

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 42 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 20, 2023

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## VCSAF VISITS TEAM MINOT



U.S. Senator Kevin Cramer (R-ND), member of the Senate Armed Services Committee (SASC), and General David Allvin, Vice Chief of Staff of the Air Force pose with Airmen assigned to the 91st Security Forces Group on Oct. 11, 2023 at Minot Air Force Base. During the visit, Allvin met with Airmen assigned to multiple units, all of which contribute to the nation's nuclear deterrence capabilities.

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**weekly post brief**



U.S. Air Force Vice Chief of Staff Gen. David Allvin watches a mission brief video with 5th Bomb Wing and 91st Missile Wing leaders during a visit to Minot Air Force Base, North Dakota, Oct. 11, 2023. Allvin visited the installation to gain a better understanding of Team Minot's key role in the nation's nuclear deterrence mission.

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



U.S. Air Force Vice Chief of Staff Gen. David Allvin meets with 5th Bomb Wing and 91st Missile Wing leaders during a visit to Minot Air Force Base, North Dakota, Oct. 11, 2023. This engagement marked Allvin's first visit to an Air Force installation in his role as acting Chief of Staff.

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



U.S. Air Force Vice Chief of Staff Gen. David Allvin tours the 705th Munitions Squadron facility during a visit to Minot Air Force Base, North Dakota, Oct. 11, 2023. This engagement marked Allvin's first visit to Minot AFB in his role as acting Chief of Staff.

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



U.S. Air Force Vice Chief of Staff Gen. David Allvin coins Airman 1st Class Kyle Wilson, 5th Bomb Wing public affairs apprentice, during his visit to Minot Air Force Base, North Dakota, Oct. 11, 2023. Allvin met with Airmen assigned to multiple units, all of which contribute to the nation's nuclear deterrence capabilities.

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# VCSAF visits Minot AFB

STAFF REPORT, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Gen. David Allvin, Vice Chief of Staff of the Air Force, visited Team Minot October 11, 2023. Allvin and his team toured Minot AFB to learn processes that make Minot operational and to get an in-depth understanding of the base's nuclear deterrence mission.

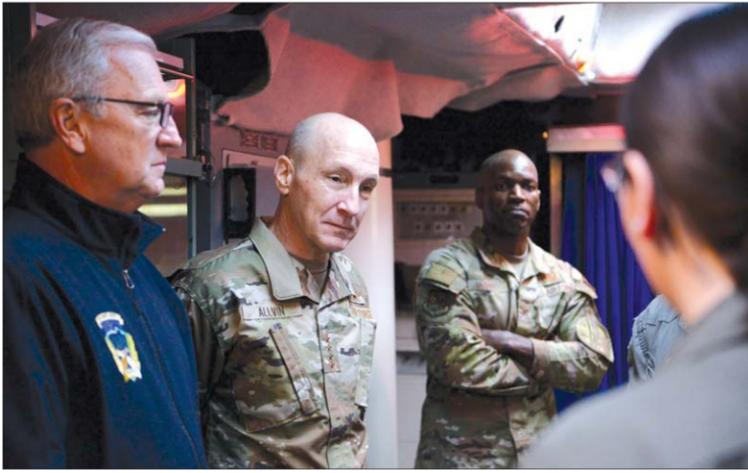
While here, Allvin met with 5th Bomb Wing and 91st Missile Wing leaders to gather insight into the only U.S. Air Force base holding two-thirds of the nuclear triad. Minot leadership teams highlighted facilities and operations contributing directly to the success of the nation's nuclear deterrence mission.

"The strategic importance of the work carried out here at Minot AFB cannot be overstated," said Allvin. "As the only dual-wing nuclear capable base in the Air Force, the Airmen assigned here are responsible for two legs of our nation's nuclear triad. It's a responsibility that is not to be taken lightly, and one the fine Airmen here have risen to meet time and time again."

Allvin's visit provided an opportunity to engage directly with the Airmen responsible for mission execution, fostering a sense of unity and purpose in safeguarding the nation's security interests.

"This whole experience has been very illuminating" said Allvin. "It's clear that our nation's nuclear deterrence mission is in the best of hands here at Minot."

The engagement was one of Allvin's first visits to any Air Force



U.S. Air Force Vice Chief of Staff Gen. David Allvin visits a Missile Alert Facility outside of Minot, North Dakota, Oct. 11, 2023. This engagement marked Allvin's first visit to Minot AFB in his role as acting Chief of Staff.

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

base in his role as acting Chief of Staff.

"It's an honor to be one of the first installations to host the acting Chief of Staff," said Col. Daniel Hoadley,

5th BW commander. "His decision to visit Minot AFB really drives home the point to our Airmen that what we do here is of paramount importance to national security."



U.S. Air Force Vice Chief of Staff Gen. David Allvin speaks with Airmen assigned to the 91st Security Forces Group during a visit to Minot Air Force Base, North Dakota, Oct. 11, 2023. During the visit, Allvin met with Airmen assigned to multiple units, all of which contribute to the nation's nuclear deterrence capabilities.

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<p><b>OTHER ITEMS</b></p> <ul style="list-style-type: none"> <li>• New pressure canner</li> <li>• Bicycle</li> <li>• Baseball gloves</li> <li>• Accordion</li> <li>• Household items and furniture—beds, couches, chair, kitchen table etc.</li> </ul>		

....and Much More Pictured at:  
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# My Best Advice on Winter Gear



## SHE'S NOT FROM AROUND HERE

AMY ALLENDER

It's mid-October. For some, this means carving pumpkins, putting chili in the crockpot, or eying Christmas décor. For me, mid-October means answering newcomers' biggest question about Minot: What kind of outdoor gear do I actually need for a Minot winter?

Once temps fall to freezing, the questions start pouring in. They come via email, DMs, and Facebook groups. They seep out over conversations filled with nervous laughter. Friends, and friends of friends want an answer from someone who isn't from Hotdish Land. Because you can't trust a local to offer a relatable response on something like this. After all, they have been born and raised in subzero windchills. To them, this is normal. You can't rely on someone who has never known a winter without a few days at -20° to empathize with a transplant's first-winter concerns.

My response to these concerns is always the same. First, let me assure you, you'll acclimate. Even for locals, there is a marked difference between October cold (ski parkas go on at 40°) and March cold (t-shirts go on at 40°).

Second, you don't need as much as you think.

Obviously, you'll need a coat, boots, gloves, and hat. If you ask ten people, you'll get ten different opinions about what makes the best coat, or what features are "musts" for boots. And I've got my favorite features, too. But honestly, just buy what you like.

When it comes to preparing for a Hotdish winter, here's my advice.

Don't buy as though you'll be spending much time outside. This is what nearly everyone

gets wrong. This is what I got wrong when I first moved to North Dakota. I saw the terrifying windchill numbers and bought gear as though I would be spending hours outdoors every day.

Here's the truth. Gearing up for winter isn't about having the warmest gear—it's about having gear you can move fast in. When it gets NoDak-cold, you won't care about, and won't want to bother, with putting on the heaviest coat. Your primary focus will become spending as little time outdoors as possible en route to your destination. You'll shuffle from house to car, to building. You'll move faster than you ever knew you could.

When I stocked up for my first NoDak winter, I imagined weekends spent sledding, skiing, and snow shoeing. That's a great fantasy, but it's not reality. I go sledding several times each winter, but we always manage to find a window when there is plenty of snow, and highs around 20-30°. Typically, I sled in a light jacket, or just a sweatshirt—because schlepping kids and sleds up the hill is hot work. If it's properly cold, we don't stay out long enough to make the work of gearing up worth the effort.

That really nice ski coat from my first winter gets worn once or twice a season, and that's usually when I'm out doing snow-removal out of necessity, in weather I'd rather avoid. And—let's be real—this task is typically delegated to my darling husband while I take over arduous indoor tasks, like making cocoa and folding warm laundry.

Until temps dip into single digits, I opt to wear a sherpa-lined flannel shacket with a sweater underneath. I have one pair of gloves I adore—mostly because they are thin, tech-sensitive, and allow enough finger mobility to work car seat straps without removing them.

When it gets really cold, I pull out a puffer jacket that is still pretty light. Whatever you buy, be sure it's not stiff. I loathe nothing more than having my mobility restricted while trying to pass snacks into the back seat when stopped at a red light.

Because I know you'll wonder, here are a few notes about how I



Newcomers ask me about winter gear all the time. The truth is, you don't need as much as you think. I spend the winter in this exact shacket.

AMY ALLENDER PHOTO

dress my kids. Each child has a fairly light winter coat. It must be flexible, it must be thin enough to go in their car seat safely. I don't have patience for getting people in coats, only need to remove them once in the car. Remember, this is a speed game. Speaking of speed, make sure your kids can move quickly by giving them good boots with good treads. If your kids are small, take a stroller with to keep your process fast.

In closing, I'll recap. Winter isn't as brutal as you may expect. Give it a year or two and you'll acclimate—I promise. You probably won't be spending tons of time outside. Keep it fast.

Oh—and buy your gear on sale. There's nothing that will help you fit in quite like saying, "Thanks, it was on clearance," when someone compliments your winter attire.

There is fun to be had, you've just got to be brave (and fast) enough to enjoy it. Leave your house, and leave it often—and you'll see that these months aren't as scary as some would have you believe.

Want to love your life a little more? That's my specialty. Join me on Instagram (@amy\_allender) or Facebook (@amyallenderblog) where I share ways to generate peace and joy every day.



Usually when we spend time outside it's warm enough I end up in a light jacket or sweatshirt.

AMY ALLENDER PHOTO

# Dickinson State University...

environmental sciences were on the chopping block but have since been reconsidered.

Easton says cutting these programs will save money and funding that would have gone into these programs will be re-routed to programs that need it more.

OK, anybody in leadership will say that because obviously, Mr. Easton is looking at budget issues. However, were the students even considered here?

Most preliminary budgets are considered before the school year starts. This announcement came in the middle of the fall semester. Students had already enrolled in this majors; paid their fees, bought their books and other materials and were committed.

Dickinson State University could have at least made this switch before the semester began and before students would have been adversely affected by this.

Math? At a time when math scores in the United States are slipping, DSU cuts math. Communications is important, but numerous other institutions in North Dakota offer

it as well as political science. But math, that seems quite odd.

Then take a look at those majors that were spared, at least for now. English may have been cut but wasn't. Here's another necessity in any institute of learning, English scores of American high school and college students aren't the greatest and DSU considers cutting it.

And let's not forget that in many cases, English is required to receive a bachelor's degree. Again, I don't know all the details of this, but cutting English and math seem to be the last items that should be cut. Chemistry and environmental sciences aren't basic curriculum and you don't need those to further your education.

When I went to college, the first two years at Bismarck State and the second two years at the University of North Dakota, math, yes math was required to get a bachelor of arts degree in journalism. Why should you need math if you're going to be a reporter?

It was required as was English, which is a no brainer in my line of work.

Maybe DSU is beginning to switch it's curriculum to something else in the future. But again, that should have been announced before the school year began.

These changes are affecting 44 students. That's not a huge number, but 44 out of about 1,500 students at DSU were committed and now they are most likely totally confused on what their next move is going to be.

Apparently, those seniors who have chosen those majors, will be allowed to obtain their majors through this school year. But after that, underclassmen are on their own about choosing an alternative.

You just have to wonder, most students declare a major and minor and don't change. Some do but most don't. How many of those students might consider transferring to Bismarck, Williston or Minot to continue their higher education?

Mr. Easton should be thinking about the students here and not the budget.

# OK, Where is It?

Where is it? It has to be here somewhere. After all the ranger told us that the oldest tree in North Dakota, a Cottonwood tree, was located on the banks of the Missouri River inside the Cross Ranch State Park.

Hey, just letting you know that my column today was written as I overlook the Missouri River at the Cross Ranch State Park. I have often written about Cross Ranch State Park as being a “best kept secret,” and it still is. However, the Pretty Point Yurt is not a secret. It is the most reserved full-service facility in the North Dakota Park system. Why? I think the fact it is a yurt makes it special. There are four yurts at The Cross Ranch, but the other three do not have the creature comfort amenities like a bathroom with a flush toilet, a full-service kitchen, air conditioning for the summer months and a gas fireplace for late fall and winter. It easily sleeps six, and it has a loft

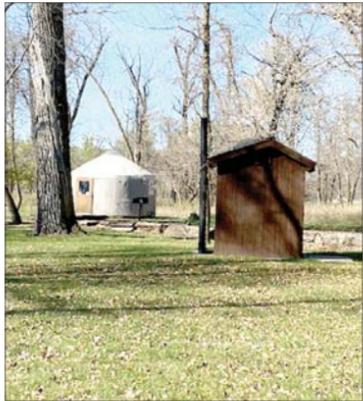
where kids, like my four grandkids, can set up shop and have a plethora of games and activities.

Then there is the view, second to none, of the Missouri River. At this point, the river is around a half mile wide. There is an island in the middle where Canadian Honker geese hang out and will often provide you with a wakeup call around 6 AM in the morning.

It was in 1804 when Lewis and Clark used the Missouri River as their highway to what would be the Louisiana Purchase. They used long keelboats and rowed and pushed them against the river current. “So, they went by this very spot,” I say to my wife Sue. And two years later, after exploration of the Northwest Territory, they would return to St. Louis navigating the Missouri River once again, but instead, they were traveling with the current and I am pretty sure they covered a lot more river each day than when they headed north.



Unloading at Pretty Point Yurt.



More rustic Yurt with vault toilet.



Home away from home- Inside Pretty Point Yurt.



Beautiful fall walk along the Missouri River.

Let’s pause a bit and review some history:

1804- A highway on the North side of the Missouri River that commemorates the year that Lewis and Clark would travel up both the Missouri and Yellowstone River to explore what would be the Louisiana Purchase.

1806- A highway on the South side of the Missouri River that commemorates the year that Lewis and Clark would return to St. Louis. By the time they returned, most thought that they had perished at the hands of mother nature or had run into a hostile tribe of inhabitants.

Sacagawea (or now it is Sakakawea)- A woman, and her child, who were members of the Shoshone Indian tribe and served as a guide for the Lewis and Clark expedition. It is widely written that without Sacagawea, the expedition would have perished, or stopped short of their goal of exploring and mapping the Louisiana Purchase along the Missouri and Yellowstone Rivers. Lake Sakakawea, although spelled differently, was named in honor of this brave Shoshone Indian women who helped the Lewis and Clark Expedition. There are several tributes to Sacagawea, including a statue on the North Dakota State Capital ground in Bismarck.

Confluence- The point at which the Yellowstone and Missouri rivers

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**A VIEW FROM  
OUR SIDE**

ROD WILSON



join, just west of Williston, North Dakota. It is where Lewis and Clark eventually took different paths, but that is for another column.

Looking at the tall Cottonwood trees in Cross Ranch State Park, I can believe that some of them are over 200 years old. It would hard to determine just which one is the oldest, so let’s just say one of them certainly is.

And for those of you who would like to experience Cross Ranch State Park, go to the North Dakota Parks web site, [parkrec.nd.gov](http://parkrec.nd.gov), and click on Cross Ranch State Park. There are several campsites with, or without, modern services, there are five yurts and three cabins, including the most recently constructed York Cabin that again has all of the modern comforts. Weekends are pretty much booked at Pretty Point Yurt and York cabins, but there are several opportunities for mid-week bookings. We were able to reserve a Sunday-Monday night stay. Certainly not sorry that we took time off from our ordinary activities to make the trip.

Our afternoon activity includes

a fire for roasting hot dogs for lunch, and a leisurely walk along the Matah (river trail) and Makoti Trails (tour of the area).

Winter is also a prime time for exploring the Cross Ranch. There are cross country ski and snowshoe rentals. A Cross Ranch Park trek is worth the trip, whether you stay a day, or book lodging.

As usual, we will have to say “farewell” to the Cross Ranch tomorrow. We do so knowing that we will return. We hope that you all are able to visit the Cross Ranch area. There are a lot of memories to be made here.

**BEST KEPT SECRETS-**

Going to push the Downtown Treat Trail on Friday, October 27th from 10 AM to 12 PM. Right now there are 30 businesses signed up to participate. Bring the kids, in fact, bring the whole neighborhood. More details on [downtownminot.com](http://downtownminot.com).

**TODAY’S CHUCKLE**

In the old days, alternative energy used to mean borrowing your neighbor’s mule when your horse gave out.

## Welcome Traci Specht, FNP-C Primary Care



Traci Specht, FNP-C

A member of our primary care team, Traci Specht, FNP-C, is a board-certified nurse practitioner, dedicated to providing compassionate, evidence-based care to patients of all ages. She is well qualified to address acute and chronic health conditions and educate patients in self-care skills to prevent disease.

**New Patients Welcome!**

A Minot native, Traci acquired her Bachelor of Science in Nursing from Minnesota State University Moorhead and later earned a Master of Science in Family Nurse Practice from the University of North Dakota. She began her nursing career at Sanford Health in Fargo and gained critical care experience working as an RN at BSA Hospital in Amarillo, TX. In 2011, she moved back to her hometown and joined Trinity Health. She worked eight more years as an ICU nurse before transferring to clinic nursing, where she worked with other members of the healthcare team caring mostly for dermatology and urology patients. A member of the American Association of Nurse Practitioners, Traci is married with two children.

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# A Bird in the Hand



**SLICE OF LIFE**  
KIM FUNDINGSLAND

Sometimes what seems to be a small, insignificant slice of life has a much greater meaning than first realized. I offer the following example.

A few days ago, I noticed my dog was paying an unusual amount of attention to a small pond in my backyard. Curious, I went outside to see what had captured her attention.

A small bird, apparently a young of the year, had fallen into the pond. It was using its tiny wings to pull itself from one



KIM FUNDINGSLAND PHOTOS

side of the pond to the other but couldn't climb out. While the bird was able to keep out of reach of my very curious dog, it didn't from me. I picked the bird up and cupped it in my hands.

Only the tiny head was visible when I showed the bird to my dog, who sniffed it a bit and then looked me in the eye as if to say, "now what?"

The bird was wet, soggy, and



cold. It had probably been in the water for quite some time. I took it into the house and dried it off as best I could. The little fellow never fussed or resisted. We got along simply fine.

After holding him for several minutes to warm him up I sensed that any fear the bird had of me had vanished. Having a few other things to do, I thought I'd put my thinking to the test. So, I gently placed the bird in a potted

plant that was in a window with plenty of warm sunshine. There, I reasoned, he could continue his recovery from his chilly ordeal.

I left the room, but not for long. I got to thinking that having a bird loose in the house wasn't one of my better ideas. Returning to the potted plant, I once again picked up the bird. This time, I thought, I'd keep it in my cupped hands until it had sufficiently recovered enough to return to the outdoors.

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## NOTES ON BEING SAFE

### WINTER VEHICLE PREP... GETTING READY FOR ANOTHER COLD MORNING



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SAFETY



Winter driving can be trying on both the vehicle and its operator. As with many other things in life, preparation is the key to success. A few cold-weather parts and preparatory procedures can make the difference between being stuck in a drift and making it home.

Routine vehicle care is the best way to keep from being left out in the cold. This includes tune-ups and inspection and replacement of worn belts and hoses. Cold weather makes pliable materials stiffer and more brittle. It also makes fluids thicker. With this in mind, people who live in extreme climates often use light-viscosity synthetic lubricants, which work across a wider temperature range than conventional oil. Those who don't want the added expense sometimes use lighter-weight oils in the winter, such as 5W30.

Antifreeze should be kept at approximately a 60:40 coolant-to-water ratio. In extreme conditions, too little antifreeze in the mix can allow the coolant to freeze and crack the engine block. Installing a higher-temperature thermostat, say 195 degrees, will help heater performance and help the engine burn off condensation.

Battery maintenance will also improve cold-weather performance. For batteries that require maintenance, make sure that all cells are full of water. Keep all battery terminals and cable ends clean, and make sure the battery is well grounded.

Several engine-block heating systems are available, both on the OE level and from the aftermarket. Most new vehicles sold in cold country come with factory-installed block heaters that replace one of the engine's freeze plugs or connect to the heater hose.

#### PRE-FLIGHT CHECK

Perform a general check of brakes, lights, defroster/heater, fluid levels, belts, hoses and exhaust system.

Check the condition of wiper blades and consider upgrading to winter/snow blades. Always "park" blades before turning off the vehicle to minimize chances of sticking to the glass. Better yet, lift blades off the glass overnight.

Check the coolant level and make sure that the radiator has the proper mixture of antifreeze and water.

Check tire inflation to verify optimal tire contact with the road.

Keep the gas tank at least half full. This limits the amount of condensation that can enter the fuel system and also can improve traction, especially in rear-wheel-drive vehicles, by adding weight. Adding gasoline antifreeze to the fuel tank will help protect against fuel-line freezing.

Consider adding weight to the trunk or pickup bed in rear-wheel drive vehicles. Bags of sand both add traction-improving weight and can be dumped on ice to improve traction further. Make sure to secure

the extra weight to the vehicle with motorcycle straps or other suitable restraints.

Before departing, scrape ice and snow from the roof in addition to every window, mirror and light. Never splash hot water on glass to melt ice.

Lube door locks and latches and coat weather stripping with silicone spray to help keep doors from freezing shut.

Prepare for the worst. Put extra winter clothes, blankets and even a sleeping bag in the trunk, take water and food (such as energy bars), pack a flashlight, extra batteries, matches and a first-aid kit. Take along a cell phone if possible.

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# Prairie Warrior Bowl Kicks Off Military Appreciation

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This Saturday come on out to witness the MSU Beavers take on the UMN Duluth Bulldogs in this year's Prairie Warrior Bowl! This military inspired football game will offer FREE game tickets to Military members (active duty or retired) as well as to local first responders. Keli Rosselli-Sullivan, Workforce Development/Military Liaison at Minot Area Chamber EDC said, "[the game] was inspired by Brekka Kramer, President/CEO of the Minot Area Chamber EDC and Mark Harmon, VP of Student Affairs with Minot State University. It's been our goal to integrate Minot AFB into the Minot community and show our appreciation to those who fight for our country. We make it a point

to do several military appreciation events throughout the year." Rosselli-Sullivan explained that the now yearly football game will include the national anthem flags presented by the Minot AFB color guard, a halftime performance from children who attend the YMCA and a military members push up contest during the 3rd quarter break. She also mentioned that the game will further represent the military community by having tailgating from 11 am -1 pm before the game in which free military appreciation t-shirts will be handed out. The game represents the proud heritage of Minot AFB along with the rich community Minot has to offer by having many local restaurants

participating in the tailgating pre-football party. The title "Prairie Warrior" stems from the term of endearment that the city of Minot sometimes pins to military members at Minot AFB. The Airmen are the warriors of the vast prairie land here in North Dakota. There is a large-scale auction every spring called the "Prairie Warrior Auction" which is hosted by the city and all proceeds go to the support Airmen and their squadrons at Team Minot. Rosselli-Sullivan explained that this game is another way to represent the bond between the two communities and honor the military members now calling North Dakota their home.



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## All About Pets

**Traveling with Pets**

The holidays are right around the corner, which means that many pet owners will be traveling to see family (with or without their furry friends)! Thinking about bringing your pet home for the holidays? Here are a few tips, tricks, and things to consider.

- **Do or Don't:** First things first, you have to decide if bringing your pet along is a good idea. If you have an older pet, one who suffers from extreme anxiety or other behavioral issues around groups of people, a pet suffering from major health problems, or you just don't have the space to travel with or house your pet, you may want to consider finding a dogsitter while you are gone. Otherwise, traveling with a pet can be a great new experience for them!
- **Preparing to Travel:** If you are driving home, make sure to prepare your car (and dog) for the trip. There are a variety of seat covers available for those with pets who are safe to free roam in the car that will protect your seats and often come with leashes attached. If your dog or cat moves too much or has anxiety on car rides, you may want to consider securing a crate for them somewhere in the car. Make sure your pet has access to fresh water, food, and the occasional fan or open window (thicker coated pets are prone to overheating in the car), and bring plenty of toys and treats to keep them occupied! If you are flying, it's important to make sure your pet has a sturdy crate and ample blankets to keep them warm (if flying in cargo). If your pet has never traveled with you before, you may want to begin preparing as soon as possible by getting them accustomed to a crate, getting in



the car, potty training, and even scheduling a check up with the vet in case any medications are needed. Some pets have so much anxiety over traveling that medication is necessary for their wellbeing!

- **Have a Plan:** Traveling with a pet can make plans a little more complicated, so it's best to get things squared away ahead of time. Make sure your hotels are pet-friendly, whoever you are staying with has a space for your pet to sleep and be alone (if needed), and it is never a bad idea to go ahead and find a local veterinarian in case of any emergencies. Make sure you bring any important documents you may need for your pet as well as any medications or special food. If you are staying with someone who has other pets, it is especially important to either make sure everyone gets along well or ensure your pet has a safe place to hang out while the festivities happen.
- **Have Fun:** Traveling with pets should be fun! Stop off at a unique pet-friendly spot along the way or take them to a local park while you're home. Buy them some holiday themed treats or toys, and don't be afraid to let your pet munch on some of the (pet safe) holiday food. If you're bringing them along, chances are they are a big part of your family, meaning they deserve to enjoy the trip as well. While traveling with pets can be a little more stressful, have your furry friend around for the holidays with the rest of the family is one of the best ways to spend the season. Have fun, be safe, and have a happy holiday season!

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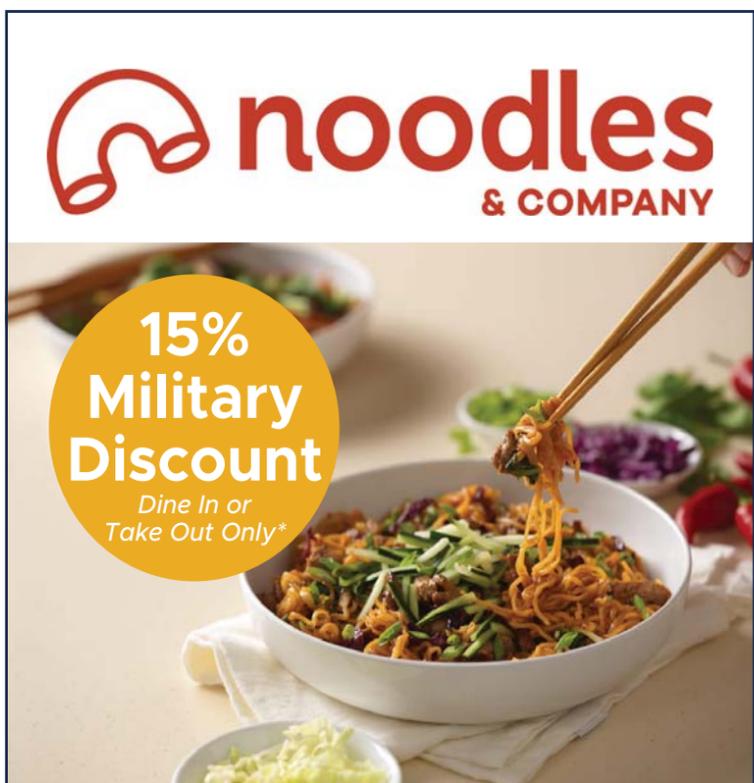





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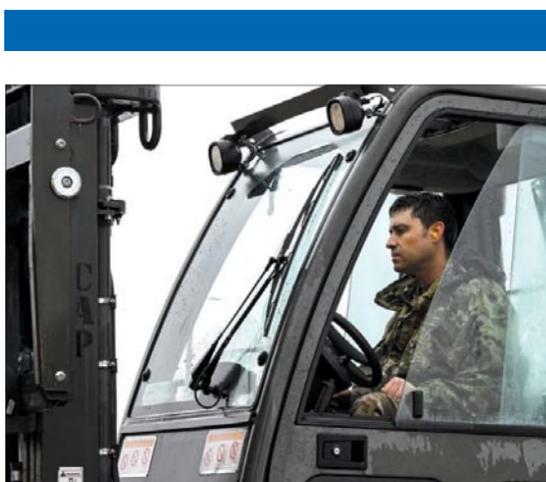


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U.S. Air Force Staff Sgt. Kenneth Hignite, 5th Munitions Squadron munitions stockpile crew chief, operates a forklift during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 3, 2023. Exercises like these are critical because they prepare Airmen for fast-paced deployments with little notice.



U.S. Air Force Staff Sgt. Kenneth Hignite, 5th Munitions Squadron munitions stockpile crew chief, prepares an Mk-82 ordnance during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 2, 2023. Because the Mk-82 is a free-fall ordnance, its accuracy depends on the platform or pilot delivering it.



Airman 1st Class Trevor Sexton, 5th Munitions Squadron munitions line delivery crew chief, loads an Mk-82 ordnance during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 2, 2023. Operation Tundra Swan is a 5th MUNS exercise that implements the Agile Combat Employment concept and focuses on training efforts in scenarios where Airmen might not have everything they expect to produce ordnance from a decentralized location.



Senior Airman Joshua Diaz-Thomas, 5th Munitions Squadron armament technician, builds a BLU-109 ordnance during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 3, 2023. The BLU-109 warhead is a hard target penetrator ordnance weighing approximately 2,000 pounds, intended to be used against bunkers, aircraft shelters and reinforced concrete structures.



Airman 1st Class Amarissa Holloway, 5th Munitions Squadron munitions line delivery specialist, builds an Mk-82 ordnance during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 2, 2023. Munition systems Airmen like Holloway store, assemble, account for and transport weapons systems.



Airman 1st Class Daveon Palmer, 5th Munitions Squadron line delivery crew chief, builds a BLU-109 ordnance during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 3, 2023. During this exercise, the 5th MUNS practiced building ordnance for the F-15 Eagle, the F-16 Fighting Falcon and the B-52H Stratofortress.



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# 5th Munitions Squadron brings the boom during Operation Tundra Swan

AIRMAN 1ST CLASS ALYSSA BANKSTON, 5TH BOMB WING PUBLIC AFFAIRS

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Practice how you play. From Oct. 2, 2023, through Oct. 4, 2023, the 5th Munitions Squadron conducted Operation Tundra Swan, a 5th MUNS exercise created to implement the Agile Combat Employment and Multi Capable Airmen concepts to focus on training efforts in scenarios where producing ordnance with limited resources from a decentralized location is critical.

“Operation Tundra Swan is a way for us to safely and effectively utilize the ACE concept of hub and spoke deployments,” said Tech. Sgt. Joshua Richardson, 5th MUNS munitions operations supervisor and Operation Tundra Swan team lead.

The 5th MUNS leadership organized Operation Tundra Swan to ensure Airmen could branch off to uncomfortable or unfamiliar locations and successfully produce ordnance if a war scenario were to occur. Speaking about tensions with adversaries, U.S. Air Force Master Sgt. Justin Zechman, 5th MUNS systems flight chief and organizer of Operation Tundra Swan says, “This exercise is important because of what’s going on worldwide.”

A warning order initiated Operation Tundra Swan, notifying Airmen of their deployment a week before the first day of the exercise.

Next, the unit deployment manager and the mobility section prepared both unit-type codes and Airmen for deployment to execute the Air Force Force Generation model.

Starting in Minot, the first day of the exercise commenced when the release of an Air Tasking Order notified Airmen of what they needed to build. On the second day of Operation Tundra Swan, they simulated deploying out to different bases. “We’re using a hub and spoke platform for this,” said Zechman. “That hub and spoke platform is a centralized hub that will take 25 people, have them split out and figure out how to divide those folks into smaller groups and support these local areas to execute the mission.”

On the third day, they blew up a spoke for the exercise, and in response, they opened another spoke and deployed more Airmen from the hub to the spoke. With the hub’s low manning from the deployment, they had to get more Airmen to backfill for the deployed Airmen.

“This exercise let us know what we need to work on to prepare for deployments if they were to happen very quickly and without a lot of notice,” said Senior Airman Jalen Winters, 5th MUNS munitions journeyman.

During this exercise, the 5th

MUNS specifically practiced building ordnance for the F-15 Eagle, the F-16 Fighting Falcon and the B-52H Stratofortress. “They also have to think critically on how to build ordnance for other aircraft frames, not just a B-52,” said Zechman.

Doing this was not only beneficial for Airmen but also helpful to noncommissioned officers who led these Airmen. “This is really beneficial for all of us to maintain proficiency on our builds because we never know exactly what we’re going to build,” said Richardson. “It also helps us at the NCO tier work out the specifics of the logistics behind it.”

The benefits of Operation Tundra Swan reached out further than just 5th MUNS. “This exercise benefits the base, the wing, the group, especially 5 MUNS as a whole to find out how we can operate, what our weaknesses and our strengths are,” said Zechman. “We hit the ACE concept head-on.”

Providing training opportunities as successful as Operation Tundra Swan to service members is crucial to for preparing Airmen for any conflict. “We may not know what that war looks like,” said Zechman. “We are practicing for the ‘what ifs.’”

If you stay ready, you don’t have to get ready.



5th Munitions Squadron Airmen load a Joint Air-to-Surface Standoff Missile during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 4, 2023. The JASSM is an armed, low-observable cruise missile with autonomous guidance, automatic target recognition, precision accuracy and a J-1000 warhead.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



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### MINOT AFB FIRE DEPARTMENT EXECUTES DRILL



Airman 1st Class Cole Burchfield, 5th Civil Engineer Squadron firefighter, discharges a fire hose during a National Fire Protection Association 1410 drill at Minot Air Force Base, North Dakota, Oct. 4, 2023. Burchfield worked in tandem with his fellow firefighters to successfully and efficiently complete all components of the drill.



Airman 1st Class Alberto Alvarez, 5th Civil Engineer Squadron firefighter, carries equipment after a National Fire Prevention Association (NFPA) 1410 drill at Minot Air Force Base, North Dakota, Oct. 4, 2023. During the drill, Alvarez was responsible for connecting the fire hose to a fire hydrant and ensuring it was functioning properly.

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



Senior Airman Brandon Valle, 5th Civil Engineer Squadron lead firefighter, discharges a fire hose during a National Fire Protection Association (NFPA) 1410 drill at Minot Air Force Base, North Dakota, Oct. 4, 2023. Team Minot's firefighters regularly perform drills like the NFPA 1410 to ensure they are prepared to respond in the event of fire emergency situations.



The Minot Air Force Base Fire and Emergency Services (FES) emblem is displayed on the side of a fire engine at Minot Air Force Base, North Dakota, Oct. 4, 2023. Minot AFB FES Airmen are responsible for responding in the event of fire and emergency situations on Minot AFB.



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### AMUR TIGER

**CREATURE FEATURES**

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

**Fact File**

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

Photos by Amanda Cole

**UPCOMING EVENT**  
**BOO AT THE ZOO**  
**OCT 29**

**MILITARY DISCOUNT**  
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**Annual Family Pass**

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

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**10AM-3PM**

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# FALL CAR CARE

## TIRE ROTATION TIPS

Tire rotation, or rotating tires, is moving automobile wheels and tires from one position on the car to another to ensure even tire wear. Tire wear becomes uneven for any number of reasons. Even tire wear is necessary to maintain consistent performance in the vehicle and extend the overall life of a set of tires.

By design, the weight on your car's front and rear axles are different, which causes uneven wear. With most cars being front-engine cars, the front axle usually carries most of the weight. For rear-wheel-drive vehicles, the weight distribution between front and back is near 50:50. Front-wheel drive vehicles also have the differential in front, adding to the weight, with a typical weight distribution of no better than 60:40. The result of this is that the front tires wear out at almost twice the rate of the rear tires, particularly when you factor in the included stress that braking adds to the front tires. Therefore, tire rotation for front-wheel-drive vehicles is even more of a necessity.

Turning your car (which is unavoidable) also contributes to uneven wear. The outside front tire is worn disproportionately. The left front tire wears faster than the right front in right-hand traffic countries. Also, right turns are tighter than left turns, causing more tire wear. On the other hand, the sidewalls on the right tire tend to be more often bumped and rubbed against the curb while parking the vehicle, causing asymmetric sidewall wear. As expected, the exact opposite occurs in countries that drive on the left-hand side of the road.

Mechanical issues in the vehicle may also cause uneven tire wear. The wheels need to be aligned with each other and with the vehicle. The wheel that is out of alignment will tend to be pulled along by the other wheels, causing uneven wear in that tire. If the alignment is such that the vehicle pulls to one side or the other, the driver will correct by steering against the pull. Essentially, the vehicle is constantly turning, in this case, causing uneven tire wear. Additionally, if a tire is under or over-inflated, it will wear differently than the other tires on the vehicle. Rotating will not help in this case, and the inflation needs to be corrected.

Automobile manufacturers recommend tire rotation frequency and pattern. Depending on the vehicle, tire rotation may be recommended every 8,000 miles. The rotation pattern typically moves the back wheels to the front, and the front to the back, crossing them when moving to the back. If the tires are unidirectional, the rotation can only be rotated front to back on the same side of the vehicle to preserve the rotational direction of the tires. Most unidirectional tires can be moved from side to side if they are remounted.

The current school of thought recommends keeping the best tires on the vehicle's rear wheels, whether it is front or rear-wheel drive. The logic is that if the rear wheels lose grip before the front wheels, an "oversteer" situation will occur, which is harder to control than an "understeer" situation. The intuitive idea that the front steering/driving tires need to be the best quality is not the case.

**Auto Care - Valvoline Instant Oil - Tires**  
**Minot AFB | 61 Missile Ave | 701-727-4141**  
**Minot | 1301 20th Ave SW | 701-837-1301**

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# WATCH OUT! SPOOKY SEASON IS NOW AMONG US

It's here! The trendy time of year where leaves fall, pumpkin spice everything resurfaces, and all North Dakotans cross their fingers for an Autumn season instead of heading straight into Winter. That being said, there is certainly no shortage of Fall-ish and Halloweeny events to participate in both on and off base. Seriously, this is one month in which "I'm bored" cannot be in any base resident's vocabulary. Because events tend to be hosted by multiple organizations and outlets, it can become confusing. But fear not, the Northern Sentry has compiled a community calendar glimpse for ALL the October/Halloween events going on in ONE place! Yep, everything on and off base, for kids and adults, is right HERE! Take a look, pick out the events for you and have some FUN before the cold and darkness take over....Muahahah!

## FRIDAY, OCT. 20

Library Hours - Oct. 31 12:00-2:00pm	Haunted Stacks Starts Silly Spooky Science (Admission Fee)	Minot AFB Library Magic City Discovery Center
4:00-6:00pm	Zombie Apocalypse Fun Run	Minot AFB Youth Center
6:00-10:00pm	Fright Night! Pre-Teen Late Night! (Registered Event)	Minot AFB Youth Center
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	1224 6th St SW Minot
10:00pm-6:00am	Apocalypse '23 Lock-In! (Registered Event)	Minot AFB Youth Center

## SATURDAY, OCT. 21

4:30pm	Taurus Trunk or Treat Tailgate Party	Maysa Arena
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	1224 6th St SW Minot
8:00pm	Just a Bunch of Hocus Pocus Bar Crawl (21+ event, \$10)	Downtown Minot Check in at the Spot

## WEDNESDAY, OCT. 25

6:00pm	Trunk or Treat	Kiddie Koral
6:00-7:00pm	Trunk or Treat	Bread of Life Church
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	1224 6th St SW Minot

## THURSDAY, OCT. 26

4:00-6:00pm	Trunk or Treat	Dakota Elementary
6:30-8:30pm	Cups and Cauldrons (Limited Spots Available)	The Carnegie Center
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	1224 6th St SW Minot
7:00-9:00pm	Pumpkin Spicy Night Tickets Required (21+event)	Main Street Books

## FRIDAY, OCT. 27

10:00am-12:00pm	Treat Trail	Downtown Minot
4:00-6:00pm	Trail of Treat	5th Medical Group
5:30-8:00pm	Spooky-Con/Family Fun	The Turf
	Haunted Stacks	Minot AFB Library
5:00-9:00pm	Haunted Carwash/ Fundraiser for STEAM Minot	Fast Lane Carwash
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	1224 6th St SW Minot.

## SATURDAY, OCT 28

10:00am-12:00pm	Trunk or Treat	Ryan Nissan
10:00am-3:00pm	Minot AFB Spouses Club "Little Big One Craft & Vendor Show"	The Turf
11:00am-3:00pm	Haleryween Bikers Trail of Treats	Magic City Harley-Davidson
12:00-4:00pm	Boo in the Barn	Northern Pines Equine LLC
1:00-3:00pm	Trunk or Treat (for Kids & Animals)	Reeds K9 Training
4:00pm	Trunk or Treat and Open Play	Gymagic
5:30pm	Trunk or Treat	Our Saviour Lutheran Church
6:00pm	Trunk or Treat	Discovery Center
6:00pm	Halloween Spooktacular	Minot Symphony Orchestra
7:00pm	Halloween Party (Admission Fee)	HighAir Ground
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	Trampoline Park 1224 6th St SW Minot.

## SUNDAY, OCT. 29

11:00-2:00pm	Boo at the Zoo	Roosevelt Park Zoo
7:15-10pm	Zablotney's Halloween Lightshow tune to 93.1 FM	1224 6th St SW Minot.
7:00-8:30pm	Trunk or Treat	Christ Lutheran Church

## TUESDAY, OCT. 31

Library Hours 10:00-11:30am	Haunted Stacks Ends Trick Or Treating with the residents	Minot AFB Library The View Assisted Living
3:30-5:00pm	Trunk or Treat	CHI St. Alexius Medical
4:00-5:30pm	Trunk or Treat	First Lutheran Church
4:00-8:00pm	Trunk or Treat	SCHEELS Minot
5:00-7:00pm	Trunk or Treat	HighAir Ground
5:30-7:00pm	Trunk or Treat	Trampoline Park
7:15-10:00pm	Zablotney's Halloween Lightshow tune to 93.1 FM	Cornerstone Presbyterian Church
	DFAC Pumpkin Decorating Contest Ends	1224 6th St SW Minot.

\*EVENTS ARE COMPILED BASED ON PUBLIC KNOWLEDGE.  
THE NORTHERN SENTRY IS NOT RESPONSIBLE FOR TIME  
CHANGES/EVENT CANCELLATIONS. PLEASE VERIFY DATE/TIME  
BEFORE HEADING OUT TO EACH EVENT.

TO HAVE YOUR HALLOWEEN EVENT LISTED,  
PLEASE EMAIL EVENT DETAILS TO: [NSADS@SRT.COM](mailto:NSADS@SRT.COM)



# FAMILY CHILD CARE

FCC provides valuable in-home child care services to support the families of Minot AFB.



## Ariel Churby

My family and I arrived at Minot Air Force Base in August of 2021. I was employed by Starbucks, however finding child care seemed nearly impossible. It was then that the idea of becoming a Family Child Care provider was presented to me and at the time it seemed like a temporary solution but it turned out to be a blessing in disguise. Since becoming a provider, I have had the fortune of helping many

families through various types of childcare such as Full-Time, Deployment, Appointment, PCS, etc. and I will be forever grateful for the memories that have been made and the impact it has had on myself and my family. I look forward to helping more families, contributing to the growth of the FCC program here at Minot, and earning the National Association for Family Child Care accreditation.

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

## WHISKEY NINE

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<p><b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b></p> <ul style="list-style-type: none"> <li>\$2 off All Apps</li> <li>\$3 House Wine &amp; Domestic Pints</li> <li>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</li> <li>\$5 Moscow Mule</li> <li>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps</li> <li>½ Flat Bread Pizza</li> </ul>	<p><b>DAILY SPECIALS</b></p> <ul style="list-style-type: none"> <li>Monday \$5 Moscow Mules (all day)</li> <li>Tuesday \$4 ND Breweries (all day)</li> <li>Wednesday ½ Price Wine by the glass/bottle (all day)</li> <li>Thursday \$1 up for all Tall Taps (all day)</li> <li>Sunday BRUNCH (11am-2pm)</li> <li>\$7 TSR Bloody Mary &amp; Caesars</li> <li>\$12 Bottomless Mimosas</li> <li>\$6 Breakfast Shots</li> </ul>	<p><b>FAMILY PACKS</b></p> <ul style="list-style-type: none"> <li>Monday Pizza Pack Combo</li> <li>Tuesday Sandwich Pack</li> <li>Wednesday Chef Creation*</li> <li>Thursday Pasta Pack</li> </ul> <p style="font-size: x-x-small;">*Changes Weekly – Check our Facebook Page</p>
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thestarvingrooster.com

# OUTDOOR

## REPORT



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, Oct. 16: 1,840.11 feet above mean sea level (MSL); 17,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.4 feet above mean sea level (MSL). Stump Lake elevation: 1,449.32 MSL.

• N.D. Game & Fish Dept. game wardens: Not much activity on Lake Sakakawea although Deepwater Bay producing some walleye. No reports from north-central area lakes or Devils Lake.

• Devils Lake, Ed's Bait Shop, Devils Lake: Try the west end of Devils Lake along the Golden Highway or Minnewaukan Flats for walleye but bite isn't real consistent. East Bay slowed.

• Devils Lake, Woodland Resort, Devils Lake: Work structure with jigs and minnows for walleye but fewer anglers on the water.

• Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling with the lake closed to boat activity.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Not many reports.

• Lake Metigoshe, Four Seasons, Bottineau: Not many anglers on Lake Metigoshe.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea slow with better success farther west around New Town.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Not many anglers out and the east end of Lake Sakakawea remains slow with the walleye taken still found in deeper water around 40 to 50

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto:woodlandresort@gondtc.com)). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

- Blue-green algae is still present in some area wetlands and lakes so watch water conditions before allowing hunting dogs into the water. It's deadly and death can occur in minutes.
- Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
- Oct. 22: Pronghorn season closes.
- Oct. 28: Halloween Hike, Evening Hike Series, Fort Stevenson State Park, Garrison, 7 p.m.
- Oct. 28: Minot Rifle & Pistol Club Buffalo Match, 8 a.m., & Steel Challenge, 9 a.m.
- Nov. 4: Minot Rifle & Pistol Club new members meeting, 7 p.m., Indoor Range.
- Nov. 6: Fall crow season closes.

**TOURNAMENTS:**

- Oct. 21: Lake Sakakawea, Lewis & Clark Bridge, Williston.

feet.

• Lake Sakakawea, New Town: Fewer anglers out but those going to the river around New Town are finding some walleye activity. Van Hook Arm remains slow.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow during the day from both boat and shore with somewhat better success at night.

Small walleye success continues in the spillway channel, however. Sort through for any keepers.

East end of Lake Sakakawea slow for salmon during the day with occasional success. Look for cooler nighttime temperatures to bring spawning salmon closer to shore. Some success at night in dark hours, however. Try crankbaits from boats working top-water down to 70 feet along the face of the dam and adjacent bays. Walleye remain deep in 30 feet and deeper. Fish are a little shallower around Beaver Bay and west. Not many walleye anglers out in general, though.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers cleared with improving walleye success using jigs and minnows. Best Lake Sakakawea walleye success is

from Lewis & Clark State Park to Hofflund Island. Try jigs or Lindy rigs and minnows.

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

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports.

**Hunting:**

• Deer: Somewhat slow activity but that should change once the rut begins.

• Upland: Continued fair success.

• Waterfowl: Increasing numbers of snow geese moving into northwest N.D. along with northern mallards. Migrating ducks still mostly north of N.D. Hwy. 23 but more goose numbers south of the highway. Increasing waterfowl numbers in east-central N.D., as well, but not much movement around Devils Lake. Some birds moved through earlier across north-central N.D. but moved out and little northern migration in its place with mostly local birds in that area.

**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.

## WOODLAND RESORT

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# CHURCH DIRECTORY

## Chapel Services at MAFB

*North Plains Chapel in Base Housing*

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

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

*Northern Lights Chapel across from Rockers*

**Catholic Mass**  
 Sunday ..... 1000  
 Daily ..... Monday-Thursday at 1200

## 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



## JOURNEY CHURCH

ASSEMBLY OF GOD

**1805 2nd St. SE**  
**838-1111**

**Sunday Services**  
 9:00 AM & 11:00 AM

**Wednesday**  
 6:30 PM

## 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



## OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

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

**700 16th Ave SE • 701-838-0750**

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



## ORCS KNIGHTS



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

**www.orcsknights.org**

## St. Peter The Aleut Eastern Orthodox Church



109 6th St. SE  
 Minot • 838-3094

**Saturday, October 21**  
 5PM, No Vespers

**Sunday, October 22**  
 10AM, Congregational Prayer Service



## 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



## Christ Reformed Church

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

## Minot Baptist Church

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

Sunday School ..... 9:45 a.m.  
 Morning 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

## 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



## Break Forth BIBLE CHURCH

Wednesdays 7:00pm  
 and Sundays 10:30am

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



## 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.

## 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



## 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



## 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



## Trinity CHURCH

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

Sunday School & Fellowship ..... 9:00 a.m.  
 Youth Group & Small Groups ..... 10:30 a.m.

www.trinitychurchminot.org

## 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



## 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.fleminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



## West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

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

ABC Child Care Center ..... 852-6352

westminot.com  
 facebook.com/westminot



## OSLC

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

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

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



## Bible Fellowship Church

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

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



## St. Mark's Lutheran Church

Missouri Synod

**Sunday Divine Service**  
 9:30 AM

**Adult Bible Study and Sunday School**  
 11:00 AM

**Wednesdays Kid Connection**  
 5:15 PM

Reverend Philip Beyersdorf  
 2209 4th Avenue NW, Minot, ND  
**839-4663**  
 www.minotstmarks.com  
 Join us on facebook



## 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.**

# ORCS Preschool

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

## NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.  
**701.839.0772**  
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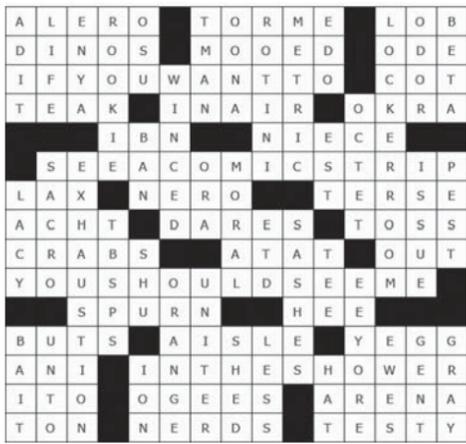
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

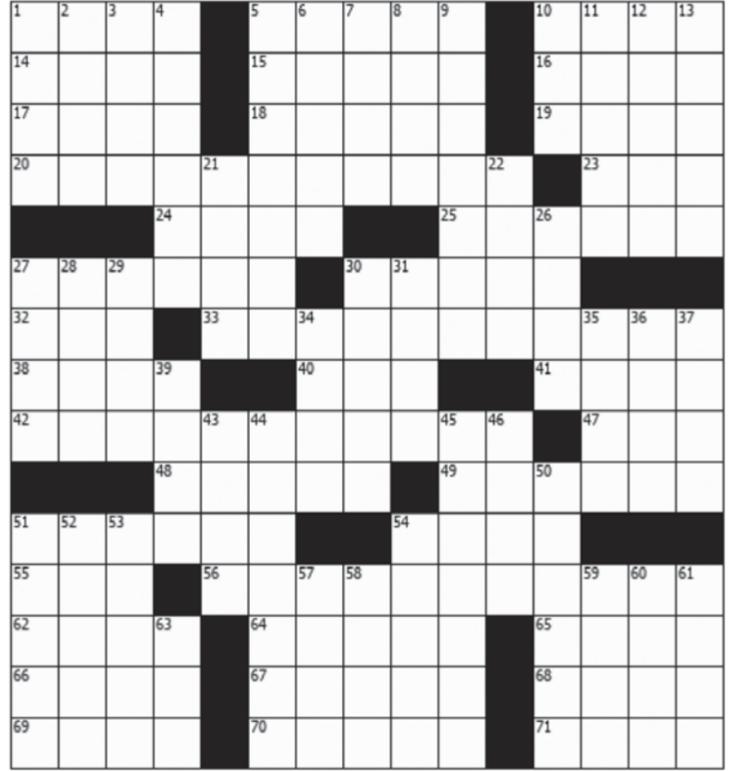
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Half of an old radio duo
- 5. Moderate yellow-orange
- 10. Door part
- 14. Leave a solid state?
- 15. Arledge of sports broadcasting
- 16. Lamb by another name
- 17. Food-thickening agent
- 18. Massey of vintage Hollywood
- 19. Pinball goof
- 20. On stage in the cast
- 23. Word from Scrooge
- 24. They're split for soup
- 25. Item in some medicine cabinets
- 27. Type of wood, apple or pear
- 30. Hope or Jessica
- 32. Boxcar cargo
- 33. Emulating Yankee Doodle
- 38. Shakespearean King
- 40. Biblical verb ending
- 41. Fare-well link
- 42. Obeying doctor's orders, perhaps
- 47. Chess pieces
- 48. Preserves with salt
- 49. Shoot-'em-ups
- 51. On liberty
- 54. Fairy tale villain
- 55. Menagerie
- 56. Risking a slap across the face
- 62. Tabloid subjects, often
- 64. Edgy
- 65. Word with eye or final
- 66. It's useful in October
- 67. Computer command
- 68. First name in architecture
- 69. Latin I verb
- 70. Haley novel



**Down**

- 1. Indian nursemaid
- 2. Bucks beginning
- 3. Norway's patron saint
- 4. Bacon units
- 5. Japanese paper art
- 6. Soft drinks
- 7. Lion tamer's accessory
- 8. City of central Sicily
- 9. Bringing up
- 10. Word with lag or stream
- 11. Suspect's out
- 12. Lombardy's capital
- 13. Come clean?
- 21. A stone's throw away
- 22. Forum wear
- 26. Govt. branch
- 27. It may come from the blue
- 28. Length times width
- 29. Reporter's source
- 30. Speech impediments
- 31. Nonconformist
- 34. College bigwig
- 35. Expression of weariness
- 36. \_\_\_-do-well
- 37. Cravings
- 39. Puerto ---
- 43. Standard
- 44. Antilles part
- 45. Lumberjacks
- 46. Zhivago's beloved
- 50. Plains dwellings
- 51. Blue color
- 52. Chesterfields
- 53. Some boxing blows
- 54. Start
- 57. Reno attraction
- 58. Division word
- 59. Skater's jump
- 60. Teasdale of poetry
- 61. Unwelcome cloud
- 63. Get the point

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# Minot Area Chamber EDC attends AFGSC Leader Conference

Last month, Minot AFB Wing Leadership and Civic Leaders from Minot attended the Air Force Global Strike Command 2023 AFGSC Fall Senior Leader Conference at Barksdale Air Force Base.

Commanders, directors, senior enlisted leaders, and civic leaders took part in the conference to discuss the path forward as senior leaders in this command. A variety of speakers, discussions, and events were planned including a base tour to showcase bomber capabilities.

Several experts covered emotional intelligence, personal resilience, and our strategic competitors. A focus was placed on the mission of the command and AFGSC's most important asset, 'our people'.



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## A LOOK BACK THIS WEEK IN USAF HISTORY

THE LAST B-52 STRATOFORTRESS COMES TO MAFB OCTOBER 26, 1962

On October 26, 1962, the last B-52 Stratofortress ever produced was delivered to Minot Air Force Base, ND. The H model bomber 61-040 was built by Boeing in Wichita, Kansas, and was the last of an iconic line of 744 B-52 bombers produced between 1952 and 1962. Currently, the USAF has a fleet of 76 active B-52Hs, stationed at MAFB, Barksdale AFB, LA, and Edwards AFB, CA. Despite the thousands of flying hours that they have acquired, the planes are expected to fly until at least 2040 because of meticulous maintenance and the addition of newly evolved military technology. The B-52H has a top speed of 600 mph and 50,000 foot altitude capability. Originally, the plane was utilized as a high altitude nuclear bomber that could penetrate to the heart of the Soviet Union. But, as the decades passed, the B52s adopted new roles such as the delivery of air launched cruise missiles and precision guided munitions. When the last B-52 Stratofortress arrived at MAFB in 1962, nobody guessed that it would someday be flown by the grandchildren of the generation that brought forth one the USAF's most important bombers. Information courtesy of: The Air Force Historical Foundation / boeing.mediaroom.com / military.com

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**BUSINESS HOURS**  
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 Tuesday: 9:00am – 6:00pm  
 Wednesday: 7:30am – 6:00pm  
 Thursday: 7:30am – 6:00pm  
 Friday: 7:30am – 4:30pm  
 Saturday: 2 a month by appt  
 Sunday: Closed

**(701) 852-2800**

## DAKOTA ELEMENTARY SCHOOL PUMPKIN DECORATING CONTEST

Students at Dakota Elementary School had the chance to visit classrooms last week to vote on the the most creative pumpkin decorating completed by their teachers.



**1st Place**  
K-5 Intervention crew of Mrs. Katie Gahring, Mr. Matt Monson, Ms. Laurie Kimball, and Mrs. Julie Huntley.



**2nd Place**  
Miss Mya Knecht, Grade 1 teacher



**3rd Place**  
Miss Brooke Delzer, Grade 3 teacher

## PUMPKIN BOOK CHARACTER PARADE AT DAKOTA ELEMENTARY

Grade 2 students created pumpkin book characters and showcased a "parade" for other students to enjoy.



# Flower Central

Voted Minot's #1 Flower Shop

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## BAKED QUESO BLANCO DIP

**Home of ECONOMY**

**INGREDIENTS**  
12 OUNCE HEAVY CREAM  
1 POUND AMERICAN CHEESE, CHOPPED INTO SMALL PIECES  
1/2 POUND MOZZARELLA CHEESE, GRATED  
2 CAN GREEN CHILES  
1 TEASPOON CHILI POWDER  
1 TABLESPOON CUMIN  
1/2 TEASPOON RED PEPPER FLAKES  
1 TABLESPOON TRAEGER CHICKEN RUB TO TASTE  
CILANTRO, FINELY CHOPPED TO TASTE  
CHERRY TOMATOES, SLICED TO TASTE  
NACHO JALAPENOS AS NEEDED  
TORTILLA CHIPS

When ready to cook, start the Traeger according to grill instructions. Set the temperature to 450 degrees F (500 if using a WiFi-enabled grill) and preheat, lid closed, for 10 to 15 minutes.

Bring cream to a simmer over medium heat. Slowly whisk in cheese in batches making sure the first batch is fully incorporated before adding the next.

Once all the cheese is melted, add in green chiles and seasonings. Taste and adjust seasoning with more Traeger Chicken Rub if needed.

Pour cheese mixture into a cast iron pan and place directly on the grill grate. Cook for 15-20 minutes or until cheese mixture is bubbling.

Garnish with tomatoes, cilantro, jalapeños and a sprinkle of chili powder if desired. Serve with your favorite tortilla chips. Enjoy!

Ryan Davy - GM Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

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**HOURS:**  
Monday - Friday: 5:30 a.m. - 5:00 p.m.  
Saturday: 5:30 a.m. - Noon  
Now Open Sunday 8:00 a.m. - 2:00 p.m.

YOUTH IN ACTION

# Just for the Littles: Halloween Treat Trail

ERIN BEENE, NORTHERN SENTRY

Octobers in North Dakota usher in burnt and dazzling colored sunsets, crisp winds, and the anticipation (or dread) of the long winter ahead; but on the other hand, October also brings along something much more mouth watering too: slews of colored CANDY in all shapes and sizes!

It's Halloween time, and while that means, ghosts, witches and everything creepy to some; to the littles of kiddos, it really just means those delicious, joyous moments when they get to eat as much candy as they want (or as much as their parents allow). Adults would be hard pressed to parallel the same level of joy in their lives as a small piece of candy offers a toddler or preschooler.

It was this very reason that inspired the Minot Downtown Treat Trail, this year taking place on Friday, October 27, 10am - 12pm. Margie Bolton, business owner of Margie's Art Glass Studio, explained that the tradition of the Treat Trail has been going on every year since long before she opened her doors

in 2004. The Downtown Treat Trail is specifically set during school hours as it is primarily geared to



those little ones ages 1-5 and their parents.

Margie explained that she and other downtown businesses wanted a way to connect with littles and their parents specifically and show them all the things Minot Downtown offers, especially for the constantly rotating base families

how much the city of Minot really cares about them. The Treat Trail is just one of the many ways that the City of Minot uses its historic Downtown scene to connect the locals of the community with Air Force members and their families.

During the Treat Trail, kids dressed as princesses, Pokemon, or whatever their heart's desire, can visit many of the downtown stores and receive a smile and of course a candy treat at each one too. Margie mentioned that this is one of the busiest events the Downtown has all year, with sometimes seeing up to 500 kids participate.

There are about 30 shops and stores in Minot Downtown this year who are participating in the event (see the map for a full list of places to go). As with most things in this quaint city, there should be plenty of parking around downtown or in the parking garages and although there is room for everyone. So come experience the small-town joy of Minot Downtown and bring your small kids to the Downtown Treat Trail on October 27th!

DAKOTA ELEMENTARY

Family Engagement

# TRUNK OR TREAT

THURSDAY  
**OCTOBER 26**

BEHIND DAKOTA ELEMENTARY  
4:00PM - 6:00PM

Don't forget to wear your costume!

CANDY • HOT CHOCOLATE • APPLE CIDER

WE ARE IN NEED OF CANDY DONATIONS STARTING OCTOBER 9TH. GRADE LEVEL WITH THE MOST CANDY DONATIONS WILL GET A PRIZE!

PLEASE CONSIDER VOLUNTEERING TO SET UP A TRUNK, SET UP, OR TEAR DOWN. SIGN UP VIA PARENT SQUARE ASAP. LIMITED SLOTS!

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# YOUTH IN ACTION

## Military One Source: An Invaluable Resource



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



The Military One Source App now contains a MilLife Guide for the School Liaison Program. It allows families, leadership, and community stakeholders to connect fast to support and answers. With 24/7 access to powerful tools and help in your hands, anytime, anywhere. The app provides a quick read on PreK- 12 Education support along with articles, benefits, tools and connecting with a local

PreK-12 education specialist. See link for more information on the Military OneSource App: <https://www.militaryonesource.mil/confidential-help/interactive-tools-services/my-military-onesource-app/>. Contact the School Liaison at [mafbschool.liaison@us.af.mil](mailto:mafbschool.liaison@us.af.mil) or call 701-723-1447 with questions related to all Kindergarten – 12th grade education needs for military-connected students in Minot and surrounding areas.

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## Upcoming Events

**20 OCT** **SILLY SPOOKY SCIENCE**  
12:00-2:00 PM  
Magic City Discovery Center  
1653 1st St NW, Minot

Fall break is coming up, spend your Friday afternoon with us experimenting with some Silly, Spooky, Science! Experiments will be taking place from 12 - 2 p.m. on our 3rd floor rooftop. Backdraft BBQ will also be at the center serving up some delicious food options to enjoy from 11:00 a.m. - 3 p.m. Experiments we will have for kids to enjoy,  
1: Glow in the Dark Lava Lamps  
2: Invisible Ink  
3: Vanishing Ghosts  
4: Flying Ghosts  
5: Erupting Apples  
\*You will have to pay admission to enjoy the FREE activities on 3rd floor.



**For more information:**  
Facebook / Magic City Discovery Center / Events

**21 OCT** **THE TAURUS TRUNK OR TREAT  
TAILGATE PARTY**  
4:30-6:30 PM  
MAYSA Arena  
2501 W Burdick Expy, Minot

The Taurus Trunk or Treat Tailgate Party is a fun event for all! Dress the kids up, dress yourself up, deck your car out to win our "ugly trophy"! Kids get to trick or treat before the game!! Be one of the first 250 kids to show up in costume and get a FREE ticket to the game when accompanied by an adult! FREE Hot Dogs and Chips while they last! Parking lot section will be closed off from 4:30-6:30 for safety during the trick or treat portion.



**For more information:**  
Facebook / Minotauros Booster Club / Events

**26 OCT** **PUMPKIN SPICY NIGHT  
AT MAIN STREET BOOKS**  
7:00 PM-9:00 PM  
Main Street Books  
8 Main St S, Minot

Main Street Books is BACK with another LADIES ONLY NIGHT – we know the last one left you begging for more. This event will include pumpkin spice and otherwise Halloween/Fall inspired adult beverages and snacks, prize baskets full of "tricks" and "treats," a sexy scavenger hunt, and of course, the ever-popular spicy blind date books, all spookified and kept under wraps (for your pleasure). PLUS, BOO-doir photography is BACK, baby, this time with a witchy twist... Must purchase boudoir ticket package to get a photoshoot! Sexy costumes are encouraged. 2 free drink tickets provided with each ticket purchase. Doors are at 6:30pm, festivities begin at 7pm. This is a 21+ event, ID's will be checked at the door.



**For more information:**  
Facebook / Main Street Books / Events  
Purchase tickets [www.eventbrite.com](http://www.eventbrite.com)

**27-28 OCT** **MINOT PRIDE OF DAKOTA  
SHOWCASE**  
3:00-8:00PM, 9:00AM-5:00PM  
N.D. State Fair Grounds  
2005 East Burdick Expressway

Stock up on your favorite Pride of Dakota products and meet some of your local entrepreneurs. You will find unique products, including gourmet food, art, books, jewelry, sporting goods, home decor, apparel, children, pet items, and much more! Admission continues to be free thanks to the Bank of North Dakota College SAVE Plan!



**For more information:**  
Facebook / Pride of Dakota / Events

## NEW Community at the Northern Sentry



It's more than Minot and more than Minot AFB, it's a Shared Community.



For more events visit our online Community Calendar at [www.northersentry.com/calendar/](http://www.northersentry.com/calendar/)

## NOTHING BEATS SUNDAY BRUNCH

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## UPCOMING EVENTS

**ALL PLANT LOVERS!** We are having a Plant Sale at SOS Holistic Healing Center 420 20th Ave SE Minot ND 58701.  **SATURDAY OCTOBER 21ST 11AM-4PM.** If you would like to join us and sell your; plants, cuttings and plant accessories pm me. We have limited space available. There is no charge to participate and table and chairs are provided.

## HELP WANTED

**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.

**LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?** Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace. 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

**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY** Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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## FLEA MARKET/THRIFT STORES

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**ANTIQUES, JUNK, OLD & NEW DAKOTA FLEA MARKET**

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## SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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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.

### 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

★ 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](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

welcome baby

BABY BOY BORN ON SUNDAY, OCTOBER 08, 2023 TO:  
CORTNEY BOWEN AND TIM LESTER  
MINOT, ND

BABY BOY BORN ON TUESDAY, OCTOBER 10, 2023 TO:  
BRITTANY PEREZ AND CALEB GOMEZ  
MINOT AFB, ND

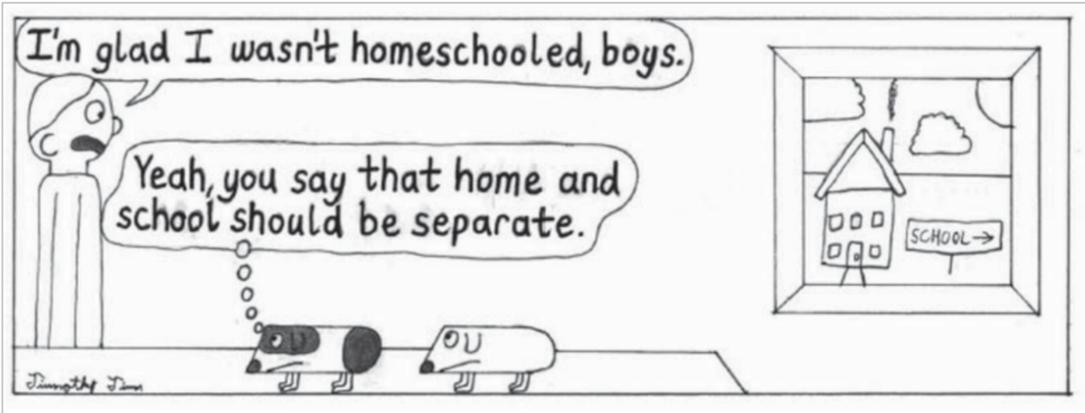
BABY BOY BORN ON TUESDAY, OCTOBER 10, 2023 TO:  
KAYLA TUBBS AND LORENZO GARCIA  
MINOT, ND

BABY BOY BORN ON TUESDAY, OCTOBER 10, 2023 TO:  
ANISAH AND BRYCE EMMONS  
MINOT AFB, ND

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

## TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



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.



# 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.

### 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

### AADD Volunteers

AADD is seeking volunteers to support various event requests. \*Here is a link to our regular schedule for weekends, if interested, please disseminate to your members.

-REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>  
POC: SSgt Kristal A. Cruz Leon  
723-4633 [kristal.cruz\\_leon@us.af.mil](mailto:kristal.cruz_leon@us.af.mil)

### Meals on Wheels Volunteers

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

POC: SrA Brian Bermúdez, [brian.o.bermudezcartagena.mil@health.mil](mailto: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](mailto: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](mailto: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.govcivilairpatrol.com> or contact the POC below.

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

POC: 1st Lt Jon McLeMores, CAP, [Jonathan.mclmore@ndcap.us](mailto:Jonathan.mclmore@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](mailto:5fss.family.support@us.af.mil)



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# NORTHERN CELEBRATIONS

## EMBRACING OUR NORTH DAKOTA LIFESTYLE

### FAIR CHASE

Patricia Stockdill

Archery season has been underway for a good month-and-a-half for deer; pronghorn rifle season wraps up Oct. 22, bighorn sheep season opens Nov. 3, moose and elk rifle seasons are underway, and the regular deer gun season opens Nov. 10. It's definitely a busy time of year for hunters and that doesn't even include the fact that pheasant season is open as well as the fall turkey season. For hunters, this is the trophy time of year. For this hunter, when it comes to the definition of a trophy, it's truly in the eyes of the beholder. For others, though, when it comes to big game it has to be big antlers or nothing. Yet for many others, the big game experience is just that, a trophy of an experience. It might be those much-sought-after big antlers. Or it might be a young hunter's first deer – and a doe, at that. The definition of trophy is a personal thing, one's own moral compass. There is no right or wrong - as long as it's a legally taken animal, that is. The Boone and Crockett Club created minimum standards for big game species antlers and horns. However, that doesn't mean that a big game species with large antlers is the only way to define "trophy". Those standards were established as a big game conservation tool. The Boone and Crockett Club established the standards in the late 1800s as a means to encourage hunters to take older, mature animals at a time in America's history when wildlife as a whole was in its deepest, darkest days in terms of populations. It didn't matter what species – wildlife populations had plummeted. Part of the reason was commercial hunting taking big game animals regardless of size and method. In the process of developing its standards, the Boone and Crockett Club also developed the tradition of Fair Chase. The club required hunters with animals qualifying for their record book adhere to Fair Chase rules. Fair chase is the guiding principle behind the Boone and Crockett Club and its big game record books, regardless of species.

It's also the guiding principle of the "North Dakota Big Game Records Book, a compilation of qualifying North Dakota's big game species submitted by hunters who verify fair chase by signing the Boone and Crockett Club scoring form used to qualify for entry. Theodore Roosevelt helped found the Boone and Crockett Club in 1887 – long before he would become United States president. The concept of Fair Chase helped provide separation from commercial harvesting of wild animals while connecting hunters with conservation. In addition, the concept of Fair Chase served as the foundation for many game laws in place in today's society. While Fair Chase is an unwritten rule, a moral compass, the Boone and Crockett Club defines Fair Chase as "The ethical, sportsmanlike, and lawful pursuit and taking of any free-ranging wild, native North American big game animal in a manner that does not give the hunter an improper advantage over such animals." The club also laid down standards: Hunters would obey all applicable laws and regulations and respect customs of the locale where the hunt occurred. Hunters would exercise a personal code of behavior reflecting favorably on one's "abilities and sensibilities" as a hunter. Hunters would attain and maintain skills necessary to make a quick and certain kill. Hunters would not bring dishonor to the hunter, the hunted, or the environment. And, finally, hunters would recognize these standards are meant to enhance the hunting experience of the relationship between predator and prey, one of the most fundamental relationships of humans and their environment. Fair Chase truly is a hunter's moral compass. The question President Theodore Roosevelt – nicknamed the Conservation President - might ask hunters today is how many possess that compass and apply it in their hunting experience, whether pursuing feather or fur?



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# WHAT'S GOING ON MAFB

## FRIDAY 20

- Haunted Stacks Begins, Minot AFB Library
- JCM Becoming a Person of Influence, 0800-1600, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Zombie Apocalypse Fun Run, 1600-1800, Youth Center
- Zumba Strong Nation, 1700, McAdoo Fitness Center
- Fright Night! Pre-Teen Late Night!, 1800-2200, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Swerk, 1800, McAdoo Fitness Center
- Apocalypse '23 Lock-In, 2200-0600, Youth Center

## TUESDAY 24

- Project Enigma, 0800-1630, Professional Development Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 27

- Project Enigma, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Zumba Strong Nation, 1700, McAdoo Fitness Center
- Spooky-Con, 1730-2000, Turf and Minot AFB Library
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Swerk, 1800, McAdoo Fitness Center

## SATURDAY 21

- Berry Acres R4R Trip, 1100-1900, Berry Acres Pumpkin Patch,
- Zumba, 1100, McAdoo Fitness Center
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## WEDNESDAY 25

- Project Enigma, 0800-1630, Professional Development Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Suicide Prevention/SAPR Brief Tier 2, 1400-1600, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

## SATURDAY 28

- Zumba-thon Event, 1000-1200, McAdoo Fitness Center
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## SUNDAY 22

- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, McAdoo Fitness Center

## THURSDAY 26

- Project Enigma, 0800-1630, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

## OCT SPECIALS

Bomber Bistro **Chicken Alfredo**  
Grilled chicken enveloped in creamy alfredo sauce and parmesan cheese with a slice of garlic bread.

The B-Fifty Brew **Twix Frappuccino**  
Dark chocolate chip frappe with dark caramel, topped with mocha sauce and dark caramel.

Rockers Bar & Grill **Rockin' Chicken Sandwich**  
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