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5TH MAINTENANCE GROUP



5th Maintenance Group (MXG) leadership poses with Col. Jeffrey P. Anderson, 5th Maintenance Group commander, at the front. See page B1 for more MXG, MSG, MXS group photos.

U.S. AIR FORCE PHOTO | MINOT AFB PA



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FULL DETAILS ON PAGE C6

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SENIOR AIRMAN KRISTAL CRUZ-LEON NETWORK OPERATIONS TECHNICIAN



BACKGROUND

Originally from Juana Diaz, Puerto Rico, Cruz-Leon joined Team Minot in April of 2020. In her free time, she enjoys DIY projects, crafting and spending time with her family.

DAY-TO-DAY

Cruz-Leon's responsibilities involve providing network services by configuring and managing operating systems and server applications.

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Western Governors University and Community College of the Air Force (CCAF) Announce Partnership

New partnership will provide CCAF students the opportunity to continue their education through WGU's online degree programs; WGU will also offer scholarships for students

WESTERN GOVERNORS UNIVERSITY

Western Governors University (WGU) and Community College of the Air Force (CCAF), a federally chartered academic institution that serves the United States Air and Space forces' enlisted total, recently announced a new joint partnership. Under the terms of the agreement, CCAF students who have completed their associate degree and enroll in any of WGU's 60-plus undergraduate or graduate degree programs in business, IT, K-12 teacher education or health professions – including nursing – will now be able to seamlessly transfer their credits to the fully online, nonprofit university. CCAF students transferring to WGU will also be eligible for scholarships.

"We are delighted to partner with WGU to provide another pathway for military members to build on their associates degree from CCAF by pursuing their bachelor's degree and beyond," said Dr. Hank Dasinger, Dean of CCAF. "We are thankful to be joining forces to build this pathway for our military forces."

The partnership, which strengthens WGU's efforts of supporting those who serve across the full military lifecycle will provide the roughly 22,000

service members who earn their associate degrees each year from CCAF with a seamless transfer option to WGU. The university's competency-based education model will allow CCAF graduates to use their prior education, training and experience to move quickly through their courses, allowing them to graduate at an accelerated rate. CCAF graduates enrolling at WGU will also be eligible to apply for scholarships offered through the university's Community College Partnership Scholarship fund. The scholarships are valued at up to \$2,500 each and are applied to WGU's already-low, flat-rate tuition of about \$3,500 per six-month term. Recipients of the scholarship will receive a \$625 tuition credit each term, renewable for up to four terms based on academic performance.

"Both WGU and CCAF are deeply committed to providing students with access to high-quality, flexible, affordable education that will prepare them for continuing education opportunities and career advancement well after they graduate, and this partnership will help further that mission," said Dr. Angie Besendorfer,

The screenshot shows the WGU website with a focus on 'Support for Service Members'. It highlights 'Fully Accredited Education, at About Half the Cost' with a comparison table:

Fully Accredited Education, at About Half the Cost	
Average Yearly Bachelor's Tuition:	Average Yearly Master's Tuition:
National \$12,705*	National \$23,138*
WGU \$7,290	WGU \$7,570

Regional Vice President of Western Governors University. "We are proud to partner with the Community College of the Air Force and connect service members with in-demand degrees that will allow them to access and complete coursework on their schedules and from wherever they are stationed."

WGU has been named as a Military Friendly® School for

11 consecutive years, with over 17,200 students currently affiliated with the military. CCAF partners with 111 affiliated Air Force and Space Force schools worldwide to serve approximately 270,000 active, guard, and reserve enlisted personnel. CCAF is the world's largest community college system, awarding over 22,000 associate degrees annually across 71 degree programs.

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It Chokes Me Up Every Time....

Last week Thomas Family Funeral home was the gathering spot for a special event. The Minot Air Force Base Honor Guard were recipients of a device used for lowering caskets into burial vaults. The Honor Guard is contacted by area funeral homes to provide military honors for Active Duty or Veterans at cemeteries in western North Dakota. As I was talking to Mark Roth, one of the owners at Thomas Family Funeral Home, he made the remark that "every funeral is different, but when they (the Honor Guard) are there and they do military rights, it chokes me up, every time."

This summer I had pleasure of watching the Honor Guard present colors at the 100th Anniversary of the Roosevelt Park Zoo. It was there that a young father and his son stood at attention when the

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



American flag went by. The father told his son "maybe you can be in the honor guard someday" to which the young boy replied, "if I am, I want to carry America."

Closer to home, my son has played Taps at many veterans' events and funerals. Taps and the folding of the American Flag that is presented to a family are more common than full military rights where the casket is actually transferred by the honor guard from the funeral hearse to the

lowering device that spans the grave and vault, but the Minot Air Force Base Honor Guard is responsible for these ceremonies.

Mark also shared that everyone involved in military honors at a grave site is focused on "getting it right." It also shows the cooperation between the Minot Air Force Base and the community. Like Mark, I too get choked up every time I witness the Honor Guard doing their job, and getting it right.

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MINOT AIR FORCE BASE HONOR GUARD RECEIVE FUNERAL EQUIPMENT

Airmen with the Minot Air Force Base Honor Guard receive funeral equipment from Thomas Family Funeral Home on Oct. 14, 2021, in Minot, ND. The Minot AFB Honor Guard serves a distinct mission under unique conditions from performing military honors in ND to presenting colors on base.

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





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Funeral Home Helps Honor Guard

ROD WILSON, NORTHERN SENTRY

"It just really gives them an advantage of what they are going to see out there when they perform a service" according to Mark Roth, one of the owners of Thomas Family Funeral Home. Mark and Memorial Monuments were able to help the Minot Air Force Base Honor Guard take the next step in preparing for a gravesite service for Active Duty and Veterans in western North Dakota. "They are able to simulate the actual set-up, the weight, the height of the coffin and actually have all of the pieces in their shop where they can practice." Last year Thomas Family Funeral Home donated a casket for the Honor Guard to practice with. "I was shocked at the amount of practicing they do" continued Roth "it made me appreciate their wanting to practice, and how even little things like where I park the funeral coach affect them".

From the point of the MAFB Honor Guard, doing it right is why they practice. "We have to constantly remind ourselves why we are here" according

to SSgt Richard Cabak, who is completing his 12 month tenure as a member of the Honor Guard. "Essentially you are taking everything that this person has accomplished, and you are wrapping it into one ceremony. You are honoring that person's memory." Even though the 22 members of the Honor Guard enjoy what they are doing, SSgt Cabak said they have to always remember what the purpose is. "That is so incredibly important."

With the added equipment, Roth says that the entire Minot community will benefit. "Now they have the equipment to practice and not wonder what it's going to be like during the service. Everyone who has a service for an active duty or veteran of the Air Force will benefit, and that is what's really important."

For members of the Honor Guard, their contracts are usually one year, but that may vary. "Some are members for a continuous 3-month contract, and others are every other



Mark Roth, Thomas Family Funeral Home and Andy & Austin Hager from Memorial Monuments Vault were on hand to instruct members of the Minot Air Force Honor Guard on the use of the lowering unit. Members of the Honor Guard are TSgt Barry Bartlett, SSgt Richard Cabak, SrA Brennan Walker, SrA Jonathon Tyson and A1C Jacob Treat.

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

month for one year, depending on their squadron" explains Cabak. And how many services or ceremonies can be scheduled per month? "It really depends on the month. You can go an entire month with no activity and then the next month there can be 12-13 events on the schedule." The Minot AFB Honor Guard is also asked to perform at a lot of other events besides funerals. "There are sporting events, government events and

civic celebrations" says Cabak. There are also different levels of military services for funerals. "The most common is the 3-person team that includes a bugler and a team of two that fold and present the flag." Cabak is quick to point out that it is really up to the family to determine how much the Honor Guard is involved in the service, "we do flag folding, firing party and casket and cremains funerals" and the Honor Guard

practices all or parts of these services on a daily basis.

For SSgt Cabak and the rest of the Minot AFB Honor Guard, they know that the ceremony they perform is the last time the family will have contact with the U.S. Air Force. "This is their final send-off." And when his year is done? "I will miss it. None of us do this for a reward. We do this because we want everyone to say it was a job well done."



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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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Recovery Reinvented

NORTH DAKOTA NEWSPAPER ASSOCIATION

The fifth annual Recovery Reinvented is happening! Governor Doug Burgum and First Lady Kathryn invite you and your connections to participate in this special day-long event on Oct. 25, 2021, in-person at the Bismarck Event Center or virtually.

This year's event will feature several local North Dakotans sharing their personal addiction and recovery stories, alongside national experts that will inform and inspire. The event will be headlined by:

- Dr. Joseph Lee, President & CEO of the Hazelden Betty Ford Foundation
- Jonathan Holth, a North Dakota recovery advocate, person in-recovery, and Co-Owner of four North Dakota restaurants
- Laurie Johnson-Wade, person in-recovery, National Board Member for Faces & Voices of Recovery, and Co-Founder of Lost Dreams Awakening Recovery Community Organization in Pennsylvania
- Dr. Valerie Earnshaw, a

social psychologist specializing in stigma and health inequities at the University of Delaware and principal investigator on the North Dakota Addressing Addiction survey

We are bringing together state and national stakeholders to reinvent recovery through sharing addiction and recovery stories, creating recovery-friendly cultures in the workplace and community, eliminating the stigma surrounding the disease of addiction and creating meaningful connections with others.

The Recovery Resources Expo is back! Connect with over 50 addiction, recovery, and mental health resources from across the state. Information and resources will be available to family members to help guide conversations around addiction and recovery.

Recovery Reinvented is free and open to everyone, but registration is required. Visit <https://recoveryreinvented.com/events/2021/#overview> to learn more and to register.



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5th Mission Support Group leadership poses for a group photo in front of a B-52 Stratofortress from Minot Air Force Base, N.D. Col. Brett T. Black, 5th Mission Support Group Commander, stands at the forefront with each squadron's leadership behind him.



Airmen and leadership of the 5th Operations Group pose for a photo. Col. Ryan E. Gorecki, 5th Operations Group commander, stands with the 69th Bomb Squadron, 5th Operations Support Squadron, and 23rd Bomb Squadron behind him (from left to right).



Lt. Col. Michael G. Middents, 23rd Bomb Squadron commander, poses in front of members of the 23rd Bomb Squadron.



5th Maintenance Group (MXG) leadership poses with Col. Jeffrey P. Anderson, 5th Maintenance Group commander, at the front.



5th Maintenance Squadron poses proudly with Lt. Col. Brendan O'Neal, squadron commander, in front.



We have had a busy couple of weeks sharing innovative ideas on how best to lead people, execute the mission, manage resources, and improve the wings!

First we hosted a 13N Squadron Commanders' Conference with squadron commanders from 20th Air Force, Eighth Air Force and Air Education and Training Command.

The following week we held our bi-annual Senior Leader Conference with the commanders and command chiefs along with junior leaders (Company Grade Officers, Senior Airmen and Noncommissioned Officers) from F. E. Warren Air Force Base, Kirtland Air Force Base, Malmstrom Air Force Base, Minot Air Force Base, and the 582d Helicopter Group.

U.S. AIR FORCE PHOTOS
20TH AIR FORCE



skinny week

Teriyaki Chicken

Thanks Laurel B.!

Approximately 237 calories per piece*

ingredients

- 1/4 cup soy sauce
- 2 oz dry wine
- 1 garlic clove
- 6 oz pineapple juice
- 1/4 cup canola oil
- 2 Tbsp molasses
- 1 tsp ground ginger
- 8 medium chicken thighs

instructions

Slice or chop garlic. Mix first 7 ingredients in a large ziplock bag. Add chicken and refrigerate at least 4 hours. Grill chicken until done, 20-25 minutes.

"You can use this marinade for chicken breasts or beef - adjust calories accordingly. I've used this marinade for years and it's a favorite lake food!" ~Laurel B.

*You can weigh your marinade before & after to see how much you used because you're not using all the marinade. Some people say it's about 30 calories per serving for marinade, some say it's 1/3 to 1/4 of the calories for the marinade. A medium thigh is about 147 calories so you could probably count 200 per thigh and be close. You be the judge!

recipe written by Cherie Blessum

Protein is one of the three macronutrients, along with carbs and fat. It helps repair and replace muscle, bone, skin, and hair tissue. Protein also helps hormone regulation. Most enzymes are proteins, and are essential to the thousands of chemical reactions that take place throughout your body. Adequate protein intake also helps reduce muscle loss during aging, helps strengthen bones, and improves wound healing. Protein is essential for our bodies to run properly, and also helps suppress appetite, promote fullness, and increase metabolism - which can help with weight loss.

Eggs, dairy, meat, fish and poultry are animal products, and generally considered to be a "complete protein" because they contain all of the essential amino acids in the optimal amounts your body needs. Vegetable proteins don't provide adequate amounts of every essential amino acid but can be combined with other plant sources to make complete

protein. Beans, legumes, grains, soy, nuts and seeds are examples of high-protein plant foods.

Adequate protein intake for weight loss and overall health should provide about 0.6-0.75 grams of protein per pound of body weight, and 20-30% of your calories per day. If your BMI is over 30, use your goal weight instead of your current weight. The range for a 150 pound person would be 82-110 grams per day.

You can keep track of your protein intake on nutrition apps or in a food diary. Eat at least 25-30 grams/protein at each meal, and include both animal and plant protein. Choose high quality sources like fresh meats, eggs, and dairy, rather than processed meats. We aren't recommending a HIGH protein diet, we are encouraging ADEQUATE protein - so remember to balance your meals with a variety of fruits, vegetables, and whole grains.

-Cherie
skinnyweek.com

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Wednesday October 13, 2021

TEAM STANDINGS

PLACE/TEAM NAME	POINTS WON/LOST
1 The Pin Headhunters	14/2
2 The Rando's	8/8
3 5th CES	8/8
4 5th OSSpears	8/8
5 AAFES #1	6/10
6 Dolls With Balls	2/14
7 Team 7	0/16
8 Team 8	0/16

REVIEW OF LAST WEEK'S BOWLING & TOP SCORES

TEAM	HDCP TOTAL	SCRATCH SERIES (W)	SCRATCH GAME (M)
5th CES	2638	Charline Monty - 481 Abby Smith - 414 Alyshia Botkin - 363	Kris Lenhardt - 237 Jason Perez - 226 Eric Dearing - 217
The Rando's	2554		
AAFES #1	2486		
Team 7	--		
The Pin Headhunters	2643		
Dolls With Balls	2344		
5th OSSpears	2301		
Team 8	--		

SEASON HIGH SCORES

SCRATCH SERIES (W)	SCRATCH GAME (W)	SCRATCH SERIES (M)	SCRATCH GAME (M)
Charline Monty - 488 Abbie Smith - 414 Marie Carter - 367	Megan Woiewski - 154 Brandi Dearing - 147 Alyshia Botkin - 146	JB Butler - 722 Moose Monty - 626 Haven Smith - 620	Scotty Botkin - 277 Kris Lenhardt - 237 Leighton Hammond - 233

BOWLERS MUST HAVE A MINIMUM OF 21 GAMES TO BE LISTED FOR MOST IMPROVED AVERAGE RECOGNITION.

BOWLERS MUST HAVE A MINIMUM OF 21 GAMES BE LISTED FOR HIGH HANDICAP GAME AND SERIES.

Join us for a meeting!

*meeting times are subject to change

Thursdays

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

Saturdays

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

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

TRICARE Open Season Approaching

TRICARE

TRICARE Open Season is the annual period when you can enroll in or change your health care coverage for the next year. In 2021, TRICARE Open Season begins Nov. 8 and ends Dec. 13. Any enrollment changes you make will go into effect on Jan. 1, 2022. Open season applies to anyone enrolled in or eligible for a TRICARE Prime option or TRICARE Select.

If you're eligible to participate in TRICARE Open Season, you have three options:

Stay in your plan. If you want to stay in your current TRICARE health plan, you don't have to re-enroll. You'll continue in your current health plan through 2022 or as long as you're eligible.

Enroll in a plan. If you're eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan now.

Change plans. If you're already enrolled in a TRICARE Prime option or TRICARE Select, you can switch plans and switch between individual and family enrollment.

What Happens if I Don't Take Any Action?

If you aren't already in a plan and don't enroll in a plan during open season, you'll only be eligible for care at a military hospital or clinic if space is available.

Federal Benefits Open Season TRICARE beneficiaries may also be eligible for the Federal Employees Dental and Vision Insurance Program (FEDVIP), managed by the Office of

Personnel Management (OPM). Your eligibility depends on your beneficiary status. You'll need to be enrolled in a TRICARE health plan to be eligible for vision coverage.

Federal Benefits Open Season also runs from Nov. 8 – Dec. 13, 2021. Visit www.benefeds.com to check eligibility, compare FEDVIP plans and rates, enroll in a plan, and more. Plans and rates for 2022 are now available.

Making Enrollment Changes Outside of Open Season

Outside of TRICARE Open Season, you can enroll in or change enrollment to TRICARE Prime or TRICARE Select following a Qualifying Life Event (QLE).

A QLE is a certain change in your life, such as marriage, birth of a child, or retirement from active duty, which may mean different TRICARE health plans are available to you and your family members. A TRICARE QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member creates a chance for all eligible family members to make enrollment changes. To learn more, visit www.tricare.mil/lifeevents.

Outside of the Federal Benefits Open Season, you can only enroll in FEDVIP or make changes to your existing FEDVIP plan if you experience a FEDVIP QLE. Remember, FEDVIP QLEs may be different from the TRICARE QLEs. To learn more, visit BENEFEDS.com.



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PREPARING YOUR CAR FOR WINTER IN ND

One of the most popular question asked by newcomers at Minot Air Force Base is how do I prepare my car for winter in North Dakota?

Even if it's summer time, it's never a bad idea to start preparing for the harsh winters and with the right gear, you can set yourself up for safety and success in the coming months.

1. Prepare an emergency kit--in the event of a car breakdown or roadside emergency in below freezing temperatures, it's best to have a kit prepared. Basics such as blankets, extra clothing layers, an ice scraper, jumper cables, first aid kit, flashlight, hand warmers, and cell phone charger are a few essentials that will help you out in the midst of an emergency. If you want to be extra ready, you can include a pair of heavy duty snow boots, flares, snacks, a multi-tool, matches, sand or cat litter, tow cables or chains, etc. Emergency kits are especially useful when taking long trips through remote areas.

2. Check your battery or get it replaced before the cold hits--if you're not sure how to check your car battery or replace it if necessary, you can always drop by Tires Plus for help! In the winter time, car batteries can suffer due to extremely cold temperatures, and your car won't be able to run without a functioning battery. A good rule of thumb is to have your car battery checked twice a year, and most batteries will last between three and five years before their performance starts to go downhill, especially if you don't drive your car for long periods of time.

3. Consider getting a block heater--when temperatures drop, your car's oil can thicken

and make it more difficult to start up your car and in turn increase wear and tear on your engine. Block heaters certainly aren't a necessity in winter, but they are helpful in warming your car's engine and the fluids inside to reduce stress on engine components and ensure a swifter start up.

4. Get some proper tires--investing in a quality pair of tires is worth it in the icy North Dakota winters. The team at Tires Plus can help you pick out the right type of tire to give you the best traction and control on slippery roads.

5. Inspect your brakes--before the snow hits, it's a great idea to check your brakes. Moisture, road salt, icy roads, and all of the other conditions that come with winter time can put extra strain on your brakes, which are obviously very important in reducing the risk of car crashes or sliding around on the roads.

5. Check your engine coolant/antifreeze level--again, if you're not familiar with how to check these, visit a professional who does! Engine coolant (which contains a mix of antifreeze and water) can prevent your engine's cooling system from freezing in cold temperatures. It also keeps your engine from overheating, which can cause serious damage.

Whether you're new to Minot or a seasoned resident, it's important to make sure your vehicle is prepared for winter. Not only can this potentially save you money on repairs in the event of a major weather-related catastrophe, but it can also keep you and your family safe. If you need more suggestions on how to prepare your car for winter, come on down to Tires Plus and talk with one of our specialists!

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Hopeful in the face of uncertainty: A true story of resilience

AIRMAN 1ST CLASS JONATHAN E. RAMOS, 2ND BOMB WING PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

A terrifying realization is not being able to achieve your dreams. An even scarier thought is possibly not getting the opportunity to start due to cancer.

Diagnosed a year after just starting his new married life, Senior Airman Eleazar Hernandez, 2nd Maintenance Squadron aerospace ground equipment journeyman, was diagnosed with cancer.

"I was having shoulder pains and felt a bump," Hernandez said. "I set up an appointment, got blood work, an ultrasound and chest x-rays done."

Everything seemed quite standard for medical procedures until Eleazar Hernandez received a call that same afternoon with some startling news. The bump seemed to be a cancerous tumor measuring at 22 centimeters located inside his chest.

"I was put into shock," Hernandez said. "This is the sort of stuff you see in movies and you never expect it to happen to you or someone you know."

In the following days, he was submitted to multiple exams to give the medical professional a better look at what was happening. They found the tumor had grown 6 centimeters since it was last checked and that he had a sack of fluid measuring at 5 centimeters in diameter surrounding his heart.

"It all happened a month before our anniversary," said Airman 1st Class Halie Hernandez, Eleazar Hernandez's spouse, 2nd Maintenance Squadron aerospace ground equipment journeyman. "I remember just thinking I'm going to be a widow and we're not even married for more than a year."

Eleazar Hernandez was blessed to be alive. Doctors couldn't explain how someone could still be walking with all the fluid surrounding a core part of his circulatory system. He was sent by doctors to the nearest hospital for emergency treatment.

"I got emitted to the hospital where they did two surgeries on me to get the fluid out," said Eleazar Hernandez. "It was almost two liters of fluid that was removed from around my heart."

While he was emitted at the hospital, the doctors conducted a biopsy on the tumor to determine the type of cancer. They discovered it was Stage 3 Hodgkin's lymphoma, a cancer of the lymphatic system and part of the immune system.

"As bad as it sounds, I was hoping it was this one," Eleazar Hernandez said. "It had a higher cure rate, so in a way we were very blessed."

Shortly after the news doctors placed a port on top of his chest allowing them to access large veins without the risk of damage while delivering potent

medications.

"Watching him scared, tired, weak and sick, and having to just sit back and watch it was the hardest part," said Halie Hernandez. "There's nothing I could do. I could be there for him, sit by him and talk to him but I can't take that pain away."

In the following months, Eleazar Hernandez started the arduous process of chemotherapy to treat his cancer.

"I was looking at this as a glass half-full instead of a glass half-empty," Eleazar Hernandez said. "I just kept focusing on the things that were positive, and thought to myself that things could always be worse, and that helped me trick my brain to think it's all okay."

After six-months of chemotherapy, Eleazar Hernandez received a positive prognosis informing him that he has entered remission.

"When I found out he went into remission I was super proud," Halie Hernandez said. "I was thankful, excited and we both were just waiting for this to be over ever since it started."

All the struggles endured by the Hernandez family was possible thanks to the resiliency of their characters and the Air Force family they had with them.

"Our friends here really stepped up and kept us occupied," Eleazar Hernandez said. "No matter what I know they'll be there when we need them just like family."

Throughout the whole experience Eleazar Hernandez thanks his religious belief for allowing him to remain positive and strong.

"Praying helped me out a lot," Eleazar Hernandez. "I felt a connection through it and it gives you a sense of relief making you feel better."

The attitude of the Hernandez family helped them through the hurdles of their journey. Remaining strong and faithful aided the newly wedded couple in weathering the storm of cancer and chemotherapy.

"It's humbling just to see someone go through this," Halie Hernandez said. "You never know what life is going to throw at you and it teaches you to focus on every moment because you really don't know how long it might last."

Eleazar is now living life with an even stronger sense of optimism and looking forward to what life has in store for him. There's a lesson to be learned here from Hernandez and that is to never give up. To stand up against adversity and remain strong in the face of danger is a difficult but never impossible thing to do.

"I'm a firm believer that things happen for a reason," Eleazar Hernandez said. "We had to go through this in order for us to understand life better and to grow as individuals."



Senior Airman Eleazar Hernandez, 2nd Maintenance Squadron aerospace ground equipment journeyman, rings a bell after his final chemotherapy treatment at the CHRISTUS Health Shreveport-Bossier medical center, Louisiana, July 2, 2021. The bell signals the end of chemotherapy treatment and a warm tradition among cancer patients completing radiation treatments.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN E. RAMOS

NOTES ON BEING SAFE

RISK MANAGEMENT FOR ALL OF US



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL
HEALTH MANAGER



Imagine this scene in your head ... you have a three-day weekend, your planning on a road trip with friends or the Family. So far the weather looks promising, however the next morning you check out the weather reports and it looks like the weather "forecasters" are predicting a possible major winter storm rolling into the area. The day you plan on setting out on your well deserved trip. So, you sit back, take a deep breath and are contemplating the big decision, should we stay home or go? This is where your risk management and common sense needs to be reviewed to make a decision that could possibly save your life and the life's of friends or loved ones. What are going to do?

Along with this scenario, everyone has at one time or another heard someone say, "I'm only human" or is familiar with the ancient Latin proverb, "Errare humanum est" - to err is human.

As the 5th Bomb Wing Occupational Safety and Health Manager, I have quickly learned from a mishap standpoint what it really means to be human.

Did you know that human error is identified as a causal factor in 80 percent to 90 percent of all mishaps, both civilian and in the military, and is present but not causal factor in another 50 to 60 percent of all mishaps, making it the single greatest mishap hazard. To counter this well-documented statistic, the Department of Defense safety community has implemented a human factors-based taxonomy for use in the mishap investigation process which classifies human error believe it or not into 147 categories describing the involved human factor including fatigue, complacency, overconfidence, misperception, get-home-itis, negative transfer and procedural error.

The complex nuances of human error in the mishap investigation process are beyond the scope of this article. My team of trained safety investigators, with assistance from human factors experts, do an excellent job of capturing the causal and non-causal human factor errors that, once these are identified, they ultimately lead to future mishap prevention strategies. In the 5th Bomb Wing, the prevailing human factor identified in on and off duty mishap investigations continues to be "Risk Assessment - During Operation." Risk Assessment - During Operation is a factor when the individual fails to adequately evaluate the risks associated with a particular course of action, to which this faulty evaluation can lead to inappropriate decision making and an subsequent unsafe situation. This failure occurs in real-time when formal risk-assessment

procedures are not possible.

Fortunately, the Air Force have gone to great lengths to develop risk management processes for both on and off duty applications that address deliberate (The 5-Step Process) and real-time risk management needs. Although both processes accomplish the same goal, the real-time risk management will be your best bet for mitigating risk in day-to-day job hazards or off duty activities.

USING THE ABCD MODEL

Assess the Situation: Identify and assess the hazards associated with a particular mission or activity.

Balance Controls: Consider all available controls (resources) available to ensure success or mitigate identified hazards.

Communicate: Communicate with leadership or others to discuss problems, intentions, and possible alternatives. In individual situations this refers to carefully considering personal actions before deciding upon and implementing an action. Bottom line; if you are not sure of something ask, it's that simple!

Decide and Debrief: Make the decision to continue, modify or abandon the mission or activity based upon real-time circumstances and conditions. To ensure lessons learned are passed on, provide feedback on what worked and what did not. Like my scenario do you go or stay home?

Remember, you are the decision maker in your personal life. I cannot emphasize enough the importance of making sound decisions based on the ABCD model which, realistically, can be accomplished in just seconds or minutes before acting on something that may change your life forever. Every mishap has a causal chain that often times can be broken by simple common sense intervention - this is where the wingman concept and good old fashion mentorship comes into play and is critical to the risk management process. When on the job, regulatory guidance, technical orders and job guides have already accomplished the necessary risk management decisions for you to ensure your task is done safely. Again, if something doesn't look right, or you don't understand something,

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91st Security Forces Group Third Quarter Recap

COLONEL THOMAS E. SEGARS, JR. COMMANDER, 91ST SECURITY FORCES GROUP

Defenders-

Another amazing quarter in the books with an eye-watering performance from Defender Nation! In the last three months:

- You negated over 2K security situations, ensuring our weapon systems remain safe and secure...the most alarms across the missile complexes!

- You safely operated vehicles across the complex at a mind-blowing statistic of 552.4K miles traveled...we still hold the best safety record across 20th Air Force...period.

- Due to (and we know it's not your favorite, but For the Love of Pete...it is successful!) "surge" maintenance support ops...the 91 MXG has increased their major maintenance capabilities by ~76%
- You absolutely SMOKED the Unit Effectiveness Inspection (UEI)...zero write-ups or observations. The UEI is culmination of a 3-year evaluation, and, well...you aced it!

- Our team of "misfits"... The Global Strike Challenge team led by (MSgt Meldy Shehu went down to Camp Guernsey, Wyoming and represented the 91 MW with grit, determination and class and we're anticipating a top 3 finish!

- Your CRF partnered with Helos and Mx and decimated Road Warrior in August...with a quarter of the SF team clipped by COVID they fought hard and demonstrated both resolve and uncompromising lethality.

- o "easily the best team... motivated, eager and lethal, we love it when the 91 SFG comes to town...Minot always brings it."
- 90 GCTS/SFM

- The SFG, led by Captain SAAAAAMMMY Waters, ensured the 9/11 Memorial ruck launched and completed without a hitch...and garnered national news with its resounding success
- o Note: a huge contributor to the ruck was your wing command chief, CMSgt Crider, who completed multiple rounds including one with TRF where he was quoted as saying, "That one sucked," all with a broken arm...the broken arm from July...also courtesy of the 91 SFG...way to go Shadow Warriors!

- A small group of Defenders were also recently recognized by the 5 BW/CCC for their behind-the-scenes work to ensure a successful 24 hour POW-MIA run...never forget.

- And lastly, out of the 3 SF operational squadrons, the 791 MSFS led the way with a 90% pass-rate across all duty position evaluations...SADDLE UP DARKHORSES!

...and that is just the daggumm highlights!?!?

OUTSTANDING SFG...simply OUTSTANDING!! While the entire group routinely "LEADS THE WAY" in the wing... a few members of our team stood out and I have the honor recognize their accomplishments. A big thanks to supervisors, Flight

Chiefs and Commanders for taking the time to create the award packages!

Please help me congratulate your 3rd quarter, 2021 SFG-level quarterly award winners, and wish them luck as they compete at the wing-level:

AMN OF THE QUARTER:

A1C Lance A. Perkey, 891 MSFS

NCO OF THE QUARTER:

TSgt Anthony J. Kaup, 91 SFG staff

SNCO OF THE QUARTER:

MSgt Samantha D. Maghamez, 791 MSFS

CGO OF THE QUARTER:

1st Lt Justin T. Kovich, 91 MSOS

FLT/CC OF THE QUARTER:

1st Lt Temon R. Reed, 791 MSFS

CIVILIAN CAT I OF THE QUARTER:

Ms. Hollery L. Morris, 791 MSFS

CIVILIAN CAT II OF THE QUARTER:

Mr. Casey W. Jones, 91 SFG staff

PROFESSIONAL TEAM OF THE QUARTER:

791 MSFS Alpha Flight

KEY SPOUSE OF THE QUARTER:

Mrs. Jessica Camacho, 891 MSFS

KEY SPOUSE TEAM OF THE QUARTER:

891 MSFS Key Spouse Team

VOLUNTEER OF THE QUARTER:

SSgt Jisniel Villalta, 791 MSFS

Thanks for all you do, and thanks for being teammates in Defender Nation!

Congratulations to the following Defenders who graduated from ALS-21G:

SrA Alfredo Alvarez, Jr., 91 MSOS

SrA Connor S. Fitzgerald, 91 MSOS

SrA Ryan T. Hongo, 91 MSOS

SrA Alec J. Kennedy, 91 MSOS

SrA Abigail G. Rose, 91 SFG

SrA William A. Stachura, 91 MSFS

SrA Sarah L. Westmoreland, 891 MSFS

Congratulations to SrA Connor S. Fitzgerald for being the John L. Levitow Award winner - awesome job!

The John L. Levitow Award is the highest award for enlisted Professional Military Education in the Air Force and is presented to the student who demonstrates the most outstanding leadership and scholastic achievement throughout ALS, NCOA and SNCOA.

Congratulations to the entire ALS class and welcome to the noncommissioned officer ranks!



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- All ranks, Active Duty, Guard and Reserves, any duty status, or
- Transitioning service members within 12 months of their discharge/retirement date



Thursday, November 11th
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BABY GIRL BORN ON
SATURDAY, OCTOBER 09, 2021 TO:
SARAH AND CHRISTIAN MAYFIELD
MINOT, ND



BABY BOY BORN ON
MONDAY, OCTOBER 11, 2021 TO:
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MAFB, ND

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Oct. 18: 1,830.75 feet above mean sea level (MSL); 13,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.2 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.09 MSL.

- N.D. Game & Fish Dept. game wardens: No reports from small area lakes, Missouri River System, or Devils Lake.

- Devils Lake, Ed's Bait Shop, Devils Lake: Fair perch and walleye success in East Bay. Try jigs along the bridges for walleye on the main lake.

- Devils Lake, Woodland Resort, Devils Lake: Continued fair walleye success, weather permitting. Try jigs and minnows around the bridges, towers, or rock piles.

- Lake Darling, Karma C-Store, Ruthville: Look for some pike activity on the Souris River around Upham. Continued walleye success around Grano on Lake Darling. Also try Lake Darling itself from any of the designated shore-fishing areas.

- Lake Metigoshe, Four Seasons, Boltineau: Not many anglers but the few going out are finding occasional pike and walleye.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Better success is farther west around Deepwater Bay and farther on Lake Sakakawea. East end spotty for walleye.

- Lake Sakakawea, New Town: Continued nice fall walleye bite using jigs and minnows.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: No new reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers muddied up after earlier October rains with slower success. Muddy water also reaching down to Lewis & Clark State Park on the upper end of Lake Sakakawea. Clearer down around White Earth Bay. Try jigs and minnows or spinners and nightcrawlers.



- 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. However, do not possess any antlers or heads without Game & Fish Dept. permit.

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

- Lonetree WMA area lakes, Harvey: No activity on area lakes. Coal Mine Lake closed to small game hunting and fishing from Sept. 25 through Nov. 30.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet.

Hunting:

- Predators: Coyotes starting to get into prime. Look for average fur prices this winter.

- Upland: Be careful with pheasant identification with lots of young broods. Fair numbers along the east end of the Missouri River System. Scattered pheasant success with some northwestern areas holding pockets of birds.

Fair partridge numbers.

- Waterfowl: Light geese and some Canada geese moving into northeast, north-central, and northwest N.D. Good numbers of pintails, mallards, and increasing light goose numbers around N.D. Highway 200 in east-central N.D. Look for better duck numbers in areas that got rain with some wetlands holding a little more water. Birds are concentrating on any areas with water and along the Missouri River System.

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.

DAF expands civilian employee assistance program

DEBBIE ARAGON, AFMISC PUBLIC AFFAIRS

JOINT BASE SAN-ANTONIO-LACKLAND, Texas -- The Department of the Air Force expanded its Employee Assistance Program Oct. 1, following a recent contract award by the Air Force Installation and Contracting Center.

The program, required by the Air Force Chief of Staff, provides a variety of services and support to DAF civilian employees and their families including:

- Educational and motivational activities
- Referral, monitoring and follow-up services
- Behavioral health consultation and coaching
- Short-term, solution-focused counseling
- Critical incident management support

"This is a critical resource for supporting our civilian workforce that is easily accessible and provided at no cost to the employee or family member," said Danna Plewe, Air Force EAP program manager. "Any where, any time, AF EAP is there to help."

The \$30 million contract, awarded to incumbent contractor Magellan Federal, runs for five years and enhances EAP support overseas at Ramstein Air Base, Germany, and Royal Air Force Lakenheath, England, said JoAnn Parks, 771st Enterprise Sourcing Squadron contracting officer for the award.

"EAP helps address problems in the quickest, least restrictive and most convenient manner while minimizing costs and maintaining confidentiality," said Lt. Col. Daniel Stephens, 771st ESS commander said.

Under the contract, services and support are accessible year round via telephone, web and in person.

The new Air Force contract transitions the DAF program from a task order under the Department of the Navy's EAP contract to an Air Force-only contract, giving the Air Force total autonomy over its program, said Parks.

Initial plans were for a Department of Defense-wide acquisition, explained Stephens, but the planned solution didn't meet the DAF requirement and led to the 771st tasking.

"We received the requirement in early May, which really was the last possible moment for us to get a contract of this magnitude completed in time to avoid a gap in service," Stephens said.

"JoAnn, the contracting officer who ran the source selection, and her team did a great job in ensuring everything got done on time, making sure this valuable service to DAF civilian employees and their families continued uninterrupted."

For more information on the Air Force's EAP program, visit www.afpc.af.mil/eap and scroll to the bottom of the page or call 866-580-9078.



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Growing the Flowers family business: Longest-serving Airman promotes son to brigadier general

SHIREEN BEDI, AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- U.S. Air Force promotions are significant moments in every Airman's career, but for Brig. Gen. Alfred K. Flowers, Jr., Air Force Medical Service Manpower, Personnel and Resources director, his promotion also means continuing in the Flowers family business.

On September 7, Flowers, Jr. was pinned with his current rank by retired Maj. Gen. Alfred K. Flowers, Sr., who is the longest-serving Airman in U.S. Air Force history.

"Having my father pin on my rank here at the Air Force Memorial means a lot because last time we were here, we were taking photos when my father retired," Flowers, Jr. said. "This is where he ended his career in 2012 and here is where I am taking on a new role."

Flowers, Sr. has been to every single one of his son's promotions. And while it is often the case that Airmen are inspired to serve by close family members, few can say they can call upon a general officer for advice at any time. Especially one who had served for more than 46 years, started his Air Force career as an enlisted supply warehouseman at Grand Forks Air Force Base in North Dakota, and retired as the deputy assistant secretary for budget in the Office of the Assistant Secretary of the Air Force for Financial Management and Comptroller.

"Every assignment or challenge I have faced, I would think, 'What would dad say or what would he do in this situation?'" Flowers, Jr. said. "His guidance has been my 'True North' compass in many of the decisions I have made, and he

still remains my confidant when I am faced with a tough decision. I am just blessed to have him as that resource. Sometimes I feel I am at an unfair advantage to have someone like my father with his legacy to call when I need advice."

Flowers, Sr. has seen the Air Force change significantly since he enlisted as a 17-year-old in 1965.

"I have seen the Air Force grow tremendously," Flowers, Sr. said. "I started off as an airman basic, making \$97 a month. Now, Airmen make as much as lieutenants did when I started. The capabilities I see in the Air Force today is amazing. It is as if we started with a cart and buggy when comparing to what we have today."

Following in his father's footsteps, Flowers, Jr. was compelled to serve his nation. Instead of working for a civilian hospital, Flowers, Jr. opted to commission into the U.S. Air Force's Medical Service Corps. He graduated Commissioned Officer Training School in 1997. Since then, he held positions at squadron and at headquarters levels. In addition to serving in the Office of the Secretary of Defense, he also served as the command surgeon for Space Operations Command prior to his current role.

During his promotion ceremony, Flowers, Jr. reflected over his 24-year career, recognizing and thanking those who have helped him get to this point, including AFMS leadership, both past and present. He also recognized how much his father has impacted him as an Airman and leader.

"I first want to recognize Maj. Gen. Alfred K. Flowers, aka

dad.... The Air Force embodies Al Flowers and our family," Flowers, Jr. said. "I was born in Wilford Hall carrying a [common access card] in my hand ... and I am proud to stand here as a member of a legacy and heritage to serve this great nation. I am the keeper of the family business and I am minding the family store."

This family legacy is furthered by the fact that Flowers, Sr. is also the longest-serving African American service member in Department of Defense history. Throughout his career, Flowers, Sr. has come to understand exactly how diversity serves to strengthen the Air Force.

"Diversity, inclusion and equity makes us all better, but equity is something we don't talk a lot about, but I try to stress its importance," Flowers, Sr. said. "It's great to be diverse, it's great to be included, but if there is no equity, you're still not at the table. We ought to strive to make as much investment in hiring qualified people regardless of what they look like, and not be afraid of diversity."

For Flowers, Jr., fostering diversity and inclusion will continue to be key to his current position and leadership role.

"I have great gratitude and praise for the senior minorities in the AFMS," Flowers, Jr. said. "For me, in addition to diversity, there is inclusion and belonging. I hope to play a pivotal role in supporting that and continue to serve my Airmen and Guardians in this new role."

As Flowers, Jr. takes on a new rank and leadership position, the Air Force family tradition continues with his two sons who also have military career



Retired Maj. Gen. Alfred K. Flowers, Sr. (left), the longest-serving Airman, stands next to his son, Brig. Gen. Alfred K. Flowers, Jr., Air Force Medical Service Manpower, Personnel and Resources director, during Flowers, Jr.'s promotion ceremony at the Air Force Memorial in Arlington, Va., Sept. 7, 2021.

U.S. AIR FORCE PHOTO | JOSH MAHLER

aspirations, with one son at the U.S. Air Force Academy and another at Texas A&M.

During Flowers Jr.'s promotion ceremony, his father reminded him of what it means to pin on the brigadier general rank and to be a leader in the U.S. military, imparting his own servant leadership style.

"This promotion to general officer is important and you know it's not about you," Flowers, Sr. said. "You know that well. It is about the Air Force's and the nation's confidence in you and your ability to lead and accomplish the mission with our sons and daughters."

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During National Teen Driver Safety Week, NDDOT encourages seat belt use

NORTH DAKOTA DEPARTMENT OF TRANSPORTATION

It is never too early, or too often, to discuss driving habits with teens. Parents can start the conversation during National Teen Driver Safety Week, October 17-23, 2021. The North Dakota Department of Transportation encourages parents to talk to their teen drivers about the importance of always wearing a seat belt and taking personal responsibility while behind the wheel.

Teen drivers age 14-19 were involved in 9.4% of fatal crashes in North Dakota in 2020. Inexperience, coupled with immaturity, often results in risk-taking behaviors such as speeding, alcohol/drug use, driving distracted and not wearing a seat belt – all of which contribute to an increased death rate among teens. Seat belts are the single most effective safety device to prevent death and injury in a motor vehicle crash.

“Parents can influence driving

behavior even before their child gets behind the wheel,” said Safety Division Director Karin Mongeon. “Always wearing your seat belt, following posted speed limits and driving sober and distraction-free teaches your kids that taking personal responsibility when driving is a priority.”

Parents should become familiar with North Dakota’s graduated driver licensing restrictions including night driving restrictions. Self-reported surveys show that teens with parents who set and enforce firm rules for driving typically engage in less risky driving behaviors and are involved in fewer crashes. By knowing and enforcing the laws, parents will help promote personal responsibility for their teens and the teens around them.

Learn more about the Vision Zero strategy and its traffic safety campaigns at VisionZero.ND.gov.

EVERYDAY HAPPY HOUR - 3PM - 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

DAILY SPECIALS

Monday	\$5 Moscow Mules (all day)
Tuesday	\$4 ND breweries (all day)
Wednesday	1/2 Price Wine by the glass/bottle (all day)
Thursday	\$1 up for all Tall Taps (all day)
Sunday	BRUNCH (11am-2pm)

- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
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- 1 LARGE EGG
- 1 TABLESPOON LEMON JUICE
- 1 TEASPOON LEMON ZEST
- 1 TEASPOON VANILLA EXTRACT
- 2 CUP ALL-PURPOSE FLOUR
- 1/2 TEASPOON SALT
- 2 TEASPOON CINNAMON
- 2 1/2 TEASPOON BAKING POWDER
- 1/2 CUP MILK
- 2 CUP FRESH BLUEBERRIES

STREUSEL TOPPING:

- 3/4 CUP BROWN SUGAR
- 1 1/4 CUP ALL-PURPOSE FLOUR
- 1/4 TEASPOON SALT
- 1/2 TEASPOON CINNAMON
- 8 TABLESPOON BUTTER

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

In the bowl of an electric mixer with the paddle attachment, cream the butter and sugar until light and fluffy, about 5 minutes. Add in the egg and mix until well combined. Add in the lemon juice, lemon zest and vanilla. Mix until combined.

In a medium mixing bowl, sift together the flour, salt, cinnamon and baking powder. Add in about half of the flour mixture and mix on low, followed by half the milk. Alternate adding the flour and milk and mix just until the batter is combined. Pour the batter into an 8x8 inch baking pan, using a spatula to spread it into an even layer. Top with the blueberries.

To make the streusel topping, combine the sugar, flour, salt and cinnamon in a medium bowl. Add in the butter and mix until crumbly.

Sprinkle the streusel topping over the blueberries. Bake the blueberry buckle for 45 to 50 minutes, or until the cake is cooked and the streusel topping is lightly golden. Allow to cool slightly before serving. Enjoy warm or at room temperature.

Ryan Davy - GM Minot

www.HofE.com/BBQHQ



The alphabet chain

Patricia Stockdill

It began innocently enough years ago – more years than I care to admit – with the addition of a puppy. Recently married, we knew we wanted a dog. More specifically we wanted a hunting dog because that’s what our outdoor activities revolved around. I grew up an upland hunter, my husband a waterfowler.

We needed a versatile dog.

But we knew nothing about hunting dogs until the last puppy in a litter came into our lives, a male Brittany we named Britt.

After all, what else does one name a Brittany but Britt?

That name started a family’s treasured tradition, an alphabet chain of Brittans that would fill our home and that of a brother-in-law in years to come. An equally avid hunter, he loved watching Britt quarter in search of birds, point, and retrieve on land and in water as much as we did.

Britt taught us all what it meant to be a true hunting dog and more than anything, a beloved family member.

My brother-in-law got his own Brittany, naming her Amber in honor of the breeder’s daughter.

Hmmm, we had an “A” and a “B”. One more letter in proper order would constitute an alphabet chain, right?

Along came Chessa.

Yup, it’s now an official tradition. We each had a dog and an alphabet chain of names – Amber, Britt, and Chessa.

A, B, and C.

Admittedly, a couple of links in the chain became distorted when my brother-in-law named a puppy Libby, short for Liberty. It was a necessity, he offered, as he tried to justify breaking the blossoming alphabet chain. She was always seeking liberty from a kennel, fence, or anything confining, he explained. OK, Libby was acceptable even if it broke the chain.

Things really got out of whack when Pika joined our house. We justified it because we already had a kink in the chain with Libby. Pika is named after a tiny rodent in high mountain elevations we saw when hunting in Idaho.

The next Brittany, Huni, came to us as a four-year-old rescue. I didn’t have the heart to change her name as she adapted to her new forever home. It was closer to the letter “C”, we told ourselves as we began to wonder if the chain could be fixed.

But Denali brought us back in order, honoring the great Alaskan National Park and the fact we got her the spring after an Alaskan hunt. We were back on track with A, B, C, and D.

As an elementary educator, my brother-in-law knows the alphabet. We gave him a pass after he selected an “F” rather than “E” for his next Brittany’s name. Named after Franchi,

the firearms manufacturer, it was an excuse to get a Franchi shotgun – which he did.

We filled in the “E” gap with Eider, a liver-and-white Brittany from Las Cruces, N.M. The irony is that an eider is a northern duck along the Arctic coastal sea, definitely not near Las Cruces and the U.S. - Mexican border.

The chain continued when Garnet came along. She truly is a special gem and her name brought the chain in connection from A to H.

Now the family needed I, J, and K to connect our alphabet chain and bring us to Libby.

Our brother-in-law’s son is no longer a young boy tagging along with his dad, aunt, and uncle. He’s married and he and his wife kept the chain alive with their tri-color Brittany, Isla. When Franchi crossed the Rainbow Bridge in January 2021, my brother-in-law knew that, like all of our dogs, she would never be replaced. But when Jade came into his life as a gem of a roan Brittany puppy this spring, she’s part of what all of our dogs have been – a cherished family member and hunting fanatic.

The bittersweet aspect of our family’s treasured alphabet chain of dog names is that each follows the loss of one of the links in the chain. As wrenching as it was for all of us, though, we know that Amber, Britt, Chessa, Denali, Franchi, Huni, Libby, and Pika lived great lives and gave us so much. They crossed that Rainbow Bridge and are having the time of their lives hunting as they wait for us.

We’ll be there, along with Eider, Garnet, Isla, and Jade – and maybe dogs whose names start with K, M, N, or even O to link with Pika.

PATRICIA STOCKDILL PHOTO

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- Because it has immensely strong forearms, the Brown Bear can break apart animal bones with one simple swipe.
- Their non-retractable claws can be 6 inches long.
- Don't let the name itself fool you, Brown Bears can be brown, blonde, and even almost black in color.
- Unlike Black Bears, who are proficient climbers, Brown Bears can climb trees to eat or escape predators, but only when they are cubs!

Fact File

Life Span	20 - 25 years
Weight	200 - 1,000 pounds
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Tail Length	22 - 25 inches
Body Length	8 - 9 feet
Top Speed	30 mph
Wild Diet	Omnivores: Canidore Herbivore Grass and leaves, Fish, Wild berries/fruit, Nuts/seeds, Bulbs/Tubers, Insects, Rodents, Small mammals



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MyVector updates help connect Airmen, Guardians

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- To help advance diversity efforts across the force, MyVector has recently added several features to the platform.

MyVector is one of the many tools Airmen and Guardians can use to enhance their career development, including tracking personal development and assignments, writing performance evaluations, and connecting with mentors as well as mentoring others.

Last summer, the Secretary of the Air Force stood up the Diversity and Inclusion task force to address the issue of racial, ethnic and other demographic disparities and their impact on the forces. The task force identified MyVector's mentorship platform as an area that could help expand diversity efforts. Having more specific filters, such as race, ethnicity and disability, allows Airmen and Guardians to better tailor searches to their specific needs.

"The objective of expanding the mentoring filters in MyVector is to provide a better search experience for Airmen and Guardians to locate potential mentors with similar backgrounds," explained Dr. Carrie Baker, a member of the SAF Office of Diversity and

Inclusion. "We noticed that the mentor request fields had limited search features and wanted to enhance this valuable resource."

Lt. Col. Cindy Roberts, one of the leaders within the task force, explained that the new filters also applied to those in the Exceptional Family Member Program, or those who have identified themselves as having a disability, such as hearing loss or invisible wounds. The disability filter allows approximately 1,000 Airmen and Guardians who have identified themselves with a disability or an invisible wound to connect with other Airmen and Guardian mentors who have an identified disability.

These MyVector additions will advance Department of the Air Force inclusion practices to incorporate as many aspects of mentorship as possible and make it easier for members to find the best mentor for their needs.

"There may be someone out there struggling with a topic, but there's no one near them to connect with, discuss their problem, or provide advice," Roberts said. "These new filters help narrow down the search for a mentor that can best assist someone seeking advice on their unique topic."

A LOOK BACK THIS WEEK IN USAF HISTORY

THE LAST B-52 STRATOFORTRESS COMES TO MAFB OCTOBER 26, 1962



The last B-52H outside the Boeing assembly line in Wichita (Boeing)

On October 26, 1962, the last B-52 Stratofortress ever produced was delivered to Minot Air Force Base, ND. The H model bomber 61-040 was built by Boeing in Wichita, Kansas, and was the last of an iconic line of 744 B-52 bombers produced between 1952 and 1962. Currently, the USAF has a fleet of 76 active B-52Hs, stationed at MAFB, Barksdale AFB, LA, and Edwards AFB, CA. Despite the thousands of flying hours that they

have acquired, the planes are expected to fly until at least 2040 because of meticulous maintenance and the addition of newly evolved military technology. The B-52H has a top speed of 600 mph and 50,000 foot altitude capability. Originally, the plane was utilized as a high altitude nuclear bomber that could penetrate to the heart of the Soviet Union. But, as the decades passed, the B52s adopted new roles such as the delivery of air launched cruise missiles and precision guided munitions. When the last B-52 Stratofortress arrived at MAFB in 1962, nobody guessed that it would someday be flown by the grandchildren of the generation that brought forth one the USAF's most important bombers.

Information courtesy of: The Air Force Historical Foundation / boeing.mediaroom.com / military.com

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Upcoming Events

22 OCT HALLOWEEN FUN NIGHT 5:00 PM - 7:00 PM Minot Family YMCA 3515 16th St SW, Minot

Sponsored by Blue Cross Blue Shield, this family fun event will take place Friday October 22nd from 5-7PM. Please join us for games, treats, costumes, a bouncy house, fun with Dizzy the Clown, and more!
We will have pizza available from Uncle Maddios for \$1 a slice.
\$3 per child or \$15 for a family Cash at the gym door OR card/check at the Service Desk then bring the receipt to the gym door!
Come in your costumes and enjoy tricks and treats here at the Y!
Volunteers are always needed! Contact Andi at minotymca@ymcaminot.org or 701-852-0141 for more info!



For more information:
Facebook Event / Halloween Fun Night / Minot Family YMCA

23 OCT SEMI-ANNUAL TRUNK/ FASHION SHOW 8:00 AM - 6:00 PM The Spot 6 2nd St NE, Minot

You get pictures from Presley Photography, decorations from Rae Creates, food from The Starving Rooster and venue and drinks from The Spot! Swag bag, coupons, drink tickets and first dibs on the latest fall and winter fashion! Tickets are \$45.00 and you can purchase in store or we can PayPal you!



For more information:
Facebook Event / Semi-Annual Trunk/Fashion Show.

23 OCT TASTE OF MINOT FOOD TOUR & MORE 2:00 PM Downtown Minot

Let us show you around our historic small town and introduce you to some of our amazing restaurants. You're going to love sampling some custom bites while learning the "why" behind "Why Not Minot?" Tour starts at 2pm right outside of Gourmet Chef located at 122 Main St S.



For more information:
Website / www.tasteofminot.com

28 OCT DOWNTOWN MINOT'S MAIN STREET HALLOWEEN TREAT TRAIL 10:00 AM - 12:00 PM Downtown Minot

It's Downtown Minot's (mostly) Main Street Halloween Special! You know, for the kids! Join us Thursday, October 28th from 10:00 am - 12:00 pm on and around Main Street. We'll have a map of all your stops available the day-of and online in the days before. Our merchants and local businesses will have a treat for your preschooler; we hope to see them dressed in their Halloween best. All we ask is you bring your smiles and good manners, we'll bring the old-fashioned Halloween fun! Our stops include (but are growing every day): Integrity Viking Mutual Funds, Michele F. Lein's Jewelry, Keller Williams Inspire Realty, Prairie Sky Breads, Off The Vine, Rick's Jewelry, Artmain, Cookies for You, Taube Museum of Art, and more!



For more information:
Facebook Event / Downtown Minot's (Mostly) Main Street...

30 OCT BOO AT THE ZOO 10:00 AM - 1:00 PM Roosevelt Zoo 1215 E Burdick Expy, Minot

Celebrate Halloween with Boo at the Zoo! Bring your Trick-or-Treat pail and wander the Zoo, maybe wear your best Halloween costume too!
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For more information:
Facebook Event / Boo at the Zoo

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AFLCMC hosts Focus Week Oct. 25-29

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HANSCOM AIR FORCE BASE, Mass. (AFNS) --

The Air Force Life Cycle Management Center is hosting the third virtual Focus Week of 2021 from Oct. 25-29.

Focus week is an opportunity for personnel to complete mandatory and discretionary leadership and acquisition training, along with the potential to earn continuous learning points. Dozens of courses will be available, ranging from career and functional area-specific training and coaching to personal development classes.

"Currently, all courses are being offered in a distance learning format, so they are available to the entire AFLCMC workforce, regardless of location," said Jason Sibrel, Focus Week program manager. "Attendance is open to military, civilian, and most contractor personnel, as long as the contract allows for the attendance of training and the course is open to all."

A few courses on the schedule for employees this quarter include Understanding the AcqDemo Pay Pool Process for Employees, Acquisition Innovation, Agile Combat Support, Human Systems Integration Introduction and Update, and Unlocking Leadership Mindtraps.

Officials recommend those under the AcqDemo system take appropriate training. Understanding the AcqDemo

Pay Pool Process for Employees provides an opportunity. In this course, facilitators will provide participants with insight into the 11-step AcqDemo Contribution-Based Compensation and Appraisal system through the use of self-assessments and a simple, yet proven writing method. In this course, facilitators will conduct a mock pay panel so participants can witness the effect of a strong self-assessment on the pay pool process. This course is worth three continuous learning points.

Dr. Camron Gorguinpour, director, Transformational Innovation, to the assistant secretary of the Air Force for acquisitions, will provide participants enrolled in Acquisition Innovation with cutting-edge tools for Air Force acquisitions. He will also discuss how Other Transaction Authorities allow program managers to tap into non-traditional companies, as well as employ rapid contracting methods. This course is worth one-and-a-half continuous learning points.

Agile Combat Support is a distinctive capability in the Air Force that is highly mobile, technologically responsive, flexible, and fully integrated with combat operations. In this course, facilitators will share operational and tactical acquisition strategies,

policies, processes, technologies, and doctrine. Worth two continuous learning points, this session will provide a forum for discussion of the critical aspects relative to the acquisition and sustainment workforce.

In Human Systems Integration Introduction and Update, participants will find out what Human Systems integration is, as well the responsibilities, available tools, and recent developments associated with it. Intended for program managers and logisticians, this course is worth two continuous learning points.

Designed for Air Force personnel across all disciplines, Unlocking Leadership Mindtraps provides supervisors with resources for leading in a complex world. In this course, instructors will provide a roadmap to getting past the five "mindtraps" that stand in the way of success. The course is worth one-and-a-half continuous learning points.

For a list of all the courses and step-by-step instructions on how to register, visit the Focus Week course catalog by clicking here.

Registration for all courses is available on the Acquisition Now Continuous Learning website.

The current classes are hosted on platforms such as teleconferences,

Defense Collaboration Services, and Microsoft Teams.

Some courses are new to the virtual learning environment,

so it is important to be mindful about what platform is being used, Sibrel said.



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Schillo finds his life's mission

MINOT STATE UNIVERSITY

MINOT, N.D. – Following his career in the United States Air Force, Jacob Schillo felt adrift until he found connection — and a way to serve — in the biology lab at Minot State University.

“I felt as though I lost some purpose after leaving the military. I went from doing something critical to the safety and security of our nation to an environment more focused on personal growth. I found that transition difficult,” he said. “Making an impact in the lives of patients being treated for cancer was a way for me to regain that team aspect and serve people in a new capacity.”

An early genetics course taught by Heidi Super, Minot State University biology professor and medical laboratory science program coordinator, drew him into the study of genetics and cancer, an area he continues to research at the University of Iowa as a doctoral student in genetics.

“I was fascinated by the intro to the assigned textbook. I immediately wanted to read more and that’s when I knew that genetics may become a larger part of my life,” he said. “Heidi’s lab focused on leukemias which are known for complex rearrangements of genetic code. Unfortunately, this is also one of the most common forms of cancer that affect children, along with brain cancers. I find it difficult to comprehend the burden of cancer at such an early age. With this in mind, Heidi’s lab was always the right choice for me in which I felt that I could make a positive impact in the lives of those fighting such a horrible disease.”

“Jake approached me to join the lab but did so with a seriousness I’d never seen in previous students. He wanted to make sure the work would be challenging and meaningful,” Super said. “It became clear pretty quickly that Jake could think critically and work independently. He did a lot of work on weekends, due to his busy schedule and family responsibilities. He added a great deal to the atmosphere of the lab. His project continues to be one that I wish to return to in the future.”

While cancer research continues to be his focus in Iowa, Schillo continues to be a learner in many different areas, an asset he cultivated at Minot State University.

“Cancer genetics is my focus now, but I am constantly taking in literature from structural biology, molecular biology, chemistry, biochemistry, physics, physiology, and the list goes on,” he said. “I am a better scientist



when I can analyze and interpret a broad range of topics and use that information within my own research goals. Having a dual degree allowed me that broader range of topic.”

Those skills enabled him to pivot and help in a different way in 2020.

“As a real example of this utility, the COVID-19 pandemic shut down most of the research labs at the University of Iowa for several months. Now again, my focus is cancer genetics, but during this shutdown I volunteered my time to help establish a testing platform for Iowa residents with suspected SARS-CoV-2 infections,” he said. “This work had nothing to do with cancer, but my ability to utilize techniques across a range of topics allowed me to transition and aid in establishing the diagnostic laboratory.”

Being named a 2021 Tillman Scholar is a testament to his well-rounded approach to learning and helping. The distinction is given to select individuals in recognition of their military service, academic passions, and desire to make an impact.

“Jake shared with me a bit of his military experience, but more than anything exuded pride for having served. His service was not simply a means to obtain an education, but he also saw the incredible value in the tuition assistance that comes from being a veteran,” Super said. “He was a serious student from the get-go and weighed carefully where his passion for science could take him.”

His experiences as a veteran led to him becoming the main force behind the creation of the Veteran Peer Advisory Program at the University of Iowa.

“Being a veteran, I could absolutely understand two common struggles,” Schillo said. “When veterans separate from the military, they often refer to losing two things, their family and their purpose. The VPA program was designed to help ease that

transition back to civilian life, helping veterans find their passion and giving them the resources they need to be successful early on in the collegiate careers.”

The Fort Dodge, Iowa native spent six-and-a-half years in the U.S. Air Force, with most of that time spent at the Minot Air Force Base.

“I was taking classes through Minot State years prior to separating from the Air Force. Staying at Minot State allowed for me to continue my degree without interruption,” he said. “I think that my favorite part about MSU was the inspiring nature of the professors. From a pure funding standpoint, I think it’s incredible the research that’s being conducted within the science building with limited resources. It’s a testament to the character of the professors in that building inspiring the next generation of scientists.”

“It’s the students in Cyril Moore that are going on to create vaccines, treat patients, and cure cancer. If you’re looking for a way to invest in the future of society, that’s not a bad place to look.”

From the military to Minot State to the University of Iowa, Schillo pulls all of his experiences together as he pursues his life’s work.

“The military taught me that the most important component we have are the people. Just as in the military, my job as a scientist is more about ensuring we have the right people in the right place to do something great. And I have great respect for Heidi Super and the impact that she has had on my career. In the end, I found a career in which I don’t feel like I work. I have a job in which I look forward to Monday, and that enjoyment for discovery came from my early experiences in Heidi’s lab.”

“My passion for understanding the complexities of cancer and the need to develop therapeutics to better engage cancer has led to making research part of my life’s mission.”

Schillo is frequently invited to discuss scientific and cancer research funding and initiatives with members of Congress. This photo was taken shortly before the pandemic shutdown in Washington D.C. He has met in a virtual capacity several times and hopes to be back in person on Capitol Hill soon.



THE OPTIMIST CLUB OF MINOT
PRESENTS

TRUNK OR TREAT

A SAFE AND SPOOKTACULAR
HALLOWEEN EVENT

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

Local Cravings Restaurant Guide

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Badlands Restaurant & Bar 1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com	28 Tastes & Taps 1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes
Mi Mexico 301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintnd.com	Pink's Bar & Grill 102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill
Culver's Restaurant 3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com	Prairie Sky Breads 3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com
Ironhorse Kitchen + Bar Opening Soon 21 E Central Avenue, Minot, ND 58701	The Starving Rooster 30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com
Primo Restaurant 1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com	Souris River Brewing 32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com

MFLC Program

The Military and Family Life Counseling (MFLC) Program was designed to rapidly deploy counselors for short-and long-term assignments based on each military installation's specific needs. Counselors are licensed to practice independently in the location where they are providing services. The MFLC Program provides non-medical counseling, consultation, and outreach services to more than 200 military installations or nearby civilian communities located in most all of the 50 states, the District of Columbia, U.S. territories and commonwealths, and over 25 foreign countries including areas considered hazardous duty/danger zones. The MFLC services are intended to augment, not replace, other Department of Defense support services/programs or staff available for eligible participants. The non-medical counseling approach is psychoeducational, which helps participants learn to anticipate and resolve challenges associated with the military life.



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



Support is aimed at preventing the development or exacerbation of mental health conditions that may detract from military and family readiness. CYB-MFLCs provide support to families and augment child and youth programs, Department of Defense Education Activity schools, local education agencies, and camps designed for military children and youth and special operations commands. Counselors provide non-medical support, which includes counseling, consultation, and outreach to eligible faculty, staff, parents, children and youth.

They may observe, participate and engage in activities with children and youth; provide coaching, guidance and support to staff and parents; and model behavior management techniques for staff and parents. At Minot AFB we have two assigned CYB-MFLCs; Ms. Tonya who is assigned to the Child & Youth Programs and supports dependent military children (701-425-7905) and Ms. Jazmin who is assigned to the three on-base schools and supports dependent military students (410) 916-6458.

YOUTH IN ACTION

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

DOWNTOWN MINOT

HALLOWEEN TREAT TRAIL

MINOT'S MAIN STREET HALLOWEEN SPECIAL
10:00 AM - 12:00 PM | 10.28.21
YOU KNOW, FOR THE KIDS :)



Bowling Pin Decorating

at Rough Rider Lanes

Submissions due 12pm
October 30th

Come to Rough Riders Lanes
& grab a bowling pin
to decorate with
a Halloween theme!

Age categories: 5-8, 9-11, 12-14, 15-17, & Adults
Prizes will be awarded based on number of entries

727-4715




THE 5TH MEDICAL GROUP
PRESENTS

Trick or Treat

TRAIL OF TERROR

29 OCT

1630-1800
FREE ENTRY
KID FRIENDLY EVENT
MASK REQUIRED

Per DoD Guidance anyone over 2 years old, will be required to wear a face mask.

Children should not wear a costume mask over a face mask, this could cause medical issues by overheating.

THE 5TH MDG WILL BE CLOSING AT 1400 TO PREPARE FOR EVENT.

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YOUTH IN ACTION

Bringing sunshine to school

ABIGAIL KINDER, NORTHERN SENTRY

Students at Dakota Elementary are bringing sunshine and snacks to faculty members every Friday. Mikki Elliott, Special Education Strategist at Dakota Elementary, began the Sunshine Cart to give her students a chance to learn valuable social skills and bring a little bit of joy to the school.

Each week, students load up the Sunshine Cart with snacks and drinks and personally bring them to each classroom. "It came about during a staff meeting about how we could provide adult SEL (Social Emotional Learning) to our staff members and what kind of activities we could do for SEL for the kids as well. One of the options was to have a cart that had snacks and treats for the teachers. I thought that was a great way for my kids to learn some social communication and asking and answering questions," said Elliott.

They provided a survey to find out what kind of snacks teachers would like, and then Elliott began working with the kids to fill the cart and practice the questions that they would need to use. Along with the social skills learned, the Sunshine Cart also offers students a chance to give to others without expecting anything in return. "It's about spreading that little bit of kindness and joy in somebody else's day, and hopefully they can pay it forward somewhere along the way," she said.

Students in second through fifth grade participate, and they have special aprons that they wear when they are on Sunshine Crew duty. Elliott said that her students always look forward to Fridays, and one student in particular wants to pay it forward to his teachers.

"I like the sunshine cart because I like helping people," said Elliott's student, Troy. "It's a lot for teachers to do the work and do what they need to do. I bring them stuff allowing them to take anything for free. I know

that everything from the Sunshine Cart is for bringing the sunshine to Dakota Elementary."

With the added stress of the COVID-19 pandemic, Elliott believes that the Sunshine Cart and the SEL it provides is especially important for their community. "SEL is kind of a big buzz word going around right now. It's about how not only can we take care of our kids during these trying times, but how do the adults take care of themselves. It's been exacerbated the last few years with all of the COVID restrictions and not being able to come to school as often. Now that we're back in school, how do we continue to take care of each other? This is a really good message for my kids to know that it's important to take care of somebody else as well as yourself," she said.

"The hope is that not only do you do those things in your school community, but you do them in your home community too," Elliott explained. She hopes that the Sunshine Cart idea can continue bringing joy to students and faculty well into the future.

"I think the teachers also enjoy it as much as the kids do, and I really hope that it's something that sticks. The kids are learning so much from this, and I think that social communication piece is so huge. They're learning to exchange conversations, I'm teaching them about making eye contact, and they're following requests."

All of these skills are beneficial to students, allowing them to practice basic social skills that will help them throughout their lives. Thanks to Elliott and her students like Troy, Dakota Elementary is becoming an even better school, one snack at a time. "It's worth it because the teachers work hard every year every day so they should be able to [get snacks] every fun Friday. Spread the sunshine," said Troy.



Mikki Elliott, Special Education Strategist at Dakota Elementary, walks the Sunshine Cart through the hallways with two of her students. The cart, which is filled with snacks and drinks for teachers, is an opportunity for students to learn communication and kindness skills.

DAKOTA ELEMENTARY PHOTO

Drug Free Looks Like Me

ABIGAIL KINDER, NORTHERN SENTRY

Red Ribbon Week is coming up on Oct. 23-31, 2021! Join the Minot Air Force Base Drug Remand Reduction Program in recognizing this important cause. Red Ribbon Week began in 1985 as a response to the death of Drug Enforcement Administration Agent Enrique Camarena, who was tortured and killed by members of a powerful drug cartel that year. To honor Camarena's memory and his role in the war against drugs, the National Red Ribbon Campaign was started to educate youth on the negative impact of drugs, alcohol, and even bullying.

This year's theme, Drug Free Looks Like Me, is a reminder that "everyday Americans across the country can make significant daily contributions to their communities by being the best they can be because they live Drug-Free," according to the Red Ribbon Campaign site.

To lend a hand for Red Ribbon Week, the Minot AFB Honor Guard performed in a promotional video to be played at the schools, where they exclaimed "Drug free looks like me!" and presented the colors.

Sunday, October 24 will be the official beginning of the campaign where the base Chaplains will hand out red ribbons and lead a

prayer for those affected by drug use. On Monday, DDRP will have an informational table set up at the Base Exchange, which will have a variety of resources for parents and youth, as well as a drug and alcohol simulator! On Tuesday, stop by the commissary for more drug prevention educational materials and receive an insulated reusable bag, while supplies last. Catch a glimpse of the Red Ribbon Caravan on Wednesday as the Minot AFB Fire Department, Security Forces, 91st Missile Wing and many other groups flaunt their drug free pride through base housing! Minot AFB is encouraged to wear red clothing or ribbons on Thursday to show their support for the cause. And to end the week, DDRP will be handing out plenty of fun goodies

at the 5th Medical Group and 91st MW Trunk or Treat.

"My hope is that we can reach as many children as possible this week to develop knowledge, skills, and attitudes to appreciate the benefits of healthy living and empower students to avoid drug use," said Samantha Mendoza, DDRP Manager. While many of the campaign's activities are geared towards the youth of Minot AFB, the message is important for everyone.

While the drug crisis continues at large, efforts like those of DDRP and the Red Ribbon Campaign are valuable to educating communities on the lasting effects of drug use and abuse. Join Minot AFB in the campaign for awareness, and don't forget that "Drug Free Looks Like Me!"



On Oct. 18, 2021, the Minot Air Force Base Honor Guard presented the colors for a promotional video to be used during Red Ribbon Week, October 23-30. The Guardsmen exclaimed "Drug Free Looks Like Me," which is the theme for this year's drug abuse prevention and awareness week.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER



Sponsored by National Family Partnership
www.redribbon.org

Deployed Spouse & Family Dinner

HALLOWEEN THEMED

28 October 1700-1930

Jimmy Doolittle Center

174 Summit Drive, Minot AFB

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---	--	--

COVID-19 Precaution - All attendees must RSVP

RSVP using the QR code

Email: MinotChapelEvents@gmail.com

Or Call for more information: 723-2456

Dakota Elementary says "thank you" to reading dogs

ABIGAIL KINDER, NORTHERN SENTRY

On Oct. 18, 2021, students and faculty of Dakota Elementary rolled out the red carpet to say "thank you" to some of their favorite visitors! Ann Jusero and her therapy dogs, Sisu and Journey, visit the Minot Air Force Base school often and bring happiness to everyone around.

Journey, who is three years old, began visiting the school in 2020. Jusero's other dog, Sisu, is almost 10 years old and has been visiting students for over five years. Jusero and her dogs are registered with the Alliance of Therapy Dogs, which provides certification, support, and insurance for those who volunteer with their dogs in animal-assisted activities. Sisu and Journey's jobs are to listen as students read them books, instilling basic reading skills in students in a judgement-free environment.

Jusero and her dogs' journey to helping others began several years ago when she discovered the Alliance of Therapy Dogs. "I first registered them as therapy dogs and we started visiting nursing homes and retirement homes. The first school we started at was

Bishop Ryan, and then we came out [to Dakota], and it just kept growing and growing. Journey also belongs to what we call Reading Education Assistance Dogs, in addition to the therapy dog certification. That's what we do out here," she said.

Groups of students are able to pick out a book and take turns reading to Journey. Dakota Elementary Librarian Heather Olson said, "A lot of parents have expressed how much their kids enjoy it because the dog is a very non-judgmental listener, so if it takes them a little longer to sound something out or they're having trouble, they don't feel that peer pressure that can come from another person."

Because Journey and Sisu are registered therapy dogs (not service dogs), the students are also able to pet and interact with them. "A service dog should only be focused on their person. Therapy dogs are for anybody and everybody," said Jusero. Olson believes that this interaction provides happiness and comfort to students, especially in the midst of stressful times.

Even in the midst of COVID-19 restrictions, Jusero and her dogs went above and beyond for Dakota Elementary. "Ann has been so phenomenal and so supportive of our community," said Olson. "Last year during COVID, we couldn't have anyone come into the building and she actually stood outside, even in the October weather. There have been times where she has come at the drop of a hat when we had a free library period."

To show their appreciation for Jusero and her dogs, staff at Dakota created a red carpet at the school's entrance for them to walk down. They also hung streamers and a giant sign over the door which read, "Thank you Ann, Journey and Sisu!"

"I feel very humble, and I sure love the kids here," Jusero said after the ceremony. She mentioned how well-behaved the students of Dakota Elementary are when she visits, and plans to continue bringing her dogs back for years to come.

Thank you Ann, Journey, and Sisu for bringing joy and comfort to the students of Minot AFB.



Reading Education Assistance dog, Journey, walks down the red carpet at Dakota Elementary with her handler, Ann Jusero. Students and faculty at the school wanted to show their appreciation for Jusero and her dogs who visit the school often and offer reading support for students who may be struggling.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

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Additional \$10 for X-treme Bowling

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Across

1. Catalina, e.g.
5. Intention
9. Fork settings
14. Told, as a tale
15. City named for a Civil War general
16. Disney World acronym
17. 19th-century expansion policy
20. Play surface?
21. Lemon rind
22. Expected
23. Ham or hamburger, e.g.
26. Toss from the center, perhaps
28. Test of public opinion
32. Complication, to Hamlet
33. Sharp cry
34. Emphatic denial
38. They're small and tender
40. Shirts and skins, e.g.
43. ___ contendere
44. Paris locale
46. Remote ancestor?
48. Census datum
49. Andromeda, e.g.
53. North African expanse
55. Lay flat on the canvas
56. Semi-colon?
57. Disport
59. The Eight Immortals, for one
63. Investigative division (and puzzle theme hint)
67. Kind of bar
68. Chowderhead
69. Word with ego or guilt
70. It gets driven
71. Get from ___ (progress)
72. Chaucer's twilights

Down

1. Distinctive doctrines
2. Domestic squabble
3. Large moth
4. Riddle relative
5. Start to occupy?
6. Gene Kelly's "___ Girls"
7. Film in which Insectopia is sought
8. "The agreement's off"
9. Uses as a basis
10. Be decisive
11. Low pH liquids
12. Cruller relative, briefly
13. Palpebral swelling
18. Touchy-___
19. Exon predecessor
24. "This won't hurt ___!"
25. Race terminus
27. Words with barge or zero
28. Move at a good clip
29. Alphabetic symbol, of yore
30. Overseas butter
31. "You can ___ horse to water . . ."
35. '98 homerun derby name
36. Holly plant
37. Popular theater name
39. French door component
41. Honey partner
42. Long account
45. Small songbird
47. The ___ the land
50. Maker of a brand name?
51. Inn option
52. Situate
53. Video game hedgehog
54. Fragrant oil
56. Quick swims
58. Conspire
60. Wear down
61. 2000 role for Julia
62. Recipe amts.
64. Algeria-to-Turkey dir.
65. Hubhub
66. Watch pocket

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



**OPENING
SOON**

DOWNTOWN MINOT

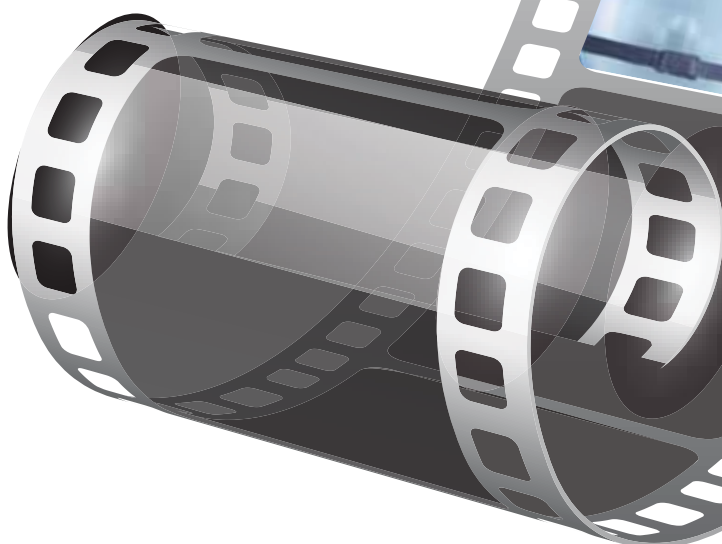
FOLLOW REEL TIME MOVIE THEATER
ON FACEBOOK OR MINOT
EXCHANGE WEBSITE FOR
UP TO DATE MOVIE LISTINGS

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE



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</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, Oct 23 5 PM, No Vespers</p> <p>Sunday, Oct 24 10AM, Congregational Prayer Service</p>	<p> Break Forth BIBLE CHURCH Thursdays 7:00pm and Sundays 10:30am 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) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org</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 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540 Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m. <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 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 All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com 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> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 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 Sundays: 9:00 am..... Fellowship 9:15 am..... Sunday School 10:30 am..... Worship Wednesdays: 11:30 am..... Soup Kitchen 5:30 pm..... Family Supper 6:30 pm..... Preschool/Kids' Club/ABY 6:30 pm..... Adult Bible Study Brian T. Skar, Pastor www.ibcminot.org</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 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. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	
<p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Sunday School (All Ages) 9:45 a.m. Contemporary Worship Service 9:50 a.m. Adult Sunday School 11:00 a.m. Contemporary Worship Service 11:05 a.m. Children's Church 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Fridays, Celebrate Recovery 7:00 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Southern Baptist Convention Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot</p>		
<p>To Advertise your Church on this page, Call 839-0946 Only \$9.00 a space / per week</p>	<p>To Advertise your Church on this page, Call 839-0946 Only \$9.00 a space / per week</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i> Thursdays: Worship 6:30 p.m. Sundays: Worship 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>	<p>ORCS Preschool Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it! NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR HIGHLIGHTS OF OUR PROGRAM • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>		<p> ORCS KNIGHTS  Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>
<p>ADVERTISE YOUR Church Advertise FOR ONLY \$9 PER WEEK Revisions MADE UPON NOTICE FROM THE CHURCH Deadline TUESDAYS BY NOON WEEK OF PUBLICATION VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p>		<p>CONTACT US call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p> <p>we've got the church you've been looking for <i>Your life matters to God!</i></p>			

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SCHOOL BOARD MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160
REGULAR SCHOOL BOARD MEETING
JULY 20, 2021

Members Present

Kristyn Kuehn, Lauren Vengels, Branda Tanner, Mark Nemish

Members Absent

Ellen Reed

The meeting was called to order by Board President Kuehn at 5:01 P.M.
MAFB School Liaison Officer Racquel Labadie reported to the board on the
following:

-Back-to-School Brigade- School supply giveaway from Operation Homefront
on 6 August 1PM-3PM

-Anchored-4-Life- Resiliency kits (moving, welcome, divorce, grief, deployment,
reintegration) for K-8th grade available next school year through schools/
SLO

-Military Family Life Counselor- School position not yet filled, however an
additional adult MFLC was requested and filled.

Superintendent Vollmer reported to the board on the following items: the
Title I Look-Alike programs at Memorial, ESSER funded interventionists in the
Elementary Schools & Dean of Student Support Services in the Secondary
Schools, and North Plains, COVID-19 Update/Continuity of Services Plan
and the 2021-2022 School Visit Schedule.

Moved by Nemish, seconded by Tanner, to approve the MAFB PSD#160
school board meeting minutes of May 18, 2021.

Roll Call: All members present voted "Yes."

Moved by Tanner, seconded by Nemish, to approve the April, May and
June, 2021 Financial Reports to include the accounts Payable of \$28,162.70,
\$7,524,423.70 and \$228,120.03 respectively.

Roll Call: All members present voted "Yes."

Moved by Tanner, seconded by Nemish, to approve Lauren Vengels as
President for the MAFB PSD#160 School Board for the 2021-2022 school
year.

Roll Call: All members present voted "Yes."

Moved by Nemish, seconded by Tanner, to approve Branda Tanner Vice-
President for the MAFB PSD#160 School Board for the 2021-2022 school
year.

Roll Call: All members present voted "Yes."

President Vengels appointed herself as the MAFB School Board Liaison with
the MPSD#1 School Board.

Moved by Nemish, seconded by Tanner, to approve the MAFB School
Board 2021-2022 board meeting schedule as presented with the second
Tuesday of the month at 5:00 p.m. as the regular date and time with the
noted exceptions.

Roll Call: All members present voted "Yes."

The board was informed of the following resignations in school buildings
which serve military connected students: Brian Holen, (CC), Tina Webb
(CC) and Catherine Woodiwiss (MCC).

Moved by Tanner, seconded by Nemish, to approve the 2021-2022
General and Building Fund Budgets as presented.

Roll Call: All members present voted "Yes."

Moved by Nemish, seconded by Tanner, to appoint Business Manager Scott
Moum as the authorized representative for Impact Aid for the 2021-2022
school year.

Roll Call: All members present voted "Yes."

Moved by Nemish, seconded by Tanner, to approve the review of the
pledged securities.

Roll Call: All members present voted "Yes."

Moved by Nemish, seconded by Tanner, to approve the designated
depositories for school district funds as presented.

Roll Call: All members present voted "Yes."

The new teacher orientation is scheduled for August 16, 17 & 18, 2021.

The All Staff Welcome Back meeting is scheduled for August 19, 2021.

The next MAFB PSD# 160 School Board is scheduled for September 14,
2021.

The meeting adjourned at 5:36 P.M.

Scott Moum, Business Manager

Lauren Vengels, Board President

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SUDOKU SOLUTION

Puzzle on page C8

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

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MINOT AFB ANNOUNCEMENTS

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COLUMBIA COLLEGE

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

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MINOT STATE UNIVERSITY

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

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WHAT'S GOING ON MAFB

FRIDAY 22

- Pumpkin Decorating Contest Begins at the Dakota Inn Dining Facility
- 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 Adult Comedy Show, 1900, Jimmy Doolittle Event Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 24

- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill
- Yoga, 1230, Fitness Center
- Zumba, 1400, Fitness Center

MONDAY 25

- Registration Closes: Haunted House Volunteers at Outdoor Recreation
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center
- Zumba, 1930, Fitness Center

TUESDAY 26

- Yoga, 0600, Fitness Center
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Home Buying Seminar, 1400-1600, A&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Yoga, 1730, Fitness Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 27

- HIIT Strength & Conditioning, 0530, Fitness Center
- Right Start, 0800-1000, Jimmy Doolittle Event Center
- Bundles For Babies, 0900-1030, Jimmy Doolittle Event Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Mtg
- 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 28

- Registration Closes: "You Matter" Basketball Tournament at the Fitness Center
- Yoga, 0600, Fitness Center
- Initial Counseling, 0730-0800, A&FRC
- Pre-Separation Counseling, 0830-1230, A&FRC, In person and Zoom Meeting
- Family Fit Bootcamp, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1100, Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- October-December ESM Birthday Meal, 1700, Dakota Inn Dining Facility
- 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

OCTOBER SPECIALS

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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 29

- Pumpkin Decorating Contest Closes at the Dakota Inn Dining Facility
- HIIT Strength & Conditioning, 0530, The Turf, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- Zombie Fun Run, 1500, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Spook-A-Thon, 1700-2000, Minot AFB Library and the Turf
- Haunted House, 1700-2100, Outdoor Recreation
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Friday Night Fun League, 1800, Rough Rider Lanes
- Magic The Gathering Innistrad Midnight Hunt Draft, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 30

- Halloween Bowling Pin Decorating Contest Closes at Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Horror Movie Night, 1800, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SPOOK-A-THON
October 29th
5PM-8PM

Join us for this FREE, family-friendly event featuring spooky games, treats, and more!

Family Fun Fest
At the Turf - Enjoy fun activities with the Child & Youth Programs

Haunted Stacks
At the Minot AFB Library

Trunk o' Treat
Across the street from the Minot AFB Library

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

FORCE
Supporting Operations

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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