



**PATRIOT DAY**  
SEPTEMBER 11

**WHATS  
INSIDE  
THIS WEEK:**



SECRETARY OF THE  
U.S. DEPARTMENT  
OF ENERGY, VISITS  
TEAM MINOT

**A7**



B-52s TRAIN WITH  
NORWEGIAN  
FORCES

**B3**



## MINUTEMAN III BALLISTIC MISSILE LAUNCH

An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operational test 12:02 a.m. PDT, Sept. 2, 2020, at Vandenberg Air Force Base, Calif. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies.

COURTESY PHOTO BY CONNOR RILEY

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# Test launch demonstrates safe, ready Minuteman III deterrent

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. (AFNS) --

A team of Air Force Global Strike Command Airmen launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle at 12:03 a.m. Pacific Time Sept. 2 from Vandenberg Air Force Base, California.

The test demonstrates that the United States' nuclear deterrent is safe, secure, reliable and effective to deter twenty-first century threats and reassure U.S. allies. Test launches are not a response or reaction to world events or regional tensions.

The ICBM's reentry vehicle traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

"This operational test launch is the culmination of months of hard work and preparation that involve multiple partners," said Col. Omar Colbert, 576th Flight Test Squadron commander. "I couldn't be more impressed with the team that we partner with to successfully execute this mission. The men and women from the 90th (Missile Wing), 91st (MW) and 341st MWs, 576th FLTS, Air

Force Nuclear Weapons Center, and the 30th Space Wing here at Vandenberg, among other mission partners, made this look easy, but it was far from that. Our phenomenal results are a testament to the dedication and professionalism of these proud organizations, and their hard work sends a visible message of deterrence to the world."

The test launch is a culmination of months of preparation that involve multiple government partners. The Airmen who perform this vital mission are among the most skillfully trained the nation has to offer.

The missile came from the 91st Missile Wing, but due to COVID-19 restrictions, maintenance actions were performed by technicians from the 91st and 90th Maintenance Groups and missile combat crews were supplied by all three Missile Wings as well as the 576th Flight Test Squadron. This demonstrates that even during the pandemic, Air Force Global Strike Command maintains various levels of redundant capability to assure a national deterrent.

"This operational test launch was especially challenging considering the effects of the pandemic, but the task force from all three missile wings did an outstanding job coming together

to accomplish this important mission," said Maj. Patrick McAfee, task force commander. "From the deposture at Minot (AFB) to reposture, alert and launch at Vandenberg (AFB), this team exhibited the professionalism they bring every day to our nation's nuclear deterrent force."

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

The launch calendars are built three to five years in advance. Planning for each individual launch begins six months to a year prior.

Air Force Global Strike Command comprises more than 33,700 Airmen and civilians assigned to two numbered air forces, 11 wings, two geographically-separated squadrons and one detachment in the continental United States, and deployed to locations around the

globe. The command oversees all bomber and ICBM operations for the U.S. Department of Defense.

More information can be found at: <https://www.afgsc.af.mil/Library/Fact-Sheets/Display/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>.



An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operational test at 12:02 a.m. Pacific Daylight Time 2 September 2020, at Vandenberg Air Force Base, Calif. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies. ICBMs provide the U.S. and its allies the necessary deterrent capability to maintain freedom to operate and navigate globally in accordance with international laws and norms.

U.S. AIR FORCE PHOTO  
SENIOR AIRMAN HANAH ABERCROMBIE

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Airman 1st Class Caleb Kimmell

Airman 1st Class Jesse Jenny

Airman Jan Valle

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5th Bomb Wing Commander:

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5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Christopher E. Menuey

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Col. Barry E. Little

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## VIEW ONLINE

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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**  
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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

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donation

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Permit # M-3848

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**VEHICLES OF THE WEEK**

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**\$10,791**  
STOCK# 57238X

**FINANCING AVAILABLE**

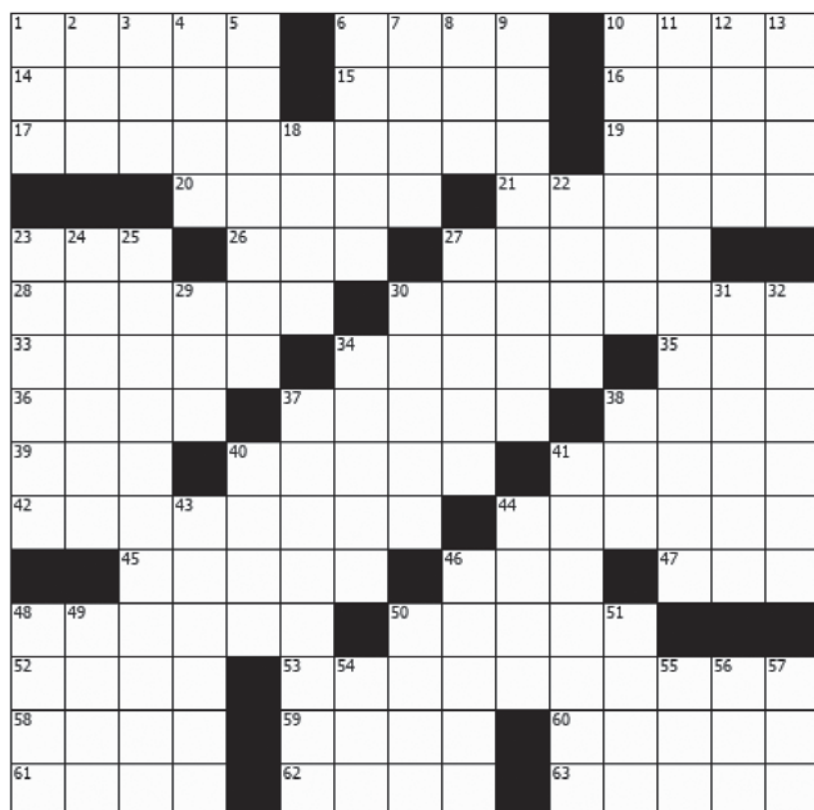


## CROSSWORD PUZZLE

Solution can be found in next weeks edition

## Across

1. Take lessons in  
6. Pebbles's papa  
10. Making a mess?  
14. \_\_\_ Detoo ("Star Wars" android)  
15. Blossom from a bulb  
16. Sitcom producer Norman  
17. Essentials  
19. Connery's first Bond film  
20. Sty dwellers  
21. They're served with fishes in Matthew  
23. Give in to gravity  
26. Mouse sighter's cry  
27. Pie slice  
28. Luminous object in outer space  
30. Disposable drinking vessel  
33. Not yet ignited  
34. Become one of the gang  
35. Pollution-policing org.  
36. "\_\_\_ never fly!"  
37. Regional flora and fauna  
38. "The King \_\_\_"  
39. Umbrella stiffener  
40. Courageous  
41. Influential person  
42. "It Wasn't All Velvet" autobiographer  
44. Removal key  
45. Kind of football played indoors  
46. Geeky guy in "Garfield"  
47. Shortest-named spectrum hue  
48. Snake-haired horror  
50. Avis alternative  
52. Ford contemporary  
53. Chipmunk's facial feature  
58. Egg on a felon



59. Bound  
60. Occur as a result  
61. Seasoned sailors  
62. Scrimmage participants  
63. Clockwork components

## Down

1. "Frankenstein" setting  
2. Louse up  
3. \_\_\_ premium (scarce)  
4. David's "Friends" role  
5. "Nothing to it!"  
6. Stand at the side of  
7. Jambalaya grain  
8. Yellowstone grazer  
9. Reading problem

10. "Ripe" life stage  
11. Operational headquarters  
12. Xanadu inhabitant of cinema  
13. "Aye" voters  
18. Amphitheater level  
22. One-eyed Norse god  
23. Be fidgety  
24. Em, to Dorothy  
25. Bile container  
27. Adjective for Oscar Wilde  
29. \_\_\_ vous plaît  
30. LED part  
31. Additional data on a news story

32. Like a winner's expression  
34. Terra \_\_\_  
37. Creature attached to a hull  
38. Feel unwell  
40. Thin-bladed tools  
41. Jamboree shelter securer  
43. Has faith in  
44. Nerd  
46. "M\*A\*S\*H" vehicles  
48. Protective trench  
49. Exile isle of fame  
50. All that's seen of the Wizard of Oz, at first

51. Twilight or time follower  
54. Chicken Little's mother, e.g.  
55. Network with the new "Kojak"  
56. Mixed-breed dog  
57. "\_\_\_ got high hopes ..." (song lyric)



What has to be broken before you can use it?

Answer: An Egg

## Guess Who?

I am a pop singer born in England on July 10, 1993. I performed at school as a youngster, but never thought of myself as a great singer. That all changed when my bandmates and I became the first all-girl group to win "The X Factor" singing competition.

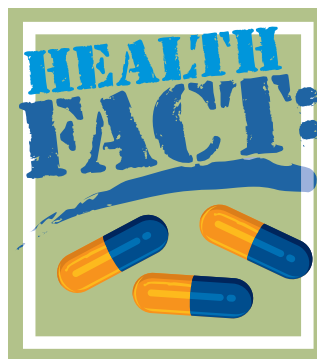
Answer: Perrie Edwards

## SUDOKU



Solution to puzzle on page B11

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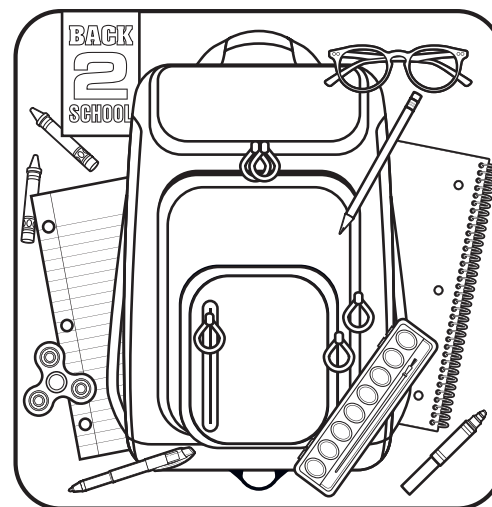


RESEARCHERS SAY A STUDENT SHOULD CARRY NO MORE THAN 10 PERCENT OF HIS OR HER WEIGHT IN ONE OF THESE.

ANSWER: A BACKPACK

## Creative Coloring

Celebrate back to school season. Color in this picture to create your own masterpiece.



## THIS DAY IN...



## HISTORY

- 1789: ALEXANDER HAMILTON IS APPOINTED THE FIRST U.S. SECRETARY OF THE TREASURY.
- 1971: THE EGYPTIAN CONSTITUTION BECOMES OFFICIAL.
- 1997: NASA'S MARS GLOBAL SURVEYOR REACHES MARS.



## EDUCATION

the process of receiving instruction at a school

How they SAY that in...

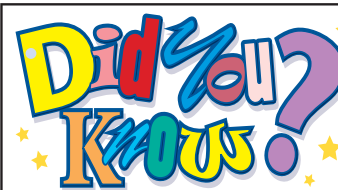
ENGLISH: Student

SPANISH: Alumno

ITALIAN: Studente

FRENCH: Élève

GERMAN: Schüler



SOME COLLEGES AND UNIVERSITIES SPONSOR PROGRAMS THAT ALLOW STUDENTS TO STUDY ABROAD.



Can you guess what the bigger picture is?

ANSWER: BACKPACK





## Upcoming Events

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 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 NEW 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)

13  
SEPT

**GRANDPARENT'S DAY AT THE ZOO**  
6:30 PM - 8:30 PM  
Roosevelt Zoo  
1215 E Burdick Expy, Minot

Gma & Gpa admission is free with a child's admission purchase. (No matter how big or small that child may be.)  
Adults \$9.50  
Kids (3-12) \$5.50  
2 & under Free



For more information:  
Facebook event/ Roosevelt Park Zoo

17  
SEPT

**MINOT FARMERS MARKET**  
9:00 AM - 12:00 NOON  
Oak Park  
1300 4th Avenue NW, Minot

Head over to Minot's Oak Park for fresh produce, yummy baked goods, homemade bread, and more!  
The Minot Farmers Market will be held every Tuesday, Thursday, and Saturday.  
Check out our page for more information regarding COVID-19 guidelines and how to shop safe at the market! See Less



For more information:  
Facebook event/ Minot Farmers Market

19  
SEPT

**TAILS ON TRAILS 5K**  
9:00 AM - 12:00 PM  
Bark Park  
705 N 83 Byp, Minot

For Belle's Sake Animal Rescue & Rehabilitation will be hosting our second annual 5K Run/Walk! This year the run will be coordinated by Run with Heart and Sole. Please join us to raise money and awareness for this awesome organization. This year, all proceeds will benefit the upcoming expansion project and general expenses.  
REGISTER AT: <https://runsignup.com/Race?racelid=96094>  
The race will end at the Bark Park to let your furry family members hang out and play (if they have any energy left after the 5K!!)  
More details to come!



For more information:  
Facebook event / For Belle's Sake - Rescue/Rehabilitation



### "PRIDE OF THE SOUTH" SOFTBALL COMPETITION

South Flight had a "somewhat" friendly softball competition between the 4 squads September 2. After four games, Squad 4 led by TSgt Siebe and SSgt Barr were declared victorious and claimed the South Flight P.R.I.D.E. Stick! They have officially been declared the "PRIDE of the South" and will be looking to defend their title at the next flight competition!

91ST MISSILE SECURITY FORCES SQUADRON PHOTOS

## On Base



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[www.5thforcesupport.com](http://www.5thforcesupport.com)

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# B-52s return from flights in Baltic Sea region

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA RELEASE NUMBER: 010920

Three B-52 Stratofortress strategic bombers from the 5th Bomb Wing at Minot Air Force Base, North Dakota, operating out of RAF Fairford, England, returned from flights in the Baltic region focused on integration and interoperability training with European allies and partners in the region, Aug 31.

"It's been an active first week for BTF. After accomplishing an impressive feat with a single-day mission that overflew 30 NATO countries, we continue to visibly demonstrate our capability to extend deterrence globally" said Gen. Jeff Harrigan, U.S. Air Forces in Europe and Air

Forces Africa commander. "Our forward presence in the Baltic Sea region today shows our solidarity with NATO and sends a clear deterrence message to any adversary."

The flight included long-planned training with Belgium, the Netherlands, and the U.K. The B-52 bombers also integrated with Italian Eurofighters, German Eurofighters, and Portuguese F-16s, for an overflight of Riga, Latvia.

KC-135 Stratotanker aircraft from the 100th Air Refueling Wing, RAF Mildenhall, England, enabled the long-range strategic Bomber Task Force Europe

mission by providing aerial refueling support.

Ongoing bomber missions showcase the Air Force's ability to continue executing flying missions, sustain readiness, and support our allies and partners, regardless of any external challenge to include the current global COVID-19 crisis response. These bomber missions represent the U.S. commitment to our allies and enhance regional security.

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



A B-52H Stratofortress takes off from the flightline at RAF Fairford, England, Aug. 31, 2020. The U.S. and Europe must preserve their mutual commitment and trust to each other as they face emerging forces and evolving strategic challenges.

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

## New food option offered from an old friend of MAFB!

NORTHERN SENTRY

Over Labor Day weekend 200 Airmen and families discovered the newly painted bright blue Quickie Burgers & Fries food truck on Minot AFB owned and operated by Al Lee. Al, no stranger to MAFB, was greeted by many as "Hey you're Al from Dickies" while they chowed down on the handmade patties and hand cut fries from late in

the evening till early the next morning.

With plans to be back this Fri and Sat from 2200 to 0200, in the same spot between BK and the PDC on Missile Ave, Al says, Quickie Burgers is looking for volunteers or paid staff to help keep this going. Contact [al@quickieminot.com](mailto:al@quickieminot.com) or (701)822-1239.



# LEAGUE BOWLING

America's #1 Participation Sport!

## MEN

**4 Person Teams**

Tuesday (9/15)..... 6:30 pm  
 Wednesday (9/16).... 6:30 pm  
 Wednesday (9/16).... 7:00 pm

## WOMEN

**4 Person Teams**

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

## YOUTH

Bumper League available 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

## SENIORS

**4 Person Mixed Teams**

• • • FREE COFFEE • • •

Leagues are 30 weeks

Wednesday..... 10:00 am  
 • starts September 16th  
 Friday..... 1:00 pm  
 • starts September 18th

## DAYTIME COFFEE

## FREE COFFEE

Thursday..... 1:00 pm  
 • Starts 9/17, 3 person teams

1901 NORTH BROADWAY, MINOT, ND  
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[NORTHHILLBOWL.COM](http://NORTHHILLBOWL.COM)

No Appointments Necessary!

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### MR. DAN BROUILLETT, SECRETARY OF THE U.S. DEPARTMENT OF ENERGY, VISITS TEAM MINOT

Mr. Dan Brouillette, Secretary of the U.S. Department of Energy, visits Team Minot September 1, 2020, at Minot Air Force Base, N.D. Mr. Brouillette was joined by North Dakota Senators Mr. Kevin Cramer, Mr. John Hoeven, and North Dakota Governor Mr. Doug Burgum.

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

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## WHAT'S GOING ON MAFB

## TODAY 11

- Registration Closes for Match Play Tournament at Rough Rider Golf Course
- RHIT Strength and Conditioning, 0545, Fitness Center
- RMystery 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
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Karaoke Night, 1800-2200, Rockers Bar & Grill
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## SATURDAY 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

## SUNDAY 13

- Match Play Tournament, First tee time 0730, Rough Rider Golf Course
- Family Pet Fair, 1300-1500, Bud Ebert Park
- Zumba, 1400, Fitness Center

## MONDAY 14

- FCC New Provider Pre-Orientation: One-on-One Meetings Available
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Cycle, 1615, Fitness Center
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- Key Spouse Meeting, 1800, A&FRC — Zoom Meeting

## TUESDAY 15

- Cycle, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Game Day, 1000-1930, Minot AFB Library
- Swerk, 1830, Fitness Center

## WEDNESDAY 16

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- 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
- Yoga, 1830, Fitness Center

## THURSDAY 17

- Cycle, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Pre-Separation Counseling, 0830-1130, A&FRC — Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- EFMP Virtual Baking Class, 1100-12300, A&FRC — Online Zoom Meeting
- Single Airman Free Bowling, 1700-2100, Rough Rider Lanes
- Cycle, 1700, Fitness Center
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

## UPCOMING 18

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Mystery Price Bowling, 0900-2100, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- U.S. Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## 19

- Cycle, 0900, Fitness Center
- Swerk, 1015, Fitness Center
- Single Airman Free Bowling, 1800-2300, 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

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## 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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# National Women's Equality Day

SENIOR AIRMAN DILLON J. AUDIT, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Team Minot Airmen participated in the National Women's Equality Day event at Minot Air Force Base, North Dakota, Aug 28, 2020. Team Minot members joined in the National Women's Equality Day walk which represents the women who pushed for equal rights in the 20th century.

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



CMSgt. Ernest Crider, 91st Operations Squadron superintendent, walks with his canine companion during the National Women's Equality Day event at Minot Air Force Base, North Dakota, August 28, 2020. There were six different booths at the event, featuring different historical Women who fought for equal rights.



Senior Airman Raelissa Holm, 91st Missile Security Operations Squadron unit security manager, talks to Airman about powerful historical figures at Minot Air Force Base.



A group of Team Minot Airmen participate in the National Women's Equality Day event.



Bags full of goodies line the table at the National Women's Equality Day event.



Two Team Minot members wave to passerbys during the National Women's Equality Day event.



Team Minot Airmen listen at one of the speaker booth at Minot Air Force Base, North Dakota.



Team Minot Airmen participate in the National Women's Equality Day event.



Team Minot members prepare for the National Women's Equality Day Walk.



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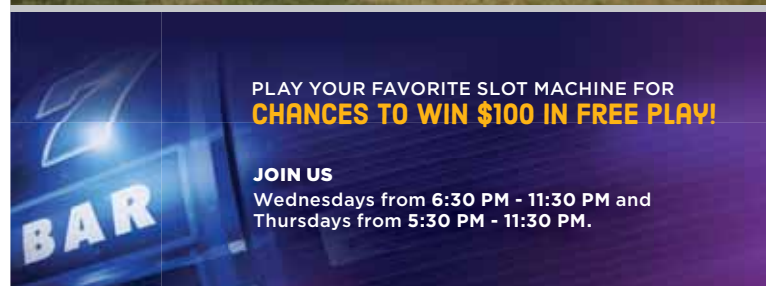
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# B-52s train with Norwegian forces

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA  
RELEASE NUMBER: 020920

Two U.S. Air Force B-52 Stratofortress bomber aircraft conducted multi-domain training flights over international waters in the vicinity of the Norwegian Sea, Sept. 2, 2020.

During the flights, B-52s integrated with Norwegian F-35 and F-16 fighter aircraft as well as Norwegian frigates. Training with NATO allies like Norway enhances the capabilities and readiness of the alliance and strengthens our shared commitment to global security and stability.

“Yesterday, marks 18 completed out of 18 planned Bomber Task Force missions since August 22 with many more to come,” said Lt. Col. Michael Middents, 23rd Expeditionary Bomb Squadron commander. “This milestone proves the U.S. Air Forces’s ability to project sustainable long-range strike in support of our allies and against

our adversaries across the globe. It proves that we don’t just make promises to respond, we will respond.”

The flight was coordinated in support of U.S. Strategic Command’s Bomber Task Force in Europe which is a series of missions developed to allow aircrews to train and familiarize themselves with different geographic locations and allies.

The B-52s, part of the Bomber Task Force currently deployed to the U.S. European Command area of responsibility, are from the 5th Bomb Wing, Minot Air Force Base, North Dakota. The aircraft arrived in theater Aug. 22 and are temporarily operating out of RAF Fairford.

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




A KC-135 Stratotanker assigned to the 100th Air Refueling Wing, RAF Mildenhall, England, refuels a B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, while escorted by Norwegian F-16s over the Norwegian Sea, Sept. 2, 2020. Stratotanker, assigned to RAF Mildenhall, England, after refueling over the North Sea, Aug. 31, 2020. Currently deployed to RAF Fairford, England, the B-52s integrated with NATO allies and regional partners during several missions, ensuring interoperability, enhancing readiness and building relationships necessary to confront a broad range of global challenges.

PHOTOS COURTESY OF  
ROYAL NORWEGIAN AIR FORCE




**100 ARW FUELS B-52 OFF NORWEGIAN COAST**  
A B-52 Stratofortress from the 5th Bomb Wing, Minot Air Force Base, North Dakota receives fuel from a KC-135 from the 100th Air Refueling Wing, RAF Mildenhall, England a KC-135 around the coast of Norway during a during a strategic bomber mission on Sept. 2, 2020. Bomber missions enable crews to maintain a high state of readiness and proficiency, and validate our always ready global strike capability.

U.S. AIR FORCE PHOTO | STAFF SGT. MATTHEW J. WISHER



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# Smooth move: PCS tips and tricks

JULIE FERGUSON

So, it is your first time moving with the military. Or maybe it is your third, or tenth time, relocating the contents of your entire house to a new place called home.

During our first PCS, I felt completely overwhelmed by the details and logistics. I was a new military spouse, a new mama and traveling to a new home that transferred us nearly 3,000 miles from our family support system. I had no clue what I was doing, but I somehow managed to complete that move (and the next two) and keep my sanity intact.

Here are some packing and organization tips that helped make the transition easier, plus a few tricks that I learned for the next time.

Part 1: Before the move and pack out.

A new duty station is in your future. It's exciting and overwhelming. Here are a few tips to get you started.

## 1. Triple check your orders.

On the first copy of orders, my name was spelled incorrectly. On the second, they listed my husband's birthdate inaccurately. By the third error – yes, there was a third – I was anxiously awaiting revised copies. Fortunately, after much persistence, the correctly amended document arrived just in time. Without accurate orders, you cannot move forward with scheduling everything needed to relocate – make sure you triple check the details.

## 2. Obtain Power of Attorney.

Power of Attorney (POA) is an excellent document to have on hand for many situations. It is helpful to obtain one before your PCS, so you can sign forms in lieu of your spouse. Even if they are scheduled to be home for the move, we all know last minute things happen, and plans often change. It is one less stressor to be able to continue your move without worrying if your service member will be home while the packers load up your household goods (HHG).

## 3. Purge, purge, purge.

Moving is an excellent reason to sort through that old box of clothes in your closet, organize a garage sale, recycle that miscellaneous Tupperware and donate items you no longer use. Purging through the excess also removes unnecessary items from your total weight allowance.

## 4. Have a PCS binder and checklist.

There are so many great organizational packets and binders available to choose from to help make your PCS transition as smooth as possible. I created my own binder with relevant checklists, important documents, information, travel and hotel itineraries, budget, utility bill tracker and vehicle shipment papers.

## 5. Set aside pro gear.

A separate weight allowance is provided for job-specific items and tools during an official military move. This includes equipment, papers, books, field gear, reference materials and tools of up to 2,000 pounds for the service member. An additional 500-pound gear limit is available for spouses too.

## 6. If it is irreplaceable, keep it with you.

Birth certificates, marriage certificates, passports, medical records, sentimental jewelry and photos, and any other details of importance stay with me in my carry-on suitcase. If it cannot be easily replaced, it stays on my person during the move.

## 7. Inspection walk through.

TSP (Transportation Service Provider), or your carrier, is responsible for conduction a pre-move inspection survey of your entire home. This allows them to estimate the total weight of goods, determine the number of rooms to pack and crates needed, note any issues, and confirm your pick-up day and time. Ensure the reviewer prepares an accurate appraisal, double-check you reveal any hidden storage compartments or closets, and ask any questions you may have before moving day.

## 8. Record an inventory video.

Pictures are worth a thousand words, but a video can provide additional protection in the case of damages or missing items. Before the movers come, take a walk-through video of your entire home, including opening drawers and cabinets, to have on hand to dispute any challenges.

## 9. Take décor off the walls.

The movers are not responsible for removing any items hanging on the walls – this includes curtain rods, mirror, picture

frames, hardware, decorative items and storage racks. Taking these things down yourself also allows you to organize them by room before the packers arrive.

## 10. Unplug everything.

Movers are not required to unplug your appliances and electronics. They may, however, charge you extra to complete this task. Make sure you disconnect all plugs from the wall outlets before the packers arrive, defrost and drain major appliances, such as refrigerators and washing machines, and take down any window air conditioning units.

## Part 2: The move itself.

The day has come, and it's time to get the move started. It's easy to forget things in the chaos of the day. Here are my tips for the day of to keep you on track.

## 1. Record your serial numbers and keep an inventory list.

There will be a separate inventory sheet provided for high value items. Make sure to record the serial numbers of your electronic devices, smaller valuable items and other important equipment. Keep a copy for your records available in case any discrepancies arise.

## 2. Keep your drawers organized.

Empty kitchen drawers into gallon bags or large containers before the packers arrive. This keeps everything organized by drawer together, making unloading a breeze. It also ensures the utensils stay clean and free of debris.

## 3. Sheets and curtains in storage bins.

Wash and dry sheets, curtains, bedding and shower liners and then store them in clear plastic storage bins. The movers will usually load the entire container into a large moving box, and your items will stay clean and fresh for immediate use at your next destination. For extra freshness, I will also include a dryer sheet or sachet of dried lavender in the tote.

## 4. Pay for the extra insurance.

Upgraded insurance will be an option provided by TMO. They will most likely tell you that you do not need it, because the military will pay for any damages. But there are some circumstances



This time of year often signals summer transitions for military families.

PHOTO | LT.CMDR. JIM REMINGTON

and perils – or unforeseen events – where this may not apply. For us, the additional peace of mind, and greater care by the moving company packing your belongings, is well worth it.

## 5. Add copies of your orders to every box.

Hopefully, all your boxes arrive at your new home as planned. If a box does disappear or end up en route to an alternative destination, a copy of the orders

in the box will easily capture where those goods should be forwarded.

## 6. Have someone watch your kids.

Packing up your entire home is a big project. Having a trusted neighbor or friend hang out with your kids for a few hours after the movers arrive can alleviate some stress.

Article continued on next page



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# DHA launches new Air Force military hospital and clinic websites

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

FALLS CHURCH, Va. (AFNS) -- On Sept. 1, the Defense Health Agency launched 74 new military hospital and clinic Air Force websites – an important milestone in the effort to modernize the web presence of all military medical treatment facilities. Each website transitioned to the TRICARE domain to provide a standardized patient experience across the Military Health System.

The transition to the TRICARE.mil domain incorporates new layouts and adds helpful features to enhance the user experience and provide easier access to information about the local military hospital or clinic and the TRICARE benefit in one place.

“Standardizing military hospital and clinic websites will help our patients across the Military Health System to access

all of the information they need to manage their health care and their TRICARE benefit,” said Lt. Gen. Ronald Place, Defense Health Agency director. “This change will make it easier for our service members, retirees and families to find the information they need to navigate and access health care information. As our service members and families move across the country and around the world, having a standard website will be one less thing they will have to learn at their new location.”

Upgrading the military’s online resources by improving the military hospital and clinic websites, and relying on user input for future enhancements allows service members, retirees and their families worldwide to help drive future updates to ensure they get the web



experience they want from the Military Health System.

“No matter where our military forces are deployed or what service they belong to, all members will enjoy a universal experience and consistent information about the TRICARE benefit and local military health services,” said Diana Logreira, DHA chief of Digital Communications.

The website enhancement is part of the transition of administrative oversight of MTFs to the DHA under the 2017 National Defense Authorization Act.

Improved Website Features

Navigating through the local military hospital or clinic websites will be easier through the following key features:

- Standardized look and feel
- Simplicity and ease of navigation
- Up-to-date health care information
- Easy to find data on quality, patient safety and access
- Centralized TRICARE information
- Localized health services
- Localized Management with centralized TRICARE benefit

information

While the new website design supports consistent information sharing for TRICARE beneficiaries throughout the entire Military Health System, local hospitals and clinics will manage their site to keep their own beneficiary population informed on issues specific to that facility.

Experience the new changes for yourself. Visit the newly launched 5th Medical Group - Minot Air Force Base website at <https://minot.tricare.mil/>

## Smooth move

As another alternative, some military branches will also pay for up to 20 hours of care per child during an official change of station move.

7. Organize and label your belongings by category.

Use color coded stickers or markers to label your boxes by room (ex: green = living room, yellow = bathroom, etc.). To make things even quicker to find, add the sub-category (ex: baby clothes) so you know exactly what is in each carton without having to dig through every box for that room.

8. Inspect the items your movers mark as damaged before you sign the inventory sheet.

Make sure to go over the

inventory sheet with your moving company, and double check every item marked as damaged before you sign the inventory sheet to ensure you agree with the labeled condition. Sometimes, people just sign the inventory sheet without cross referencing the notes of damage, which can result in surprises while unpacking

9. Research your new station.

Maybe you have a few months before your move (or maybe just a few weeks!) but researching your new local area is advantageous. Schools, neighborhood, amenities, living on base vs. off base, area parks and attractions and specific stores in the region are some of the beneficial things to learn

Article continued from previous page

about before arriving at your new home.

10. Save money.

PSC moves are expensive, and those costs can add up quickly. Often, you have a government travel charge card to absorb the expenses of your move. In our case, we were not authorized to use the card for our move. Instead, we needed to pay costs out of pocket and get reimbursed later (make sure you keep all the receipts to submit!). Saving money is crucial for unexpected events too.

*This story originally appeared in Military Families Magazine.*



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# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

- Lake Sakakawea elevation, Sept. 7: 1,840.22 feet above mean sea level (MSL); 25,300 cubic feet per second (CFS) Garrison Dam average daily releases.

- Devils Lake elevation: 1,449.31 feet above mean sea level (MSL).

- Stump Lake elevation: 1,449.38 MSL.

- N.D. Game & Fish Dept. game wardens: North-central area lakes quiet. No Devils Lake reports. Limited reports from the east end and midsection of Lake Sakakawea. Missouri River chutes producing some nice-sized walleye.

- Devils Lake, Woodland Resort, Devils Lake: Continued small walleye success using spinners and bottom bouncers with nightcrawlers. Some success starting with minnows, as well. Try trolling along highways from the shoreline working out towards deeper. Also try Pelican Lake.

- Lake Darling, Karma C-Store, Ruthville: Lake Darling producing occasional walleye but limited reports from Grano.

- Lake Metigoshe, Four Seasons, Bottineau: Bluegill success slowed.

- 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, Indian Hills Resort, Garrison: Tough walleye bite, in part with windy weather. Try working jigs, switching to minnows in deeper water and move around. General store now closed for the season but ramp is open with lodging and camping still available.

- Lake Sakakawea, Scenic 23, New Town: No new reports but generally slow walleye activity.

- Lake Sakakawea, Van Hook Resort, New Town: Walleye remain somewhat slow.

- Lake Sakakawea/Missouri



- Watch wetlands and lakes for blue-green algae when hunting this fall and keep dogs out of any discolored and tainted water.
- 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.
- Sept. 22: Eastern early Canada goose season closes.
- Sept. 26: Woodcock season opens.
- Sept. 26: Regular resident waterfowl season opens.
- N.D. Dept. of Environmental Quality issued blue-green algae advisories for Coal Mine and Buffalo, lakes and Devils Lake with warnings for Stump and Antelope lakes.

### Tournaments:

- Sept. 12: Lake Sakakawea, Beulah Bay; Lake Sakakawea, Tobacco Garden.
- Sept. 19: Lake Sakakawea, White Earth Bay.

River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with best walleye success at night from 10 p.m. to 4 a.m. Try casting crankbaits from shore. Also try trolling crankbaits or 3-way swivels from boats in the chutes. Some catfish activity in the wing walls. Lake Sakakawea slow for walleye. Move around and try working structure along points in 35 feet. Salmon remain deeper but should move shallow with cooler weather so look for some shore success casting crankbaits. Try squids and flashers or herring along the face of the dam if working deep.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better walleye success

remains farther east around the Van Hook Arm with some activity in White Earth Bay.

### Hunting:

- Archery deer: A few hunters starting to get out.

- Grouse: Scattered ruffed grouse numbers in some areas of the Turtle Mountains but not many reports of larger numbers. Look for average sharptail success in northwest N.D.

### Numbers to know:

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



### OPERATION ROADSIDE BEAUTIFICATION

Adopt-A-Highway clean up was in full swing September 4. Members of the 91st MSFS giving back to the community by helping do trash clean up alongside HW 83 past Walmart. Many bags of trash were collected. So, it is important that you do not litter. BULLY!!!!

91ST MISSILE SECURITY FORCES SQUADRON PHOTOS

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BBQ SAUCE  
AS NEEDED TRAEGER BEEF RUB

When ready to cook, set Traeger temperature to 250° and preheat, lid closed for 15 minutes.

Combine broth and sauce in small bowl and set aside. Trim excess fat off brisket point and rub brisket with Traeger Beef Rub.

Place brisket on the grill grate and cook until the internal temperature reaches 190° (approximately 6 to 7 hours). Remove brisket from grill and cut into 1 inch cubes.

Toss brisket cubes with sauce mixture in a pan and cover the pan with aluminum foil. Place pan in grill and cook for 1 hour.

Stir the burnt ends and cook for an additional hour. Enjoy!



Ryan Davy - GM  
Minot

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# Department of the Air Force to survey members on interpersonal violence

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force will soon survey total force Airmen and Space Professionals about their experiences surrounding interpersonal violence.

The survey is scheduled to be distributed the week of Sept. 7 to all Airmen and Space Professionals including civilians, active duty, Guard and Reserve members.

"We're asking for people to

participate in a survey to help us better understand their individual experiences surrounding interpersonal violence in our ranks," said Brig. Gen. April Vogel, director for manpower, personnel, recruiting and services at the National Guard Bureau, and the interpersonal violence task force lead.

This survey is part of a two-pronged approach in which the survey data and the data gathered from reviewing past cases

involving interpersonal violence will be used to identify any themes or areas for improvement. Interpersonal violence can range from stalking and bullying to domestic violence, sexual assault and abuse.

"Our goal is to determine if we are keeping our Airmen and Space Professionals safe when they are facing interpersonal violence," Vogel said. "The survey information will be used to shape our plan of action

and recommendations to senior leadership."

Survey participants may also volunteer to take part in a limited number of small focus groups by opting in at the end of the survey. Participants will remain anonymous throughout the survey process, and if members choose to take part in the focus groups, their survey data remains separate from their personal contact information. Additionally, there is an opportunity for command leadership teams to provide their perspectives.

"We encourage participation from our total force service members with anything to share regarding their experiences dealing with interpersonal violence, to include command leadership teams," Vogel said. "We want to hear your stories."

The task force stood up in July to explore processes, programs and leadership actions associated with keeping Airmen and Space Professionals safe when faced with interpersonal violence situations.



SrA Luke Huebsch, 5th Security Forces defender, and SrA Matthew Holcomb, 100th Security Forces defender, stand guard at B-52H Stratofortress "Warbirds" at RAF Fairford, England on Sept. 3, 2020. Airmen are routinely deployed in expeditionary units to RAF Fairford to support mission such as the Bomber Task Force Europe. The Bomber Task Force, operated by the 5th Bomb Wing, Minot Air Force Base, ND is there to project strength and the agile ability of the United States to generate it assets abroad.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSH W. STRICKLAND

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Author of

# WILDER INTENTIONS

Love, Lies and Murder in North Dakota

**C. J. Wynn**

**AT THE EXCHANGE**



# BACK TO SCHOOL



Ryin Holmes (2nd Grader) along with sister Grayci (Kindergartner) on their first day of school. Both students attend Dakota Elementary.

Submit your Back to School photos by emailing the Northern Sentry at nsads@srt.com



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**Enter your pet in fun contests:**

Best Dressed  
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# The YWCA Minot is hosting Women of Distinction

## Annual Awards Ceremony Honoring Impactful Women in the Community

Women of Distinction honors special women whose lives, talents, and passions improve the communities in which they live.

Women of Distinction is an annual event carried out by YWCAs across the United States that focuses on “unsung heroes” who exhibit strong leadership skills, advocate for positive social change, or demonstrate a commitment to their community and to the mission of the YWCA. This event is an opportunity to recognize and honor women in a variety of areas ranging from business to education to military, who have contributed significantly and serve as a role model to other women.

The YWCA Minot presents the Women of Distinction Award to women

who improve the communities in which they live. This award honors women who have demonstrated excellence, leadership, and integrity in their fields and in the community.

If you know an inspirational woman, she could be a boss, an employee, a volunteer, a friend or family member who has gone beyond the call of duty to help you, your organization, or business, please consider recognizing their work by nominating them for this award.

Nomination Categories include:

- For Individuals  
Business, Education, Military, Social Activism, Young Woman of Distinction, The Woman of Distinction
- For Organizations  
Business of Distinction, Non-Profit of

Distinction

Nominate a woman at: <https://forms.gle/MLibJqekqGRznau8>

Nominations are due by September 30, 2020

The Women of Distinction Awards Ceremony will be held November 12, from 4-6pm at The Hyatt House located at 2301 Landmark Dr. NW, Minot, ND 58703

Tickets are available for \$20 to celebrate the nominees in person, limited number of tickets are available to follow CDC recommendations. To purchase tickets visit <https://www.eventbrite.com/e/118930856393> or by calling 701-838-1812



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### Women of Distinction: Categories for Individuals

Please thoroughly read category descriptions and select the category best suited for the nominee.

**Business:** A woman in business or nonprofit organization. Nominees will be considered from all levels in the business world: business owners, managers, employees, and entrepreneurs. Nominees may be employed by a profit or nonprofit organization and demonstrate their professionalism through ambition, organizational effectiveness, and ethical leadership.

**Education:** A woman working as a teacher, administrator, or support staff in early childcare, elementary, secondary, higher education, non-traditional settings, or community education who nurtures, empowers, and inspires students.

**Military:** This active-duty woman or spouse has made significant

contributions through her work in the military, in the community, and among her fellow personnel. Women from all ranks will be considered. Three women will be selected from - officer, enlisted, and spouse categories.

**Social Activism:** This woman is an activist in the community. Advocating for the betterment of her community. Through social change, women empowerment, or eliminating racism.

**Young Woman of Distinction:** This young woman serves as a role model for other women in her community by demonstrating exceptional leadership, scholastic ability, volunteer service, or special achievements (between 16 and 25 years of age).

**The Woman of Distinction:** This woman must have demonstrated a long-term commitment to equality, empowering women and girls and/or eliminating racism. She exemplifies integrity and displays compassion for humanity. This is the face of the entire

event and the highest honor given.

**Women of Distinction: Category for Businesses and Nonprofits**

This category is for businesses and nonprofits only.

**Business of Distinction:** A business that empowers women and/or eliminates racism. This business has proven its dedication to the advancement of women by empowering them socially, economically, and professionally.


**Non-Profit of Distinction:** A non-profit that empowers women and/or eliminates racism. This non-profit has proven its dedication to the advancement of women by empowering them socially, economically, and professionally.

Detailed information on the nomination categories can be found at [www.ywcaminot.org](http://www.ywcaminot.org).



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- Amur Tigers have “built-in” ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in “snow boots”.

### Fact File


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Tail Length	3.5 feet
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## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to mentoring.

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## UPCOMING EVENTS

**SEPT 13**  
GRANDPARENT'S DAY AT THE ZOO

**SEPT 19**  
INTERNATIONAL RED PANDA DAY

**SEPT 22**  
BABY BREW: AMUR LEOPARD

**SEPT 24**  
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# Northern Celebrations

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## The prairie, a grouse, and a dog

Patricia Stockdill

The morning air has a hint of crispness. Migrating barn swallows dart back and forth and a hawk's shrill cry announces its distant presence.

Spider webs, woven like a tapestry with intricate jewels among fading grass, glisten with dew in the brilliance of the rising sun. Even the most stunning of diamonds shrivel with jealousy compared to the shimmering web - nature's own dream catcher.

The dusky, pale green leaves of a buffaloberry bush stand in sharp contrast to its rich, crimson-hued berries, its laden branches drooping with their bounty.

For now, food is plentiful but berries will offer critical food for the day's quarry in coming months as early autumn gives way to winter.

Today, the opening day of grouse season, offers all that is right about the prairie and a new hunting season: The companionship of a good dog and a meandering trek across the open landscape, exploring a buffaloberry patch, musing at the discovery of a gray, weathered hornet's nest among its branches, and anticipation as the dog freezes in a staunch point until a sharp-tailed grouse flushes.

The first grouse bursts off to one side, and then another explodes in a different direction, and perhaps a couple of more for good measure. A few decades ago the opening day of grouse season was time for celebration in North Dakota, a much-heralded event signaling the beginning of many hunting opportunities to come. But nowadays it seems most people forsake grouse season in favor of pursuing a glitzy import in October. After all, a hunter usually logs fewer miles in shoe leather before a limit of pheasants are in the bag. For some, they say the gaudy ringneck tastes better, too. But we know otherwise. Really, there is only so much time a person has to spend afield - why not pursue a glitzy ringneck rather than a drab gray bird that clucks when it flies?



Sharp-tailed grouse: Sharp-tailed grouse - along with ruffed grouse, tree squirrels, and partridge - season opens Sept. 12 this year.

Patricia Stockdill photo

Oh, it's OK to downplay the treasure that is native grouse, but my dog knows better and so do I. While my dog would vehemently disagree with me, grouse hunting isn't all about the birds. True, it's nice to get a bird or two but in all honesty, they're a bonus. It's about sharing time afield with the dog, canine and human companions sitting together on a hillside, pausing for a drink of fresh water and contemplating the seemingly endless prairie and our next direction.

The dog appreciates the short respite but knows there is much to cover. Sitting still and resting is only good for a fleeting moment. She must hunt for she truly believes grouse hunting is all about the birds and I can't seem to convince her otherwise. So off we go, over one hill, across another to a clump of silverberry. Oh, wait, there's more buffaloberry and chokecherries off in that other direction so that's a good place to explore, especially as the morning hours warm and birds seek cool shade.

Another hawk screams overhead and more swallows zip by. The dog is in her glory, investigating every clump of little bluestem and buck brush. She's oblivious to cockleburrs, buffaloberry thorns and annoying little "sticker weeds" that must be combed out later that evening. Every patch of cover must be analyzed. And don't forget, sharpies love to lounge on the downwind side of a hilltop in the breeze. The dog knows that, as well...because it's grouse season and it's prairie at its best.

John D. Taylor, author of "The Wild Ones: A Quest for North America's Forest & Prairie Grouse" may have summed it up about as well as possible: "There is a reverence, a passionate relationship, with this continent's forest and prairie grouse for those who have come to know these birds."

The dog knows those birds, the prairie grouse in particular.

And I share her passion because it is about a bird, a dog, and the prairie.

## School Liaison Office Update



RACQUEL LABADIE, GS-11  
SCHOOL LIAISON SPECIALIST  
CHILD AND YOUTH EDUCATION SERVICES



### Winter Bus Registration

- On base schools will be sending out the Winter Bus Registration forms for families who attend the base schools and live on base or utilize before/after school care on base. The forms will also be available on the school liaison website and the school liaison facebook page, @minotslo. This year the forms must be emailed in, please do not drop off copies to your child's school. Send completed forms to mafbusforms@gmail.com. Forms can be scanned or filled in electronically. Forms are due Friday, 25 September 2020. Please direct any questions to the Bus Manager at 701-500-4466 or the School Liaison at 701-723-2838.

### Minot Public Schools Athletic Events

- Tickets or vouchers are required for admittance at Minot Public Schools sporting events. Athletes are given a certain number of vouchers to pass out to friends and family, this is in effort to reduce the number of spectators in the crowd for physical distancing purposes.

### Distance Learning Issues

- Distance families, if you run into issues with distance learning

please contact the principal of your child's assigned school for support. Don't forget there is an available Virtual Schooling Grant from the Air Force Aid Society that opened last week. The grant is for eligible K-12th grade students for a total of \$250, visit AFAS.org to apply.

### USDA Free Meal Program

- The USDA Summer Meal Program has been extended until 31 December 2020! The free meals include the main entrée item for breakfast and lunch, it does not include ala cart items or extra entrees. The extended free meal program is for in-person and distance learning families. The free meal is intended to be a complete meal so additional individual items will incur a cost. Any money currently in your child's account will remain there until charges begin on January 1, 2021. Contact MPS Nutrition Services at 701-857-8728 with questions.

Racquel Labadie is the School Liaison Specialist and will continue to provide updates concerning Minot Public Schools. Should you have additional questions, please contact Racquel at 701-723-2838.

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**91ST MISSILE SECURITY FORCES SQUADRON  
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**Shame Off You**

When we adjust someone at our clinic we are removing nerve interference. We are taking away the impediments of your master control system and letting it do its job at keeping you healthy. Nothing on this planet is better at keeping YOU healthy than YOUR nervous system. It is beyond amazing to me all the stuff our brain and nerves do to keep us healthy. The nerve system becomes subluxated or blocked due to three different types of stresses:

Physical (accidents/ sleeping wrong)  
Chemical (what we eat, drink and the air we breathe)  
Emotional (what we think do and say).

I write a lot about how to be healthier, you need to think right, eat right, move right and sleep right. Can you kind of see now how if you do those things you will mitigate the stresses that interfere with your nervous system? Pretty cool right!

Today we are going to talk about a simple phrase that I use to help me during stressful times. If you were a precocious youngster like me you probably heard the phrase "shame on you" used a few times like I did. If you heard that preceded by your first MIDDLE and last name you knew you were in for it!

We are all familiar with the phrase "Shame On You." Shame is a very dangerous thing though. It is a very big burden to carry. Shame turns into guilt and that takes you away from the present moment and keeps you living in the past. My favorite metaphor for how we navigate through life what you see when you sit in the driver's seat of your car. Most of what you see is directly in front of you. You can also for short periods of time look ahead of you or beside you but if you do that too long you will lose track of what is directly ahead of you and it could be dangerous. You also have this cool thing called the rear-view mirror which is only a fraction of the size of the windshield and it allows you to look behind you. When we spend too much time in the past, racked with guilt, that rear view mirror becomes bigger and bigger. Sometimes it can become so big that it blocks the windshield and we cannot see what is right in front of us. A rear-view mirror that is as big as your windshield is not a safe way to navigate on the road, or in LIFE!

My favorite way of combating the stress that comes from guilt or shame is the phrase "Shame Off You!!!!" It is simply the opposite of the phrase that we are familiar with but it is so powerful. If I find myself feeling guilty about something I either say out loud or in my head "shame off me." I find this phrase useful on a daily basis, and I hope you do too.

Today I want to help you to think right by giving you this blessing. SHAME OFF YOU!!!!

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# Bolstering NATO alliances on land and in air

23RD EXPEDITIONARY BOMB SQUADRON, MINOT PUBLIC AFFAIRS

RAF Fairford, England --

No stranger to Estonia, Lt. Col. Michael Middents, recently completed a Bomber Task Force mission to the Baltic region on Aug. 31, 2020.

Estonia, located in Europe's Baltic region, is where Middents completed his officer Intermediate Developmental Education (IDE) at the Baltic Defence College. Middents is the 23rd Expeditionary Bomb Squadron commander currently leading the Bomber Task Force in Europe operating out of RAF Fairford.

By sending its officers to receive military education in allied nations, the United States demonstrates its commitment to its allies, in this case, to Estonia, the Baltic nations and the North Atlantic Treaty Organization. The Department of Defense encourages its members to complete trainings such as these to bolster not only the professional development of its service members but to also enhance the interoperability between U.S. service members and allied nations and partners.

"Our presence there is huge, it sends a message of solidarity," Middents said. "It shows that the United States is committed to its Baltic Allies through the college and the networking it provides."

Middents completed IDE as a major from 2016 to 2017 with 54 other members of the course. This was not his first time in Estonia, however, he previously visited Estonia as an Air Force bomber liaison officer, which seldom happens. Middents said

that acceptance in the course is highly competitive not only within the Air Force, but also within other branches as only up to four officers are picked to attend it every year. The course is taught at the Estonian National Defence College in Tartu, Estonia, which was founded in 1919 by the then Commander-In-Chief of the Estonian Armed Forces.

The Baltic Defence College is a joint project run by the three Baltic nations of Estonia, Latvia and Lithuania. The course Middents attended prepares students to become joint command and general staff officers as well as trains them in the NATO joint planning process. Attendants are from countries such as the Baltics, Canada, Norway, Germany, Ukraine, Serbia, Armenia and Azerbaijan to name a few. As an English-based course, Middents said that he found it easy to communicate while others used English as a second or even third language.

Middents gained credibility with Russian speaking students by being able to contribute to the conversation in Russian.

"The Baltic nations joined NATO in 2004 and since then our joint exercises have enhanced the allied relationship and interoperability," said Middents.

Middents was able to apply his knowledge of the Baltics to the current BTF rotation.

Belgium, the Netherlands, and the U.K. conducted training with Middents' flight while other aircraft from Italy integrated separately for a flyover of Riga, Latvia. The task force deployed to RAF Fairford is the latest demonstration of the agile ability of the United States to generate its assets in other countries and provide bomber support to any number of its NATO allies while sending a clear message of deterrence to any adversary.

"The focus and unique part of this mission [Baltic Leg] was that we were going out there to train

with the interceptor capabilities of the allies in the area" said Middents. "We trained with Italian Eurofighter Typhoons out of Siauliai Airfield in Lithuania supporting the Baltic Air Policing mission."

Baltic Air Policing is a regional security mission in which NATO nation air forces rotate out of

airfields in Lithuania and Estonia to enforce the Baltic nations' sovereign airspace.

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



A B-52H Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base North Dakota, parks on the flightline at RAF Fairford, England, Sept. 4, 2020. The Department of Defense maintains command and control of its bomber force for any mission, anywhere in the world at any time.

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



**Minot Out of the Darkness Community Walk/Drive**

**September 13, 2020**

**Oak Park Shelter #7**

**Register at [afsp.org/Minot](https://afsp.org/Minot)**



**BIG YARD OUTDOOR BAZAAR**

**SATURDAY, SEPTEMBER 12, 2020**  
**10 AM - 1 PM ~ RAIN OR SHINE**

**Quilts, Crafts, Bake Sale, Lefse, Produce**  
**Light lunch served by Youth.**  
**Masks and social distancing, please.**

**VINCENT UNITED METHODIST CHURCH**  
(East of Town & Country)  
1024 2ND ST. SE, MINOT, ND

**NORTH CENTRAL VETERANS STAND DOWN**

**October 22, 2020**  
**10:00am-2:00pm**

**Armed Forces Reserve Center**  
**3420 2nd St. NE, Minot, ND**  
(North of the Minot International Airport)

- Veterans Benefits
- Health Care
- Hygiene Items
- Personal Care Services
- Counselling
- Legal Services
- Food
- Flu Shots
- Employment Assistance
- Housing Assistance

**Please bring DD214 or VA Card as proof of Veteran status, if possible.**

**For more information contact:**  
**Kelli Weiand, Military Outreach Specialist**  
**[colleen.y.weiand.nfg@mail.mil](mailto:colleen.y.weiand.nfg@mail.mil)**  
**701.340.2779**

**Please follow COVID-19 guidelines**

**2 Winners Every Week!**

**BADLANDS RESTAURANT & BAR**

**WE'LL BUY YOU DINNER!**

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

**No Limit, Enter As Many Times As You Wish!**

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.



# CLASSIFIEDS

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

**UPCOMING EVENT**

**MINOT Coin Show**

**September 26** 10 AM – 6 PM  
**September 27** 10 AM – 3 PM  
**Sleep Inn, Minot**  
Door Prizes Daily, Gold Coin Giveaway,  
Free Gifts for Kids, Free Appraisals  
9/25/20

**FLEA MARKET**

**MOVING NEED CASH?** Sell your used/unwanted items at MAGIC CITY FLEA MARKET, SEPT 12 & 13, State Fairgrounds. Info 701-340-7930.

**RUMMAGE SALE**

A Little Bit Of Everything...  
With A Lot Of Savings!

**4R HOME THRIFT**  
**2031 N Broadway**  
Furniture, Tools, Movies,  
Misc. & Interesting Items

Monday - Saturday -  
8:30 AM to 6 PM  
Sunday - 12 PM to 5 PM

**15% Military Discount!**  
<https://www.facebook.com/4rhomethrift>

**GARAGE SALE**

**3721 E. BURDICK EXPY**  
**HUGE VINTAGE & COLLECTIBLE SALE!** Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

**TRANSPORTATION**

**I BUY CARS OR HAUL JUNKERS AWAY FOR FREE -** Call Karz 4-U at 240-9172.

**\$ \$ \$ QUICK CASH \$ \$ \$**  
Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

**NORTHERN AUTO AUCTION**

**1st & 3rd Saturday Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc.!  
Bring vehicles & title to auction yard

**BUY or SELL!**  
All units sold AS-IS condition  
Terms: Cash or check supported by a bank letter of credit  
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

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

**REAL ESTATE**

**Find ALL listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).**

**FSBO MOHALL ND**  
2010 Mfd home 28x64 has 2 decks, 3 bdrm, 2 bath, office, 2 car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Price Reduced! Call/text for details, pictures, & to see. 701-228-4089 or 701-228-4190.

**FOR RENT OR SALE**

**20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE** 2 and 3 bedroom mobile homes for sale or rent from \$695 per month – includes lot rent and utilities. Located in Deering, ND. 701-214-5688.

**RENTALS**

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

**FOR SALE**

**FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS.** Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712.

**AUTOMOTIVE**

**90 DAY FREE POWERTRAIN WARRANTY** on most cars. Check out our inventory at karz4u.com or call Cliff (Retired MSgt) at 701-240-9172.

**JOHN'S AUTOBODY**

**Pays Up To \$500**

**Insurance Deductibles**  
**We Guarantee All Work & Color Match**  
**4121 S. Broadway**  
**839-8896**

**PROFESSIONALS**

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
[www.marykay.com/1clouse](http://www.marykay.com/1clouse).  
701-839-0475 or 701-721-0475.

**HELP WANTED**

**IMMEDIATE FULL AND PART TIME OPENINGS** for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014.

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

**LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?**  
Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace.

**Apply in person at:**  
605 27th St SE, Minot ND 58701  
**Or contact: Matt Mackey**  
By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

**SUDOKU SOLUTION**

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

**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.

**PARK UNIVERSITY MINOT -**  
Your degree, Your way. Now enrolling for Fall classes starting August 17. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222| 844-884-8612|[darlene.thomas@park.edu](mailto:darlene.thomas@park.edu)  
PARK. YOU

**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY**  
**BAGGERS WORK FOR TIPS ONLY**

<b>•ADULT HOURS</b> Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm	<b>• TEEN HOURS</b> Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary
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**PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.**

**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.

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

🍷 Thursdays ~ Fridays ~ Saturdays 🍷

**AAD**

Airmen Against Drunk Driving

**NO DUIs NO EXCUSES**  
**DRINK RESPONSIBLY**

**701-720-2254**



## 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> 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 12 Vespers 5 PM Sunday, September 13 Liturgy 10 AM Father Paul Hodge</p>	<p> <b>Break Forth BIBLE CHURCH</b> 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) Sunday School ..... 9:00 a.m. Worship ..... 10:30 a.m. <a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></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> 5900 Highway 83 N, Minot <a href="http://www.faithumcminot.com">www.faithumcminot.com</a> <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> 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. <i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b> 1000 NE 3rd Street <b>852-0315</b> <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>2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf</p>
<p> <b>Immanuel Baptist Church</b> 1615 2nd St. SE Minot • 839-3694</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> 2929 19th Ave NW • Minot 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> 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. Fr. David A. Richter, Pastor 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> 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>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>
<p><b>Bethany Lutheran</b> 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> Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p><b>First Baptist Church</b> 200 3rd St. SW • 852-4533 <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>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> <b>Cross Roads Baptist</b> <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> Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i> 1105 16th St. NW • 839-1407</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 <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> 1105 16th St. NW • 839-1407</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 <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> 1024 2nd St. SE • 838-4425 <i>Behind Town &amp; Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Traditional Service ..... 9:00 am Contemporary Service ..... 10:30 am Kid's Church ..... 10:30 am</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> Protestant (North Plains Chapel in Base Housing) <b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) 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> 1805 2nd St. SE 838-1111</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 KNIGHTS</b></p> <p></p> <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 <a href="mailto:info@orcsknights.org">info@orcsknights.org</a> • 701-839-0772 <a href="http://www.orcsknights.org">www.orcsknights.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</b> a space / per week</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00</b> a space / per week</p>	

we've got the church  
you've been looking for  
*Your life matters to God!*





## Let's Plan Your Party!

**Super Party**  
 • 2 Hour Party for up to 10 People  
 • Shoe Rental  
 • Pop and Ice Cream  
**\$155+tax**  
 \$12 for each additional person

**Mega Party**  
 • 2 Hour Party for up to 10 People  
 • Shoe Rental  
 • 2 - 16" Pizzas, Pop and Ice Cream  
**\$185+tax**  
 \$15 for each additional person

**ALL PARTIES INCLUDE:**  
 Plates, Cups, Napkins, Utensils, Invitations & Balloons.  
 Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.  
 You bring the cake and the kids!  
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