northernsentry FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 41 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 14, 2022

WHATS INSIDE THIS WEEK:



INTRODUCES NEW PROGRAM



B1



B3



Dakota, Oct. 5, 2022. The model aircraft were moved into place to showcase Minot AFB's proud heritage. See page A3 for more photos.

U.S. AIR FORCE PHOTO I SENIOR AIRMAN MICHAEL A. RICHMOND



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Minot AFB Videos

Together With Veterans Introduces New Program

ROD WILSON, NORTHERN SENTRY

Although it was purely coincidental, on September 11th of 2021, the Together With Veterans organization held a social event at Oak Park in Minot and according to organizer Randy McDonald, "we had around 200 people attend, and we had a great time." The event was held to get the ball rolling on a local Together With Veterans Chapter in Minot. "Our original attempt to start a Together With Veterans was in January of 2021," according to McDonald, Executive Director of the Minot chapter.

Now one year later, Randy is still working hard for Together With Veterans, a communitybased suicide prevention program for rural veterans. "The program itself focuses on preventing rural veteran suicides by providing education and social events,' McDonald continued. "They have found that rural veterans are at higher risk than urban veterans because of the lack of resources, the lack of activities and lack of events." After reviewing program, the Veteran's Administration Department of Rural Health decided to fund a program in Minot that partners with mental health agencies to offer services for rural veterans and their families.

According to McDonald, there are a lot of obstacles that keep veterans from addressing their mental health issues. "It could be a lack of food or shelter... there are a lot of barriers they need to overcome, and there has always been a stigma attached to seeking treatment for mental health."

Together With Veterans collaborates with community partners to implement strategies for reducing suicide. "Whatever it takes to address the issues is the direction we will go," said McDonald. "For example, we can have meetings that are more of a formal setting, or a less formal setting where we go out and construct bunk beds. It's three or four guys working together, talking, sharing and discussing

common problems. They're all part of the veteran community. We want them to feel a sense of community.'

A little over a year into the development of the Minot Together With Veterans program, there are around 125 members with most of them from Ward County, but "if there's someone for example from Max, it just makes a lot of sense to reach out to them. Max is rural and really close enough to serve," said McDonald.

To spread the news about



Together With Veterans. McDonald reaches out to various groups. "It takes a lot of social reaching out. I was recently a guest at the Airmen's Council on base. We'll talk with the commanders of both wings and other squadron leaders, and we

enlist their support. We talk to civic leaders," he continued.

A new program that is QR code-based will be introduced and tracked on Minot Air Force Base. The program, "Co-Pilot," is a national brand for the initiation of mental health resources. It's as simple as using a QR code to receive positive mental health messaging. "It's a positive, proactive way to engage with someone who may need, or is seeking help through text messages," according to McDonald. "It works out better than dialing a number that may end up in an urban call center, and the person on the other end may not immediately feel secure because they are from a rural area. Co-pilot is a local program, and in our case it would be a rural program, and the person on the other end will be more familiar with the struggles."

As far as future activities for Together With Veterans, McDonald says they are looking for ideas to expand the program and get more people interested.

For those interested in supporting the Minot Chapter of Together With Veterans, visit their Facebook page. "It's as easy as sending a message," said McDonald. Part of the goal of TWV is to participate in veterans' events that build a sense of community and establish the trust to be able to talk about suicide. "Hopefully, through that process, we can reach out to those vets that might feel isolated," he said.





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MAKING MORE POSSIBLE





STATIC DISPLAY MOVEMENT













5th Logistics Readiness Squadron Airmen moved a model UH-1N Huey and a model T-38 Talon into place for static display at Minot Air Force Base, North Dakota, Oct. 5, 2022. The model aircraft were moved into place to showcase Minot AFB's proud heritage

U.S. AIR FORCE PHOTOS I SENIOR AIRMAN MICHAEL A. RICHMOND









NOW

OPEN



The Dakota Hope Clinic, located at suite 205 Main Medical Building in downtown Minot, offers women Choices for a Bright Future. This non-profit organization is designed to support pregnant women in any circumstance. The clinic is a judgment-free zone and they aim to assist women who are pregnant and in tough situations. The clinic offers maternal medical care, as well as parenting classes and free baby items for those in need. Appointments can be made on their website and they also offer a

> Dakota Hope Clinic Suite 205 dakotahope.org (24HR) 701.852.4673

Contact Us

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WWW NORTHERNSENTRY COM

The Arts Have Always Been Important

On a recent bus tour given to Minot AFB residents, I was kind of filling time when I started to mention all of the organizations in Minot and the surrounding area that were consistently doing shows and concerts. There certainly was a lot of interest in these organizations, but in a short time I realized I had certainly "bit off more than I could chew" in trying to make sure that I mentioned all of the organizations, and that led to the realization that Minot has always supported a very vibrant arts community.

In no particular order, I am going to highlight a few of the upcoming performances that art lovers of all kinds can enjoy. I will start with the Minot Symphony Orchestra. They actually have two upcoming performances that you may want to put on your calendar, October 29 and December 10. Their annual Holiday Magic Christmas concert has always been a favorite of mine. Tickets for both concerts are available on the MSO website or Facebook page.

Next is the Minot Chamber Chorale, and they hold a Renaissance Feast Christmas Celebration. They transform the Regency Event center in a festive manner. "Our Lord Eric and Lady Pamela provide you with dinner, wine, and a song featuring music for choir and brass." Again, tickets are available online by visiting the Minot Chamber Chorale Facebook page.

I was recently able to attend "The Church Basement Ladies" presented by the Mouse River Players. It was excellent! Their next presentation is Little Women, which starts on November 18 and runs two consecutive weekends. Performances are in downtown Minot at the Arlene Saugstad Theater. Again, tickets and more information are available on their website or Facebook page.

Both the men's chorus, The Heritage Singers, and the women's chorus, The Voices of Note, have upcoming Christmas events. The Heritage Singers will perform their Lessons and Carols with Christmas music and Christmas readings at 4:00 p.m .on December 18 at First Lutheran Church. Voices of Note will normally perform a Christmas concert during the holiday season. Keep an eye out for more

northern sentry

A VIEW FROM OUR SIDE ROD WILSON, NORTHERN SENTRY

information.

The Brass Band of Minot, North Dakota's only British-style brass band, will open the holiday season with their November 20 concert at 4:00 p.m. in Anne Nicole Nelson Hall. The concert is free of charge and will feature your favorite Christmas music performed by over 40 brass players.

The International Artist Series will feature pianist Pauline Yang on Friday, November 18. The concerts are at Anne Nicole Nelson Hall on the campus of Minot State University. Tickets are available online at minotconcerts.org.

Looking for other events? Minot State University choirs and bands will have a variety of holiday concerts, and their schedules are available on the Minot State University website. Many local churches will have special holiday events, including The Journey Church in southeast Minot. They will host a Christmas Stories concert on December 16. More

information is available on their website, www.journeychurchnd. churchcenter.com

THIS WEEK'S BEST KEPT SECRET

The small town of Garrison, North Dakota, hosts the annual Dickens Village Festival each year. Garrison's Dickens Village Festival will delight and entertain families from across North Dakota, eastern Montana, and southern Canada. The event turns the community of 1,500 into a quaint Victorian town from the era of Charles Dickens. The Dickens Village Festival runs Thanksgiving Weekend (Friday and Saturday) and the next two Fridays and Saturdays. A must see...check out the details at www.dickensfestival.com.

THIS WEEK'S CHUCKLE

None of us are as good as people claim to our face nor as bad as people say behind our back.



UPSIDE DOWN UNDER

MARVIN BAKER

This is a continuation from last week about driving on North Dakota's highways. We have 13 scenic byways and backways and each one of them affords unique natural beauty of its region.

Three routes are along the Canadian border, seven are in western North Dakota and three are in the east. A byway is a paved road and a backway is a gravel road. Tourism numbers them so we'll start with No. 1.

Chan SanSan Scenic Backway: South and east of Jamestown, starting in Adrian, this backway highlights the James River Valley. Travelers descending into the valley see a winding river surrounded by tall grass prairie and wildflowers. This area is rich in Indian history, earthen mounds and early settlement.

Des Lacs National Wildlife Refuge Scenic Backway: As its name suggests, the 13-mile Des Lacs National Wildlife Refuge Scenic Backway south and east of Kenmare offers ample opportunities for spotting wildlife, from deer and

moose to more than 250 species of birds. Drive along the backway at U.S. Highway 52, and follow it north to the end of the refuge at Ward County Road 1.

Killdeer Mountain Four Bears Scenic Byway: From the Killdeer Mountains to the deeply entrenched Little Missouri River Breaks and Badlands, this 64-mile byway provides a unique landscape in one of the most scenic areas of North Dakota. The rich culture and history of the Mandan, Hidatsa, and Arikara tribes along with the cowboy and rodeo lifestyles provide visitors an enthralling adventure.

Sakakawea Scenic Byway: This byway starting near Washburn highlights fantastic views of the Missouri River Valley along with some of the state's most outstanding Lewis and Clark destinations. Visitors are able to follow the course of this great journey and discover the history and culture of the people who lived in the rolling hills and wooded valleys of the Missouri and Knife rivers.

Old Red Old Ten Scenic Byway: An alternative to Interstate 94 between Mandan and Dickinson, this route offers a leisurely drive through lovely, rural countryside and leads through Mandan, Almont, New Salem, Glen Ullin, Hebron, Richardton and the Schnell Recreation Area, a 2,000acre nature preserve located between Hebron and Richardton.

Rendezvous Region Backway: This backway located in northeast North Dakota is a special place steeped in history, with natural resources, recreation, scenic beauty and culture. Winding along the bends of the Pembina River you can enjoy the panorama of the Pembina Gorge and enjoy the recreational, historical

Bliss on the backway...

and natural scenery opportunities between the communities

Langdon and Walhalla. Sheyenne River National Scenic Byway: Tree-lined, rolling hills are dotted by quaint towns and farmsteads, lending to its charm. Nature and scenery, archaeology, history, culture, and recreation are all found along the state's first nationally recognized scenic byway. Forty-one award-winning interpretive panels are spread over the 63-mile drive from north of Valley City and to Kathryn, Fort Ransom and Lisbon.

Standing Rock National Native American Scenic Byway: Grand vistas present the Missouri River along the same routes traveled by Lewis and Clark, Sakakawea and Sitting Bull. View bison herds and eagles' nests. Sitting Bull lived and died here; Meriwether Lewis and William Clark stopped 14 times. It is the final resting place of Sakakawea.

Theodore Roosevelt National Park North Unit Scenic Byway: This road near Watford City memorializes the 26th President for his enduring contributions to the conservation of our natural resources. It provides the colorful North Dakota Badlands as a scenic backdrop with its sweeping vistas of the one of the last remnants of wilderness in the northern Great Plains.

Mountain **Byway:** Beginning three miles north of Rolla, its upward accent winding through the calm serene beauty of the Turtle Mountains passing farmsteads, pasture land, recreational areas, the International Peace Garden, Christian retreats, beautiful Lake Metigoshe and others, tree covered wildlife areas and then descends into the foothills with a spectacular view of the prairie.

Theodore Roosevelt National Park South Unit Byway: See scenic splendor in the beautiful North Dakota Badlands. The South Unit includes a scenic loop drive, wildlife viewing, hiking, camping and ranger activities. A visitor center is located in the park at the entrance in Medora.

Highway: Enchanted Enchanted Highway begins at Exit 72 on Interstate-94 near Gladstone and terminates 32 miles down the road in Regent. Beginning with "Geese in Flight," large metal sculptures are placed along the highway, each with a parking area and kiosk except "Geese in Flight," which is viewable from the adjacent interstate.

Devils Lake Loop: Devils Lake is known as one of the best fisheries in the nation. The city namesake, meanwhile, is equally alluring for its small-town charm and friendly people. Fishing, birding and hunting adventures await. The largest natural body of water in North Dakota is home to large numbers of walleye, northern pike and white bass and is known as the "Perch Capital of





SHE'S NOT FROM **AROUND HERE**

AMY ALLENDER

"Wow, look at all those shades of brown." The comment was delivered with faux awe from my passenger seat. Her sarcasm was friendly, not fiery. We both laughed.

"Now. now—don't judgmental. Look," I said while pointing out the windshield. "Right there. Val's Cyclery is bright green. Fun fact, it's also where I take my skates to be sharpened in the winter.'

We were driving south on 3rd Street, straight through town. My friend had just flown in from California to spend five, glorious, fall days with my husband and me in Minot. Her jokes about the lack of color and trees were lighthearted. She knew I had fallen in love with this town. A town I never knew existed until my husband got military orders to Minot, Air Force Base. A town she never knew existed until she got my "change of address" card in the mail. I was a proud transplant, taking root in my new, proverbial pot.

A casseroler's take on life in hot dish territory

As a military spouse, I've called many different zip codes "home." None, however has ever captured my heart and imagination quite like Minot. Putting my finger on exactly why I like it here is tricky. It's a complicated combination of both tangible and impalpable qualities and quirks. I can't always describe it, but I always know it when I see it.

Like how locals describe location based on the location of something else-even if the latter has been closed for years. Example, "It's in the plaza where the old Tuti Fruiti used to be." Or how Dizzy the Clown is a really big deal—and once you meet him, you start to get it. Or how if a destination is more than fifteen minutes away I start to question if it's really worth the trip.

As an outsider, a foreigner, a transplant—I love to sit back and watch life unfold in this place so unlike any other. I find it utterly fascinating and have made it my business to become well-versed in all things Minot. A self-titled "Minot Guru."

But let's get to my drive through town with a friend who was visiting. There is a vast difference between coming to Minot for a

visit and living in Minot. Those who come to visit may remark on the blandness and remoteness, but those who live here will look at those same "bland" buildings and see something remarkable. While I have come to love this place deeply, I won't claim it's something it's not. You'll never hear me tell someone with no connection to Minot that this is a must see tourist hub. This is not a town bursting at the seams with traditional vacation fare. Be that as it may, I'll always reassure those who move to town that Minot is a great place to come home to.

Sure, anyone can have a great time here, but you'll have an even better time if you come visit someone. A visitor with no connection to town cannot expect to understand what makes the Magic City so magical. It's not about the Dala horse in the park or the waterpark attached to the mall. Minot's magic is held in the spaces a passerby may overlook. It's the rough hands of a seasoned rancher holding a door open. It's a chorus of children laughing and singing with Ms. Kristy at Main Street Book's story time—the best you'll ever go to. It's losing



AMY ALLENDER PHOTO

track of time because the sun never seems to set in the summer, and the glamour of a field of sunflowers that stretches to the horizon. It's all the small ways this community cheers on good ideas and helps them take flight.

That's the difference between arriving in Minot as a visitor versus deciding to live here. As a transplant, this may be my most valuable lesson learned, my most sage advice: when you move to Minot, don't approach life here as a visitor—expecting the fun to always be obvious and aggressive. Instead, relocate with the mindset of someone ready to live here.

When you live here, really live here, you'll find charm, oddities and a community dazzling with dimension. I know there are many who are not bewitched with life here.

There are many who think I'm crazy for seeing this small city with the light of an artist's muse. That's okay. I'm just one transplant of many. But maybe, just maybe these ramblings will cause you to look around with new eyes. Just be warned, like me, you may become enamored and addicted to watching life unfold up here in Hot Dish Territory.

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Tenant Satisfaction Survey

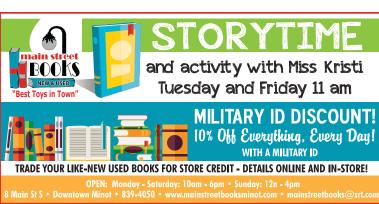


RACQUEL LABADIE, GS-12, USAF PRIVATIZED HOUSING RESIDENT ADVOCATE **5TH BOMB WING**

To ensure that the family program continues housing to provide members and their families with the best possible housing experience the Annual Tenant Satisfaction Survey is used by the Department of the Air Force as a "report card" for each installation's housing operation. The survey results will guide the Department of the Air Force and privatized housing companies' continued efforts to improve housing facilities and services. Residents will receive an email between 17 and 21 October 2022 with a survey link. CEL & Associates, Inc., (CEL), an independent third party, will administer the survey, which will be made available to all residents living in government owned or privatized housing. Input is confidential, so please freely express your assessment of your housing situation. Personal information will not be linked in any way to the survey results shared with the Department of the Air Force or

privatized housing companies. As stated by the Deputy Assistant Secretary of the Air Force, Mr. Moriarty, "Your feedback about your experiences while residing in a privatized or government owned family housing community is important to us and will help shape the future of our housing services. The survey results will guide the decisions we make today and will impact generations of our military members and their families." Residents are encouraged to take a moment to add AirForceHousingSurvey@ celassociates.com to their 'allowed senders' in any anti-spam software that might filter the email. Only one member of each household will receive the email. If no member of your household receives the email by 22 October 2022, please contact AirForceHousingSurvey@ celassociates.com for assistance. Residents of Minot AFB Homes who complete the survey will also be entered into a drawing for one of nine prizes.









Patricia Stockdill

The definition of "trophy" is truly in the eye of the beholder. It could be a child's first fish, first pheasant, or first deer. It could be a whitetail doe or cow elk. It could be an elderly hunter's final opportunity to be afield. For a big game hunter a trophy could be that well-placed, one shot. Maybe it's a rooster with a 24-inch tail or a puppy's first retrieve.

And, yes, sometimes it's even an animal that makes a Pope and Young Club, North Dakota Big Game Records Book, or Boone and Crockett Club's awards category.

In reality, every animal is a trophy as defined in a hunter's mind. For many hunters, the first thing they do after ensuring the animal is no longer alive is to capture the experience with a photo. There are some right ways and some wrong ways to go about defining that moment aesthetically.

Before delving into the right ways, the first and foremost thing every hunter is required by law to do is tag a deer, elk, moose, and pronghorn — and, yes, a turkey. The exception is bighorn sheep, which in North America are plugged in the horns by the state or provincial wildlife management agency.

However, many hunters forget that little detail about "tag first, then photograph." It's completely understandable being caught up in the moment and adrenaline rush of the experience. Some hunters don't want a tag distracting from the photo. But, seriously, the Number One "Tip to Photographing Hunting Photos" is to tag that big game animal, turkey, or swan after ensuring it's dead.

Secondly, animals deserve respect. They gave their life for the opportunity for hunters to experience the hunt, provide food, and lifelong memories.

Treat that animal with respect: Wipe away as much blood as possible from the mouth, nose, and entrance or exit wounds. If photographing after field dressing, don't have an open chest cavity in the photo. Instead move in and photograph the upper body of the animal and hunter. Put the tongue inside the mouth rather than hanging doggedly. It's easy to get blood on clothing and hands, so try to have enough water available to wipe away blood, if possible, and position the hunter so as little of stained clothing is visible as possible.

Watch the placement of shotguns, rifles, or bows when displayed with an animal. Oftentimes someone looks at a photo later only to realize the angle makes it appear as if an arrow or firearm barrel is pointing at the hunter, dog, or photographer, for example.

Don't place any firearm's barrel into the ground, either. Watch background. It's easy to focus on the animal and hunter only to discover a tree, fencepost, vehicle, or some other distraction seemingly growing out of the hunter or animal's head in the background.

Show that hunter's smiling face by removing sunglasses. While many hunters (and anglers, for that matter) don't like removing hats or caps, at least position them so they don't shade a person's face. And don't have them squinting into the sun.

Watch so the photographer's shadow isn't also part of the photograph.

Take a few minutes to smooth feathers and position the head properly when photographing birds and smooth vegetation in front so it doesn't conceal part of the bird — or have blades of grass, twigs, and cattails cover it.

Be sure to have that favorite four-legged Hunting Maniac looking relaxed and happy, not as if it's panting in exhaustion. Sometimes it's necessary to let the dog rest and settle before taking a photograph, especially if their main focus is still on retrieving – or plucking and de-feathering – the bird. Show as much of their face as possible.

Some dogs — like people — love the camera and seem to know when they're being photographed, especially with their pride and joy — a retrieved bird — if they're a Hunting Maniac. Others, namely my Hunting Maniac, Eider, prefer to hide and just have the bird photographed. It's easy to read her mind: "Can you just please photography my pheasant and your shotgun and leave me alone?"

But dog or no dog in a photo, above all enjoy the moment. And smile. Regardless of the size or species, it's a trophy and a special moment in time.



The backdrop of an antique threshing machine adds sense of history and depth of time to this photograph of a memorable hunt. Notice the chamber is open on the pump action shotgun, barrel pointing up, and the shotgun resting on the padded hunting vest, which adds color as well as keeps the shotgun from falling while taking the photograph.

PATRICIA STOCKDILL PHOTO



JOINT CONVOY OPERATIONS AT MINOT AIR FORCE BASE

















Airmen from the 54th Helicopter Squadron, 69th Bomb Squadron and U.S. Army Green Beret Joint Terminal Attack Controllers from Joint Base Lewis McChord, Washington, participate in a group exercise at Minot, North Dakota, Sept. 29, 2022. The exercise involved convoy operations and testing the interoperability of the participating forces.

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

Welcome Dr. Cabrera FirstCare Walk-In Clinic



Christine Cabrera, MD

Trinity Health is pleased to welcome Christine Cabrera, MD, to our provider team at FirstCare Walk-In Clinic. Dr. Cabrera is board certified in Family Medicine, with extensive experience serving the healthcare needs of patients for the full range of non-emergency illnesses and injuries.

Primary Care — No Appointment Needed

Originally from Fergus Falls, MN, Dr. Cabrera earned both her undergraduate degree in nutrition and her medical doctorate from the University of Minnesota. She completed her Family Medicine residency at the University of California, San Diego, and practiced for close to two decades in outpatient and clinic settings, primarily in Minnesota. A member of the American Academy of Family Physicians, Dr. Cabrera is an avid reader and enjoys running and fitness activities. She is also a mom to two active boys and says she looks forward to experiencing all that Minot has to offer.

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When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available

Minot Area "celebrities" will be dancing for your dollars Special Olympics fundraiser patterned after "Dancing with the Stars"

SPECIAL OLYMPICS NORTH DAKOTA

You may know them as a major league umpire, school administrator, university basketball coach, marketing executive, or one of many other professions but soon you'll have an opportunity to discover something new about a group of area community members: can they dance?

The 7th annual "Dancing for Special Stars," will be held Tuesday, October 18, at Ann Nicole Nelson Hall on the campus of Minot State University. A reception in McFarland Gallery begins at 6:15 along with a silent auction, followed by the contest at 7 p.m., and a "Meet and Greet the Dancers" after the show.

This Special Olympics fundraising event has paired area celebrities with dance instructors in a contest patterned after the popular "Dancing with the Stars" television program. Each couple will perform a dance of their choice. Audience members will cast their votes for their favorite couple(s) with their checkbooks. Every dollar donated, including those used to purchase admission tickets, count as a point, and the couple with the most points will be declared the winner. At the end of the evening, the Mirror Ball Trophy winning couple will be announced.

"We are extremely excited to be able to hold this event again in Minot. Dancing for Special Stars is truly a wonderful fundraiser for Special Olympics North Dakota,' said Nancy Hanson, SOND President/CEO. "It is an evening filled with lively entertainment from Minot's very own local celebrities. Just as on television, there are opportunities to vote for the best dance couple with winners crowned at the end of the evening. We will also be showcasing some very talented individuals in our specialty acts. There is so much talent in Minot, this is an event to mark on your calendars to attend." The event is sponsored in part by The Landing Bar & Bottle Shop, Arney's 2.0, Magic City Lions, and Kemmet Dental Design.

Meet the contestants

Area celebrities include: Michael Brandt, Steve Dangel, Tom Rafferty, Gary Cederstrom, Keli Rosselli-Sullivan, MSgt Joseph Rutledge, Kayla Liebelt and Dr. Lindell Kemmet.

Tickets are \$25 and may be purchased in advance by calling SOND at 701-746-0331, online

specialolympicsnd.org or purchased at the door. Campus parking is open and free to the public for the event.



DANCING FOR SPECIAL STARS

OCTOBER 18, 2022

Ann Nicole Nelson Hall Minot State University

Call for details!



ERIN BEENE, NORTHERN SENTRY

On the evening of Monday, October 10 at 7:56 p.m., the Magic City Discovery Center staff and community gathered on the North Hill to celebrate the facility's much-anticipated building completion by switching on the lights for the first time. The Discovery Center has been in the works since the idea first came up in 2013, and this nine-year event was a monumental occasion in many ways. The cool autumn evening air mixed with the pride and joy of all in attendance made this event a truly special moment for the city of Minot.

The Discovery Center, when fully completed, will be a mix of a science museum and a children's museum with over 150 exhibits and 12 galleries. This will be the first of its kind in the entire state of North Dakota which, until now, was the only state in the U.S. to not have a major children's museum. This lighting ceremony merely marked the completion of the construction of the building, as there is still a lot of work to be done with the installation of the highly complex and interactive exhibits. Although many are patiently awaiting to hear when the center will be open, no official date has been given yet. Sources from the Discovery Center staff mentioned that kids and adults alike can expect to start enjoying the building sometime in early 2023, so either January

or February most likely. Wendy Keller, Executive Director, did note that the staff would be moving into the building within the next two weeks, and things are moving along well.

During the pre-lighting party, this reporter caught up with the Magic City Discovery Center Kid Ambassadors. Cash (age 10), Bridget (age 8) and Jonas (age 10) are enthusiastic and wellspoken kids who were excited to discuss their roles with the center. They were chosen to represent the Discovery Center after a video audition and in-person interview. The Kid Ambassadors will help raise awareness for the center as well as get a first look into the exhibits and create interactive videos about the center to share with others. When asked what they were most excited about when the Discovery Center opens, Bridget said she could absolutely not wait for the climbing wall exhibit. Cash mentioned that he was most looking forward to the water exhibits, and Jonas

said he couldn't wait to uncover the learning aspect of physical science with all the exhibits. Bridget thoughtfully mentioned that her role as an ambassador was to "help kids learn about the Discovery Center and help them interact with learning." Jonas added that he was here to "build enthusiasm and to get people pumped!" Cash could not stop smiling and simply stated, "It's so awesome!" The kids talked about the North Dakota Window Exhibit and how it would offer people a look into the life of those in our glorious state.

This night marked progression of this massive project which has been completely funded by a \$6.3 million grant from the Department of Defense, large-scale donations and an overwhelming amount of local support. Now, as the winter nights get longer, base commuters and Minot residents will see the Magic City Discovery Center lights shining nightly. It will serve as a reminder of the anticipation yet to come.





Crowds on North Hill celebrated as the Magic City Discovery Center lights up the night sky for the first time.

NORTHERN SENTRY PHOTOS I ERIN BEENE



The Lighting Ceremony for the Discovery Center marks the completion of the outside building construction.



Romich and Cash Ray



Kid Ambassadors for the Magic City Discovery Center, L-R Jonas Jones, Bridget The dedicated staff at the Magic City Discover Center who tirelessly led this monumental project.



SNOW MOBILE DRAG RACING VINTAGE SLED SHOW and SWAP MEET

LANSFORD, ND OCTOBER 15, 2022 8-11AM REGISTRATION 12PM SHOTGUN START

12 & Up - \$10 12 & Under FREE Military FREE (with ID)

Food and Beverages will be served all day.

PRE-REGSITRATION of snowmobiles encouraged: lansfordsnowgoers@gmail.com



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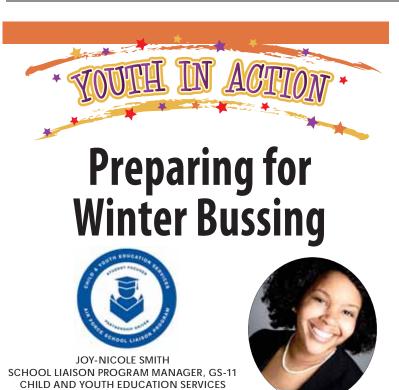
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Autumn is in full swing with great programming at Minot Air Force Base and in the Minot community. As we adjust to shorter days and decreasing temperatures, the School Liaison Office is also excited to prepare for our winter bussing season.

Our winter bussing is provided by Yellowfin Bus Transportation and services students attending North Plains Elementary, Dakota Elementary, and Memorial Middle School. In this article, I would like to highlight a few things to keep in mind as you prepare your student to ride the bus. These items include submitting bus forms, arrival to bus stop, communication, and the bussing town hall.

Bus Forms: Please remember to fill out and submit bus forms to yellowfin.minot@bragglines.com. This is an important step for all students to be accounted for prior to the start of winter bussing. As a point of clarification, Annex and Youth Programs transportation will transition to Yellowfin. As a result, please be sure to submit the forms to either the Youth Center, Annex, or Yellowfin Bus Transportation.

Arrival at Bus Stop: Mrs. Hannah Powell serves as the Manager for Yellowfin Bus Transportation. With her experience and expertise, she encourages all students to be in place at the designated bus stop 5 minutes prior to pick up. This is necessary to ensure the safe and timely arrival of students to school and home. It is important are

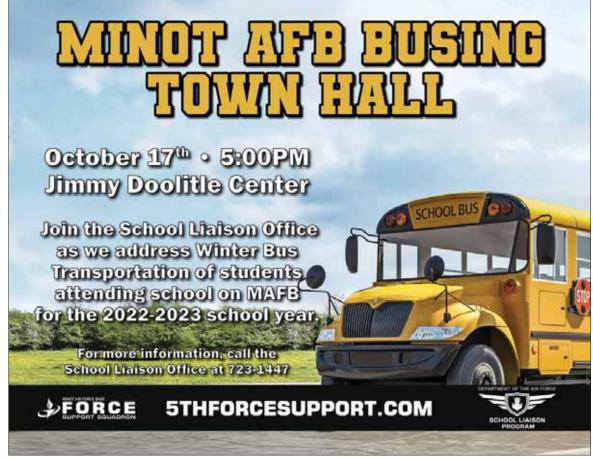
students are not missing a moment of precious instructional time with teachers and staff.

Change of Transportation: Communication is key as our students are being transported. Change is inevitable especially as we daily strive to fulfill a mission. If there is a change in transportation with awareness prior to a student's arrival to school, please be sure to communicate this with your school child as a preliminary step. This provides the student with clear expectations and a sense of security. After this, share this information with the classroom teacher via Parent Square. If there is an urgent or immediate concern, please reach out to Mrs. Hannah Powell at 701-500-4466 and/or the respective school.

Bussing Townhall: On Monday, October 17th, 2022, at 5:00 pm, the School Liaison Office will host a bussing town hall at the Jimmy Doolittle Center. This would be a great opportunity to connect with the School Liaison Office and Yellowfin Bus Transportation. You can expect an introduction to the bus drivers, a detailed description of the bus routes, and details on potential delays due to construction. In addition, we will have the Resident Advocate and Youth Programs in attendance.

We look forward to a fantastic winter bussing season and seeing you soon! If there are questions, please send me an email at mafb. school.laision@us.af.mil or 701-240-2380.







Sip & Sample Volunteers

(October 14)

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

• 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

• 2300 Hrs. – 5 volunteers to tear down and loadout tables and chairs into

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

Mike Super Illusionist Show Volunteers

Volunteers are needed to assist with the Mike Super Illusionist show on Tuesday 25 October at the JDC.

• 3 Volunteers are needed for set-up starting at approximately 0800

 3 Volunteers are needed for teardown at approximately 2100 POC: Renee Price at janet.price.1@us.af.mil

701-723-3731, 701-723-2838

Spooky-Con & Trunk or Treat Volunteers & Participants

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

5 FSS Booster Club Volunteers

(Oct 14-15, 21-22, 28-30, 1800-2300 and 1800-midnight on Hallows Eve) For Belle's Sake Rescue needs 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!

We need 20-40 haunters 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!

If you are interested please contact:

TSGT WIGLEY: devin.wigley@us.af.mil SSGT SMITH: devin.wigley@us.af.mil A1C DJERI: devin.wigley@us.af.mil KELLY BREN: devin.wigley@us.af.mil SHELBY A. BIRD: (312) 453-4633

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 outlining games:

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.

oCheck-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

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 r ewards 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



WATCH OUT! SPOOKY SEASON IS NOW AMONG US

ERIN BEENE, NORTHERN SENTRY

It's here! The trendy time of year where leaves fall, pumpkin spice everything resurfaces, and all North Dakotans cross their fingers for an Autumn season instead of heading straight into Winter. That being said, there is certainly no shortage of Fall-ish and Halloweeny events to participate in both on and off base. Seriously, this is one month in

which "I'm bored" cannot be in any base resident's vocabulary. Because events tend to be hosted by multiple organizations and outlets, it can become confusing. But fear not, the Northern Sentry has compiled a community calendar glimpse for ALL the October/Halloween events going on in ONE place! Yep, everything on and off base, for kids

and adults, is right HERE! Take a look, pick out the events for you and have some FUN before the cold and darkness take over.....Muahahah!

*Events are compiled based on public knowledge. The Northern Sentry is not responsible for time changes/event cancellations. Please verify date/time before heading out to each event.

FRIDAY

5:30-11pm Fright Night Pre-Teen Late Night at the Minot AFB Youth Center.

(Registered Event) 7-9 pm Pumpkin Walk at Woodland Trail Schlecht Family Halloween Light 7:15-10 pm Display, 309 24th ST NW, Minot

7:15-11pm Zablotney's Halloween Lightshow, 1224 6th St SW Minot, tune to 93.1 FM

SATURDAY

9 am Fire Department Parade through Base housing 11:30-1 pm

Costume Party & Contest -Fall Fest 2022, Oak Park 4pm Large Acrylic Painting Jack-O-Lanterns, Nature's Nook Children's Toys & Books

7-9 pm Pumpkin Walk at Woodland Trail 7:15-10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot Zablotney's Halloween Lightshow, 7:15-11pm 1224 6th St SW Minot,

SUNDAY

tune to 93.1 FM

Kids Spooky Party, The Spot 11-3 pm Schlecht Family Halloween Light 7:15-10 pm Display, 309 24th ST NW, Minot Zablotney's Halloween Lightshow, 7:15-10pm 1224 6th St SW Minot, tune to 93.1 FM





Halloween Steam Camp, 9-4 pm Minot Discovery Center Downtown Haunted "Boo"zy Tour, 7 pm Minot Downtown Business & **Professional Association** Schlecht Family Halloween Light 7:15-10 pm Display, 309 24th ST NW, Minot 7:15-10 pm Zablotney's Halloween Lightshow,

1224 6th St SW Minot,

tune to 93.1 FM

Halloween Steam Camp, 9-4 pm Minot Discovery Center 8 pm-6 am (October 22)

Teen Lock-In Night of Terror, MAFB Youth Center Spooky Skate Night at the 6-8pm Youth Center

7:15-10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot 7:15-11pm Zablotney's Halloween Lightshow 1224 6th St SW Minot.

tune to 93.1 FM **SATURDAY**

11:30 am Fall Make & Takes, The Market on 4th 5-6:30 pm Tauros Trunk or Treat Tailgate Party, Maysa Arena Burlington Boos and Booze. 5-7pm **Burlington Recreation Sports** Complex

7:15-10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot 7:15-11pm Zablotney's Halloween Lightshow, 1224 6th St SW Minot, tune to 93.1 FM

Halloween Party, Shots Fired Paintball 7:15 -10 pm Schlecht Family Halloween Light

Display, 309 24th ST NW, Minot 7:15-10pm Zablotney's Halloween Lightshow, 1224 6th St SW Minot. tune to 93.1 FM

Dakota Elementary School 5-6pm Trunk or Treat

FRIDAY

10-12 pm Downtown Minot Treat Trail 5MDG Trail of Terror Trick or Treat. All Team Minot Families Welcome. 5-7 pm Halloween Fun Night,

Minot Family YMCA 5-8 pm SFG Trunk or Treat, Open to all with MAFB access, SFS Vehicle Building 545 5-8pm Halloween Trick or Treat Hosted by the 91 OG & 91 MXG, Building 546, open to all with MAFB

access Spooky-Con & Trunk-or-Treat, 5:30-8pm Hosted by the MAFB Youth Center, Turf & Library Parking Lot Insane Asylum, 791 MSFS 6-9 pm Dark Horse Association

547 Tanker Trail, MAFB 7:15-10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot Zablotney's Halloween Lightshow, 7:15-11 pm 1224 6th St SW Minot. tune to 93.1 FM

SATURDAY

10-11 am Trunk or Treat, Wings and Rings Halloween Puppet Show, 10:30 am Minot Public Library

11-3 pm Bikers Trail of Treats, Magic City Harley-Davidson Spooky-Con at the Minot AFB 11-5 pm Library 5th FSS Spooky-Con Cosplay 4-5 pm

Contest at the Turf. Trunk or Treat & Open Gym, Gymagic 4-7 pm The 75th Annual Air Force Ball 5-10 pm Trunk or Treat. 5:30 pm

Our Saviour Lutheran Church 7:15 - 10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot 7:15-11pm Zablotney's Halloween Lightshow, 1224 6th St SW Minot.

tune to 93.1 FM

11-2 pm Boo at the Zoo, Roosevelt Park Zoo 1-4 pm Boo in the Barn Northern Pines Equine LLC CarnEVIL Haunted Carwash,

Fast Lane Carwash 7:15-10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot 7:15-10 pm Zablotney's Halloween Lightshow, 1224 6th St SW Minot,

MONDAY

tune to 93.1 FM

10-11:30 am Trick Or Treating with the residents

at The View Assisted Living 4-7 pm SCHEELS Trunk or Treat 5-9 pm CarnEVIL Haunted Carwash. Fast Lane Carwash

7:15-10 pm Schlecht Family Halloween Light Display, 309 24th ST NW, Minot 7:15-10 pm Zablotney's Halloween Lightshow, 1224 6th St SW Minot, tune to 93.1 FM

Air Force releases the 'Purple Book'

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --

The Air Force added another guide, titled The Joint Team, or the "Purple Book," to its arsenal of foundational documents dedicated to developing Total Force Airmen.

The "Purple Book" educates Airmen on how airpower fits into the Joint Force construct and identifies the joint doctrine, values, capabilities, and warfighting concepts that capture how the Air Force effectively partners with other services to protect America's interests across the globe.

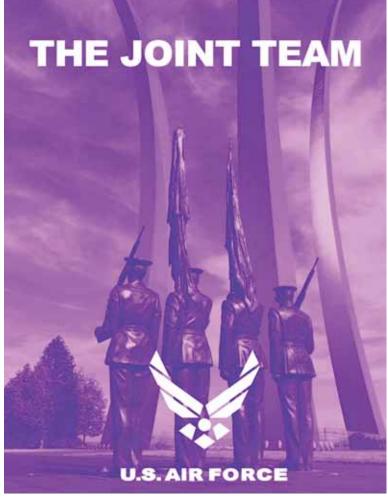
"Today, we find ourselves in an era of strategic competition against adversaries who seek to outpace and eventually overtake us," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Every Airman must know what is at stake and understand the critical importance of synchronizing our capabilities with our joint partners to amplify our collective strength and power.'

The new book provides a baseline for understanding the value each service contributes to the Joint Force and outlines the essential framework to work with other branches to compete, deter,

and win the high-end fight.

The new "Purple Book" explains all service members are part of a Profession of Arms. This holds them to a strong set of Joint Core Values and supports a foundational strategy to defeat any threat, anytime and anywhere.

Additionally, it clarifies the fundamental questions all Airmen must answer: "How do I fit into the Joint Force;" and "How can I ensure I hone and deliver my unique capabilities to assure its success?" This guide helps Airmen internalize what it means to fight jointly, understand the missions of the joint force, appreciate the



joint organizations that are leading the fight, comprehend how to integrate into a joint warfighting environment, and identify how the Air Force fits into the joint construct.

"Airmen of tomorrow will be required to collaborate and communicate with our joint teammates to win in future complex and contested environments," said Air Force Chief of Staff Gen. CQ Brown, Jr. "We owe our Airmen

a solid foundation on jointness much earlier in their careers."

Developing and updating these guides was part of the 28 Enlisted Force Development Action Plan objectives focused on developing the future enlisted force. The new "Purple Book", the revised "Brown Book" and the revised "Blue Book" can be found at www.af.mil





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LOOK BACK THIS WEEK IN USAF HISTORY

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



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

The Cuban Missile Crisis was a pivotal moment in Cold War history. After US intelligence became aware of the construction of Soviet missile sites in Cuba, Strategic Air Command sent two officers from the 4080th Strategic Wing to verify with the use of U-2 spy planes. The missile sites were only located about 90 miles from US shores, presenting a serious potential threat. President John F. Kennedy was notified of the missiles on the morning of October 16, 1962, and the

confrontation with the Soviet Union intensified as US military forces sprang to action. Within a week, the USAF shifted from peacetime status to full combat alert in preparation. Aircraft from all over the country were mobilized, missiles were placed on alert, and USAF airlift increased to support combat forces. After the military show of readiness and much negotiation over the next few weeks, the Soviets finally agreed to withdraw their missiles on October 28, 1962. Later on, President Kennedy credited Strategic Air Command with contributing greatly "to the maintenance of the peace and security of the United States..."

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









Dr. Matt Hanson



Dr. Shad Froseth



Dr. Crystal Long



Dr. Willy Fielhaber

BUSINESS HOURS

Monday: 7:30am — 6:00pm Tuesday: 9:00am — 6:00pm Wednesday: 7:30am - 6:00pm Thursday: 7:30am — 6:00pm Friday: 7:30am – 4:30pm Saturday: 2 a month by appt Sunday: Closed

(701) 852-2800

Department of the Air Force updates policy for pregnant OTS applicants

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

The Department of the Air Force has updated a policy to allow women, both enlisted and civilian, to apply and compete for an Officer Training School commission while pregnant.

Under the new guidance reflected in DAF Manual 36-2032, Military Recruiting and Accessions, pregnant Airmen, Guardians and civilians can now apply for OTS commissioning and, if selected, will attend training between six to 14-and-a-half months after completion of the pregnancy.

Enlisted selectees who do not pass the physical fitness test or civilian selectees who cannot obtain a qualifying physical within the above post-pregnancy timelines may lose their selection status. Selectees who desire to attend OTS before six months postpartum may request a waiver.

"We're in a race for talent, and our policies need to reflect that," said Under Secretary of the Air Force Gina Ortiz Jones, who directed a gender policy review after learning about the previous policy and other obstacles servicewomen face within the

Department. "This policy change will ensure we're able to fully tap into the talent amongst our force as well as those looking to join

Prior to the change, DAF policy required OTS applicants to be worldwide qualified at the time of application, preventing women from applying during pregnancy through the 12-month postpartum

The policy change is welcome news to those in the recruiting community who face challenges meeting annual recruiting goals in the post-pandemic environment where the labor market is low, and interest in joining the military is declining.

"I've taken several calls from active-duty Airmen who could not apply due to the previous policy, so this is definitely a step in the right direction," said Lt. Col. Scott Black, Air Force Recruiting Service chief of officer accessions. "From a recruiting standpoint, it's also important that we are able to access the full pool of qualified candidates for commissioning to ensure we have the talent we need to meet our national security

objectives," Black said.

Applying for an OTS commission particularly challenging for enlisted Airmen. According to Capt. Frances Castillo, they sometimes struggled to align family planning with OTS boards and timeline requirements such as overseas return dates and time on station. Capt. Castillo was part of the effort to revise the policy as a member of the DAF Women's

Initiative Team.

"This policy update will attract female talent to the officer ranks. It unequivocally shatters the glass ceiling that has kept or delayed hundreds of women from competing for a DAF commission," Castillo said. "Thanks to a group of persevering Airmen leading change from the grassroots level, combined with senior leaders slashing bureaucracy, highly-

qualified candidates will no longer need to choose between advancing their careers or growing their family.'

The new guidance applies to the Regular Air Force, the United States Space Force, the Air Force Reserve and the Air National

The updated guidance can be found at www.af.mil



AIC Heath Clement

We Salute Airman First Class Heath Clement from the 91st Missile Security Operations Squadron. Airman Clement is Tactical Response Force Assaulter and is responsible for the recovery and capture of nuclear missile alert facilities across the state. Over the past year, professionally Airman Clement has facilitated training between his teamand the 54th Helicopter Squadron, been coined by the Inspector General team, was appointed as the lead armorer and manages \$550,000 in weapons, ammunition and equipment items. On a personal level, Airman Clement hosted a physical recovery class, volunteered for Airman Against Drunk Driving and fulfilled all requirements to be awarded his associates degree through the Community College of the Air Force. Because of his actions, he competed against 88 airmen across the squadron and was selected as the 2022 91 MSOS Outstanding Security Forces Flight Level Annual Award winner and will now compete at the group level.





SSgt Shanice Osborn

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



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



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MSU BASE TOUR

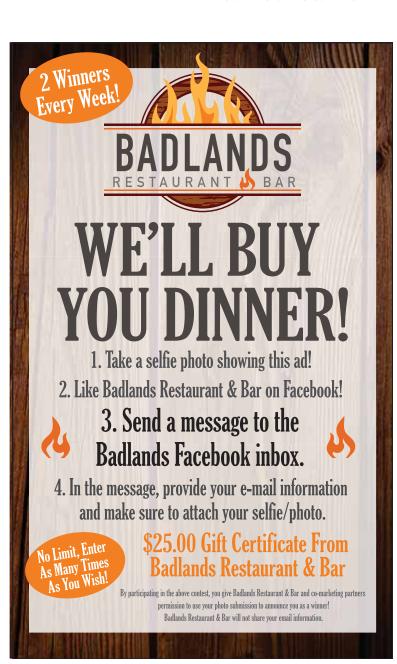






Members of the Minot State University football team visited Minot Air Force Base for a look inside the mission, Oct. 3, 2022. From firsthand conversations with the B-52 pilots and maintainers to a Tactical Response Force and 54th Helicopter Squadron demonstration, the MSU team learned the ins and outs of Team Minot's daily operations.

U.S. AIR FORCE PHOTOS I MINOT AFB PA











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Be a Beaver Days at Minot State

Minot State University is inviting prospective students to campus for Be a Beaver Days on Thursday, Oct. 20 and Friday, Oct. 21.

The event allows high schoolers, transfer students, and individuals interested in higher education the opportunity to customize a unique experience built around their interests. Attendees can attend classes, tour campus, meet with an admission counselor, learn about specific majors, climb the rock wall, enjoy a free meal, and more.

"This à la carte experience gives visiting students the chance to choose how they want to explore campus," said Liz Krebsbach, enrollment services administrative coordinator. "Getting to live a day in the life of a Beaver can help a prospective student decide if Minot State is the best fit for them."

With several dozen college courses to sample - from art to nursing to philosophy to criminal justice and more — attendees are encouraged to create a schedule built around their interests on one or both days.

"Be a Beaver Days is Minot BeaverDays.

State your way," said Krebsbach. "In addition to experiencing the academic aspects of campus, you are invited to participate in fun and engaging extracurricular activities. MSU Life will be hosting tie-dye sessions each day where you can create your own one-ofa-kind Minot State shirt, and you could even win more swag during Beaver Bingo. Plus, you will be able to attend an athletic event for free on the night of your visit!"

The event is the perfect time to see what life is like on the Minot State campus and occurs during the annual North Dakota Council of Educational Leaders Fall Conference, when K-12 students are off from school. While high school halls will be quiet, school will be in session at Minot State, allowing attendees the opportunity to experience University life alongside current college students.

To register for Be a Beaver Days and explore available classes, campus tours, Wellness Center activities, and additional event times, visit askMSU.com/

Homecoming parade this weekend!

Minot State University is excited to announce the 2022 Homecoming events will include its annual parade from downtown Minot to the MSU campus.

The parade is scheduled for the Saturday of Homecoming Week on Oct. 15 and starts at 11 a.m. in Minot's historic downtown. MSU welcomes cars, trucks, floats, walkers, marching bands, and horses to participate, expecting up to 80 entrants.

"We are excited to have the annual parade as part of our jam-packed Homecoming 2022 events," said Janna McKechnie, director of alumni relations and engagement. "We invite anyone who wants to be a part of this great tradition to sign up for a spot in the parade or line the route to the campus."

The route begins on 3rd Street and moves through the downtown via Main Street and Central Avenue before heading north on Broadway to MSU.

Each entrant will be given a line-up spot — to avoid traffic jams - and a time starting at 9:30 a.m. To enter, see MSU's parade online APPLICATION or for more information, contact McKechnie by janna.mckechnie@ minotstateu.edu or by phone at 701-858-3373. More information on all Homecoming 2022 events can be found at www.minotstateu.







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

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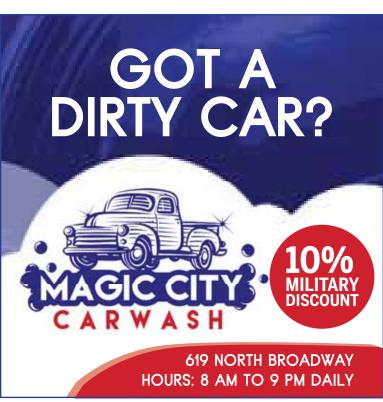
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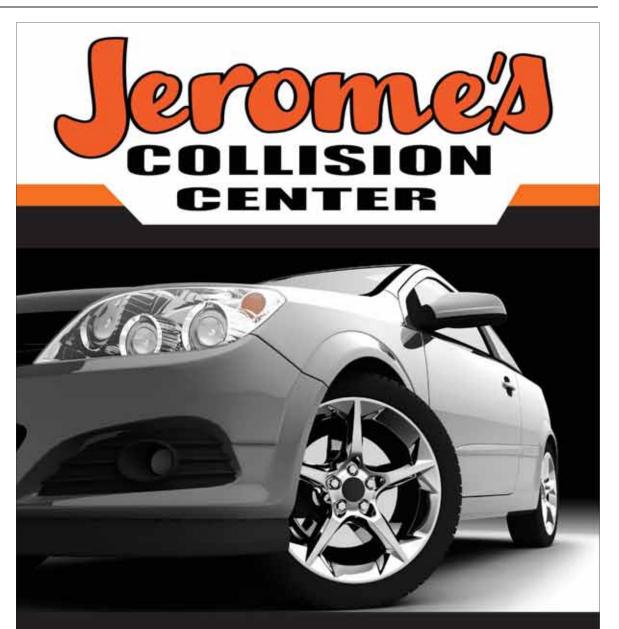


A U.S. Air Force KC-135 Stratotanker from Fairchild Air Force Base refuels a B-52 Stratofortess from Minot Air Force Base, departing McGhee Tyson Air National Guard Base, Oct. 6, 2022.

U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS JENNA A. BOND







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Thunderbirds Laid To Rest; Legacy Lives On

J.M. EDDINS JR., AIRMAN MAGAZINE

On Wednesday, Sept. 14, twin brothers, who became Air Force generals and founding members of the Thunderbirds, and their wives were inurned in a ceremony at Section 75 of Arlington National Cemetery.

Fittingly, the incredible Air Force careers of Lt. Gen. Charles "Buck" Pattillo and Maj. Gen. Cuthbert "Bill" Pattillo, which spanned combat in WWII and service during the Korean and Vietnam Wars, were honored with a flyover by the air demonstration squadron they helped create.

They were the last members of the original Thunderbirds team to pass away, Bill in 2014 and Buck in 2019.

Their inurnment at Arlington National Cemetery was postponed until they and their wives passed and could be laid to rest together.

After flying with the U.S. Army Eighth Air Force's 352nd Fighter Group during WWII, the Pattillo twins were founders of the demonstration team created prior to the Thunderbirds, the U.S. Air Forces in Europe-North Atlantic Treaty Organization aerial demonstration team, the Skyblazers, in 1949.

After the Thunderbirds were officially activated June 1, 1953, as the 3600th Air Demonstration Team at Luke Air Force Base, Arizona, the twins flew the wing positions in the formation and helped create some maneuvers that are still performed today, including the famous "Bomb Burst" finale.

The twins flew the first Thunderbird aircraft. straight-winged Republic F-84G Thunderjet, a combat fighterbomber that had seen action in Korea. Early in 1955, the team transitioned to the swept-winged F-84F Thunderstreak.

From the beginning, the objectives of their squadron were to support Air Force recruiting and retention programs, strengthen morale and esprit de corps, support Air Force community relations and people-to-people programs, represent the United States and its armed forces to foreign nations and project international goodwill.

In fact, they flew with Then Maj.Chuck Yeager, the first person to fly faster than the speed of sound, on the Thunderbirds' first international performances in

Throughout their history, the Thunderbirds have also flown the F-84G, F-84F, F-100C Super Sabre, the first to be painted with the now-iconic Thunderbird spanning the underside of the aircraft, F-105B Thunderchief, F-100D Super Sabre, F-4E Phantom II, T-38 Talon, F-16A and the F-16C Fighting Falcons used today.

Today's Thunderbirds is an Air Combat Command unit comprising four support officers, three civilians and more than 130 enlisted personnel in 25 career fields supporting eight pilots (including six demonstration pilots).

Performances the Thunderbirds are a mix of formation flying and solo routines. The four-aircraft diamond formation demonstrates the training and precision of Air Force pilots, while the solo aircraft highlight the maximum capabilities of the F-16.

The F-16 represents the full range of capabilities possessed by the Air Force's tactical fighters. This highly maneuverable, multirole fighter has proven to be one of the world's best precision tactical bombers and air-to-air combat aircraft. The only modifications needed to prepare the aircraft for its air demonstration role are installing a smoke-generating system in the space generally

reserved for the 20mm cannon and painting the aircraft in Thunderbird colors.

Because the modifications are minimal, the F-16s can be combatready in less than 72 hours. Additionally, this enables the personnel and aircraft to rapidly integrate into a fighter unit at Nellis AFB, Nevada.

The pilots perform approximately 30 maneuvers in a demonstration. The entire show, including ground and air, runs about one hour and 15 minutes. The season lasts from March to November, with the winter months used to train new members.

Officers serve a two-year assignment with the squadron, while enlisted personnel serve three to four. Replacements must be trained for about half of the team each year, providing a constant mix of experience.

performs squadron approximately 75 demonstrations each year. Throughout their history, the Thunderbirds have performed for more than 300 million people in all 50 states and 58 foreign countries during more than 4,000 aerial demonstrations.

Through Thunderbird performances, those millions have seen the pride, professionalism and dedication of hundreds of thousands of Airmen serving at home and abroad. Each year brings another opportunity for the team to represent those who deserve the most credit: the everyday, hard-working Airmen voluntarily serving America and defending freedom.



Twin brothers Thunderbirds founders Lt. Gen. Charles "Buck" Pattillo and Maj. Gen. Cuthbert "Bill" Pattillo were inurned at Arlington National Cemetery on Sept. 14, 2022.

U.S. AIR FORCE PHOTO

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BBO PULLED PORK CUBANO SANDWICH



INGREDIENTS

4 ORANGE, JUICED 4 LIME, JUICED 3 TABLESPOON BROWN SUGAR 4 TABLESPOON CHILI POWDER TO TASTE SALT AND PEPPER 8 OUNCE LEFTOVER PULLED PORK (PREFERABLY WITHOUT BRO SAUCE) 1 LOAF CUBAN OR CRUSTY BREAD AS NEEDED BUTTER, MELTED

AS NEEDED YELLOW MUSTARD

4 SLICES SWISS CHEESE

In a medium saucepan over medium-high heat, heat the orange juice, lime juice, brown sugar, chili powder, salt and pepper until sugar has dissolved and mixture becomes

Combine the mixture with leftover or store bought pulled pork. See pulled pork recipe at traegergrills.com/recipes.

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Set two large cast iron pans on the grill and close lid, allowing the pans to heat up.

To build the sandwich, cut a 6 inch piece of bread then slice that horizontally lengthwise. Brush the exterior sides of the bread with melted butter. On the inside, slather one side of bread with yellow mustard, top the mustard with Swiss cheese, then on the bottom half, place the sliced ham. Top ham with pulled pork and pickles.

With the cast iron pans smoking hot, place the sandwich in the bottom of one of the pans then place the other pan on top, smashing the sandwich. Close the lid and allow to cook for 4 to 5 minutes or until the exterior of the sandwich is crispy and cheese is melted.

Slice and enjoy!



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Commentary: The Air Force and trailblazing science have been linked for 75 years and counting

WASHINGTON (AFNS) --

When Air Force Capt. Chuck Yeager became the first person to fly faster than the speed of sound on Oct. 14, 1947, the United States Air Force itself was officially only 26 days old. How fitting that the birth of the Air Force coincided so closely with such a historic technical achievement, one that helped establish the fledgling service as a science- and-technology-driven military branch.

That appreciation for scientific advancement was built into the Air Force from the very beginning and it remains a proud, remarkable lineage distinguishing the Air Force even now as the service - and the nation - continue celebrating its 75th anniversary year.

The roots connecting the Air Force to pathfinding science and technology are long indeed.

Gen. Henry "Hap" Arnold, the commander of the U.S. Army Air Forces who is revered as the founding father of the USAF, worked closely with the scientific community as he envisioned the new stand-alone service. Three years before the Air Force's official birth under the National Security Act of 1947. Gen. Arnold had already established a Scientific Advisory Group to chart the course for the future of science and technology in his envisioned Air Force. The Scientific Advisory Group included a who's-who of the greatest scientific and engineering minds of the mid-20th century, led by Dr. Theodore von Kármán, one of the nation's most prominent and prolific aerospace engineers. That group lives on today in the Air Force's Scientific Advisory Board, an unbroken legacy.

Since its founding, the Air Force has created other notable S&T organizations, both within the service and associated with it, to include renowned research and development centers such as the RAND Corporation and the Aerospace Corporation, as well as the more recent AFWERX, established in 2017 as an "innovation arm," and the new MIT-Air Force Artificial Intelligence Accelerator in Boston.

There is a long list of military firsts that have emerged from Air Force investments, from stealth aircraft nearly invisible to radar, to precision-guided munitions that can strike targets with surgical accuracy while minimizing risk to civilians. The next generation of hypersonic weapons, capable of flying in excess of five times the speed of sound, owe their existence to a legacy of Air Force research investments stretching back to the

There are enduring lessons to be drawn from the Air Force's origin story and deliberate focus on research. In an age when there is unfortunate public skepticism about the value of government-led projects, the return on investment

has been profound. The first American astronauts to orbit the Earth did so on Air Force rockets -- fitting, given that many of NASA's astronauts have come from the USAF, including the only women to have commanded Shuttle missions, Colonels Eileen Collins and current NASA Deputy Administrator Pamela Melroy. Most of the commercial aircraft that fly today can trace at least part of their design to USAF research efforts; modern adaptive-optics telescopes that have opened a new-era in astronomy, including the recently-launched James Webb space telescope, trace their origins to Air Force research; even the Global Positioning System that enables your smartphone to locate any point on Earth, and that provides precision timing for the world's banking systems, was developed by the Air Force and is currently operated by its sister service, the

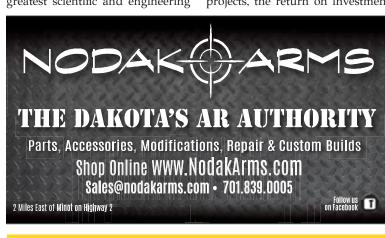
U.S. Space Force. Many people are probably familiar with the nation's world class national labs that stretch from Alaska to the southeastern U.S. and are an engine of innovation and critical advantage for American technological prowess. They may be less familiar with the labs founded by the military services. The Air Force Research Laboratory, headquartered in the Wright Brothers' home of Dayton, Ohio, oversees a \$5 billion research portfolio, exploring the frontiers of materials, propulsion, sensors, information science, quantum science, energy, microelectronics, and human-machine interfaces. With a workforce of approximately 6,000 military and civilian employees, supported in turn by its many contractors, AFRL is one of our nation's premier centers of science whose researchers have produced revolutionary materials, pushed the state-of-theart in microelectronics, and have pioneered in numerical simulation as well as innovative energy systems.

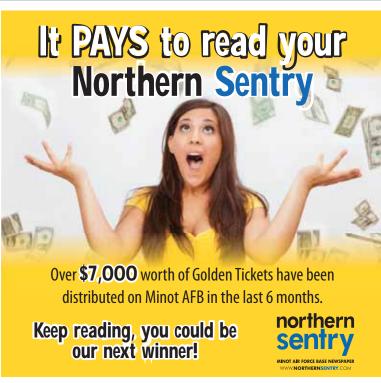
Hap Arnold famously reasoned that the First World War had been won through brute force, and the second through superior logistics. But the next world war, if there should be one, will almost certainly be won by technical prowess, he reasoned. That emphasis on scientific and technical superiority has helped define the Air Force as surely as the quality and commitment of the men and women who make up the

In Hap Arnold's day, the U.S. Department of Defense funded roughly 25% of all the research conducted in the entire world; today the DoD accounts for only about 4% of the worldwide investment. In addition, the United States now faces growing threats to its military technological superiority due in large part to huge investments being made in China and Russia. America is at risk of falling behind in critical future defense areas such as biotechnology, artificial intelligence, and quantum technologies, and has arguably already fallen behind in some areas such as hypersonics and directed energy. This makes our dedication to maintain the Air Force as a science and engineering enterprise second to none as relevant today as it was threequarters of a century ago.

Mark Lewis is an MIT graduate (SB '84 XII, SB '84, ŠM '85, ScD '88 XVI) and a former chief scientist of the Air Force, as well as a former Director of Defense Research and Engineering.

This article is part of a collection of essays by Air Force personnel commemorating the service's 75th anniversary.







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In the Lead

Minot to host top rodeo cowboys, cowgirls at regional rodeo finals

BADLANDS CIRCUIT FINALS RODEO

The toughest, most talented men and women in the Badlands rodeo world will be in Minot this weekend.

And they'll be competing at the Badlands Circuit Finals Rodeo, to prove who's the best of the best.

The circuit finals, the crown jewel of pro rodeo for the Dakotas, takes place Oct. 14-16 in Minot at the N.D. State Fair Center.

And the top twelve in each of eight events stampedes into town, in hopes of winning the Badlands gold buckle.

For bull rider Jestyn Woodward, Custer, S.D., it will be his first trip to circuit finals.

The eighteen-year-old's pro rodeo career didn't start easily. After he made a qualified ride at his very first pro rodeo, he bucked off at the next dozen rodeos.

By early July, his confidence was back and he began riding well again.

The son of Jacey Woodward, the 1994 Badlands Circuit bull riding champion and a 2022 graduate of Custer (S.D.) High School, he will continue his pro rodeo career this fall, forgoing college.

In the saddle bronc riding, the leader, Cole Elshere, suffered a broken leg in July at Cheyenne (Wyo.) Frontier Days, and sat out till August.

But the Faith, S.D. man had won enough money to hold on to the number one spot, till he returned.

"I had a really great Fourth of July run, so I took a pretty good lead."

This is Elshere's thirteenth circuit finals qualification; he loves coming to Minot.

"We have a great time there," he said. "Everybody brings their families and we hang out for three days. At the hotel, we spend a lot of time at the pool. The kids play together, and we enjoy a few days

He also loves the caliber of bucking horses the Badlands Circuit offers.

"The Badlands horses are just phenomenal. We have such a great selection of horses to pick from. That makes it fun, too. We get to get on great horses for three performances in a row.'

For barrel racer Jessica Routier. circuit finals is old hat.

This marks the seventeenth time the Buffalo, S.D. cowgirl has qualified for a circuit finals (including four times in the Great Lakes Circuit).

She'll be aboard the phenomenal mare Fiery Miss West, "Missy," an eleven-year-old palomino who has four times been voted the Women's Pro Rodeo Association Barrel Horse of the Year.

At the eighteen Badlands rodeos Routier rode Missy at this year, she won money at sixteen of them, which speaks to the horse's consistency. "She just likes her job," Routier said.

In the steer wrestling, a special horse has gotten Nebraska cowboy Reed Kraeger to the top of the standings.

Kraeger, of Waco, Neb., didn't think he would ride his horse, Tyco, after the sixteen-yearold gelding came down with pleuropneumonia in July of 2021.

After two months spent at Kansas State University's veterinary clinic and seven different medications, veterinarians finally found a human medicine that helped him heal.

"I couldn't be more tickled," Kraeger said, of his horse's recovery. "We almost lost him. I knew he had the heart" to overcome the illness.

Kraeger has rodeoed with two other steer wrestling Badlands contestants, Logan Lemmel and Cyler Dowling, hazing for them and offering rodeo advice when needed. This is Lemmel's first circuit finals qualification, and Kraeger takes pride in knowing

he helped get Lemmel to Minot.

"I'm more excited about getting Logan to his first circuit finals," he said, "and how excited Logan was about it.'

Kraeger's wife, Rebekah, and their son and daughter will travel to Minot to enjoy the weekend.

Other first place leaders heading into this year's circuit finals include bareback rider Tv Breuer, Mandan, N.D.; tie-down roper Clint Kindred, Oral, S.D.; team ropers Clay Ullery, Valleyview, Alb. (heading) and Matt Zancanella, Aurora, S.D. (heeling); and breakaway roper Brandy Schaack, Chadron, Neb.

The Badlands Circuit Finals takes place in Minot at the N.D. State Fair Center. Performances begin at 7 pm on Oct. 14-15 and at 1 pm on Oct. 16.

Tickets are \$20 for adult general admission and \$10 for kids ages 3-12. Gold buckle seats, the five rows closest to the arena floor, are \$30 for all ages.

Tickets can be purchased online at RodeoMinot.com and at North Country Mercantile in Minot (2000 20th Avenue SE).

For more information, visit the website at RodeoMinot.com or its Facebook and Instagram pages.



A broken leg didn't keep Cole Elshere, Faith, S.D., from leading the saddle bronc riding pack, heading into this weekend's Badlands Circuit Finals Rodeo.



Nebraska's Reed Kraeger is the number one man in the steer wrestling going into this week's Badlands Circuit Finals Rodeo in Minot, N.D. This will be Kraeger's fifth qualification to the championship rodeo for the Dakotas.

ALAINA STANGLE PHOTOS







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"Camping in the Backyard"

MARTINA KRANZ

They are still there, the dark woods from my dream.

A towering tree watched.

It whispered,

"Don't go past me. Don't go past me,"
when the gentle breeze blew
as we sat in the fire's light.
I always wondered what lay beyond
the dark woods from my dream.

No more blazes built by young hands.

That tree no longer looms
on the hill behind my childhood home.
Disease and old age killed it and silenced the sighs.
Now, nothing stands in the big timber's wake,
but they are still there, the dark woods from my dream.

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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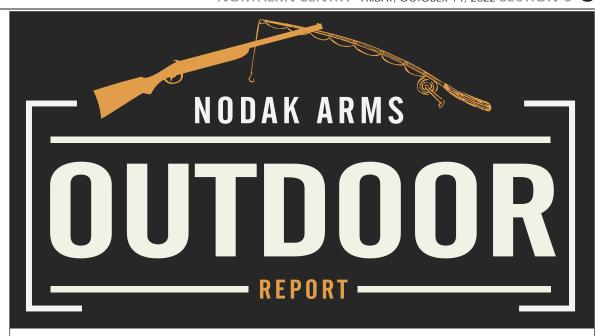
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PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Oct. 10: 1,833.93 feet above mean sea level (MSL); 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.5 feet above mean sea level (MSL). Stump Lake elevation: 1,449.45 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Limited activity but continue jigging around rock piles and bridges for walleye.
- •Lake Darling, Karma C-Store, Ruthville: Fair to good for walleye from shore around Grano.
- •Lake Metigoshe, Four Seasons, Bottineau: OK walleye success.
- •Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Little activity on the east end of Lake Sakakawea but continued fair walleye success around Deepwater Bay. River portion by New Town improving for walleye.
- Lake Sakakawea/Lake Hwy. Audubon, 83 Lawn & Leisure, Garrison: 3-foot drawdown continues on Lake Audubon into Lake Sakakawea so work around the culvert by the pumping station along the U.S. Highway 83 embankment for walleye. Douglas Bay continues producing walleye in 15 to 40 feet depending on wind. Try jigging raps or jigs and minnows. Continued salmon activity from shore around Government Bay. Try pitching jigs and minnows along points or back bays in 2 to 8 feet on Lake Audubon for walleye or the east side culverts going into Sakakawea. Continued bass success, as well. Try topwater baits in the early morning
- •Lake Sakakawea, New Town: Occasional walleye in the Van Hook Arm. Work deep in 20 to 40 feet.
- •Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish from both boat and shore. Look for occasional walleye, trout, and

- · 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. 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, 5 p.m. Hosted by Audubon Refuge Partners. Call the refuge, (701) 442-5474, ext. 114 for details.
- •Oct. 16: Salmon Run Hike sponsored by North Country Trail Central Flyway Chapter, 2 p.m. Meet at the Western Terminus sign in Sakakawea State Park, Pick City.
- Oct. 22: Flannel Fest, Lewis & Clark State Park east of Williston,
- Oct. 23: Pronghorn season closes.
- •Oct. 26: Minot Curling Club work night, 6 p.m. Volunteers welcome.
- Oct. 29: Halloween Hike, Fort Stevenson State Park, Garrison, 7 p.m.
- •Oct. 29: Bakken Friends of the NRA banquet, Roughrider Event Center, Watford City, 5 p.m.
- •Oct. 30: Moose season closes.

Tournaments:

•Oct. 22: Lake Sakakawea, Lewis & Clark Bridge, Williston.

salmon but bite is still slow. Most walleye activity on Lake Sakakawea is west towards Beaver Bay on the south shore. Work deep. Salmon continue stacking up around Government, Pochant, and Scoria bays but it's still a tough bite. Try early morning hours before sunrise or after sundown from shore.

- •Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea slowing for walleye. Try jigs and minnows in shallow water or jigging Raps when working deep water. Yellowstone River starting to clear so look for improving fall walleye and sauger activity. Montana's Fort Peck Reservoir producing nice salmon activity around the marina
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports.
- <u>Hunting:</u>
- Pronghorn: Generally fa success.

- •Upland: Good opening pheasant weekend but lots of young, unidentifiable birds.
- Waterfowl: Some northern Canada goose movement starting in north-central and central N.D. Whitefronts starting to move into northwest N.D. with good swan numbers. Limited light goose movement yet, however, in the northwest and north-central N.D. Some northern Canada goose moving into the northeast, though. Look for sandhill cranes to being moving through now, as well.

Devils Lake area still holding local ducks but many moved out farther away from the lake. Snow geese starting to move into portions of east-central N.D.

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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Social media cybersecurity

75TH AIR BASE WING PUBLIC AFFAIRS

October is Cybersecurity Awareness Month, highlighting the importance of cybersecurity and good cyber hygiene.

The Department of Air Force overall theme for this year is: Cybersecurity starts with all of us.

The following is cybersecurity information concerning social media, presented by the National Cybersecurity Alliance.

Social media platforms have become an integral part of our online lives. Social networks are a great way to stay connected with others, but you should be wary about how much personal information you post.

Have your family, friends, and community follow these tips to safely enjoy social media.

CHECK YOUR SETTINGS

Every time you sign up for a new social media account or download a new app, immediately configure the privacy and security settings to your comfort level for information sharing. Regularly check these settings to make sure they are still configured to your comfort. Get started with our direct links to settings of popular websites at https://staysafeonline. org/resources/manage-yourprivacy-settings/.

SHARE WITH CARE

Be cautious about how much personal information you provide on social networking sites. The more information you post, the easier it may be for a hacker or someone else to use that information to steal your identity, access your data or commit other crimes such as stalking.

Once posted, always posted

Protect your reputation on social networks. What you post online stays online. Think twice before posting pictures you wouldn't want your parents or future employers to see. Recent research found that 70 percent of job recruiters rejected candidates based on information they found

KNOW AND MANAGE YOUR **FRIFNDS**

Social networks can be used for a variety of purposes. Some of

the fun is creating a large pool of friends from many aspects of your life. That doesn't mean all friends are created equal. Use tools to manage the information you share with friends in different groups or even have multiple online pages. If you're trying to create a public persona as a blogger or expert, create an open profile or a "fan" page that encourages broad participation and limits personal information. Use your personal profile to keep your real friends (the ones you know and trust) up to date with your daily life.

KNOW WHAT ACTION TO **TAKE**

someone is bullying, harassing or threatening you, remove them from your friends list, block them and report them to the site administrator. Learn more at https://staysafeonline. org/online-safety-privacy-basics/ cyberbullying/.

ENABLE MULTI-FACTOR AUTHENTICATION

Use 2-factor authentication or multi-factor authentication (like biometrics, security keys or a unique, one-time code through an app on your mobile device) whenever offered. Learn more at https://staysafeonline.org/onlinesafety-privacy-basics/multi-factorauthentication/.

USE LONG, UNIQUE PASSWORDS

Length trumps complexity. A strong password is a sentence that is at least 12 characters long. Focus on positive sentences or phrases that you like to think about and are easy to remember. Learn more at https://staysafeonline. org/online-safety-privacy-basics/ passwords-securing-accounts/.

THINK BEFORE YOU CLICK

Links in tweets, texts, posts, and social media messages are the easiest way for cyber criminals to get your sensitive information. Be wary of clicking on links or downloading anything that comes from a stranger or that you were not expecting. Learn more at https://staysafeonline.org/theftfraud-cybercrime/phishing/.





Pumpkin Walk at 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

KIDS SPOOKY PARTY 11:00 AM - 3:00 PM The Spot 6 2nd Street NE, Minot

Join us for a Kids Spooky Halloween Party!

- Bounce Houses
- -Pumpkin Painting - Hot Coco Bar
- Games
- Costume Contest
- Mama Macs Kitchen Food Truck



For more information: Facebook / Mama Mac's Kitchen / Event

NIGHT AT THE MUSEUM HANGAR DANCE 7:00-11:00 PM Dakota Territory Air Museum 100 34th Ave NE, Minot

Mark your calendars! The Night at the Museum Hangar Dance will be the museum's final event for the season with food, music, silent auction, dancing and re-enactments of famous aviators of the past. Admission \$10/person, museum members are free with presentation of valid membership card. There will be food and drinks available for purchase, music, dancing, and a silent auction will take place with the proceeds going to museum operations. 1920S-1950s-Era Attire is encouraged but no required. Purchase tickets on



For more information: www.dakotaterritoryairmuseum.com

SPOOKY

On Base

SPOOKY-CON & TRUNK OR TREAT 5:30-18:00 PM The Turf & parking lot across from Library

The Minot AFB Youth Center is holding the our Spooky-Con and Trunk or Treat. This is a block party style carnival, celebrating Halloween and the fall season. The entire base is invited to attend and families will get to play games, engage with base helping agencies, and enjoy an event just for our military families. We are 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 coming out for the event please email POC's listed.



For more information:

701-723-2838 or ianelle.burton.1@us.af.mil

POC: Ms. Britnee McAlexander, Teen Coordinator, 701-240-2838 or britnee.mcalexander.1@us.af.mil Alternate POC: Ms. Janelle Burton, Youth Programs Director,

skate Night 5THFORCESUPPORT.COM



For more information visit: www.5thforcesupport.com



SVAS Hosts Barktober for the Month of **October**

SOURIS VALLEY ANIMAL SHELTER

To celebrate Barktober, the Souris Valley Animal Shelter (SVAS) is excited to announce a full month of adoption events occurring October 1st through October 31st!

The month will kick-off with the Bissell Pet Foundation's "Empty the Shelter" event where all adult

dogs aged one year and older will have an adoption fee of \$50 until October 8th. This is in thanks to Cathy Bissell, who will sponsor the rest of the adoption fee.

From October 9th through 15th, all dog adopters will be entered into various raffles to win fun human and dog-related gift baskets! Drawings will be live on October 15th. You do not want to miss the Barks and Booze basket!

The following week, October 16th through the 22nd, all dog adopters are winners with our fun

BINGO themed adoption week. Prizes range from discounted adoption prices to completely free

adoptions.

Finishing off Barktober, October 23nd through the 31st is ROCK, PAPER, SCISSORS adoptions.

Dog adopters will face-off with our adoption team at checkout, playing "Rock, Paper, Scissors". If the adopter wins, they will receive \$50 off their adoption fee (and we might just throw in a toy for your new pup)!

Don't need to adopt a dog? From October 26th through the 29th SVAS is hosting a reverse "Trick or Treat" event! Our shelter dogs who have not been adopted need the extra love. Please bring them their favorite "treats" to put in their Hallween buckets located at the front desk. They take their bucket of goodies to their next loving home! We ask for soft treats, toys, poop bags, or anything you think a pup might love.

We cannot wait to make Barktober the very best.





Hours: Monday-Friday 8 a.m.-5 p.m. cfmminot.UND.edu

School of Medicine & Health Sciences



TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



Timmothy 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.

NOTES ON BEING SAFE

ALWAYS BE PREPARED FOR WINTER WEATHER CONDITIONS

While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days.

As we face another North Dakota winter, it's important to plan ahead and start storing emergency food and water supplies for the family

before a crisis happens.

It's a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person's age, physical condition, activity and diet, when storing water.

Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don't forget to include pets.

Prepare an emergency stockpile Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular

Avoid foods high in fat and protein, and don't stock salty foods since they make people thirsty. People should switch to salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and during stressful situations. Also, canned foods don't need cooking, water or special preparation.

The following are some recommended food storage plans: Storage tips

- Keep food in the driest and coolest spot in the house - a dark place if possible.
- Keep food covered at all times. • Open food boxes or cans carefully so you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to
- keep pests out. • Inspect all food containers for signs of spoilage before use.

What to stock Though it's unlikely emergency would cut off our food supply for days or weeks, it's a good idea to prepare supplies to last that long.



ROD KRAUSE 5TH BOMB WING **OCCUPATIONAL SAFETY** AND HEALTH MANAGER

A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

An easy way to develop a twoweek stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants.

Those who already keep a twoweek supply of food on hand should rotate their supply once or twice a year.

considerations Special remember

and nutrition.

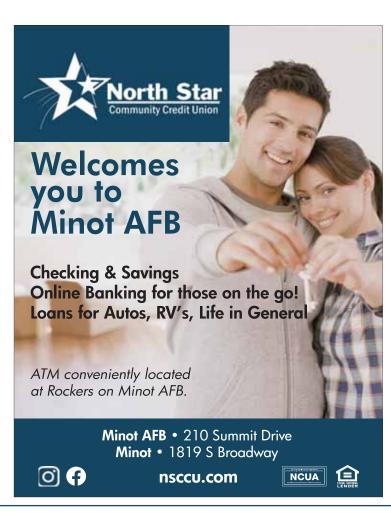
When stocking food, consider your family's unique needs and tastes and include foods everyone enjoys that are also high in calories

Foods requiring no refrigeration, preparation or cooking work best. Make sure you have a can opener and disposable utensils. People with special diets and

allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don't forget nonperishable foods for pets.

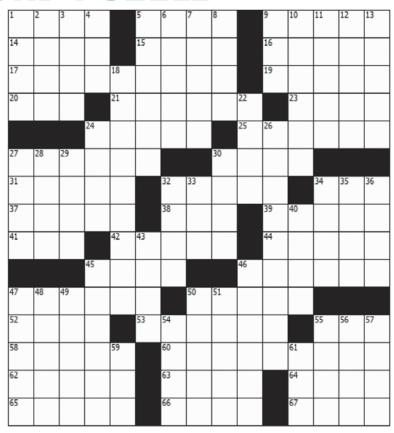
Cooking without power

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.



CROSSWORD PUZZLE

- 1. Da Vinci's "___ Lisa"
- 5. Mollusk
- 9. Manly
- 14. Was a copycat
- **15**. Steak order
- 16. Mete out
- 17. TV and radio (2 wds.)
- 19. Reviewer Roger __
- 20. Key near Ctrl
- 21. Rhode
- **23**. Relieve
- 24. Stakes 25. Breadwinner
- 27. Beer mugs
- 30. Took off **31**. Call up
- Not appropriate
- **34**. Fuss 37. Leases
- 38. L. ___ Hubbard
- 39. Ran in neutral
- 41. Positive answer 42. Chicago's airport
- **44**. Part
- **45**. Terminals (abbr.)
- 46. Lariats
- 47. Scents
- 50. Hit show **52**. Ogle
- **53**. Not lying
- 55. Satchel
- **58**. Best
- 60. Rectory
- **62**. Moe and Curly's pal 63. New York's canal
- 64. Touch on
- 65. Obliterate
- 66. Court dividers
- 67. Pod vegetables



- 1. Papa's spouse
- 2. Colorful gem
- 3. Robin's home
- 4. Paid notices
- 5. Tops of waves
- 6. Soup dipper **7**. Operatic melodies
- 8. Average
- Bombshell
- Einstein
- 11. Immaculate 12. Racetrack animal
- 13. Furry swimmer
- **18**. Saint Paul's state

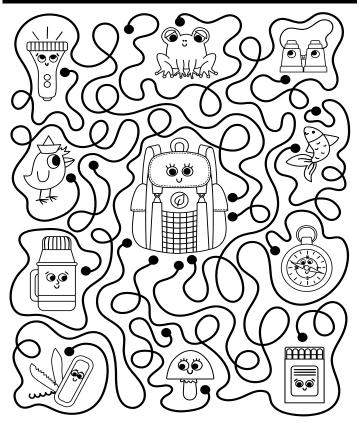
- 22. Not shallow
- 24. Isn't, incorrectly
- 26. Italian appetizer
- course
- **27**. Agile
- 28. Biblical "you"
- **29**. Many years
- **30**. Fade
- Retirement accts.
- 33. Also not
- **34**. Pub offerings
- **35**. Art
- 36. Some poems
- 40. Platter
- 43. Corned beef dish

- 45. Smudges
- **46**. Girls
- 47. Limber
- 48. Speed trap device
- 49. "Phantom of the
- **50**. Type of drum
- **51**. Earn
- **54**. Unlock
- 55. Baseball's Ruth
- 56. Mexican water
- 57. Receives
- **59**. Drain opener
- 61. Short snooze

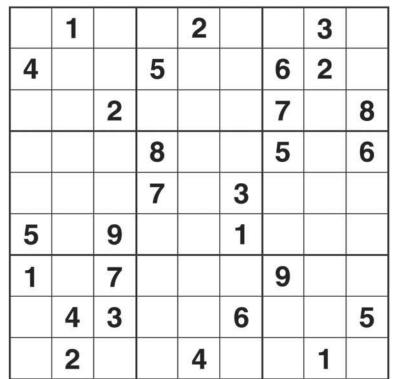
last week's Crossword D M O 9 U Solution t



WHAT GOES TO BACKPACK?



SUDOKU



Solution to puzzle on page C11



HOURS:

Monday - Thursday 11AM - 12AM FRIDAY & SATURDAY: 11AM - 1AM

21 E CENTRAL AVENUE DOWNTOWN MINOT

701.852.8183



CHURCHDIRECTORY

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**

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Northern Lights Chapel across from Rockers

Catholic Mass

Sunday1000 Daily Monday-Thursday at 1200

St. Peter The Aleut **Eastern Orthodox** Church

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> Saturday, Oct 15 Vespers, 5PM

Sunday, Oct 16 Divine Liturgy, 10AM

V. Rev. Fr. Paul Hodge

5900 Highway 83 N, Minot

www.faithumcminot.com

Pastor Ken Mund

701-838-1540

Sunday School (All Ages): 9:45 a.m.

Sunday Coffee Fellowship: 10:30 a.m.

Worship Services: Sunday 11 a.m.

Faith United

Methodist

Church



Wednesdays 7:00pm and Sundays 10:30am

1821 W Burdick Expressway

For More Information: 701.353.9337 | www.bfbc.tv

Cornerstone Presbyterian Church

> 1000 NE 3rd Street 852-0315

> > Sunday Schedule

Contemporary Worship 9:00am

Wednesday Evening Schedule Community Dinner............5:30-6:30pm Contemporary Worship..........6:30pm

Youth Group & Small Groups.. 7:15pm All are Welcome! www.cornerstoneminot.com

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(Just North of Super Wal-Mart)

& Fellowship9:00 a.m.

Worship 10:30 a.m.

Sunday School

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MinotBibleFellowship.org

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Missouri Synod

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2209 4th Avenue NW Minot, ND 839-4663

Reverend Philip Beyersdorf www.minotstmarks.com

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Immanuel Baptist Church

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



9:00 AM FELLOWSHIP

9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP

JOURNEYCHURCH ASSEMBLY OF GOOD

1805 2nd St. SE

838-1111

Sunday Services

9:00 AM & 11:00 AM

Wednesday

6:30 PM

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



Christ Reformed Church

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

Minot

Baptist Church

Sending the Glorious Light of Jesus

Christ to a Dark and Needy World

Sunday School 9:45 a.m.

Morning Worship11:00 a.m.

Evening Worship6:00 p.m.

Wednesday Evening......7:00 p.m.

Independent/Fundamental/KJV

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Pastor David Miller

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. Sunday8:00 & 10:30 a.m. Fr. David A. Richter, Pastor

Parish website: www.stjohnminot.com

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

First Lutheran Church - ELCA 120 5th Ave. NW

852-4853

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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

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

westminot.com



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 Hour6:30 p.m. Evening Worship7:30 p.m. Bible Study/Child-Adult Children Worship (Wed)....7 p.m. Prayer (Friday)7 P.m.

facebook.com/westminot

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

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 Study7:30 p.m.

Jesse Starr, Pastor



Sunday Service: 4:00 p.m. Wed. Prayer: 5:30 p.m.

at Living Word Lutheran bldg 710 46th Ave NE, Minot

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

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



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701-852-6404 www.oslcminot.com

Rev. Brian Doel

Rev. Heath Trampe

Sunday Worship 8:15am Traditional Service 9:30am Contemporary (wlīvestream) 9:30am Sunday School & Adult Bible study 11:00am Contemporary Service

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

To Advertise your Church on this page,

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Only \$9.00 a space / per week



A Church of the Lutheran Brethren

Sundays:

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For more information visit us on the web at:

www.ourredeemers.org





700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772

www.orcsknights.org

ORCS Preschool

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NOW ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

Time-tested curriculum including STEM and Language Arts activities

as well as Free Play

2 and 3 day options available

Kindergarten readiness skills practiced each session

All teachers hold a North Dakota Professional Educator's License Christ-centered environment

> Please contact our school office or visit our website for more information.

701.839.0772 Email: jschultz@orcsknights.org

Website: www.orcsknights.org





advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline **TUESDAYS BY NOON** WEEK OF PUBLICATION **CONTACT US** call 701-839-0946 email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

CLASSIFIEDS

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Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

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3 Bedroom- Decks on Front & Back. Recently Winterized with New Insulation. Some New Windows. Located in Deering Mobile Home Park. \$10,500.00 OBO. Text /Call (701) 728-6965

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northern

MINOT AIR FORCE BASE NEWSPAPER WWW.NORTHERNSENTRY.COM

RENTALS

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

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

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

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Nov 25

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Part-Time Retail sales 25-35 hrs/ week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 Broadway.

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

IMMEDIATE FULL AND PART TIME OPENINGS for

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

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY

Baggers Work for Tips Only Adult Hours Tuesday-Friday 7am-4pm

· Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

 Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm

 Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.



Decisions on edited material will be final. Promotion available for online submissions and available for a limited time only.

CLASSIFIEDS

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's preeminent 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 recognize 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-toface 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



SUDOKU SOLUTION

PUZZLE ON PAGE C8

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4	9	8	5	3	7	6	2	1
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FLOWER SHOP

WHAT'S GOING ON MAFB

FRIDAY

- 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, 1730-1930, Various FSS Facilities
- Fight Night! Pre-Teen Late Night, 1730-2300, Youth Center
- FREE Rock Concert Frantic Anarchy, 2000-2300, Rockers Bar & Grill

SATURDAY

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

SUNDAY

• Zumba, 1400, Fitness Center

MONDA

- Deadline for Haunted House Volunteers at Outdoor Recreation
- Haunted Stacks Begins at the Minot AFB Library
- Pumpkin Decorating Contest Begins at the Dakota Inn Dining Facility
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

WEDNESDAY T

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Guest Appreciation Days Special Lunch, 1030-1330, Dakota Inn Dining
- Story Time, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Thrift Savings Plan for Civilian Employees, 1400-1600, M&FRC
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

THURSDAY 🤦

- Guest Appreciation Days Free Donuts, 0600-0900, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Thursday Night Football, Doors Open at 1700, Rockers Bar & Grill

FRIDAY

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center • Spooky Skate Night, 1800-2000, Youth Center
- Teen Lock-In Night of Terror!, 2000-0600, Youth Center

SATURDAY 22

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

NGOIN

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

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!







UESDAY

- TAP (VA), 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Guest Appreciation Days Free Popcorn, 1030-1330, Dakota Inn Dining
- Magic The Gathering Commander Night, 1800, ESC

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