


northern sentry

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WHATS INSIDE THIS WEEK:



SUICIDE PREVENTION
AWARENESS MONTH

FIVE TO SEVEN MINUTES CAN MAKE A DIFFERENCE

A2



YOU CAN BE A WOMAN WHO EXPLORES TOO!

A6



MIL SPOUSE PERSPECTIVE: MARY EVANS

B2



Members from the 5th Logistics Readiness Squadron prepare to place a flag during the Suicide Prevention and Awareness Flag Placing Ceremony Sept. 1, 2022 at Minot Air Force Base, North Dakota. The LRS members placed the last flag in remembrance of an Airman who was lost to suicide. Volunteers from Team Minot placed 329 flags with two representing the members of Team Minot who were lost last year. See page A2 & A3 for more on Suicide Prevention Awareness Month on Minot AFB.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ZACHARY WRIGHT

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AWARENESS MONTH

Five to Seven Minutes Can Make A Difference

ROD WILSON, NORTHERN SENTRY

SUICIDE PREVENTION AWARENESS 2022

- SEPT 01** **FLAGS ON MISSILE AVE**
EACH FLAG PLACED REPRESENTS A DOD MEMBER WHO DIED BY SUICIDE IN 2021.
- SEPT 08** **GO SLO CAMPAIGN DEBUT**
JOIN LEADERSHIP AT THE BX AT 1200 TO PICK UP YOUR GUN LOCK AND DISCOVER THE NEW SUICIDE PREVENTION STRATEGY BASED UPON USING SAFES or LOCKS OUTSIDE THE HOME (SLO).
- SEPT 18** **OUT OF THE DARKNESS COMMUNITY WALK**
JOIN US AT OAK PARK AT 12:30PM FOR THIS ANNUAL EVENT WITH THE MINOT COMMUNITY.
- SEPT 23** **TEEN SUICIDE AWARENESS PREVENTION**
YOUTH CENTER AT 6PM.
- SEPT 28** **STORYTELLER EVENT**
JOIN US AT THE JIMMY DOOLITTLE EVENT CENTER AT 1300. HEAR STORIES FROM TEAM MINOT MEMBERS ON THEIR PERSONAL EXPERIENCES WITH SUICIDE.

They may be small reminders, but each and every one of the 329 American flags had meaning. At the recently held Suicide Prevention and Awareness Flag Placing Ceremony at Minot Air Force Base, flags were placed in memory of members of the Department of Defense who completed suicide. "Last year we had three or four people show up" according to Laurel Grams, a clinical social worker "and this year we had between 115 and 120 at the ceremony. That truly means a lot. It means people care."

THE LAST FLAG

The last of the flags was placed by members of the LRS (Logistic Readiness Squadron) in memory of a member of Team Minot who was lost to suicide last year. "There were two Airmen from Minot lost in a very short time last winter. We want to remember them" according to Grams.

SEPTEMBER IS NATIONAL SUICIDE PREVENTION & AWARENESS MONTH

September 1 was an appropriate day for the Flag Placing Ceremony, as it was the first day of September, a month to educate the public on Suicide Prevention and Awareness. "Members of the military who at highest risk for suicide are under the age of 30,

and more than likely had recently encountered a loss of relationship, had financial difficulties or there were pending administration actions against them" according to Grams.

In 2020 580 service members completed suicide "but the numbers were extremely high because of COVID" Gram continues. That number included 109 Airmen, Air Force Reservists and Air National Guard members. The numbers were lower for 2021 "we were hoping for lower numbers in 2021."

GO SLO EVENT

Another activity held on Minot Air Force Base was a Suicide Is Preventable-Go SLO Event. "We are able to hand out gun locks at no cost and remind people that SLO is important in preventing suicide with firearms" reminded Grams. Go SLO is a weapons Safety Strategy that gives people time, five to seven minutes is

normally what is needed, to reconsider and prevent a suicide. Go SLO...Safes-Locks-Outside the Home."

Free gun locks are available to all military and civilian members courtesy of The Air Force initiative.

OTHER EVENTS PLANNED

On September 28, there will be a Storyteller Event held at the Minot AFB Theater. According to Gram "We've had them in the past and they were well received. Stories that are shared are about critical health issues, addiction, and sexual assault. This event will be focused strictly on suicide. Each story will be connected to suicide. Minot Air Force Base has had several losses. And this year especially we need to acknowledge the two losses that Minot had. Too often the events get pushed under the rug. We need to let people know it happens right here, but with awareness it is preventable."



U.S. AIR FORCE PHOTO | SENIOR AIRMAN ZACHARY WRIGHT

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VOLUNTEER OPPORTUNITIES

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC) 5fss.family.support@us.af.mil

Minot Minotauros Game Volunteers

- o Arrive at the Pepsi Rink at 6:00 pm on Home Game Nights. Doors open at 6:35 pm. (<https://www.minotauroshockey.com/printable-schedule>)
- o There are two outlining games:
- o Sunday, October 9th, Puck Drop is at 6:05. We're asking volunteers to be here by as close to 4:30 pm as possible.
- o Thursday, January 5th, Puck Drop is 7:05. We're asking volunteers to be here by as close to 5:30 pm as possible.
- o Check-in using the QR Coded Poster in the Volunteer Room. (Located below the concourse at the rink level). In order to get credit for volunteering, you must sign in. For FULL volunteer expectations and requirements, please reach out.

POC: V. Conner, Digital Content Manager
Minot Minotauros Hockey Club
Cell: 302.682.1575
Office: 701.852.0101
<https://www.minotauroshockey.com/adbrouchure>

Ice Cream Booth Volunteers - Norsk Hostfest

(September 28-October 1)
Workers are needed Wednesday through Saturday in the ice cream booths. Proceeds from the booths' sales greatly benefit the Western Plains Opera and Children's Chorus. The shifts in the ice cream booths run four hours. All volunteers get a day pass to the Hostfest. Please enjoy the festival before or after your shift. There's a lot to see and do and eat at the Hostfest! If you want any more details, please email Mr. Eric Furuseth anytime. Please confirm the date and time you will be working by email.
POC: Eric Furuseth, eric.furuseth@ndus.edu
eric.furuseth@minotstateu.edu

Dragon Booster Club Holiday Party Planning/Volunteers

The Dragon Booster Club is looking for volunteers to help plan our upcoming Holiday Party. We intend to make this year's celebration the biggest and best yet! Our first meeting will be located in the Fitness Center (Court B) on 12 September at 1400. If you're interested, please show up with your ideas.
POC: DEVIN S. WIGLEY, TSgt, USAF,
NCOIC, ICBM Feeding Operations
5 FSS/FSVFM
DSN: 453-3118 Comm: 701-723-3118

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support.
POC: Shelby Stuckey, Volunteer Coordinator • (888) 223-4287
shelby.stuckey@caringedge.com

Base Library Pirate Party Volunteers

The Base Library is looking for volunteers to help with our Pirate Party!
Where: Base Library (primarily outside)
When: Saturday, Sept 10 from 1300-1445 (Set up 1200)
What: Help with a craft or activity for kids!
POC: Julie Reiten at 701-723-4554 or Julie.Reiten@us.af.mil

Lego League Challenge Robotics Volunteers

The MAFB School Liaison Office is in search of volunteers interested in coaching FIRST Lego League Challenge Robotics Teams with Full STEAM Ahead. Please reach out to mafb.school.liaison@us.af.mil for more information.
POC: Joy-Nicole Smith, GS-11, MAT, DAF
School Liaison Program Manager
Child and Youth Education Services
Cell- 701-240-2380 Comm- 701-723-1447 DSN- 453-1447

POW/MIA Volunteers

(September 16 @1400)
Where: Parade Grounds
POW/MIA ceremony again, and we are looking for volunteers for the Retreat Ceremony Formation. This is a great opportunity to get involved and honor the sacrifices of our predecessors. We are asking to have at least 50 volunteers for this part of the event. Please contact POC to sign-up.
POC: Eriberto Gonzalez Gomez, TSgt, USAF
Phase Dock Controller
5 MXS/MXMTX
Comm: 701-723-4476

National Disability Employment Awareness Month Planning Committee Lead

(October)
Need individual to lead an awareness campaign educating about disability employment issues and celebrating the many and varied contributions of America's workers with disabilities through the month of October.
POC: TSgt Christine Cherry/SMSgt Yucari Brown
(christine.cherry@us.af.mil/yucari.brown@us.af.mil)

Youth Soccer Coaches Needed

The Youth Sports Program is looking for Outdoor Soccer coaches. Needed for all age groups in the 3-12 range. Season Aug. 1- Sept. 22. Anyone interested please fill out a coaches packet at the front desk of the youth center.
POC: Tad Lee, Youth Sports Director, 701-723-2838

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Integrated Resilience



Airmen from Minot Air Force Base, North Dakota, gather during Suicide Prevention Month Sept. 1, 2022. The Airman volunteered to place flags for each of member of the Department of Defense who was lost from suicide in 2021.



Volunteers from Minot Air Force Base embrace after placing ceremonial flags to represent each member of the Department of Defense who was lost to suicide in 2021 at Minot Air Force Base, North Dakota, Sept. 1, 2022. The volunteers placed 329 flags with two representing the members of Team Minot who were lost last year.



An Airman from Minot Air Force Base, North Dakota, places a flag in remembrance of the Department of Defense members who were lost to suicide Sept. 1, 2022. 329 flags were placed along the main entrance to the base by Minot AFB volunteers for the beginning of Suicide Prevention and Awareness Month.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT

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THURSDAY, SEPTEMBER 22
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Moayed Ibrahim, MD

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A graduate of the Hashemite University in Jordan, Dr. Ibrahim did his internal medicine residency at East Tennessee State University/Quillen College of Medicine. After completing a fellowship in Geriatric Medicine at Baylor College of Medicine in Houston, he accomplished his Hematology/Oncology fellowship at Tulane University School of Medicine, New Orleans. During his training, he was selected Chief Resident and Chief Fellow. He was awarded multiple academic and research awards, including the 2020 American Society of Hematology Abstract Achievement Award.

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MINOT AIR FORCE BASE NEWSPAPER
 www.northern-sentry.com

Taking A Few Minutes to Care

The first Wednesday of every month the chaplain group on base organizes what are referred to as Dorm Dinners. It's really a chance for a local business, or businesses, to show their appreciation to those young Airmen who live in one of the dorms at Minot AFB.

This week's dorm dinner was supported by North Star Community Credit Union and the Northern Sentry. We also received some very much appreciated organizational help from the 91st Maintenance Group.

One call to a local food truck known as the Hitchin Kitchen and our menu was set. We would have a "Cowboy Supper" complete with pulled pork sandwiches, their famous Cowboy Beans, and chips. Sure enough, that was an appropriate description for a North Dakota, on the prairie, Cowboy Supper. The 91 MXG stepped up to the plate and offered to serve dessert. Could it be more perfect?

All of the partners in the monthly dorm dinners at Minot Air Force

Base have one goal, and that is to in some way say "Thank You" to those who serve our country, and the missions at the base. For the Hitchin Kitchen, they just wanted to supply a quality meal that represented North Dakota. Pulled Pork sandwiches is one of those meals. For North Star Community Credit Union, also supplies volunteers to help serve the meals, and add a smile to those in line as a token of their appreciation.

And then there's The Northern Sentry. Besides advertising the dinner in our paper, we'll be helping to transport and serve the meal. And oh, by the way, there may be a few photos in next week's paper of the event, so make sure you pick up the September 16 edition of The Northern Sentry. **AND NOW WHAT DO WE DO?**

I think you can tell a person who is serving at Minot AFB from the person who has been assigned here before by the "now that summer is



UPSIDE DOWN UNDER
 MARVIN BAKER

Some locals in the Carpio area still talk about an explosion on a nearby farm that happened 100 years ago on Aug. 31.

This was no ordinary explosion like you would think. It wasn't gasoline and it wasn't spontaneous combustion. This bomb went boom when 500 pounds of steam in a threshing crew boiler caused the boiler to blow up, sending debris all over the neighborhood and killing two men working on the boiler.

According to an account in the Aug. 31, 1922 edition of the Renville County Farmer in Mohall, the accident occurred on the Carl Vaagen farm, five miles northeast of Carpio at 1:35 p.m. on Aug. 31.

According to the Farmer, Gunder

Larson, the 35-year-old engineer, was on top the boiler oiling the engine and talking to his brother John Larson, 39 who was firing, and was also the tank man who was alongside the engine pumping water.

Both men realized something was wrong, that there was too much steam built up. Seconds later the boiler exploded. Gunder Larson was hurled 700 feet where he landed in a ditch. Eyewitnesses said his body was unrecognizable.

John Larson was thrown 75 feet to the back of the engine and was scalded from head to toe from the boiling water. Both men were stripped of all their clothing and fragments of cloth were strewn over an area of several hundred yards.

Several others working on the threshing crew were stunned, slightly injured or unscathed. One individual was thrown over the top of a team of horses and landed on the ground, but wasn't seriously injured.

As for the boiler itself, which weighed more than a ton, flew approximately 150 feet in the air

and the bulk of it was found 500 feet away from where the explosion occurred. As it came down, it struck a horse of a team driven by Joseph Vaagen, tearing off one leg. Vaagen saw the boiler coming toward him end over end, dropped the lines and ran. He told the Renville County Farmer the boiler looked like a stove pipe it was so far in the air. Five wagons loaded with bundles, as well as several shocks of rye caught fire and burned. The tender, water tank and a wagon loaded with bundles were completely demolished. The cause of the catastrophe was attributed to the high steam pressure built up by a sticking safety valve, as well as a gauge that failed to operate when it was needed most. Numerous other items were found scattered all over the field where the faulty boiler was located that included parts of Gunder Larson's body. Because John Larson's body was identifiable, members of the threshing crew were able to ascertain the unidentified body parts were those of Gunder

is nothing quite like sitting around the warmth of a campfire on a crisp, fall evening.

THIS WEEK'S BEST KEPT SECRET?

Well, it's not exactly a best kept secret, but be sure to watch any one of the many web sites that monitors the Northern Lights activity in our region. Those chilly fall temps also give you crystal clear evening to star gaze and watch for Northern Lights activity. Some nights they just explode in the northern sky. Getting away from the city lights is advised, and once again, dress appropriately for fall temps.

THIS WEEK'S CHUCKLE

A global economy is known as goods that are built in other countries by people who can't afford them, then shipped here where we can't afford them because the global economy took all our jobs.



A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



Terrific explosion revisited...

Larson. According to the report in the Renville County Farmer, crew members who weren't injured stood guard near the body until the coroner arrived to officially declare Gunder Larson deceased.

This story has been told numerous times over the years in this small area of Ward and Renville counties and for all intents and purposes, as remained accurate. One current Renville County resident, who is a history buff, said old timers had told him stories of windows in nearby homes being blown out and entire structures being shaken as if a Big Bertha was firing artillery into the area.

Both Gunder and John Larson were bachelors. Gunder Larson had lived in Carpio since 1912 and John Larson had recently moved to North Dakota from Iowa. No other relatives were known to have lived in North Dakota.

The funeral services for both men were held the following morning. According to coroner Dr. E.C. Fitzmaurice, the conditions of the mens' remains made it impossible to delay services.

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SHE'S NOT FROM AROUND HERE

AMY ALLENDER

NoDak Bar Culture and a Perfect Bar Recipe

“Are you willing to bring a pan of bars for the after-funeral luncheon?”

This sentence was written in a now nearly-decade-old email.

As I read and reread that first request for bars, I could surmise the term was referring to dessert. What on earth was a pan of bars?

I tried to imagine what a funeral luncheon dessert would include where I'm from. Cookies. Volunteers would be asked for cookies. Or maybe the email would just say, “Please bring a dessert to share at the luncheon.”

The fact that the email before me specifically said, “bars,” seemed significant. I searched my mental rolodex for bar recipes, but I came up wanting.

“A pan of bars.” It seemed like some kind of code. Obviously, this was significant. Bars are what you serve the bereaved. Bars are the dessert of choice when celebrating a life well lived. Bars were important to these people, and if I was going to fit in, I'd need to decipher their language. I'd need to become a bar-maker.

All these years later, and I'm still not a confident bar-maker. This is because the exact definition of

“bar” is still hazy to me, and locals have a hard time explaining it. Just as they know a hot dish from a casserole when they see it—they can easily identify a bar from a not-bar on a crowded potluck table. A true Dakotan will defend their own definition of “bar” with polite vigor, passive passion, and a bit of nervous giggling.

Bars are part of hot dish culture. And if you want to run with the locals, you'll need to understand the world of bars, and have at least one go-to bar recipe in your arsenal.

I've got you covered on both fronts. First, let me tell you what I've learned from locals this week about bars, then I'll share my favorite bar recipe with you.

So, what is a bar?

At the very core, a “bar” is a dessert made in a pan, that can be cut into squares, and retains its shape when cut.

However, there are vehement exceptions and additions to be made. Let's start with the pan. One local was insistent that a true bar is made in a metal 9x13 pan. Another told me the pan material didn't matter, but if you're making bars in a pan smaller than 9x13, you've completely missed the point of bars. Another said real bars on made on a sheet cake or jelly roll pan—meaning they are on the thin side.

Everyone agreed that brownies count as bars, but they blur the line since brownies can often be very gooey. One local explained it this

way, “Brownies are bars, but they are also their own dessert category. If you bring gooey brownies when bars were requested others will probably be thinking, ‘Well that's an interesting choice.’”

Another mark of a good bar is its ability to be eaten without utensils. As one person pointed out, this trait stops other desserts like cake from encroaching on bar territory. Traditional bars should be able to be served on napkins, for ease of serving. This also allows the eater to hold coffee, probably black and in a Styrofoam cup, in one hand and a bar in the other. Priorities.

If you are asked to bring bars to an event, locals agree that Scotcheroots will always be a safe, and winning addition to any function. There is hot debate over less-solid “bars.” One person said he believes there are neo-bar people out there who would consider layered puddings, or Jell-o desserts “bars,” but it's up to you if you're willing to risk your reputation.

With a holiday weekend ahead, you may be heading to an event that will have you mingling with locals. Wow them with your knowledge of bar culture by whipping up a batch of my favorite bars (recipe below). Then join me on Instagram (@amy_allender) and Facebook (@amyallenderblog) to continue the bar conversation. I'm eager to hear your take on the subject!



Bars are a quintessential part of Hot Dish life. But what exactly is a bar?

AMY ALLENDER PHOTO

CHOCOLATE ZUCCHINI BARS:

- ½ cup vegetable oil + a little extra
 - 1 ½ cup white sugar
 - 2 tsp vanilla
 - 2 cups all-purpose flour
 - ½ cup unsweetened cocoa powder
 - 1 ½ tsp baking soda
 - 1 tsp salt
 - 2 cups shredded zucchini
- Frosting:
- 6 tbsp unsweetened cocoa powder
 - ¼ cup butter at room temperature
 - 2 cups powdered sugar
 - ¼ cup milk
 - 1 tsp vanilla
 - ½ tsp salt

To make the bars:
Preheat your oven to 350° and prepare a 9x13 pan by greasing and flouring it.

In the bowl of a stand mixer (or large bowl) combine ½ cup oil, sugar, and vanilla. In a second bowl combine the remaining ingredients, except zucchini. Once dry ingredients are combined, add them to the bowl of your stand mixer. Mix well—it will be very dry and crumbly, you aren't doing it wrong.

Add zucchini and mix again. The mixture will still be very thick. If it looks un-spreadable, add a bit more oil. Spread into prepared pan and bake for 25-30 minutes. They're done when center of the bars should spring back when slightly depressed.

For frosting:
Combine all ingredients and spread on cooled bars. Allow the frosting to set up before cutting.

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You Can be a Woman Who Explores Too!

ERIN BEENE, NORTHERN SENTRY

One complaint, and often a stressor, that is sometimes felt amongst new Minot AFB transplants is that it can be difficult to find their “niche” and tribe in a new place. Starting over is tiring. Finding new friends takes a lot of commitment and time. It can be very tough for families and Airmen alike. Sarah Girven, an Air Force spouse for over 20 years, knows this feeling all too well. She and her family have moved over 9 times and she can relate to the dread that often comes with starting over yet again. Because of this military-induced difficulty, Sarah has found a way to meet friends, embrace her passion and speed up the feeling of being “at home” at any PCS location. How does she do it, and how can you too? A little something called Women Who Explore.

Women Who Explore is a nationwide community of women who gather together to explore the great outdoors through camping, hiking, fishing, backpacking—really anything in nature. There are chapters all over the United States. Sarah, although new to the area, has taken on the task to create the North Dakota Chapter to help bring women of all ages, strengths and abilities to enjoy nature in new ways. According to the WWE website, <https://womenwhoexplore.com/mission/>, the community exists as a place for women to break barriers and rewrite rules. They say, “From the beginning, our mission has been to create a safe space for all voices, all bodies, all skill levels, all journeys. We bring together women who share a passion for adventure, and love for this planet. Our experiences inspire unforgettable memories where strangers become friends. We invite you to join us on an adventure to discover new skills and most importantly, yourself.” One of the cool things about WWE is that there are no fees or group dues to pay. Group leads, like Sarah, simply volunteer their time to organize and plan trips around their locations for anyone who wants to join. The trips can vary from day hikes to

week-long backpacking and canoe adventures. Participants will need to pay for their own travel and costs associated with the trip, but Sarah tries her absolute best to keep trips affordable (some only \$10) as she wants to give as many people the opportunity to embrace the outdoors as possible.

Sarah has participated in WWE for several years and her obsession for exploring the outdoors began at a young age. She always wanted to go camping but had a difficult time finding other women who would go with her, and her parents said she wasn’t allowed to go with boys alone. While Sarah understood, she wanted to find a way where women could feel empowered to learn about the outdoors and explore while being safe and without relying on a man all the time. So when she discovered Women Who Explore from some friends, she was all in. Sarah said, “We were about to PCS from New Mexico to Las Vegas, so I became a member and started hiking with them [WWE] as soon as I arrived. I quickly realized that there was a lot of untapped potential in the Las Vegas area. I was offered the position and hit the ground running.” She also is passionate about getting women to do something for themselves and challenge themselves. She said, “Oftentimes women put their priorities last. These trips are a chance for them to not worry about being a mom or spouse. It is for them to learn and grow together without judgment.” Sarah explained that each trip can be what you want it to be. She also mentioned that new explorers don’t need to go out and buy gear or worry about not having it. She herself has plenty to loan out and is happy to help people find what they need affordably.

Here in North Dakota, Sarah has wasted no time in getting the local group organized and puts together local hikes at least every 2-3 weeks and trips every month. This group is for anyone—young or old, experienced or brand new—that wants to get outside and meet people doing it! If this piques your

interest, there is more information about this group on their Facebook Page, **Women Who Explore: North Dakota**. Participants may find out all the specifics of each specific trip or hike and can register right online. Here is a quick overview of some of the upcoming events:

Theodore Roosevelt National Park North Unit Camping and Hiking Weekend (September 8-11): Camping at the Juniper Campground group site and hiking and exploring the whole northern unit each day. \$10

Denbigh Experimental Forest Overnight Backpacking Trip (October 15-16): This hike is designed for beginners but open to all experience levels. We will hike in two miles on Saturday, camp overnight, and then hike two miles out on Sunday. \$ Free

Fort Ransom State Park Weekend Getaway (Nov 4-6): Staying overnight in the historic Bjone House for two nights. Then we will be hiking, mountain biking, and kayaking in the park throughout the weekend. \$32

For those interested, Sarah encourages active duty and civil service women as well as spouses to get out and try it! Embracing the natural beauty can bring joy and happiness to any Air Force assignment. Sarah would love to speak with anyone curious about the program or answer any questions at her email sarahgirven@hotmail.com



Great Basin National Park, camping and hiking weekend, June 2021



Valley of Fire State Park, camping and hiking weekend, January 2022



McDowell Dam Recreation Area, Aug 2022

PHOTOS COURTESY OF SARAH GIRVEN

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Defenders skills put to the test at Road Warrior 2022

AIRMAN 1ST CLASS LONDON GUNSAULS, 90TH MISSILE WING PUBLIC AFFAIRS

CAMP GUERNSEY, Wyo. -- Security Forces Airmen from across Global Strike Command's three missile wings participated in the annual Road Warrior exercise hosted by the Mighty Ninety of F.E. Warren Air Force Base.

Cadres from the 90th Ground Combat Training Squadron based at Camp Guernsey honed skills and instructed Airmen from Minot, Malmstrom and F.E. Warren in convoy assault recapture and defense tactics over a multi-day course designed to put all their skills to the test Aug. 1, 2022 through Aug. 19, 2022.

"Our main goal is to give them good exercises, realistic exercises, that are going to test their capabilities to where we know that when we put these three teams, at the three bases, that priority one resources have adequate security and are properly protected," said Staff Sgt. Charles LeBlanc, 90 GCTS Cadre.

Several different scenarios were used to sharpen Airmen's skills in the field, from medical emergencies to insider threats. Defenders faced multiple challenges at Road Warrior this year, and with a constantly rotating force, defenders are frequently training to be ready at all times, in all environments.

Weeks of planning and organization leading up to Road Warrior resulted in what many

called "The greatest Road Warrior of all time," with many of the personnel acting as opposing forces coming from across the Air Force.

"As with previous Road Warriors, the feedback received has been outstanding and lauded as the 'Best Road Warrior yet,'" said Maj. Robert Hudspeth, 90 GCTS commander. "We will consolidate lessons learned with MAJCOM [major command] staff in the coming months and set the bar higher for future Road Warriors to come."

For an event with such an important profile, it takes planning and organization involving leadership and personnel from multiple bases and agencies.

"The initial planning conference took place at the beginning of the year, leading up to the last four weeks of extensive preparation and execution," said Hudspeth. "The first week consisted of training the OPFOR [opposing forces] from six different bases and setting up the seven scenario locations, and the following three weeks consisted of evaluating three missile wings on their CRF, MSC and Helo integrations through seven challenging scenarios in a premier training environment."

Defenders worked with F.E. Warren's Small Unmanned Aircraft Systems team, the 37th Helicopter Squadron, and the

many subunits of the 90th GCTS to make the 2022 Road Warrior one of the most cohesive years yet.

"Road Warrior 2022 was a productive, humbling, and amazing experience. This was 50% of the flights first time participating in RW and there was not a better way to build a team of unity and inclusion. We grew as a team and a family," said Master Sgt. Richard White, 90th Missile Security Operations Squadron convoy response force leader. "My expectations prior to attending were listen, learn, and adapt each and every day and I think we succeeded. As the Cobra flight says, 'You hate to see it' end. We will continue to grow, develop and train until it is our time to display our capabilities in the future."

A security forces Airman from the 90th Missile Security Forces Squadron, protects their wingmen while preparing to breach the payload transporter at Camp Guernsey, Wyoming, Aug. 11, 2022. Airmen practiced convoy attack and defense scenarios during Road Warrior to sharpen skills and test combat capabilities.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS LONDON GUNSAULS



Airmen from the 90 Security Forces Tactical response Force practice helicopter based medical evacuations at Camp Guernsey, Wyoming, Aug. 10, 2022. Airmen practiced convoy attack and defense scenarios during Road Warrior to sharpen skills and test combat capabilities.



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AFGSC PROJECT TUSKEGEE

**69TH BOMB SQUAD PRE TAKE OFF/
A.W. MUMFORD STADIUM B-52H FLYOVER**



Members of the 69th Bomb Squadron pose in front of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Sept. 3, 2022. The aircraft participated in a flyover to help promote recruitment and highlight Air Force Global Strike's Tuskegee project. The project focuses on creating a culture of unity that welcomes talent from all walks of life to Striker Nation. This recruitment effort exposes HBCU students to the many opportunities with AFGSC, while also reinforcing the historical connection between the Tuskegee Airmen and Air Force Global Strike Command.



Col. Daniel Hoadley, 5th Bomb Wing commander (right) and members of the 69th Bomb Squadron, pose in front of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Sept. 3, 2022.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN EVAN LICHTENHAN



A B-52H Stratofortress assigned to Minot Air Force Base, North Dakota, flies over A.W. Mumford Stadium prior to the start of a college football game in Baton Rouge, La., Sept. 3, 2022.



Capt. Zaquero Hartnett, a 69th Bomb Squadron electronic warfare officer, talks to aircrew during the flyover.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

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SNCO INDUCTION CEREMONY

SNCO Induction Ceremony held September 1, 2022 at Minot Air Force Base, North Dakota. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM




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A LOOK BACK THIS WEEK IN USAF HISTORY

AAF PILOTS/RESEARCHERS FLY INTO A HURRICANE September 14, 1944



The Douglas A-20 was flown into the "Great Atlantic Hurricane" of 1944 by three members of the Army Air Forces. (USAF Photo)

On September 14, 1944, Col. Floyd B. Wood, Maj. Harry Wexler, and Lt. Frank Reckord of the United States Army Air Forces (predecessor to the modern Air Force) flew a Douglas A-20 Havoc into a hurricane for the first time for scientific purposes. The "Great Atlantic Hurricane," which swept across the East Coast of the U.S. in 1944, was a Category 4-equivalent tropical cyclone that was also responsible for sinking the Navy's USS Warrington off the coast of Florida, resulting in the loss of

248 sailors. Wexler, Reckord, and Wood observed the storm just outside of Cape Henry, Virginia and observed the weather patterns from within. The findings would be published by Wexler in the bulletin of the American Meteorological Society and were some of the first scientific observations of a hurricane from an aircraft at the time. The three men and their A-20 Havoc were able to return to land safely after passing through the hurricane.

Information courtesy of: af.mil / media.defense.gov / encyclopedia.com / "The Great Atlantic Hurricane" by Andrew Rothovius / NOAA/OAR/Atlantic Oceanographic and Meteorological Laboratory

Mil Spouse Perspective: Mary Evans

ERIN BEENE, NORTHERN SENTRY

How is a military spouse defined? A mil spouse is someone married to a military member. While that is correct by definition, what does that mean as far as expectations? Tradition dictates that mil spouses supported their spouse. That support has changed over the years. So what defines the 'modern' military spouse then? That definition is vast and wavering in today's society. The mil spouse has evolved into both male and female, working and staying at home, involved and distant. To represent just one of the varied types of military spouses in today's society, as well as on Minot AFB, is Mary Evans, spouse of CMSgt Tori Jones, Command Chief of the 5th Bomb Wing.

Mary Evans is a proud mil spouse. This reporter got a true sense of loyalty, love and devotion in the demeanor of the way Mary talked about her spouse and the Air Force. Because Mary and Tori have been married for three years, yet CMSgt Jones has been in her AD career for over 20, Mary's new spouse perspective was refreshing. While Mary admitted that while she hasn't experienced the long arduous mil spouse lifestyle, she believes she has just as much to offer, but from a different viewpoint.

Mary is a professor and has her PhD in Criminology and Criminal Justice. She said, "I teach students that want to become police officers, correctional officers, victim advocates, or students that may want to go to law school." Currently, Mary has allowed a unique approach on how to do both her unofficial duties as a senior leadership AF spouse as well as fulfill her own career. Mary commutes almost every week, back and forth to her job at University of Northern Colorado. She teaches in person classes in Greeley, Colorado Tuesdays through Thursdays, and then flies back to be with CMSgt Jones in Minot for long weekends. Mary was previously able to teach her classes online because of Covid regulations, but in the push to get back into the physical classroom Mary actually ended up resigning her professor position in order



Mary Evans, PhD in Criminology and Criminal Justice, and Minot AFB Spouse

to follow her spouse around the country. The university soon found themselves wanting Mary back, so they worked together to come up with a unique arrangement. While this flying back and forth just began this school year, Mary is optimistic of this opportunity to fulfill her spouse and career aspirations.

Even though she currently maintains her well-earned career, Mary said she was ready to put it on hold while CMSgt Jones pursued her path because the military lifestyle only lasted so long. She said, "I just want to support her. Her time is finite, and my time is not. And for her to have potentially nine more years to serve...I want her to serve 30 years if that's what she wants to do." Mary did mention the interesting new world of the military that she has had to jump into and learn all about. She admitted that she is anxious to learn all about the customs, acronyms and lifestyle of the military. She said living on base sometimes reminds her of a college campus even, except you live besides your students. When asked about what she thinks of the

unspoken expectations of spouses, specifically high leadership spouses, Mary reflected that although the AF can't dictate the spouses to do anything specifically, (thanks to the Blue Ribbon Panel investigation in 1988) there is a seemingly understood list of duties she is expected to fulfill. Things like being an advisor for the base Spouses' Club, or being at her spouse's side at community events and attending functions. These obligations, although not negative in nature, are part of the military lifestyle for high ranking members and part of the tradition of the military. Even though military spouses' traditional roles may be changing with the times in some ways, Mary says she thinks the role of the leadership spouses will always be intact whether spoken or not. She lovingly admitted that military members still need the support and commitment from their spouses, and she is willing to do just that in her unique way. She encourages other spouses to find ways to support their spouse and themselves by thinking outside the box.

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Mary Evans teaching a Research Methods in Criminal Justice Course.

Mary realized that she was able to establish her career and work many years before she joined this military lifestyle, but many mil spouses don't get that opportunity, especially if they marry young and move frequently. But she is a huge supporter of people getting their education and working to find their path, whatever that may be. Working in academia has taught her that there are some fields of expertise that can be easily transferred and some that can't. She recommends that spouses who want a solid career and want to maintain their mil spouse commitments focus on jobs or careers that transfer well. Things like nursing, teaching and some paraprofessional medical roles like speech therapist are good learning paths. Both Mary and her spouse have worked to find their way ahead that works for them, even if commuting to another state weekly is a bit unconventional.

Mary's down-to-earth attitude and honest emotions proved that she is just another spouse trying to work this world out. She said

she loves working with mil spouses and offering advice to those who have educational questions. She is looking to start a new program on base called "Talk with a Professor" in which Airmen and dependents alike could come and talk to her about how or what kind of education to pursue. She loves giving advice and has years of experience on her side. While the program is still in its infancy, Mary encourages spouses to get out and do something. Whether it be education, workout classes, book club or playdates for kids, simply getting out of the house, beyond yourself and finding friends is the key to having a happier military lifestyle. Mary, like and unlike so many military spouses, continues to find innovative ways to balance AF spouse life as well as work life and will continue to take things one assignment at a time. The role of the military spouse is ever changing and looks different for everyone. But one thing will never change: the role of military spouse will always be valuable within the Air Force.



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BOMBER TASK FORCE EUROPE 22-3



The Allied aircraft worked out fighter-bomber escort procedures and communications.

ARMÉE DE L'AIR ET DE L'ESPACE PHOTOS | DAMIEN MUNOZ



Before returning to base, the B-52s conducted air to air refuelling with a French KC-135.



Live training with different operators and platforms is essential for both aircrew and JTACs to maintain their currency, which enhances air-land cooperation.

Allied Fighter Aircraft Integrate with B-52s at the Capiteaux Range

ALLIED AIR COMMAND PUBLIC AFFAIRS OFFICE

RAMSTEIN, Germany - NATO French Rafales escorted two US B-52s through the Captieux Range, France while integrating with Allied Joint Terminal Attack Controllers (JTACs) from Italy August 31, 2022.

The B-52s took off from RAF Fairford, and flew over central Europe to practice air-land integration drills with French and Italian Special Operations teams; this integration provided vital Allied Close Air Support training.

"NATO bombers, drones, and fighters provide a cohesive and integrated shield for our air posture," said Brigadier General Ömer Nafiz Gülmezoğlu, Deputy Chief of Staff Plans Allied Air Command. "These bomber task force missions pull together the different domains of our air forces

into one homogeneous team," he added.

The Allied aircraft worked out fighter-bomber escort procedures and communications. Additionally, MQ-9 Reaper coordinated with air and land forces demonstrating cross-platform integration and control. Before returning to base, the B-52s conducted air to air refuelling with a French KC-135.

Live training with different operators and platforms is essential for both aircrew and JTACs to maintain their currency, which enhances air-land cooperation. Given the inherent speed, flexibility, and range of strategic bombers, Bomber Task Force missions highlight Allied capabilities and commitment to a cohesive Alliance.

USAFE-AFAFRICA ENGAGES WITH PARTNERS AT AIRPOWER 22



A U.S. Air Force B-52 Stratofortress strategic bomber aircraft assigned to the 23rd Bomb Squadron from Minot Air Force Base, North Dakota, currently operating out of Royal Air Force Fairford, England, conducts a low-approach over the Airpower 22 air show in Zeltweg, Austria, Sept. 3, 2022. Given the inherent speed, flexibility, and range of strategic bombers, bomber task force missions highlight U.S. capabilities and commitment to work closely with our allies and partners to deter any potential adversary from aggressive actions.

U.S. AIR FORCE PHOTO | STAFF SGT. KEVIN LONG

NOTES ON BEING SAFE

NO MATTER HOW FAR THE TRIP, ALWAYS CHECK YOUR VEHICLE



ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY
AND HEALTH MANAGER



Growing up, my father always taught me the importance of conducting a thorough safety check on your vehicle prior to a trip (long or short). He taught me to check all the fluids, lights, tire pressures, brakes, and the condition of all belts and hoses. Maybe this is why I have been blessed with not breaking down on the road in 40 plus years of driving.

Some time ago while I was traveling with my family on another "Adventure Club" road trip we drove pretty much during the day, and making frequent stops "sight seeing" along the way, looking for old cars and trucks, and of course, garage sales. We used all the safety rules that we stress to others: We got plenty of sleep the night prior to traveling and I as the primary driver was ready to take a break if I needed to, even if this delayed our return home and increased the cost of the trip. We left my headlights on to increase my visibility to other motorists, and wore comfortable clothes to keep the temperature in the car a little cool, but still comfortable.

As we were traveling from state to state I took notice of the changes in road signs, road surfaces and the occasional appearance of emergency vehicles. On one trip traveling through Nebraska I saw a car in the ditch that had evidently rolled over. The state patrol was already on site. I wondered what had happened? Was it rain? Did another driver cut them off? Were they drinking and driving? Did they just push it too far?

Thinking about what might have caused their accident prompted me to think about how I was driving. Was my speed too fast for conditions? Did I need to adjust my driving? If you can identify the cause of the accident you can adjust your driving and avoid the same fate.

We also noticed other signs along the road and considered what we could learn from them. These signs told a sad story but

did not present the details of what may have happened. As we traveled a mere 700 miles, we saw scores of crosses and wreathes on the side of the road, memorials to people that lost their life on that particular spot on that stretch of road. What happened? Who were they? Where were they headed? The crosses and wreathes provided no answers, but caused me to do some thinking. Were they military PCSing or going home to see family? Were they on the road as a means to make a buck? Were they moving to a new place to find a better way of life? Were they on a family vacation trip?

At one place there was a group of seven crosses in one place, was this a whole family that was lost? Discussing this with my wife, we came up with no real answers, only a lesson learned, traveling on the road is serious business, and lives can be lost.

Be prepared when you head out on the roadways of America, do the "Vehicle Check," plan for emergencies and delays, look for visual indicators of problem areas and come home safely. Don't make someone put up a cross for you.

10585723

BOMBER TASK FORCE EUROPE 22-3

8AF COMMANDER VISITS DEPLOYED AIRMEN

Maj. Gen Andrew Gebara, 8th Air Force commander and Chief Master Sgt. Steve Cenov, 8th Air Force command chief, met with Minot Air Force Base Airmen who are currently deployed on a Bomber Task Force mission to RAF Fairford. Through these bomber task forces, the Mighty Eighth enhances our operational readiness and ensures that we are ready to fight tonight.

U.S. AIR FORCE PHOTOS | EIGHTH AIR FORCE



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BOMBER TASK FORCE EUROPE 22-3

US, partners conduct Middle East BTF through air, land and sea

NINTH AIR FORCE (AIR FORCES CENTRAL)

AL UDEID AIR BASE, Qatar – United States ground and naval units, as well as coalition and regional partner air forces executed a Bomber Task Force mission across the U.S. Central Command area of responsibility, Sept. 4, 2022.

During the BTF, two B-52H Stratofortresses, assigned to the U.S. Air Force Global Strike Command, conducted theater integration training and operations with a variety of U.S. Air Force, partner and ally aircraft, including F-15/18, RJ-135, E-3, KC-135/10/46, FGR-4, and A-330. BTF missions demonstrate readiness, enhance mission preparation and maximize our collective coalition strengths while building trust within the USCENTCOM AOR.

“This Bomber Task Force is a strong, clear representation of enduring U.S. commitment to the region,” said Lt. Gen. Alexis Grynkeiwich, 9th Air Force (Air Forces Central) commander. “In addition to maintaining a sufficient, sustainable force posture, AFCENT is able—in concert with our partners—to rapidly inject overwhelming combat power into the region on demand. Threats to the U.S. and our partners will not go unanswered. Missions like this BTF showcase our ability to combine forces to deter and, if necessary, defeat our adversaries.”

The bombers’ flight originated

at Royal Air Force (RAF) Fairford, England, and flew over the Eastern Mediterranean, Arabian Peninsula and Red Sea before departing the region. The mission included fighter escorts from the Royal Air Force and the Air Forces of Kuwait and Saudi Arabia. Senior National Representatives (SNR) of 16 coalition nations, led by the Canadian SNR, Royal Canadian Air Force Lieutenant Colonel

Operations, Combined Air Operations Center. “By enhancing lines of communication, we are able to establish a clear and direct line in real time amongst the Air Operations Centers of all nations participating. This allows us to work towards a common goal and leads to mission success.”

In addition to the air integration during the BTF, units from Army Central simulated firepower from the ground. This collaboration allowed Army and Air Force entities to practice safe and effective joint fires employment. The U.S. does not seek conflict but continues to be postured and committed to respond to any contingency in the USCENTCOM AOR.

“This kind of operation demonstrates the collective capabilities of the military partnership we’ve developed in the Middle East,” said Army GEN Michael “Erik” Kurilla, Commander of USCENTCOM. “We have the ability to put a significant measure of combat power in the air alongside our partners very quickly. We can do the same on the ground and at sea.”

The last Bomber Task Force mission in the Middle East was in June 2022. CENTCOM has facilitated four BTF missions in 2022 as a demonstration of U.S. commitment to our partners and the peaceful stability in the region.



This Bomber Task Force is a strong, clear representation of enduring U.S. commitment to the region

LT. GEN. ALEXIS GRYNKEWICH,
9TH AIR FORCE (AIR FORCES CENTRAL)
COMMANDER.



Terry Wong, enhanced logistical support for this BTF iteration. The combined coalition operation heightens regional stability and security capabilities to remain postured and ready to defend U.S., coalition and allied forces and interests in the region.

“Communication is critical,” said Wong, who also serves as the Deputy Director of Combat

BABY ANNOUNCEMENTS

BABY BOY BORN ON TUESDAY, AUGUST 24, 2022 TO: CHARLIE AND DREW LEVI MINOT, ND

BABY GIRL BORN ON MONDAY, AUGUST 29, 2022 TO: ANGELICA VELASCO AND PABLO RIVERA JR MINOT AFB, ND

BABY BOY BORN ON WEDNESDAY, AUGUST 31, 2022 TO: JENNA AND NATHAN ZELINSKI DEERING, ND

BABY BOY BORN ON WEDNESDAY, AUGUST 31, 2022 TO: MONICA PELTIER BELCOURT, ND

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BOMBER TASK FORCE EUROPE 22-3

US, PARTNERS CONDUCT MIDDLE EAST BTF THROUGH AIR, LAND AND SEA



A U.S. Air Force B-52H Stratofortress, assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, approaches a KC-10 Extender assigned to the 908th Expeditionary Air Refueling Squadron, Prince Sultan Air Base, Kingdom of Saudi Arabia, for air refueling support, during a Bomber Task Force mission, over the U.S. Central Command area of responsibility, Sept. 4, 2022. The bombers' flight originated at Royal Air Force (RAF) Fairford, England, and flew over the Eastern Mediterranean, Arabian Peninsula and Red Sea before departing the region showcasing the strategic capability U.S. bombers provide in helping maintain stability in the USCENTCOM theater.

U.S. AIR FORCE PHOTOS | STAFF SGT. SHANNON BOWMAN



A U.S. Air Force B-52H Stratofortress, assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, conducts aerial operations during a Bomber Task Force mission within the U.S. Central Command area of responsibility, Sept. 4, 2022. U.S. bombers offer a rapid response capability for the USCENTCOM theater to deter conflict while credibly demonstrating the U.S.'s ability to address a global security environment.

U.S. AIR FORCE PHOTOS | MASTER SGT. MATTHEW PLEV



A U.S. Air Force B-52H Stratofortress, assigned to the 5th Bomb Wing, conducts a Bomber Task Force mission with coalition and regional partners across the U.S. Central Command area of responsibility Sept. 4, 2022. Two B-52H Stratofortress aircraft guided theater integration training with a variety of coalition and partner ally aircraft to demonstrate readiness and strengthen regional security.

U.S. AIR FORCE PHOTOS | STAFF SGT. CHARLES FULTZ

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DENTAL OPERATIONS IN SUPPORT OF HEART 22

U.S. ARMY PHOTO | STAFF SGT. DUSTIN BIVEN / DEFENSE MEDIA ACTIVITY



U.S. Air Force Maj. Rondre Baluyot, a Dentist assigned to 5th Bomb Wing, Minot AFB, North Dakota, deployed in support of Health Engagements Assistance Response Team 2022, (HEART 22), works alongside U.S. Air Force MSgt Julian Blyden II, a dental assistant assigned to 81st Training Wing, Keesler AFB, Mississippi, while performing a dental exam and tooth extraction on a Guatemalan local on Aug. 26, 2022, at Hospital Regional de Occidente in Quetzaltenango, Guatemala, in support of HEART 22. The goal of HEART 22, led by Joint Task Force-Bravo, is to alleviate pressure on partner nation medical systems, increase medical resiliency of participants and strengthen relationships by assisting with high-impact medical services.



U.S. Air Force Senior Airmen Alexis Green, a dental assistant assigned to 5th Bomb Wing, Minot AFB, North Dakota, works alongside U.S. Army Lt. Col. Rex Monif, a Dentist assigned to 806th Hospital Center, Ohio, deployed in support of Health Engagements Assistance Response Team 2022, (HEART 22), while performing a dental exam and tooth extraction on a young Guatemalan child on Aug. 26, 2022, at Hospital Regional de Occidente in Quetzaltenango, Guatemala, in support of HEART 22.

HEART 22



U.S. Air Force Capt. Alexandre Rogan, the officer in charge of the Health Engagements Assistance Response Team (HEART) 2022, poses for a photo at Unidad Nacional de Oftalmología in Guatemala City, Aug. 23, 2022. Rogan is deployed from the 5th Bomb Wing, Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTO
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Fact File	
Life Span	25 years
Weight	6 - 8 pounds
Height	3 1/2 feet
Wing Span	6 1/2 feet
Wild Diet	Carnivore, Herbivore Insects, Reptiles, Small Mammals, Grasses, Grains

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 • Weekly fees for 3 games: \$13

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 • Registration and Start Day, 9/8
 • Weekly fees for 2 games: \$9

Saturdays(Ages 5 and up)..... 9:30 am
 • Registration Day, 9/10 - Bumper Leagues for ages 5-6
 • Bowling Start Date, 9/17
 • Weekly fees for Bumpers & Squirts (2 games): \$9
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 Thursday (9/15)..... 7:00 pm
 Friday (9/16).....6:30 pm

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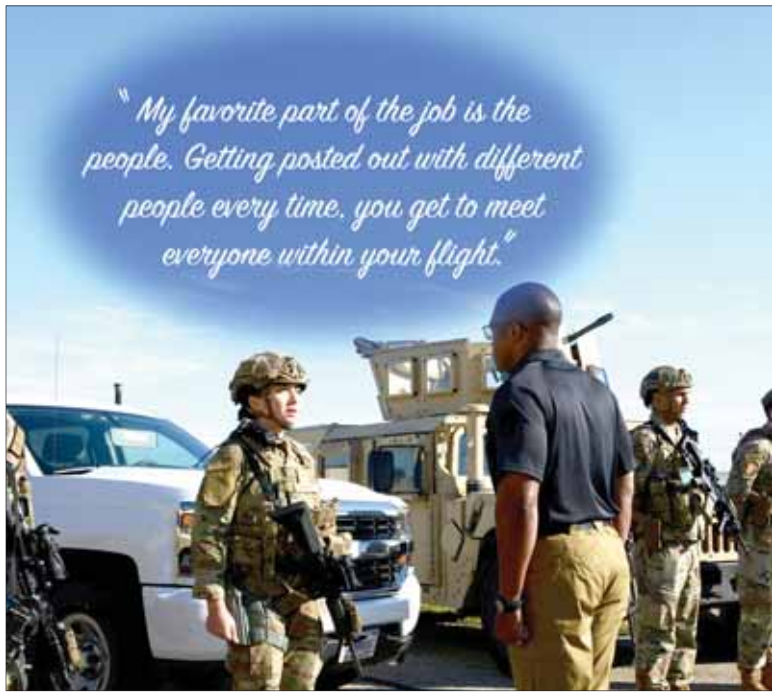
CHECK THE NORTHERN SENTRY EACH WEEK FOR LEAGUE BOWLING RESULTS!



Airman Minot

A1C Salma Pacheco

A1C Pacheco, originally from El Paso, Texas, has spent two months at Minot AFB and is a 91st Missile Security Forces Squadron defender.



"My favorite part of the job is the people. Getting posted out with different people every time, you get to meet everyone within your flight."



In her free time she enjoys volunteering at the local animal shelter.

Good Gardening

ADVICE

by Marvin Baker



No tomato shortage here...

Recent heat has pushed the maturity of a lot of garden items, including tomatoes. Suddenly we have tomatoes coming out of our ears. With that said, it's time to use them to our advantage. Can them, freeze them, or process them. With about 700 tomato plants at North Star Farms, we'll be doing a lot of canning; soup, juice, sauce and paste. Our first tomato project this year will be ketchup. It's a lot of work and the kitchen is a mess, but it's all worth it. You should too, you'll thank yourself in January when every tomato you get your hands on tastes like cardboard.

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GARNET, FOREIGN BODIES, AND BUBBLE WRAP

Patricia Stockdill

The bubble wrap almost came next and we're hoping the new Hunting Maniac isn't like one already in the house.

The thought crossed my mind that the only thing to protect our orange-and-white Hunting Maniac in our house, Garnet, when she was young was bubble wrap.

Even at a mere 1 1/2-years of age, she was already a Hunting Maniac.

That's what brought about the bubble wrap idea. You see, even though she was a mere 18 months old she already had two major surgeries for "Foreign Bodies".

Yes, you read that correctly.

Foreign Bodies.

At just 6 months of age, this little dog had a prickly piece of vegetation embedded in her neck. It migrated around in her neck muscles, became infected to the point where it looked like she had a baseball attached to her throat, and to make a long story short, required surgery for its removal.

Major surgery.

A pill bottle in my office with a prickly piece of vegetation is a reminder that dogs should not have those things embedded in their body.

The "Foreign Body", AKA "Mean Seed", meandered around major nerves, vital blood vessels, and those important things in a dog's neck like esophagus and other things making up canine anatomy – a delicate surgery on a young pup.

She handled it well, although she lost several weeks of hunting so it could heal properly.

A year later brought pre-season training and exercise. And another Foreign Body.

Yes, this now 18-month-old Hunting Maniac somehow managed to get yet another Foreign Body embedded in what is the equivalent of a human's armpit.

It swelled. Like the first foreign body, the veterinarian first advised antibiotics, hoping it would work its way out and the infection would be gone.

Nope, not with Garnet's luck.

The infection came back. She looked like she stuck yet another baseball onto her body, this time under her canine armpit.

As a result, 11 months after her first foreign body removal surgery the vet presented me with a second bottle for my Foreign Body collection, this time the tip of a prairie needle.

Again she had to let it heal before we could resume training, let alone go afield during the upcoming hunting seasons.

The next day after she got the OK to resume training, what does Garnet do when we take her out for exercise?

No, not a Foreign Body this time.

No, this time it's a barbed wire cut; the deepest part about an inch from her second foreign body incision. Thankfully, it wasn't deep enough for stitches. The initial cut was less than

an inch long, although the wire scratched about 6 inches of her tummy.

We cleaned it up, applied Betadine solution, and let her heal yet again before she would train and hunt.

While she handled that cut well, it wasn't too much after that when yet another Foreign Body found its way into Garnet. This time it almost made her first major surgery look as if it were as minor as that barbed wire cut.

Two veterinarians worked to sew her stitches. She looked as if she encountered the Chain Saw Massacre Guy with an incision almost from the back of her spine around her tummy and up the other side of her body, just in front of her back legs. It was necessary in order to remove the extensive infected tissue.

But in true Garnet fashion, she bounced back and hasn't encountered another Foreign Body, AKA Mean Seed, in all of the years since, whether hunting, training, or just out for a walk in the prairie.

Foreign Bodies embedded in dogs are not something to mess with and some vegetation is worse than others. Most of the time they simply get caught in a dog's hair and nothing happens.

But Garnet is an example of just how bad things can get when a foreign body, especially foxtail or Canada rye grass, work their way into and under skin or inhaled through a dog's mouth or nose.

Visions of Garnet's Foreign Body encounters and the urge to wrap her in bubble wrap have been dancing in my head since the newest Hunting Maniac, Magnum, joined the family last week. At a mere 9 weeks, her hunting will be play-training most of the fall.

But we're going to do exactly what we do with the other two Hunting Maniacs... be aware of any lesions the dogs may get, try to remove grass seeds, cockleburrs, and other vegetation matted in their hair, and hope we don't need bubble wrap.



Garnet had her share of "Foreign Body" infections by the time she was less than 2 years old.

PATRICIA STOCKDILL PHOTO



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7 tips for confidently introducing yourself at a new duty station

PEYTON ROBERTS

Military life forces us to meet new people, but after two years amid the COVID-19 pandemic, our social skills may be a little rusty.

Whether you're PCSing to a new duty station, seeing fresh faces in your neighborhood or meeting up on Zoom, these expert tips from Navy spouse and certified career coach Jacey Eckhart can boost your confidence when introducing yourself to someone new.

1. KNOW YOUR AUDIENCE

Eckhart says the first rule of introducing yourself is to consider who you're talking to. For military spouses, military affiliation shouldn't necessarily be the first information shared with new people.

"It is an honorable role. We all know how important it is," she said. "But it isn't a role that the world understands. When you introduce yourself that way, you alienate the world."

Eckhart says to absolutely share you're a military spouse when it's a connection point.

"If you are in a room with other military spouses and you know it's going to unite the two of you, go ahead and say it," she said.

2. START WITH YOUR NAME

Even if you relocate frequently, meeting new people can feel challenging.

"When we move to a new duty station, we feel very vulnerable because we don't have any connections," Eckhart said.

After 20 moves, Eckhart recommends simply beginning with your name.

"Saying your own name should give you some confidence. 'This is who I am.' Then say why you're there," she suggested.

3. INITIATE THE INTRODUCTION

Especially for introverts, striking up a conversation can feel intimidating. But Eckhart believes it gives you an advantage.

"When you are the person to begin the engagement, that's a huge position of power because you get to set the tone," Eckhart said.

A simple way to spark conversation is to have a few basic questions or prompts ready to go, such as 'Where are you from?' or 'What kept you busy today.' Eckhart says the weather is always fair game to get people talking.

4. HELP OTHERS HELP YOU

As a career coach for service



members, veterans and spouses, Eckhart recommends anyone searching for work introduce themselves along with stating their job.

"If you're in a group and it has any hint of networking for work, start with your noun, whatever your job is. 'I'm Lisa, I'm a project manager.' Or 'I'm Rachel, and I'm in IT,'" she said.

Leading with your noun helps others know how to connect with you.

"They're likely going to ask where you work, and you can say, 'I'm looking for a job right now.' It all moves you forward," Eckhart said. "People cannot help you until you give them something to work with."

5. KNOW YOUR END GAME

Sometimes first conversations lead to exciting new connections. Other times, they can be awkward. In that case, Eckhart says it's important to skillfully bow out, to which she suggested the following phrasing:

"I have really enjoyed talking to you. You have been so much fun."

And if all else fails, "I am so thirsty. Do you know where the drinks are?"

If a conversation doesn't go well, Eckhart advises not to take it personally.

"Because of COVID, we are all out of practice talking to new people," she said. "People are a little more wary. It's not you, it's COVID."

6. AVOID OVERSHARING

As an extrovert, Eckhart jokes that talking to new people has never been a struggle.

"Our problem is that when we meet someone, we're gripping their arm and telling them our whole life story right away," she said.

Eckhart says that in military communities, oversharing is fairly normal.

"But two-thirds of us live in civilian neighborhoods," she said. "Out there it's a little weird."

Instead, first-time introductions should be fun, general and focused on common ground.

7. MAKE THE EFFORT

Due to worldwide connectivity online, it's easier than ever to stay in touch with faraway friends. But Eckhart insists we need friends nearby too.

"Cling to your friends from the past, and then make the resolution that as a spouse you need local friends," she said. "If nothing else, you need somebody to put on your emergency list to pick your kids up after school."

Eckhart believes every move is an opportunity to be part of a new community.

"I want you to own your space and [know] that you do belong here, and you're here to contribute," she said. "Resolve that you are going to be part of this community too."

Jacey Eckhart is a mentor with AMPLIFY, Hiring Our Heroes' intensive career preparation program for military spouses. For more information visit www.hiringourheroes.org.



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Trinity Health Foundation Fuel the Fight Fundraiser happening today!

TRINITY HEALTH FOUNDATION

Trinity Health Foundation is excited to announce the 5th Annual Fuel the Fight Fundraiser will be held on Friday, September 9, 2022, at Dakota Square ARCO located at 1520 24th Ave SW in Minot.

Associated events include gas for a year prize registration when you purchase eight or more gallons of fuel at Dakota Square ARCO. Free gas for a year was donated by First International Bank & Trust and includes one \$75 gas certificate per week for 52 weeks. Dakota Square ARCO will also donate a percentage of sales on fuel and in store purchases the day of the event. Coca-Cola will be offering special product pricing. To celebrate the event, various activities are planned throughout the day at the gas station.

A raffle is also being held to support Fuel the Fight. Twenty-three prizes are included in the raffle and have been donated by various local businesses. Tickets are \$10 each or 3 for \$20.

FUEL THE FIGHT SCHEDULE OF EVENTS

Friday, September 9, 2022 (Fuel the Fight 10am – 5pm)

6am – 11pm – Gas for a Year Registration

8am – 5pm – Raffle Ticket Sales

8am – 10am – Magic Bean Coffee Truck

11am – 2pm – Hitchin Kitchen Food Truck

11am – 1pm – Inflatables

11am – 4pm – Up Your Axe Throwing

Noon – 4pm – KHRT Live Radio Remote

1pm – 4pm – Dunk Tank: Perry Olson, Dr Jeffrey Verhey, Dallas Rice

5pm – Raffle Prize Drawings

Balloons for kids while supplies last!

A dine to donate event at Homesteader's Restaurant will also be held in conjunction with Fuel the Fight on Thursday, September 8, from 4pm to 8pm. The restaurant will donate a portion of sales from that evening to the cause.

The 2022 event marks the 5th year of Fuel the Fight sponsored by Dakota Square ARCO. Fuel the Fight raises funds to provide gas vouchers for Trinity Health CancerCare Center patients traveling for treatments. Last year the event raised \$81,000.

Contact the Trinity Health Foundation at 701.857.2430 or info@trinityhealthfoundation.org for more information or to purchase raffle tickets.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity

Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.

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Ryan Dobson to speak at banquets in Minot and Stanley

DAKOTA HOPE CLINIC

Dakota Hope Clinic, a pregnancy help center in Minot serving west central North Dakota, hosts its 11th annual fundraising banquets in September. Ryan Dobson, adopted son of Focus on the Family founder James Dodson and his wife, Shirley, is the keynote speaker for both events.

The first banquet will be Monday, Sept. 19, at the North Dakota State Fair Center, Minot. The following evening, Tuesday, Sept. 20, the second banquet will be held at the Mountrail County South Complex in Stanley. For more information or to register to attend one of the banquets, people may call 701-852-4675 or visit dakotahope.org/events. Reservations are required for these adults only banquets.

In addition to Dobson's message, attendees will hear a testimonial story from one of the clinic's

clients, share a meal, and have the opportunity to donate to the work of the clinic.

Ryan Dobson is an advocate for



youth, crisis pregnancy centers and adoption. He and his wife, Laura, host the REBEL Parenting

Podcast and speak around the country in churches, strengthening families and marriages. In this work, they've watched as parents have become more and more concerned with the safety of their children. In response to this, they founded HomeSafe, a church-based program empowering families with the strategies and tools they need to be willing, able and ready to combat the dangers facing families today.

Dakota Hope Clinic, Minot, is a charitable Christian ministry providing free and confidential pregnancy tests, ultrasounds, parenting education, clothing and supplies for babies and young children, and other support services to those who need assistance during an unexpected pregnancy.

Dakota Flea Market
- MINOT, NORTH DAKOTA -

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SUNDAY 10:00AM-3:00PM
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Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>3816 South Broadway Minot, ND 701-858-0777 Phone: 701.858.0777 www.mimexicomino.nd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852-2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p>Whiskey Nine</p> <p>109 Central Ave, Minot, ND 58701 Phone: 701.837.1090 www.whiskeyninennd.com</p>	

STEM Learning at Minot Air Force Base

Is your child interested in Science, Technology, Engineering, and Mathematics (STEM)? Did you know there are national and local organizations in Minot that support STEM learning? Well, you are in the right place!

Organizations such as For Inspiration and Recognition of Science and Technology (FIRST) and Full Steam Ahead Minot are inspiring a generation of students to engage in STEM learning and its importance in our everyday lives. This inspiration takes the form programming such as FIRST Lego League (FLL).

FLL is a competitive national program designed to engage students in understanding core STEM principles and apply their skills in competition while encouraging learning, confidence, and teamwork skills.

In Minot, FLL is hosted by Full STEAM Ahead with competitive teams throughout the area. FLL teams prepare from August to December for a local competition in January with hopes of advancing to the state competition in Grand Forks.

As a result, a team is forming here at Minot Air Force Base

for 5th to 8th Grade students. We have 5 coaches who trained with Full STEAM Ahead and are skilled in the areas of STEM! For example, one of our coaches is an Aerospace Engineer!

FLL is a great opportunity for students to be challenged academically while providing opportunities to build upon core STEM concepts shared in the classroom environment. Join us on our FLL journey!

For more information, please email MAFB.school.liaison@us.af.mil or call 701-240-2380.



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SCHOOL LIAISON PROGRAM MANAGER, GS-11
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2022-2023 MPS CALENDAR

September 2022							20 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		

October 2022							19 days
S	M	T	W	T	F	S	
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	31						

November 2022							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				

December 2022							15 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	31	

September 05
Labor Day - No School

September 06
Professional Development Day - No School

October 20 & 21
Administrator Convention Days - No School

November 11
Veteran's Day - No School

November 24
Thanksgiving - No School

November 25
Vacation - No School

December 22
P/T Comp Day - No School

December 22-January 2
Vacation - No School

 Vacation Days - not contracted day
 Holidays
 PD Days - contracted day

 Early Release Days - 1:15pm
 Parent/Teacher Comp Days
 * Weather Make-up Day



Upcoming Events

11 SEPT GRANDPARENTS DAY AT THE ZOO
10:00 AM - 6:00 PM
Roosevelt Zoo
1215 E Burdick Expy, Minot

Grandma & Grandpa enter the zoo for free with the purchase of a grandchild's admission. That's true whether no matter that child's age - child or adult admission applies. Also true if you adopt grandparents for the day. We want to promote cross-generational appreciation for wildlife.



For more information:
Facebook / Roosevelt Zoo / Events

14 SEPT WOMEN, WINE & WINGS
6:00-9:00 PM
Dakota Territory Air Museum
100 34th Ave NE, Minot

Mark your calendars! This museum event celebrates the contributions of women in aviation past and present! Food and drinks are a part of a presentation that features women who have made an impact in the aviation industry. \$25.00. Admission includes Food & Wine.



For more information:
www.dakotaterritoryairmuseum.com

16-17 SEPT LOGGER FEST
4:00 PM - 10:00 PM
Minot Oak Park
19th Ave SW, Minot

Friday, September 16 - Saturday, September 17, 2022
Logger Fest is a two-day outdoor festival combining family-friendly lumberjack games and activities and German Oktoberfest! Logger Fest features live music, retail and craft vendors, food trucks, farmer's market, lumberjack events, Biergarten, and so much more! More announcements are coming soon! Interested in being a vendor? Visit <https://minotparks.com/events/loggerfest/> for vendor information.



For more information:
www.minotparks.com

17 SEPT FALL FESTIVAL ON MAIN
10:00 AM - 5:00 PM
Various Locations
Downtown Minot

Join in the festivities at the annual Fall Festival on Main Saturday, September 17th from 10-5 pm. Dakota Cruisers Classic Car Show, inflatables, vendors, bingo, music, sidewalk sales, and more! Bring the family and stroll through beautiful Downtown Minot for the fall's biggest event! Call 839-8928 for questions or visit www.downtownminot.com.



For more information:
www.downtownminot.com

On Base



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ROASTED PORK TENDERLOIN WITH GARLIC AND HERBS



- INGREDIENTS**
2 (1 LB EACH) PORK TENDERLOINS
6 CLOVE GARLIC, PEELED
1 LEMON, JUICE AND ZEST OF HALF, REMAINING HALF THINLY SLICED
2 SPRIG FRESH THYME, STRIPPED, PLUS MORE FOR GARNISH
1 SPRIG FRESH ROSEMARY, STRIPPED, PLUS MORE FOR GARNISH
1 TABLESPOON SOY SAUCE
2 TEASPOON COARSE SALT
1 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
1 PINCH RED PEPPER FLAKES (OPTIONAL)
1/4 CUP EXTRA-VIRGIN OLIVE OIL, PLUS MORE AS NEEDED

Using a sharp knife, trim both tenderloins of extra fat or silver-skin.

In the bowl of a mini-food processor or a blender jar, combine the garlic, lemon juice and zest, thyme, rosemary, soy sauce, salt, pepper, and red pepper flakes. Pulse until the garlic and herbs are finely chopped. Slowly drizzle in the olive oil while the machine is running until a paste forms.

Rub the garlic paste over both tenderloins, covering all surfaces. If desired, cover the pork tightly with plastic wrap and refrigerate for up to 8 hours before grilling.

When ready to cook, set Traeger temperature to 500°F and preheat with the lid closed for 15 minutes. Arrange the tenderloins directly on the grill grate and roast for 15 minutes.

Using tongs, turn the tenderloins and continue to roast until the internal temperature in the thickest part of the meat registers at least 145°.

Let the meat rest for 5 minutes before carving into slices. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

SSGT RELEASE

Airmen are presented certificates for becoming Staff Sergeants Selects at Minot Air Force Base, North Dakota, Aug. 26, 2022. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Sept. 5: 1,835.21 feet above mean sea level (MSL); 21,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.97 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.97 MSL.

•N.D. Game & Fish Dept. game wardens: North-central area lakes generally slow. Devils Lake OK for walleye with good numbers of small fish with occasional keeper mixed in. No reports from the Missouri River System.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued success in the north end of 6-Mile Bay for a mix of species.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good walleye success trolling with bottom bouncers or crankbaits. Lots of smaller walleye so sort through for any keepers. Try 10 feet and work out.

•Lake Darling, Karma C-Store, Ruthville: Activity quieting down on Lake Darling and Grano but look for occasional, scattered walleye success.

•Lake Metigoshe, Four Seasons, Bottineau: Fair bluegill success continues but slower walleye activity with scattered success at best.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea slowed but try working slow presentations in 30 to 35 feet. Also try longlining with crankbaits.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Tougher walleye bite on the east end of Lake Sakakawea. Try early morning hours with better success starting to come off of minnows. Work deep for walleye on Lake Audubon with good smallmouth bass success.

•Lake Sakakawea, Indian Hills Resort, Garrison: Prior to the windy weekend anglers working around Medicine Stone in 18 to 20 feet with nightcrawlers found nice walleye activity with some success along the beacon, as well. Also try minnows.

•Lake Sakakawea, New Town: Generally slow and scattered walleye success in the Van Hook Arm. Farther west around New

- Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.
- PLOTS guide now available online at the Game & Fish Dept. website with printed editions also available at vendors.
- Anglers reminded to follow ANS regulations, including draining live wells and removing plugs.
- Applications such as Onyx now have updated electronic posting information for the upcoming 2022 hunting season.
- Sept. 10: Grouse partridge, and squirrel seasons open.
- Sept. 16: Youth deer season opens.
- Sept. 17: Youth waterfowl season opens.
- Sept. 24: Resident waterfowl season opens.
- Sept. 24: Sakakawea Pheasants Forever Fall Pheasant Fest, Garrison City Auditorium, 5:30 p.m.
- Sept. 25: Youth deer season closes.

TOURNAMENTS:

- Sept. 10: Lake Sakakawea, Tobacco Garden; Lake Sakakawea, Van Hook Arm; Devils Lake, Spirit Lake Casino.
- Sept. 17: Lake Sakakawea, White Earth Bay.

Town also slowed.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: 8-pound Flats and Shell still producing a few larger walleye in 25 feet and deeper in the south end of the Van Hook Arm with crankbaits and jigging Raps. Increasing activity with minnows but still try nightcrawlers. Overall success slowed, however.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish from both boat and shore with small walleye success. Best trout and salmon success is at night. Wing walls remain slow. Walleye remain deep along the east end of Lake Sakakawea with nightcrawlers still producing success. Better success is still farther west more so than the east end. Fair to good salmon success on the east end of Lake Sakakawea in 70 feet and deeper yet using white on white flashers and squids. Also try herring. Most activity is around Scoria Bay but look for them to start moving around more and throughout the entire water column with some walleye anglers now finding some.

•Lake Sakakawea/northwest N.D.

lakes, Scenic Sports, Williston: Look for the west end of Lake Sakakawea to start turning over with some slowing walleye activity. Try Hofflund Island or Tobacco Garden using crankbaits for the most consistent activity. Most fish are about 20 feet but also try shallow around 5 feet. Missouri and Yellowstone rivers continue producing walleye and sauger.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes generally remain quiet but anglers venturing to the Missouri River tailrace continue finding catfish success in the tailrace, including from the wing walls.

Hunting:

•Archery deer: Limited movement yet with warm weather.

•Doves: Good numbers of birds with warm weather holding them in the state yet. Look for harvested canola or grain fields and nearby water with birds bunching more so in the northwest than other areas yet.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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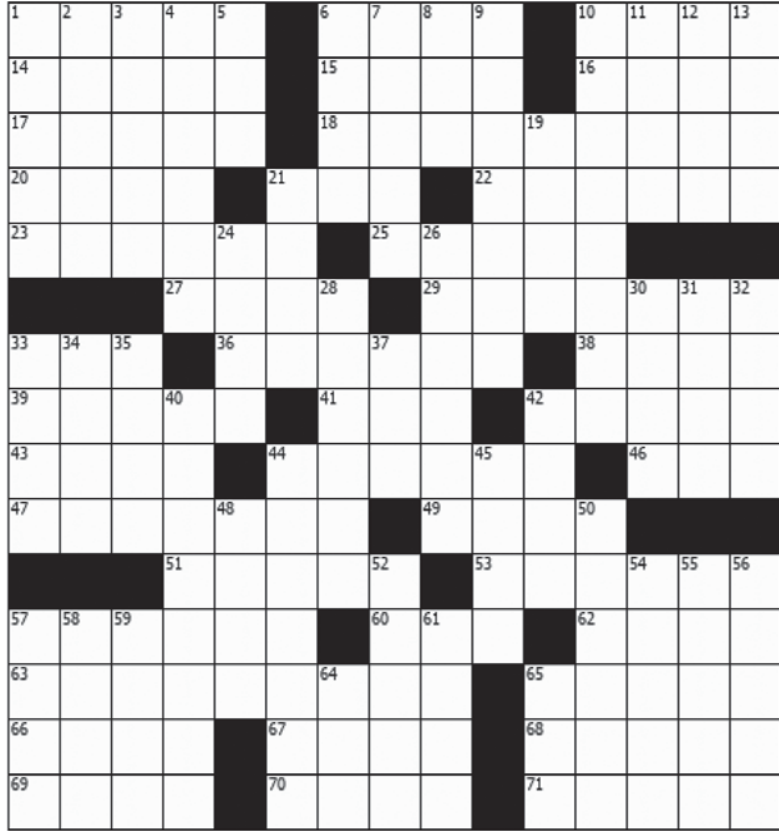
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CROSSWORD PUZZLE

- Across**
- Old-fashioned
 - Prejudice
 - Colorless
 - Female singers
 - Scandinavian capital
 - Choir gown
 - Slope
 - Permissible
 - Ripped
 - Shakespeare's "before"
 - Sounds
 - Go to
 - Luster
 - Roman garment
 - Assaults
 - Collection
 - Go away
 - Mirth
 - Appeals
 - School gp.
 - Take it easy
 - Office acronym
 - Taunts
 - Cloud's locale
 - Type of paint
 - Preserve
 - Mature
 - Ankle problem
 - Catches
 - Traitor
 - Teen skin problem
 - Possible
 - All kidding ____
 - Stratford-upon-____
 - Buffalo's canal
 - Remodelled
 - Attentive
 - Congers
 - School assignment



- Down**
- Italian staple
 - Parcel out
 - Begin
 - 14-line poem
 - Boston time zone (abbr.)
 - Wild hog
 - Small landmasses
 - Everybody
 - Earliest
 - Water removal
 - Steals from
 - Ready, willing, and ____
 - Pollen gatherers
 - Troubles
 - Brink
 - Indicates assent
 - Bother
 - Attraction
 - Troubles
 - Drip
 - Alluring
 - Lovers' quarrel
 - In addition
 - Athletic group
 - ____ moment's notice (2 wds.)
 - Obvious
 - Invitation inits.
 - Board member
 - West's opposite
 - Genesis locale
 - Rubs out
 - Hiking path
 - Corrosive substances
 - Calcutta's country
 - Poverty-stricken
 - Ship's pole
 - ____ Scotia
 - Above
 - Pub orders
 - Rage
 - Live

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

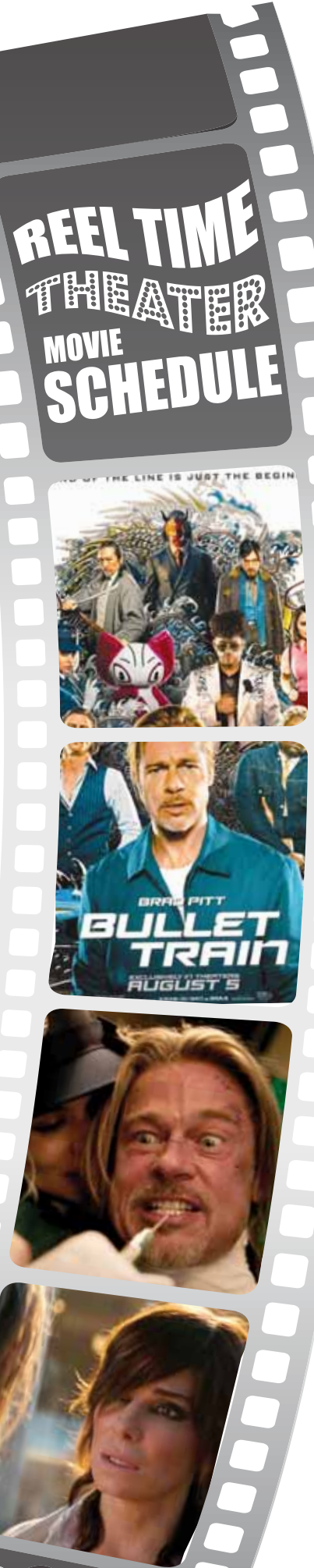
SUDOKU

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

Solution to puzzle on page C10

DUE TO MECHANICAL ISSUES THE THEATER WILL BE CLOSED UNTIL FURTHER NOTICE.

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

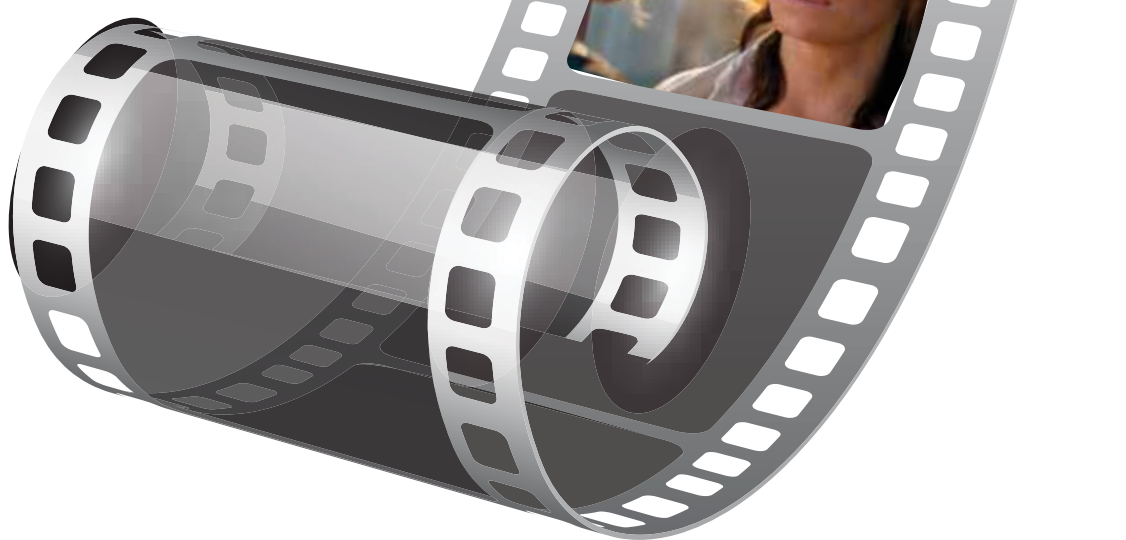




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 MONDAY - THURSDAY
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 11AM - 1AM

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CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
0900


Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
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Wicca, Pagan, and Neopagan Services
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1000 on the 1st and 3rd
Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200


St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, Sept 10
Vespers, 5PM

Sunday, Sept 11
Divine Liturgy, 10AM

V. Rev. Fr. Paul Hodge

 **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.

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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

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.cornerstoneminot.com

 **Trinity CHURCH**

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& Fellowship 9:00 a.m.
Worship 10:30 a.m.

www.trinitychurchminot.org

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Sunday School at 9:45am

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MinotBibleFellowship.org

 **St. Mark's Lutheran Church**
Missouri Synod

Sunday Worship
9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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 **Immanuel Baptist Church**

1615 2nd St. SE, Minot
701-839-3694


Sunday Worship
10:00 am

www.ibcminot.org
e-mail: immanuel@srt.com

 **Christ Reformed Church**

Worship 11:00 a.m. Sunday
234 14th Ave SE
www.christreformedchurchminot.com

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.

Fr. David A. Richter, Pastor
Parish website: www.stjohnminot.com


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120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

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Radio Broadcast KRRZ 1390AM
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Pastor Brandy Gerjets • Pastor Ellery Dykeman



Gospel Tabernacle Community Church

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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.

 **JOURNEY CHURCH**
ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

Minot Baptist Church



Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Wednesday Evening..... 7:00 p.m.

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
Pastor David Miller

 **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

 **West Minot Church of God**

Family Worship Center

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 5:30p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday 7:00 - 11:00 p.m.
ABC Child Care Center 852-6352

westminot.com
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To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week

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.
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
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
Located off Hwy 83 Bypass West
(701) 838-0609

Saturday School 2:00 p.m.
Sunday Worship 3:30 p.m.
Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

 **Grace Baptist CHURCH OF MINOT**

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
at Living Word Lutheran bldg
710 46th Ave NE, Minot

Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

RADIO BROADCAST
KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun

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Rev. Heath Trampe
Rev. Brian Doel

Summer Picnic Service
Sunday, September 11th
10:00am Worship Service (w/livestream)
11:30am Outdoor Potluck
12:30-2:00pm Games

Wednesdays 6-7pm
Adult Choir
OSKids (age 4-5th gr.)
Bible Class (6th gr.)
High School Youth Group (6-8pm)

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A Church of the Lutheran Brethren

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Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org



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OCTOBER 8 & 9
NOVEMBER 12 & 13
DECEMBER 3 & 4

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Sept 23

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Sept 16

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10 AM TO 6 PM
SUNDAY, OCTOBER 2
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Sept 30

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Sept 30

SUDOKU SOLUTION

PUZZLE ON PAGE C8

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

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Or contact: Matt Mackey
By email or phone at
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have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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Baggers Work for Tips Only

- Adult Hours Tuesday-Friday 7am-4pm
- Later start times available but must be able to stay until 4pm & Sunday 11am-6pm
 - Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
- Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

IMMEDIATE FULL AND PART TIME OPENINGS

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 12 Sept-13 Nov. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

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 701-714-0000.

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PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2022/2023 year starts August 15! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. 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



Contact Rod Wilson to get your business listed here!
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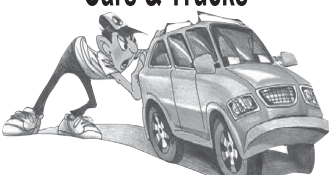
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WHAT'S GOING ON MAFB

FRIDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Single Airmen Free Paintball, 1700-1900, Base Paintball Field, hosted by Outdoor Recreation
- Cult Classics Movie Night, 1800, ESC

WEDNESDAY 14

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Moving Out of the Dorms Budget Class, 1400, hosted by the M&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

SEPT. SPECIALS

- Bomber Bistro • Buffalo Chicken Wrap**
Chicken, lettuce, onion, pepper jack cheese, roasted peppers, tomato and buffalo ranch wrapped in your choice of tortilla. Served with chips and a drink!
- The B-Fifty Brew • Iced Caramel Macchiato**
Milk, vanilla, espresso, and caramel served over ice!
A chill way to start your morning!
- Rockers Bar & Grill • Rockin' Chicken**
Your choice of either fresh chicken breast lightly breaded and fried golden brown or grilled to perfection with dill pickles on a split bun!



SATURDAY 10

- Cycle & Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Pirate Party, 1300, Minot AFB Library
- Warhammer 40,000 Casual Game Day, 1400, ESC

THURSDAY 15

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0930, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library

SUNDAY 11

- Zumba, 1400, Fitness Center

FRIDAY 16

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center

SATURDAY 17

- Freezin's the Reason Air Force Birthday Scramble, 0800, Rough Rider Golf Course
- Yoga for Fitness, 1000, Fitness Center

HAPPY BIRTHDAY! UNITED STATES AIR FORCE



Celebrate With Us With A Special Lunch!
18 September 2022 • 10:30AM - 1:30PM
Dakota Inn Dining Facility

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MONDAY 12

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP GPS Workshop, 0730-1600, M&FRC
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

SATURDAY 17

- Freezin's the Reason Air Force Birthday Scramble, 0800, Rough Rider Golf Course
- Yoga for Fitness, 1000, Fitness Center

TUESDAY 13

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

FREEZIN'S THE REASON AIR FORCE BIRTHDAY SCRAMBLE
ROUGH RIDER GOLF COURSE

SEPT 17TH • 0900
REGISTER BY: SEPT 14TH
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