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WHATS INSIDE THIS WEEK:



DEFENDER MEMORIAL WALL

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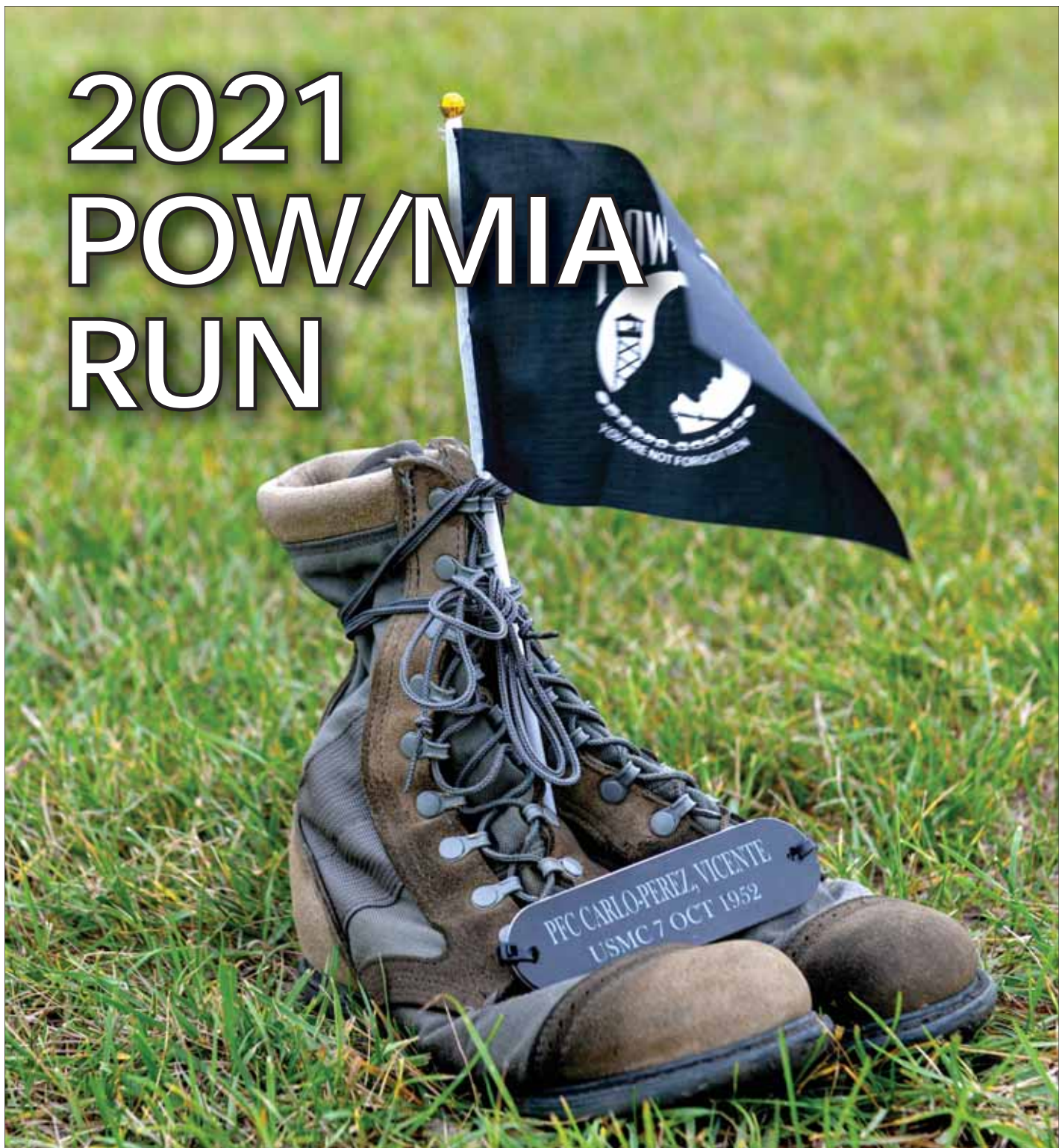
MINOT AIRMEN FEEL A SENSE OF SERVICE

A4



FAMILIES GET AN INSIDE LOOK AT MAFB YOUTH PROGRAMS

C7



2021 POW/MIA RUN

Team Minot Airmen participated in a 24 hour run event to honor the POW/MIA victims on Sept. 16-17, 2021 at Minot Air Force Base, N.D. The event was conducted by the Air Force Sergeants Association with assistance from the Minot VFW chapter. See page C4 for more coverage.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JOSH W. STRICKLAND



OCT 1 & 2

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DAF awards Rolls-Royce B-52H engine contract

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force has awarded a \$2,604,329,361 contract to Rolls-Royce Corporation, Indianapolis, Indiana, for B-52H Stratofortress military derivative commercial engines.

The competitive single award contract provides for 608 military derivative commercial engines, plus spare engines, associated support equipment and commercial engineering data, to include sustainment activities, to be used on the B-52H bomber fleet.

The Rolls-Royce F130 engine will replace the TF33-PW-103, which has powered the B-52 since the 1960s, and is projected to no longer be supportable beyond 2030. The B-52 original equipment manufacturer, Boeing, is responsible for integrating the engines onto the aircraft. The Air Force plans to finalize integration activities and deliver the first lot of B-52H modified aircraft by the end of 2028.

"The B-52 CERP is a complex upgrade that not only updates the aircraft with new engines, but updates the flight deck area, struts and nacelles," said Brig. Gen. John Newberry, Air Force bombers program

executive officer.

"Our current virtual digital prototyping efforts are giving us an opportunity to integrate the engines and other changes to the B-52 before doing any



The B-52 Commercial Engine Replacement Program is the most important and comprehensive upgrade to the B-52 in over half a century.

MAJ. GEN. JASON ARMAGOST, DIRECTOR OF STRATEGIC PLANS, PROGRAMS AND REQUIREMENTS



physical modifications. This has allowed us to develop the most cost-efficient solution while reducing the time from concept to production."

The B-52H is a long-range, heavy bomber that can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet. It can carry nuclear or precision

guided conventional ordinance with worldwide precision navigation capability.

The new engines on the B-52s are expected to remain on the B-52H through at least 2050, increase fuel efficiency, increase range, reduce emissions in unburned hydrocarbons, and significantly reduce maintenance costs.

"The B-52 Commercial Engine Replacement Program is the most important and comprehensive upgrade to the B-52 in over half a century," said Maj. Gen. Jason Armagost, director of Strategic Plans, Programs and Requirements at Headquarters Air Force Global Strike Command, Barksdale Air Force Base, Louisiana. "The B-52 is the workhorse of the nation's bomber force and this modification will allow the B-52 to continue its critical conventional and standoff mission into 2050's."

The first two fully modified B-52s are projected to deliver by the end of 2025 and will undergo ground and flight testing. The first lot of operational B-52s with the new engines is projected to deliver by the end of 2028 with the entire fleet modified by 2035.



The B-52 Stratofortress is a long-range, heavy bomber that can perform a variety of missions. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet.

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Defender Memorial Wall

AIRMAN 1ST CLASS EVAN J. LICHTENHAN, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 91st Security Forces Group, 5th Maintenance Squadron, 5th Force Support Squadron and 5th Security Forces Squadron collaborated to create a memorial wall of the 14 security forces Airmen who have fallen in the line of duty since the tragedy of Sep. 11, 2001. The memorial wall is a key component in preserving the memory of the Security Forces Airmen who have given their lives for the United States of America.

“This is a representation of those who had to pay the ultimate sacrifice in the performance of our mission,” said TSgt. Jason Hoffmann, 791st Missile Security Forces Squadron defender. “It serves to inspire every new defender coming to this unit, and our career field, for them to understand that this is their adopted heritage. They are part of this legacy, and it gives them a glimpse of what we [security forces Airmen] are here to do.”

The portraits were donated by SSgt. Ashton Lord, 55th Security Forces Squadron, Offutt Air Force Base, N.E. defender. Her grandfather, Mr. Donald Smith painted the 14 portraits right after his diagnosis of dementia.

The memorial wall is in the same room where security forces Airmen have guard mount, which is a pre-shift official formation. This room was not chosen at random. The reason for this location is so that the security forces Airmen have an opportunity to reflect upon the bigger picture and the mission as a whole, before they begin



The 91st Security Forces Group has unveiled a memorial wall to honor the 14 Security Forces members who made the ultimate sacrifice since the tragedy of 9/11.

their shift.

“It’s a lot bigger than just some pictures of people that died,” said Alexis Roseboom, 791st Missile Security Forces Squadron defender. “Those people are the reason that we are still here and none of those Airmen were over the age of 32. We actually have to care for one another. When you pull security on assets, or you’re even pulling security on the gate, or just checking IDs everyday, a lot of people begin to think their job is very minute, but it’s not.

We can’t just take a break. We must constantly be vigilant and constantly be on watch 24/7. If you do need to take a knee, which is okay, you have to make sure you can trust the person taking over for you.”

Senior Airman Alexandra Lugo, 791st Missile Security Forces Squadron defender, said the memorial brings security forces Airmen closer together and helps them realize that being a defender is not only a job, but a culture.

“Most of us defenders are like

a big family,” said Lugo. “For instance, I have only known Roseboom for two months and we are already really close. Being part of defender culture is really just about caring for others. Yeah, we have to put on this uniform, and yeah, we have to work with each other, but it’s a lot bigger than that. When they unveiled the wall it took me a second to realize that these people fought for something that is bigger than me and bigger than any of us.”

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Minot Airmen Feel A Sense of Service

ROD WILSON, NORTHERN SENTRY

“Whether you fly planes, you maintain them, you’re a medic, civil engineer or munitions, at the end of the day we’re all in the service of our country,” according to Col Michael Maginness, Vice Commander of the 5th Bomb Wing at Minot Air Force Base. Col Maginness took time to sit down shortly after troops arrived back from deployment to Qatar in support of the mission in Afghanistan as part of the 23rd Expeditionary Bomb Squadron. “You’re called upon at different points in your career to serve in different ways. Whether it was providing overwatch on the evacuation of Kabul that our B-52’s were doing, or whether you land and you get some of your maintainers and some of your support personnel and you go over and help with the influx of refugees that have come into the base.” Maginness said stories of troops helping to deliver meals or just being a friendly face in a difficult situation go into the category of “what our Airmen do up here. At the end of the day, we’re called upon to serve.”

The deployment force from the 5th Bomb Wing consisted of about 300 Airmen and six B-52 aircraft, but Maginness was quick to add that “on every mission these B-52’s go on, they are required to refuel multiple times, so [there was] great support from the tanker wings. There’s a supply chain. All of those 300 Airmen need to be fed, they need to be housed, they need to have our world class medical support with our flight doctors over there with them. And there needs to be command and control. So, while the 5th Bomb Wing supplied over 300 Airmen and six aircraft, they’re quite often the tip of the spear in many parts of the operation; there were a ton of people and organizations and entities behind us.”

Maginness also explained that there was support from coalition partners, government agencies like the Department of State, and many others helping this mission happen.

In explaining the role of the 5th Bomb Wing, Maginness continued, “Two separate things here. The Bomber Task Force is a construct we have moved to in recent years. Previously we would do long duration, scheduled deployments that were somewhat predictable, and they were predictable to our adversaries as well. The Bomber Task Force construct helps us to rapidly deploy with little to no notice to anywhere in the world,

to go where our nation needs us at that time. So, in this case, no, it was not a scheduled rotation by any means.”

The deployment to Qatar was because there was a need for American strategic airpower in theater. “The men and women of the 5th Bomb Wing were able to answer the call and get a fairly sizeable force of combat power across the world in very minimum time and immediately stand up and begin flying combat and combat support missions in support of the Department of State evacuation of Kabul,” continues Col Maginness.

The task force deployed around mid-March and a majority of the Airmen arrived back home the weekend of September 18th through 21st.

The 5th Bomb Wing was also part of the original deployment to Afghanistan after 9-11. “B-52’s from both Minot and Barksdale were the first to go into theater,” Col Maginness continues “flying out of many bases across the region including Europe, the Pacific and Indian Oceans. We’re the ones way back in 2001 that were ready to rapidly deploy and put American power where it was needed, and here we are 20 years later.” For Col Maginness, the war against terror in Afghanistan has been pretty much all of his career “and all of the careers of younger Airmen that have served since then. 20 years later we’re (the 5th Bomb Wing) called upon again to rapidly deploy and provide American airpower where it is needed.”

When questioned about the mission of the B-52 evolving over the past years, Maginness explains that “It has evolved, and it hasn’t...if that makes sense. It has evolved because our adversaries have changed.” In 2005 when Col Maginness started flying B-52’s, “we weren’t facing the same global challenges. The world has become much more dynamic with the power of information and the explosion of the internet; it’s turned into a much faster decision cycle where responses next week may not be good enough anymore. So, while the mission is still the same to deter our adversaries and assure our allies by providing strategic airpower where it’s needed, when it’s needed, the time we have to provide that to be applicable has shrunk, in my opinion.” But according to Maginness, we now have a generation of Airmen who understand those challenges much better. “That’s what they

grew up with, and they are used to making quick decisions based on incomplete information in an almost information overloaded situation. That’s what makes the Air Force so awesome today and so responsive. Maginness continues, “The next generation is going to face challenges we can’t even fathom right now.” Col Maginness shares with first-term Airmen that rather than the top 1% referring to wage earners, the men and women in our armed forces are the top 1%. “They aren’t doing it for money, they’re not doing it for comfort, and they’re not doing it for predictability. It truly is a service to their country and it’s an honor to get to work with them every day.”

RELATIVITY OF THE B-52

“In many ways, the B-52 is better than it’s ever been” Maginness answers when asked about the B-52. “You look at our maintenance rates, our mission capable rates, by any metric the aircraft is getting better with age.

It started as a high level capable precision bomber. Now we are delivering precision munitions with targeting pods and beyond line of site data links enabling world-wide command and control. It’s amazing where the aircraft is, and more amazing where they plan to take it in the future.” Col Maginness refers to the B-52 as the United States’ hedge platform for the next 30-40 years. “The U.S. public does once in a while get a great return on investment. When you look out here and see what we are able to do day in and day out, in all kinds of weather...still anytime, anywhere the 5th Bomb Wing is ready!”

RETURNING AIRMEN EXPERIENCE

“They were all proud to be there, they were all proud to serve, they were all doing a very important mission,” according to Col Maginness. “At times it’s a difficult situation. It’s difficult being away from family; it’s hard



Colonel Michael D. Maginness
5th Bomb Wing Vice Commander

U.S. AIR FORCE PHOTO

being away from home for that duration. There is a sense of missing out on life. However, it goes back to the theme of service, and that was what they were there doing. They were doing what their nation needed, where their nation needed, and if they were called on tomorrow, they would be the first to put their hands in the air and go.”



Airmen with the 23rd Expeditionary Bomb Squadron returning from a six-month deployment at Al Udeid Air Base recover their luggage at Minot Air Force Base, North Dakota, N.D. Sep 20, 2021. The 23rd Expeditionary Bomb Squadron provided on-call firepower support to urgent aeromedical evacuation operations and to the final U.S. forces departing.

U.S. AIR FORCE PHOTO | AIRMAN ALLISON MARTIN

12 Outstanding Airmen of the Year recognized at AFA

STAFF SGT. NICOLAS Z. ERWIN, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

The 12 Outstanding Airmen of the Year for 2021 were recognized over the course of five days during the annual Air Force Association Air, Space and Cyber conference held at the National Harbor, Sept. 18-22.

Selection was based upon superior leadership, job performance and personal achievements. Each Airman embodied the spirit of Secretary of the Air Force Frank Kendall's message, "One Team, One Fight."

"You represent more than just yourself now," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "You are ambassadors for our Airmen, and you are in a position to directly help shape the Air Force of 2030."

Bass continued to highlight the importance of each honoree's impact when it comes to influencing and accelerating change in their spheres of influence. As ambassadors of the Air Force, each of the twelve Airmen represent the epitome of what Airmen should strive to become. Most importantly, she urged the Airmen to remember where they came from.

"It still hasn't completely sunk in," said Staff Sgt. Valerie M. Graw, an 88th Communications Squadron cyber operations controller at Wright-Patterson Air Force Base, Ohio. "Here we are (at the Air Force Association convention), meeting generals and command chiefs as the 12 Outstanding Airmen. I'm completely humbled by this experience and the fact that Chief Bass and other Air Force senior leaders trust me to represent our force. I can't put it into words, but I am grateful."

Throughout the span of the conference, the Airmen toured Washington, D.C., by land, during a bus tour across Northern Virginia and Washington, D.C., and by air, during an immersion tour of the 1st Helicopter Squadron at Joint Base Andrews, Maryland. The group also met Department of Defense, U.S. Air Force and U.S. Space Force senior leaders. Their stay culminated with a celebration for all the achievements of outstanding Airmen.

Even though the Airmen are subject matter experts in their respective career fields, some had never had the opportunity to see and experience the history of the nation's capital. Tour locations included the White House, the Air Force Memorial and the Arlington National Cemetery in Virginia. The opportunity to tour the national capital region also

gave some Airmen the ability to connect with each other based on heritage and goals.

The convention also offered the Airmen a greater insight into different Department of the Air Force senior leaders' areas of focus, intent and how it all integrates to further attract, train and maintain the highest caliber of Airmen and Guardians.

The 12 Outstanding Airmen's first official job will take place at the U.S. Air Force Academy in Colorado Springs, Colorado, to help mentor and guide future officers of the U.S. Air Force and U.S. Space Force. During a sit-down discussion with the honorees, Bass conveyed her expectations and answered questions relating to their year-long journey.

"If there is one thing you should take away from this ... one thing at all ... it's that you have the ability to change things," Bass said. "Right now, we need innovative ways to continue

developing the Air Force. In your position, you have the attention of your wing and major command and can help influence the Total Force."

During a concluding ceremony, many honorees took a moment to acknowledge the contributions of their families, leaders and teams that help set them up for success.

"This wasn't possible without my family by my side," said Tech. Sgt. Justin Bennett, 48th Fighter Wing antiterrorism program manager at RAF Lakenheath, United Kingdom. "More than that, this convention and ceremony gave me the chance to see my family. I've been overseas for the past three years, and this event gave us the opportunity to see each other again. More than that, my state-side family never stopped supporting me, and being there for me, my wife and my daughter. I wouldn't be here without any of the support they have given me.

The 12 Outstanding Airmen of the Year for 2021


(listed alphabetically, by command of assignment when selected):

- Senior Master Sgt. Marcus D. Banks, Pacific Air Forces
- Tech. Sgt. Christopher M. Bennett, Air Education and Training Command
- Tech. Sgt. Justin D. Bennett, U.S. Air Forces Europe and Air Forces Africa
- Tech. Sgt. Kelli A. Floyd, Air Combat Command
- Staff Sgt. Valerie M. Graw, Air Force Materiel Command
- Staff Sgt. Colleen F. Mitchell, Air Force District of Washington
- Senior Airman Giovanni Pacheco, Airman Support United States Space Force
- Staff Sgt. Kristy L. Riley, Air Force Reserve Command
- Staff Sgt. Alex M. Sandmann, Air Force Global Strike Command
- Senior Master Sgt. Mark R. Schneider II, Air National Guard
- Senior Airman Jamonica M. Smith, Air Mobility Command
- Master Sgt. Hannah E. Walters, Air Force Special Operations Command




Senior Master Sgt. Christopher Ricks, Pacific Air Forces Security Forces Division current operations superintendent, and Staff Sgt. Alex Sandmann, 5th Security Forces Squadron noncommissioned officer in charge of electronic security systems, Minot Air Force Base, N.D., fly in a UH-1N Huey during a tour of the 1st Helicopter Squadron at Joint Base Andrews, Md., Sept. 18, 2021. The 2021 12 Outstanding Airmen of the Year honorees were given the opportunity to tour the helicopter squadron, and received an aerial tour of the national capital region.

U.S. AIR FORCE PHOTO | STAFF SGT. NICOLAS Z. ERWIN



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Rodeo Fun

Badlands Circuit Finals Rodeo weekend to be filled with variety of western activities

BADLANDS CIRCUIT FINALS RODEO

Minot, N.D. – Rodeo organizers have a fun weekend planned in Minot on October 8-10.

That's when the Badlands Circuit Finals Rodeo stampedes into town for three performances of championship rodeo.

It's the best cowboys and cowgirls in North and South Dakota, said Max Weppler, one of the organizers of the rodeo and a long-time rodeo volunteer.

Fans will see "the best talent in the Dakotas," he said, noting that some of the competitors are also competing at the national level and are qualified for the Wrangler National Finals Rodeo, pro rodeo's world championship, in December.

Fans can make a weekend out of it, Weppler said, with ancillary events going on around the circuit finals rodeo.

The shopping will be better than ever, said Amy Behm, coordinator of the Badlands Trade Show presented by Wrangler. With over 45 vendors anticipated, a variety of items will be for sale: décor, clothing, accessories, tack, and western lifestyles. "We have a wide variety of items, to please anybody," she said.

More shopping opportunities will be available through the flea market and the Junkin' in the Dirt trade show, both held at the State Fair Center.

New this year is the Kickoff and Back Number Social. Held Oct. 7, it's where contestants and contract personnel are introduced to the fans and are presented their back numbers and other gifts. It's a way for fans to meet the Badlands cowboys and cowgirls and to recognize the contestants for their achievement

of qualifying for the circuit finals. Doors open at 6:30 pm; dinner is at 7:30 pm with awards to follow. Announcers Bob Tallman and Wayne Brooks will be emcees and will entertain with their own brand of humor! The Kickoff and Back Number Social is open to all rodeo ticket holders; show your rodeo ticket at the door.

For barrel racers, breakaway ropers and team ropers, jackpots will be held on Oct. 8-9 during the day at the N.D. State Fair Center. These contests are open to any contestants, not just Badlands Circuit Finals qualifiers.

A kids dummy roping will take place on Sat., Oct. 9 at 2 pm in the tradeshow area, with an open dummy roping to follow.

And on Saturday night, after the rodeo, there's a "Party in the Dirt." The Mud Butte band will play immediately following the rodeo; entry is free to all rodeo ticket holders.

Sun., Oct. 10, Cowboy Church with Pastor Jesse Anderson will take place at 10 am.

At the Badlands Circuit Finals Rodeo, fans see the best rodeo there is, Weppler said. "These cowboys and cowgirls have won the most money over the rodeo season and will compete for the title of Badlands champ," he said.

There's a lot on the line for these competitors, Weppler said, including a gold buckle, a saddle, and a trip to the National Circuit Finals Rodeo, where last year over \$600,000 was up for grabs.

"They compete for the gold, which makes a great rodeo and great entertainment for fans."

Eight events will be included during each performance of the circuit finals: bareback riding,

tie-down roping, steer wrestling, team roping, saddle bronc riding, ladies barrel racing, and bull riding. The same twelve contestants in each event compete during each performance, on different animals in the bucking horse and bull riding events.

The Badlands Circuit Finals takes place at 7 pm on Oct. 8-9 and at 2 pm on Oct. 10.

Tickets are \$20 for adult general admission and \$10 for kids ages 6-12. Gold buckle seats, the five rows closest to the arena floor, are \$25 for all ages.

Tickets can be purchased online at BadlandsCircuitFinalsRodeo.com and at North Country Mercantile in Minot (2000 20th Avenue SE).

For more information, visit the website at BadlandsCircuitFinals.com or the Facebook page.

Lacey Hewitt competes in the breakaway roping at the 2020 Badlands Circuit Finals Rodeo. Breakaway is one of eight events featured at the rodeo, which takes place Oct. 8-10 at the N.D. State Fair Center in Minot.



Saddle bronc rider Jacob Kammerer makes a qualified ride at the 2020 Badlands Circuit Finals Rodeo. The circuit finals returns to Minot's State Fair Center October 8-10.

PEGGY GANDER PHOTOS



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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



On the heels of an announcement that the Air Force is retiring 17 more B-1B Lancers, comes the great news that funding for modernization of the B-52's has been approved, and the contract awarded to Rolls Royce to start building F-130 engines to replace the original Pratt & Whitney engines. Senator John Hoeven made the announcement on Saturday morning, accompanied by Mayor Shaun Sipma and Task Force 21 Chair Mark Jantzer.

I am privileged to work on Minot Air Force Base, and report on the missions that are successfully completed by the 5th Bomb Wing. As a community, Minot is certainly proud of the men and women of the U.S. Air Force stationed at Minot Air Force Base. Without hesitation they deploy to every corner of the globe to assure our adversaries and our allies of the viability of the B-52 and the 5 BW.

The return of the 23rd Expeditionary Bomb Squadron last week reunited hundreds of family members. Their return from Afghanistan marked the end of a 20 year war on terrorism. But as important, it gave evidence again of the Global Strike capabilities of the B-52. With the modernization of the B-52, Col Michael Maginness, Vice Commander of the 5 BW, in a recent interview points out that the mission of the B-52 has changed dramatically, and the modernization is important as the Air Force looks to keep them flying until 2050.

I would certainly be remiss if I did not also point out that Minot Air Force Base is unique in that it is host to 2 legs of the nuclear triad, which includes the 5 BW and the 91st Missile Wing. The Ground Based Strategic Deterrent (GBSD) is also vital, and Senator Hoeven will also continue to push for funding of this modernization initiative. As Senator Hoeven pointed out "We need to give our men and women of the military the very best tools to accomplish their missions".

Recently a Nuclear Triad Symposium was held in Washington DC, to give information about the challenges ahead in responding to the increased threat posed by not only Russia, but now China. Sponsored by the Minot Chamber/EDC, the presentations at that symposium will soon be available on the Minot Chamber/EDC website. I strongly encourage you to review some of these presentations as they become available. It will certainly be time well spent as you will gain even more respect for the missions of the Minot Air Force Base and how vitally important they are to the defense of our country.

The Minot community continues to be supportive of the Minot Air Force Base and that is important. To say "Thank You" is also important. So make it a point every time you are afforded the opportunity to let them know they are appreciated for the job they do.

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NOTES ON BEING SAFE

Workplace Safety for All of Us



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL HEALTH MANAGER



'Workplace Safety Topics' - Maybe these 3 words put together in one sentence will make little sense to you. It is rare that we see workplace safety being given enough importance in our working lives. And that is why we talk about it! Workplace safety facts state that maintaining workplace safety is as important as maintaining safety at home. But why is safety at the workplace important? Think about it, we spend a major portion of our day at work so shouldn't we be assured of high levels of safety there? And how will you maintain those levels of safety if you don't know what you're supposed to maintain? That is why the following article will talk about some key safety tips and workplace safety topics that you should be looking into, if not already.

Safety Topics for the Workplace

For a start, take a look at the types of hazards that you may face in your office. Here is a list to help you out with determining what some of the workplace safety topics are.

Slips and Falls

Slipping, tripping and falling over are some of the most common accidents that can happen in the workplace. Why do these happen? It is probably because there are no proper delegated places that are allotted for things. There might be loose wires that are lying on the floor which are like an open invitation for falls. Along with that if there are no storage places for personal items such as briefcase and gym bags, then they will just be in the way and people will trip. Spills on the floor that are not cleaned can cause slips, so also the negligence of putting up signs that indicate when floors have been mopped can lead to the same.

There needs to be strict instructions given that informs employees to keep things in their delegated places and not keep them lying around. Also, if anyone sees any spills they need to inform the maintenance personnel and get them cleaned. There needs to be further instructions given like workplace safety slogans put up that tells employees to maintain certain decorum and make sure that their drawers and the like are kept properly closed in order to prevent anyone crashing against them and falling.

Portable Ladder Safety

Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. Just remember

that many workers carrying ladders hurt their backs, as well. If possible, have two people carry ladders.

Electricity Malfunction

Where there are so many machines present, there is always the danger of electrical malfunction happening. Regular checkups and maintenance of the electrical appliances has to be of primary concern for the matter of electrical safety. Too many wires plugged into one socket can lead to short circuits, frayed wires, and electric shocks become common place when there is no standard maintenance involved. That is why all employees need to be informed as part of workplace safety topics for meetings that they need to constantly be aware of the machines that they are using and if they find any problem with them, even if it is any doubt, they should inform the concerned personnel.

Along with that there need to be strict instructions given that there will be no inclusion of foods and drinks around the machines. Food and liquid spills can cause the malfunction to happen faster and put all the employees at risk. This could even lead to fires taking place, making this one of the most useful of workplace safety tips.

Fire Safety

Fires might happen either due to negligence or due to a genuine problem. In case it is caused by negligence then the employees need to be given

proper instructions on how to maintain fire safety (taking care of electrical appliances and wiring). In case of a fire, all employees should be well informed of all the escape routes, the places where all the fire extinguishers are stored and the numbers of the fire department should be put up in bold where employees have had an opportunity to see and memorize them. Taking these precautionary steps along with workshops held on how to prevent and deal with fires will make the office a much safer place.

Ergonomics at Work

Ergonomic in the workplace are an essential component of office life. It is not necessary that only physical factors like fire and tripping need to be cared for - the office structure and the arrangement of the different components in the office are equally important. The chair on which the employees sit, the brightness of their computer screen, the lighting, the frequency of breaks and other external factors like noise etc. have a direct effect on the performance of the employees. That is why ergonomics becomes so important.

These are some of the key workplace safety topics that you should not ignore at any cost. The maintenance of these will ensure not only the safety of the employees, but will also make them more efficient, which is ultimately all in favor of the company's progress.

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AIRMAN 1ST CLASS
SAMUEL MILLS



BACKGROUND

- Originally from Dover, Tennessee
- Mills arrived to Minot AFB in April of 2021
- He is interested in 3D printing and enjoys working on vehicles in his spare time.

JOB DESCRIPTION

- Mills' duties in munitions handling include performing periodic inspections on trailers and assisting in delivering assets to the flightline.

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All About Pets

The scoop on dog grooming



Whether you go to the groomer or do it yourself at home, grooming your dog is essential. Every dog's needs are different, but here are a few pointers to get you started at home or in between visits to a professional!

•**Bath time:** The ASPCA recommends bathing your dog at least once every three months. If your dog has skin problems or spends a lot of time outdoors, you may need to bathe more often. However, bathing too often can lead to more skin irritation and dryness, so use your best judgement and be sure to keep an eye on your dog's condition. If you're bathing at home, be sure to do your research on the best bathing method for your dog's coat. Keep the water warm but not hot, and use a shampoo and conditioner that is best for them (medicated, puppy formula, detangling, etc.). Make sure to keep water out of your dog's ears and use a wash cloth or towel to gently wipe their face clean.

•**Brushing:** Regular fur brushing will help spread natural oils throughout your dog's coat, remove dirt, and prevent tangles and matting. Slicker brushes will help remove loose fur and detangle all coat types, but are best for medium-long haired dogs. Don't use too much pressure with a slicker, as this can cause discomfort. Pin brushes are like slickers, but they have pins tipped with plastic or rubber. These are great for longer, silkier, or curly coats. A bristle brush is a great option for a dog with a short or wiry coat and will remove excess fur and give your dog's coat a beautiful shine. Rakes are designed to penetrate a thick undercoat and remove tangles and debris in long-haired dogs. Make sure you pick the best brush for your dog's coat and brush them at least every few days. Brushing is also a great time to check out your dog's skin for signs of irritation, skin conditions, or bugs.

•**Dental care:** Dogs need their teeth brushed too! You can use a toothbrush/finger brush and dog safe toothpaste and you can also keep your dog's teeth healthy by providing a healthy diet, plenty of chew toys/bones, and treats that are specially formulated for their dental needs. It is best to brush their teeth every day, but even three times a week is better than none. Just like brushing fur, it gives you a chance to check out your dog's condition and find any signs of illness or irritation.

•**Ear care:** Regularly checking your dog's ears is important, especially for those who produce excessive earwax! If your dog's ears are dirty,

you can gently clean them with a cotton ball dampened in a liquid ear cleaner. You may want to contact your vet before doing this to make sure that you are using the proper technique/products and not accidentally causing harm to your pooch.

•**Nail trimming:** Many dogs are uncomfortable having their nails trimmed, but trimming your dog's nails is one of the most important things you can do to keep them happy and healthy! Nails should be cut when they almost touch the ground when your dog walks. This could be every week or every few weeks, depending on the dog and its activity level/type. You can use scissor or guillotine type clippers, a nail grinder, and some owners even opt to train their dog to use a scratch board for light nail maintenance. Be careful not to cut your dog's quick, as this can cause bleeding and lots of pain. If your dog is really struggling with feeling comfortable during nail clipping, be sure not to force them to continue or you can risk putting your dog off from it completely. Some owners are able to clip all their dog's nails in one sitting, some can only do one nail a day. Either way, with the proper training, plenty of patience, and rewards, you can teach your dog to tolerate nail maintenance. If you are unable to train your dog to tolerate it, contact a professional groomer or even a veterinarian immediately. If your dog's nails get too long, it can cause discomfort, pain, or injury.

•**To shave or not to shave:** There are many reasons why a dog may need to be shaved, especially in severe cases of matting, but you should try to avoid this if possible. A dog's coat serves a purpose to insulate them in hot or cold temperatures and protect from sunburn, among many other things. If you have a double-coated dog, it is especially important not to shave as it can cause more damage than good! A light trim is acceptable to make their coat more manageable or presentable. If you think your dog might need to be shaved, be sure to ask a professional for their input. There may be other ways to resolve the problem before resorting to that.

With the right tools and research, you can successfully groom your dog at home. However, be sure to consult your vet or a professional with any questions you may have! And if you don't have the time or knowledge to groom at home, make sure you keep up by taking your dog to the groomer regularly.

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Off the beaten path, meet 20th Air Force vice

1ST LT. EMILY SEATON, 20TH AIR FORCE

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

In July 2021, Col. Barry Little went from being the vice wing commander of the 91st Missile Wing at Minot Air Force Base in North Dakota to being the vice commander of 20th Air Force located on F.E. Warren AFB in Wyoming. From being born in Okinawa, Japan to spending time studying in China as an Olmsted Scholar, Col. Little has a unique set of experiences to share with his fellow Sentinel Warriors.

Q. Where did you grow up?

A. I was born in Okinawa. I am an Air Force brat, so I have lived in a lot of places. We left Okinawa and went to Texas. We left Texas and went to Minnesota. From there we went to Taiwan, then Nebraska, and then back to Okinawa. From Okinawa, we went to California. We were actually there for a long time. I graduated high school and went to college in California. My dad retired there.

Q. Is California where you call home then?

A. Absolutely. I'm a California resident and my family has California roots. My dad retired out of March Air Force Base in Riverside. Actually, my extended family on my dad's side lives in Riverside, so I have a lot of roots there.

Random fact, I went to University of California Davis. Both my parents were Davis graduates. I met my wife and we got married at Davis, so we are a UC Davis family.

Q. What drew you to joining the Air Force?

A. Service. After college, my wife and I decided we wanted to live in Hawaii. So we spent five years in Hawaii, and I spent five years in restaurant management there. There were a number of factors in my life that led me to say, "I want a different job." I was working from two in the afternoon to two in the

morning. Functionally, I didn't know my daughter who was two years old because we were on opposite timetables. And I thought, "This isn't right; I need to figure something out here." I fundamentally wanted to look back and have done something meaningful with my life. The Air Force was the right answer.

Q. Tell me a little more about your family?

A. We have three kids. Two are out of the house. My youngest is 15 and he's a sophomore. My daughter's a geologist in California and my other son is actually starting a nuclear engineering degree at Air Force Institute of Technology as an Air Force civilian. My wife and I have been married for 28 years.

Q. What has been your most rewarding experience so far in the Air Force?

A. The most rewarding has got to be the changes to intercontinental ballistic missile operations and the career field that I was privileged to contribute to as part of the Force Improvement Program. It actually overlaps with one of the most challenging parts of my Air Force career as well. That was a very, very difficult time for our career field. I was the Operations Support Squadron commander at F.E. Warren AFB during the Malmstrom incident, and repercussions were felt throughout the force.

There are things as a young officer that you have this idealistic view about and you think, "If I ever get the chance, I'm going to change that." Then to have an opportunity like the one we had in 2014, '15 and '16, and be able to actually change those things, and to make a difference, that's the most rewarding thing. I think, that I've been able to do in the Air Force.

Q. How did you get through that challenging time?

A. It was challenging

personally and professionally because my mother-in-law was suffering from stage four cancer and my wife had to be with her. And so, in addition to the stress in the unit and the difficult times within the career field, it was personally and for my family a very challenging time too.

I think the way I got through it was to reach out for help. I needed to make sure I could take care of my responsibilities at home, while also leading the squadron. And then, really, I just stayed focused on the people, focused on the Airmen, whether we were working through necessary changes in our career field or just working through the personal impacts of all of the things that were going on with individual members.

There's a lesson I was given very early in my career: no one chooses their boss. If you're a supervisor of Airmen, it's your job to be the best boss you can be. I think just staying focused on what your Airmen need, regardless of the rest of the trauma that's going on in the Air Force, or in the unit, is the way through it. At the end of the day, it's a people business, and the people are going to take care of the mission. As a supervisor, you have to make sure you're getting them what they need, whether it's resources, help or just somebody to listen to them.

Q. You have had some very interesting experiences and a unique career path; can you tell me more about that?

A. I am a big supporter of taking advantage of everything the Air Force has to offer. I am a 23-year ICBM nuclear operations officer. I have overlapping credentials as a foreign area officer, but they are not two separate tracks. I'm a core nuclear operator. And I think a lot of our force forgets that you can be a core 13 N and still have a number of diverse experiences that add to your qualifications and your value to the Air Force.

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Col. Barry Little, vice commander of 20th Air Force, in his office at 20th Air Force Headquarters August 12, 2021.

U.S. AIR FORCE PHOTO | 1ST LT EMILY SEATON

One of the things I was able to take advantage of was the opportunity to broaden my horizons, learn a new language, and study a culture up close through the Olmsted Scholar Program. I'm more than happy to share experiences with folks that have any interest in talking about the things I was exposed to while I was there or the takeaways I have from my experience living in China as a foreigner and the only U.S. government employee in a city of 6 million people. It was fantastic and life-changing. It's also only one of a myriad of opportunities out there that can add a level of depth, breadth and value to your Air Force career.

Another example is when I was at the Pentagon working on New Start Treaty implementation; sounds like a core nuke job, right? I got tapped on the shoulder, and because my return overseas date was one of the highest in the book, they said you have ten days to report to Manas, Kyrgyzstan. At the time, there were those in my immediate office who thought that was a distraction from the work I needed to do because the New Start Treaty was going into effect and we needed the Air Force plan set.

In retrospect, what I did there and my experiences as the director of staff for an air refueling wing, turned out to be critical to the things that we needed to do in the ICBM career field. Unbeknownst to me, my next job was going to be as the OSS commander in a unit that experienced a traumatic event and required complete realignment of ICBM operations to look a lot more like flying operations. I spent six months face-to-face with air

operations in the Asian steppe, over the middle of winter. I firsthand experienced 24-hour refueling operations in frozen conditions as a director of staff, getting to understand how that looked, what the complexities of that mission were, how they maintained training, how they assessed risk and handled resource management.

So you never know where your experience is going to go. There are so many things the Air Force has to offer. I would say to stay engaged. If you have an interest, pursue it and add value to yourself, add value to the Air Force.

Q. How does your experience in China relate to your current position?

A. The primary way is by bringing a different perspective to the conversation, which is really the purpose of the Olmsted Program. As we enter a period of strategic competition with China it's critical to understand how the Chinese people view themselves, their historic role on the world stage and the ambitions of their government.

My time studying in China gave me firsthand experience working and interacting with Chinese people from all walks of life. It gave me up close insight into the Chinese experience, and the fundamental differences in how our cultures approach the world and our place in history.

We all know, ironically from Sun Tzu, that understanding your adversary is fundamental to military science. It is even more fundamental to deterrence. Deterrence is about affecting the decision calculus of the person you are trying to deter. To do that, it's critical to understand how they view themselves and how they think. That's probably

the biggest way I can leverage my time in China at this job, by informing the approach to Chinese strategic deterrence with a personal perspective.

Q. Sometimes it can be hard for people to know where to even start, like your opportunity to study in China, how did that come about?

A. It started when I was doing language study to participate in something called the Language Enabled Airman Program. I was studying German and a friend of mine, who was also studying German, mentioned to me that this program existed. The Olmsted program is very competitive; I applied three times before I was selected. So there's a level of persistence that's required sometimes if you really want to do something.

Chinese was a happy accident because I didn't speak Chinese. I didn't have a background in Chinese. I was born in Okinawa and, ironically, had taken some Japanese in the past. I was studying German because it was interesting to me. So this is a complicated story, but the Olmsted foundation is a private foundation and they manage which countries and programs people are assigned to in conjunction with the Air Force, but largely the foundation is the one who gets the final say. They looked at my aptitude and said, "We should send this guy to China, if he's willing to go." I was more interested in participating in the program than I was in any specific language. So German went away, and Chinese came on the slate.

One of the best parts of the program was that our entire family went. My job was to be a student, so I was on the school schedule while I was in country. I was also given a travel stipend in order to travel the region and gain as much experience as I could by interacting with people. I think learning Chinese at 35 is the hardest thing I've done in my life, but it led to an irreplaceable set of experiences.

Q. What would you like to accomplish as vice commander of 20th Air Force?

A. This is my second time being a vice, I was a vice wing commander at Minot AFB, so I've been able to really hone in on what is the fundamental purpose of a vice. One of my goals is to clear obstacles for everybody in 20th Air Force, whether that's people here on the headquarters staff or the subordinate units. Maj. Gen. Lutton has a clear vision for where the Numbered Air Force is going, and he has

folks who are making that vision a reality. My job is to get them what they need and clear things out of the way, so they can get the job done.

Q. Is there anything you would like the Airmen of 20th Air Force

to know, or a message you would like them all to hear?

A. My door is open, and I'm genuinely and enthusiastically interested in helping with whatever they need help with.

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SOULS OF SPIRIT EXPOS

Souls Of Spirit Expos (SOS) is coming to Minot at the Clarion Hotel & Convention Center October 2nd 10:00 am - 5:00 pm. If you have been looking for something but don't quite know what it is... it may be that you are looking for a little spirituality in your life! Here is your opportunity for a fun day filled with vendors; crystals, intuitive consultants, card readers, aura photography, mediums, psychics, palm readers, healing jewelry, energy healers and so much more! \$5.00 entry fee gets you access for the entire day to our vendors to shop, have readings and healings (each practitioner sets their own price), visit and it also includes 5 speakers throughout the day!

In honor of our military SOS Expo offers free admission by showing your military ID at the door. There will also be a Gallery Event 10:30-11:30 am. The Gallery person is Rebecca Krogen, Celtic Shaman/Psychic Medium - she passes on messages to people in the audience from loved ones who have passed away and are in spirit. This is a separate charge of \$25.00.

SOS Expos purpose is to create community awareness of spirituality by bringing together vendors who share their modalities of healing, journeys

and awareness with communities to assist in uplifting each other.

SOS believes that as a divine soul it is our duty to help others to become more mindful and aware of the energy we put out into the Universe and how our



Lori Lahsman
SOS Expos Owner

energy and the energy of others affect our daily lives.

Lori Lahsman is the owner of SOS Expos and started her business 5 years ago after having a spiritual awakening that changed her life. She wanted to share with others what she had learned on her journey. In talking with Lori she said "it was too important not to share". Lori travels throughout ND, MT and SD with her expos and stated they are an amazing

experience for anyone who is on any point in their journey.

Lori was born in Minot ND and is proud of the state and community she was raised in. She recently opened SOS Holistic Healing Center at 1310 E Burdick Expy Minot. She felt after doing the expos for all of these years it would benefit our community to have a place to purchase items just like they can at the expos. SOS Holistic Healing Center currently has three holistic practitioners:

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- Michael Christopher: Medium and Intuitive offers mediumship readings connecting to those on the other side to include; family members, friends, Spirit Guides and Pets.

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Back Talk

To be or not to be healthy that is the question

It is the best time in our lifetime to be healthy!!! I am willing to debate any doctor or scientist on the planet who would say otherwise. Why is it the best time to be healthy? Well we know that statistically you are orders of magnitude less likely to get sick or have any adverse effects from the current pandemic, orrrrr from any virus or bacteria. I want to change the conversation. From watching the news, you would think that COVID 19 had a political advisor. Let me tell you this virus and no virus is political, it is a few stands of DNA or RNA in this case that is trying to make as many copies of itself as it can while it is here on earth. The thing we KNOW is that it stands a very small chance of making copies of itself in a healthy person. In fact, in a healthy person it is destroyed. Pretty cool!! Let's talk more about that as a country! Let's talk about the fact that being a healthy person is the best thing you can do for your family, for your friends, for your community for your county and for the world!! I know that option is not in everyone power, but everyone has the ability to take steps to be healthier today than they were yesterday. I pray that the pandemic is a giant wakeup call that we as a county are not as healthy as we could be and that it is time to take action and be healthier people. You know what is awesome about being healthy? It helps you live your life to the fullest and enjoy more of your life every day and not just during a pandemic. How cool would it be to turn up the volume knob on everything you love in your life? That is what being healthier feels like. If you have ever wanted to take control of your health, lose weight, get out of chronic pain, eat less sugar, quit smoking, drink less pop, start exercising etc. now is the perfect time in history to do that. If you do it now you will not only be helping yourself you will also be helping your family, your loved ones and your community! There has never been a better time to be healthy! Here are your instructions.

Eat Right

Sleep Right

Move Right

Think Right

Simple steps to get started:

Eat Right-increase vegetables, take supplements, and eat only in an 8 hour window per day

Sleep Right-Get some black out curtains, read before bed and shut off all screens 30 min before bed. If you need help ask our staff about liposomal sleep (this stuff is liquid gold)

Think Right-Take all social media off your phone, don't watch the news (if you feel like you must keep it to 30 min per day), Make a list of 3 things you are grateful for every day (add to it throughout the day if you feel like it)

Move Right-get adjusted make sure all your joints are moving properly, raise your heart rate for at least 30 min per day (can be yard work, house work, going for a walk, or lifting weights).

There are lots more things we can add to this list, but I bet you can pick one thing from each of those categories and start today. I am excited to think about what will happen to my community when everyone realizes this is the best time in our lifetimes to be healthy. What starts with you can impact the world!

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Let's Junk in the Dirt

ABIGAIL KINDER, NORTHERN SENTRY

Are you looking for some one-of-a-kind pieces to bring character to your home? Do you need a fun do-it-yourself project to bring out your inner creative soul? Are you a lover of vintage items and odd finds? Look no further because the Granville Junk Aholics will have everything you can imagine at the 2021 Junkin' in the Dirt event on October 9! The Junk Aholics and over 100 different vendors will have a variety of wares to fit your every need from 9 a.m. to 4 p.m. indoor at the North Dakota State Fair Center in Minot.

There will be truckloads of products including vintage and boutique clothing, wall décor and wallpapers, yard art, spices, cookware, wood, toys, glassware, furniture (pre 1900s to 1980s), vintage linens, wicker, lamps, rugs, tools, jewelry and more.

Maybe you are new to Minot and looking for some furniture to spice up your home? Make it easy with a full living room, bedroom, or dining room set from their wide collection of

furniture. There is sure to be something for every style from Farmhouse to Boho to Antique, and whether you are looking to DIY your project or find move-in ready pieces for your home or business, Junkin' in the Dirt will have it. Make a whole day out of it and bring your friends and family to dig through the best junk in town, enjoy some coffee and sweet treats, and even pick out some fresh pumpkins for your fall décor.

The Granville Junk Aholics are a group of junk-lovers who gather to restore, refurbish, re-use, re-purpose, reclaim, and re-sell the often discarded and lovingly used items found lying about. One man's junk might be your treasure, so mark your calendars and come on out to support local businesses at Junkin' in the Dirt! Admission is only \$5 per person. To find out more information and learn about the vendors, unique finds, and home décor inspiration, visit the Granville Junk Aholics Facebook page.



GRANVILLE JUNK AHOLICS PHOTOS



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Tips before buying new tires

Though vehicles can't function without them, tires are something few drivers think about until something goes wrong. A roadside flat tire or a tire rotation recommendation from a mechanic during a routine oil change appointment may be the only time many drivers give much thought to their tires. That no doubt leads to some confusion about what to do when tires inevitably need to be replaced.

The automotive resource Kelley Blue Book notes that the life expectancy of most tires falls between 25,000 and 50,000 miles. That's a big gap, and car owners can check their vehicle manuals to see if their vehicle manufacturer recommends a more specific replacement interval. It's worth noting that mileage is not the only barometer drivers should use to determine if they need to buy new tires. The following tips can help drivers determine if now is the time to outfit their vehicle with new tires.

• Measure the tread. KBB notes that a tire assessment should always include measuring the amount of remaining tread. Drivers can do this on their own in various ways. One method involves looking at the tread wear bars, which are little bridges in the grooves between the ridges. If the bars are even with the tread pattern, then the tire has very little tread remaining and must be replaced. The penny or quarter test is a popular way to determine if tires must be replaced. Insert a

penny or quarter into the center of the tread between two ridges with Lincoln's or Washington's head facing you. If you can see the very top of the head or the space above the head, the tire must be replaced. If only a little bit of hair is visible, then the tire is nearing its end. The tire has sufficient remaining tread if the some of the forehead is concealed.

• Check for other signs of wear and tear. Little remaining tread is not the only sign tires must be replaced. Tires with cracked sidewalls, discoloration and/or bulging need to be replaced.

• Confirm a larger issue isn't lurking. Uneven wear on tires is typically a byproduct of a larger issue. Though tires that have worn unevenly will need to be replaced, replacing them without correcting the larger issue will only lead to more uneven wear on the new tires. That's a costly mistake. KBB notes that poor wheel alignment or suspension issues are typically to blame for uneven wear. This issue can be fixed and should be addressed prior to purchasing a new set of tires.

Tires sometimes exhibit telltale signs that they need to be replaced. Before buying replacement tires, drivers can inspect their existing ones and ask their mechanic to confirm that a larger issue isn't affecting their performance.

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, Sept. 27: 1,831.25 feet above mean sea level (MSL); 13,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447 feet above mean sea level (MSL).

Stump Lake elevation: 1,446.95 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports from throughout area lakes.

•Devils Lake, Woodland Resort, Devils Lake: Try jigging deeper holes, rock piles, or along any of the bridges for walleye. Also try spinners with bottom bouncers along the highways. Lots of small walleye.

•Lake Darling, Karma C-Store, Ruthville: Continued small walleye success although fewer anglers on the water.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Limited activity.

•Lake Metigoshe, Four Seasons, Bottineau: Activity slowing with scattered evening walleye success. Bluegill slowed.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Mixed walleye success on the east end of Lake Sakakawea. Try 13 to 27 feet around the mouth of Douglas Bay with crankbaits or jigging Raps.

•Lake Sakakawea, Indian Hills Resort, Garrison: No new reports. Bait shop closed for the season but camping and lodging available into October.

•Lake Sakakawea, New Town: Fair to good walleye success with a fall bite getting underway. Somewhat spotty but when anglers can locate fish, they're nice-sized. Try jigs and minnows.

•Lake Sakakawea, Van Hook Bait & Tackle New Town: Bait shop closed for the season.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace inconsistent with little salmon success from shore. Best success seems to be in the morning. Try crankbaits, spoons, or nightcrawlers on bobbers from shore. Access becoming increasing difficult with low river levels. Use caution and beware of fluctuating water levels. Fair catfish success from shore off the rocks. Try Government Bay on

• 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.

• Lake Darling now closed to boat and paddlecraft use with shore-fishing at designated locations

• 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.

• Oct. 10: Bonus blue-winged teal season closes.

• Oct. 15: Devils Lake Ducks Unlimited banquet, KC Club, 5:30 p.m.

• Oct. 16: Mountrail Co. Nat'l. Wild Turkey Federation banquet, Parshall City Hall, 5:30 p.m.

TOURNAMENTS:

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

the east end of Lake Sakakawea for salmon using crankbaits, spoons, or some bobber success from shore and boats. Spillway and Scoria bays have some salmon activity. Overall success can change quickly, though, and look for them to move around. Focus on finding areas with fish activity. Also try any of the bays around the dam as well as along the dam itself with scattered salmon success along the dam from boats. Angler numbers slowing. East end of Lake Sakakawea slow for walleye. Better walleye success is on Lake Audubon but access is limited to the East Totten boat ramp and some shallow areas are showing up.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea inconsistent for walleye. Move around using jigs and minnows. Access is becoming more limited and difficult with lowering lake levels. Missouri and Yellowstone rivers producing a few more walleye and sauger.

•Lonetree WMA area lakes, Harvey: Not much activity on area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with little activity on area lakes.

Hunting:

•Deer: A little more increasing nocturnal activity.

•Waterfowl: Limited wetlands in the northwest with ducks congregated on whatever available water they can find. Geese still largely in family groups around Lake Sakakawea. Fair local goose numbers in north-central N.D. with some ducks on available wetlands. Fair opening weekend success around the Devils Lake area for geese.

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.

Welcome to the 1st Annual Minot Y's Men's PBR

Get ready for the biggest bull riding event in Minot, the 1st Annual Minot Y's Men's PBR on Oct. 1, 2021! Head on down to the Minot Municipal Auditorium at 7:00 p.m. CDT to watch the edge of your seat bull riding action.

The Minot Y's Men have been bringing the best of western heritage entertainment for over 65 years and counting. They previously hosted the Badlands Circuit Finals for over a decade and are now partnering up with international organization Professional Bull Riders (PBR) and 10 time Stock contractor of the Year, Chad Berger, to hold the first event of a new tradition.

While their event has changed, the Minot Y's Men's mission remains the same. All proceeds from the event will benefit youth activities at Triangle Y Camp at Lake Sakakawea and the Minot

Family YMCA. Both facilities continue to grow and serve youth, families, and seniors from all over the region.

Braden Bosch, 2021 Chairman of the Minot Y's Men's PBR, extended his gratitude to the sponsors, Y's Men, contestants, and personnel who helped make the 1st Annual Minot Y's Men's PBR a reality. The Y's Men would also like to welcome home the Airmen of Minot Air Force Base and thank them for their service in support of the mission in Afghanistan.

"A heartfelt thank you for joining us this year. The last 18 months have been a wild ride to get here and we truly hope you enjoy the show! Without your support, this event would not be possible," said Bosch.

Get your tickets today at www.minotpbr.com!



MINOT Y'S MEN'S PBR PHOTO

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**91 SFG
GLOBAL STRIKE
CHALLENGE**

From MSgt Shehu:
"The 91 SFG team competed hard at the Air Force Global Strike Challenge at Camp Guernsey, Wyoming. The group finished the week of vigorous events strong and now await for trophy presentations in early December. Hell of a job, boys!"

So proud of this team and the way they represented the group... unknown to most of the SFG, this team had several team composition shake ups all the way up to the last minute...regardless, they formed and performed with absolute class... DEFENDERS! Lead The Way! Chief Sully

91 SECURITY FORCES GROUP PHOTOS



Good Gardening

ADVICE

by Marvin Baker

Fall is upon us

The most obvious sign that it is fall is that the leaves on the trees are changing color. If you want to see spectacular colors, the closest option is Lake Darling, 16 miles west of Minot Air Force Base. An even better display will be at Lake Metigoshe, north of Bottineau. That is 86 miles. You'll have to do it soon as wind will whip the yellow and golden leaves off the trees quickly. It's also the time we see people placing pumpkins on their front steps indicating Halloween is also coming. On the downside, it won't be long until we see frost on those pumpkins.

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Provider of the Month Feature

SEPTEMBER 2021

CASSIDY LARSON



What do you enjoy most about being an FCC Provider?

I enjoy the flexibility that FCC can bring my families and other families. Military life can bring a lot of unexpected twists. I am able to provide care for families which helps lighten the load of a hard lifestyle. It's important to have someone you feel comfortable with your kids at the drop of a hat and I feel like that I am that for a lot of families.

What are your interests/hobbies? My interests include all things healthy living. One of my favorite parts of working with the kids is teaching them this through helping control our emotions, picking correct food choices, and moving their bodies!

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

FCC is not going to be an easy adjustment but it is well worth it. Keep going and stick it out!

The flexibility it has given myself and my family makes it worth it every day. When I was working 50+ hours a week in town my husband and myself did not see our kiddo near as much as we would have hoped. Now whenever my husband is off he gets to come home and see his child which makes any hard day you might possibly have worth it everytime!

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Unfriendly encounters with unfriendly critters

Patricia Stockdill

There are some things in life that a person – and a dog – simply should avoid.

When it comes to hunting and hunting dogs – or pets in general – that includes any encounter with a wild animal.

Heck, even something as small as an irate wasp can be an unfriendly encounter.

Avoiding unfriendly critters is especially true when it comes to wild carnivores. Even though most wild animals normally prefer to run or avoid an encounter, they're typically not going to back down if cornered.

There is a lot of truth in the old adage, "don't mess with the bear" – even if that "bear" isn't a bear but some other wild critter.

Hunting dogs will be afield on a more regular basis now that grouse, partridge, and waterfowl hunting seasons are underway and the Granddaddy of upland season – pheasants – about to open.

That means there is more potential for encounters with critters with attitudes.

Badgers seem to top that list of critters with bad attitudes just because they look like they're having a bad day 24/7. When they show those teeth and snarl those lips, that's a definite indication that, yes, they are not a happy camper. They want you and your dog to be on an entirely different planet.

Sadly, a badger can quickly kill a dog.

They're not alone.

Raccoons can be equally as dangerous. Even encounters with normally docile beavers could result in a painful wallop from a hefty tail.

The spread of diseases are another reason to keep Fido away from wild animals.

Any mammal can get rabies, including small mammals. It's less common in some species but more common in skunks, raccoons and coyotes,

All dogs and cats should have up-to-date vaccinations, especially for rabies.

Any salivary contact between dogs (or cats) and wild animals should be avoided because rabies can be spread through contact. If there is a dog-wild mammal

encounter, the dog owner should immediately contact their veterinarian to determine if a rabies booster or other treatment is necessary.

It could be beneficial to have the wild animal tested for rabies if it is dead and can safely be retrieved without any contact. That way if it's negative there is no need to have a rabies booster. However, never touch a wild animal without gloves or skin protection and only after making certain it is dead.

Lyme disease, which has been identified in North Dakota, is another potential problem for hunting dogs. So even though autumn weather is here it's still important for dog owners to keep flea and tick preventative on dogs.

Most wildlife encounters are likely to occur in dusk and dawn hours when wild animals are typically most active. Activity during daylight hours would be unusual for some, but not all wildlife species, especially if a dog works cover where a wild animal could be resting.

Porcupines are another concern for dogs. Quills can break off easily and problems develop unless properly removed. They can also move throughout a dog's body and serious issues can develop if quills become lodged, including piercing a vein or artery.

In most situations, the dog owner is better off to have their veterinarian remove quills rather than attempting to do it themselves.

Another reason for having a veterinarian remove quills is that the dog is more likely to appreciate and forgive you if you let someone who knows what they're doing pull them - plus they will struggle less. Let a veterinarian and technician have the pleasure – they know how to ease the misery in a safe manner.

The only consolation with porcupine quills and dogs is quills contain a natural antibiotic so a dog is less likely to get infections from a quill. Problems result when quill get broken or the wound gets dirty.

Hunters should have their veterinarian's contact information when they take their dogs afield. If hunting in a new area or out-of-state, to be prepared and find out if there is a local veterinarian available, getting their contact information, as well.

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WHITNEY MORELAND
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Whitney Moreland is the second Vice President of the MAFB Spouses Club. She is originally from South Bend, Indiana and has spent three years as an Air Force Spouse and two years in the Club. Her favorite holiday is Halloween and she loves to craft.

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.

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF CREW PARTICIPATED IN RESCUE OPERATIONS FOR BURNING LUXURY LINER IN THE PACIFIC

October 4, 1980



A Coast Guard Sikorsky HH-3F Pelican helicopter that aided in rescue operations approaches the Prinsendam in the Gulf of Alaska. (USAF/DoD Photo)

On October 4, 1980, a fire erupted in the engine room of the Holland America Line luxury cruise liner Prinsendam as it was voyaging through the Pacific Ocean off the coast of Alaska. The United States Coast Guard performed a search, rescue, and evacuation operation for over 500 passengers and crew over the course of 24 hours. Participating in the evacuation was Air Force Capt. John J. Walters and his crew, who rescued 61 people by airlifting them to a supertanker with the help of their HH-3 Jolly Green Giant helicopter. The rescue of the Prinsendam was particularly significant because of the distance traveled by the rescuers, over 130 miles off the coast, and the fact that all 519 passengers and crew were rescued under challenging environmental conditions without loss of life or serious injury.

Information courtesy of: media.defense.gov / thisdayinaviation.com (Capt. Sean Cross, USCG Ret.)

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Upcoming Events

1-2 OCT **MINOT PBR**
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<https://minotpbr.com>

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For more information:
Facebook Event / Minot PBR / Minot Municipal Auditorium

5 OCT **READ DOGS**
4:00 PM - 5:00 PM
Minot Public Library
516 2nd Ave SW, Minot

Our Reading Education Assistance Dogs will be available for children to read to on the first Tuesday of the month. These dogs LOVE listening to children read. Children may read for 15 minutes on a first come first serve basis. For more information about the READ dog, contact the Children's Library at 838-0606.

Sponsored by Children's Library.



For more information:
Facebook Event / READ Dogs / Minot Public Library

6 OCT **AVIATION CAREER EXPO - MINOT**
9:00 AM - 2:00 PM
Dakota Territory Air Museum
100 34th Ave NE, Minot

Wednesday, October 6, 2021

9 AM - 2 PM | Minot, ND

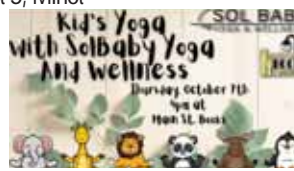
Dakota Territory Air Museum... Register for the FREE Fly-ND Career Expo to see what your future could look like in management, air traffic control, weather planning, flight operations, maintenance, engineering, unmanned aircraft systems, space studies and so much more. Featuring Al Joersz. Imagine having the perfect career path before graduation! The aviation industry has a spot for YOU! A rewarding career in aviation doesn't only mean being a pilot. Scholarship Opportunities!
FLY-ND Career Expo is part of the ND Aviation Association.



For more information:
Facebook Event / Aviation Career Expo - Minot

7 OCT **KID'S YOGA AT MAIN STREET BOOKS!**
4:00 PM - 5:00 PM
Main Street Books
8 Main St S, Minot

Sol Baby Yoga returns to Main Street Books for another kid's yoga class! Join us for a relaxing afternoon downtown! Yoga mats will be provided.



For more information:
Facebook Event / Kid's Yoga with Sol Baby Yoga and Wellness

9 OCT **2021 JUNKIN' IN THE DIRT**
9:00 AM - 4:00 PM
North Dakota State Fair
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Join us at the North Dakota State Fair Center for our fall Junkin' in the Dirt Vintage Market! We will have the arena (and 2 other rooms) packed with junk, vintage, repurposed, farm fresh, and pop up vendors! There will be sweet treats, coffees, and home based markets for those not in to junk...



For more information:
Facebook Event / Granville Junk Aholics

On Base

PUMPKIN PARTY

Minot AFB Library
9 October 2021 • 1PM

Prepare for the season by celebrating pumpkins, jack-o-lanterns, scarecrows, and the harvest moon with stories, crafts, STEM activities, and more!
All ages welcome!

For more information, call the Minot AFB Library at 723-3244 or email mlhlibrary@gmail.com

FORCE

DIY Art Resin Charcuterie Board Class for Deployed-Affected Families
at the Arts & Crafts Center
October 6th & 11th at 6pm-8pm

Create a gorgeous piece of work in our FREE Art Resin Charcuterie Board Class! Registration is due by October 2nd & 7th

723-3640

FORCE

For more information visit: www.5thforcesupport.com

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f i

WHAT'S HAPPENING AT THE MINOT AFB EXCHANGE



Spook-tacular Pets Can Fetch Prizes for Minot AFB Shoppers in Army & Air Force Exchange Service's Halloween Photo Contest

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – The Army & Air Force Exchange Service and JM Smucker are inviting military shoppers to submit photos their boo-tiful pets decked in their Halloween finest for chance to win their share of \$3,000 in Exchange gift cards. Authorized Minot AFB BX shoppers 18 years and

older can enter the Howl-O-Ween Pet Costume Contest from Oct. 1 through Oct. 31 at ShopMyExchange.com/sweepstakes. Honorably discharged Veterans who have verified their eligibility are also able to enter. Two grand-prize winners will each receive a \$500 Exchange gift card, and eight runners-up will each receive a \$250 Exchange gift card.

“Pets add a special excitement and joy to the lives of military families,” said Minot AFB Exchange General Manager Brian M. Read. “This contest gives military pets a chance to be seen and celebrated—and win a great prize for their families.”

No purchase is necessary to enter or win. All winners will be selected and notified on or around Nov. 5. Visit ShopMyExchange.com/sweepstakes to enter the contest and view the official rules.

Minot AFB Exchange Celebrates Air Force's 74th Birthday with \$9,000 in Tactical Gear Giveaways

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – Exchange shoppers have a chance to win 250 prizes as part of the Army & Air Force Exchange Service's celebration of the U.S. Air Force's 74th birthday.

From Sept. 17 to Oct. 15, Airmen and Minot AFB Exchange shoppers 18 years and older, including honorably discharged Veterans, can enter at ShopMyExchange.com/sweepstakes for a chance to win more than \$9,000 in the latest tactical gear. Prizes include:

- Streamlight Stinger switchblade work light (10 winners)
- Mercury Tactical Gear deployment pack (10 winners)
- Grayl geopress water purifier (10 winners)
- Revision Sawfly ballistic eyewear kit (10 winners)
- Fly Boys helmet bag (10 winners)
- Seirus all-weather gloves (10 winners)

winners)

- Wiley X Valor ballistic eyewear kit (10 winners)
 - Mechanix Wear 0.5mm MPT gloves (25 winners)
 - Mercury Tactical Gear hanging shave kit (25 winners)
 - Gear Aid Tactical cooling towel (25 winners)
 - Otis 5.56MM M4/M16 ripcord (25 winners)
 - Rite in the Rain memo book (25 winners)
 - Nite Ize Inova microlight (25 winners)
 - Dexter Meadows clip-on kneepads (30 winners)
- Shoppers can also find additional Air Force birthday savings in stores and online, such as discounts of up to 40% on select tactical gear. See the Minot AFB BX for details or visit ShopMyExchange.com/savings-center/weekly-ads to view sales flyers.



If you have had lunch in the Food Court, then you have met this HERO and seen her smiling face! Brenda is the AAFES Office Assistant and was recognized with our "THANKS FOR SERVING AWARD". We wanted to take a moment to recognize Brenda's dedication to the Team and tireless support of the Food Court. Mrs. Brenda is known to wrangle a co-worker or two to ensure that we have enough staff to serve anyone who stops in the food court over lunch and has worked almost daily serving lunch.

EXCHANGE (MINOT AFB, ND)



2021 POW/MIA RUN

Team Minot Airmen participated in a 24 hour run event to honor the POW/MIA victims on Sept. 16-17, 2021 at Minot Air Force Base, N.D. The event was conducted by the Air Force Sergeants Association with assistance from the Minot VFW chapter.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JOSH W. STRICKLAND & AIRMAN FIRST CLASS SAOMY SABOURNIN

Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar 2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Smokehouse & Grill 1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar 1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps 1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico 301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p>Pink's Bar & Grill 102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant 3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads 3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Dakota Burger Company 315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 www.dakotaburgercompany.com</p>	<p>The Starving Rooster 30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant 1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing 32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>

GOT MUSICAL TALENT?

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- **Heritage Singers**
 - o Men's Chorus
 - o Practice Thursday Evenings at 7:00 PM
- **Brass Band Of Minot**
 - o North Dakota's Only British Style Brass Band
 - Room For All Brass Players
 - Horns Provided
 - Meets Sunday Afternoon at 3 PM
- **Community Band of Minot**
 - o Community Band
 - Room For All Musicians
 - Meets Mondays at 7 PM
- **Nodakords**
 - o Men's Barbershop Chorus
 - Meets Mondays at 7 PM

INTERESTED?
Email sentrysales@srt.com and we'll be happy to put you in touch with any of the above groups!!!

Did you Know?

Air Force Aid Society at A&FRC

ABIGAIL KINDER, NORTHERN SENTRY

This article has been changed to reflect the most up to date information about AFAS and A&FRC programs. Child Care for Volunteer Services is no longer offered and Car Care Because We Care will be discontinued on Dec. 31, 2021. Heartlink/Spouse Orientation is now Spouses Welcome, where spouses can meet base leadership, learn about Minot Air Force Base, connect with other spouses, and more.

The Air Force Aid Society (AFAS) is the official charity of the U.S. 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.

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.

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 once 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. Due to COVID-19 though, this program is currently suspended.

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.

All of the programs listed are available through the Airman & Family Readiness Center. 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.




EVERYDAY HAPPY HOUR - 3PM - 6PM
 \$2 off All Apps
 \$3 House Wine & Domestic Pints
 \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
 \$5 Moscow Mule
 \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
 1/2 Flat Bread Pizza

DAILY SPECIALS
 Monday \$5 Moscow Mules (all day)
 Tuesday \$4 ND Breweries (all day)
 Wednesday 1/2 Price Wine by the glass/bottle (all day)
 Thursday \$1 up for all Tall Taps (all day)
 Sunday BRUNCH (11am-2pm)
 \$7 TSR Bloody Mary & Caesars
 \$12 Bottomless Mimosas
 \$6 Breakfast Shots

FAMILY PACKS
 Monday Pizza Pack Combo
 Tuesday Sandwich Pack
 Wednesday Chef Creation*
 Thursday Pasta Pack
 *Changes Weekly - Check our Facebook Page

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OKTOBERFEST PRETZEL MUSTARD CHICKEN

INGREDIENTS
 1/4 POUND PRETZEL STICKS
 3 TABLESPOON DIJON MUSTARD
 3 TABLESPOON APPLE CIDER OR BROWN ALE
 1 TABLESPOON HONEY
 1 1/2 TEASPOON FRESH THYME, PLUS MORE FOR GARNISH
 4 BONELESS, SKINLESS CHICKEN BREASTS

Pulse the pretzel sticks in a food processor or crush by hand in a resealable bag until they've turned into a powder the texture of panko breadcrumbs. Transfer the crumbs to a wide, shallow bowl.

In separate shallow bowl, whisk mustard, beer or cider, honey and thyme together. Spray a wire rack with cooking spray and place atop a sheet tray. Dip each chicken breast in the mustard mixture, then dredge in the pretzel crumbs to coat evenly and place on the wire rack.

Spray the top of each chicken breast lightly with cooking spray.

When ready to cook, set Traeger temperature to 375°F and preheat, lid closed for 15 minutes.

Place the pan on the Traeger and bake for about 20 to 25 minutes, until the chicken breasts are fully cooked and register 165°F on an instant-read thermometer.

Let chicken rest for 5 minutes. Garnish with fresh thyme if desired. Enjoy!

Ryan Davy - GM Minot
www.HofE.com/BBQHQ



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2021-2022 MPS CALENDAR



IMPORTANT UPCOMING DATES

- October 21 & 22**
Administrator Convention Days
No School for Students
- November 11**
Veteran's Day - No School
- November 25**
Thanksgiving Day - No School
- November 26**
Vacation - No School

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		

November 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	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

MINOT'S REAL 9-HOLE GOLF COURSE FOR KIDS

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Monday - Sunday
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Ages 14 & Under \$1.00
Ages 15 & Over \$5.00
Youth Club Rentals \$1.00

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Adults may play when accompanied by a child 14 & under

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Reintegration

The cycle of deployment includes five phases: 'pre-deployment', 'deployment', 'sustainment', 're-deployment', and 'reintegration'. Reintegration, also referred to as 'post-deployment', generally occurs three to six months after the duty member has returned to their home station. Initially, families can expect to experience the honeymoon period where there are feelings of joy and excitement. However, over time it is common for families to begin to feel stress or tension as all family members are readjusting to having the duty member home. This stress can stem from a variety of changes and emotions: it may be due to a need to reconnect and strengthen bonds with the member, it could be due to mismatched expectations, or adjusting to new schedules. Members with children may find this period especially stressful as they may feel pressure from having missed milestones during the deployment and are likely returning to children who have physically grown, developed



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



new aspects of their personality, or have found new autonomy. Some tips from Military One Source to support children during reintegration include: planning special reunion activities with children, making time to let children talk, recognizing and adapting to how children have changed, monitoring changes in behavior, and allowing children to adjust at their own pace. If you child attends school be sure to work with your child's teacher and/or guidance counselors to ensure they are aware of changes at home in order to prepare for potential impacts while at

school. Additionally, families can reach out to the following for support: Military One Source <https://planmydeployment.militaryonesource.mil/> - provides access to support and recommendations for the entire family, the Military Family Life Counselor 701-425-7905- free, short-term non-medical counseling for adults and children, Airmen & Family Readiness 701-723-3950- connects you with resources and information, or the School Liaison 701-723-1447- provides you or your school with youth support materials.



MENTOR

BECOME A MENTOR AND JOIN OTHERS IN YOUR COMMUNITY MAKING A DIFFERENCE IN THE LIFE OF A CHILD.



PLAY BALL



GRAB A BITE



HIT THE GYM



VOLUNTEER

MALE VOLUNTEERS NEEDED

Mentoring relationships are a shared opportunity for learning and growth. Many mentors say that the rewards they gain are as substantial as those for their mentees.

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Families get an inside look at MAFB youth programs

MAJ. GILBERTO S. PEREZ, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

On Sept. 24, 2021, the Youth Center held an open house to welcome families and give them an inside look on all that youth programs at Minot Air Force Base have to offer! Attendees were able to take a tour of the Youth Center and speak with a variety of Child & Youth supporting agencies on base such as the Family Childcare Program (FCC), Child Development Center (CDC), Youth Sports, and more.

The Youth Center offers a variety of programs from pre-teen/teen activities to school age programs with clubs, fun and educational outings, and daily/long-term lesson plans that adhere to a structured curriculum but also cater to the needs and interests of individual youth. Children have the freedom to follow their passions and use their time in a productive manner by choosing what programs they want to participate in. Teens are able to participate in group activities, foster their creativity in the art center, or even build leadership

and community service skills through the Keystone Club. There is always something to do or learn at the Youth Center.

Families at the open house were also able to learn about upcoming improvements to youth programs at Minot AFB. Recently, the CDC revamped their curriculum to "Early Learning Matters," which promotes readiness, wellbeing, and life success through research based programs. ELM has been implemented at CDCs Air Force-wide, making it easier for children to pick up where they left off instead of beginning a whole new curriculum after PCSing.

Teen Programs at the Youth Center are also undergoing changes. In the future, they hope to expand and implement new learning facilities to incorporate STEM (science, technology, engineering, mathematics) as well as other valuable tools for teens.

All of these programs and improvements aim to give military families the support they need and help children develop

to their best potential. "We're always trying to give back to our community," said Matthew Balas, Chief of the Child and Youth Programs Flight.

To learn more about youth programs available at Minot AFB, visit www.5thforcesupport.com. Here, you can find upcoming youth events, contact phone numbers for all of your family's needs, and find information regarding the School Liaison, FCC, and the Youth Center.

Youth programs representatives and the School Liaison Officer pose together at the open house on Sept. 24, 2021, where families were able to learn more about what Minot Air Force Base has to offer in childcare, education, and recreational youth activities.

NORTHERN SENTRY PHOTOS
ABIGAIL KINDER



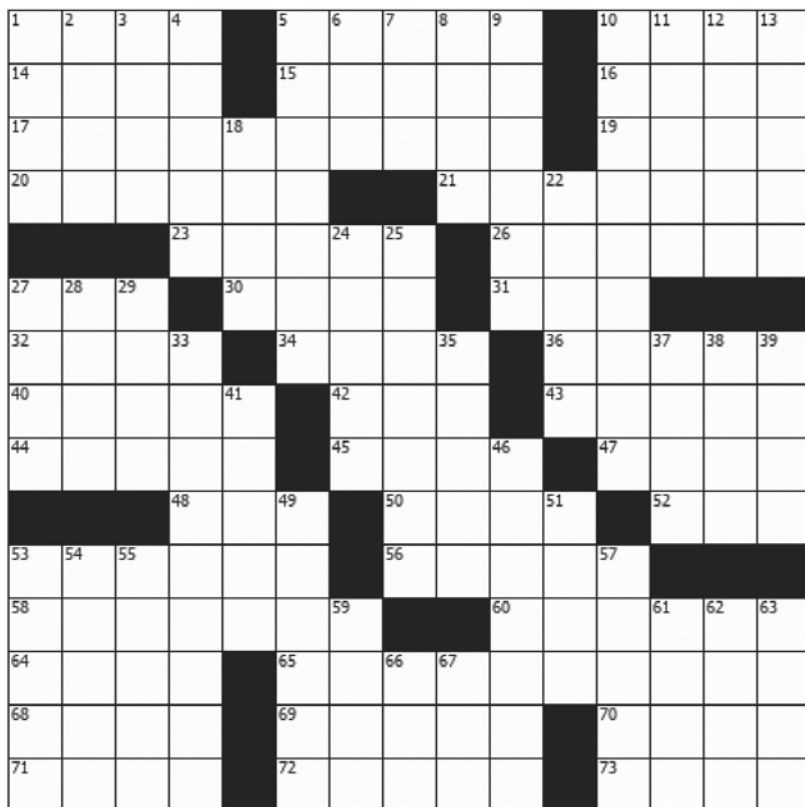
The Teen Center is one of many facilities at the Youth Center that offers a variety of educational, athletic, fun, and creative opportunities for the youth of Minot Air Force Base.



CROSSWORD PUZZLE

Across

- 1. Unload, as stock
- 5. After-bath powders
- 10. Planted listening devices
- 14. Cream-filled cookie
- 15. Henri's school
- 16. Slender woodwind
- 17. Milk-Bone product
- 19. State of mind
- 20. State positively
- 21. All wet
- 23. Sharp weapon
- 26. Egg hunt holiday
- 27. Bring to a halt
- 30. Main church section
- 31. Letters for lawyers
- 32. Not imaginary
- 34. Columbia launch gp.
- 36. Personal instructor
- 40. Gives four stars to, say
- 42. Synonym for the first words of 17- and 65-Across and 10- and 33-Down
- 43. Noncom nickname
- 44. Snail mail need
- 45. Outback birds
- 47. "Doggone it!"
- 48. Stable tidbit
- 50. Whitney and Wallach
- 52. Parakeet, perhaps
- 53. Plan for the meeting
- 56. Utter
- 58. Audubon Society members
- 60. Hall of Famer Mickey
- 64. Not quite closed
- 65. Ragtime dance
- 68. Run-of-the-mill
- 69. Sign after Pisces
- 70. Mob scene
- 71. Dickens's Uriah
- 72. Try another shade
- 73. Oxen's harness



Down

- 1. Teetotaler's order
- 2. Greek god of love
- 3. Baby grand supports
- 4. Pierced places
- 5. Anti-nuke pact
- 6. UNC's conference
- 7. Comic Costello
- 8. Muse of history
- 9. Prearranged price
- 10. Police unit with canines
- 11. WWII attacker
- 12. V-formation flier
- 13. Passover celebration
- 18. Afghanistan neighbor
- 22. Doesn't have a thing
- 24. Give the slip
- 25. Job application attachments
- 27. Goes astray
- 28. Without ice
- 29. Facts and figures
- 33. Slightly sour candy
- 35. Chaperone, usually
- 37. Golfer's hazard
- 38. Cruel character
- 39. Use U-Haul, e.g.
- 41. Garden tool
- 46. Cat breed
- 49. Seafood sauce
- 51. Linger
- 53. Put to shame
- 54. WWII enlistee
- 55. Rub out
- 57. What a pass provides
- 59. "Without a doubt"
- 61. The Stooges, for one
- 62. "Get a load of that!"
- 63. Kitchen add-on
- 66. Disencumber
- 67. Door opener

SUDOKU

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

Solution to puzzle on page C10

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

FRIDAY, OCT 1 1800
 SATURDAY, OCT 2 1800
 SUNDAY, OCT 3 1500
VENOM (PG-13)
FIRST RUN

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



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><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> 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</p> <p>Saturday, Oct 2 5 PM, No Vespers</p> <p>Sunday, Oct 3 10AM, Congregational Prayer Service</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 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>

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Puzzle on page C8

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

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MINOT AFB ANNOUNCEMENTS

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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.

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MINOT STATE UNIVERSITY

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

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WHAT'S GOING ON MAFB

FRIDAY 01

- Golf End of Season Sale begins at the Rough Rider Golf Course
- Halloween Bowling Pin Decorating Contest begins at Rough Rider Lanes
- International Coffee Day Special at the B-Fifty Brew
- 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
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- 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

SUNDAY 03

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

MONDAY 04

- Family Fit Bootcamp, 1000, The Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Acrylic Paint Pouring, 1800-2000, Arts & Crafts
- DIY Canvas Art – Free for Deployed Affect, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center
- Zumba, 1930, Fitness Center

TUESDAY 05

- Yoga, 0600, Fitness Center
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Oktoberfest Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Federal Resume Workshop, 1400-1600, A&FRC
- Moving Out of the Dorms Budget Class, 1430-1630, A&FRC
- Yoga, 1730, Fitness Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 06

- Boots to Business, 0900-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Extramural Bowling League, 1715, Rough Rider Lanes
- DIY Art Resin Charcuterie Board – Free for Deployed Affected, 1800-2000, Arts & Crafts
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Zumba, 1930, Fitness Center

THURSDAY 07

- Registration Closes: DIY Art Resin Charcuterie Board Class – Free for Deployed Affected at Arts & Crafts
- Yoga, 0600, Fitness Center
- Initial Counseling, 0730-0800, A&FRC
- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- Family Fit Bootcamp, 1000, The Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1100, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Yoga, 1730, Fitness Center
- 9 Pin No Tap League, 1800, Rough Rider Lanes
- "Have a Beer Ball" League, 1800, Rough Rider Lanes
- Art Resin Charcuterie Board Class, 1800-2000, Arts & Crafts
- 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

FRIDAY 08

- Registration Closes: Intramural Indoor Soccer at Fitness Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Friday Night Fun League, 1800, Rough Rider Lanes
- Magic The Gathering Chaos Draft, 1800, ESC
- Zumba, 1830, The Turf, hosted by the Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 09

- Registration Closes: DIY Art Resin Charcuterie Board Class – Free for Deployed Affected at Arts & Crafts
- Halloween Spooktacular Fitness Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Pumpkin Party, 1300, Pumpkin Party
- 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.
- 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

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