

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 42 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 16, 2020

WHATS INSIDE THIS WEEK:



SPOUSE TOUR
GIVES FAMILY
MEMBERS A
SPECIAL LOOK
INSIDE MAFB

A2



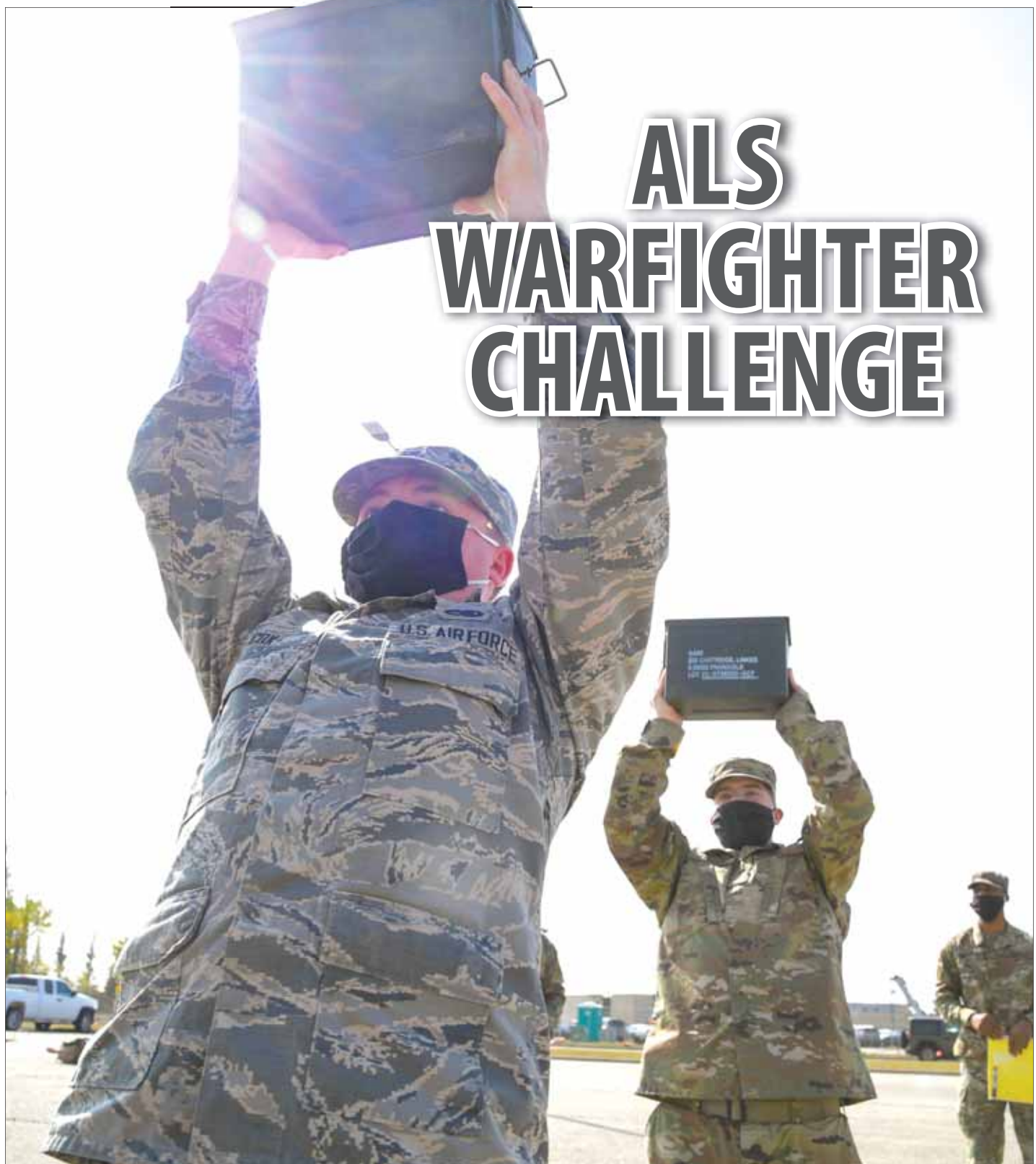
BRONZE STAR
AWARDED TO
54TH HELICOPTER
SQUADRON PILOT

A7



2019 OMAHA
TROPHY RECIPIENT

A3 & B5



ALS WARFIGHTER CHALLENGE

Team Minot Airmen perform several tasks to compete in an ALS warfighter challenge. See page B3 for more photos.

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



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Spouse Tour Gives Family Members a Special Look Inside MAFB

ABIGAIL KINDER, THE NORTHERN SENTRY

My name is Abigail Kinder. I'm 22 years old, a military spouse, and the newest member of the Northern SENTRY newspaper team! I grew up in Westfield, IN but after graduating in 2016, I took some time off from school to travel. I eventually landed in Fayetteville, WV, where I found a passion for whitewater kayaking that led me to jobs in adventure videography and launched a short career in outdoor recreation. In 2018, I moved back to Indiana and worked in restaurant management in order to support my mother. I met my husband, Konner Kinder, in Indianapolis when he was beginning the process of enlisting in the Air Force. After graduating from basic training, he received his orders, and we moved to Minot AFB in March of 2020. He works in



the 5th Maintenance Squadron, and I work for the newspaper and as a full time artist.

Other than my grandfather who served in the Air Force, my family was never familiar with the military life, so marrying a service member was a completely different change of pace. The new life has felt a little intimidating at first. Thankfully, there is no shortage of groups and activities to welcome airmen and their families to Minot Air Force Base.

The Spouse Tour, hosted by the 5th Bomb Wing on Oct. 9, 2020 was one such event that treated the families of Minot to a special look inside the lives of their service members. Upon entering the hangar, family members were greeted with one of the formidable B-52H Stratofortresses that the base hosts. We had the opportunity to sit in the cockpit of the B-52H and talk to the dedicated airmen who man them.

Just outside, Security Forces was set up with three of their canines—Senta, Pepino, and Deny—to demonstrate their ability to defend against a threat by taking down the “bad guys” who were dressed in thick protective gear. The kennel master explained to onlookers that the dogs are trained to target movement and often begin their training with the Air Force anywhere from six months to over a year old.

A few steps away people were

able to sit in and take pictures with a UH-1 Huey helicopter. The Spouse Tour offered a unique opportunity to meet other military spouses and learn about some of the important jobs that make up MAFB.

As with any military base, Minot brings in service members and families from all walks of life. Many of the spouses at the tour were still relatively new to Minot, having lived here for only a few months or coming up on their first year. It seems that a large number of spouses share a similar first impression of MAFB, that it's “cold and in the middle of nowhere.” However, while the base may be chillier and smaller compared to other Air Force installations that many families have moved from, there is no lack of warmth and sense of community. One of the most common aspects that newcomers seem to notice when settling in at MAFB is this strong sense of

togetherness and friendliness that emanates from the people of the area.

Along with a welcoming community, the city, base, and surrounding areas boast beautiful outdoor recreation areas, a variety of locally owned businesses, and plenty of fun events for families to participate in (even in the midst of unprecedented times). One spouse, who had previously come from Nevada, explained that “while it's a big climate change, Minot is just a better experience than where we were before. The people are so friendly, and honestly, we really love it up here.”

From the Minot AFB Spouses' Club to events like the Spouse Tour and online workshops, there are a variety of great resources that newcomers can use to become more involved in the community, which is a tried and true way to make the most of any duty station. Several of the newer spouses expressed that MAFB surpassed their expectations when it came to living here. Some Air Force families have found themselves turning Minot into their forever home after falling in love with the community. MAFB's dedication to creating a welcoming environment for military spouses and families creates even a sense of pride within the community. It is with that pride that we can say, “Only the Best Come North.”

Family members gather underneath the bomb bay of the B-52H to learn about the plane and its capabilities.



During the Spouse Tour, families had the unique opportunity to see the insides of a B-52H Stratofortress.



At the Spouse Tour, members of Security Forces demonstrated their K9 training to the MAFB families.

NORTHERN SENTRY PHOTOS
ABIGAIL KINDER

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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1993 (PG)

WORDS ON THE BATHROOM WALL
2020 (PG-13)

HELD OVER

HOCUS POCUS 1993 (PG)
GREMLINS 1984 (PG)

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91st Missile Wing awarded the 2019 Omaha Trophy

AIRMAN 1ST CLASS CALEB S. KIMMELL, 91ST MISSILE WING

MINOT AIR FORCE BASE, N.D. --

The 91st Missile Wing, through their extraordinary and exemplary support of the U.S. Strategic Command's (USSTRATCOM) strategic deterrence mission, has been awarded the 2019 Omaha Trophy for the Intercontinental Ballistic Missile (ICBM) category. The Rough Riders were announced as one of five winners by U.S. Navy Adm. Charles Richard, commander of USSTRATCOM.

The Omaha Trophy was first introduced by the Strategic Air Command Consultation Committee in 1971 for the U.S. Air Force's Strategic Air Command. At its inception, it was a single trophy given to the command's best wing. Composed of business leaders in the Omaha, Nebraska area, it became the Strategic Command Consultation Committee at the activation of USSTRATCOM in 1992. Over time the award has been expanded to five different categories including the command's top intercontinental ballistic missile wing, ballistic missile submarine, strategic bomber wing, global operations unit and strategic aircraft wing.

"It's an honor for the 91st Missile Wing, and I'm beyond proud of the men and women that made it happen," said Col. Menuey, commander of the 91st Missile Wing. "This win is a result of the hard work, professionalism and innovative thinking it takes to generate nuclear combat capability 24/7, 365 days a year."

The 91st Missile Wing showcased their superior ability to be mission ready by leading Air Force Global Strike Command with multiple Major Command level awards. Leading the way in AFGSC, the 91st Rough Riders dominated in numerous areas such as a No.1 in sortie alert rate, launch facility availability rate, maintenance execution rate and mean time to repair; showing that the Rough Riders get it done

for AFGSC.

Their superior performance was recognized alongside their ability to innovate and employ advanced technological solutions. Spearheading the implementation of Numbered Air Force's first deployed 3D printed module saving the Air Force countless dollars. The 20th Air Force adopted the new solution all across their command.

As members of Team Minot, the Rough Riders managed the Air Force's largest dual-wing armory. Further embodying the innovative spirit, they employed the first TCMAX automated system drastically reducing arming time for 1,500 security forces Airmen, setting the benchmark for AFGSC.

Though many of the airmen stationed at Minot Air Force Base are active duty, the contribution of the reservists and Air National Guard service members cannot be understated. The 91st integrated 100 Air National Guard airmen into daily missile field operations being the only nuclear certified Air Reserve Component across the Department of Defense. In addition, the 91st deployed the first reservist in Air Force history to be on alert at a missile alert facility (MAF). The reservist from the 91st Operations Support Squadron stood watch over the ICBM's, completing a 24-hour alert at a MAF.

In a Nuclear Surety Inspections assessment, Team Minot was recognized for its superior performance as the best in AFGSC's history with 76 Airman recognized for their efforts. Additionally, in an intensive five-day Higher Headquarter functional review, the Rough Riders were found with zero errors and were revered as the "Enterprise Standard" by their Combatant Command.

Through the tenacious approach to mission readiness, unrelenting discipline and innovative spirit, the 91st won multiple AFGSC awards. These awards include the Williams

Award for the "Best ICBM Wing", the Blackburn Trophy for "Best ICBM Maintenance", the McAdoo award for "Best Overall Operations Support Squadron" and the Chadwell trophy for "Most Superior Maintenance". The Rough Riders set the pace for nuclear operations within AFGSC.

"The dedicated professionals working for and with USSTRATCOM allow the command to execute its operations and provide the nation with its strategic deterrent against threats in all domains," said U.S. Navy Adm. Charles Richard. "Without the men and women of USSTRATCOM, actively performing the deterrence mission every day, we could not deter potential adversaries and guarantee the freedoms our nation holds dear."

The dedication showcased by the 91st day in and day out is not possible without an equally dedicated local community like the City of Minot. Fostering strong bonds with the Minot community is of the utmost importance to the 91st. It is this

appreciation of their community partners that led to earning the Barksdale Trophy, an award given every two years for outstanding community support, to the City of Minot.

Growing strong partnerships extend to the global community as well. The 91st acts as the Air Force's emissary to the Bangladesh military, supporting international communication on important issues such as peace and security. This global outreach strengthens allied partnerships and enhances international relations.

The leaders and airmen of the 91st Missile Wing, through their steadfast dedication to maintaining mission readiness and innovation, proved themselves to be well deserving of the 2019 Omaha Trophy. As the motto goes, they are "Poised for Peace" and defending the nation with a combat-ready nuclear force. The men and women of the 91st embody the spirit of "Only The Best Come North." BULLY!



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U.S. AIR FORCE PHOTO | MINOT AFB PA

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Col. Christopher E. Menuey

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Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

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\$5 Ages 13-19
12 & Under FREE
Military FREE (with ID)

Food and Beverages will be served all day.

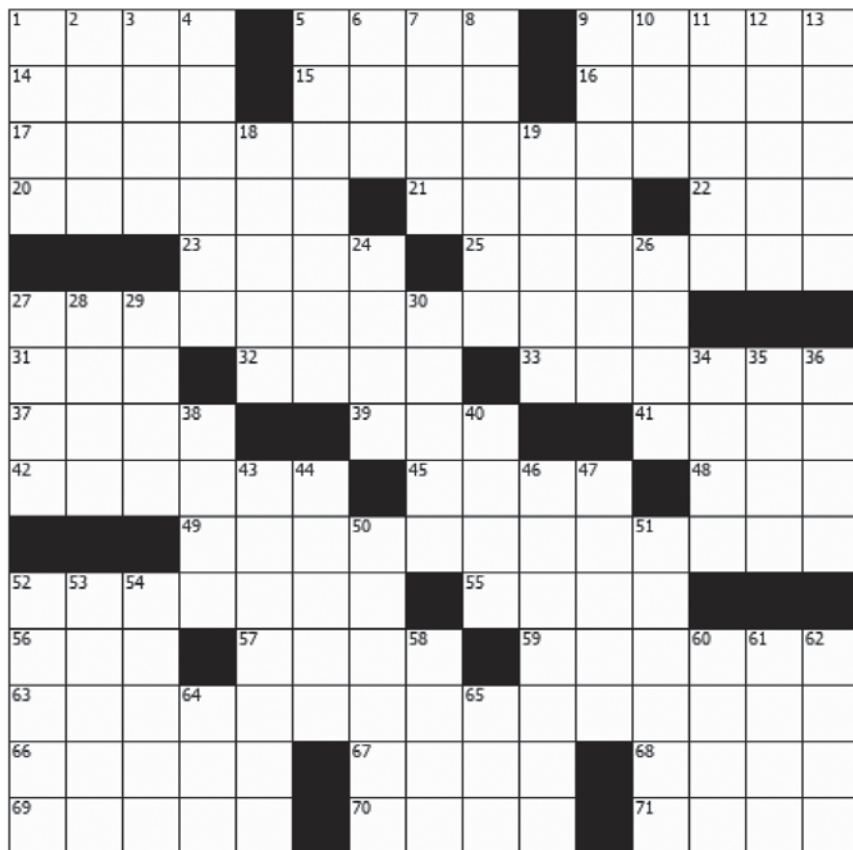
● **PRE-REGISTRATION** ●
of snowmobiles encouraged:
lansfordsnowgoers@gmail.com

CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Buckle from heat
- 5. Prevail upon
- 9. Insulation units
- 14. Cookie favorite
- 15. Future queen?
- 16. "Silas Marner" novelist George
- 17. Play first fiddle
- 20. Hunting expedition
- 21. Valueless
- 22. Lucy of "Charlie's Angels"
- 23. Old horses
- 25. Vestments
- 27. Play first fiddle
- 31. "Now I get it!"
- 32. Normandy invasion town
- 33. More compliant
- 37. Bough
- 39. Vegas headliner
- 41. Lovebirds' place
- 42. Fill to the rim
- 45. Wise guy
- 48. Hither's partner
- 49. Play first fiddle
- 52. Schematic drawing
- 55. TV jock Swann
- 56. Drop the ball
- 57. Chin-wipers
- 59. Frames
- 63. Play first fiddle
- 66. Prepare for a dubbing
- 67. Peeping Tom, say
- 68. Quaffs at dart tournaments
- 69. Rope fiber
- 70. Department store department
- 71. Put through the paces



Down

- 1. Astounds
- 2. Opera staple
- 3. Underwater knoll
- 4. Baltic Sea country
- 5. Edgy
- 6. Shout from the stands
- 7. No Doubt vocalist Stefani
- 8. Guarantee
- 9. Straight shot
- 10. Chalet backdrop
- 11. Proof of ownership
- 12. Part of a front-end alignment
- 13. Pompous gait
- 18. Mild oaths
- 19. Have dibs on
- 24. Bear's cry?
- 26. Quicker than a flash (Abbr.)
- 27. "Freeze!"
- 28. New addition of 1803
- 29. It may have a gooseneck
- 30. Facetious tribute
- 34. Roundhouse result, sometimes
- 35. They're often inflated
- 36. Budget item
- 38. Five-time Wimbledon champ

- 40. Satirist Mort
- 43. Cuddly pet name
- 44. Threshing tool
- 46. Yellowstone attractions
- 47. Sea eagles
- 50. Ball-cap symbol
- 51. Two words before "note"
- 52. Coldcocks
- 54. Van Gogh setting
- 58. Eyelid woe
- 60. Food fish
- 61. Southwestern Indians
- 62. Verbal jab in the ribs
- 64. Actress Thompson
- 65. Brooder

SUDOKU

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

Solution to puzzle on page B9

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FRIDAY, OCT. 16 1900
SATURDAY, OCT. 17 1700
SUNDAY, OCT. 18 1700

YELLOW ROSE (PG-13)

“ A Filipina teen from a small Texas town fights to pursue her dreams as a country music performer while having to decide between staying with her family or leaving the only home she has known. ”

SATURDAY, OCT. 17 1400
SUNDAY, OCT. 18 1400

TOY STORY 4 (G)

“ When a new toy called "Forky" joins Woody and the gang, a road trip alongside old and new friends reveals how big the world can be for a toy. ”

REEL TIME THEATER MOVIE SCHEDULE





Upcoming Events

16 OCT PUMPKIN WALK AT WOODLAND TRAIL
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 Saturday if you'd like to keep them!



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

18 OCT THE HITCHIN KITCHEN AT BERRY ACRES
11:00 AM - 6:00 PM
Berry Acres
4605 County Road 15 W, Minot

The Hitchin Kitchen will be parking the food truck at Berry Acres on Sunday, October 18. Come pick out pumpkins and grab some fresh, delicious food. We can't wait to see you there!



For more information:
Facebook event / Berry Acres / The Hitchin Kitchen

19 OCT FREE FAMILY PIZZA NIGHT
5:00 PM - 7:00 PM
The Putt District
17 South Main Street, Suite A, Minot

Look at this event as a 2-for-1 date night with the family. All you have to do is purchase a round of golf with the family, and before/after the game you can head on down to the clubhouse for arcade games, and unlimited pizza on us!



For more information:
Facebook event / FREE Family Pizza Night at Putt District

20 OCT SLOTH SPAGHETTI DINNER
5:00 PM - 7:00 PM
Roosevelt Park Zoo
1219 Burdick Expy E, Minot

Get a sneak-peek of our #Habitat4Helen PLUS support Roosevelt Park Zoo's Change 4 Change Conservation Fund by joining us for World SLOTH Day! \$10 Adults | \$5 Kids
Includes dinner and zoo walk, plus a sloth souvenir cup.
Tickets are available day of event or purchase them during your next zoo visit.

Helen is a Two-Toed Hoffmann's Sloth. She's about 6 months old and weighs only 6 pounds! She's brand new to RPZ. She probably will NOT join us at spaghetti dinner. But you can check out her #NewHabitat and enjoy a rare autumn evening with your animal friends at the Zoo!



For more information:
Facebook event / RPZ / Sloth Spaghetti Dinner

24 OCT TAUROS TRUNK OR TREAT TAILGATE
5:00 PM - 6:30 PM
Maysa Arena
2501 Burdick Expy W, Minot

Taurus Trunk or Treat Tailgate is a fun event for all! Dress the kids up, dress yourself up, deck your car out to win our "ugly trophy"! Kids get to trick or treat before the game!! Be one of the first 100 kids to show up in costume and they and one adult will get into the game FREE (child must be accompanied by an adult). Limited to 30 slots for personal or business trunk entries, so contact Jamie Hyatt at 73hockey@gmail.com to enter. Also looking for volunteers to cook and assist!
Registration must be received by October 19th! See our Facebook page for more info.



For more information:
Facebook Event / Taurus Trunk or Treat Tailgate

On Base



For more information visit: www.5thforcesupport.com




NOTHING BEATS SUNDAY BRUNCH

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RUCK RACISM
Many thanks to all those that came out and participated at #RuckRacism especially to those that put this event together. REMEMBER, YOU MATTER!

91ST MISSILE SECURITY FORCES SQUADRON PHOTOS



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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

- Lake Sakakawea elevation, Oct. 12: 1,839.35 feet above mean sea level (MSL); 13,200 cubic feet per second (CFS) Garrison Dam average daily releases.

- Devils Lake elevation: 1,448.81 feet above mean sea level (MSL).

- Stump Lake elevation: 1,448.81 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Limited activity due to wind.

- Devils Lake, Woodland Resort, Devils Lake: Wind continues limiting activity.

- Lake Darling, Karma C-Store, Ruthville: Not much activity. Lake Darling closed to boat fishing but open for shore-fishing.

- Lake Metigoshe, Four Seasons, Bottineau: Not many anglers out but those going continue finding occasional walleye. Bluegill remain quiet.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work shallow in the mouth of bays on the east end of Lake Sakakawea, pitching jigs onto the shoreline for walleye. However, angler numbers limited by wind.

- Lake Sakakawea, Scenic 23, New Town: Wind permitting, anglers going to the river area of Lake Sakakawea around the New Town continue finding fair walleye success using jigs and minnows or jigging Raps.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing salmon with best success from shore. OK walleye night bite from shore with some catfish and pike mixed in. Lake Sakakawea OK for salmon along Sakakawea



NORTH DAKOTA GAME AND FISH DEPARTMENT PHOTO

- Oct. 18: Pronghorn season closes.
- Oct. 24: Mink, muskrat, and weasel trapping season opens.

State Park boat ram or spillway.

Try casting crankbaits. Look for some success at Government Bay. Best success is from shore but also try trolling crankbaits. Work points for walleye using jigging Raps or shiver minnows.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea producing decent walleye around White Earth Bay, Lewis & Clark State Park, and Lund's Landing. Try jigging Raps or jigs and minnows. Work a variety of depths depending on wind direction. Missouri River clean and improving for walleye. Try jigs and minnows. Low water limiting river access to only the Highway 85 bridge.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River and area lakes remain quiet.

Hunting:

- Cranes: Birds generally

moved out of the northwest.

- Pheasants: Generally fair to good success but be extremely cautious with identification because a lot of young birds aren't fully colored yet. Fair partridge numbers in pockets.

- Waterfowl: Northwestern local birds moving out but look for some northern birds to potentially move in with cooler weather. Northeast and north-central hunters faring OK but local birds starting to push out and no influx of migrants yet. No movement of northern birds around the midsection of Lake Sakakawea yet, either. Fair success, at best, in areas with poor water conditions.

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.



STEP PROMOTIONS

Congrats to our Team Minot for achieving STEP promotions. The selected Airmen recognized are SSgt. Ronald E. Sharitt from the 5 CES and SSgt. Bryce M. Weaver from the 5 AMXS.

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- 4 WHOLE CORN, EARS
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- 1 CUP ALL-PURPOSE FLOUR
- 2/3 CUP WHITE SUGAR
- 1 1/2 TEASPOON BAKING POWDER
- 1/2 TEASPOON BAKING SODA
- 1/2 TEASPOON SALT
- 1/2 CUP BUTTER, SOFTENED
- 1 CUP BUTTERMILK
- 2 WHOLE EGGS
- 1/4 CUP HONEY
- 1/2 CUP BUTTER, SOFTENED

When ready to cook, set temperature to high (500° F) and preheat, lid closed for 15 minutes. Peel back the outer layer of the corn husk keeping it attached to the cob. Remove the silk from the corn and place the husk back into place. Soak the corn in cold water for 10 minutes. Place the corn directly on the grill grate and cook for 15-20 minutes turning occasionally until the kernels are tender. Remove from grill and set aside. Turn the grill temperature down to 350° F.

In a large separate bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt. In a separate bowl, mix together the butter, buttermilk, and eggs. Pour the wet mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy). Pour the batter into a greased 9" x 13" baking dish.

Cut the kernels from the corn and sprinkle over the top of the batter pressing the kernels down with a spoon to submerge. Bake the cornbread until the top is golden brown and a tester inserted into the middle of the cornbread comes out clean, about 20 to 25 minutes.

Remove the cornbread from the oven and let cool for 10 minutes before serving. To make the honey butter, mix honey and butter until combined. Serve with warm cornbread. Enjoy!

Ryan Davy - GM
Minot

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Bronze Star Awarded to 54th Helicopter Squadron Pilot

ROD WILSON, NORTHERN SENTRY

“So I think the Bronze Star is absolutely critical recognition of what he (Capt. Bryan Ashton) contributed to the joint fight down range, and also representative of the Airmen that serve at Minot day in and day out”

This was the response of Maj Gen Michael Lutton, when asked about the importance of recognition to Airmen like Capt. Bryan Ashton of the 54th Helicopter Squadron.

Maj. Gen. Mike Lutton, 20th Air Force commander, and Chief Master Sgt. Charlie Orf, 20th Air Force command chief, visited Minot Air Force Base, Tuesday Sept. 29th, to Friday, Oct. 2nd.

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

Capt. Ashton was deployed to Iraq in January of 2020. Due to elevated tensions, the rotary-wing air advisor mission at Camp Taji was paused. Capt. Ashton temporarily re-tasked to support the continuing advisory mission at the Joint Operation Center-Iraq. In this position Capt. Ashton was advisor to 25 pentagon level Iraqi General Officers. During his time deployed, Capt. Ashton experienced several minor harassing indirect fire (IDF)

attacks from 107mm rockets. When the Force protection normalized, the rotary-wing advisory mission at Taji was reinstated in March. Capt. Ashton relocated to fill the original mission as Senior Ops advisor to the Iraqi Army Aviation RW squadrons “My deployment was strictly non-flying” said Capt. Ashton “we were to advise the Iraqi and show them how we do things over here.”

“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.

MAJ. GEN. MIKE LUTTON, 20TH AIR FORCE COMMANDER

Capt. Ashton experienced a series of massive rocket attacks (over 40 rockets launched in 2-day span) against Camp Taji base killing 3 coalition force members. During first (night) raid, Capt. Ashton was physically separated from the bulk of the squadron. He ran incoming fire response/emergency comm-out recall by driving up-armored vehicle to locate other isolated

members of the squadron and ensuring zero casualties for their 35-man team

In addition, Capt. Ashton was chosen as summary court martial officer for a USAF member killed in action during one of the attacks. Despite heightened threat, he secured and escorted the member’s personal effects via RW transport from Taji to the nearest mortuary affairs casualty collection point ensuring safe return to family.

His advisory squadron was given 48 hours to combat retrograde to Kuwait and redeploy home. However, Capt. Ashton requested to remain in Iraq and be transferred back to the JOC-I to continue in his advisory role. Capt. Ashton spent the remainder of his deployment as operational level air advisor at JOC-I.

Capt. Ashton has been stationed at Minot Air Force Base for 4 years. When he leaves Minot AFB, probably within the next year, he would prefer to stay in Global Strike Command, and would be interested in Malstrom Air Force Base as “they will be one of the first to get the new Grey Wolf helicopters.

After that Capt. Ashton could see a return to Minot AFB. “We like Minot” continued Ashton, who will make the Air Force a career “I’ve pretty much made the commitment after being in the Air Force for 8 years.”

Right now Capt. Ashton spends time at home tele-working, along with his flying time. “Half of the pilots are tele-working, while the other half fly the missions.”

Capt. Ashton and his wife, Mandy, have 3 children; Russell-5, Cassidy- 3 and Cooper- 1.



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.

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WHAT'S GOING ON MAFB

TODAY 16

- HIIT Strength and Conditioning, 0545, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Fall Job Fair, 1130-1300, NAF HR - Base Exchange Main Entrance
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Zumba, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Karaoke Night, 1800-2300, Rockers Bar & Grill
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 17

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 18

- Sunday NFL Football, 1130-1800, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY 19

- CPI Green Belt (Lean Six Sigma) Training Class Begins
- HIIT Strength & Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Zumba, 1730, Fitness Center
- HIIT Yoga, 1830, Fitness Center

TUESDAY 20

- Cycle, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center

WEDNESDAY 21

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Strength & Conditioning, 1130, Fitness Center
- Single Airman Free Fling Golf, 1500-1700, Rough Rider Golf Course
- 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
- Bingo Night, 1730-2030, Rockers Bar & Grill
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 22

- Cycle, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- 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 23

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Cycle, 1600, 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
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

24

- Halloween Fitness Sampler, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

DINING

Delivery Options (Hours subject to change)

Bomber Bistro
Monday-Friday 1630-2030

OCT. SPECIALS

Bomber Bistro • Friday Lunch Special • Yakisoba
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!

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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!

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Haunted Stacks: 19-31 October, Minot AFB Library – Call to schedule an appointment.
- Pumpkin Decorating Contest: 22-29 October, Hosted by the Dakota Inn Dining Facility at the Jimmy Doolittle Center
- Moving Out of the Dorms: One-on-One Appointments: 1-31 October, A&FRC – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: 1-31 October, Family Child Care – Call to schedule an appointment.

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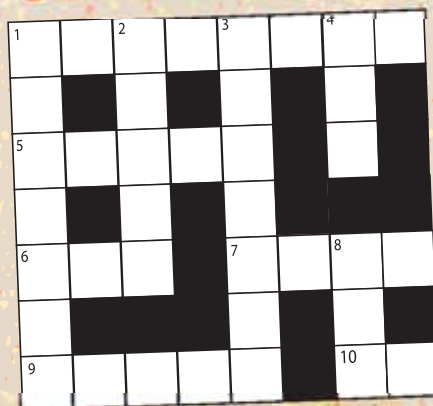
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ACROSS

- 1. In nature
- 5. Small amount
- 6. Sick
- 7. Small fight
- 9. Take delight in
- 10. Above South Dakoka (abbr.)

DOWN

- 1. Not in the house
- 2. Walking path
- 3. Done in the open
- 4. Recreation
- 8. Enjoyable


Answers:
Across
1. Outdoors 5. Trace 6. Ill 7. Tiff 9. Enjoy
10. ND
Down
1. Outside 2. Trail 3. Overly 4. Rec 8. Fun

UPCOMING EVENTS

- OCT 20**
SLOTH SPAGHETTI DINNER
- OCT 22**
SCHOOL S OUT DAY CAMP
- OCT 31**
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On-base winter bussing for our three on-base schools will begin on 2 November and run until 2 April. Families will be able to find route and stop maps through their schools, the School Liaison Facebook page (@minotslo), and on the Minot AFB official website under the school liaison link.

Some additional measures will be in place this year due to COVID-19. These measures will certainly reduce some of the risk related to COVID-19, but that risk will not be fully eliminated. So, what can students and parents expect? Proper mask wear will be required at all times while on the bus. Students will be assigned seats and elementary students will be assigned those seat according to their grade. Many students will sit two per seat, but some of busses may have 3 students per

seat. Drivers will be disinfecting between school runs and misting the busses to disinfect them at the end of each day. To increase ventilation, a couple windows will be slightly open to allow for air flow. The company has also purchased brand new buses with higher back seats. We must remind our children to follow the instructions of the drivers at all times. Students should always keep their hands to themselves and remain seated while on the bus. Also, remember to ensure your child is properly dressed for the weather as students should be at their stop 5 minutes prior to their scheduled pick-up time.

If you have questions regarding the on-base winter bus service please contact the bus manager at 701-500-4466 or call the school liaison duty cell at 701-240-2380.

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

October 2020							20 days
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

November 2020							18 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

Vacation Days - not contracted day
 Early Release Days - 1:15pm
 Holidays

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TRICK OR TREAT? HAPPY HALLOWEEN!

MINOT AFB RECOMMENDATIONS

- Saturday, 31 Oct. Sunset expected to be 1827 with recommended trick or treating hours of 1730-2000
- Turn your lights on if you're participating
- Wear your masks
- Use tongs to pass out candy
- No grab bowls
- Maintain 6 foot buffer zone
- Sanitize everything!

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Monday, October 12 - Friday, November 13

LOCATIONS NEAR YOU /

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| Butte | Butte Mini Mall |
| Glenburn | Enerbase Cenex |
| Granville | Merchants Bank |
| Lake Metigoshe | Lake Metigoshe State Park |
| Lansford | Lansford Mall |
| MAFB | Memorial Middle School |
| Minot | Jim Hill Middle School |
| | Ramstad Middle School |
| | SRT Communications |
| | 3615 North Broadway |
| Mohall | Dakota West Credit Union |
| Newburg | Border Ag & Energy |
| Sawyer | Sawyer City Hall |
| Sherwood | Cameron's Hardware |
| Towner | Hardware Hank |
| Upham | Merchants Bank |
| Velva | North Star Community Credit Union |
| Westhope | Jason's Super Foods |

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ALS WARFIGHTER CHALLENGE

Team Minot Airmen perform several tasks to compete in an ALS warfighter challenge.

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Pumpkin Decorating Contest

Dakota Inn Dining Facility at the Jimmy Doolittle Center
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Participate in our local pumpkin decorating contest with prizes of unspeakable value!
All local 1st place pumpkins will continue on to our National Contest!

1. Pumpkins must be un-carved.
2. Bring in to the DFAC/JDC by October 22nd
3. Fill out a card with your team name.
Voting will be done by your colleagues until the 29th.

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Physio Moments: Joint by Joint, Part 2A, Hip Flexion

DR. RON GILES, CAPT, USAF, PT, DPT, CSCS

Welcome to another installment of Physio Moments, continuing with a screen of the body as we transition from the ankle to the hip this week.

This is a 4 part series examining the 4 ways the hip can move. Hip movement is strongly tied to health of our low back. Movement issues in our hips may lead to compensation through the back which, over time, can cause issues. We begin with a focus on ability to flex our hips. Hip flexion is key in movements such as squatting (in the gym or to a chair), putting on our pants/socks/shoes, lunging, and going up and down stairs. I will teach you how to quickly screen this motion yourself and provide a couple of easy, no-equipment drills to help you improve upon any restrictions.

- Hip Flexion Screen
 - o Lay on your back and slowly pull your knees toward your chest
 - o Pay attention to your tail bone, as soon as you feel it lift, Stop. This is your end range. (It helps to use your phone to video tape yourself or have a friend take a picture so you can better see where you are)
 - o You should be able to bring knees well beyond your hips before your tailbone lifts



Pull knees toward chest Tail bone stays down Tailbone lifted here

- Hip Flexion Drill 1 : Perform 2-3x Daily x 12 repetitions/side and before every workout
 - o Lay on your back with legs straight out, bring one knee up toward chest
 - o Gently pull your knee into your chest adding a little extra pressure and then relax slightly
 - o Keep opposite leg straight
 - o Perform all reps on one leg before moving to opposite leg



Lay Flat Legs Straight Pulling Knee Into Chest Relaxing Slightly

- Hip Flexion Drill 2: Perform 2-3x Daily x 5 repetitions/side and before every workout
 - o Lay on your back with legs straight out, contract your core as if bracing for a slap to the stomach
 - o Keeping legs straight, lift one leg off floor and raise as high as your able to without bending the knee and with the back in same starting position
 - o Hold highest position you can achieve without compensation for 5sec. Lower back to start and alternate to your other leg. This is a good way to stretch the back side of your hip and leg as well.



Lay Flat Legs Straight Lift 1 Leg Straight Up

Stay consistent with these drills over the next 4 weeks and then redo the hip flexion screen to check improvement. The drills provided here are not the only ways to improve your mobility; there are endless resources online with great videos should you want to explore further. As always, move well, live healthy and keep the mission alive Warbirds and Rough Riders!

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



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5th Bomb Wing awarded the 2019 Omaha Trophy for Strategic Bomber Wing category

2ND LT. RYAN WALSH, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

As a result of their exceptional service and outstanding performance, the 5th Bomb Wing was announced as one of five winners of the 2019 Omaha Trophy. U.S. Navy Adm. Charles Richard, commander of U.S. Strategic Command (USSTRATCOM), announced the winners last week on September 21, 2020.

"The Omaha Trophy is awarded to the best of the best in executing strategic deterrence," said Richard. "This year's winners distinguished themselves through hard work, selfless dedication and innovative thinking."

The Omaha Trophy began from a single trophy presented to the command's best wing in 1971 by the Strategic Air Command Consultation Committee for the U.S. Air Force's Strategic Air Command. Over the years and into the activation of USSTRATCOM in 1992, the tradition developed into five awards recognizing the commands top intercontinental ballistic missile wing, ballistic missile submarine, strategic bomber wing, global operations unit and strategic aircraft wing.

The 5th Bomb Wing is being recognized in the strategic bomber wing category for its mission accomplishment and effectiveness. Through enhancing interoperability with international partners and strengthening its ability to provide strategic deterrence, to leading innovation and bolstering readiness capabilities, they have embodied the statement of "Only The Best Come North."

"Our Warbird airmen have, and continue to set the standard for mission excellence, constant innovation and teamwork," said Col. Walters, commander of the 5th Bomb Wing. "While this recognition is humbling and hard earned, I look forward to seeing the Warbirds continue to soar to new heights."

Over the course of 2019, the Airmen of Team Minot showcased their ability to be the backbone of strategic deterrence. The 5th Bomb Wing engaged in 452 Air Expeditionary Force deployments, 293 Higher Headquarter missions, and sixteen multinational exercises supporting six Combatant Commands on six continents. In addition to their extensive presence worldwide and boosting joint capabilities, the airmen of the 23d Bomb Squadron carried out the busiest Continuous Bomber Presence in the Indo-Pacific region in seven years. The 69th Bomb Squadron also completed the longest Continuous Bomber Presence deployment in history. Through the year-long deployment, they tenaciously endured the highest operational tempo with 475 sorties and

exceeded Higher Headquarter mission expectations.

Holding mission readiness as one of its highest priorities, the 5th Bomb Wing administered a BIVOUAC exercise in Fargo, North Dakota. The exercise highlighted the abilities of the 5th Civil Engineer Squadron to construct an expeditionary base with an airfield, and then defend it. Training with the 5th Logistics Readiness Squadron, Airmen were able to use this training to stay sharp and mission ready with the culmination of 1,200 total hours of training.

Maintaining an ever-ready posture comes from the diligence and hard work that Team Minot Airmen demonstrate on a daily basis. Through 59 inspections, 21 exercises, and 11 audits, the 5th Bomb Wing obtained the maximum overall grade from all 32 Higher Headquarter agencies that were hosted. Furthermore, they ranked #1 in Air Force Global Strike Command history for a Nuclear Surety Inspection with zero deficiencies and 14 superior performers, as well as eight superior team achievements.

The perseverance and steadfast approach to always being mission ready has led to many awards and recognitions. The 5th Bomb Wing was ranked #1 in a Headquarters Air Force Inspector General readiness assessment with the first no-notice dual wing generational exercise where

they planned and organized sixteen strike packages and eight B-52 sorties. Additionally, they ranked #1 Air Force-wide for the Personnel Reliability Assurance Program (PRAP) leading the Department of Defense's largest PRAP population and having the #1 Air Force Medical Treatment Facility out of 76 total. Amongst these many accomplishments, out of all of Air Force Global Strike Command, Team Minot ranked #1 in Nuclear Bomber maintenance, dominating the competition and acing two nuclear operations.

To sustain mission readiness and capabilities, there has to be a push to innovate to stay future ready. Team Minot built the Air Force's first automated armory capable of arming 1,500 Security Forces Airmen in half the previous time and cutting airmen shifts by 4 hours. The TCMAX automated armory is the largest dual-wing armory and holds an 8,000-item inventory.

The importance of training is never overlooked at the 5th Bomb Wing. Through the innovative spirit, three squadrons came together to develop a virtual reality threat trainer to enhance hands-on training. Their creation led the way across Air Force Global Strike Command with eight wings adopting the new training platform.

The innovation and training to stay sharp and ready is made possible by the outstanding and

enduring support from the Minot community. The City of Minot was awarded the Barksdale Trophy, an award that highlights exceptional community support. By working closely with community leaders and partners, Team Minot was also able to drive three new state laws. Among these laws, one allows military spouses to use out of state licenses in North Dakota to enable a greater number of professionals to apply their skills in the community.

As with the importance of the support of the Minot community, the support of every Airman's family helps maintain the dedication and resolve it takes to accomplish the mission. Team

Minot pioneered the telemedicine initiative to increase enrollment in the Exceptional Family Member Program by 20%, to enhance accessibility to medical services. This supported access to three additional specialties to provide greater care and support.

The leaders and Airmen of the 5th Bomb Wing, through their unwavering dedication to training, innovation and always being mission ready, proved themselves as the best of the best. Whether here at home or supporting operations all over the world, the leaders and airmen of Team Minot are proof that "Only The Best Come North!"



5th Bomb Wing was announced as one of five winners of the 2019 Omaha Trophy. U.S. Navy Adm. Charles Richard, commander of U.S. Strategic Command (USSTRATCOM), announced the winners September 21, 2020.

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A LOOK BACK THIS WEEK IN USAF HISTORY

USAF RESPONDS TO CUBAN MISSILE CRISIS
 OCTOBER 16-28, 1962



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

The Cuban Missile Crisis was a pivotal moment in Cold War history. After US intelligence became aware of the construction of Soviet missile sites in Cuba, Strategic Air Command sent two officers from the 4080th Strategic Wing to verify with the use of U-2 spy planes. The missile sites were only located about 90 miles from US shores, presenting a serious potential threat. President John F. Kennedy was notified of the missiles on the morning of October 16, 1962, and the

confrontation with the Soviet Union intensified as US military forces sprang to action. Within a week, the USAF shifted from peacetime status to full combat alert in preparation. Aircraft from all over the country were mobilized, missiles were placed on alert, and USAF airlift increased to support combat forces. After the military show of readiness and much negotiation over the next few weeks, the Soviets finally agreed to withdraw their missiles on October 28, 1962. Later on, President Kennedy credited Strategic Air Command with contributing greatly "to the maintenance of the peace and security of the United States..."

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

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2020 AIR FORCE SPOUSE OF THE YEAR

Colonel and Mrs. Walters congratulate Bree Carroll, a Minot AFB Spouse, awarded the 2020 Air Force Spouse of the Year! One of the many ways she contributes to our military community is through her podcast, *Hearts & Stripes* where she speaks on the power of relationships and ways military couples can sustain healthy marriages. Way to go Bree!!! We are so proud of you!!!

MINOT AFB AIRMAN & FAMILY READINESS CENTER PHOTO

91st Security Forces Group Award Winners

It is my honor to announce the 3d quarter 2020, 91 SFG award winners!

Data highlights this quarter:

- SFG attacked and negated 4,085 security situations across the complex...that is the most in Twentieth Air Force!

- While we've had a few vehicle mishaps, the SFG safely transited in both armor and soft tops more than 300,000 miles, and we are re-looking at the way we train and operate vehicles

- Our Present For Duty rate is on the rise across the SFG at 76%. This time last year we were at 60%, and hovered there for a very long time.

This is directly attributed to YOU and what YOU do every flippin day to take care of yourself, your families and the mission. The chief and I are in awe of the work you do 24/7/365...thank you!!

Please help me in congratulating the following award winners who now go on to compete at the wing!

- Airmen: SrA Alexa N. Shabazian, 91 SFG
- NCO: TSgt Daida N. Garcia-Ortiz, 91 MSOS
- SNCO: MSgt Adam T. Macowicz, 91 MSFS
- CGO: 1st Lt Samuel T. Waters, 891 MSFS
- Flt CC: 2d Lt Justin T. Kovich, 891 MSFS
- Civilian Cat I: Mr. Darrel A. Bradley, 91 MSOS
- Civilian Cat II: Mr. Christopher M. Harris, 91 SFG
- Key Spouse: Mrs. Samantha Siebe, 91 MSFS
- Key Spouse Team: 91 MSFS
- Professional Team: 791 MSFS, S30-A

Col Segars

LAW TALK

The Family Legacy: an Irrevocable Mineral Trust

We meet many clients who have inherited mineral interests from their parents, grandparents, or other family members. These interests are often regarded as far more than real property—they are almost viewed as family heirlooms! Most people are very concerned about keeping these assets in the family and ensuring that they are available for their descendants for years to come. An excellent way to make sure this occurs is with an irrevocable mineral trust.

An irrevocable trust is—as its name suggests—irrevocable. This means that once it is created, it cannot be revoked or changed. While this loss of control makes some people nervous, it is usually not a problem for minerals. Generally, people don't change their minds when it comes to what they want to do with minerals; for example, most people won't suddenly decide they want to sell their minerals like one might decide with surface property. As a result, the irrevocability of an irrevocable mineral trust is usually not an issue.

In many ways, the irrevocability is actually a positive. Because the minerals are technically no longer under your control, they are not considered part of your estate. This can be useful to protect them from creditor claims or estate taxes.

Beyond this, the irrevocable mineral trust provides a smooth distribution process for your family. The trust can be drafted in such a way that you still receive the income from royalties during your lifetime. Following your passing, you can choose to either have your beneficiaries continue to receive income only while the minerals remain in the trust, or you can have the minerals deeded outright. If your goal is to protect your minerals and keep them in the family, distributing only income might be the best way to do that. This protects the actual minerals from creditor claims against your descendants, property disputes during divorce, and other threats.

Keeping minerals in the family is so important to many of our clients. Setting up an irrevocable mineral trust will allow you to protect your minerals and give you the comforting knowledge that you are leaving an excellent family legacy. Give us a call at 701-852-5224 to discuss how we can help you create a legacy.



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

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Minot AFB Drug Demand Reduction Program Joins the Nation in Celebrating Red Ribbon Week

MINOT AFB DRUG DEMAND REDUCTION PROGRAM

The Minot AFB Drug Demand Reduction Program invites the community to take a visible stand against drugs by celebrating Red Ribbon Week from October 23-31. Red Ribbon Week raises awareness of drug use and the problems related to drugs facing our community, and encourages parents, educators, business owners, and other community organizations to promote drug-free lifestyles. This year's celebration will kick off on 25 October 2020 with Prayers and Red Ribbon Distributions at Minot AFB Chapels. "Red Ribbon Week encourages our entire community to adopt healthy, drug-free lifestyles" said Samantha Mendoza, Drug Demand Reduction Program Manager. "The campaign brings together parents, schools, and businesses as we look for innovative ways to keep kids and communities drug free." The red ribbon now symbolizes a continuing commitment to reducing the demand for illicit drugs in our communities. In 1985, Drug Enforcement Administration (DEA) Special Agent Enrique S. "Kiki" Camarena was killed by drug traffickers. Shortly after Camarena's death, citizens from his hometown of Calexico, California, began wearing red

ribbons to remember him and commemorate his sacrifice. The first National Red Ribbon Week was created by the National Family Partnership (NFP) in 1988, and NFP continues to coordinate the campaign for families, schools and communities across the nation each year. "Red Ribbon Week gives us the opportunity to be vocal and visible in our efforts to achieve a drug-free community," said Ms. Mendoza.

"Research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to substance use and abuse." Visit www.getsmartaboutdrugs.com for more information about Red Ribbon Week or contact the Drug Demand Reduction Program at 701-723-5712.



TRAEEGER TALK



CRAWDADS OF THE SEA

SCOTT PEARSON, CEO
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Lobster, for most people, is a rare treat. Lobster is not to be treated casually, and the cost makes it critically important to do a good job preparing it for the table. The Traeger Wood Fired Grill is ideal for this because of its gentle, controlled heat, not to mention the light kiss of smoke we all enjoy.

It should take about two hours total time in the smoke, depending on the size of the tails. Larger tails will cook more slowly. The meat is done when it is no longer translucent, but always check to be sure the temperature is at least 145°F for food safety. Lobster gets tough pretty fast when it is overcooked so, unless you like it that way, watch the temperature closely and remove right away when it hits 145°F. Be sure to remove the butter at the same time, especially if you plan to reverse sear.

I started with medium sized tails, about a half pound each. Step one is to split the softer bottom side with scissors and pull the meat out to expose it to the smoke, leaving it attached at the top. Apply kosher salt to taste, a teaspoon per tail is plenty. Use less if in doubt. Let sit for at least 45 minutes. Overnight would be fine.

At this point, you have the option to serve, or allow to cool slightly then reverse sear. The sear adds some nice flavors, so that is my preference. If you choose to sear, set the tails aside uncovered while the grill heats up to maximum temp. Once the grill gets as hot as it will go, pop the tails back in for a few minutes. When the peaks and thin parts of the meat start showing light brown sear, remove the meat and serve while still hot.

Step two is to prepare the butter. Place cold butter in a shallow metal pan with spices of your choosing. I like paprika, garlic and pepper. Place the butter pan in the smoker and set to 180°F. The butter will pick up smoke flavor as it melts. When fully melted, stir the butter and spices together.

Serve the tails with melted butter on the side. Candle heated butter warmers are a nice touch, but not really necessary if you preheat your butter vessels with boiling water just before adding the butter and serving.

About two hours before your planned mealtime, place the tails in the smoker with the butter. Leave the temperature at 180°F. Let the meat take on smoke and heat undisturbed for about a half hour, then baste with the butter mixture on all exposed meat surfaces. I prefer to separate part of the butter for this purpose, and reserve the rest, just to prevent transfer of lobster flavors to the bulk of the butter. I usually make more butter than I need, and it is tasty on everything. However, I don't want it mixed with lobster juice.

Green vegetables such as asparagus, spinach, or broccoli are excellent side dishes with lobster. Asparagus and broccoli are easily cooked in the Traeger Wood Fired Grill, but require higher temperature than 180°F to suite most people's taste. They could be cooked in advance and then reheated with the lobster for a double smoked treat. If you prepared enough seasoned smoked butter, you can drizzle it over the vegetables for a triple smoked treat.

Continue basting every 15 minutes until the meat reaches an internal temperature of 145°F.



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STEP PROMOTION

"Earlier, we notified a young man he was STEP promoted to Technical Sergeant: Darren J. "DJ" Kasten from the 742d Missile Squadron. We had to get his spouse, son, and leadership team out to a local hotel, where he was in quarantine due to being a close contact of a COVID case. So in true COVID fashion, we all rallied up in the parking lot, walked around to the back of the hotel below the window of his room, and called him on the phone. His wife cried tears of joy. We told him he was doing great things and this was what we could do to thank him, and then we watched his team all celebrate with him...through concrete and glass and a cell phone connection. But the tradition stood. We recognized excellence. We celebrated it. And that's what will get us through this. BULLY!" -Chief Langston, 91 MW/CC

MINOT AIR FORCE BASE PHOTOS



Northern Celebrations

Embracing our
North Dakota
Lifestyle

Cocklebur Lament

Patricia Stockdill

They annoy.
They haunt.
Large and small, they're all alike, relentlessly – no, make that mercilessly – gripping, pulling, and tugging.
They're cockleburs and they love my dogs.
Officially, the Merriam-Webster online dictionary defines the evil cocklebur creature as "Any of a genus (Xanthium) of prickly-fruited composite plants; also: one of its stiff-spined fruits."

Sorry, but the definition of a cocklebur – at least in this hunting household – is "Any of those evil creatures attaching themselves to one's clothing, boot laces, or the treasured four-legged hunting companions of the household."

Sorry, in our world, cockleburs are not anywhere in the "fruit" category.
Fruit are often healthy and tasty.
Cockleburs are simply evil.

They torment any hunting dog with hair more than one-quarter of an inch long. They torment hunters.

As much as we love our Brittanies, sometimes the thought of not having to coax or cut cockleburs away from a vizsla, German short-haired pointer, or weimaraner is one reason to consider a different breed of versatile hunting dog (don't tell Eider and Garnet I said that, please).

In taking a close analysis of the structure of those large, football-shaped cockleburs, it's easy to understand how the inventor of Velcro® came up with the concept. Actually, Velcro® strips are easier to separate than cockleburs from a dog. Those small, fuzzy cockleburs, in some ways, are worse than the large ones that clump together to great gargantuan masses of entangled dog hair and "stiff-spined fruits."

Merriam-Webster's online dictionary is entirely too kind, by the way.

Small cockleburs mutate to become equally gargantuan masses of small stiff-spined fruit interwoven with dog hair – just more of them.

Perhaps the solution would be to shave our furry four-legged hunting maniacs so cockleburs can't encase them. However, that just invites the

potential for more exposure to cuts, scratches, heat, and cold. It's fall. Winter is approaching. Shaving is not in the plan. I don't want my hunting dog to be bald or running around with a buzz cut this time of year.

That leaves the only solution of trying to remove offending cockleburs with the skillfulness of a surgeon's hand, turning fingernails into tools that magically separate individual strands of hair from the dog and protesting cocklebur, that even as an inanimate object, still manages to take on the life of a living, breathing, prickly monster.

Or there is the option of using a scissors, leaving the dog to appear as if it was a 5-year-old child who had just cut his or her own hair - or your older brother or sister volunteered to cut your hair when you were little.

Either way, the end result isn't pretty.
Nor is it a pretty look for your favorite hunting dog, especially because they're probably convinced you're going to cut them. Hence they want to get as far away from you and the offending scissor as possible. At that point, in their mind the annoying cocklebur is the better of the two options.

On top of that, they're probably right. Unless you've managed to calm your favorite hunting canine companion down to the point that you and the scissor will feel better than the cocklebur, they're not going to see you in the best of light.

One must look at cocklebur removal in the proper context, however: Consider it an opportunity to pet and praise your favorite hunting canine companion, allowing them to relax and revel in all of the attention. It's also an opportunity to see if they have any other cuts or welts needing attention.

And, finally, it's a good way to learn patience and practice hand coordination; swiftly, smoothly, and gently snipping and nipping snugly against the cocklebur so as not to snip or nip skin.

Good luck. You're likely going to need it if you want to pheasant hunt in North Dakota.

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

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (19 Oct-20 Dec). 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 and MS Management. Please email your registration request & any inquiries to 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.

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

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- 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.

H	A	B	I	T		P	E	E	P	S		N	O	G		
A	L	O	N	E		A	T	S	E	A		E	R	R		
N	E	A	R	A	N	D	D	E	A	R		C	E	E		
			U	S	E	D			C	A	C	K	L	E		
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C	I	R				S	N	A	R	E		P	R	A	D	O
A	T	M				O	S	T	E	R		S	A	G	A	N

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CHURCH DIRECTORY

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

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>Saturday, October 17 No Vespers</p> <p>Sunday, October 18 10:00 A.M. Congregational Prayer Service Only</p>	<p>BF Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com</p>	<p>Trinity Church An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 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>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 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>UNITED CHURCH OF CHRIST</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf</p>
<p>Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Mask Only Service 8:30 am Fellowship 9:00 am Sunday School 9:15 am Worship 10:30 am</p> <p>Wednesdays: Soup Kitchen 11:30 am Family Supper 5:30 pm Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study 6:45 pm</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>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>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</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>Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & 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>Pastor Matt Scherbenske www.vincentumc.com</p>	<p>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing)</p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>ORCS Preschool</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>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p>First Assembly of God 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>OUR REDEEMER'S CHURCH KNIGHTS</p> <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>To Advertise your Church on this page, Call 839-0946 Only \$10.00 a space / per week</p>		

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