

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 41 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 8, 2021

WHATS INSIDE THIS WEEK:



NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

A2-A3



INSIDE THE DUAL-WING COMMAND SPOUSE DYNAMIC

A4



MINOT DIVERSITY AND INCLUSION WORKING GROUP BALLOON POP CEREMONY

B2



FIRE PREVENTION WEEK

5th Bomb Wing Commander Col. Michael O. Walters and 91st Missile Wing Commander Col. Christopher E. Menuey kick off Fire Prevention week on October 3 by signing the Fire Prevention Week Proclamation. A parade through base housing will be held this Saturday at 9:00 a.m.

U.S. AIR FORCE PHOTO | MINOT AFB PA



RAM
BADLANDS
CIRCUIT FINALS RODEO
We welcome the military.



OCT. 8-9-10

North Dakota State Fair Center
MINOT, ND

\$5 off with military ID on Oct. 10,
for tickets purchased at the gate

www.badlandscircuitfinals.com



HOME OF THE GLOBAL STRIKER

Only The **BEST** Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS
701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



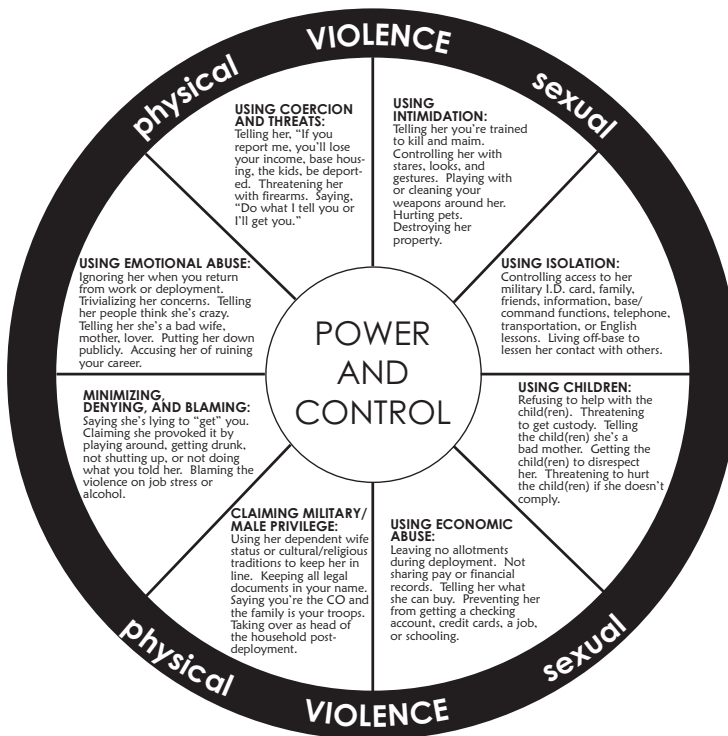
Find us on
Minot Air Force Base

VISIT OUR WEBSITE
TO READ OUR WEEKLY
E-EDITION
northsensentry
MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

MINOT FLEA MARKET
OCT 9 & 10, 2021
ANTIQUES, COINS, BOOKS,
JEWELRY, TOOLS, BAKED
GOODS, & MORE
STATE FAIRGROUNDS • MINOT
SAT 8AM - 4PM • SUN 10AM - 3PM
A PLACE TO SHOP - A PLACE TO SELL
SELLERS, CALL TODAY! 701-340-7930

4 SEASONS VENDORS
VENDOR SHOW
OCTOBER 9
FREE ADMISSION
10 TO 3
CRAFTS,
UNIQUE GIFTS,
BAKED GOODS,
VENDORS FROM ALL
OVER NORTH DAKOTA
LOCATED AT
MOOSE LODGE
400 9TH ST SW

MILITARY POWER AND CONTROL WHEEL



Produced and distributed by:

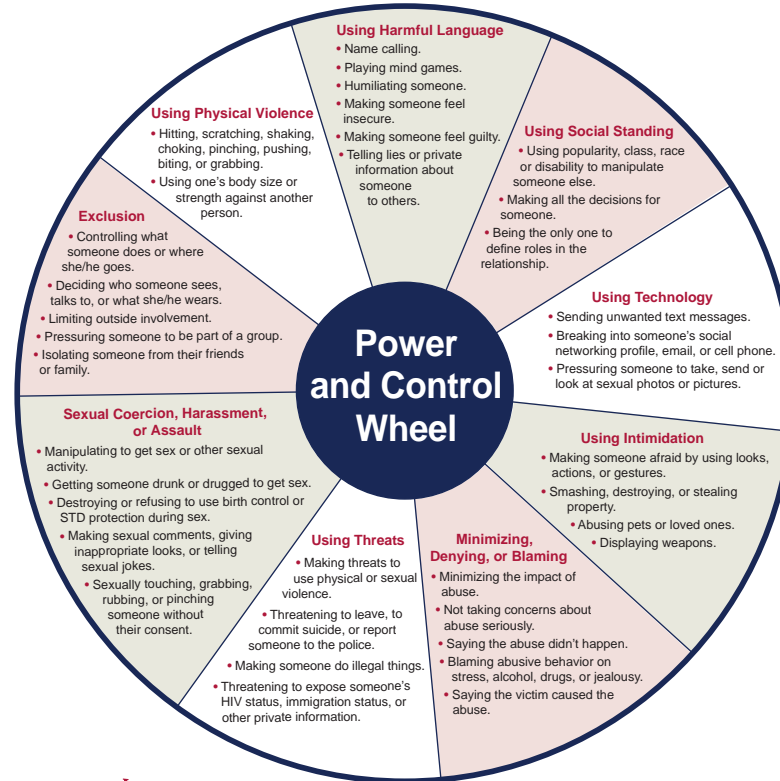
Developed from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134



NATIONAL CENTER
on Domestic and Sexual Violence
training • consulting • advocacy
4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ncdv.org

Handout | *Power and Control Wheel/PCW*

In an abusive or violent relationship, power and control are repeatedly misused against a girlfriend, boyfriend, family member, or peer. Here are some examples of physical, verbal, and sexual abuse and violence.



© 2009 Family Violence Prevention Fund. All rights reserved. Lessons from Literature™ is a service mark of the Family Violence Prevention Fund.

Adapted from materials created by the Domestic Abuse Intervention Project and the National Center on Domestic and Sexual Violence.

GET THE **Kramer ADVANTAGE**

2021 SUBARU CROSTREK PREMIUM

\$299 /MO.

36-MO./30K-MI. LEASE

Stock #SM573. Lease end value \$17,622. \$3,000 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offers expire 10/31/2021.

2021 SUBARU ASCENT PREMIUM

\$449 /MO.

36-MO./30K-MI. LEASE

Stock #SM582. Lease end value \$25,927. \$3,100 due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offers expire 10/31/2021.

2022 SUBARU IMPREZA

\$199 /MO.

36-MO./30K-MI. LEASE

Lease end value \$14,253. \$4,100 due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offers expire 10/31/2021.

SUBARU Loves Pets

MANDAN • ND

WARRANTY FOREVER!

LOVE.
It's what makes Subaru, Subaru.

Join us for Trunk or Treat from 11am-1pm on October 30 to meet the pets and enter to win prizes! Kramer will donate \$100 for every pet adopted in October.*

*Up to \$3,000

700 Old Red Trail • Mandan, ND **NEW LOCATION!**
888.852.6376 • KramerSubaru.com

October marks National Domestic Violence Awareness Month

SHELLY CARBO, LCSW AND CAPT SIERRA-KWANDHAM, LCSW

October is National Domestic Violence Awareness Month. Purple ribbons are worn as a symbol to honor victims and survivors of domestic violence. They remind everyone that nearly 20 people per minute are physically, sexually, emotionally or verbally abused by a spouse or partner; during a one year period, this equates to more than 10 million women and men. These statistics are from the National Coalition Against Domestic Violence (<https://ncadv.org/>).

Some victims don't ask for help because they fear for their safety or the safety of their children. Victims of domestic violence usually do not recognize they are victims and feel the violence is normal. Unfortunately, it is often only when someone is seriously hurt that their friends, family or professionals become aware of the situation.

Many of us know someone who has experienced some form of domestic abuse. Whether the abuse is emotional, physical, sexual, or neglect, one aspect of this abuse remains the same-Intent. The intent of an abuser in this kind of relationship is usually to gain power and control over the victim. The tactics used to achieve this goal may present differently in each relationship; some abusers may

only use one form of control, while others use all of them in order to gain power over the victim. These behaviors may not be present at the beginning of the relationship, but as time goes on they present more frequently and more severely. Many victims are ashamed or do not realize that the unhealthy patterns are actually abusive.

For example, the abuser may use emotional abuse tactics at first such as name calling, belittling, or making their partner feel guilty so that their self-worth is slowly diminished. That, coupled with ignoring them once home from a long work day or deployment may be enough to gain control in the relationship. Using isolation and other tactics only furthers the control by sheltering the victim from support networks. Pulling the victim away from friends, speaking ill of their family, and limiting their access on and off base can be detrimental as the abuse continues. The isolation becomes even worse when access to resources such as finances are cut off. Telling them what they can and cannot buy, restricting access to bank accounts, or not allowing them to have a job creates an even bigger separation and increases power of the abuser. These tactics and more are used to create the power gap

and gain control of the emotions and actions of the victim. Once achieved, relationships often escalate to physical and sexual violence, and the cycle of abuse continues.

If the above examples sound familiar and you realize you are a victim of abuse, or know someone who is, the Family Advocacy Program offers Domestic Abuse Victim Advocate services (DAVA). The DAVA program is designed to provide a voice to victims who need support to speak about their experience. Members who are a part of the program work 24/7 (701-343-3531), to provide victim advocacy to all active duty personnel, family members or intimate partners.

A victim of domestic violence has two reporting options: restricted or unrestricted. An unrestricted report is for victims who want the military chain-of-command to know of an incident and to have it investigated and assessed by law enforcement, the Family Advocacy Program, chain-of-command and Air Force Office of Special Investigations.

The advocate services can provide safety planning and linkage to needed installation and community services; regional and local resources; getting a protection order with

both military and civil court; and support during court proceedings. Someone may also accompany the victim for medical appointments, law enforcement investigations, counseling and any judicial processes.

A restricted report allows victims of abuse to report to specific individuals within the military systems, including victim advocates and health care providers, without that person having to report it further. However, if a restricted report becomes known to the command or FAP by another source (i.e. law enforcement, CPS, etc.), it will be investigated as if it were unrestricted.

Please call and consult with our office to gain a deeper understanding of the process, resources and reporting options you have. Don't suffer in silence. Let our staff help.

If you are a victim of abuse and would like to talk to an advocate, please call:

FAP Office number: 701-723-5096

DAVA Crisis hotline: 701-343-3531

National DV hotline: 800-799-SAFE (7233)

(The FAP office is located in the Mental Health Clinic at the medical group on base; 194 Missile Ave, Minot AFB, ND)

CONTACTUS

Ted Bolton

Publisher | Advertising
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

Abigail Kinder

Reporter/Creative Services
nsabby@srt.com

GRAPHIC DESIGN BY

Nikki Greening

nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief

Maj. Chris Mesnard

Public Affairs Officer

1st Lt. Ryan Walsh

Superintendent

Master Sgt. Andy Stephens

Community Relations

Mr. George F. Gutierrez

Staff Photojournalists

Technical Sgt. Crystal Cherierra

Technical Sgt. Benjamin Smith

Senior Airman Dillon Audit

Senior Airman Josh Strickland

Senior Airman Michael Richmond

Senior Airman Jesse Jenny

Airman 1st Class Caleb Kimmell

Airman 1st Class Jan Valle

Airman 1st Class Evan Lichtenhan

Airman 1st Class Zachary Wright

Airman 1st Class Saomy Sabournin

De Los Santos

Airman Allison K. Martin

COMMANDERS

5th Bomb Wing Commander:

Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Michael D. Maginness

91st Missile Wing Commander:

Col. Christopher E. Menuey

91st Missile Wing Vice Commander:

Col. Johnny L. Galbert

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL

315 South Main Street, Suite 202

Minot, ND 58701


VIEW ONLINE

www.northernsentry.com

www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.



STORYTIME
and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!
10% Off Everything, Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srt.com



Minot's Hotspot for all things
Antique, Vintage, & Repurposed!
2100 SQ. FT.

Open Thursday, Friday
& Saturday
Oct 7-8-9
10AM-5PM

Buying and Selling everything
antique, vintage and retro!
701.720.0215 or 701.720.4494
2001 8th Ave. SE Minot


FIND US ON FACEBOOK 

Flu Shots Available

Appointments Required

- **Minot Vaccine Line:**
701-857-2515
Children under 3 years of age should see their pediatrician or primary care provider.
- **Your Primary Care Provider's Office**
We bill all verified insurances. Please bring a copy of your insurance card.
- **Trinity Health Rural Clinics**
\$65.00 for regular dosage
\$105.00 for high-dose vaccine
\$80.00 for FluMist (nasal inhalation)

Provided as a community service by



Masks are required at all Trinity Health facilities.



Granville JunkAholics
Junkin' in the Dirt
SATURDAY, OCT. 9, 2021
9 AM TO 4 PM



North Dakota State Fair Center,
Minot, North Dakota
\$5 ADMISSION

For more information:
Email: granvillejunkaholics@gmail.com
Call: Wanda 701-721-9957 or Kolette 701-818-7915
Find us on Facebook: Granville JunkAholics
or 2021 Junkin' in the Dirt

BEAUTIFUL PROFESSIONAL SUITE



315 SOUTH MAIN STREET, MINOT
 Perfect for dentists, hair stylists, massage studio.
 Ready to move in. Call Jim for a tour.
 MLS# 20078

MINOTHOMES.COM
 408 N. Broadway Minot, ND 58703
 701-852-1156 www.minothomes.com
 Serving the Greater Minot Area Since 1951



James J. Bowman
 GRI, SFR, MRP
 808-462-2173
 jim@minothomes.com



CAN AM DEFENDER GIVEAWAY
 Two chances to win
 Qualify now THRU Oct 29
Drawings on October 23 and October 30.

CASH IS KING
 October 9
 Win your share of \$15,000
 Qualify September 1 - October 8
 Qualify to win your share by playing your favorite slot machines.

BINGO
 ... OCTOBER 9 ...
 Doors open at 12:00 PM, sessions begin at 2:00 PM
Blackout Jackpot is \$13,785!!!

4 BEARS SPORTSBOOK
 Place your sports book bets on all the great NFL football action this season.
 Get in on Thursday night, Sunday and Monday night football games.

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

 4bearscasino.com
 800.294.5454

NEW HOURS
 CASINO MON-TUES 5 PM-1 AM; WED-THUR 11 AM-1 AM; FRI 11 AM-4 AM; SAT 8 AM-4 AM; SUN 8 AM-2 AM
 BAR 12 PM-1:30 AM FRI/SAT AND 12 PM-12:30 AM WED/THUR/SUN

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

THE OPTIMIST CLUB OF MINOT PRESENTS

TRUNK OR TREAT

A SAFE AND SPOOKTACULAR HALLOWEEN EVENT

October 31, 2020 | 4 PM - 7 PM
 Renaissance Parking Garage - Level 1

Inside the dual-wing command spouse dynamic

ABIGAIL KINDER, NORTHERN SENTRY

Minot Air Force Base is the only dual-wing, nuclear capable base in the Department of Defense. Just as the two wing commanders work together to execute the mission of strategic deterrence, their spouses have a special opportunity to collaborate and promote another important mission: supporting Air Force families.

Carri Walters, wife of Col. Michael Walters, 5th Bomb Wing Commander, and Tonya Menuey, wife of Col. Christopher Menuey, 91st Missile Wing Commander, have a unique friendship and aligning visions for the base. Despite their busy family lives, they devote their time to playing an active role in the community.

This dynamic duo has made it their goal to make a difference at Minot AFB and leave behind a legacy for future command spouses to lead the way in creating a welcoming environment for spouses and families.

When did you come to Minot AFB?

CW: We both arrived at the same time in July of 2020.

What were your thoughts when you found out you were going to be living at Minot AFB?

CW: We were very excited to be a part of Team Minot! For years we had heard about the amazing community at Minot so we were excited to get to be a part of it and to be a part of the mission here. Also, I personally was looking forward to living in North Dakota because I've never lived in this part of the country and I wanted to experience some of the unique things that it offers. I have learned how to snowshoe, and cross country ski, plus there is ice fishing, snowmobiling and dog sledding close by... all of that which I had never had the opportunity to do.

TM: We were excited to have the opportunity to be in wing command, and this is our third missile base so it completes the trifecta, as people say. But it was a really hard move for our family. Our youngest son Jonathan did competitive gymnastics and they don't have that here, so it was something that he had to give up. We also homeschool, and there aren't a lot of homeschool opportunities for teens. We had heard great things about Minot, but it also meant our boys had to sacrifice some things.

What was your first interaction with each other like and what were your first impressions?

CW: We started talking before we arrived. We have a mutual friend that connected us through Facebook Messenger so we were able to get to know each other initially that way. We actually met face to face in the TLF (Temporary Lodging Facility) parking lot but didn't recognize each other—we had a friendly conversation and a laugh and didn't even realize we were speaking with one another. My first impressions of Tonya was that she is a very warm, caring

and compassionate person with a strong faith and those first impressions have all proven to be true.

TM: We discovered we balance each other well. I love the energy and enthusiasm Carri brings to the projects we work on together. [Meeting outside of TLF] was our first encounter, but even in our first sit down conversation we discovered we wanted the exact same things. We wanted what was best for Minot and the base, and we wanted to do what we could to make a difference here.

What were your priorities when you first came to Minot AFB?

CW: This was something that I put a lot of thought into and something that Mike and I discussed before we arrived. For me, my priority outside of my family was building and strengthening community and doing that through fostering the partnership with the 91st, as well as working on programs to support the families and spouses at Minot.

TM: Chris and I also talked a lot about it before we came and ours boiled down to two very simple things: we wanted to care for families well and we wanted a good working relationship with the Walters and between the wings.

Why do you think you work so well together?

CW: We have a mutual respect for each other. In addition to that, we've taken the time to get to know one another which I think has been very helpful because we understand each other's hearts and intentions. We also don't compete with each other. We recognize that we each bring different strengths to the table and we allow each other the space to use those strengths and to complement each other. We also continually communicate.

TM: Like Carri said, we recognize each other's strengths and gifts and fairly early on we realized that those complement one another. Carri's gift of hospitality is unrivaled and that is not my strong suit, so I've been able to learn from her and grow in those areas. It's been good to get to know each other well enough to know what our strengths are so that we can rely on each other to step into those when needed.

Is this a typical dynamic for command spouses?

TM: This is especially unique because there aren't a lot of bases that have two operational wings, and we are the only one in Global Strike Command. So, it's been very important for us to build a team while also acknowledging each wing's unique personalities. The challenges of each wing are different but one isn't necessarily harder than the other. It's been our goal to meet people in the challenges they face, both as Team Minot as well as within each separate wing. There aren't many others that have had to navigate it like we have, or even had the chance to. A lot of it has been really beneficial to



A lot of the things that we do or are involved in affect each other, so it's important that we have that relationship and partnership, because there are two wings that are affected.

CARRI WALTERS



have another person to bounce things off of; I've never had to feel alone.

CW: A lot of the things that we do or are involved in affect each other, so it's important that we have that relationship and partnership, because there are two wings that are affected.

What kind of programs are you involved in/have you been working on for the families of Minot AFB?

TM: Together, Carri and I work on the Key Spouse program, sit on the Spouses' Club Board as advisors, attend the MCAT (Monthly Commander's Action Team) meeting each month, which is where we sit with helping agencies to hear what they are doing on base so that we can connect spouses to those programs, and brief at Right Start to help our active duty members know how to get their spouses connected here at Minot. In addition to the things we collaborate on, we each have individual projects we work on. I have been helping to connect homeschool families to one another and to resources on base. I have also coordinated quarterly spouse events for the 91st Missile Wing.

CW: We also collaborate together on the quarterly Spouses Welcome for new spouses in Minot. I've helped start the Design and Unwind event which is an event hosted by the 5th, for the entire installation. I also assist in facilitating quarterly roundtable discussions with the key spouses in the 5th Bomb Wing. And together we've collaborated on the quarterly Spouses' Tour to help connect spouses with the mission and support the families.

Walters and Menuey are not bound to specific responsibilities as command spouses, but they have chosen to participate in these efforts in order to help the Minot AFB community and make it a better place for current and future spouses and families.

TM: The Air Force doesn't expect or require anything of us as command spouses. But there is a lot of good that can be done from this position. Some spouses have more capacity for it than others—there are a lot of command spouses that work and simply don't have the time that we do. It just worked out that we are both stay at home moms. Obviously our families are first, but we also both came to Minot knowing that we wanted to give as much as we could to this base.



Tonya Menuey, spouse of 91st Missile Wing Commander Col. Christopher Menuey, and Carri Walters, spouse of 5th Bomb Wing Commander Col. Michael Walters, are a dynamic duo in bettering the Minot Air Force Base community. The two women work closely together and play an active role in developing programs to support the spouses and families of Minot AFB.

COURTESY PHOTO

How have you grown together as a team since being at Minot AFB?

CW: We have grown together to understand that we both want the same thing, and that is to take care of spouses and families. We have grown to understand each other's wings and unique missions, and that we can work together to support and meet the unique needs of all the families here at Minot. And we've grown to have a mutual respect for each other and we are willing to work together to have some of the hard conversations and work through the misunderstandings. We've both learned to trust each other, our intentions, and our hearts knowing that we both have each other's interests and the wings we are a part of in mind.

TM: It isn't always easy. We've worked for it, but it's been so worth it.

Are there any extra challenges that you face at this base in particular, and how do you overcome them?

TM: Most wing commanders and their spouses get to run with their own vision for a base. Here, it's truly a team effort that takes a lot of communication and coordination. But it also means we don't have to do things alone. We have each other to bounce ideas around with and I believe that means we can bring our best to the table because we can talk

about it ahead of time and get to the heart of it and move forward.

CW: We work together to understand the needs of the spouses of Minot and how we can best support them. We have to be aware of the execution of each wing's mission and understand that they are very different and therefore, the challenges each family faces might be very different.

TM: I think we work hard to understand the mission of each other's wings. Our family has never been on an Air Force base with a working flight line and so that was new to us. I was sort of fangirling the B-52 when we got here. I was learning up close and personal about the long deployments and short notice deployments, and I feel like that's been reciprocated. For example, Carri has asked good questions about what it means to be a Missileer and wants to understand the dynamic of a seven day trip-out. It's a different struggle, but I think we each have grown to better understand what the families within each wing face.

What is your favorite part about Minot AFB?

Both women agreed that the community is one of the best parts about Minot. Whether it is the vibrant downtown area or the close-knit family dynamic, the base and surrounding area offers so much more than people


may think. Another one of their goals is to help families discover just how special Minot AFB can be and to help them make the most of the assignment.

CW: Families stationed here at Minot take care of each other and I think it's nice to be able to witness that and be a part of it. I think some of the things that are hard about North Dakota are also some of the things that make it great.


TM: As the saying goes, you might cry when you find out you are coming to Minot, but you'll cry when you leave because it was such a good experience. Personally, my favorite part is getting to see the other mission up close and getting to know our Airmen and spouses in another career field.

CW: I agree with you; it's such a unique opportunity to experience two missions in one assignment. And to be able to learn about and appreciate more than just the one mission that your spouse is a part of.

While Menuey and Walters may not be in Minot long-term, they both hope to leave behind a lasting and positive impact on the community. Their dedication to the spouses and families of Minot AFB is apparent in everything they do, and with each other and the help of other passionate spouses in the community, they are working towards a better Minot AFB.



Vibeto Orthodontics



BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS (701) 839-6010
2615 Elk Drive Suite 2
Minot, ND 58701



3D mammogram today. Enjoy more tomorrows.

Schedule yours. Call 701-857-2640.

One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we're making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

To schedule your 3D mammogram, call 701-857-2640. Learn more at trinityhealth.org/mammo.

MAKING MORE POSSIBLE



We Specialize in All Things Glass...




Get **\$25 off** a service of **\$275 or more**

Limited time offer. One per customer. Cannot be combined with other offers. Valid at participating locations.

GLASS DOCTOR
a neighborly company

Shower Enclosures • Table-top Glass/Curio Cabinet Glass
Automotive Glass Repair and Replacement • Mirrors

GLASS DOCTOR
a neighborly company

701.852.3741 • GlassDoctor.com/Minot
1122 S. Broadway Minot, ND 58701
Locally Owned and Operated Franchise

Local farmer brings produce and joy to the people of Minot

ABIGAIL KINDER, NORTHERN SENTRY

After planting, caring for, and harvesting several acres of crops all by himself, Marvin Baker, owner of North Star Farms in Carpio, N.D., brings his produce to the North Prairie Farmer's Market each week in Minot. But the market is not the only place you can find North Star Farms produce! Baker also runs a CSA (Community Supported Agriculture) program. Participants of the CSA receive the freshest, in-season, and completely organic produce all summer long, either for pickup or delivery straight to their homes.

The CSA began after Baker caught wind of a similar program through a farm in Vermont. "They basically serviced the city of Burlington, which was the size of Minot. At the end of that season, I kind of analyzed it and said, 'this is never going to work in North Dakota,'" he said. Less than one year later in 2009, several of Baker's friends from Bismarck encouraged him to give the idea a try. "They got some of their friends to come over and asked us to make a presentation for the CSA idea. So, we prepared a presentation and spoke to those people. On the way down, my wife, Ilene, and I agreed that if we couldn't get four people signed up, it wasn't worth it."

Four people would sign up for the CSA that night, giving North Star Farms a break-even point for its first year. "The following year, a restaurant in Bismarck

signed on and bought three shares, and that really helped us boost everything," said Baker. In 2012 and 2013, he hit the peak of his CSA with over 60 shareholders and barely any leftover produce to sell at the farmer's market.

This summer, about 30 shareholders have participated in the CSA, several of whom come from Minot Air Force Base.

Baker has developed an intricate system to carry out the CSA. After the shareholders sign up for the season and pay in advance, Baker plans his route through Minot and its surrounding areas. He performs a trial run before the season begins to ensure that he is able to reach each home and pick up location in a timely manner. When preparing the produce, he divides them between full shares and half shares, and must remember each special order and which customer receives it. All in all, the route takes several hours, but CSA day is a full-day affair that takes plenty of preparation to harvest, pack, and deliver.

In only 48 hours, produce makes its way from the field to the hands of the customers. "The oldest produce they're going to get is 48 hours old. And that's how we can beat grocery stores," said Baker. It truly is the epitome of farm-to-table.

Each customer's reusable bag is meticulously packed with the best produce for the week,

including tomatoes, onions, zucchini, carrots, potatoes, celery, and more. Upon special request, he can even include other items such as flowers, peanuts, beets, or hops.

"There's always variety," he explained. "There was a time where we thought to knock it down to just 7 or 8 crops. I just didn't think it would work because our customers have all of these different personalities, and every one of them has a different like and dislike. We ended up with 73 different crops that we've grown, and all of it has gone to the CSA at one point or another." Baker takes great care to give his customers the produce that they want, and when there is extra harvest, they are the first to know.

Due to drought, high temperatures, and late frost, North Star Farms' harvest looked a little different this year. Though according to Baker, the shareholders have been gracious and understanding of the challenges he has faced throughout the years. "Our shareholders have stuck with us all these years and they're so loyal. Even in a year like this when I told them July was a disaster! I was embarrassed bringing produce in July because there wasn't much there. But they stick with us," he said. Despite these challenges, Baker is still able to provide a plentiful bounty of food for his customers.

There are many benefits to the North Star Farms CSA

program aside from fresh, high quality produce. "I think it's a good alternative for a lot of people," said Baker. Military families, working individuals, people with children... Many of these groups may not be able to find the time to pick out their produce each week. The CSA offers an easy, affordable alternative. "It's better for those people who can't necessarily make it to the farmer's market. They like seasonal produce and it's overall beneficial to people, especially if they like to cook a lot."

Baker's goal is to keep his customers satisfied, and he takes time to learn about them in order to provide them with the best products for each individual and create a welcoming, friendly relationship. His favorite part

of farming is not being in the field, but interacting with his customers. "Today is my favorite part—taking the produce to the customers. Not so much being out in the field, but it's being there talking to customers," he said. His enthusiasm is no doubt carried on to his customers when they pick up their favorite items and strike up a pleasant conversation.

Whether it is through the farmer's market or the CSA program, North Star Farms continually brings the freshest produce and the biggest smiles to the community of Minot.

To learn more about the North Star Farms CSA, visit www.northstarorganic.com. The 2022 season will begin in July and end in late October/early November, depending on the harvest.



Marvin Baker, owner of North Star Farms in Carpio, N.D., delivers fresh produce to his customers each week through a Community Supported Agriculture program. Baker takes great pride in providing the highest quality, certified organic products to his CSA shareholders in Minot and Minot Air Force Base.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools

Tool Surplus Center
Best prices on tools in the state!

Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

Check 'em Out!!

YAMAHA Golf Cars

1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.
Saturday: 5:30 a.m. - Noon

RE/MAX
Property Management
BAKKENREALTY.COM

APARTMENTS AND HOMES AVAILABLE FOR SALE OR RENT | 701.838.2877

LOVE
WHERE YOU
LIVE

DAKOTA PROPERTY MANAGEMENT OFFERS A 10% MILITARY DISCOUNT ON APARTMENT RENTALS!

The Nuclear Modernization Enterprise: Going Forward in a Dangerous World

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



The Minot Chamber of Commerce/EDC hosted their 10th Annual DC Triad Conference, on September 24th, and as each year goes by, the importance of this conference increases. This is my first year being able to attend the conference, albeit with a zoom link, but the symposium speakers and the information they presented made a strong case for the modernization of our nuclear triad, and there is no time to waste.

In upcoming articles, I will have the opportunity to interview both civilian and military participants in the conference, and hopefully you will either take the time

to review their thoughts in the Northern Sentry, or later view the video recordings of the conference as they will be made available on the Minot Chamber/EDC website.

If there was a common theme in the many excellent seminars, it was that we no longer are focused on one adversary, Russia, but now China has also begun to pour resources into an unprecedented modernization of their nuclear forces. Also, there are smaller countries that have entered the nuclear weapons arena.

Senator John Hoeven addressed the conference with a

different, but just as important, message. "We have the finest men and women in the world defending our country, now we need to continue to give them the very best tools." Later that week Senator Hoeven was in Minot and was excited to announce that the long awaited

contract for the re-engine project on the B-52's was awarded to Rolls Royce, and the new F130 engines would be produced in Indianapolis.

As a community, we cannot stand on the sidelines. Minot Air Force Base houses two legs of the nuclear triad, and we need to

continue to support the mission of the 5th Bomb and 91st Missile Wings. Congratulations to Task Force 21 as they continue to educate national leaders about Minot Air Force Base and the importance of the base today, and into the future.

NOTES ON BEING SAFE

WATCHING FOR THE WHITE TAILS: TIPS TO AVOID DEER COLLISIONS



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL HEALTH MANAGER



There is no doubt that the fall and winter seasons are the most common time for a person to hit a deer while driving, mainly because this is the time of year that deer are out looking for food. As with any other type of automobile accident, however, the good news is that there are many ways for you to prevent yourself from hitting a deer.

The steady increase in North Dakota's deer population has been felt on vehicles as well as driver's pocket books across the state. Vehicle mishaps involving deer strikes have had a steady increase of 34% since 2000. According to State Farm Insurance stats 1 in 136 vehicle operators will have a deer strike this winter season.

Typically the month of November has the highest number of deer strikes crashes. In 2018, there were approximately 31 per day in November. Deer strikes occur most often between 7 a.m. and 8 a.m., and again in the evening from 6 p.m. - 10 p.m.

According to Linda Butts, NDDOT Deputy Director of Driver and Vehicle Services "Drivers should always wear a seat belt whether driving on a highway or a rural road, and need to be especially vigilant during the early morning and evening hours."

Avoid Hitting a Deer By Driving Slow

If you want to avoid hitting a deer, the first thing that you will start doing is driving slow - or at least slower than usual. The main reason is because you will be more likely to slam on the breaks and bring the car to a stop before your car comes close to hitting the deer. You will allow yourself more time to react to a deer crossing the road when you drive slower than if you were to drive faster. Following speed limits, or doing lower than the speed limit in areas where you know that deer may be spotted frequently, is one of the best ways to prevent hitting a deer this winter.

Avoid Hitting a Deer By Using High Beams

It is important to keep in mind that using your high beams is not allowable in certain areas, such as highways or main roads, however, there are many areas where you still can use your high beams, such as secluded back roads or wooded areas - which are both places where deer enjoy hiding out. The reason that using your high beams is likely to help you prevent hitting a

deer is because you will be able to see further away than if you used your headlights alone. This will give you much more time to react and to be aware of the fact that a deer is crossing the road in front of you.

One of the best ways to prevent hitting a deer is to avoid distractions. This includes talking on a cell phone or fumbling with the cd player while you are driving. As with any other type of car accident, you will be giving yourself less time, if any time, to react to situation when you have too many distractions going on at once. If you really want to prevent hitting a deer this winter, you will want to allow yourself that extra reaction time by being aware of what you are doing, without distractions.

These are just some of the things that you can do to prevent hitting a deer this winter. Unfortunately, there are situations in which hitting a deer is entirely inevitable. If you do feel like you are about to hit a deer, the best

thing that you can do for yourself and your automobile is just hit it. The main reason is because more injuries and deaths occur from those who choose to swerve, ultimately landing themselves wrapped around a tree, telephone poll or even another vehicle. Although your car may have some damage, it is likely that the injuries you may face from hitting a deer will not be half as bad as if you had swerved.

If you hit a deer, you are to contact law enforcement to report the crash if the damage is over \$1,000. Remove the deer to the side of the roadway if it is safe to do so. If you are unable to do so, law enforcement will move the deer.

If the deer is a traffic hazard and you can't move it to the side of the road, and law enforcement isn't involved, you may contact the NDDOT district office in Minot at 837-7625, or North Dakota State Radio at 1.800.472.2121 so they can make arrangements to remove the deer.

A LOOK BACK THIS WEEK IN USAF HISTORY

LGM-118A PEACEKEEPER MISSILE PLACED ON ALERT

October 10, 1986



The LGM-118A Peacekeeper, a four-stage intercontinental ballistic missile, became operational near the end of the Cold War. (USAF Photo)

On October 10, 1986, near the end of the Cold War, the Air Force placed the LGM-118A Peacekeeper on alert duty. The intercontinental ballistic missile, also known as the MX for Missile, Experimental, was a four-stage missile capable of carrying up to ten independently-targetable reentry vehicles.

50 Peacekeeper missiles were brought to F.E. Warren Air Force Base, Wyo., and placed on alert in modified Minuteman

III silos. The other ICBMs were meant to be deployed to railcar launch vehicles, but the railcar basing was never implemented. By the end of 1988, a total of 114 missiles were produced. The Peacekeepers were deactivated in 2005 and the United States switched to a missile force composed entirely of Minuteman IIIs.

Information courtesy of: media.defense.gov/ / nuke.fas.org/ / warren.af.mil/ / missilethreat.csis.org

CELEBRATE LIFE
SERVING YOU SINCE 1926

304 S MAIN ST
MINOT, ND

THOMAS
FAMILY
FUNERAL HOME

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

North Star
Community Credit Union

HAVE YOU HEARD?

Auto & Recreational Vehicle Loans

as low as
1.99% APR*
up to **72 months**

*APR = Annual Percentage Rate. Rates vary by creditworthiness, term and collateral conditions. Payment example: \$10,000 loan at 1.99% APR for 72 months = monthly payments of \$147.46. Includes 0.50% discount for auto payment from a NSCCU Checking.

CornerStone Chiropractic

1350 20TH AVE SW, MINOT, ND 58701

Dr. Willy Fielhaber **Dr. Matt Hanson** **Dr. Crystal Long**

BUSINESS HOURS
Monday: 7:30am - 6:00pm
Tuesday: 9:00am - 6:00pm
Wednesday: 7:30am - 6:00pm
Thursday: 7:30am - 6:00pm
Friday: 7:30am - 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

(701) 852-2800

Meet the Minot AFB Spouses Club Board



CORY BARAGIA
MEMBERSHIP CHAIR

Hey! My name is Cory Baragia, I'm 25 years old and originally from Sacramento, California. I am a Marine Corps veteran and have been a military spouse for a year now. I have been living in Minot since December 2020. I have a golden retriever named Marley, a cat named Snook and a baby on the way! In my free time I enjoy hanging out with my family, video games, and a good cup of coffee! I'm in the process of getting my real estate license but in the meantime do you need your lawn mowed or your driveway snowblowed? I'm your guy!

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.

2 Winners Every Week!

BADLANDS
RESTAURANT & BAR

WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the **Badlands Facebook inbox.**
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

No Limit, Enter As Many Times As You Wish!

Jerome's

COLLISION CENTER

Your Collision Experts

What We Do

- Vehicle Collision Repair
- Boat & Fiberglass Repair
- Semi-Tractor Body Work
- RV Body Repair
- Vehicle Detailing
- Nationwide Lifetime Warranty

Don't Settle for Less, Choose Jerome's

(701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703

Connect with us!

jeromescollision.com



WE WANT YOUR TRADE IN...

UPSIDE DOWN IN YOUR LOAN?

Come in for a FREE NO HASSLE trade evaluation!! There has NEVER been a better time to get the MOST \$\$\$\$ for your vehicle!! Even if you are just looking to sell it, stop by Don Besette Hyundai!!

DON BESSETTE HYUNDAI

1715 N BROADWAY MINOT, ND 701.852.3300
 WWW.DONBESSETTEHYUNDAI.COM




The Tree of Life

Roll Over Beethoven
 October 16, 2021

Ann Nicole Nelson Hall - MSU
 6:30 pm - Pre-concert talk | 7:30 pm - concert

Live or Livestream

Kevin Poelking Michael Harrison

Terra Nocte, Kevin Poelking
 2020 Young Composer Competition winner

Trombone Concerto, Bourgeois
 Michael Harrison, trombone

Symphony No. 5, Beethoven

Upcoming concerts:
 Dec. 11 • Feb. 5 • March 5 • April 30

2021-2022
MINOT SYMPHONY ORCHESTRA
 Efraín Amaya - Music Director

2021
 2022
 season

Scan to purchase tickets

701-858-4228 • www.minotsymphony.com



MINOT DIVERSITY AND INCLUSION WORKING GROUP BALLOON POP & TREE PLANTING CEREMONY
 The Minot Diversity and Inclusion Working Group held the ceremony to come together and release negative strongholds of racial inequality, discrimination, and injustice.

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

COOKIES FOR YOU!
 and cupcakes too
 A Cookie Gift + Bouquet Company

- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street
 701-839-4975
www.cookiesforyou.com

TOGETHER, WE IMPROVE QUALITY OF LIFE Same day appointments available.

1201 11th Avenue SW, Minot, ND
 Phone 701.858.6700, 800.841.7321
 Hours: Monday-Friday 8 a.m.-5 p.m.
cfmminot.UND.edu

Center for Family Medicine
SCHOOL OF MEDICINE & HEALTH SCIENCES
 UNIVERSITY OF NORTH DAKOTA

GIG INTERNET AT MAFB!

We know slow wifi is frustrating. Our new, faster, more reliable internet packages up to 1 Gig help you live your internet lifestyle!

Getting fast internet is as easy as 1-2-3.

1. Contact Us
2. Pick A Package
3. Love Your WiFi

UPGRADE OR GET SRT INTERNET

50% off

ANY PACKAGE FOR 6 MONTHS!*

SRT.COM/MAFB **SRT** 701.858.1200 / f

*Offer valid for new or upgrading customers, with a Minot Air Force Base billing address. Offer expires December 31, 2021. Offer is subject to change.

LUNAFEST drive-in film festival is near

ABIGAIL KINDER, NORTHERN SENTRY

In 1999, LUNA was created by Clif Bar & Company as the first nutrition bar for women. They wanted to fuel women's bodies but also their ambitions and with that idea in mind, began LUNAFEST in 2001. LUNAFEST, the first all-women's traveling film festival, aims to celebrate and recognize the accomplishments of female filmmakers and the amazing women they feature. Since the beginning, LUNAFEST has shared films from over 170 women in 200 cities nationwide and raised over \$6 million for women's causes, and Minot's own local nonprofit organization has joined them for their 20th festival in 2021.

YWCA Minot participated in LUNAFEST in 2020, but this year Project BEE is partnering with Minot State University and they are ready to make a difference in the lives of individuals in need all over the area.

The 2nd Annual LUNAFEST in Minot will be held on Oct. 16, 2021, at the MSU Dome. Seven films directed and produced by women, starring women, will be played drive-in style on the dome. Ticket holders will have

access to the films as well as an intermission by Good Night Live, a local late night comedy talk show, as well as a delicious menu from Son of a Brunch food truck and other concessions.

Because of some of the content in the films, the event is recommended to those 18 years of age and older. In the event of inclement weather, the films will be sent virtually via a link on the morning of the event.

LUNAFEST raises money for women's causes nationwide, and Project BEE will also be using the event as a fundraiser with a goal of \$15,000 to support their Emergency Shelter services. This includes the recently opened Winter Warming Shelter, which will provide safe and warm housing for homeless adults in the Minot area, as well as their community closet, shower program, and laundry facilities.

Allie Walsh, Development Director for Project BEE, said, "Now that we are Project BEE, we support men as well... but just because women and children aren't our only focus now doesn't mean that we aren't still showcasing what they have to offer." And this year's line up of women have some incredible

films to offer, including the story of the Women's Euro-Arabian North Pole expedition, AJ Andrews' journey to becoming one of the best professional softball players in the world, a 12 year old girl's mission to find her mother after being separated at the U.S. border, and more.

The films will highlight women's issues but also their groundbreaking accomplishments and journeys of discovery, societal impact, and developing the strength they use to succeed. This year, LUNA has co-produced three of the films with partner Chicken & Egg Pictures, a nonprofit organization that provides mentorship and financial support to female nonfiction filmmakers.

Project BEE has collaborated with not only Minot State University, but other local businesses to hold the event. Businesses are able to sponsor parking spots for the festival (some of which are still available) and bring support to this meaningful cause.

There are 50 tickets available for Minot's LUNAFEST, so get your tickets today at www.givebutter.com/projectbeelunafest or visit the LUNAFEST event on the

Project BEE Facebook page for more information. Tickets are sold by vehicle. Films will begin at 7 p.m. CDT.

Join Project BEE at this year's

empowered by women who are paving the way, and to support the cause of helping Minot's community!



Shot from the film overexposed by Holly Morris at LUNAFEST.

HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

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

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

LUNAFEST to be inspired and

Oct 16 at 7pm

LUNAFEST

PRESENTED BY PROJECT BEE

IN PARTNERSHIP WITH MINOT STATE UNIVERSITY

BABY ANNOUNCEMENTS

SPONSORED BY DAKOTA HOPE CLINIC

ATTICUS LILLY BORN ON MONDAY, SEPTEMBER 27, 2021 TO ASHELY & NICHOLAS LILLY MINOT AFB, ND

BABY BOY BORN ON FRIDAY, OCTOBER 01, 2021 TO: MELISSA AND BRIAN KELLEBREW SAWYER, ND

BABY BOY BORN ON FRIDAY, OCTOBER 01, 2021 TO: DARTAN AND CALEB HODGSON MAFB,ND

BABY BOY BORN ON SATURDAY, OCTOBER 02, 2021 TO: TAYLER WESTERMAN AND MASON WHITAKER MAFB, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

Dakota Hope clinic 315 S. Main Ste. 205, Minot 701.852.4673

Free and Confidential Pregnancy Help

www.dakotahope.org DakotaHopeMinot



MAJOR GENERAL VISIT

Thank you to Major General Gene Hughes Jr., Air National Guard assistant to the commander of AFGSC, Brigadier General Anderson, and the others accompanying them for coming to Minot AFB. During their visit they toured multiple locations around base and witnessed a recapture/recovery exercise by the 219th Security Forces Squadron.

MINOT AFB PA PHOTOS

Primo

20% Military Discount

RESTAURANT

Grand

1505 N Broadway, Minot, ND 58703
(701) 838-7746

Closed Mondays

Tuesday-Saturday
7:00 am - 1:00 pm

Thursday-Saturday
5:00 pm - 9:00 pm

Sunday
7:00 am - 1:00 pm

EVERYDAY HAPPY HOUR • 3PM - 6PM

\$2 off All Apps

\$3 House Wine & Domestic Pints

Bavarian Pretzels with Beer Cheese Sauce

\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups

\$5 Moscow Mule

\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps

½ Flat Bread Pizza

DAILY SPECIALS

Monday \$5 Moscow Mules (all day)

Tuesday \$4 ND Breweries (all day)

Wednesday ½ 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*

*Changes Weekly - Check our Facebook Page

Thursday Pasta Pack

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

BEST SPOT FOR POOL IN MINOT

the SPOT

WITH 25 POOL TABLES, 7 DART BOARDS, 4 PINBALL MACHINES, GOLF SIMULATOR.

(701) 852-7768

6 2ND ST NE • MINOT, ND

THE SPOT IS FOR POOL AND CAN MAINTAIN SOCIAL DISTANCING!

OPEN FOR MAFB PERSONNEL

MINOT AIR FORCE BASE

Finest

FSS AND TEAM MINOT HONOR GUARD

"166 Details, 68 Funerals, 97 Colors, 19,530 miles traveled, 762 Detail Hours, 1,373 meals delivered for Meals on Wheels, 39 Coins Received, 15 LOAs. Your professionalism, perfection, and performance is heartfelt across our Installation and the Great State of North Dakota. Proud To Serve With You!!!"

- Chief Master Sgt. Timothy Wieser

MINOT'S Finest COLLISION CENTER

Proudly Serving MAFB for over 30 years!

www.minotsfines.com

701.839.0989

524 31st Avenue SW • Minot, ND

ORGANICALLY GROWN PRODUCE

North Prairie Farmers Market

Saturdays - 11 AM to 2 PM

1 Block North of the Corners of Burdick & Broadway

AVAILABLE THIS SATURDAY!

- BBQ Sauce
- Produce
- Fresh Roasted Coffee
- Tea
- Kombucha
- Bath Bombs and Soap
- Dakota Hills Winery
- Mushrooms
- Local Honey
- Jam
- Succulents
- Baked Goods
- Fresh Baked Bread
- Vadell Brothers Syrup



91 MSOS COINING

The 91st Missile Wing, Inspector General, Lt Col Modad stopped over at 91 MSOS to recognize an absolute hard charger. TSgt Tonya Perez was the LONE "Superior Performer" for the 91 MW for her role as program manager during the last CCIP. She was coined and recognized in front of her team, and as we know, she is "best in the biz!" Way to go TSgt! Appreciate your hard work!

91ST SECURITY FORCES GROUP PHOTO



WHAT'S HAPPENING AT THE MINOT AFB EXCHANGE



Last week Angel was recognized for 15 years with the Exchange. Angel has worked in Grand Forks, Alaska, and for the past 10 years in Minot. Angel works in our warehouse and while you may not see him, we want you to know how much we appreciate Angel and the whole warehouse team as their hard work ensures you have the items you want on the shelves or that online orders are shipped to you timely. Angel is an avid bowler when you see him at Rough Riders make sure to congratulate him on 15 years at the Exchange!

EXCHANGE (MINOT AFB, ND)



BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE
STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance.

Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems.

Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- Tire pressure: The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.

- Rotation: Check the owner's manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.

- Balancing: AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.

- Alignment: Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.

Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.

OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



\$10 off
VALVOLINE OIL CHANGE




Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301



YOU CAN DEPEND ON YOUR HOMETOWN EXPERTS TO SERVE ALL YOUR CAR CARE NEEDS IN MINOT.

Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301





NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Oct. 4: 1,831.11 feet above mean sea level (MSL); 13,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.04 feet above mean sea level (MSL).

Stump Lake elevation: 1,446.94 MSL.

- N.D. Game & Fish Dept. game wardens: New Town area remains fair to good at times for walleye with Van Hook Arm slower on the midsection of Lake Sakakawea. No reports from the east end. Some fall activity on local north-central lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: East Bay producing nice white bass and perch using Haley's jigs with minnows or nightcrawlers. Try Pelican Lake or main Devils Lake around Cactus Point.

- Devils Lake, Woodland Resort, Devils Lake: Lots of small walleye so sort through for the keepers. Try jigs with better fish along deep rock piles or the bridges. Smaller fish coming when trolling.

- Lake Darling, Karma C-Store, Ruthville: Limited activity on Lake Darling. The lake now closed to boat activity but shore-fishing available at designated areas.

- Lake Metigoshe, Four Seasons, Bottineau: Limited reports with those anglers on the water finding nice pike success but limited walleye activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Try the mouth of Garrison or Douglas bays and deTrobriand Island for walleye on the east end of Lake Sakakawea in 17 to 25 feet for walleye. Move around with scattered success. Not many anglers on the water.

- Lake Sakakawea, New Town: Continued fair to good for walleye with a nice fall bite but it's inconsistent and day-to-day. Work deep in 20 to 45 feet in the Van Hook Arm but shallow in 3 to 5 feet in the river portion around New Town.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains low with slower Garrison Dam releases. Best success is for calfish from shore or boats with better activity early morning from shore. Lake Sakakawea producing some

- Lake Darling and the Outlet Fishing Area now closed to boat activity.
- Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information regarding North Dakota's new electronic posting regulations and assistance.
- 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.
- Oct. 9: Pheasant and turkey seasons open.
- 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. 16: Upper Missouri River, Lewis & Clark Bridge.

salmon along Government Bay. Try crankbaits, spoons, or Musky Jerks from shore. Fish should start migrating to the west end of the dam soon. Limited walleye numbers. Work deep for walleye on the east end but overall success is slow. Use caution launching on Lake Audubon as well as moving around on the lake with low water levels. Access only available at the East Totten Boat ramp. Fair walleye success, however, but be careful.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea fairly decent for walleye. Try jigs and minnows or crankbaits in a variety of depths and colors around White Earth Bay. Missouri River west of Williston fair to good for nice walleye with occasional sauger mixed in. Better success with minnows. Trenton Lake producing a few walleye in the morning and evening with occasional crappie.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes. Lake Audubon fair for walleye with nice smallmouth bass numbers mixed in.

Hunting:

- Grouse: Some pockets of birds in areas scattered around west-central N.D.

- Pheasant: Not all birds are fully colored yet so watch species identification.

- Waterfowl: A few local ducks and geese along the east and west ends of Lake Sakakawea. Some local geese along the midsection. In general, birds concentrating on larger wetlands and lakes. Mixed success around the Devils Lake area for local birds but warm weather isn't moving any migrants down. Lots of opening weekend activity in areas of east-central N.D. where there are available wetlands with local ducks. North-central N.D. activity also limited to pockets of available wetlands and local birds. Nice numbers of local mallards around Williston area.

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.

THIS SPECIAL FEATURE IS SPONSORED BY:



NODAK ARMS

THE DAKOTA'S AR AUTHORITY

Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online www.NodakArms.com

Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook 

Ready to Rodeo

Tickets on sale for annual Badlands Circuit Finals Rodeo in Minot

BADLANDS CIRCUIT FINALS RODEO

Giddyup and head to Minot! Tickets are on sale for the Badlands Circuit Finals Rodeo, to be held in Minot at the State Fair Center October 8-9-10.

The best cowboys and cowgirls in North and South Dakota will compete at the circuit finals rodeo, which will consist of eight events: bareback riding, tie-down roping, steer wrestling, breakaway roping, saddle bronc riding, team roping, barrel racing and bull riding.

It's action-packed, fast paced, and affordably priced, said Max Wepler, one of the organizers of the event.

"Not only do we have the best cowboys and cowgirls from the two-state region, but it's eight different events, so fans get a variety, from bucking horses to barrel racers to bull riders."

Rodeo clown Dennis Halstead will bring his brand of comedy to the event. Halstead, from Calgary, Alberta, is making a repeat trip to Minot.

Rodeo announcers Wayne Brooks and Bob Tallman, both who have announced the National Finals Rodeo, will call the action.

In addition to rodeo, the weekend features the Badlands Trade Show and xxx presented by Wrangler, a shopping extravaganza, also held at the State Fair Center; a jackpot barrel race, and other events.

"It's a great weekend to enjoy with your family and take in some good rodeo entertainment," Wepler said.

Tickets are \$25 for lower level reserved seating (the five rows closest to the arena fence.) The upper level seating is general admission and is \$20 for adults and \$10 for kids.

For more information and to purchase tickets, visit the website at www.badlandscircuitfinals.com. Tickets are also available at North Country Mercantile in Minot (2000 20th Avenue SE) and at the gate.



Barrel racing is one of eight events featured at the 2021 Badlands Circuit Finals Rodeo, to be held October 8-10 at the State Fair Center in Minot, N.D. Here, Jessica Routier makes a run at the 2020 Badlands Circuit Finals Rodeo. The Buffalo, S.D. cowgirl is ranked fifth in

PEGGY GANDER PHOTO

FOR ALL YOUR HOME LOAN NEEDS



BENCHMARK MORTGAGE

Ark-La-Tex Financial Services, LLC NMLS# 2143

We appreciate you & put you FIRST!

Offering a \$500 off closing cost credit in appreciation for your service

Mention this ad for the \$500 off



701-839-3360
2080 36th Ave SW, Suite 205, Minot

Steve Fennelwald NMLS #766570
Sarah Burckhard NMLS #766557

APPLY NOW ONLINE
www.teamnd.benchmark.us

This is not a commitment to lend. Offer valid to qualifying borrowers. Borrower receives credit for lender origination fees up to \$500.00 at loan closing. Loan must close and fund with Ark-La-Tex Financial Services, LLC NMLS# 2143 (www.nmlsconsumeraccess.org). Information, rates, and pricing subject to change without prior notice at the sole discretion of Ark-La-Tex Financial Services, LLC. Other restrictions may apply. (<https://benchmark.us>) Must present this coupon for it to be valid.

Minot Area "celebrities" will be dancing for your dollars

Special Olympics fundraiser patterned after "Dancing with the Stars"

SPECIAL OLYMPICS NORTH DAKOTA

You may know them as a skating coach, local late night talk show host or local restaurant owner, but soon you'll have an opportunity to discover something new about a group of area community members: can they dance?

The 6th annual "Dancing for Special Stars" will be held Tuesday, October 19, at Ann Nicole Nelson Hall on the campus of Minot State University. A reception in McFarland Gallery begins at 6:15 along with a silent auction, followed by the contest at 7 p.m., and a "Meet and Greet the Dancers" after the show.

This Special Olympics fundraising event has paired area celebrities with dance instructors in a contest patterned after the popular "Dancing with the Stars"

television program. Each couple will perform a dance of their choice. Audience members will cast their votes for their favorite couple(s) with their checkbooks. Every dollar donated, including those used to purchase admission tickets, count as a point, and the couple with the most points will be declared the winner. At the end of the evening, the Mirror Ball Trophy winning couple will be announced.

"We are extremely excited to be able to hold this event again in Minot. Dancing for Special Stars is truly a wonderful fundraiser for Special Olympics North Dakota," said Nancy Hanson, SOND President/CEO. "It is an evening filled with lively entertainment from Minot's very own local

celebrities. Just as on television, there are opportunities to vote for the best dance couple with winners crowned at the end of the evening. We will also be showcasing some very talented individuals in our specialty acts. There is so much talent in Minot, this is an event to mark on your calendars to attend. Although we have been dealing with COVID the past year and a half, Special Olympics North Dakota has not stopped offering opportunities to our athletes. Now more than ever, we need your support to provide opportunities both with virtual and in-person sport, fitness challenges and in-person programs when and where safe to do so." The event is sponsored in part by Enbridge and Investors

Management & Marketing (IMM).

MEET THE CONTESTANTS

Area celebrities include Dan Anderson, Myles Barcomb, Courtenay Brekhuis, Charlsie Burud, SrA Jacob Colvard, Jonah Lantto, Jon Lakoduk, Kirk Mason, and Nico Youngren. Instructors include Katy Allers, Breanna Benjamain, Tara Cheer, DeAndre Ford, McKenna Gagne, Sheree

McCrea, Kayla Morgan, Brenda Tarkinton, and Kaelyn Woiton.

TICKET INFO

Tickets are \$25 and may be purchased in advance by calling SOND at 701-746-0331 or purchased at the door. Campus parking is open and free to the public for the event.



DEFENDER LEADERSHIP LAB GRADUATES

Congratulations to all recipients who graduated from Defender Leadership Lab (DLL) & for Staff select Lexi Roseboom for getting coined for distinguished graduate award at ALS. Ranked in Top 10% academic 4 members out of 46 received DG award for ALS

91ST SECURITY FORCES GROUP PHOTO



Kim Albert Agency
701-852-1460
 2825 S. Broadway, Suite 2
abby.martinson@allstate.com



© 2019 Allstate Insurance Co.

10585723

STARTS FRIDAY

SPACE JAM: A NEW LEGACY
 (2021) Animation, Adventure, Comedy (PG)

BLACK WIDOW
 (2021) Action, Adventure, Sci-Fi (PG-13)

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

RENT THE THEATER FOR EVENTS
 CHECK OUR WEBSITE FOR MORE INFO

\$4.00 ALL SEATS

FOR SHOWTIMES
WWW.OAKPARKTHEATER.NET
 1500 4TH AVE NW, MINOT, ND

Culver's
 Welcome to delicious.

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
 3000 S Broadway Minot, ND 58701
 701-852-4800

Good Gardening
ADVICE
 by Marvin Baker

Closing out the season

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



Brooke Stevens
 REALTOR®
 Jenny Spivey Team

I've got the keys to your new Barksdale home

brookestevens.remax-louisiana.com Realtor 0995700873

RE/MAX
 Real Estate Services
(318) 344-0386
 2323 Old Minden Road Suite 100
 Bossier City, LA 71112
 Office Phone: (318) 752-2700



SENIOR AIRMAN
SHELBY MEDFORD



BACKGROUND

- Originally from Bennett, Colorado
- Medford became a part of Team Minot in June of 2019
- In her spare time, she enjoys building puzzles, painting and watching movies.

JOB DESCRIPTION

- As part of the Commander's Support Staff, her duties include updating the information of Airmen such as decorations, EPR's, LeaveWeb as well as in and out processing.

WHY NOT MINOT?

"Minot is what you make of it. If you decide to have a horrible attitude, you'll have a horrible time."

NODAK ARMS

**INDOOR INTERACTIVE
SHOOTING RANGE**

**Range Time HAPPY HOUR: 10 AM - 2 PM Mon.-Thurs.
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.**

Book Range Time: www.nodakarms.com/bookings *Guns Supplied Free if Needed

SCALLOPED POTATOES WITH BACON & CHIPOTLE CREAM

INGREDIENTS

- 1 (7 OZ) CHIPOTLE PEPPERS IN ADOBO
- 2 CUP HEAVY WHIPPING CREAM
- 2 STALK GREEN ONIONS, TRIMMED, WHITE AND GREEN PARTS THINLY SLICED CROSSWISE (OPTIONAL)
- 4 LARGE RUSSET POTATOES
- VEGETABLE OIL
- SALT AND PEPPER
- 3 CUP SHREDDED MEXICAN FOUR-CHEESE BLEND
- 3 SLICES BACON
- SMOKED PAPIKA

Set Traeger temperature to 350°F and preheat for 15 minutes. In a blender, blend the chiles in adobo until a smooth paste forms. Reserve 2 Tbsp, and save the rest for another use. Make the Chipotle Cream: Bring cream to a simmer in a saucepan on the stovetop over medium heat. Whisk in 1 tablespoon of the chipotle paste, then taste. Add more if you prefer it spicier. Stir in the green onions. Peel potatoes and submerge in cold water to prevent them from turning brown. Generously oil a 10 to 12 inch cast iron skillet. Working with one potato at a time, very thinly slice it using the slicing disk of a food processor, a mandolin (slicer), or a sharp knife. Fan the potato slices in the bottom of the skillet, season with salt and pepper, then top with some of the chipotle cream and the cheese; repeat with the remaining potatoes until you have 4 to 6 layers. Cover with foil. Transfer the skillet to the grill grate and bake for 30 minutes. Then remove the foil to encourage browning. Continue to bake for another 30 minutes, or until the potatoes are tender and golden brown. At the same time, lay the bacon strips on the grill grate perpendicular to the bars. Remove the bacon when it is lightly browned and crisp, 20 to 25 minutes. Let cool, then crumble and set aside. Transfer the scalloped potatoes to a wire cooling rack and let rest for 15 to 20 minutes to firm up. Top with the crumbled bacon and dust with smoked paprika, if desired.

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



Appreciating pheasant history

Patricia Stockdill

The 2021 pheasant season is finally here. Over the years, North Dakota's story of pheasants, pheasant season, and pheasant hunting success reads like a rollercoaster journey through life: Ups and downs, downs and ups, and a few curve balls tossed in just to mix things up.

A hunter and faithful hunting dog are merely along to treasure the ride.

Morris D. Johnson and Joseph Knue's book, "Feathers from the Prairie" is one of the best references to understanding the past when it comes to North Dakota's love affair with upland game birds.

It was written as part of the 1989 North Dakota Centennial celebration, so it's dated to the late 1980s, but even more than 30 years later it still gives readers insight into history.

History is critical, for without an understanding of where we've come - without understanding the history of something - we have no way to know where we're going in the future or how to get there.

To understand North Dakota's pheasant hunting tradition, the bird itself, and how it plays into the future, we need to look at Chapter 5 in "Feathers from the Prairie":

North Dakota's earliest recorded pheasant stocking took place in 1910. By that time, prairie chickens and sharp-tailed grouse populations were tanking due to habitat loss with prairie giving way to the plow, roads, and bustling new communities.

Like other introduced species of game, the pheasant was imported and released to fill a gap or perhaps fulfill a whimsy and provide a bird to hunt.

Fast-forward to more than a century later, 2021 N.D. Game and Fish Department press releases and annual fall hunting forecasts talk about fewer upland game bird populations, tough nesting success, and the potential for a challenging year for pheasant success.

The cause in the 21st Century sounds hauntingly familiar to that in the 20th Century - habitat loss. Only in 2021, it's also complicated by Mother Nature and weather - drought and poor nesting conditions. In reality, Mother Nature always holds the upper hand when it comes to how well the glitzy import will survive in the Northern Great Plains.

Not everyone was enamored by pheasant introductions according to "Feathers from the Prairie". Skepticism ruled and people questioned - for good reason - if they could survive North Dakota's climate. They're simply not adapted to a typical North Dakota winter like sharp-tailed grouse.

There were also concerns that pheasants, especially roosters, would out-compete native birds.

The Game and Fish Board of Control's 1919-1920 Biennial Report extolled the bird's virtue by describing how it fed on insects injurious to crops and ate nuisance plants such as thistle and dandelions. Even so, not everyone was convinced they were the greatest bird on the planet.

The 1925-1926 Biennial Report referenced friction among pheasant proponents and opponents.

However, pheasants replaced grouse as hunter's favorite birds only 10 years after introduction efforts began.

Pheasant populations mirrored upland habitat conditions, agricultural practices, and weather ever since becoming a fixture on the landscape.

More than a million pheasants were harvested annually between 1942 and 1945. Habitat was good as the landscape recovered from the "Dirty 30s" drought and bird populations exploded. Pheasants fed families during a World War.

Pheasant populations and harvest mirror agricultural programs such as Soil Bank of the 1950s and 1960s and most recently, the Conservation Reserve Program. Populations also reflect weather conditions, especially winter, in addition to spring nesting success.

For example, North Dakota's pheasant seasons were closed in 1966 and 1969, reflecting weather and the loss of Soil Bank. In 1997, CRP was creating habitat but a horrific winter caused bird mortality and limited hunting opportunities. Harvest dropped from more than 311,000 birds in 1996 to 136,000 in 1997.

By looking back, we can learn from the journey pheasants have taken in North Dakota and role where they will play in the future.



The 2021 North Dakota pheasant season opens Oct. 9, lasting through Jan. 2, 2022.

PATRICIA STOCKDILL PHOTO

This special feature is sponsored by:



WE HIRE VETERANS

Only the Best Come,
Live & Stay North

APPLY ONLINE AT
www.newkota.com

DOWNTOWN
MINOT

Wine Walk

OCTOBER 21

5:30PM TO 8:30PM

**GREAT FOOD & DRINK
ARTS & MUSIC
DOWNTOWN ATMOSPHERE**

**Act Now
LIMITED TICKETS**

TICKETS AVAILABLE AT WWW.DOWNTOWNMINOT.COM

**\$50.00 EARLY BIRD
TICKET SALES EXTENDED
THROUGH OCTOBER 8!**

**TICKETS AFTER
OCTOBER 8 - \$60.00**



BONGO

CREATURE FEATURES

- The Bongo is found only in rainforests across tropical Africa.
- Their distinctive coloration helps them identify one another in the dark forest habitat.
- Both males and females have spiraled, lyre-shaped horns that can grow to 40 inches in length.
- Bongos have large ears giving them very sensitive hearing. Their long prehensile tongue allows them to grip leaves higher up and strip them from the branches with ease.
- They are the largest and the heaviest of forest dwelling antelope.

Fact File

| | |
|-------------|--|
| Life span | 10 - 19 years |
| Weight | 420 - 900 pounds |
| Height | 41 - 51 inches |
| Horn Length | Up to 40 inches |
| Wild Diet | Overseer, Carobnut, Herbaceous Leaves, Bark, Grasses, Roots, Fruits, Natural Salt Lick |

WORD SEARCH

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

AUTUMN
BREEZE
BRISK
COLORS
MUMS
PUMPKIN
SCHOOL
TREES
DAYLIGHT
FALL
HARVEST
LEAVES

UPCOMING EVENTS

OCT 30
BOO AT THE ZOO

MILITARY DISCOUNT
\$5.00 off a \$75.00
Annual Family Pass

**HOURS:
OPEN DAILY
10AM-8PM**

FOLLOW US ON FACEBOOK
1219 BURDICK EXPY EAST MINOT, ND
WWW.RPZOO.COM • 701-857-4166

Brass Band Goes Red White & Blue In October 17 Concert

BRASS BAND OF MINOT

The Brass Band of Minot will open its 2021-2022 season with a concert dedicated to first responders, military members, and their families at 4:00 PM on Sunday, October 17th at MSU's Ann Nicole Nelson Hall. The Brass Band of Minot is North Dakota's only British-style brass band and provides audiences with the opportunity to experience the unique brass band sound through a variety of different styles of music. The band is directed by Gordon Troxel and consists of brass and percussion players from Minot and other communities in Northwest North Dakota who share a love of brass band music.

British-style brass bands became popular first in Britain and later in other countries in part because the instruments and how they are used allow a relatively small number of musicians to create as much and almost as varied a sound as a full symphony orchestra while remaining smaller and able to play in a larger variety of venues. "Music of the Masters" will showcase this ability with a selection of arrangements of musical masterpieces.

The concert will include a variety of majestic music starting with Richard Strauss' "Also

Sprach Zaathustra" that was used at the beginning of the 1968 movie "2001: A Space Odyssey," as arranged by John Glenesk Mortimer and continue with Adrian Drover's big-band style arrangement of Richard Wagner's "Ride of the Valkyries" followed by the mysterious and epic march from Ottorino Respighi's "Pines of Rome" which depicts classical Roman legions traveling along the Appian Way. Next, the band will play a John Phillips Sousa favorite, "Semper Fidelus" and the "Armed Forces Salute." The Heritage Singers and Nodakords will join the band for a patriotic and resounding concert ending with "God Bless America," "Battle Hymn of the Republic," and "the Star-Spangled Banner."

Brass Band of Minot concerts are free and open to the public though cash and check donations are very welcome.

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

The band's 2021-2022 concert season will continue with concerts on November 14, February 13, and April 10th.



KRAMER SUBARU SERVICE
700 Old Red Trail NW • Mandan, ND
888.856.2383

ND-021 Magic City Composite Squadron (Minot)
Commander: 1st Lt. Jeremy Skalicky
Civil Air Patrol, America's Air Force auxiliary, building the nation's finest force of citizen volunteers serving America.
Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber power.
Come Fly With Us!
2400 N Broadway, Minot, ND 58703
Phone: (701)340-7954
Email: 021cc@ndcap.us

Upcoming Events

8-10 OCT **BADLANDS CIRCUIT FINALS RODEO**
7:00 PM - 12:00 PM
North Dakota State Fair Center
2005 E Burdick Expy, Minot

The 2021 Badlands Circuit Finals Rodeo is happening Oct 8-9-10 at the North Dakota State Fair Center. Thank you to our major sponsors for making this happen!
Get your tickets at: <https://tinyurl.com/jmm2ekxz>, or at North Country Mercantile & Equipment in Minot!
See YOU there!



For more information:
Website / www.gethookedup.rodeoticket.com

9 OCT **FALL VENDOR/CRAFT SHOW**
10:00 AM - 3:00 PM
Minot Loyal Order of the Moose
400 9th St SW, Minot

Fall Vendor/Craft Show @Moose Lodge Minot
Free Admission
10am- 3pm
Door prize giveaways!

11 OCT **INDIGENOUS PEOPLES' DAY**
9:00 AM
Minot State University
500 University Ave W, Minot

Smudging ceremony 9 A.M.-- Native American Center. Powwow drum and dance exhibition 2 P.M.-- Beaver Dam.
Meet Bountiful Rei's artist Bill Brien--6 P.M.--North West Art Center.

For more information:
Facebook Event / Minot State University

15 OCT **HAUNTED TOUR IN DOWNTOWN MINOT**
6:30 PM - 8:00 PM
Taube Museum of Art
2 Main Street North, Minot

Join us for a Haunted Tour. Walk downtown Minot, and then participate in an investigation at the Taube with the Paranormal Investigators of North Dakota.
The tour will take place from 6:30 - 8 pm with a maximum of 8 guests per tour. If there is enough interest, another time slot will be added from 8:30 - 10 pm. There is a suggested contribution of \$30 per person or \$50 for 2.



For more information:
Facebook Event / Haunted Tour in Downtown Minot

15-16 OCT **PUMPKIN WALK AT WOODLAND TRAIL**
7:00 PM - 9:00 PM
Woodland Trail
Off the US 83 Bypass, Minot

Visit Woodland Trail for Minot Parks second annual Pumpkin Walk! Stroll the path filled with lit jack-o-lanterns on October 15th & 16th from 7:00 - 9:00 pm. This event is free to attend. We need your pumpkins! Help us transform Woodland trail! Our goal is to gather 1,000 carved pumpkins from local businesses and individuals. You provide the pumpkins we will take care of the rest! Our goal is to fill Woodland Trail with 1,000 Jack-O-Lanterns! We will provide lights and set up. All you will need to do is drop off carved pumpkins on Friday, October 15th. Drop-off times are from 12:00 - 5:00 pm.



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

On Base

Acrylic Paint Pouring Classes
at the Minot AFB Arts & Crafts

1st & 3rd Monday of Every Month.
6:00pm - 8:00pm

Follow step-by-step instructions in this 2 hour session for only \$26.00
Space is limited! Call or come into the Arts & Crafts Center to register Friday before the class.

PRE-COLUMBUS DAY BOWL
AT ROUGH RIDER LANES

OCTOBER 9TH FROM 10 AM - 11 PM

ADULTS: \$3.00
YOUTH: \$2.25
SHOE RENTAL: \$1.50

RED PIN BOWLING!
GET A STRIKE WITH A RED PIN AS THE HEAD PIN & RECEIVE A FREE GAME COUPON!

727-4715

For more information visit: www.5thforcesupport.com

ALL YOU CAN EAT

GARDEN FRESH SALAD BAR

EVERY DAY

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335

Duality of being an Airman

CHIEF MASTER SGT. CHARLES ORF, 20TH AIR FORCE

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

For a while now, I have shared my philosophy on the Duality of Being an Airman and the struggle, or confusion, with one's Air Force Specialty Code. Recently, it came up again, and I came across something I wrote some time ago to explain it. As a Chief, it is still very central to my way of thinking, and I would like to share this philosophy with a broader audience.

Duality of Airmanship is really about putting an emphasis on the idea that Profession of Arms (Airmanship) is equal in importance to an AFSC. In other words, Profession of Arms = AFSC. The development of each must be at least parallel, versus the AFSC being the primary emphasis, as it often is outside of set Professional Military Education requirements.

We put so much emphasis on our AFSC, our skill set, that it tends to be viewed as our profession. The equation becomes AFSC > Profession of Arms. In actuality, our AFSC is a trade that we allow to replace our profession. Our true profession is being an Airman and part of the Profession of Arms. As a result of this misplaced identity, instead of being a professional Airman that is trained in a trade (for me, 3P), I only view the Air Force through the lens of being a Defender. Ask any Airman in the First Term Airman Course what they do for a living, what is their profession, and nine out of ten will state their duty title.

The problem is, Security Forces (any AFSC--trade) is not where our values and what we value as an Air Force reside. That resides in our Airmanship. We can apply our Airmanship (our core values, institutional competencies, etc.) to our AFSC, but we cannot apply our AFSC to our Airmanship. I know several Defenders that did the trade well, but failed at the profession, and you know what, they are no longer serving in our Air Force. Excelling at your AFSC cannot compensate for a lack of values, internalizing our institutional competencies, and adapting/meshing these with your own morals/beliefs, etc.

Conversely, if you struggle with mastering your skill set, but understand and are a professional Airman, there are several trades (AFSCs) that can be explored to better fit your skills, as there is only one profession, Airmanship (the Profession of Arms). If you cannot do that, there is not a different profession to fall back on. Airmanship is a lifestyle, something carried internally (that's why Air Force civilians are Airmen!). A trade is a job, something that is strictly external.

Airmanship is universal. I am a 9-level in Security Forces, but I am a chief master sergeant in the Air Force. Being a chief applies to the profession. Air

Force Handbook 36-2618 outlines specifics for each rank and enlisted tier. Interestingly, there is zero mention of specific AFSCs in AFH 36-2618, why? Because the Air Force expects Airmen of different enlisted tiers and ranks to have different levels of responsibility/requirements within the profession, regardless of trade. Unfortunately, nobody reads it. When it comes to our rank, that one thing that is tied to our profession, our Airmanship, we tend to think we will figure it out, learn from experience only versus reading a document that the Air Force provides outlining it all to us. We lack deliberateness.

When it comes to our skill level, we use on the job training, exercises, inspections, daily briefings, roll call training, you name it, to make us better at our trade. We are proactive and very deliberate in our trade development. Whereas, we are reluctant and reactive in our Airmanship development. "Oh, getting promoted, time to send you to Airman Leadership School (Noncommissioned Officer Academy, Senior Noncommissioned Officer Academy, etc.);" we are not deliberate in developing our Professional skills, what it means to be an Airman, part of the Profession of Arms.

Simple equation that can be applied to anything, but think about it in the context of Airmanship and AFSC...passion + drive to be the best = deliberate development. What you are passionate about creates a desire. That desire drives you to want to be the best at it, not better than others as much as better than you were yesterday. That creates a personal drive to seek out opportunities to deliberately develop those skills to make you better to feed your passion.

Think about the investment supervisors, flights, units, etc. spend on getting their Airmen to their 5-level, with the goal of getting them to be able to do the mission. What would be the result on the climate/culture of a unit and the professionalism of the organization if just half that time was spent on helping their Airmen better execute Airmanship and the Profession of Arms. Instead, when it comes to professional development, we outsource it. We send Airmen to a Community College of the Air Force course, send them to PME, etc. And, we let them go, often times kicking and screaming because of the "impact" we think it will have on the mission. So, what does the Airman do? He or she goes kicking and screaming, thinking it is irrelevant to the mission, their purpose in the Air Force, which they have replaced with their trade instead of their true profession--Airmanship, being a part of the Profession of Arms. In their minds, AFSC >

Profession of Arms.

Airmanship is actually what creates a commonality and clarity of purpose of what we do. It creates a true culture of inclusion. All are valued and all are equally invested. I am not saying we should eliminate tribes, believing we are a part of the BEST this or that. Airmanship eliminates the thought that we are a part of the most IMPORTANT this or that because we understand that what is truly important is the Profession, not the trade. We all then understand each of us is relevant and dependent on each other.

So, the basic concept of the Duality of Being an Airman is an understanding that we have to equally invest/develop/coach/mentor/train in our Profession and our AFSC. They have to be at least equal: Profession of Arms = Air Force Specialty. I think you can make a strong argument though that for the institution of the Air Force to survive, for what we value as an institution to continue, our equation for Airmanship development needs to become...

Profession of Arms ≥ Air Force Specialty

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

B&D



Berni's
Hair Designers, Inc.

• Melisa Ellison •
701-240-1385

Located on North Hill
2001 3rd St NW • Minot

HOURS: Mon, Tues, Thurs. 8:30-8:30 • Wed, Fri. 8:30-6:00 • Sat. 8:30-3:00



CPM
creative property management Inc.

MOVE-IN READY UNITS!
STUDIO AND 1 BEDROOM APARTMENTS


STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028
WWW.CREATIVEMINOT.COM

1951-2021 **70TH ANNIVERSARY**



SRT
Annual Meeting

Thursday, October 14th
North Dakota State Fair Center / Minot, ND

Registration and Dinner / 5-7 PM
Business Meeting / 7 PM

A catered dinner will be served from 5:00 pm until 7:00 pm, followed by the business meeting at 7:00 pm. During the business meeting, a report to the members will be given, financial updates presented, and election results announced. We look forward to seeing you there.

Registration and voting officially close at 7:00 PM.

Don't forget! Bring your postcard for a chance to win prizes - including \$500 cash!

701.858.1200 / SRT.COM/ANNUALMEETING

f t



North Dakota RV Dealer
#1 Motor Home, Towable
& Toy Hauler RV Sales

3000 14th Ave SW • Minot, ND
Hours: Monday - Friday 8:00 am - 5:00 pm
Saturday 8:00 am - 2:00 pm
701-838-4343 • 800-488-7896
www.capitalrv.com



HIGHWAY CLEAN UP

Thank you TRF & all the volunteers for last months Highway clean up! Big appreciation to A1C Henderson & Clay for setting it up!

91ST SECURITY FORCES GROUP PHOTO

GOT MUSICAL TALENT?

WE'RE LOOKING FOR MEMBERS!

- **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!!!

DIRECTORY RECYCLING

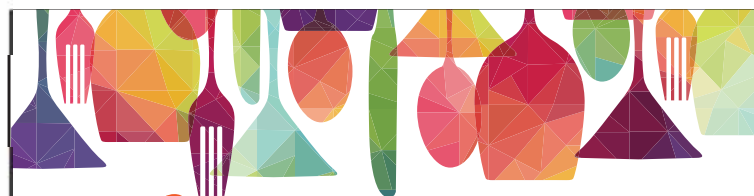
Monday, October 11 - Friday, November 12

LOCATIONS NEAR YOU /

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

SRT.COM/DIRECTORYRECYCLING

This institution is an equal opportunity provider and employer.



Local Cravings Restaurant Guide

Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701
Phone: 701.839.2130
www.applebees.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot, ND 58701
Phone: 701.838.9140
www.bonesbbqminot.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701
Phone: 701.852.7335
www.blgrill.com

28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701
Phone: 701.838.2828
www.facebook.com/28tastes

Mi Mexico

301 40th Ave SW Minot, ND 58701
Phone: 701.858.0777
www.mimexicominotnd.com

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
Phone: 701.852.4800
www.culvers.com

Prairie Sky Breads

3 1st St. SE, Minot, ND 58701
Phone: 701.858.0612
www.prairieskybreads.com

Dakota Burger Company

315 S. Main St. Suite 200, Minot, ND 58701
Phone: 701.852.8183
www.dakotaburgercompany.com

The Starving Rooster

30 1st St. NE, Minot, ND 58703
Phone: 701.838.3030
www.starvingrooster.com

Primo Restaurant

1505 N Broadway, Minot, ND 58703
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot, ND,
Phone: 701.837.1884
www.sourisriverbrewing.com



YOUTH IN ACTION

Parent Teacher Conferences



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



It's time for parent teacher conferences, an opportunity to learn about your child's academic process, strengths and weaknesses, and the enrichment and intervention strategies used within the classroom. In order to prepare for an effective conference here are some suggestions that parents can use with their child's teacher. When preparing for the conference ask your child how they feel about school or if there is anything they want you to

discuss with their teacher. Also, consider making a list of topics that you want to talk about and prioritize them so you are asking the most important questions first. During the conference some of the questions you may want to ask includes: 1. What are my child's strongest and weakest subjects? 2. Does my child hand homework in on time? 3. Does my child participate in class? 4. Does my child seem happy at school? 5. What can I do at home to help?

After the conference consider talking with your child about discussion points, addressing the positive while being direct about problems. If any support plans were developed between parent and teacher, discuss those with your child as well. Finally, be sure to keep in touch with your child's teacher throughout the year as parent involvement is beneficial for children in many educational and developmental areas.

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
- Holidays
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days



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. **SIGN UP ONLINE TODAY**

WWW.COMPANIONSFORCHILDREN.ORG

JOBCORPSMINOT.COM/GET-STARTED OR CALL 701-857-9671'."/>

skinny week

KFC Coleslaw

7 servings of 1/2 cup at 186 calories each

Ingredients

- 1/3 cup sugar
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup 2% milk
- 1/4 cup buttermilk
- 1-1/2 tablespoons white vinegar
- 2-1/2 tablespoons lemon juice
- 1/2 cup mayonnaise
- 14 oz package coleslaw mix (about 8 cups or 1 head of cabbage)

Instructions

- Stir all ingredients (except coleslaw mix) in a large bowl until well-blended.
- Add coleslaw mix and combine thoroughly. Cover and refrigerate for 2-3 hours.

recipe written by Cherie Blessum

The change of season often rekindles previous habits, and even sparks new ideas. At SkinnyWeek, we encourage starting small to make lasting change. Check out the activity info below to determine your current level, and see if you're ready to level up!

Level 1 consists of:

Little to no formal activity, less than 5000 steps per day, endurance limited to 10-15 minutes, a beginner level of expertise, a limited variety of disciplines, and low or limited confidence.

Level 1 Level Up:

Evaluate your "why", determine realistic goals (number of days, minutes, steps, etc.), embrace non-traditional movement throughout the day, build a routine that leads to consistency, start small, aim for quality over quantity.

Level 2 consists of:

Semi-regular formal activity, 5000-10,000 steps per day, average endurance (30-60 minutes), a moderate level of expertise in a few fitness disciplines, and confidence in familiar workouts.

Level 2 Level Up:

Schedule rest days, avoid "skipping" workouts, evaluate the effectiveness of current routine, increase intensity, time, or reps of current routine, challenge yourself to try a new discipline, find an accountability partner.

Level 3 consists of:

Regular formal activity routine, 10,000+ steps per day, high endurance, (60+ minutes), sometimes multiple times per day, high level of expertise in many fitness disciplines, confidence in most physical activities.

Level 3 Level Up:

Evaluate the effectiveness of current routine, monitor physical health to avoid injury, fuel routine with proper nutrition, offer expertise to others, invest in high quality equipment for your favorite discipline.

The important thing to remember is to start small and build habits you love.

-Cherie

skinnyweek.com

Join us for a meeting!

*meeting times are subject to change

Thursdays

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

Saturdays

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

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

YOUTH IN ACTION

Minot State announces new Hometown Pride Scholarship for area high school seniors

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University is launching a new, automatic Hometown Pride Scholarship for area high school seniors.

"We are excited to launch this scholarship opportunity for graduating seniors throughout northwestern North Dakota," said Minot State President Dr. Steven Shirley. "Minot State is proud of the role we play in educating citizens across the region, and we look forward to welcoming the next class of students to the MSU campus in 2022!"

The \$1,000 scholarship is exclusively for May 2022 high school graduates from Minot and

regional schools located in North Dakota's northwestern counties.

The Hometown Pride Scholarship also comes with additional perks, including the first opportunity to register for classes at an exclusive early access orientation.

"Our hometown communities have been our backbone for over a century," said Cole Krueger, marketing director. "The Hometown Pride Scholarship is an exciting way for us to give back to Minot and surrounding communities."

Eligible students admitted to Minot State by March 31, 2022 will not need to apply

for the scholarship; funds will automatically be applied to tuition, fees, and/or room and board in \$500 increments each semester of the 2022-23 school year.

"We are very excited to support our local seniors through the Hometown Pride Scholarship," said Heather Halverson, enrollment services assistant director. "It is a unique way that we can say thank you for being our neighbor and part of our invitation to join the Minot State community."

For additional information regarding the Hometown Pride Scholarship, additional benefits, and eligibility, visit askMSU.com/Hometown.

Graduate Story of Healing Banquet

North Dakota Adult & Teen Challenge hosts its annual banquet in Minot on October 15th at River of Life Church. This year's keynote speaker is Josh Froelich, an ordained minister.

Josh did not start his life knowing God, in fact; he did not even know his biological father. His family environment was filled with turmoil and abuse. At the age of 19 he first went to prison. He decided to change his life and was accepted into the North Dakota Adult & Teen Challenge program.

In 2012 he graduated and felt a call to ministry. Josh then attended Trinity Bible College and Graduate School and became an ordained minister.

Josh regards his past by saying, "Looking back, I see how God saved me with miracles and how He has changed my life. I am a product of his grace."

Everyone is invited to hear Josh's story and other stories or miraculous change at River of Life Church in Minot on October 15th. Doors open at 5:30pm.

North Dakota Adult & Teen Challenge is primarily funded through donations of gifts and support.

This annual banquet helps to provide the funds needed to continue to provide hope and healing

To attend, please call us to reserve your tickets before October 8.

Or send your donations to PO BOX 1143 Mandan, ND 58554

For more information or to register online, please visit www.tc4hope.org

A CELEBRATION OF DELIVERANCE FROM ADDICTION TO HOPE

Adult & Teen Challenge
North Dakota

INVITE YOU TO THEIR BANQUET

MY DELIVERER

15 OCTOBER | Minot River of Life Church
Minot, ND

DOORS OPEN @ 5:30 | DINNER SERVED @ 6PM

freedom choir | message | testimonies

FEATURING GUEST SPEAKER
PASTOR JOSH FROELICH

\$25 PER SEAT \$200 PER TABLE
RSVP BY SEPTEMBER 27TH
701.667.2131 VISIT WWW.TC4HOPE.ORG

HometownElegance
Event Catering & Productions

OPPORTUNITIES TO GIVE
SILENT AUCTION / STUDENT OR EVENT SPONSOR



ROOSEVELT PARK ZOO's

BOO AT THE ZOO

Saturday, October 30, 2021 @ 10am-1pm | Members \$2 Non-Members \$3





POSITIVE STUDENT AND STAFF SHOUT OUTS!

Every Wednesday Principal Lenertz will go into the classrooms and read the shout outs to every staff and student who receives a shout out! An amazing way to make someone's day. Link <https://tinyurl.com/yxhve7cx>

HELP WANTED

PARAPROFESSIONAL SUBSTITUTES!

If you are interested in subbing at Dakota we need your help! Paraprofessional substitutes are needed. Please go to the Minot Public School Website at minot.k12.nd.us, under Job Opportunities click on Paraprofessional Substitutes and fill out the online application. It is that simple!

MPS IS LOOKING FOR MATH AND READING CORPS TUTORS!

Reading and Math Corps are coming to all elementary schools in our district for the 2021-22 school year! Make a lasting impact as a literacy or math tutor. To apply go to www.ndreadingcorps.org. Contact Us: Dana Sell at dana.sell@k12.nd.us

STANDARD REFERENCE GRADING (SRG) DIRECTIONS

MPS Website minot.k12.nd.us
Click on Parents Links Powerschool Click SRG Powerschool Portal Help SRG Parent Portal Guide

SCHOOL STORE!

Sgt James has volunteered to run the school store every Friday. Students will shop during their lunch period. Items range from 25 cents to \$2.00.

WINTER BUSSING NOTABLE DATES

- Oct 21 Winter Bussing Virtual Townhall
- Oct 25-29 Bus Tag Pick Up for Families
- Nov 1 First Day of Winter Bussing
- Apr 1 Last Day of Winter Bussing

STEAM AFTER SCHOOL ENRICHMENT PROGRAM

What we offer:
October: Improv/Comedy. Oct. 4, 11, 18, 25
November: Robotics. Nov. 2, 9, 16, 23
90 Minutes, 4 sessions after school. Dakota Elementary School Gym
Registration is open now! Registration fee: \$30 per child
www.steamnd.org email: steamrichmentnd@gmail.com

OCTOBER EVENTS

- Oct 11 Columbus Day School In Session
- Oct 11 & 12 Parent Teacher Conferences 4:00-7:00pm
sign up using PTCFast
- Oct 13 Early Release of Students at 1:15pm
No PM Preschool
- Oct 21 End of 1st Nine Weeks
- Oct 21 & 22 No School for Students
- Oct 26 Student Flu Shots
- Oct 28 PTA Fall Festival 5:00-7:00pm
- Oct 29 Fall Festival Class Parties

PARENT TEACHER CONFERENCES

This school year we look forward to opening our doors to our Dakota families, and we take pride in high attendance rates at our parent-teacher conferences. As we continue to navigate through the COVID-19 pandemic, we are resuming our in-person or virtual option parent-teacher conferences. Our Fall 2021 Parent Teacher Conferences will be held on Monday, October 11th and Tuesday, October 12th from 4:00-7:00pm. Please use the link: https://www.ptcfast.com/schools/Dakota_Elementary_School to schedule an appointment with your child's teacher. If you prefer a virtual appointment please indicate Virtual Conference in the Special Request Box.

WINTER BUSSING TOWN HALL

October 21st • 5PM-6PM
Zoom Meeting

Winter Busing is Coming!

Join the School Liaison Office and the Yellowfin Bus Manager as we discuss the plans and expectations for Winter Busing for our on-base schools and students for the 2021-2022 school year.

Zoom Meeting ID: 160-2254-4807

For more information, call the Youth Center at 723-2838 or the SLO at 723-1447

Let's Plan Your Party!

Birthday PARTIES
X-TREME OR OPEN BOWLING

SUPER PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!
Call for details!

109 South Main St. Minot 701.837.8555

Blake Krabseth
Comedian / Magician
Great for Parties and Conventions
701-720-1786
magic@blakekrabseth.com
BLAKEKRABSETH.COM

BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:
• 10 AM-12:30 PM
• 1 PM-4 PM
• 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

HighAir Ground
• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT
\$45.00

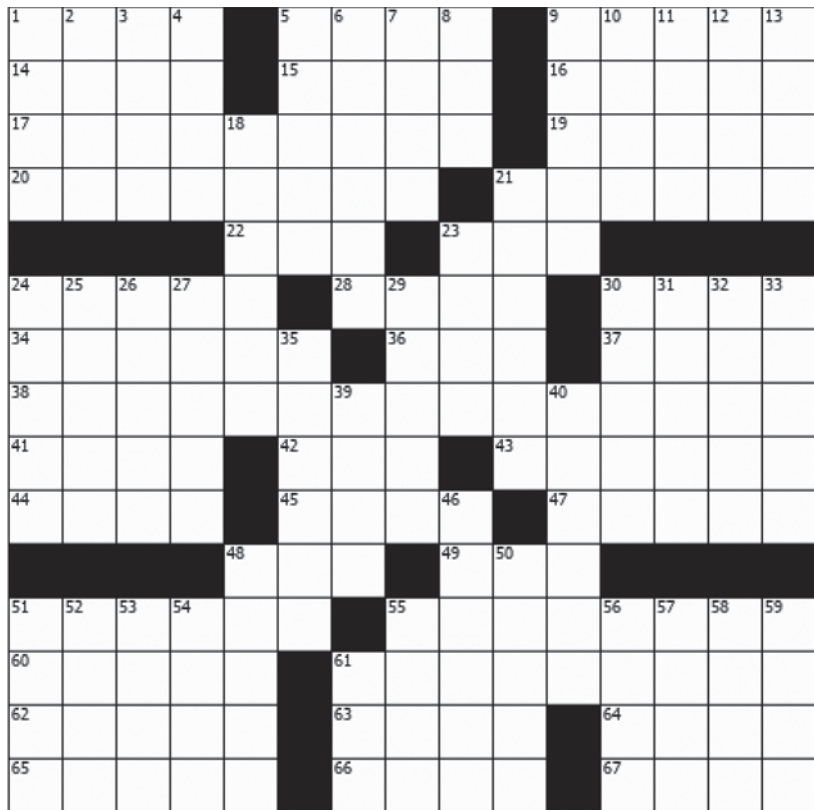
Includes:
• 4 Jumpers
• Marco's Pizza
• Four 16 oz. Drinks
• Additional Jumpers Only \$10!

www.highairground.com

CROSSWORD PUZZLE

Across

- 1. Nearing maturity
- 5. Chest muscles
- 9. Door-frame pieces
- 14. Paraprofessional, for one
- 15. Personal energy field
- 16. Like in nature (to)
- 17. Stage-beard securer
- 19. "Filthy" funds
- 20. Registered, as an invention
- 21. Quenched
- 22. Flounder's flipper
- 23. Zodiac predator
- 24. Carnival dance
- 28. Traits that may clash
- 30. Throw out
- 34. Teem
- 36. Zeta follower
- 37. Stench
- 38. Linger in a person's mind
- 41. "__ She Lovely" (Stevie Wonder song)
- 42. Much of "Deck the Halls"
- 43. Puts forth, as effort
- 44. Croupier's collection
- 45. Uttered untruths
- 47. High point
- 48. "__ Joey"
- 49. Latin greeting
- 51. Curiosity-piquing ad
- 55. Vail outerwear
- 60. Dog-tired
- 61. Silver City, Idaho, e.g.
- 62. Public square
- 63. Showroom product
- 64. La Scala solo
- 65. Painter's tripod
- 66. Geppetto wished on one
- 67. "__ Me" (Roger Miller tune)

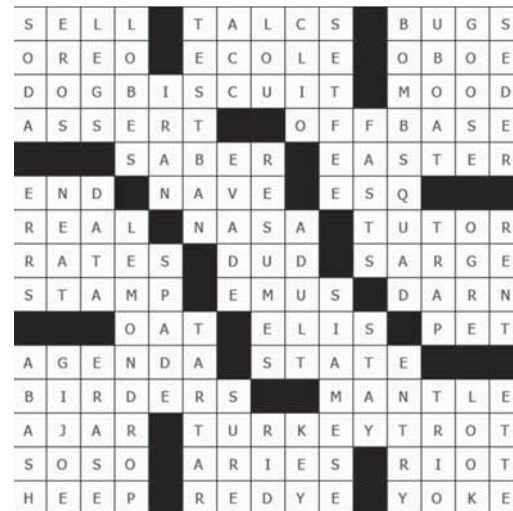


Down

- 1. Sound of shock
- 2. Philbin's cohost
- 3. Mark manuscripts
- 4. Used to be
- 5. Singer LaBelle
- 6. Oregon city
- 7. Gunk
- 8. "Casablanca" pianist
- 9. Light dessert
- 10. Pastel shade
- 11. Slimy mud
- 12. Unembellished
- 13. Coasting toy
- 18. Buggy passenger
- 21. Seed source
- 23. Auction units
- 24. Master, in Madras
- 25. Take down
- 26. Saddle horse
- 27. Bats gently
- 29. Gaggles members
- 30. Talented tyro
- 31. Regard lovingly
- 32. Varieties
- 33. Romantic rendezvous
- 35. Melbourne money
- 39. Tooth partner
- 40. With the exclusion of
- 46. US territory from 1861-89
- 48. Prison-related
- 50. Sun shade
- 51. Boom-box insert
- 52. Contemporary of Bessie and Billie
- 53. "Sorry to say . . ."
- 54. Shoe salesman's query
- 55. Closed up
- 56. Not much
- 57. Director Ephron
- 58. Mary-Kate, to Ashley
- 59. Hindrance to progress
- 61. Fill-up fluid

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

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

Solution to puzzle on page C10

FRIDAY, OCT 8 1800
VENOM (PG-13)

SATURDAY, OCT 9 1800
SUNDAY, OCT 10 1500
MALIGNANT (R)

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

REEL TIME THEATER MOVIE SCHEDULE



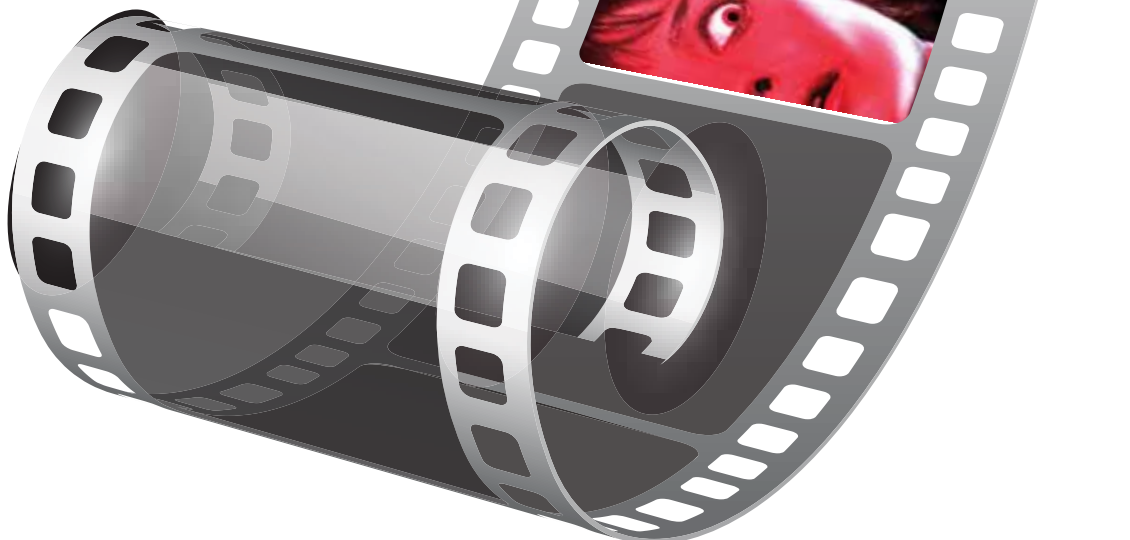


DAKOTA BURGER COMPANY

DO IT YOUR WAY BURGERS

Dine In or Take Out

315 S. Main St., Suite 200, Minot
701-852-8183
www.dakotaburgercompany.com



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 9 5 PM, No Vespers</p> <p>Sunday, Oct 10 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..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p> | <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> |

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Thursdays:
Worship 6:30 p.m.

Sundays:
Worship 8:30 a.m. & 10:45 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.
701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org


ORCS KNIGHTS



Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

ADVERTISE YOUR Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

CONTACT US

call 701-839-0946

email NSADS@SRT.COM

fax 701-839-1867

we've got the church you've been looking for

Your life matters to God!



CLASSIFIEDS

www.northernentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

FLEA MARKET

MOVING NEED CASH?
Sell your used/unwanted items at
MINOT FLEA MARKET,
OCTOBER 9 & 10, 2021
State Fairgrounds.
Info 701-340-7930.

RUMMAGE SALE

A Little Bit Of Everything...
With A Lot Of Savings!
4R HOME THRIFT
2031 N Broadway
Furniture, Tools, Movies,
Misc. & Interesting Items
Monday - Saturday -
8:30 AM to 6 PM
Sunday - 12 PM to 5 PM
15% Military Discount!
<https://www.facebook.com/4rhomethrift>

FOR SALE

FRESH CHICKEN
Farm-raised Butchering
Chicken
GRASSFED BEEF
(no antibiotics, no GMOs),
FRESH FARM EGGS
Located just 20 minutes with
delivery to the base.
EMAIL: esavelkoul@srt.com.

GARAGE SALE

**3721 E. BURDICK EXPY
HUGE VINTAGE & COLLECTIBLE
SALE!** Every Weekend, Weather
Permitting. Many Old Pictures, Old
Books, Pottery, China, Glassware,
Cast Iron, Old Vinyl Records, 8 Track
Tapes, Old Picture Frames, Old Beer
Cans, Signs, DVD Movies, Partial List.
Questions Call 701-626-2712.

AUTOMOTIVE

**90 DAY FREE POWERTRAIN
WARRANTY** on most cars. Check
out our inventory at karz4u.com
or call Cliff (Retired MSgt) at 701-
240-9172.

JOHN'S



AUTOBODY

**Pays Up To
\$500**
Insurance Deductibles
*We Guarantee All
Work & Color Match*
4121 S. Broadway
839-8896

TRANSPORTATION

**I BUY CARS OR HAUL JUNKERS
AWAY FOR FREE** - Call Karz 4-U
at 240-9172.

\$\$\$ QUICK CASH \$\$\$ Paying
cash now for any car or truck,
running or not. We also sell cars
\$500-\$1500, give us a call.
Edwardson Sales 839-9512 (Will
haul junk cars or trucks away, no
charge)

**NORTHERN AUTO
AUCTION**
**1st & 3rd Saturday
Every Month!**
Approx. 75-100 Cars, Pickups, Trucks, Etc!
Bring vehicles & title to auction yard
BUY or SELL!
All units sold AS-IS condition
Terms: Cash or check supported by a bank letter of credit.
Auctioneers: Clint Beeter, Lic. #199 &
Kevin Beeter, Lic. #464 - Clerk Lic. #199
3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

HAVE A CAR TO SELL? You could
place your classified here for as
low as \$3.00 week! Visit our
website www.northernentry.com
to place your classified listing
today!

HUNTING

**LET US HELP YOU HUNT
GOOSE DOWN DECOY
RENTALS AND OUTFITTERS**
Canadian, Duck Decoy with
trailer rentals. \$150 per day,
\$150 deposit. Discount for more
than one day. Please call or text
701-822-1895.

REAL ESTATE

Find **ALL** listed homes for sale
in Minot and the surrounding
areas at www.brokers12.com.

RENTALS

AVAILABLE NOW! Several apts
on North Hill available 4 rent. 2
Bdrm + 1 bath. \$655 to \$795.
Call Matt or Jerry at IPM. 852-
1157

FOR RENT OR SALE

**20 MINUTES TO MINOT AND
THE MINOT AIR FORCE BASE**
2 and 3 bedroom mobile homes for
sale or rent from \$695 per month -
includes lot rent and utilities. Located in
Deering, ND. 701-502-0554.

PROFESSIONALS

**LEE CLOUSE INDEPENDENT
BEAUTY CONSULTANT**
www.marykay.com/1clouse.
701-839-0475 or 701-721-
0475.

SUDOKU SOLUTION

Puzzle on page C8

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

HELP WANTED

**THE NORTH DAKOTA
NATIONAL GUARD** have
openings available in a variety of
career fields across the state and
in Minot. Continue your military
career on a part-time basis. For
more information call 420-5903
or 420-5904 in Minot.

**MATURE, RELIABLE, AND A
TRUSTWORTHY INDIVIDUAL.**
Part-Time Retail sales 25-35
hrs/week occasional Sat.
closed Sun. Apply in person at
Aeroport Hobby Shoppe, 2112
N. Broadway.

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate
people to provide support for
people with disabilities.
We have schedules to fit your needs.
We offer competitive wages and
excellent benefits.
We are an equal opportunity employer and a drug free workplace.
Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

IMMEDIATE FULL AND PART TIME OPENINGS

for daytime and evening custodial
positions cleaning buildings at
the Minot Air Force Base. Pay
is \$14.49/hour plus health
& welfare benefit. Hours
Days 8a or 9a-finish typically
Monday through Friday, may
include weekend work. Nights
5p-finish. Apply in person
at: 605 27th St SE, Minot
ND 58701 or contact: Matt
Mackey By email or phone at
mmackey@kalixnd.org
701-852-1014.

MAFB OPPORTUNITY

**ADULT & TEEN BAGGERS
NEEDED AT THE MINOT AFB
COMMISSARY** Baggers Work
for Tips Only • Adult Hours
Tuesday-Friday 7am-4pm
• Later start times available
but must be able to stay until
4pm & Sunday 11am-6pm •
Teen Hours Tuesdays-Friday 4pm-
7pm & Saturday 7am-6pm •
Morning start times rotate & vary.
Please speak to Charlie at the
commissary if interested or leave
contact information with customer
service.

**DON'T RISK IT ALL!
IF THERE IS ANY DOUBT CALL**

AIRMEN AGAINST DRUNK DRIVING

*Free and
Confidential*



*Saving Lives
and Careers*

**CONTACT US AT:
(701) 727-2233
(701) 727-AADD**

Available to ALL Minot AFB Military Members and Spouses

- ▶ Call AADD
- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/ dependent status by showing identification

**THURSDAY, FRIDAY & SATURDAYS
09:00 PM – 02:00 AM**

*HOLIDAY WEEKENDS
08:00 PM – 03:00 AM*

Thanks To SRT for donating the phone services for AADD



CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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

COLUMBIA COLLEGE

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

PARK UNIVERSITY MINOT –

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

MINOT STATE UNIVERSITY

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

ACCOUNTANT

BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP

RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

838-1658

2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

AUTOMOTIVE

QUICK CASH!!

Running & Non-Running Cars & Trucks



Edwardson Sales
839-9512

We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!



#SOLD WITH US!

BROKERS12.COM



TRUCK ACCESSORIES



ROLL-UP PICK UP COVERS

• SRT - 2 ELECTRIC • SPOOL ROLL TARP • TRUCK TARPS

Manufactured by AGRI-COVER

DISTRIBUTED BY

NELSON

RIPPLINGER

SALES

NEW & USED COVERS ON HAND



ASK ABOUT MILITARY DISCOUNT

OWNED BY VETS

JIM OR BONNIE 838-2515 • CELL 721-1251

AUTOMOTIVE

WE BUY-SELL-TRADE-CONSIGN
Pay Top Dollar for Clean Used Cars



240-9172

1105 16th St. SW • Minot
Cliff Butler/Retired MSgt
www.Karz4-U.com

STORAGE UNITS

NORTHERN PRAIRIE
CONDOS & STORAGE, INC.

Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

Duane W. Block "Dewy"
Owner

Call: 701.720.1093

Today for more Information.

NPCS

8 46th AVE NE
Minot, North Dakota
58703

REAL ESTATE

Danielle Bolinske
REALTOR®
701-833-7180



ELITE
REAL ESTATE
Excellence In Action
1829 S. Broadway
Suite 1, Minot, ND

FLOWER SHOP



Voted Minot's #1 Flower Shop for the last 7 years!

405 Central Ave. E. • 701.852.6224

WHAT'S GOING ON MAFB

FRIDAY 08

- Registration Closes: Intramural Indoor Soccer at the 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

- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com
- 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
- Pre-Columbus Day Bowling Special, 1000-2300, Rough Rider Lanes
- Pumpkin Party, 1300, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 10

- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com
- NFL Sunday Ticket, 1130-1800, Rockers Bar & Grill
- Yoga, 1230, Fitness Center
- Zumba, 1400, Fitness Center

MONDAY 11

- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com
- DIY Art Resin Charcuterie Board Class – Free for Deployed Affect, 1800-2000, Arts & Crafts

TUESDAY 12

- Yoga, 0600, Fitness Center
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Yoga, 1730, Fitness Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 13

- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Welcome, 0900-1200, Jimmy Doolittle Event Center, hosted by A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Cycle, 1700, Fitness Center
- Extramural Bowling League, 1715, Rough Rider Lanes
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Zumba, 1930, Fitness Center

FRIDAY 15

- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- Registration Closes: DIY Canvas Art Class - Free for Deployed Affected at Arts & Crafts
- 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
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 16

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Spooky Board Game Night, 1800, ESC
- 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.
- Haunted Stacks: 16 October – 30 October, Minot AFB Library – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

SPOOKY BOARD GAME NIGHT

16 October ESC • 1800

No entry fee!
Beginners welcome!

Try out our collection of spooky games:
Betrayal at House on the Hill
Boss Monster • Clue

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

THURSDAY 14

- 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
- Craft Club, 1800, Minot AFB Library
- 9 Pin No Tap League, 1800, Rough Rider Lanes
- "Have a Beer Ball" League, 1800, Rough Rider Lanes
- Magic The Gathering Pauper Night, 1800, ESC
- Magic The Gathering Pauper League, 1830, ESC
- Zumba, 1830, Fitness Center

OCTOBER SPECIALS

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

Bomber Bistro • Spaghetti & Meatballs
Delicious meatballs and a classic marinara sauce combine with Italian seasoning and parmesan cheese. Served with garlic bread and a drink for \$11.95!

The B-Fifty Brew • Apple Crisp Macchiato
Layered flavors of apple and brown sugar meld like the filling of a gooey apple pie in harmony with espresso, steamed milk, and a caramelized-spiced apple drizzle. Tall \$4.50 • Grande \$5.00 • Venti \$5.45

Rockers Bar & Grill • Rockin' Chicken
Your choice of choice of grilled or fried golden brown chicken breast topped with dill pickles on a split bun. Don't miss this tasty combo with crispy fries for only \$7.75!

WE OFFER MILITARY DISCOUNT ON FUEL

SUPERPUMPER REBEL - 2625 N. BROADWAY
SUPERPUMPER NORTH - 2005 N. BROADWAY
TOAD'S SUPERPUMPER - 1105 S. BROADWAY
DAWN TO DUSK SUPERPUMPER - 7141 HWY. 2 EAST

32 CONVENIENT LOCATIONS
GOSUPERPUMPER.COM

Verendrye Electric Cooperative
A Touchstone Energy® Cooperative

**DAY OR NIGHT
RAIN OR SHINE**

HARD WORK NEVER QUILTS.

Contact Us For All Your Electric Needs!

Minot - Velva
701-852-0406
800-472-2141

WWW.VERENDRYE.COM