

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 37 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 16, 2022

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GROUNDBREAKING NATURALIZATION CEREMONY AT MINOT AFB



Airman 1st Class Jorge Peralta, a 5th Force Support Squadron classification technician, Tom Ross, mayor of Minot, Col. Daniel Hoadley, 5th Bomb Wing commander and, Airman Amin Ahmadi, a 5th Logistics Readiness Squadron traffic management office apprentice, pose for photo after a naturalization ceremony at Minot Air Force Base, North Dakota, Aug 31, 2022. Ahmadi and Peralta participated in the first naturalization ceremony held at Minot Air Force Base. For more than 200 years the oath has been recited by many Americans on their pathway to citizenship. See page A7 for more coverage.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN EVAN LICHTENHAN

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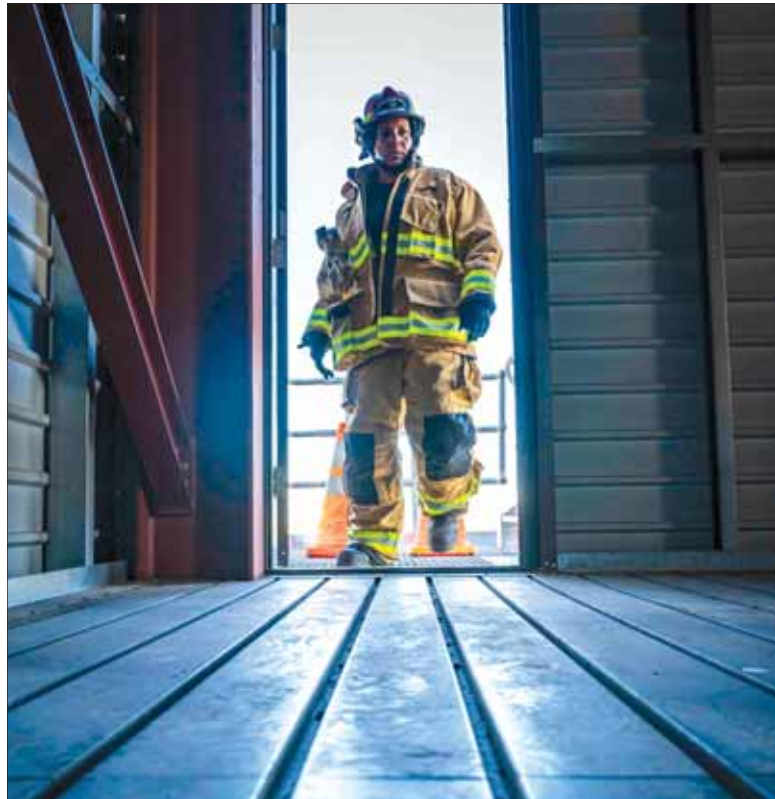
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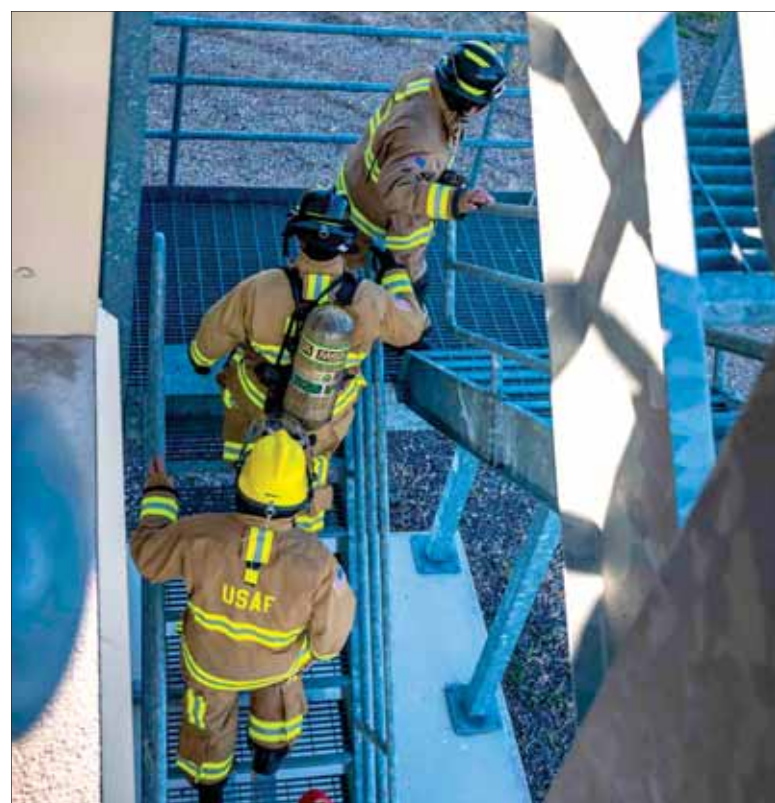


<p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <p>\$2 off All Apps</p> <p>\$3 House Wine & Domestic Pints</p> <p>Bavarian Pretzels with Beer Cheese Sauce</p> <p>\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups</p> <p>\$5 Moscow Mule</p> <p>\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps</p> <p>½ Flat Bread Pizza</p>	<p>DAILY SPECIALS</p> <p>Monday \$5 Moscow Mules (all day)</p> <p>Tuesday \$4 ND Breweries (all day)</p> <p>Wednesday ½ Price Wine by the glass/bottle (all day)</p> <p>Thursday \$1 up for all Tall Taps (all day)</p> <p>Sunday BRUNCH (11am-2pm)</p> <p>\$7 TSR Bloody Mary & Caesars</p> <p>\$12 Bottomless Mimosas</p> <p>\$6 Breakfast Shots</p>	<p>FAMILY PACKS</p> <p>Monday Pizza Pack Combo</p> <p>Tuesday Sandwich Pack</p> <p>Wednesday Chef Creation*</p> <p>Thursday Pasta Pack</p> <p><small>*Changes Weekly – Check our Facebook Page</small></p>
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thestarvingrooster.com

Team Minot personnel prepare to start a stair climb in honor of 9/11 Remembrance Day at Minot Air Force Base, North Dakota, Sept. 9, 2022. Each participant paid tribute to a New York City Fire Department firefighter by climbing or walking the equivalent of the 110 stories of the World Trade Center. Each individual tribute not only remembers the sacrifice of an FDNY firefighter but also symbolically represents their heroic journey to save others.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN CHINA SHOCK



Team Minot personnel participate in a stair climb in honor of 9/11 Remembrance Day at Minot Air Force Base, North Dakota, Sept. 9, 2022.



VOLUNTEER OPPORTUNITIES

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

Downtown Minot Fall Festival Volunteers

(September 16 & 17)
 *GROUP 1: September 16 - Friday afternoon to move games from a storage area. It will take 5 people and about 2 hours.
 Where: Neiss Impressions in downtown Minot.
 *GROUP 2: September 17 - Although we could use a lot of volunteers. The most immediate need are 10 volunteers to set up & run games.
 Where: Meet at Margie's Stain Glass at 9 AM and then set up the kids' games on Main Street. If people have middle school kids, they could bring them along. We hope to run the games from 10 AM to 4:30 PM, and then store them back at Neiss Impressions at the end of the day.
POC: Mr. Rod Wilson, sentrysales@srt.com

Hispanic Heritage Month 5K Fun Run Volunteers

(September 16 @0700)
 In honor of Hispanic Heritage Month (15 September- 15 October), you're all bienvenidos (welcome) to join a 5K Fun Run at the McAdoe Fitness Center on September 16th at 0700!
 - Volunteer positions sign up link:
 1. Check-in/Finish-line Team (6 slots available)
 2. Motivator Team (6 slots available)
 3. Road Guards (8 slots available)
<https://www.signupgenius.com/go/10c0f4fa5a82caafbc43-5kvolunteers>
POC: Maria E. Snyder, TSgt, USAF
 COMM: 701-723-2664 DSN: 453-2664

POW/MIA Volunteers

(September 29-30)
 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/MXMT
 Comm: 701-723-4476

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

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

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
 shelly.stuckey@caringedge.com

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

SEPT 17

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Team Minot observes 9/11 Remembrance Day

SENIOR AIRMAN CHINA SHOCK, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.—

The ceremony was a part of a daylong event in honor of 9/11 Remembrance Day. As a part of the ceremony firefighters, security forces and medical personnel assembled in formation to honor the heroes from that day.

“As mentioned before, many of you here joined after the events of Sept 11th,” said Hoadley. “I’m proud to serve alongside brave Americans who raised their hand to serve knowing we were at war during a critical time of our history. Today we will continue to honor those we lost and keep our promise to never forget.”



Team Minot personnel attend a 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 9, 2022.



Team Minot Airmen stand in formation during a 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 9, 2022. The ceremony was a part of a daylong event hosted by the 5th Civil Engineer Squadron in honor of 9/11 Remembrance Day.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CHINA SHOCK

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The 5th Civil Engineer Squadron hosted this year’s 9/11 Remembrance Day events. The day’s events also included a stair climb and name reading of the 343 firefighters who lost their lives that day.

Each participant paid tribute to a New York City Fire Department firefighter by climbing up a hill or walking the equivalent of the 110 stories of the World Trade Center. Each individual tribute not only remembers the sacrifice of an FDNY firefighter, but also symbolically represents their heroic journey to save others.

Through participation in these events, attendees ensured each of

the firefighters lost during 9/11 were honored and that the world knows that they will never forget the nearly 3,000 men and women who lost their lives 21 years ago.

When the north tower was struck at 8:46 a.m., first responders began responding to ground zero. They established command and control, aided evacuations, and began treating the injured, while also beginning their last stair climb into both the north and south world trade center towers. Within an hour of the north tower being struck it began to collapse and within 10 it fell.

“To quote President Abraham Lincoln’s Gettysburg address, ‘It rather for us to be here dedicated to the great task remaining before us that from these honored dead we take increased commitment to the cause for which they gave the last full measure of devotion,’” Hoadley said.



Col. Daniel Hoadley, 5th Bomb Wing Commander gave remarks during a 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 9, 2022.



Ceremonial Guardsmen participate in a 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 9, 2022.

the

sentry

Salute

presents

TSgt
Travis Krebill

Nominated by
SMSgt. Sergio Gonzales

Technical Sergeant Travis Krebill from the 5th Civil Engineer Squadron is currently serving as the Noncommissioned Officer in Charge of the Power Production Section, coordinating 17 craftsmen in maintaining a 12.5 million dollar inventory of facility and mobile generators providing an emergency power capability to Minot’s facilities and recently rendered critical support that sustained the mission of a 3.9 billion dollar weapons storage area during two electrical outages. On top of being a superb military leader, he is a pillar of the Minot community organizing 20 volunteers for the Pheasants for the Future annual banquet and donating his own resources to provide guided fishing and hunting trips introducing over 25 Airmen to the outdoors. Travis has gone above and beyond to nurture the morale and well-being of his unit and the community, and he epitomizes the true spirit of North Dakota.

GAME SALUTE: SEPTEMBER 23

SSgt
Shanice Osborn

Nominated by
SMSgt. Sergio Gonzales

We are proud to salute Staff Sergeant Shanice Osborn from the 5th Civil Engineer Squadron. Shanice is currently serving as a Power Production Craftsman overseeing the work program for 17 electrical generator technicians; her expert management culminated in the coordination of over 3,200 maintenance tasks that allowed emergency power support for 14 Missile Alert Facilities during 2022’s state wide blizzard. In addition, she recently earned the recognition of being named a Diamond Sharp Award recipient by the Minot First Sergeants for doing an outstanding job taking care of the people in her work center and her unit. She has been an integral part of bolstering recreational events focused on keeping morale high and supporting training initiatives that have shepherded the welfare of her fellow Airmen. Sergeant Osborn has proven to be a great leader her team can count on.

GAME SALUTE: SEPTEMBER 24

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.

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MINOT AIR FORCE BASE NEWSPAPER
 www.northernsentry.com

Continuing to Talk Like A Farmer

A few weeks back we introduced you all to some of the local vocabulary at harvest time. I realize that there are a fair number of Minot AFB personnel that have grown up on a farm the Midwest, but then there are a lot of new Airmen and families, and I just want to make sure that they are introduced to a bit of our local farming culture.

If you were here last year you know that it was an unusually dry summer. The dreaded "D" word, (drought) was common to describe farming conditions in North Dakota, and well for pretty much of the Midwest. On our family farm there was talk of not "firing up" the combine at all. Thousands of dollars in input expenses (what you pay to plant your crop) wasted on what appeared to be one of those lost crops. As it turned out, late rains made a substantial difference on some of the fields of soybeans, and even later planted wheat, but it would certainly be fair to say that the crop of 2021 was a disappointment.

What a difference a year can make. Well really there are two factors that affected this year's crop. Rain and rain. Rain that came late

last fall assured farmers that there would be moisture during spring seeding. And then there was the late snow in April and finally the continued above average moisture through the early growing season. Drought, although it lingered well into summer because of the extreme dry conditions, was no longer the buzz word. Instead we heard about above average topsoil moisture (where seeds get planted) and adequate subsoil moisture. A wave of optimism began to creep back into the farming communities. Another benefactor in what could be described as a very wet spring was the pastures and hay lands. More grass for cattle, more hay for keeping those cattle longer. The evidence was the unusual amount of bales that dotted the landscape.

So turn the page to another chapter, harvest. My Dad used to be a telephone man in the middle of North Dakota. He used to tell me that "if the crops look good from the road, that means a full combine." Hey folks, the crops did look good from the road. And although it is very dry right now, it is almost perfect harvest weather. Turn back the clock a bit to the



UPSIDE DOWN UNDER
 MARVIN BAKER

Now that harvest is in full swing, a lot of things come to mind, but there is one thing I doubt many people think about and that is the loss of the old, wooden elevators, sometimes called prairie skyscrapers.

On Sunday, we made a trip to Bismarck to purchase a lawn mower and went through the community of Coleharbor. There are, of course, two of the original structures still standing tall against a backdrop of canola, barley and wheat.

These prairie icons are quickly disappearing. There are still some around, but as time deteriorates the buildings, owners have no choice but to side with safety. The elevators at Coleharbor are a good example. As you drive by, you can see right

through the buildings, and in a word, both are unsafe.

Several of these old structures are still in use, however. The companies owning them have gone to great lengths to make the necessary upgrades to keep them functional since many of them were built from the early 1890s into the 1930s.

I've personally seen a number of the prairie skyscrapers dismantled or destroyed to make room for new, modern, concrete structures, or to make room for open spaces or other buildings.

Growing up in Hazelton, we had two elevator companies. There was the Farmers Union Elevator and Peavey, two competing companies in a small town. First, the railroad went, then Peavey, then Farmers Union. It forever changed the Hazelton skyline. Today, the community water tower is the only thing poking out above the tree canopy.

One day I was on my way to Jamestown on Interstate 94 and as I approached the community of Cleveland, I saw the local grain elevator being toppled right there on site. It was quite a spectacle. It seemed as if the colossal structure

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A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



summer months when there wasn't a lot of those nasty summer storms that dump hail, referred to on the Northern plains as the "Great White Combine".

And now another of those words used in our farming communities, it's a bumper crop. Yeah, one of those better than average crops that fills the bins and puts smiles on everyone from the farmer to the local merchants downtown who know that there will be extra spending money this winter. We certainly appreciate each and every one of the dollars that the Minot AFB pump into our communities, but the ag economy still drives North Dakota, and unlike the boom and bust of the energy sector economy, the farming community does not have quite the high "highs" and low "lows" that go along with the global oil economy.

Finally, I had a conversation with my classmate and best friend from high school yesterday. When I asked about the harvest he said "best I can remember". Some wheat fields yielding 70 plus bushels to the acre. Folks, that is a bumper, bumper

crop. And in his words, prices are decent, and the quality of the grain is above average, even though we didn't have much rain towards the end of the growing season. All in all, a great year, so far, in the farming communities of North Dakota. Something to put in your Christmas cards when you write home this holiday season.

BEST KEPT SECRETS

Those reduced rate Norsk Hostfest promotions are better than the best deal you'll find anywhere for entertainment and fun. Hope you can find the time and the resources to attend, well no, experience is probably a better word...experience Norsk Hostfest!

THIS WEEK'S HUMOR

Father to his daughter...
 Father: You wanna watch the baseball game with me?
 Teen daughter: No. I don't like baseball.
 Father: I didn't like Little Mermaid, but I watched it 1,387 times. Now, go get your hat and jersey on.

Harvest and the prairie skyscraper...

dropped over in slow motion.

I've seen prairie elevators taken down in Foxholm and Carpio and although I wasn't in Hazelton to witness either elevator being destroyed, I know the Peavey structure was burned down as a training exercise for the local fire department.

Many years ago, my brother tore an elevator down in the ghost town of Sanger, in Oliver County. He didn't get paid for doing it, but could keep all the wood from the structure and anything else that was in the elevator. To this day, he isn't sure it was worth it, even though there was a sizable amount of copper wire that he sold.

Up until the late 1970s, there was an elevator in downtown Bismarck, on the corner of Ninth Avenue and Main Street. It was always interesting to see that building in downtown Bismarck. After it was torn down, I believe a parking lot for St. Alexius Hospital was put in its place.

And for those of us in North Dakota who are able to watch Canadian television, even the iconic grain elevator in the hit CTV comedy Corner Gas, was torn down. It was a

typical Saskatchewan elevator in the town of Roleau (aka Dog River), but after the show was canceled after six years, it was decided to take one of the most recognizable structures in Canada down for safety purposes.

I know there are people out there who photograph old grain elevators. I've looked at some of those photos, from St. Agathe, Manitoba to Spokane, Wash. Montana and Idaho still have plenty of prairie skyscrapers, as does Alberta and South Dakota.

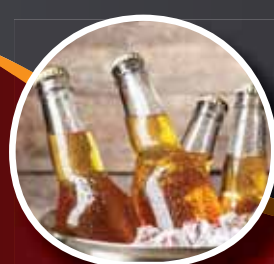
There's one picture floating around that I think was taken in Mott shortly before World War I. It shows horses and wagons lined up to 10 or 12 individual elevators. It's a striking photo that shows harvest as it once was.

In Kansas, it's a little different. You'll see a mix of modern and old, but many of the elevators in Kansas are massive, even the oldest ones.

Here in North Dakota, we still have some that haven't gone by the wayside. It would be good if we could preserve some of them so that we never forget how massive amounts of grain used to be handled before modern silos and before unit trains.

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Participation and Enthusiasm



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

participating, I signed up.

Six years earlier I had competed in the fifth-grade spelling bee and been eliminated during the first round. The word was “volcano.” My spelling had only marginally improved since then, but once a week, I stayed after school to spell complicated words. At competitions I was consistently our school’s weakest speller.

If you’re hoping this will be an inspirational story about how I kept showing up and gradually improved—you’re going to be disappointed. I earnestly tried, but my ability never became anything above mediocre.

The moral of this story isn’t about hard-work—it’s about the power of enthusiasm and participation to turn something that sounds lame into something vibrant and wonderful.

On paper, the Spell Bowl team sounded completely lame: Give up

90 minutes each week to sit quietly, while trying to spell difficult words. You’ll wear ill-fitting polo shirts to competitions—no one really knows how old they are. There are no rewards for participating; no extra credit will be given. There are no prizes if your team wins. The bus you’ll take to meets has no air conditioning. Maybe you’ll become a better speller. Maybe not. No guarantees.

Who wants to sign up?
Me.

And enough other people to eventually overflow our roster, allowing me to become an alternate. This meant my score only counted if multiple teammates were unable to compete, or in the event of a tie.

Dull description aside, my single season on Spell Bowl is one of the things I remember most fondly about my senior year. Nothing about the experience stands out except how absurd it was that Spell Bowl became something fun, memorable, and in the quirkiest way—even cool.

Based on the description, it shouldn’t have been any of those things—but it was. I joined, because I’m a joiner. I stayed, beyond necessity, because it was an undeniably good time.

Minot is like Spell Bowl in all the best ways.

It might not seem exciting—or even enjoyable—when first described, but because of the genuine enthusiasm, and willingness to participate in the people who live here, it’s something paradoxically lovely.



I’ve always been an eager participator; I think that’s why I feel so at home in Minot. It’s a community of participators. Need someone to join in? Chances are I’ll raise my hand.

AMY ALLENDER PHOTOS

You can’t quite put your finger on why it’s so fun even though it sounded so boring at first. It’s something you’ll come to look forward to, and maybe even want to stay beyond necessity.

Minot continues to remind me that anything is possible when people get excited and are willing to join in. Minot is like an awkward extracurricular activity that becomes memorable in all the right ways when enough people come fully committed, ready for fun.

Let’s not forget that even the most perfect place, the most exciting-sounding event feel utterly awkward if no one shows up, and those who do are overly inhibited. I don’t know about you, but I’d rather be at the lame event that turns out awesome, than the awesome event that turns out lame.

In my opinion, a flash mob will always sound embarrassing on paper, but if enough people attend and go all out, it becomes

something worth watching. It becomes viral.

That’s Minot. People are excited to be here and the attitude is spreading. This is a community of participators, ready to join in and try. It’s a place where people show up in droves to let their dogs swim in the public pool, walk the annual pumpkin trail, and brave arctic winds to see the town Christmas tree light up. I’m not from around here, but with my addiction to participation—here I’ve hit my stride. These are my people.

Let’s be people who encourage each other to join. Let’s be the best friend with contagious enthusiasm, spreading fun—even in places that sound dull. Let’s keep supporting good ideas, new ventures, and newcomers.

What’s something in Hot Dish Land that you love participating in? What do you love to tell others about? I’d love to hear from you! Join me on Instagram (@amy_allender) or on Facebook (@amyallenderblog).



Willingness to participate—both in the parade and on along the route—is what makes the State Fair Parade a true spectacle. This year my family walked in the parade for the first time, my husband is pushing the stroller and our youngest son is walking.

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MAFB Resident Council



RACQUEL LABADIE, GS-12, USAF
PRIVATIZED HOUSING RESIDENT ADVOCATE
5TH BOMB WING



Resident Councils were established as the forum for military members and their dependents residing in privatized housing to discuss health and safety concerns, identify potential improvements, present solutions, and maintain a positive and productive relationship between housing residents, leadership, and the housing partners. Resident Councils are comprised of leadership from the Wing and Mission Support Group, along with First Sergeants, the Military Housing Office, Privatized Housing Management, the Privatized Housing Resident Advocate, and volunteer Neighborhood Representatives. At Minot AFB, the Resident Council holds a monthly meeting which all Minot AFB Homes residents are invited to attend. The agenda for the meeting is comprised of both items from the Neighborhood

Representatives and direct input from residents. MAFB Homes residents are encouraged to attend the meeting to bring forth concerns or ideas. Alternatively, residents can email input in advance to the Privatized Housing Resident Advocate (racquel.labadie.1@us.af.mil) or submit via the Council's online resident input form (<https://www.jotform.com/form/221374764660156>). The MAFB Resident Council meets monthly on the first Wednesday of each month at 6pm at the Welcome Center. The next scheduled meeting is Wednesday, 5 October. Meeting reminders and minutes are posted on Facebook @ minotafbresidentadvocate, sent to First Sergeants, and advertised in the Northern Sentry. For further information please contact the Resident Advocate at the email listed above or 701-818-7075.



Good Gardening

ADVICE

by Marvin Baker

Nature knows fall is coming

In the past few days I've seen notable changes in the garden. Cantaloupes, honeydews and tomatoes ripening quickly, cucumbers that are no longer producing blossoms, onions have toppled over and potato vines are drying up. It's not the heat of early September, it's the imminent coming of autumn. The plants know it, just like the leaves on the trees changing color. The best advice in that regard is harvest the vine crops first because when we get frost, those crops are done. Our first, second or even third frost is never a hard frost, thus the root crops; potatoes, carrots, beets, will initially survive.



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KNOWLEDGE IS KEY

Patricia Stockdill

Knowledge can unlock doors to many opportunities.

And knowledge is key when it comes to unlocking a hunting dog who inadvertently ventured into a trap or cable device when in the field.

It's better to be proactive, educated, and prepared when it comes to dealing with in-the-field injuries and that includes knowing what to do in the event a dog becomes entangled in a trap or cable device.

One of the best ways a dog owner can become educated is obtaining the three N.D. Game and Fish Department brochures developed by the department's furbearer biologist Stephanie Tucker – herself a trapper and dog owner.

Part of a wide array of Game and Fish Department specialty publications and brochures, the brochures include "Foothold Traps – Identification, Use, & Removing A Dog", "Cable Devices – Identification, Use & Removing A Dog", and "Body-Grip Traps – Identification, Use, & Removing A Dog".

All three booklets can be ordered from the Game and Fish Department website, (gf.nd.gov) or are available at Game and Fish Department offices and many cooperating agencies as well as by mail by calling (701) 328-6300 to request copies.

Finding your dog in a trap or cable device can be gut-wrenching but the best thing a dog owner can do is try to remain calm, which helps a person focus on quickly and competently removing the dog from the device.

It helps to understand that a cable device works much like a dog collar. Sometimes the cable's lock can be slid to enlarge the loop and remove the dog. Or, by carrying a cable cutter designed to cut galvanized aircraft cable a person can also cut the wire to remove the dog.

Education is important, but so, too, is awareness.

Public lands such as Game and Fish Department Wildlife Management Areas are meant for multiple user groups, including trapping and snaring. It's a good idea for all dog owners – not just hunters but anyone simply hiking in the outdoors on a WMA –

to familiarize themselves with trapping regulations, seasons, trap and cable device types, and release techniques and equipment.

Trappers with traditional foot-hold or body-grip traps and cable devices are required to obtain written permission from private landowners. When a hunter has the opportunity to contact the landowner to ask for hunting permission, it doesn't hurt to ask if they are allowing trapping or the use of cable devices so a person is aware of their potential presence.

Taking safety and awareness a step farther, it can also be beneficial to find out what other state and federal agencies allow – or don't allow – on the public land they manage when it comes to trapping and cable devices.

Regardless of land ownership, dog owners should keep track of their dogs and not let them out of their sight for prolonged periods of time, whether trapping or hiking.

The idea of developing the brochures evolved because of dog/trap encounters in neighboring states as well as occasional situations in North Dakota.

Each brochure describes the device and how it works on its intended target, whether a body-grip trap, any of the various types of foothold traps, or a cable device – and perhaps most importantly – explains techniques for safely and efficiently removing a dog from the device, including drawings to help illustrate devices and removal techniques.

The brochures are free. Go to the Game and Fish Department website link, (gf.nd.gov/publications/order) to order a copy of the brochures detailing information on how to release dogs from traps and cable devices as well as any of the other wide array of booklets, brochures, and posters available at no cost.

A dog owner doesn't have to be a trapper or biologist to know what to do. They simply need to get the brochures and become educated and aware.

It can save a dog by sharing that knowledge with others.



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Groundbreaking Naturalization Ceremony at Minot AFB

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Airman Amin Ahmadi, a 5th Logistics Readiness Squadron traffic management office apprentice, and Airman 1st Class Jorge Peralta, a 5th Force Support Squadron classification technician, were the first Airmen to go through the enhanced naturalization process, becoming citizens of the United States at Minot AFB, Aug. 31, 2022.

After going through the previous procedure consisting of numerous hurdles and trips herself, Senior Airman Jessica Ramsay, a 5th Bomb Wing judge advocate military justice paralegal, revamped the process for the Airmen seeking naturalization after her.

"I worked with a working group to formulate this new process and to get the cooperation from the United States Citizenship and Immigration Services," said Ramsay. "It was a process that took about a year. There were attempts to improve this procedure in the past, but it finally came full circle, and we were able to pull it off today."

Given the location of Minot AFB, it was important to Ramsay to see what she could do to bring the process closer to the personnel on base. She herself was a foreign national when she joined the Air Force and felt that her experience of becoming a U.S. citizen was less than ideal.

All the appointments, to include

the interview, fingerprinting and the oath ceremony are four and a half hours away in Fargo, North Dakota

"This is a significant inconvenience both for the member and their unit considering the member would have to often leave during work hours to attend these appointments, which aren't considered permissible TDYs,"

said Ramsay.

In recent years, restrictions have been placed to the Basic Military Training (BMT) naturalization ceremony. Ramsey hopes one day these restrictions will be lifted and the ceremony will make its way back to BMT, but for now she feels having a naturalization ceremony at Minot AFB is the best option.



Airman Amin Ahmadi, a 5th Logistics Readiness Squadron traffic management office apprentice, and Airman 1st Class Jorge Peralta, a 5th Force Support Squadron classification technician, recite the Naturalization Oath of Allegiance to the United States of America at Minot Air Force Base, North Dakota, Aug. 31, 2022. Ahmadi and Peralta participated in the first naturalization ceremony held at Minot Air Force Base. For more than 200 years the oath has been recited by many Americans on their pathway to citizenship.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN

"I'm very thankful for everyone who has contributed to this," said Peralta. "For future U.S. residents who wish to enlist, having this procedure right here at our base, it means a lot."

One of Asmad's strongest reasons for obtaining citizenship is to make the process of visiting his family easier.

"For me, the American dream is

something very odd," said Asmad. "I'm a very simplistic person, I don't desire much, aside from completing my education, making my parents proud, and having a family and not having to have them deal with the nuances of growing up in a developing country, and having to deal with being a first-generation immigrant family."



Airman Amin Ahmadi, a 5th Logistics Readiness Squadron traffic management office apprentice, and Airman 1st Class Jorge Peralta, a 5th Force Support Squadron classification technician, recite the Naturalization Oath of Allegiance to the United States of America at Minot Air Force Base, North Dakota, Aug. 31, 2022. The history of the Naturalization Oath of Allegiance goes back to the 18th Century. Applicants have recited an Oath of Allegiance since the first naturalization law in 1790.

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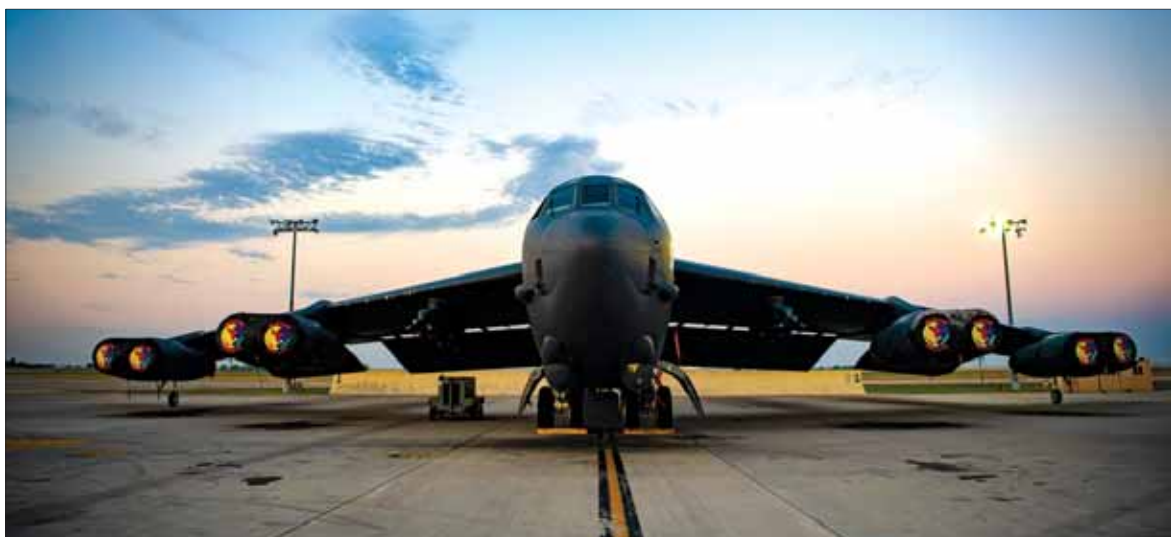
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Airman Alysa Knott, 5th Bomb Wing Public Affairs Apprentice, takes photos of a B-52H park at the Main Parking Apron at Minot Air Force Base, North Dakota, Aug. 23, 2022. Public Affairs professionals are responsible for telling Air Force stories that help facilitate the free flow of communication between the Air Force and the public.

AUGUST SUNRISE

A B-52H Stratofortress sits parked on the Main Parking Apron at Minot Air Force Base, North Dakota, Aug. 23, 2022. The first B-52H assigned to Minot AFB arrived on July 16, 1961.

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

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Cinderella Boutique: Happily Ever After Does Exist

ERIN BEENE, NORTHERN SENTRY

"Oh, it's a beautiful dress! Did you ever see such a beautiful dress? And look! Glass slippers. Why, it's like a dream. A wonderful dream come true!"

The quote is from the classic Disney animation version of Cinderella. One would be hard pressed to find a person, young or old, who hasn't heard a version of the "Cinderella Story." In case you need a refresh, it goes a little something like this:

A kind girl, Cinderella, is left orphaned and forced to be a servant to her wicked stepmother and cruel stepsisters. Years later, when the handsome prince of the land throws a royal ball, all the young maidens in the kingdom are invited. Cinderella tries to go, but is brought to tears and despair when her handmade dress is ruined beyond repair. After her stepsisters and stepmother leave for the ball, Cinderella is devastated until suddenly her Fairy Godmother appears! Her Fairy Godmother magically adorns Cinderella with the most beautiful, shimmering gown! Cinderella may now attend the ball looking like a real princess. Of course, let's not forget the iconic glass slippers that were designed as a perfect finishing touch for Cinderella's royal facade. Once at the ball, Cinderella catches the eye of Prince Charming; they dance the night away! Suddenly, the clock strikes midnight and Cinderella dashes away from the prince before he has a chance to ask her name or see her magic appearance disappear. In her haste, Cinderella loses one of her glass slippers on the palace stairs. Later, once the magic fades and Cinderella is back

home amongst the cinders of the fireplace, she learns of the prince's discovery of her glass slipper and his desire to find the wearer of the fanciful shoe to take as his bride. After searching the entire kingdom, the prince finds Cinderella, gently glides the beaming glass slipper on her dainty foot, and reveals the perfect fit. They get married and live happily ever after!

What does this story have to do with Minot AFB? Well, Cinderella received a FREE beautiful gown for a special event and lived happily ever after. So you have more in common with Cinderella than you might think. You too can create your own fairy tale, starting with a FREE beautiful gown! Dreams and reality can collide. The Cinderella Boutique lends out trendy, stylish and beautiful gowns and dresses out to any military dependent for any occasion and for free! With the Air Force Ball coming up next month, the Cinderella Boutique has opened its doors at its new location once again to adorn the women of Minot AFB.

Cinderella Boutique Chair, Jen Womack, discussed what women and teens can expect when stepping into the experience. She said that there are dresses for every style, from conservative to flashy, cocktail length to formal ball gowns, with sizes ranging from 0 to 24. The Cinderella Boutique has comfortable fitting rooms for finding your favorite gown and is completely FREE! When asked where the gowns come from, Jen said that some are donated from individuals, but most are donated from the in-town bridal shops Marry Me and Fiancée, so they aren't



Cinderella Boutique Manager, Jen Womack, ready to get you the dress of your dreams!

outdated; they are stylish pieces just waiting to be worn. She said she has a great relationship with these shops and they love to support the base when they can. The Cinderella Boutique is open to all base women who find themselves in need of a beautiful dress for a wedding, military event, homecoming or even a date night. Dresses are available free of charge, so what's the catch? The only expectation when borrowing a dress is to return it "ready to wear" and freshly dry-cleaned, ready for the next borrower. Dry cleaning charges vary, but can usually cost around \$20.

Re-opening this boutique in its new location has truly been a labor of love for Jen. She really wanted women to have

the "real" boutique shopping experience when they come in and feel comfortable and have fun too! She encourages women to try on several dresses and if they can't decide between two dresses, she is happy to let you take two and decide later. This Cinderella Boutique is completely volunteer-based, operated by the Minot AFB Spouses' Club, and here to give women on the base the ability to wear nice dresses and attend functions without feeling like they have to break the bank or always wear the same things. Dresses are not the only things that can cost a fortune, so the Cinderella Boutique offers formal shoes and purses available for loan too! They hope to be able to offer a larger selection of costume

jewelry in the future too. But for now, Jen wants ladies to come in and find your entire outfit! This is one of those truly unique military spouse perks that is here to be utilized, loved and styled! If you are unsure you will find something, Jen says, "Just come in and look, you never know what you may find!"

Find your Happily Ever After at the Cinderella Boutique on Minot AFB.

Building 135, across from the Airman's Attic, in the same building as the Post Office.

Hours vary, but are updated regularly on their Facebook Page: MAFB Cinderella Boutique

Or, by appointment contact: Jen Womack (210) 792-7594



Kelah Pross in a Cinderella Boutique gown for the Air Force Ball 2021.



Savannah Reed posing in her beautiful, borrowed dress for Prom 2022.



Cinderella Boutique, located in Building 135, across from the Airmen's Attic.



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Striker Airmen Coder program sees software built by maintainers to save time for maintainers

SEAN GREEN, STRIKEWERX

BOSSIER CITY, La. -- The Striker Airmen Coder program cohort saw new software built by Air Force Global Strike Command maintainers to save time for maintainers.

AFGSC devised the SAC program as an effort to develop Air Force coders who can create innovative and efficient technical solutions within their own units.

The Airmen created Mercury, a fleet maintenance schedule program, as an AFGSC software solution.

"I never coded, and this program really laid that foundation. If you have no coding experience, it's a challenge but it's well worth the experience," said Senior

Airman Robert Davenport, B-52 maintainer at Barksdale Air Force Base, Louisiana.

Five Airmen and one civilian were selected through an aptitude test before undergoing a coding boot camp for three months. They spent a further three months working with Ruby Shore Software based in Shreveport, Louisiana, to develop their project as junior developers.

SAC participants said they gained new technical skills and new experience with software, in addition to learning how to work with a team, over the course of the program.

"I never knew any sort of coding but the training and coming here

to fully implement what I learned with our industry partner was an amazing experience," said Senior Airman Mercedes Porter, of Dyess Air Force Base, Texas.

Nick Phillips, Ruby Shore Software chief technical officer, described SAC as a fulfilling experience for his company.

"We're thrilled with Mercury, the product these Airmen delivered in their short time here in the Barksdale Air Force Base area," Phillips said. "Thank you to the fantastic Airmen we've had the privilege of working with and guiding. We've worked hard to improve our process in the Strike Airmen Coders from cohort to cohort, and the Airmen are



The Striker Airmen Coder program cohort presented their project Mercury, a fleet maintenance schedule program, to AFGSC staff during a presentation held Aug. 26, 2022 at STRIKEWERX in Bossier City, Louisiana.

SEAN GREEN PHOTO, STRIKEWERX

instrumental in that effort."

The SAC program is administered by the Cyber Innovation Center through a Partnership Intermediary Agreement with AFGSC.

The teams demoed their project Aug. 26 during a presentation

held for AFGSC staff and the Office of the Chief Scientist at STRIKEWERX in Bossier City, Louisiana.

The project will now be analyzed by AFGSC for future scalability and further development.

A LOOK BACK THIS WEEK IN USAF HISTORY

MINOT AFB RECEIVES FIRST KC-135A STRATOTANKER

SEPTEMBER 23, 1959



The first KC-135A Stratotanker, dubbed "Miss Minot," arrived at Minot Air Force Base in 1959. (Courtesy Photo)

The first plane to be permanently assigned to Minot Air Force Base, N.D., was a KC-135A Stratotanker named "Miss Minot," which arrived on September 23, 1959. Over 300 base and community guests attended the momentous occasion that would mark the beginning of the jet era in North Dakota. Miss Minot was the first of 10 jets assigned to the 906th Air Refueling Squadron under the 4136th Strategic Wing and Strategic Air Command. Their mission? To provide air refueling for northern air defense operations and other missions. The Stratotankers remained in Minot until 1994 before being relocated to Grand Forks AFB as Minot moved away air refueling and focused fully on their mission supporting two legs of the nuclear triad and strategic deterrence.

Information courtesy of: af.mil / minot.af.mil / Minot Air Force Base 1989 / History of Minot AFB c. 1980

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Fitness Feature: Yoga

ERIN BEENE, NORTHERN SENTRY

Fitness and the military tend to run hand in hand. Military members are generally in shape and ready for physical activity. But what about their spouses? Abby Turner is one mil spouse who takes fitness of the mind, body and spirit into action in her movement of choice: yoga. Her dedication to this fitness activity that went from participant to teacher has pinned her the spot in this week's fitness feature story.

Abby and her spouse just arrived at Minot AFB last month, but she has wasted no time getting her yoga business, Yoga Traveler, up and running. Abby's journey with yoga began about 12 years ago right after she had her third child. She, as many postpartum mothers do, felt depressed and even lost. As a true believer in the power of physical fitness, she turned to a class at her local gym and found yoga because it was the only class available that would fit in her schedule. However, after a few classes, Abby was sold. She quit her other fitness regimen and began to engulf herself in the yoga lifestyle. A few years later, Abby began teaching yoga classes at local gyms. Flash forward to the pandemic; Abby found herself shut inside and teaching yoga classes online. Suddenly, she was able to reconnect with her students from previous assignments

and friends from all over the world. An idea was born. Abby loved having the one-on-one connection with students that were possible through online classes that just weren't possible with in-person class sessions. Plus, the moving-around military lifestyle practically begs for the transferability of an online career. So in June 2022, Abby started Yoga Traveler. "We offer one-to-one online yoga sessions, guided video programs, monthly memberships, online group classes, live privates and group classes for locals, and more." More information about what she offers can be found on her website: <https://www.yogatraveler.online/>

Fitness is a broad term that ultimately relies on a person's own definition of well-being. Yoga is a type of fitness that not only stretches and moves the muscles for maximum movement, but also balances the mind. It is a type of fitness for the entire body. Abby mentioned that she loves yoga because it is physical exertion but can become a lifestyle as well. She loves all aspects of yoga, but especially loves sharing the physical benefits and pain relief that yoga offers to others. In her online classes she specializes in utilizing yoga poses and techniques to increase range of motion, increase flexibility and stop common pain associated



Yogi Mil Spouse Abby Turner practicing her mind body connection at Lake Murray, OK in September 2021.

with muscles. She says she loves to help pilots who suffer from being cramped in cockpits or Security Forces members who have to wear heavy gear all day that takes a toll on their back. Yoga can help. She specializes in 'Pain Management Yoga' courses through online or in-person avenues. Helping others find pain relief and mobility restoration through yoga is Abby's passion in fitness and life.



Yoga Traveler provides private yoga sessions, group classes, yoga courses, and memberships



Wild Thing yoga pose amongst the windmills in Enid Oklahoma, June 2022

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SPOUSES WELCOME ON THE ROAD AUGUST 2022

On 17 August MAFB Military and Family Readiness Center conducted its second Spouses Welcome on the Road (SWOTR) with an attendance of 12 spouses. The spouses were treated to a continental breakfast and an information fair prior to the start of the event. The first half of the day spouses heard from Col Hoadley, 5th Bomb Wing Commander and Chief Sanders, (filling in for Chief Jones, 5th Bomb Wing Command Chief) and Col McGhee 91st Missile Wing Commander and Chief Crider, 91 MW Command Chief, and were given valuable information about the Minot Air Force Base mission. The commanders expressed how

valuable spouses are to the success of the MAFB mission. The spouses were also provided information about the Key Spouse Program, the role of the First Sergeant, the Base Clinic services and Tricare information. Rounding off the briefing portion of SWOTR was the Minot Chamber of Commerce who provided information on Minot and the local community surrounding areas covering all that the area has to offer.

Following the briefings, the spouses boarded a bus with several stops along the way to include the Youth Center, the Family Child Care Office, and Pride building. Spouses were able to see where to go for their ID cards, talk to someone in finance, obtain legal assistance and where/how to apply for a job on base. For lunch the tour stopped at the Dakota Inn Dining Facility which was paid for by the Air Force

Aid Society Heartlink program. At the conclusion of the event, all participants were "coined" by the Wing Leadership Spouses. Comments from attendees included "It was great to see these places", "Lunch was wonderful", "Thank you for showing us around"!

If you were unable to make the Spouses Welcome on the Road this time don't worry another one will be available 9 November - call the M&FRC at 723-3950 to sign up! Childcare is provided on a space available basis through the Family Child Care Program - reservations are required.

Also, if you are interested in the Minot Spouses Excursion to Minot contact the Northern Sentry to register for their tour event. This event takes you on a bus to different locations into town to showcase some unique places Minot has to offer!



ALICIA THOMPSON, GS-11
COMMUNITY READINESS CONSULTANT
MILITARY AND FAMILY READINESS CENTER



SPOUSE EMPLOYMENT

If you are a military spouse who is looking for assistance with your job search, the Military and Family Readiness Center (M&FRC) has you covered. We can help with resume writing (both Civilian and Federal styles), interview skills, job searching, salary negotiations and so much more. The M&FRC also offers a variety of workshops that are focused on Employment and The M&FRC also has a collection of resources from other agencies that will help to guide your job search. As a military spouse you may

have moved from another state and your Certificate/License needs renewal. If so, you may be eligible for the Spouse Reimbursement for Re-licensure/Re-certification Program. If qualified, this program allows for reimbursement of up to \$1000 for the cost of relicensing fees.

For more information on this program or any of the other resources that we have available, please give the M&FRC a call at 701-723-3950, email: 5fss.family.support@us.af.mil, or stop in and see us 291 Peacekeeper Place.

You can also visit our Minot AFB Eyes on Jobs Facebook page for a verity of job postings: <https://www.facebook.com/minoteyesonjobs>

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2022

SEPT 18

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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.

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NOTES ON BEING SAFE

PEDESTRIAN SAFETY: KNOW AND WATCH YOUR SURROUNDINGS

ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY
AND HEALTH MANAGER

Did you know approximately 5,900 pedestrians in America are killed by automobiles every year? Almost one-third of these victims are children under the age of 15. All of us are pedestrians at one time or another, and are obligated to abide by the same traffic laws that assure the safety whether we are walking, bicycling or the motorist, or an adult or child. As parents we are also obligated to teach our children the importance of traffic safety, especially in housing areas where streets have a tendency of being smaller. Here are a few pedestrian safety tips to follow:

- Walk on the sidewalks - Stay on the sidewalks and crosswalks. Avoid walking in traffic if there are no sidewalks or crosswalks. If you have no other choice, walk facing the traffic.
- Look LEFT, RIGHT, and LEFT for vehicles - Stop at the curb and look LEFT, then RIGHT, then LEFT again. Stopping at the curb signals drivers that you intend to cross. Cross in marked crosswalks and obey the signals.
- See and be seen- Stay out of the driver's blind spot. Make eye contact with the driver when crossing busy streets. If walking at dusk or dark, wear reflective gear and carry a flashlight. Vision is more impaired at night.
- Watch your children - Do not let your children play in the streets or close to the roads. Do not let them cross the roads without supervision. While walking through the housing area ensure to be aware of any cars pulling out of their driveways, especially if they are backing out. They may not always see you. Children are small, unpredictable, and cannot judge vehicle distance and speeds. Start teaching your children at an early age on traffic safety. Teach the colors of all of the traffic lights and the vehicle lights and what they mean. Educate the importance of not darting out on the road, even to chase a ball.

As a motorists on Minot AFB do not always assume the people around you are paying attention. Sometimes their attention can be diverted especially if they're children. All people are unpredictable and as a motorist, you should always be alert. You can encounter a pedestrian anytime and anywhere, even in places where they are not supposed to be. They can be hard to see, especially at night or while it's raining. Slow down if you can not see clearly. Stop for pedestrians who are in the crosswalks and when you stop for a pedestrian in the crosswalk, make sure you are far enough back for cars in the other lane to see the pedestrian in time to stop. If vehicles are stopped in the street in front of you, do not just assume you can pass them, maybe their waiting for a pedestrian to cross the road. When turning right on a red right, always look to the right as well as the left to make sure pedestrians are not crossing in the crosswalk. If you spot a pedestrian wearing headphones or using a cellular phone, be attentive for they may not hear your vehicle. Remain vigilant at all times, especially in areas where children may dart out unexpectedly into traffic areas. These include base housing and school areas, near school buses and around ice cream trucks. While backing out of your driveway, always look in your back window as well as your mirrors to ensure no kids are behind you. If you have to, walk around the vehicle before driving out.

One last tip to keep in mind, if you see a child in the front yard or near a curb, always assume they will dart out on the road. If you always keep this in mind, this will lessen the chances of a child being struck. By paying attention to your surroundings, whether you are the pedestrian or the motorist. It could be a matter of life or death.

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Downtown Minot Rolls Out Red Carpet

ROD WILSON, NORTHERN SENTRY

Many of the traditional celebration events were put on hold during the two years of COVID protocol, and the Downtown Fall Festival was one of those casualties in 2019 and 2020. Retuning in 2021 with a more limited schedule of events, the downtown area was once again crowded with people ready to enjoy a fall day walking the streets and sidewalks of Downtown Minot.

In a recently released schedule of events for this year's Downtown Fall Festival, Chairman Denise Lindbo of Gourmet Chef has orchestrated an 8-hour, family friendly event starting with the Dakota Cruisers Classic Car show starting at 9 AM with over 150 cars filling the downtown Main Street venue.

For the Cruisers, this year is also a return to more normal operating procedures, and Canadian cars will once more be able to make the trek to Minot for the annual show.

Although the cars will take center stage from 9 AM to 1 PM, there are plenty more events including a stage area that features local talent like Gene Putnam, a guitar and vocal stylist. Just wondering the street, you will run into Dizzy the Clown and his famous balloon creations (from 1 to 3 PM), Bingo in the main court of The Fair building, Face painting, food booths and much more.

Just a block off of Main, you will find the Farmer's Market full of fall produce and other

food products provided for sale by various vendors.

On Main Street, local merchants will move outdoors with sidewalk booths (weather permitting) that feature those unique, hard to get, items for purchase.

Other scheduled attractions include inflatables for the kids, food vendors and a scheduled appearance by the Minot Air Force Base Military K9's.

For the Downtown Area, it is the start of what will be a very busy fall season. After the Fall Festival, on September 21st there are two events scheduled. A Downtown Excursion that features a tour of Minot for those who sign up, along with lunch, and educational seminars sponsored by various merchants. For more information about, and sign up for, the Downtown Minot Excursion you can go to downtownminot.com. Tickets are limited because of the capacity of the bus being used to transport participants.

At 6 PM on the 21st, The Pursuit Church will hold their first annual Prayer walk. This first time event will have several individuals sharing their faith walk stories. Once again Main Street will be full of activity. There will be food trucks, bounce houses, yard games, gaga ball, axe throwing and more. As well as the opportunity to hear stories of God's faithfulness and a chance to win an awesome Downtown Minot gift basket!

There is no cost for Faith Walk

2022, and you can find more information on The Pursuit web site, thepursuit.church.

Our Downtown September continues with the Troll Stroll, beer & wine walk the very next night, September 22nd, starting at 6 PM. Tickets for the Troll Stroll are on sale right now on downtownminot.com. Those attending the Troll Stroll will be treated to 18 different stops, some featuring beer, other featuring wine, and nine of the stops will have unique food, beer and wine. Tickets will be limited, so pre-event purchase is encouraged. All in all, it will be a great event on what will hopefully be a nice fall evening in Downtown Minot.

With the many new personnel and dependents who have recently arrived at Minot Air Force Base, September will offer them a way to experience Downtown Minot, and what the area has to offer in retail and event opportunities. Of importance is the availability of parking in the 2 downtown parking centers. For both of the centers, the first hour of parking is no charge. These centers are conveniently located on 3rd Avenue SE, across from the Big M building, and on Central Avenue and 1st Street SW.

The Red Carpet is certainly out for those who want to visit Downtown Minot in September. We hope you enjoy downtown Minot hospitality and come back to visit often.



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WHAT DOES BEING A SHADOW WARRIOR MEAN TO ME?

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WHY DID YOU JOIN?

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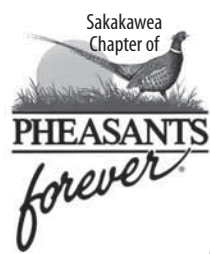
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5:30 p.m. Social followed by Dinner & Auction



**\$15 - Spaghetti Feed
\$35 - Membership
Free Youth Membership**
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KNOW YOUR CAR

Read your vehicle's manual to familiarize yourself with the safety features on your vehicle—such as antilock brakes and electronic stability control—and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.

PLUG IT IN

For electric and hybrid-electric vehicles, minimize the drain on the battery. If the vehicle has a thermal heating pack for the battery, plug your vehicle in whenever it's not in use. Start your vehicle and preheat the interior before you unplug your vehicle in the morning.

PLAN YOUR TRAVEL AND ROUTE

Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.

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Exchange Sweepstakes Offering More than 350 Prizes in Celebration of the Air Force's 75th Birthday

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – The Army & Air Force Exchange Service is hosting a worldwide sweepstakes extravaganza for the Air Force's 75th birthday, with \$11,500 in prizes.

Sept. 16 to Oct. 13, authorized MinotAFB Exchange shoppers can enter at ShopMyExchange.com/sweepstakes for a chance at more than 350 tactical gear items and other hot products. Prizes include:

- Bear and Son Cutlery Freedom Fighting 15-inch Bowie knife (1 winner)
- Skeleton Optics Outlaw green lens sunglasses (10 winners)
- Revision Eyewear Hellfly photochromic glasses (10 winners)
- The Best Connection Sotonic green laser pointer (10 winners)
- Honeywell Impact Sport Sound electronic earmuff (10 winners)
- Streamlight Siege 3D LED lantern (10 winners)
- Flyboys reversible kneeboard with clipboard (10 winners)
- JL Darling Rite in the Rain 935T kit (10 winners)
- Oakley backpack (25 winners)

- Wiley Saber 308T eyewear (10 winners)
 - Fox River hiking socks (25 winners)
 - Qalo men's classic or women's modern silicone ring (25 winners)
 - Rocky Brands ball cap (25 winners)
 - Duke Cannon body wash kit (25 winners)
 - Sayre U.S. Air Force tumbler (10 winners)
 - Mechanix Wear fast fit gloves (25 winners)
 - Otis 9mm rip cord (25 winners)
 - Seirus Heatwave glove liner (25 winners)
 - Gear Aid boot care kit (10 winners)
 - Drip Drop Dehydration Relief (25 winners)
 - Nite Ize S-binners (25 winners)
- Minot AFB Exchange shoppers can also find additional Air Force birthday savings in stores and online. Visit ShopMyExchange.com/savings-center/weekly-ads to view weekly sales flyers.

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Striker Nation helps kick-off college football season, while highlighting Project Tuskegee mission

SENIOR AIRMAN CHINA SHOCK, 5TH BOMB WING PUBLIC AFFAIRS

BATON ROUGE, La. -- A U.S. Air Force B-52H Stratofortress assigned to Minot Air Force Base, North Dakota, performed a flyover during a Southern University and A&M College football game, Sept. 3, 2022.

The flyover was conducted to promote recruitment as part of Air Force Global Strike Command's Project Tuskegee. The project—a partnership with Tuskegee University—affords Air Force Reserve Officer Training Corps cadets the opportunities available as an AFGSC "Striker." Members from the 5th Bomb Wing volunteered to participate in the flyover operations in support of Project Tuskegee.

"My hope is that in some way I was able to provide some form of inspiration and representation to a kid, teenager, student or cadet that looks like me," said Capt. Zaquero Hartnett, a 69th Bomb Squadron electronic warfare officer. "Someone who was able to see us overhead and witness how amazing flying can be. Maybe this was their first ever flyover, and now they start thinking I can do that, I can fly too. It's a special feeling knowing that in some way you are affecting the future aviators out there and if they ever need anyone you have their back."

As a part of AFGSC, Team Minot has a critical role in strategic deterrence and global security through the missions of the 5th Bomb Wing and the 91st Missile Wing. Outreach events like the flyover showcase how diversity and inclusion are critical in accomplishing the mission.

"The 5th Bomb Wing was privileged to lead the charge on a series of upcoming flyovers



Capt. Zaquero Hartnett, a 69th Bomb Squadron electronic warfare officer, poses 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 Project Tuskegee.

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

that will build awareness of the awesome career opportunities that exist for people to serve their nation in the Air Force," said Col Daniel Hoadley, 5th Bomb Wing commander. "We welcome people from all backgrounds to join our team, and we hope that this flyover contributes to growing the corps of future bomber aviators."

AFGSC is responsible for all United States Minuteman III intercontinental ballistic missiles and the future Ground-Based Strategic Deterrent, also known as Sentinel, as well as all bomber aircraft, including the B-1 Lancer, B-2 Spirit, B-52 Stratofortress, and the future B-21 Raider. The command is entering an era of transformation as it begins to transition from legacy systems to more modern weapon systems

based on new technologies.

Gen. Anthony Cotton, commander of AFGSC, takes the task of delivering long-range strike capability across the globe as his charge. He sees this task requiring a mindset of modernization across the command that provides opportunities to all, while also embracing the rich history of Global Strike.

"All Airmen stand on the shoulders of the Tuskegee Airmen," Cotton said. "The Tuskegee Airmen were critical to the success of bomber forces during World War II, proving we are better when everyone has an opportunity to contribute."

For more information about Project Tuskegee visit www.af.mil.

All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon
(Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries
(Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi
- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats
(Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.



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US bombers exercised mine dropping over Öland

SWEDISH ARMED FORCES HEADQUARTERS

On Friday, the Swedish Armed Forces and US Air Force conducted a joint exercise above Öland. Two Stratofortress B-52 exercised mine dropping together with the Swedish navy.

When the US bombers entered Swedish air space, they were escorted by Swedish JAS 39 Gripen. Off the eastern coast of Öland, a Visby-class corvette guided the bombers, marking the area where mines were to be laid in the exercise.

“Broadly speaking, the exercise involves the identification of an area in Swedish territorial

waters, where we wish to prevent opponent movements. The US bombers then drop mines in the area”, says Chief Swedish Navy, Rear Admiral Ewa Skoog Haslum.

NO LIVE MINES USED

The mine dropping was simulated in the exercise. No live ammunition was used. After the exercise, the US bombers were escorted due north and around noon, observant citizens were able to see and hear the planes in the Stockholm area.

“The Bomber Task Force exercise is very important to us. Within a few weeks, we have obtained

proof that all our service branches have the capability of joint action with US Bomber Task Force”, says Commander Joint Force Generation Command, Lieutenant General Johan Svensson.

“The Swedish Air Force is able to protect them, the ground units can conduct Close Air Support and the navy is capable of neutralising sea targets. There is no doubt that this enhances our capability of defending Sweden”, says Lieutenant General Johan Svensson.



A Visby-class corvette guides a B-52 Stratofortress during a mine dropping exercise. Swedish JAS 39 Gripen escort the bomber.

SWEDISH ARMED FORCES PHOTO



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BLACK AND WHITE RUFFED LEMUR

CREATURE FEATURES

- They quadrupedally (using all 4 limbs) move about in the trees and are often seen suspending themselves upside down by their hind feet to feed on fruit.
- Lemurs are one of the great pollinators of the world! These Lemurs have developed a fascinating relationship with the Traveler's Palm Tree. When they pull apart the bracts of the tree to forage, the pollen sticks to the Lemur's fur and is carried to the next tree.
- Black and White Ruffed Lemurs are one of the only primates to make nests and commonly give birth to twins or triplets.

Fact File

Life Span	14 - 16 Years
Weight	7 - 10 pounds
Height	17 - 22 inches
Tail Length	22 - 25 inches
Body Length	20 - 22 inches
Wild Diet	Omnivore Carnivore (Herbivore) Fruit, Leaves, Seeds, Nectar, Flowers



Wild animals crossword

Down: 1 Monkey, 2 Tiger, 4 Snake, 7 Panda, 9 Frog
Across: 3 Lion, 5 Elephant, 6 Bear, 8 Giraffe, 10 Zebra

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Minuteman III test launch showcases readiness of U.S. nuclear force's safe, effective deterrent

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command Airmen launched an unarmed Minuteman III intercontinental ballistic missile equipped with three test re-entry vehicles from Vandenberg Space Force Base, California, at 1:13 a.m. Pacific Time Sept. 7 to demonstrate the readiness of U.S. nuclear forces and provide confidence in the lethality and effectiveness of the nation's nuclear deterrent.

This test launch is part of routine and periodic activities intended to demonstrate that the United States' nuclear deterrent is safe, secure, reliable and effective to deter twenty-first century threats and reassure our allies. Such tests have occurred more than 300 times before, and this test is not the result of current world events.

The ICBM's reentry vehicles traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

"We have had a busy test schedule just in the past few months and I am in awe of the way our team has performed during each mission," said Col. Christopher Cruise, 576th Flight Test Squadron Commander. "Today's launch sends a visible message of assurance to our allies, and I couldn't be more proud of the mission of continued deterrence this launch represents."

The test launch is a culmination of months of preparation that involve multiple government partners. The Airmen who perform this vital mission are some of the most skillfully trained and educated the Air Force has to offer.

Airmen from the 341st Missile Wing at Malmstrom AFB, Montana, 90th Missile Wing at F.E. Warren AFB, Wyoming, and 91st Missile Wing at Minot AFB, North Dakota, were selected for the task force to support the test launch. The three missile bases have crew members standing alert 24 hours a day, year-round, overseeing the nation's ICBM alert forces.

"These tests show the reliability of our deterrence weapons systems, showcase the continued reliability of the Minuteman III, and the incredible people who make it work," said Maj. Natalie Quinn, Task Force Commander. "All of

these components comprise a system that stands on continuous alert, defending the United States and our allies 24/7."

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

Air Force Global Strike Command is a major command with headquarters at Barksdale Air Force Base, Louisiana, in the Shreveport-Bossier City community. The command oversees the nation's three intercontinental ballistic missile wings, the Air

Force's entire bomber force, to include B-52, B-1 and B-2 wings, the B-21 Bomber program, Air Force Nuclear Command, Control and Communications systems, and operational and maintenance support to organizations within the nuclear enterprise. Approximately 33,700 professionals are assigned to two Numbered Air Forces, nine wings, two geographically-separated squadrons and one detachment in the continental United States and deployed to locations around the globe. More information can be found at: <https://www.afgsc.af.mil/About/Fact-Sheets/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>.

The LG-35A Sentinel will replace the Minuteman III ICBM with an initial capability of 2029. Until full capability is achieved in the mid-2030s, the Air Force is committed to ensuring Minuteman III remains a viable deterrent.



An Air Force Global Strike Command unarmed Minuteman III Intercontinental Ballistic Missile launches during an operational test at 1:13 A.M. PDT, Sept. 7 at Vandenberg Space Force Base, Calif. ICBM test launches demonstrate that the U.S. ICBM fleet is relevant, essential and key to leveraging dominance in an era of strategic competition.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS RYAN QUIJAS



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Local Cravings Restaurant Guide

<p style="text-align: center; color: #e67e22; font-weight: bold;">Applebee's Grill & Bar</p> <p style="font-size: 0.8em;">2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">Bone's BBQ Smokehouse & Grill</p> <p style="font-size: 0.8em;">1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p style="text-align: center; color: #e67e22; font-weight: bold;">Badlands Restaurant & Bar</p> <p style="font-size: 0.8em;">1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">28 Tastes & Taps</p> <p style="font-size: 0.8em;">1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p style="text-align: center; color: #e67e22; font-weight: bold;">Mi Mexico</p> <p style="font-size: 0.8em;">3816 South Broadway Minot, ND 701-858-0777 Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">Pink's Bar & Grill</p> <p style="font-size: 0.8em;">102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p style="text-align: center; color: #e67e22; font-weight: bold;">Culver's Restaurant</p> <p style="font-size: 0.8em;">3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">Prairie Sky Breads</p> <p style="font-size: 0.8em;">3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p style="text-align: center; color: #e67e22; font-weight: bold;">Ironhorse Kitchen + Bar</p> <p style="font-size: 0.8em;">21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">The Starving Rooster</p> <p style="font-size: 0.8em;">30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p style="text-align: center; color: #e67e22; font-weight: bold;">Primo Restaurant</p> <p style="font-size: 0.8em;">1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p style="text-align: center; color: #e67e22; font-weight: bold;">Souris River Brewing</p> <p style="font-size: 0.8em;">32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p style="text-align: center; color: #e67e22; font-weight: bold;">Whiskey Nine</p> <p style="font-size: 0.8em;">109 Central Ave, Minot, ND 58701 Phone: 701.837.1090 www.whiskeyninennd.com</p>	



AFRS highlights BMT in re-released 4K docuseries 'Basic'

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

FORT GEORGE G. MEADE, Md. (AFNS) --

Follow five U.S. Air Force trainees on their eight-week journey of becoming Airmen while they deal with the challenges of navigating through basic military training.

"Basic," an eight-part, re-released docuseries shot in high-definition 4K resolution, presents the trainees' perspective as they recount their experiences about why each of them left home to join a fighting force of more than 329,000 Airmen currently

servicing.

Within the behind-the-scenes look at the reality and professionalism of basic training, the trainees' vignettes highlight a wide array of relatable experiences for recruits to gain inspiration and clarity on the way forward, as well as offers veterans and other audiences nostalgic moments to reflect on a journey fulfilled.

The entire series is available on Air Force BlueTube.

Fall Festival at Angelic Gardens

Come celebrate everything FALL at the absolute height of their harvest!

Bring your family down and be surrounded in the colors of fall and get the first pick at apples, pumpkins, decorative gourds and corn, winter squashes, cornstalk bundles, and much more at the upcoming at Angelic Gardens Fall Festival September 24 & 25.

Find the perfect pumpkin from the patch and let the kids pick the best apples straight from the tree! The garden will have samples galore, educational demonstration sessions, family games, contests and challenges with prizes, off-grounds wagon rides to see any fall colors in the countryside, antique trucks, tractors, and equipment to explore all weekend long.

Food and produce will be for sale, where fall flavors take center stage! All kinds of goodies are on the concessions menu. You can buy yourself a treat or make a meal of it, along with many fresh-made jellies, jams, and salsa. They always honor the military with a discount on purchases, so be sure to mention your service, present or past, at the register!

Alyssa Reed is offering mini

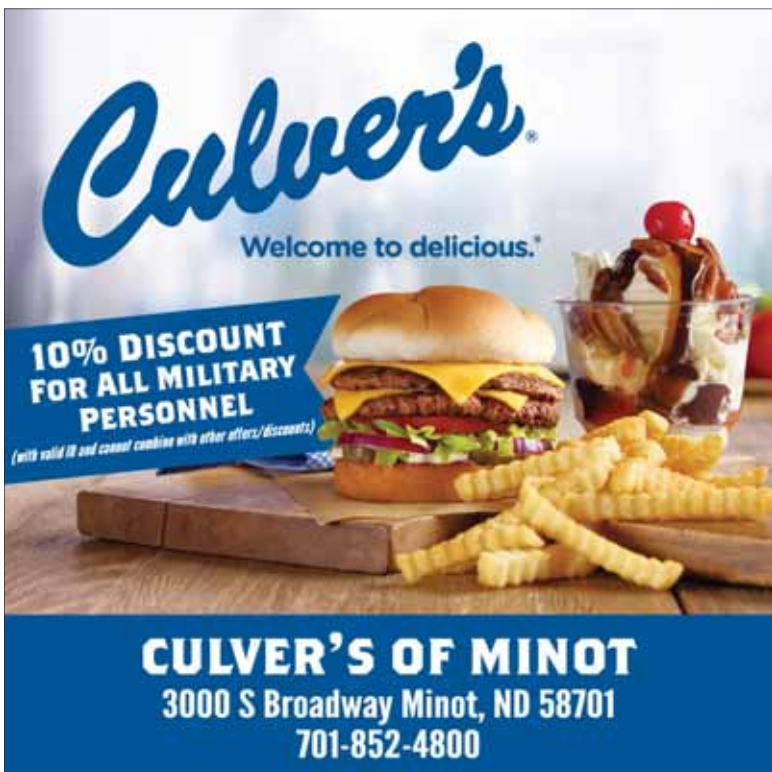
photo sessions on Saturday; Holly Sebo Photography is offering mini sessions on Sunday. You can plan on a great family or senior photo shot for sure!

Entrance fee is \$7 per person (children arriving in a car seat FREE!) or \$25 max per vehicle. ALL the fun is included in the entrance. Any summer produce still hanging will be sold at close-out prices!

Area high school students are volunteering for the weekend, so please bring a food or hygiene item to donate to their school pantry, and in turn you will receive a coupon to use at the gardens!

Volunteers are still needed for the Fall Festival and if interested can reach out to Angelic Gardens on Facebook or stop by their location during regular hours.

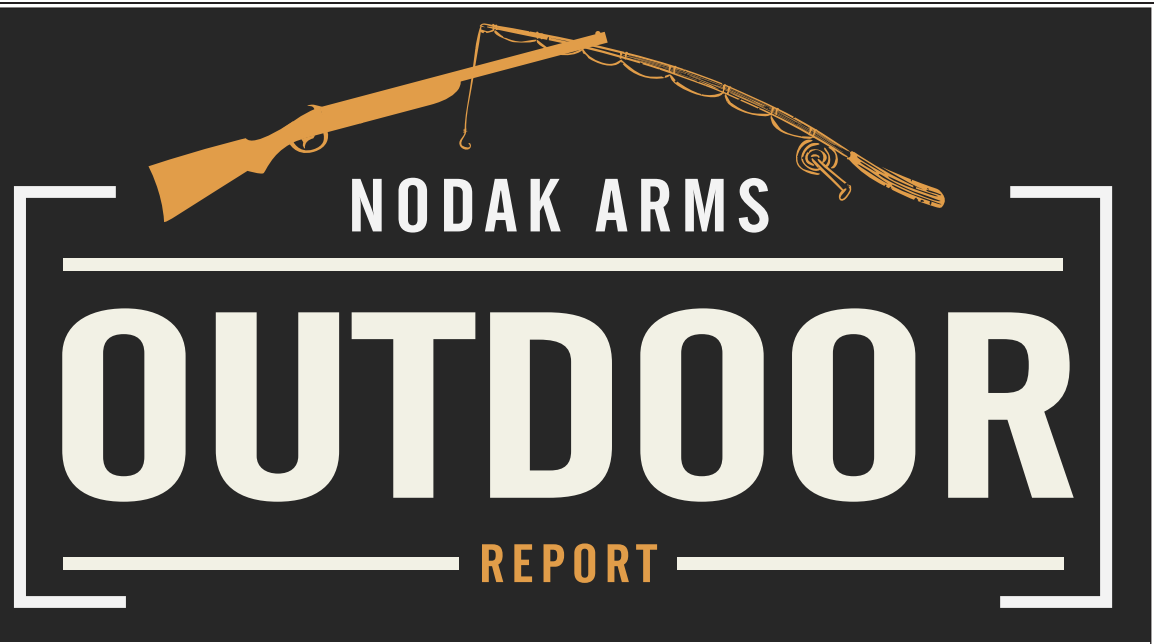
Angelic Gardens is located 6200 11th Ave SE, Minot. They are open from Monday to Thursdays 4:00-7:00p.m. for regular you-pick and more! Follow them on Facebook for announcements or schedule changes.



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NODAK ARMS
OUTDOOR
REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Sept. 12: 1,834.67 feet above mean sea level (MSL); 21,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.87 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.83 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from Lake Sakakawea, Missouri River, or north-central area lakes. Devils Lake still producing fair numbers of small walleye but anglers working harder for larger fish.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good success for a mix of walleye and perch in the north end of 6-Mile Bay.

•Devils Lake, Woodland Resort, Devils Lake: OK walleye success with nice numbers of small fish. Try jigging in deeper water with cooling water temperatures.

•Lake Darling, Karma C-Store, Ruthville: Activity slowed on Lake Darling although anglers going out are still finding fair walleye success. Also try the Grano area. Some success on Lake Metigoshe.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good bluegill success in the shallows. Look for improving walleye activity.

•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: Switch to minnows for walleye in 25 to 35 feet on the east end of Lake Sakakawea. Try plain Lindy rigs and 2 minnows. Continued good smallmouth bass activity on Lake Audubon but walleye remain slow.

•Lake Sakakawea, Indian Hills Resort, Garrison: Bait shop closed but access still available.

•Lake Sakakawea, New Town: Scattered walleye success in the Van Hook Arm and river portion around New Town. Switch to minnows rather than nightcrawlers.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye generally slowed but try heavy

- 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 2022 hunting season.
- Sept. 16: Youth deer season opens.
- Sept. 17: Youth waterfowl season opens.
- Sept. 22: Souris Valley Ducks Unlimited banquet, Sleep Inn, Minot, 5:30 p.m.
- 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.
- Sept. 30: Upper Souris Nat'l. Wildlife Refuge closes to boat activity on Lake Darling and Souris River.
- Oct. 1: Nonresident waterfowl season opens.

TOURNAMENTS:

- Sept. 17: Lake Sakakawea, White Earth Bay.
- Sept. 30 & Oct. 1: Lake Sakakawea, Lewis & Clark Bridge.

bouncers with minnows and nightcrawlers or crankbaits. Overall success slow and scattered so move around. Bait shop closed after Sept. 18 but docks will remain in the water into October so access will be available.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye during the day from boats with fair to good catfish success. Limited trout and salmon, however. Shore bite remains better at night for a few walleye using crankbaits. Wing walls slow. East end of Lake Sakakawea still producing salmon in 70 feet and deeper using white flashers and white squids. Try morning hours from shore using spoons, Mepps spinners, or crankbaits as some fish move into shallower water. Look for more shallow success as the spawn begins. Most salmon are still in the 6- to 7-pound range with limited numbers of larger spawning fish showing up yet. Try deep on the bottom in 50 feet for walleye farther west around Beulah and Beaver bays.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea remains fair to good around Hofflund Island and Tobacco Garden for walleye. Try minnows and jigs or crankbaits with less nightcrawler success as walleye switch to the fall mode. Missouri and Yellowstone rivers producing walleye using minnows. Little activity on smaller area lakes.

•North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Not much activity on area lakes.

Hunting:

- Deer: Movement remains slow but look for more evening activity when temperatures cool.
- Dove: Numbers generally remain strong.
- Upland: Mixed success across parts of central N.D. OK grouse numbers in northwest and north-central N.D. with better partridge numbers.

Numbers to know: numbers

- 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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Upcoming Events

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

18 SEPT **MINOT OUT OF THE DARKNESS COMMUNITY WALK**
 12:30 PM
 Oak Park - 1300 4th Ave NW, Minot

Please join us for the Minot Out of the Darkness Community Walk happening on Sunday, September 18th! The Out of the Darkness Walk events give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost. Now, more than ever, it's important to be there for one another and take steps to safeguard our mental health and prevent suicide. Register today at afsp.org/Minot and be part of the movement coming #TogetherToFightSuicide. Again, please register here: <https://supporting.afsp.org/index.cfm...>



For more information:
<https://supporting.afsp.org>

22 SEPT **DOWNTOWN MINOT TROLL STROLL BEER & WINE WALK**
 5:00 PM - 8:30 PM
 Various Locations
 Downtown Minot

Purchase in advance to receive a gift bag loaded with freebies and coupons! (free drinks - free tans - free cookies etc!!) and get expedited check-in!! 18 stops downtown Minot featuring your choice of 18 beers or 18 wines (or a combination) paired with 9 hors d'oeuvres from local Minot eateries. Tickets on sale at: Cookies For You, Gourmet Chef, Margie's Art Glass Studio, The Spot or on eventbrite <https://www.eventbrite.com/e/376680299917>.



For more information:
www.downtownminot.com

24&25 SEPT **ANGELIC GARDENS FALL HARVEST KICKOFF 2022**
 10:00 AM - 6:00 PM
 Angelic Gardens
 6200 11th Ave SE, Minot

• FAMILY EVENT • Food • Produce • Outdoor Activities • Come celebrate everything FALL at the absolute height of our harvest! • Entrance fee—\$7 per person (children arriving in a car seat FREE!) or \$25 max per vehicle • Area high school students are volunteering! Bring a food or hygiene item to donate to their school pantry, and we will give you a coupon to use at the gardens! > ALL the fun is included in the entrance!! • Any summer produce still hanging around goes on close-out prices this weekend! Military discount on purchases, so be sure to mention your service, present or past, at the register! Fall Photos on Saturday & Sunday!



For more information:
 Facebook / Angelic Gardens / Events

On Base



For more information visit: www.5thforcesupport.com



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JR JOURNALISM PROGRAM

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Summer Adventures

LUKE ANDERSON, 11 YEARS OLD

This Summer, I went on many adventures with my family which included camping, hiking and RV trips. The first adventure was Cross Ranch State Park with my scout troop. We had our Shake Out Camp Out to start the season. It was cold but we still went on a nice 5 mile hike. The second adventure was Turtle River State Park. We rented an RV and went with family friends. We hiked a lot and it went by fast since we had friends to talk to. Our third adventure was Many Point in Minnesota. We went for a week with our scout troop. They had a dining hall to get meals and a trading post to get slushies! It was a ton of fun. The fourth adventure was Lake Metigoshe. We didn't know it, but we went during Halloween in July. Even though we didn't have costumes, we got to trick or treat around the campsites. It was decorated and some sites were pretty creepy. We got a lot of candy and even bought lollipops to pass out. Our fifth adventure was the best. We spent five days in Glacier National Park. We hiked over 30 miles. My favorite was to Grinnell Lake. The water was so cold because it is the melt off from a glacier. We skipped rocks and then walked out to a sand bar through the water. My feet felt like blocks of ice! We saw moose, big horn sheep and goats that week. It was amazing. Our sixth adventure was here in Minot at the Scout's Big Four campground. I stayed in a tent with a friend and had a blast. Our final adventure was at Ft. Stevenson. We rented an RV again and enjoyed the lake because we rented a foam lily pad to play on in the water. I also bought my own stunt kite there and got to fly it all weekend. The sky was so clear at night, we enjoyed looking for constellations, satellites and shooting stars. This winter, we want to rent a yurt and try snowshoeing if it's not too cold!



Hidden Lake Overview at Glacier National Park, August 2022

Find specifics about Northern Sentry's Jr. Journalism Program and how your story can be featured



CITRUS SALMON

INGREDIENTS

- 2 TABLESPOON BUTTER, SOFTENED
- 1/2 TEASPOON LEMON ZEST
- 1 TEASPOON LEMON JUICE
- 2 TEASPOON FRESH CHOPPED DILL
- 1/2 TEASPOON SALT
- TO TASTE BLACK PEPPER
- 4 (8 OZ) SALMON FILLETS, SKIN ON
- 1 LEMON, THINLY SLICED

When ready to cook, set Traeger temperature to 350°F and preheat, lid closed for 15 minutes.

Meanwhile mix together the softened butter, lemon zest, lemon juice, dill, salt and pepper.

Generously slather the top of the salmon fillets with the lemon-dill butter and top with a slice of lemon.

Place the salmon fillets on the hot grill grate, skin-side facing down. Cook for 15 to 20 minutes, for a medium-rare salmon, or until the salmon is done to your liking.

Garnish with fresh dill. Enjoy!

(Recipe can also be baked)



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



MAFB Winter Bussing with Yellowfin Bus Transportation



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
CHILD AND YOUTH EDUCATION SERVICES

On-base winter bussing to Dakota Elementary, North Plains Elementary, and Memorial Middle School begins on November 7th, 2022. For on-base residents and/or families who utilize the Youth Center, the School Liaison Office is excited for Yellowfin Bus Transportation to provide this incredible service!

If you are interested in this service, please complete the Yellowfin Bus Form at <https://5thforcesupport.com/school-liaison/#links> and send to Yellowfin.Minot@bragglines.com by email.

With this bussing service being provided by Yellowfin Bus Transportation, safety is paramount. Over the next four weeks, I will highlight a section of the bus safety regulations and expectations.

1 of the School Bus Safety Regulations and Expectations for SY 2022-2023.

Prior to Students Loading the Bus:

- Students will be on time and at the designated bus stop 5 minutes prior to the stated time of bus arrival. Unfortunately, the bus cannot wait beyond its regular schedule.

- Students will conduct themselves in a safe manner while waiting for the bus.

- Students will be careful in approaching a bus and remain ten feet from the bus until the bus comes to a complete stop and the driver signals for students to load.

If there are any questions, please contact Yellowfin.Minot@bragglines.com or mafb.school.liaison@us.af.mil. We are looking forward to the Winter Bussing Season!

The following includes Section

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		

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				

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						

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

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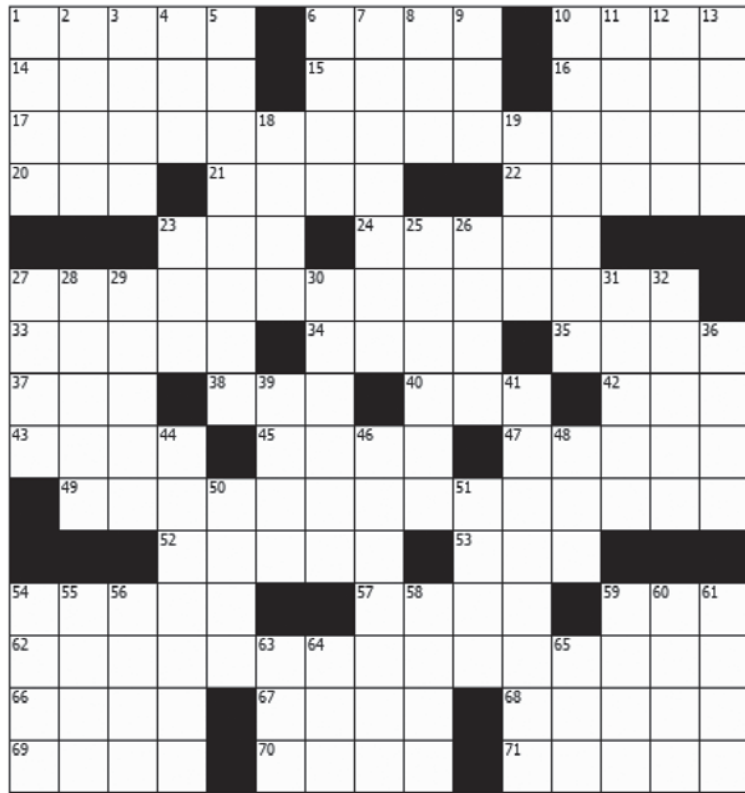
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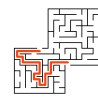
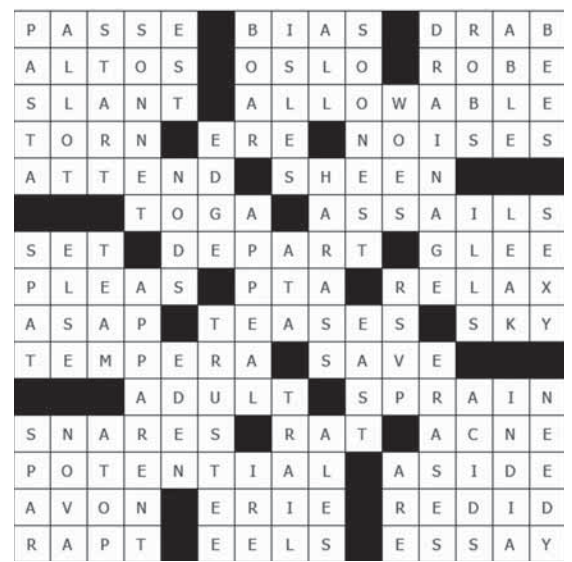
- Across**
- BBC sitcom
 - __ House
 - Stuff
 - Certain contract
 - Stale smell
 - Toot one's own horn
 - Henry Ford?
 - Some promos
 - Word of disappearance
 - Campus hangouts
 - Targets of a 24-Across
 - See 23-Across
 - Deficits?
 - Future moss
 - Per
 - One in Weimar
 - Dig in
 - Cherished
 - Figs.
 - Young fox
 - Light weight
 - Actress Rogers
 - One of Chopin's Opus 10
 - ATM?
 - "When I put out __": Tennyson
 - Adherent: Suffix
 - Conundrum
 - 1988 NBA expansion team
 - Indian title
 - IRS fraud?
 - Split
 - No contest
 - Type of treatment
 - Derbies, e.g.
 - Magazine filler
 - Scary thing to be under



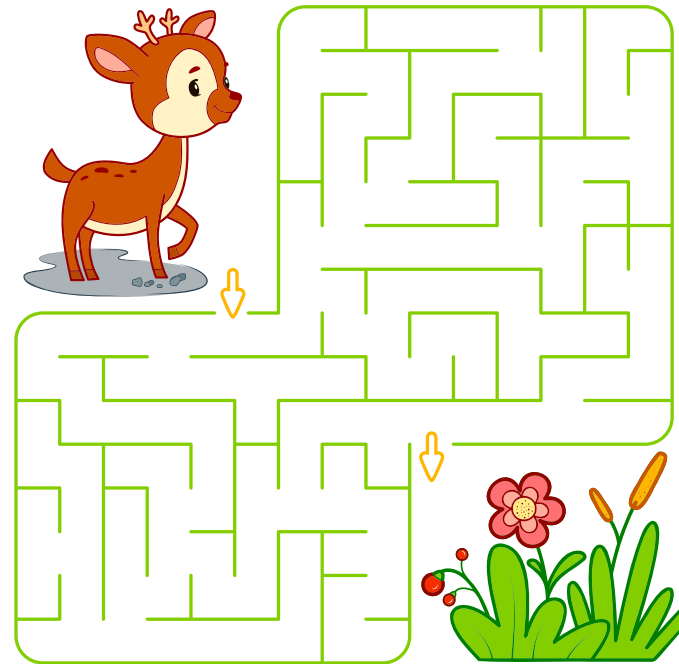
- Down**
- Communications word
 - Form droplets
 - Classic rock 'n' roll nickname
 - Deciduous timber tree
 - "Get out of the way!"
 - Melville adventure featuring Dr. Long Ghost
 - Swells
 - Terre Haute hrs.
 - Last of a series
 - Inhibiting standard
 - Song for one
 - Mary Lincoln, nee __
 - Maa of "Rahe" and
 - Prefix with -valent
 - Mus. version
 - Double-edged
 - Tit for tat, maybe?
 - Manipulated
 - Extra
 - Demolish
 - Political cartoon, say
 - Ariel Sharon's party
 - Derisive
 - Road closing?
 - CPR givers
 - Stagger after a blow
 - Bright-tailed streakers
 - Five-time U.S. Soccer Athlete of the Year
 - Smithereens maker
 - Base of a plant stem
 - Barefaced one
 - Core
 - SSS category
 - Ella's forte
 - Big fair
 - Hebrides isle
 - "The Velveteen Rabbit, or How Toys Become __"
 - "__ never work!"
 - Baseball stat
 - DeLay in the House
 - Renege, with "out"

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



MAZE GAME



SUDOKU

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

Solution to puzzle on page C10



HOURS:
 MONDAY - THURSDAY
 11AM - 12AM
 FRIDAY & SATURDAY:
 11AM - 1AM

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- FALL (2022) Thriller (PG-13)

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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)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
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 17
5 PM, No Vespers

Sunday, Sept 18
10AM, Congregational Prayer Service


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and Sundays 10:30am

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

www.trinitychurchminot.org


Worship Service at 10:45am Sundays
Sunday School at 9:45am

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org

Immanuel Baptist Church

1615 2nd St. SE • www.ibcminot.org
701-839-3694




SUNDAYS: 9:00 AM FELLOWSHIP
9:15 AM SUNDAY SCHOOL
10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
5:30 PM FAMILY SUPPER
6:30 PM PRE-K/KIDS' CLUB /
ABY & ADULT BIBLE STUDY


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


First Lutheran Church - ELCA
120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

www.firstlutheran.tv
(Live Stream & Recorded)
Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church

9999 27th St NE
4 miles south of MAFB
James W. Henderson
Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

westminot.com
facebook.com/westminot

First Baptist Church


200 3rd St. SW • 852-4533
www.fbcminot.org

Classic Worship Service 8:30 a.m.
Sunday School (All Ages) 9:45 a.m.
Contemporary Worship Service..... 9:50 a.m.
Adult Sunday School 11:00 a.m.
Contemporary Worship Service..... 11:05 a.m.
Children's Church 11:05 a.m.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
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
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Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

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www.oslcminot.com
Rev. Heath Trampe
Rev. Brian Doel

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9:30am Contemporary (w/livestream)
9:30am Sunday School & Adult Bible study
11:00am Contemporary Service

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

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


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

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Our Redeemer's Christian School's Preschool Program has started its 35th year the fall of 2022 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

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- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

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



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

UPCOMING EVENT

MINOT COIN CLUB SHOW
SATURDAY, OCTOBER 1
 10 AM TO 6 PM
SUNDAY, OCTOBER 2
 10 AM TO 3 PM

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Sept 30

FLEA MARKET

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NOVEMBER 12 & 13
DECEMBER 3 & 4

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 call 701.278.0866

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Sept 23

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Sept 30

RENTALS

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

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HOUSE FOR RENT - 30 PAVED MILES FROM MAFB. Choice of 4 School Districts. 2 Bedroom- 1 Bath. Double Garage. \$550.00 Call (701) 768-2692 or (701) 263-2093

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HOUSE FOR RENT - 3 Bedroom 2 Bath, 2 Car Garage, Close to MAFB. Call (701) 578-0009 or (701) 833-3689

Sept 16

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 701-839-0475 or 701-721-0475.

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AT-EASE DETAILING, provides professional full detail services, including Ceramic coatings and paint corrections. Cory is a certified installer with System X, a professional coating company, and guarantees 100% satisfaction with each job and has years of experience as a detailer.

Nov 4

SUDOKU SOLUTION

PUZZLE ON PAGE C8

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

HELP WANTED



LOOKING TO MAKE SOME EXTRA \$\$\$ WHILE HAVING A GREAT TIME? Come work with us at Pink's Bar and Grill! Located between Minot and the Air Force Base in Ruthville. We have Full and Part time positions open for servers and cooks. Apply in Person 102 128th Ave NW Minot, ND 58703

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 Or contact: Matt Mackey
 By email or phone at
mmackey@kalixnd.org
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Baggers Work for Tips Only

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- 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.

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THE NORTH DAKOTA NATIONAL GUARD

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

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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.

PARK UNIVERSITY MINOT –

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



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WHAT'S GOING ON MAFB

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

WEDNESDAY 21

- HIIT Strength & Conditioning, 0500, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- First Duty Station Officer Financial Course, 1400-1600, hosted by the M&FRC
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- 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 17

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

THURSDAY 22

- Pre-Separation Counseling, 0830, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Thursday Night Football, Doors open at 1700, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center

SUNDAY 18

- Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1400, Fitness Center

FRIDAY 23

- HIIT Strength & Conditioning, 0500, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Magic The Gathering Powered Synergy Cube, 1800, ESC

SATURDAY 24

- Yoga for Fitness, 1000, Fitness Center
- Super Smash Brothers Ultimate Tournament, 1400, ESC

HAPPY BIRTHDAY!
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18 September 2022 • 10:30AM - 1:30PM
Dakota Inn Dining Facility

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MONDAY 19

- HIIT Strength & Conditioning, 0500, Fitness Center
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

THURSDAY IS THE NEW FRIDAY!
AT ROCKERS BAR & GRILL

NOW OPEN AT 5PM!

GAME DAY SPECIALS
BUCKET OF BEERS,
PRETZELS & BEER CHEESE,
MYSTERY SHOTS,
MEGA NACHO PLATTERS,
AND MORE!

FOR FRIDAY NIGHT FUN, HEAD TO THE JIMMY DOOLITTLE CENTER STARTING 3:30PM

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MON: 6 - 8AM & 1 - 6PM
TUE: 9AM - 1PM & 2 - 4PM
WED: 6 - 10AM & 12 - 3PM
THU: 9AM - 1PM & 2 - 4PM
FRI: 6 - 8AM & 1 - 6PM
SAT: 10AM - 2PM
SUN: CLOSED

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TUESDAY 20

- Career & Certification Exploration Track, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

ONGOING

- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

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MONDAY - THURSDAY:
11AM - 1AM
FRIDAY - SATURDAY:
11AM - 2AM
SUNDAY: CLOSED

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