northernsentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 41 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 9, 2020

WHATS INSIDE THIS WEEK:



UNITED TO END **DOMESTIC ABUSE**

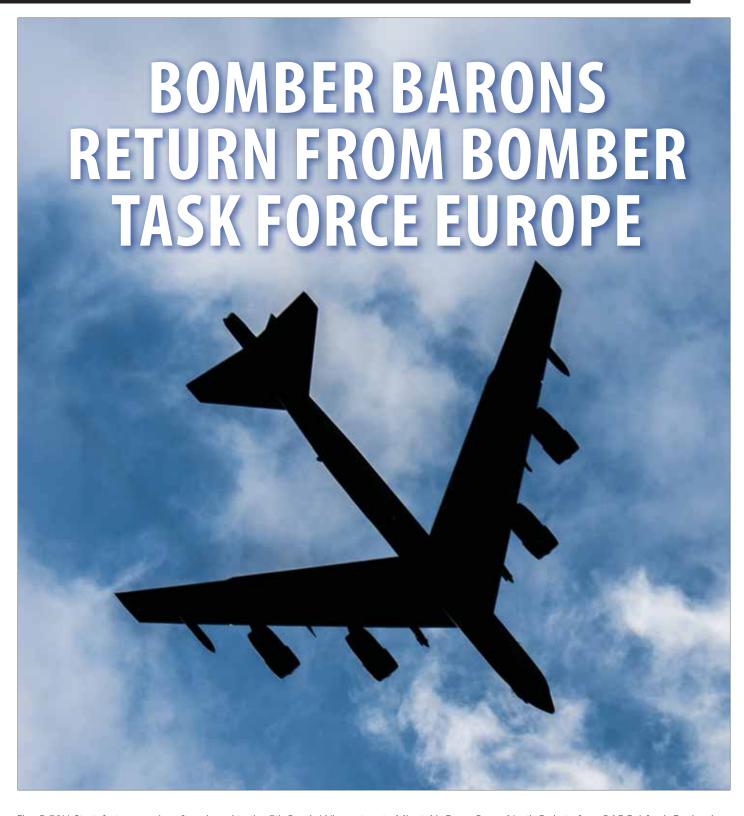


UNDERWAY TO ENSURE SAFE VOTING OPTIONS



VISITS TEAM MINOT

B4



Five B-52H Stratofortresses aircraft assigned to the 5th Bomb Wing return to Minot Air Force Base, North Dakota from RAF Fairford, England on 29 Sept. 2020 after the conclusion of Bomber Task Force 20.4. The Department of Defense maintains command and control of its bomber force for any mission, anywhere in the world at any time. See page 3 for article.

U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS JAN VALLE





DETAILS ON PAGE B4



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Find us on (f) Minot Air Force Base

United to End Domestic Abuse

The military respects, supports and defends victims of domestic abuse

MINOT AIR FORCE BASE VIOLENCE PREVENTION PROGRAM

The 2020 Domestic Violence Awareness campaign promotes the idea that preventing domestic abuse is a shared community responsibility that starts with a message of support for victims.

Getting help for an abusive relationship is difficult, especially during a global crisis. The public health measures designed to slow coronavirus disease 2019 have created conditions that may contribute to domestic abuse. Stay-at-home orders increase risk factors for victims by keeping them in quarantine with their abuser and may cut them off from friends, relatives and safe havens, such as crisis shelters. This year's campaign focuses on informing family and friends of victims about how they can help, and reminding victims that assistance is always available.

Calls to Action:

- Know someone who is experiencing relationship abuse? Ask them how you can best support them.
- Know someone in an unhealthy relationship? Let them know you're there to listen and offer ways to get help.
- Know someone who feels unsafe at home? Stay in touch to let them know they're not alone.
- Feeling unsafe at home? You have options for getting help.
- Feeling unsafe at home? We're here for you 24/7.

When it comes to domestic abuse, everyone's situation is different – it can happen to anyone and is not their fault. Whatever the circumstances, a call to your installation's Family Advocacy Program or Military OneSource can link you to resources and support.

*Preventing abuse starts with promoting an understanding of what safe and healthy relationships look like, and



providing ways for individuals to take steps such as setting boundaries and seeking help in stressful times, and knowing what support is available.

FAP is committed to supporting service members and their families impacted by

domestic abuse through victim advocacy and crisis intervention. If you or someone you know is experiencing domestic abuse, and you are not sure what to do, make a call to one of the victim advocates on your installation. Minot Air Force Base 24/7 Crisis Line: 701-343-3531; Family Advocacy: 701-723-5097

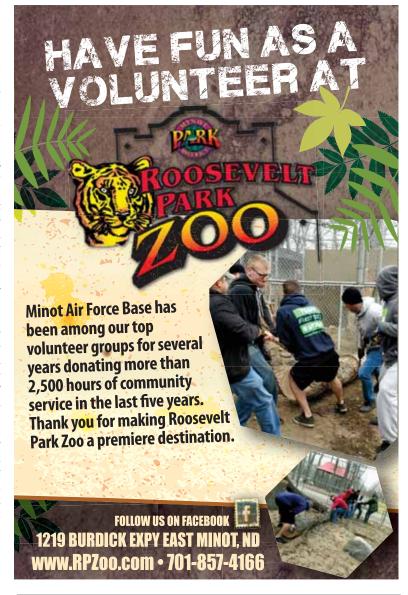
* If you are concerned about your safety and need immediate support, call the National Domestic Violence Hotline at 800-799-7233 or live chat with an advocate at thehotline.org.

* If a friend or family member is experiencing domestic abuse, do not pressure them to leave. Instead, tell them you are there for them and that you can help them plan for their safety or seek outside support when they are ready. Ask them how they prefer stay in touch and support and believe them.

* In times of increased isolation, make yourself available for scheduled check-ins with loved ones who may feel unsafe at home - whether it be by phone, text or social media - so you will know if they're OK or if you need to call for help.



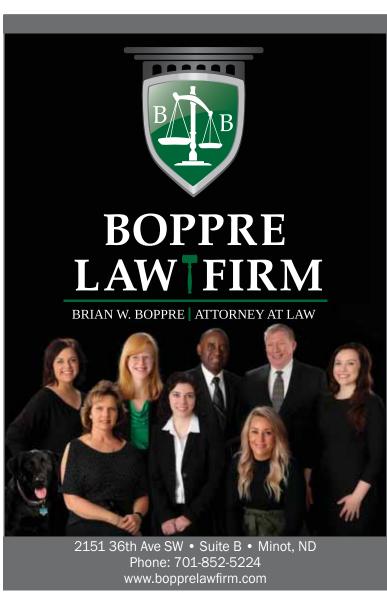














I love hunting and driving down those country job of remodeling becomes much more difficult. much what color theme you pick for the bedroom You cannot restore a house that is on fire!!! At the

there is too much inflammation in the system the 701-852-2800

roads you see lots of abandoned buildings. You Fortunately, there is a way to put reduce that maybe know what I am talking about. There is inflammation and put out that fire. I have found little to no paint left on the siding, no glass left in great success in my practice with putting the windows, the roof is sagging etc. They look in chronically inflamed and chronically in pain pretty rough shape. Even the worst of those patents on an anti-inflammatory diet. It is houses though if the foundation is sound and the miraculous what can happen. Suddenly people structure still strong could be restored. The worse who had to come in several times per week just to the house looks the more work it would take, but be able to walk could go weeks between some lumber, a saw, some paint windows, appointments and feel much better than they shingles etc and after some hard work that house ever imagined. The program I have found most could be lived in again. It would be restored. Even successful for people is called primal eating. It is though it may be difficult if you put in the work based on the work of Mark Sisson and his book you could restore that house. Now imagine you the "The Primal Blueprint." I started following the doing all that work that you need to do but the advice in this book over 10 years ago to lose house is on fire!!! Suddenly it does not matter so weight and it worked very well. I lost 40lbs and have kept it off since. One thing I noticed while or what hardware to use on the kitchen cabinets. doing the program though was that the inflammation I was experiencing got a lot better very least your job just got MUCH more difficult. too!! A chiropractor with patients who eat clean Chiropractors are the carpenters of the medical and anti-inflammatory foods is like a carpenter community. When you come in for your with a perfect set of tools...everything is way assessment we see what kind of shape the house easier and the results are fantastic!! I am more is in and give you a plan fixed up as good as than happy to speak with you about the primal possible. It is the really cool thing about our eating plan and help you to implement it in your profession. Just like the example I gave above life and feel great!!! The thing I like most about though our job as the carpenters of the medical the plan is that it is easy to follow. You can eat at community becomes much more difficult if your any restaurant, and find plenty to eat on holidays house is on fire. How can your house/body be on or at dinner parties. Lets put out that fire and get fire? Well in your body the fire is inflammation. If serious about that remodel! Call us today



1350 20th Ave SW, Minot, ND 58701 (701) 852-2800

Bomber Barons return from Bomber Task Force Europe

23D EXPEDITIONARY BOMB SQUADRON, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND --

U.S. Air Force Stratofortress strategic bombers and Airmen from the 5th Bomb Wing, Minot Air Force Base, North Dakota, operating out of RAF Fairford, England, returned home on Sep. 29, 2020.

For the last five weeks, 5th BW Airmen, aircraft and equipment conducted theater and flight training across Europe and Africa to test their ability to adapt to and operate from a forward operating location.

The B-52 aircraft flew 57 missions with 100 partner aircraft, alongside allies and partners from 30 different countries. conducted integration and interoperability missions over the North, Barents, Black, Norwegian, and Mediterranean Seas, and in the Baltic region.

This rotation also included

coordination with the 501st Combat Support Wing, RAF Alconbury, England, as well as integration with RAF Lakenheath aircraft, aerial refueling from RAF Mildenhall, and training with the U.S. Navy USS Roosevelt.

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

gives us "Every BTF opportunities to generate sorties in a unique environment to support US objectives and to strengthen our relationship with NATO allies, but COVID-19

restrictions created additional challenges not normally experienced during a typical BTF that our team overcame," said Capt. Dom Scaletti, 5th BW Aircraft Maintenance Unit Officer In Charge. "Coordinating for logistic support and aircraft parts at a foreign operating location was another of the challenges we faced to maintain 100 percent mission completion."

Despite these challenges, the eyes of the world continue to watch as Airmen from the 23rd Bomb Squadron completed every mission of BTF 20-4 with countless integrations from all NATO Allies and partners including the first rendition of Allied Sky on Aug. 29, 2020.

"The importance of being out here right now proves we are able to operate in spite of COVID-19 and assures everyone of our ability to project this

airpower," said Lt. Col. Michael Middents, 23rd Bomb Squadron Commander "We aren't just going to be here for our allies, we are here for our allies."

These training missions enabled us to build on our enduring relationships necessary to confront the broad range of global challenges.

"This is a capability we are able to provide to our allies and that the adversaries can not compete with," said Middents.

"U.S. Air Forces in Europe and Air Forces Africa must stay strategically predictable yet operationally unpredictable," said Gen. Jeff Harrigian, USAFE - AFAFRICA commander. "These missions demonstrate we have global reach and can hold any target at risk."

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Five B-52H Stratofortresses aircraft assigned to the 5th Bomb Wing return to Minot Air Force Base, North Dakota from RAF Fairford, England on 29 Sept. 2020 after the conclusion of Bomber Task Force 20.4. The U.S. routinely and visibly demonstrates commitment to allies and partners through the global employment of military forces.



WED., THURS. & SUN. 11 AM - 12 AM FRI. & SAT. 11 AM - 1 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Holline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

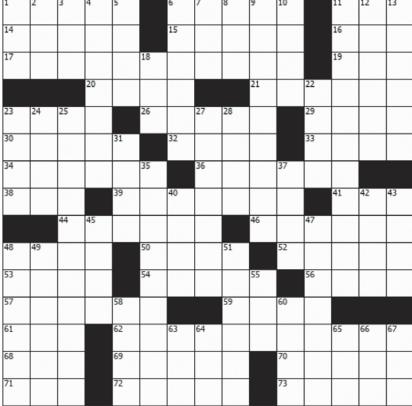


CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Nail-biting, e.g.
- 6. Chicks' chatter
- 11. Eggy quaff
- 14. Sans escort
- 15. Bewildered
- 16. Mess up
- **17**. Close
- **19**. Adequate grade
- 20. Previously owned
- 21. Witch's laugh
- 23. Biblical gift bearers
- **26**. _ Haute
- **29**. Make it
- 30. Sports venue
- 32. Speaker's spot
- 33. French articles
- 34. "Hurry up, will you?" 36. Like vertebrates
- 38. Md. setting
- 39. Organ case
- 41. Magic org.
- 44. Firenze's land
- 46. Vegetarian's request
- **48**. Film
- 50. Unmopped?
- 52. Mother-of-pearl
- 53. Carton fillers
- 54. Syrian president
- **56**. -Ball
- 57. Cigarette ad boast
- 59. Campus recruiter, briefly
- 61. "Give _ whirl!"
- **62**. Close
- 68. Geometric fig.
- **69**. Trap
- 70. Museum with Goyas and El Grecos
- **71**. Source for 20s, for short
- 72. Blender brand
- 73. "Contact" author



Down

- 1. "Star Wars" forename
- 2. Pub pint
- 3. Anaconda, for one
- 4. Destroyed
- **5**. Arizona products
- **6**. Like baseball gloves
- 7. Going concern?: Abbr.
- 8. Legal conclusion?
- 9. Digital "V," maybe
- 10. Lee of sweets
- 11. Close
- 12. Ultimatum ender
- 13. Shakes hands with,

- **45**. Try out
- 47. Eyelash cosmetic
- 48. Toyota model
- 49. "Eureka!"
- 51. One fixing holes, maybe
- 55. Town, on a map
- 58. "Are not!" rejoinde
- 60. Recipe amts.
- 63. Wrestling surface
- 64. Afore
- 65. Boxer's excited gesture
- 66. Nabokov novel
- 67. Hither's partner



- 18. Ping-pong item
- 22. "Ping-pong item,"
- for 18-Down
- 23. Like every U.S. president
- 24. Aggressive god
- **25**. Close
- **27**. Scalawags
- 28. Philbin's co-host
- 31. Taj Mahal city
- 35. Some Texas millionaires
- 37. Bar sign gas
- 40. Prejudice
- 42. Devoid of duds

unexpected turn.

to save all the Trolls.

TOUR (PG)

43. Suit to __

SUDOKU

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

Solution to puzzle on page B9





FALL EXTRAVAGANZA 10:00 AM - 4:00 PM The Market on 4th 1900 4th Ave NW, Minot

Join us for this fun day of shopping, food and fun! This event will be going on in our parking lot from 10:00 AM to 4:00 PM. Here's what we have

Dakota Roasters Coffee Co. - Stop by to try all of her delicious coffee products and learn more about this small business! Lottie Bee Co. - Our girl Ainsley will be hosting an earring bar! She will have

a variety of designs, colors, and pieces to choose from to create your own

personalized pair of earrings. Food is TBD - We will have a food vendor set up serving delicious lunch!



For more information: Facebook Event / Fall Extravaganza at the Market on 4th

8:00 AM - 4:00 PM North Dakota State Fair Center 2005 Burdick Expy E, Minot

The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items while others sell their homemade crafts, products and foods. This is the perfect place for any treasure hunter out there. There is something for everyone at the Minot Flea Market!

Admission is ONLY \$1.00 (ages 10 and under are FREE) To inquire about vendor booth space please contact us at (701) 340-7930. The market runs from 10:00 AM - 4:00 PM on Saturday and 10:00 AM



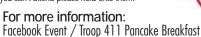
BEVELED SNOWFLAKES AT

6:00 PM - 8:00 PM Margie's Art Studio 109 S Main St, Minot

For more information: Facebook Page / Minot Flea Market

Troop 411 Pancake Breakfast 9:00 AM - 1:00 PM Minot Loyal Order of the Moose 400 9th St SW, Minot

\$5 for all you can eat pancakes, sausage, juice and coffee! Children 5 and under are free. Tickets can be purchased from any Troop 411 scout or at the door. Tickets from this year's event will be honored at 2021's breakfast, so if you can't attend please hold onto them!



PUMPKIN WALK AT WOODLAND TRAIL (LOOKING FOR PUMPKINS!)

7:00 PM - 9:00 PM Woodland Trail, Minot Visit Woodland Trail for Minot Parks first ever Pumpkin Walk! Stroll the path

filled with lit jack-o-lanterns at a completely free event. We also need your pumpkins! Our goal is to gather 500 carved pumpkins from local businesses and individuals. You provide the pumpkins and we take care of the rest. All you will need to do is drop off carved pumpkins on Friday, October 16th. Drop off times are from 2:00 PM - 5:00 PM. Make your pledge today by emailing madeline.knutson@minotparks.com, or calling the office at (701) 857-4136. Pumpkins can be picked up on

Just like in real life, each snowflake is different! Come in to Margie's to choose your own unique design and build your own personal snowflake. They can be simple to advanced depending on your experience. Registration will cover solder/ flux and copper foil. You will need to choose and purchase your own bevels please allow time for design and layout before class. For more information: Facebook Event / Margie's Art Studio / Beveled Snowflakes



For more information: Facebook Event / Pumpkin Walk at Woodland Trail

On Base





For more information visit: www.5thforcesupport.com



Department of the Air Force makes additional updates to dress and appearance regulations

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

part of the ongoing effort to build a more inclusive Air and Space Force, additional revisions were approved Sept. 15 to Air Force Instruction 36-2903, "Dress and Personal Appearance of Air Force Personnel," which are effective immediately.

Following the Department of the Air Force's initial review, a diverse panel of Total Force Airmen completed a second review of Air Force grooming and appearance guidance in order to enhance inclusiveness while maintaining Department of the Air Force professional standards.

The changes are as follows: Clarification that the

authorization to dye hair to natural colors applies to all Airmen regardless of natural born hair color. Examples of natural hair colors are brown, blonde,

WASHINGTON (AFNS) -- As brunette, natural red, black or

- Men's hair bulk standard was increased from 114 inches to 2 inches.
- Men's hair may have one (cut, clipped or shaved) front to back, straight-line part, not slanted or curved, on either side of their head, above the temple. Part will not exceed 4 inches length or 1/4 inch width.
- Women's hair bulk standard was increased from 31/2 inches to 4 inches.

For more information, service members should view Air Force Guidance Memorandum 2020-02 and check Air Force Instruction 36-2903 for updates, which are available on the public website of the Air Force's Personnel Center at https://www.afpc.af.mil/ Career-Management/Dress-and-Appearance/.





OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

· Lake Sakakawea elevation, Oct. 5: 1,839.44 feet above mean sea level (MSL); 14,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.99 feet above mean sea level (MSL). Stump Lake elevation: 1,448.94 MSL.

- N.D. Game & Fish Dept. game wardens: Some activity on Devils Lake but generally slow success. No reports from area lakes or the Missouri River System.
- · Devils Lake, Woodland Resort, Devils Lake: Continued small walleye success working the bridges with vertical jigs.
- ·Lake Darling, Karma C-Store, Ruthville: Some walleye success from shore around the Grano area.
- · Lake Metigoshe, Four Seasons, Bottineau: OK walleye success using minnows. Bluegill remain slow.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work shallow along the shoreline in the mouths of bays on the east end of Lake Sakakawea for walleye. Try pitching jigs towards shore and pulling back for best success.
- •Lake Sakakawea, Scenic 23, New Town: Van Hook Arm remains slow for walleye with anglers working more of the river portion of the lake around the New Town area for potential walleye activity.
- •Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River generally remains slow but try along the rocks from shore for salmon using crankbaits or spoons. Limited walleye success from boats due to low water. Catfish remain fair. Lake Sakakawea producing salmon with fish moving shallower. Try from either boat or shore using crankbaits or spoons. Limited walleye success. Try working deep with jigging Raps.



- Oct. 10: Pheasant and fall turkey seasons open.
- · Oct. 18: Pronghorn season closes.
- N.D. lakes, Scenic Sports, Williston: Missouri River by Williston producing some walleye activity using jigs and minnows or floating jig heads. Work shallow around Lewis & Clark State Park or Lund's Landing for walleye. Trenton Lake still producing a little crappie activity.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes and Souris River remain quiet.

Hunting:

- · Antelope: Hunters generally enjoyed nice opening weekend success.
- Upland: Look for fair to good pheasant numbers around the east end of Lake Sakakawea but be careful with identification with numbers of young birds yet. Fair numbers in pockets in some areas around the lake's midsection but fewer grouse. Some better partridge numbers, though.
- Waterfowl: Increasing sandhill crane numbers in areas north of N.D. Highway 50 in northwest N.D. and along the northern tier of Lake Sakakawea. Scattered

•Lake Sakakawea/northwest numbers of lesser Canada geese starting to filter into some areas of North Dakota, including around eastern Lake Sakakawea, northwestern areas, and north of Valley City in some areas of eastcentral N.D. Generally only local birds are scattered around the midsection of Lake Sakakawea with poor water conditions limiting duck numbers around the midsection. Good numbers of local ducks around Devils Lake but lots of hunting pressure. Some area wetlands have poor water conditions. Good numbers of area birds and generally fair to good success in east-central N.D. North-central region has OK waterfowl numbers but birds are moving around quite a bit depending on local wetland conditions. A few snow geese scattered along some areas of the state.

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.





MSgt Watson repping the Shadow Warriors with Maj. Gen. Lutton! Coined for leading the awesome transformation of the guardmount room into a place Defenders are proud to be.

891 MSFS SHADOW WARRIORS PHOTOS



GUINNESS SHEPHERD'S PIE



INGREDIENTS 6 RUSSET POTATOES

ONION, DICED 4 CLOVES GARLIC, MINCED 1 POUND GROUND BEEF OR LAMB 1 1/2 CUP TOMATO SAUCE 4 CUP MIXED VEGETABLES, FROZEN 1 CUP GUINNESS EXTRA STOUT 1 TABLESPOON WORCESTERSHIRE SAUCE 1 TEASPOON FRESH THYME SALT AND PEPPER, TO TASTE **BUTTER, STICKS** 1 CUP MILK 1 1/2 CUP SHREDDED CHEDDAR CHEESE

Bring a large pot of water to a boil for the potatoes. Let this heat up while you cook the meat mixture.

In a large skillet, cook the onion, then add garlic. Add beef or lamb and cook until browned. Drain off grease.

Add tomato sauce and vegetables to meat. Cook for 4-5 minutes, stirring often. Add Guinness, Worcestershire sauce, thyme, and salt and pepper to taste. Boil until the liquid has reduced by half and thickened (about 15 minutes).

Add the potatoes to the boiling water and cook for 15-20 minutes or until soft but not mushy. Drain and cool. Mash the potatoes with butter, milk, salt and pepper to taste.

Once meat mixture is done cooking and the potatoes are mashed, divide the meat mixture between two dishes. Top with mashed potatoes then with the cheese.

When ready to cook, set the Traeger to 350 ° F and preheat, lid closed, for 10 to 15 minutes.

Bake for 30-45 minutes or until potatoes are golden brown and cheese is melted. Serve hot. Enjoy!



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Preparations Underway to Ensure Safe Voting Options

DONNELL PRESKEY HUSHKA, ND ASSOCIATION OF COUNTIES

County auditors across the state have been working diligently to increase voting options for the November election. COVID-19 health and safety concerns are at the center of election preparations. In-person voting will be held in every county for the general election. This is a switch from the June election when Governor Burgum's executive order allowed North Dakota counties to provide Vote-by-Mail without a voting location.

"We are focused on being able to maintain social distancing and poll worker safety while offering many different options for voters to utilize. Increasing the voting options ensures everyone has the opportunity to vote in a way that feels comfortable for them during this time," commented Ward County Auditor Marisa

Counties are increasing voting options, especially promoting absentee voting to minimize the risk of COVID-19 spread. Forty-two counties will be voteby-mail, providing at least one voting location on Election Day. In Vote-by-Mail counties, at a minimum, all active voters in the database will be sent an application for a ballot.

Ten Counties are offering early voting, the length of time differs in each of those counties. Cass County, for example, will provide six early voting locations where any Cass County voter can vote. It is important for voters to check

with their counties to determine when and if early voting is offered in their county. Early voting can begin October 19th.

"Statewide, there will be a 50% reduction in the number of polling locations open on Election Day. There will be 112 polling locations open November 3rd compared to 216 in 2018. COVID-19 is the primary reason for the reduction as Auditors are having difficulty finding enough pollworkers," said Donnell Preskey Hushka who serves as Executive Director for the North Dakota County Auditors Association. "In many counties, you will see larger facilities utilized to allow for greater spacing as well as operating vote centers. Vote centers allow county residents to vote at any of the polling location in their county.

In order to provide in-person voting there is a lot of preparation to create the safest environment for voters and poll workers. Counties have purchased personal protective equipment for poll workers along with the appropriate cleaning products for election equipment to sanitize voting locations throughout the day. "We have ordered sneeze shields, masks, gloves, face shields and hand sanitizer for our workers. We will also have hand sanitizer for voters at each voting location. We will hang signs to remind voters of the current CDC and NDDOH guidelines in each voting location," said McKenzie County Auditor Erica Johnsrud. Floors will be marked at many locations to encourage voters to keep six feet apart. Each voter will also receive an individually wrapped pen that they will keep. Auditors are hiring additional individuals to work at the polls as backups as well as to sanitize voting locations. Auditors hope these safety protocols will ensure that voting is safe on Election Day and ease concerns for potential poll workers.

Auditors anticipate that it may be more difficult this year to find enough folks to work at the polls. Counties are looking to recruit new poll workers. The concern lies with the fact that a great majority of the poll worker population is of retired age, who are more susceptible to COVID-19.

North Dakota Voters can also vote absentee by requesting an application for a ballot to be mailed to them. "I'm hoping more voters will take advantage of absentee voting, but there are people that like to vote in person even though there is a pandemic going on. It's our responsibility to take every action possible to make sure we are minimizing the health risks when voting," said Bottineau County Auditor Lisa

Auditors are expecting between 50 and 60 percent of North Dakota voters will vote absentee inthe General Election. Voters who receive an absentee ballot are encouraged to return them

in a prompt manner. Ballots are required to be postmarked the day before the election or placed into the ballot drop box by 5 p.m. the day before Election Day.

A voter outreach campaign has been launched to help increase awareness of the voting options in North Dakota and encourages

voters to make a plan to vote. The campaign will include social media, direct mail, billboards and print and tv ads.

Contact your county auditor or visit vote.nd.gov with any election related questions or to request your absentee ballot.

3 Ways To Vote In Ward County

To request an absentee ballot, they can go to vote.nd.gov or contact the county auditor. You will want to request a ballot by mid-October and return the ballot in a timely manner. Mail at least a week ahead of time, you can also deliver your ballot to a ballot drop box. There are 7 ballot drop boxes in Ward County. You will want to make sure ballots are delivered to the ballot drop boxes by 5 p.m. November 2nd.

Early Voting

There will be Early Voting in Ward County starting Oct. 26th at the Ward County Administrative Building.

Voting on Election Day

Voting on Election Day -Ward County will have five locations they will be operated as Vote Centers, meaning any Ward County voter can vote any of the locations, vs at a

- Minot Auditorium 420 3rd Ave SW, Minot
- ND State Fair Center -2005 E Burdick Expy, Minot
- Kenmare City Hall 5 3rd St NE, Kenmare
- Ryder City Hall 260 N
- Berthold City Hall 105 Main St N, Berthold

Welcome Dr. Guttormson **General Surgery**



Robert Guttormson, MD MHA, FACS

Robert Guttormson, MD, MHA, FACS, is a board-certified general surgeon and a Fellow of the American College of Surgeons. With a special interest in advanced laparoscopic and robotic surgery, Dr. Guttormson is dedicated to providing excellent surgical care to patients, with innovative approaches that involve less pain, less blood loss, and quicker recovery.

Advanced Treatment Options

A Minot native, he earned his Doctorate of Medicine from the University of North Dakota School of Medicine and Health Sciences and completed his general surgery residency in Saginaw, Michigan, at an affiliate campus of Michigan State University College of Human Medicine. Following residency, he practiced at Altru Health System in Grand Forks for over nine years and served as Assistant Professor of Surgery for the UND Surgical Residency. His volunteer service includes medical missions work in Niger, Africa. His wife and their four children enjoy outdoor activities and travel. He also has an interest in photography. He is looking forward to helping serve his home community as a member of Trinity's Surgical Associates Group.

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- Trauma surgery
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Steve Fennewald NMLS #766570 Sarah Burckhard NMLS #766557

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Other restrictions may apply. (https://benchmark.us) Must present this coupon for it to be valid.

WHAT'S GOING ON MAFB

- HIIT Strength and Conditioning, 0545, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Zumba, 1700, Fitness Center
- Torch Club, 1730, Youth Center Online Zoom Meeting
- 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 Online Zoom Meeting
- Karaoke Night, 1800-2300, Rockers Bar & Grill
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

- 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 Online Zoom Meeting
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Federal Resume Workshop, 1100-1230, A&FRC Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

SATURDAY

- · For full listing of Columbus Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Creatures of the Night, 1300, Minot AFB Library Facebook Page
- Pre-Columbus Day Bowling Special, 1400-2000, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

THURSDAY

- Cycle, 0545, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC Online Zoom Meeting
- Functional Strength Training, 1700, Fitness Center
- Fun 9 Pin No Tap League, 1800, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

UPCOMING

• HIIT Strength and Conditioning, 0545, Fitness Center

• Fall Job Fair, 1130-1300, NAF HR - Base Exchange Main Entrance

• Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill,

Winner Announced at Bomber Bistro and Jimmy Doolittle Center

Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill

• Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

• Fit to Fight, 1130, Fitness Center

• Zumba, 1700, Fitness Center

OCT. SPECIALS

Bomber Bistro • Friday Lunch Specia • Yakisoba

Delivery Options (Hours subject to change)

Delicious yakisoba noodles served with chicken, cabbage, and carrots in our special house sauce. Grab it for lunch on Fridays while supplies last! Only \$9.95 - Includes a drink!

The B-Fifty Brew • Red Bull Burners

DINING

Bomber Bistro

while eating.

0600-1830

Simply To Go 0630-1830

Rockers Bar & Grill

distancing guidelines apply.

Monday-Friday 1630-2030

Bomber Bistro

Available Dining (Hours subject to change)

Monday-Friday 1030-2100, Saturday 1400-2000

Jimmy Doolittle Center due to renovations.

Dakota Inn Dining Facility / Jimmy Doolittle Center:

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

The Dakota Inn Dining Facility will be temporary operating out of the

Weekends, Holidays, and Down Days: 0630-0900, 1030-1330, 1630-1830;

Monday-Friday: 0600-0900, 1030-1330, 1630-1830; Simply To Go

The Ground Zero Lounge will be open on Fridays from 1700-2300.

Monday 1100-1400, Tuesday 1100-2000, Wednesday 1100-2000 and

out or head inside to dine in. Limited seating is available and social

Lounge open until 2100, Thursday 1100-2000 and Lounge open until 2200,

Friday 1100-2300 and Lounge open until 2400, Saturday 1600-2300 and

Lounge open until 2400, Sunday Closed. Call to place your order for carry

Grab one of our ice-cold Red Bull Burners to go! First, choose your Red Bull flavor: Original, Blueberry, Cranberry, Tropical, or Sugar-free. Next, choose your syrup: Peach, Coconut, Raspberry, Pineapple, Strawberry, Cherry, Mango, or Watermelon. Finally, top it off with Original Lemonade. Available in Venti size only for \$4.00!

Rockers Bar & Grill • Roast Beef Melt

Try this classic combination of tender roast beef with melted cheese on toasted bread! Served with fries for only \$9.75!

- For full listing of Columbus Day holiday weekend facility hours, visit 5thforcesupport.com
- Sunday NFL Football, 1130-1800, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY

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

TUESDAY

- Cycle, 0545, Fitness Center
- CGame Day, 1000-1930, Minot AFB Library Facebook Page
- CFunctional Strength Training, 1700, Fitness Center
- CSwerk, 1830, Fitness Center

• Cycle, 0900, Fitness Center

• Youth Bowling League, 1000, Rough Rider Lanes

 Karaoke Night, 1800-2300, Rockers Bar & Grill • Mixed Fun League, 1830, Rough Rider Lanes

- Swerk, 1015, Fitness Center
- · Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Moving Out of the Dorms: One-on-One Appointments: 1-31 October, A&FRC — Call to schedule an appointment.
- Pre-Orientation: One-on-One Appointments: 1-31 October. Family Child Care — Call to schedule an appointment.



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On 1 October 2020, Minot Public Schools issued a memorandum in response to new quarantine protocols announced by Governor Burgum. To view the full document please visit: https://tinyurl.com/y3zmd9x7. An overview of these changes are as

"In the hopes of getting students back in school as quickly as possible, the following provisions will be put in place effective immediately:

- If your child was notified by a school official of a school related quarantine, he/she will be allowed to return to school, effective immediately..
- If your child was quarantined due to close contact during a time they were not wearing a mask at school, you will be notified and the original quarantine period will remain in place.
- If your child was quarantined due to close contact outside of school or within the home, please reach out to your assigned case

- If your child is quarantined due to a household contact (another family member living in the home has been diagnosed with COVID) he /she must stay at home during the assigned quarantine period.
- Quarantined students at North Plains, Dakota, and Memorial on the Minot Air Force Base will remain under quarantine until final determination is made by the Minot Air Force Base Public Health Office.'

Parents may note that the three schools located on the installation have a policy that varies from the in-town schools. The reason for this variation is that Minot Air Force Base must follow Department of Defense regulation which aligns to the Centers for Disease Control guidance. If families have any questions regarding a student who is currently in quarantine they should reach out to the school principal or the Public Health Office who issued the

manager for clarification. quarantine order.

2020-2021 MPS CALENDAR



IMPORTANT

UPCOMING DATES October 22 & 23

Administrator Convention Days - No School November 26 Thanksgiving - No School

November 27 Vacation - No School

Vacation Days - not contracted day
,

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8	9	10	11	12	13	14	
15	16	17	18	19	2)	21	
22	23	24	25	26	27	28	
29	30						

Early Release Days - 1:15pm Holidays









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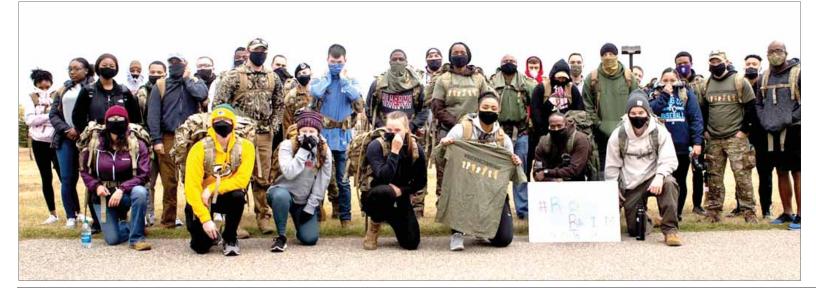
Check our wait times at trinityhealth.org/firstcare.

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FirstCare Walk-In Clinic 400 Burdick Expressway East in Minot



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RUCK RACISM

Incredible turn out for the Shadow Warrior #RuckRacism event! As usual, couldn't be prouder to be part of an organization that comes together like family! Bettering ourselves and growing closer to each other, fostering inclusion and diversity through shared experiences while gaining wisdom from one another. Shout out to TSgt David Wood for organizing the squadron effort, and to MSgt Smith, TSgt Collins and A1C Harris for volunteering to facilitate small group conversations.

891 MSFS SHADOW WARRIORS PHOTO

Department of the Air Force releases new military tuition assistance approach for FY21

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

Department of the Air Force officials announced a \$3,750 military tuition assistance cap per fiscal year that will go into effect for college courses beginning Oct.

Previously, military tuition assistance limits were \$4,500 per fiscal year, but adjustments were required to ensure the program remains fully available and fiscally sustainable while meeting an increase in participation rates, the number of courses taken and course costs.

"While usage by our Airmen and Space Professionals is fantastic and we're encouraged by the number working on their degrees, we need to make sure the benefit is accessible to as many of our service members as possible each year," said Lt. Gen. Brian T. Kelly, deputy chief of staff for manpower, personnel and services. "In 2013, under sequestration, tuition assistance was suspended for some time and our service members were negatively impacted. As we go forward and budgets get tight, we want to prevent that from happening again and we made hard decisions in order to keep this program viable and accessible to our force."

Credit hour limits remain the same at \$250 per semester hour and \$166.66 per quarter hour.

Applications will be routed using normal procedures on the Air Force Virtual Education Center online platform. Airmen and Space Professionals may apply for tuition assistance up to 45 days prior to the start of their class date. The adjustments

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funding, but should fiscal year funds become exhausted at year end, service members who did not get their applications approved will have to wait until the new fiscal year's funds are available to apply for tuition assistance.

"Tuition assistance aids in the development of a highlyeducated and skilled military force," Kelly said. "By making these adjustments, we ensure this key benefit continues for all Airmen and Space Professionals."

These adjustments apply both undergraduate-level

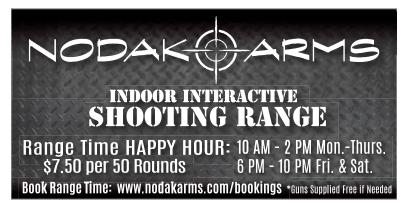
graduate-level classes. Recognizing there may be potential reasons for exceeding the annual cap waivers to the policy are available for unique circumstances. For example, members whose degree program requires a lab class exceeding the \$3,750 limit by one semester hour or two quarter hours, or those working on a unique degree deadline may apply for a waiver.

Consult Air Force Instruction 36-2670 Total Development and Air Force guidance memorandum 2020-02 for details.

"Tuition assistance is a key and central in-service education benefit, but it's only one of several avenues members can use to get their degrees and minimize out-of-pocket expenses," Kelly said. Air Force officials noted comparing school costs, researching other resources such as Post-9/11 GI Bill benefits, Defense Activity for Non-Traditional Education Support's, or DANTES, subject standardized

tests, or DSST, college-level examination programs, or CLEP, pursuing Community College of the Air Force degrees and other funding sources such as scholarships and grants as parts of the overall education benefit that can help minimize expenses.

Contact your local education and training office and your college counselor to explore all additional funding opportunities.





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MAJ. GEN. LUTTON QOL VISIT

U.S. AIR FORCE PHOTOS I AIRMAN FIRST CLASS JAN K. VALLE

A Sit Down with Maj. Gen. Lutton

Ouestion: One of vour command priorities is building integrated lethality. What does that look like, and how can the Airmen of the 91st apply it to the mission?

Maj. Gen. Lutton: So integrated lethality to the Airmen is their ability to not only work in their organization, but across organizations to improve combat capabilities. So I think a good example of that is when we generate combat power not only the 91st, but any of our units in Global Strike Command, it really takes multiple teams to do that, and to do that effectively it really requires mission support, medical, operations, maintenance, security forces; and that is really integrated lethality. And when you are at that echelon you have multiple disciplines working together for a common purpose to generate combat power for the nation.

Question: So it was recently announced by U.S. Stratcom that the 91st Missile Wing won the 2019 Omaha Trophy for best ICBM wing. What's the significance of winning this award?

Maj. Gen. Lutton: So I think the significance of winning the Omaha Trophy is an acknowledgement of the Roughriders dedication to mission success and making sure that they're able to deliver on behalf of Global Strike Command for the nation. Their one of many wings we have in Global Strike Command; the competition was very difficult, very tough, but the Roughriders were able to go ahead and secure that trophy. This is not the first time that they have done that, and I have just a shout out to the Warbirds, as the 5th Bomb Wing also secured the trophy as well. Kudos to them, and it just really underscores in my mind the teamwork that you have in Team Minot with the 91st and the 5th Bomb Wing. Getting' after it!

Question: So you spent a couple of years here at Minot as 91st Missile Wing Commander, what do you miss most about Minot Air **Force Base?**

Maj. Gen. Lutton: Well I miss the people, the most, which after 29 years that's a common theme; and it's just being out in the field with the Airmen day in and day out that are doing the mission, and Chief Orf and I talk about it routinely that it's really critical to remind the Airmen just how well they are doing. There's a lot of things going on, not only in the world but with the global pandemic, right, and how it impacts our ability not only as citizens, but as military that is providing national security. We couldn't be more-proud of the Airmen at Minot, and in particular the 91st, for their contributions to the United States national security in the form of nuclear deterrence. It's just great to be back in the field with those Airmen.

Question: How important are Bronze Star recipients like Capt. Ashton to the success of the overall Minot Air Force Base team?

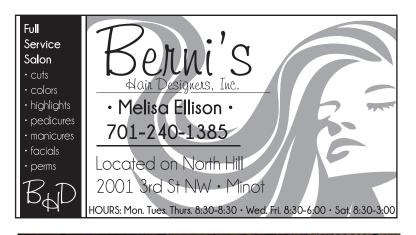
Maj. Gen. Lutton: That's a great question. It was great visiting with Capt. Ashton and his family the other day and recognizing his contributions to the joint fight in the central command area of responsibility. And really, my comments to him, and to the larger group, was his embodiment of our core values of integrity, service & excellence. So I think the Bronze Star is absolutely critical recognition of what he contributed to the joint fight down range, and also representative of the Airmen that serve at Minot day in and day out.

Question: What's your favorite part of visiting the wings of the 20th Air Force?

Maj. Gen. Lutton: For me it's just meeting the Airmen. Understanding what they're doing. What support they can get from senior leadership and how we can contribute to them. Not only executing the mission, but also developing them as Airmen and caring for them and their families. So there is an element of that you just can't get from behind a desk. You have got to get out in the field and you have got to see the Airmen. So any chance Chief Orf and I get to do that...we're excited to do that. That's pretty much what we would rather be doing any day.

Question: Any further words for Team Minot

Maj. Gen. Lutton: Bully!







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Maj. Gen. Lutton Quality of Life visit

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N.D. --

Maj. Gen. Mike Lutton, 20th Air Force commander, and Chief Master Sgt. Charlie Orf, 20th Air Force command chief, visited Minot Air Force Base, Sep. 29 - Oct. 2, 2020.From June 2014 to June 2016, Maj. Gen. Lutton was the 91st Missile Wing commander. He made some significant changes to the base and once again visited his old stomping grounds.

"I miss the people the most," said Lutton. "I miss being out at the missile fields with Airmen that are completing the mission. It is really critical to remind the Airmen how well they are doing.

MINOT AIR FORCE BASE, We couldn't be more proud of the airmen in Minot and the 91st Missile Wing."

During their visit, Lutton presented a Bronze star to Captain Bryan Ashton, 54th Helicopter Squadron pilot, for outstanding achievement and upholding Air Force standards through his contributions while on his deployment.

"He embodied our core values of service before self, integrity first and excellence in all we do,' said Lutton. "The bronze star is a critical recognition of what he contributed to the joint fight downrange, and also represents the Airmen who serve in Minot, day in and day out."

Lutton and Orf also connected and spoke to several Airmen from the 91st Missile Wing and 5th Bomb Wing. One of the stops was at an ICBM launch facility where Lutton and Orf talked to the Airmen from 91st Security Forces and the 91st Maintenance Squadron. They shared personal experiences of their time in the Air Force and ideas to further improve Airmen camaraderie at Minot AFB and the Air Force.

"One of the highlights for Chief Orf and I are visiting the bases in the 20th Air Force and meeting the Airmen who accomplish our vital mission," said Lutton. "Nothing beats talking to these Airmen and hearing first-hand

their innovative ideas and passion for the ICBM mission."

Both wings at Minot AFB were awarded the 2019 Omaha Trophy. The award has evolved alongside USSTRATCOM operations and distinguishes units for outstanding performance in the categories of global operations, intercontinental ballistic missile operations, ballistic missile submarine operations, strategic bomber operations, and strategic aircraft operations.

"We are also excited to celebrate the 2019 Omaha Trophy win with the Roughriders," said Lutton. "This award clearly reflects that they are an outstanding team of professionals and constantly demonstrate mission focus, teamwork, and resiliency.'

Lutton's mission for the 20th Air Force and especially the 91st Missile Wing is to enhance and achieve integrated lethality. He expects Airmen to integrate with other organizations to improve combat capabilities.

"When you have multiple disciplines working together for a common purpose and generating combat power for the nation, that's how you successfully have integrated lethality," said Lutton. "It takes multiple teams to achieve integrated lethality effectively, it requires, for example, mission support, medical, operations, and security forces."





Maj. Gen. Mike Lutton, 20th Air Force commander, presents a bronze star to Capt. Bryan Ashton, 54th Helicopter Squadron pilot at Minot Air Force Base, North Dakota, Sep. 30,2020. He was awarded this decoration for outstanding achievement and upholding Air Force standards through his contributions while on his deployment.

U.S. AIR FORCE PHOTOS I AIRMAN FIRST CLASS JAN K. VALLE



Maj. Gen. Mike Lutton, 20th Air Force commander, speaks to 91st Missile Wing Airmen at Minot Air Force Base, North Dakota, Sep. 30,2020. Lutton shared personal experiences of his time in the Air Force and ideas to further improve Airmen camaraderie at Minot AFB and the Air Force.

Maj. Gen. Mike Lutton, 20th Air Force commander, speaks to 91st Missile Wing Airmen at a Launch Facility, Sep. 30,2020. Lutton's mission for the 20th Air Force and especially the 91st Missile Wing is to enhance and achieve integrated lethality. He expects Airmen to integrate with other organizations to improve combat capabilities.











CHARLES "CHUCK" YEAGER BREAKS THE SOUND BARRIER OCTOBER 14, 1947



Charles "Chuck" Yeager with the Bell XS-1 (USAF Photo)

On October 14, 1947, US Air Force Captain Charles E. "Chuck" Yeager became the first person to fly faster than the speed of sound. Yeager enlisted in the Army Air Corps (which would branch off to become the modern USAF) in September of 1941. He trained as a pilot under the flying sergeant program and received his wings in March 1943.

In June 1947, Yeager was chosen to attempt to become the first person to break the sound barrier in a Bell

XS-1, which he nicknamed Glamorous Glennis after his wife. Yeager flew the plane to a speed of Mach 0.85 on his first powered flight. On his eighth flight on October 10, Yeager lost pitch control as a shock wave formed, but still reached Mach 0.997. On October 14, Yeager and his plane dropped away from the bomb bay of a B-29 Superfortress. He ccelerated upwards to 42 000 feet, reaching Mach 0.92. Finally, at about 43,000 feet, Chuck Yeager and the Bell XS-1 were flying faster than the speed of sound at Mach 1.06, or about 700 mph, over the Mojave Desert in California. Chuck Yeager's achievement was declassified in June of 1948, and it paved the way for more research on supersonic flight. Information courtesy of: www.chuckyeager.com / si.edu / af.mil





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Congratulations SMSgt Morgan AFGSC SNCO of the Year and 1 of 12 AF Outstanding Airmen of the year!

MINOT AIR FORCE BASE PHOTO









Did you know that your vehicle is supposed to be serviced every "so many" miles? I'm not talking about a regular oil change every five to seven thousand miles, what I mean is that when your vehicle gets to a certain mileage, different parts of your vehicle are also recommended to be changed or replaced. This is called timed, or severe maintenance. Timed maintenance will be your every 6-month mark and severe maintenance will be about every 5 thousand miles. We'll be covering the details on specific vehicles with higher miles.

At 100,000 miles on a 2001 Ford F150 it says you should inspect the brake system, rotate tires, and drive belts along with replacing the PCV valve. On a 2006 Jeep Grand Cherokee at 102,000 miles it states to flush and replace the cooling system, inspect brake hoses and lines, chassis body nuts and bolts, hose and clamps on the cooling system, exhaust system, replace engine oil and filter, and rotate the tires. Or if we have a 2011 Chevy Cruze, at 100,000 miles we inspect the evap emission control system and replace the air cleaner element, automatic transaxle fluid, timing belt and the spark plugs.

Even though each vehicle is going in for a 100,000-mile checkup doesn't mean they'll all get the same service. Inspecting also does not mean that part needs replaced. It could simply need to be cleaned of dirt or debris to get it running properly again. Servicing your vehicle at the recommended mileage could help you save money in the long run. Is a spark plug going bad or do you have an oil spot under your car after you pull away from a parking spot? Going without fluids could do permanent damage to your transmission and motor. Paying a few hundred dollars every so often is so much better than having to replace and pay thousands. Here at Dynamic we go by the books to make sure your vehicle is getting the care it needs. Call today to get a customized quote on your vehicle. Great service along with great prices.

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The 91st MSFS is certainly off to a good start this tour. Lt Huss, MSgt Macowicz, and TSgt Richards, got recognized today. They organized the end-of-summer resiliency bash for the 91 SFG. The SFG/CC coined them for their efforts. HOOAH! And a big CONGRATULATIONS to all of them!

91ST MISSILE SECURITY FORCES SQUADRON PHOTOS





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Please follow COVID-19 guidelines

LEOSA credentials updated

U.S. AIR FORCE SECURITY FORCES

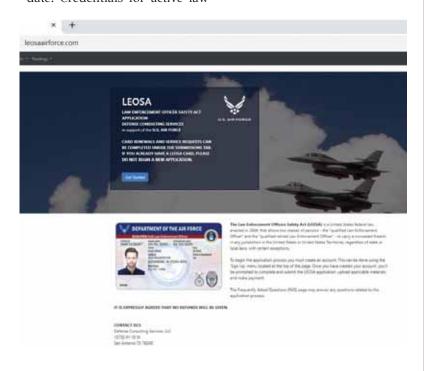
Fellow Defenders,

As of July 2020, Air Force Security Forces implemented some changes to Law Enforcement Officers Safety Act (LEOSA) credentials for qualified active, separated and retired personnel.

Of note, personal address and state of residency information will no longer be printed on credentials. Additionally, credentials for retired [or separated] law enforcement officers (926C) will have an "INDEFINITE" expiration date. Credentials for active law

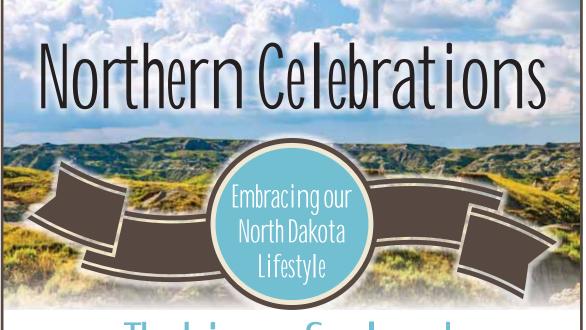
enforcement officers (926B) remain valid for 5-years. All previously issued credentials are still valid if current.

Customers desiring credentials, incorporating the recent changes, may submit a Service Request to have your CURRENT credential updated. Security personnel, including retired/ separated personnel, should refer to the website (https:// leosaairforce.com/) provided by the contractor for verification and issuance of LEOSA credentials.









The king of upland

Patricia Stockdill

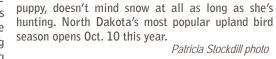
The 2020 North Dakota pheasant season is upon us, and shape of wing feathers helps biologists determine a cause for celebration and reflection. In this case, the age of a juvenile bird in the number of weeks. reflection means pheasant trivia, AKA "How much do Pollinating insects and plants are the buzzword you know about a bird originating from someplace across the nation with concerns over declining insect other than North America yet is the state's most popular game bird?"

North Dakota? Answer: In April 1910 the N.D. Game acres. and Fish Board of Control, the predecessor to the So here is Trivia Question No. 5 - yes, it really does Hatchery.

a spur on the leg of a pheasant indicate? Answer: pollinators. Young pheasant chicks rely on soft insects shoot pheasants with spurs they might want to transitioning to vegetation.

re-think their species identification skills and consider themselves lucky they haven't been stopped by a game warden. That's because by fall when pheasant season is open even juvenile roosters have spurs on their feet. Roosters less than a year old have a short, soft spur with dull tip. Adult roosters have sharp, pointy spurs. They serve a rooster well in times of self-defense or while jousting with a competing rooster during spring

nesting season.



Pika, a Brittany calling New Mexico home as a

The size of a spur is one way biologists identify juveniles from adult roosters.

As long as we're talking feet, Trivia Question No. 3 asks what is one difference between a pheasant and sharp-tailed grouse foot? Answer: Sharptails have and cows have in common? Answer: Unlike humans, small feathers on their feet extending down to their all three species don't sweat to cool their bodies. toes. Their feathered feet act like snowshoes in the Instead, they must pant to remove excess body heat. winter, allowing them to stay atop of snow. Pheasants Trivia Question No. 9: What percentage of pheasants have bare feet and legs and fall through soft snow. harvested in North Dakota are typically juvenile The ability of grouse to "snowshoe" over snow rather birds? Answer: Decades of hunter harvest survey than walk barefooted and fall through is one reason consistently indicate about 80 percent are juveniles. native grouse better survive North Dakota's winters. And finally, what is the 2020 daily limit of pheasants? Identification techniques lead to Trivia Question No. Answer: A word of caution - hunters need to get this 4: What other method is used to age upland game right to avoid problems if they meet a game warden birds in general? Answer: Wing feathers. The length — three. Possession limit is 12.

populations, which play a critical role in human food production. Honey producers and the agriculture and Drum roll, please...: Trivia Question No. 1: Where conservation community are working together to were the first pheasants housed when brought to encourage establishment of more pollinating plant

modern Game and Fish Department, held 75 birds relate to pheasants: Why would a conservation at a facility at St. John, N.D. known as the St. John group like Pheasants Forever care about honeybees or other pollinating insects and plants such as Trivia Question No. 2: What does the sharp tip of purple coneflowers? Answer: Not just humans need Well, for starters if anyone answers that they don't for food the first several weeks of their life before

Next question, please, Trivia No. 6: What is the average weight of a rooster pheasant in North Dakota? Answer: 3 1/2-pounds, typically about a pound more than a hen pheasant.

Trivia Question No. 7: With North Dakota's first pheasants arriving when did in 1910, neighboring Dakota, a state so enamored with the bird it named the ring-necked pheasant its official state bird, begin its wily

ringneck introduction? Answer: Scanty records point towards a release of birds from Oregon near Sturgis, S.D. in 1891. However, South Dakota's first major stocking occurred in 1909.

Trivia Question No. 8: What do pheasants, dogs,

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

ONLINE COURSE SCHEDULE - ASYNCHRONOUS

Learn on your own, weekly assignments requirements by instructor Please verify technology requirements

• Late Fall Session (term 20FALL2) 8 week session. Session dates: Monday, October 26 - Saturday, December 19, 2020. Registration dates: Monday, July 6 - Sunday, October 25, 2020. Late registration dates: Monday, October 26 - Wednesday, October 28, 2020

VIRTUAL EDUCATION COURSES - SYNCHRONOUS

Student and instructor are online anywhere at the same time/set schedule. Please verify technology requirements.

• Late Fall Session (term 20FALL2) 8 week session Session dates: Monday, October 26 - Saturday, December 19, 2020 Registration dates: Monday, July 6 - Sunday, October 25, 2020 Late registration dates: Monday, October 26, 2020 - Wednesday, October 28, 2020

Please call to schedule an appointment. 701-727-8386. Linde L. Paige, M.S.A., Program Coordinator

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

F	Α	С	Т	S		S	Т	Α	R		Α	Р	S	Е
Е	G	R	Е	Т		Т	I	L	Е		S	L	Α	W
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S	С	Α	R		S	Е	Т	S		N	Α	К	Е	D

CHURCHDIRECTORY

Little Flower Catholic Church

800 University Avenue West 838-1520

Mass Schedule

Saturday 4:30 pm Sunday 8:30 & 10:00 am

Fr. Ken Phillips, Pastor www.littleflowerminot.com

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aturday Worship.... Sunday Worship. 8:30 am & 11:00 am Sunday Education............ 9:45 am Wednesday Supper.... Wed. Worship & Education..... 5:45 pm

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www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman



Sunday School 9:30 a.m.

westminot.com



Worship Service at 10:45am Sundays Sunday School at 9:45am

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Pastor Ken Mund 701-838-1540

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

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Sundays:

Mask Only Service.....8:30 am

Fellowship......9:00 am

Sunday School9:15 am

Soup Kitchen 11:30 am

Family Supper5:30 pm

Preschool/Kids' Club/ABY ... 6:30 pm

Adult Bible Study6:45 pm

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Wednesday Evening Schedule Community Dinner........5:30-6:30pm Contemporary Worship.......6:30pm

Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org

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Classes for All Ages 6:30 p.m.					
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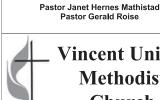


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Morning Worship	8:30 a.m.
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Morning Worship	11 a.m.
Wednesday Family Night	6:30 p.m.

First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org

Classic Worship Service	8:30 a.m.
Adult Sunday School	9:45 a.m.
Contemporary Worship Service	e 9:50 a.m.
Children's Church	9:50 a.m.
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Contemporary Worship Service	e 11:05 a.m.
Wed. AWANA (Sept. to May)	6:30 p.m.

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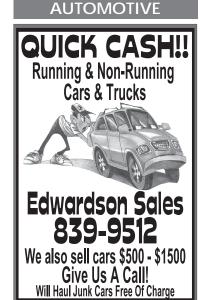
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