

northersentry

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WHATS INSIDE THIS WEEK:



DOMESTIC VIOLENCE AWARENESS MONTH: TAKING A STAND

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DAKOTA ELEMENTARY EDUCATOR NAMED TEACHER OF THE MONTH

C5

BLAST FROM THE PAST: THE FIRST 100



Minot Air Force Base was officially activated in 1957, and by the next year, Douglas D. Stoddard became one of the first 100 people to ever be stationed here. Minot was a different place back then, as shown in the above photo of the front gate. Check out page A3 to read more about Retired MSgt. Stoddard's experience as one of the first 100.

COURTESY PHOTO



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TECHNICAL SERGEANT
ALISE BRAZELL
NCOIC OF EXECUTIVE SERVICES



BACKGROUND

Originally from Topeka, Kansas, Brazell joined Team Minot in December of 2019. In her spare time, she enjoys spending time with her husband and kids, playing video games and working on doll houses. She is also going to school for Exercise Science.

DAY-TO-DAY

Brazell's day-to-day duties include working with evaluations and coordination for the director of staff, overseeing communication equipment for video teleconferences, as well as records management.

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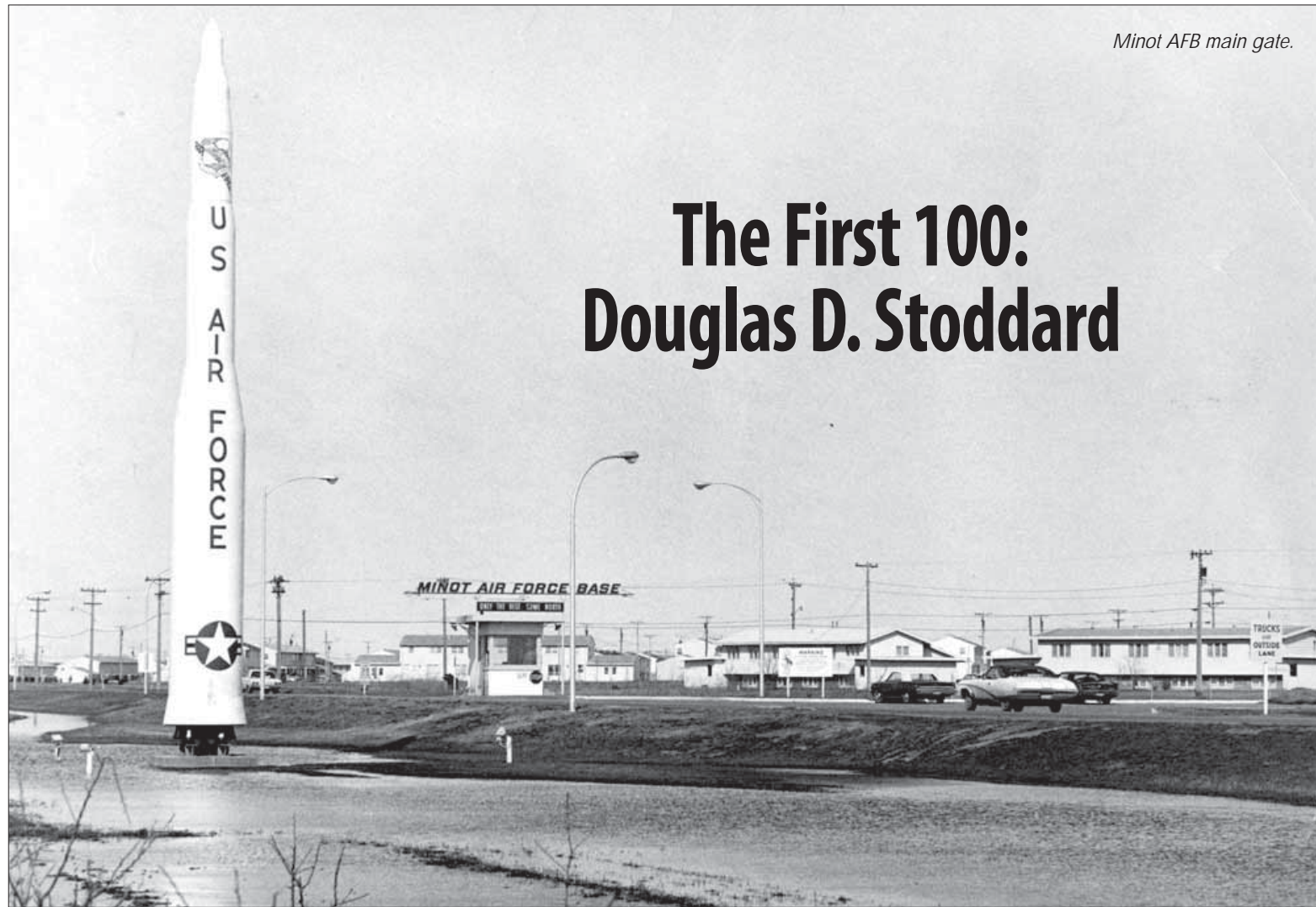
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Minot AFB main gate.

The First 100: Douglas D. Stoddard

AIRMAN 1ST CLASS ZACHARY WRIGHT, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Douglas D. Stoddard, visited Minot Air Force Base, North Dakota, Sept. 27, 2021. Stoddard was previously stationed in Minot in September of 1958 and was one of the first 100 people ever to receive orders to the brand new base, at that time.

Stoddard was assigned to communications for the Air Defense Command and primarily operated a switchboard because telephones had not yet been installed in the base.

"When I got here, the switchboard was in a trailer outside of the communications building that was being constructed," said Stoddard. "You had the cords to connect telephones together, you've probably seen them before on TV."

With the base being newly constructed Stoddard and the other personnel were here even before the B-52H Stratofortresses

and long before the Missile Wing.

"There were no aircraft when I came in. They were in the process of setting the base up," he said.

Stoddard had family in North Dakota, with his grandmother living in Stanley. He was not unfamiliar to the climate of Minot, however it was very different from his previous assignment in Dhahran Air Base, Saudi Arabia.

"A lot of guys kidded me about coming from the frying pan and into the freezer," he joked. "[Minot] was nothing like it is today. As you go down the hill there, that's where town started and when you went up the other side, that's where it ended. As I recall, it was pretty small."

As a 20 year old Airman 3rd Class at the time, Stoddard recalled the hospitality of the Minot community even back then.

"They were nice, the farmers

took some of us guys duck hunting," he said. "They took us into their homes for Thanksgiving meals; very nice people in the area."

Now, 62 years later, and at 83 years old, retired Master Sergeant

Stoddard got to tour modern Minot Air Force Base and see many of the old buildings that are still here today, and witness what his work so long ago has grown into.



The construction of Minot AFB in the late 1950s.

U.S. AIR FORCE PHOTO

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Domestic Violence Awareness Month: Taking a stand

ABIGAIL KINDER, NORTHERN SENTRY

What comes to mind when you hear the words domestic violence? For many people, instances of physical abuse are the initial thought, but domestic violence includes so much more than that. It can be physical, financial, sexual, or emotional, and it affects millions of individuals every year.

According to the National Coalition Against Domestic Violence, over 10 million adults experience domestic violence annually. In 2020, 12,663 spouse abuse cases were reported to the Family Advocacy Program for the Department of Defense, with over half of them meeting criteria for domestic abuse. Domestic violence is a serious problem that needs to be properly addressed, and highlighting the plight of its victims is a small step towards change.

One survivor of domestic violence has come forward to share her story in the hopes of shining a light on the struggles of military families dealing with it. Like many victims, she did not immediately recognize that she was in an abusive relationship and found the journey to independence and freedom to be full of barriers.

THE WARNING SIGNS

"My ex-husband and I met in college," she said. "I had just gotten out of a bad relationship where the guy was very controlling. He would need to know where I was all the time; he would go through my phone. Coming out of that relationship, I knew those things were not okay. So, when I entered my relationship with my ex-husband, I was very clear when I set those boundaries."

After she discovered that he had gone through her browser history, she felt like her boundaries had been violated. "I should have seen that as a sign that he didn't know my boundaries. If you are important to that person, those boundaries will be important to them and if they can't respect those from the get-go, that is someone you don't want to be with. Those little things are going to snowball into big things."

As she looked back to the beginning of her relationship, she spoke of another red flag that she failed to recognize at the time. "He wanted to be very exclusive and very serious, but I wasn't quite ready for that yet. But I was like 'he's a good guy, I'd be stupid

to let this possibility walk away,' even though it was moving faster than I wanted."

Over the years, more warning signs became apparent, and things continued to spiral after he joined the Air Force and they moved to their first duty station. "When I got here, I had a young child and was pregnant with another. They had new spouse orientation, but my ex-husband was never comfortable with me having a stranger watch our kids so I could go to it. So, I could never get those resources firsthand. Throughout his training, he learned and knew all of this information that I didn't. He very much controlled the flow of information. When I would hear from another spouse that there was this program or that program, he would say 'yeah that's not how it works.'"

"Information is currency. The person who holds the full picture has that power. When you're dealing with a narcissistic or abusive person, they're going to use that power to bring you down and have that control," she said. Tactics like controlling the flow of information and denying resources, isolation, and constant policing are all indicative of coercive control, which is a form of emotional abuse that aims to exert power over the victim. As she became involved in a friend's domestic abuse case, her own situation and the coercive control her husband exerted would only grow more serious.

"We had a situation with friend and her family...her husband had severely beat her. The Air Force had removed her husband from the home; they mandated treatment for him and for them as a family, and we were kind of a third party liaison, if you will," she said. Her ex-husband began to instill fear in her by exploiting that friend's situation. "He would use her and her family situation as an example of what would happen if I came forward. Like, if her husband gets kicked out because of this, there's going to be no support for her and she's going to have to figure out how to support four kids on her own. That was terrifying for me as her friend," she explained.

"So, when he was using our friend's situation with her family, he knew very well that there were programs to support her if her husband ended up getting kicked out because of his behaviors. He

made sure those resources weren't available to me in our situation, and he made sure that I was afraid so he could have that control over me. He played into the base being as isolated and as difficult as it is."

"It was hard for me to recognize the abuse, and it is still sometimes difficult for me to see the situation as it is and not the picture my ex-husband painted. I thought, 'Well I'm not getting hit. It's not physical violence... this isn't what domestic violence is. We're just having problems with our relationship.'" But domestic violence is not always easy to recognize, especially when the signs are psychological. She said, "I put a lot of blame on myself because that was the voice he would funnel into me—that I wasn't a good enough mother. I wasn't a good enough wife, that it was my mental health causing these issues. He played on my insecurities. For my story, it wasn't 'in-my-face' physical violence, until it was. It went from emotional and financial abuse and gaslighting, all of these different forms, to using sexual control. Abusers keep upping the ante until they get the reactions, behaviors, and control that they want."

From an outside perspective, it may seem like leaving an abusive relationship would be the easiest part, but this is rarely the case. "He was my world, and I didn't want to see [the abusive behaviors] as they were. He was my husband, we have kids together, and I wanted us to be a family; I didn't want my kids to grow up without a dad."

She finally decided to stand up for herself and tried to make a change but was met with hostility. "He put me through probably two weeks of brutal, absolute hell. He tried to break me as a human being, and looking back, it felt like so much longer than two weeks. At the end of that, I knew I needed to be financially independent from this man." Using the money she earned while working for a local family, she began saving up to leave. "I don't even know how I convinced him to let me deposit into just my bank account," she said. This control of money is a form of financial abuse, which can make it difficult for victims to leave their situations. "Whether I realized it or not, I was doing those things to make a plan to get out."

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As she was planning to leave the relationship, she also reached out to leadership and other base agencies for support. “I did try to have conversations with providers at the Family Readiness Center and Mental Health, his First Sergeant... but when I did try to have conversations with them independent of him, they wouldn’t meet with me. They insisted that because he was the service member, he needed to be in the room. How am I supposed to be comfortable with telling you what’s going on when he’s right there?” she said. “It never felt comfortable; it never felt like they wanted to listen to me because, if I would have to guess, he painted this narrative of me being this crazy person that was just after drama and trying to hurt his career.” As the Air Force continues to grapple with domestic violence in military households, significant efforts have since been made to make resources and trustworthy confidants more readily accessible to spouses, even without the service member as a liaison. But at the time, this survivor found it difficult to find the support she needed from those around her.

“He is one of those covert narcissists. He’s Mr. Nice Guy; he’s very charismatic and well liked, and they would think he would never do anything like that. But they didn’t live it! They didn’t live the day when he took everything out of our bank account. There was no money. They told me as long as he was providing \$223 in support for me a month, he had done his due diligence. How do you provide for a household with that?” After spending many years as a stay-at-home mother, she had to start from the beginning.

A NEW START AND A LASTING IMPACT

Her friends were often shocked to hear about her nonchalant attitude towards the end of her

relationship. “I had people who would say ‘I’m so sorry that you’re separated,’ and I’m like ‘don’t be, it’s a positive thing.’ They were so taken aback by that being my response. I found it striking how I didn’t even miss him.”

After leaving her ex-husband, she found a strength that she never knew she had inside. “I’ve got two kids by myself, and I’m thinking this is easy! I’ve been doing it for years and I didn’t even realize how much I had been doing until I was reflecting on it. I’ve done every bath for these kids for the last three years, I’ve done doctors appointments, I’ve done every medical decision, I’ve done this or that. I never realized how capable I was because he was feeding to me how dependent on him I was.”

“At this point I have been divorced from him for [several] years, and every year I have doubled or tripled my income. I’m no longer on any assistance programs, I own my own house, and I have grown so much as an individual.”

But even after breaking free from an abusive relationship, she still endures the lasting effects of it. Derogatory text messages while co-parenting have become normal, and trauma from past abuses still finds its way into her everyday relationships.

“Over the course of our relationship, he used grand gestures to hide things he was trying to sweep under the rug, and it has stuck with me. My current boyfriend knows not to just go buy me flowers. He knows that I’m going to be terrified of what’s going to happen next. It makes it difficult for the natural progression of a relationship. He is still walking on eggshells because I am so damaged from what I experienced at the hands of abuse,” she explained.

“I also work with a lot of military

personnel. I have to be very careful when I introduce myself to someone. I have volunteers that work with my ex-husband, I have had individuals who will point blank ask me if I’m [his] wife, and I say ex-wife. Sometimes they don’t ask, and they share information about him that I’m not prepared for,” she said.

BREAKING DOWN BARRIERS

While barriers to report domestic violence should not exist, they unfortunately do. In her case, the main hurdles were trying to garner support from military leadership and meeting the “criteria” set forth for reporting domestic violence cases.

“Several cases were taken to the community review board with the Family Advocacy Program, based on what my ex-husband has done to me or to my children,” she said. “They were pretty cut and dry, but [the board] came back saying that it didn’t meet the criteria.”

“What I’ve gone through—the process of reporting and having conversations with military offices—I would never wish that on anyone. It just feels invasive and degrading. You walk away and you sincerely feel like a puppy with your tail between your legs, like you did something wrong even though you might have been reacting to the abuse that you’ve endured.”

“He wasn’t military when we got married. So, I went to all the graduation ceremonies and they preached all this integrity and all of these expectations for service members about respect and values, yet not once have I had the support from his command for how he has treated me during or after our marriage. At the end of the day, I know they can’t force somebody to be nice. But when you’re sitting there talking about having integrity and saying these are Air Force values, we won’t

tolerate this or that, be consistent. Do what you say you’re going to do!”

So, what can victims of domestic violence do? Where do they start, and who can they turn to? This survivor encourages others to begin by finding a friend to talk to. Whether it is someone in a mom support group, a coworker, or a neighbor, it is important to begin having conversations about the abuse with a trusted individual. She said, “Find a friend you’re comfortable talking with. There is a lot of shame and a lot of stigmas, but you need to get comfortable talking about it. Getting comfortable talking about the abuse with a friend makes it easier to talk about it with a stranger and begin developing that rapport.”

She also suggests that individuals gather the resources they need to get out. Collect important documents, save whatever money possible, and keep track of every conversation you have regarding the abuse in order to make a plan. “Those small steps will make it more comfortable when you come forward. Walking through that door, whether it’s the Domestic Violence Crisis Center or Family Advocacy Program or OSI, is so heavy on your heart because you are formally recognizing what happened to you.”

Because of her own experience, this survivor encourages military leadership to listen and take domestic violence cases very seriously. “People in leadership roles need to listen the first time. I understand as an agency, it’s very mission-oriented and you have to think about what impacts the mission. But it goes back to the You Matter movement; it’s not just the service member that matters, it is the family and the spouse as well.”

She believes it is important for the base and its helping agencies to provide a variety of

“

I never realized how capable I was because he was feeding to me how dependent on him I was.

”

accurate, up-to-date resources for spouses and family members. After finding a flyer for a support group posted on base, she tried to attend, only to find out the group had been discontinued two years prior. She then sat for hours at the clinic before being told that no providers were available and someone would contact her, which never happened.

“I was at my breaking point and I was extremely suicidal. I needed someone to help me and there was nobody,” she said. “Spouses need to push for those one-on-ones with command. You might not get the results you want, you might not have the best experience, but at least try.” The military has many stigmas regarding domestic violence, but the only way to break down barriers and work towards a safer environment for all is to have those difficult conversations and to hold abusers accountable.

Domestic Violence Awareness Month, which takes place throughout the month of October, is an important reminder for everyone to acknowledge domestic violence in their community, support victims of abuse, and raise awareness for resources to help those in need.

For resources and information on support for victims of domestic violence, you can contact the Family Advocacy Program at 701-723-5096, Domestic Abuse Hotline at 701-343-3531, or the 24/7 Domestic Violence Crisis Center Hotline at 701-857-2200.



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5th Bomb Wing Inspector General Brings the Thunder

SENIOR AIRMAN JESSE JENNY, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Early October of 2021, 5th Bomb Wing Airmen from Minot Air Force Base participated in a multi-day, wing-level exercise to internally validate mission readiness, enhance operational training across the wing, and self-identify areas for improvement.

“Our concept was to combine multiple exercises that improve our combat capabilities while dealing with other simulated threats that test our Command and Control and Emergency Management skills,” said Maj. Connor Klein, 5th Bomb Wing Director of Plans and Programs. “This type of exercise is important because it ensures we can generate combat-ready Airmen and B-52’s while guaranteeing the safety and security of our nuclear assets no matter what.

The exercise was a multi-pronged effort designed and implemented by the 5th BW Inspector General

Office to gauge the wing’s decision making and mission readiness in support of Department of Defense requirements. The complex exercise scenarios tested the wing’s operational and support capabilities as well as emergency response measures.

“Experts from across the 5th Bomb Wing developed a robust scenario that combined wing-level PRAIRIE RAMPART and PRAIRIE KNIGHT Exercises with a 69th Bomb Squadron nuclear generation ‘part task trainer’ exercise called KNIGHTHAWK THUNDER,” said Klein. “It was a high level of effort that gave our Airmen at all levels the freedom of maneuver to lead and learn in a controlled environment. The 5th Bomb Wing has an incredible amount of talent and drive which made this exercise a huge success because we had those tough conversations about our limitations and how to deal with them to keep us always ready for our worst day

and every day short of that.”

The exercise consisted of a variety of scenarios prompting personnel to work through a range of issues to include cybersecurity, adversarial attempts to breach physical security measures, and ensuring combat power met simulated senior leader commands.

“Our next chance to showcase the credibility of our nuclear deterrent will be United States Strategic Command’s annual GLOBAL THUNDER exercise in November,” Klein said.

Klein said that next summer, they’re planning an ambitious scenario-driven PRAIRIE VIGILANCE part-task trainer exercise built from the ground up with various emergency management exercises that will stress their organizations to help pinpoint any vulnerabilities and prevent our adversaries from having an upper hand in the next conflict.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN DILLON J. AUDIT

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Back Talk

Research Shows More Relief in Less Cost with Chiropractic Care

When the spine cannot move, bend, lift, or twist as designed, everything in life becomes more challenging. The need for movement becomes very evident when back pain sufferers quickly jump to consuming powerful medications for relief when back pain hinders mobility. Paying that cost goes up and the results get worse when conventional pharmaceuticals and medical care become the primary course of action to relieve back pain. Too many medical doctors remain unaware of the evidence based researched benefits found in natural healthcare options like chiropractic.

Low back pain will affect over eighty percent of people at some point in their lives. It ranks as the single largest reason for disability in North America. Over-the-counter NSAID (non-steroidal anti-inflammatory) drugs like Advil, Aleve, and ibuprofen tend to be the first choice for most back pain sufferers. Not only do NSAID drugs carry a large list of unwanted and dangerous side effects, but they also fail to address or heal the root cause of the problem.

A study from 2015 compared the outcomes for patients with low back pain after being cared for by chiropractors versus other non-chiropractor healthcare providers. Patients who received care from a chiropractor spent a median cost of \$712 compared to \$1992 for those choosing treatment from a different provider. Patients who chose natural chiropractic care saved \$1280.

The amount of money spent on back pain solutions represents an important statistic, but indirect costs from lowered productivity also come into consideration when choosing a provider for the problem. Saving money by choosing chiropractic to help with back pain provides enough justification for why every back-pain sufferer deserves to have access to chiropractic.



Research continues to show how chiropractic serves as one of the best solutions for any back-pain sufferers looking for longest-lasting results with the lowest cost. So many more health benefits go hand in hand with choosing chiropractic. The health and condition of the spine directly links to the health and function of the brain and central nervous system. This scientific connection resolves countless other unwanted symptoms and conditions through chiropractic care.

Chiropractors assess and address the spine and nervous system stress through small adjustments to improve mobility and increase the lines of neural communication that engineer healing and recovery within the body.

Chiropractors pursue educating the public on research that offers relief and vitality to millions of back pain sufferers. Choose relief and resolution without the use of drugs, surgery or large out-of-pocket expenses. Chiropractic works!

All the best to you and yours in great health,
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Minot AFB Airman dances for special stars

ABIGAIL KINDER, NORTHERN SENTRY



Senior Airman Jacob Colvard will be participating in the Dancing for Special Stars fundraiser to benefit Special Olympics North Dakota. As a former ballroom dancer, Colvard is looking forward to the opportunity to not only brush up on his dance skills, but to support a good cause.

COURTSEY PHOTO

Senior Airman Jacob Colvard, Bioenvironmental Engineering Technician for the 5th Operational Medical Readiness Squadron (OMRS) at Minot Air Force Base, will be putting his dance skills to the test for Special Olympics of North Dakota.

The 6th Annual Dancing for Special Stars fundraiser will feature local “celebrities” paired with professional instructors who will perform a select dance routine to raise money for SOND, taking inspiration from the hit television show Dancing with the Stars.

Colvard, who has been at Minot AFB for over two years,

is looking forward to his first major dancing opportunity since joining the Air Force. Because of his prior experience in ballroom dancing, he jumped at the chance to be a part of Dancing for Special Stars. “My supervisor got an email about [the fundraiser],” he said. “They were trying to get someone from the base to participate, and I love dancing. I used to do a lot of ballroom dancing in high school, and even competed, for about 5 or 6 years. Once I joined the military I really dropped off from doing that and haven’t really had the opportunity to until now.”

According to Colvard, dancing has more benefits than just raising money for a good cause. “When you dance with a partner, you form a connection that you wouldn’t normally form. Ballroom dancing especially is

all about communication. It’s a different kind of connection, and you also have to connect with the audience,” he said.

But the main goal of the event is to support SOND, which provides physical fitness, sports training, and competition to thousands of North Dakota athletes with intellectual disabilities. “It’s all to help people. It’s all for Special Olympics of North Dakota. Getting involved in the community and building connections within the community is really important to me,” he added. “I jump at every opportunity to dance, and I don’t get to do it very often. Doing it for a good cause makes it that much better.”

This year’s event will be Colvard’s first time participating, and he hopes to continue working with Special Olympics of North Dakota in the future to support their meaningful cause.

Dancing for Special Stars will be held at Minot State University on Oct. 19, 2021. Tickets may be purchased in advance by calling SOND at 701-746-0331, or you can email info@specialolympicsnd.org. The evening will begin with a reception and silent auction, followed by entertaining performances from each couple. Afterwards, a meet and greet will be held with the dancers. To contribute to the \$30,000 goal, visit www.secure.frontstream.com/dancing-for-special-stars-minot-2021.



Tuesday, October 19, 2021 7 p.m.

Ann Nicole Nelson Hall
Minot State University

- Support local celebrity dance couples competing for the Mirror Ball Trophy.
- Attend to vote for the best celebrity dance couples.
- Bid on silent auction items to benefit Special Olympics North Dakota!

Tickets are available at the door for \$25 per person. For tickets/information, call SOND at 701-746-0331.

Unrestricted parking is available on campus for this event.

Welcome Sierra Unruh, OD Optometry



Sierra Unruh, OD

Dr. Sierra Unruh is a board-certified optometrist dedicated to providing high-quality vision care to people of all ages. With expertise in the diagnosis and management of complex eye conditions, she also provides routine eye exams and is skilled at prescribing glasses and contacts.

Eye Care Expertise

Born and raised in Bismarck, Dr. Unruh completed her undergraduate education with a Bachelor of Science in Biology from the University of North Dakota. She received her optometric education and training at the Illinois College of Optometry in Chicago, followed by a post-doctorate residency at the Memphis VA Medical Center. Following residency, she established an optometric care clinic for veterans in Aberdeen. Prior to joining Trinity Regional Eyecare, she provided optometry services with Johnson Eyecare & Eyewear in Minot for several years. Dr. Unruh achieved fellowship with the American Academy of Optometry in 2018.

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Department of the Air Force recognizes Energy Awareness Month

PUBLIC AFFAIRS, AIR FORCE ENERGY

Energy Awareness Month gives the Department of the Air Force the opportunity every October to look at the critical role energy plays in its combat capabilities and readiness.

This year marks the final iteration of the three-year observance theme: "Energy Able, Mission Capable."

The awareness this month brings also serves as a chance for the department to emphasize the strategic importance of mitigating and adapting to climate change through energy-informed solutions.

"Effectively distributing, generating, and managing energy and fuel should be a top priority for all Airmen and Guardians," stated Jennifer Miller, Acting Assistant secretary of the Air Force for Installations, Environment and Energy. "To win a conflict against a peer competitor, specifically China or Russia, energy-informed solutions are critical, to not only enhance the combat capability and readiness of our aircraft and installations, but to improve fuel efficiency and mitigate climate change."

As the battlefield grows

increasingly complex, and extreme weather events become more frequent, supplying power to the force safely, reliably, and efficiently remains fundamental to mission success.

Department of the Air Force installations have conducted "black-start" exercises, which have allowed the strategic planning and testing of energy systems during major power outages or other utilities failures. Additionally, joint wargaming efforts have highlighted energy supply chain vulnerabilities and provided an opportunity to decrease energy and logistics risk.

The Department of the Air Force is pursuing advanced propulsion, drag reduction technologies, engine sustainment, and planning software in its aircraft to streamline operations and fly more fuel-efficiently for extended range and loiter time.

To help spread awareness of energy initiatives, visit: www.safie.hq.af.mil/EnergyAwarenessMonth/ and follow the hashtag #EnergyAbleMissionCapable and #NoFuelNoFight at www.facebook.com/AirForceEnergy and www.twitter.com/AFEnergy.



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OCTOBER DORM DINNER

North Star Community Credit Union and the Northern Sentry were proud to provide a great Italian Dinner to the hard working men and women at the Minot Air Force Base on Wednesday, October 6. Those helping from NSCCU were Sheila Melaas, Maryann Fuller, Brooke Rodrigues, Nikki Snell, Alex Aheare, Michelle Schneider, Steve Nannicelli, Randie Ova, Ashlin Sheckells and from the Northern Sentry, Ted Bolton, Abigail Kinder and Rod Wilson. It's just one small way of saying "thanks" for serving your country.

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All About Pets

Pumpkins for Pets!



It's officially October, which means many people are starting to prepare for Halloween! That means we are about to be surrounded by a sneaky superfood for pets... pumpkins! While pumpkins are usually used for carving and spooky decorations, they actually have a lot of benefits for your furry friends.

Pumpkin is high in fiber and contains a plethora of healthy vitamins and minerals such as Vitamin A, C, potassium, and iron. The amounts of these nutrients are relatively small compared to what is in your pet's normal food, but they can still be beneficial to hair, eye, and skin health. In cats, it can even help prevent hairballs.

Pumpkin is often vet recommended for its main benefit: supporting a healthy digestive tract. Because of the soluble fiber that pumpkin contains, it can actually help a pet whether they have diarrhea or constipation. Yes, it goes both ways! Plus, most pets love the taste of pumpkin and it is a great way to supplement their boring, everyday bowl of kibble.

Most people opt to use unsweetened, canned pumpkin for its convenience. If you do this, make sure that the ingredient list contains ONLY pumpkin and no additives or spices. If you have a little more time on your hands or some extra, uncarved Halloween pumpkins sitting around, you can use them to make your own pumpkin puree or even homemade

treats! Pumpkin puree can be added to your pet's dinner, stuffed in a Kong or other licking enrichment, or frozen into silicone treat molds. You can also dehydrate pumpkin slices to make healthy, delicious training treats for your pet.

When using fresh pumpkin, be sure not to throw the seeds out. Add a little salt and roast them in the oven for a seasonal snack for yourself, or roast them sans-seasoning for another type of pet treat. You can also crush them up and supplement your pet's food with them.

For pets, just about anything can become enrichment, even a pumpkin. Try having your pet weave in between pumpkins. Stick a treat inside a carved pumpkin and let your pet figure out how to get the top off and get to the food! The possibilities are endless.

All of the pumpkin food ideas should be given in moderation, and if you are unsure about how much to give your pet, consult with a veterinarian beforehand. It is also important to make sure that your pets are not eating too much pumpkin, as this can cause more harm than good.

Next time the family takes a trip to the pumpkin patch, consider picking up a few extras for your pet! After all, pumpkin season only comes once a year... but it's always a good time to take care of your pet.

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SAT: 9 AM - 11 PM
SUN: 10 AM - 4 PM

Wednesday October 6, 2021

TEAM STANDINGS			REVIEW OF LAST WEEK'S BOWLING & TOP SCORES			
PLACE/TEAM NAME	POINTS WON/LOST	TEAM	HDCP TOTAL	SCRATCH SERIES (W)	SCRATCH GAME (M)	
1 5th OSSpears	8/0	5th CES	2261	Charline Monty - 488 Megan Woiewski - 367 Marie Carter - 367 Alyshia Botkin - 358	Leighton Hammond - 233 William Carmichael - 216 Britney Spears - 208	
2 Team 2	8/0	Team 3	2386			
3 Team 4	6/2	AAFES #1	2249			
4 Team 3	2/6	Team 7	--			
5 5th CES	0/8	Team 2	2456			
6 AAFES #1	0/8	Team 4	2441			
7 Team 7	0/8	5th OSSpears	2585			
8 Team 8	0/8	Team 8	--			

SEASON HIGH SCORES

SCRATCH SERIES (W)	SCRATCH GAME (W)	SCRATCH SERIES (M)	SCRATCH GAME (M)
Charline Monty - 488 Megan Woiewski - 367 Marie Carter - 367 Alyshia Botkin - 358	Abby Smith - 150 Dana Koisher - 144 Brandi Dearing - 141	JB Butler - 722 Moose Monty - 626 Mike Froman - 563	Leighton Hammond - 233 William Carmichael - 216 Britney Spears - 208

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



"We couldn't have done it without them" North Dakota State Fair Manager Renae Korslien shared with the members of the Military Affairs Committee "I wasn't kidding when I said that we could have just opened the gates and late the people go in free if we didn't have these young men and women helping out...they were everywhere."

For the North Dakota State Fair, it's a game of numbers...especially when you consider the manpower it takes to staff 9 days of fair activities. For Renae Korslien, Daryl Fry at the ND State Fair, and even for State Fair Parade Manager Jim Clifford, the answer came in the hundreds of man hours being donated on behalf of organizations from Minot AFB. Some positions were total volunteer hours, but many of them were hours donated by individuals in support of MAFB organizations, 19 of them. "I contacted Paul and Mark (Mr. Paul Elliot and Mr. Mark McDonald, Chiefs of Staff of the 5th Bomb Wing and 91st Missile Wing respectively) and they were so helpful. Without their help, I don't know what I would have done" continued

Korslien. The pandemic has left many of the normal groups that would have been active at the NDSF with depleted membership rolls. Without the many volunteers contributing man hours, these same groups are not able to staff security positions, parking staff positions, grandstand security positions...to name a few.

"All of the young men and women who helped were so nice" said Korslien "we have a great resource at the base (Minot Air Force Base), and we were able to tap into that resource."

Korslien said that the ND State Fair would continue to reach out to the Minot Air Force Base for volunteers "but we all agreed that next year we need to start in January, so it isn't so last minute."

On a side note, my adopted airmen Paul volunteered to work security in the grandstand area, and he said it was a great opportunity to see the fair. "I didn't realize how big the North Dakota State Fair was" he shared "it would be something I would do again!"

Thanks go out to the many volunteers who once again prove that Only The Best Come North!



Renae Korslien
State Fair Manager

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When should you replace rotors and brake pads?

The ability to accelerate and steer freely is vital to vehicle performance. Equally crucial is being able to stop the car to avoid collisions and obstacles. Brake pads and rotors are vital components of braking mechanisms that need to be maintained and serviced.

Drivers may wonder how frequently they have to replace brake parts. Car and Driver magazine states brake pads are among the most crucial braking components. Brake pads create the friction that helps stop a car when they are pressed against the brake rotor, also known as the brake disc. It's in drivers' best interests to ensure that brake pads, as well as rotors, always function properly and are replaced before their effectiveness is compromised.

Replacing brake pads

Brake pads are made from different materials, but all will wear down over time, losing a portion of material every time the brakes are used. Eventually brake pads will not be able to generate enough friction to stop the vehicle quickly. Industry experts generally recommend brakes be replaced every 20,000 to 60,000 miles. Since that is a wide mileage range, drivers can listen for squealing noises or grinding sounds or feel for vibrations when deploying the brakes. Each of those signs may indicate brakes need to be replaced.

Replacing rotors

Like brake pads, rotors also will wear out over time. Brake rotors must meet a certain thickness to be considered safe. If they are below that thickness, then they must be fully replaced. Some drivers opt to have their rotors resurfaced. This means removing any grooves, hotspots or anomalies on the rotors that can cause uneven wear of the brake pads. However, if the rotors are too thin, they cannot be resurfaced, as this removes some additional rotor material. Rotors can only be resurfaced once before replacement. Some vehicles have rotors that cannot be resurfaced at all.

Rotors can go thousands of miles before they need to be replaced, but vibrations while braking and squeaking noises are usually indicative that rotors need to be checked and/or replaced. Even though brake pads and rotors may wear out at different intervals, many automotive professionals advise replacing rotors when brake pads are changed for optimal performance and safety.

Brakes are an essential safety component. Work with a qualified mechanic to have brake pads and rotors serviced before wear and tear adversely affects driver safety and vehicle performance.

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TOPI'S RETIREMENT CEREMONY

Topi, a military working dog with the 5th Bomb Wing Security Forces Squadron, is honored during his retirement ceremony on Oct. 12, 2021 at Minot Air Force Base, North Dakota.

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

NOTES ON BEING SAFE

Protect your child with Child Safety Seat Basics



SSGT KELLEEN KOSCH
5TH BOMB WING OCCUPATIONAL SAFETY
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Did you know that nearly 90% of child safety seats are used incorrectly! The two minutes you take each time you buckle up your child correctly can save their life.

Infants: An infant may be restrained in an infant seat or a convertible seat. An infant seat is designed for children birth to one year and about 20 pounds. A convertible seat is designed for children birth to about 40 pounds.

Children less than one year and up to 20 pounds (check your seat's manufacturer's instructions for exact weight limits) must be restrained rear facing in the car.

Some infants will reach 20 pounds before one year of age - outgrowing their infant seat, but are still not ready to face forward in the vehicle. In this situation, the child should be restrained rear facing in a convertible seat designed to hold children up to 28-30 pounds rear facing. More and more convertible seats are being made to hold heavier infants rear facing. Always follow the manufacturer's instructions.

Adjust the seat so that the child is reclining at about a 45 degree angle.

Harness straps should be in the slots at or below the infant's shoulders and should be snug against baby.

Place the retainer clip at armpit level to keep the harness strap on baby's shoulders.

Never place an infant in a front seat with a passenger-side airbag.

Harness baby in snugly and then cover the baby with a blanket.

Make sure the seat is installed as tight as possible. Get in a kneel on the seat while tightening the belt. A child safety seat should not move more than one inch in any direction.

Always use a federally approved child safety seat and not a regular household carrier.

Toddlers: Child faces forward in car and in an upright position after 12 months and over 20 pounds.

Most convertible seats are for children up to 40 pounds (about 4 years old). Read manufacturer's instructions to check your seat's guidelines.

A forward facing seat must have the harness straps in the upper most harness slots.

Built-in safety seats are federally approved and safe for children over 20 pounds and 12 months.

Always make sure the seat is installed as tightly as possible.

Older Children: Children from 40 to 80 pounds or 4'9" tall should use a federally approved booster seat.

A booster seat with a lap and shoulder belt combination is the safest. This can be done with a booster without a shield and one that has a removable shield. Always follow the manufacturer's instructions for this.

Once children are over 4'9", and have outgrown their booster seat, they should use a safety belt in all seating positions.

Older children are ready to use vehicle safety belts when the lap belt stays low and snug across the hips, and the shoulder belt does not cross the face or in front of the neck.

The safest place for a child to sit is in the middle of the back seat. If the vehicle has a passenger side airbag, all children 12 and under should be restrained in the back seat. Airbags save lives when used with safety belts.

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2021 North Dakota Governors Photo Contest winners announced

Gov. Doug Burgum along with North Dakota Commerce Tourism and Marketing Director Sara Otte Coleman and North Dakota Council on the Arts Executive Director Kim Konikow today presented the winning submissions from the 18th annual North Dakota Governor's Photo Contest at the North Dakota Heritage Center & State Museum.

Launched in 2004, the Governor's Photo Contest encourages North Dakota amateur photographers to submit photos that capture the unique things to see and do in North Dakota.

"We are deeply grateful for these talented photographers who captured the spirit of what makes North Dakota a great place to visit, live, work and raise a family," Burgum said. "They do a fantastic job of highlighting the wide-open spaces, outdoor adventure and diverse opportunities available in our communities."

Photographers submitted photos to one or more of the following categories: Recreation, Road Trips, Badlands Scenery, Beyond the Badlands Scenery and Wildlife. Winning submissions will be published in North Dakota

Tourism's promotional materials.

"The Governor's Photo contest categories continue to provide stunning imagery that inspire travel and community experiences," Tourism and Marketing Director Sara Otte Coleman said. "Road trips have been a large part of our marketing efforts and we look forward to using these unique photos to inspire trips both near and far."

This year the contest had a total of 543 submissions, with a limit of 10 entries per photographer. Among the 15 photographers selected, 12 were first-time Governor's Photo Contest award winners. Since 2004, the annual contest has received more than 17,100 photos.

Two guest judges participated this year, photographer Tim Lamey representing the North Dakota Council on the Arts, and Pulitzer Prize-winning photographer David Hume Kennerly representing the Governor's Office.

Prints of the winning images will be on display at the North Dakota Heritage Center & State Museum through mid-November. The images will then for the first time ever, take part in a traveling

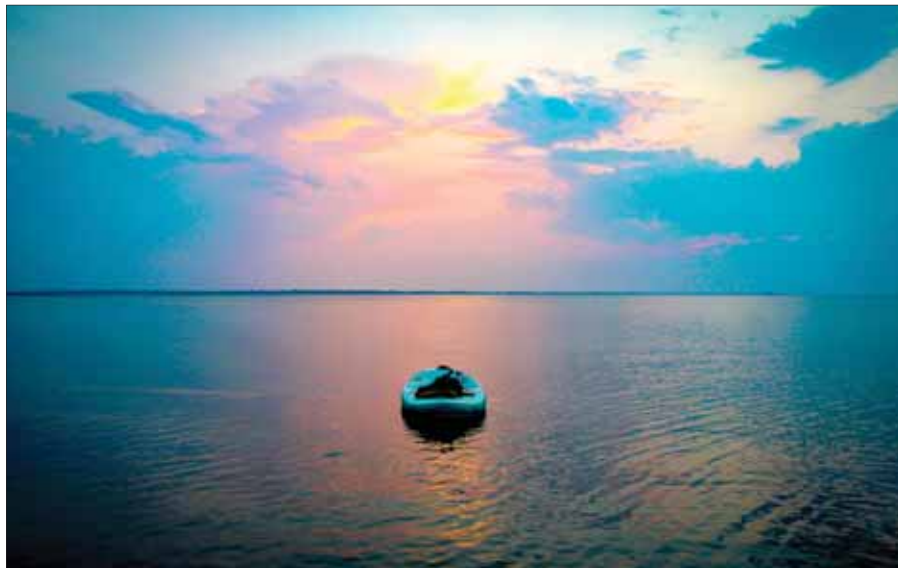
exhibit through the North Dakota Art Gallery Association (NDAGA). Exhibitions will be at the Cando Arts Council Dec. 1, 2021, the James Memorial Arts Center in Williston May 2, 2022, and at The Arts Center in Jamestown June 9, 2022.

"We are excited to showcase these images throughout the state as a traveling exhibit," North Dakota Council on the Arts Executive Director Kim Konikow said. "This is a great way to experience some of the art destinations in our rural communities."

AAA has been a proud sponsor of the Governor's Photo contest for the past 13 years providing prizes and exposure for winning photographers.

"This is a unique opportunity to support our North Dakota Amateur photographers while showcasing their photos in our AAA publication and communications efforts," Director of Public Affairs Gene LaDoucer said.

Find descriptions of all winners and honorable mentions along with the complete gallery at <https://belegendary.link/2021PhotoContestWinners>.



Kim Black from Minot Air Force Base received Honorable Mention in the Recreation Category for her image "Still on The Water". The peaceful glow of the last light of sunset frames a paddle board in the calm waters of Lake Sakakawea.

N.D. TOURISM/
KIM BLACK IMAGE

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



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



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



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



BABY BOY BORN ON
TUESDAY, OCTOBER 05, 2021 TO:
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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.




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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, Oct. 11: 1,830.91 feet above mean sea level (MSL); 13,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,497.16 feet above mean sea level (MSL).

Stump Lake elevation: 1,497 MSL.

- N.D. Game & Fish Dept. game wardens: Some walleye activity north of the New Town bridge on Lake Sakakawea. Grano area producing some walleye on Lake Darling. A little fall activity on local north-central lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Limited reports.

- Devils Lake, Woodland Resort, Devils Lake: Weather slowing activity.

- Lake Darling, Karma C-Store, Ruthville: Some late season walleye activity around Grano with scattered success on Lake Darling.

- Lake Metigoshe, Four Seasons, Bottineau: Light activity. Those going out on Lake Metigoshe are still finding an occasional walleye and pike but no bluegill reports.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers on the east end of Lake Sakakawea with limited reports. Try Douglas or Garrison bays working 17 to 25 feet for walleye with scattered success at best.

- Lake Sakakawea, New Town: Limited activity on the Van Hook Arm due to wind and rainy weather.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing salmon with better success in early morning hours, especially around sunrise. Try jigging Raps, spoons and crankbaits. Overall success slowing, though. Use extreme caution on the river with low Garrison Dam releases. Good catfish success from both boat and shore. Government Bay remains the best area for salmon on Lake Sakakawea using spoons from shore. Some success on the west side of the dam from shore. Overall success is limited. Slow walleye activity. Try 18 feet for small walleye, working deeper for walleye on the east end. Better success seems to be west towards Beaver Bay.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Water temperatures dropping on the



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

- Please submit wildlife mortality observations, such as a dead deer, to the N.D. Game & Fish Dept. website reporting form, (gf.nd.gov) to help track EHD and CWD.

- 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. 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.

- Oct. 23: Mink, muskrat, and weasel trapping season opens.

TOURNAMENTS:

- Oct. 16: Upper Missouri River, Lewis & Clark Bridge..

upper end of Lake Sakakawea. Better success seems to be with crankbaits. Try Tobacco Gardens working to the east. Improving walleye success on the Missouri and Yellowstone rivers. Try minnows or crankbaits. Fort Peck Dam in Montana starting to produce salmon.

- Lonetree WMA area lakes, Harvey: No new reports with little activity across area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains light as anglers transition into hunting and wait for ice-over.

Hunting:

- Upland: Weather limited activity on the pheasant opener across many area of the state. Fair pheasant success around the Lonetree area

and the northwest.

- Waterfowl: Fair waterfowl success for local birds around the Devils Lake area. Numbers of cranes migrating over eastern Lake Sakakawea as well as around the Williston area over the past weekend. Nice mallard numbers in the northwest. Some northern waterfowl movement starting to come into the state around north-central and central N.D. Look for more activity with colder weather moving in.

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.

Meet the Minot AFB Spouses Club Board



TONYA PARKER
SOCIAL CHAIR

Tonya Parker has been a military spouse since 2013 and has been active in the community at 3 different bases. She has a love for connecting with and mentoring new military spouses and has served as a Key Spouse, Parliamentarian, and Social Chair as well as being heavily involved with base thrift stores. Her passion has been highlighted by multiple base Commanders, earned her accolades from senior government officials, and led to being recognized as Key Spouse of the Year at Kadena AB. More

important to her though, has been the privilege of serving alongside her husband and introducing different cultures and experiences for their two children; Kadyne and Joleen. Tonya has embraced the Air Force way of life and feels blessed for the lifelong friends she has made along the way. She is looking forward to continuing to give back and is always on the look out for new opportunities for her fellow spouses. One of those ways has led to her new venture in establishing the Taste of Minot food tour. In addition to being a budding entrepreneur, Tonya also works in town fulltime for Freedom Financial Group. Originally from a small town in South Carolina, she has been amazed by the similar small town charm that she has found not only in Minot, but in the military communities across the globe. During her downtime she enjoys demolishing her husband in fantasy sports, singing with friends during karaoke, boardgame nights, and kicking back and watching football with her family.

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.minotafb spousesclub.com.

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DINING OUT

New Twist on Italia

Primos Adds Handmade Pasta

ROD WILSON, NORTHERN SENTRY

At a recent event Gabriel Mejia, General Manager of The Grand, invited me to experience their all new handmade pasta at Primos. Already known for their Italian fare, I graciously accepted, and Saturday night would be our chance to put this all new cuisine to the test.

I have always enjoyed Primos. First is the view of the city from The Grand's north hill location. The cityscape of Downtown Minot and south hill make for a great picturesque background. Primos has always featured full tablecloths and linen napkins. Combined, they make the start of your dining experience special.

From the appetizer menu we chose the fried Calamari. We then placed our orders. I chose the Tuscan Tortellini, and my spouse chose Chicken Parmesan.

While we waited for our appetizer to arrive, we were served home made bread sticks

(absolutely the best I have ever had) with an herb & oil dipping sauce. Excellent is the best description for this course of the meal. The Fried Calamari arrived, and it was OK. The Calamari was unique in that there were Calamari "sticks". Still, they were quite good, and the sauce that accompanied the Calamari was also good. Just enough of a bite and a great partner for the Calamari.

As one would expect, the pasta entrées took a bit longer to arrive, but the extra time allowed for discussion of how great a view of the city Primos provided.

Once the main courses arrived, the conversation quickly turned to the quality of the food. I always judge the meal first by the temperature of the food.

Both entrées were served piping hot, and our first bites did not disappoint. There was a

decidedly different taste to the home made pasta. The sauces were excellent, and the portion, although not overly large, was perfect. We certainly would have enjoyed, but did not need, another portion of bread. But other than the lack of a second portion of bread, both dishes were certainly worth the extra wait.

At the end of the main course, there was no room for dessert, even though we have heard the Crème Brulee at Primos is to die for.

When the final bill arrived, we felt that the meals were certainly worth the price that was charged.

Overall, we gave our experience at Primos an "A" for the atmosphere, experience, and food.

Kind of a best kept dining secret located at the top of Minot's North Hill.



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\$2 off All Apps	Monday \$5 Moscow Mules (all day)	Monday Pizza Pack Combo
\$3 House Wine & Domestic Pints	Tuesday \$4 ND breweries (all day)	Tuesday Sandwich Pack
Bavarian Pretzels with Beer Cheese Sauce	Wednesday 1/2 Price Wine by the glass/bottle (all day)	Wednesday Chef Creation*
\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups	Thursday \$1 up for all Tall Taps (all day)	*Changes Weekly - Check our Facebook Page
\$5 Moscow Mule	Sunday BRUNCH (11am-2pm)	Thursday Pasta Pack
\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps	\$7 TSR Bloody Mary & Caesars	
1/2 Flat Bread Pizza	\$12 Bottomless Mimosas	
	\$6 Breakfast Shots	

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Good Gardening
 ADVICE
 by Marvin Baker

See you in the spring

I don't like using those words because it means the season has ended. But we have to remember that nature is in charge, no matter how much we think we are. It's been a tough year for gardeners and farmers because of the intense heat, but we were blessed with an extended season. Rarely does this latitude go into October without a frost or two. Mother Nature keeps us guessing and that is what's intriguing. This is the final gardening advice segment for the season, so have a good winter, plan next year's garden over the winter and wait for spring. Happy gardening always!



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U.S. Air Force Themed display installed at North Dakota Veterans Home

CMSGT DAVID H. LIPP, 119TH WING

North Dakota Air National Guard Base, N.D. --

Three North Dakota National Guard volunteers completed a task begun by retired Maj. Gen. Darrol Schroeder over five years ago when they installed a U.S. Air Force commemorative B-25 propeller display on the grounds of the North Dakota Veterans Home, Lisbon, N.D., Wednesday, Sept. 1, 2021.

Schroeder was member of the governing board of the N.D. Veterans home, served as Commandant and always felt there should be an Air Force display among the military equipment on the grounds. Sadly, he passed away March 3, 2019, before he could see the culmination of his efforts.

During his distinguished career, he held the position of Chief of Staff, Headquarters, North Dakota Air National Guard; the Air National Guard Assistant to the Commander in Chief of NORAD/Space Command, Colorado Springs, CO; and later to the Commander, US Air Force,

Europe.

Retired Maj. Gen. Alex Macdonald, former North Dakota adjutant general and 119th Wing commander, picked up the torch and championed the cause for his friend and colleague.

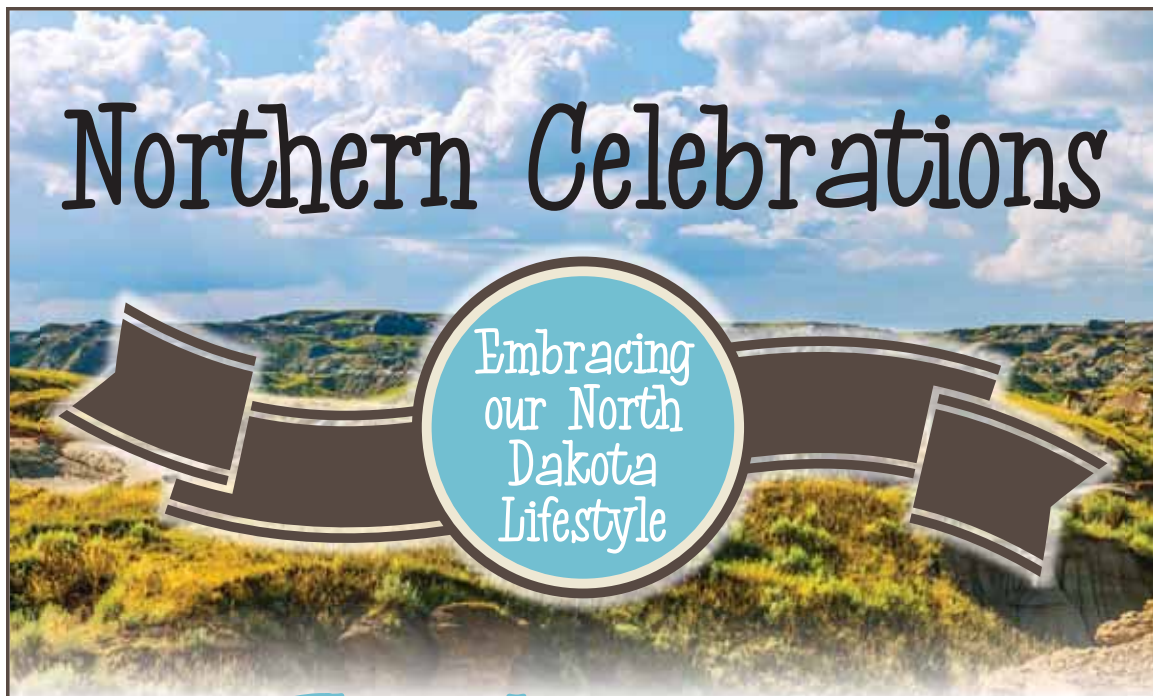
Command Sgt. Maj. Eric Binstock, the N.D. National Guard state senior enlisted leader, Chief Master Sgt. Duane Kangas, the N.D. Air National Guard state command chief, and Chief Master Sgt. Chris Walberg, 119th Wing, took the task to fruition when they completed the installation along the veteran's home drive Wed., Sept. 1, 2021. They were assisted by Shawn Mcleod, the veterans home maintenance supervisor and Mark Johnson, the veterans home administrator.

Several veterans home residents watched the installation, and Vietnam War veterans Bob Cooper, U.S. Navy, and Roger Roles, U.S. Air Force, enjoyed the display so much that they asked to have their photo taken beside it.



From left to right Command Sgt. Maj. Eric Binstock, the N.D. National Guard state senior enlisted leader, Chief Master Sgt. Chris Walberg, 119th Wing, Mark Johnson, the North Dakota Veterans Home administrator, and Chief Master Sgt. Duane Kangas, the N.D. Air National Guard state command chief, position a new U.S. Air Force commemorative B-25 propeller display on the grounds of the North Dakota Veterans Home, Lisbon, N.D., Wednesday, Sept. 1, 2021.

U.S. AIR NATIONAL GUARD PHOTO CHIEF MASTER SGT. DAVID H. LIPP



Northern Celebrations

Embracing our North Dakota Lifestyle

These boots were made for hunting

Patricia Stockdill

They lay sprawled out across the floor, ignoring others that lined the walls: One, two, three...

No, make that four different boxes.

Each box contained a treasured item, each featuring a different color: Brown, camouflage – make that two different camouflage patterns – and brown and camouflage.

They were leather.

They were Cordura® nylon.

And they were leather with Cordura® nylon.

They had different bottoms and different lacing.

But only one would be what hopefully would become the next ultimate, most comfortable pair of...early season, uninsulated hunting boots ever made.

Begrudgingly, it was time to find a new pair of boots.

The new treasure would – hopefully – last for eternity. After all, it's painful to depart with a beloved pair of hunting boots even though that last precious pair was made prior to the turn of the new millennium and even the coining of the phrase "millennials".

You see, that's part of what made them so beloved: They lasted almost forever, through so many memories afield. They fit like a second skin.

But, quite frankly, they were so worn they leaked.

Things like twigs, grass, and probably even large insects and small mammals worked their way onto the socks within.

The tongue was beyond frayed and the soles lacked any sense of grip. Simply put, those treasured boots had given all they could and, admittedly, even more. They went above and beyond to make me a happy hunter.

All of that circles back to the immediate issue of boxes and boots all over the store's hunting footwear aisle.

This next perfect pair needed to be uninsulated because - confession time here – the closet already housed three pair of insulated hunting boots. One can justify three pair of insulated hunting boots because temperatures vary, right?

So a person might need 400-gram insulation. But given North Dakota's weather, in a few days that's not enough and 800-gram boots might be an absolute must. And come late season, well, 1,000-gram comes in pretty darn handy, as well.

So that's why these new footwear gems had to be uninsulated – ya gotta be prepared, even in North Dakota, to hunt in warm weather.

But the priorities and factors that enter into the decision of selecting the Next Perfect Pair are immense:

Priority No. 1 is that they had to be comfortable.

Priority No. 2 is they had to be – at the bare minimum – water resistant.

What kind of grip? Would they be good for early season antelope hunting in Wyoming? But would they clump up mud in rain and snow?

What was the lacing system – hooks, eyelets, loops? Did the laces stay laced or would double-knotting the bow when they're tied be a necessity?

OK, double knotting isn't really an issue – that's more the norm, anyway, just so the laces don't become undone if they catch on twigs or heavy vegetation. But would the laces be slippery to tie? Granted, that's not a major issue but it's still a point of consideration.

How much ankle support did they provide? That's huge, as is arch support, and plenty of room for those toes when wearing wonderfully comfy, cushiony hunting socks.

How much did they weigh? Walking around in heavy, clunky hunting boots – even if they're uninsulated – definitely isn't fun.

And then the decision when it comes to hunting fashion... what camouflage pattern??? A girl has to be fashionable in the field, you know.

At the end of the day, though, it came down to comfort, weight, and the type of grip: The new pair of soon-to-be treasured hoots are a boring brown color.

They were a bit pricier than initially envisioned.

But, hands-down – make that feet-down – they beat the runner-up by a landslide when it came simply feeling right. Yes, they felt like they would be New Perfect Pair. That Perfect Pair has only been home a couple of weeks but like a new puppy, they already have a warm, loving spot in my heart. The late Marilyn Monroe might not have been talking about my hunting boots, but she summed up my latest love: "Give a girl the right pair of shoes (boots) and she'll conquer the world."

And my feet have already expressed their gratitude.

BRAISED PORK CARNITAS



INGREDIENTS

- 1 (3-1/2 TO 4 LB) BONELESS, WELL-MARbled PORK SHOULDER
- 1 (12 OZ) BEER
- 2 TEASPOON SALT
- 1/2 TEASPOON GROUND CUMIN
- 2 TABLESPOON LARD OR VEGETABLE SHORTENING
- 12 CORN OR FLOUR TORTILLAS
- 1/4 CUP SALSA VERDE
- 1/2 CUP DICED ONIONS
- 1/2 CUP SHREDDED CABBAGE OR LETTUCE
- 1/4 CUP PICO DE GALLO
- 1/4 CUP SLICED RADISHES
- 2 TABLESPOON FRESH CILANTRO
- 1/4 CUP GUACAMOLE

Slice the pork into 2-inch chunks and arrange in a Dutch oven or a roasting pan. Add the beer and top off with enough water to barely cover the meat. Stir in the salt and the cumin.

On the stovetop over medium-high heat, bring the mixture to a boil. When ready to cook, set Traeger temperature to 300°F and preheat, lid closed for 15 minutes. Carefully transfer the pan with the meat to the grill grate. Roast the pork, uncovered, until the meat is very tender, about 2-1/2 to 3 hours, stirring occasionally. Add a bit more water to the pan if most of the liquid has evaporated.

When the pork is tender, drain off any remaining cooking liquid and discard. Break the meat into bite-sized chunks with a fork. Add the lard to the pan and return the pan to the grill grate.

Increase the grill temperature of the Traeger to 400°F. Cook until pork is browned and some bits are slightly crisp, about 15 to 20 minutes, stirring frequently.

Make tacos with the carnitas and desired toppings. Enjoy!



Ryan Davy - GM Minot

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ACROSS

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

DOWN

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

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

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Celebrate Sound Don't Walk in Silence on October 16

MINOT SERTOMA CLUB

Minot, ND—The Minot Sertoma Club invites everyone to Celebrate Sound Don't Walk in Silence on Saturday, October 16, at Minot State University's South Loop. Registration begins at 12 p.m.

Maybe you haven't heard, but for more than 36 million Americans, hearing loss is a significant health issue. From newborn babies to senior citizens, hearing loss can impede learning, lead to social isolation, and even be life threatening.



That's why Sertoma, one of America's first service clubs, along with Hearing Charities of America, is sponsoring this walk to raise awareness and funds for hearing health. Proceeds from Minot's walk will be used to help purchase two Otoacoustic Emissions (OAE) hearing screening devices and two Tympanometry devices for the MSU Communication Disorders Department. These devices will enable the department to

give high quality, up-to-date screenings, ensuring that each child's hearing health and related developmental needs are met.

"With Celebrate Sound Don't Walk in Silence, we want to raise public awareness of hearing health issues. The number of people affected, the age ranges affected and the health implications are much broader than the general public might suspect," said David Gowen, Minot Sertoma Club president. "But there are things that can be done. For instance, just through better education we can help prevent noise-induced hearing loss, erase public stigma about hearing loss, and make public spaces more accessible to those who use assistive devices."

To preregister for the walk or make a donation, visit celebratesound.org; walk-up registrations are accepted.

The walk promises fun for everyone who participates!

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF RESPONDS TO CUBAN MISSILE CRISIS OCTOBER 16-28, 1962



Intermediate Range Ballistic Missile site at Guanajay, Cuba (USAF Photo)

The Cuban Missile Crisis was a pivotal moment in Cold War history. After US intelligence became aware of the construction of Soviet missile sites in Cuba, Strategic Air Command sent two officers from the 4080th Strategic Wing to verify with the use of U-2 spy planes. The missile sites were only located about 90 miles from US shores, presenting a serious potential threat. President John F. Kennedy was notified of the missiles on the morning of October 16, 1962, and the confrontation with the Soviet Union intensified as US military forces sprang to action. Within a week, the USAF shifted from peacetime status to full combat alert in preparation. Aircraft from all over the country were mobilized, missiles were placed on alert, and USAF airlift increased to support combat forces. After the military show of readiness and much negotiation over the next few weeks, the Soviets finally agreed to withdraw their missiles on October 28, 1962. Later on, President Kennedy credited Strategic Air Command with contributing greatly "to the maintenance of the peace and security of the United States..."

Information courtesy of: minot.af.mil / afhistory.af.mil / MAFB by Lt. Col. George A. Larson, USAF (retired)

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Upcoming Events

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

16 OCT SPORTS IN THE DARK
3:00 PM - 5:30 PM
Polaris Park
712 26th Ave NW, Minot

Try out a variety of blind sports and support the North Dakota Association of the Blind. \$10 Adult, \$5 Child (12 and under) available at the event. Food Trucks, Music, Adaptive Sports, and More! Please utilize street parking on 26th Avenue, or the lot on the NE corner near the skate park. Accessible spaces available in the South parking lot.



For more information:
Facebook Event / Sports in the Park / Polaris Park

16 OCT PROJECT BEE'S LUNAFEST
7:00 PM
MSU Dome, Minot
Get tickets at www.givebutter.com/projectbeelunafest

On October 16th, LUNAFEST films will screen on the MSU Dome as a Drive-In Film Festival. LUNAFEST is a traveling film festival by women and about women. At this event we will be screening LUNAFEST's seven (7) short films. We are aiming to raise \$15,000 to fund our Emergency Shelter program.



For more information:
Facebook Event / Project BEE's LUNAFEST

21 OCT DOWNTOWN MINOT WINE WALK
5:30 PM
Downtown Minot

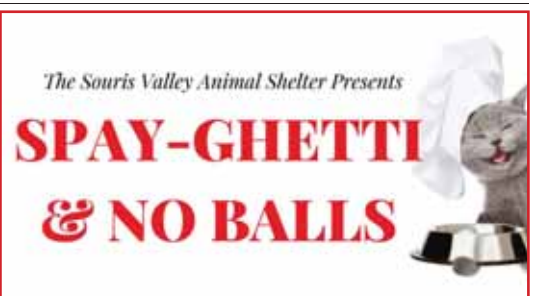
We're rescheduled! One of Minot's premier social excursions is back on the calendar! We hope you'll join us downtown on Thursday, October 21st for an evening of wine tasting, hor d'oeuvres, music, art, and exploring — all of it set amongst a downtown backdrop. This is a ticketed event, we'll be updating with more information on wines, hosts, food, art, and music as we approach! ACT NOW! Tickets are \$50 until October 10th, after that they'll go up to \$60. Each participant will take home a limited Cera Pignet print commissioned in the spirit of the event! Visit <https://www.downtownminot.com/product/downtown-minot-wine-walk-tickets-october-21-2021/> to get your tickets today!



For more information:
Facebook Event / Downtown Minot Wine Walk

22 OCT SPAY-GHETTI AND NO BALLS
6:00 PM
Grand Hotel
1505 N Broadway, Minot

Help us celebrate our brand new spay and neuter clinic by chowing down on delicious spaghetti! Olive Garden is sponsoring the dinner again this year! You'll be served spaghetti, meatballs, salad, and breadsticks! 100% of proceeds from the event go directly into the Spay and Neuter fund at SVAS. Tickets Include: -Olive Garden Spaghetti Dinner, Cash Bar, Meatball Eating Contest, Silent Auction, ANIMALS! This event is family friendly, fun, and oh so delicious. This year is REALLY exciting because all funds will be used inside the new SVAS building, in our new spay and neuter clinic, with our very own staff Veterinarian and medical team.



For more information:
Facebook Event / Spay-Ghetti and No Balls

On Base

HAUNTED STACKS

Minot AFB Library
16 October - 30 October 2021

Make an appointment or drop in to explore the Library's (mildly) creepy Haunted Stacks and enjoy some spooky activities! The Haunted Stacks are ideal for kids who aren't yet old enough for a standard haunted house experience!

COSTUME SKATE NIGHT

October 22nd - 6PM-8PM
Youth Center

Bring an old and edgy or simple home of words, clothing, or those look, games, a costume contest and more!

Free for members
\$4 for non-members - \$8 for families

Watch while the age of 8 must have a parent present at all times.

Refreshments will be sold.
An outside food or drink allowed.
Alcohol will only be a water bottle.

Bring your own skates or the library has skates and a roll bag too!
Skateboarders are not allowed.
The library is not responsible for any injuries.
All participants must be 18 or older.
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DAF Diversity, Equity, and Inclusion: The HEAT is on

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

ARLINGTON, Va. (AFNS) --

The Department of the Air Force's strength has always resided in our Airmen — servant heart, creative mind, and fighting spirit. It is the diverse team from the very fabric of our nation that gives the Department of the Air Force its competitive advantage to defend the Constitution of the United States of America across the joint all-domain battlespace. The American public expects and the profession of arms requires a culture of dignity and respect to unleash the full potential of the civilian and military workforce.

The DAF Barrier Analysis Working Groups were established in 2008 to address active or potential barriers to equal employment opportunities across the total force. This governing body is a conduit to maximize the team's diverse talents and create an inclusive culture regardless of race, ethnicity, sex, orientation, religion or disabilities.

The Hispanic community has a valiant history of serving in every major conflict in American history and continues to be a source of military strength. As of 2020, 15.6% of the 329,839 active-duty Air Force members are of Hispanic or Latino descent. Research data revealed Hispanics are among the fastest growing populations in the United States and make up half the population growth since 2010. It is critically important for the DAF to foster an environment where all members feel valued and able to maximize their full potential. That type of environment will enable Hispanics members to leverage their talents to support our Air and Space Forces.

The Hispanic Empowerment and Advancement Team, a specialized DAFBAWG, was chartered to review and analyze guidelines, programs, data and other information for barriers to employment, advancement, and retention of Hispanic employees and applicants, and military

members. Due to the strategic imperative, Secretary of the Air Force Frank Kendall selected Lt. Gen. Marc H. Sasseville, vice chief of the National Guard Bureau, and Stephen R. Herrera, the principal deputy assistant secretary of the Air Force for Financial Management and Comptroller, to be the senior-level champions of the HEAT. With strong and proud Hispanic roots, these Air Force senior leaders continue to pave the path for future generations of leaders.

Sasseville shared why championing the HEAT efforts is important to him by stating, "I've personally witnessed our phenomenal teams in action throughout my Air Force career, which are as diverse as the nation we serve and defend. The HEAT is a voice for the Hispanic Airmen and Guardians. We can make tremendous strides and a powerful impact by having access to rooms where Department of the Air Force-level policies are made."

Moreover, the HEAT is a total force initiative and aligns with Air Force Chief of Staff Gen. CQ Brown, Jr.'s Action Orders to Accelerate Change or Lose. Sasseville echoed these sentiments by stating, "To reach our full potential, we as an Air Force, Space Force and Reserve Component, must continuously work to identify and remove barriers to the contributions of every individual. Equal opportunity for school selection, assignments, and command opportunities will ensure that Airmen and Guardians are prepared for promotion opportunities when they arise. The HEAT fills a critical role by identifying the root causes of existing barriers and builds plans and develops strategies to remove them. As we continue to remove barriers, we will achieve equal access which is what we're striving for. This will provide opportunities for proud Hispanics to serve and prevent us from losing those currently in

the Air Force, Space Force and Reserve Component."

Since the 1948 abolishment of racial segregation in the military, the Department of Defense has led the nation in diversity advocacy and removing barriers for underrepresented service members. Although there is still room for improvement, the DAF continues to take a deliberate approach in building a more diverse and inclusive culture. Herrera reaffirmed this commitment by stating, "The objective of the HEAT is to increase Department of the Air Force opportunities for the Hispanic community by way of access and development. The HEAT is trying to achieve this objective by assessing programs, practices, data and other information for barriers to employment, advancement, and retention of Hispanic civilian and military members. Success would be representation of Hispanic members at all grades and ranks that is representative of the demographics of the United States. To achieve this success, we need to address recruitment, retention, development and any obstacles or barriers to the advancement of Hispanic members."

In 2020, the HEAT was successful in creating a more inclusive culture, respectful of the Hispanic heritage and service

member's identity, by gaining approval to include accent marks and hyphens on the uniform name tapes.

In conjunction with Hispanic Heritage Month, HEAT is hosting virtual events, which can be found <https://federation.prod.cce.af.mil/>




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The Hispanic Empowerment and Advancement Team, a specialized Department of the Air Force Barrier Analysis Working Group, was chartered to review and analyze guidelines, programs, data and other information for barriers to employment, advancement, and retention of Hispanic employees and applicants, and military members.

U.S. AIR FORCE GRAPHIC



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



Inside the B-52s' deployment to support the Afghanistan withdrawal

RACHEL S. COHEN, AIR FORCE TIMES

The B-52 bombers finished America's longest war in much the same way as they began: carrying airmen called to military service in the aftermath of 9/11, hunting Taliban fighters through the mountains of Afghanistan and watching as the seat of government in Kabul changed hands.

After 20 years of counterterrorism operations in Southwest Asia, the Stratofortresses' five-month tour to assist the U.S. withdrawal from Afghanistan was a last-ditch effort for America's oldest bomber to secure some stability in the final days of the war.

Six B-52s and around 300 airmen from the 5th Bomb Wing at Minot Air Force Base, North Dakota, deployed to Al Udeid Air Base in Qatar from April to September as the sole B-52 unit taking part in the withdrawal. That group — named the 23rd Expeditionary Bomb Squadron while abroad — flew more than 3,100 hours and 240 combat sorties during the deployment.

For all but three airmen, it was their first time participating in a conflict that has defined modern combat since 2001.

"For the vast majority of the squadron, this wasn't going back," Lt. Col. Michael Middents, 23rd Bomb Squadron commander, told Air Force Times Sept. 30. "This was going for the first time, and for a war that, really, we've kind of seen from the sidelines."

They didn't expect to be there. The bomb squadron, one of two under the 5th Bomb Wing, was preparing for a stint at Morón Air Base in Spain as part of a task force to reassure allies and deter potential threats in the region. Then U.S. Central Command warned they might reroute to Qatar instead.

"As they were looking at the plan on how they needed to withdraw all the U.S. and coalition forces out of Afghanistan, they saw that the bomber brings so much to them," Middents said. "Bombers — the B-52 in particular — offer things that other platforms can't: precision strike, long-range capability ... and then also the persistent time on station."

Minot airmen had about two weeks to get ready for the Afghanistan mission. They collaborated with joint terminal

attack controllers (JTACs), the special tactics airmen trained to call in airstrikes from the ground, found another squadron to handle the Spain deployment and were packing the bombers when they got the call to go.

Eighteen hours later, they touched down in Qatar.

"One of my guys landed from that 18-hour sortie getting over there, he walked out, he was all smiles and said, 'This is why I signed up. This is what I wanted to do,'" Middents said.

The expeditionary squadron took four days to adjust their sleep schedules for combat in a new time zone and to understand the rules of engagement. Then they headed out on an unarmed flight to announce their presence with airborne loops over Kabul in the east and Kandahar in the south.

Their primary mission was to provide armed overwatch and protect coalition forces on the ground, in addition to supporting the Afghan military as they tried to hold off the Taliban's advance. The goal was to move U.S. and partner forces from locations further afield to Bagram Air Base near Kabul, then to shutter Bagram and send the Americans home.

"A lot of the work that we were doing was actually using our targeting pods" to boost troops' situational awareness, Middents said. "For force protection purposes, especially as we closed down the different airfields ... we would arrive over the airfield and then we'd take, basically, scans of the surrounding areas. If we saw a threat, we'd call it out."

On rare occasions, he said, the process of finding interesting objects and conferring with a JTAC would escalate into needing an airstrike.

Missions were coordinated by the Combined Air Operations Center at Al Udeid that serves as the command hub for U.S. and allied airpower in the region. People working in Qatar would tell the bomber force where they would likely focus the next day, and the airmen would look at any geographic or intelligence concerns of which they needed to be aware.

B-52s flew over Pakistan on their way to Afghanistan, where

they checked in with the JTAC to confirm where they were headed.

"Oftentimes he'll send you right to where you thought you were going, but other times he'll snap you to a different location," Middents said. "Whereas you may have thought you were going up to the Kandahar area, he snaps you over to Herat and says, 'Hey, there's something going on.'"

Because the Taliban was largely cooperating with the U.S. government to let Americans safely exit, B-52 missions entailed fewer airstrikes than the Minot airmen expected. Bombers patrolled overhead to show that if the insurgent group didn't uphold its end of the deal, "there's going to be a very high price to pay," Middents added.

Still, the bombers weren't only there for reconnaissance. B-52s were called in to defend Afghan military checkpoints across the country and other partners that were overrun or at risk, or to take out Taliban fighters who had already attacked Afghan forces.

"There was a United Nations outpost that was attacked by the Taliban. They were overwhelmed, and so as they were trying to get out of there, the Taliban [gave] chase. We were called to put in what's called a 'terrain-denial bomb' down ... in between the retreating UN force in that case and the Taliban," Middents said. The insurgents retreated and UN staffers escaped to safety.

Bombers also flew "show of presence," or intimidation flights, to aid Italian allies, Middents said.

Fawad Aman, a former spokesperson for the Afghan defense ministry, said on Twitter that a B-52 attack on a Taliban gathering Aug. 7 in the northern city of Sheberghan inflicted "heavy casualties." Sheberghan that weekend became the second regional capital to fall to the insurgent group. A U.S. Central Command spokesperson did not confirm the bomber's involvement by press time.

As the military has pledged to investigate an Aug. 29 drone strike that mistakenly killed 10 civilians, including seven children, Middents said he had no concerns about the fidelity of the targeting information given to B-52 crews in Afghanistan.



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A U.S. Air Force B-52H Stratofortress aircraft approaches a KC-10 Extender aircraft over an undisclosed location in Southwest Asia to receive fuel during a mission on Aug. 13.

U.S. AIR FORCE PHOTO | TECH. SGT. MICHELLE Y. ALVAREZ

“There’s a long conversation happening [in combat] between multiple checkpoints, players, rules of engagement, etc., to make sure that what happened there at the end doesn’t happen,” he said. “By and large, these are very successful at making sure that we’re hitting the right target.”

Many sorties lasted 18 to 20 hours, particularly during a combat surge when the squadron was asked to boost the number of missions by 50 percent every day for three weeks. Maintainers worked around the clock to keep the bombers aloft.

“The hardest part of the ops tempo here would definitely be the number of sorties we are generating currently, making sure that everything is ready at all times, because we never know when something’s going to pop up and we might have to send another sortie up,” said Staff Sgt. Gavin Calder, a bomber electrician with the 379th Expeditionary Aircraft Maintenance Squadron at Al Udeid, in an Air Force video published June 11.

Running those jets harder than usual quickly wore down their parts, so some bombers started flying longer missions to give

others more time for maintenance. That caused one B-52 to take on a 22-hour mission — the longest of the deployment.

“They were doing the scans, they were making sure that the ground parties knew what was going on, and then pinging around between multiple cities out there,” said Middents, whose longest sortie clocked in just shy of 18 hours.

Extra crew members came along for those long-haul missions to pick up the slack when others got tired. Some airmen remained in their seat for the entire sortie, fueled by adrenaline and happy to be involved.

“You are constantly in orbit. You’re constantly looking for targets, for threats. You’re passing information,” he added. “It’s actually pretty amazing how fast these missions end up going.”

Despite the deadly Aug. 26 suicide bombing at Hamid Karzai International Airport in Kabul orchestrated by the local Islamic State affiliate, Middents said coalition forces focused largely on the Taliban during the withdrawal.

Another challenge for the retreating U.S.-led coalition was losing access to 20 years’ worth of infrastructure across Afghanistan

that troops had relied on throughout the war. That offered an atypical opportunity for the B-52: using its secure messaging system as a data-sharing hub in the absence of EQ-4 and E-11A Battlefield Airborne Communications Node planes.

At the end of August, armed B-52s constantly loomed overhead in Kabul for the final few days of American involvement there, sharing data about the situation on the ground and on weather conditions in the air. The U.S. was wrapping up one of the largest military-led evacuations of civilians in American history as the Taliban returned to power, frustrating airmen who felt unhelpful in the face of Afghanistan’s collapse.

“There was definitely an appetite to want to be able to engage more, help more with things that were going on down there,” Middents said. “What it came down to was there were platforms that were better suited if they needed a kinetic strike in certain types of areas.”

Now back at Minot, aircrews are processing what they saw and preparing to return to their routine bomber task force missions in other parts of the world. What’s stuck with Middents is his airmen’s stamina and generosity as Operation Allies Refuge unfolded in the final month of their deployment.

Airmen would fly 12-hour missions keeping watch over Kabul, then turn into aid workers back in Qatar — passing out baby diapers to refugee mothers, handling passenger lists for outbound C-17 transport planes, putting up crowd-control measures, laying out cots, serving food and more.

“They’re flying combat missions overhead, protecting these people, and then a day later, probably that same person that you saw on the targeting pod is there at Al Udeid ... giving a bottle to a mom who’s trying to feed her baby,” Middents said. “[It’s] the last thing we expected to happen at all during that time.”

About Rachel S. Cohen

Rachel Cohen joined Air Force Times as senior reporter in March 2021. Her work has appeared in Air Force Magazine, Inside Defense, Inside Health Policy, the Frederick News-Post (Md.), the Washington Post, and others.



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

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

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Winter Busing Prep

On-base winter bussing provided by Yellowfin Motors begins on 1 November 2021. There will be a virtual bussing town hall held on 21 October at 5PM via Zoom (log in code: 160-2254-4807). During the town hall the bus manger will discuss the rules and expectations for bus riders and review the updated routes and stops. There will also be an opportunity for families to ask clarifying questions regarding the upcoming winter bus season. Some notable tips that will be discussed include-

1. Practice walking to the bus stop and back home with your student prior to first day of bussing. Ensure students know their address.
2. Remove old bus tag ties from your student's backpack (colored zip ties from last school year). Families can pick up new ties from building 164 Missile Ave during the week of 25-29 October.
3. When there is a change to normal bus routine, consider writing a note for your student's bus driver to ensure clarity of change. Finally, the general rules of the bus that will be discussed include:

Prior to loading the bus students shall-

1. Be on time. Students should be at the designated bus stop 5 minutes prior to the stated time of bus arrival. The bus cannot wait beyond its regular schedule.
2. Conduct themselves in a safe

manner while waiting for the bus. 3. Be careful in approaching a bus. Remain ten feet from bus until the bus comes to a complete stop and the driver signals you to load.

On the bus students shall:

1. Follow all school rules and expectations while on the bus. Show respect for self, other people, and property, including the bus and the bus driver.
2. Remain seated with feet on the floor while the bus is in motion.
3. Ask permission to adjust windows.
4. Keep all body parts and all objects inside the bus.
5. Not bring gum or food or drink aboard the bus.
6. Not bring animals, except service animals, on the bus.
7. Not bring weapons of any type aboard the bus.
8. Not bring or consume tobacco products, alcohol products or illegal drugs aboard the bus.
9. Carry only backpacks, books, school supplies and coats

on the bus. All other items must be approved by the driver before bringing them on the bus. The bus aisle must be kept clear.

When departing the bus students shall:

1. When crossing the road, walk at least ten feet out and ten feet in front of the bus. The bus driver will signal when it is safe to cross the road; and student will also look to make sure that no traffic is approaching from either direction before crossing the road. Students should never cross the road behind the bus.
2. Only get off the bus at their regular designated stop. The driver will not discharge riders at other places than the regular designated bus stop, or at school, unless proper authorization is received from the parent or a school official.

For questions please contact the Bus Manager at 701-500-4466 or the School Liaison at 701-723-1447.



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



2021-2022 MPS CALENDAR



IMPORTANT UPCOMING DATES

October 21 & 22

Administrator Convention Days
No School for Students

November 11

Veteran's Day - No School

November 25

Thanksgiving Day - No School

November 26

Vacation - No School

October 2021							19 days
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24/31	25	26	27	28	29	30	

November 2021							19 days
S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

- PD Days - contracted days
- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

Dakota Elementary educator named Teacher of the Month

ABIGAIL KINDER, NORTHERN SENTRY

Congratulations to Shelbi Lawson, 1st Grade Teacher at Dakota Elementary, for being awarded Teacher of the Month! Courtesy of Ryan Chevrolet of Minot, whose team presented the award on Oct. 7, 2021, Lawson was awarded a lifetime tire rotation voucher, a gift basket, and a brand new backpack.

Teachers from all over the Minot area were nominated for the award by the community, and a winner was randomly chosen for going above and beyond in their classroom. Beth Jarnegan, a parent at Minot Air Force Base, nominated Lawson for the award.

"My son has been going here

since kindergarten, he's in 3rd grade now," said Jarnegan. "Miss Shelbi has gone above what is asked of her, even though teachers already do more than what is required of them." According to Jarnegan, Lawson began a Facebook campaign for her friends to help sponsor children in her class, allowing each of them to get a free Scholastic book. "She had enough friends do it that every kid in her class was able to get a book every month until the end of the year. It really resonated with me because when I was little, I had a mom that never let me buy stuff like that, and I never got to go to the book fair.

It just made me cry when I read that note on the flyer."

She also gave examples of how Lawson excels as a teacher outside of school. "She emails us when anything comes up, like when there is an issue with the communication app the teachers use. She will personally email every one of us on her own time. She's a newlywed and didn't get to take a honeymoon; she came right back to teaching the following Monday. So I feel like she does so much more than what is asked. She is new in her career so I want her to know that people are noticing her so she never gives up, because we need teachers like this."



Shelbi Lawson, 1st Grade Teacher at Dakota Elementary, won the Ryan Chevrolet Teacher of the Month Award for going above and beyond! Lawson poses with the Ryan Chevrolet team and the parent who nominated her, Beth Jarnegan.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

WINTER BUSING TOWN HALL

October 21st • 5PM-6PM
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- A Start In Art runs bi-monthly on Tuesdays or Wednesdays at 9:30 am. Children listen to stories, receive visits from different zoo animals and work on related art projects. This program is designed for children between the ages of 9 months and 5 years.

- Art All Around is a step above your traditional art class and is geared towards children who have an interest in further art exploration. Students will complete their own masterpiece during each session. Classes are held bi-monthly on

Thursdays at 4:00 pm is designed for children 7+ years.

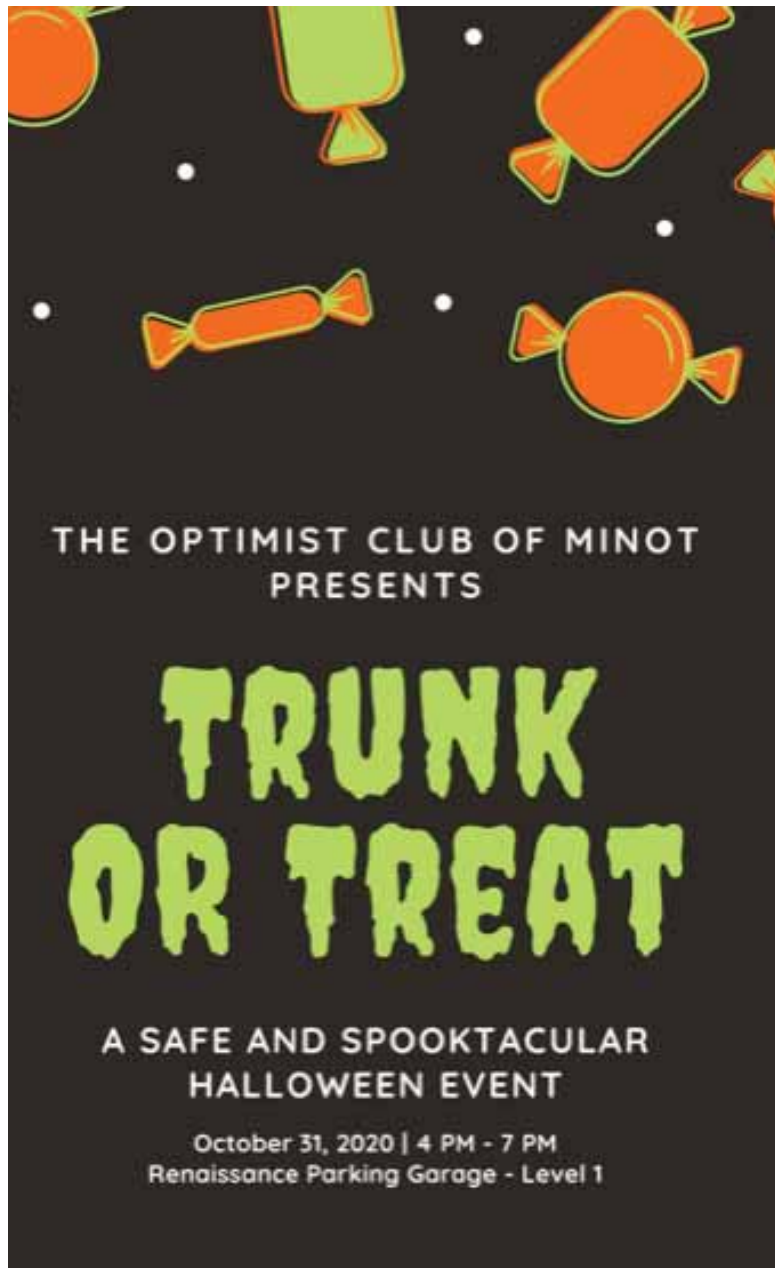
- Paint a Purple Cow is an art class specifically designed for homeschooled children. This monthly program gives children an opportunity to

view the current exhibit, learn about a famous artist, and then participate in a related hands-on art activity. Classes are held monthly on Fridays at 10:30 am.

Museum and Gift Shop hours: Tues - Fri 10:30 - 5:30 pm and Sat 11-4 pm, or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.



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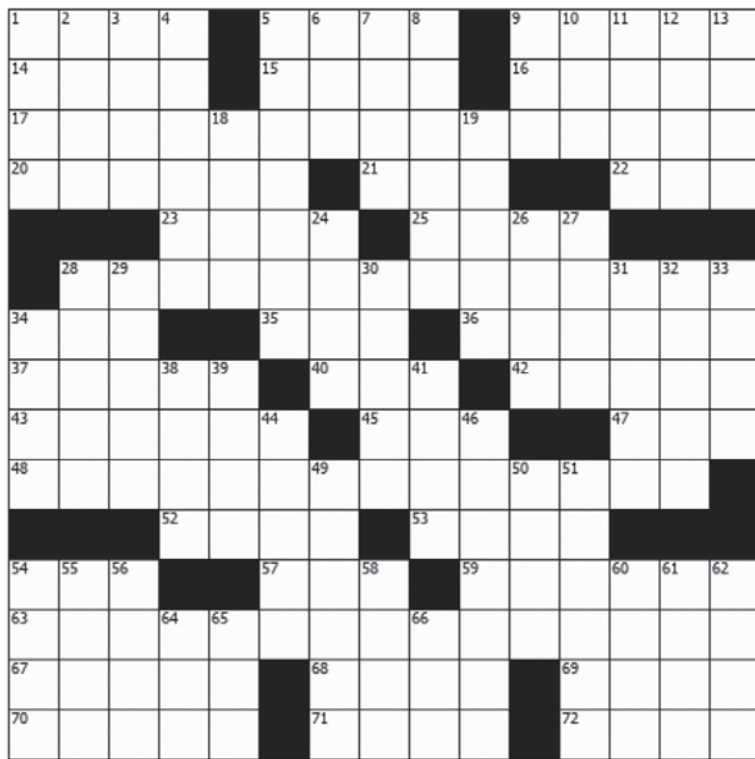
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- 21. Pub offering
- 22. School org.
- 23. Must have
- 25. Burden
- 28. CHIP
- 34. Grave letters?
- 35. Reagan's "Star Wars"
- 36. Naval rank
- 37. Make into law
- 40. Sphere
- 42. It tingles at times
- 43. Skillful
- 45. Bud's comic partner
- 47. Straight away
- 48. CHIP
- 52. Tide type
- 53. Vegas device
- 54. One who tips too much?
- 57. Part of ASPCA (Abbr.)
- 59. Language forms
- 63. CHIP
- 67. Ancient Mexican
- 68. Pay attention to
- 69. High fever
- 70. Really small
- 71. Vigorously active
- 72. Cheer rival



Down

- 1. Lasting word?
- 2. Chicago Bears Hall of Famer Sayers
- 3. Once more
- 4. Pour from one vessel to another
- 5. Yokes
- 6. Simpson trial judge
- 7. "The X-Files" partner
- 8. 1862 Civil War battle site
- 9. Flow back
- 10. 1-over it is usually 73?
- 11. Fresh response?
- 12. Leave out
- 13. Popular talking bird
- 18. Orange or pear
- 19. Change
- 24. Prank
- 26. Employs
- 27. Piece of cake
- 28. '30s dance
- 29. Not together
- 30. Little women
- 31. ___ acid
- 32. Camera and copier maker
- 33. Was aware
- 34. Paper order
- 38. Columbia Pictures co-founder
- 39. Run out of gas
- 41. Scary sounds
- 44. Comb backward
- 46. For these the bread lands butter side down
- 49. Geological periods
- 50. Not great
- 51. "___ 17" (1953 film)
- 54. Ella's forte
- 55. Flow slowly
- 56. Carry
- 58. Bloke
- 60. Crazy about
- 61. Fancy needle case
- 62. Spotted
- 64. Comprehension
- 65. Winter street, often
- 66. Boston Bruin's Hall of Famer

SUDOKU

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

Solution to puzzle on page C10

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

FRIDAY, OCT 15 1800
SATURDAY, OCT 16 1800
SUNDAY, OCT 17 1500
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CHURCH DIRECTORY

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

<p>Chapel Services at MAFB <i>Protestant</i> (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  109 6th St. SE Minot • 838-3094</p> <p>Saturday, October 16 Vespers, 5PM</p> <p>Sunday, October 17 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</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 <i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></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 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> OSLC where faith & life meet</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 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 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  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 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 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  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 Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>

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SUDOKU SOLUTION

Puzzle on page C8

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

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WHAT'S GOING ON MAFB

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

SUNDAY 17

- Zumba, 1400, Fitness Center

MONDAY 18

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Family Fit Bootcamp, 1000, The Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cycle, 1700, Fitness Center
- Acrylic Paint Pouring, 1800-2000, Arts & Crafts
- DIY Canvas Art - Free for Deployed Affect, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center
- Zumba, 1930, Fitness Center

TUESDAY 19

- Yoga, 0600, Fitness Center
- TAP (VA), 0800-1600, A&FRC
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Cityscapes: Chicago Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Yoga, 1730, Fitness Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 20

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Extramural Bowling League, 1715, Rough Rider Lanes
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 21

- Yoga, 0600, Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Short Notice Pre-Separation Counseling, 0930-1230, A&FRC, In person and Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1100, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Winter Busing Town Hall, 1700-1800, School Liaison Office, Zoom Meeting
- Yoga, 1730, Fitness Center
- 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

DINING

Delivery Options (Hours subject to change)
Bomber Bistro Monday-Friday 1630-2030

OCTOBER SPECIALS

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!

FRIDAY 22

- Pumpkin Decorating Contest Begins at the Dakota Inn Dining Facility
- Registration Closes: Basketball Tournament at the Fitness Center
- Registration Closes: Epoxy Cutting Board Class at Arts & Crafts
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Single Airmen Free Halloween Bowling, 1700-2100, Rough Rider Lanes
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Friday Night Fun League, 1800, Rough Rider Lanes
- Costume Skate Night, 1800-2000, Youth Center
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 23

- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Halo 3 Infection Tournament, 1300, ESC
- Dave Coulier Comedy Show, 1900, Jimmy Doolittle Event Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes



Pumpkin Decorating Contest
 Dakota Inn Dining Facility
 October 22nd - 23rd
Come One Come All!
 Participate in our local pumpkin decorating contest with prizes of unspeakable value!
 All local 1st place pumpkins will continue on to our National Contest!

1. Pumpkins must be un-carved.
2. Bring in to the DFAC by October 22nd
3. Fill out a card with your team name. Voting will be done by your colleagues until the 29th.

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.

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QUALITY HEALTHCARE FOR ALL
 Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

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

