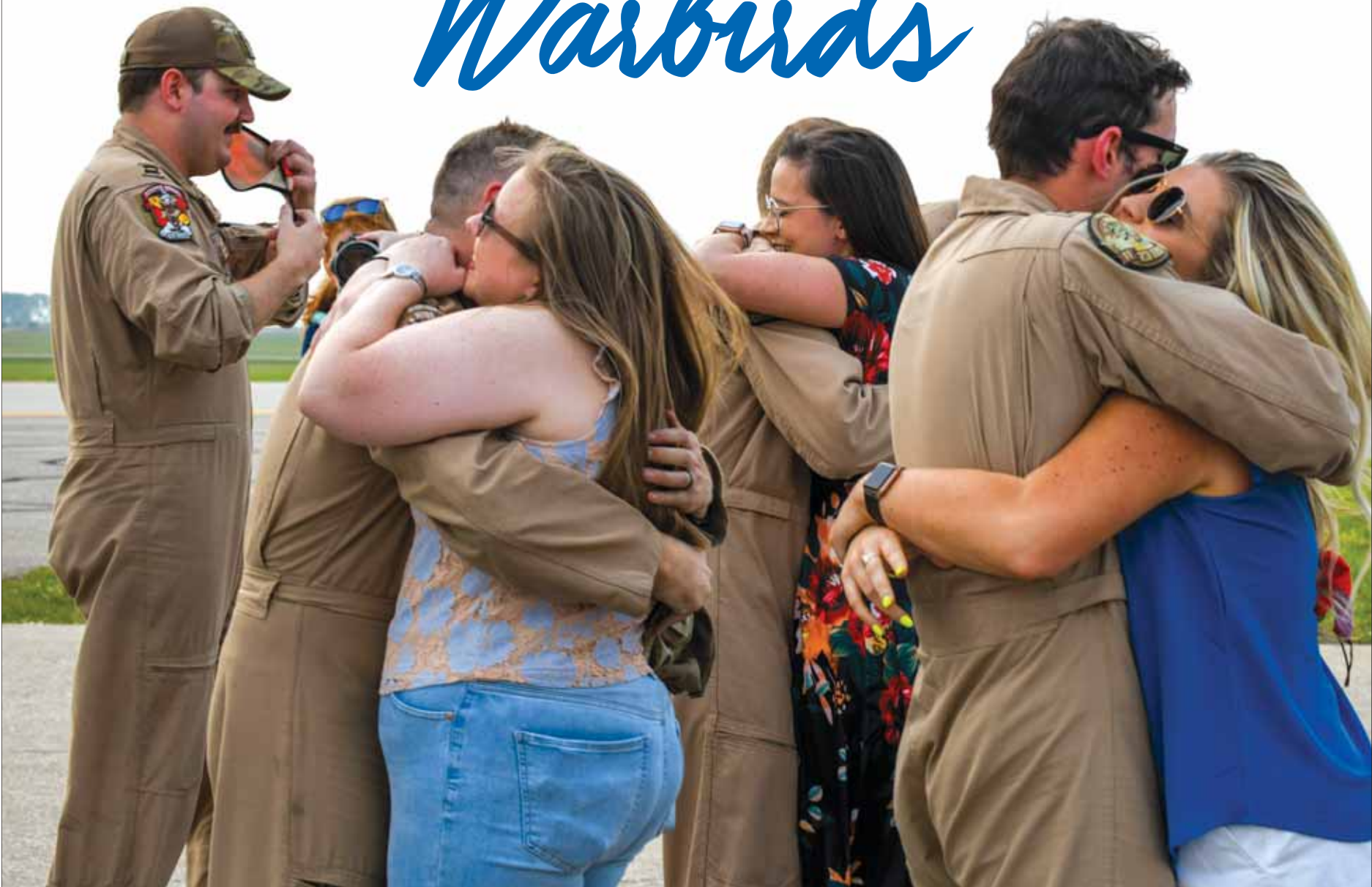


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Welcome Home Warbirds



Airmen from the 23rd Expeditionary Bomb Squadron redeploy, during the week of Sept. 17, 2021, on the flight line at Minot Air Force Base, ND. The airmen returned from a six-month-long deployment from Al Udeid Air Base, Qatar. They deployed in support of U.S. Central Command. See page A2 & A3 for more coverage.

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



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Airmen with the 23rd Expeditionary Bomb Squadron reunite with their families at Minot Air Force Base, N.D., Sep 18, 2021. The deployment, in support of United States Central Command, lasted April through September, 2021.

U.S. AIR FORCE PHOTO | AIRMAN ALLISON MARTIN



Colonel Maginness, Vice Commander of the 5th Bomb Wing, greeted the troops returning from deployment at Minot AFB, ND, Sept. 10, 2021. The aircrews returning belong to the 23rd Bomb Squadron.



A B-52 Stratofortress taxis the runway as it returns to Minot AFB, N.D., from Qatar, September 10, 2021. The two aircrews that returned were from the 23rd Bomb Squadron at Minot AFB.

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

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MINOT, ND

Warbird Airmen return from historic deployment

SENIOR AIRMAN JESSE JENNY, MINOT AIR FORCE BASE PUBLIC AFFAIRS

Minot Air Force Base -- During the week of Sept. 17, 2021, six B-52H Stratofortress aircraft and approximately 300 personnel assigned to the 5th Bomb Wing returned from Al Udeid Air Base, Qatar, ending a six-month deployment supporting U.S. Central Command mission requirements.

The aircraft and personnel formed the 23rd Expeditionary Bomb Squadron while attached to the 379th Air Expeditionary Wing, which is listed as the largest expeditionary wing in the world, and flew over 240 combat sorties over the course of more than 3,100 combat-flight hours.

"Once again, the B-52 proved itself one of the U.S. Air Force's most versatile and reliable weapons systems", said Lt. Col. Michael Middents, 23rd Bomb Squadron commander. "Our crews regularly stepped out of their traditional roles to enable the joint mission."

One of the top priorities for the B-52 crews supporting USCENTCOM was flying top cover for U.S. and coalition ground forces in Afghanistan supporting the Department of State-led evacuation of U.S. citizens and Afghan evacuees.

"As Coalition capabilities decreased in Afghanistan, our crews offered armed over watch, striking close air support targets, but also provided intelligence, surveillance and reconnaissance as well as a beyond line of sight

communications bridge to the Combined Air Operations Center for other airborne assets," said Middents. "These crews met the commander's intent every time they were called upon."

During the deployment, the 23rd EBS provided on-call firepower support to



Airmen with the 23rd Expeditionary Bomb Squadron exit an aircraft at Minot Air Force Base, N.D., Sep 18, 2021. The 23rd Expeditionary Bomb Squadron flew more than 20 engagements in support of U.S. Central Command ground-force objectives.

U.S. AIR FORCE PHOTO | AIRMAN ALLISON MARTIN

urgent aeromedical evacuation operations and to the final U.S. forces departing Afghanistan.

Aircrews and supporting ground personnel enabled over 16 hours of close-air support

with more than 20 engagements in support of ground-force objectives, flying a max-duration sortie lasting over 22 hours.

"While airborne, they enabled over 123,000 people to evacuate from Afghanistan," said Middents.

With evacuees flowing steadily

landed from combat sorties and immediately ran over to support the refugee effort at Al Udeid Air Base," Middents said. "I'm incredibly proud of this team, if there's such a thing as a standard combat deployment, this wasn't it."

According to Middents, the 5th BW personnel at Al Udeid helped support the care of over 55,000 of the very same evacuees they covered from the sky.

The deployment serves as a stark reminder for those who served in the early days of Operations Enduring Freedom.

B-52's first deployed to Diego Garcia in late 2001 to support OEF ground missions, which commenced in October 2001.

According to Air Force historical records, air support provided by the B-52's in November 2001 enabled U.S. backed Northern Alliance forces to capture Kabul, as well as securing the small air field which would grow to Bagram Air Base.

During 2002, the 5th Bomb Wing supported three deployments, providing an enduring bomber presence during Operation Anaconda.

With B-52s supporting the beginning of OEF ground operations and the U.S. draw down and evacuation of Kabul, the B-52 book ended the operations in Afghanistan demonstrating what it means to provide combat support, anytime, anywhere.

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



One of the members of the men's chorus that I sang with was deployed to Qatar, and through his cell phone was able to send back a video solo of God Bless America for a show we were doing. Although he was not able to see them, he received several standing ovations for his performance.

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COVID VACCINE

A 5th Medical Group Airman prepares a COVID-19 vaccine for a patient, Sept. 15, 2021, at Minot Air Force Base, ND.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN
JESSE JENNY

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'A loaf of bread, lettuce and a bag of frozen French fries': RAFM SNCO couple share memories of 9/11

KAREN ABEYASEKERE

Editor's note: This is the third in a series of three articles remembering 9/11, where RAF Mildenhall members share their personal experience of what happened that fateful day, and how it affected their military journey.

"The message to every country is that there will be a campaign against terrorist activity, a worldwide campaign, and there is an outpouring of support for such a campaign. Freedom-loving people understand that terrorism knows no borders, that terrorists will strike in order to bring fear, to try to change the behavior of countries that love liberty. And we will not let them do that."

-- Former President George W. Bush, Sept. 19, 2001, on the 9/11 terrorist attacks

Senior Master Sgt. Rachel Castrovinci:

"On 9/11, I was in the missile field at Minot Air Force Base, North Dakota, in the middle of Exercise Global Guardian and working the mid shift," said Senior Master Sgt. Rachel Castrovinci, 100th Operations Support Squadron senior enlisted leader. "When we went out to the field, we stayed for four days and slept out there, so I was asleep when it happened."

This year marks the 20th anniversary of the 9/11 terror attacks, when terrorists hijacked four commercial airliners. Two of the planes were flown into the twin towers of the World Trade Center in New York City, a third plane hit the Pentagon and the fourth crashed in a field in Shanksville, Pennsylvania.

Some Airmen in today's Air Force weren't even born at the time. Others were already serving their country while many joined the military because of that day. The world suddenly and horrifically changed Sept. 11,

2001, igniting the Global War on Terrorism.

Senior Master Sgt. Castrovinci, then-Airman Rachel Gill and a security forces response team member, said they were in exercise Threat Condition Charlie, and she woke to the sound of firefighters banging on her door.

"They told me that we went into THREATCON Delta – I thought they meant exercise, but they told me, 'No – this is real world. A plane just hit the World Trade Center!'" she said. "My first thought was, 'What a terrible accident,' but when I turned on the television it was as the second plane hit... as soon as I saw that, the hair stood up on the back of my neck and I realized that it was no accident."

She explained that in the missile field everything is Protection Level 1 resource, forcing them into a mandatory lockdown. This lockdown meant all non-mission essential people were forced to depart, including contractors working on site.

"We didn't even have time to tell them what was going on, but just had to say, 'Get in the car and turn the radio on.' They had been busy working and didn't know what was happening. We ended up being out in the field for longer than four days as a stop movement had been issued and nobody could move anywhere, as they thought we were going to be attacked," the senior master sergeant recalled. "That's what the terrorists were going for – the shock factor and they got it with the World Trade Center. I don't know if we were a secondary or tertiary, but we were told not to move and to watch our six. All night long the night vision and thermal imagers were on, and we weren't allowed to move until told

by headquarters."

Castrovinci explained that things got so bad that they were being brought rations at first, but then the rations truck was not allowed to come out to provide them food supplies as they weren't allowed near the Protection Level 1 resources during increase force protection conditions.

"We were down to a loaf of bread, some lettuce and a bag of frozen French fries," the superintendent laughed. "All the guys that smoked were down to about two cigarettes and everyone was getting kind of punchy because nobody could go anywhere and no one could bring us anything. We were getting kind of sick to our stomachs and the stress was really starting to set in because of being stuck out there and not being able to go anywhere."

She said the journey back to base was about 90 minutes, but upon arriving they had to then wait four hours to get through the gate.

"We all had guns, because we were cops securing nuclear missiles," Senior Master Sgt. Castrovinci remarked, adding that she was carrying a grenade launcher, an M-16 rifle and M-60 machine gun at the time. "I had all kinds of fire power, and the cops were hesitant – it was a different wing to where we were assigned – to let us through the gate with all of our guns and ammunition. We told them it was the government's guns and ammo, but there was a lot of confusion as they'd been told nobody could come on with weapons."

All of security forces were put on 24-hour back-up force and were on stand-by.

"If you didn't answer your phone within six rings, you got an Article 15. Even when it was



Senior Master Sgt. Rachel Castrovinci, left, 100th Operations Support Squadron senior enlisted leader, and Chief Master Sgt. Scott Castrovinci, 100th Security Forces Squadron senior enlisted leader, are currently on their second tour at Royal Air Force Mildenhall, England, Sept. 8, 2021. The couple were stationed together at Minot Air Force Base, North Dakota, when the terrorist attacks happened Sept. 11, 2001. They shared their stories and memories of that day, for the 20th anniversary of 9/11.

U.S. AIR FORCE PHOTO | KAREN ABEYASEKERE

our days off, we had to go in. The night before we left to go to the missile field again would normally have been a training day, but instead, we spent 24 hours in the mobility bay, armed up, on stand-by and ready to respond to any attacks. We all slept on cots with our weapons and equipment, in case we needed to mobilize. We did that until Halloween weekend, when we were finally taken off stand-by.

Chief Master Sgt. Scott Castrovinci

"I was stationed with Rachel and we were both on the same flight at Minot," said Chief Master Sgt. Scott Castrovinci, who was an airman first class in September

2001, now 100th Security Forces Squadron senior enlisted leader. "At the time, I was working as a vehicle dispatcher in the vehicle control center; in the missile field, everything is hours away so we had a massive vehicle fleet.

As a vehicle dispatcher, I got the vehicles prepped and ready to go."

Chief Castrovinci was also working mid shift at the time and said he was asleep in his apartment off-base when he got a call from his roommate, telling him to get up and turn on the TV as a plane had hit the World Trade Center.

CONTINUED ON NEXT PAGE



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Couple share memories of 9/11 while stationed at Minot AFB

CONTINUED FROM PREVIOUS PAGE

"Like everyone else, I just thought, 'No, that can't be right' but I turned on the TV, sure enough, it had happened. As I was watching, I saw the second plane then hit the World Trade Center, and thought to myself 'that doesn't happen twice'. That's when we knew that there was something real going on," he said.

He immediately called his supervisor and was told there was a base-wide recall, and he had to get his uniform on and get to base. At the time, there was a six-mile straight road between his apartment and Minot AFB. As everyone had been recalled at the same time, there was a three-mile traffic jam from everyone trying to get on base and through the same gate.

"Because of what was going on it was a full ID card check, vehicle searches and the whole nine yards. It took about two hours just to get on base through the line," said the chief. "I then reported to my duty section and we started getting all the vehicles prepped and ready, in case we had to send additional teams out into the field. It was kind of surreal as we were in a big vehicle bay and people were just dumping steel plates in the middle of the floor, because at that time we had flack vests. I distinctly remember technical sergeants and master sergeants running around, freaking out because they'd never been in Threat Condition Delta in a real scenario before. Lots of them were asking, 'What do we do now?'"

Chief Castrovinci explained all the off-duty flights that weren't out in the field with now-Senior Master Sgt. Castrovinci, were reporting in to the warehouse and everyone was putting on their vests, getting steel plates and arming up with weapons and ammunition.

"We had literally several hundred Airmen and NCOs ready to go if needed. Once everyone was geared up and the vehicles ready, we then just stood by and waited to see what was going to happen next," he said. "The real threat was that the terrorists were going to make a statement and try to do something either against the base, as Minot has B-52 Stratofortress aircraft which were nuclear-capable, or in the missile field where there were multiple remote sites."

"At Minot, everything is geographically separated and because we were dealing with an area so large, we needed the volume of manpower; we just didn't know which way to send it, so we just had to be on stand-by," said the 100th SFS SEL, adding that by about midnight or 1 a.m. on the first night, the squadron started building a rotation of people for the 24-hour back-up flight."

As Defenders, they had barely any down time or off days from that point on, as they were constantly on stand-by.

"But none of us cared that we had to work extra hours," said Senior Master Sgt. Castrovinci. "I remember that once we were through the gate and back on base after we were finally released from the missile field days after 9/11, seeing busloads of Airmen in full body armor. I don't know where they were going, but everyone was



U.S. Air Force Senior Airman Scott Castrovinci, left, and Senior Airman Rachel Castrovinci, center, met while stationed at Minot Air Force Base, North Dakota, in 2001. The couple, now a chief master sergeant and a senior master sergeant, worked in the 740th Missile Squadron on Sept. 11, 2001. Senior Master Sgt. Castrovinci has since cross trained to airfield management and the pair shared their memories and story for the 20th anniversary of 9/11.

COURTESY PHOTO

armed, covered in body armor and ready to go somewhere; it was just so strange and surreal, like something out of a movie."

At the time, Airman Gill had only been in the U.S. Air Force for about 18 months, and Airman 1st Class Castrovinci had been in for about one year.

"Before 9/11, the military was very easy-going," remarked Chief Castrovinci. "If you had the right sticker on your car then you could just come on in. We didn't check ID cards, so life for us at that point was really different. After Sept. 11, that all changed. It was just crazy, and we wondered how long it would go on for – turned out, it was forever."

Senior Master Sgt. Castrovinci said when they both first came into the military there was a "THREATCON Normal."

"After Sept. 11, they got rid of Threat Conditions levels and went to Force Protection. We've never seen 'Normal' since," she said.

In 2001, cell phones were still relatively new, there weren't a lot of towers and connection was pretty bad.

"When we were on six-ring stand-by to be recalled, we were afraid to leave the house because if we left the house to go to the supermarket, and our cell phones didn't work if we were recalled, you were on the hook for it," exclaimed Chief Castrovinci, adding that once the president decided to go into Afghanistan, there was finally an objective for the military to make firmer plans.

Then came the lists. "It was the deployment list," said Senior Master Sgt. Castrovinci. "The flight chief would call you up and say, 'You're on the list.' When you asked which one, the answer was, 'We don't know yet.' Where am I going? 'We don't know yet.' They put us all on a list and we had to pack our 72-hour bags. We always had it packed anyway, but they inspected them and still told us, 'We don't know where you guys are going, but you're on the list to go.' I lived like that for the next two months, that was really nerve-wracking as you couldn't even tell your parents. So I kept it to myself."

The Castrovincis started dating at the end of October 2001, and soon after that, now-Chief Castrovinci got a six-week deployment to Kuwait in support of Operation Southern Watch.

"It was a campaign that started after the first Gulf War in 1991, and the no-fly zone was to make sure Iraq wasn't violating Kuwait air space," he said. "It was my first deployment, I was an airman first class and nobody knew where the threat was going to come from. They had us carry around our chemical warfare gear everywhere we went, even just going to the toilet, you had to have a bag full of chem suits and masks. There were about eight to 12 Army patriot missile batteries, always facing Iraq and pointing a Saddam Hussein. As a young Airman, that made it pretty real."

Both Chief and Senior Castrovinci talked about the sense of national pride that resonated with most Americans after the initial shock, horror and sadness, as they look back on the events of Sept. 11, especially as troops have now left Afghanistan.

"That pride, both from military and American citizens, certainly after 9/11, lasted for several years and it was just unbelievable. Flags were all over everyone's houses and in the streets, people joined the military and there was just a sense of 'us' as a nation, regardless of who you were or where you were from. That was a pretty cool experience," said the Chief.

"As time goes on, and now 20 years later, you just see that dissipate and fizzle and I think the rise of social media and all the flood of information that's now at your fingertips, it's not like that anymore and it's kind of upsetting sometimes," he remarked.

But the couple still manage to find a positive from the horror that happened.

"If any light came from the darkness, it's that they didn't tear us apart, but instead they pushed us closer together," said Senior Master Sgt. Castrovinci. "Having gone through that experience as a young Airman, I think it made me a better leader and has definitely encouraged and motivated me to serve my country for as long as possible."

skinny week

Make-Ahead Smoothie Bags

Makes one serving of 312 calories (prep as many bags as you want!)

ingredients

Baggie Prep

1 cup frozen fruit
1 tablespoon honey or maple syrup
1 tablespoon vanilla
Coffee Mate (powder)
2-3 tablespoons hot water

To Prepare

1 cup unsweetened vanilla almond milk
1 banana

instructions

Measure frozen fruit and maple syrup or honey into a sandwich or quart size freezer bag.

Dissolve the Coffee Mate in the hot water and stir until combined. Add to the bag and squeeze the contents to combine before freezing.

To prepare the smoothie, empty the contents of the baggie into a blender, add vanilla almond milk and the banana and blend until smooth.

recipe written by Rachel Blessum

Smoothies can be simple, nutritious, and delicious!

Calories can add up quickly, so it's important to choose nutritious and satisfying ingredients. If you're eating a smoothie for a snack, aim for 100-200 calories. If you're replacing a meal, aim for 400-600 calories.

Drinking a smoothie can sometimes affect satiety differently than chewing the foods you'd put into a smoothie. A thick smoothie eaten with a spoon may be more satisfying than one you drink. You can make them thicker by using frozen fruit or ice cubes, and using less liquid.

Smoothies are versatile, and the recipe above can be adjusted to your tastes and preferences. Swapping out liquids, sweeteners, and different types of fruits will ensure you don't get stuck in a rut. When prepping the smoothie bags from the recipe above, you can make different flavors and combinations so you always have different options available.

To make a powerful smoothie from scratch, use these measurements for each ingredient.

Liquid: 1-1.5 cups (try milk and milk alternatives, fruit juice, water, etc.)

Fruit: 1.5-2 cups (fresh or frozen, try different combinations!)

Sweetener: 1-2 tablespoons (use to taste, try honey, maple syrup, sugar or sugar substitutes, or flavored powdered coffee creamer)

Greens: (use to taste; as much as you can handle! Greens will boost the power and vitamins in your smoothie. Try spinach, kale, wheat grass, etc.)

Fat, protein, and extras: (Servings vary. Try nuts and nut butter, quick oats, chia seeds, protein powder, cottage cheese, or yogurt)

This week, see how easy boosting your nutrition can be by adding some smoothies to your meal plan!

-Cherie

skinnyweek.com

Join us for a meeting!

*meeting times are subject to change

Thursdays

| | | | |
|-------------------|------------------|-------------------|-----------------|
| In-Person Meeting | Doors Open 11:45 | In-Person Meeting | Doors Open 5:00 |
| Meeting 12:15 | | Meeting 5:30 | |

Saturdays

| | | | |
|-------------------|-----------------|-----------------|---------------|
| In-Person Meeting | Doors Open 8:00 | Virtual Meeting | Meeting 10:30 |
| Meeting 8:30 | | | |

In-person meetings are held at the Sleep Inn & Suites Theater Room
2400 10th St SW Minot, ND 58701

SPOUSE 101

Preparing for the Air Force Ball

ABIGAIL KINDER, NORTHERN SENTRY

It's that time of year again! The Air Force Ball here at Minot Air Force Base is drawing near... are you prepared? Especially as a younger or newer spouse (or any other date), it can be a little intimidating going to your first military ball. I for one, have never been to a black tie event in my life and if you're anything like me, some guidance would be helpful. Here are a few tips to help you prepare for the Air Force Ball.

Be sure to adhere to the dress code of the event, which is formal. For service members, this means mess dress (tuxedo-style uniform, and as of 2020, females are permitted to wear pants instead of a skirt), or service dress. If your service member has questions about attire, www.mybaseguide.com shares a great article about military dress uniforms, or they can ask their chain of command. Civilians should complement their dates with formal attire

such as a floor length dress or formal suit/tuxedo. For the military ball, it is important to keep modesty in mind. That's not to say you should cover everything up completely, but avoid showing too much skin. The most important thing is to find something you feel comfortable and confident wearing. If you are having a difficult time finding attire for the ball, check out the Cinderella Boutique at MAFB. They offer a variety of formal outfits that are mostly free (all you have to do is pay for the cost of dry cleaning). Oh, and don't forget your face mask!

Practice good etiquette. As we accompany our Airmen to the ball, we have to remember that we are a reflection of them. You may need to brush up on your table etiquette, such as knowing which forks to use for what (start on the outside), placing your napkin in your lap while eating, etc. Also, be sure not to

drink too much, as we all know where this can sometimes lead. Try to stand to the left side of your service member so that their right hand is available to salute. In general, you want to be polite and courteous, especially when speaking with and addressing others.

With all of these guidelines, it can be intimidating to attend your first Air Force Ball. One important thing to remember is to have fun! After the dinner and formalities are held, the dance floor will open up and the event should relax a little. But, the whole night is not only about honoring the Air Force and our service members, but for everyone to gather, dress to the nines, and have some fun.

The ball is usually held in September, but due to COVID-19, it has been postponed to Nov. 20, 2021, at the Clarion Hotel Convention Center, 2200 East Burdick Expressway.



U.S. AIR FORCE PHOTO

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



SRA MALLORY BELLO
791 MXS ELAB TECHNICIAN



BACKGROUND

- From St. Louis, Missouri
- Been a part of Team Minot since October 2018
- In her free time, she enjoys drawing and painting

JOB DESCRIPTION

- Takes electronic drawers, dispatch equipment and missile guidance sets and makes sure that they function properly, or repair them if needed.

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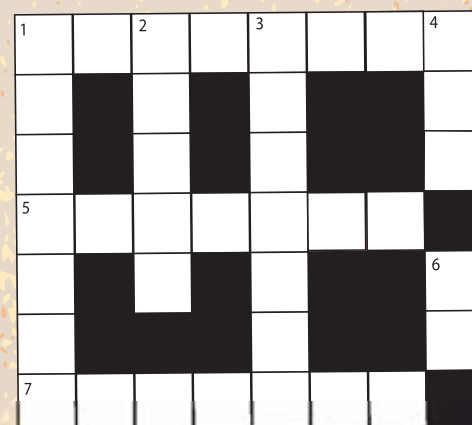
CREATURE FEATURES

- The Bobcat has ear tufts that are thought to heighten their hearing along with having a ruff of longer fur around its face. Their fur changes color with the seasons.
- Bobcats are excellent hunters, stalking their prey with stealth and patience, capturing their meals with one great leap. Their sharp claws are designed to help them hunt prey and climb.
- The bobcat has a special technique for running fast to catch its prey. It puts its back feet into the front feet's spot. The bobcat's feet spread, keeping it from sinking into the snow.

Fact File

| | |
|-------------|---|
| Life Span | 10 - 13 years |
| Weight | 10 - 28 pounds |
| Height | 17 - 22 inches |
| Tail Length | 22 - 25 inches |
| Body Length | 26 - 41 inches |
| Top Speed | 30 mph |
| Wild Diet | Omelette (Caribou) Herbivores Rabbit, Bird, Rodent, Egg, Bat |

CROSSWORD PUZZLE



- ACROSS**
- Tackle sport
 - Champions
 - Protection
- DOWN**
- Plays nearest the opposing team's goal
 - Events portending outcomes
 - Position in baseball
 - Area of land
 - Extra time (abbr.)

Answers:
Across: 1. Football 5. Winners 7. Defense
Down: 1. Forward 2. Omelet 3. Baseball 4. Lot 6. OT

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



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AFSA QUARTERLY AWARDS

Airmen receive their Quarterly Awards for their outstanding achievements at the Air Force Sergeants Association Chapter 959's General Membership meeting on Sept. 14, 2021 at Minot Air Force Base, N.D. The Air Force Sergeants Association works to improve the quality of life for military service members and their families.

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



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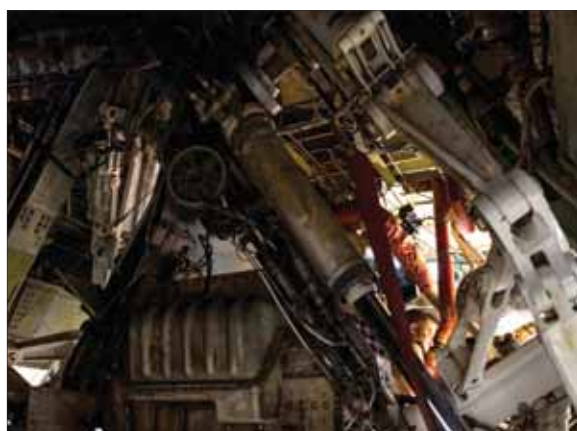
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Airmen assigned to the 5th Maintenance Squadron conduct a phase inspection on the B-52H Stratofortress at Minot Air Force Base, N.D. The B-52 needs a phase inspection after 450 flying hours or 24 months whichever occurs first. The inspection itself takes approximately 14 days to complete.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JESSE JENNY

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Good Gardening

ADVICE

by Marvin Baker

Get ready for planting

If you live in the South, you'll most likely get three growing seasons and maybe even four. Here in North Dakota, above 48 Degrees North Latitude, most people think we have one season and that it's short. Believe it or not, we can plant certain seeds in the fall and we'll get bounty the next summer. The No. 1 item is garlic. Many people are unaware that garlic gets planted in the fall, more specifically, the first week of October. It will sprout, grow a strong root system, which in turn, gives it a good start in the spring. Another garden item that does well is the beet, as long as it is mulched well.



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Meet the Minot AFB Spouses Club Board



KAYLA BREEN
OPERATIONAL TREASURER

Through the spouses club I have met wonderful friends, and been given the opportunity to participate in events, as well as charitable giving that help to support our Minot AFB community. It has been fun watching spouses come together and create life-long friendships. In my free time I enjoy sitting at home curled up on the couch with a book. However, when I am not reading I am planning my next vacation—Mostly to Disney. I am also a foster parent to both animals and kiddos, and I have two fur babies of my own. The

sun and warmth are where my heart thrive, but while in Minot we are making the most of the different temperatures!

As a board member of the spouses club, I would invite all spouses to get involved. Whether it is in the spouses club, or other organizations on and off base, this community has a lot to offer! Minot can be a difficult base, but though connections your time here can be an wonderful experience.

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.

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Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

Primary Angles

The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

Front: Caster (right & left)

- Front: Camber (right & left)
- Front: Toe (left, right & total)
- Rear: Camber (left & right)
- Rear: Toe (left, right & total)
- Rear: Thrust angle

Secondary Angles

The secondary angles include numerous other adjustments, such as:

SAI (left & right)

- Included angle (left & right)
- Toe out on turns (left & right)
- Maximum Turns (left & right)
- Toe curve change (left & right)
- Track width difference
- Wheelbase difference
- Front ride height (left & right)
- Rear ride height (left & right)
- Frame angle

Setback (front & rear) is often referred as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

Measurement

A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, Sept. 20: 1,831.52 feet above mean sea level (MSL); 16,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.07 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.07 MSL.

•N.D. Game & Fish Dept. game wardens: No northcentral area lake reports, Devils Lake, or Missouri River System.

•Devils Lake, Ed's Bait Shop, Devils Lake: Fair to good white bass and perch success in East Bay. Pelican Lake remains fair for walleye. Overall fewer anglers on the water.

•Devils Lake, Woodland Resort, Devils Lake: Anglers finding lots of small walleye with a transition to jigs and minnows. Also try crankbaits in deeper water. Work along the highways or power lines in the middle of the lake. Also try Mauvais Coulee.

•Lake Darling, Karma C-Store, Ruthville: Limited reports.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Outlet Fishing Area producing some pike. Angler numbers slowed on Lake Darling but those going are still finding some small walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Fair bluegill success but fewer anglers on the water. Walleye slow.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers out although there is still a little 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. No new Missouri River reports.

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

•Lake Sakakawea, New Town: Hit-and-miss walleye success, although fair overall. Try 30 to 40 feet with heavy jigs and minnows or deep-diving crankbaits.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Bait shop closed for the season but boat ramp still

• Be aware of proper waterfowl identification with most ducks not in full fall plumage yet.

• 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.

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

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

• Sept. 26: Youth deer season closes.

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

• 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.

• Oct. 9: Pheasant and turkey seasons open.

• Oct. 9: McKenzie Co. Pheasants Forever banquet, Roughrider Event Center, Watford City, 5 p.m.

TOURNAMENTS:

• Oct. 1 & 2: Lake Sakakawea, Sakakawea State Park.

open.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace water levels low with less Garrison Dam releases, which slowed walleye, trout, and salmon activity. Good catfish numbers, however. Use caution when fishing the tailrace rocks from shore because they're extremely slippery. Some success at night for walleye from boats but day bite is generally producing catfish. Also try the wing walls for catfish. Lake Sakakawea producing salmon from the top of the water all of the way down with fish scattered throughout much of the water column. Try crankbaits or even flashers and squids from boats or spoons from shore in the bays. Continue working deep for walleye using nightcrawlers with better success farther west of Pick City.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best bite on the west end of Lake Sakakawea remains around Tobacco Garden. Try jigs and minnows. Missouri and Yellowstone rivers producing a few sauger with limited walleye numbers. Water is unusually clear for this time of year.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on the Souris River and area lakes.

Hunting:

•Doves: Many birds moved out with cool night temperatures but a few remain scattered in areas.

•Deer: Fair archery success. Some are still active during the day but trending towards more nocturnal movement. Nice numbers around central N.D.

•Upland: Grouse seem to be in pockets scattered in areas with cover. A few hunters around central N.D. with mixed success.

•Waterfowl: Nice numbers of local Canada geese with fair duck numbers around Devils Lake. Williston area, east end of the Missouri River System, and northcentral N.D. also have good local Canada goose numbers. Not many local geese around the Lonetree WMA area, though, with just a few scattered flocks. Ducks will be concentrated on what limited wetlands are available.

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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Minot Symphony Orchestra Announces Brats, Beer & Beethoven Event

THE MINOT SYMPHONY ORCHESTRA



Minot, ND – The Minot Symphony Orchestra will be hosting a Brats, Beer & Beethoven fundraising event next month. As the symphony looks to expand its audience reach, “We want to attract people with brats and beer in an Oktoberfest style environment and then expose them to a little Beethoven while we’re at it” said Ellen Fenner, Minot Symphony Orchestra Executive Director. The event has been scheduled for Saturday, October 2, 2021, from 4pm – 7pm at the Vardon Golf Club. Ticket fees are \$50 per person and include a full bratwurst buffet, a beer ticket, hours of Beethoven (and friends) performances from your symphony members, and a variety of fall themed activities in the beautiful setting of the Vardon Golf Course. A limited number of tickets are available online through the symphony website www.minotsymphony.com or Eventbrite at www.eventbrite.com/e/brats-beer-beethoven-tickets-171528736067. For more information contact the symphony office at 701-858-4228. 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.

NOTES ON BEING SAFE

Basic principals for safe lifting



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL HEALTH MANAGER



You would never use a jack without also using a jack stand right!

The vehicle lifts that are supporting a vehicle you are working on or being stored can represent one of the most productive tools in your shop, or one of the most dangerous pieces of equipment for you if not used and maintained properly. You'd never drive a vehicle that hadn't had the brakes inspected in years. Here are some basic and common sense principles apply to vehicle lifts in your shop and daily inspections are part of your job.

Whether you're using two-post lifts, parallelograms, mobile column lifts, drive-on lifts or in-ground lifts for servicing vehicles, you should follow these basic safety rules.

1. Buy Certified Lifts

There's only one nationally recognized safety standard for vehicle lifts: ANSI-ALI/ALCTV/CE, administered by the Automotive Lift Institute (ALI/ETL). ETL testing labs verify that a manufacturer's lifts meet the national safety standard for vehicles lift. The Automotive Lift Institute working through ETL testing procedures involves rigorous third-party testing verifying lift manufacturers comply with current ANSI requirements for lifts as defined by the International Building Code, which mandates that lifts be third party tested to meet these safety requirements. To verify equipment status, look for the gold ALI/ETL verification tag next to the lift's controls.

2. Buy Certified Lift Options

A commonly overlooked mistake is using an uncertified option or accessory on a certified lift. Doing so will void the lift's certification. It's simple: If the optional accessory isn't certified then the lift isn't certified. ALI/ETL standards (&ANSI standards & building code standards), require all accessories, such as drive-on lifts, rolling jacks and truck adaptors, to be certified. Although certification is good for the life of the lift, older models may not meet the most current standards. Complying with American National Standards Institute (ANSI), Occupational Safety and Health Administration (OSHA) and Public Employees Occupational Safety and Health (PEOSH) requirements is the key to keeping vehicle lifts at the highest possible safety level.

3. No locks are liability

Always raise the vehicle and then

lower it onto the lift's mechanical locks as required by ANSI. Refer to ALI safety manual lifting it Right or the manufacturer's operating instructions for detailed information. An easy way to visually verify the locks are being used is to include a weight gauge (a pressure gauge calibrated to the lift's lifting capacity) on your lift. A weight gauge can also be a great diagnostic tool. If using an old in-ground lift that doesn't have locks, it's time for a new lift. While some in-ground lifts can be retrofitted with an aftermarket lock, it's not the most cost-effective option, and your lift will still not be ALI/ETL certified to be compliant with ANSI rules and building code laws.

4. It's easy to overload

Manufacturers of the most common two-post side by side lifts mandate that none of the four swing arms be overloaded. As an example: Some may think that a 15,000 pound rated lift that's loaded with a 14,200 pound

ambulance isn't near capacity. They're wrong! It's easy to see why two-post side-by-side lifts are often overloaded, even though the total lift capacity hasn't been exceeded.

5. Inspect Equipment Annually

ANSI/Automotive Lift Institute ALCTV Standard for Automotive Lifts-"Safety Requirements for Construction, Testing, and Validation" requires technicians to perform a daily operational safety check. The code also requires an annual inspection by a qualified individual. Failing to do so could expose your shop to liabilities that could be associated with an injury if an accident were to happen.

6. Training and Testing

Contact the Automotive Lift Institute, your lift supplier, or a local lift inspection company for a copy of the 20-minute lifting it Right video hosted by legendary. Like any product, lifts vary in style, type, capability, longevity and warranty.

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Saturday: 2 a month by appt
Sunday: Closed

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DOD: Best Time to Take Military Spouse Survey is Now

C. TODD LOPEZ, DOD NEWS

Back in July, the Defense Department released the Active Duty Spouse Survey — something it does every two years. In the past, the survey was available by invitation only to a select few military spouses. But not this year.

Through late October, all spouses of active-duty military members — more than 600,000 of them — can visit the OPA Survey Portal and tell the Pentagon what they think about being ‘married to the military.’

The results of the survey will be used to give Pentagon decision-makers a better idea about how they can adjust family policy and programs in the coming years — especially in relation to military benefits, financial stability, spouse employment, child care, and the overall health and well-being of spouses, children and families.

“Leadership across the DOD takes the [survey] seriously,” said Eddy Mentzer, the associate director for strategic initiatives within DOD’s military community support programs office. “From the office of the secretary of defense to the military service headquarters, [survey] results are shared and utilized to shape future programs and resources. The survey results are also shared outside the DOD with Capitol Hill and the White House.”

This year, some military spouses will still get mail and/or email invitation to participate. Those spouses will get a “ticket

number” they can enter to begin the survey. All military spouses can get a ticket number by selecting “click here” at www.DoDsurveys.mil. The DOD ID number on the back of the spouse’s common access card, along with the date of birth, will be used to access the survey.

While some military spouses will remain silent about life being married to an active-duty service member, others will want to let the Pentagon know directly what’s grinding their gears. Mentzer said more spouses should let military leadership know what’s going on in the trenches at home.

“While military spouses share common experiences, each military spouse has a unique story,” Mentzer said. “Military life can result in a number of challenges. By allowing their voice to be heard and sharing their experiences, military spouses can ensure they are able to have a voice in the future programs that support them.”

According to the Defense Department’s Office of People Analytics, which is conducting the survey, the data collected is reported in aggregate to protect the identity of participants. That aggregate data will eventually be made available publicly so participants can see how other military spouses responded. Information from the 2019 survey is available online at www.opa.mil.

Northern Celebrations

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Wetlands on the landscape

Patricia Stockdill

Ducks love – and need – wetlands throughout their life.

Duck hunters love wetlands. It’s where the ducks are.

Plus it’s hard to beat a quiet morning on the prairie, resting alongside a wetland with an eager four-legged hunting companion by one’s side with a morning sun creasing the sky as the world gradually awakens to begin another day.

Those wetlands are important and the N.D. Game and Fish Department knows it. Observers have trekked almost 900 miles each fall since 2003 in an effort to gauge wetland conditions gracing the state’s Prairie Pothole Region and its Drift Prairie.

Part of the original long-term vision for establishing its fall wetlands survey was to try to obtain an estimate on what spring wetland conditions might be when waterfowl biologists conduct their annual May wetlands and breeding duck surveys, explained Game and Fish Department Waterfowl Biologist Andy Dinges. “To get an idea of wetland drying in comparison to what we found to the May surveys,” he added.

While the surveys can give an indication of how wetlands change throughout the year, it’s not an indicator of what conditions could look like the following spring, in part because North Dakota’s weather extremes and weather events play a large role in wetland conditions.

What the fall wetlands survey does is offer hunters insight into where migrating ducks might be as they venture south because those wetlands provide resting areas and food.

The first survey was conducted in October, Dinges described, but since 2004 it’s become a mid-September endeavor in order to number crunch data in time for the waterfowl season opener.

When biologists conduct May wetland and breeding duck surveys they travel the same transects each year, logging 1,816 miles. The fall survey is divided into five regions covering the same transects done in May but covers fewer miles.

The western portion of North Dakota isn’t surveyed in the fall because the heart of traditional waterfowl hunting is north and east of the Missouri River System in northwest, north-central, northeast, south-central, and southeast North Dakota where habitat is more favorable to ducks and duck hunting opportunities.

Another difference between May wetland and duck surveys and the fall survey is that ducks aren’t counted in the fall.

Every wetland is counted in the fall but the focus is on Type 3 and Type 4 wetlands – those semi-permanent and seasonal wetlands ducks favor in their migration. It’s the duck huntable type of water.

Looking back through records, Dinges said September 2010 and 2011 were some of the highest in abundance of Type 3 and 4 wetlands in the northeast and north-central regions. Then in 2013 the northwestern region had its highest fall wetland count.

September 2019 provided much of North Dakota with record and near-record rains. For example, the southeast and south-central regions had their highest number of September wetlands that year. Fast-forward to May 2021 – just 1 ½ years later – and those areas had some of the driest wetland conditions. Only in 1990 during the heart of a multi-year drought were wetland conditions so poor during September in the southeast and south-central regions.

While late August rains across many parts of the state provided some short-term relief this fall from widespread drought conditions, fall wetland survey results this year probably won’t surprise to waterfowl biologists and hunters alike – it’s still generally dry across the prairies of North Dakota.

But it’s also the beginning of another waterfowl hunting and it’s worth a try just to get outside and spend a morning along a marsh with dog, some decoys, a coffee mug, and sun rising on another glorious day.

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B-52s DAY

A B-52H Stratofortress taxis down the runway at Minot Air Force Base, N.D., Sept. 16, 2021. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet.

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



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- Col Walter Sorensen - 820th Base Defense Group, Moody
- Col Michael Morales - 316th Security Forces Group, JB-Andrews
- Col Joseph Ringer - 39th Weapons System Security Group, Incirlik

A LOOK BACK THIS WEEK IN USAF HISTORY

PRESIDENT BUSH ENDS B-52 ALERT OF COLD WAR
September 27, 1991



The Strategic Air Command B-52 bomber was kept on around-the-clock alert, posed for retaliatory strikes against the Soviet Union. (USAF Photo)

On September 27, 1991, President George H.W. Bush ordered the termination of the Strategic Air Command alert that had been initiated in October of 1957 as a result of the Cold War. This halt signaled the end of the war, which would officially come in December with the collapse of the communist state.

As a result of the Strategic Arms Reduction Treaty with Russia, hundreds of B-52 Stratofortresses were dismantled at Davis-Monthan Air Force Base, Arizona. In the years following the Cold War, the Air Force implemented a downsizing trend that permanently closed many bases around the country. Because of its strategic location and continuous support of the nuclear triad, Minot AFB remained a pivotal location for strategic deterrence, and while the 5th Bomb Wing B-52s were taken off alert, they remained poised for action on a moment's notice.

Information courtesy of: media.defense.gov/ / defensemедиаnetwork.com/ / Strategic Air Command, An Organizational History by Ronald Mixer

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25 SEPT WALK TO END ALZHEIMER'S
9:00 AM
Oak Park
1300 4th Ave NW Minot

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. Walk to End Alzheimer's is happening — and you can join us at your local event or Walk From Home in your neighborhood. No matter where you participate, know that your health and safety are our top priorities. Visit: https://act.alz.org/site/SPageServer?pagename=walk_homepage for more information!



For more information:
Website / Walk to End Alzheimer's

25 SEPT HARVEST MOON FAIRE
9:00 AM - 4:00 PM
Rae Creates Rentals
305 4th Ave NE Unit A, Minot

2nd Annual Harvest Moon Faire is happening 9/25/21 from 9-4 pm at the beautiful Rae Creates Warehouse! We have some pretty epic, amazing things planned for this year and will be announcing more makers and vendors soon!! Please tell all your friends & family, share the event, shout it from the rooftops!! Come out and support some amazing local businesses that day with all things fall!! We have one addition that we are over the moon ecstatic about! A HAT BAR (bring your own hat), we will have hats for purchase as well!! You can custom create some amazing hat flair just in time for fall hat season!! From vintage treasures, feathers, scarfs, dried florals and so so much more!! We will be also explaining that in more detail as well!



For more information:
Facebook Event / Harvest Moon Faire / Rae Creates Rentals

27-30 SEPT LIVE MUSIC AT EBENEZER'S
7:00 PM
Ebenezer's
300 Central Ave E, Minot

Live music at Ebenezer's almost every night!! See schedule for details!



For more information:
Facebook Event / Ebenezer's

30 SEPT LIFE SIZE YAHTZEE
4:00 PM - 5:00 PM
Minot Public Library
516 2nd Ave SW, Minot

YAHTZEE!! Try to get a five of a kind at our life-sized rendition of Yahtzee! Located in the North Meeting Room. Sponsored by Teen Library.



For more information:
Website / www.minotlibrary.org

2 OCT GOAT YOGA
9:00 AM - 1:00 PM
Wild Arrow Farms
7601 30th Ave NE, Minot

Our fun and playful Nigerian Dwarf Goat babies will be joining us for this event. Instructor Kristina Hokenson owner of Haven of Health will be leading our yoga classes. 9-10am Ages 12+ This session will include 45 minutes of goat yoga followed by 15 minutes of time for pictures and goat cuddles. 10:30-11:30am Ages 12+ This session will include 45 minutes of goat yoga followed by 15 minutes of time for pictures and goat cuddles. 12-1pm ALL Ages This session will be a 30 minute kids yoga session followed by 30 minutes of Question/Answer time about the goats with Sunni from Wild Arrow Farms and cuddle/picture time as well.



For more information:
Facebook Event / Goat Yoga / Full STEAM Ahead

On Base

Family Pet Fair
Saturday, October 2nd
1:00 PM - 3:00 PM
at Bud Ebert Park

Wrangle your pet for a day of competition, fun and prizes! There will be awards, show prizes, and much more for the whole family to enjoy! We are requesting attendees wear masks & social distance when possible.

Enter these fun contests!
Best Dressed - Best Unique Home Best Pet Trick

Prizes will also be awarded for:
Best in Show Contest & Feller Best Unique Pet

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Winter Bowling League Sign-Ups
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Adult:
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Child Supervision

For many Air Force families the transition to a new school involves not only school enrollment, but registration with before and after care programs as well. A child's age and maturity level will help determine the appropriate care option for each student. Minot Air Force Base and the state of North Dakota have explicit child supervision guidelines that residents are required to follow:

- HOMEALONE?
 - Birth-8 years: NEVER
 - 9 years: Up to 2 hours during daytime
 - 10-11 years: Yes. During daytime; not to be left alone during sleeping hours overnight
 - 12-14 years: Yes. But not after curfew
 - 15+: Caution! Can be left alone for more than 2 hours but child's level of maturity and responsibility should be assessed first
- BABYSITTING?
 - Birth-11 years: NEVER
 - 12-14 years: YES (Child Care

- classes recommended)
 - 15+ years: YES
- UNATTENDED OUTSIDE?
 - Birth-4 years: NEVER
 - 5-6 years: YES. Playground or yard within sight or hearing distance to supervision
 - 7-8 years: YES. Parent/caregiver must be available (visual / hearing distance)
 - 9-15+ years: YES
- UNATTENDED IN A VEHICLE?
 - Birth-4 years: Caution! Must be in view of caregiver and in a restraint with keys removed, door locked, and emergency brake applied; dangerous in temps over 72° or under 32°F
 - 5-6 years: Caution! Must be in view of caregiver and in a restraint with keys removed and emergency brake applied; dangerous in temps over 72° or under 32°F
 - 7-8 years: Caution! Must be in view of caregiver with keys removed and emergency brake applied; dangerous in temps over

72° or under 32°F

- 9-11 years: YES. Keys removed and emergency brake applied
- 12-15+ years: YES

 Minot Air Force Base offers accredited and regularly inspected before and after school care options through Youth Programs and the Family Child Care. These programs ensure children are safe during out-of-school hours. Options vary by student age but includes School-Age Care, before and after care with FCC, the Memorial Middle After School Program, and Teen Program. For information on availability of options visit militarychildcare.com or call the Youth Center at 701-723-2838 or FCC at 701-723-6662. Or get a glimpse of the programs at the CYP Open House held this Friday, September 24th at 6PM at the Youth Center, 17 Peacekeeper Place.

MINOT'S REAL 9-HOLE GOLF COURSE FOR KIDS

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International Dot Day at Dakota Elementary

ABIGAIL KINDER, NORTHERN SENTRY

On Sept. 15, 2021, Dakota Elementary participated in a variety of learning activities for International Dot Day. The day was inspired by children's book *The Dot* by Peter H. Reynolds, which is the story of a "teacher who dares a doubting student to trust her own abilities by being brave enough to 'make her mark,'" according to internationaldotday.org. "What begins with a small dot on a piece of paper becomes a breakthrough in confidence and courage, igniting a journey of self-discovery and sharing, which has gone on to inspire countless children and adults around the globe."

To kick off Dot Day, teachers provided students with paper plates as well as a variety of craft materials and gave them creative freedom. Each grade had a designated color, and at the end their "dots" were displayed on a wall at the entrance of the school. "A lot of the grades took such ownership of this. You see the artist in their projects; they take

something so small and turn it into something so beautiful," said second grade teacher Brittany DeGree.

Students also participated in another exercise inspired by the book, where they were able to map out their mindset from "I can't do it" to conquering their fears and overcoming obstacles. Melvina Murray, also a second grade teacher at Dakota Elementary, explained, "Growth mindset is something that teachers try to instill in their students every day, and today is a good day to shine that light on it. As teachers, if we can find a book and make a whole lesson out of it that the kids will remember, then that's something we try to do."

The important lessons learned from Dot Day can be taken with students into any new life situation and even into adulthood. Children were able to realize their own creativity, self-confidence, growth, and perseverance, which are all essential in raising a successful next generation.



Above: Brittany DeGree, Caitlyn Knight-Daiss, and Melvina Murray, second grade teachers at Dakota Elementary School, pose in front of the students' wall of decorated paper plates with *The Dot* by Peter H. Reynolds, the book that inspired International Dot Day.



Right: For International Dot Day, students participated in a variety of activities to help them learn growth mindset, creativity, and self-confidence. Shown here is Cora's growth from not knowing how to swim to persevering and learning how to do a backflip in the pool!

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

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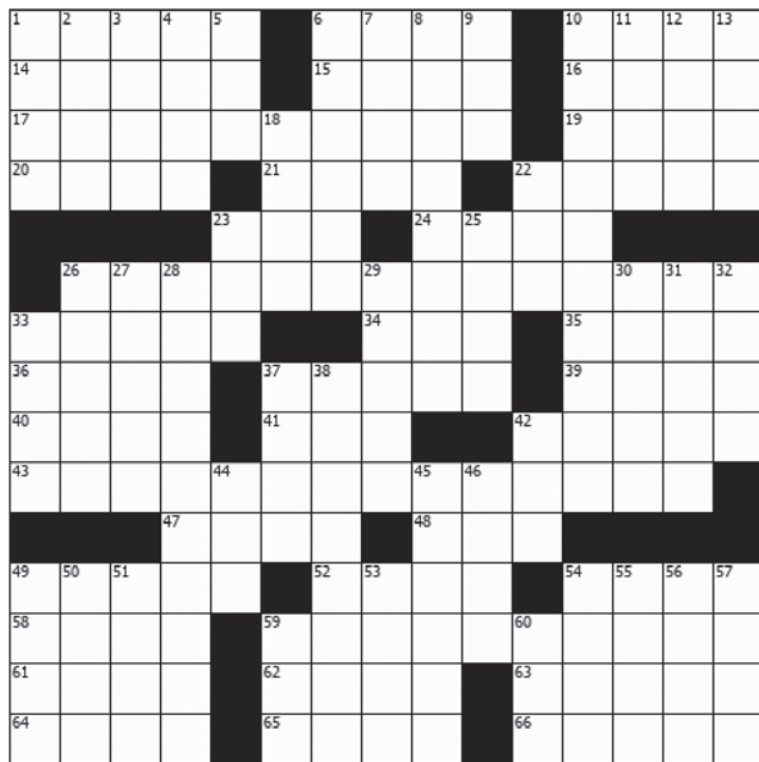
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CROSSWORD PUZZLE

Across

- 1. Infamous king of the Bible
- 6. Wolves, for wolfhounds
- 10. Garfield's pal
- 14. Take the honey and run
- 15. Long, easy stride
- 16. Zip, to Zapata
- 17. Horn blower
- 19. Book before Obadiah
- 20. Hammer head piece
- 21. Secondhand
- 22. Company started by Jobs and Wozniak
- 23. President pro ___
- 24. Holliday partner
- 26. Horn blower
- 33. Word with tick or wind
- 34. Trendy
- 35. "The Grapes of Wrath" character
- 36. Grand slam foursome
- 37. Coalitions
- 39. Turbine part
- 40. Bassoon cousin
- 41. Paramedics' purpose
- 42. Was slack-jawed
- 43. Horn blower
- 47. Italian dressing?
- 48. Contented sighs
- 49. Sell a \$20 ticket for \$200
- 52. Nixon cohort Rebozo
- 54. Fat farms
- 58. Spy Mata
- 59. Horn blower
- 61. Shakespeare's stream
- 62. French Sudan, today
- 63. Wrigley Field path
- 64. Big city threat
- 65. Change for a fin
- 66. Victorious



Down

- 1. Rope fiber
- 2. Romanian writer Wiesel
- 3. Patton, to Scott
- 4. Word preceding book and letter
- 5. ___ Moines, Iowa
- 6. Blood component
- 7. Wander about
- 8. Black Death of 14th century Europe, for one
- 9. Conciliatory response
- 10. Sales caveat
- 11. In need of dehumidification
- 12. Object of devotion
- 13. Make less severe
- 18. Club assessments
- 22. Work in oil
- 23. When broken, some people get happy, some sad
- 25. Egyptian threats
- 26. Place to find popcorn
- 27. Home of Betelgeuse and Rigel
- 28. Disturbing
- 29. Seventies sitcom
- 30. Animal with striped legs
- 31. WXY buttons
- 32. Turned to the right
- 33. Item often knitted
- 37. Return for a buck?
- 38. Succotash morsel
- 42. Accord requirement
- 44. Alley follower
- 45. Mishnah authorities
- 46. Ballpark since '64
- 49. Coarse tobacco
- 50. Vena ___ (vessel to the heart)
- 51. Elvis ___ Presley
- 53. Perry's creator
- 54. Media viewpoint
- 55. Annoyance
- 56. "Alice's Restaurant" chronicler
- 57. Small progression
- 59. Abbreviated medical plan
- 60. ___-tzu (reputed founder of Taoism)

SUDOKU

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

Solution to puzzle on page C6

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

FRIDAY, SEPT 24 1900
SATURDAY, SEPT 25 1800
SUNDAY, SEPT 26 1700
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CHURCH DIRECTORY

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

| | | | | |
|---|---|---|--|--|
| <p>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</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 Daily Monday-Thursday at 1200</p> | <p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094 Saturday, Sept 25 Vespers, 5PM Sunday, Sept 26 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge Officiating Archbishop Paul Visit Sept 25 & 26</p> | <p> Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p> | <p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p> | <p> Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p> |
| <p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p> | <p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p> | <p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p> | <p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>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</p> | <p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p> |
| <p> Immanuel Baptist Church</p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: 9:00 am..... Fellowship 9:15 am..... Sunday School 10:30 am..... Worship</p> <p>Wednesdays: 11:30 am..... Soup Kitchen 5:30 pm..... Family Supper 6:30 pm..... Preschool/Kids' Club/ABY 6:30 pm..... Adult Bible Study</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p> | <p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p> | <p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p> | <p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p> | <p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p> |
| <p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p> | <p>First Baptist Church</p> <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p> | <p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p> | <p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p> | |

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contact information with customer
service.

SUDOKU SOLUTION

Puzzle on page C4

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 11 Oct-12 Dec. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 701-727-9007 or Teams phone: 904-513-9734.

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) 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.

PARK UNIVERSITY MINOT –

Your degree, Your way. Now enrolling for Summer classes starting June 7, 2021. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

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

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WHAT'S GOING ON MAFB

FRIDAY 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
- Club Member Benefit, 1700-1900, 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 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 26

- NFL Sunday Ticket, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

MONDAY 27

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1600, Minot AFB Library
- Cycle, 1700, Fitness Center
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center

TUESDAY 28

- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 29

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Zumba, 1930, Fitness Center

THURSDAY 30

- Banned & Challenged Book Challenge ends at Minot AFB Library
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- 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 Night NFL Football, 1900-2100, Rockers Bar & Grill



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!

FRIDAY 01

- Golf End of Season Sale begins at Rough Rider Golf Course
- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- Registration Closes: Charcuterie Board Class at Arts & Crafts
- Registration Closes: DIY Canvas Arts Class - Free for Deployed Affected at Arts & Crafts
- 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
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- First Friday, 1630-1830, Rockers Bar & Grill
- Friday Night Fun League, 1800, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 02

- Registration Closes: DIY Art Resin Charcuterie Board Class - Free for Deployed Affected at Arts & Crafts
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Family Pet Fair, 1300-1500, Bud Ebert Park
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Banned & Challenged Books Challenge: Minot AFB Library - Month of September
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care - Call to schedule an appointment.

OCTOBER SPECIALS

- DELIVERY OPTIONS (Hours subject to change)**
 Bomber Bistro: Monday-Friday 1630-2030
- Bomber Bistro • Spaghetti & Meatballs**
 Delicious meatballs and a classic marinara sauce combine with Italian seasoning and parmesan cheese. Served with garlic bread and a drink for \$11.95!
- The B-Fifty Brew • Apple Crisp Macchiato**
 Layered flavors of apple and brown sugar meld like the filling of a gooey apple pie in harmony with espresso, steamed milk, and a caramelized-spiced apple drizzle. Tall \$4.50 • Grande \$5.00 • Venti \$5.45
- Rockers Bar & Grill • Rockin' Chicken**
 Your choice of choice of grilled or fried golden brown chicken breast topped with dill pickles on a split bun. Don't miss this tasty combo with crispy fries for only \$7.75!

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