

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 38 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 17, 2021

HAPPY BIRTHDAY



EST 1947

**U.S. AIR FORCE**

TO THE UNITED STATES AIR FORCE



Minot Air Force Base honored the 20th anniversary of 9/11 with their second annual Ruck March. Airmen and leadership from all over base carried American flags all over base for 2,977 minutes (from September 9 to September 11) to honor the innocent lives lost in the terrorist attack of Sept. 11, 2001. To conclude the ruck, the flags were folded and placed into cases to be presented to New York City Fire Department Ladder Co. 3 and a family who lost their loved one in the World Trade Center. More 9/11 memorial coverage on page B5 & C2.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MICHAEL RICHMOND

## WHAT'S INSIDE THIS WEEK:



ROAD WARRIOR SHARPENS SKILLS OF MISSILE WING DEFENDERS

**A3**



HONORING HISPANIC HERITAGE AS AIR FORCE LEADERS: THE 5TH CES TRIAD

**B2**

**Minot Out of the Darkness Community Walk**

**Sept. 19th, 2021**

12:00PM - 3:00PM

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

**Event Location**

Oak Park Shelter #7 Minot, ND

**Register**

AFSP.ORG/MINOT

This event is hosted by Dakota's Chapter



**Questions?**

Twyla or Cellest Hofer  
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American Foundation for Suicide Prevention



afsp.org/walk



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**AFPC VISITS MINOT AFB**

Major General Christopher Craig, Air Force Personnel Center Commander along with Command Chief Master Sergeant Eryn McElroy, visited Minot Air Force Base, ND, September 8, 2021. Maj. Gen. Craig and CMSgt. McElroy had the opportunity to speak one-on-one with the staff of the Welcome Center, Airmen Family Readiness Center and Military Personnel Flight during the visit.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN

**STARTS FRIDAY \$4.00 ALL SEATS**

**OLD**  
(2021) Drama, Mystery, Thriller (PG-13)

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**BOSS BABY: FAMILY BUSINESS**  
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# Road Warrior sharpens skills of missile wing defenders

MAJ. VICTORIA HIGHT, 90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. --

Security forces Airmen from the 90th Missile Wing here and 91 MW at Minot AFB, N.D., each participated in week-long iterations of exercise Road Warrior at Camp Guernsey from Aug. 9-20.

Road Warrior is an annual training event that tests the convoy tactics, techniques and procedures of missile wing defenders to ensure they remain ready to meet the challenges of protecting the nation's ICBM force.

"I hope our Airmen walk away from this with a greater respect for the power of their entire team," said Col. Catherine Barrington, 90th Missile Wing commander. "They have to shoot, move and communicate, and bring down the desired effect upon the adversary. Being a teammate is incredibly important and something that we all have to do; so if they understand that, we will be successful on the battlefield."

The controlled environment provided by the 90th Ground Combat Training Squadron at Camp Guernsey allowed security forces convoys to practice realistic transit scenarios, engagements with opposing forces and integration with aerial support provided by the 37th Helicopter Squadron stationed at F.E. Warren AFB. The teams were graded on their response to each scenario, providing them opportunity to hone their skills day-by-day.

"We want to test our capabilities against an opposing force and really see what we're made of in these environments," said Maj. Dexter Binion, 90th GCTS commander. "The battlespace here allows for that to happen, where we can test the capabilities

of the weapons systems and our leaders' critical thinking skills in a controlled environment founded on stress and see what they bring to the fight."

The exercise hosted various Headquarters Air Force, U.S. Strategic Command, Numbered Air Force, and wing leadership throughout its duration, affording senior leaders first-hand perspective on how the Airmen performed and adapted to various challenges, as well as the opportunity to interact with the participants.

"Every time you go out on a convoy, you have to be prepared for what you faced today," said Lt. Gen. Thomas Bussiere, USSTRATCOM deputy commander, as he addressed the defenders. "You are the line of defense between those who want to do harm and a nuclear weapon. They will watch you, and you want to convince them without any hesitation that today is not their day."

After a week of hard work and training, Airmen return back to their home station units to carry the lessons learned to their teammates.

"Road Warrior is important because day in, day out, when we have missions, we are expected to perform," said Airman 1st Class Jacob Gann, 90th Missile Security Operations Squadron contingency response force member. "We get put to the test here to see where we're at and make sure we're doing the job the right way."

Due to COVID-19 travel restrictions, defenders from the 341st Missile Wing at Malmstrom AFB, Mont., were not able to attend.



A mock convoy drives through Camp Guernsey, Wyoming, Aug. 18, 2021, as part of operation Road Warrior. Operation Road Warrior is a 20th Air Force training exercise that assesses nuclear convoy operations which are regularly conducted by security forces, maintenance and helicopter groups. A convoy consists of a group of military vehicles secured by trained defenders which transports nuclear components.



Defenders assigned to the 90th Security Forces Group defend against an oppositional force during operation Road Warrior, Camp Guernsey, Wyoming, Aug. 18, 2021. Operation Road Warrior is a 20th Air Force training exercise that assesses nuclear convoy operations which are regularly conducted by security forces, maintenance and helicopter groups. A convoy consists of a group of military vehicles secured by trained defenders which transports nuclear components.

U.S. AIR FORCE VIDEO CLIPS | AIRMAN 1ST CLASS CHARLES MUNOZ

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**PROJECT BEE/PAPA JOHN'S PIZZA PARTY**

For collecting over 7,000 diapers for a diaper drive run by SSgt. Andrea Payne and Project BEE, the 5th Civil Engineer Squadron was awarded a pizza party from Papa John's. The diapers donated by the CES, 15 other squadrons, and civilians will be distributed to families facing diaper insecurity in Minot and surrounding areas. Congratulations to the 5th CES and thank you to everyone who went above and beyond to donate over 17,000 diapers and wipes for families in need!

PROJECT BEE PHOTOS

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# A Tribute from Teddy

**northern  
sentry**

A VIEW FROM OUR SIDE  
ROD WILSON, NORTHERN SENTRY



I had the pleasure of interviewing Joe Wiegand last week. Who is Joe Wiegand? Well, if you have been in downtown Medora and attended the “The Teddy Roosevelt Show” or were in the crowd at the 100th Anniversary of Roosevelt Park Zoo last summer, Joe Wiegand donned the black tails, wire rimmed glasses and top hat and with a bit of a New York accent portrayed Teddy Roosevelt. Joe loves coming to Minot as the city and the Minot Air Force Base have embraced him (as Teddy Roosevelt). Roosevelt Park hosts a large bronze statue of a young Teddy Roosevelt, and our 100 year old zoo proudly bears his name. On Minot Air Force Base the 91st MW has carried Teddy Roosevelt and his famous Roughriders with them as official mascots. Bully sticks adorn many of the offices, and to be awarded one is a special event. And then there is the now famous roar of “Bully” by those Airmen who serve in the 91st to celebrate success.

But Teddy also talks of the 5th Bomb Wing in his stage appearance. He talks of the B 52’s as another “big stick”, and

then chuckles about how big a stick they really are.

Most impressive in his Friday afternoon show was the tribute that he gave to Minot Air Force Base and those who serve. Many people in the audience were not from North Dakota and probably knew very little about the Minot Air Force Base and now they will have a new appreciation of the base and the purpose it serves. He talked of the many Bully Sticks in the offices and gathering places at Minot Air Force Base and how he had coined the phrase to speak softly and carry a big stick. He also reminisced about how the media had, in part, been responsible for The Roughriders becoming the official mascot of the 91st Missile Wing.

Should you have the chance next summer, as the show is officially over for 2021, I would encourage you to make your way to Medora, and take in the Teddy Roosevelt Show, 3:30 PM Tuesday through Sunday in downtown Medora. After the show take the time to introduce yourself to Mr. Wiegand outside the show hall. He will greet you with a big smile, a hardy handshake, and a slap on the back.



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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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**SRA AMBRYA ELIZEE**  
5TH MEDICAL GROUP  
TRICARE OPERATIONS  
PATIENT ADMINISTRATOR

**BACKGROUND**

- From Chesapeake, Virginia
- Been apart of Team Minot since September 2019
- Hobbies include running, collecting trinkets and watching true crime documentaries

**JOB DESCRIPTION**

• Works with patient travel at Medical Group which entails helping members get to and from medical appointments across the country, whether it be routine or urgent.

**WHY NOT MINOT?**

“This is a really good place to grow, especially for first term airmen, because you can either grow from this or you can let it break you. It is your choice.”

**NOTES ON BEING SAFE**



## Hunting Safety

TSGT CASEY LOVING  
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Hunting is a favorite past time of many people in North Dakota and it is upon us! While hunting, we must all ensure we do our part to stay safe and to keep those around us safe as well. So here are a few tips that can help you do that.

Remember to treat every firearm as if it is loaded; never assume it is unloaded. Place your finger on the trigger only when you're ready to shoot. Keep your muzzle pointed in a safe direction, and remember that wherever the muzzle points is in the crosshairs. Don't overlook the possibility of a ricochet and be sure of your target. You're responsible for knowing what's in front of your target, near your target and beyond your target. If you aren't certain, don't take the shot.

Don't forget your protective gear. Hunters' eyes and ears are vulnerable to a number of potential hazards while hunting, so it's important to protect them. Firearms create a high-decibel sound that can damage hearing. The firearm also discharges small particles of the projectile, burning gas and other residue that can damage your eyes. Always wear safety glasses and ear protection. Don't forget the blaze orange! Blaze orange has made hunting safer. Spotting a hunter wearing camouflage is hard, but wearing blaze orange makes you visible to others hunting in the area.

Plan for the weather. Hunters can be at risk for hypothermia in cold, wet conditions, but also in temperatures as high as 50° F. Dressing in warm, removable layers, avoiding moisture-retaining cotton and remembering a water-repelling outer layer can help. Before setting out, check the weather report to make sure you won't be caught off guard by other inclement weather.

Always check your equipment and stands. Use safety belts to prevent falls off of tree stands. Try

to avoid permanent tree stands as they are more likely to deteriorate. The average fall from a tree stand is about 15 feet. Injuries suffered from those heights can cause broken bones, paralysis or even death. Falls are the most common cause of hunting injuries. They often happen when a hunter is up a tree and startled by animal. Pay attention to your surroundings at all times.

Always let family members or friends know where you'll be hunting. Take two-way radios or loud whistles along in case help

is needed. A surprisingly large number of hunting accidents involve family members and friends who have gone out together, but they do not remember or know where their party has gone. Never head out on a hunting trip without letting a friend or relative know where you'll be and when you expect to return.

For more information please visit <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/11-tips-for-keeping-safe-during-hunting-season>



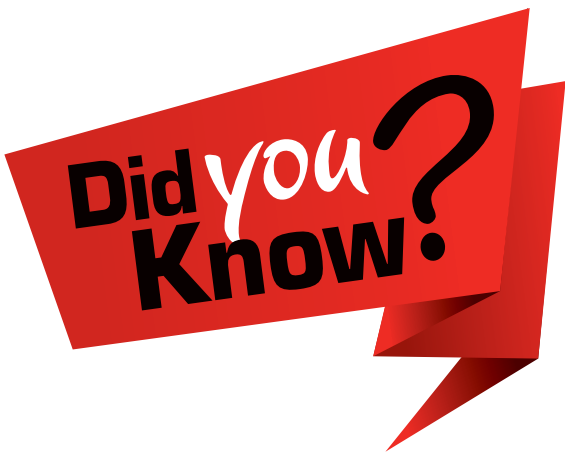
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# Air Force Aid Society at A&FRC

ABIGAIL KINDER, NORTHERN SENTRY

The Air Force Aid Society (AFAS) is the official charity of the United States Air Force. The philosophy of AFAS assistance is to meet the needs of Airmen and families in emergency situations as a step towards lasting solutions to a problem. The AFAS may help with assistance in the form of an interest-free loan, a grant, or a combination of both for such things as basic maintenance, emergency leave, dependent funeral, essential car repair, fire or other disasters and medical/dental problems not covered by Tricare.

There are also a variety of other programs to help Airmen and families overcome the challenges of everyday life.

### CHILD CARE FOR VOLUNTEER SERVICES

When you volunteer at certain base agencies, you may be eligible for free childcare.

### FALCON LOAN

The Falcon loan is an interest-free loan of \$1,000 or less that can be used for emergency needs such as basic living expenses (phone, rent, utilities, food, and gas), vehicle-related expenses (payments, repairs, insurance), emergency travel, and medical/dental bills. Appointments are required to begin the application process.

### HEARTLINK/SPOUSE ORIENTATION

Heartlink is an activity-based, interactive "Right Start for Spouses" where attendees can learn about benefits, the local community, on and off base resources, Air Force protocol, and much more. The quarterly workshop provides participants with the opportunity to network with other spouses, and a unique forum to ask questions to our base leadership panel.

### BUNDLES FOR BABIES

This class is for expectant mothers in their last trimester. It offers information on A&FRC programs and the financial impact of having a baby. A gift card is provided to attendees at the end of each class.

### GIVE PARENTS A BREAK

This program is designed to provide relief for parents who are experiencing parenthood stress in their lives. It allows the parent to receive four hours of free childcare twice a month at the Child Development Center or Youth Center. A referral certificate is required for participation in the program. Agencies who can refer families to the GPAB program include the Squadron Commander or First Sergeant, doctor or other medical professionals, Family Advocacy personnel, a chaplain, Airman &

Family Readiness Center Staff, or the Child Development Center or Youth Center Director.

### CHILD CARE FOR PCS PROGRAM

This program is intended to help families who are in the process of a PCS move. All ranks may be eligible for 20 hours of free childcare, per child, at both the base you are departing and the base where you are arriving for up to 60 days. Call the A&FRC for an appointment to obtain your certificate.

### CAR CARE BECAUSE WE CARE

This program is designed to help keep the primary vehicle of active duty Air Force members running. First-term Airmen assigned to their first duty station and spouses of active duty members assigned to a remote tour or deployed for more than 30 days are eligible. Please schedule an appointment with the A&FRC to obtain your voucher.

All of the programs listed are available through the Airman & Family Readiness Center. Always remember, Team Minot is here to help. To learn more, visit the AFAS website at <https://my.afas.org/MemberPortal/Login/Login.aspx>, call 701-723-3950, or you can visit the A&FRC at 291 Peacekeeper Place.



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## A LOOK BACK THIS WEEK IN USAF HISTORY

**MINOT AFB RECEIVES FIRST KC-135A STRATOTANKER**

SEPTEMBER 23, 1959

The first plane to be permanently assigned to Minot Air Force Base, N.D., was a KC-135A Stratotanker named "Miss Minot," which arrived on September 23, 1959. Over 300 base and community guests attended the momentous occasion that would mark the beginning of the jet era in North Dakota. Miss Minot was the first of 10 jets assigned to the 906th Air Refueling Squadron under the 4136th Strategic Wing and Strategic Air Command. Their mission? To provide air refueling for northern air defense operations and other missions. The Stratotankers remained in Minot until 1994 before being relocated to Grand Forks AFB as Minot moved away air refueling and focused fully on their mission supporting two legs of the nuclear triad and strategic deterrence.

Information courtesy of: [af.mil](http://af.mil) / [minot.af.mil](http://minot.af.mil) / Minot Air Force Base 1989 / History of Minot AFB c. 1980

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# Meet the Minot AFB Spouses Club Board



**CASSIDY SPILLMAN**  
MARKETING & PUBLICITY

My name is Cassidy Spillman and I am the Marketing and Publicity Chair for the Minot AFB Spouses Club. I am from Fort Worth, Texas. I have been married for 13 years, 8 of those being a military spouse. We have been in Minot for 2 winters.



I joined the MAFBSC to be part of something bigger than myself. The Spouses Club has been one of the biggest blessings in my time in Minot. I have made the best of friends and have been able to volunteer and give back. I encourage everyone to give the Spouses Club a shot. We have amazing people from all backgrounds. We make an amazing group of spouses and welcome you with open arms!

*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).*

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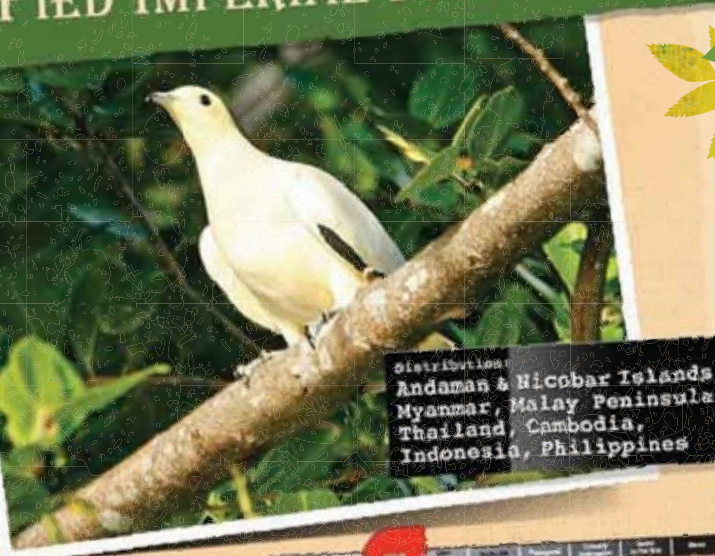
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# Honoring Hispanic heritage as Air Force leaders: The 5th CES triad

ABIGAIL KINDER, NORTHERN SENTRY



CMSgt. Lester Largaespada, Lt. Col. David Dammeier, and SMSgt. Sergio Gonzalez compose the leadership triad for the 5th Civil Engineer Squadron at Minot Air Force Base, N.D. The three share Hispanic roots that have played an important role in their growth with the Air Force and developing their cohesive leadership team.

This year, the 5th Civil Engineer Squadron at Minot Air Force Base, N.D., has a unique reason to celebrate National Hispanic Heritage Month, which celebrates the histories, cultures, and contributions of Hispanic American citizens. The 5th CES is currently overseen by a triad of leaders of Hispanic heritage, giving each of them a common thread and lending a unique perspective on what it means to lead and uplift the members of their squadron. As efforts are being made to diversify the military and provide inclusivity for all, leaders like those of the 5th CES are a prime example that times are changing and anything is possible.

The triad is a team composed of the Commander, Chief, and First Sergeant. These three positions work in harmony to make decisions for their squadron and support the morale and welfare of its personnel. Through sheer happenstance, SMSgt. Sergio Gonzalez, CMSgt. Lester Largaespada, and Lt. Col. David Dammeier were brought together as an all-Hispanic triad for the first time in their lives.

**FIRST SERGEANT**

SMSgt. Sergio Gonzalez, First Sergeant for the 5th CES, is a first generation Mexican-American from Los Angeles, Calif. He joined the Air Force at 17 years old in an effort to do something positive with his life, despite several negative influences that surrounded him in L.A. "It was to better myself and to do better for my family, and it really turned

into something that I did to make my folks proud," he said.

When it came time to decide whether or not to reenlist in his early years, Gonzalez found that he enjoyed the security of his Air Force career and the opportunity it gave him to support his family. Over time, it has evolved into something greater. "After that, it became more of a lifestyle that I valued. I was grateful for the opportunities I was afforded being in the Air Force, I was grateful for the experiences and the people I got to know, and I wanted to make sure to pay it forward to the rest of the Airmen coming up after me," he said.

As a first generation, Gonzalez holds onto his roots with pride. "I was the first of my family born here. So, I've always been proud of that and proud of the heritage and our family back in Mexico. I'm an American, I'm a patriot, and I serve the Air Force, but we can't ever forget our roots. The sense of family and tradition is what I try to hold near and dear to my heart so I don't forget where I came from."

Gonzalez has been in Minot since August 2020 and has greatly enjoyed the experiences he's had so far, especially under their unique circumstances. "Have I been in work centers in the past where I work with other Hispanic Americans? Yeah of course. But at a squadron command level, for that to happen, it was by accident. It's special and I think it's good for our younger minority Airmen to see. When I was coming up as a young Airman, I didn't see

very many Hispanic Commanders, Chiefs, or First Sergeants and for our Airmen to have all three I think it's pretty cool. This is special, this is different, something I never thought I'd have, and I'm grateful for it."

Gonzalez's favorite part about his current job is taking care of the Airmen in his charge. "I get to help people overcome obstacles all day, help them, and counsel them. I haven't been able to get that anywhere else. It's the best job in the Air Force."

**CHIEF**

CMSgt. Lester Largaespada is the Squadron Superintendent/Chief for the 5th CES. Born in Nicaragua, he and his family immigrated to the United States in 1985 to seek political asylum from communist rule. At only seven years old, Largaespada, his two brothers, and his parents shared a one bedroom living space in Dallas, Texas. "When we immigrated, my family and I didn't have anything. We were kids, and we were going to work with my dad and mom. My dad worked construction and my mom helped out where she could. We would just wait out in the car from seven o'clock to five o'clock, and that was during the summertime. Obviously that's not ideal, but in 1985 you had to make it one way or another. We didn't have any childcare, we didn't have any resources, we didn't have any money," he explained.

The challenges he faced growing up inspired Largaespada to enlist in the Air Force after graduating



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high school in 1996. His goal was to give back to the country that had given him and his family the opportunity to have a better life. "Coming from a communist country to the U.S., you appreciate the freedoms and the rights that you have here which is not the case in many countries," he said.

He originally planned to stay in the Air Force for only four years. But from 1996 to 2001,

“

That was an opportunity to not only give back to the Air Force and the nation but to our Latin community. To be able to do that was quite the privilege

CMSGT. LESTER LARGAESPADA

”

Largaespada was stationed at Grand Forks AFB, N.D., where he enjoyed the people and the connections that he had made so much that he decided to reenlist. "I ended up really enjoying what I was doing in the Air Force and here I am 25 years later. It really is a privilege to serve and be a part of something bigger than yourself."

As an immigrant, Largaespada has faced some discrimination "outside the gate" in local communities where he was stationed, but he spoke highly of the inclusiveness of everyone he has worked with in the Air Force and Civil Engineer community. "I've been pretty fortunate in my career field. My first duty station, the folks that I worked with embraced the fact that I was an immigrant and they really took an interest," he said. When he became a U.S. citizen in 1999, his entire shop from Grand Forks attended the ceremony.

One thing that Largaespada feels passionate about is helping find opportunities like the ones he was offered. Between 2005 and 2009, he performed a special duty assignment with the Student Affairs Flight at the Inter-American Air Forces Academy at Lackland AFB, Texas.

"The mission of that academy is to train international military students from Latin America. They come over and they train with us for three months at a time and we have different courses from logistics to an international NCO academy to security forces courses, how to become a crew chief, pilot courses, squadron officer school... So, there were a lot of Air Force courses but it was all in Spanish."

The Student Affairs Flight was in charge of coordinating trips and helping students with their challenges outside of the classroom. Through that

assignment, Largaespada was able to help others find a sense of purpose and community that they could take with them, just as he had. "That was an opportunity to not only give back to the Air Force and the nation but to our Latin community. To be able to do that was quite the privilege," he said.

Now that Largaespada is on his eighth assignment at Minot AFB, he is finding himself right at home with the leadership time of the 5th CES. "I have to make a conscious effort to remind myself that we're Hispanic, as a leadership team. In my career, the way we operate—the decision making, the strategies, the way of thinking—I don't see it as Hispanic or not. From the leadership perspective, from running the squadron perspective, it's in line with other teams. What makes it different is the personal side. I believe having that common thread has really enhanced our working relationship. It adds to our synergy. It's unique in the sense that I've never been a part of a unit where your triad—your commander, your first sergeant and your chief—are all Hispanic. It's kind of like capturing lightning in a bottle," he said.

Largaespada's background is one more thing that inspires him as a leader. "Growing up, I always kept things in perspective. Experiences like that make me resilient to future challenges in life that test your will and character. I've always kept in mind where I come from, and that my parents did not sacrifice what they had in Nicaragua for us to come over here and settle."

"Background provides diversity and different perspectives on who you are and how you see things, and that's something that has always shaped who I am. Those experiences make you resilient and they also make you appreciate what you have. Every day I wake up and I tell myself 'okay I've got to earn it.' And I won't take it for granted because of where I came from."

**COMMANDER**

Lt. Col. David Dammeier was born in San Luis Potosi, Mexico, and his family immigrated to Los Angeles, Calif., when he was just one and a half years old. He spent most of his life in LA and eventually attended University of Southern California where he joined the Reserve Officers' Training Corps as a civil engineer.

In July of 2020, he joined Team Minot as the Commander of the 5th CES. His Mexican roots play a part in how Dammeier became the leader he is today. Like his First Sergeant and Chief, Dammeier's career in the Air Force is his opportunity to give back to the country that provided a better life for him and his family. "[My family] wanted

to move up from Mexico because of job opportunities. The life that I have here versus the life that I would have had in Mexico is completely night and day, and it all has to do with opportunity. So why am I giving back? Because I have been given so much and I believe it's part of my duty to give back," he said.

And similar to Largaespada, the initial plan was to stay in for only four years. "What changes is your feeling about what you do, and for me it wasn't a job—it turned out to be a calling. I started seeing the personal value of what I was doing as a part of something bigger than myself."

Dammeier believes in the importance of remembering where one comes from in order to provide a better experience for yourself and those around you. "We're standing on the shoulders of our parents and all the trials and tribulations that they went through to make a better life for us. I think as I look back, from a cultural perspective, I believe that if we are a good representation of our culture, it makes us better. We can provide a different perspective because culturally we were raised differently. For me, there's a sense of pride in where I came from and what my family went through, and we have a responsibility to make it better for the next generation," Dammeier explained.

His thoughts on the all-Hispanic triad align with his team's. "It speaks to the diversity of the Air Force. This is the first time that I've ever had a Latin command team and I'm pretty proud of that... they all have a background similar to mine where their families came from certain adversities and overcame it. They, like myself, made choices to make their lives better. I think that's a good attribute to have... you should know where you come from and build on that and know that not everybody comes from your background. Some people had it better and some people had worse upbringings than you, but it's about what you do with what you have."

As the military's Hispanic population continues to grow, Dammeier recognizes the benefits that come with that diversity. "What I like about the Air Force and about CE is that we have a very diverse population with inclusion for all. We try to profess within the squadron dignity and respect for all, and we need to keep inspiring the future generation because we need those future leaders to want to lead."

After 20 years in the Air Force, Dammeier believes it is the people around him who keep him going. "Those people that I get to work with have shown me a different perspective of the world and I am a better person

# NATIONAL HISPANIC HERITAGE MONTH

SEPTEMBER 15 - OCTOBER 15

because of learning from them. I have gained insight to how they approach a problem or a situation and I believe as leaders we need to listen to everyone's perspective before we make a decision. When you talk to good people, you feel better about yourself and feel like maybe I am a part of something bigger than myself and you start realizing how special this place is. There's nothing like it."

**A COHESIVE TRIAD**

It's easy to see the commonalities between the leaders of the 5th CES. Because of their unique upbringings, many of their lessons learned and ways of thinking about life, leadership, and success align with each other.

Dammeier, Gonzalez, and Largaespada's Hispanic heritage does not completely define them

as leaders, but it gives them a chance to take the knowledge that they have gained from their upbringings into their career field to make it a better place for Airmen of all ages, ranks, ethnicities, and backgrounds.

"That's the beautiful thing about our country. In the Air Force, there's room for [diversity] and I think that we all grow together because of it. Depending on where you grew up and where your family is from, we all have different ways of thinking about things and that's very valuable to the Air Force," said Gonzalez.

For every child looking to the future, there is an Airman, an NCO, an Officer, or a civilian out there who can profess that anything is possible, no matter where you come from.

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# Suicide Prevention Month

ABIGAIL KINDER, NORTHERN SENTRY

September is National Suicide Prevention Month, and Minot Air Force Base is doing their part to bring awareness to the cause. To begin the month, Minot Air Force Base's Suicide Prevention Program placed 344 American flags along Missile Avenue to commemorate the Active Duty service members lost to suicide in 2019. According to the Department of Defense Quarterly Suicide Report, that number rose to 377 service members in 2020, highlighting a need for proactive measures and community support, especially in the times of COVID-19.

On Sept. 8, 2021, Team Minot held a kickoff ceremony for the beginning of Suicide Prevention Month. Col. Michael D. Maginness and Col. Johnny L. Galbert, Vice Commanders of the 5th Bomb Wing and 91st Missile Wing (respectively), attended the opening ceremony to show base leadership's support.

This year's theme for Suicide Prevention Month across the DoD is Connect to Protect: Support is Within Reach. "Connection is everything," said Maginness. "How we connect with our Airmen, families, pets, job centers, how we connect with the mission... all of that is vitally important to preventing suicides from happening."

Connection means something different to everyone, but however you define it, there are always others who are available to lend a helping hand and offer the type of connection you need. "To me, it's really about getting to know people on a deeper level. Take the extra moment and ask the hard questions and make sure people are doing okay," explained Maginness. The base also has a variety of support systems

to connect with, including the Airman and Family Readiness Center, First Sergeants and Key Spouses, Mental Health at the 5th Medical Group, the Chaplains, and more.

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How we connect with our Airmen, families, pets, job centers, how we connect with the mission... all of that is vitally important to preventing suicides from happening.

COL. MICHAEL D. MAGINNESS

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"We have some unique challenges up here, but I think it comes down to everybody on this base is somebody's son, somebody's daughter. Everyone has somebody that loves them and cares for them. Everyone on this installation is a part of the Department of Defense's number one priority mission and you're not just a number," said Maginness.

Galbert added, "We're encouraging folks to make those connections with their fellow service members, civilians, friends, and family, not only on the base but out in the community. If folks don't feel like they're connected then they can always reach out for support. I think we can change the narrative around mental health and wellbeing and we can turn all of this awareness into action."

Laurel Grams, Suicide Prevention Program Manager, also spoke on the importance of

suicide prevention for MAFB, saying, "It's important to Minot Air Force Base because it is like family out here. We care about our family members and we want to do right by them. We want to build those connections and even though we're not saving people from suicide every single time we work on a connection, we let them know that we're here for them."

Along with leadership and base agencies, Minot AFB youth showed their support and hand-made encouraging signs to display at the event.

Throughout the rest of September, there will be interactive displays at units all around the base. They will include stickers of different colors to represent our personal connections to the cause, such as green signifying a personal struggle or attempt, purple as the loss of a relative or friend, and more. Participants will be able to fill the boards with their corresponding color to see how suicide has directly affected the people of Minot AFB.

By reflecting on past experiences, those affected can look to the future with hope and join the cause to prevent suicide. Manel Loureiro once said, "If you're alive, you can fight to live another day." We can fight for ourselves, and we can fight for those around us. Whether you are struggling or you know someone who is, support is available all around.

Team Minot has proven time and time again that as a family, they can overcome anything—even a harsh winter or the demands of the mission. And while September may be the month to raise awareness, suicide prevention is an ongoing cause that can be practiced every day of the year.



**SUICIDE PREVENTION MONTH**  
Members of Team Minot meet at the Parade Grounds for the opening day of Suicide Prevention Month on September 07, 2021, at Minot Air Force Base, N.D.

September 2021

# National Suicide Prevention Month

**Department of Defense**  
**Connect to Protect:**  
**Support is Within Reach**

## Good Gardening

ADVICE  
by Marvin Baker

### Preparing for Winter

We've done our canning, but might have a few jars of tomato sauce to put up, we've frozen that sweet corn off the cob and we've consumed the fresh market items that don't last long like cantaloupes and sweet onions. There's one more way to store certain root vegetables that will keep them through the winter, provided you have the space. If you can keep potatoes, beets and carrots at 40 degrees Fahrenheit with low humidity (less than 50 percent), your potatoes, beets and carrots will keep well into 2022 and just might be good until you plant your next crop.





**9/11 MEMORIAL RUCK**

Minot Air Force Base honored the 20th anniversary of 9/11 with their second annual Ruck March. Airmen and leadership from all over base carried American flags all over base for 2,977 minutes (from September 9 to September 11) to honor the innocent lives lost in the terrorist attack of Sept. 11, 2001. To conclude the ruck, the flags were folded and placed into cases to be presented to New York City Fire Department Ladder Co. 3 and a family who lost their loved one in the World Trade Center.

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## Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

- **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.
- **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to

perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filter needs to be replaced.

• **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

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# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, Sept. 13: 1,831.72 feet above mean sea level (MSL); 18,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.17 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.1 MSL.

- N.D. Game & Fish Dept. game wardens: Not much activity on the east end of Lake Sakakawea with better walleye success around Pouch Point in the midsection. Work deep on both Lake Sakakawea and Lake Audubon. Try some small lakes in eastern McLean Country and western Sheridan County for a potential late season fall walleye bite – or occasional perch.

- Devils Lake, Ed's Bait Shop, Devils Lake: Fewer anglers on the water but perch activity remains fair to good on East Devils Lake with improving walleye success. Cool nights cutting back weeds and the lake turned. Pelican Lake good for walleye. Try pulling crankbaits over old roads. Launch at Grahams Island and access through the Mauvais Coulee bridge.

- Devils Lake, Woodland Resort, Devils Lake: Walleye bite is a bit tougher with anglers working longer for fish. Continued good numbers of small fish, however. Try 10 feet along the highway working out deeper using a variety of presentations.

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

- Lake Darling, Upper Souris Nat'l Wildlife Refuge, Foxholm:

Some activity continues on Lake Darling around the spillway boat launch.

- Lake Metigoshe, Four Seasons, Bottineau: Activity slowed on Lake Metigoshe.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some activity yet along the west end of Lake Audubon along the U.S. Highway 83 embankment with water being transferred into Lake Sakakawea. 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 with some activity on the east end along the embankment where water is going through the intake from Lake Audubon. Limited Missouri River reports.

- Lake Sakakawea, Indian Hills Resort, Garrison: No new reports. General store closed for the season but camping and lodging available

- Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information regarding North Dakota's new electronic posting regulations and assistance.

- 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.

- Check local fire restrictions when camping, etc.

- 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.

- Sept. 22: East Early Canada Goose season closes.

- Sept. 25: Resident waterfowl and woodcock seasons open.

- Sept. 25: Sakakawea Pheasants Forever banquet, 5:30 p.m., Garrison City Auditorium.

- Sept. 27: Muddy Buck Beers for Deer Mule Deer Foundation, Rivers Edge Bar & Grill, Williston, 6 p.m.

- Sept. 30: Last day Lake Darling is open to boat access. Shore-fishing still available at designated access sites.

- Oct. 2 & 3: Youth pheasant season.

- Oct. 2: Tundra swan season opens.

- Oct. 2: Nonresident waterfowl season opens.

- Oct. 2: MonDak Pheasants Forever banquet, Raymond Family Community Center, Williston, 5 p.m.

### TOURNAMENTS:

- Sept. 18: Lake Sakakawea, White Earth Bay.
- Oct. 1 & 2: Lake Sakakawea, Sakakawea State Park.

until mid-October.

- Lake Sakakawea, New Town: Fewer anglers on the water around the Van Hook Arm and New Town area with generally slow walleye success. Continue working deep.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye activity slowing down. Try jigging Raps in deep water along the south end of the Van Hook Arm. Overall success is spotty. Bait shop closes Sept. 19.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: No new Missouri River reports. Garrison Dam releases are lower. Some salmon starting to show up in the bays along the east end of Lake Sakakawea. Try casting spoons from boat or shore in Scoria Bay. Fish are starting to move up and turn color although some salmon are still in 80 to 100 feet. No new walleye reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: A definite switch to minnows on the west end of Lake Sakakawea. Try Lindy rigs or spinners on the west end

along the south shore around Tobacco Garden. Also try jigging Raps around Van Hook Arm or New Town area in deep water. Missouri and Yellowstone rivers improving for walleye. Locate deep holes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with little activity on the Souris River and area lakes. The river remains low.

### Hunting:

- Doves: Cool nights starting to move more doves out.

- Deer: Most bucks seem to be losing velvet.

- Upland: Partridge numbers fair in pockets. Some grouse hunting activity but overall slow success in west-central parts of the state. Generally birds seem to be in pockets with fewer birds around the midsection of Lake Sakakawea.

### 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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# North Dakota National Guard Celebrates Fargo Facilities

THE NORTH DAKOTA NATIONAL GUARD

FARGO, N.D. — The North Dakota National Guard celebrated two facilities in Fargo today by commemorating the beginning of construction for one and later celebrating the completion of another.

This morning, the Happy Hooligans of the North Dakota Air National Guard's 119th Wing hosted a ceremonial groundbreaking ceremony for a consolidated operations facility at the Fargo Air Base. The \$17.5 million project intended for use by the 119th Operations Group, is scheduled for construction to begin this fall, with an expected completion in 2023.

Gov. Doug Burgum, commander and chief of the N.D. National Guard, U.S. Sen. John Hoeven, U.S. Sen. Kevin Cramer, Maj. Gen. Al Dohrmann, adjutant general for the N.D. National Guard, Col. Mitch Johnson, 119th Wing commander along with Shawn Dobberstein, executive director, Fargo Airport Authority wielded

shovels for the ceremonial groundbreaking.

This afternoon, the North Dakota Army National Guard celebrated the completion of the Fargo Readiness Center by hosting a ribbon cutting ceremony officially dedicating the facility.

Among the participants in this ceremony were Hoeven, Cramer, Dohrmann, Brig. Gen. Jackie Huber, deputy adjutant general, N.D. National Guard, Brig. Gen. Leo Ryan, commander, N.D. Army National Guard, Dobberstein, and Delton Steele, honorary commander for the N.D. National Guard and chair of the N.D. Employer Support of the Guard and Reserve (ESGR).

"These projects will ensure that North Dakota's Air and Army National Guard forces have the best facilities and latest technology they need to maintain readiness, conduct training and protect freedom at home and abroad," Burgum said.

CONTINUED ON NEXT PAGE



### ND-021 Magic City Composite Squadron (Minot)

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CONTINUED FROM PREVIOUS PAGE

“We’re grateful to our state’s congressional delegation for securing the federal funding for these facilities and to our North Dakota National Guard Soldiers and Airmen for their unwavering commitment to being ‘Always Ready, Always There.’”

Located west of the existing Fargo Armed Forces Reserve building in Fargo, this facility is the new home of the N.D. National Guard’s 141st Maneuver Enhancement Brigade, 191st Military Police Company, and Company D, 1st Battalion, 112th Aviation Regiment. With the groundbreaking on August 14, 2019, this facility took two years to build.

“It’s a great day in the North Dakota National Guard when we can celebrate the initiation and dedication of much-needed facilities like these,” said Dohrmann who rendered remarks at both ceremonies. These facilities are important to our Citizen-Soldiers and Citizen-Airmen in support of their continued successful completion of our state and federal missions.”

The final cost of the Fargo Readiness Center facility is approximately \$29 million and consists of a 96,000 square foot readiness center and a 59,000 square foot unheated vehicle storage building. The facility provides a greater capability to conduct virtual exercises and facilitates improved command and control of units and personnel during responses to state emergencies. It also includes a modern fitness training area with a quarter-mile running track and a helicopter pad.



Maj. Gen. Al Dohrmann, adjutant general for the N.D. National Guard (left of flag pole) leads a group of dignitaries during a ribbon cutting ceremony celebrating the dedication of the N.D. National Guard’s Fargo Readiness Center, Fargo, N.D., August 24, 2021. From left, Shawn Dobberstein, Executive Director at Fargo Airport Authority; Mary Chrisy, representative for Congressman Kelly Armstrong; U.S. Sen. Kevin Cramer; U.S. Sen. John Hoeven; Delton Steele, honorary commander for the N.D. National Guard and chair of the N.D. Employer Support of the Guard and Reserve (ESGR); Dohrmann, Brig. Gen. Jackie Huber, deputy adjutant general, N.D. National Guard, Brig. Gen. Leo Ryan, commander, N.D. Army National Guard; Col. Paul Harron, Command Sgt. Maj. Eric Binstock, senior enlisted leader, N.D. National Guard; and Command Sgt. Maj. Derek Heck, state command sergeant major for the N.D. Army National Guard.



From left, Maj. Gen. Al Dohrmann, adjutant general for the N.D. National Guard; U.S. Sen. John Hoeven; Gov. Doug Burgum, commander and chief of the N.D. National Guard; U.S. Sen. Kevin Cramer; Shawn Dobberstein, Executive Director at Fargo Airport Authority; and Col. Mitch Johnson, 119th Wing commander participate in the ceremonial ground breaking for the North Dakota Air National Guard’s new consolidated operations facility, Fargo Air National Guard base, Fargo, N.D., August 24, 2021.

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## All About Pets

### Preparing your dog for a baby



Having a baby can be a big change for the entire family, and your dog is no exception. Especially if you are having your first child, your dog may experience a number of new sights, sounds, and smells, some of which may be stressful to your fur-baby. Here are a few tips for preparing your dog to meet the baby so that everyone stays happy, safe, and healthy.

they will encounter. Let your dog see the diapers and wipes, sniff your baby’s crib or stroller, let your dog spend time in baby’s room around all the toys, clothes, and whatever else. Try taking your dog for a walk alongside the stroller. If you know someone with a baby or children, you can ask if you can bring your dog by their house to sniff and look around. There are also a variety of online resources where you can find common baby noises to play for your dog to familiarize them.

- **Make sure your dog is trained before the baby arrives**—teach your dog basic obedience skills such as sit, down, place, leave it/drop it, etc. It is very important to make sure your dog has a firm grasp on bite inhibition and how to be gentle around humans. Teaching your dog not to jump on you is also a good idea so that you don’t run the risk of your dog accidentally knocking you over while holding the baby. If you have a dog that is extra mischievous, you can train them to leave baby belongings/toys alone and play with their own toys instead. Also, training your dog to stop barking on command can be a very useful tool that will come in handy down the road (wouldn’t want to wake up the baby!).

- **Change your dog’s routine if need be**—if you anticipate your dog’s routine changing due to your new baby, get your dog started on that schedule beforehand. Maybe you’ll need to feed them or go for walks at a different time. Make sure you’re getting your dog used to the new routine.

- **Socialize your dog**—spend more time with your neighbors, walk your dog near the local playground, and make sure your dog starts to get a feel for being around children and babies. If your dog has not already been socialized to children, it would be a good idea to recruit a professional dog trainer who can help you learn the proper ways to safely introduce and socialize dogs to children.

- **Prepare your house**—give your dog a special place that they can go when they need a break from baby, such as the bedroom, a crate away from the chaos, etc. If you have rooms that you would like to be off limits to your dog once baby arrives, go ahead and buy gates and familiarize your dog with them.

- **Expose your dog to new things**—before you bring home your baby, you want to expose your dog to the new sights, sounds and smells that

There are a million-and-one things that you can do to prepare your dog for a new baby, but the moment of truth will come when you bring baby home. It’s incredibly important to prepare your dog for that moment not only for the health and safety of your dog, but for the child as well. If you have any safety concerns, contact a trainer immediately to work through them beforehand. And just like anything else with your dog, make sure to take it slow and give them time to adjust to a new way of life.

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**91ST MW AFGSC SEND-OFF**  
Members of the 91st Missile Wing congratulate the Airmen who competed in the Global Strike Challenge, Sept. 10, 2021, at Minot Air Force Base, ND. The group consisted of four teams from the 91st Missile Wing.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN

**BAKED GARLIC PARMESAN WINGS**

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**INGREDIENTS**

- 1 1/2 TABLESPOON TRAEGER CHICKEN RUB
- 5 POUND CHICKEN WINGS
- 1/2 CUP UNSALTED BUTTER
- 10 CLOVE GARLIC, FINELY DICED
- 1 CUP SHREDDED PARMESAN CHEESE
- 3 TABLESPOON CHOPPED PARSLEY

When ready to cook, set Traeger temperature to 450° F and preheat, lid closed for 15 minutes. In a large bowl, toss the wings with the Traeger Chicken Rub. Place wings directly on the grill grate and cook for 20 minutes. Flip wings and cook for an additional 20 minutes. Check the internal temperature of the wings, finished desired temperature is 165° to 180°.

To make the Garlic Sauce: While the chicken is cooking, combine butter, garlic and remaining rub in a medium sized saucepan and cook over medium heat on a stove top. Cook sauce for 8 to 10 minutes, stirring occasionally. When wings are finished cooking, remove from grill and place in a large bowl. Toss wings with the garlic sauce, Parmesan cheese and parsley.

Enjoy!



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# Minot Symphony Orchestra presents the 96th season opener, "Motley Soiree"

MINOT SYMPHONY ORCHESTRA

MINOT, ND, September 8, 2021 – The Minot Symphony Orchestra will open the 95th season with a live performance on Saturday, September 18th at 7:30 pm at MSU's Ann Nicole Nelson Hall.

"Join us in one of the most eclectic concerts we've ever done, ranging from the ranting of Baroque composer Biber's take on the 17th century 30-year war to Berlin's Golden Twenties with music from the Threepenny Opera by Kurt Weill with its well-known Ballad of Mack the Knife," said Maestro Efraín Amaya. "The SubZero Winds will join forces with Dr. Dianna Anderson in bringing you one of Poulenc's favorite pieces with his Sextet for Piano and Winds, and we will visit Romantic Russia with Tchaikovsky's Serenade for Strings."

"Motley Soiree" is the first of the symphony's 6 concert series for the 2021-2022 season. Other performance dates include October 16, December 11, February 5, March 5, and April 30. Programs for the 2021-2022 season include Beethoven Symphony No. 5, Amahl and the Night Visitor's, an evening of movie scores by John Williams, and Mahler's Symphony No. 1. Featured guests include the Western Plains Opera Company, Rinat Mouzafarov

dancers, Caitlyn Vogel - Miss North Dakota USA (narrator), Heartland Marimba Quartet, and winners of the high school, MSU, and Young Composer contests.

The Minot Symphony Orchestra will follow current COVID-19 guidelines as mandated by Minot State University. Social distancing and masks are not required at this time. This is subject to change as the COVID-19 pandemic changes. For patrons not comfortable attending a live performance, or are not able to travel, performances will also be available via livestream. Advanced tickets are available on the symphony's website.

Tickets start at \$25 for adults with senior and student discounts available. Season tickets, individual tickets and Flex Passes are available. A Flex Pass, which includes 6 concert tickets for the price of 5, can be used for multiple tickets to the same performance or spread out between performances. All tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com) or through the box office at 701-858-4228. Patrons are encouraged to purchase tickets in advance.

Pre-concert talks which provide an engaging overview of the works being performed, talk about the story behind the music, the composer, and historical context

will be presented one hour before each concert, excluding the December 11 performance.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efraín Amaya, assistant professor of music at Minot State University.

This project is supported in part by grants from Arts Midwest and the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.



Dr. Dianna Anderson



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<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Badlands Restaurant &amp; Bar</p> <p style="font-size: 0.8em;">1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 <a href="http://www.blgrill.com">www.blgrill.com</a></p>	<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">28 Tastes &amp; Taps</p> <p style="font-size: 0.8em;">1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 <a href="http://www.facebook.com/28tastes">www.facebook.com/28tastes</a></p>
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Mi Mexico</p> <p style="font-size: 0.8em;">301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 <a href="http://www.mimexicomintnd.com">www.mimexicomintnd.com</a></p>	<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Pink's Bar &amp; Grill</p> <p style="font-size: 0.8em;">102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 <a href="http://www.facebook.com/PinksBarGrill">www.facebook.com/PinksBarGrill</a></p>
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Culver's Restaurant</p> <p style="font-size: 0.8em;">3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 <a href="http://www.culvers.com">www.culvers.com</a></p>	<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Prairie Sky Breads</p> <p style="font-size: 0.8em;">3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 <a href="http://www.prairieskybreads.com">www.prairieskybreads.com</a></p>
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Dakota Burger Company</p> <p style="font-size: 0.8em;">315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 <a href="http://www.dakotaburgercompany.com">www.dakotaburgercompany.com</a></p>	<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">The Starving Rooster</p> <p style="font-size: 0.8em;">30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 <a href="http://www.starvingrooster.com">www.starvingrooster.com</a></p>
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Primo Restaurant</p> <p style="font-size: 0.8em;">1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 <a href="http://www.primominot.com">www.primominot.com</a></p>	<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Souris River Brewing</p> <p style="font-size: 0.8em;">32 3rd St NE Minot, ND, Phone: 701.837.1884 <a href="http://www.sourisriverbrewing.com">www.sourisriverbrewing.com</a></p>

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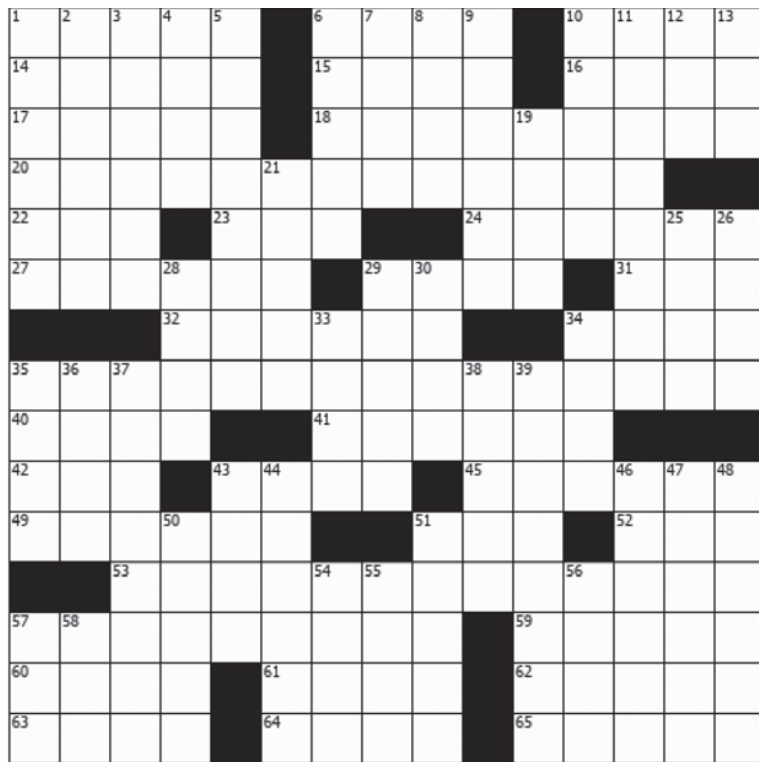
It's our thank you for serving! Must have a active AF ID card at time of purchase.



# CROSSWORD PUZZLE

**Across**

- 1. Ball-catching basket
- 6. Lessons for the youth
- 10. Where you may find vaults
- 14. Like cars or trucks
- 15. Stable scion
- 16. Kingly name
- 17. \_\_\_ kebab
- 18. Hardly the best
- 20. Pre-wedding activity, for some
- 22. Foamy quaff
- 23. General address
- 24. Uncreative
- 27. No social butterfly
- 29. Former capital of Moravia
- 31. Kirghizian region or its capital
- 32. Map line, sometimes
- 34. Tops
- 35. Veteran carpenter, perhaps
- 40. Foundations may support them
- 41. Sleeve band
- 42. Poet's meadow
- 43. Bohea and hyson
- 45. Demands, as payment
- 49. Weapons of old
- 51. Time of the 90th meridian
- 52. Kind of tide
- 53. Pasternak work
- 57. Fear of all things animal
- 59. Onions' go-with
- 60. Burden to bear
- 61. What F may mean
- 62. 1989 tennis retiree
- 63. NE Italy town
- 64. Match makers
- 65. Showing some cheek



**Down**

- 1. The Clash said to rock it
- 2. Become breathless?
- 3. Deli need
- 4. John, the musician/TV host
- 5. Sticky stuff
- 6. Man with many parts
- 7. Either of two Nobel-winning physicists
- 8. Remove nails
- 9. Muscle injury
- 10. Its walls withstand pressure
- 11. Day care center feature
- 12. Put an end to something?
- 13. Morn's counterpart
- 19. James Bond enemy
- 21. Soft drink unit
- 25. Mil. institution since 1845
- 26. "After that . . ."
- 28. Welcome sights
- 29. Aaron and Raymond
- 30. Do boring work
- 33. Final Four org.
- 34. Nick and Nora's pooch
- 35. Collection of outlets
- 36. Painter's calculation
- 37. Distinguish oneself
- 38. Blood's partner
- 39. Industrial category
- 43. Part of MIT
- 44. Bars (law)
- 46. Doesn't just want
- 47. Princeton supporters
- 48. Like Jags
- 50. Small thicket of trees
- 51. Industry leaders
- 54. Shawm's descendant
- 55. Alice, to Ralph
- 56. "\_\_\_ Las Vegas!"
- 57. Playwright Akins
- 58. Switch positions

# SUDOKU

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

Solution to puzzle on page C10



# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

FRIDAY, SEPT 17 1800  
 SATURDAY, SEPT 18 1500  
 SUNDAY, SEPT 19 1400  
**PAW PATROL (G)**

FOLLOW REEL TIME MOVIE THEATER  
 ON FACEBOOK OR MINOT  
 EXCHANGE WEBSITE FOR  
 UP TO DATE MOVIE LISTINGS





# Taylor Red to Perform In Minot

*The International Artists Series of Minot and Live On Stage, Inc. announce pop country sibling trio as part of their 2021 - 2022 Concert Season*

LIVE ON STAGE

MINOT, ND – (August 29, 2021) – Identical triplets Nika, Natalie and Nicole are showcasing their mesmerizing energy, extraordinary talent and tight sibling harmonies in concert at Ann Nicole Nelson Hall - MSU on Sunday, September 19, 2021 at 3:00 p.m. Doors will open 30 minutes in advance with no reserve seating. Single event tickets are available at \$30/adult and \$15/student at the door, or by calling the number below or on the International Artist Series website. Season subscriptions for all 5 events of the 2021-2022 Season will be available for purchase at the door the night of the concert for \$80 each. To purchase event tickets, or to get more information on season tickets, please visit the association's website at [www.minotconcerts.org](http://www.minotconcerts.org), contact 701-838-1113, or email at [iasminot@srt.com](mailto:iasminot@srt.com).



Identical triplet sisters Nika, Natalie, and Nicole Taylor compose the girl band Taylor Red whose sound is best described as Young, Fun, and Country. They are singers, songwriters, composers, and multi-instrumentalists who play guitar, banjo, fiddle, and mandolin. Taylor Red has performed over 1000 live shows across America and internationally in countries such as Norway and Canada. Amy Grant, Charlie Daniels, Diamond Rio, Don Williams, High Valley, Josh Turner, Michael W. Smith, Neil McCoy, and Ray Stevens include some of the artists the three girls have opened for throughout their career. Additionally, the girls were featured in a national ad campaign for Sonic Drive-In in 2020. Their repertoire is influenced by the musical giants that paved the way for them, like Dolly Parton, Johnny Cash, and even Tom Petty and The Eagles. Click Here To View A Video Of Taylor Red.

The International Artists Series of Minot, North Dakota has been presenting internationally acclaimed artists to the community since 1947. The all-volunteer non-profit board is committed to bringing artists and audiences together and enriching the cultural life of the greater Minot community through live performances offered at affordable, family friendly prices.

Live On Stage, Inc. provides excellent, affordable, entertainment attractions and support services to an American community of concert presenters.

**18 SEPT** DOWNTOWN MINOT'S FALL FESTIVAL & CAR SHOW  
9:00 AM - 4:00 PM  
Downtown Minot

It's a day for fun and families in downtown Minot. Admission is FREE for the entire family. Join us on Main Street and other locations throughout downtown with activities including: Dakota Cruisers Car Show on Main Street (9:00 am - 2:00 pm), Food Trucks! More than a few, up and down Main Street!, Sidewalk Sales - Our Downtown merchants will have some special deals for you!, Farmer's Market - North Prairie Farmer's Market will be moving a little closer to the action!, Street Vendors - All along 1st Ave South, Bounce Houses, Ax Throwing Music, Arts, Games, Family Fun!



For more information:  
[Facebook Event / Downtown Minot's Fall Festival & Dakota...](#)

**19 SEPT** MINOT OUT OF THE DARKNESS EXPERIENCE  
1:00 PM  
Minot Oak Park  
19th Ave SW, Minot

Our community has always been the heart of the Out of the Darkness Walks. Though there are many unknowns, there are a few things we know for sure: You belong to a strong community united in an effort to fight suicide while showing up for yourself, recognizing and honoring those you love, raising awareness, educating communities, supporting one another, and sharing hope. We remain dedicated to providing you with opportunities to connect, heal, share stories, create impact, and show you that you are not alone. Mental Health and suicide prevention are more important than ever, and we're confident that with your help we can reach more people than ever before.



For more information:  
[Facebook Event / Minot Out of the Darkness Experience](#)

**24 SEPT** CASPER - MOVIE IN THE PARK  
8:00 PM  
Oak Park  
1300 4th Ave NW, Minot

Your favorite ghost is coming to Oak Park! Join Minot Parks and get in the Fall time spirit for a special Fall Movie in the Park under the lights at Oak Park! Bring your blankets and candy corn for a fun night watching a fall classic- Casper! (Rated PG) The movie will begin at sunset and this event is free to attend.



For more information:  
[Facebook Event / Casper - Movie in the Park / Minot Oak Park](#)

**25-26 SEPT** FALL FESTIVAL 2021  
10:00 AM - 7:00 PM / 1:00 PM - 7:00 PM  
Angelic Gardens  
6200 11th Ave SE, Minot

FAMILY EVENT • Food • Produce—pumpkins, apples, gourds, winter squashes, corn stalk bundles, all things FALL • Demonstrations (potato digging, black bean shelling, etc.) • Games and Prizes • Samples Galore • Educational Stations • Fall Photos (Lots of decor, antique tractors and trucks; Holly Sebo Photography is offering mini sessions as well, so you can plan on a great family or senior photo shot!) • Wagon Rides to see the countryside • SO MUCH FUN • Entrance fee—\$7 per person (children arriving in a car seat FREE!) or \$25 max per vehicle



For more information:  
[Facebook Event / Fall Festival 2021 / Angelic Gardens](#)

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MAIN EVENT STARTS: 9PM  
CLUB MEMBERS: FREE  
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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 & 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

# ND Reading & Math Corps

Minot Public Schools will be providing tutor support to students via the North Dakota Reading & Math Corps program this school year. North Dakota Reading Corps is a strategic initiative of the South East Education Cooperative and demonstrates how national service and literacy science can accelerate improvement in both students and systems. Reading Corps provides evidence-based literacy interventions and data-based assessments to children from age three to grade three. The goal is to help every child become a successful reader by the end of 3rd grade. The Math Corps is an evidence-based math tutoring program delivered by AmeriCorps members that provides 90 minutes of weekly tutoring to 4th-8th grade students in pairs to improve



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



foundational math skills required for algebra readiness. Students across the district, to include the three base schools, will be supported by the Reading & Math Corps programs. These programs also offer Airmen and families an employment opportunity that directly impacts military students at Minot AFB. Tutors receive training and coaching from

AmeriCorps, are scheduled to support students Monday-Friday during school hours (around 20/week), and paid between \$820-1,100/ month. Those interested in further information about ND Reading & Math Corps can visit [minot.k12.nd.us](http://minot.k12.nd.us) and click the link at the top of the page or call the School Liaison at 701-723-1447.



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# Pam Stenzel Returns for Dakota Hope Banquet and SEX-ED Youth Event in September

DAKOTA HOPE CLINIC

Are young people capable of making good, healthy decisions about sex and marriage? Pam Stenzel, who travels worldwide, speaking to more than 500,000 students each year, believes they are, but only if they are given the facts about the emotional and physical consequences of sex outside of marriage.

The founder of Enlighten Communications, Pam tackles today's tough issues of sex with candor, insight, humor, and the challenge for young people to make the healthiest choice and save sex for marriage. She holds a Bachelor's Degree in Psychology and a Masters in Marriage and Family Therapy from Liberty University.

For years, Pam was on the "front lines" as Director of Alpha Women's Center, a counseling center for women undergoing crisis pregnancies. Her experiences taught her that before teen pregnancy and sexually transmitted infection rates could decline, attitudes of teens toward sex first had to change.

Drawing from her personal

story, as well as her visits with teens around the world, Pam is in great demand both in the U.S. and in other countries such as Mexico, Australia, Ireland, and Canada. She also holds seminars with parents and educators



regarding issues of teen sex and how vital character building is in a child's upbringing.

Dakota Hope Clinic is pleased to bring Pam Stenzel back to Minot for their 10th Annual Fundraising Banquet, as she was the speaker for their first banquet in the

fall of 2012. Attendees have a choice of listening to Pam at the ND State Fair Center in Minot on Monday, Sept. 20 or at the Mountrail County South Complex in Stanley on Tuesday, Sept. 21. Both events will begin at 6:30 pm with a meal. There is no charge to attend, but all attendees will be asked to make a financial donation to Dakota Hope Clinic, a life-affirming pregnancy help center in Minot. The Banquets are limited to adults and registration is required at least one week prior to the event. You can be registered by your table host or self-register by calling 701-852-4675 or go to [www.dakotahope.org/events](http://www.dakotahope.org/events).

### PAM STENZEL: SPEAKING TO AREA YOUTH

Parents who attend Dakota Hope banquets, frequently ask if their children can attend because they want them to listen to a great pro-life speaker. This year, we have added an extra event for the youth to attend.

While in ND, Pam will be speaking at area schools: South Prairie, Bishop Ryan, Stanley, Tioga) and at SEX-

ED #nomessingaround, a free community event open to all area youth, grade 7 and older. Parents, teachers, and youth leaders are also welcome. SEX-ED will be held at the ND State Fair Center on Sunday, Sept. 19, at 7:00 pm. No registration required.

While Stenzel is Catholic, she draws on scientific research to challenge youth to "avoid" the

risks of sexual activity outside of a faithful marriage, not just "reduce" those risks. Her primary prevention approach includes encouragement for anyone who has already made unhealthy choices, that it is never too late to start over. She shares her confidence that youth are capable of making healthy choices if given the facts and support they need.



## ND SMP Scam of the Month – September 2021 Common Open Enrollment Notices and Scams

NORTH DAKOTA SENIOR MEDICARE ABILITIES

Medicare beneficiaries have the opportunity to review and change Part D prescription plans and Medicare Advantage plans during the annual Open Enrollment Period (OEP), from October 15-December 7. In September you will start to receive notices with information about any changes to your coverage for the coming year, 2022. Please read these notices so you can decide if your coverage will continue to meet your needs or if you should change plans. Other notices you may receive include:

- Plan Non-Renewal Notice
  - o This notice will arrive in October to tell you if the plan you are currently enrolled in is leaving the Medicare program in the coming year.
- Consistent Poor Performance Notice

o This notice will arrive in late October if you are enrolled in a plan that has received a low rating for three or more years in a row. A low rating is three stars or fewer out of five. The notice encourages you to look at other plan options.

During the OEP, there is a higher risk for fraudulent activities. Know what to look for and how to protect yourself from becoming a victim of fraud. Enrollment fraud includes Medicare marketing violations. Some examples of marketing violations include:

- An agent from a plan

purposefully tricks you into enrolling in their plan, whether or not it is the right plan for you. They may do this by giving you false information to get you to enroll or some may even enroll you without your knowledge.

- A plan cannot use language that suggests their plan is preferred by Medicare.
- A plan cannot call or email you if you did not ask them to do so or if you have no prior relationship with them.
- A plan cannot leave information like flyers or door hangers on your car or at your home if they came from a company that did not have a scheduled appointment.

Reporting Medicare fraud: If you believe a company has violated Medicare marketing rules or is using manipulative sales tactics, report it right away. ND SMP helps seniors prevent, detect and report Medicare fraud. Contact the ND SMP at ndsmp@minotstateu.edu or call 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: SHIP National Technical Assistance Center (August 2021). Medicare Minute: Common open enrollment notices. 2021 Medicare Right Center.



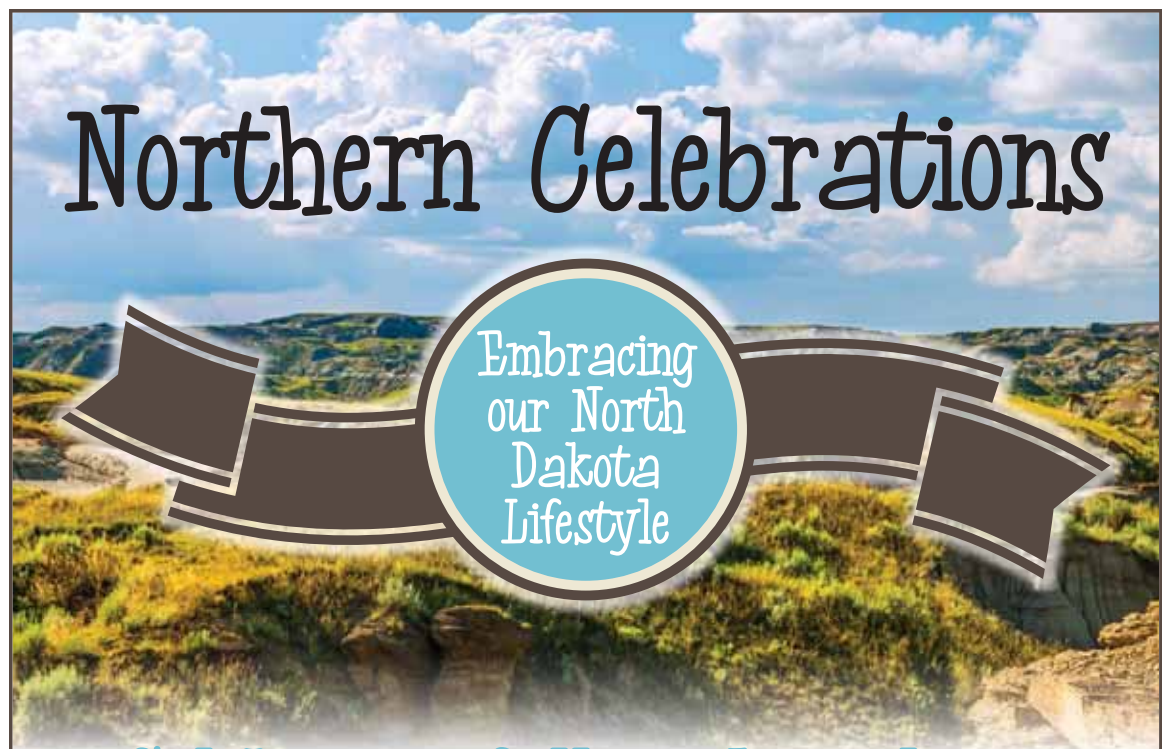
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## Celebrate fall with salmon

Patricia Stockdill

North Dakota is heading full speed into hunting season now that it's mid-September but a unique fishing opportunity it also getting into full gear.

It's time to try one's hand at a shore-fishing for salmon, as in Chinook or King salmon.

Admittedly, the state isn't what comes immediately to mind when thinking about salmon as a fishable species. That's understandable because salmon, like all members of the trout family, are not native to North Dakota waters.

The N.D. Game and Fish Department stocks salmon in Lake Sakakawea where they cherish its deep, cold waters and lurk around in search of rainbow smelt for their main meal.

While they're typically in deep water throughout most of the year, they move shallow in the fall in an attempt to spawn, searching for fast current and congregating in areas along the face of Garrison Dam on the east end of the big lake.

The problem they face, however, is the adults can't get over the dam into flowing Missouri River waters and can't spawn. They're not alone – none of the other members of the trout family stocked anywhere in North Dakota lakes and rivers naturally spawn.

It's from about mid-September into October when anglers should try their hand at shore-fishing for salmon, Scott Hobbs, owner of Scott's Bait and Tackle, Pick City suggested. While they've been lounging anywhere from 80 to 105 feet over deeper water throughout the summer, "we should start seeing those fish come shallow about Sept. 15," he described.

Be prepared for a good fight, he advised, even with a smaller salmon in the 4-pound range. This year he anticipates anglers could find salmon in the 10-pound range and bigger, based on summer success. "We're looking for a good year for the first time in a long time," he added.

While the condition of adults starts to deteriorate later in October the meat is still in excellent condition in September. Simply filet some salmon steaks and toss them on the grill with one's favorite seasoning, Hobbs offered.

But first an angler has to catch them before planning on eating them. Shore-fishing for salmon provides anglers with an opportunity to try a variety of techniques, Hobbs explained.

However, for starters, using heavy line is especially important. "At least 10-pound test," he described. Then try casting anything from Mepps spinners, Little Cleo's, Krocodile spoons, or "some crankbaits...you can also use a bobber and a nightcrawler," he continued.

Or try plastics (think Gulp®) and a variety of scents.

And if a person really, truly wants a fight and a ride when it comes to landing a salmon, try fly-fishing for them.

Some areas to go include the Garrison Dam Spillway turnout just across the spillway on the east side of the dam as well as Lake Sakakawea State Park's Scoria Bay (easily identified by its abundance of red scoria rocks) or the side of the park's main boat launch.

Salmon aren't stocked in the Missouri River but some make their way through the dam's massive hydropower generation turbines, miraculously surviving to swim another day in the tailrace. That's also a good spot to try, fishing from shore along the tailrace boat ramp or just off of the rocks.

Some salmon facts:

- The Game and Fish Department collects salmon eggs in the fall with the U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery raising the eggs to maturity and rearing them until large enough to stock in Lake Sakakawea and elsewhere in the United States.

- Chinook salmon are the largest member of the trout family stocked in North Dakota and are only stocked in Lake Sakakawea even though they get into the Missouri River tailrace through Garrison Dam.

- While Chinook salmon are spotted similar to rainbow trout, they have 15 to 17 rays on the long anal fin and the inside of their lower jaw is blackish in color.

- Throughout the summer they're silvery in color but adults will darken almost to black as their body condition deteriorates.

- The record Chinook salmon was taken in the Missouri River tailrace in 1986, weighing 31 pounds, 2 ounces.



A fly-fisherman with his salmon catch on North Dakota's Missouri River System. Chinook (King) salmon are stocked in Lake Sakakawea but are also in the Missouri River tailrace because they can make their way through Garrison Dam Power Plant's hydropower generation turbines.

N.D. GAME AND FISH DEPARTMENT PHOTO

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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.

**Chapel Services at MAFB**  
*Protestant*  
 (North Plains Chapel in Base Housing)  
**Sunday Community Service**  
 1030 a.m.  
 (Holy Communion 1st Sunday)  
 Children's Church during school year

*Catholic Mass (Northern Lights Chapel across from Rockers)*  
 Sunday ..... 1000  
 Daily ..... Monday-Thursday at 1200

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE**  
**Minot • 838-3094**

**Saturday, Sept 18**  
 5 PM, No Vespers

**Sunday, Sept 19**  
 10AM, Congregational Prayer Service

  
**Break Forth BIBLE CHURCH**  
 Thursdays 7:00pm  
 and Sundays 10:30am  
**1821 W Burdick Expressway**  
 For More Information:  
**701.353.9337 | www.bfbc.tv**

  
**An Evangelical Free Church**  
 3500 4th St. SW • 839-5127  
 (Just North of Super Wal-Mart)  
 Sunday School  
 & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:30 a.m.  
**www.trinitychurchminot.org**

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

**1720 4th Ave NW, Minot**  
**838-0916**  
**MinotBibleFellowship.org**

  
**Faith United Methodist Church**  
**5900 Highway 83 N, Minot**  
**www.faithumcminot.com**  
**Pastor Ken Mund**  
**701-838-1540**

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

**Minot Baptist Church**  
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Sunday School ..... 9:45 a.m.  
 Morning Worship .... 11:00 a.m.  
 Evening Worship ..... 6:00 p.m.  
 Wednesday Evening ..... 7:00 p.m.

*Independent/Fundamental/KJV*  
**500 46th Ave NE • 839-1351**  
 Pastor David Miller

**Cornerstone Presbyterian Church**  
**1000 NE 3rd Street**  
**852-0315**  
**Sunday Schedule**  
 Contemporary Worship ..... 9:00am  
 Sunday School (All Ages) ..... 10:00am  
 Traditional Worship ..... 11:00am

**Wednesday Evening Schedule**  
 Community Dinner ..... 5:30-6:30pm  
 Contemporary Worship ..... 6:30pm  
 Youth Group & Small Groups.. 7:15pm  
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**Rev. Heath Trampe**  
**Rev. Brian Doel**

**SUNDAY MORNING**  
 Worship Services  
 8:15, 9:30, & 11:00 am  
 Sunday School  
 Age 4 - Grade 12  
 9:30 am (Sept-May)  
 Adult Bible Study  
 9:30 am

  
**St. Mark's Lutheran Church**  
*Missouri Synod*  
**Sunday Worship**  
**9:30 AM**  
**2209 4th Avenue NW**  
**Minot, ND**  
**839-4663**  
**Reverend Philip Beyersdorf**  
**www.minotstmarks.com**  
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**Immanuel Baptist Church**  
 1615 2nd St. SE, Minot  
 701-839-3694

**Sundays:**  
 9:00 am ..... Fellowship  
 9:15 am ..... Sunday School  
 10:30 am ..... Worship

**Wednesdays:**  
 11:30 am ..... Soup Kitchen  
 5:30 pm ..... Family Supper  
 6:30 pm ..... Preschool/Kids' Club/ABY  
 6:30 pm ..... Adult Bible Study  
**Brian T. Skar, Pastor**  
**www.ibcminot.org**

**Apostolic Faith Church, UPCI**  
**2929 19th Ave NW • Minot**  
 Located off Hwy 83 Bypass West  
**(701) 838-0609**

Saturday School ..... 2:00 p.m.  
 Sunday Worship ..... 3:30 p.m.  
 Wednesday Bible Study ..... 7:30 p.m.

**Jesse Starr, Pastor**

**St. John the Apostle Catholic Church**  
  
 2600 West Central Ave • Minot, ND 58701  
**839-7076**  
 Daily Mass Schedule:

Tuesday ..... 5:15 p.m.  
 Wednesday - Friday ..... 7:00 a.m.  
 Saturday ..... 5:00 p.m.  
 Sunday ..... 8:00 & 10:30 a.m.  
*Fr. David A. Richter, Pastor*  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

  
**First Lutheran Church - ELCA**  
 120 5th Ave. NW  
 852-4853

Sunday Worship  
 9:30 am

**www.firstlutheran.tv**  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am  
**www.flemminot.com**  
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**Gospel Tabernacle Community Church**  
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 4 miles south of MAFB  
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 Anna B. Henderson

**Church: 701-838-4492**  
**Home: 701-838-5759**  
**KHRT 1320: 9 a.m. Sunday**

**Sunday School ..... 9:45 a.m.**  
**Adult/Children Worship.. 11 a.m.**  
**Family Hour ..... 6:30 p.m.**  
**Evening Worship ..... 7:30 p.m.**  
**Bible Study/Child-Adult**  
**Children Worship (Wed).... 7 p.m.**  
**Prayer (Friday) ..... 7 P.m.**

**First Assembly of God**  
**1805 2nd St. SE**  
**838-1111**

Morning Worship ..... 8:30 a.m.  
 Sunday School ..... 10 a.m.  
 Morning Worship ..... 11 a.m.  
 Wednesday Family Night..... 6:30 p.m.

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

Classic Worship Service ..... 8:30 a.m.  
 Sunday School (All Ages) ..... 9:45 a.m.  
 Contemporary Worship Service ..... 9:50 a.m.  
 Adult Sunday School ..... 11:00 a.m.  
 Contemporary Worship Service ..... 11:05 a.m.  
 Children's Church ..... 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**

  
**Cross Roads Baptist**  
**Southern Baptist Convention**

Sunday School (all ages) ..... 9:45 a.m.  
 Sunday Worship ..... 11 a.m. & 6:30 p.m.  
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

**www.minotcrbc.org**  
**email: minotcrbc@gmail.com**  
**Dr. Bob Farmer- Pastor**  
**415 28th Ave SE (Behind Menards)**  
**838-1873**

  
**West Minot Church of God**  
**Family Worship Center**  
**1105 16th St. NW • 839-1407**

Sunday School ..... 9:30 a.m.  
 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal ..... 5:30 p.m.  
 Classes for All Ages ..... 6:30 p.m.  
 Youth Center, Friday ..... 7:00 - 11:00 p.m.  
 ABC Child Care Center ..... 852-6352

**westminot.com**  
**facebook.com/westminot**

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Sundays:  
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 Website: [www.orcsknights.org](http://www.orcsknights.org)

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## SUDOKU SOLUTION

Puzzle on page C4

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

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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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](mailto:Brigitte.mikula@minotstateu.edu)

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# WHAT'S GOING ON MAFB

## FRIDAY 17

- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- Registration Closes: Air Force Birthday Scramble at the Rough Rider Golf Course
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- 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
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Single Airmen Free Paintball Tournament, 1700-1900, Paintball Field
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## WEDNESDAY 22

- HIIT Strength & Conditioning, 0530, Fitness Center
- Right Start, 0800-1100, Jimmy Doolittle Event Center, hosted by A&FRC
- Bundles for Babies, 0900-1030, 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

## FRIDAY 24

- Registration Closes: Epoxy Cutting Board Class at Arts & Crafts
- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Arts & Crafts Open House, 1100-1800, Arts & Crafts
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Single Airmen Golf Free, 1600-1900, Rough Rider Golf Course
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- Child & Youth Programs Open House, 1800-1900, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## SATURDAY 18

- Air Force Birthday Scramble, 0900, Rough Rider Golf Course
- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## THURSDAY 23

- Initial Counseling, 0730-0800, A&FRC
- 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
- Magic The Gathering Pauper Night, 1800, ESC
- Magic The Gathering Pauper League, 1830, ESC
- Zumba, 1830, Fitness Center
- Thursday NFL Ticket, 1900-2100, Rockers Bar & Grill

## SATURDAY 25

- Cycle, 0900, Fitness Center
- Zumba, 1000, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 266: Volkanovski vs Ortega, Prelims start at 1900, main event begins at 2100, Rockers Bar & Grill

## SUNDAY 19

- Registration Closes: Magic The Gathering Pauper League at ESC
- Sunday NFL Ticket, 1130-1800, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

**Magic The Gathering Pauper League**  
 ESC • Every Thursday at 1830  
 23 September - 28 October

Prizes awarded to all who complete the league according to tournament standing!

Registers by 19 September. Limited to 30 participants.

League tournament format will be Swiss pairings. Don't have a Pauper legal deck? Use one of ours!

For more information, call (541) 671-3677 or email escgamingmanagement@gmail.com

## 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.

## MONDAY 20

- HIIT Strength & Conditioning, 0530, Fitness Center
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cycle, 1700, Fitness Center
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

**CHILD & YOUTH PROGRAMS OPEN HOUSE**

Friday, September 24<sup>th</sup>  
 Youth Center • 6PM - 7PM

Learn all about the Child & Youth Programs facilities and services. Take a tour of the Youth Center. Grab dessert from the sundae bar!

For more information, call the Youth Center at 723-2038

## SEPTEMBER SPECIALS

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

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

**The B-Fifty Brew • Pumpkin Spice Latte**  
 Enjoy the taste of fall with a Pumpkin Spice Latte! Available now in Tall \$4.50, Grande \$5.00, Venti \$5.45. Only while supplies last!

**Rockers Bar & Grill • Imposter Burger**  
 A ¼ lb. plant based burger on a bed of lettuce and tomato. Combo it with fries for \$7.50!

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