

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 37 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 15, 2023

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91 MSFS BRINGS THE THUNDER

Airman 1st Class Jermalie Rosario, 91st Missile Security Forces Squadron defender, fires 40mm high explosive rounds from an M320 Grenade Launcher Module (GLM) during Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 29, 2023. The M320 GLM allows defenders to engage armored and soft targets at a range of up to 400 meters. See page B2 for more on the tour.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON

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Airmen Place Flags in Remembrance of Those Lost to Suicide



AIRMAN 1ST CLASS TRUST TATE, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The Integrated Primary Prevention office held their third Annual Flag Planting for Suicide Prevention month, Minot Air Force Base, North Dakota, Sept. 6, 2023. The IPP office and 62 volunteers planted flags along Missile Avenue to represent the 358 Airmen that lost their lives due to suicide last year.

Alicia Thompson, IPP prevention analyst & Army veteran, said that more than 22 veterans a day take their lives and that due to these staggering numbers, she's devoted her life to bringing a positive change.

"The flag planting is a way to honor those we've lost," Thompson said. "If we can be there for each other and build the Minot community, folks feel like they have a place to turn."

Laurel Grams, IPP office director, said that suicide consistently ranks among the 10 leading causes of death in the United States.

"The importance of trying to prevent suicide is knowing it's not just for today because we planted the flags, it's not just for the month because it's labeled suicide prevention month, it's year-round," Grams stated.

Every September, the Department of Defense observes Suicide

Prevention Month to promote prevention resources across military communities.

Grams stresses that suicide prevention doesn't begin in the emergency room, but in the home, at work, and in our community.

"It's our collective aspiration that throughout these efforts, we can prevent future tragedies and create a community where no one feels isolated in their struggles," said U.S. Air Force Staff Sgt. Alberto Villa, 91st Security Forces Group, Security

Forces, evaluator.

Suicide Prevention Month reinforces that everyone can play a role in preventing suicide including leaders, service members, and co-workers.

"It's always great to see our Airmen come out and participate," said Donita Theiler, IPP office prevention coordinator specialist. "Hopefully they will go back to their units and inspire more people to come next year."



U.S. Air Force Staff Sgt. Alberto Villa, 91st Security Forces Group, evaluator, plants a flag at Minot Air Force Base, North Dakota, Sept. 6, 2023. More than 62 Airmen volunteered for the third annual flag planting event for Suicide Prevention Month.



Team Minot Airmen plant flags at Minot Air Force Base, North Dakota, Sept. 6, 2023. Each flag represented the life of a service member that committed suicide last year.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS TRUST TATE

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Civilian employees from the Integrated Primary Prevention office wave goodbye to Team Minot Airmen at Minot Air Force Base, North Dakota, Sept. 6, 2023. The IPP office organized the third annual flag planting for Suicide Prevention Month to bring awareness and increase team unity.



U.S. Air Force Staff Sgt. Richard Arias helps his daughter plant a flag at Minot Air Force Base, North Dakota, Sept. 6, 2023. The Airman volunteered for the third annual flag planting for Suicide Prevention Month.



Team Minot Airmen and civilians from bow their heads during a moment of silence at Minot Air Force Base, North Dakota, Sept. 6, 2023. Team Minot came together to remember the 358 service members that committed suicide last year.



Team Minot Airmen line up shoulder-to-shoulder in preparation of planting flags at Minot Air Force Base, North Dakota, Sept. 6, 2023. The Airman volunteered to plant the flags for the third annual flag planting ceremony for Suicide Prevention Month.

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Welcome Stacey Peterson, FNP-C

Primary Care



Stacey Peterson, FNP-C

Stacey Peterson, FNP-C, is a board-certified nurse practitioner and a member of our primary care team at Trinity Health South Ridge. With a master's degree in Family Nurse Practice, Stacey is dedicated to providing high quality primary care services to patients of all ages.

New Patients Welcome!

A Crosby native, Stacey received her nursing education at Williston State College, later earning a master's degree in Family Nurse Practice from Simmons University in Boston. She began her career as an LPN at St. Luke's Hospital in Crosby. After earning her RN degree, she became a charge nurse and trauma coordinator at the hospital. In 2012 she joined Trinity Health, starting as an Ob/Gyn clinic nurse and working her way to become a clinic nurse manager. Prior to earning her master's, she served as a clinic nurse trainer for Trinity's extensive clinic network. When she's not caring for patients, Stacey enjoys running, walking, hiking, biking, dabbling with painting and baking, and spending time with her husband and three kids.

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Thank You For Your Service

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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



I have lived in Minot for over 45 years. I arrived here a single, just graduated from college, fledgling journalist. This was my first job in my career field. I found an apartment, set up my household and soon discovered that I needed something, besides my job, to keep me busy. After looking around, there were a lot of events going on, and they all seemed to need volunteers. Within a couple of months my lonely evening hours were soon filled with volunteer jobs. Didn't pay very well, but I was meeting people and feeling good about helping out my community.

Fast forward to 2023 and the Festival on Main event scheduled for September 9th in Downtown Minot. These events run on volunteer labor, and we were short. I guess you can call it "looking under every rock" as we contacted several groups to help with set up, programming and tear down. One local vendor, a winery from Coleharbor, was in dire need of someone to run their booth and sell wine, more appropriately put, wine produced right here in North Dakota. The grape harvest was a little earlier than normal in 2023. Wolf Creek Wineries did not want to pull out of the festival, and so I put on my volunteer hat and said, "we can do it, we'll man your booth."

How was I going to find enough people to help me? The answer came from the circle of contacts I have at Minot Air Force Base. A young man, A1C Tate stepped up to the plate and volunteered to help. Tate would be there from 10 AM to 5 PM and would take the job of running the Point Of Sale computer. Prayers answered. Airman Tate had over 13 years of retail experience. Sure, he had made a switch in careers as right now he is with 5 BW Public Affairs. But he handled the checkout system like a pro. I could not say "Thank You" enough.

**THANKS FOR
 YOUR SERVICE**

During his 7 hour tenure as a volunteer at our tent, I took

every opportunity I had to inform potential customers that our volunteer checking you out was in the military. I cannot count the number of times that he received a smile and a "Thank You for your service" response. It really made me, as a member of the Minot community, proud to have these people recognize this young man for his service to our country. It's so simple to do. We as community members letting people know that he not only serves his country, but he serves his now adopted community.

Time after time the community of Minot has turned to Minot Air Force Base to help out with volunteer hours in support of community events and they have answered the call. You may have heard that they are voluntold, but I think that is only part of the story. I believe it is the community of Minot, and community of Minot Air Force Base joining forces to make it work, whatever "it" is.

So, thanks for your service A1C Tate; to both your country and your community. Very Much Appreciated.

BEST KEPT SECRETS

This one comes directly from a group that I play with, the Brass Band of Minot. We need a few good horns...and a few good drummers. The Brass Band of Minot is the only British Style Brass Band in Minot, and we need brass players. Didn't bring your horn along, haven't played for a while? We have horns and we will make it work. Just send me an email at rodw@srt.com if you are interested. The commitment is 3 PM to 4:30 PM on Sundays, with four concerts a year. Minot has a great history of producing quality musical groups, and the Brass Band of Minot would welcome you with open arms.

TODAY'S CHUCKLE

Success is usually just a string of failures followed by dumb luck, which you brag about as skill.

Finally Fall



SLICE OF LIFE
 KIM FUNDINGSLAND

I got an early start. Could not wait to get on the water. I thoroughly enjoy fishing, especially in the fall. No, it's not officially calendar autumn, but the fall season is underway. Leaves are starting to change colors, even dropping from some trees. Water temperatures on state lakes have begun to drop slowly. Labor Day weekend, the traditional end to the outdoor season for many, has passed

A steady but light rain was falling when I reached the boat ramp at Fort Stevenson State Park. Since I normally don't launch a boat in the rain, I parked near the ramp and checked the weather radar to see how long the rain might continue. It didn't look to be too long.

There were no other vehicles with boats in the parking area. No one else was waiting at the boat ramp, quite a change from the hustle and bustle of a busy Labor Day weekend.

As the rain let up, I launched my boat, secured it to the dock, and parked my tow vehicle. I had my choice of parking spaces and, with no other boats preparing to launch, seemingly had the state's largest body of water all to myself.

Yes. No matter what the calendar says, fall had begun. A few sprinkles of rain were still falling, making countless circles on the surface of the calm water. Brightening skies to the west carried the promise that the rain would soon quit completely.

My first stop was in a small bay not far from the boat ramp. As I shut off the outboard motor and plugged in my electric bow mount motor, I paused to listen to the quiet and observe my surroundings. I noticed that the trees in the distance had dashes of yellow.

I looked down on the water and saw leaves floating. A check of my electronics revealed schools of baitfish in the bay. They hadn't been there during the warmth of summer.

When I looked up, I was staring right into the eyes of a white-tailed deer buck. He must have been lying in the grass near the shoreline. I made a few casts with a surface lure and caught one northern pike, actually on cast number eight out of 15.

Yes, I count each cast. Even have a clicker to help me do it. Crazy little habit of mine. Silly? Perhaps, but it keeps me from staying too long in one spot. I left the bay after my self-imposed 15 cast limit and pointed the boat toward my next fishing spot, which was several minutes away.

There were no other boats on the water, at least where I was, but I knew a few others who enjoyed the fall would soon be on the water too.

There's nothing like cool mornings that give way to afternoon warmth, a perfect time to be on the water.

I knew my second fishing spot well, well enough to know that 25 casts would cover enough water to tell me if it should be a short visit or if more time was warranted. I had a small pike on cast 11, again with a surface lure. Time to move.

As I pulled up to spot number three, I nosed the boat onto the shore so I could clean some battery cables. It also gave me a chance to absorb my surroundings. Young of the year perch were surfacing nearby, accompanied by the splashing of larger fish chasing them.

Canada geese were honking loudly in flight, then drifted on cupped wings to a sliding stop on the water a few yards distant. A rooster pheasant crowed. Then came the squawk of a great blue heron taking flight from the shoreline. Fishing somehow gave way to fall. Wonderful times.

However, as much as I was captured by my surroundings, I somehow managed to resume fishing. They were eager to play too, almost as if they were enjoying a little fall frolic. Great fun.

My message here is not about fishing, but rather about getting out and enjoying the fall season. How you choose to do that is up to you. Fall camping is a great option and there's usually plenty of available space in campgrounds this time of year. There's hiking trails, scenic drives, corn mazes and such. Hunting seasons are underway with more to come. Temperatures are generally more favorable for spending time outdoors than they are in the heat of summer. It won't be long before the fall migration arrives with thousands of ducks and geese entering the state in one of nature's most spectacular displays.

Winter will arrive soon enough and stick around for who knows how long. When it gets here, which can happen quite suddenly, don't be that person who didn't find the time to enjoy fall. It's a slice of life you don't want to miss.

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Don't worry about me while I'm hiking, boys. I can find food, water, and shelter if I'm lost.

Which is also useful if you're in the military.

TIMMOTHY TIMM

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



UPSIDE DOWN UNDER
MARVIN BAKER

Highway Patrol professionalism...

between Devils Lake and Rugby I was pulled over by the Highway Patrol.

I wasn't speeding, the tail lights were operational, I didn't have an open container. I couldn't think of why I would get pulled over for no apparent reason.

As it turned out, a couple of days prior, I put new license tabs on my Ford F-150 and her PT Cruiser at the same time and I somehow got them mixed up and put the Ford tabs on the Cruiser and that's why I was pulled over.

I'm sure these guys have heard it all; weird explanations, excuses, I didn't mean to put false plates on the car. His initial reaction was that it was a stolen car, so he pulled it over. But then he saw that I was wearing a military uniform and almost immediately ruled out that possibility.

Regardless, something wasn't right. But through the entire course of our exchange that day, this Highway Patrol officer was professional, he was transparent, he treated me with dignity, even though I did something that technically wasn't legal.

And oddly enough, I felt comfortable in that surrounding because of how that officer handled the situation. To me it was an event in which I realized immediately that he was doing his job and doing it to the best of his ability.

After calling back to his headquarters and getting my story, he realized I was genuine and that it was an honest mistake. At the end of the conversation, I was given a warning and he told me that I shouldn't place tabs on two separate vehicles at the same time in the future.

Several years ago I was on the road from Jamestown to Edgeley on U.S. Highway 281 and I was speeding as I was in a hurry to get to Edgeley. There was no doubt I was speeding, doing close to 80 mph in a 65 mph zone.

That time it was an elderly Highway Patrol officer, most likely getting ready for retirement. Totally different scenario, totally different age of the officer and myself and years earlier, but the result was the same.

Of course I got a ticket, but this officer handled the situation with total professionalism.

Highway Patrol officers are obviously trained for just about anything. And, if you look back into recent North Dakota history, they have indeed encountered just about any scenario you can imagine, including busting some drug cartel members outside of Bismarck who were running drugs from Detroit into North Dakota.

continued on next page

Have you ever been stopped, ticketed or even arrested by the North Dakota Highway Patrol? If so, did you notice there is something different about this law enforcement agency compared to others?

It's simply professionalism. I'm not trying to ding other law enforcement. I have friends in law enforcement, including the Nelson County sheriff, a former Ward County sheriff and a couple of local police officers. They're good people and they do their jobs well.

But North Dakota Highway Patrol officers are a cut above. And, although I don't know this for fact, my assumption is this has to do with their training. To become a Highway Patrol officer, you have to go through a difficult training process, kind of like Army basic training. It takes months to make the grade.

And that shows out on the open road.

Several years ago while I was in the National Guard, I had borrowed my wife's car to go to Guard drill in Devils Lake. I was on my way home on a Sunday afternoon and somewhere



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Skin Deep

Skin Cancer: Who Is at Risk?

I recently entered into my 25th year practicing dermatology. Though any diagnosis of Cancer is always frightening, researchers have continued to expand our understanding of these varied and distinct diseases, far beyond what I ever could have imagined. Of course, early detection has remained the best weapon we have in the fight against any type of cancer. Routine recommended cancer screenings have been demonstrated to improve one's life length and quality. With regard to your skin, the Skin Cancer Foundation states, "As part of a complete early detection strategy, we recommend that you see a dermatologist once per year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam."

Time in the Sun

As most of us already know, exposure to ultraviolet (UV) rays is the leading environmental cause of skin cancer. The most common source of (UV) exposure is the sun. However, utilizing sun protection and taking precautionary measures while enjoying the outdoors will minimize the deleterious effects. Those who work outside, and spend much of the day in direct sunlight, have a greater lifetime risk of developing skin cancer. UV rays can penetrate cloud cover (and smoke from Canada as of late) and clothing that has not been specifically designed to thwart them.

Genetic Factors

The good news is that not all skin cancers are genetic. The bad news is, that according to the Skin Cancer Center, "Skin cancer is the most common form of cancer in the United States, with one in five Americans developing the disease during their lifetime." However, if you have a close relative that suffered from skin cancer, this can factor into your overall risk. Certain other diseases and genetic mutations are linked with the increased risk of skin cancer. Most notably, according to the National Institute of Health, one specific gene mutation will "...result in red hair and fair skin, and are also associated with (a greater) risk for melanoma", the most deadly form of skin cancer.

How do Skin Cancers Appear

Though I hope to get into much greater detail in subsequent articles, the earliest signs of skin cancer are spots on the skin. If you have moles/marks/freckles, you should get them evaluated by an experienced dermatology provider. In many cases, these lesions are benign. However, there is a chance that some of them may be premalignant or malignant. Getting them evaluated and removed, if necessary, reduces your risk of skin cancer and/or serious outcome as a result of a skin cancer diagnosis



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Firefest event brings friendly competition and community fun

BRIANNA LOWE,
NORTHERN SENTRY

Minot Air Force Base's FSS is at it again with a fantastic event that hopefully comes back every year! On September 9th from 12-5pm, MAFB hosted its first Firefest with the help of Fire Events. This event was something new and different for the base because the gates were open for the local community to come and be a part of the car show on base. The parking lot was full of vintage cars, trucks, motorcycles and more! As we all know, this is a big highlight for the kids and adults the same!

The event included a free BBQ lunch for airmen and their families with pulled pork sandwiches and sides. By the end of lunch, they fed over 500 people from the MAFB family! Along with lunch, the Fire events team was able to secure go-karts and axe throwing for everyone to participate in. FSS set up bounce house, air brush tattoos and a candy bar.

But it cannot be called a FireFest without the fantastic BBQ competition. Open to all military and civilian employees and their immediate family members of Minot, the BBQ competition consisted of two parts – pork ribs and whole chickens. Each team that signed up



was provided with all the proteins needed. They were required to bring their own grill and whatever else they needed to show their best BBQ skills. It was so fun to watch these teams go head-to-head! In the end, the Grand Champion went to the 'To Da Bone' team winning an engraved Jack Daniel's barrel cover. A huge congratulations to all those who participated and placed!

And finally, as an attendee who got to enjoy all there was at this event, I would like to thank all the sponsors who worked together to make this event happen for us!

Recteq, Jack Daniel's, Blues Hog, Tyson Foods, and Old Trapper Beef Jerky and Smoked Snacks, THANK YOU!



FIREFEST PHOTOS

Highway Patrol

continued from previous page

My guess is that they handle those situations with a much greater degree of risk assessment, but I would assume they are trained, even in a situation like that, to handle those arrested with some kind of professionalism.

Because of the two personal experiences I've had with the Highway Patrol in my adult life, I have the utmost respect for the

North Dakota Highway Patrol. We all should. They have a difficult job. It may not seem like it when we see them pulling over speeders, but part of their job can get quite stressful.

There is no doubt they're keeping our highways safe and we should all thank them for the job they do every day across North Dakota.

GOLDEN TICKET WINNER!

Pick up a copy of the Northern Sentry for your chance to win!



Wallace Smith found a \$45 Golden Ticket in his Northern Sentry. Wallace knows, it pays to read the Northern Sentry!

Welcome Brianna Ellingson, FNP-C Pediatric Medicine



Brianna Ellingson, FNP-C

Trinity Health is pleased to welcome Brianna Ellingson, FNP-C, to our pediatric team. Brianna is a board-certified family nurse practitioner, dedicated to providing compassionate, evidence-based care to children and adolescents.

Dedicated to Your Child's Well-Being

A North Dakota native, Brianna earned both her Bachelor of Science in Nursing and her master's degree in Advanced Nursing Practice from the University of North Dakota. She began her nursing career as an RN in Trinity Health's Pediatric and Neonatal Intensive Care units. Later she joined the Dakota Boys and Girls Ranch, where she provided nursing and counseling support to residents and caregivers. She returned to Trinity Health as part of the surgical team, providing pre- and post-operative care to patients. Brianna and her husband, Todd, have two children. She enjoys camping, reading, and spending time with her family.

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A LOOK BACK THIS WEEK IN USAF HISTORY

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



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

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

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

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

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5TH MED GROUP PERFORMS DECOM SWEEP

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



Four emergency response vehicles park on the runway in preparation to enter a restricted area during a training exercise at Minot Air Force Base, North Dakota, Sept. 5, 2023. Fire protection specialists deal with everything from brush fires to burning rocket fuel and hazardous material fires.



Members of the 5th Medical Group perform a sweep of an exercise area to set up a simulated decontamination area during a training exercise at Minot Air Force Base, North Dakota, Sept. 5, 2023. Decontamination plays a vital role in incidents involving chemical, biological, radiological and nuclear (CBRN) contaminants.



Senior Airman Jones Grayson, 5th Aircraft Maintenance Squadron crew chief, goes over a checklist with members of the wing inspection team (WIT) during a training exercise at Minot Air Force Base, North Dakota, Sept. 5, 2023. The WIT assists in conducting exercises and validating the unit's compliance in executing the mission, improving the unit, leading the people, and managing resources.



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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

YOUTH

All New Bowlers Get a FREE Bowling Ball and Shirt

Registration for All Ages, 9/9

Thursdays (Ages 7 and up).... 3:45 pm

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

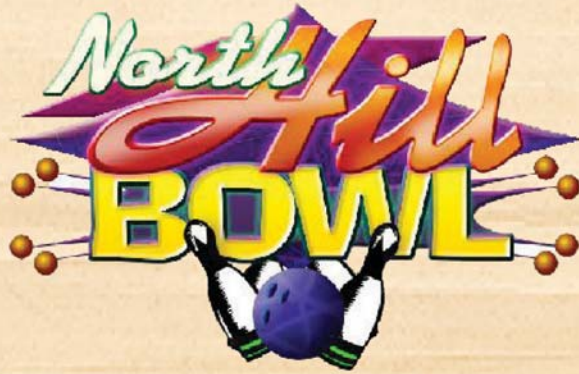
- Bumper Leagues for ages 5-6
- Bowling Start Date, 9/16
- Weekly fees for Bumpers & Squirts (2 games): \$9
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Sundays (Ages 12 and up)..... 6:00 pm

- 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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Teams

Sunday (9/17).....7:00 pm
 Wednesday (9/20).... 7:00 pm
 Thursday (9/21)..... 7:00 pm
 Friday (9/22).....6:30 pm

SENIORS

4 Person Mixed Teams

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Wednesday..... 10:00 am

- Starts 9/13

Friday..... 1:00 pm

- Starts 9/15

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Thursday..... 1 pm

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FALL CAR CARE

HOW LONG CAN YOU GO IN BETWEEN GETTING AN OIL CHANGE?

Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?

When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.

Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?

Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

DON'T MISS OUT ON YOUR NEXT OIL CHANGE

When it is time to schedule service at the auto shop, there's plenty of benefits to getting your oil changed at Tires Plus. Each oil change comes with a free courtesy inspection, speedy service, and we regularly offer coupons to save you money. Find your nearest Tires Plus for assistance from our auto experts on all your car maintenance and tires needs.



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5TH CES FIRE EMERGENCY SERVICES

Members of the 5th CES Fire Emergency Services pose for a group photo at Minot Air Force Base, North Dakota, Sept 6, 2023.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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TERRY FATOR

ON THE ROAD AGAIN

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

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Airman 1st Class Nicholas Porciello, 91st Missile Security Forces Squadron defender, fires an M18 pistol at a target during Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 28, 2023. Security Forces personnel regularly conduct weapons training to maintain mission readiness.

91st MSFS conducts Operation Frontier Thunder

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 91st Missile Security Forces Squadron conducted Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 28-31.

Operation Frontier Thunder was a readiness exercise designed to simulate a deployed environment and provided an opportunity for Airmen of the 91st MSFS to validate their expeditionary skills.

“Operation Frontier Thunder is the culmination of our training on deployment readiness,” said U.S. Air Force Staff Sgt. Robert Taulman, 91st MSFS flight security controller. “We’re getting our missile field Airmen ready for that expeditionary environment.”

Over the course of four days, the 91st MSFS executed training in a variety of disciplines including land navigation, tactical combat casualty care, convoy operations, close quarters battle tactics and conventional and high explosive

weapons training.

In addition to providing expeditionary skills, Taulman says the competencies taught during Operation Frontier Thunder can also benefit the 91st MSFS with their mission at Minot AFB.

“We’re not only practicing contingency skills in the event of a deployment, we’re also cementing the basics and fundamentals for our Airmen,” said Taulman.

According to Tech. Sgt. Robert Bolton, 91st MSFS squad lead, deployments can happen at a moment’s notice and it’s important for security forces Airmen to be ready.

“We have to be ready to deploy at any time,” said Bolton. “When we deploy, we have to operate as a team and it’s good to fine tune those skills.”

The 91st MSFS is responsible for providing defense and security to Team Minot’s missile alert and launch facilities. With this in mind,



We’re not only practicing contingency skills in the event of a deployment, we’re also cementing the basics and fundamentals for our Airmen.



Bolton said it’s especially important for the 91st MSFS to be ready to execute.

“We guard the most important resource the Air Force has, other than our Airmen,” said Bolton. “Exercises like this give us the opportunity to hone our techniques and capabilities and show that we’re ready.”

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LET'S TALK NORSK HØSTFEST!

Who's ready for a fun tug of war, an obstacle course, the chance to throw axes (in a controlled environment, of course), and so much more? We're hoping our Northern Neighbors are on Saturday, September 30, which is Military Appreciation Day at the 44th Norsk Høstfest where all military get in free. This special day for Airmen will showcase MAFB squadrons from the bomber and missile wings vying for the first Scandinavian Games trophy. The event promises to entertain military and Høstfest guests. The competition starts at 10 a.m. in the Great Hall. Registration will take place at the Great Hall prior to the competition.

The 2023 Norsk Høstfest is September 27, 28, 29, and 30 at the ND State Fair Center in Minot. Great Hall top-notch concerts, side stage entertainment, eateries, artisans, and vendors create the energy for the event that you'll surely want to attend.

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Recognition from Minot Mayor, Tom Ross and Home for the Holidays Harley raffle drawing prior to Brothers Osborne concert in the Great Hall of the Vikings.

To purchase your discounted tickets, present your Military ID at the Norsk Høstfest office located at 1020 S Broadway, Minot or at the box office during the festival. Office Hours: M-F 8AM to 5PM

Visit Høstfest.com for more info.



Defenders assigned to the 91st Missile Security Forces Squadron (MSFS) lay prone while providing perimeter security during Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 30, 2023. As part of Operation Frontier Thunder, defenders from the 91st MSFS had to assault and secure a simulated hostile outpost.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS KYLE WILSON



Defenders assigned to the 91st Missile Security Forces Squadron (MSFS) take cover while assaulting a simulated opposing force outpost during Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 31, 2023. Operation Frontier Thunder tested Airmen of the 91st MSFS in various close quarters battle scenarios.



Defenders assigned to the 91st Missile Security Forces Squadron (MSFS) ruck up a hill during Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 30, 2023. Operation Frontier Thunder was a deployment readiness exercise designed to test 91st MSFS defender's expeditionary skills.

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Infant Bereavement and Remembrance Ceremony

Trinity Health is holding a remembrance ceremony September 21, 2023, for anyone who has suffered pregnancy loss or infant loss. The ceremony will take place at Rosehill Cemetery, beginning at 1 p.m. It is open to the public and all are welcome to attend.

Made possible through the generosity and collaboration of Thomas Family Funeral Home, Thompson-Larson Funeral Home, Rosehill Cemetery, Jack Monument, Flower Central and City of Minot, this is a community gathering where families who have experienced loss can come together for comfort and support. It is a safe occasion to allow grief, reflection, and healing.

The ceremony will include a non-denominational blessing and words of encouragement from local clergy, time for others to share their stories if they choose, and a moment of silence.

Please join us for this meaningful remembrance. Together we will honor families and their babies who were lost far too soon.

**Thursday,
September 21**
Time: 1 p.m.
**Rosehill Cemetery
Minot, ND**

**Music provided by:
Julianne Boren**

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www.bonesbbqminot.com

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Kitchen

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FB: Jamaican Vybz Kitchen

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Terry Fator

My Story is One of Gratefulness

ROD WILSON, NORTHERN SENTRY

We all have memories from our childhood that define our path in life. For Terry Fator that memory takes him back to the church in his hometown, a small town outside of Dallas, Texas, where a young Terry was singing in front of a church filled with people. "I remember singing in front of a bunch of adults" according to Fator "and I absolutely loved the attention."

At age 11, by chance, Terry picked up a book on ventriloquism in the school library and even at that young age it seemed that his fate was defined. "At age 11 I would be practicing being a ventriloquist when all of the other guys were doing things to attract the attention of the girls. From the beginning I loved to entertain and loved the concept of making puppets talk."

Terry's path to fame became more of a road as he worked and practiced perfecting his act. Never losing site of his ultimate dream to entertain, he would use his great singing voice to enhance the voices of the puppets.

In 2006 NBC would hit the prime time airways with a new show that featured a weekly talent competition where an array of performers -- from singers and dancers to comedians and novelty acts -- would vie for a \$1 million cash prize. The show garnered good enough ratings to return for a second season in 2007, and that is when Terry Fator and his now famous puppet, Emma Taylor, hit the spotlight. The judges were skeptical...just another ventriloquist in their eyes, but all of that would soon go away when Emma hit the opening note of Etta James' now famous theme song "At Last". Terry and Emma would leave the stage that night with 3 yes votes, and a chance to keep alive their hopes to win it all that second season.

When Terry Fator and Winston, the Impersonating Turtle took the stage for the final time in August of 2007, the tune was very familiar, Roy Orbison's Crying, and the voice was superb, even the highest falsetto notes. For Winston, dark glasses and a black wig were a must to give the best Roy Orbison impersonation, ever!

The judges all made it very clear that night, they were in Terry and Winston's corner. The votes were tallied and indeed, Terry Fator, and



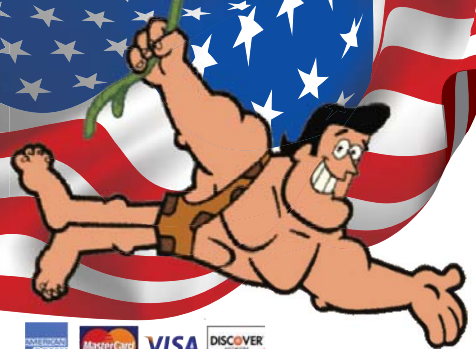
Terry Fator

friends, were the winners of 2007 America's Got Talent and took home the 1 million dollar prize; and the story doesn't stop there. A lucrative contract, the largest ever offered a Las Vegas performer, would soon follow. After winning the competition in 2007, the then-42-year-old signed a five-year, \$100 million contract with the Mirage in Las Vegas and regularly made Forbes's annual list of highest-paid comedians.

According to Fator "there are very few people that are not only paying the bills with their talent, but they are paying the bills and love what they are doing." Fator will do up to 250 shows a year in Las Vegas and travels to events like Norsk Høstfest where he entertains thousands, but there's so much more to Terry Fator, and the story begins once again when he was a kid.

"I did not have a great childhood, I lived in an abusive and neglectful home" according to Terry "and then I had a friend who cried about the way he was treated when

they came home from Vietnam." Terry Fator did not want to see this type of behavior continue, so he has established the Terry Fator foundation. The funds from the foundation come from the proceeds of merchandise sold on his website. "Yah, it's really pretty simple. They can contribute to the Terry Fator foundation by going online and buying neat stuff." Over the years the foundation has contributed millions of dollars to our military veterans, active duty military families and first responders and their families. "I want to make sure to show them how we appreciate their sacrifice and service." Funds have been given to families of military and first responders that have children who are disabled. "We built houses and created athletic teams for veterans who are disabled or have lost limbs." As Terry told me in my interview with him, "the list is certainly long of the people who need help, and now I can give back to them, through the people who help out by purchasing merchandise through my web site."



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There is a fiber that runs through a person that truly defines them. Terry Fator made the decision not to dwell on the negatives of this world, “I was not going to allow my troubles define me. Instead, I turned them into positives. I have a strong faith in God, and I believe that we can’t let negative things define us. I want to make people feel free to have a choice. They can make the world a more miserable place, or they can make the world a better place. It’s their decision.”

After watching the many clips of Terry Fator, and his friends, that are available on YouTube, and after spending time with him on a phone interview, I believe that Terry Fator speaks from the heart; be it as a now famous ventriloquist/comedian, or if he speaks through Winston, or Emma or whomever happens to be on stage with him. Too many people who have been down the path of Terry Fator live a life of greatness. But Terry Fator is up front and center when he speaks about his life of gratefulness. The guy who shows up on stage at Norsk Hostfest, is really Terry Fator. And so are the numerous other characters who are on stage at Norsk Hosfest with Terry. I say characters because puppet does not fit the description of the many personalities who share the stage with Terry each and every show.

The path from a 10 year old who happened to find a book in a library, to the now famous ventriloquist, has been one that you have to admire. Tickets are still available. It’s a show that you won’t want to miss. If you

want to look up Terry Fator on the web, just go to terryfator.com. And oh, by the way, Terry Fator is working on a biography, sure to be a book that you will want to pick up.



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BABY BOY BORN ON TUESDAY, SEPTEMBER 05, 2023 TO: BRANDA AND JOSHUA SCHULTZ BOTTINEAU, ND

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



WHITE-HANDED GIBBON

CREATURE FEATURES

- White-Handed Gibbons are considered lesser apes and not monkeys. Apes do not have tails. They have hands similar to humans with opposable thumbs.
- True brachiators, gibbons are believed to be the fastest of all the primates and most agile tree dwelling animal. They use their long arms to effortlessly navigate through the trees.
- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

Fact File

Life Span	25 - 30 years
Weight	16 - 25 pounds
Height	16 1/2 to 23 inches
Wild Diet	(Omnivore) Carnivore Herbivore Fruits, Leaves, Flowers, Small birds, Eggs



ANSWER: 1.Giraffe 2.Crocodile 3.Tiger 4.Elephant 5.Lion 6.Monkey 7.Tiger

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TRISTAN NOEL, 12 YEARS OLD

Terry Fator- now that's a name you don't see every day. And his job is unusual too: a singing ventriloquist that specializes in celebrity impersonations who won America's Got Talent. That's Terry for you. Fortunately for us, his unique entertainment style is coming to the Norsk Hostfest.

Terry was born in a small town near Dallas. One day he found a book on ventriloquism (completely by accident) at his school library and won twenty-five dollars at a church picnic with the skills he learned from it. He continued to work on his ventriloquism and music skills by performing in local shows. He was also in a band. After many years of making a living doing what he loved best, Terry was able to appear on an early season of a little show called America's Got Talent at the age of forty-two, where his impersonations, to include one of a turtle impersonating a certain famous frog named Kermit, helped lead him to victory – and a highly successful follow-on Las Vegas show.

Terry Fator is more than an entertainer, however. I was given an opportunity to speak with him recently and learned that he is both humble and full of great life advice. Terry said that he wouldn't be a multimillionaire now without the years of hard work that came before his success. "You have to be willing to work hard in order to be ready when an opportunity comes along." I also learned that he has ADHD, but that this has actually helped him with his comedy routines and the multi-tasking that his work requires of him. Mr. Fator continues to work hard, not just at his show but by giving back to his community, especially first responders and the military.

I've been to the Hostfest a few times before and have always enjoyed learning more about Vikings and Scandinavian culture (seriously, check out the Viking Village – it's great!) Also, the food is pretty good. Who wouldn't want to try something called "Viking on



Terry Fator and Winston

TORY KOOYMAN PHOTO

a Stick?" This year, however, I really look forward to seeing Mr. Fator in person along with his favorite puppets such as Winston the

Impersonating Turtle and Walter T. Airedale. It should be good, clean, comedic fun for the whole family.

JR JOURNALISM PROGRAM

northnersentry



Northern Sentry's Jr. Journalist Tristan Noel (far right), age 12, at one of his favorite hiking spots, Upper Souris National Wildlife Refuge.

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.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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STEM Learning at Minot Air Force Base

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

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

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

In Minot, FLL is hosted by Full STEAM Ahead with competitive teams throughout the area. FLL teams prepare from August to



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



December for a local competition in January with hopes of advancing to the state competition in Grand Forks.

As a result, a team is forming here at Minot Air Force Base for 5th to 8th Grade students. We have 5 coaches who trained with Full STEAM Ahead and are skilled in the areas of STEM! For example, one of our coaches is an Aerospace Engineer!

FLL is a great opportunity for students to be challenged

academically while providing opportunities to build upon core STEM concepts shared in the classroom environment. Join us on our FLL journey!

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

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Minot State Homecoming 2023 parade set for Saturday

MINOT STATE UNIVERSITY

Minot State University is proud to announce details for Saturday's Homecoming 2023 parade, 5K, and tailgate.

The annual Homecoming parade and 5K begins in downtown Minot, with the 5K runners leading the event at 10:30 a.m. and finishing in front the MSU Dome.

The parade stages east of Minot High School Central Campus at 3rd Street SE. The parade heads north on 2nd Street SE, then west on 3rd Avenue SE, before turning north on Main Street. After three blocks on Main, the parade turns west on Central Avenue before going north on Broadway to the MSU campus.

This year's Grand Marshals are long-time University benefactors and friends, Clint Severson '73 and Conni Ahart. Severson and Ahart donated milestone gifts to MSU to create (in 2010) and

expand (in 2016) the Severson Entrepreneurship Academy. Both are active members of the Minot State Board of Regents.

Tailgating begins following the parade in Lot L east of the MSU Dome and features free food from Sodexo while supplies last. Minot State football hosts Minnesota State-Mankato at Herb Parker Stadium at 2 p.m.

More events from various athletic teams, departments, and clubs at MSU are planned during Homecoming 2023 and can be viewed at the Minot State calendar: <https://www.minotstateu.edu/calendar/>. For more information on Homecoming 2023, see the MSU Alumni Association's website at <https://www.minotstateu.edu/alumni/pages/homecoming/homecoming.shtml>.



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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Sept. 12: 1,840.83 feet above mean sea level (MSL); 22,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,449.59 feet above mean sea level (MSL). Stump Lake elevation: 1,449.6 MSL.

•N.D. Game & Fish Dept. game wardens: North-central rea lakes remain slow. No Lake Sakakawea or Devils Lake reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair for small walleye with some nice fish on the chain of lakes, including Mike's Lake or Lake Irvine. Try shallower water for larger fish with jigging Raps on the main lake.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair walleye success in 20 to 30 feet.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Not much activity but those going are finding fair walleye success. Continued pike success but limited bluegill reports.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited activity on the east end of Lake Sakakawea. Continue working deep around Garrison and Douglas bays. No Lake Audubon reports.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work the Highway 83 islands and around Mallard Island on the east end of Lake Sakakawea with a switch to minnows in 35 to 40 feet for walleye. Continued smallmouth bass and muskie success with some pike mixed in on Lake Audubon. Remember to release all

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

- Be sure of proper bird identification with partridge, grouse, and young pheasants.
 - Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
 - 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.
 - Sept. 24: Youth deer season closes.
 - Sept. 30: Nonresident waterfowl season opens.
 - Sept. 30: Flannel Fest, Lewis & Clark State Park.
 - Sept. 30 & Oct. 1: Youth pheasant season.
- TOURNAMENTS:**
- Sept. 16: Lake Sakakawea, White Earth Bay.
 - Sept. 23: Lake Sakakawea, Fort Stevenson State Park.

muskie less than 48 inches.

•Lake Sakakawea, Indian Hills Resort, Garrison; Slow but steady walleye activity. Work 30 to 50 feet with nightcrawlers. Limited minnow and jigging Rap activity. Bait shop closed for the season but campground remains open.

•Lake Sakakawea, New Town: Walleye success remains slow in the Van Hook Arm with fewer anglers out.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with a few catfish and walleye in the spillway channel from boats. Try jigs and minnows or lindy rigs and nightcrawlers. Try crankbaits in the main river. Limited salmon and trout activity.

Shore-fishing slow during the day with better success at night. Occasional success from the wing walls during the day. East end of Lake Sakakawea producing a few walleye off the points in 40 to 50 feet using spinners or slow death hooks and minnows. Some fish are shallower but seem less active. Try Steinke, Douglas, or Government bays and around Alcatraz. Work around the thermocline in 75 feet and deeper for salmon on the east end. Try shallower before sunrise with crankbaits or a variety

of presentations later in the day. Spawning salmon should be moving in. Salmon are still running in the 3- to 5-pound range.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity on the Missouri and Yellowstone rivers using minnows. Try crankbaits for walleye around Lewis & Clark State Park and Lund's Landing. Work shallower in about 18 feet.

•Lonetree WMA area lakes, Harvey: Limited activity on area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain slow.

Hunting:

•Deer: Look for a little more movement with cooler weather.

•Doves: Birds bunching more with cooler weather with fair numbers yet.

•Upland: Hunters finding nice partridge numbers with fair grouse numbers in pockets but not much hunting activity.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.






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BRIANNA LOWE, NORTHERN SENTRY

One thing to know about me, I love to travel. More than that, I love to travel and share what I experienced with others to help them travel too. In the military life, we can see more of the world than most whether that be through PCSing, TDYs, or just planning a trip. We are very lucky in that way. Our most recent adventure was sent on to Offutt AFB just outside of Omaha, Nebraska. Let me tell you, Omaha is COOL and even better, it is a drivable location from Minot AFB. Meaning it's an easy family getaway that you can take from here. We were there for a week, and I was able to explore the area with my son and I want to share what we did and learned through our time there to help anyone looking to see some place new!

The drive to Omaha from Minot is just over ten hours. Because we were there for a TDY, we stayed in a hotel in Bellevue which is a small town on the outskirts of the city. A thing to know, if your family is heading to Offutt for a similar situation, staying in Bellevue is perfect for exploring the city as well. The average drive I took to attractions was about 15-20 minutes.

The number one location I have for families to stop in is the Henry Doorly Zoo. I have never seen a zoo like this before. It had so many animals and exhibits to see. We spent two days in the zoo and still did not see everything. The key things to know going to the zoo:

- They offer a military discount for admission. For this, do not buy

your tickets ahead of time online. Go to the zoo and walk into their customer service office to buy them. If you want to go back a second day, bring your ticket back with you and the second day will be half off.

- Bring bathing suits and water shoes. The zoo has a splash pad that is open on the weekends but even better, they have a man-made stream and waterfall that kids can play and explore in. This is hidden in their Children's Adventure Trails.

Another must see for families is the Omaha Children's Museum. This place is well worth the admission price. They offer various exhibits to lead your child to imaginative play, science experiments, and play. It was such a fun day spent with all sorts of activities to get us out of the hotel. Tips and tricks:

- There is a lunch café upstairs with the children favorites of chicken fingers and mac and cheese on the menu. However, this location is close to the famous Old Market area in Omaha which offers a variety of foods with much better pricing. You can leave the museum, go enjoy lunch and come back if your hand is stamped!

- The upstairs area is a seasonal display, while we were there, they had a full dinosaur exhibit with robotic dinosaurs, and a fossil dig sand pit. With that, they also have a train ride and carousel.

While in Nebraska, you must get yourself a nice steak dinner - it is what they are known for! And allow yourself to explore the various parts of the city. There's castles, botanical gardens, museums and more.



15 SEPT HOMES & HOPS BAR CRAWL 21+ EVENT
6:00 PM
Downtown Minot
Check-in at The Spot

Dress like a construction worker or wear your brightest NEON YELLOW safety vest or shirt! We'll be giving away prizes for the BEST-DRESSED! ALSO: the (FIRST) 50 attendees to sign up will receive a Homes & Hops commemorative trucker hat! VISIT THESE BARS ON THE HOMES & HOPS ROUTE: • The Spot • Nok Back Tavern • Atypical Brewery & Barrelworks • Army's 2.0 • Blue Rider • The Starving Rooster • The Ironhorse Kitchen + Bar • Whiskey Nine. COST: \$25 in advance, \$30 at the door



For more information:
<https://members.minotab.com/events/>

16 SEPT KARAOKE NIGHT
8:00 P.M. - 12:00 A.M.
Putt District
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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!



For more information:
www.theputtdistrict.com

22-23 SEPT MINOT'S Y'S MEN'S PBR 2023
4:00 PM
Minot Municipal Auditorium
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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



For more information:
www.minotfarmersmarket.com/salsa-showdown

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THE MAYOR OF THE CITY OF MINOT VISITS MINOT AFB FOR AN INCENTIVE FLIGHT



U.S. Air Force Capt. Dylan Collins, 23rd Bomb Squadron weapon systems operator, speaks with the Honorable Tom Ross, Mayor of the city of Minot, at Minot Air Force Base, North Dakota, Sept. 6, 2023. Mayor Ross's incentive flight was hosted by the 5th Bomb Wing to provide a first-hand experience of the 5th Bomb Wing's mission and to provide a demonstration of how they conduct the global deterrence mission.

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



U.S. Air Force Col. Daniel Hoadley, commander of the 5th Bomb Wing, and the Honorable Tom Ross, mayor of Minot, North Dakota, poses for a photo with a B-52H Stratofortress at Minot Air Force Base, North Dakota, Sept. 6, 2023. Mayor Ross's incentive flight was hosted by the 5th Bomb Wing to provide a first-hand experience of the 5th Bomb Wing's mission and to provide a demonstration of how they conduct the global deterrence mission.

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



U.S. Air Force Col. Dan Hoadley, 5th Bomb Wing commander, conducts pre-flight checks on the wing of a B-52H Stratofortress with The Honorable Tom Ross, Mayor of Minot, North Dakota, at Minot Air Force Base, North Dakota, Sept. 6, 2023. The wingspan of a B-52H is 185 feet, with a span that long the wings requires outrigger wheels to assist in taxi, take-off and landings.

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



U.S. Air Force Airman 1st Class Zachary Riggins, 5th Operations Support Squadron aircrew flight equipment (AFE) technician, sizes flight equipment for the Honorable Tom Ross, mayor of Minot, North Dakota, at Minot Air Force Base, North Dakota, Sept. 5, 2023. The AFE technicians take thorough measurements to ensure the flight equipment functions safely.

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

NOTES ON BEING SAFE

PEDESTRIAN SAFETY: KNOW AND WATCH YOUR SURROUNDINGS



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



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

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

As a motorists on Minot AFB do not always assume the people around you are paying attention. Sometimes their attention can be diverted especially if they're children. All people are unpredictable and as a motorist,

you should always be alert. You can encounter a pedestrian anytime and anywhere, even in places where they are not supposed to be. They can be hard to see, especially at night or while it's raining. Slow down if you can not see clearly. Stop for pedestrians who are in the crosswalks and when you stop for a pedestrian in the crosswalk, make sure you are far enough back for cars in the other lane to see the pedestrian in time to stop. If vehicles are stopped in the street in front of you, do not just assume you can pass them, maybe their waiting for a pedestrian to cross the road. When turning right on a red right, always look to the right as well as the left to make sure pedestrians are not crossing in the crosswalk. If you spot a pedestrian wearing headphones or using a cellular phone, be attentive for they may

not hear your vehicle. Remain vigilant at all times, especially in areas where children may dart out unexpectedly into traffic areas. These include base housing and school areas, near school buses and around ice cream trucks. While backing out of your driveway, always look in your back window as well as your mirrors to ensure no kids are behind you. If you have to, walk around the vehicle before driving out.

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

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 Sunday School at 9:45am

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MinotBibleFellowship.org


Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
 Come As You Are!

Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship 11:00 a.m.

Pastor Mark Ehrmantraut
www.vincentumc.com


Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
 701-838-1540

Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian Church
1000 NE 3rd Street 852-0315

Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

All are Welcome!
www.cornerstoneminot.com


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship 9:30 AM
2209 4th Avenue NW Minot, ND 839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church
1615 2nd St. SE • www.ibcminot.org 701-839-3694




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

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


Christ Reformed Church

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

St. John the Apostle Catholic Church


 2600 West Central Ave • Minot, ND 58701
839-7076

Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.


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


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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



Gospel Tabernacle Community Church

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

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

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


JOURNEY CHURCH
 ASSEMBLY OF GOD

1805 2nd St. SE 838-1111

Sunday Services 9:00 AM & 11:00 AM
Wednesday 6:30 PM

Minot Baptist Church

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

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

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


Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 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 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor


Grace Baptist Church of Minot
 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


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OUR SAVIOR LUTHERAN CHURCH
 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcmminot.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)


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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 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
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Please contact our school office or visit our website for more information.
701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org



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Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

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 email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM


ORCS KNIGHTS



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

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

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SATURDAY, SEPT 16
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 Household items, furniture, patio furniture, clothes, dance costumes, TVs, printers, and more.

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REAL ESTATE

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



WONDERFUL 5 BDRM/3 BATH HOME ON 3 ACRES on outskirts of Minot. Vaulted ceilings, upper and lower walkouts, daylight windows, RV pad and park like yard with fire pit! \$650,000. By appt only. Must be pre-qualified. 701-415-9715

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2 BEDROOM APARTMENT IN NW MINOT Basic Utilities Paid. Partially Furnished, Garage Included. Access to Outdoor Deck & Fishing Dock. No Pets. Call Ken @ (701) 833-9943.

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HELP WANTED

HELP WANTED

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for busy law office.

Must have excellent computer skills.

CALL 701-837-4846

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

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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DAKOTA FLEA MARKET

NEXT MARKET DATES: SEPT 9 & 10

N.D. State Fair Grounds. Admission: \$3. Kids Admission Free All Weekend. Active Military & Veterans' Admission Free on Sunday. Vendor information: dakotafleamarkets@gmail.com or call or 701-550-1318



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 Saturday 7am-4pm
 Sunday 10am-3pm

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 Ask for Eva • www.airporthobby.com

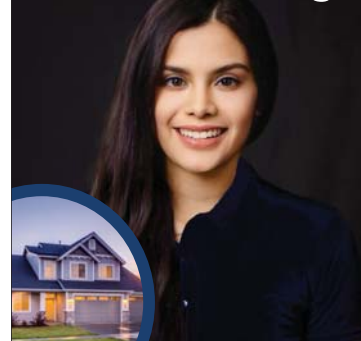
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SUDOKU SOLUTION

PUZZLE ON PAGE B14

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

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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.

PARK UNIVERSITY MINOT –

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

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.

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www.RPZoo.com • 701-857-4166



VOLUNTEER OPPORTUNITIES

Zombie Run Volunteers

Youth Programs is seeking approximately 15-20 volunteers to play zombies in our zombie run on the 20th of Oct. Additionally, we're seeking 2-3 make-up artists who would like to volunteer to do zombie make-up for these volunteers (supplies would be provided). Volunteer hours would likely begin around 1400 to allow time for makeup and costumes and would conclude around 1800. Anyone who is interested can contact the youth center at 701-723-2838 and speak with either April Lawrence, Briannah Barnett, or Britnee McAlexander.

Car Care Clinic Volunteers

1st Baptist Church Minot will be hosting a Car Care Clinic on Saturday, 23 Sep from 0800-1200. This is a great opportunity for those who are familiar with changing oil and other standard vehicle maintenance to help those in need! Each Spring and Fall, FBC Minot hosts the Car Care Clinic for single mothers and widows to get their cars worked on. With winter coming, this is especially important! No experience is required; extra hands are always needed. All tools, parts, and supplies will be provided, feel free to bring extra tools if you have them. Light refreshments will be provided.

POC: SIDNEY M. HELMS, Capt, USAF
sidney.helms.1@us.af.mil

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 POVs. For more information, please see the attached flyer and/or reach out to any of the POCs.

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
REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POCs: 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.
POCs: 2nd Lt. Genesis Berry, 701-723-5239
Genesis.a.berry.mil@health.mil
Kaitlin Reyna, 907-854-9559

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

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.

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

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, Congressionally 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.govcivillairpatrol.com> or contact the POC below.

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McEmore, CAP, Jonathan.mcmore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>

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). The program entails for schools:

- The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher.
 - Large-scale pre-scheduled live events will include a program link after registration.
 - In-person engagements may be available depending on location and availability of local personnel.
- Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields!

This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too.

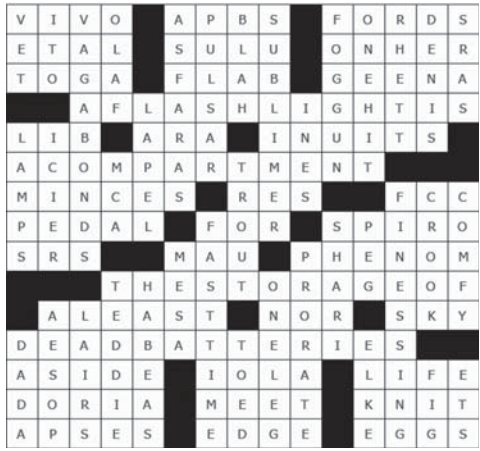
For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYUlr>
Please feel free to reach out if you have any questions.
POC: Abigail Kinder, Community Relations & Media Operations,
Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

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



CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

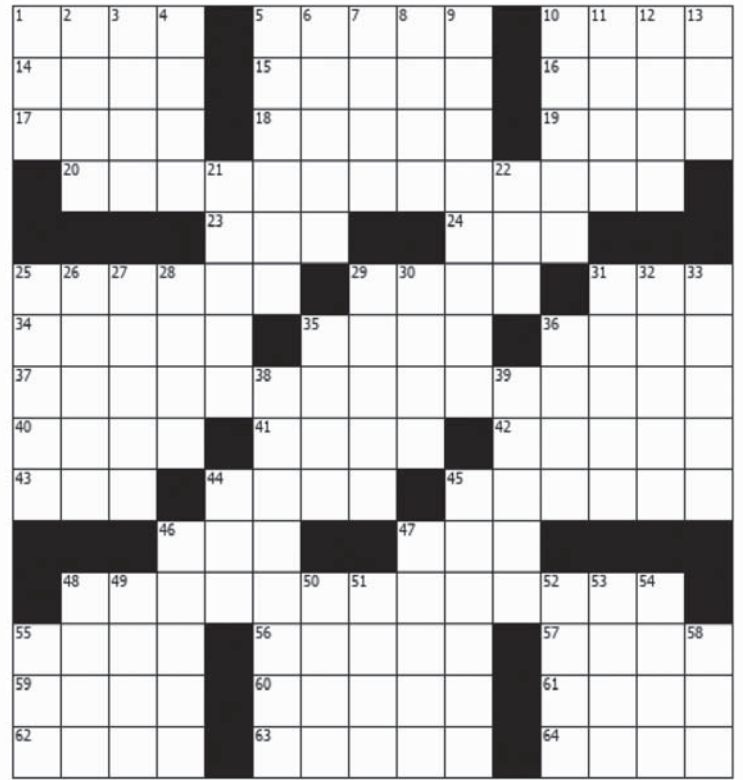
Solution to puzzle on page B12

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

CROSSWORD PUZZLE

Across

- 1. River in New York
- 5. Musical postscripts
- 10. Type of deal for NBA stars
- 14. Edward G. Robinson role
- 15. American chameleon
- 16. Top-of-the-line
- 17. Mild cheese
- 18. Taxi passengers
- 19. Tranquil interlude
- 20. Chevalier movie
- 23. Canal site
- 24. James' creator
- 25. Make a slow transition
- 29. Cord contents
- 31. Do some tailoring
- 34. Word with move, tag or string
- 35. Get by working
- 36. Sandwich offered in Greek restaurants
- 37. Eight hours, they say
- 40. Tolkien creatures
- 41. Whispers sweet nothings
- 42. For that reason
- 43. "The Bridge of San Luis ___"
- 44. Mexican unit of money
- 45. Grabs the bill
- 46. Turn left
- 47. Trifling coin
- 48. Doris Day film
- 55. 1969 World Series stadium
- 56. Roman garb
- 57. Contented tabby sound
- 59. Brain-busting
- 60. King foe
- 61. Homophone for sleigh
- 62. On the road
- 63.
- 64. "Do it or ___!"



Down

- 1. "... ___ I saw Elba"
- 2. Opera with "O patria mia"
- 3. One who works despite a strike
- 4. Big volume
- 5. Kind of robe
- 6. Broadcasting
- 7. Campus digs
- 8. Not a weather
- 9. Legislative meetings
- 10. Where some buns are made
- 11. Time piece?
- 12. "For Your Eyes ___"
- 13. It may be smoked
- 21. Lower oneself
- 22. Abe's kid
- 25. Like the proverbial beaver
- 26. Dateless
- 27. Like Santa's suit on December 26th
- 28. They catch bombs
- 29. Hearty yell
- 30. Scraps of food
- 31. "Lion King" heavy
- 32. In an upright position
- 33. Sulks
- 35. Clashing forces?
- 36. Type of club in school
- 38. Thirst quencher
- 39. Show indifference
- 44. Baby food
- 45. Complimentary speeches
- 46. Intoxicating
- 47. Classic TV's Maxwell
- 48. Meltdown
- 49. Greek queen of heaven
- 50. By ___!
- 51. "Rock of ___"
- 52. Church section
- 53. Ponder (with "over")
- 54. Intervals of history
- 55. ___ Na Na
- 58. White alternative



FUNDRAISER FOR TONY SCHELL

Visit North Prairie Farmers' Market THIS SATURDAY.

100% of tomato sales will go toward medical expenses for Tony Schell, a good friend who is currently in a Minneapolis hospital. Please consider supporting my friend Tony and his wife Terri. **Thank you so much.**

FOR MORE INFORMATION EMAIL: mbaker@northstarcario.com
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MINOT AIR FORCE BASE PATRIOT'S DAY CEREMONY

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First responders listen to the speakers during the Patriot's Day ceremony at Minot Air Force Base, North Dakota, Sept. 11, 2023. Patriot's Day is a reminder to honor the first responders that lost their lives in the line of duty.



The Minot Air Force Base Honor Guard present the colors at the Patriot's Day Ceremony at Minot Air Force Base, North Dakota, Sept. 11, 2023. Patriot's Day is observed to commemorate the nearly 3,000 lives lost during September 11th.



Airman Charles Dell, 5th Civil Engineering Squadron fire fighter apprentice, rings the alarm bell at Minot Air Force Base, North Dakota, Sept. 11, 2023. Dell rang the alarm bell as a reminder of the first responders that lost their lives in the line of duty.

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- 1/2 CUP MAYONNAISE
- 2 TABLESPOON DRY RANCH SEASONING
- 1 TEASPOON KOSHER SALT
- 1/2 CUP FRANK'S REDHOT SAUCE
- 2 CUP COOKED CHICKEN, SHREDDED
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 CUP SHREDDED MOZZARELLA CHEESE
- TO TASTE BLUE CHEESE
- TO TASTE COOKED BACON, CRUMBLED

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

In a medium bowl or the bowl of a stand mixer, combine cream cheese, sour cream, mayonnaise, ranch, salt, and hot sauce and mix until combined.

Fold in the cheddar, mozzarella, and shredded chicken. Transfer to an oven proof dish and top with blue cheese and crumbled bacon.

Place directly on the grill grate and cook for 20-30 minutes until the top is golden brown and dip is bubbling.

Serve with chips, crackers, crostini, or sliced vegetables. Enjoy!

Ryan Davy - GM
Minot

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NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

A BLUE-WINGED BONUS

Patricia Stockdill

It's officially called the "Bonus Blue-winged Teal" season in the N.D. Game and Fish Department Upland Game, Migratory Game Bird, Furbearer Hunting Guide Yeah, right.

Why is it considered a bonus to be subjected to even more embarrassment by a small duck?

Stay with me on this, folks, and follow the logic of my argument because I don't think I'm alone in this: A lot of hunters can probably relate to the embarrassment of trying to bag a blue-winged teal, let alone additional ones during the alleged "bonus" season.

Here's the deal: For starters, they're small. They're not as big as a Mighty Mallard, gadwall, or even a shoveler or scaup.

Next, they can't and won't fly like one should expect all ducks to fly. That is, they don't fly with the grace and ease of that Mighty Mallard, for example.

Plus, they don't fly in a crisp, aesthetic military V-style that ducks – all ducks – are supposed to fly in.

Noooo, when it comes to size they're darn near miniature ducks.

And grace and ease? Again, nope, not happening. They fly in what seems like Mach speed and it seems they're bouncing around in a crazy pinball machine, zipping and darling all over the place.

That traditional V formation? Forget it. There is absolutely zero methodology to their flight plan and it could be questioned as to whether or not they even have one, despite the fact that they need to get south to warmer weather.

Speaking of getting south to warmer weather, blue-winged teal are kind of wimpy when it comes to weather. They tend to book flights early, which might be another reason the U.S. Fish and Wildlife Service allows states to have early teal seasons or, in the case of North Dakota, opt to allow two additional blue-winged teal in the daily bag limit during the early part of the waterfowl season.

North Dakota's Bonus Blue-winged Teal begins Sept. 23, the opening of waterfowl hunting for North Dakota residents. It runs through Oct. 8 and, yes, hunters – assuming they can actually get any of the winged demons – can have two additional teal among their six-bird daily limit.

The problem in North Dakota is that because they're

wimps, a cold snap could already move a great number of blue-winged teal out of the state. They tend to know the weather forecast before the National Weather Service does and migrate on the edges of cold fronts.

In other words, they may be nowhere in sight one day and on a wetland en masse the next.

Or vice-versa.

The nice thing about hunting teal in North Dakota is that they're not real gun-savvy when they're here so a hunter doesn't have to be an expert duck caller – or a duck caller at all.

And fancy, sophisticated blinds aren't a huge necessity.

Or a necessity at all.

Just go hang out and hunker among some cattails or shoreline vegetation and you'll probably be good.

The nice thing about these crazy little feathered demons is they're one of most delicious table fare around.

They make great appetizers wrapped in bacon, skewered with a toothpick, and grilled.

They're great in stir-fry using one's favorite sauce and veggies.

To marinate or not to marinate; your choice.

Coat with one's favorite panko or breading mix; then grill or sauté in olive oil; your choice.

With so many options on ways to enjoy dining on teal, it still circles back to the need to get the teal to dine upon.

And that circles back to trying to harvest a small duck that doesn't follow all of the duck rules when it comes to what ducks should do.

They won't linger in a mild winter like some mallards will do. They definitely don't fly like mallards.

But they will lounge around along mud flats, feeding in shallower wetlands on lingering fall days.

But if a cold north wind and cold front should move through, teal that were on a wetland the day before could be gone. But that same weather front might entice birds to rest on a different shallow wetland somewhere else.

It's all a matter of timing and scouting.

Well, and the ability to bag the little winged demons and take advantage of the Bonus Blue-winged Teal season should any still be enjoying North Dakota's fall weather.

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WHAT'S GOING ON MAFB

FRIDAY 15

- Hispanic Latino Heritage Month Begins, Dakota Inn Dining Facility
- JCM – 15 Invaluable Laws of Growth, 0800, Professional Development Center
- FUN Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 16

- Zumba, 1100, McAdoo Fitness Center

SUNDAY 17

- Air Force Birthday – Freezin's the Reason Scramble, 0800, Rough Rider Golf Course
- Zumba, 1400, McAdoo Fitness Center

MONDAY 18

- Airmen Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Project Enigma, 0800-1630, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Air Force Birthday Special Lunch, 1030-1330, McAdoo Fitness Center
- Zumba: Strong Nation, 1730, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 1400-1600, M&FRC
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

TUESDAY 19

- Airmen Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Project Enigma, 0800-1630, Professional Development Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering EDH/Commander Night, 1800, ESC
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 20

- Airmen Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Project Enigma, 0800-1630, Professional Development Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Zumba, 1730, McAdoo Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, McAdoo Fitness Center

THURSDAY 21

- Project Enigma, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 22

- Project Enigma, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Family Zumba, 1000, Turf hosted by McAdoo Fitness Center

SATURDAY 23

- Zumba, 1100, 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**
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