Air Force Base, North Dakota.



An Airman just arriving at Minot Air Force Base makes use of the new Welcome Center Facility to in-process in a more convenient and streamlined way.



Colonel Christopher Menuey addresses the audience on the importance of the new Welcome Center.



Colonel Michael Walters, 5BW Commander, speaks with Airmen about their thoughts on the new Welcome Center.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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more information available at  
[www.breakforthbiblechurch.com](http://www.breakforthbiblechurch.com)

## LAW TALK

### WHAT IS PROBATE?

Most of us do not realize what Probate is until someone dies. Probate is the legal process necessary to ensure your loved one's assets are distributed legally or in the way they desired, after they pass away. Having a will does not necessarily help avoid Probate. However, while there are ways to avoid Probate through the Estate Planning process, the terms of a will do help guide Probate, which may make the process easier for everyone involved.



Anthony Cooper  
Attorney

When a person dies, their assets become part of his or her estate, unless those assets are co-owned by someone else. How those assets are distributed to loved ones is a major part of Probate. If your loved one passed away with a will, they passed away testate and the will directs Probate. On the other hand, if they passed away without a will, they passed away intestate and therefore the court will determine the rightful heirs. In both cases the court's decision can be contested.

But what if your loved one passed away many years ago, Probate was never done, and now real property cannot be deeded to their heirs. Is it too late? Although North Dakota law does have some restrictions on timelines, generally Probate can be opened at any time to help your family deed land, minerals, or other assets—even many years after the individual has passed away.

In all cases, however, it is necessary to designate an individual known as a Personal Representative. If your family member had a will, they probably picked someone to fill this important role. If they did not, North Dakota specifies who has the highest priority to be appointed, based on the type of relationship they had with the decedent. The Personal Representative must be appointed by the court and his or her job is to make sure everything is handled in a timely, legal manner.

At the Boppre Law Firm we understand that Probate can be one of the most stressful times for family members. After a loved one passes away, it can be overwhelming to begin the process to distribute their estate. Additionally, Probate can be an expensive and lengthy process, especially when family members disagree. This is where we come in. The Boppre Law Firm has assisted many Personal Representatives, from all across the country successfully administer their loved one's North Dakota estate, and if you need a Probate or an Estate Planning Attorney, we are here for you. Check us out online!



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Dr. Willy Fielhaber



Dr. Matt Hanson



Dr. Crystal Long

### BUSINESS HOURS

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

**(701) 852-2800**



# U.S. Bombers & Allied Aircraft Integrate Fly Over All 30 NATO Nations in a Day

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA RELEASE NUMBER: 010820

In a unique spin on regularly recurring Bomber Task Force (BTF) missions in Europe, six U.S. Air Force B-52 Stratofortress strategic bombers flew over all 30 NATO nations in Europe and North America on Aug. 28.

This single-day mission titled Allied Sky is intended to demonstrate NATO solidarity, enhance readiness and provide training opportunities aimed at enhancing interoperability for all participating aircrews from the U.S. and NATO allies. Allied Sky is the latest iteration of routine BTF missions that have occurred in the European theater of operations since 2018, with more than 200 sorties coordinated with Allies and partners. BTF missions are long-planned and not in response to any current political events occurring in Europe.

Allied Sky will be conducted by two teams:

Four B-52 Stratofortress bomber aircraft currently deployed to Royal Air Force (RAF) Fairford, U.K., will fly the European portion of the mission. Strategic bombers will integrate throughout the day with several NATO nations' air force fighter aircraft and aerial refueling aircraft in the skies above each host nation.

Two B-52 Stratofortresses assigned to the 5th Bomb Wing

at Minot Air Force Base, N. D., will fly over the NATO nations of Canada and the United States.

"U.S. security commitments to the NATO Alliance remain ironclad," said Gen. Tod Wolters, commander of U.S. European Command (USEUCOM). "Today's bomber task force mission is another example of how the Alliance sustains readiness, improves interoperability and demonstrates our ability to deliver on commitments from across the Atlantic."

NATO nations scheduled to participate in the mission and integrate with the bomber aircraft include Belgium, Bulgaria, Canada, Croatia, Czech Republic, Denmark, France, Germany, Greece, Hungary, Italy, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Spain, Turkey, the U.K. and the U.S.

Operations and engagements with Allies and partners serve as cornerstones highlighting USEUCOM's commitment to global security and stability. These opportunities also serve as a reminder that, despite ongoing challenges presented by COVID-19, U.S. forces remain fully ready to execute their missions across all domains while enhancing interoperability alongside Allies and partners.

"By further enhancing our

enduring relationships, we send a clear message to potential adversaries about our readiness to meet any global challenge," Wolters added.

Footage of the B-52 Stratofortress bomber aircraft in flight is available at [https://www.dvidshub.net/video/285495/b-](https://www.dvidshub.net/video/285495/b-52-stratofortress)

52-stratofortress

Continuing coverage of this deployment will be available on this website, and on the DVIDS hub at: <https://www.dvidshub.net/feature/bombertaskforceeurope>.



Two B-52 Stratofortresses fly overhead at RAF Fairford, England, Aug. 22, 2020. Strategic bombers contribute to stability in the European theater as they are intended to deter conflict rather than instigate it. If called upon, U.S. bombers offer a rapid response capability.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN EUGENE OLIVER

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Staff Sgt. Michael Kantack  
Staff Sgt. Steven Adkins  
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Airman 1st Class Josh Strickland  
Airman 1st Class Caleb Kimmell  
Airman 1st Class Jesse Jenny  
Airman Jan Valle

### COMMANDERS

5th Bomb Wing Commander:  
Col. Michael O. Walters  
5th Bomb Wing Vice Commander:  
Col. Brian D. Vlaun  
91st Missile Wing Commander:  
Col. Christopher E. Menuey  
91st Missile Wing Vice Commander:  
Col. Barry E. Little

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### VIEW ONLINE

[www.northernsentry.com](http://www.northernsentry.com)  
[www.minot.af.mil](http://www.minot.af.mil)

### FIND US ON FACEBOOK

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## Fuel the Fight Raffle to Benefit CancerCare Patients



September 11, 2020  
Dakota Square ARCO

- Prize Drawing
- Raffle
- Dunk Tank
- Percentage of Sales
- Specials on Coca-Cola Products

For more details visit our website:  
[foundation.trinityhealth.org](http://foundation.trinityhealth.org)

### Raffle Prize Description

1. **20 Disney World Park Hopper Passes**  
(\$3,780.00)
2. **Pellet Smoker & Portable Outdoor Griddle**  
(\$900.00)
3. **Sound Bar**  
(\$700.00)
4. **Water & Cooler for a Year**  
(\$675.00)
5. **Flower of the Month for a Year**  
(\$600.00)
6. **Bedliner & \$50 Tuff Trucks Gift Card**  
(\$575.00)
7. **Coca-Cola Cooler, Firepit & Cornhole Set**  
(\$550.00)
8. **2 Canvas Art Prints from Bountiful REIs**  
(\$550.00)
9. **Sabre Dogs Season Tickets & Merchandise**  
(\$350.00)
10. **Viper Entry Level Remote Start**  
(\$325.00)
11. **LOR Spa R&R Retreat & Pedicure**  
(\$215.00)
12. **Autographed NDSU Football**  
(\$150.00)
13. **Patriot 20QT Insulated Cooler**  
(\$150.00)
14. **Autographed UND Hockey Jersey**  
(\$75.00)

- Drawing:  
9/11/2020, 5:00 p.m.  
Dakota Square  
ARCO, 1520 24th Ave  
SW, Minot
- Need not be present  
to win
- Not a charitable  
donation
- City of Minot  
Permit # M-3848
- Must be 18 years of  
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**VEHICLE OF THE WEEK**

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**FINANCING AVAILABLE**

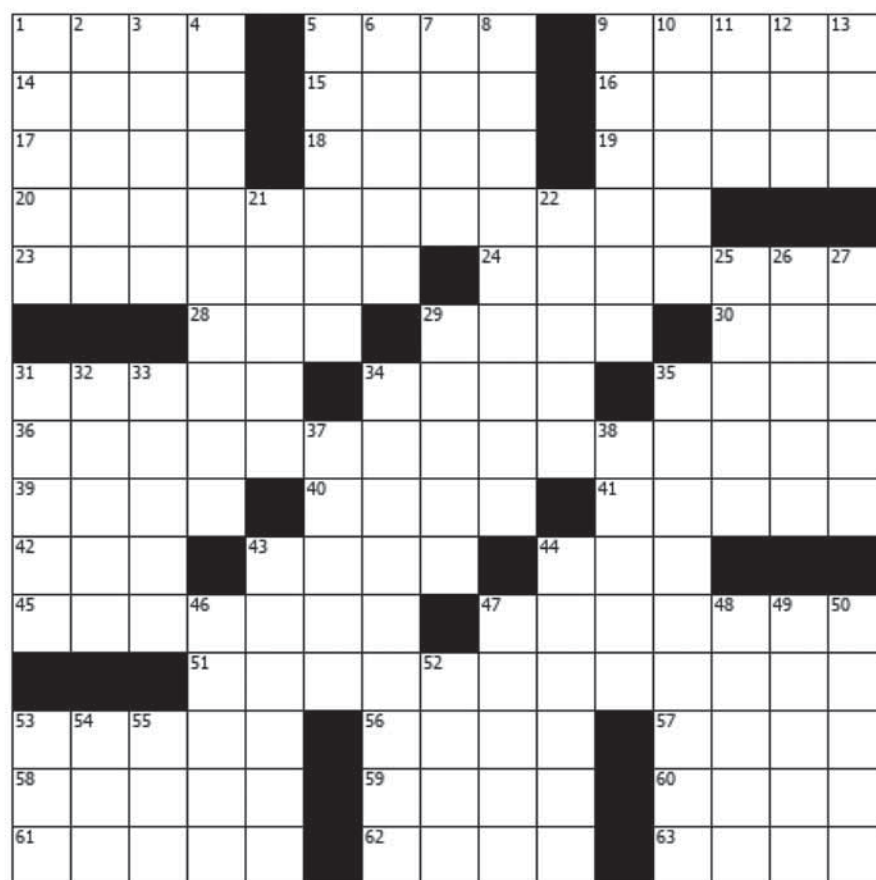


## CROSSWORD PUZZLE

Solution can be found in next weeks edition

## Across

1. 12-point type  
 5. 406, in Roman numerals  
 9. Attack like a bee  
 14. Mosque's prayer leader  
 15. Colored  
 16. German sub  
 17. Brazilian soccer player  
 18. Reason to use Stridex  
 19. Partner of John, Paul, and George  
 20. Do the cover art for a Stephen King novel?  
 23. Test or separation follower  
 24. Gave what for  
 28. Mystery author Josephine  
 29. "The Annals of the Roman People" historian  
 30. Yasir Arafat's gp.  
 31. Exhausted  
 34. Imogene of "Your Show of Shows"  
 35. Apple alternative, in body shapes  
 36. Reserved time to read a Stephen King novel?  
 39. Burke's first name on "Burke's Law"  
 40. Mandible  
 41. Cognizant of one's surroundings  
 42. Shoot with a ray gun  
 43. Hydrant attachment  
 44. Barely make, with "out"  
 45. Whiteboard necessities  
 47. Be in charge of  
 51. Buy a Stephen King novel?  
 53. One way to play it  
 56. 2000, but not 0  
 57. Discourteous



58. Quartet part  
 59. Sleeveless garment  
 60. Graphic starter  
 61. Elite group  
 62. Stretches (out)  
 63. Historic times

## Down

1. "\_\_\_ Passes" (Rumer Godden novel)  
 2. "That is to say..."  
 3. Cup  
 4. Fireplace, hot tub, etc.  
 5. Extremely talkative

6. Brittany or Aquitaine, once  
 7. Start of Caesar's boast  
 8. Like the cousins on "The Patty Duke Show"  
 9. Certainly  
 10. Former Ford model, for short  
 11. It's either positive or negative  
 12. Henpeck  
 13. 1964 Ronny & the Daytonas hit

21. "The Brandon \_\_\_ Story" (1998 documentary)  
 22. "Bell, Book and Candle" actress Kim  
 25. "The Bartered Bride," e.g.  
 26. Special talent  
 27. Strength  
 29. "My Fair Lady" composer Frederick  
 31. Stun  
 32. 1996 presidential candidate Alexander

33. Parkinson's treatment  
 34. Unable to see straight?  
 35. Misuse of authority  
 37. Icelandic singer/actress in "Dancer in the Dark"  
 38. Forged artwork  
 43. Learn about  
 44. The \_\_\_ Brothers ("Wake Up Little Susie" duo)  
 46. Riser and tread, combined  
 47. "Batman" police chief  
 48. Liquor, slangily  
 49. Provide (with)  
 50. \_\_\_ Crush (band formed on "Popstars")  
 52. Eye drop  
 53. Four-year degrees (abbr.)  
 54. "That was delicious!"  
 55. End of a student's e-mail address, perhaps

## SUDOKU

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

Solution to puzzle on page B11

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FRIDAY, SEPT. 4 1900

## THE NEW MUTANTS

(PG-13)

“Five young mutants, just discovering their abilities while held in a secret facility against their will, fight to escape their past sins and save themselves.”

SATURDAY, SEPT. 5 1700

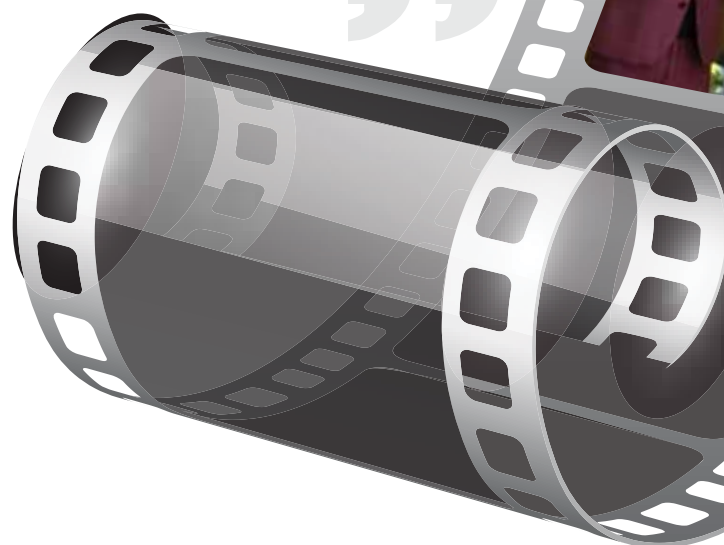
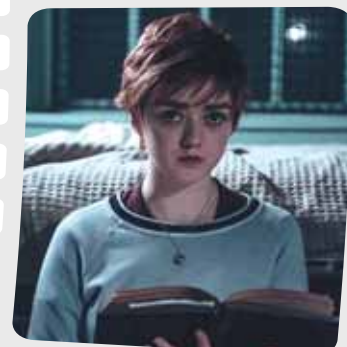
SUNDAY, SEPT. 6 1500

## BILL &amp; TED FACE THE MUSIC

(PG-13)

“Once told they'd save the universe during a time-traveling adventure, 2 would-be rockers from San Dimas, California find themselves as middle-aged dads still trying to crank out a hit song and fulfill their destiny.”

## REEL TIME THEATER MOVIE SCHEDULE







## Upcoming Events

7 SEPT

**SOGGY DOGGY POOL PAW-TY**  
6:30 PM - 8:30 PM  
Roosevelt Pool  
1215 E Burdick Expy, Minot

Roosevelt Park Pool will be open to the Dogs! The event is free, goodwill donations will be collected & all proceeds will be given to the Souris Valley Animal Shelter. Please note that you are required to show proof of rabies vaccination for your dog (rabies tags are valid). Leashes are mandatory when the dog is not in the pool. You must maintain full control over your pet at ALL times. Small dogs will swim in the shallow end of the pool.



For more information:  
Facebook event/ Minot Parks

8 SEPT

**ACRYLIC POUR**  
6:00 PM - 8:00 PM  
Marge's Art Studio  
109 Main Street South, Minot

Working with acrylic paints, we will explore different methods of using acrylics and show you how to make your own artwork. We have all the materials and supplies. You will make 3 canvases, this will give you the opportunity to experiment with colors! This session we will be working on getting "cells" and flowing your paint. Acrylics can be hard to remove from clothes, please dress accordingly. Great class to take with friends. Class is \$50



For more information:  
Facebook event/ Marge's Art Studio

10 SEPT

**FALL ZOO TOT CLASSES START**  
10:00 AM - 11:00 PM  
Roosevelt Park Zoo  
1215 E Burdick Expy, Minot

Zoo Tot classes are approximately 1 hour in length. Classes will be held inside the auditorium of Roosevelt Park Zoo's visitor center with some classes going out into the zoo (weather dependent). Auditorium doors will open 5 minutes before class starts. The registration fee for class includes 1 child ages 2-5 and 1 adult caregiver. Due to the size and structure of Zoo Tots, additional adults will not be allowed. Time: 10:00-11:00am. Date: Offered Thursdays and Fridays. Ages: 2-5 years. Cost: \$8-10 for zoo members \$10-12 for nonmembers. Space is limited to 12 participants per class. Registration is available online at <https://rpzoo.com/zoo-tot-classes/>



For more information:  
Facebook event/ Roosevelt Park Zoo

11-13 SEPT

**MINOT'S RIBFEST 2020**  
FRI & SAT. OPENS AT 11:00AM  
SUN. OPENS AT 12:00 NOON  
ND State Fair Grounds  
2005 Burdick Expy E, Minot, ND 58701

Come out and enjoy great food, music, and fun at Minot's Ribfest! Sample some delicious barbecued ribs as the best ribbers in the region put their talents to the taste test at this year's Minot's Ribfest! On top of that, spend the rest of the day enjoying all of the fun activities such as musical entertainment, bounce houses, go-karts, The Escape Room, vendors and so much more! Come hear the Dean & The Badlands Express on Friday night then come back and hear Missing Lynx on Saturday night. Also, enjoy a NEV Monster Truck Show on Saturday at 3 pm. The Cornhole Tournament is back that Saturday at 5 pm. Registration is available on the website. Gate admission is \$5 (12 and under are FREE)



For more information:  
[www.minotribfest.com](http://www.minotribfest.com)

## On Base



For more information visit:  
[www.5thforcesupport.com](http://www.5thforcesupport.com)

**NOTHING BEATS SUNDAY BRUNCH**

SERVING FROM 10AM - 2PM

[BLGRILL.COM](http://BLGRILL.COM) | 1400 31ST AVE | MINOT, ND | 701-852-7335



# Army & Air Force Exchange Service Launching 12 Weeks of Savings for Holiday Shopping

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – Military shoppers looking to get a head start on holiday shopping while avoiding crowds can turn to the Army & Air Force Exchange Service's 12 Weeks of Savings.

From Sept. 4 through Nov. 25, shoppers will find Black Friday prices in-store and on [ShopMyExchange.com](http://ShopMyExchange.com) on electronics, clothing, jewelry, sporting goods and more. New deals and specials will roll out each Friday for 12 weeks.

The 12 Weeks of Savings campaign moves up the traditional holiday shopping period, launching Sept. 4 and running through Black Friday weekend. Shoppers can enjoy weekly Black Friday prices in store and online without having to wait until November and can also avoid traditional holiday shopping crowds by taking advantage of buy online, pick up in store and curbside pickup contactless options.

"The Exchange understands this holiday shopping will look

different during the COVID-19 pandemic," said Minot AFB Exchange General Manager Michael Bell. "Airmen and military shoppers expect the value the Exchange is known to provide as well as safe, secure, sanitized environments."

Military shoppers can find these weekly deals by picking up the sales flier at their local Exchange or by visiting [ShopMyExchange.com](http://ShopMyExchange.com) and clicking on Weekly Ad.

Veterans using their Exchange benefit can take advantage of 12 Weeks of Savings too. The 2020 holiday shopping season will mark the first for in-person shopping for Veterans with service-connected disabilities. Additionally, all honorably discharged Veterans will find tax-free shopping and military exclusive pricing at [ShopMyExchange.com](http://ShopMyExchange.com). Veterans can find out more about their shopping benefits at Exchange's community Hub page at <https://bit.ly/Vets4Life>.

12 WEEKS OF SAVINGS

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**Kitchen is open Monday - Sunday 11 a.m. - 9 p.m.**

Follow us on Facebook for our weekly specials and menu.

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## OPERATION HEROES

Children at Minot Air Force Base participated in "Operation Heroes" on Saturday, August 29. The event gives a first-hand look at the active duty pre-deployment experience and helps give kids a better understanding of what deployment is.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JAN VALLE

## Grocery Store Tour Mediterranean Diet

Join a Registered Dietitian for a small group grocery store tour.

**The Original Marketplace Foods**  
1930 South Broadway, Minot  
September 8 • 6:00 p.m.



Meet at the entrance near the deli.

RSVP by September 7.  
Space is limited! Please  
reserve your spot today!  
Call **701-857-5268**



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701-852-4556







### LT. COL. JOSE CASTANEDA FINI FLIGHT

Lt. Col. Jose Castaneda flew his fini flight for retirement on Aug. 25, 2020 at Minot Air Force Base, North Dakota. The fini-flight is a final flight dedicated to the pilot of the Aircraft before the officer leaves the base.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CALEB KIMMEL

## Minot Symphony Orchestra to hold auditions

MINOT, ND, August 31, 2020 – The Minot Symphony Orchestra will hold auditions by appointment on Saturday September 12. Interested musicians are asked to fill out a survey that can be found at <https://tinyurl.com/msoauditions> or call 701-858-4228 by Sept. 9th to secure an audition time and receive the audition requirements.

“Musicians in high school through adult are encouraged to audition. Although our principal chairs are filled, there are many opportunities throughout the string, woodwind, brass and percussion sections. The Minot Symphony Orchestra is a unique blend of student, community and professional musicians and has

been performing in the Magic City for 95 years,” said executive director Ellen Fenner.

The symphony will rehearse every Thursday from 7pm – 8:30 pm. A stipend per rehearsal or concert is paid to performing musicians. The number of musicians per concert varies depending on the repertoire.

The Minot Symphony, a university and community orchestra, aims to enrich lives by providing opportunities for musicians and inspiration to patrons through education and the performance of diverse orchestral repertoire. The symphony is directed by Maestro Efrain Amaya, assistant professor of music at Minot State University.

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## WHAT'S GOING ON MAFB

## TODAY 04

- AFGSC Family Day - For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
- Swerk, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro

## SATURDAY 05

- For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Swerk, 1015, Fitness Center

## SUNDAY 06

- For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
- Zumba, 1400, Fitness Center

## MONDAY 07

- Labor Day - For full listing of Labor Day holiday weekend facility hours, Cycle, 0545, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Swerk, 1830, Fitness Center
- visit 5thforcesupport.com
- Labor Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

## TUESDAY 08

- Cycle, 0545, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Swerk, 1830, Fitness Center

## WEDNESDAY 09

- HIIT Strength and Conditioning, 0545, Fitness Center
- Right Start, 0730, A&FRC — Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC — Online Zoom Meeting
- Story Time, 1030, Facebook Group: Minot AFB Storytime Club
- Fit to Fight, 1130, Fitness Center
- Single Airman Free Fling Golf, 1500-1800, Rough Rider Golf Course
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- EFMP Virtual Adult Cooking Class — Eggrolls and Lumpia, 1800-1930, A&FRC — Online Zoom Meeting
- Yoga, 1830, Fitness Center

## THURSDAY 10

- Cycle, 0545, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC — Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Single Airman Free Bowling, 1700-2100, Rough Rider Lanes
- Cycle, 1700, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

## UPCOMING 11

- Registration Closes for Match Play Tournament at Rough Rider Golf Course
- HIIT Strength and Conditioning, 0545, Fitness Center
- Mystery Price Bowling, 0900-2100, Rough Rider Lanes
- Fit to Fight, 1130, Fitness Center
- Cycle, 1615, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Torch Club, 1730, Youth Center — Location TBD
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Keystone Meeting, 1800-1900, Youth Center — Location TBD
- Karaoke Night, 1800-2200, Rockers Bar & Grill
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## 12

- Match Play Tournament, First tee time 0730, Rough Rider Golf Course
- Fall Fitness Sampler, 0900-1100, Fitness Center
- Swerk, 1015, Fitness Center
- EFMP Kids Virtual Baking Class, 1100, A&FRC — Online Zoom Meeting
- Pirate Party, 1300, Minot AFB Library Facebook Page
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Youth League Registration, 1800-1900, Rough Rider Lanes
- Youth Lights & Strikes Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## DINING

## Available Dining (Hours subject to change)

## Bomber Bistro

Monday-Friday 1030-2100, Saturday 1400-2000

Dining Room Now Open. Seating is limited and masks are required except while eating.

## Dakota Inn Dining Facility

Monday-Friday 0600-0900, 1030-1330, 1630-1830;

Saturday-Sunday 0630-1830

Dining Room Now Open. Tables and chairs have been placed accordingly to maintain social distancing.

## Jimmy Doolittle Center

Dine In Lunch and Lunch To Go: Monday-Friday 1100-1300. Limited seating is available and social distancing. Call in your To Go orders between 0900-1230. Menu available on JDC Facebook page. ESM accepted. Family Evening Meal To Go: Tuesday-Friday 1530-1730. Order in advance via Member Planet. Online ordering closes at 1300 or order by phone between 0900-1630.

## Rockers Bar &amp; Grill

Monday-Friday 1100-1700. Lounge is open Wednesday-Friday 1500 - 2100. Call to place your order for carry out or head inside to dine in. Limited seating is available and social distancing guidelines apply.

## Delivery Options (Hours subject to change)

## Bomber Bistro

Monday-Friday 1630-2030

## SEPT. SPECIALS

## Bomber Bistro • Friday Dinner Special - Chicken &amp; Waffles

Enjoy a delicious golden waffle and four crispy chicken tenders served with a side of maple syrup and hot sauce. Grab it starting at 3:30PM while supplies last! Only \$9.95 - Includes a drink!

## The B-Fifty Brew • Cold Brew Coffee

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## Rockers Bar &amp; Grill • Mac &amp; Cheese Burger

Experience this juicy 1/3 pound burger layered with creamy bacon mac & cheese, then topped with pepperjack cheese! Served with fries for only \$9.75!

## ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.

- Minot AFB Library: 1-31 September, Banned & Challenged Book Challenge



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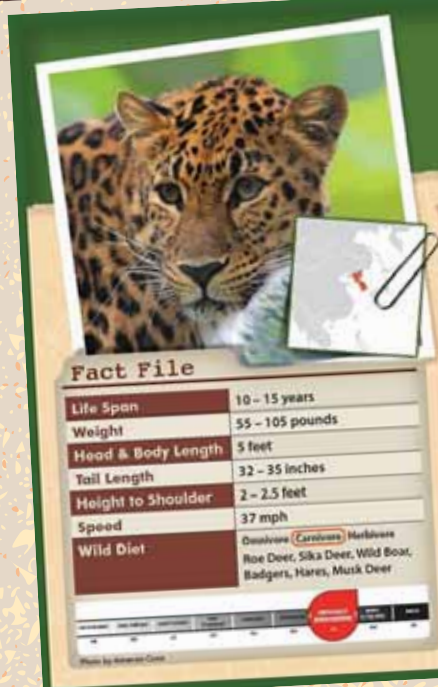
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**Fact File**

Life Span	10 - 15 years
Weight	55 - 105 pounds
Head & Body Length	5 feet
Tail Length	32 - 35 inches
Height to Shoulder	2 - 2.5 feet
Speed	37 mph
Wild Diet	Domestic (Carnivores) Herbivores Roe Deer, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer

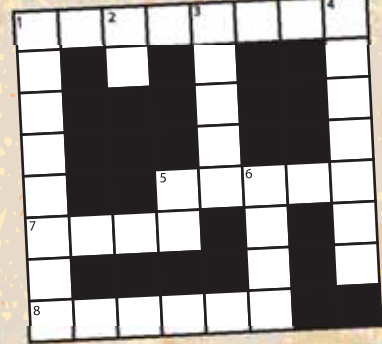
**AMUR LEOPARD**

**CREATURE FEATURES**

- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.



**CROSSWORD PUZZLE**



**ACROSS**

1. A person who commits a crime
5. Digital mail
7. Message on a phone
8. Device that sends data to a network

**DOWN**

1. Electronic device for storing data
2. Abbreviation for identification
3. Expression
4. Done within the law
5. Beloved alien
6. From a distance

Answers:  
Across  
1. Criminal 5. Email 7. Text 8. Router  
Down  
1. Computer 2. ID 3. Idiom 4. Legally 5. ET 6. Afar

**UPCOMING EVENTS**

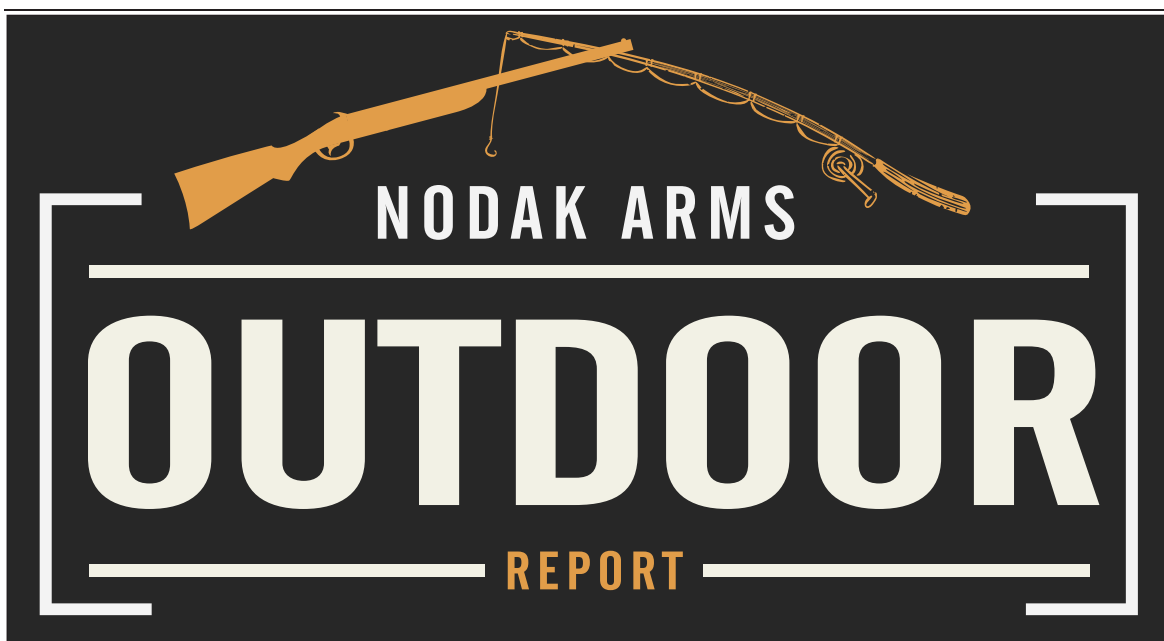
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# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

• Lake Sakakawea elevation, Aug. 31: 1,840.93 feet above mean sea level (MSL); 27,100 cubic feet per second (CFS) Garrison Dam average daily releases.

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

Stump Lake elevation: 1,449.55MSL.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued walleye activity working spinners and bottom bouncers and spinners in 15 to 22 feet. Try casting or trolling crankbaits in shallower water with cooler water temperatures.

• Devils Lake, Woodland Resort, Devils Lake: Continued walleye success using spinners in the shallows for smaller fish. Try lead-core or crankbaits in deeper water for larger walleye. Continued white bass activity around the bridges on Highway 57 and 20.

• Lake Darling, Karma C-Store, Ruthville: Lake Darling producing occasional walleye. Lake Metigoshe fair to good for nice-sized bluegill. East end of Lake Sakakawea OK for walleye.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxhom: Lake Darling generally slow.

• Lake Metigoshe, Four Seasons, Bottineau: Fair to good for bluegill with improving walleye activity.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Occasional walleye on the east end of Lake Sakakawea. Try live bait presentations with some success starting on minnows, although nightcrawlers still producing some success. Move around to locate fish, which moved deeper. No reports from Lake Audubon or Missouri River.

• Lake Sakakawea, Scenic 23, New Town: Van Hook Arm remains slow for walleye. Try 25 to 30 feet.

• Lake Sakakawea, Van Hook Resort, New Town: Weather limiting activity but try 25 to 35 feet with some success now starting with jigs. Also try spinners with nightcrawlers yet, however.

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



- Sept. 4: Mountain lion and archery deer seasons open.
- Sept. 7: Missouri River early Canada goose season closes.
- Sept. 12: Grouse, partridges, tree squirrel, and snipe seasons open.
- Sept. 15: Western early Canada Goose season closes.
- Sept. 19: Sandhill crane season opens.
- Sept. 19 & 20: Youth, veteran/military waterfowl season.
- N.D. Dept. of Environmental Quality issued blue-green algae advisories for Coal Mine Lake, Epping-Springbrook and Sather dams and Devils Lake with warnings for Stump and Antelope lakes.
- Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.

### Tournaments:

- Sept. 8 – 11: Lake Sakakawea, Fort Stevenson State Park.
- Sept. 12: Lake Sakakawea, Beulah Bay; Lake Sakakawea, Tobacco Garden Resort.

from boats. Try 3-way swivels with most anglers catching catfish with occasional salmon or walleye. Best shore success is after midnight along the rocks casting crankbaits with anglers finding a few walleye and salmon. Occasional catfish from the wing walls but overall the river is slow. East end of Lake Sakakawea remains fair for walleye working 12 to 25 feet. Move around with walleye spread out in a variety of depths and locations. Salmon remain deep with anglers still working 85 feet over 100 to 140 feet along the face of the dam over to Deadman's Bay. Best success on squids or herring but also try flies. Look for salmon to move shallower in the coming weeks into 70 feet with potential for some success casting from shore.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River continues clearing but water levels are low and the only access is at the Highway 85 bridge. Some walleye success, though, using minnows. Best walleye activity is south of New Town bridge around Hunt's

Along Bay with a few walleye from Tobacco Garden and Hofflund's Bay. Trenton Lake continues producing crappie.

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

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity throughout area lakes.

### Hunting:

• Archery deer: Look for fair numbers in many areas of the state for the archery deer season opener. Upper Souris Nat'l. Wildlife Refuge open to archery deer hunting but special regulations apply. Contact refuge headquarters, (701) 468-5467, for details.

• Doves: Good numbers in northwest N.D. but fair numbers in the central part of the state.

• Early Canada goose: Slower success around the Devils Lake area.

### Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

# Unsafe, unprofessional intercept of US bomber by Russian aircraft over the Black Sea

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA  
RELEASE NUMBER: 010820

At approximately 11:19 a.m. on Aug. 28, 2020, two Russian Su-27 Flanker pilots intercepted a U.S. Air Force B-52 bomber that was conducting routine operations in the black sea over international waters. The Russian pilots flew in an unsafe and unprofessional manner while crossing within 100 feet of the nose of the B-52 multiple times at co-altitude and while in afterburner causing turbulence and restricting the B-52's ability to maneuver.

"Actions like these increase the potential for midair collisions, are unnecessary, and inconsistent with good airmanship and international flight rules," said Gen. Jeff Harrigan, U.S. Air Forces in Europe-Air Forces Africa commander. "While the Russian aircraft were operating in international airspace, they

jeopardized the safety of flight of the aircraft involved. We expect them to operate within international standards set to ensure safety and prevent accidents," he added.

Our B-52 Stratofortress aircraft was conducting routine operations in international airspace exercising our freedom of navigation and overflight. The U.S. Air Force routinely operates aircraft in the region in accordance with recognized international safety standards as prescribed in International Civil Aviation Organization (ICAO) rules of flight.

If you have any additional questions, please contact U.S. Air Forces in Europe – Air Forces Africa Public Affairs at [usafepa.pastaffdutyofficer@us.af.mil](mailto:usafepa.pastaffdutyofficer@us.af.mil).



  
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A B-52 Stratofortress flies overhead at RAF Fairford, England, Aug. 22, 2020. U.S. Strategic Command regularly tests and evaluates the readiness of strategic assets to ensure we are able to honor our security commitments.

U.S. AIR FORCE PHOTO  
SENIOR AIRMAN EUGENE OLIVER

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**TRAEGER POTATOES AU GRATIN**



**INGREDIENTS**

1 1/2 CUP HEAVY CREAM  
1/2 CUP WHOLE MILK  
2 TABLESPOON FLOUR  
4 CLOVE GARLIC, MINCED  
1 TEASPOON SALT  
TO TASTE FRESHLY GROUND BLACK PEPPER  
2 TABLESPOON BUTTER, SOFTENED  
4 WHOLE RUSSET POTATOES, CLEANED  
1 CUP GRATED SHARP CHEDDAR CHEESE


When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes.

In a bowl, whisk together heavy cream, milk, flour, minced garlic, salt and freshly ground black pepper to taste.

Slice potatoes thinly and as uniformly as possible. Smear softened butter all over the bottom of a baking dish. Place 1/3 of the potatoes in the bottom of the baking dish. Pour 1/3 of the cream mixture over the potatoes. Repeat this two more times, ending with the cream mixture.

Cover with foil and bake on the Traeger for 30 minutes.

Remove foil and bake for another 20 minutes, or until potatoes are golden brown and bubbling. Add the grated cheese to the top of the potatoes and bake for 3 to 5 more minutes, until cheese is melted. Enjoy!

  
Ryan Davy - GM  
Minot

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**BARKSDALE B-52 EVACUATION TO MINOT AFB**  
B-52 Stratofortress bombers stationed at Barksdale Air Force in Barksdale, Louisiana, relocated to Minot Air Force Base, as part of a standard precautionary plan, amid the threat of Hurricane Laura.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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Congratulations to Airmen First Class Dvaughn Banks, Timothy Bowling, Deisjambra Cadet, Haley Cornett, Tori Kenney, Steve Quijada, Noah Nichols Rathbun and Dylan Thurnbauer!

Best of luck, can't wait to see the results! Big thanks to supervisors and the NCOs on the board as well, none of this is possible without you!

891 MISSILE SECURITY FORCES SQUADRON PHOTO



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# The Legacy of The Mighty Eighth...

## Grandfather & Grandson Serve Their Country



It was a different time when Henry "Hank" Meyer stood in the recruiting line. The world was at war as WW II raged in both the European and Pacific Theaters. His goal was to become a pilot in the Army Air Corps. And so, the military life of Henry Meyer would begin in 1943, and some 76 years later would be closely chronicled in a paper written by his grandson, Major Keith Meyer, Commander of the 5th Munitions Squadron.

For Major Meyer, sharing the stories of both of his Grandfathers, who both served in World War II, is an honor and a pleasure. But the military life of Henry Meyer, who served in the 8th Air Force in England as a radio operator and waist gunner aboard a B-17 bomber, would eventually be the topic of a paper written by Major Meyer at Air Command Staff College at Maxwell Air Force Base, Alabama.

"We are a military family, and there is service on both sides of my family" according to Major Meyer, "my parents

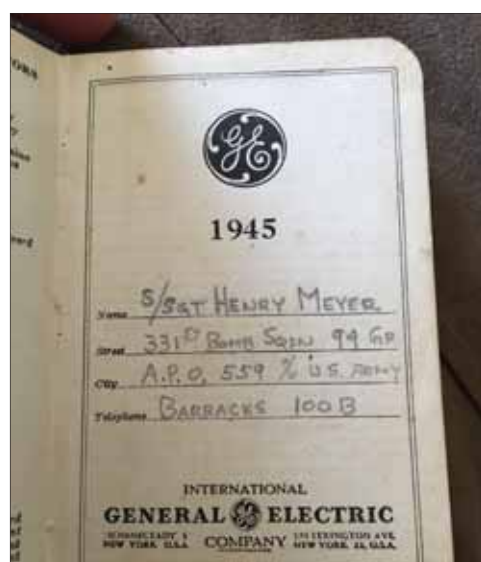
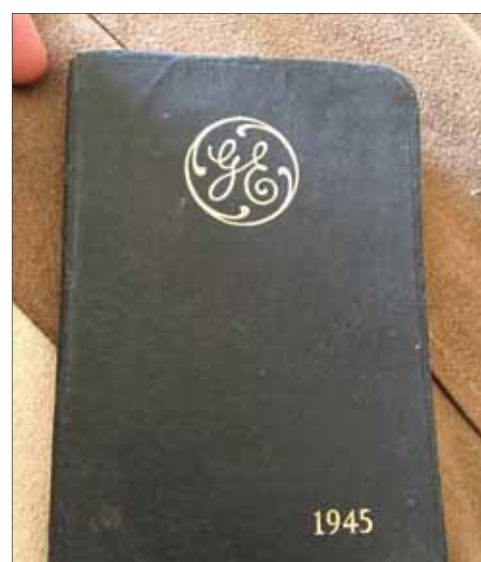
were incredibly supportive of my dream of serving like my grandpas both did when I grew up, and my Dad always took me to local air shows, or the Air Museum in Fargo. We have a cabin in Detroit Lakes, Minnesota, so Fargo was close." His interest in airplanes and WW II, was fueled by his Grandfather Henry's willingness to talk about the war. "He knew that as an aircrew member, that the odds were 1 in 10 of him not returning from the war" continues Major Meyer, "he was assigned to the 8th Air Force's 94th Bomb Group (Heavy), 331st Bomb Squadron." Not as a pilot however, "Unfortunately he would have trouble counting the number of rotations while performing barrel rolls in the aircraft and would eventually be "washed out" of pilot training for dangerous flying," continues Meyer. The 94th Bomb Group fell under the Mighty Eighth Air Force in the chain of command, "and at the time Hank was flying for them, the Eighth was commanded by the legendary Air Corps General James "Jimmy" Doolittle." The

first mission of the 94th was flown on the 13th of May 1943. According to the Major in his paper, "In total, the 94th would fly 324 missions, 8,884 sorties, drop nearly 19,000 tons of ordnance and lose 153 aircraft of the course of the war."

Much of the information that Major Meyer was able to gather about his Grandfather's service time in WW II comes from a very small, "probably illegal" according to the Major, journal kept by Henry. In it are short, but descriptive, notes about each mission. Date, destination and general conditions are hand written in the journal. The journal is now preserved with other paraphernalia, including both of his Grandfathers' dog tags, to be passed on to the next generation. Maj Meyer tells of one more treasured belonging. "At an ROTC "Dining In" celebration dinner inside of a hangar in the 934th Airlift Wing in Minneapolis, MN, we had the opportunity of having the Mighty 8th's (then) Commander, Lieutenant General Robert J. Elder Jr. as our guest speaker.

After the banquet ended, I made my way to the podium to share stories about my Grandfather and his time in the Mighty 8th. When the conversation ended, General Elder reached into his pocket and pulled out his personal 8th Air Force Commander's coin. He handed it to me and said, "Son, please thank your Grandfather for his service from me." I gave the coin to my Grandfather and there were tears in his eyes when I told him the story. After he passed away, my Mom was cleaning out his desk, and there in a mahogany box was that coin. I have it now in my office."

His memories of his Grandfather Henry Meyer include many conversations about the war, "but you really don't pay attention to what they are telling you at the time" continues Maj Meyer. "My Grandfather could hold a conversation with almost everyone, and he did. He talked about the comradery of the bomber crews, and the importance of the missions. I just want people to know that my Grandfather was just an ordinary



A journal neatly kept by SSGT Henry Meyer. There are details of every mission.

Henry Meyer before departing to Europe.

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Maj Keith Meyer holds photos of his Grandfathers who both served in WW II.



Henry Meyer, middle front row, poses with his B-17 crew.



8<sup>th</sup> Air Force Commander's Coin presented to Henry Meyer through his grandson Major Keith Meyer. The coin is now on Major Meyer's desk.

guy, who was a hero. We should appreciate their service."

As coincidence would have it, Henry Meyer's last mission (his 28th in total), would also be the final mission of the 94<sup>th</sup> Bomb Group in Europe. The 94<sup>th</sup> was deactivated after the war. Henry would spend Victory in Europe (VE) Day (9 May 1945) in England, enjoying a well-deserved celebration with his fellow comrades in arms, as well as the British community surrounding the airfield. He would also be inducted into the "lucky bastard club," which was a joke certificate handed out upon completing the required number of missions to return home. Hank's personal celebration was short lived however, because upon completion of the war in Europe, men with insufficient points in the 331<sup>st</sup> Bomb Squadron were to be transferred and retrained to fly and operate another heavy bomber, the B-24 "Liberator." But his transfer

would to the Pacific Theater would never happen. President Truman would make the decision to drop the atomic bombs and ultimately end the war. Music and a career as a police officer would occupy Henry's time when he returned stateside. He married Thelma, who he met in his pilot training years. In his paper about his Grandfather Maj Meyer talks about the man that was Henry Meyer. "Growing up as Hank's grandson, I was awestruck by his tales of the men and machines used to fight the war, as well as the heroic tales of the bomber crews that would return, and those that wouldn't. Henry never shied away from discussing his missions when asked, and, like many veterans of the war, would claim that he was "just doing his job, and did it the best he could for the men in the fortress with him." He would pass away peacefully in August of 2008.

For Major Meyer, it was a special day when both he and his wife, Major Leah Meyer, received orders to Minot. He would be able to now serve as a legacy Airman in the Mighty 8th Air Force, because it falls under Air Force Global Strike Command. He would move his family of Charli, 9 years old; Kate, 7 years old; and Henry, the name sake of his Grandfather, 4 years old, to Minot Air Force Base.

"I will continue to pay homage to my Grandfather and his service in the Mighty Eighth," says the Major. And should one of the Major's Meyer children choose the Air Force for their career, he or she too will be thankful for the time Henry Meyer spent not only in service to his country, but for the stories he shared about those men, like him, who flew the missions and returned. But also, the stories about the many who did not return. To all of them we owe a debt of gratitude.



The Meyer family shortly after arriving at Minot AFB. Leah, Henry, Charli, Kate & Keith

PHOTO BY JULLIAN BATSON PHOTOGRAPHY



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# Northern Celebrations

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Lifestyle

## Doves in N.D.

Patricia Stockdill

Doves receive a hint of love from North Dakota hunters, but nothing compared to dove-crazy states like Missouri or Texas.

Maybe part of the reason is the season seems to sneak up on us. It already opened back on Sept. 1 – the same time harvest kicks into gear, school starts, and the North Dakota State University Bison football team would normally roll towards more victories in its quest for another consecutive national title if a pandemic weren't underway.

Even with other distractions, about 7,000 hunters pursue doves each year. That number is based on N.D. Game and Fish Department hunter harvest surveys.

Doves may not get the love they deserve but there are still several reasons to hit the field edges or set up some decoys in a few straggly dead trees along a wetland or crop edge: It's a great opportunity to get into the shooting and hunting mode with upcoming upland and waterfowl seasons.

Secondly, it provides hunting dogs some work under their belt before getting serious about grouse, pheasants, ducks, and geese.

The key is to get out early in the season because, quite honestly, many doves have already booked their flights south, en route to warmer climates for the winter.

The U.S. Fish and Wildlife Service, the agency charged with establishing dove season length and limits across the United States, allows North Dakota to have a 90-day dove season which closes Nov. 29.

Don't wait, however.

Instead, get out as much as possible as early as possible because doves will stage and move out in increasing droves with the next round or two of chilly weather.

Dove populations across North Dakota and throughout their range generally remain steady. They're an "edge" species, taking advantage of patchy mixes of trees, grass, and cropland, along with residential areas. Game and Fish Department biologists even count mourning doves while conducting summer upland brood

surveys.

In addition, doves are banded throughout the U.S. It takes place in North Dakota from about July 1 through Aug. 15. The data is used to track harvest and population trends, which the Fish and Wildlife Service in turn uses to determine season length and limits.

Mourning doves were the only legal dove when the season was established in 1980. However, in recent years the non-native Eurasian-collared dove has expanded in population across many areas of the country, including North Dakota. It's been legal to harvest Eurasian-collared doves in the state for several years so 15-bird daily and 45-bird possession limits can be an aggregate of mourning and Eurasian-collared doves.

North Dakota doesn't specifically survey its Eurasian-collared dove population but anecdotally feel the state's population is increasing, much as it is elsewhere across the country.

However, not many Eurasian-collared doves are harvested in North Dakota, in part because they tend to inhabit different areas than mourning doves.

Think about pigeons and how they love old granaries, farm elevators in small communities, and oftentimes, buildings.

That's similar to where Eurasian-collared doves hang out and not areas where dove hunters hang out.

Mourning doves, on the other hand, like those rural edgy, patchy habitat areas with a mix of grasses, grains, water, and a few dead trees tossed into the mix for them to roost.

The bottom line is dove season is open. It will likely be short for any major quantity of birds but hunters will still have opportunities when it rolls into grouse, waterfowl, and even pheasant season. It's just that by then they're more of an incidental bird and a hunter probably doesn't have 7 or 8 shotgun shells in their hunting vest at the time.

Yet it's a great primer for the upcoming seasons.

Get out and enjoy it.



Two hunters along with their spinning wing and stationary dove decoys await the potential arrival of birds.

Patricia Stockdill photo

# Minot's Ribfest Back on the Fairgrounds!

MINOT RIBFEST

Swing by the North Dakota State Fairgrounds for a smokin' good time at Minot's Ribfest back for its 6th year. As they have in years past, award-winning ribbers from around the country will be here grilling and serving the best brisket, smoked chicken, and ribs. This year, there will be a BRAND NEW Monster Truck show set to wow audiences in Minot on Saturday at the Grandstand. Anyone who purchases a Monster Truck Show ticket in advance will receive free admission to Ribfest that day.

Ribfest is a great event to have fun with your family and friends! The Minot Ribfest Cornhole Tournament sponsored by Scheels is back this year on

Saturday afternoon. Information and registration for this event are available on the Minot's Ribfest website. On Friday and Saturday night, everyone can enjoy free music on the iHeartMedia Stage. To start off Sunday, The Northland Harvest Church will be holding a Sunday Service open to all. Magic City Discovery will be there to provide activities for kids all weekend long. There will also be bounce houses, go karts, an escape room and many more activities for families of all ages.

Ribfest will be held September 11-13 on the North Dakota State Fairgrounds. Admission is \$5. Visit [www.minotribfest.com](http://www.minotribfest.com) for more information and updates on new activities.



MINOT RIBFEST PHOTO



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# U.S. bombers integrate with French, U.K. aircraft

U.S. AIR FORCES IN EUROPE &amp; AIR FORCES AFRICA RELEASE NUMBER: 010820

Two B-52 Stratofortress strategic bombers from the 5th Bomb Wing at Minot Air Force Base, North Dakota, conducted integration and interoperability training with French air force Mirage fighters and Royal Air Force Typhoon fighters during a tri-lateral training sortie as part of the long-planned Bomber Task Force Europe mission, Aug. 27, 2020.

This marks the first time a Bomber Task Force Europe mission has launched from a forward-operating location since COVID-19.

"We talk a lot about interoperability, and today's mission demonstrates what that actually means," said Gen. Jeff

Harrigan, U.S. Air Forces in Europe and Air Forces Africa commander. "Aircraft from three different nations received fuel from partner nation tankers highlighting our ability to seamlessly operate together. This type of training strengthens our relationships and enables us to be ready to operate as a coalition anytime, anywhere."

French air force KC-135 aircraft and RAF Voyager aircraft provided the refueling necessary to enable long-range, long duration strategic missions demonstrating NATO's tanker interoperability.

Airmen from the 5th Bomb Wing at Minot Air Force Base, North Dakota, are deployed

to RAF Fairford, England, to conduct training with partners and allies during this Bomber Task Force Europe rotation.

Bomber missions familiarize aircrew with air bases, airspace, and operations in different geographic combatant commands. They demonstrate the credibility of our forces to address a global security environment that is more diverse and uncertain than at any other time in our history.

Continuing coverage of this deployment will be available on this website, and on the DVIDS hub at: <https://www.dvidshub.net/feature/bombertaskforceeurope>.



Staff Sgt. Devin Kempe, a 5th Maintenance Squadron crew chief, talks to pilots on the flightline at RAF Fairford, U.K., Aug. 27, 2020. Bomber missions familiarize aircrew with air bases, airspace, and operations in different geographic combatant commands. These missions build proficiency and confidence; if required, these bombers are able to execute decisive actions at the direction of the national command authority.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JESSE JENNY

A B-52H Stratofortress takes off from the flightline at RAF Fairford, U.K., Aug. 27, 2020. Bomber missions enable crews to maintain a high state of readiness and proficiency, and validate our always-ready global strike command.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS JESSE JENNY

Airman 1st Class Alexander Mona and Joseph Holtgrave, 5th Maintenance Squadron crew chiefs, conduct maintenance on a B-52H Stratofortress on the flightline at RAF Fairford, U.K., Aug. 27, 2020. The U.S. remains committed to our allies and partners and will decisively respond to threats in spite of the current COVID-19 crisis.

U.S. AIR FORCE PHOTO  
AIRMAN 1ST CLASS JESSE JENNY

A B-52H Stratofortress pilot conducts pre-flight checks on the flightline at RAF Fairford, U.K., Aug. 27, 2020. Bomber missions familiarize aircrew with air bases, airspace, and operations in different geographic combatant commands. These missions build proficiency and confidence; if required, these bombers are able to execute decisive actions at the direction of the national command authority.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JESSE JENNY

## Walk to Fight Suicide

Minot Out of the Darkness Community Walk/Drive  
September 13, 2020  
Oak Park Shelter #7  
Register at [afsp.org/Minot](https://afsp.org/Minot)

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Wednesday (9/16).... 7:00 pm

### WOMEN

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Tuesday (9/15).....6:30 pm  
Thursday (9/17).....6:30 pm

### YOUTH

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for ages 5-6

Thursday..... 3:45 pm  
• all ages starts September 10th  
Saturday..... 9:30 am  
• all ages starts September 12th  
Sunday..... 6:00 pm  
• 12 and over starts September 13th

### MIXED

#### Teams

Sunday (9/20).....7:00 pm  
Wednesday (9/16).... 7:00 pm  
Thursday (9/17)..... 6:45 pm  
Friday (9/18).....6:30 pm

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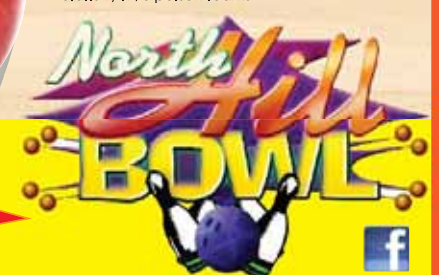
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Thursday.....1:00 pm  
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# Physio Moments: Joint By Joint, Part 1, The Ankle

DR. RON GILES, PT, DPT, CSCS, PHYSICAL THERAPIST, 5TH MDG

If you missed the last article printed in the August 21st issue I strongly encourage you take a moment to go back and review it because this week we are kicking the Joint by Joint series off at the ankle. The ankle could be considered our foundation for quality movement; the way we step, run, squat, lunge, negotiate stairs and more is all impacted by our ankles' ability to move. In much of the research, particularly research focused on military and athletic populations, they find a lack of ankle mobility to be one of the leading risk factors for injury.

The ankle moves in several different ways, but our primary focus is going to be dorsiflexion. This is the ankles' ability to bend in a way that brings the foot closer to the shin. A very easy way to assess your ankle mobility is shown here:

- Place a piece of tape a hands width (measured at the widest point) distance away from the wall.
- In a ½ kneeling position with shoes off place the big toe on front edge of tape
- Keeping the heel of the front foot in contact with the floor slowly drive knee toward the wall



\*If you can touch the wall with your knee and your heel easily stayed in contact with the floor, then you have reasonable ankle motion into dorsiflexion. If not, let's work to improve your mobility with the following 2 exercises that require minimal equipment and time.



- Ankle Mobility Drill 1: Perform 2-3x daily x 12 repetitions/side and before every workout

o Find a distance with front foot away from wall that is challenging to touch knee to the wall while your heel stays in contact with the ground. Move the knee back and forth from the wall while keeping your heel down. As the motion improves, slide your foot further from the wall to increase challenge.

- Ankle Mobility Drill 2: Perform 2-3x daily x 5 repetitions/side and before every workout

o Place forefoot on small step keeping heel in contact with the floor. Step opposite leg forward and up on to small step and hold for 5 sec. Step off and back to start position, repeat for a total of



Ankle Mobility Drill 1



5-6 reps/side. The taller the step the harder the drill.

Re-visit the self-assessment every 4 weeks to track your progress, the ultimate goal is to easily be able to clear the assessment and staying consistent with these drills you will get closer each time. Next time we will dive into our 4 part series covering the hip. As always, move well, live healthy and keep the mission alive Warbirds and Rough Riders!

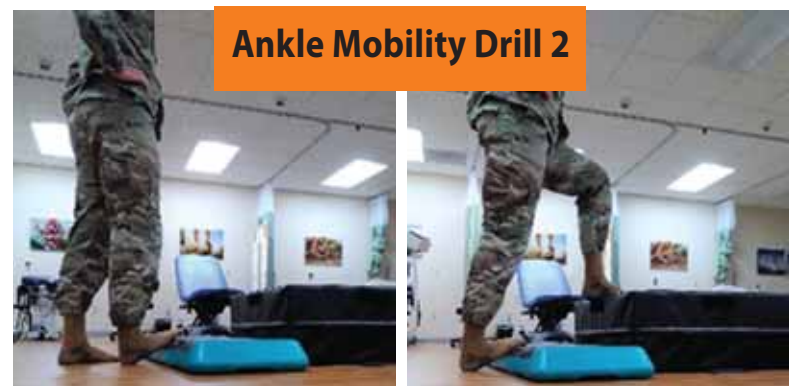
Dr. Ron Giles, Capt, USAF, PT, DPT, CSCS, 701-723-5095, ron.c.giles.mil@mail.mil



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Ankle Mobility Drill 2

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

## BASE ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY**  
Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (9 Sept-10 Nov). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please email your registration request & any inquiries to [minot@erau.edu](mailto:minot@erau.edu). To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

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## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

B	A	S	K		L	O	T	T		E	N	V	O	Y
A	L	A	N		I	R	A	E		P	A	I	N	E
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🕒 Thursdays ~ Fridays ~ Saturdays 🕒



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## CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

<p><b>Little Flower Catholic Church</b></p> <p>800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p>Saturday, September 4 Vespers 5 PM Sunday, September 6 Liturgy 10 AM Father Paul Hodge</p>	<p> <b>Break Forth BIBLE CHURCH</b></p> <p>Thursdays 7:00pm 2<sup>nd</sup> + 4<sup>th</sup> Sundays 10:30am at the <b>GRAND HOTEL</b> <a href="http://www.breakforthbiblechurch.com">www.breakforthbiblechurch.com</a></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> <b>Bible Fellowship Church</b></p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship ..... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p>Sunday Worship ..... 11am Sunday School ..... 11am Tuesday Bible Study ..... 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b> </p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p> Reverend Philip Beyersdorf</p>
<p> <b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE Minot • 839-3694</b></p> <p>Sundays: Worship ..... 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b> </p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule:</p> <p>Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 pm Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a> <b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School ..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church ..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:minotcrbc@gmail.com">minotcrbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30 p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30 p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>
<p> <b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Sunday School ..... 9:00 a.m. Sunday Worship Service ..... 10:00 a.m. Fellowship ..... 11:00 a.m.</p> <p><b>Pastor Matt Scherbenske</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship ..... 6:30 p.m.</p> <p>Sundays: Worship ..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<p><b>Chapel Services at MAFB</b></p> <p><i>Protestant</i> (North Plains Chapel in Base Housing)</p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<div data-bbox="1312 1765 2026 2448"> <p><b>ORCS Preschool</b></p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p><b>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</b></p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>2 and 3 day options available</li> <li>Kindergarten readiness skills practiced each session</li> <li>All teachers hold a North Dakota Professional Educator's License</li> <li>Christ-centered environment</li> </ul> <p>Please contact our school office or visit our website for more information. <b>701.839.0772</b> Email: <a href="mailto:jschultz@orcsknights.org">jschultz@orcsknights.org</a> Website: <a href="http://www.orcsknights.org">www.orcsknights.org</a></p> </div>	
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship ..... 6:30 p.m.</p> <p>Sundays: Worship ..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>		

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