

northern sentry

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DAY LONG RUN COMMÉMORATES POW/MIA



A flag is displayed during a POW/MIA commemoration run, Minot Air Force Base, North Dakota, Sept. 29, 2022. Volunteers from the 5th Bomb Wing and the 91st Missile Wing ran for 24-hours with the POW/MIA Flag and the U.S. Flag in honor of those held in captivity and those who have yet to return home. See page B1 for more coverage.

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



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The 54th Helicopter Squadron Visits Glenburn Public School

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 54th Helicopter Squadron landed a UH-1N "Huey" at Glenburn Public School in Glenburn, North Dakota to allow students to tour the aircraft Sept. 27, 2022.

The community event was brought to fruition from a simple conversation involving 1st Lt. Sarah Melton, a 54th HS pilot and a local girl in a café.

"One of the little girls I met in the café asked me 'Who are you, what do you do?' and I said, 'Well I fly helicopters up on base'," said Melton. "And she said, 'You fly helicopters!' and I said, 'Yeah do you want to see a

picture?' and her eyes just lit up."

Melton took the conversation to heart and decided she wanted to give the opportunity to all the kids in the Glenburn community a chance to see the helicopter up close and meet with the air crew.

After months of coordinating with her squadron and the school, Melton was able to get all the required permissions to land a helicopter at the school's softball field.

Upon arriving at the school, the air crew was greeted by students ranging from kindergarten to seniors in high school.

"It was cool to see them make the connection, to get to see them climb in and look at all the

buttons and move the control sticks," said Melton.

Being able to contribute to the community youth was important to Melton, as she felt she could provide some inspiration for the kids who may one day want to join the armed forces.

"If they don't have any family members who work on base, they don't really have a connection to it," said Melton. "Especially, to see a lot of the little girls who had never thought about becoming pilots or military at all. It was cool to give them the option and opportunity to see they can do whatever they want."



Senior Airman Brydon Ott, with the 54th Helicopter Squadron Tactical Response Force, helps a child on to a UH-1N Huey helicopter at Glenburn Public School, North Dakota, Sept. 27, 2022. Ott and his accompanying air crew landed the helicopter at the school to improve community relations between the local towns and Minot Air Force Base.



Senior Airman Garret Hightower, Special Missions Aviator with the 54th Helicopter Squadron, helps a student try on his flight gear at Glenburn Public School, North Dakota, Sept. 28, 2022. The students were allowed the opportunity to tour the UH-1N Huey helicopter and ask the air crew questions regarding their jobs.

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



1st Lt. Sarah Melton, a 54th Helicopter Squadron pilot, shows a child the cockpit of a UH-1N Huey helicopter at Glenburn Public School, North Dakota, Sept. 27, 2022. Melton helped to coordinate the landing with the school, acting as a liaison between the community and Minot Air Force Base.



Capt. Mackenzie Paul, a 54th Helicopter Squadron, shows a child the control sticks of a UH-1N Huey helicopter at Glenburn Public School, North Dakota, Sept. 27, 2022. Paul and her aircrew spent the morning showing the students at Glenburn Public School the inner workings of the aircraft.



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Bomber Task Force Returns to Minot Air Force Base

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND --

After over a month of being overseas, the 23rd Expeditionary Bomb Squadron completed a Bomber Task Force (BTF) mission based out of RAF Fairford, England and returned to Minot Air Force Base, Sept. 23, 2022.

“The BTF was most definitely a success,” said Lt. Col. Ryan Loucks, 23rd Bomb Squadron commander. “Our objective was to strengthen

relations with NATO allies and partners and to demonstrate our shared pledge to global security and stability.”

Throughout the BTF, the 23rd EBS built essential relationships across Europe and Southeast Asia.

“Working side by side with our NATO allies is fantastic,” said Loucks. “It allows us training opportunities that we can’t necessarily get back in the states. It allows us to fight through some of the subtle

nuances and friction that come with allies and partners working together.”

The BTF flew alongside a variety of NATO allies and partners, to include the Royal Bahraini, Royal Saudi, Danish, Swedish, Italian, German and Belgian Air Forces.

BTFs are routinely flown across Europe and Africa with partner nations, to help build the defense capability and capacity of their security forces.



Airmen from the 23rd Expeditionary Bomb Squadron greet their families after returning from a Bomber Task Force deployment at Minot Air Force Base, North Dakota, Sept. 27, 2022. The 23rd Bomb Squadron Airmen deployed to RAF Fairford, England to integrate with NATO allies and partners.

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



Airmen from the 23rd Expeditionary Bomb Squadron disembark a jet and are greeted by base leadership on the flightline at Minot Air Force Base, North Dakota, Sept. 24, 2022. The 23rd BS personnel were deployed to RAF Fairford, England in support of United States in Europe and Air Forces Africa command.

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



Airmen from the 23rd Expeditionary Bomb Squadron greet their families after returning from a Bomber Task Force deployment at Minot Air Force Base, North Dakota, Sept. 27, 2022. The 23rd Bomb Squadron Airmen deployed to RAF Fairford, England to integrate with NATO allies and partners.

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



Airmen from the 23rd Expeditionary Bomb Squadron receive their Staff Sergeant select promotion certificates at Minot Air Force Base, North Dakota, Sept. 24, 2022. During their deployment, the Senior Airmen received their promotion while overseas and received their formal promotion upon their return.

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



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Getting Ready for the "W" Word

I have to tell you that last Sunday afternoon was an absolute perfect fall day. I was in the back yard checking over the apple tree to see how close we were to harvesting our small apple crop and the sunshine and fall colors reminded me of why I love the four seasons that North Dakota offers.

In October the leaves will finish their transition from green summer foliage to the reds and yellows of fall, and then sadly, they will fall and out will come the rakes. Some of those days spent raking leaves will be in bright sunshine with the temperature topping out around 60. In the morning you grab a light jacket and by Noon you are back to t-shirts, albeit they might be long sleeved t-shirts. And then there will be those days when you head out the door and definitely feel in the air that indeed, fall is almost over, and we are on the threshold of, well there really isn't any other way of putting it, winter.

I guess when you have lived

in North Dakota all of your life you are kind of used to playing Russian Roulette with winter. By the time this article comes out, we might have had a day when the high temperature for the day was in the 40's. A little heavier jacket needed, yes, but certainly no need to completely change over the closet quite yet. In the back yard there are those fall chores like disconnecting water hoses and cutting down what is left of the rhubarb patch...and we already talked about harvesting apples. Truth be told, you try to wait until you have that first heavy frost as that is what makes the apples really sweet.

You may have heard of natives refer to an Indian Summer, defined as a few days, or a few weeks, of unseasonably warm weather, more like summer than fall. The Old Farmer's Almanac; What? You didn't buy and Old Farmer's Almanac this year? You can't operate in North Dakota without an Old Farmer's Almanac! But that story



UPSIDE DOWN UNDER
MARVIN BAKER

Most of us love North Dakota because of the sunsets, fishing, hunting and open roads. I love the open roads.

We may not have the longest open road opportunities, but we are certainly up there toward the top. You can look at a map of the state and find long, straight highways just about everywhere.

In my opinion, there is nothing better than getting out on the highway, turning up the car stereo and rolling down the hardball.

For the past 22 years, I've been a 52-mile-per-day commuter, either to Minot or to Kenmare. That's about an hour on the highway at least five days a week. That's been my sanctuary. That's been my time to think.

In fact, I've been a commuter in North Dakota my entire adult

life. First, it was 250 miles from Hazelton to college at the University of North Dakota. Also, for 35 years, I drove across the state, and for a time two states, to attend National Guard drills.

But since retiring from the newspaper world, I don't always have that opportunity any longer. So, to make up for it, I took a trip to Missouri in June and loved every minute of it, especially driving backroads across the states of Kansas and Nebraska.

There's a lot of music that's perfect for the open road. Roll on Down the Highway by Bachman Turner Overdrive, Highway Isolation by Streetheart, Eastenders Down the Highway by Eastenders, Life is a Highway by Tom Cochrane and Red Rider, Rockin' Down the Highway by the Doobie Brothers, Highway Star by Deep Purple, Ventura Highway by America and numerous others all indicate the yearning for people to hit the open road.

Not only is it tranquil most of the time and is a time to think, but there's a lot you can see across North Dakota's highways. People from outside the state make comments that North Dakota is boring. Unfortunately, those people travel two highways; Interstates

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A VIEW FROM OUR SIDE

ROD WILSON, NORTHERN SENTRY



is for another day. Well anyway, the Old Farmer's Almanac tells you that Indian Summer normally takes place between November 11 and November 24. So, if you have procrastinated on preparing for winter, Indian Summer may be your final chance to get ready for another change in seasons.

Normally by Indian Summer I have a majority of my leaves collected and the garage will be prepared for winter. Replacing the lawn mower will be the snow blower (don't forget to change oil on the snowblower of course). The summer gardening tools are put away and the snow shovels have taken their place. Let's see, somewhere is that pail of ice melt that went into storage last spring, and finally I purchase and add winter windshield wiper fluid to my vehicles.

Don't be fooled by my calm demeanor this year. The above was

a plan that when well executed will get me ready to take on winter, whatever it throws at us, short of that snowstorm of the decade that happened last April.

You see Mother Nature; well, she holds the last trump card. There may not be an Indian Summer. I may be watching the Weather Channel and see that an impending snow event is just a few days off, and well I am just not ready for winter. Then we go into crisis mode. Everything needs to get done and get done in a hurry.

Even if I am "from around here", it doesn't mean that I have a preparedness mode like the squirrels who have been storing nuts for a couple of months. What it does mean is that when winter arrives, and it will arrive, I can deal with what Mother Nature throws our way. Sometimes not happily, but with an eye on the calendar for May of 2023, and spring.

Highway Isolation?...

94 and 29. Most of those highway distances aren't the most exciting, but there are exceptions.

The city of Fargo, Medora, the Badlands, Pembina, the Sheyenne River valley at Valley City and more.

But in reality, it's the backroads where the attractions are located. Take those backroads like I did across Kansas last summer and you might be surprised at what you see and who you encounter.

One in-state example I can think of is N.D. Highway 46 that goes from Streeter to I-29. It runs parallel about 20 miles south of I-94 and North Dakota Tourism considers it the straightest road in America.

That highway is 121 miles long and I can tell you from traveling it from south of Jamestown all the way to I-29 that indeed it is straight. When you turn east off U.S. Highway 281 south of Jamestown, you will go 50 miles without a turn.

U.S. Highway 85 going north and south from the Canadian border into South Dakota in the west is another good example of a scenic route. It takes you through Williston, Watford City and the north and south units of the Badlands.

N.D. Highway 43 is another good example that I'm sure not many people are even aware exists. It's only 23 miles east-west parallel to

the Canadian border and takes you past Lake Metigoshe and the Turtle Mountains.

Right now is a great time to travel that stretch because that's some of the greatest autumn beauty this state has to offer.

There are many others, pick one; N.D. Highway 21 from south of Mandan to N.D. Highway 22 south of Dickinson, N.D. Highway 200 west of Carrington that takes you over the McClusky Canal, N.D. Highway 57 that takes you around Devils Lake, N.D. Highway 1 from Valley City to Cooperstown and others.

There are also the scenic byways and backways. North Dakota has 13 of them. Byways are paved roads and backways are gravel roads. Three that come to mind are the Des Lacs National Wildlife Scenic Backway at Kenmare, the Sheyenne River National Scenic Byway south of Valley City and the Rendezvous Region Scenic Backway at Walhalla. All 13 of the backways and byways will be featured in next week's article.

North Dakota does have a lot to see, you just have to take the right road. One thing I would recommend when you do, take your camera and get more than just memories.

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SHE'S NOT FROM AROUND HERE

AMY ALLENDER

MINOT--I'm not an expert at many things. A lover of learning, I tend to soak up information and skills, without ever committing them to lifelong practice. This comes in handy because I know a little bit about a lot of bits. If I need to know more, I can usually find someone who is more expert than myself.

Recently, however, I've been contemplating what my area of expertise is. After much thought, this is where I landed: I'm an expert at reshaping and reframing a narrative.

Let me explain.

Naturally, I'm pessimistic. Or maybe I should say, pessimism was my normal, natural response to life's circumstances throughout most of my life. Like any good pessimist, I never myself a pessimist. Instead, I insisted I was a "realist." To me, optimism was foolish; a fantasy unlikely to come to fruition, ready to lead to disappointment. Deep inside, I wanted to believe the good, to be hopeful, but the negativity always won out. I thought if I assumed the worst, anything better would

be a pleasant surprise.

After nearly 30 years of living with that mentality, I discovered the painful bits of life are just as painful—even if you tried to brace yourself for them. Disappointment still stings, even when you've convinced yourself its coming. Eventually, my unhealthy thought patterns and lack of emotional intelligence took a toll. I found myself facing devastating anxiety and depressive disorders.

I came to an ultimatum: find a way to fix what was going on in my thought life—or succumb to a life of sadness, maybe even suicide.

That was nearly seven years ago. Since then, I've worked really hard to shift my normal, natural pattern of thinking from assume-the-bad-negative, to honestly-positive. I've created a new "normal" in my mind. This way of thinking is just as realistic—if not more so—than my old "realist" habits.

I learned that something positive and hopeful can be just as honest as something negative—even when examining the same circumstance. I learned that each of us has the right and authority to shape the narrative of our days. We get to decide what we will believe about our day when we recount it to others, and when we crawl into bed at night.

I do many things, but this is

my area of expertise. My ability to reshape instinctually-negative narratives into something truthful, and positive is something in which I've achieved expert-level status.

Since beginning to write "She's Not From Around Here," I've gotten many, many messages sharing appreciation for my pleasant perspective on a place that many see through an inherently unpleasant lens. This reminds me, in a world that is often dark and confusing, uplifting words spoken with honesty are a balm. We are all drawn to hope.

While I appreciate the gratitude and compliments, I don't want to take too much credit. I think this is a knack we can all develop with a little practice. We all have the ability to control our story, even if we can't control the windchill.

Heading into winter—perhaps the hardest time to call North Dakota home, especially if you aren't from around here—is the perfect time to start honing your own ability to reshape a narrative. To get you started, I'll reframe a couple common winterisms for you.

"North Dakota winters are miserable." Reframe it, and you've got something like, "Everyone knows insanely cold temperatures are uncomfortable, but our community works hard to provide fun (and often free)



Many people move into Hot Dish Land dreading the cold winters. Focusing on the negative can blind us to the positives. With a little practice, anyone can become savvy at telling themselves a positive narrative.

AMY ALLENDER PHOTO

things to do that only happen during the cold months."

"Winters last forever up here," becomes, "Winter is a hard season, but spring, summer, and fall in North Dakota are absolutely stunning."

"My kids are going crazy from being cooped up inside." Rewrite that narrative and you've got, "My kids' energy encourages us to get outside and play, or attend events even when it's cold and I'd be tempted to stay home."

You've got the power over the

story you tell. With practice—whether you've lived here your whole life, or this will be your first winter—you can weave an honest narrative with a positive spin. Positivity won't change the windchill, but it will help you get through the cold, dark months with your hope, and mind intact.

For more on positive living and an outsider's life in Hot Dish Land, join me on Instagram (@amy_allender) and Facebook (@amyallenderblog).

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MINOT AIR FORCE BASE HISTORY



5TH BOMB WING'S FIRST B-52!

The first B-52G aircraft was delivered to the wing on February 13, 1959, which also marked the 40th year of the wing's existence. By the end of March, the wing had received five bombers, and in September it gained the 916th Air Refueling Squadron (AREFS) which had recently been activated. (Courtesy 5th Bomb Wing Historian)



91ST MISSILE WING

The direct history of the wing begins with the activation of the 91st Strategic Reconnaissance Wing in 1948. However, upon its activation, Strategic Air Command (SAC) bestowed the history of the 91st Bombardment Group, with its extensive WWII combat honors, on the new wing. On 1 September 1991, Strategic Air Command (SAC) restructured the entire command, re-designating the 91 SMW as the 91st Missile Wing (91 MW) and assigning it to the Twentieth Air Force (20 AF). When the Air Force inactivated SAC, Tactical Air Command (TAC) and Military Airlift Command (MAC) in 1991, the newly activated Air Combat Command (ACC) took control of the nation's ICBM force, including the 91st Missile Wing. On 1 July 1993, the wing's command structure again changed when the Air Force realigned the 91st from Air Combat Command (ACC) to Air Force Space Command (AFSPC). The men and women of the 91st Missile Wing, known as the "Rough Riders," took the changes in stride, keeping missiles on alert and maintaining their mission of deterrence. (Courtesy 91st Missile Wing Historian)

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WINGS AND THINGS ASSIST WILDLIFE MANAGEMENT

Patricia Stockdill

Hunters generally recognize they have serious responsibilities when they purchase licenses and go afield – safety and ethics, for example.

However, there is another responsibility, one allowing hunters to play a role in management: The responsibility to wildlife and future hunters and hunting opportunities: filling out a harvest survey.

Or reporting a banded bird.

There's yet another responsibility providing an opportunity to play a role in citizen science. You know, where the average person can help scientists or, in this case, wildlife managers, gain important information by actually collecting data themselves and sharing it with the experts. It's saving some body parts off of upland birds or waterfowl.

It's wings and things.

Things like legs (think rooster pheasants here) or certain feathers to help determine the age of an upland bird.

As long as one is cleaning a bird, it's not that difficult to take a few minutes to get the requested feathers, wings, or legs.

And in a way, it's almost a responsibility for hunters submitting wings, wing parts, and feather or leg samples because they're helping migratory and upland bird managers live up to their own responsibility of managing resources to the best of their scientific ability.

The information gleaned from analyzing those body parts provides hard data wildlife managers can reference when making decisions. A large part of that information includes harvest data – what species, how many, and whether a bird is juvenile or adult, male or female, for example.

Consider this: The more information waterfowl managers have, the better they can determine season and bag limits, species restrictions, etc.

For example, the U.S. Fish and Wildlife Service allows North Dakota to issue a limited number of tundra swan licenses. If there isn't accurate enough harvest information available to guide the decision making process and provide enough of a confidence level, licenses numbers could decrease or season structure change as managers err on the side of caution to best protect the resource.

Essentially, if harvest numbers are uncertain, managers tend to be cautious in management strategy, which could lead to more conservative regulations and fewer opportunities in the field.

It's a case of the old adage "to ere on the side of caution."

Money is another reason to participate in harvest surveys, report band information, and collect wing samples. Hunters pay for banding operations.

They pay for surveys and collecting and analyzing wing samples.

Wildlife managers send out follow-up correspondence for things such as harvest surveys if they don't have enough information to statistically validate their data, costing more hunter dollars.

Money is wasted when wing sample collection packets are mailed out to hunters and no one bothers returning any – especially if they got birds.

Oh, and one last thing – not only is it important to respond to surveys, submit wing samples, and report banded bird harvest information, it's equally important to be honest.

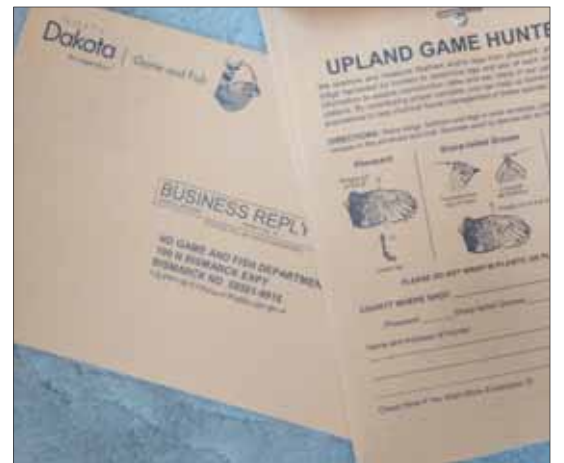
Truly, people analyzing the information won't laugh if you didn't harvest a duck, goose, dove, pheasant, or grouse. They're not going to frown down on someone if a hunter answers "no" to the question "Did you hunt turkeys in the fall 2022 season?"

A "zero" or "no" response is equally as important as any number of birds harvested. The reason: A "zero" falls into the average and when no one reports a "zero" for harvest, it skews harvest success rates, which could affect management decisions.

Nor do they care if the rooster was bagged in Mountrail or McHenry County; the accurate harvest location helps to better determine population estimates.

So be honest.

Send in harvest surveys, band information, and wing samples.



Hunters can submit wing samples in prepaid envelopes to help wildlife managers learn more about harvest and populations.

PATRICIA STOCKDILL PHOTO

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Fitness Feature: Personal Training

ERIN BEENE, NORTHERN SENTRY

Many types of physical and even mental fitness have been discussed in this feature. It exists to represent the nature of those in this Minot AFB community that enjoy working their body. Because fitness is a cornerstone of the military profession, the promotion of such an aspect is obvious. This week, the feature introduces Jillian Cangealose: personal trainer, fitness nutrition specialist and base cycling instructor.

Jillian is a mom, mil spouse and Minot veteran. She and her AD spouse are on their 3rd tour in North Dakota (once stationed at Grand Forks AFB), so the Minot winters don't scare this Midwesterner. Jill has always loved working out and has lived the active lifestyle continuously. She began looking towards helping others love fitness in July of 2015 when she took a job at the Minot YMCA teaching strength and boot camp type classes. Through this experience, Jill realized her joy and ability to help others work-out more productively. So when their family PCS'd to Hawaii, she continued her coaching and teaching classes. When Covid hit in 2020, group fitness classes quickly became obsolete, and Jill was forced to pivot. It was at this time that she discovered one-on-one personal training opportunities. She began building her brand of personal trainer and ultimately built a strong client base there in Hawaii. Jill said it was difficult to leave there and move back to Minot because as a personal trainer she grew really connected to her clients' lives.

She said, "You see how hard they work. You get to know their kids, and then you have to move and it rips your heart out."

Like any mil spouse after a tough move, Jill wasted no time and started rebuilding right here in Minot. She currently teaches cycling classes at the McAdoo Fitness Center on Mondays & Wednesdays and loves it because she said cycling is a personal experience for everyone. She leads the class and gives suggestions for sprinting or climbing, but ultimately everyone can make it a class for them and go at their own pace. She encourages everyone to come give it a try, or two or three. She can be a tough teacher but cycling student Laurie Ruediger said, "Jill keeps the beats rolling in this fun cycling class!" Another cycling participant, Joyce Hoadley said, "It is high energy with a great playlist, killer hills that will make you sweat and contemplate quitting but when it is over you will feel unstoppable." Jillian's cycling classes are open to the base public, free of charge on Monday mornings and Wednesday afternoons at the McAdoo Fitness Center.

Jillian has recently re-started the process of her personal training business as a contracted trainer at the base gym. Her focus is to help teach people how to move in appropriate ways through all stages of life: what she referred to as "functional training." She wants people to realize that a personal trainer like herself is here to help with any fitness goals a person has, whether they

be big or small. She likes to help clients focus on ways to make each individual body strong and ways to build muscle to avoid injuries or re-injuries. When asked why someone should consider hiring a personal trainer, Jill said that personal training is for anyone who wants to learn to move, workout or lift the correct way, will benefit from some personal training. She will soon -once the contract is official- be able to book clients at the fitness center. Sessions are priced affordably at \$30 to \$40 per 60-minute session. Jillian said, "The more sessions you buy the more you save. I also offer 30-minute sessions and partner sessions, where I would split the 60- or 30-minute rate." At the end of the day Jillian admitted that fitness has done a lot for her in life, and she wants to bring that joy to as many other people as possible.

Several of Jill's previous clients were willing to give her glowing reviews. A Hawaii client, Bella Marie said, "The most important thing I learned from her was that you don't need to exercise with heavy weights, when 5-10 lbs dumbbells can help burn fat and build muscle just as good. Repetition and proper form were more important than anything else. She was such a good motivator and invested more time that she was getting paid for. Her goal was to ensure you understood everything and were aware of everything that she had to offer. I loved working out with [Jill] as she motivated me to always do my best."



Jillian Cangealose. Cycling Instructor and Personal Trainer.



Jillian at Makapu'u Lighthouse Trail in Oahu, HI.

Jillian is in the final stages of her contract agreement with the gym and will hopefully be able to start taking new clients soon. For questions about person training,

what is involved or how Jillian can help, please contact Jillian at 269-779-4617, Jncfitness21@gmail.com

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Good Gardening
ADVICE
 by Marvin Baker

Buttoning up another season...
 As we go into October, we're closing the door on another gardening season. Some of us have had one night of frost in September and it's changed the dynamic of the growing season. For me it's bittersweet. It means I can take a break from working so hard, but it also means I won't be nurturing those plants any longer. But, being an optimist means planning for next year, poring through seed catalogs and in the near term, planting garlic. It's been a good year, timely rains, lots of sunshine, an above average bounty, and having the privilege of serving the people of the Minot Air Force Base.

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A1C Beery is the lucky recipient of Lt Hauser's first ever awarded Shadow Warrior 1 Day Pass! A1C Beery did a flawless post brief AND he set the example, trained up his brand new SF wingman, Amn Young, to do an awesome job on her post brief as well!!! Way to lead by example A1C Beery!!

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POW/MIA RECOGNITION DAY EVENTS



Team Minot Airmen participate in a POW/MIA commemoration run, Minot Air Force Base, North Dakota, Sept. 29, 2022. Volunteers from the 5th Bomb Wing and the 91st Missile Wing ran for 24-hours with the POW/MIA Flag and the U.S. Flag in honor of those held in captivity and those who have yet to return home.



Airman 1st Class Parker Lund, with the 5th Aircraft Maintenance Squadron, participates in a POW/MIA commemoration run, Minot Air Force Base, North Dakota, Sept. 29, 2022. Volunteers from the 5th Bomb Wing and the 91st Missile Wing ran for 24-hours with the POW/MIA Flag and the U.S. Flag in honor of those held in captivity and those who have yet to return home.



A Team Minot Airman reads the names of POW/MIA's during a POW/MIA commemoration run, Minot Air Force Base, North Dakota, Sept. 29, 2022. Volunteers from the 5th Bomb Wing and the 91st Missile Wing ran for 24-hours with the POW/MIA Flag and the U.S. Flag in honor of those held in captivity and those who have yet to return home.



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Col. Daniel Hoadley, 5th Bomb Wing commander, gives remarks during a retreat ceremony for National POW/MIA Recognition Day at Minot Air Force Base, North Dakota, Sept. 30, 2022. The ceremony was a part of multiple events held to honor the sacrifices of the men, women, and their families who paid the ultimate sacrifice for their country.



A flag is displayed during a POW/MIA commemoration run, Minot Air Force Base, North Dakota, Sept. 29, 2022. Volunteers from the 5th Bomb Wing and the 91st Missile Wing ran for 24-hours with the POW/MIA Flag and the U.S. Flag in honor of those held in captivity and those who have yet to return home.

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 SENIOR AIRMAN EVAN LICHTENHAN



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The Importance of Human Connection

CMSgt Crider Speaks at Storyteller's Event

ROD WILSON, NORTHERN SENTRY

According to Laurel Grams, Installation Suicide Prevention Program Manager, suicide prevention should not be a one-month event, but a 12-month focus. The culmination of the September Suicide Prevention activities at Minot Air Force Base was a Storyteller's Event. Five different participants bravely shared stories of suicide or attempted suicides. A large audience listened as the storytellers took to the stage in the Jimmy Doolittle Event Center and emotionally shared their life experiences in order to shine a light on this important topic.

The final Storyteller was Chief Master Sgt. Ernest Crider of the 91st Missile Wing. Crider's story involved a fellow crewmember, Maj. Mike Mosely, a KC-10 pilot.

Crider shared that his story was most often told at the end of a two-hour talk on the importance of human connection. Earlier on the day that Mosely committed suicide at Scott Air Force Base, Crider had briefly passed by him as they both headed to work. Crider had forgotten something in

his vehicle, and so the two were headed in opposite directions. "I just caught his eye for a moment. We shared a glance," he said. Later that day, Crider would learn that Maj. Mike Mosely had taken his own life. "He walked around a picnic table in a park. He sat down, he got up and walked, and then he took out a gun and took his own life. Those last minutes of Maj. Mosely's life were recorded on a camera that was on a city bus parked nearby."

Mosely was in the process of getting a divorce. He had one daughter.

For Crider, Mosely ending his life was completely out of the blue. "Sure, hindsight is certainly 20/20, and as I look back there probably were indicators; things that were not normal. As I answered the phone and friends and colleagues asked me why, I really didn't have answers. We were all seeking closure. I can't really count how many times I have told that story. It is a way of telling people about the importance of human connection. We need human connection.

Why is solitary confinement such an extreme type of punishment? Because they take away human connection," continues Crider.

All of the stories seemed to have a defining moment, and according to Crider it is important that at that moment there is human connection. "How are you able to read people and know their inner thoughts with human connection?" asks Crider "You need to communicate on a human level. That's why the Air Force is working hard to push that human connection."

CMSgt Ernest Crider has been at Minot Air Force Base for over 3 years. He sees these types of storytelling events as important to share these stories to let people know about the help they can get, and other people have the same issues.

CMSgt Crider says he has a saying that he uses a lot, it's a quote by Teddy Roosevelt. "People don't care how much you know, until they know how much you care."



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



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A LOOK BACK

THIS WEEK IN USAF HISTORY

LGM-118A PEACEKEEPER MISSILE PLACED ON ALERT

October 10, 1986



On October 10, 1986, near the end of the Cold War, the Air Force placed the LGM-118A Peacekeeper on alert duty. The intercontinental ballistic missile, also known as the MX for Missile, Experimental, was a four-stage missile capable of carrying up to ten independently-targetable reentry vehicles. 50 Peacekeeper missiles were brought to F.E. Warren Air Force Base, Wyo., and placed on alert in modified Minuteman III silos. The other ICBMs were meant to be deployed to railcar launch vehicles, but the railcar basing was never implemented. By the end of 1988, a total of 114 missiles were produced. The Peacekeepers were deactivated in 2005 and the United States switched to a missile force composed entirely of Minuteman IIIs.

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

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

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Minot Airman Offers First-Person Narrative about Infant Loss Realities

STORY BY MSGT SAMANTHA MAGHAMEZ

(RECENTLY 791 MSFS NOW 690 INTELLIGENCE SUPPORT SQUADRON AT JOINT BASE SAN ANTONIO)
COMPILED BY ERIN BEENE

October, among many things, is known as “Pregnancy and Infant Loss Awareness Month.” This month recognizes the painful reality that many families face every year. Pregnancy and infant loss are agonizing situations for all involved and while no one wishes for this reality, it happens, often closer to home than many may think. Master Sgt. Samantha Maghamez has recently experienced a personal loss and wants to share her story in order to help others in similar situations realize that they do not have to grieve in solitude. There are resources available to help the unthinkable grief of families who have gone through these heartaches. She hopes her story will inspire others to share their joy and grief and work toward healing after a pregnancy or infant loss. Here is Samantha’s story:

At 34 weeks, I went in for an ultrasound with my high-risk OB because my ultrasound on Friday had shown that Isabella had an interval development of a fluid-filled dilated proximal small bowel, duodenum, and stomach. The dilated bowel measured up to 27 mm in diameter. Overall, the pattern suggested interval development of a small bowel obstruction. Friday her growth, heartbeat and weight were perfect. My amniotic fluid level was at an AFI of 27 cm, which was an interval development of polyhydramnios. During the ultrasound the tech started taking measurements; I noticed that Bella was not moving much, and I thought that was weird because she was always so active during them. The tech said to another person in the room, “can you go get Doctor Tobiasz?” I heard her say “try it from another angle” to the tech and “try one more time.” I went into shock; I couldn’t believe what I was hearing. “I’m sorry to tell you this, but she has no heartbeat.” I started crying and very vaguely remember grabbing my things and moving to another room to talk with Doctor Tobiasz. She was heartbroken and said she didn’t understand what had happened from Friday to Monday.

I told her that Isabella had been active over the weekend. Rene and I were on video chat around 11-12 on Sunday and [the baby] was very active. I had no bleeding or signs of anything, and the last time I felt her move was before bed on Sunday. She told me that what was found on Friday would typically not cause fetal death, so she truly didn’t have an answer for me. She told me that Doctor Johnson wanted me to go to the ER as soon as possible. As I left the clinic, the walk to my truck was one of the loneliest things I have ever experienced. I wanted to drop to my knees in the parking lot and scream at God. I sat in my truck and cried. I was so angry; I questioned everything. I kept shaking and beating the steering wheel. I didn’t want to call anyone; I didn’t want them to feel what I was feeling. The pain and heartbreak were unreal. I drove home with my mom on the phone with me, still in shock and disbelief over what had just happened. I couldn’t comprehend anything and vaguely remember our conversation. When I pulled up in the driveway, my only thought was booking her a flight so I could get her in before the blizzard. Rene was on the way to El Paso, and I knew in my heart no matter how hard we tried he would more than likely not make it here to be with me, and that broke my heart even more. I couldn’t go through this alone. Rene had messaged me asking me how the appointment went. I knew that I had to call him and tell him the heartbreaking news. He was in a truck with three other co-workers and the music was extremely loud. He asked me how the appointment went, and I broke down and started crying. The only thing I could say was “she is gone” and he replied with “are you messing with me right now?” and I said, “No Hun I’m not, she had no heartbeat at the ultrasound.” There was so much silence on the phone. I told him I was able to book my mom a flight and that she would be coming in late that night. I told him we needed to start looking at flights

so we could try to get him here once he got to El Paso. When we got off the phone, my heart hurt so much. I had failed again as a woman to carry a child full term, and this was our second loss. As I walked in my house, I had the realization that the beautiful moment that I had envisioned of us as a family and bringing Bella home from the hospital was gone. I sat on the stairs and cried; I didn’t want to go to the hospital. I wanted to go back to sleep and wake up from this nightmare. To feel her move inside my belly again, to hear her heartbeat. It took everything I had left in me to call a dear friend and have her take me to the hospital. She was amazing and stayed with me until my mom could get here. So many people showed up in the moments that mattered the most, and I will always be so grateful for that. My labor was induced Monday evening due to health concerns. The doctor told me it was not reasonable to expect to find out what had happened and that I could do genetic testing but often there are just no answers. I told God that I would accept the loss of Isabella, but I told Him to have mercy on me. I couldn’t bear the agony of living my life wondering if I had done something wrong or could have somehow prevented this from happening. As a mom, you always feel like you want to look after your children, and I kind of felt like I might have failed her somehow. God’s grace over the next 24 hours to get me through my worst nightmare was astounding. The care I received from the midwives, nurses and the doctor were just beyond my ability to describe. It was like God had handpicked each person to give me exactly what I needed at exactly every moment during labor and delivery. I could feel a peace that only comes from God. Tuesday morning, Isabella’s earthly body was born at 10:37 a.m. What I thought would be the most agonizing moment of my life was the most beautiful thing I have ever encountered. There is no way to explain it. It was just one of those holy moments where



“I take joy in moments of the day I previously overlooked. The tragic death of my daughter has led me to a fuller life with eyes wide open. But still some days I close them and cry, because that helps me to feel close to her too. I will always let my daughter define me and inspire me, because now I am living for us both”- MSgt Samantha Maghamez



Bella Dawn

heaven touches earth. Isabella was greeted with honor and dignity and with the weeping eyes of a nurse and a doctor who were sharing our pain and crying with us. She was beautiful and perfect. I was blessed to be able to hold Isabella...to look at all the features that God had delicately crafted into her face and her feet, her hands and her everything. I praised God for all the details that He’d knit into her. She looked like a perfect version of her mom and dad. One of the nurses at the hospital bathed Isabella. This nurse held our precious baby and washed her as though she was the most special

child in the world. She made so many beautiful keepsakes of our angel that we know that God was present in every moment. Chaplain Harris blessed our beautiful angel, and she was baptized in my arms with her daddy on video. My mom was also by my side and was a part of this moment we will cherish forever. Me and Rene had our time with Isabella. We talked about her having his beautiful hair, my blue eyes, my nose, cheeks, chin, a combination of our lips, my beautiful fair skin, my hands, very long legs, and his feet & toes. She was beautiful and perfect in every way.

RESOURCES AND SUPPORT FOR MISCARRIAGE, PREGNANCY & INFANT LOSS, STILLBIRTH & SIDS

LOCAL SUPPORT

Angel Parents of North Dakota – Meets the 2nd Tuesday of every month

Location: Hampton Inn and Suites – 1400 N Broadway
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ONLINE /VIRTUAL GROUPS

Rachel’s Gift - rachelsgift.org

Provides support for families both in the hospital and beyond. Through support groups led by caring, qualified counselors and social workers with years of experience, we help families move toward healing. Unlike general bereavement support groups, our groups are specifically designed for families of pregnancy and infant loss. Families are able to join a support group at any time. All groups are open to parents, grandparents, extended family, and friends of pregnancy and infant loss. If we do not offer a support group in your area, we will work to connect you with the best possible support group resource near you.

PREGNANCY & INFANT LOSS SUPPORT GROUP

(WEEKLY) THURSDAYS | 7:00PM ET Meets Virtually via Zoom

You must register to attend. Our groups are facilitated by caring, qualified counselors and social workers with years of experience and are designed for parents and families enduring pregnancy and infant loss. You are welcome to join at any time. Parents, grandparents, family, and friends are welcome.

MEN ONLY SUPPORT GROUP

(MONTHLY) | 2ND TUESDAYS | 7:00PM ET
Meets Virtually via Zoom

Group meets on the 2nd Tuesday of every month. This group is led by men, for men enduring miscarriage and infant loss. You must register to attend. You are welcome to join at any time.

COUPLES SUPPORT GROUP

(MONTHLY) | 4TH TUESDAYS | 7:00PM ET
Meets Virtually via Zoom

NEW! Introducing a new Pregnancy and Infant Loss Support Group focusing on relationship issues that can surface as you are navigating the grieving process. This group meets the 4th Thursday of every month at 7pm EST. You must register to receive the link. You are welcome to join at any time.

FACEBOOK SUPPORT PAGE

Pregnancy Loss, Stillbirth, & Miscarriage Support for Military and Families
(Created by MSgt Maghamez)

Support for military mothers, fathers, couples, and families who have lost their babies through miscarriage, stillbirth, SIDS, neonatal loss, & infant loss. You do not need to suffer in silence. You are not alone and there is no timeframe on grieving. We will offer you comfort, support, understanding, and a safe space to share your story.

I am also willing to talk to anyone that needs support – MSgt Maghamez 432-254-0034



**PREGNANCY
& INFANT LOSS
AWARENESS MONTH**

OCTOBER



5TH COMMUNICATIONS SQUADRON PHOTOS

More photos can be found on Minot AFB PA Flickr page.

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

NOTES ON BEING SAFE

LET'S GO HUNTING



ROD KRAUSE
5TH BOMB WING
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Whether you've hunted for years or this is your first time, each hunting adventure always brings a "new experience!" It can be good or bad depending on the WHO, WHAT, WHEN, WHERE, and HOW.

WHO you hunt with is important as far as their experience, habits, and general knowledge of wild game and its habitat. Normally, an experienced hunter will ask a potential partner tons of questions to determine whether they want to go hunting with them or not. This is especially important when you consider that around 40 percent of the hunters injured each year are accidentally shot by their hunting partner while another 35 percent figure out ways to shoot themselves! For the sake of your own safety -- as well as that of your partner -- make sure you take into account both parties' skill levels and knowledge base.

WHAT type of wild game are you planning to hunt? Some of the most common are deer, elk, bear, duck, turkey, quail, pheasant, squirrel, rabbits, grouse, fox, and raccoon -- not to mention skunk, boar, woodchuck, coyote, weasel, and porcupine! And guess what? The seasons overlap each other. So, if you're not careful, there's a big window of opportunity out there for you to become some hunter's trophy! Keep in mind, however, that the most serious accidents typically occur during deer season. This is mainly because of the greater shooting distance and destructive power associated with high velocity rifles.

WHEN are you going hunting? You may want to consider scheduling your foray when the level of activity for big game -- like deer or bear -- is low. Since the total number of hunters is highest when big game season first opens up, scheduling your hunt in the middle or last part of hunting season will reduce your risk of accidentally being shot by another hunter.

WHERE you hunt could be the difference between life and death! It would seem totally ridiculous for hunters to just jump in a 4x4 and drive for hours to hunt in a place they have never been before or haven't visited since last season, but it happens. You need to do some pre-hunt scouting to visually check the areas you plan to hunt. This includes checking to make

sure the land is open to hunting; checking for trails, ponds, game, etc.; determining if your cellular phone operates or locating occupied areas where telephones or help may be available; and talking with local officials and residents.

HOW you hunt will largely determine whether you succeed or not. Just as seasons overlap, the weapons you use to hunt with may also have some overlap. You can use muzzleloaders, assorted firearms, and the good old bow and arrow (archery), as long as you obey the rules and guidelines set by each state. Each state usually publishes their hunting regulations and includes pamphlets with special game permits that are a "must read" for all hunters. Cellular phones, two-way radios, etc., are very important in keeping hunters in contact and obtaining help in the event of an emergency. A backpack with food, water, first aid kit, flashlight, blankets, tools,

etc., always comes in handy. It's not a bad idea to include signaling devices such as mirrors, flares, etc., whether you are in a remote location or not! Most states also ask or require you to wear hunter orange clothing. This helps other hunters to be absolutely positive of their target. Consider what is behind your targeted game to ensure your projectile doesn't glide through buildings, people, or in the direction of a road. One of the oldest safety messages is the control of your firearm's muzzle. Also, ensure that your firearms are properly secured and stored on base. This can be accomplished through the Security Forces Armory.

To summarize, don't forget to communicate your planned courses of action for any potential situations, wear that hunter orange clothing, pick your hunting buddies with care, and "keep your gun barrel pointed in the right direction!"

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AIRMEN RECOGNIZED FOR OUTSTANDING WORK

Airmen were coined and recognized for their outstanding work by Col. Daniel Hoadley, commander of the 5th Bomb Wing, at Minot Air Force Base, North Dakota, Oct. 3, 2022.

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The Best of Norsk Høstfest

AMY ALLENDER

There's no doubt the Norsk Høstfest is held in high regard. This is especially true for those who have lived in Minot their whole lives—or at least, many years. To them, many of whom boast far-reaching Scandinavian heritage, this event is not just a coming together of food, vendors and entertainment. It's much more than that. It's a celebration of their heritage. This is a time to revel in ancestral culture, connect with friends from abroad, and bask in the nostalgia stirred up by the sights and sounds of Høstfest fun.

For those of us who haven't grown up knee deep in Scandinavian culture, it can be a little confusing. The first time I attended the Høstfest, I was completely overwhelmed by the food options—then left a little underwhelmed by taste. (Just don't tell the locals I said that.)

Over the years, I've come to love and appreciate the Høstfest. Now I want to pass along a few of my suggestions to you. Here is a visual guide of my Høstfest picks. These are some of my favorite vendors and sights, but please remember that there is no "bad" part of the festival. I highly recommend exploring, chatting with vendors, and finding your own favorites.



Boy watching viking silversmith.

Viking Village is one of my very favorite parts of the Norsk Høstfest. This is one of the most hands-on portions of the event, and it's so much fun for kids.

Stop over to see demonstrations of Viking fighting techniques, games, blacksmithing, coin making, and cooking. To get there, you'll have to leave the main event and walk over to Flickertail Gardens.



Spinning wheel

Ossian Kidholm is one of my favorite artisan vendors at the event. Originally from Denmark, now living in Norway, Kidholm's passion is creating angora yarn and teaching others to spin. Stop over and watch him turn angora rabbit fur into yarn, and learn about the perks of angora wool. He is so friendly and eager to share about his art. (Copenhagen Hall)



Wooden cows

Lusk Scandia Woodworks will give you all the Scandi feels with clean, simple wooden pieces. Their clean aesthetic is exactly what makes Scandinavian so appealing. While you're there, stop and watch them carve their more complicated designs and ask them about their techniques. (Copenhagen Hall)



Dala horse magnets

When it comes to kitschy gifts and souvenirs Scandia Kicksled takes the cake for me. They've got everything from magnets and ornaments, to jewelry and mittens. I love their assortment of Christmas goods, too. If you want a small memento, you'll find it here. (Helsinki Hall)



Made from scratch lefse sticks

Lokstad is a family company that has been making high quality wooden rolling pins and lefse sticks since 1950. Even if lefse isn't your thing, one of their lefse sticks, or a hand-turned rolling pin would make a good keepsake for any kitchen. Their history is interesting, so be sure to ask. (Stockholm Hall)



Rosemaling

You'll see a lot of rosemaling at the Høstfest, but my favorite is Coplands Norwegian Rosemaling. JoAnn Copeland is a North Dakota artist who has begun rosemaling in 1979. What started as a hobby has become a career. Her work is breathtaking. (Stockholm Hall)



Giant coloring page

If you've got kids, don't skip the kids' area, and fun books and prints from Art by Max. Enjoy coloring pages, a giant coloring wall, and take in entertainment geared toward the littler crowd at the nearby stage. (Stockholm Hall)



Green sweater

Nothing will make you want to buy a sweater more than a trip to the Høstfest. I've got two sweater recommendations for you. First off, Arts and Crafts Norway, by artist Anne Jorunn. Anne and her crew of five additional knitters make all their merchandise by hand in Blindleia, Lillesand Norway. Her designs and colors are gorgeous. She has the absolute sweetest children's sweaters. (Stockholm Hall)



Red sweater

My second sweater recommendation is Swedish Passport. The owners are from Norway, MI, and carefully curate their inventory of imported wool items. They've got a huge selection—if you're after a sweater, they'll have one that fits your style. While their items are

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Eating lefse

not handmade, they hail from a variety of Scandinavian countries. (Stockholm Hall)

One thing I love about the Høstfest is that the food is not provided by major concession vendors. Much of the food you purchase, is made in small batches by local people who love making cultural dishes. If you've never had Scandinavian food, I highly recommend taking a sampling approach. Here are my top picks for food.



Lefse station

Home of Economy is offering free lefse demonstrations. Staff will help you roll your own lefse and cook it. This is the perfect hands-on way to sample lefse. (Stockholm Hall)

The Sons of Norway offer great prices on traditional foods. Their portion sizes are on the small side, but perfect for getting a taste of the culture while you walk around. (Oslo Hall)



Bethany Lutheran

For meatballs I recommend Bethany Lutheran (Oslo Hall) or Mormor Hazel's Swedish Meatball Dinner. Mormor Hazel's (Reykjavik Hall) is a little less expensive, but I love that Bethany Lutheran offers a meatball-lutefisk combo dinner.

No matter what you eat, or where you shop, be sure you take time to ask some questions and learn about the culture that is held so dear here in Minot.

For more on life in Minot and positive living, connect with me on Instagram (@amy_allender) or Facebook (@amyallenderblog.)



Sons of Norway



Though vehicles can't function without them, tires are something few drivers think about until something goes wrong. A roadside flat tire or a tire rotation recommendation from a mechanic during a routine oil change appointment may be the only time many drivers give much thought to their tires. That no doubt leads to some confusion about what to do when tires inevitably need to be replaced.

The automotive resource Kelley Blue Book notes that the life expectancy of most tires falls between 25,000 and 50,000 miles. That's a big gap, and car owners can check their vehicle manuals to see if their vehicle manufacturer recommends a more specific replacement interval. It's worth noting that mileage is not the only barometer drivers should use to determine if they need to buy new tires. The following tips can help drivers determine if now is the time to outfit their vehicle with new tires.

- Measure the tread. KBB notes that a tire assessment should always include measuring the amount of remaining tread. Drivers can do this on their own in various ways. One method involves looking at the tread wear bars, which are little bridges in the grooves between the ridges. If the bars are even with the tread pattern, then the tire has very little tread remaining and must be replaced. The penny or quarter test is a popular way to determine if tires must be replaced. Insert a

penny or quarter into the center of the tread between two ridges with Lincoln's or Washington's head facing you. If you can see the very top of the head or the space above the head, the tire must be replaced. If only a little bit of hair is visible, then the tire is nearing its end. The tire has sufficient remaining tread if the some of the forehead is concealed.

- Check for other signs of wear and tear. Little remaining tread is not the only sign tires must be replaced. Tires with cracked sidewalls, discoloration and/or bulging need to be replaced.

- Confirm a larger issue isn't lurking. Uneven wear on tires is typically a byproduct of a larger issue. Though tires that have worn unevenly will need to be replaced, replacing them without correcting the larger issue will only lead to more uneven wear on the new tires. That's a costly mistake. KBB notes that poor wheel alignment or suspension issues are typically to blame for uneven wear. This issue can be fixed and should be addressed prior to purchasing a new set of tires.

Tires sometimes exhibit telltale signs that they need to be replaced. Before buying replacement tires, drivers can inspect their existing ones and ask their mechanic to confirm that a larger issue isn't affecting their performance.

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Community VOICES

Coming Home

MARTINA KRANZ

The winter cold surrounded her,
but didn't break through.
The white light from her windows
welcomed me from the street.
When I entered her cinnamon heat,
noisy love assaulted my senses.
Well, I love her back. Her soft blankets,
her big brown, recliner, and
her well-stocked kitchen.

I don't need to close my eyes and
click my heels like Dorothy.
I already know there's no place like it.
No place like it, and it loves me back.
Back to deep breaths. Back to old t-shirts
and holey sweatpants.
Back to a snail's pace, at least for a while.
Back to a cold beer
and loved ones so close by.

I remove my shoes in the mudroom.
A sigh escapes my lips
at the sheer pleasure of her.
Home sighs back as if she were waiting for me.
I climb the stairs. She catches my heavy bag,
and my feet relax into her carpet.
Back to warm hellos and hot meals.
Back to privacy. Back to temper tantrums.
Back to comfort for the frazzled mind.

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com



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Fire Prevention week is Oct. 9 - 15 in memory of the Great Chicago Fire that burned 3.3 square miles. Thank you, Col. McGhee and Col. Hoadley for showing their support to fire safety on our base. The Minot Fire Department will be holding a parade in housing at 0900 and an open house at 1030 till 1300 on Oct. 15.

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October 9-15 2022

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AMUR TIGER





Fact File	
Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Onions, Carrots, Melon, Deer, Pigs, Water Buffalo, Antelope

CREATURE FEATURES

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

Farm Crossword

Answer Key
Down: 1. Goat, 2. Farmer, 4. Goat, 5. Chicken
Across: 2. Farm, 3. Pig, 6. Horse, 7. Rooster, 8. Cow, 9. Barn

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ROASTED PORK TENDERLOIN WITH GARLIC AND HERBS

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

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

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

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

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

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

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

Ryan Davy - GM
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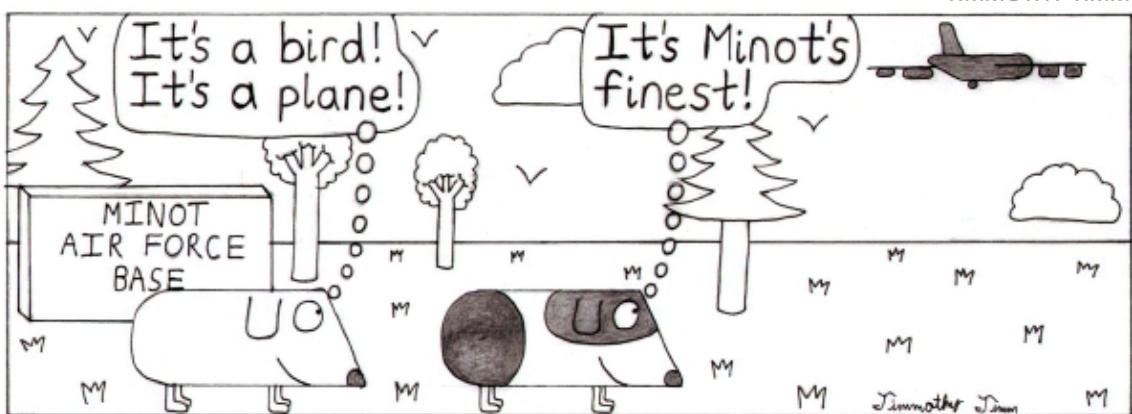
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TIMMOTHY TIMM



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

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North Dakota Civil Air Patrol Doubles Minot Pilots

CIVIL AIR PATROL, MAGIC CITY COMPOSITE SQUADRON

North Dakota Wing's Magic City Composite Squadron doubled in qualified pilots Sunday, Sept. 25. The wing Director of Operations, Capt. Kai Engstroem, flew one of the wing's Cessna 182 aircraft from Mandan to Minot and evaluated 1st Lt. Jason Coombs' initial qualification flight. Engstroem then returned the aircraft to Mandan.

Minot's Civil Air Patrol squadron has 23 total members, however, only one fully qualified

mission-pilot. Immediately, Coombs added the ability to also volunteer for transport missions such as flying personnel and supplies – including medical equipment. Coombs said he's, "...ready to move to the next stages for CAP," with the goal to have completed full pilot qualifications by the end of the year.

Coombs' favorite mission in CAP is mentoring cadets through ground training and soon through orientation flights. "The future of

aviation rests with them and it is an honor to be able to inspire and nurture their excitement for flight," said Coombs. Two more pilots have also pursued their Civil Air Patrol initial qualification, allowing for the opportunity to double pilot availability once more. More information about local volunteering can be found on the squadron's website, nd021.cap.gov or calling 1st Lt. Jonathan McLemore at (701) 720-6410.



One of North Dakota Wing's Cessna 182 aircraft awaits servicing between flights.



1st Lt. Jason Coombs practices abnormal navigation procedures in a Garmin G1000 equipped Cessna 182.



Capt. Kai Engstroem and 1st Lt. Jason Coombs stand ready to volunteer a full day of flight qualifications.



Above: One of North Dakota Wing's Cessna 182 aircraft awaits servicing between flights.

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DAF adds additional financial incentives to recruit Child and Youth Program employees

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force is taking immediate action to further support Airmen, Guardians and their dependents in response to Secretary of Defense Lloyd J. Austin III's memo "Taking Care of Our Service Members and Families" issued Sept. 22. Effective Oct. 1, DAF Child Development Program direct-care employees will receive a 100% childcare fee waiver for their first child enrolled in installation Child Development Programs. All additional children of direct care staff will receive a 25% discount, calculated after the multi-child discount is applied. Finally, other Child and Youth Program employees are also now eligible for a 25% discount for each child enrolled in the installation Child Development Programs, such as receptionists, custodial staff and cooks. "As I've traveled to dozens of bases around the world, I've listened to our Airmen and Guardians discuss the challenges they and their families face. Secretary Austin has personally engaged all of the Department of Defense's senior leaders to address these challenges, and the DAF is moving forward quickly to help our Airmen, Guardians and their families," said Secretary of the Air Force Frank Kendall. This fee waiver is meant to bolster the number of talented applicants and incentivize current Child Development Program direct-care employees to remain in their positions, ultimately reducing personnel expenses related to onboarding, background checks, and extensive training of new staff

members. Additionally, its goal is to increase capacity within Child Development Centers, school age care facilities and family child care homes, and shorten wait lists. Since the onset of COVID, challenges in recruiting care providers within a larger national shortage of child care workers impacted the DAF. Incentivizing employment and making the Department's child care program an "employer of choice" will improve the ability to operate CDCs at full capacity and provide care to more families. Military spouses comprise about 30% of Child Development Program staff, which means child care discounts can improve military family economic security. Employee child care discounts can be an effective recruitment and retention tool that will help to maximize existing child care capacity, reduce wait lists for care, and support the military mission and spouse employment. "The Department of the Air Force is implementing additional child care discounts because we're doing everything possible to ensure our CDCs are staffed. We want our Airmen and Guardians focused on the mission — not worrying about child care availability," said Under Secretary of the Air Force Gina Ortiz Jones. Individuals who are interested in a caregiver position with the Child and Youth Programs should contact their local Force Support Squadron Civilian Personnel Office or visit www.usajobs.gov for additional information. For more efforts the DoD enacted, visit www.defense.gov/Spotlights/Taking-Care-of-Our-People/



NODAK ARMS OUTDOOR REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Oct. 3: 1,834.03 feet above mean sea level (MSL); 14,100 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,449.61 feet above mean sea level (MSL). Stump Lake elevation: 1,449.49 MSL. •N.D. Game & Fish Dept. game wardens: Little activity throughout area lakes. •Devils Lake, Ed's Bait Shop, Devils Lake: Continued walleye activity on the north end of Creel and 6-Mile bays. Also try jigging along the rock piles and bridges. •Devils Lake, Woodland Resort, Devils Lake: Fewer anglers out but those going are working jigging Raps along the bridges for walleye. Also try bottom bouncers. •Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling and around the Grano area. •Lake Metigoshe, Four Seasons, Bottineau: Not many anglers but those going continue finding some walleye success. Limited bluegill reports. •Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not much activity on the east end of Lake Sakakawea. Look for some potential longlining salmon activity from shore along the south side in the bays by Garrison Dam. •Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Try 4 to 8 feet for walleye on Lake Audubon using jigging Raps and minnows with overall good success. Look for lower water elevations with the annual of the lake, transferring into Lake Sakakawea. Try around the pumping station on the east end embankment of Lake Sakakawea for walleye once water starts moving through. •Lake Sakakawea, New Town: Scattered walleye success but generally slow in the Van Hook Arm with limited angler numbers.

- Lake Darling now closed to boat fishing.
- Check all PLOTS signage before driving on with vehicles when waterfowl hunting to ensure landowner allows vehicles.
- Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.
- Waterfowl hunters reminded to follow ANS regulations when hunting from boats.
- Applications such as Onyx now have updated electronic posting information for the 2022 hunting season.
- Oct. 7: Elk season opens for lottery license holders in units E1, E2, E6, and E1W.
- Oct. 7: Moose season opens for lottery license holders in units M5, M6, M8, M9, M10, and M11.
- Oct. 8: Pheasant and fall turkey seasons open.
- Oct. 9: Bonus teal season closes.
- Oct. 13: Devils Lake Ducks Unlimited banquet, KC Club, 5:30 p.m.
- Oct. 15: Mountrail Co. Nat'l. Wild Turkey Federation banquet, Parshall City Hall, 5:30 p.m.
- Oct. 15: Audubon Nat'l. Wildlife Refuge Fall Festival in celebration of Nat'l. Wildlife Refuge Week. Hosted by Refuge Friends organization.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Catfish night bite continues in the Missouri River tailrace with a few walleye mixed but limited trout and salmon activity. Spillway channel inlet producing a little walleye success during the day. Slow salmon success from shore on Lake Sakakawea but the fish are moving in and stacking up, especially along Pochant, Government, and Scoria bays. Look for an improving bite with cooling air temperatures. Try live bait in 50 feet for walleye on the east end of Sakakawea. Also try farther west by Beulah Bay.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea producing fair walleye numbers using crankbaits around Hofflund Islands. New confluence boat ramp now open with some walleye activity up in the Yellowstone River. •Lonetree WMA area lakes, Harvey: Little activity throughout area lakes. •North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes.

Hunting:

- Pheasants: Lots of birds aren't fully colored yet so be sure to ID properly before shooting. Look for nice pheasant numbers in the northwest and west-central parts of the state. Fair numbers around the midsection of Lake Sakakawea.
- Waterfowl: Fair waterfowl numbers depending on water conditions. Little influx of migrating waterfowl across most of the state, including around the Lonetree WMA but some local birds remain in the area. A little bit of movement around the Williston area. Fair local waterfowl numbers around the east end of the Missouri River System. Not much waterfowl movement across North-central N.D. yet, either.

Numbers to know:

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

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Upcoming Events

7 OCT

MINOT VET CENTER COMMUNITY BLOOD DRIVE
10:00 AM - 2:00 PM
Southside Plaza
300 S. Broadway, Minot ND 58701

Parking Lot in the Vitalant Bus
Please make time to donate blood at the upcoming community Blood Drive. 80% of all North Dakota Residents will require a blood donation at some point in their life. Only 2-3% of Residents will take the time to donate. Be part of the elite group with your blood donation. Call 701-852-0177 to schedule!



For more information:
Facebook / Minot State University Veterans Center

8 OCT

GRANVILLE JUNKAHOLICS JUNKIN IN THE DIRT
9:00 AM - 4:00 PM
North Dakota State Fair Center
2005 Burdick Expressway, Minot

Join us Saturday, October 8th for a fun filled day of shopping for vintage, rustic, repurposed, raw, rough, and unique junk. Junkin' in the Dirt is the place to find something new, something old, or something old but new to you. There will also be the Vendor Market for home goods, handmade, sweet treats, home based businesses, adult and children clothing boutiques and pop up shops. \$5 Admission. Concessions available. For information on being a Junk or Market vendor, email granvillejunkaholic@gmail.com, call Wanda @ 701- 721-9957 or Kolette @ 701-818-7915 or private message the Granville JunkAholics on Facebook.



For more information:
Facebook / Granville JunkAholics

13 OCT

START UP MINOT - BUSINESS SHOWCASE AND NETWORKING HOUR
7:30 AM - 8:30 AM
Carnegie Center
2nd Ave SE 105 Minot

New in 2022, Start Up Minot is proud to showcase businesses and a free networking event for anyone interested! Half of the time will be spent listening to the story of new or expanding companies, while the other half is all about the connections. The whole hour includes free coffee and donuts - a perfect combination! Come join us at the Carnegie Center in Downtown Minot on the second Thursday of every month.



For more information:
www.minotcarnegiecenter.com

14-15 OCT

PUMPKIN WALK AT WOODLAND TRAIL
7:00 - 9:00 PM
Woodland Trail

Visit Woodland Trail for Minot Parks third annual Pumpkin Walk! Stroll the path filled with lit jack-o-lanterns on Friday, October 14th & 15th from 7:00 - 9:00 pm. This event is free to attend. Pumpkin Pledge - We need your pumpkins! Help us transform Woodland Trail! Our goal is to gather 1,000 carved pumpkins from local businesses and individuals. You provide the pumpkins we will take care of the rest! Make your pledge today by emailing gerald@minotparks.com or calling the office at (701) 857-4136. Donate 10 or more pumpkins and you will receive signage at your pumpkin display with your business' name. Minot Parks will provide the signage.



For more information:
www.MinotParks.com

On Base



For more information visit: www.5thforcesupport.com



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Minot AFB Important to Local Cooperative

ROD WILSON, NORTHERN SENTRY

For SRT CEO/General Manager, Cassidy Hjelmstad, the annual meeting is a way to let members know about their cooperative. "If you have our broadband or phone services, you own part of the cooperative" according to Hjelmstad. The annual meeting, held on October 12th at the ND State Fair center, will be the cooperative's 71st. "It all starts at 5:30 PM with a catered dinner. Members can register when they arrive, and we'll serve the meal until 7:00 PM when the annual business meeting starts. During registration members will be able to vote for board members according to where they live, and we'll also announce the results of the voting."



Cassidy Hjelmstad
SRT Communications CEO/GM

SRT is the telecommunications provider for Minot Air Force Base, "and recently we were able to offer 1 Gig Broadband Service to all of the housing location on base, including every room in the dorms" says Hjelmstad. "It's not only that we are able to offer a 1 Gig service option, but we are able to offer that service option at a very affordable price for those who really want and need 1 Gig broadband." As a cooperative, SRT is member owned, and thus when the board of directors votes to retire debt, each member will receive a check. "In some areas that aren't a lot of cooperatives, so we really want our members, including those on Minot Air Force Base, to realize that they really do own part of the cooperative, and they will get a check



when we send out dividends." Members of SRT recently received a card in the mail and are encouraged to bring that card along to the annual meeting so they can be entered to win prizes. "I promise that we'll pretty much be done with the annual meeting at 7:45 PM" says Hjelmstad "so people can come, enjoy a great meal, learn about the progress that SRT has made in 2022, and get home early." Results of the board of director's election, as well as details from the annual meeting, can be found on SRT's Facebook page.

BABY ANNOUNCEMENTS

BABY BOY BORN ON MONDAY, SEPTEMBER 26, 2022 TO: KELSEY AND ANDREW CARTER BURLINGTON, ND

BABY BOY BORN ON WEDNESDAY, SEPTEMBER 28, 2022 TO: JASMINE AND JOURDEN DREISBAH MINOT AFB, ND

BABY GIRL BORN ON THURSDAY, SEPTEMBER 29, 2022 TO: JACQUELINE GUERRERO JAN JUAN, TEXAS

BABY BOY BORN ON FRIDAY, SEPTEMBER 30, 2022 TO: TYLER AND BRADLEY STARNES MINOT, ND

BABY GIRL BORN ON FRIDAY, SEPTEMBER 30, 2022 TO: MELISSA AND FABIAN MADRID MOMPOT AFB, ND

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

YOUTH IN ACTION

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.

The following includes Section 2 of the School Bus Safety Regulations and Expectations for SY 2022-2023.

- On the bus students shall:
- Follow all school rules and expectations while on the bus.

- Show respect for self, other people, and property, including the bus and the bus driver.
- Remain seated with feet on the floor while the bus is in motion.
- Ask permission to adjust windows.
- Keep all body parts and all objects inside the bus.
- Not bring gum or food or drink aboard the bus
- Not bring animals, except service animals, on the bus.
- Not bring weapons of any type aboard the bus.
- Not bring or consume tobacco products, alcohol products or illegal drugs aboard the bus.
- Carry only backpacks, books, school supplies and coats on the bus. All other items must be approved by the driver before bringing them on the bus. The bus aisle must be kept clear.

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

TEEN LOCK-IN NIGHT OF TERROR!

21 October 2022 • 8PM-6AM
Youth Center

Open to kids ages 13+
Must register in CYPBMS
Registration closes 14 October 2022
Members: \$20 • Non-Members: \$25

GET OUT of the house and join US for some PARANORMAL activities. This won't be a QUIET PLACE. We will CONJURE up some fun with some SINISTER scares. Teens, join us if you dare!

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



5THFORCESUPPORT.COM



VOLUNTEER OPPORTUNITIES

Sip & Sample Volunteers

(October 14)

Volunteers are needed to assist with the sensational Sip & Sample/Frantic Anarchy Concert set up & tear down.

Details:

- 1430 Hrs. – 5 volunteers to load tables and chairs into a trailer at Outdoor Rec, then transition to Rockers to set up tables and chairs (full set up by 1630).
- 2300 Hrs. – 5 volunteers to tear down and loadout tables and chairs into a trailer.

If you are interested in volunteering, please contact Mrs. Suzanne Larson at suzanne.larson@us.af.mil or 723-2303.

Spooky-Con & Trunk or Treat Volunteers & Participants

(October 28)

Volunteers wanted to assist with the Spooky-Con & Trunk or Treat event!

Location: The Turf & parking lot across from Library

Details: The Minot AFB Youth Center is seeking 20 volunteers to help us during our Spooky-Con and Trunk or Treat event from 1700-2030 hrs.

We're also seeking participation from our base helping agencies to come to our Trunk-or-treat with your decorated GOV or POV to pass out candy to our base families. Some candy will be provided to each participant vehicle. There will be a prize to the best decorated vehicle.

If you'd be interested in helping out for the event, please email us for further information.

Event POC: Ms. Britnee McAlexander, Teen Coordinator, 701-240-2838 or britnee.mcalexander.1@us.af.mil

Alternate POC: Ms. Janelle Burton, Youth Programs Director, 701-723-2838 or janelle.burton.1@us.af.mil

National Disability Employment Awareness Month Planning Committee Lead

(October)

Need individual to lead an awareness campaign educating about disability employment issues and celebrating the many and varied contributions of America's workers with disabilities through the month of October.

POC: TSgt Christine Cherry/SMSgt Yucari Brown (christine.cherry@us.af.mil/yucari.brown@us.af.mil)

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! 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

Belle's Sake Rescue 'Small Town Terror' Volunteers

For Belle's Sake Rescue is in search of volunteers to help with our annual Small Town Terror Haunted House and Forest. Last year, the haunted house raised over \$70K for surrounding non-profits and it is a FUN time!

We need volunteers to make it bigger and better as is our goal every year! And the kicker, For Belle's Sake is going to donate half of the proceeds for each volunteer that signs up from their squadron to the booster club for their holiday party!

Starting this Saturday and Sunday and every weekend until opening night, we need all hands on deck for set-up! Just show up and we will provide the tools needed to make it happen! Start time is 10 am every weekend day until haunting begins. Location is Sawyer ND City Hall on main street. Small town, you can't get lost. You can come whenever works for you and for every hour of time worked, your organization gets that cut of the proceeds. What this means is that the more volunteers = more MONEY your organization takes home!! This has the potential to make your unit's Holiday Party the best EVER SEEN!

THEN, we need 20-40 hunters each night during season. We provide food, beverages, and costumes unless you have your own, and you provide the fear! It is a TON of FUN! Opening dates and times needed are Oct 14-15, 21-22, 28-30 from 1800-2300 and 1800-midnight on Hallows Eve.

POC: SHELBY A. BIRD, TSgt, USAF, NCOIC, Readiness 5th Communications Squadron, DSN: (312) 453-4633 • Comm: (701) 723-4633

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/adbrochure>

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator • (888) 223-4287, shelby.stuckey@caringedge.com

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)

5fss.family.support@us.af.mil

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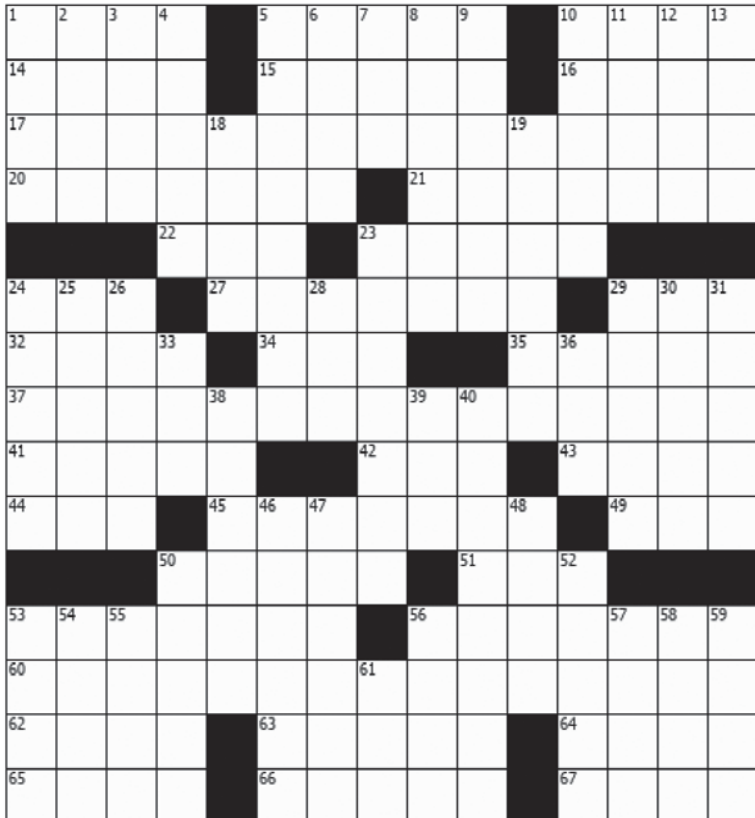
WWW.MIMEXICOMINOTND.COM



CROSSWORD PUZZLE

Across

- 1. Bus start
- 5. News briefs
- 10. Factory fallout
- 14. Football Hall-of-Famer Page
- 15. Make more lean
- 16. Volcano top
- 17. Bisected Rodgers and Hart hit?
- 20. California mountains
- 21. Grunted
- 22. Mikhail of chess
- 23. Condemn openly
- 24. Jazz form
- 27. Employs wrongly
- 29. Actress Lupino
- 32. Small particle
- 34. Pouch
- 35. Artist's stand
- 37. Bisected Beatles hit?
- 41. Edsel, to many
- 42. Tarzan portrayer
- 43. Verve
- 44. Alums to be
- 45. Disheveled
- 49. Unit of energy
- 50. Dawns
- 51. ___, Daman and Diu
- 53. Check marks?
- 56. Tied up
- 60. Bisected 17th century conflict?
- 62. Landed
- 63. Strides
- 64. Merit
- 65. Goes to seed
- 66. "___ of God" (1985)
- 67. WWII battle site

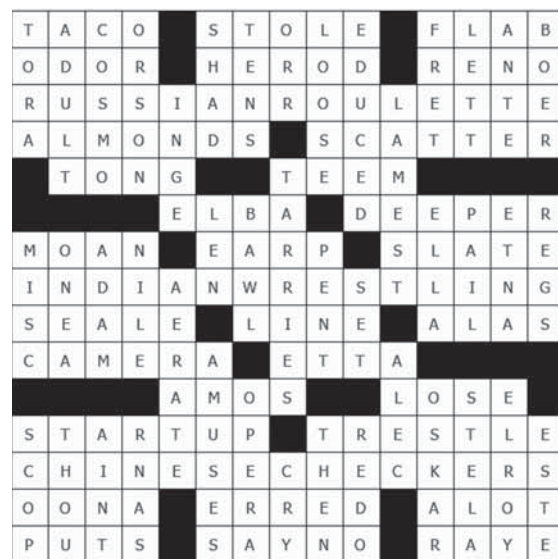


Down

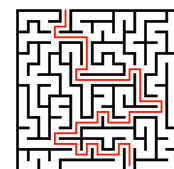
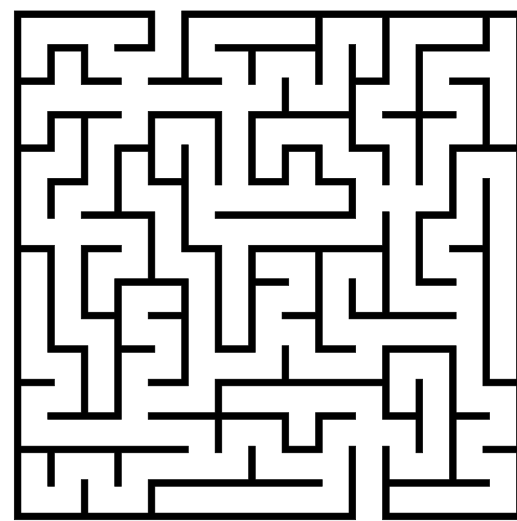
- 1. Buffoons
- 2. 1052, to Cato
- 3. Church section
- 4. Not active
- 5. Utopian's vision
- 6. Counting method
- 7. Newt wannabe
- 8. Propaganda target
- 9. Posture
- 10. Menacing
- 11. Blanc, e.g.
- 12. "Going ___, going ..."
- 13. Commanded right
- 18. Overstuff
- 19. Hardy novel setting
- 23. Wife of a duke
- 24. Cries lustily
- 25. Besides what's here
- 26. Frost output
- 28. Did nothing
- 29. Basketry material
- 30. Kind of flask
- 31. On the way
- 33. Dialer's 6
- 36. Parliamentary position
- 38. Cantillate
- 39. Type of wind
- 40. Darnel
- 46. Nicaraguan revolutionary
- 47. Get out the knots
- 48. Hardly upbeat
- 50. Mongrels
- 52. They may carry burdens
- 53. At a distance
- 54. "Venus de ___"
- 55. Think nothing ___
- 56. A head of France
- 57. Flatten a fly
- 58. British nobleman
- 59. 007 nemesis
- 61. Yang's partner

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



Maze Game



SUDOKU

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

Solution to puzzle on page C11



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

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- HELD OVER**
- **THOR: LOVE & THUNDER**
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- **DC LEAGUE OF SUPER-PETS**
(2022) Animation, Action, Adventure (PG)

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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, Oct 8
5 PM, No Vespers

Sunday, Oct 9
10AM, Congregational Prayer Service



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Wednesdays 7:00pm
and Sundays 10:30am

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www.trinitychurchminot.org



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

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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




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852-4853

Sunday Worship
9:30 am

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



Gospel Tabernacle Community Church

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
710 46th Ave NE, Minot

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

RADIO BROADCAST
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www.oslcmminot.com
Rev. Heath Trampe
Rev. Brian Doel

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8:15am Traditional Service
9:30am Contemporary (w/livestream)
9:30am Sunday School & Adult Bible study
11:00am Contemporary Service

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

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

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



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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

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Sept30

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ftn

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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www.marykay.com/1clouse.
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Nov4

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Nov18

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 Or contact: Matt Mackey
 By email or phone at
mmackey@kalixnd.org
 701-852-1014

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ftn

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- TEEN HOURS
 Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
- Morning start times rotate & vary

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March3

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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: 17 Oct-18 Dec. 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

BUSINESSES & SERVICES



SUDOKU SOLUTION PUZZLE ON PAGE C8

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

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WHAT'S GOING ON MAFB

FRIDAY 07

- AFGSC Family Day
- Registration Ends: Pre-teen Late Night at the Youth Center
- Magic The Gathering Powered Synergy Cube, 1800, ESC
- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com

WEDNESDAY 12

- HIIT Strength & Conditioning, 0500, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Federal Resume Workshop, 1400-1600, M&FRC
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

OCT. SPECIALS

Bomber Bistro • BBQ Chicken Pizza
Sweet barbecue sauce base, grilled chicken, crispy bacon, red onions, and a drizzle of barbecue sauce!

The B-Fifty Brew • Pumpkin Spice Latte
Milk, pumpkin sauce, and espresso topped with whipped cream and pumpkin-pie spices! A classic fall favorite!

Rockers Bar & Grill • Wings
Grab an order of traditional or boneless wings today! Available with your choice of several delectable dry rubs, wing sauces, and dipping sauces!



SATURDAY 08

- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com
- Warhammer 40,000 Casual Game Day, 1500, ESC

THURSDAY 13

- Short Notice Pre-Separation Counseling, 0830, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- Thursday Night Football, Doors open at 1700, Rockers Bar & Grill
- Craft Club, 1800, Minot AFB Library

SUNDAY 09

- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com

FRIDAY 14

- Registration Ends: Teen Lock-In at the Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Sip and Sample, 1700-1930, Various FSS Facilities
- Fight Night! Pre-Teen Late Night, 1730-2300, Youth Center
- FREE Rock Concert – Frantic Anarchy, 2000-2300, Rockers Bar & Grill

SATURDAY 15

- Cycle & Strength, 0900, Fitness Center
- Yoga for Fitness, 1015, Fitness Center

MONDAY 10

- Columbus Day
- For full listing Columbus Day holiday facility hours, visit 5thforcesupport.com

TUESDAY 11

- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Game Day, 1000-1930, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- 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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