

northsentry

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WHATS INSIDE THIS WEEK:



SHARING *Your*
MINOT AFB
ADVENTURE

70 YEARS OF
SHARING
YOUR
MINOT AFB
ADVENTURE

A3



OK MINOT,
I'M HERE.
NOW WHAT?

A7



ONE BIG
LAKE!
SAKAKAWEA
OFFERS IT ALL

B8



US SENATE COMMITTEE

VISITS MAF VIA UH-1

Minot Air Force Base leadership and members of The United States Senate Committee on Armed Services arrive at Missile Alert Facility Oscar-1 via UH-1 Iroquois for a tour at Minot, North Dakota, Aug. 30, 2023. During the visit visitors flew with the 54th Helicopter Squadron and toured a 91st Missile Wing missile alert facility. See page B2 for more on the tour.

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

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northern sentry

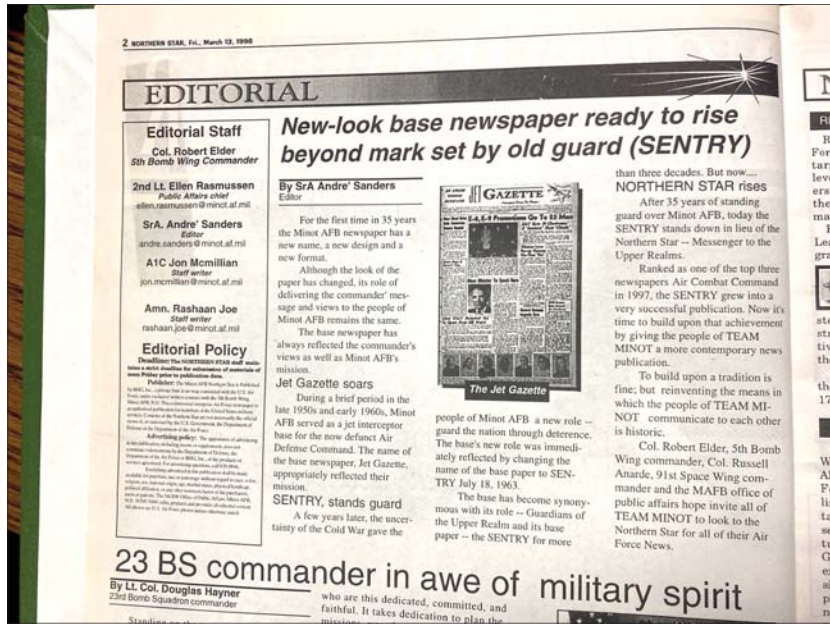
MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

SHARING *Your*
MINOT AFB
ADVENTURE

70 Years of Sharing Your Minot AFB Adventure

ERIN BEENE, NORTHERN SENTRY

Article from 1998 describing a brief history of MAFB newspaper and why they changed the name to the Northern Star.



Back in the “old days,” base newspapers used to be the main form of communication to Airmen and their families. Before cell phones and social media captured attention, scandal and complaints, people used to scour the weekly newspaper, put out by Public Affairs, to find out about incoming weather, opinions, updates about commands and, well, everything.

(worth cash) just wasting away.

Today, it doesn't need to be explained that this is no longer the case. While the Minot AFB newspaper, the Northern Sentry, still circulates every Friday around base and the community, it is no longer run by the base or even the Department of Defense at all. Additionally, it probably doesn't get picked up with the same sense of urgency that it may have had decades ago. In fact, some base residents even discard the paper, or worse leave it laying in front yards to get buried under snow for months, which is a real shame because there could be valuable information and golden tickets

So it has to be asked, what is the purpose of the newspaper then? Some may say the paper newspaper is an antiquated thing of the past that is no longer relevant, and while there is a case for that line of thinking, others may point to the tradition and pride that a physical piece of paper has. The Northern Sentry is specifically designed, developed and targeted to the Minot AFB resident and that is its only purpose, to serve YOU, and support the ongoing Mission.

Because the Northern Sentry is run by an outside company, they have a unique ability to tailor their content to Airmen and families in addition to the stories the 5th Bomb Wing Public Affairs office puts out. Everything in the paper is either about you or written for you. Its purpose is to share your lives, your challenges, your work and your schools. It is for you, to share your unique Minot AFB adventure. Did you know that?

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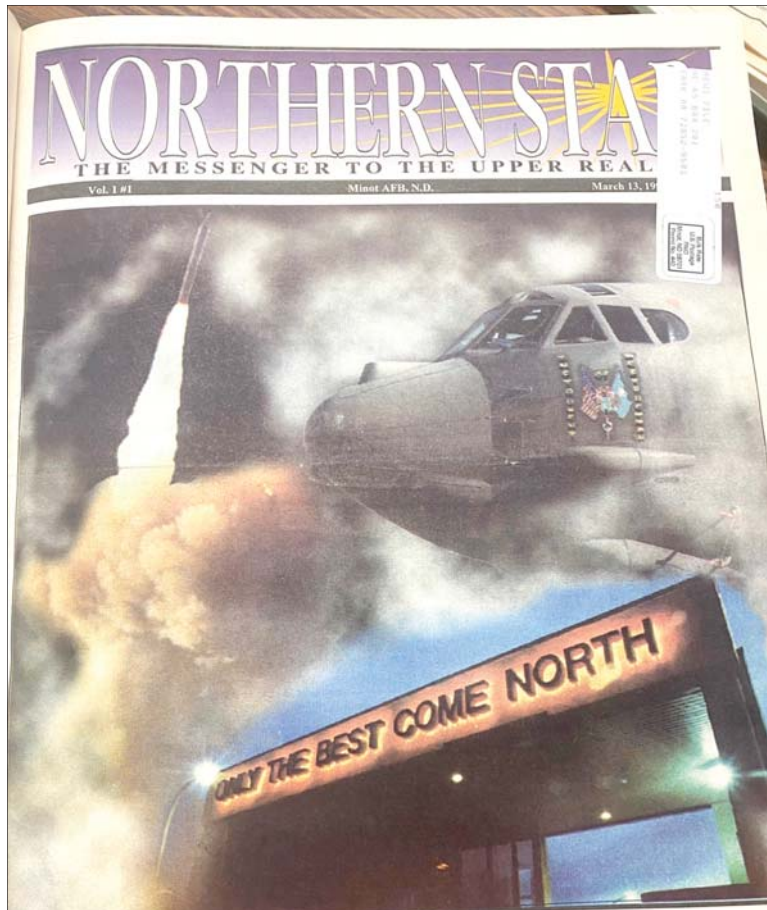
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First Edition of the Northern Star, March 13, 1998



For those history nerds out there, here is a truncated timeline of the newspaper at Minot AFB and how it did and still does share the Minot AFB Adventure.

- In February 1957, Minot AFB officially opened with the 5th Fighter Interceptor Squadron, the “Spittin’ Kittens,” under Air Defense Command. Later that year or the next, the Jet Gazette started as the first Minot AFB newspaper. (It is unclear as to the official start date or physical location of first editions of the Jet Gazette)

- On July 18, 1963 at the height of the Cold War the newspaper changed their name to The Sentry. With the anticipation of the 91st Strategic Missile Wing joining the 5th Bomb Wing at Minot AFB and many other non-jet related Air Force organizations joining, it is speculated that this may have prompted the name change.

- While still operated by base PA, on March 13, 1998, the name changed yet again to the Northern Star.

- On December 15, 2006 the paper underwent its final name change and made its way to the Northern Sentry. An excerpt from the Vol 44, No 50 states, “The Northern Sentry, just like the name, will combine an old tradition with a fresh perspective...Now, with different guidelines on what we can

publish, we hope to provide a more interactive paper offering a product you cannot get anywhere else”

The Minot AFB newspaper has evolved over the years. Despite name and owner changes over the past 70 years, the Northern Sentry remains dedicated to Sharing the Adventures of those living and working in this unique area of the world. The Northern Sentry staff takes pride in being one of the few remaining Air Force base print periodicals still active today.

You are a part of history by just being at Minot AFB and being a part of this Minot AFB Adventure.

**Special thanks to Minot AFB librarian Julie Reiten and 5th Bomb Wing Historian Robert Michel for speaking with me and helping look



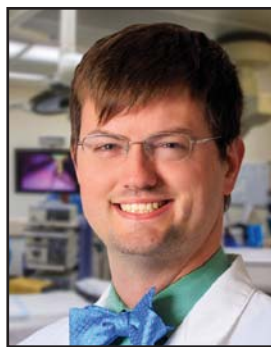
On December 15, 2006, the name of the Minot AFB newspaper officially changed to the Northern Sentry.

through old editions of the base newspaper. Copies of the Jet Gazette, The Sentry, The Northern Star and

the Northern Sentry can be found and are open to the public at the Minot AFB Library.

Welcome Dr. Gokey

Vitreoretinal Diseases



Robert Gokey, MD

A board-certified ophthalmologist, Robert Gokey, MD, is fellowship trained in vitreoretinal diseases and surgery. He is uniquely qualified to provide diagnosis and treatment to patients with conditions affecting the retina and vitreous humor such as retinal detachment, age-related macular degeneration and diabetic retinopathy.

Advanced Retinal Care

A Minot native, Dr. Gokey earned his medical degree from the University of North Dakota. He completed his Ophthalmology residency at Ochsner-Louisiana State University Shreveport and went on to accomplish his fellowship in vitreoretinal surgery at the University of Missouri. Dr. Gokey is excited to return to his hometown to practice. A member of the American Academy of Ophthalmology, he enjoys spending time with his wife and two small children as well as reading, swimming and baking.

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And The Old Farmer's Almanac Says...

96 for a high on Saturday, and then without a lot of warning our high temperature on Tuesday was in the 70's. Coffee shops were a buzzin' today with predictions of lower temps, driving all of us old traditionalists to scope out the non-metrological prediction for fall 2023.

September? Looks about average, with a chance of warmer weather toward the end of the month. Of more importance for next spring rather than this fall, is the prediction of above average rainfall.

October? Sorry to bring the bad news, but there is snow in the forecast on the 16th of October. Snow? What! That's what the almanac says, and who is going to argue with a prediction system that has been a part of kitchen table coffee talk for decades, well actually since 1792.

And finally, the view way beyond the horizon for the winter of 2023-2024? It takes just three words to sum up the first couple of months. Drum roll, please; cold and snowy. Can you believe that. Winter in North Dakota that may be cold and snowy? That's what the Old Farmer's Almanac says, and I am sticking with them folks. Much easier to hear "I knew it was going to be a warmer than average winter" verses "you said

warmer, and it's been below zero for a solid week!"

There are other ways of predicting the long term weather folks. Growing up in a small town in North Dakota I would hear about the severity of winter based on the date the last robin was seen in Maddock, North Dakota. It's kind of like the sparrows returning to Capistrano, only in reverse. If the robins started to abandon their northern habitat before September 1st, it would be a long winter. Well folks, I can only speak for my small back yard, but the robins are gone. Then there's those pesky little varmints, the tree squirrels. I was told that the sooner that squirrels start storing their nuts, the closer those cold winter temperatures are. My question to those using squirrels to predict the weather is: "How are you able to monitor a squirrel's activity?" However, I promise that I will make it a point to watch and see. I don't want winter temps to come unexpectedly, right? There was a scientist that put radio transmitters in peanuts to monitor when squirrels started to store nuts. He maintained that a squirrel's brain gets much larger as it starts to catalogue where it stored nuts for winter consumption. Again, how is it that you can stop down



UPSIDE DOWN UNDER
 MARVIN BAKER

Since July 4, my wife and I have had two opportunities to drive across Garrison Dam. The first trip's destination was Rapid City and the second, Beulah. I drove the first time and she drove the second time.

Have you ever taken a close look at that dam? It's an incredible feat of engineering. Because I was the passenger the second time, I looked at things I don't normally get to see as a driver. And as we passed from McLean County into Mercer County, the only thing I could think of is the pressure of the water against the dam itself.

As most of us all know, the dam was built in the late 1940s and very early 1950s. At the time, it was a gargantuan, Panama Canal type of project.

My uncle Troye Kiefer, who is in his 90s and now lives in Yuma, Ariz., worked on the dam in the late '40s. What's interesting about Troye is his memory is really good for someone that age and he has told us some of the things he saw and did while building the dam.

His responsibility was to take soil to the site and drop it off in building the dam high above the water line. At that time, it was just like anyplace else on the Missouri River. But, as Garrison Dam continued to get built, the water level became deeper and deeper. Now, it is supposedly 60 or more feet deep near the dam.

Troye and many of the workers stayed on the McLean County side of the river in a camp just off the

northern sentry

A VIEW FROM OUR SIDE
 ROD WILSON



a squirrel and measure the size of said squirrel's brain.

MORE TO COME

Many of you arrived in Minot over the summer and are now seeing your first hint of fall. It's not your imagination. As you approach the Souris River valley and Minot from either north or south hill you notice that the some, not all, of the trees are starting to change color. If nothing else, turning the calendar page from August to September and noticing the shorter days should be a hint that those beautiful fall days have begun. Sure, Mother Nature will mix in a few hot summer-like days, but it's time to start hanging those lightweight coats in the out-the-door closet.

And as for the Old Farmer's Almanac? Who is going to challenge the wisdom of a book that has been published since 1792? One only needs to scan through the myriad of weather apps available on your mobile phone to surmise that predicting weather, even a few days in advance, is certainly not an exact science. What we do know is that

summer 2023 is largely behind us. Fall of 2023 is mostly ahead of us, and well winter 2023 "will arrive whether (or is that weather) we want it to or not.

BEST KEPT SECRETS

If you are ever touring Garrison Dam there is a drive that goes south along the river along the tailrace, or the flow out of the turbines in the Garrison Dam powerhouse. It's a popular fishing spot, for both humans and this time of year, the American Bald Eagle. Take your binoculars and pick up one of the majestic birds high above the river watching keenly for fish in the Missouri River. The eagles are normally around this area year round. It's quite a scene to watch them locate their prey, dive from the sky and fly off with a fish balanced in their claws. Worth the trip, folks. Make sure to bring your camera.

TODAY'S CHUCKLE

Those who cannot remember the past are condemned to teach high school history to unwilling teenagers.

The marvel that is Garrison Dam...

river. There were actually several camps at the time, but the one he stayed in became the town of Riverdale. On the Mercer County side is the town of Pick City.

When I was younger my friends and I often talked about creepy scenarios and one of them was, what would happen if Garrison Dam broke loose?

First off, it's not going to because it was built to actually hold back the pressure of the water and secondly, the dam is constantly being monitored for any change in activity.

One thing I will say, is immediately after 9/11, the governor dispatched the North Dakota Highway Patrol to seal off the dam just in case someone would try to sabotage it.

The National Guard was activated at the same time and many of us assumed we'd be going to Garrison Dam, but it was the Highway Patrol. We were dispatched to monitor public

buildings.

The building of the dam created a fishing mecca that has brought a lot of revenue to Pick City, Riverdale, Garrison and even Stanton and Hazen over the years. Fishing tournaments are held with prizes for the largest northern pike etc.

I've also heard about the downside of the building of Garrison Dam. That is, communities such as Sanish and Elbowoods were submerged in the flood water and people had to relocate to a new location outside the valley that became known as New Town.

There's always been a spirited debate between the U.S. Army Corps of Engineers and the Three Affiliated Tribes regarding that, however, in recent years the tribe has received generous compensation that has helped on the reservation, most notably the New Town public school system.

The dam also inundated a lot

of Missouri River valley farmland. I'm assuming property owners were compensated for their loss, but you can't beat the productivity of river bottom farmland.

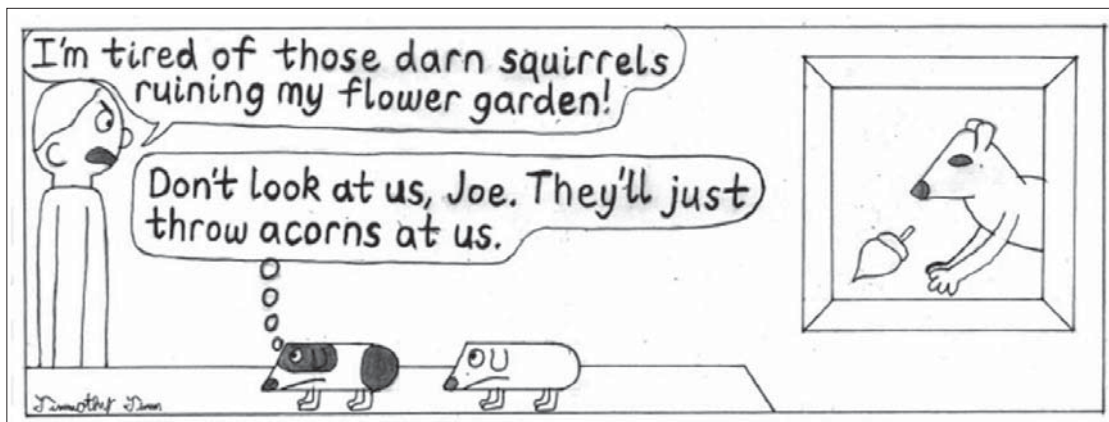
Regardless of how you feel about Garrison Dam, it is a marvel to behold. It is one of those high-profile spots in North Dakota, much like the International Peace Garden or the town of Medora.

It's been part of who we are now for more than 70 years and the best part about it is the tourism draw, the fishing and the photo opportunities.

One really interesting thing about the dam is as you cross the county line in the middle of the dam, your digital clocks will change immediately from Central Daylight Time to Mountain Daylight Time or vice versa. Even though Mercer County observes Central Time, clocks will change like, no pun intended, clock work.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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

The Perfect Time to Leave

“Well, at least you’re getting out of here at a good time.” This sentiment, or something similar has been spoken to me countless times over the last six months.

You see, my family will be packing up and heading out on an extended time away from our home in Minot. My husband is in New Mexico training for his position with a National Guard unit, and we’ve decided to press the proverbial pause button on things here in the name of adventure and family togetherness.

When I tell others that we are planning to be away from Hotdish Land from September to December, many have chimed in with, “Well, you’re getting out of here at a good time.”

Or, “It’ll be nice to miss the onset of winter.”

Or, “What a great time to get out of Minot.”

This is surprising to me, because I love a Minot fall. (Cue the, “Fall is great when we have one,” comments.) As I think about stepping away on the cusp of autumn, my heart hurts a little.

Okay, it hurts a lot.

Fall in Hotdish Land isn’t about soggy days, the first sleet, unexpected snow, and the first frigid nights. To me, autumn is warm afternoons spent at Berry



“Some people say I’m leaving town at the perfect time. I say, there’s no perfect time to leave a place you love.”

AMY ALLENDER PHOTO

Acres. It’s the smell of their corn box, the sound of the pumpkin canon, and feeling the texture of heirloom gourds. It’s local coffee shops rolling out fall flavors, and the smell of cardamom wafting into the street.

Fall is the festival on Main Street and the opening Brass Band Concert. It’s the sun setting earlier, a welcome return to going to bed in the dark, and being able to get a good look at the stars. It’s hockey games, and football games, and art projects at Not Stock.

A Magic City autumn is scouring thrift stores for nordic sweaters to wear to the Høstfest, observing the leaves changing their color at the Denbigh Forest, Oak Park, Bison Plant Trail, and Woodland Trail. It’s anxiously waiting for the annual Pumpkin Walk, and collecting candy on the Downtown Treat Trail. It’s that distinct smell of leaves, cold, and smoke in the air.

Fall means rodeo, and symphony, and finally having neighbors in



SHE’S NOT FROM AROUND HERE
AMY ALLENDER

town on the weekend because they are no longer going to The Lake. It’s weekly soup recipes, warm bread from the oven, and playing cards with friends over steam rising from our bowls.

I don’t think this is a perfect time to leave.

Then I pause, and consider, “When would I prefer to go?” The truth is, there’s no chunk I can write off as a time I’d like to avoid. Yes, the windchill is uncomfortable. But it blows in so many good things with it.

When you look for the good, when you have decided this is a good life and a good place, there isn’t an ideal time to be gone. There is no perfect time to be away from

a place you love.

As much as I love our life here, and fall along with it, I love our family more. As a military family we’ve spent many months apart—many of you understand. Long ago we decided if we could be together we would. Now is one of those times.

I am confident this adventure is right for us, right now. But just because something is right, doesn’t always erase the nerves about leaving, or the homesickness that may ensue. Amid all the unknowns of the next few months, one thing is certain: we’ll be glad to come home to Minot.

Find the good in this season, and tell a good story. Far away, I’ll be thinking about all the familiar fun in Minot, wondering if you’re enjoying it as much as I do.

To keep up with our time away, and for more on positive living, connect with me on Instagram (@amy_allender) and Facebook (@amyallenderblog.)



“Our family at the Pumpkin Walk last October.”

AMY ALLENDER PHOTO

Hensen's

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Not as it Seems



SLICE OF LIFE
KIM FUNDINGSLAND

relative of mine. His reply was a sort of yes, asking for a mound of whipped cream with nothing under it.

Another such incident happened on a narrow highway in Minnesota enroute to a family reunion when dad got behind a semi hauling a load of very large pipes. It seemed like it took forever before it was safe to pass.

When we got to the reunion, several minutes later than expected, one of the very young passengers told others that it was because we "got slowed down by a load of holes."

It took a few moments to figure that one out but, from a child's point of view.

When my girls were small, I owned a wonderful golden retriever, Spice. Obedient. Loved to play with the kids. The perfect

family dog.

One day at the lake a beach toy got washed out into deep water. I told my girls not to cry and sent Spice on a long swim to retrieve it. When Spice brought the toy back, shook water off, and got a well-deserved pat on the head, I asked my youngest what she thought of Spice now.

The answer was an honest one — "She's got too many feet." I'd never thought of a dog like that before.

A few years ago, I gave a series

of historical talks to grade school kids at several different schools. The subject was frontier history, what it was like in the early days on the plains.

I told one class a story about Lt. Col. Custer, who would become commander at Fort Abraham Lincoln south of Mandan. Custer was riding his wife's horse, Custis Lee, when he dashed across the prairie in pursuit of a buffalo bull. Unfortunately, when he drew his revolver, it discharged and killed the horse, leaving the famous

colonel alone in an endless sea of grass.

I had hoped the story would help bring to life what it was like in the days before settlement became commonplace in the region. I'm not certain that was the case. I say that because I always asked the teacher to have the school kids write down a sentence or two about what they learned, liked, or remembered from my appearance.

One of the replies, which I still have, was a classic. "Don't shoot when you're on your wife's horse."

A LOOK BACK THIS WEEK IN USAF HISTORY

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



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

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

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

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

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LET'S TALK NORSK HØSTFEST!

Where can kids and adults have an immersive Scandinavian cultural experience? At Minot's 44th Norsk Høstfest on September 27th - 30th at the ND State Fair Center.

Children 12 and under get FREE admission to this year's festival. To get started, pick up a kid's free admission voucher anytime at Cornerstone Bank or at the festival's main entrance Sept. 27th-29th. Saturday, Sept. 30th, is Military Appreciation Day where those with an active-duty military ID get in for free. Once at Norsk Høstfest find the Familie Fjord Kids Zone. Here, kids and adults can pick up their passports that take them around the festival to see all of the magic happening throughout the festival.

Families will also enjoy Viking Village, musical acts, watching and learning from gifted artisans, and delectable food. Go to Hostfest.com for the event schedule.

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CHILDREN'S TICKETS

Kids 12 and under get in FREE thanks to Cornerstone Bank. Stop by any Cornerstone Bank location to pick up your tickets or get them at the festival's main entrance!

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Maria Little Fox found her second \$45 Golden Ticket in her Northern Sentry. Way to go Maria! Check your paper, in the last 6 months over \$7000 worth of Golden Tickets were inserted in papers delivered to Minot AFB.

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for your chance to win!



Nancy Brown found a \$45 Golden Ticket in the Northern Sentry her son picked up at the Quick-Stop.

Ok Minot, I'm Here. Now What?

ERIN BEENE, NORTHERN SENTRY

It doesn't matter if you are a brand new Airman starting your first assignment or sneaking up to that 20 year mark as an Air Force family, being the new one in town always just plain stinks. You have to find your way around town by relying on the GPS, discover what you like, get the kids plugged in and the list goes on and on. You know all about it the newbie struggles. You're living it.

There are pits that come with being new-in-town, but the perk here is that the city of Minot is hands down THE MOST military friendly this writer has ever witnessed. Some communities near military bases say they are welcoming of their interant military comrades. But, let's be honest, saying that isn't always followed by welcoming actions. You know how hard it can be to break into long term communities as a temporary outsider. Have you experienced that "military judgment stare" that follows when introducing yourself to locals? Have you found it hard

to dig into finding friends because the local community finds it more tiresome to connect with someone that will only be here a few years? That struggle is real to frequent movers like us.

However, in Minot's case, that is simply not the truth of the matter at all. Churches, kids sports teams, restaurants, apartment complexes, and local businesses all welcome their military families with friendliness and a genuine sense of interest. Most everyone will happily help you with directions, suggest a popular place to visit or even tell you about the Minot history of this boom railroad town. Just ask a Minot local about the Flood of 2011, everyone has a story to tell about that major event. They will ask you about where you're from, how you're liking North Dakota and what interests you. If you let them, the local Minotians will become your biggest friends.

Don't let the rumor mill sway your decision before you find out for yourself; Minot is small town



2023 saw the opening of the Magic City Discovery Center, which is the first and largest children's/science museum in the state of North Dakota.

ERIN BEENE PHOTO



In the late 1880's, Minot became an over-night boom town thanks to the Great Northern Railway. Today, the town still boasts proud heritage to the railroad and is a major stop on the Amtrak Empire Builder passenger train.

ERIN BEENE PHOTO

living community at its best. And if you let it, it can become a place you and your family feel loved, appreciated, accepted and happy.

Here's how:

1. Step out of your comfort zone a little bit, and be willing to see things from a new perspective. Try not to get stuck in "the way you have always done things" mentality.

2. Take it day by day and try something new every week.

3. Don't only do things on

base. The drive on HWY 83 to town is easy and straightforward -especially during the warm months- so take this chance to try it out and get comfortable driving.

4. Explore Downtown Minot. Even if you're a big city snob, downtown Minot is the epitome of local small town cuteness at its best and worth frequent visits, especially during festivals, which aren't overly crowded and people actually smile at each other

5. Do as the locals do. Try

camping, ice fishing, outdoor ice skating, attend hockey games (Minotauros and Minot State) and shop local. You'll find it may just change your perspective on life here.

6. Try not to compare Minot to other places, because it's not like anywhere else. Try to take it for what it is and if you do, you'll see what makes it special.

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 Wednesday (9/20)..... 6:30 pm
 Wednesday (9/20)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/19)..... 6:30 pm
 Thursday (9/21)..... 6:30 pm

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Saturdays (Ages 5 and up)..... 9:30 am

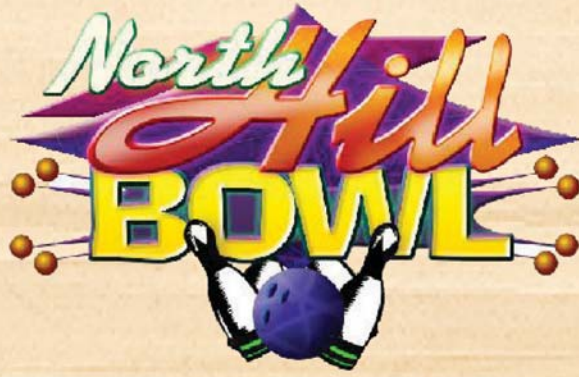
- Bumper Leagues for ages 5-6
- Bowling Start Date, 9/16
- Weekly fees for Bumpers & Squirts (2 games): \$9
- Weekly fees for Bantams (3 games): \$13

Sundays (Ages 12 and up)..... 6:00 pm

- Start Day, 9/17
- Weekly fees for 3 games: \$13

Mondays (Ages 12 and up)..... 5:00 pm

- Start Day, 9/18
- Weekly fees for 3 games: \$13



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 Wednesday (9/20)..... 7:00 pm
 Thursday (9/21)..... 7:00 pm
 Friday (9/22)..... 6:30 pm

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Wednesday..... 10:00 am

- Starts 9/13

Friday..... 1:00 pm

- Starts 9/15

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CAR CARE

Stock up on vehicle breakdown supplies

Unforeseen situations can crop up at any time. Anyone who has had a roadside breakdown in their car understands this. A flat tire or an engine malfunction is something no driver wants to experience, but those with a well-stocked vehicle emergency kit and breakdown strategy can get through most situations rather easily.

A 2017 survey from AAA found that 40 percent of drivers in the United States are not ready to handle a typical roadside emergency breakdown. The organization estimates it helps some seven million motorists get back on the road each summer. A well-equipped roadside emergency kit may help drivers get their vehicles back on the road on their own.

• First aid kit: The first aid kit will celebrate its 133rd birthday in 2021. The Johnson & Johnson company began commercializing first aid kits in 1888. Having a first aid kit in the car to treat minor injuries can be helpful in the event of an accident or even after injuring oneself during a breakdown.

• Fire extinguisher: Cars are full of various mechanical parts and are susceptible to catching on fire. The National Fire Protection Association says vehicle fire extinguishers need to be rated for Class B and C fires.

• Jumper cables: A weak or dead battery is often the culprit in breakdowns. Jumper cables enable drivers to get a charge from another motorist, and may help get a person back on the road quickly. If possible, get a set of cables that also comes with safety gloves and heavy duty clamps, offers Defensive Driving Online, a defensive driving course.

• Mobile phone/charger: A mobile phone is essential for calling for assistance, but the phone is only useful if it's charged.

• Blanket: Keep a blanket in the trunk or another storage area. Should the vehicle die in cold weather, that blanket can help keep passengers warm until assistance arrives.

• Basic tools: Tools like a screwdriver, ratchet set and wrench may enable drivers to complete minor repairs. Tools also should include tire-changing gear, such as a jack and lug nut remover.

• Traction aid: Non-clumping kitty litter or sand can provide the traction needed to get off of a slippery area of roadway.

• Flashlight: A flashlight can help keep you visible and able to see your surroundings in dark conditions.

• Flares: Should a breakdown occur in the dark, flares can alert other drivers.

• Snacks and water: Water and food that stores well, such as emergency rations, granola bars or trail mix, can quell hunger pangs and provide an energy boost while waiting for help.

• Rope/bungee cords/tarp: These items can be used in various situations to secure a vehicle.

While drivers can gather these items separately, many companies offer all-in-one vehicle emergency kits. A safety kit is essential for all drivers.



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740th MISSILE SQUADRON



Members of the 740th Missile Squadron pose for a group photo at Minot Air Force Base, North Dakota, Aug. 29, 2023.

741st MISSILE SQUADRON



Members of the 741st Missile Squadron pose for a group photo at Minot Air Force Base, North Dakota, Aug. 15, 2023.

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



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SENATE ARMED SERVICES COMMITTEE STAFF DIRECTOR TOURS MAFB

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



Airman 1st Class Kenny Caniz Lopez and Staff Sgt. Jacob Cecerre, 91st Missile Wing security forces, discuss with a staff member of The United States Senate Committee on Armed Services their job at a demonstration of security forces equipment at Missile Alert Facility Oscar-1 tour at Minot, North Dakota, Aug. 30, 2023. Security Forces job is to deny unauthorized access to Missile Alert Facilities and launch facilities, and to defend the nation's nuclear assets.



Col. Kenneth McGhee, 91st Missile Wing commander, briefs Mr. John Keast, United States Senate Armed Services Committee staff director for U.S. Senator Roger Wicker, and other members of the tour during a demonstration at Missile Alert Facility Oscar-1 at Minot, North Dakota, Aug. 30, 2023. Defenders are responsible for the secure entry and exit of all personnel at MAF sites.



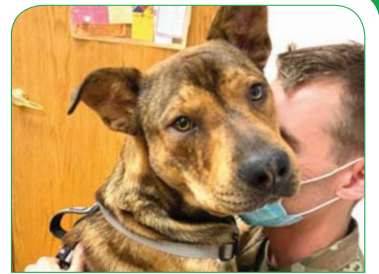
Airman 1st Class Fortino Guzman and Airman 1st Class Kenny Caniz Lopez, 91st Missile Wing security forces, give a demonstration of equipment at Missile Alert Facility Oscar-1 tour at Minot, North Dakota, Aug. 30, 2023. Defenders are responsible for the secure entry and exit of all personnel at a MAF site.



Two visitors with The United States Senate Committee on Armed Services receive a demonstration of security forces equipment at Missile Alert Facility Oscar-1 at Minot, North Dakota, Aug. 30, 2023. Tours like this allow team Minot to demonstrate capabilities to civilian partners.

All About Pets

Pets have allergies too!



Just like their humans, pets can have allergies too, and they are no fun for your furry friends! Pet allergies can be triggered by a variety of things including food ingredients, bug bites/stings, seasonal, prescriptions, chemicals, and more. Did you know that protein sources (including chicken, beef, or lamb) are some of the most common allergens for dogs? Here are some of the symptoms of allergies in your cats and dogs:

- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, it's best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may

take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside.

If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives, itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital.

In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional.

In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!

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Hemp, CBD, THC8, THC9, and Marijuana

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

The possession, distribution, and/or ingestion of hemp products, cannabidiol (CBD), delta-8-tetrahydrocannabinol (THC8), delta-9-tetrahydrocannabinol (THC9), and marijuana are illegal in the military and are cause for discharge from the United States Air Force. Use of these substances is preventable and has real consequences. This article focuses on THC8 and THC9 and is intended to provide transparency and education concerning its consequences.

WHAT IS THC8?

THC8 is an isomer (two molecules with the same formula but different structure) of THC9. THC9 is the molecule that is the source of marijuana's inebriating effect. THC8 exists naturally in the cannabis plant, but at very low levels. THC8, such as that available for purchase at local vape and smoke shops, is often produced through synthetic conversion of hemp-derived CBD. THC8 is a psychoactive cannabinoid that causes users to experience a level of euphoria like that of THC9; thus, is considered an intoxicating substance.

WHAT IS THC9?

THC9 is the cannabinoid molecule in marijuana. It is the main psychoactive ingredient that causes a user to experience a euphoric sensation. The use of THC9 stimulates the release of dopamine in the brain which causes effects on the user's body. Like THC8, it is also considered an intoxicating substance.

LAW AND REGULATION

Article 112a, Uniform Code of Military Justice (UCMJ), codified at 10 USC 912a, prohibits the wrongful use, possession, and distribution of marijuana and its derivatives. Under Article 112a, UCMJ, "Use" means to inject, ingest, inhale, or otherwise introduce into the human

body, any controlled substance. "Use" includes such acts as smoking, sniffing, eating, drinking, or injecting. "Possess" means to exercise control over something.

Similarly, DAFMAN 44-197, *Military Drug Demand Reduction Program*, dated 23 September 2022, paragraph 1.2.2.1, prohibits "the use of products containing, or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD)" and "Failure . . . to comply . . . is a violation of Article 92, UCMJ." Ingestion of hemp products, CBD, THC8, THC9, and marijuana can be punished under both Article 112a, UCMJ, and Article 92, UCMJ. Article 92, UCMJ, prohibits violations of lawful general orders, failures to obey lawful orders, and derelictions of duty. Moreover, lack of knowledge of general orders is not a defense: "Knowledge of a general order or regulation need not be alleged or proved as knowledge is not an element of this offense and a lack of knowledge does not constitute a defense."

CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. It is intended to promote positive behavior changes in service members without the stigma of a court-martial conviction. The punishment reflects the commander's determination of an appropriate punishment after

considering the circumstances of the offense and the member's record. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeiture of pay, extra duty, restriction to base, or a reprimand.

Under Article 112a, UCMJ, the maximum punishment for wrongful use and possession of marijuana and its derivatives is a dishonorable discharge, 2-5 years of confinement, reduction to E-1, and forfeiture of all pay and allowances. Under Article 92, UCMJ, the maximum punishment for violations of lawful general orders is a dishonorable discharge, 2 years of confinement, reduction to E-1, and forfeiture of all pay and allowances.

Finally, under DAFI 36-3211, *Military Separations*, dated 24 June 2022, paragraph 7.43, "Drug abuse is incompatible with military service and members who abuse drugs one or more times are subject to discharge for misconduct." In accordance with paragraph 7.43.1, "Drug abuse for purposes of this regulation is the illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a military installation of any drug . . . and any intoxicating substance, other than alcohol or tobacco." Thus, ingestion of hemp products, CBD, THC8, THC9, and marijuana is cause for discharge.

CONCLUSION

The bottom line is that possession, distribution, and/or ingestion of hemp products, CBD, THC8, THC9, and marijuana is illegal and carries serious consequences. While these products might not be illegal under state law, they remain illegal for military members. Thus, military members must exercise extreme

caution with regard to the products they purchase and ingest. Just because a product can be purchased locally does not mean that product is legal for use by military members. In the past year, cases across

team Minot involving drug abuse resulted in serious consequences: 40 resulted in discharge, 47 resulted in nonjudicial punishment, and 5 resulted in a court-martial conviction.



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Missile Community Cancer Study continues to collect data from missile bases

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS, AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command released the initial PCB survey results from Minot Air Force Base, North Dakota, Thursday, completing the first round of sampling at its three missile bases. Also included in the survey were Malmstrom AFB, Montana, and F.E. Warren AFB, Wyoming.

The survey was conducted in June and July, 2023, and consisted of air, water, soil and surface swipes at each Missile Alert Facility (MAF) in the command. While no airborne PCBs were detected in any of the tests, four surfaces tested above the EPA's standard for non-porous surfaces: at Malmstrom AFB, one surface in Hotel-01 and India-01, and at Minot AFB, two surfaces in Delta-01.

During a virtual townhall Friday, Air Force Global Strike Command commander Gen. Thomas Bussiere discussed the latest results and took questions from Airmen and Guardians across the Department of Defense, including at U.S. Strategic Command, U.S. Space Command and Air Education and Training Command.

A total of 90 air samples were collected, consisting of 8-hour samples collected at each above-ground MAF and each underground Launch Control Center (LCC), which includes an adjoining Launch Control Equipment Building (LCEB). No air samples detected any airborne PCBs.

A total of 900 surface swipe samples were collected from across all of the command's MAFs and LCCs, focusing on common touch areas and places where known or suspected PCB-containing equipment was currently or historically installed. Of the 900 samples, 832 (92.5 percent) detected no PCBs, and 64 (7.1 percent) detected PCBs at levels below the standard set by the EPA for mitigation. Four surface samples (0.44 percent) detected PCBs above the EPA's standard for mitigation, two each at Malmstrom and Minot AFBs. (See Figure 1).

The EPA requires mitigation of PCBs when non-porous surfaces contain more than 10 micrograms in a 100 square centimeter area (a space about the size of your palm). A microgram is one one-millionth of a gram. A gram is approximately the weight of a

paper clip.

Bussiere ordered the immediate cleaning of all facilities where any level of PCBs was discovered, regardless of whether it was above or below EPA standards. In facilities where surface samples detected PCBs above the EPA standard, he ordered restrictions and mitigations to prevent exposure until clean-up can be completed.

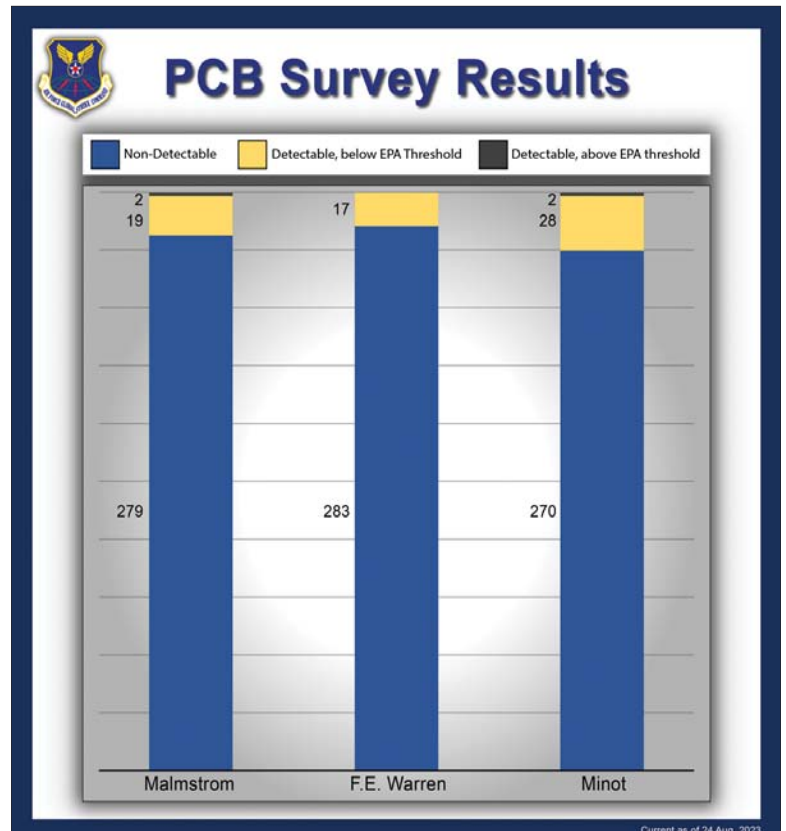
"Our Airmen are charged with carrying out the nation's most important mission, and they deserve a safe and clean work environment while they perform duties," said Bussiere. "I have directed my subordinate commanders to take immediate steps to clean these facilities, and

we will take further action based on additional results from the Missile Community Cancer Study."

In addition to PCBs, the U.S. Air Force School of Aerospace Medicine is sampling for a range of other potential contaminants, including radon and pesticides from agricultural runoff. Results from these tests, as well as PCB tests on soil and water samples, will be released as they are provided to the command.

More information about PCBs: <https://www.epa.gov/pcbs/learn-about-polychlorinated-biphenyls>

More information about the Missile Community Cancer Study: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>



A total of 900 samples were taken from surfaces in missile facilities at Malmstrom, F.E. Warren, and Minot AFBs. This table shows the number of samples that detected any level of PCBs, as well as the four samples above the EPA's standard for mitigation.

U.S. AIR FORCE GRAPHIC | STAFF SGT. SHELBY THURMAN

★Hotel★
REVEL Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

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Brandon Act expedites mental health care referrals for Airmen, Guardians

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Airmen and Guardians can expect to see an additional referral process for mental health care as the Brandon Act is implemented throughout Air Force and Space Force installations.

The Brandon Act is intended to help identify and get care for mental health concerns by making it easier to access – and required of leaders to take seriously – mental health support by referencing “The Brandon Act” when they need a referral to mental health services.

The Brandon Act is named after Navy Aviation Electrician’s Mate 3rd Class Brandon Caserta, who died by suicide in 2018. Teri and Patrick Caserta, Brandon’s parents, have been a driving force in implementing the Brandon Act.

“I spoke with the Caserta family and listened to their experience,” said Secretary of the Air Force Frank Kendall. “They bravely shared the story of their son in hopes to help save others. We must honor their spirit and remind every supervisor and leader in the Air Force and Space Force of their duty and legal obligation to help fellow teammates who ask for assistance.”

“The path for the Brandon Act has been long,” said Teri Caserta, mother of Petty Officer Caserta. “But as each military service implements the act, it has renewed our hope. A hope that these new rules will save the lives of those who are serving on our behalf.”

“As leaders and supervisors learn about the Brandon Act, we hope it lifts the stigma that some have when asking for help,” said Patrick Caserta, father of Petty Officer Caserta. “Asking for help is an act of courage and mature judgement —

in our call with Secretary Kendall, we believe we have the right leaders to help lead the change and improve our military and save lives. We want to thank Secretary Kendall for embracing and implementing the Brandon Act. We appreciate the hard work that he has and continues to do for our Airmen and Guardians.”

When Airmen and Guardians voluntarily request a mental health referral by contacting their commander or supervisor (in the grade of E-6 or above) it invokes the Brandon Act and expedites the process. Service members may request a referral for any reason, including, but not limited to personal distress, personal concerns or trouble performing their duties. They are not required to provide a reason or basis for the referral.

It is mandatory for commanders and supervisors to honor a Brandon Act request.

The Department of the Air Force program will be called the Brandon Act – The Commander/ Supervisor Facilitated Referral Program.

“The care and well-being of our Airmen is always our top priority,” said Chief Master Sgt. of the Air Force JoAnne S. Bass. “I’m encouraged by initiatives, like the Brandon Act, that ensure our people have multiple paths to seeking care for mental health concerns they are experiencing.”

A mental health evaluation referral request can be made by active-duty members at any time and in any environment, including deployed locations. Members can be active duty, in active-duty status as a member of the select Reserve, assigned to a temporary duty station

or on leave.

“Few things are more important than improving access to mental health care and every improvement matters,” said Chief Master Sergeant of the Space Force Roger A. Towberman.

Once members request assistance under the Brandon Act, their commander or supervisor must contact the mental health clinic and request an appointment for the member the same or next day. The mental health provider will do either a face-to-face, telephonic or telehealth appointment.

A referral under the Brandon Act differs from a command-directed or independent referral in several ways. A Brandon Act referral is initiated by the service member to their commander/supervisor, while a command-directed mental health referral is initiated by a commander or supervisor and is mandatory. An independent self-referral is handled completely by the member themselves.

Additionally, the service is working to develop annual training on how to recognize if someone may need a mental health evaluation based on behavior or imminent danger for commanders/supervisors. The training will also include how a member may obtain a Brandon Act referral that protects their privacy. Further information on the training will be released as it becomes available.

Additional mental health resources include the 988 Veterans Crisis Line, Military OneSource nonmedical counseling, and the 24/7 Psychological Health Resource Center. For more information, visit health.mil/brandonact.

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Fact File

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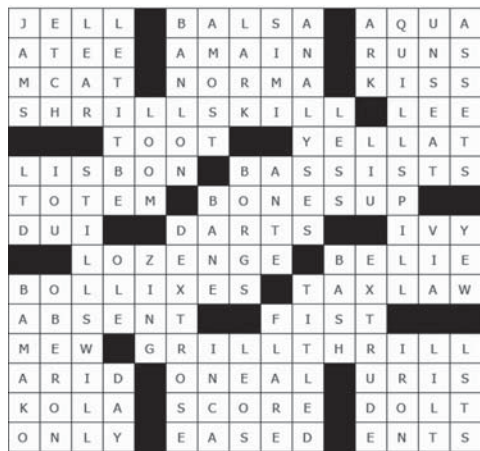
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

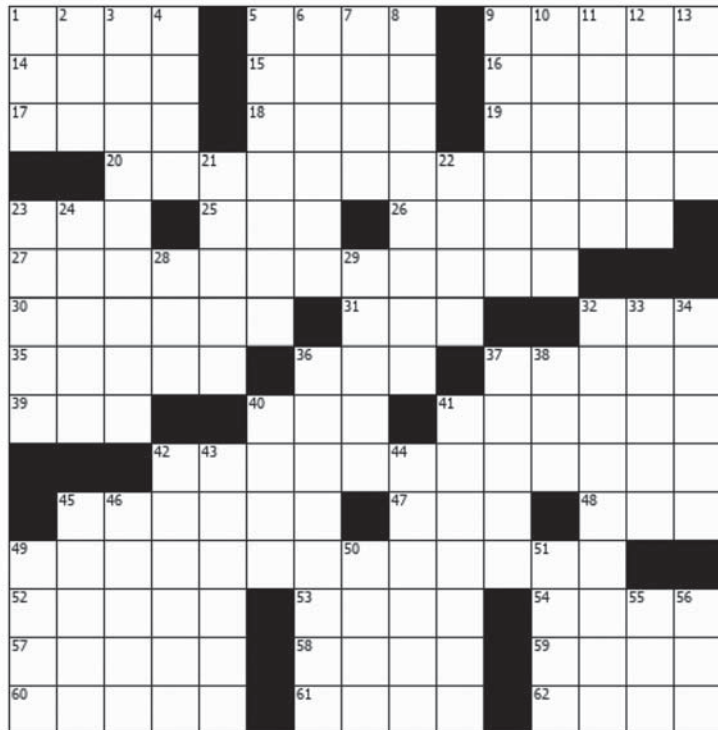
Solution to puzzle on page B12

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

CROSSWORD PUZZLE

Across

1. In ___ (within a living organism)
5. Some PD broadcasts
9. First family of 1975
14. Substitute for the unnamed
15. "Star Trek" lieutenant
16. "___ Majesty's Secret Service"
17. Roman public gown
18. Middle-age spread material
19. Actress Davis
20. Start of quip about a common problem
23. Women's follower
25. Scorpius' celestial neighbor
26. Some Arctic residents
27. Part 2 of the quip
30. Chops to bits
31. Legal matter
32. Fed. media watchdog
35. Volume control on a Steinway
36. Part 3 of the quip
37. Richard's Veep
39. AARP members
40. When doubled, a militant African nationalist group
41. Sports sensation, slangily
42. Part 4 of the quip
45. N.Y. Yankees' division
47. Neither relative
48. Word with line or light
49. End of the quip
52. Parenthetical script comment
53. Kansas city east of Wichita
54. Jacket opener?
57. Andrea ___
58. Be introduced to
59. Make a balaclava
60. Church alcoves
61. Chisel feature
62. They run when broken



Down

1. Dog doc
2. Japanese Prime Minister Hirobumi
3. Drifters
4. Saint ___ of Norway
5. To the extent that
6. Star that emits radio waves
7. Monday feeling, for some
8. More empyreal
9. Warning sound emitter in poor weather at sea
10. Kind of wonder, in music
11. Butler of fiction
12. France's patron saint or actor Leary
13. Ladies of Spain, briefly
21. Where to pin a pin
22. "___ de Castro" (John Clifford play)
23. Miners' hat fixtures
24. More slippery, in winter
28. Record label that bought Motown in 1988
29. Rainbow, brook or speckled
32. Using a bridge ploy
33. Shepherd's staff
34. Like a cushioned sofa
36. Period of Lent, e.g.
37. Lewis the puppeteer
38. Place to hang your hat
40. Southwestern sight
41. Apportion
42. Peanut butter brand
43. Corpus preder
44. Feature of Long John Silver
45. Fabled fabulist
46. Animal dens
49. Arp's movement
50. Three-___ sloth
51. Sommer of Hollywood
55. Type of leaf
56. Little green men?



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(2023) Action (PG-13)

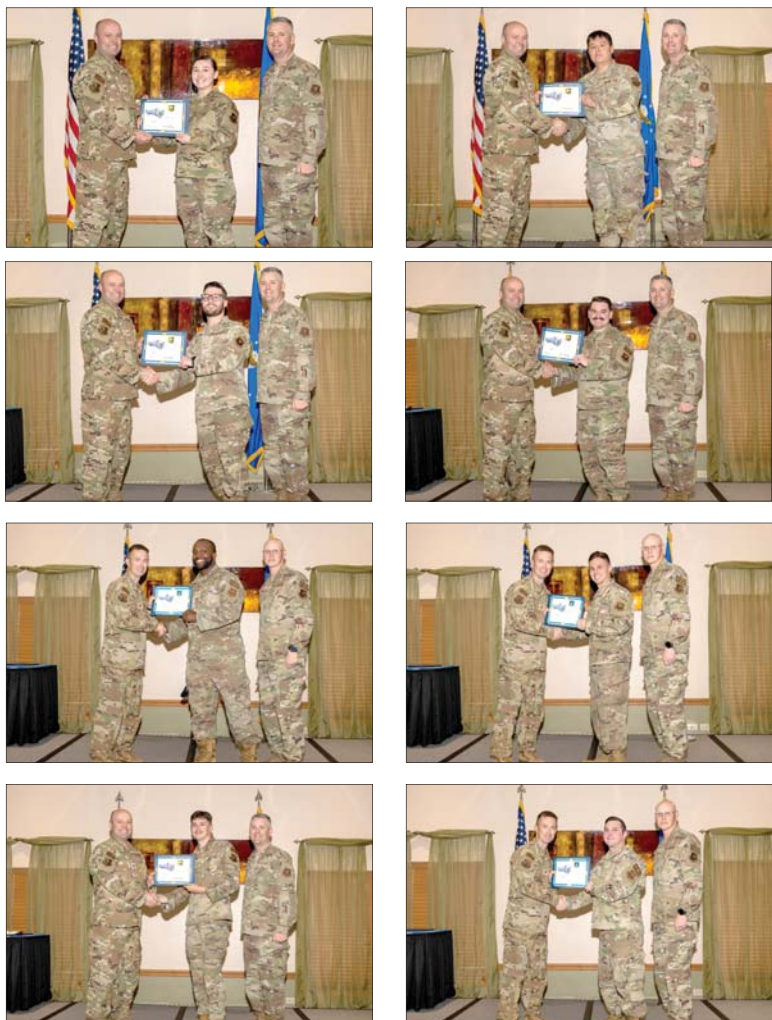
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 2 EGGS
 1 TSP. VANILLA EXTRACT
 2 CUPS (12 OZ) SEMI-SWEET CHOCOLATE CHIPS
 1 1/2 CUP WALNUTS OR PECANS, CHOPPED (OPTIONAL)

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 In another bowl beat butter until fluffy. Add brown sugar, sugar, eggs, and vanilla.
 Gradually mix the flour mixture in. Gently fold in chocolate chips and nuts into dough.
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DOGS OF OUR LIVES

Patricia Stockdill

Admittedly, sharp-tailed grouse season is this particular hunter's favorite time of the year.

Warm temperatures often greeting that early September opening date usually mean early morning or evening hunts with a favorite Brittany in the lead, rather than an afternoon afield. Yet that first opportunity of the fall is priceless.

Watching Magnum, the latest addition to the Brittany "Brigade", begin her first season as a now adult dog brings a flood of memories of the four-legged hunters touching our lives over the years.

As most hunters will attest, each dog they've shared time with has their own special personality. Our first Brittany - appropriately named Britt simply because of a distinct lack of originality - taught us more about hunting and hunting dogs than we care to admit.

We knew nothing - he knew it all and was gracious enough to share it with us so we could train and work our future four-legged hunters to follow in his paw prints.

He showed us how a versatile pointing dog works, quartering and scenting, pointing and holding on a bird, and retrieving to hand. We're convinced he gave us dirty looks when a shot fired failed in the opportunity for him to deliver a bird.

Actually, we're convinced we've gotten dirty looks for every one of them.

Not all hunting dogs like grouse or doves - their feathers tend to want to linger in their mouth. But the Britts that graced our lives relished in those September grouse hunts. They even liked walking the edge of a canola field or sitting alongside a wetland, next to a straggle tree for doves.

They loved the prairie as much as we do. It didn't matter if it was Britt or Chessa, the next in line in the Brittany Brigade.

Even Huni, a Brittany rescued at the ripe age of four who never hunted a day in her life until she came into our lives, loved those September grouse hunts.

She was the queen of swimming, as well. If anyone said a Brittany wasn't a waterfowl dog, they never met Huni. If it was in the water, she was going to get it.

Even Pika, the most petite Brittany that came into our lives, was a master of waterfowl hunting. She didn't know she was petite. If there was a Canada goose to be gotten, she made certain she was going to be the one to do it, even if it meant having to pause occasionally

to get a better grasp on her quarry because she didn't outweigh it by much.

Pike also felt it was her duty to field dress pheasants before she gave them to me, which really was unnecessary and, quite honestly, not all that much appreciated. Admittedly, that little habit wouldn't go over well in a hunt test or trial, but it was one of Pika's perks and she was special.

So it fit in the "oh well" category and, truly, she simply removed a few feathers so all was well.

Britt and Denali didn't care if I was around or not; their world revolved around my husband. Sure, they would hunt with me if they HAD to and they had no other option, but otherwise, nope, he took precedence. Garnet now carries that same attitude. I'm convinced she tolerates me only because I feed her.

Huni and Pika on the other hand, were mine. I trained them (once Britt showed me how) and I was their world. Eider is mine, as well

Even though Huni and Pika are from the same lineage as Eider, they paled in size compared to her. She's a big girl, a liver-and-white Brittany like Huni and Pika, but she carries her father's size. She's a special, gentle dog but like all of the Britts of our lives, a fierce hunter in the field.

Magnum now joins the Brittany Brigade this fall. She's got that same drive and dedication and she's already reveling in what we're convinced is her favorite time of year.

Grouse feathers? Not a problem. Walking the prairie or field edge in search of a sharptail? Awesome.

Yes, this Brittany is part of the dogs of our lives. How lucky are we?

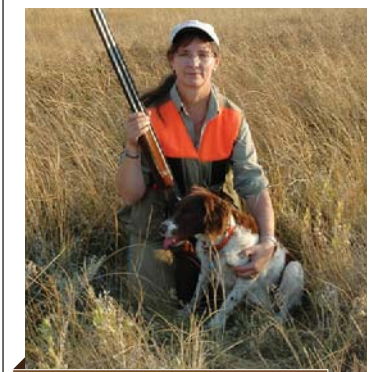


Eider, Pika, and Denali: Three of the "dogs of our lives" - Eider, top, Denali, left, and Pika relax after a trek in search of sharp-tailed grouse.

PATRICIA STOCKDILL PHOTO

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by Patricia Stockdill

Fishing:
 Lake Sakakawea elevation, Sept. 5: 1,841.27 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.
 Devils Lake elevation: 1,449.6 feet above mean sea level (MSL).
 Stump Lake elevation: 1,449.77 MSL.

- N.D. Game & Fish Dept. game wardens: Anglers continue working deep with fair at best walleye success on Lake Sakakawea. Devils Lake remains fair for small walleye with bigger fish coming deeper in 25 to 35 feet. Occasional scattered white bass success. No reports from north-central area lakes.
- Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good for walleye but water is greening up. Try Fort Totten Bay or Cactus Point. Lots of small walleye from East Bay.
- Devils Lake, Woodland Resort, Devils Lake: Walleye activity slowed somewhat with anglers still using nightcrawlers. Start out working deep in 20 to 30 feet and move in shallower to locate walleye with most activity on the west end of Devils Lake.
- Lake Darling, Karma C-Store, Ruthville: Fair to good walleye activity with most anglers working around Grano using nightcrawlers. Fair smallmouth bass activity on Lake Audubon.
- Lake Metigoshe, Four Seasons, Bottineau: Angling activity slowed.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continue working deep for walleye on the east end of Lake Sakakawea. Some salmon success along the south side on the east end in 85 feet over about 95 feet. No Lake Audubon reports.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye remain deep on the east end of Lake Sakakawea

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301

- Sept. 9: Sharp-tailed and ruffed grouse, partridge, and tree squirrel seasons open.
- Sept. 11: Patriot Day.
- Sept. 15: Early Canada Goose Western Zone closes.
- Sept. 15: Youth deer season opens.
- Sept. 16 & 17: Veterans & active military & youth ducks, coot, & merganser season.
- Sept. 16: Sandhill crane season opens.
- Sept. 21: Souris Valley Ducks Unlimited dinner, Sleep Inn, Minot, 5:30 p.m.
- Sept. 22: Eastern Zone Early Canada Goose closes.
- Sept. 23: Resident waterfowl season opens.

- TOURNAMENTS:**
- Sept. 8 & 9: Lake Sakakawea, Beulah Bay.
 - Sept. 9: Lake Sakakawea, Tobacco Garden.
 - Sept. 16: Lake Sakakawea, White Earth Bay.
 - Sept. 23: Lake Sakakawea, Fort Stevenson State Park.

with smaller fish in the 16-inch range coming around Garrison and Douglas bays. Bigger fish in the 18-inch range coming around Berthold Bay to the west. Try switching to minnows Continued nice muskie bite on Lake Audubon. Work shallow in the morning and deeper in the afternoon. Remember to release all muskie less than 48 inches. Smallmouth bass activity remains fair and steady.

- Lake Sakakawea, Indian Hills Resort, Garrison: No new reports.
- Lake Sakakawea, New Town: Fewer anglers on the water in the Van Hook Arm with slower walleye success. Continue working deep water.
- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye success slowed somewhat in the Van Hook Arm but anglers are still finding a few walleye. Try minnows or deep-diving crankbaits in 30 feet with fish also becoming more scattered Bait shop closed for the season after Sept. 10 with campground open until Sept. 30.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace fair for walleye in the spillway channel using jigs and minnows but lots of small fish. Off-and-on catfish success from boats using frozen smelt in the spillway or chutes. Also try the wing walls or Spillway Lake from shore using Lindy rigs, heavy weight on the bottom, and nightcrawler. Walleye remain in 45 feet and deeper off the points on

the south side of east end of Lake Sakakawea with fish around 30 to 35 feet around Douglas Bay to the west on the north shore. Some salmon success in 75 feet to 110 feet down on the south side of the east end of the lake. Spawning fish haven't moved in that much yet.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Anglers switching to minnows on the upper end of Lake Sakakawea with some success still with nightcrawlers. Also try crankbaits with most activity around Lund's Landing and Lewis & Clark State Park. A few more walleye starting to show up in the Yellowstone and Missouri rivers.
- Lonetree WMA area lakes, Harvey: No new reports.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes and the Souris River remain quiet.

Hunting:

- Deer: Warm weather limiting deer movement for the weekend opener.
- Doves: Good numbers around many areas but birds generally not bunching much yet.
- Upland: Fair partridge numbers with some pockets of fair pheasant numbers but it's scattered around the midsection of Lake Sakakawea.

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.

One Big Lake! Sakakawea Offers It All

ROD WILSON, NORTHERN SENTRY



"Hey what did you do this weekend?" it's a common question, and even though you expect a return answer, let's face it, you may not be paying attention to what is said.

Never do you expect a comeback that describes a weekend where you loaded up a 27 foot sailboat with enough provisions for three days, check the weather, and decide your camping destination based on the wind forecast for the next 48 hours. However, on most weekends that would be my answer.

"My wife and I jumped aboard our sailboat, Celebration, and headed west to Berthold Bay (which if you really want to confuse the issue, you explain it is the bay just south of White Earth) on Saturday night and returned to Sharktooth Bay on Sunday night and sailed to the new marina at Ft. Stevenson

on Monday morning." I won't explain how it is that I learned to sail in the first place. That story is for another day. Let's just say that we have owned Celebration since 2010 and have had many weekend sailing adventures on beautiful Lake Sakakawea.

For those of you who may have just arrived in our fair city, if you travelled in from the south on Highway 83, you crossed the embankment, a dividing point between Lake Sakakawea and Lake Audubon. For geographic purposes, Lake Audubon is on the east, and Lake Sakakawea is on the west. From the embankment, Lake Sakakawea, named after the Native American mother who was a guide for Lewis and Clark, stretches another 125 plus miles west to Williston, North Dakota. I once heard there was over a



Youngest son Nathan and wife Krystal sailing off the coast of California.

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Rod at the helm of Celebration. Not a better place on earth.



Sailors Love to Teach Others- Sue helping our friend Greg learn to sail.



Sue and Nathan.

thousand miles of shoreline on Lake Sakakawea. It really could be when you consider the hundreds of bays that stretch back off of the main lake. All I know is that we have explored a small percentage of the many bays and camped overnight in many of them.

So how does that work, Rod? Let's just say there are a couple of learning curves here. First, learning how to sail. I started sailing when I was eight years old in Canada. My first sailboat, however, did not come until almost 30 years later when we purchased a small, 21 foot boat to "learn on". My wife Sue had not been raised near a lake, and although she can hold her own swimming, she will be the first to tell you that swimming requires some type of flotation device. Swimming has always been fun for me. We had a community pool, and every weekend we would camp near a

small lake. A typical day would be fishing, swimming and water skiing. We had a power boat, but my love even then was sailing. There was and still is a satisfaction about catching the wind and having the boat heel over and bounce playfully through the waves. Which brings us to the second learning curve.

Most of us who sail keep your eyes on some type of weather app. We look 24 hours ahead for the winds and weather predictions. But that is only half of the lesson here. The weather folks, well they can sometimes be wrong. That is where keeping your eyes on the horizon is so important. Sailboats have motors, but they aren't speedboats. At some points Lake Sakakawea is over 20 miles wide. A storm can come up in a hurry, and you do not want to be in the middle of the lake when winds are over 20 knots (had to throw that in, instead of

saying miles per hour). 20 knots are roughly 24 miles per hour. This brings us to learning curve number three, survival on the lake.

OK, maybe I am a bit aggressive with my terminology here. I don't want to scare you all from a sailing experience, but when there is a storm coming, you head for the nearest bay. You attempt to get off of the open water and into a bay that protects you from both wind and waves. Some folks prefer to drop and anchor, we prefer to tie bow in (bow is the front of the boat) to shore. We have heavy lines that make sure we can weather the storm. There have been some exciting experiences over the years. They make for good stories around

the campfire, which of course is part of the camping experience once you are tied to shore and the storm has passed.

Sailing creates lifelong experiences.... Sailing with a family is a great way to spend a vacation. We are not talking about a 5th wheel, all utilities provided experience. Sailing by its very nature is pretty basic. You use the wind as your power source 90% of the time. You carry all of your food, water and provisions on the boat. There are no stops at the grocery store. Every meal is carefully planned out. At night you fall into your bed and look up either through a hatch or window at the stars above.

I can say that sailing is not for

everyone. One of my sons is not a sailing enthusiast, one loves to sail, and one is OK with sailing, for an afternoon. If you catch me sometime and say, "let's talk sailing", well sail boaters will share a story, and then try to talk you into coming along on a sailing trip sometime.

Sakakawea is a great lake for a lot of things, but it is one of the best inland freshwater lakes for sailing in the U.S. We have chartered boats and sailed the Apostle Islands on Lake Superior. The experience is comparable, but on a larger scale.

The boat is Celebration, and the worst day of the year is the day we take it out for winter storage, the best is the day we launch it for the summer. Need I say anymore?

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Welcome Megan Miller, FNP-C Primary Care



Megan Miller, FNP-C

Trinity Health is pleased to welcome Megan Miller, FNP-C, to our primary care team. A board-certified Family Nurse Practitioner, Megan provides primary care services to children and adults to address the full range of health conditions in addition to focusing on wellness and prevention.

New Patients Welcome!

A Minot native, Megan earned her Master of Science degree in Advanced Nursing Practice from the University of North Dakota, Grand Forks, and received her Bachelor of Science in Nursing from Minot State University. She began her career as an RN at St. Alexius Medical Center in Bismarck. In 2014, she joined Trinity Health where she's been a key member of our clinic team, caring for patients in the Ob/Gyn and primary care units. Megan's personal interests include hiking and fishing with her husband and three children.

Primary Care Services:

- Primary care for people of all ages
- Acute and chronic health conditions
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NOTES ON BEING SAFE

SPEEDING CATCHES UP WITH YOU



SSGT JOE VERGARA
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SAFETY



Speeding endangers everyone on the road: In 2020, speeding killed 11,258 people. We all know the frustrations of modern life and juggling a busy schedule, but speed limits are put in place to protect all road users. Learn about the dangers of speeding and why faster doesn't mean safer.

For more than two decades, speeding has been involved in approximately one-third of all motor vehicle fatalities. In 2020, speeding was a contributing factor in 29% of all traffic fatalities.

Speed also affects your safety even when you are driving at the speed limit but too fast for road conditions, such as during bad weather, when a road is under repair, or in an area at night that isn't well lit. It not only endangers not only the life of the speeder, but all of the people on the road around them, including law enforcement officers. It is a problem we all need to help solve.

Seeding is more than just breaking the law. The consequences are far-ranging:

- Greater potential for loss of vehicle control.

- Reduced effectiveness of occupant protection equipment.

- Increased stopping distance after the driver perceives a danger.

- Increased degree of crash severity leading to more severe injuries.

- Economic implications of a speed-related crash; and even increased fuel consumption/cost.

Speeding is a type of aggressive driving behavior. Several factors have contributed to an overall rise in aggressive driving:

- Traffic congestion is one of the most frequently mentioned contributing factors to aggressive driving, such as speeding. Drivers may respond by using aggressive driving behaviors, including speeding, changing lanes frequently, or becoming angry at anyone who they believe impedes their progress.

- Some people drive aggressively because they have too much to do and are "running late" for work, school, their next meeting, etc...

- A motor vehicle insulates the driver from the world. Shielded from the outside environment, a driver can develop a sense of detachment, as if an observer of their surroundings, rather than a participant. This can lead to some people feeling less

constrained in their behavior when they cannot be seen by others and/or when it is unlikely that they will ever again see those who witness their behavior.

The vast majority of motorists rarely drive aggressively, and some never do. For others, episodes of aggressive driving are frequent, and for a small proportion of motorists it is their usual driving behavior. Occasional episodes of aggressive driving—such as speeding and changing lanes abruptly—might occur in response to specific situations, like when the driver is late for an important appointment, but is not the driver's normal behavior.

If it seems that there are more cases of rude and outrageous behavior on the road now than in the past, the observation is correct—if for no other reason than there are more drivers

driving more miles on the same roads than ever before.

Speeding behavior and aggressive drivers may not only affect the speeder—it can also affect other drivers, pedestrians, and bicyclists. Here are some tips for encountering speeders on the road:

- If you are in the left lane and someone wants to pass, move over and let them by.

- Give speeding drivers plenty of space. Speeding drivers may lose control of their vehicle more easily.

- Adjust your driving accordingly. Speeding is tied to aggressive driving. If a speeding driver is tailgating you or trying to engage you in risky driving, use judgment to safely steer your vehicle out of the way.

- Call the police if you believe a driver is following you or harassing you.

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91ST MISSILE WING HOLDS ALL-CALL

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U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, holds a commander's call at Minot Air Force Base, North Dakota, Aug. 21, 2023. McGhee leads more than 1,800 Air Force Airmen and civilians in support of the Air Force Global Strike Command's land-based Intercontinental Ballistic Missile mission.



U.S. Air Force Lt. Col. Derek Arnholtz, 91st Missile Wing chief of safety, conducts a safety briefing during a commander's call at Minot Air Force Base, North Dakota, Aug. 21, 2023. Safety experts help prevent accidents by promoting safety rules and training Airmen and their families on safety precautions around the base.



Members of the 91st Missile Wing listen to speakers during a commander's call at Minot Air Force Base, North Dakota, Aug. 21, 2023. The commander's call is intended to bring the whole unit together to discuss crucial issues and recognize excellent performance.

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Upcoming Events

10 SEPT **GRANDPARENTS DAY AT THE ZOO**
9:00 AM - 6:00 PM
Roosevelt Park Zoo
1219 E Burdick Expy, Minot

Grandparent's admission is free with the purchase of a child's admission. Even if that child is 2 & under and free. Even if that child is adult admission level. Grandma & Grandpa too far away? Adopt a neighbor. Enjoy the Zoo.

Happy Grandparent's Day!

Roosevelt Park Zoo

Sunday | September 10, 2023

Grandparent's admission is free with a child's admission purchase

For more information:
Facebook / Roosevelt Park Zoo / Events

16 SEPT **KARAOKE NIGHT**
8:00 P.M. - 12:00 A.M.
Putt District
17 South Main Street, Suite A, Minot

If you're looking for a night of fun and excitement, we've got you covered! Not only will you be able to show off your mini golf skills, but with karaoke night on the agenda, you can also show off your singing chops! There's nothing quite like rocking out to your favorite tunes while surrounded by a group of your friends. And if you feel like getting competitive, challenge your friends to a mini golf tournament before you hit the stage! We guarantee that you won't want the night to end! So come on down to the Putt District every third Saturday of the month, and get ready for some unforgettable fun!

KARAOKE NIGHT

EVERY 3RD SATURDAY OF THE MONTH

For more information:
www.theputtdistrict.com

22-23 SEPT **MINOT'S Y'S MEN'S PBR 2023**
4:00 PM
Minot Municipal Auditorium
420 3rd Ave SW, Minot

You'll be on the edge of your seat watching 8 seconds of the most dangerous sport on dirt! Like when a 150 lb man goes head-to-head against a 2,000 lb bull! This will be the Biggest Bull Ride that has ever been to Minot, North Dakota - the Minot Y's Men's PBR is the finale to the King of the North Showdown. Watch the best bull riders from around the country compete on Chad Burger's ferocious bucking bulls. He is the 12th-time stock contractor of the year! See the crowning of a king when the rider with the top aggregate score throughout this and 11 previous events wins! He will walk away with a \$100,000 bonus paycheck & the King of the North title. The second-place rider will receive, \$25,000 paycheck! Third Place receives a CF Moto Side by Side!

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MINOT Y'S MEN'S PBR

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For more information:
https://minotpbr.com/

26 SEPT **SALSA SHOWDOWN**
4:00 PM
Oak Park
1300 4th Ave, NW, Minot

This Showdown is for the sweet and spicy homemade salsas to finally get the credit they deserve. Judged by our panel of celebrity judges with the help of the People's Favorite Jar Decoration to crown the winners in 3 categories and 2 divisions. Salsa will be judged on appearance, color, flavor and texture. Decorate your Jar for the chance to win People's Choice! Get all major produce supplies from one or more of our market vendors and get yourself entered for a BONUS prize! Adult Division: \$15 per entry, Youth Division: \$10 per entry. Entries can be dropped off September 19, 20 or 23rd - or on the 26th at the Market. Need not be present to compete. Salsa Showdown Details, 2 Age Divisions - Youth & Adult, Multiple Categories - Spicy, Sweet, Non-Tomato Base. Prizes for 1st and 2nd Place in each category and division. Prize for the People's Choice Salsa Jar Decoration

Salsa Showdown

Tuesday, September 26 @ Minot Farmers Market

BRING THE HEAT! Judging 5:30pm - 6:30pm
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For more information:
www.minotfarmersmarket.com/salsa-showdown

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

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

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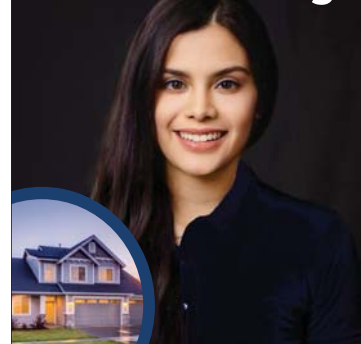


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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 16 Oct-17 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.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

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Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! 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 University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu



VOLUNTEER OPPORTUNITIES

Firefest Volunteers

Volunteers are needed for the following shifts on 9 September for the Firefest BBQ Competition and Car Show:

0800 – 1100	Setup	10 volunteers needed
1100 – 1500	Meal Prep/Serving	10 volunteers needed
1500 – 1800	Tear-down/Cleanup	10 volunteers needed

Please contact me if you are interested in any of the shifts—thanks!

POC: Matt Balas, GS-13, Deputy Director, 5th Force Support Squadron
COMM 701-723-2787 DSN 453-2787

5 FSS Mascot/Mascot Spotter Volunteers

• On Saturday, 9 Sep. 2023, "Darcy" (the 5th Force Support Squadron's mascot) will be appearing at Firefest.

• We have one shift we are looking to fill for this event. The shift is from 1230-1430 at the Jimmy Doolittle Center. For this shift we are looking for someone to wear the mascot outfit and someone to act as an escort/spotter for Darcy.

• Please respond as soon as possible if you are interested in volunteering to be Darcy or Darcy's escort. More details will be provided.

If interested, please email: 5 FSS/CCK MARKETING & PUBLICITY (dl) Or call 723-6707

AF Ball AADD Volunteers

16 September 2023

If you've been wanting to assist in the AF Ball but don't know how, this is your opportunity to! AADD is requesting volunteers for our upcoming AF Ball. Volunteers will be readily available at the Grand Hotel to provide rides in their POV's. For more information, please see the attached flyer and/or reach out to any of the POC's.

Time: 1900-2230

Location: The Grand Hotel, Convention Center 1505 N Broadway, Minot, ND

Dress Code: White/Black shirt, khakis/jeans

Food and drinks are provided/volunteers receive a Letter of Appreciation

POC's: MSgt Shelby Bird (757)256-7931 &
SSgt Kristal Cruz Leon (228) 235-6521

AF Ball Childcare Volunteers

The AF Ball Committee are calling for volunteers for to assist with childcare.

When: 16 Sep 2023

Times: 1630-2000 hrs. and 2000-2300 hrs.

POC's: 2nd Lt. Genesis Berry, 701-723-5239
Genesis.a.berry@health.mil
Kaitlin Reyna, 907-854-9559

24 Hour Run & Reading Event Volunteers

Volunteers are needed to help support the *Prisoners Of War* Missing In Action 24 HOUR RUN & READING EVENT*

Who: Military, Civilian, Contractors & Dependents

What: 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names.

When: September 14-15, 2023, ~ 1400 to 1400

Where: The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours.

Why: To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country.

Participant Sign Up Location:

<https://usaf.dps.mil/x/t/2023POWMIAEventCommittee14-15September/ERnUHBPQ8Z9FsZAAfufuDaDgBnsDmXVieoZektkFmOkv2tA7e=vFWWFL5BW&91stMWRunner/ReaderSignUp> - Copy and paste the link above into your browser then select a time for runner or reader and email your preferred time to michael.shaw.14@us.af.mil

POC's: MSgt Michael Shaw- 723-6407 - 5th BW (5 MUNS)
MSgt Juan Gonzalez – 723-6118 91ST MW (791 MSFS)

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director.

POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA
701-852-0141

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

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>

POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows:

• Ages 3–4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center

• Ages 5–6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center

• Ages 7–8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center

• Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center

All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.

POC: Ms. April Lawrence, the Youth Sports Coordinator,
701-723-1477/2838 or email april.lawrence.2@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressional chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.gocivilairpatrol.com> or contact the POC below.

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.go>

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYULr>

POC: Abigail Kinder, Community Relations & Media Operations,
Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

Caring Edge Hospice Volunteers

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

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

HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

FOLLOW US ON FACEBOOK!

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNENTRY.COM

CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
 0900


Protestant
Sunday Community Service
 1030
 (Holy Communion 1st Sunday)
 Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
 1000 on the 1st and 3rd Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, September 9
 5PM, Great Vespers

Sunday, September 10
 10AM Holy Liturgy

V. Rev. Fr. Paul Hodge


Break Forth BIBLE CHURCH

Wednesdays 7:00pm
 and Sundays 10:30am

1821 W Burdick Expressway
 For More Information:
 701.838.2665 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)

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

www.trinitychurchminot.org


Bible Fellowship Church

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

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

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



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


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

Note: Rally Sunday, September 10



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

St. John the Apostle Catholic Church



2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.


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


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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



Gospel Tabernacle Community Church

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

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

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


JOURNEYCHURCH
 ASSEMBLY OF GOD

1805 2nd St. SE 838-1111

Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

Minot Baptist Church

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

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

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


Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 5:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
 email: minotcrbc@gmail.com
Gabe McCormick- Pastor

415 28th Ave SE (Behind Menards) 838-1873


West Minot Church of God
 Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week

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

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

Rev. Kent Hinkel, Senior Pastor
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor


Grace Baptist Church of Minot
 A Reformed Baptist Church

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


OSLC
 where faith & life meet

OUR SAVIOR LUTHERAN CHURCH
 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcminot.com
Rev. Heath Trampe
Rev. Brian Doel

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

Wednesdays 6-7pm
 Adult Choir
 OSKids (age 4-5th gr.)
 Confirmation (gr. 6-8)
 High school youth group (6-8pm)

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week


OUR REDEEMER'S CHURCH
 A Church of the Lutheran Brethren

Sundays:
 Worship 9:00 a.m. & 11:00 a.m.

700 16th Ave SE • 701-838-0750

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


ORCS KNIGHTS



Our Redeemer's Christian School
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772

www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 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 YOUR

Church

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

Back-to-School Safely at Minot AFB

Backpacks, calculators, pencils, notebooks, oh my! It is Back-to-School time and our families, students, and schools are ready and prepared for an incredible 2023-2024 School Year!

Though this time is filled with excitement and joy, we much consider the importance of following safety protocols to ensure this school year is safe.

The following are a few tips for our drivers, walkers, and bus riders to make this school year a safe one!

DRIVERS:

-Please adhere to school zone signals and always obey the speed limit

-Always stop for school buses loading or unloading children.

-Never pass, change lanes or make U-turns while driving in the school zone

-Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in parking lots.

WALKERS:

-Walk on sidewalks, if one is



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



available.

-Before you cross the street, stop, and look left, right, and left again to see if cars are coming.

-Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections.

-Stay alert and avoid distracted walking.

BUS RIDERS:

-Go to the bus stop with your child to teach them the proper way to get on and off the bus.

-Stand 6 feet (or three giant steps) away from the curb. If your child must cross the street in front

of the bus,

-Teach him or her to walk until they are 10 feet ahead of the bus

- Your child and the bus driver should always be able to see each other.

For more Back-to School Safety Tips, please visit the Air Force Safety Center or National Safety Council websites. These websites are incredible resources as we prepare for an extraordinary school year.

YOUTH IN ACTION

**3816 SOUTH BROADWAY
MINOT, ND
701-858-0777**

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

MON-THUR 11 AM TO 10 PM
FRI-SAT 11 AM TO 10:30 PM
SUN 11 AM TO 9 PM

WWW.MIMEXICOMINOTND.COM

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$195
\$15 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$225
\$18 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Bowling, Shoe Rentals, Pop and Ice Cream

1901 NORTH BROADWAY MINOT, ND
NORTHMILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

LET'S PLAN YOUR PARTY!

BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:

- 10 AM-12:30 PM
- 1 PM-4 PM
- 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

High Air Ground

• TRAMPOLINE PARK •

1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT

\$55.00

Includes:

- 4 Jumpers
- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!

www.highairground.com

Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!
Call for details!

7AG STUDIO

109 South Main St. Minot **701.837.8555**

NEW AT COOKIES FOR YOU BIRTHDAY PARTIES!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200. Available weekdays after 5:00pm and Saturdays after 3:00pm.

For more details or to schedule, call Cookies For You at 701-839-4975.

COOKIES FOR YOU and cupcakes too
A Cookie Gift + Bouquet Company

WHAT'S GOING ON MAFB

FRIDAY 08

- Family Zumba, 1000, Turf hosted by McAdoo Fitness Center
- Back to School Skate Night, 1800-2000, Youth Center

TUESDAY 12

- Career & Certification Exploration Track, 0800-1630, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Magic The Gathering EDH/Commander Night, 1800, ESC
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 15

- JCM – 15 Invaluable Laws of Growth, 0800, Professional Development Center
- FUN Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 09

- Zumba, 1100, McAdoo Fitness Center
- Firefest, 1200-1700, Jimmy Doolittle Center Parking Lot
- Show & Shine Car Show, 1200-1700, Jimmy Doolittle Center Parking Lot
- Vroom, Zip, Zoom!, 1300, Minot AFB Library

SATURDAY 16

- Zumba, 1100, McAdoo Fitness Center

SUNDAY 10

- Zumba, 1400, McAdoo Fitness Center

WEDNESDAY 13

- Career & Certification Exploration Track, 0800-1630, M&FRC
- Pre-Arrival Briefing, 0900, M&FRC, Zoom Meeting
- Sponsorship Training, 0900-1100, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Suicide Prevention/SAPR Brief Tier 2, 1400-1600, Professional Development Center
- Fighting Game Night, 1800, ESC

MONDAY 11

- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- First Duty Station Officer Financial Course, 1400-1600, M&FRC
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library

THURSDAY 14

- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130, Professional Development Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

SEPT SPECIALS

Bomber Bistro **Teriyaki Chicken Bowl**
Grilled chicken enveloped in tasty teriyaki sauce with a side of broccoli and topped with sesame seeds. Only available during lunch in limited supply.

The B-Fifty Brew **Pumpkin Spice Latte**
Signature Starbucks espresso and steamed milk with the fan-favorite flavor combination of pumpkin, cinnamon, nutmeg, and clove.

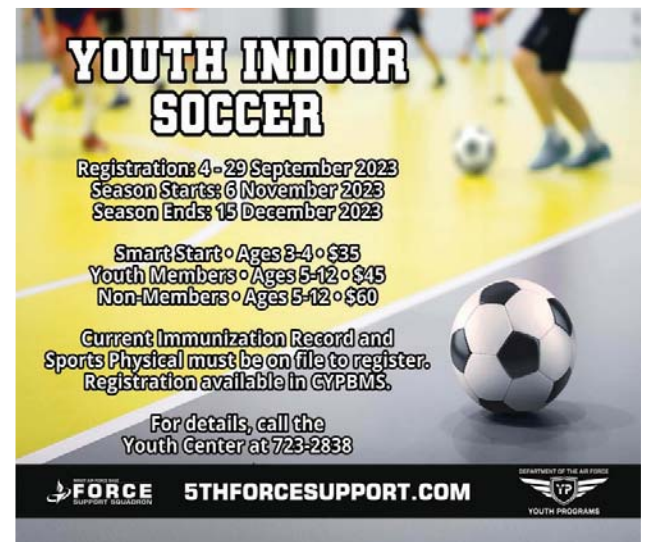
Rockers Bar & Grill **Naked Wings**
Crispy, juicy traditional wings with your choice of sauce or dry rub, including Asian sesame, buffalo, fire & fury, honey bbq, sriracha, lemon pepper, and roasted garlic



FUN FRIDAY
JIMMY DOOLITTLE CENTER
SEPT 15TH
4:00PM - 9:00PM
CORN HOLE, GAMES, BOUNCE HOUSES, & MORE!
DELICIOUS FOOD
CLUB MEMBERS EAT FREE • FOOD SERVED 4:30PM - 8:30PM
NON MEMBERS PAY \$7 PER PERSON • OR • \$20 FOR FAMILIES
5THFORCESUPPORT.COM



16TH AIR FORCE BIRTHDAY
FREEZIN'S THE REASON
ROUGH RIDER GOLF COURSE
SEPTEMBER 17TH • 0800
REGISTER BY SEPTEMBER 15TH • 1700
CELEBRATE THE AIR FORCE'S 76TH BIRTHDAY WITH A 4 PERSON SCRAMBLE!
COST \$40 (DOES NOT INCLUDE CART OR GREEN FEES)
CALL 723-3164 FOR MORE INFO OR TO REGISTER
5THFORCESUPPORT.COM



YOUTH INDOOR SOCCER
Registration: 4 - 29 September 2023
Season Starts: 6 November 2023
Season Ends: 15 December 2023
Smart Start • Ages 3-4 • \$35
Youth Members • Ages 5-12 • \$45
Non-Members • Ages 5-12 • \$60
Current Immunization Record and Sports Physical must be on file to register. Registration available in CYPBMS.
For details, call the Youth Center at 723-2838
5THFORCESUPPORT.COM



QUALITY HEALTHCARE FOR ALL
Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.
• Ob/Gyn Care • Free Pregnancy Tests
• Newborn Care • Geriatric Care
• Well Child Visits • Preventive Healthcare
• Pediatrics • Full Service Pharmacy
Center for Family Medicine
UND SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA
1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfmminot.UND.edu




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