

# northsentry

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## WHAT'S INSIDE THIS WEEK:



MAFB SPOUSES  
HONOR FALLEN  
TROOPS

A6



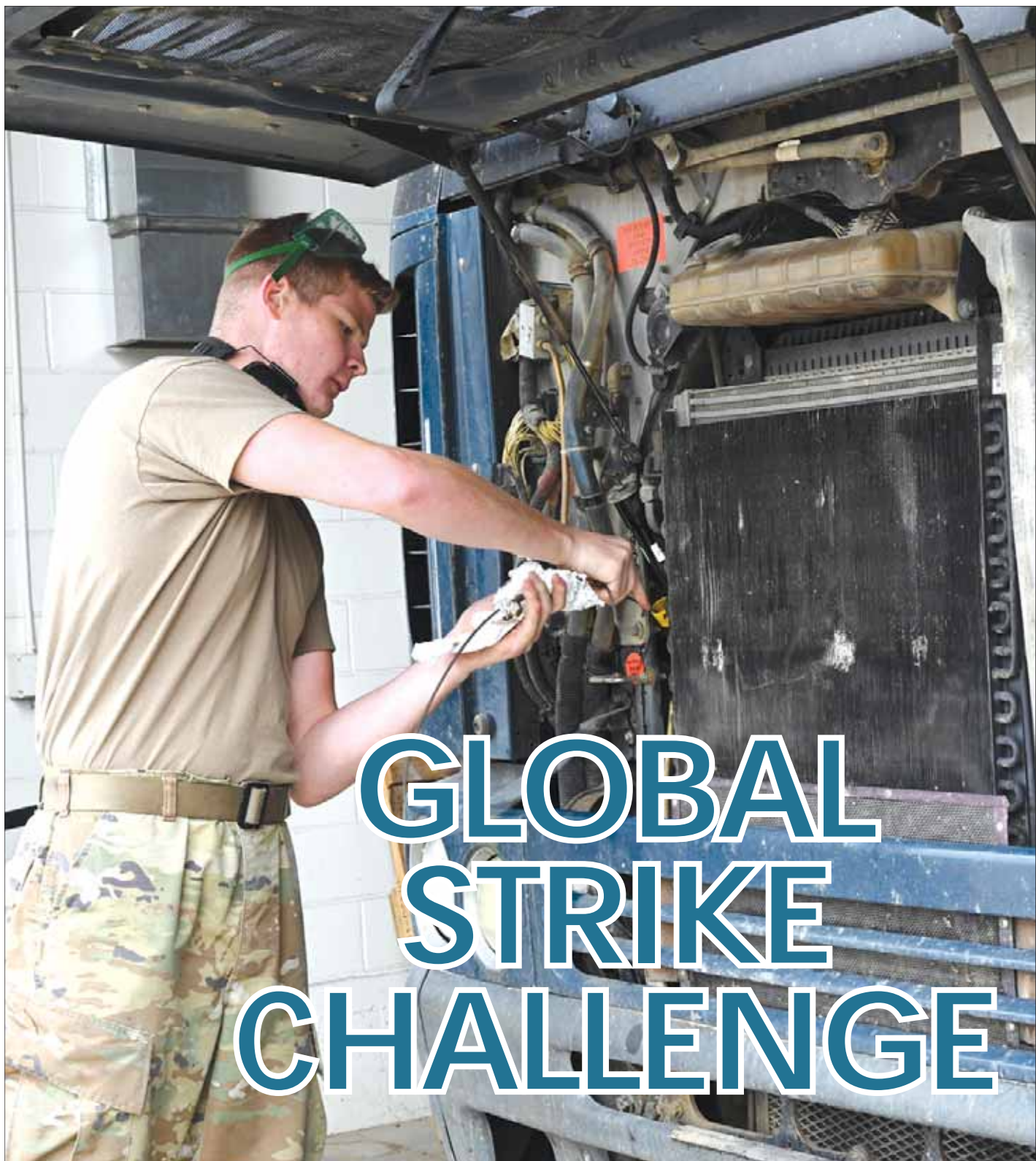
2021  
SNCO INDUCTION  
PHOTOS

B6-B7



91 MW FAMILY  
FUN DAY

C7



## GLOBAL STRIKE CHALLENGE

Members of the Missile Maintenance Team, led by team chief TSgt Tyler Olszewski, participated in the Global Strike Challenge, showcasing the world's premiere ICBM force and recognizing the best of the best in Global Strike! See page A4 for more coverage.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ZACHARY WRIGHT

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## A DAY IN THE LIFE

# Volunteering Airmen: Kate Mainland

1st Lt. Kate Mainland is a Missileer in the 742nd Missile Squadron and another part time volunteer at the Domestic Violence Crisis Center of Minot. She has been stationed at Minot Air Force Base, N.D., since early 2020, and despite the tightening COVID-19 restrictions of the past year, Mainland was determined to find a way to continue volunteering in her community.

Mainland was first exposed to the DVCC through social media posts on Facebook. "I liked their page and then I started seeing a couple posts from them and I was like 'wow, that's awesome!' I was thinking about getting involved but then COVID hit so it was kind of difficult, but eventually I got around to reaching out around the end of August," she said. After contacting the DVCC, Mainland was recruited by Volunteer Coordinator Victoria Conner.

While the state and city have had their own guidelines regarding the pandemic, Minot AFB personnel are required to adhere to the restrictions set forth by the Department of Defense and the Air Force, meaning Conner had to get creative in finding opportunities for her Team Minot volunteers.

"It's been an interesting process that's unfolded," said Mainland. "I started off in COVID times, so the shelter and Victoria were really awesome at adhering to guidelines. She would make sure that she gave me really COVID-

friendly tasks. She put me alone in a room to organize or wipe it down so I could be isolated, since that was required for my job."

Many of her tasks involved cleaning and sanitizing DVCC facilities, but Mainland also found opportunities to help set up decorations and interactive displays at the shelter or create beautiful chalk art outside the building. As restrictions lightened in the early summer, she was able to work outreach events such as the Sexual Assault Month and Post-Traumatic Stress Disorder (PTSD) Awareness Walks.

She is very passionate about the support and advocacy that DVCC provides, which is part of the reason why she decided to volunteer there. "I just love to talk to people and get out in the community and I think it's a really important cause. I see a lot of visibility in the community and so it seems to A) impact a lot of people when they really need it and B) overall, they seem to be very present in a lot of parts of the community and are a really interconnected organization."

So how does a missileer balance volunteer work during a pandemic and the demands of the mission? According to Mainland, she has it easier than most. "My schedule is very conducive to volunteering... currently we're out [in the field] for a week and then we have two weeks where we're back," she explained.

Those two weeks working on base can include commander's calls, squadron training days, or simulator rides. She also works on any other additional duties that she is assigned to.

"It's a very flexible schedule for the most part, besides the couple of mandatory training times. Other than that you kind of come in and get your work done and then you go. Some people in the career field will have a desk job as an additional duty, so they're a little busier and not able to spread their free time out as nicely as I am. Because I don't have a set office job yet in my career progression, I'm able to do a lot of volunteer work even during the day. I'm grateful for a flexible schedule."

When Mainland is not out working in the field or volunteering, she enjoys cooking, spending time outdoors, and taking care of her dog. She also takes care of her fellow missileer's dogs when they are in the field and she is at base, a common practice for missileers at Minot AFB.

For now, Mainland is able to volunteer her time every few weeks compared to the rare occasions she had during the height of the pandemic last year. But she has no plans to discontinue her volunteer work and encourages others to get involved in the cause.

"The DVCC is very inclusive and they are great for accommodating all volunteers



1st Lt. Kate Mainland is a Missileer for the 742nd Missile Squadron at Minot Air Force Base, N.D. She is shown above clearing weeds at the playground of the Domestic Violence Crisis Center, where she volunteers in her free time.

PHOTO PROVIDED BY 1ST LT. KATE MAINLAND

with all sorts of availabilities and capabilities. They run a lot of cool social media campaigns that you can participate in without ever showing up. Victoria does a great job of accommodating and fostering great relationships with all the volunteers. She makes volunteering really easy and fun, and anyone who is at all passionate about the cause—she could find a place for you. Even sharing content on social media is helpful," said Mainland.

Even in the most unprecedented times, Minot's Airmen are still dedicated to bettering their community which is another nod to why we say "Only the Best Come North."



**Abigail Kinder**  
Northern SENTRY

*Abigail Kinder is an on-base reporter for the Minot Air Force Base Northern SENTRY. If you or someone you know has a great story to share with Team Minot, please contact nsabby@srt.com.*

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# Air Force releases additional dress and appearance changes

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

New dress and appearance updates will soon be released following feedback, testing from Airmen and reviews conducted as a part of the 2020 Air Force Uniform Board.

"We remain committed to maintaining an iterative approach with our dress and appearance standards," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "During this most recent review we approved several updates fully aligned with our Air Force standards and culture that maintain our focus on warfighting while providing options to meet many of the needs of our Airmen."

2020 Air Force Uniform Board initiatives

Uniform Board changes will be effective upon publication in Air Force Instruction 36-2903, Dress and Appearance of Air Force Personnel, which is expected to publish in early October 2021. Below are examples of a few changes to the updated AFI:

- Male bulk hair standards increase from 2 inches to 2.5 inches

- Cosmetic tattooing on the scalp is authorized for men

- The size of hair accessories increases from 1 inch to 2 inches for females

- Hosiery is optional for females with any combination of the dress uniform

- Transparent piercing spacers are authorized

- Wing commanders may authorize the local wear of approved OCP morale patches on Fridays or during special events

Furthermore, the board conducted a review of several policy items that previously mandated specific behavior based on restrictions. In some cases, the board recommended removing the restrictive language to entrust commanders and Airmen to understand and adopt proper behavior based on their situation and circumstances.

"We trust our Airmen,

(noncommissioned officers) and commanders with incredible resources and significant responsibilities and we'll need to do so even more as we prepare for future conflicts," Kelly said. "We likewise trust they can figure out what it takes and means to maintain standards without specifying exact behavior in every situation."

Examples of guidance removed in the future AFI release:

- When walking in uniform, members may not use a cell phone or drink water

- Members may not place hands in their pockets when walking or standing in uniform

Specific details about the initiatives listed above, as well as additional changes, will be available upon AFI publication. In total, more than 30 recommendations from the Air Force Uniform Board were approved for implementation to the field.

Additional Uniform Item Improvements

The following uniform item improvements were made considering feedback from the field and multiple uniform fit tests. These items will be released for issue and/or purchase as the design and development process is completed.

Men's Blue Shirt and Women's Blouse

The improved men's blue shirt and women's blouse will utilize a new stain-resistant, wrinkle-resistant and moisture-wicking fabric with a herringbone weave in the current Air Force blue shade.

The men's shirt improvements include a tapered and lengthened shirt body with a reengineered armhole and shoulder. The women's tuck-in style blouse and semi-form-fitting blouse improvements include a lengthened shirt body, realigned buttons, a reengineered armhole, and a redesign of the neckline and collar.

In addition, the updated maternity blouse will include a

redesigned neckline and collar for improved fit and comfort. The back pleat of the previously-designed blouse was replaced with darts for better shape and fit. It has realigned buttons and a lengthened shirt body for accommodation through all trimesters.

The improved men's long-sleeve blue shirt is expected to be available August 2021. The improved men's short-sleeve blue shirt and women's tuck-in style blouse (long and short-sleeve) are expected to be available at the end of October 2021. The improved maternity blouse is expected to be available in January 2022.

Improved Hot Weather Combat Uniform

The improved hot weather combat uniform is a variant of the operational camouflage pattern uniform aimed at reducing layers of fabric in order to be lighter in weight, more breathable and quick drying, providing safer flame protection that does not melt or drip. It was designed to improve performance, survivability, lethality and safety in extreme hot and wet-weather environments. The improved hot weather combat uniform is expected to be available to Airmen in October 2021.

Extreme Cold Weather Parka  
Generation III Level 7 parkas, commonly referred to as extreme cold weather parkas, are expected to be available for personal purchase through AAFES online and in select AAFES stores this winter season. Previously, the parka was not available for personal purchase and was primarily distributed as organization clothing and equipment at northern tier or extreme cold weather base locations.

Men's Blue Trousers and Women's Blue Slacks

Men's blue trouser improvements include an adjustment to the pocket

design to enhance the fit of the trousers and reduce additional alterations.

The women's blue slacks improvement includes a redesigned and lower waistband, removal of the front darts to create a flat front, and a shortened rise to address fit concerns. Additionally, the pant legs will be straight cut as opposed to the previously tapered fit.

The updated trousers and slacks are expected to be available in May 2022.

Women's Mess Dress Slacks

The new women's mess dress slacks will provide Air Force women an option in addition to the current mess dress skirt and men's mess dress trousers. The slacks will be a female-fit version of the male mess dress trousers with design adjustments required to fit female measurements. Slacks can be worn with the current mess dress jacket. Women's mess dress slacks are expected to be available in August 2022.

Physical Training Gear

Modernized physical training gear will feature a revised fit and look with updated materials and fabric. The fabric includes soft, quick drying, antimicrobial technology that helps with moisture and odor control. The jacket, pants, and men's and women's t-shirts will be available along with new running and all-purpose shorts. The physical training gear is expected to be available in October 2022 with a four-year transition period for mandatory wear.

Space Force Guardians will follow the updates above except where Space Force specific guidance already exists. For example, in accordance with SPFGM2020-36-01, USSF personnel are not authorized to wear morale patches. The Space Force held its inaugural uniform board in March and is currently developing comprehensive service-specific grooming and uniform policies with a targeted release late 2021.

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# Housing Rentals in the Minot Area

MIKE BLESSUM,  
GENERAL MANAGER – DAKOTA PROPERTY MANAGEMENT

The Minot rental market has changed drastically in the last 15 years. Prior to the Bakken oil boom that began in 2006 Minot's population had hovered in the range of 30,000-35,000 for nearly 50 years. In the period between 2006 and 2020 the population grew by nearly 40% to almost 50,000. The influx of permanent and transient workers from around the country caused a building boom in western North Dakota and in Minot in particular. Large apartment, condo/townhome, and single family home developments popped up around the city to try to keep pace with the growth.

The result of this growth is a wide range of housing options for Minot residents. Rates for standard 2 bedroom units range from \$400 per month up to \$1300 per month based on the quality of the property and the amenities and inclusions available. It is a highly competitive market that is managed by a few management companies that provide leasing and maintenance services for property owners.

Property management companies balance the needs of their customers – both property owners and tenants. Property owners want the best return on their investment in the form of strong rents and well maintained properties. Tenants are looking for reasonable rents and safe, secure properties with the amenities to help them enjoy their time. This balance creates a market where property managers are competing for the best tenants through an entire package of services and fees.

As the General Manager of Dakota Property Management I work with my business partners and our staff to provide the best value for our tenants. Every aspect of the tenant experience is used to entice potential residents to choose our properties over those of our competitors. We use application fees, security deposits, military discounts, admin fees, and rent structures to make sure we are the best rental housing provider in the area. Many of our competitors take a similar approach, though some of the parameters differ greatly.

Dakota Property Management has placed an emphasis on filling our properties with members of the military. We see this as a great way to serve our community and base while providing a solid set of tenants for our property owners. For this reason, we offer the largest military discount in town at 10%. Many of our buildings have more than half of their units filled with members of the military.

On the other end of the spectrum, we do not do rentals with anything lower than a \$500 security deposit. Many of our competitors offer discounted or \$0 security deposits to try to attract tenants. We have learned through experience that we can provide much better security to our property owners and tenants by ensuring they have a proper deposit on their account to help cover expenses at move out. While the lower deposit amount is a competitive advantage for our competitors, we feel we have a better balance for our tenants.

For those that are looking for a larger or more private rental there are many options available in condos/townhomes and single family homes in the area. Lower end properties start around \$650 per month and can range up to well over \$2500 per month for large, new homes in desirable neighborhoods. While apartment properties will typically cover at least some of your utilities, most single family properties will require tenants to cover all of the utility expenses. You may also be responsible for upkeep on the exterior of the home including lawn care and snow removal.

Minot's growth has provided many new rental options for every budget range. Military discounts give MAFB members extra buying power to find a rental property that will meet their needs. Property management companies can help you find the property that is right for you – so contact one today!



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MINOT, ND



# Adopt An Airman: It's just that easy

Looking at A1C Paul Russell's Adopt an Airman application, you would wonder "What in the world can we do that would be exciting for him?" Originally from Washington, he does scuba diving, whitewater rafting (he's an instructor), outdoors activities, biking...well you get the picture. But what Paul hasn't done is sail, and his eyes lit up when my wife, Sue, and I proposed that he accompany us on our sailboat. "Yeah, I haven't ever sailed, and I would like to," was his response. Done! We set a date and time and told him that his afternoon cruise included supper on the lake, albeit a simple supper that included hot dogs on the grill, potato salad, and fresh fruit. You know, normal North Dakota picnic menu.

Well, the day came and after a few last minute details we hit the lake. Our CAL 27 sailboat is in a slip at Ft. Stevenson State Park south of Garrison so just an hour away by car, and it takes minutes for us to be on the lake, sails up and dancing across the waves...except there wasn't much wind at first. Opportunity! "Hey Paul, would you like to take a swim?" I asked. It was a warm August day, and within seconds Paul was over the edge and had disappeared into Lake Sakakawea. The afternoon winds would eventually pick up, and Paul was able absorb

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**A VIEW FROM OUR SIDE**  
ROD WILSON, NORTHERN SENTRY



some instructions from Sue and pretty soon he was at the helm of our boat, Celebration. So, add another line to the application: Paul really likes to sail, too.

That's just how easy it is to plan an event for your Adopt an Airman friend. However, please remove "plan" in that sentence. "That's just how easy it is to include your Adopt an Airman friend in your normal family activities." What Sue and I heard from Paul is that he just really wanted a way to get off base, out of the dorms, and see what Minot has to offer. It could be a backyard barbeque, a quick cup of coffee, an afternoon at the zoo, or just a seat in the boat for a walleye fishing trip. The point is, they are here for at least two years and they don't know where to start when it comes to the Minot, North Dakota experience.

That's where you come in. If you live on the base, or in town, please consider the

Adopt an Airman program. The process is simple. Fill out the sponsor application on the Minot Chamber/EDC website; fax, email or mail the application back to the Minot Chamber/EDC, and within days you will be matched with an Airman who has shown an interest in developing a relationship with a sponsor family. It takes just minutes, and you are on your way. There are two main advantages: 1) You get to know a young person who wants to know more about Minot and 2) That young person will share a wealth of information about Minot AFB and the Air Force community.

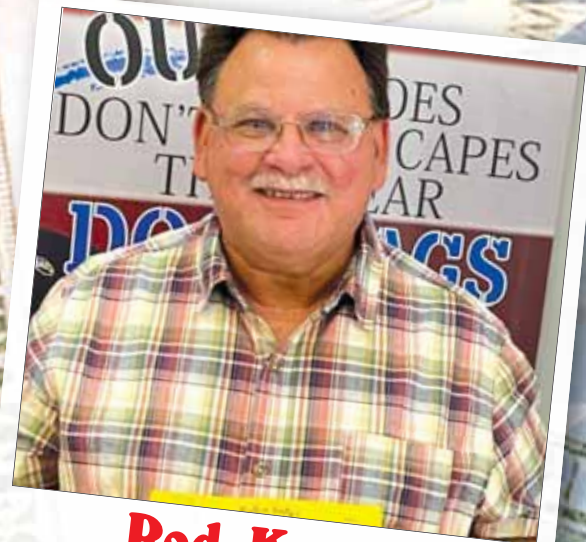
Get out your phone or planner right now and add a note: Fill out an Adopt an Airman sponsor application. That way you won't forget.

We have far more Airmen than we have sponsors, so now is the time to "Step Up To The Plate" and Adopt an Airman.

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# Minot AFB spouses pay respects to fallen troops in Afghanistan

ABIGAIL KINDER, NORTHERN SENTRY

The current events in Afghanistan have sent shockwaves and heartbreak throughout the military community as men and women from every branch are being called to action. One spouse, Jenaliz Boise, decided to light a fire in the hearts of the people at Minot Air Force Base and spark a show of solidarity for those service members and their families.

After noticing a post on Facebook about spouses placing boots tied in black ribbons on their porches to honor the fallen troops of the recent attack on the Kabul Airport, Boise was inspired to do the same thing here in Minot. She shared the post to the Minot AFB Spouses page and encouraged others to

follow suit. The support from the spouse community was overwhelming and within hours, porches all over Minot AFB were covered in boots, black ribbons to symbolize mourning, American flags, and mementos to honor the fallen troops.

On Aug. 26, 2021, 13 service members (11 Marines, one Army, one Navy) were identified as those killed in action during an attack on the Kabul Airport in Afghanistan. Their names are Lance Cpl. David L. Espinoza, Sgt. Nicole L. Gee, Staff Sgt. Darin T. Hoover, Staff Sgt. Ryan C. Knauss, Cpl. Hunter Lopez, Lance Cpl. Rylee J. McCollum, Lance Cpl. Dylan R. Merola, Lance Cpl. Kareem M. Nikoui, Sgt. Johanny Rosariopicharo, Cpl. Humberto A. Sanchez,

Lance Cpl. Jared M. Schmitz, Hospitalman Maxton W. Soviak, and Cpl. Daegan W. Page.

Because of their bravery and the dedication of all of the troops involved in Afghanistan, well over 100,000 people have been evacuated from the country, but many are still waiting in anticipation to see their family members return home safely.

Not only are we remembering these 13 valiant service members, but we are remembering all others who did not return from Afghanistan in the last 20 years and with heavy but grateful hearts, we thank the ones who did. It is in times like these that the military community must rally together to support, uplift, and honor our fellow troops and families.



Following in the footsteps of the spouses of another military base, Team Minot banded together to honor the 13 fallen troops of the Kabul Airport attack by sitting out boots, black ribbons to symbolize mourning, and mementos in front of their homes.

COURTESY PHOTOS BY MINOT AFB SPOUSES



## DART SIGN UP SHEETS ARE AT THE SPOT!

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2/3 TABLESPOON TRIPLE SEC  
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PURE KOSHER SEA SALT  
1/8 CUP VEGETABLE OIL  
1 1/3 POUND SKIRT STEAK  
2/3 LARGE TOMATO, DICED  
1 CUP CORN, KERNELS, CANNED  
2/3 CUP BEANS, BLACK  
2/3 CUP RED ONION, DICED  
1 1/3 CLOVE GARLIC, MINCED  
2/3 WHOLE JALAPEÑO, SEEDED AND DICED  
2/3 WHOLE LIME, JUICED  
2/3 TABLESPOON RICE WINE VINEGAR  
1 1/3 TABLESPOON CILANTRO, FINELY CHOPPED  
2/3 TEASPOON GROUND CUMIN  
2/3 DICED AVOCADO  
SALT AND PEPPER  
FLOUR TORTILLAS

Remove the zest from the lime, then juice the lime. Put both the zest and the juice in a small mixing bowl. Add the tequila, triple sec, and salt and stir until the salt crystals to dissolve. Whisk in the oil. Transfer to a resealable plastic bag and add the meat. Seal and refrigerate for several hours, or overnight.

Make the salsa the day you plan to serve the steak. Add tomatoes, corn, beans, onions, garlic, and jalapeno in a mixing bowl. Stir in the lime juice, vinegar (rice wine or balsamic), cilantro, and cumin. Gently fold in the avocado with a rubber spatula. Season with salt and freshly ground black pepper. Cover and refrigerate if not serving immediately. When ready to cook, start the Traeger grill and set the temperature to 500° F (High if you have a manual controller) and preheat, lid closed, for 10 to 15 minutes.

Remove the steak from the marinade and dry with paper towels. Grill for 5 minutes per side, or until the steak is done to your liking.

Transfer to a cutting board and let rest for 2 minutes or more. Slice thinly on the diagonal. Serve with tortillas and the salsa. Enjoy!



Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

## A LOOK BACK THIS WEEK IN USAF HISTORY

### MINOT AFB RECEIVES ITS FIRST MINUTEMAN I

SEPTEMBER 9, 1963



This Minuteman launch took place at Cape Canaveral, Fla., on Nov. 17, 1961. It became operational less than a year later. (USAF Photo)

After Minot Air Force Base, N.D., was selected to host Minuteman I Intercontinental Ballistic Missiles, construction on a missile complex began. The next year on Sept. 9, 1963, Minot AFB received its first Minuteman I missile coming from Hill AFB, Utah. Under the charge of the newly activated 455th Strategic Missile Wing, the first missile was placed in Launch Facility A-02. By 1964, the 455th SMW became fully operational and combat ready with 150 ICBMs in service. Each missile weighed nearly 65,000 lbs. and had a range of over 5,000 miles. Because of its strategic positioning in the United States, Minot was in the perfect position to establish the first-of-its-kind system. The Minuteman I was replaced several years later by the new and improved Minuteman III which composes the current ICBM force.

Information courtesy of: [minot.af.mil](http://minot.af.mil) / [nationalmuseum.af.mil](http://nationalmuseum.af.mil)

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# Gen. Anthony J. Cotton takes command of Air Force Global Strike Command

MSGT MICKY PENA, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Gen. Anthony Cotton took command of Air Force Global Strike Command from Gen. Tim Ray, outgoing AFGSC commander, during a ceremony here, Aug. 27. He is the newest leader of the U.S. Air Force's portion of the nuclear enterprise, which maintains the nation's only force of intercontinental ballistic missiles and strategic bombers.

Air Force Chief of Staff Gen. Charles Q. Brown, Jr. presided over the ceremony.

"It is this command that provides the nation the advantage of global strike, the critical backstop for our diplomats, and the reassurance for our allies and our partners," he said. "None of this is possible without the Strikers of Air Force Global Strike Command. Our portion of the nuclear triad is, and must continue to be, safe, secure and reliable."

"There is simply no one more qualified and ready to take the reins of Air Force Global Strike Command," Brown said of Cotton. "There are many things the Air Force must do well, but there are few things the Air Force can never get wrong. Ensuring the safety, the security and reliability of two-thirds of our nation's nuclear triad is binary. We must never fail, and that is why General Cotton is the perfect choice to inspire and lead this command into the future."

With this change of command, Gen. Cotton became the sixth commander of Air Force Global Strike Command.

"Success requires leaders with a solid understanding of strategic imperatives, the ability to build teams, and a vision biased towards action, and Gen. Cotton is a leader

who has all three," Brown added. "I know when called upon, Global Strike will be ready to fly, fight and win, providing our nation and its allies airpower, anytime, anywhere."

U.S. Strategic Command Commander Adm. Charles Richard was also in attendance and reiterated Air Force Global Strike Command - Air Forces Strategic Air's importance to the Department of Defense's mission.

"If we do not do our job, if we do not maintain strategic deterrence, nothing else in the Department of Defense is going to work the way it was designed," Richard said. "You inherit all the capabilities that are necessary to provide unmatched strategic deterrence to the nation. I have full faith and confidence in your abilities to lead this command."

Following receipt of the guidon, Cotton gave his first address as the new commander of AFGSC.

"I cannot put into words how proud I am to be a part of this incredible command," Cotton said. "In carrying the legacy of long range strike we have a huge responsibility. We must always be ready. Always ready to stand up to any aggressor, always ready to protect our allies, and always ready to provide a safe, secure, reliable and effective arsenal of long range strike capability."

"We need to masterfully execute the modernization of our nuclear portfolio. We need to have agile technology infused in our systems, ready to adapt to future challenges," he added. "We also need to sustain our current force and keep it capable and ready until replacements arrive. We need to innovate and collaborate. Not just with military industry and government, but also with

community partners to discuss quality of life, safety, education and social issues."

Cotton also explained the importance of inclusion and diversity, specifying that every Airmen within the command must embody Striker Culture.

As he wrapped up his remarks, Gen Cotton made two promises to the Airmen of Air Force Global Strike Command.

"I promise to never take for granted the sacred trust the American people have in us, and I promise that I will do everything I can to ensure that we are always ready, no matter what challenges come our way," Cotton said.

Cotton is responsible for the nation's fleet of Minuteman III ICBMs, the land-based component of the nuclear triad. Three missile wings and one Numbered Air Force maintain this deterrent force on a day-to-day basis. He is also responsible for all of the nation's strategic bombers, which include the nuclear-capable B-52H Stratofortress and B-2 Spirit, as well as the conventional-only B-1B Lancer. These aircraft fall under five wings spread throughout the United States and one Numbered Air Force. Altogether, these aircraft form the air-based leg of the triad, which is deployed in support of every combatant command around the world.

"Success requires leaders with a solid understanding of strategic imperatives, the ability to build teams, and a vision biased towards action, and Gen. Cotton is a leader who has all three," Brown said. "I know when called upon, AFGSC will be ready to fly, fight and win, throughout our nation and our allies and powers, airpower, anytime, anywhere."



Gen. Anthony Cotton, right, incoming Air Force Global Strike Command commander, receives the guidon from Air Force Chief of Staff Gen. CQ Brown, Jr., left, during the AFGSC change of command ceremony at Barksdale Air Force Base, La., Aug. 27, 2021. The passing of a unit's guidon symbolizes a transfer of command. Activated in 2009, AFGSC is responsible for the nation's three intercontinental ballistic missile wings, the Air Force's entire bomber force, Air Force nuclear command, control and communications systems, and operational and maintenance support to organizations within the nuclear enterprise.

U.S. AIR FORCE PHOTO  
SENIOR AIRMAN JACOB B. WRIGHTSMAN

## Back Talk

### Study Reveals Spinal Surgery Does Not Prove Effective

Vehicle alignment depends largely on the durability of tires working in tandem with the structure and function of the axle. Unbalanced alignment contributes to an eventual breakdown due to the asymmetrical stress load eroding at the structure. The rate and symmetry of breakdown depends on alignment. This same principle occurs with the human spine.

The spine consists of 24 hard bones called vertebrae. 23 of these bones maintain space from one another through the presence of intervertebral discs. Intervertebral discs are specifically designed to separate the bones and protect the elements that exist between each bone. These essential elements include spinal nerves and blood vessels. Spinal nerves extend off the spinal cord at each level of the spine and transverse through a disc-sized hole created by the space between each bone. The spinal nerve relays life-giving information from the brain to the entire body to keep a person alive and well.

The intervertebral discs serve an essential purpose. These buffers are comprised of 70% water and 30% soft tissue and provide shock absorption that cushion stress created in the spine from moving, jumping, and bending. Better alignment means better protection and function.

Abnormal movement or alignment of a spinal vertebra leads to minor asymmetries in the spine that increase rates of disc degeneration and arthritis. Small spinal misalignments, known as subluxations, also increase tension and interference in the nervous system. Interference in the nervous system puts the body into a state of dysfunction, eventually leading to a deterioration of health and the increased risk of symptoms and disease.

Studies show that small asymmetries in the spine and discs create health problems that lead to pain and disease. Research determined that asymmetric distribution of herniated discs attributed to altered mechanical load. Patients with herniated lumbar discs often underwent surgery at the recommendation of their physician. Continued research determined an unfortunate correlation that many people with disc problems fail to experience health improvement following spinal surgeries. Even surgeries deemed successful that go as planned do not remedy persistent pain and health problems.

Well-known athletes and coaches often have access to the finest health professionals and surgeons in the world. The world champion head coach of the Golden State Warriors experienced a spinal surgery that rendered him completely unable to function for months due to the pain and disability experienced following spinal surgeries to address disc problems. Steve Kerr publicly advised all listeners to avoid back surgery at all costs.

The healthiest long-term approach to treating spinal asymmetry problems begins with improving movement and strength. Chiropractors address spinal asymmetries and help those with chronic spinal pain through gentle, corrective adjustments and specific lifestyle care recommendations. No vehicle has more value than the one each person lives in. Optimal maintenance comes from chiropractic. All the best to you and yours in great health,



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**SSGT CHRISTOPHER MOORE**  
ASSISTANT NCOIC  
891 TRAINING SECTION



#### BACKGROUND

- Arrived in Minot February 2020
- Originally from Orlando, Florida
- Enjoys working out, photography, and being artistic

#### JOB DESCRIPTION

- Monitor, track and implement training for the entire squadron
- Document the attendance, manage peoples profiles for appointments and qualification

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## All About Pets

**Pets have allergies too!**



Just like their humans, pets can have allergies too, and they are no fun for your furry friends! Pet allergies can be triggered by a variety of things including food ingredients, bug bites/stings, seasonal, prescriptions, chemicals, and more. Did you know that protein sources (including chicken, beef, or lamb) are some of the most common allergens for dogs? Here are some of the symptoms of allergies in your cats and dogs:

- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, it's best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may

take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside.

If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives, itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital.

In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional.

In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!

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## TRICARE & mental health resources

JILLIAN JOHNSON

I remember when my mental health started to spiral out of control.

We had just PCS'd to our current duty station, and I was having a hard time adjusting to the changes brought forth by the move. Throughout my life, I have struggled with anxiety.

After relocating and leaving my support system behind, I struggled with loneliness. My husband's schedule changed, my children were unsettled, and I was caring for everyone else's needs above my own.

### SEEKING HELP FROM DARK THOUGHTS

I started to have what I call "dark" thoughts — and they scared me. So, I sought help.

I called the base clinic and scheduled an appointment with my new Primary Care Manager (PCM). They were able to fit me in within two days. During my appointment, I told my PCM what I was experiencing. He directed me over to the mental health office. There, a counselor recommended I attend one of her seminars to "change my thinking." I walked out with a pamphlet for a class, feeling worse than I did before, and with no tangible help for mental health resources.

Shortly after, I followed up with my PCM and he prescribed an anti-anxiety medication called Zoloft and wished me luck. I still didn't have the answers I

needed. My depression continued to worsen.

A few weeks later I learned that I didn't need a referral to seek help off base. This was something that my providers neglected to tell me and should have known.

### FINALLY, A DIAGNOSIS

Luckily, I found a TRICARE-authorized clinical psychologist and scheduled my appointment within a week without a referral. Here, I received a dual diagnosis of Attention Deficit Hyperactivity Disorder and Complex Post-Traumatic Stress Disorder as a result of past trauma. I have been receiving Cognitive Behavioral Therapy for over a year, and I am now properly medicated.

The result? I'm flourishing in ways I never knew I could, and I can uphold our family in times of crisis without losing my sanity.

Since my diagnosis, I have spoken openly about my experiences in the hopes of ending the stigma surrounding mental healthcare in the military community and reaching other spouses who may be in the same predicament.

If you find yourself in need of mental health resources, here are steps you can take to get help through TRICARE:

1. Visit the TRICARE website to search for an authorized provider near you.

TRICARE's website is transparent about its mental

health coverage. It gives a full breakdown of the types of mental health providers out there and what each of them can do to help their patients. For more information and to search for a provider, click here. You also have the option of asking your PCM for a recommendation — you will likely have a better experience than I did. If not, at least make sure to let your PCM know that you are seeking treatment, as they may be able to help you manage your medications if needed.

2. Schedule an appointment with a counselor to discuss your mental health needs.

You can schedule an appointment with a TRICARE-authorized mental health provider without a referral. However, you will need a referral for a psychoanalysis or mental health evaluation. This is something your mental health provider will most likely be able to assist you with.

3. If you are diagnosed, inform the Exceptional Family Member Program (EFMP) coordinator.

This step is required if you receive a diagnosis regarding your mental health. They are usually located in the clinic of your local installation. The EFMP coordinator can help you coordinate your treatment and make sure you continue to receive services — no matter where you PCS — by registering for the EFMP program.

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# Northern Celebrations

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## Drought and wildlife

Patricia Stockdill

Even though portions of North Dakota received much needed rain in late August, the harsh reality is it's still mighty dry in many places across the Peace Garden State.

Another harsh reality is that too often it's easy to think the short-term is all that is important.

After more than a decade of generally adequate, or in some locations more than adequate moisture, it might not seem possible North Dakota could experience long-term dry conditions.

But, yes, this is the Northern Great Plains, also known as the Land of Extremes.

And, yes, we could have several years of dry conditions. After all, there was the Dirty 30s when North Dakota and much of the central United States simply blew away in the Dust Bowl Era – including sending dust and dirt as far east as Washington, D.C.

While that's not saying such a scenario will occur, it's a reminder that the Northern Great Plains is prone to dry and wet cycles.

Sometimes short cycles; sometimes long cycles.

Humans aren't the only thing negatively impacted by drought. "Generally, drought doesn't mean good things for wildlife," N.D. Game and Fish Department Wildlife Division Chief Jeb Williams described.

People tend to focus on pheasants when it comes to upland hunting, Williams said, but dry conditions affect all upland game birds – non-native species more so than resilient native species like sharp-tailed grouse.

In the short-term, dry springtime conditions potentially affect broods with fewer insects and less escape cover. That can translate into fewer young birds in the fall for hunters and their four-legged companions.

But let's look long-term: Even though pheasants tend to move to heavier cover in colder weather, going into winter with poor grass habitat translates into less residual cover for spring nesting cover. That's the long-term impact – fewer adult birds could mean fewer broods the coming year or years.

In addition, there is the issue of lost cattails and wetland habitat, "which is important for winter cover," Williams added.

Big game species also need grass, although it's not as

critical in the winter. "That's the preferred fawning area for white-tailed deer," Williams explained. A drought becomes a bigger issue for whitetails if it lasts several years.

Pronghorn, however, try to move out of an area if habitat conditions don't meet their needs. "They have more migratory ability than other big game," Williams said.

However, if a drought extends over a broad multi-state area pronghorns also feel the impact.

Moose need wet and swampy habitat. Even though moose forgot to read textbooks telling the world they are a creature of the woodlands, they've shown their ability to adapt to environmental conditions and expanded their historic range outside of traditional forested areas.

They're now found in non-traditional areas such as northwestern and central North Dakota. It's a large unknown how moose now living in the prairie, fields, and diminishing shelterbelts would handle an extended drought, Williams offered. "If this drought should set in for several years, how will that impact moose?" he questioned.

The 2021 drought depleted more than grassland conditions – it hammered a vital food source for upland birds such as sharp-tailed grouse, and other wildlife, including deer and even resident songbirds as well as those wintering in North Dakota.

Berry production, whether small crabapples, plums, chokecherries, silverberries, buffaloberries, or fruit from the litany of other berry-producing native and non-native trees and shrubs, is minimal at best this year. That raises the potential for additional stress on wildlife, especially if extended cold weather persists.

Ironically, the drought could ease if the state had average or above average snowfall this winter. Yet too much snow adds even more stress with poor habitat and food availability.

Time will tell as to what any potential long-term drought affects could mean for wildlife. But one thing is certain – without adequate, quality habitat, the long-term impact will be accelerated. "This is all tied to the longevity of the drought and potential long-term habitat loss," Williams concluded.

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SEPTEMBER 2021

**GINA  
CLARK-NELSON**



*What do you enjoy most about being an FCC Provider?*

I am thankful to be a part of the FCC program as a provider. It gives me an opportunity to continue my passion. I enjoy supporting the women and men in our military and DOD community by providing exceptional childcare for their families. It makes my day to see those little faces come through my door, excited to see me and ready for our daily adventures.

*What are your interests/hobbies?*

I enjoy spending time with my family watching the latest Marvel/Disney/DC movies to hit the big screen, anime, and playing cards or board games. I absolutely love what I do as a Mary Kay Independent Beauty Consultant. I have fun playing and coaching volleyball, softball, baseball,

basketball, and any & all backyard bar-b-q games. Lastly, I relax by baking, sewing, arts & crafts, and on my best days cooking a good ole fashion southern meal with my family.

*What advice do you have for new providers/those interested in being FCC Providers?*

My advice to new providers/others interested in being an FCC Provider...GO FOR IT!!! If you enjoy teaching children, want to help your community, or simply looking to start a business you are passionate about and too afraid to take the leap, FCC is for you. The women in the FCC Program will guide you through the process with ease. You will not be alone in your journey. Becoming an FCC Provider is a great way to give back and support the people out there keeping us safe.

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# Highest risk, biggest reward: Planning for Denali

JESSIE PERKINS, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. (AFNS) --

Five current and former Airmen recently finished scaling a 20,310-foot climb up Denali in Alaska, the highest point in North America, June 19. The climbs are done mainly in the name of resiliency, but without the extensive use of risk management before and throughout the adventures, they may not have been accomplished safely.

A lot of preparation goes into a climb. "After considering what would be the most challenging and appealing route for us, ... we ask ourselves, 'Do we have the skill to do it? ... Do we have the skill to safely do it?'" said Lt. Col. Rob Marshall, an individual mobilization augmentee currently assigned to the Space Operations Command on full-time orders with the Air Reserve Personnel Center at Buckley Space Force Base, Colorado, and a founder of the 50 Summits Challenge.

The U.S. Air Force 50 Summits Challenge is a project focused on helping Airmen fly the Air Force flag from the highest point in all 50 states. The challenge also aims to promote the well-being of Airmen through physical, mental, social and spiritual means.

"It's mentally stimulating; there is real-time risk management happening all the time," Marshall said, when speaking on the safety mindset used throughout the climb. The team has also participated in the Seven Summits challenge, where the goal was to reach the highest point on each continent to promote camaraderie and esprit de corps among Airmen and to highlight personal fitness and growth.

When thinking about the

planning and safety perspective, many prior steps are involved to make the multi-week climb. Weeks of preparation, weather research, proper clothing, mandatory vs. optional equipment, meals, medical care, travel, itinerary, communications technology, fitness regimen, backup plans and team selection/team dynamics are all considerations. This "begins on day one and doesn't end until each team member is home safely," Marshall said.

On the last day's journey to the summit, team planning and real-time execution of risk management helped save a life. Although they hoped to keep the risks to a minimum, an injured or incapacitated climber high on the mountain is always part of the plan and during that challenging summit day, the team experienced a life-threatening medical emergency, frostbite and unforecasted mountain conditions.

A treacherous chain of events started with hours of collapsing snow steps to the final 500 feet being a wall of nearly vertical blue ice.

"What we didn't know until we reached the top of the Upper West Rib was that it was not only very steep, but had a band of hard blue ice maybe 100 feet wide," Marshall said. "We had to cross this to reach the end of the technical section, which required

careful ice climbing. There was no turning around at this point—it was far safer to finish the climb than to descend."

After four hours of climbing the ice wall, several climbers communicated that they were getting frostbite on their toes, and one experienced climber was showing signs of serious high-altitude sickness—something that can appear with little warning. This quickly took a turn for the

unexpected," Marshall said. "We were well prepared with emergency medicine, two-way communication with the National Park Rangers, enough supplies to keep the climber sheltered and nourished in an austere environment, and the training to initiate and complete a high-altitude evacuation."

From a risk-management perspective, even though health and safety emergencies occurred, there were also many successes. Carrying equipment that allowed the team to set up an emergency bivouac at 19,500 feet was essential to the climbers' welfare and was part of the plan. Because two communication options were there, including a standard radio and satellite-based communications, they were able to communicate to the support network

back home, and communicate in real-time with rescuers nearby.

There's also the value in picking the right people. "All our climbers were qualified. ... If anyone lacked the skill to climb the blue ice at the end of the West Rib or had given up, it could have spelled disaster," Marshall said.

In the end, the team remained calm and used their experience and risk-management planning to overcome the dangerous cold, steepness and uncertainty.

"We put weeks of planning into each expedition. ... Our

climbers have all come prepared for the challenge of high-altitude mountaineering," he said. "Before the start of each climb, we remind each other that coming home alive is the most important measure of success. The mountain will still be there, year after year, so we can always come back later and try again."

More than 15 years of high-altitude mountaineering and nine climbs of the various 'Seven Summits,' the team has successfully gotten all climbers to the top, with the exception of four. Two of six turned back on Mount Everest in 2013 and two of six did not summit Denali in 2021. "54 out of 60 reaching these summits is a pretty outstanding record compared to the 50% success rate of many private and commercial expeditions," he said. "I attribute our outstanding success and safety record to an unwavering focus on risk mitigation and the teamwork that comes from groups of Airmen and Guardians climbing together."



worse when the climber collapsed and had trouble breathing, forcing Marshall to call in the National Park Service.

"In all my years of climbing, I've never had to ask for a rescue. It's not something any of us would ever want to do," he said. "Luckily we called it early and had the proper medication and training."

The climber was successfully evacuated by helicopter and recovered almost immediately once at sea level.

"Always be prepared for the

Photo: Five current and former Airmen scale a 20,310-foot climb up Denali, the highest mountain peak in North America, Denali National Park and Preserve, Alaska, June 19, 2021. The United States Air Force 50 Summits Challenge is a project focused on helping Airmen fly the USAF flag from the highest point in all 50 states. The challenge also aims to promote the well-being of Airmen through physical, mental, social and spiritual means.

U.S. AIR FORCE PHOTO | LT. COL. ROBERT MARSHALL

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# NODAK ARMS

## OUTDOOR

### REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

•Lake Sakakawea elevation, Aug. 30: 1,832.44 feet above mean sea level (MSL); 21,200 cubic feet per second (CFS) Garrison Dam average daily releases.

•Devils Lake elevation: 1,447.25 feet above mean sea level (MSL).

•Stump Lake elevation: 1,447.2 MSL.

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

•Devils Lake, Ed's Bait Shop, Devils Lake: East Bay producing nice perch in 20-plus feet with slip bobbers and nightcrawlers or minnows. Some nice-sized 12-inch perch with nice walleye mixed in. Pelican Lake also good for walleye.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye working from 10 feet out to 25 feet with spinners and bottom bouncers and nightcrawlers. Work along any of the highways.

•Lake Darling, Karma C-Store, Ruthville: Some walleye success on Lake Darling.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling fair for walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success but anglers still working hard for walleye.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work deeper on the east end of Lake Sakakawea in 30 to 40 feet for walleye with slowing success. Better success remains west from Deepwater Bay to Independence Point. Limited reports from the Missouri River.

•Lake Sakakawea, Indian Hills Resort, Garrison: Fair but a little inconsistent walleye success. Work deep with crankbaits or spinners and minnows. Move around.

•Lake Sakakawea, New Town: Fair but spotty walleye success. Work 15 to 22 feet – a case of quality more so than quantity.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye bite getting tougher with better success farther south in the Van Hook Arm. Move around in 30 feet with crankbaits or nightcrawlers.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains fair for small walleye with good catfish

•N.D. Dept. of Environmental Quality blue-green algae reports: Advisories – Antelope, Buffalo Lodge, and South Hoffer lakes.

•East Totten Recreation Area boat ramp is only available ramp on Lake Audubon during a lake draw-down to allow for facility maintenance work along the U.S. Highway 83 embankment.

•Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.

•Concurrent deer licenses now available in some units. Go to the N.D. Game & Fish Dept. website, (9gf.nd.gov) for details.

•Use caution on boat ramps with slippery conditions due to vegetation, etc.

•Watchable Wildlife photo contest underway with Oct. 1 deadline. Contact N.D. Game & Fish Dept. conservation biologist, Patrick Isakson, pisakson@nd.gov, for details.

•Check local fire restrictions when camping, etc.

•Camping reservations required at N.D. State Parks and are available online at the website, (parkrec.nd.gov). Weekdays are excellent opportunities to enjoy the parks.

•Sept. 3: Deer archery season opens along with moose, elk, and pronghorn archery for lottery license holders.

•Sept. 3: Zones 1 and 2 Mountain lion seasons open.

•Sept. 11: Sharp-tailed and ruffed grouse, partridge, tree squirrel, and snipe seasons open.

•Sept. 11: Youth Learn to Shoot, Tioga Dam. 3:30 p.m. Contact (701) 641-2097 for details.

•Sept. 15: West Early Canada Goose season closes.

•Sept. 18: Sandhill crane season opens.

•Sept. 18: Ducks Unlimited Sakakawea chapter Fall Flight Celebration, Washburn Memorial Hall, 5:30 p.m.

•Sept. 18 & 19: Youth waterfowl and Veteran/Military waterfowl seasons open.

### TOURNAMENTS:

•Sept. 11: Lake Sakakawea, Tobacco Gardens; Lake Sakakawea, Van Hook Arm.

•Sept. 18: Lake Sakakawea, White Earth Bay.

success. Best time remains at night with 3-way swivels in the chutes. Look for some walleye from the shore at night. The east end of Lake Sakakawea continues producing some walleye in 35 to 52 feet. Look for fish to move up if water temperatures cool. Try spinners and bottom bouncers or slow death hooks along Douglas or Steinke bays and the Riverdale Bluffs. Salmon remain deep with most in 80 feet over 105 and deeper over anything over 130 feet. Try to follow the thermocline. Most activity is along Government Bay to Deadmans Bay with anglers working the face of the dam on windy days.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walleye activity slowed on the west end of Lake Sakakawea with better success around Pouch Point. Work around 18 feet with nightcrawlers on the west end, though. Also try

crankbaits. Steady walleye and catfish success on the Missouri and Yellowstone rivers.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains limited throughout area lakes and the Souris River.

### Hunting:

•Deer: Generally fair numbers throughout much of the region. •Upper Souris Nat'l. Wildlife Refuge open for archery deer hunting for those with valid ND archery tags. No hunting within ¼-miles of any building and refuge open only from 5 a.m. to 10 p.m.

•Doves: Look for good numbers scattered throughout much of the state for the opener. Look for any areas with water and small grains, including canola.

### 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.



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## 2021 SNCO INDUCTION CEREMONY

Team Minot Airmen receive their SNCO medallions and are inducted as SNCOs on Aug. 20, 2021, at Minot Air Force Base, N.D. See more photos on the Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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# Good Gardening

## ADVICE

by Marvin Baker

### Cooler nights, better produce

There's no doubt our unprecedented nine days of triple digit heat was a factor in hindering the growth of our garden plants. But now, we are beginning to see the gradual changeover to fall with some rain, clouds and cooler nights. It's really the cooler nights that make our bounty so much better in look and flavor. The ideal growing conditions favor warm days and cool nights, because just like humans and animals, plants need to cool off from the heat to get regenerated to create that perfect tomato or that perfect cantaloupe for your enjoyment.



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- Baked Goods
- Fresh Baked Bread
- Vadell Brothers Syrup





## Tire Rotation

Appropriate Tire Rotation must be done every 3,000 - 6,000 miles or with every oil change. Tires Plus of North Dakota offers quality affordable auto repair services on Minot AFB.

### What it does

Rotating your tires is important for making your tires last longer. Rotating your tires suggests changing them from one side of the auto to the all other, moving them from front to back or a mix of both, depending on your auto and what was done before. Some tires need to be rotated at specific intervals, while others will need to be rotated depending on the wear.

### Why service is essential

Uneven tire wear can result in unsatisfactory performance, unsatisfactory gas efficiency, shorten the life of the tire and may cause safety concerns.

### Proper Tire Rotation Prolongs Tire Life

#### Several aspects can cause unequal tire wear

- Vigorous driving practices, stop and go city traffic, road construction, etc. Broken terrain and pot holes
- Under inflated tires
- Worn Shocks
- Unaligned steering wheels
- Used parts
- Not rotating your tires

### What we do during tire rotation

- Tires are rotated in alternating patterns
- Check overall quality and safety of tires
- Inspect tire tread
- Examine for effective inflation
- Tighten lug nuts

To discover when your tires have to be rotated, consult your automobile's owner's handbook or ask one of our auto mechanic - tire professionals today. Come see our technicians for your tire rotation on base today! Call Tires Plus to arrange your next tire rotation auto repair services on Minot AFB. Tires Plus is thrilled to be your number one auto repair shop and provider of tires.



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# Secretary of Defense issues guidance for mandatory Coronavirus Disease 2019 vaccination of Department of Defense service members

SECRETARY OF DEFENSE FOR PUBLIC AFFAIRS

Secretary of Defense Lloyd J. Austin III issued a memorandum for Mandatory Coronavirus Disease 2019 Vaccination of Department of Defense Service Members.

The memo directs the Secretaries of the Military Departments to immediately begin full vaccination of all members of the Armed Forces under DoD authority on active duty or in the Ready Reserve, including the National Guard, who are not fully vaccinated against COVID-19.

Mandatory vaccination against COVID-19 will only use COVID-19 vaccines that receive full licensure from the Food and Drug Administration (FDA), in accordance with FDA-approved labeling and guidance. Service members voluntarily immunized with a COVID-19 vaccine under FDA Emergency Use Authorization or World

Health Organization Emergency Use Listing in accordance with applicable dose requirements prior to, or after, the establishment of this policy are considered fully vaccinated. Service members who are actively participating in COVID-19 clinical trials are exempted from mandatory vaccination against COVID-19 until the trial is complete in order to avoid invalidating such clinical trial results.

The Secretaries of the Military Departments were also directed to impose ambitious timelines for implementation and to report regularly on vaccination completion using established systems for other mandatory vaccine reporting.

View the memo for Mandatory Coronavirus Disease 2019 Vaccination of Department of Defense Service Members.

To schedule your vaccination, call the 5th Medical Group at 701-723-5633.

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\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups	Thursday \$1 up for all Tall Taps (all day)	*Changes Weekly - Check our Facebook Page
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# **\* MISSING IN ACTION\***

## **24 HOUR RUN & READING EVENT**

**Who:** Military, Civilian, Contractors & Dependents

**What:** 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names.

**When:** September 16 - 17 2021 ~ 1400 to 1400

**Where:** The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours.

**Why:** To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country.

### **Running Attire Options:**

Military Personnel - Appropriate workout Gear or POW/MIA shirts -

Civilians & Contractors- Appropriate workout gear (Black shirts or POW/MIA shirts highly encouraged)

**\*\*\*First & last runner will be in PTU\*\*\***

**Participant Sign Up Location:** Please ensure that you select the proper hyperlink

5 BW Runner/Reader Sign Up

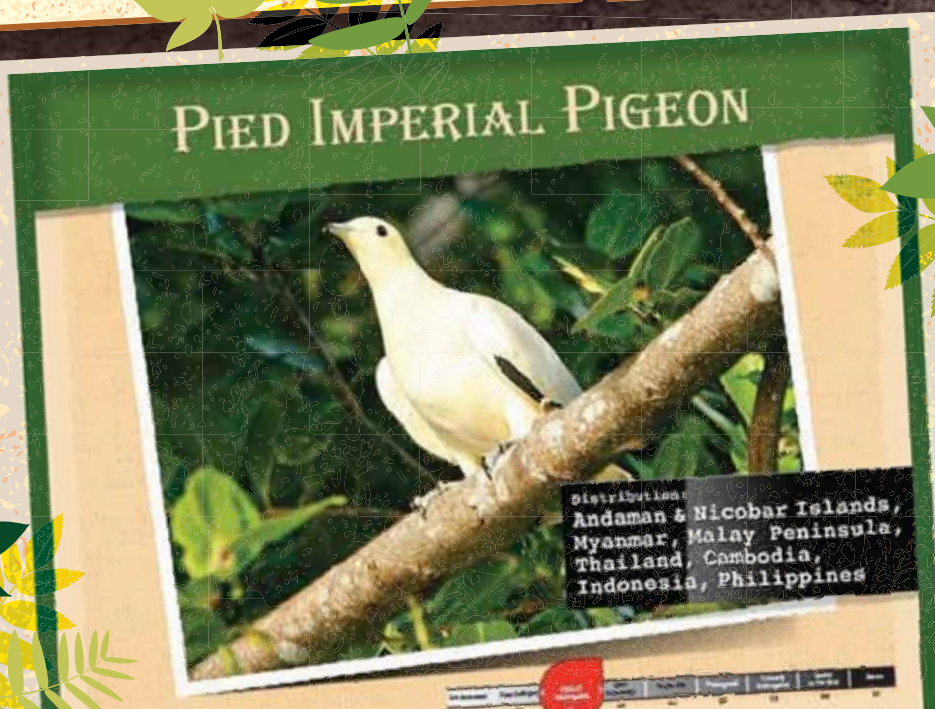
<https://docs.google.com/spreadsheets/d/1Bg7ABhLTMy4rB3juDI7lqYrS3yc3vcfcPr-3iEH1nw/edit?usp=sharing>

91 MW Runner/Reader Sign Up

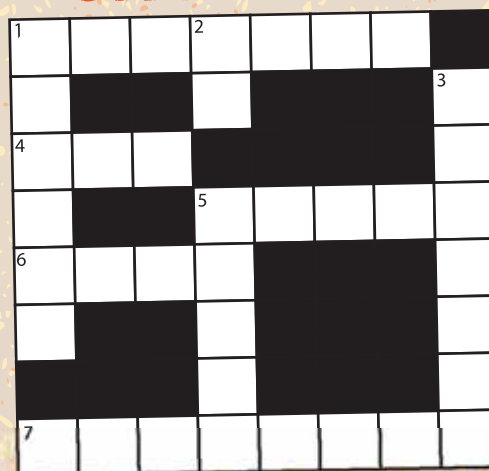
<https://docs.google.com/spreadsheets/d/1XvtFvT4HSzfaSeQcBkFFTrZwBOTudpo04RJrZTTATOA/edit?usp=sharing>

- 91<sup>st</sup> MW Runner/Reader Sign Up -

**Coordination POC's:** MSgt Corey Gates - 723-6407 - 5<sup>th</sup> BW (5 CES)      SSgt Andrew Kuchar - 723-6557 - 91<sup>st</sup> MW (91 MSOS/TRF)



## **CROSSWORD PUZZLE**



### **ACROSS**

1. Pleasantly crisp
4. Consume
5. Rounded shape
6. Prefix for "half"
7. Working with hands to mix

### **DOWN**

1. Dairy food that melts
2. Opposite of "yes"
3. Vegetable or meat that enhances pizza
5. Popular comfort food

Answers:  
Across  
1. Crunchy 4. Eat 5. Pump 6. Semi  
7. Kneading  
Down  
1. Cheese 2. No 3. Topping 5. Pizza

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# Meet the Minot AFB Spouses Club Board



**LAYLA YOST**  
PARLIAMENTARIAN

Layla Yost has lived in Minot for 2.5 years. She is originally from California and she and her husband have two cats. Her favorite things to do? "I love finding new places to eat, reading, and swimming."

*The Minot AFB Spouses Club is designed to provide and foster a welcoming environment. They are committed to meeting the social and philanthropic needs of all members by encouraging personal growth, friendship and a sense of community. Membership dues vary, but spouses of E1-E3 are free! To join the Spouses Club or check out their upcoming social events, go to [www.minotafbspousesclub.com](http://www.minotafbspousesclub.com).*

## Minot Out of the Darkness Community Walk

**Sept. 19th, 2021**

**12:00PM - 3:00PM**

### Event Location

Oak Park Shelter #7  
Minot, ND

### Register

[AFSP.ORG/MINOT](http://AFSP.ORG/MINOT)

### Questions?

Twyla or Cellest Hofer  
(701)720-1144/(701)720-5064  
[minototd@gmail.com](mailto:minototd@gmail.com)

This event is hosted by  
Dakota's Chapter

Come join us for an afternoon of food, resources, remembrance, and activities for all ages.

The American Foundation for Suicide Prevention funds research, spreads education, provides support to those affected by suicide, and advocates for smart public policy. We all have a role to play. Together we can spread awareness, raise money, change the culture, and put a stop to this tragic loss of life.



[afsp.org/walk](http://afsp.org/walk)



American  
Foundation  
for Suicide  
Prevention



## NOTES ON BEING SAFE

### Labor Day Holiday

#### Think Before You Drive



ROD KRAUSE  
5TH BOMB WING SAFETY & OCCUPATIONAL  
HEALTH MANAGER



Labor Day weekend is here, and even with the increasing costs of fuel drivers will be taking to the nation's roadways in record numbers this year. But this is not the usual drive safely article like you see every year, one filled with statistics of how many millions of drivers will drive billions of miles over this holiday weekend. Instead, this article focuses on you. When you are on the road, what is the one and only thing you can control? You!

Why is it that when we drive we tend to blame everything on someone else? Why do we say things like, "Look at that guy! What a jerk! Why does he drive like an idiot? Why doesn't everyone else drive like me? Why is there so much traffic? Why are all these cars in my way and blocking me from getting where I want to go?"

The only thing you control is your own actions. You make the decisions where to go, when to go, how fast or slow and whether to break the rules or obey the rules. When you drive, you are making the choices that affect your safety, your family's safety and the safety of drivers around you. Your actions affect the "driving community," the drivers sharing the road with you.

If you make the choice this holiday weekend to drive long distances in very short time frames, be aware of the choices you make and how they can be "life" decisions. Are you planning on driving more than 1,000 miles in just three days? Do you think you can drive through the night to return from leave and get back to duty on time? What type of risk assessment are you making regarding your driving? Use risk management tools that can make the difference between positive risk taking and negative risk taking. Do you realize that the highest risk behavior you take is driving your car? The leading cause of death to age 34 is auto fatalities. Not combat. Not other types of accidents. Not disease. Auto fatalities are the greatest risk to

human life, with 42,000 lives claimed each year.

One last thought for driving over the Labor Day weekend. Our nation is now stronger and ready for all the challenges that terrorism presents. Our nation is very proud of all the firefighters, law enforcement officers and military personnel who serve their country and have saved countless lives over the past twelve months. And

when it comes to driving this weekend, remember that our nation looks to you to set an example of leadership, discipline, training and standards at all times, on- or off-duty.

Save lives and be a part of the driving community this Labor Day and always. It is up to you to set the example for others to follow. Drive safely and have a great Labor Day weekend!



## HAVE YOU HEARD?

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# Fostering inclusion to build a stronger force

CARLA PAMPE, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

MALMSTROM AIR FORCE BASE, Mont. (AFNS) --

Lt. Gen. Anthony Cotton, Air Force Global Strike Command deputy commander, was recently confirmed by the Senate for a fourth star and will soon be the first Black man to lead AFGSC.

"It's Airmen who drive our ability to adapt, it's Airmen whose know-how and determination allow us to conduct warfighting, and as we push towards a more lethal and ready force, it is a diverse and inclusive force of Airmen that will help drive that end state," he said.

Maj. Rashida Brown, 341st Medical Group group-practice manager, has been one of the Airmen working toward that vision. She recently completed the Diversity and Inclusion Certificate Program with Cornell University where she learned more about improving engagement, fostering an inclusive environment and diversity and inclusion at work.

Part of Brown's training focused on distinguishing between diversity and inclusion. She explained that diversity means significant representation of people who are different from an organization's historical norms, while inclusion is ensuring the environment is supportive of those differences and employees are engaged and feel they have a say in influencing the organization.

"Both are critical because without focused efforts on diversity, we won't be challenged to approach our interactions in a more inclusive manner," Brown said. "In the last decade, the civilian sector has made a big shift of focus from diversity to diversity and inclusion and it's important that the Air Force keeps up with this progress."

According to Brown, one part of inclusion is looking at diversity

more like a salad instead of a melting pot. In a melting pot the individual elements must transform themselves to fit into the pot whereas in a salad, each component maintains its own identity while adding value and difference to the dish.

"Diversity is our greatest strength, but we must shift the culture to be more inclusive of the differences that make us diverse in the first place," she said.

On Jan. 11, 2021, the Air Force stood up the Office of Diversity and Inclusion. The department supports both the Air Force and Space Force and works directly for the secretary of the Air Force while continuing to address the strategic impact of diversity, inclusion and equity on Airmen, Guardians and their families.

Locally, the 341st Missile Wing Diversity and Inclusion Council has been working to foster inclusion on base as well as in the community since it was formed in 2020.

"We're working to bring training and education opportunities and further awareness with heavy emphasis on special observances," Brown said.

Some of those observances included the first-ever Great Falls Juneteenth celebration and events highlighting Black History Month, Women's History Month, Asian American and Pacific Islander Heritage Month and Pride Month.

For leaders and Airmen who want to foster a more inclusive environment, Brown offers the

following advice:

- Be clear about what is expected and valued.
  - Ensure all employees feel safe at work, in taking risks and in expressing thoughts and feelings.
  - Develop strong norms that uniqueness among group members will be integrated.
  - Do not expect people to check their identity at the door when they go to work.
  - Model inclusivity through communication and behaviors.
  - Check stereotypes and biases in order to reduce prejudice.
  - Be careful not to label people.
  - Question negative gut reactions by looking for information that contradicts the initial reaction.
  - Ask whether the reaction would have been the same if someone else had engaged in the same behavior.
  - Express disapproval of microaggressions, which are actions or statements that express discrimination, whether those microaggressions are intentional or unintentional.
  - Combat perceptions that there is a greater social value associated with some groups over others.
- "There is much work left to be done," Brown said. "But we are now being challenged by the future leaders of the Air Force and being empowered by current leaders of the Air Force to have the hard conversations, push the envelope to change systems and learn how we can lean on our differences to make us a stronger force."



Maj. Rashida Brown, 341st Medical Group group-practice manager, poses for a photo Aug. 13, 2021, at Malmstrom Air Force Base, Mont. Brown recently completed the Diversity and Inclusion Certificate Program with Cornell University and shared what she learned about fostering a more inclusive environment with Malmstrom AFB's Diversity and Inclusion Council.

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<p><b>Badlands Restaurant &amp; Bar</b></p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p><b>28 Tastes &amp; Taps</b></p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p><b>Mi Mexico</b></p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p><b>Pink's Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p><b>Culver's Restaurant</b></p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p><b>Prairie Sky Breads</b></p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p><b>Dakota Burger Company</b></p> <p>315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 www.dakotaburgercompany.com</p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p><b>Primo Restaurant</b></p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p><b>Souris River Brewing</b></p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>

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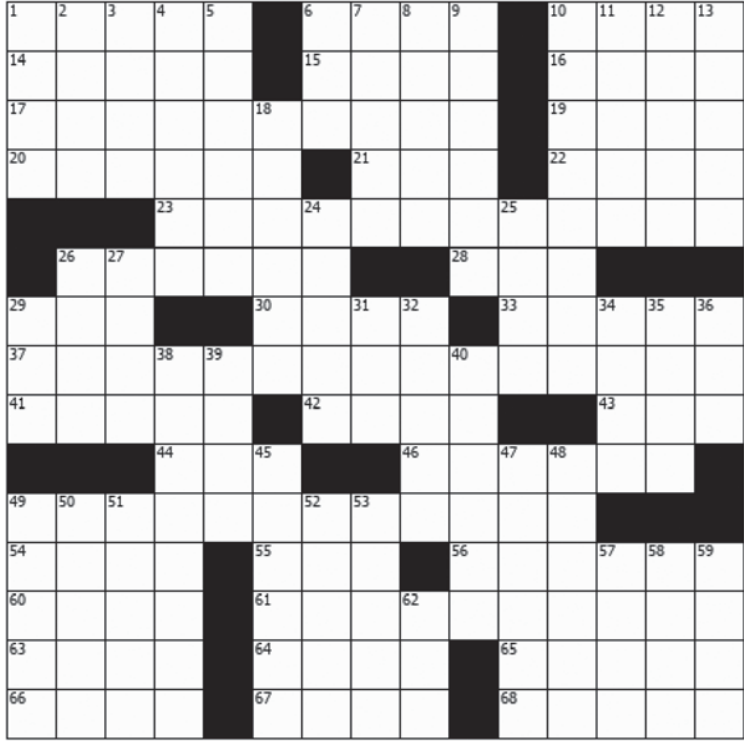
Must have a active AF ID card at time of purchase.



# CROSSWORD PUZZLE

**Across**

- 1. Booms on board
- 6. Melville sequel
- 10. Knighted Guinness
- 14. Cut gemstone feature
- 15. 128 cubic feet of potential warmth
- 16. Composer Bartók
- 17. At first sight
- 19. At any time
- 20. Neutralize
- 21. "For \_\_\_ a jolly . . ."
- 22. "Splitsville"
- 23. It may be a part of therapy
- 26. Aircraft from Wichita
- 28. "So that's how it is!"
- 29. Thole filler
- 30. Unnamed people or things
- 33. "Gunga Din" setting
- 37. It's a big thing for a party
- 41. Inappropriately appropriate
- 42. Outstanding server in tennis
- 43. Letters with messenger or transfer
- 44. Ship deserter
- 46. Destroys data
- 49. Route of the naive?
- 54. Monetary unit
- 55. Tom and Jerry ingredient
- 56. Partner of Trinidad
- 60. Famous cookie man
- 61. One who's rarely a team player
- 63. Receptor cell sensitive to color
- 64. Fairy tale meany
- 65. Stereotypical snack for cops (Var.)
- 66. Once, once upon a time
- 67. Musical pause
- 68. Conspicuous success



**Down**

- 1. Dirty Harry's employer (Abbr.)
- 2. \_\_\_-mutuel
- 3. Handel's "\_\_\_ and Galatea"
- 4. Changes the boundaries of
- 5. Belle and Bart
- 6. "L'\_\_\_ del Cairo" (Mozart opera)
- 7. Starbuck's offering
- 8. Bay window
- 9. Black Sea port
- 10. Deviating from the norm
- 11. Don McLean drove his Chevy here
- 12. Turgenev heroine
- 13. Ricochet
- 18. Key with four flats
- 24. "\_\_\_ tear has to fall"
- 25. Elegant and stylish
- 26. Dessert display place
- 27. Cleveland's lake
- 29. Photo \_\_\_ (media events)
- 31. The Common Market initials
- 32. Hit the hay
- 34. Like some circumstances
- 35. Electrically charged particles
- 36. Santa \_\_\_ winds
- 38. Monkey that resembles a squirrel
- 39. Controversial apple spray
- 40. Misprints
- 45. Lethargy
- 47. Contradictory
- 48. 1954 hit for The Chords
- 49. Timeless Christmas wish
- 50. Scuttlebutt
- 51. Removes wrinkles
- 52. Sudden rush of electricity
- 53. Mideast VIPs
- 57. O'Neill's Christie
- 58. Large African antelopes
- 59. Solemn vow
- 62. New York athlete

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle:

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

# SUDOKU

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

Solution to puzzle on page C10

FRIDAY, SEPT 3 1800  
SATURDAY, SEPT 4 1700  
SUNDAY, SEPT 5 1500

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# The Difference to Host Poker Run

MAKE A DIFFERENCE POKER RUN

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Registration for the poker run begins at the Section 8 Bar in Upham at 11:00 a.m., with the run beginning at 12:00 p.m. Participants can be on motorcycle or in cars, trucks, or buses. Registration is \$10 per participant. Participants must be 21 year of age or older.

The poker run will begin at Section 8 Bar and from there, it will progress to: Cork N Bottle, Kramer; Drunks, Mohall; The Naked Moose, Loraine; and the Grano Lakeside Lounge, Grano; before returning to Section 8.

The Difference – A Holistic Approach is a local non-profit organization that educates on the benefits of holistic healing and how it can help those who have suffered trauma. The

organization also pays the cost of the first three sessions with select holistic practitioners in Minot and the surrounding region.

Trauma is an emotional response to a disturbing or distressing event that overwhelms a person's ability to cope. Long-term effects of trauma can include sleeping disorders, flashbacks, extreme tension and anxiety, depression, drug and alcohol additions, eating disorders, self-injury, and suicide. Through holistic modalities – this can include Reiki, Cranio Sacral, massage therapy, and/or yoga – those who experience the side effects of trauma can experience healing.

For more information, contact The Difference – A holistic Approach at 701-263-5518 or by e-mail at thedifaha@gmail.com. You can also visit their website at [www.thedifaha.org](http://www.thedifaha.org).



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**3-5 SEPT MOTOR MAGIC 2021**  
8:00 AM - 10:00 PM  
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For more information and a full schedule of events, visit [www.motormagic.net](http://www.motormagic.net) or call 701-857-7620.

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For more information:  
Website / [www.motormagic.net](http://www.motormagic.net)

**3-5 SEPT MINOT PRIDE FESTIVAL 2021**  
SEE EVENTS PAGES FOR TIMES  
The Spot / Grand Hotel  
6 2nd St NE / 1505 N Broadway, Minot

Minot Pride Festival is back!

Sept 3- Minot Pride Festival Block party in The Spot parking lot  
Sept 4- Pride in the Streets at corner of Central Ave E and 2nd Street NE. There will be vendors, food and more!

Sept 4- "Born this Way" Drag Show at the Grand Hotel! Tickets can be purchased online or at the door for \$20-\$35.

Sept 5- Drag Brunch at the Grand Hotel, this will be an afternoon of drag and brunch at the Luxe Lounge.

Face masks required.

Check out Facebook or [www.magiccityequality.com](http://www.magiccityequality.com) for more info!!



For more information:  
Facebook Events / Magic City Equality

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

Roosevelt Park Pool will be open to the Dogs!

The event is free, goodwill donations will be collected & all proceeds will be given to the Souris Valley Animal Shelter.

Please note that you are required to show proof of rabies vaccination for your dog (rabies tags are valid).

Leashes are mandatory when the dog is not in the pool. You must maintain full control over your pet at ALL times. Small dogs will swim in the shallow end of the pool.



For more information:  
Facebook Event / Soggy Doggy Pool Paw-ty

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## 2021-2022 MPS CALENDAR

IMPORTANT  
UPCOMING DATES

## September 6

Labor Day - No School

## September 7

Prof. Devel. Day

No School for Students

## October 21 &amp; 22

Administrator Convention Days

No School for Students

September 2021							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			

October 2021							19 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	
24/31	25	26	27	28	29	30	

PD Days - contracted days

Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays

Parent/Teacher Comp Days

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## YOUTH IN ACTION

## Winter Bussing Information

“Contracted school bussing at Minot Air Force Base is provided by Yellowfin Transportation and is available during the winter months for students who attend Dakota Elementary, North Plains Elementary, and Memorial Middle. Bus routes include stops within housing, at TLF, at the Youth Center, and at School-Age Care facilities. Families who wish to utilize this on-base service must complete a ‘Winter Bus Request and Agreement Form’ and submit to the bus manager’s email address prior to first ride. Families can access the annual bus form through their school, through the Youth Center or by emailing the School Liaison or Bus Manager. Students can anticipate an average bus ride to be 15 minutes in length and bus



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stops are generally at every third housing unit. For the current school year winter bussing service will occur 1 November 2021 - 1 April 2022. Outside of the contracted bussing period and on early-release days parents are responsible for coordinating school transportation for their student. Updated bus maps and

routes will be posted during the last two weeks of October and a virtual Bus Townhall is scheduled to occur on 21 October. To expedite the planning process, initial bus forms are requested to be submitted no later than 17 September. The Bus Manager can be contacted at mafbusforms@gmail.com or 701-500-4466.”



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# 91 MW Family Fun Day!

On Aug. 27, 2021, the 91st Missile Wing partnered with True North to hold a Family Fun Day at Bud Ebert Park. 91st MW families were invited out for a fun day of play, delicious food, and tours of some of the machinery used by the wing. Children were able to climb through a UH-1 Huey helicopter or stand atop a Humvee and experience what their parents see on a day-to-day basis.

True North, one agency that supported the event, is a initiative that aims to provide wellness professionals and support systems for Airmen and family members in high-risk groups across the Air Force (such as those working in high-stress career fields). True

North providers are available at only a few bases across the Air Force including Whiteman, Little Rock, Yokota, Minot, and more. Family Fun Day was one such effort to bring together families who are a part of those demanding missions and inspire them to let loose and take care of themselves.

Events like the Family Fun Day are a welcome break from the chaos and not only do they boost morale amongst families, but they bring the community even closer together. Thank you to True North, the base support agencies, and the 91st MW personnel who volunteered their time to make the event a success!

ABIGAIL KINDER PHOTOS



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# New AFCEC division key to nuclear infrastructure modernization

MILA CISNEROS, AFIMSC PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO, Texas – The Air Force Civil Engineer Center is centralizing its support of the Air Force's multi-billion-dollar nuclear infrastructure portfolio with a new division.

The nuclear enterprise division, or CFN, supports the Department of Defense's nuclear triad by integrating modernization efforts for the two Air Force-led nuclear delivery systems — intercontinental ballistic missiles and bombers.

The initiative, led by AFCEC's Col. Chris Stoppel, is a collaborative partnership with Air Force Global Strike Command, the Air Force Nuclear Weapons Center and the Air Force Installation and Mission Support Center's Detachment 10.

The team in the new division will lead military construction and large-scale renovation efforts for the Ground-Based Strategic Deterrent, and the Weapons Generation Facilities programs.

"Mission-ready infrastructure is essential to accelerate installation readiness and resilience, and provide the nation with unequivocal advantage through air and space power," said Col. Dave Norton, deputy director of AFCEC's Facility Engineering

Directorate. "AFCEC's new initiative will strengthen national defense capabilities through a 'unity of effort' partnership necessary across the enterprise to reinvigorate the elements of the nuclear deterrence program."

The effort is a focused approach, launched by AFCEC Commander Maj. Gen. John Allen, for more stringent oversight and management of high-visibility, complex programs.

AFCEC's initial five capabilities-based programs include: environmental compliance and restoration, housing portfolio management, energy assurance, integrated base response and recovery, and built infrastructure and recapitalization, or BII&R.

The BII&R initiative advocates for resilient, right-sized and sustainable infrastructure; the new division supports nuclear mission owners by delivering the infrastructure they need to meet mission requirements.

"The critical need to modernize our nuclear systems demanded one integrated office under AFIMSC, with everyone on-board and speaking as one voice," Norton said.

"The CFN program will protect the greater air and space mission by creating an integrated focus,

improved resource management and better transparency between key mission partners to successfully recapitalize the nuclear enterprise," Stoppel said.

"CFN stand up demonstrates the priority AFIMSC and AFCEC place on nuclear modernization programs over the next 20 years, and acknowledges the complexity of bedding-down these major weapons systems," said Lt. Col. Robert Liu, civil engineer lead for AFIMSC Det. 10.

AFIMSC's Det. 10 is the integrator, coordinating various engineering efforts with AFGSC installations and AFCEC, to ensure all infrastructure requirements are met, while AFGSC is the mission owner and the lead command for the new weapons systems.

"Because of the level of activities and coordination required for each project, having one integrated office at AFIMSC, with Col. Stoppel's leadership, will ensure AFGSC installations receive an integrated look from engineers in every stage of each

project," said James Hunsicker, site activation task force lead for AFGSC.

The new AFCEC division will also sustain the current MILCON mission focused on recapitalizing, rebuilding and repairing existing nuclear infrastructure across AFGSC.

"Our mission is to combine what we are sustaining and repairing with what we are looking to build for the new weapons systems," said Andrew Cross, a division chief in AFGSC's Civil Engineering Directorate.

Twelve billion dollars in AFCEC-managed investments are planned over the next 20 years to modernize nuclear infrastructure across AFGSC.


"Our CFN portfolio includes the requirements definition, design, and construction of new launch facilities, launch control centers, and other supporting facilities and infrastructure required for supporting the GBSD initiative as well as weapon generation facilities supporting the AFGSC mission," Stoppel said.

Construction is already

underway for the first \$159 million weapons generation facility at F.E. Warren Air Force Base, Wyoming, which AFCEC awarded in December 2019. The 90,000 square-foot facility, replacing the current weapons storage area, will provide a safer and more secure infrastructure for the storage of Air Force assets.

Other efforts include construction of the mission-essential mission integration facility and software sustainment center at Hill Air Force Base, Utah.

"There are more capability-focused modernization efforts on the horizon over the next 12 months and the consolidation of all the efforts into one central division will keep AFCEC, AFIMSC and AFGSC speaking with one Civil Engineering voice, ensuring all of the necessary installation support is provided to effectively employ the nuclear triad," said Col. Chad BonDurant, commander of AFIMSC's Detachment 10.



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## CHURCH DIRECTORY

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

<p><b>Chapel Services at MAFB</b>  <i>Protestant</i>  <i>(North Plains Chapel in Base Housing)</i>  <b>Sunday Community Service</b>            1030 a.m.            (Holy Communion 1st Sunday)            Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i>            Sunday ..... 1000            Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b>    <b>109 6th St. SE Minot • 838-3094</b>  <b>Saturday, Sept 4</b>            5 PM, No Vespers  <b>Sunday, Sept 5</b>            10AM, Congregational Prayer Service</p>	<p>  <b>Break Forth BIBLE CHURCH</b>            Thursdays 7:00pm            and Sundays 10:30am  <b>1821 W Burdick Expressway</b>            For More Information:  <b>701.353.9337   www.bfbc.tv</b></p>	<p>  <b>An Evangelical Free Church</b>            3500 4th St. SW • 839-5127            (Just North of Super Wal-Mart)            Sunday School &amp; Fellowship ..... 9:00 a.m.            Worship ..... 10:30 a.m.  <b>www.trinitychurchminot.org</b></p>	<p>            Worship Service at 10:45am Sundays            Sunday School at 9:45am  <b>1720 4th Ave NW, Minot</b>  <b>838-0916</b>  <b>MinotBibleFellowship.org</b></p>
<p>  <b>Faith United Methodist Church</b>  <b>5900 Highway 83 N, Minot</b>  <b>www.faithumcminot.com</b>  <b>Pastor Ken Mund</b>  <b>701-838-1540</b>            Sunday School (All Ages): 9:45 a.m.            Sunday Coffee Fellowship: 10:30 a.m.            Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b>            Sending the Glorious Light of Jesus Christ to a Dark and Needy World            Sunday School ..... 9:45 a.m.            Morning Worship .... 11:00 a.m.            Evening Worship ..... 6:00 p.m.            Wednesday Evening ..... 7:00 p.m.  <i>Independent/Fundamental/KJV</i>  <b>500 46th Ave NE • 839-1351</b>            Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b>  <b>1000 NE 3rd Street</b>  <b>852-0315</b>  <b>Sunday Schedule</b>            Contemporary Worship ..... 9:00am            Sunday School (All Ages) ..... 10:00am            Traditional Worship ..... 11:00am  <b>Wednesday Evening Schedule</b>            Community Dinner ..... 5:30-6:30pm            Contemporary Worship ..... 6:30pm            Youth Group &amp; Small Groups.. 7:15pm  <b>All are Welcome!</b>  <b>www.ecominot.org</b></p>	<p>  <b>OUR SAVIOR LUTHERAN CHURCH</b>            3705 11th St. SW            Minot, ND 58701            701-852-6404  <b>www.oslcminot.com</b>            Rev. Heath Trampe            Rev. Brian Doel</p> <p><b>SUNDAY MORNING</b>            Worship Services            8:15, 9:30, &amp; 11:00 am            Sunday School            Age 4 - Grade 12            9:30 am (Sept-May)            Adult Bible Study            9:30 am</p>	<p>  <b>St. Mark's Lutheran Church</b>  <i>Missouri Synod</i>  <b>Sunday Worship</b>  <b>9:30 AM</b>  <b>2209 4th Avenue NW</b>  <b>Minot, ND</b>  <b>839-4663</b>  <b>Reverend Philip Beyersdorf</b>  <b>www.minotstmarks.com</b>  <i>Join us on facebook</i></p>
<p>  <b>Immanuel Baptist Church</b>  <b>1615 2nd St. SE, Minot</b>  <b>701-839-3694</b>            Sundays:            Worship ..... 10:00 am            Wednesdays:            Soup Kitchen ..... 11:30 am  <b>Brian T. Skar, Pastor</b>  <b>www.ibcminot.org</b></p>	<p><b>Apostolic Faith Church, UPCI</b>  <b>2929 19th Ave NW • Minot</b>            Located off Hwy 83 Bypass West  <b>(701) 838-0609</b>            Saturday School ..... 2:00 p.m.            Sunday Worship ..... 3:30 p.m.            Wednesday Bible Study ..... 7:30 p.m.  <b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b>              2600 West Central Ave • Minot, ND 58701  <b>839-7076</b>            Daily Mass Schedule:            Tuesday ..... 5:15 p.m.            Wednesday - Friday ..... 7:00 a.m.            Saturday ..... 5:00 p.m.            Sunday ..... 8:00 &amp; 10:30 a.m.  <i>Fr. David A. Richter, Pastor</i>            Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p>  <b>First Lutheran Church - ELCA</b>            120 5th Ave. NW            852-4853            Sunday Worship            9:30 am  <b>www.firstlutheran.tv</b>            (Live Stream &amp; Recorded)            Radio Broadcast KRRZ 1390AM            Sunday 9:30 am  <b>www.flcminot.com</b>            Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p>  <b>Gospel Tabernacle Community Church</b>            9999 27th St NE            4 miles south of MAFB            James W. Henderson            Anna B. Henderson  <b>Church: 701-838-4492</b>  <b>Home: 701-838-5759</b>  <b>KHRT 1320: 9 a.m. Sunday</b>  <b>Sunday School ..... 9:45 a.m.</b>  <b>Adult/Children Worship.. 11 a.m.</b>  <b>Family Hour ..... 6:30 p.m.</b>  <b>Evening Worship ..... 7:30 p.m.</b>  <b>Bible Study/Child-Adult</b>  <b>Children Worship (Wed).... 7 p.m.</b>  <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>First Assembly of God</b>  <b>1805 2nd St. SE</b>  <b>838-1111</b>            Morning Worship ..... 8:30 a.m.            Sunday School ..... 10 a.m.            Morning Worship ..... 11 a.m.            Wednesday Family Night..... 6:30 p.m.</p>	<p><b>First Baptist Church</b>    <b>200 3rd St. SW • 852-4533</b>  <b>www.fbcminot.org</b>            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.            Fridays, Celebrate Recovery ..... 7:00 p.m.            Rev. Kent Hinkel, Senior Pastor            Rev. Barry Seifert, Associate Pastor            Pastor Sam Kautzmann, Student Ministries            Elaine Carlson, Children's Ministry Director</p>	<p>  <b>Cross Roads Baptist</b>  <b>Southern Baptist Convention</b>            Sunday School (all ages) ..... 9:45 a.m.            Sunday Worship ..... 11 a.m. &amp; 6:30 p.m.            Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.  <b>www.minotcrbc.org</b>  <b>email: minotcrbc@gmail.com</b>  <b>Dr. Bob Farmer- Pastor</b>  <b>415 28th Ave SE (Behind Menards)</b>  <b>838-1873</b></p>	<p>  <b>West Minot Church of God</b>  <b>Family Worship Center</b>  <b>1105 16th St. NW • 839-1407</b>            Sunday School ..... 9:30 a.m.            Sunday Worship ..... 10:30 a.m.            Children's Church &amp; Nursery            Wednesday Family Training Hour            Meal ..... 5:30 p.m.            Classes for All Ages ..... 6:30 p.m.            Youth Center, Friday ..... 7:00 - 11:00 p.m.            ABC Child Care Center ..... 852-6352  <b>westminot.com</b>  <b>facebook.com/westminot</b></p>	
<p><b>To Advertise your Church on this page,</b>  <b>Call 839-0946</b>  <b>Only \$9.00</b>  <b>a space / per week</b></p>	<p><b>To Advertise your Church on this page,</b>  <b>Call 839-0946</b>  <b>Only \$9.00</b>  <b>a space / per week</b></p>	<p>  <b>OUR REDEEMER'S CHURCH</b>  <i>A Church of the Lutheran Brethren</i>            Thursdays:            Worship ..... 6:30 p.m.            Sundays:            Worship ..... 8:30 a.m. &amp; 10:45 a.m.  <b>700 16th Ave SE • 701-838-0750</b>            For more information visit us on the web at:  <b>www.ourredeemers.org</b></p>	<p><b>ORCS Preschool</b>            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!  <b>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</b>  <b>HIGHLIGHTS OF OUR PROGRAM</b>  <ul style="list-style-type: none"> <li>Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>2 and 3 day options available</li> <li>Kindergarten readiness skills practiced each session</li> <li>All teachers hold a North Dakota Professional Educator's License</li> <li>Christ-centered environment</li> </ul>           Please contact our school office or visit our website for more information.  <b>701.839.0772</b>            Email: <a href="mailto:jschultz@orcsknights.org">jschultz@orcsknights.org</a>            Website: <a href="http://www.orcsknights.org">www.orcsknights.org</a></p>	
<p><b>ADVERTISE YOUR Church</b>            Advertise FOR ONLY \$9 PER WEEK            Revisions MADE UPON NOTICE FROM THE CHURCH            Deadline TUESDAYS BY NOON WEEK OF PUBLICATION            VIEW OUR PAPER ONLINE AT <a href="http://NORTHERNSENTRY.COM">NORTHERNSENTRY.COM</a></p> <p><b>CONTACT US</b>            call 701-839-0946            email <a href="mailto:NSADS@SRT.COM">NSADS@SRT.COM</a>            fax 701-839-1867</p>		<p><b>we've got the church you've been looking for</b>  <i>Your life matters to God!</i></p>		



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Puzzle on page C4

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

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## MINOT AFB ANNOUNCEMENTS

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### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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# WHAT'S GOING ON MAFB

**FRIDAY 03**

- Registration Closes: Club Championship at the Rough Rider Golf Course
- AFGSC Family Day
- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Mystery Price Bowling, 1700-2300, Rough Rider Lanes
- Friday Fun Member Buffet, 1630-1830, Rockers Bar & Grill
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

**SATURDAY 04**

- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Zumba, 1000, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

**SUNDAY 05**

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

**First Friday**  
at Rockers Bar & Grill  
**September 10th**  
**4:30PM - 6:30PM**  
**Start fall in a cool way!**  
**Join us inside for a tasty buffet & cool drinks!**  
Members: FREE  
Non-Members: \$5  
ADULTS ONLY  
727-ROCK

**FREEZIN'S THE REASON GOLF SCRAMBLE**  
at The Rough Rider Golf Course  
**Sept 11 • 9 AM Shotgun Start**  
**Register by Sept 10 • 5 PM**  
Four person/team event, cost is \$30 per person & does not include cart fees or green fees.  
Payout based on 16 teams:  
1st - \$500      3rd - \$320  
2nd - \$400      4th - \$240  
723-3164

**MONDAY 06**

- Labor Day
- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Registration Opens: Paintball Tournament – Free For Single Airmen at Outdoor Recreation
- Labor Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

**TUESDAY 07**

- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, hosted by Manpower
- Career & Certification Exploration Track 0800-1600, A&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

**WEDNESDAY 08**

- HIIT Strength & Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, hosted by Manpower
- Career & Certification Exploration Track 0800-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle, 1700, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

**THURSDAY 09**

- Initial Counseling, 0730-0800, A&FRC
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, hosted by Manpower
- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Bowler Appreciation Thursday, 1400-2200, Rough Rider Lanes
- Kids' Night, 1530-2030, Bomber Bistro
- Have a Ball League, 1800, Rough Rider Lanes
- Craft Club, 1800, Minot AFB Library
- Magic The Gathering Pauper Night, 1800, ESC
- Zumba, 1830, Fitness Center

**FRIDAY 10**

- Registration Closes: Freezin's the Reason Scramble at Rough Rider Golf Course
- HIIT Strength & Conditioning, 0530, Fitness Center
- Last Friday 5K Fun Run, 0730, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Single Airmen Golf Free, 1600-1900, Rough Rider Golf Course
- Rockers First Friday, 1630-1830, Rockers Bar & Grill
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

**SATURDAY 11**

- Freezin's the Reason Scramble, 0900, Rough Rider Golf Course
- Fall Fitness Sampler, 0900-1100, Fitness Center
- Animal Antics, 1300, Minot AFB Library
- 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.
- Banned & Challenged Books Challenge: Minot AFB Library – Month of September
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

**AUG SPECIALS**

**DELIVERY OPTIONS (Hours subject to change)**  
Bomber Bistro: Monday-Friday 1630-2030

**Bomber Bistro • Trio Warp**  
A combination of pastrami, salami, pepperoni, roasted peppers, lettuce, mozzarella cheese, and chipotle mayo in your choice of tortilla!  
Served with chips & a drink for \$9.75!

**The B-Fifty Brew • Pumpkin Spice Latte**  
Get ready for sweater weather and enjoy the taste of fall with a delicious iced or hot Pumpkin Spice Latte! Tall \$4.50 • Grande \$5.00 • Venti \$5.45

**Rockers Bar & Grill • Imposter Burger**  
Try this new ¼ lb. plant-based burger on a bed of lettuce and tomato, served with a side of crispy fries! Grab this tasty combo for \$7.50!

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