

# northersentry

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WHATS INSIDE THIS WEEK:



MINOT PREPARED FOR VETERANS REMEMBRANCE

A2



ON THE MOVE. CORNERSTONE CHIRO. OCCUPIES NEW OFFICES

A6



AIR FORCE GLOBAL STRIKE COMMAND REPORTS INITIAL PCB CLEAN-UP RESULTS

A9

## 8AF COMMANDER VISITS MINOT AFB



Maj. Gen. Jason R. Armagost, Commander, Eighth Air Force, and Chief Master Sergeant Melvina A. Smith, Command Chief Master Sergeant for Air Force Global Strike Command (AFGSC), pose with airmen during a visit to Minot Air Force Base, October 18. Armagost hosted the National Laboratory Directors during the visit. See page A8 for more photos from the visit.

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



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# Minot Prepared for Veterans Remembrance

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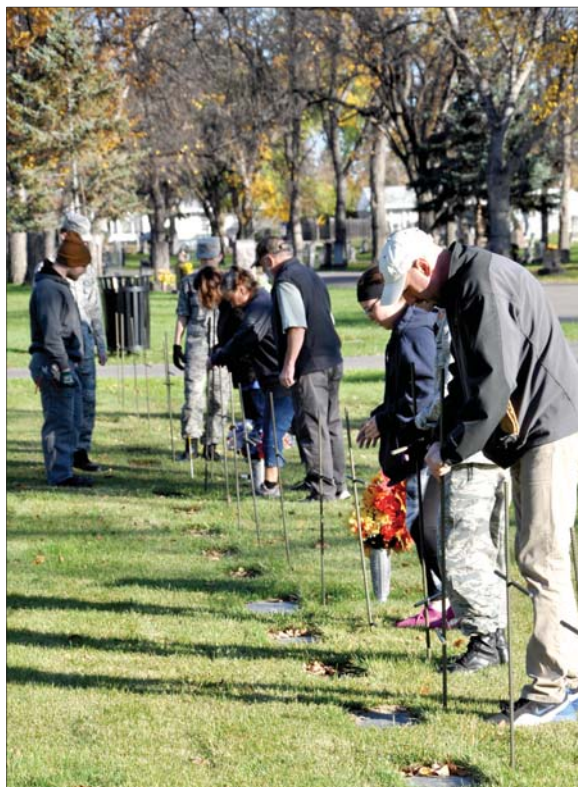
Volunteers from community organizations, including local Civil Air Patrol, teamed up on Saturday to prepare for December's annual Wreaths Across America remembrance for veterans. Together, they staked in 650 wreath holders in Section 16, Rosehill Memorial Park, that will later hold wreaths, honoring veterans remembered there. On December 16, the group meets again for the ceremony at 11 am and to place 1,013 wreaths on

the holders and upright headstones. Minot's longtime Wreaths Across America director, Richard Reur, began training his replacement, Holly Rosel, to ensure the event continues smoothly each coming year. "It's so encouraging to see this many volunteers out to help," said Rosel. "Last I checked there were only about 600 wreaths sponsored, so we have a ways to go still. Let people know they can go to the website to sponsor a wreath."

Those interested in sponsoring a wreath or volunteering for the event in December can go to the Wreaths Across America website and search for Rosehill Memorial Park or there is a direct link at the bottom of Minot's CAP website, ND021.CAP.GOV. Sponsorships of \$17 made through November 17th will provide a wreath to be placed this December.



Richard Reur, Minot's Wreaths Across America director, bundles stakes as he ensures everyone is equipped for this year's event.



Volunteer team sets wreath hanging crosses while the ground is still soft.



Cadet Senior Airman Culver unties cross bundle in preparation for setting.

MAJ. JEFFREY SLOCUM, CAP PHOTOS

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

# 5TH BOMB WING HOLDS ALL-CALL

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



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, holds a commander's call at Minot Air Force Base, North Dakota, Oct. 17, 2023. Hoadley is in charge of 5th Bomb Wing operations involving its fleet of B-52H bombers and ensures the wing is combat-ready.



U.S. Air Force Lt. Col. Ronald Feeser, a 5th Bomb Wing chaplain, shares information about spiritual and mental resources during a commander's call at Minot Air Force Base, North Dakota, Oct. 17, 2023. All Airmen, their families and authorized individuals have access to faith opportunities, confidentiality and personal guidance provided by a chaplain. Chaplains also advise leadership on religious, spiritual, moral, ethical and morale issues.



Laurel Grams, Integrated Primary Prevention office director, shares information about the IPP office and resources for prevention during a commander's call at Minot Air Force Base, North Dakota, Oct. 17, 2023. The IPP office focuses on intervening to minimize mental health problems, sexual assault, domestic violence and other issues by addressing determinants of these problems before a specific incident is identified.



Leisa Peterson, True North program manager, shares information about mental health resources provided by True North during a commander's call at Minot Air Force Base, North Dakota, Oct. 17, 2023. True North is a resilience program that provides access to resources such as mental health counseling, education and confidential spiritual counseling to service members, Department of Defense civilians, and their authorized dependents.



Airmen from the 5th Bomb Wing attend a commander's call at Minot Air Force Base, North Dakota, Oct. 17, 2023. The commander's call is intended to gather the entire unit to discuss important concerns.

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# Winter Coats? Can it Really Be?

I have a very efficient spouse. This morning we awoke to "Winter Storm Watch" text messages. Having lived in North Dakota all of my life, I have often turned a deaf ear to weather forecasters who predict a winter storm when it's still a couple of weeks away. However, all of my weather apps are quite insistent that there will be a winter storm, of some type, at the end of the week. So it may be that you are gazing out your window at snowbanks when the Northern Sentry arrives at your door this week.

Well now, back to my spouse. Sue is quite the opposite of me when it comes to preparation for winter. At the first sign of impending winter weather, she changes over the closets. Getting put away are light summer coats. Replacing them are heavier fall/winter jackets, and those really heavy winter coats complete with heavy gloves, snow boots and winter caps. Ugh, I say, you have given in once again to fears of winter. "Whether it's this time, or the next time they predict a winter storm" she replies "I want to be ready. We won't be wearing windbreakers anymore, right?" Of course, I would like to respond with an "of course we will", but there certainly is no guarantee. The little voice in my head says, "give it up Rod. Find your winter coat, and the gloves, and the hat, and the boots and the snow shovels, and get ready for winter."

But it's not all bad news. The first snowfall of the winter season is not normally an all-out blizzard. Those of you who are seeing "snow" for the first time might think it is kind of cool. Take time to review those winter driving tips, though. Even the slightest of snow fall can cause

roads to get slick. If you have not heard about driving defensively, take a few minutes and read about proper distance between cars, and preparing your winter survival kit. Some of you may not have a snow shovel yet, so it may seem weird putting one in your trunk for those "just in case" situations. No, a cell phone does not suffice, folks. Remember that tow trucks and those friends that you choose to rely on for help are overwhelmed. You may spend a few hours in a ditch waiting for help.

Back to why the first snowfall may be good news. How about ice skating, and snow shoeing and cross country skiing? There may not necessarily be enough snow right away for all of these winter activities, but it won't be long. A Minot AFB friend who just arrived in North Dakota asked my how long it would be until we can try ice fishing? "Well, that's a whole different situation" I answer. A snowy day may not come with season changing cold. I say this knowing that some of you have never owned a winter coat, and zero is pretty darned cold. One thing at a time though. We are appreciative of enough snow for cross country skiing, and ice fishing can wait until mid-December or even January.

There it is! A second winter storm watch on my cell phone. I better heed their advice and get ready for snow and cold. But folks, I kid you not. It may not be time to sell out and give in to winter. We have had some pretty nice days in mid-November.

What happens to Halloween? Do we postpone Halloween, or re-schedule it? I really believe that most Halloween costumes are made

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**A VIEW FROM  
 OUR SIDE**  
 ROD WILSON



large enough to accommodate a winter coat and snow pants. It won't be the first ever Halloween with snow. I can remember a Halloween when we had a "no travel advised" warning. Besides, who in the world wants to have bags of candy hanging around their kitchen begging for consumption? Halloween will go on if for no other reason that transferring all those calories to little folks who can afford to down 3 or four candy bars at a time.

Yep, it really can be the start of winter. Take a few minutes and find those winter coats. It will certainly be worth your time.

**BEST KEPT SECRET**

Oak Park popcorn is the absolute best popcorn in town. Al Schon has been running movies for quite a while, and he knows how to make movie theater popcorn. There's a new drive-in area that allows you to purchase your popcorn and take it home. With, or without, butter. Oak Park popcorn always gets a Grade A!

**TODAY'S CHUCKLE**

Is there actually anyone on the planet who, when they were a kid, wanted to grow up to be an investment banker?



# Why all the hatred?...



**UPSIDE DOWN  
 UNDER**  
 MARVIN BAKER

Somebody help me out here. I've been a football fan for a lot of years and honestly don't know what is going on right now. Why is there so much hatred for Carson Wentz?

My guess is it's people who are hiding behind a computer screen and have never played football. I just don't get it.

Here is a guy who grew up and played football at Bismarck Century, went on to be successful at North Dakota State University, then got into the National Football League.

He's a professional football player and all of us in North Dakota should be proud of his accomplishments. Some people act as if he is the anti christ or something.

When I was growing up and

playing baseball, I often wondered what it would be like to have seen Roger Maris his his 61st home run in 1961. Maybe I did see it, but I was 2 years old and wouldn't have remembered it anyway.

But in my mind, and the minds of my teammates, Roger Maris was the holy grail of sports and he was from North Dakota, playing his high school ball at Fargo Shanley.

Then came Dave Osborn and Phil Jackson, Mike Peluso and Paul Gaustad, Rick Helling, Travis Hafner and Darin Erstad. Most recently it's been Weston Dressler and Jim Kleinsasser. And let's not forget perhaps the most famous North Dakota athlete of all, Virgil Hill.

Does anyone hate them? When I drive around the state of North Dakota, I see Travis Hafner billboards outside of Syskeston where he grew up. Stop at a donut shop in Jamestown and people are still going to be talking about Darin Erstad. Sometimes I've run into Jim Kleinsasser's friends in Carrington and they have nothing but good to say about him.

So why is it so different with Carson Wentz? Sure, he's had some

rough patches. We all do. We're human and humans get injured like Wentz has.

So now he's washed up because of an injury that happened several years ago. I'm sarcastically guessing those Carson Wentz haters out there have played professional football themselves and have been injured on the playing field like Wentz was.

If not, they've got no business bashing him. Like the saying goes, unless you walk in his moccasins, you aren't entitled to a negative opinion.

I'm sure many of you know that Carson Wentz has been doing commercials for First Western Bank & Trust across the state. Some of them have actually been pretty creative and if I was the public relations firm for the bank, I'd have to say they picked the right candidate for their TV spots.

But back to Carson himself. He just hasn't found the right team. Players in any major sport get traded all the time. He just has to find the right niche.

I always thought he'd be a great draw as a Minnesota Viking. Can you imagine all the North Dakota people who would come out and

support him?

There are a lot of Denver Broncos fans in North Dakota. He'd be quite popular there too. He would also fit into just about every Canadian Football League team, and could singlehandedly turn the Calgary Stampeders into a winning franchise again.

So to these armchair quarterbacks; you do realize that a player will play better and have better mental focus when they're in a position they like and are comfortable playing. Maybe you don't realize that Carson wasn't comfortable playing in Philadelphia or Washington. Despite making a lot of money, he wasn't comfortable.

Instead of a minority of shallow opinions, we should celebrate Carson Wentz for getting as far as he did. It isn't easy playing college football and much harder yet playing in the NFL. He's done something a lot of us would never be able to do.

I don't know, you go ahead and say what you want, but I put him up there with Travis Hafner, Weston Dressler and Jim Kleinsasser.

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# Moments and Memories



**SLICE OF LIFE**  
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Many North Dakotans are among those who set aside several days on their calendars for a fishing trip to Tobin Lake. They do so knowing their chances of catching a trophy walleye, North Dakota's most sought-after game fish, is virtually assured. Ten-to-12-pound walleye are common with catches of larger walleye possible.

Yes, Tobin Lake is indeed a special place that grows huge fish. A slot limit governs the water. Walleye between 21 and 34 inches must be released. Fish under 21 inches can be kept for eating. To help limit injury to fish only barbless hooks can be used.

Tobin Lake turns out trophy northern pike as well. Pike between 29 and 45 inches in length must be released. Lake sturgeon up to 100 pounds add to Tobin Lake's reputation as a trophy destination for anglers.

There's an abundance of nature's beauty that surrounds Tobin Lake, adding to the wonderful fishing

experience enjoyed by so many visitors annually. Thick stands of birch and evergreen trees line the shoreline. Those who choose to fish Tobin in the fall, a time when big fish are often on the move and feeding aggressively as winter approaches, will also be treated to the myriad of colors associated with autumn weather.

Cool, crisp mornings often give way to warming temperatures by noon, making it ideal for fishermen to stay on the water and treat themselves to the final days in a boat before winter grabs hold and open water turns to ice.

Accommodations abound at Tobin. Visitors can choose from nearby lodges or cabins that are ideally situated for quick access to the lake. A Provincial Park provides camping opportunities.

Families and friends frequent Tobin Lake. Fishing stories are exchanged around campfires, with a plate of freshly fried fish always within reach. Photos of the day's best catches are shared along with techniques and locations. It's fun, informative, relaxing, memorable



Jordan Hassler, Bismarck, holds a hefty Tobin Lake walleye as father Jerry, Minot, looks on. The walleye measured 28 3/4 inches.

It is a special place. The fish are big. The memories bigger.

Tobin Lake at Nipawin, Saskatchewan has long been a favorite destination of fishermen from both Canada and the United States. Every year anglers descend on the Canadian water with the expectation of hooking into a fish of a lifetime. The unique fishery delivers such rewards more often than not.



A cool, calm October morning at Tobin Lake.

KIM FUNDINGSLAND PHOTOS

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# On The Move

## CornerStone Chiropractic Occupies New Offices

ROD WILSON, NORTHERN SENTRY

For Dr's Matt Hanson and William Fielhaber, owners of CornerStone Chiropractic in Minot, growth was a good thing, at least until their patient numbers increased to a point where their old facility on 20th Avenue Southwest became too small.

The answer? A remodeled office located just across the 2 & 52 Bypass near Dakota Square. The address for the new CornerStone Chiropractic is 1515 24th Avenue SW, Suite 1. "We closed down in our old facility on September 30th, moved over here and began with patients on October 2nd" according to Dr. Hanson. For CornerStone patients, they

will definitely notice that the new location is much larger. "We do have 4 medical treatment rooms here (in the new office)" and besides all of the services that CornerStone offered in the old location "we look forward to providing broader services over here (in their new location). Right now, they not only have CornerStone Chiropractic, but also Reveal Medical Aesthetics up and running.

There are three Dr's including Hanson, Fielhaber and now Dr. Benjamin Whitten, "and we are probably looking to add more chiropractors in the future" according to Hanson "and perhaps

more nurse and nurse practitioners too."

Dr. Hanson says that CornerStone still focuses on back to basics chiropractic care, but what is changing and becoming more common is integration with medical doctors in patient care and providing all of those different services under one roof. "We've always encouraged the idea of wellness, and that type of care is becoming more and more mainstream now. Chiropractic is

now part of a lifestyle, instead of just when you are hurt. We're also putting a lot more attention towards the neurological focus in chiropractic care. It's something we've always been doing, but now we're getting better about speaking to our patients about this type of care. We talk about how there is hard bones and soft nerves and working to remove subluxations (misalignment in the spine that causes many of the health problems) is only get help patients

working to get better."

One of the major questions that new patients have is concerning insurance coverage for chiropractic care. "We're in network with Blue Cross and Sanford Health, as well as having Medicare coverage. The patient will pay for the service, we'll send the paperwork to the insurance companies, and we're happy to report that these same insurances reimburse our patients" says Hanson.



Outside entrance to the new Cornerstone Chiropractic Office.

### NOTES ON BEING SAFE

## HALLOWEEN SAFETY FOR EVERYONE

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. Approximately four times as many children aged 5-14 are killed while walking on Halloween evening compared with other evenings of the year, and falls are a leading cause of injuries among children on Halloween. There is no real "trick" to making Halloween a real treat for the entire family. The major dangers are not from witches or spirits but rather from falls and pedestrian/car crashes. Many Halloween related injuries can be prevented if parents closely supervise school-aged children during trick-or-treat activities.

Parents can help prevent children from being injured at Halloween by following these safety tips from the American Academy of Pediatrics, the Centers for Disease Control and Prevention, and the National Safety Council.

Children should understand and follow these rules -

- Walk, do not run, from house to house.
- Cross streets at the corner, use crosswalks (where they exist), and do not cross between parked cars.
- Be reminded to look left, right, and left again before crossing the street.
- Wear clothing that is bright, reflective, and flame retardant.
- Use costume knives and swords that are flexible, not rigid or sharp.
- Parents and adults should -
  - Make sure that an adult or an older responsible youth will be supervising the outing for children under age 12.
  - Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
  - Instruct your children to travel only in familiar areas and along an established route.
  - Teach your children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home.
  - Prepare homes for trick-or-treaters by clearing porches, lawns,

and sidewalks and by placing jack-o-lanterns away from doorways and landings.

• Motorists please keep in mind that many children will be out and many will be kids and will disregard the necessary pedestrian safety precautions therefore, they may cross in the middle of the block or run out into the streets unexpectedly. Drive with caution in the neighborhoods and pay attention. Drive slowly!

Remember, Halloween can be fun for everyone as long as we take care of each other and our children. Follow these simple tips and you are sure to have a fun and frightful Halloween.



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Dr. Matt Hanson

Dr. Willy Fielhaber

Dr. Benjamin Whitten

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

## (701) 852-2800



Dr. Matt Hanson & staff at the front desk.

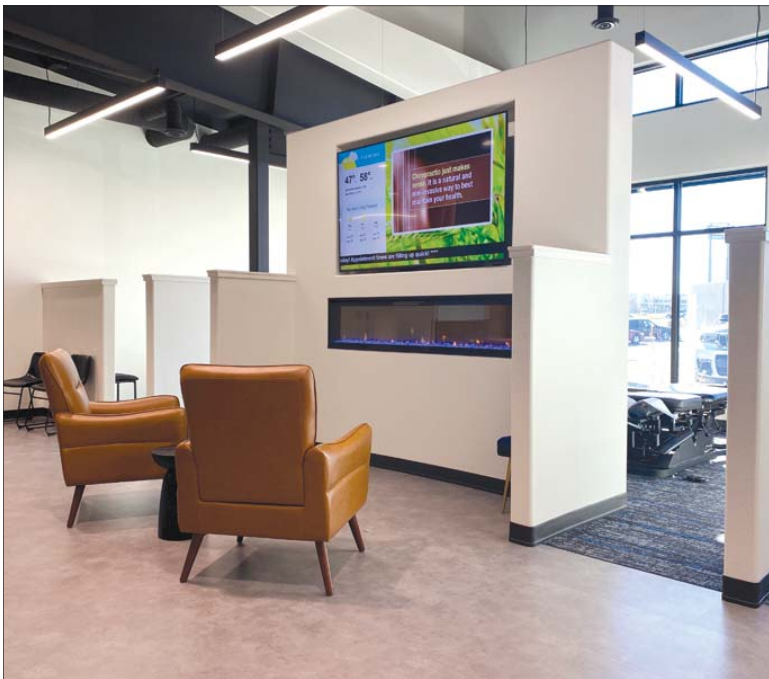
The Dr's at CornerStone are all very experienced "I've been a practicing Chiropractor since 2008, Dr. Fielhaber since 2001 and Dr. Whitten since 2010. We've all got a few years of experience under our belts" says Hanson.

So why a chiropractor? "Anything that is related to the nervous system is something that can be helped by a chiropractor. We have patients that come in and tell us that their anxiety has been helped after a chiropractic adjustment; that their nervous system is more balanced. Take for example heartburn. It's an organic complaint that we get a lot" Hanson says, "and even kids with colic, bedwetting, ADD, ADHD; it won't be cured, but it can be better maintained by having a better nervous system."

"The best way to get started with chiropractic care is to come in for an assessment" says Hanson "we normally do a nerve scan so we can see objectively if there is any interference. We make our prescriptions for care based on a patient's presentations, we try to keep all of the subjective data out of it and deal with what we see and what has worked for us in the past; kind of a tried and true treatment if you will. Everybody's care is individualized, some people need a lot more, some people need a lot less."

And for kids? "Well a lot of people come in for wellness checks on their kids, which is what I wished my Mom and Dad had done. You may not think so, but as kids learn to walk there are a lot of bumps and bruises and a lot of opportunities to mess with the alignment (of the spine)."

Dr. Hanson's suggestion is to have a complete chiropractic assessment, and from there work with your chiropractor for a comprehensive plan for chiropractic care.



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# Skin Deep

## Annual Skin Exams

**Why have an annual skin exam?**

The question is really, why wouldn't you? An annual skin exam takes about 15 minutes, it's painless and can literally save your life.

**Fast Facts**

Most people know someone that has been diagnosed and treated for Skin Cancer. I'd bet very few people know the statistics and how very real the risk is

- 1 in 5 Americans will develop skin cancer by the age of 70
- More than 2 people die of skin cancer in the US every hour
- Having 5 or more sunburns doubles your risk for melanoma
- More people are diagnosed with skin cancer each year in the US than all other cancers combined.
- Men age 49 and under have a higher probability of developing melanoma than any other cancer but colon and rectum cancers

Now that you know the risk, and are likely surprised, and maybe a little nervous, the good news is that with regular skin exams, skin cancer can be detected early. Most skin cancer is curable, but in order to stop it, we need to spot it in time.

The Skin Cancer Foundation recommends "...as part of a complete early detection strategy, that you see a dermatologist once a year."

**Who should you see?**

The Skin Cancer Foundation recommends "...as part of a complete early detection strategy, that you see a dermatologist once a year." Do your research and make an appointment with a Board-Certified Dermatologist or Certified Dermatology Physician Assistant who works in collaboration with a Board-Certified Dermatologist. Physician Assistants are licensed professionals who have undergone a rigorous master's program and attain thousands of hours in clinical experience. Both are highly qualified to perform full skin exams, identify skin cancers and create treatment plans to remove the affected area.

**Can't I check myself for Skin Cancer?**

Absolutely! And we encourage you to do exactly that, but between your annual exam in the dermatology office. You understand your body and will see changes that have occurred. If you see any changes in freckles, new "spots" that appear you should not hesitate and contact the dermatology office to make an appointment, even if it is not time for your annual exam just yet.

**Performing a Self-Examination**

Sometimes it is difficult to examine all areas yourself. Many people enlist the help of a family member. To properly perform a monthly self-exam, use a full-length mirror, along with a hand-held mirror to examine areas that are difficult to see like your back.. Use a hairdryer to gently blow your hair to examine your scalp. Identify any newer or changing lesions that may cause you concern and discuss them with your dermatology provider who will be able to assess them during your visit. More information is available on self-examinations and early detection at [www.thebigsee.org](http://www.thebigsee.org)

**Prior to your visit**

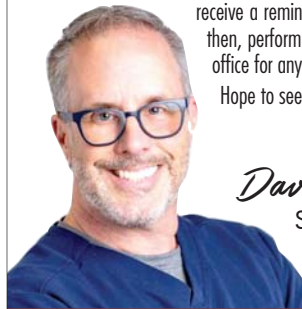
Whenever possible, organize and bring your medical records with you, especially as they may relate to previous dermatologists office notes, skin biopsies, surgical reports and laboratory test results. Having your medical records with you at your visit will help with your examination and provide a more comprehensive view of your overall health and history. Often it takes weeks for the dermatology office to obtain your records from other health providers so if you have made an appointment in advance, use the time wisely to obtain these records and bring them with you. If you have picture of a dermatologic issue that you wish to share,, have it readily accessible in your smart phone.

**The day of the exam.**

Skin cancer can occur anywhere on your body, even in places that do not receive sun exposure. You should come to your skin screening having bathed earlier that day without wearing makeup or nail polish to ensure your dermatology provider can do a thorough screening. Prior to the screening, you will be asked to change into a gown so your dermatology provider can conduct a head-to-toe examination. The dermatology provider will do everything possible to make the experience comfortable. Please don't let modesty prevent you from potentially missing an opportunity for early detection of a serious skin cancer. Following the exam, the provider will discuss the findings and note if there were any areas of concern. Should there be a suspicious lesion noted, you will receive a small injection to numb the area and a biopsy, or small piece of tissue, will be removed and sent to a pathologist to determine if there is skin cancer present.

**Follow up**

The biopsy results take about 10 days to come back to the office and you will receive information on the findings. If there is skin cancer present, rest assured, you have done the right thing in coming for an examination and you are now in the very high percentage of people whose skin cancers can be resolved. The treatment plan will depend on the type of skin cancer, it's size and location. If there is no skin cancer present, congratulations! You have been proactive in your care and will receive a reminder in a year to follow up again for your full skin exam. Until then, perform your monthly skin check at home and contact the dermatology office for any questions or concerns you have. Hope to see you soon for your full skin exam!



*David W. Patterson* MPA, PA-C  
SkinWin Dermatology

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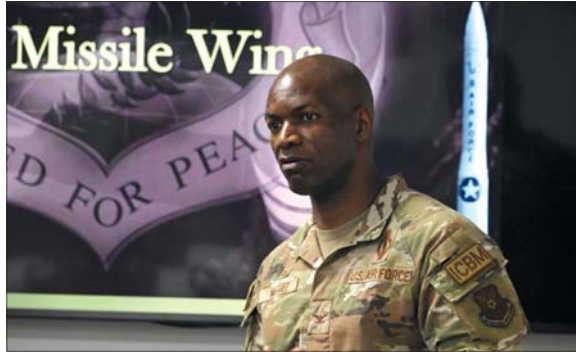
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## MAJ. GENERAL ARMAGOST VISITS TEAM MINOT

Maj. Gen. Jason R. Armagost, Commander, Eighth Air Force, and Commander, Joint-Global Strike Operations Center and Minot Air Force Base hosted the National Laboratory Directors for a visit, October 18. The tour included mission briefings and tours of 5th Bomb Wing and 91st Missile Wing facilities.

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



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# Air Force Global Strike Command reports initial PCB clean-up results

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Initial efforts to clean polychlorinated biphenyls (PCBs) from launch facilities at Malmstrom AFB are ongoing but seeing success. Air Force Global Strike Command (AFGSC) announced today.

The clean-up effort was ordered by AFGSC commander Gen. Thomas Bussiere after PCBs were detected on surfaces in launch facilities at all three of the command's missile wings during a survey by the United States Air Force School of Aerospace Medicine (USAFSAM).

As part of the survey conducted in July, a total of 900 surface swipe samples were collected across all of the command's Missile Alert Facilities (MAF)s and Launch Control Centers (LCC)s, focusing on common touch areas and places where known or suspected PCB-containing equipment was currently or historically installed. Of the 900 samples, 832 (92.5 percent) detected no PCBs, and 64 (7.1 percent) detected PCBs at negligible levels below mitigation standards set by the Environmental Protection Agency (EPA). Four surface samples (0.44 percent) detected PCBs above the EPA's mitigation standards, two each at Malmstrom and Minot AFBs.

Cleaning the PCBs is a difficult process that entails much more than a simple wipe-down, according to Col. Gregory Coleman, AFGSC Command Surgeon.

"PCBs are undetectable to human senses at the quantities we're finding in these facilities," Coleman said. "We know they're present on what appear to be otherwise pristine surfaces due to the survey results, but the only way to know our cleaning process was a success is by retesting each surface and sending the samples away to the lab. Then we wait two weeks to see if the cleaning was a success."

The cleaning teams also must be wary of spreading PCBs during the cleaning process, Col. Coleman said. Some cleaning methods risk dispersing the contaminants rather than removing them.

The successful cleaning came after bioenvironmental teams at Malmstrom AFB consulted with

engineers and medical experts on the cleaning processes and agents most likely to effectively remove the chemicals in the unique environment presented by active launch facilities. After some experimentation, the team settled on a mineral oil wash followed by a solvent scrub, which successfully reduced PCB surface contaminants, in some cases to non-detectable levels.

"The cleaning at Malmstrom validates our process, and we'll use the same technique at other facilities where PCBs were detected," Coleman said. "In some locations where particularly high levels of PCBs were detected, it will probably take multiple rounds of cleaning to get below the EPA's mitigation limits."

According to Bussiere, the clean-up and mitigation will continue until he is confident that AFGSC

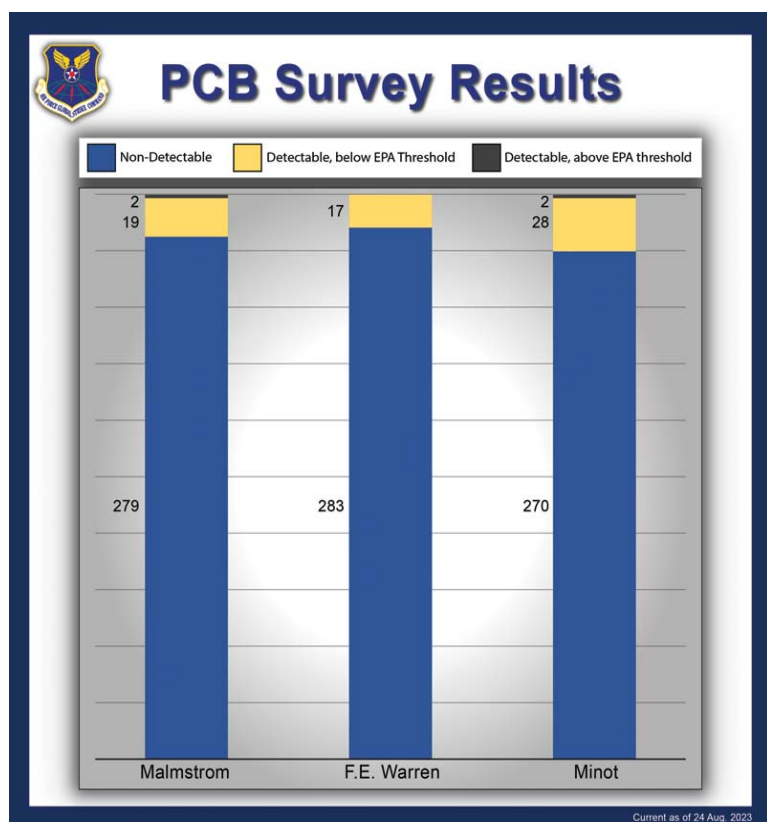
Airmen have a safe and healthy work environment.

"These results are a positive step toward the clean and safe work environment our Airmen deserve," Bussiere said. "We will continue with the cleaning and mitigation as more results come to us from the USAFSAM survey, and we will be open and transparent with those results and our efforts."

In addition to PCBs, USAFSAM is sampling for a range of other potential contaminants, including radon and pesticides from agricultural runoff.

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

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



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

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

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# Minot AFB Resident Council



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



The Minot AFB Resident Council is a forum for military members and their families residing in privatized housing on the installation to discuss health & safety concerns, identify potential community improvements, present viable solutions, and establish and maintain positive interactions between residents, wing leadership, Minot AFB Homes, and the Military Housing Office. The Resident Council meets monthly and is streamed on Facebook @ minotresidentadvocate. Residents can attend in person at the 5BW

HQ, 167 Summit Drive, in the Striker Conference Room #109. This month's meeting will be held on Friday, 3 November at 1200. All residents of Minot AFB Homes are welcome to join the meeting and add to the conversation! Meeting topics generally include discussion on neighborhood safety, community amenities, maintenance, service, and current hot topics. Residents can submit anonymous input via an online form at: <https://tinyurl.com/mafbinput> and monthly minutes can be found at: <https://tinyurl.com/mafbcouncilminutes2023>.



# Community VOICES

## October 31st

The air grow chilly, and the leaves change,  
The season for the eerie and strange.  
Ghosts and ghouls roam about,  
But don't stay in, go out!  
Face the evil, ugly, and deranged.

My favorite night is Halloween,  
The time for costumes and scary scenes.  
I change after sunset,  
To make my Self forget,  
Even in just my t-shirt and jeans.

Sometimes, I imagine a getup  
Where a glittery face is enough.  
I can wear cozy clothes  
And still strike a good pose.  
Halloween is such excellent stuff.

Martina Kranz

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



## Local Cravings Restaurant Guide

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## 8TH AF COMMAND CHIEF COINS AIRMEN

Chief Master Sergeant Ronnie J. Woods, 8th Air Force command chief and Joint-Global Strike Operations Center senior enlisted leader, coins Airmen at Minot Air Force, North Dakota, Oct. 13, 2023.

U.S. AIR FORCE PHOTOS  
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**Fact File**


Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore <b>Carnivore</b> Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

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- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.


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# FALL CAR CARE

## WHAT ARE TIRE WEAR BARS & WHAT DO THEY DO?

Tire wear bars, also known as tread wear indicator bars, are incredibly useful when it comes to assessing the condition of your tires in regards to wear. They're one factor that'll help you assess when you need new tires and if your current tires meet the legal tire tread depth requirements. If you're curious about what wear bars are, whether or not you've got a safe tread depth, or just want to learn a few quick ways to measure tire tread wear, read on!

**WHAT ARE TIRE WEAR BARS?**  
Tread wear indicator bars are small, raised bars found within the grooves of your tires between the tread markings. They are placed all around the tire at different points to measure how evenly your tread is being worn down.

The purpose of the wear bars is to offer a visual indication of how much tread is left on your tires.

Tire tread helps stabilize your car in wet conditions, helps provide better traction and handling, and improve cornering. Without it, you might find yourself spinning out of control! That's why it's so important to keep an eye on your tires' wear bars.

When the tread has worn down to the level of the wear bars, it's time to replace your tires. This means you've reached the legal tire tread depth limit, and your tires are no longer safe to use. Most manufacturers may suggest replacing tires sooner to help keep you safer on the road.

One way to check the condition of your tread is to run your finger horizontally over the tire wear bars. If you feel the wear bar against your finger as evenly as the tread, then it's time for new tires.

**HOW TO CHECK THE TREAD ON YOUR TIRES**  
If you're having trouble spotting a wear bar on your tire or you're unsure of what to look for, here are a few other ways

you can check the tread on your tires.

**PENNY TEST**  
The penny test is pretty simple. Take a penny and hold it with Lincoln's head upside down. Place it inside one of the grooves between the tread. If Lincoln's entire head is visible, your tread has worn down at or below 1/16 of an inch and should be replaced. If the top of his head is partially covered, your tires may still have some tread left. If you frequently drive in wet conditions due to where you live or work, it's a good idea to leave a little extra tread on your tires for safety. You may have to replace your tires a little more often, but helping avoiding an accident is worth it. In this case, you can check your tread level using a quarter instead of a penny.

**MEASURE WITH A TREAD DEPTH GAUGE**  
If you want to get really precise with your tread measurements, you can use a tread depth gauge. These are available for a few bucks at most automotive stores. Alternatively, you can use a ruler with 1/16th inch markings or millimeter measurements. Just place the ruler into one of the grooves and measure from the base of the tread to its current level. Any tire that measures at or below 1/16 of an inch (1/16 inch = about 1.6 millimeters) should be replaced.

**GET THAT NEW TIRE FEELING**  
Are your tire wear bars telling you it's time for new tires? Bring your vehicle into your nearest Tires Plus for new tires that are the right fit for your vehicle! And when you purchase your new tires from Tires Plus, you'll get free rotations for life and the peace of mind that you got a great price on your new tires.



## Auto Care - Valvoline Instant Oil - Tires

**Minot AFB | 61 Missile Ave | 701-727-4141**  
Minot | 1301 20th Ave SW | 701-837-1301





\$10 off

VALVOLINE OIL CHANGE

### OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE





# 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!

<p><b>FRIDAY</b></p> <p>10:00am-12:00pm 4:00-5:00pm</p> <p>4:00-6:00pm 5:00-7:00pm</p> <p>5:30-8:00pm</p> <p>5:00-9:00pm</p> <p>5:30-8:00pm 6:00-8:00pm 6:00-8:00pm 6:00-10:00pm</p> <p>7:15-10:00pm</p>	<p><b>Oct. 27</b></p> <p>Treat Trail Haunted Library Escape Room (Registration is required)</p> <p>Trail of Treat Halloween Fun Night (*Admission Fee)</p> <p>Spooky-Con/Family Fun Haunted Stacks Haunted Carwash/ Fundraiser for STEAM Minot</p> <p>Trunk or Treat 91 OG &amp; MXG Trick or Treat 91 SFG Trunk or Treat 5 CES Haunted Maze &amp; Games</p> <p>Zablotney's Halloween Lightshow tune to 93.1 FM</p>	<p>Downtown Minot Minot Public Library</p> <p>5th Medical Group Minot YMCA</p> <p>The Turf Minot AFB Library</p> <p>Fast Lane Carwash Sakakawea Inn Lot 91st HQ (Bldg 548) SF Garage (Bldg 545) 5 CES Cold Storage (Bldg 593) 1224 6th St SW Minot,</p> <p>Ryan Nissan The Turf</p> <p>Magic City Harley-Davidson Northern Pines Equine LLC Reeds K9 Training Gymagic Minot Public Library</p> <p>Our Saviour Lutheran Church Discovery Center Minot Symphony Orchestra HighAir Ground Trampoline Park 1224 6th St SW Minot,</p>	<p><b>SUNDAY,</b></p> <p>11:00-2:00pm 2:00pm</p> <p>7:15-10:00 pm</p> <p>7:00-8:30pm</p>	<p><b>Oct. 29</b></p> <p>Boo at the Zoo Skate &amp; Scare (Admission Fee) Zablotney's Halloween Lightshow tune to 93.1 FM Trunk or Treat</p> <p>Minot AFB Exchange Halloween Haunted Library Escape Room (Registration is required)</p> <p>Library Hours 8:00am-8:00pm 10:00-11:30am</p> <p>3:30-5:00pm 4:00-5:30pm 4:00-8:00pm 5:00-7:00pm</p> <p>5:30-7:00pm</p> <p>6:00-8:00pm 7:15-10:00pm</p> <p>DFAC Pumpkin Decorating Contest Ends</p>	<p>Roosevelt Park Zoo Maysa Arena</p> <p>1224 6th St SW Minot, Christ Lutheran Church</p> <p>Base Exchange Minot Public Library</p> <p>Minot AFB Library Aspire Credit Union The View Assisted Living</p> <p>CHI St. Alexius Medical First Lutheran Church SCHEELS Minot HighAir Ground Trampoline Park Cornerstone Presbyterian Church Base Housing 1224 6th St SW Minot,</p>
<p><b>SATURDAY, Oct 28</b></p> <p>10:00am-12:00pm 10:00am-3:00pm</p> <p>11:00am-3:00pm 12:00-4:00pm 1:00-3:00pm 4:00pm 4:00-5:00pm</p> <p>5:30pm</p> <p>6:00pm 6:00pm 7:00pm</p> <p>7:15-10:00pm</p>	<p>Trunk or Treat Minot AFB Spouses Club "Little Big One Craft &amp; Vendor Show"</p> <p>Haleryween Bikers Trail of Treats Boo in the Barn Trunk or Treat (for Kids &amp; Animals) Trunk or Treat and Open Play Haunted Library Escape Room (Registration is required) Trunk or Treat</p> <p>Trunk or Treat Halloween Spooktacular Halloween Party (Admission Fee) Zablotney's Halloween Lightshow tune to 93.1 FM</p>	<p>Trunk or Treat Ryan Nissan The Turf</p> <p>Our Saviour Lutheran Church Discovery Center Minot Symphony Orchestra HighAir Ground Trampoline Park 1224 6th St SW Minot,</p>	<p><b>MONDAY,</b></p> <p>4:00-5:00pm 4:00-5:00pm</p>	<p><b>Oct. 30</b></p> <p>Minot AFB Exchange Halloween Haunted Library Escape Room (Registration is required)</p>	<p>Base Exchange Minot Public Library</p>
<p><b>TUESDAY,</b></p>	<p><b>Oct. 31</b></p> <p>Haunted Stacks Ends Trick or Treating Trick or Treating with the residents Trunk or Treat Trunk or Treat Trunk or Treat Trunk or Treat</p> <p>Trunk or Treat</p> <p>Minot AFB Trick or Treating Zablotney's Halloween Lightshow tune to 93.1 FM</p>	<p>CHI St. Alexius Medical First Lutheran Church SCHEELS Minot HighAir Ground Trampoline Park Cornerstone Presbyterian Church Base Housing 1224 6th St SW Minot,</p>			

EVENTS ON MINOT AFB ARE FREE TO THOSE WITH BASE ACCESS.

\*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



## ALS GRADUATION

Enjoy the award photos and some highlights from this spectacular occasion! More photos on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, Oct. 23: 1,840.06 feet above mean sea level (MSL); 17,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.33 feet above mean sea level (MSL). Stump Lake elevation: 1,449.28 MSL.

- N.D. Game & Fish Dept. game wardens: Weather permitting, anglers finding walleye success around Parshall Bay and New Town areas on Lake Sakakawea. No reports from Devils Lake or north-central area lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Limited activity and with the weather change anglers generally are waiting for ice-over
- Devils Lake, Woodland Resort, Devils Lake: Not many reports, but those going out are using jigs and minnows and generally working shallower water for walleye with OK success around the bridges.

- Lake Darling, Karma C-Store, Ruthville: Weather permitting, anglers continue finding some walleye success around Grano from shore.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

- Lake Metigoshe, Four Seasons, Bottineau: Prior to the weather change anglers were finding nice walleye and pike success.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea generally quiet with the exception of Deepwater Bay, which is fair to good for nice walleye weather permitting.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Weather permitting, work deep in 30 to 55

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.

- Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
- 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.
- Oct. 30: N.D. Game & Fish Dept. public advisory meeting, Dakota College of Bottineau Thatcher Hall Alumni Room, Bottineau, 7 p.m.
- Nov. 4: Minot Rifle & Pistol Club new members meeting, 7 p.m., Indoor Range.
- Nov. 4: Bakken Friends of the NRA banquet, Roughrider Events Center, Watford City, 5 p.m.
- Nov. 6: Fall crow season closes.
- Nov. 10: Deer gun season opens.
- Nov. 11: Minot Rifle & Pistol Club new members meeting, 7 p.m., Indoor Range.

feet for walleye on the east end of Lake Sakakawea in Douglas Bay around Rattlesnake Island or Church Point with jigs and minnows or Lindy rigs tipped with minnows. Try 15 to 20 feet with Lindy rigs and minnows on Lake Audubon around Tripod Island or along the Hwy. 83 embankment. Good smallmouth bass activity in 2 to 12 feet using top-water or swim baits.

- Lake Sakakawea, New Town: Fair to good for walleye in the river portion of Lake Sakakawea around New Town and the Van Hook Arm prior to the weather change.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the spillway channel with some now showing up in the holes from boats using jigs and minnows. A little better walleye activity in the chutes with best success at night. East end bays on the south side of Lake Sakakawea producing salmon yet using a variety of presentations from both boat and shore. Not many walleye anglers but those going out are finding better success west around Beaver Bay.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers shut down for walleye and muddied up but some walleye success above

the Yellowstone River. Try Lewis & Clark State Park on the upper end of the Lake Sakakawea for walleye in 12 feet with jigs and minnows.

- Lonetree WMA area lakes, Harvey: No activity on area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited at best for activity on area lakes and the Souris River.

### Hunting:

- Cranes: Fairly strong migration of birds moving into central and west-central N.D. over the last weekend.

- Upland: Continued fair pheasant success across parts of N.D.

- Waterfowl: More northern Canada geese migrating into central, north-central, west-central, and northwestern N.D. along with some northern ducks over the last weekend and week. Look for improving success in northeastern N.D. as more birds move through with local birds generally moved out. A few flocks of snow geese showed up earlier in the week in central N.D.

### Numbers to know:

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

- Report All Poachers: (701) 328-9921.



# 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




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 28**  
 5PM, Great Vespers

**Sunday, October 29**  
 10AM Holy Liturgy

V. Rev. Fr. Paul Hodge



## 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.  
 Worship ..... 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

where faith & life meet

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

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

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



## 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**  
 Email: jschultz@orcsknights.org  
 Website: www.orcsknights.org



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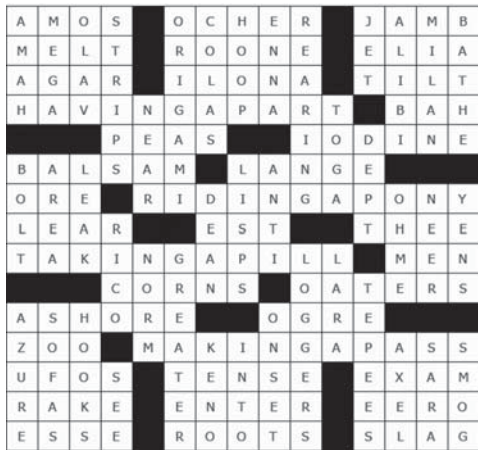
call  
 701-839-0946

email  
 NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT  
 NORTHERNSENTRY.COM

**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

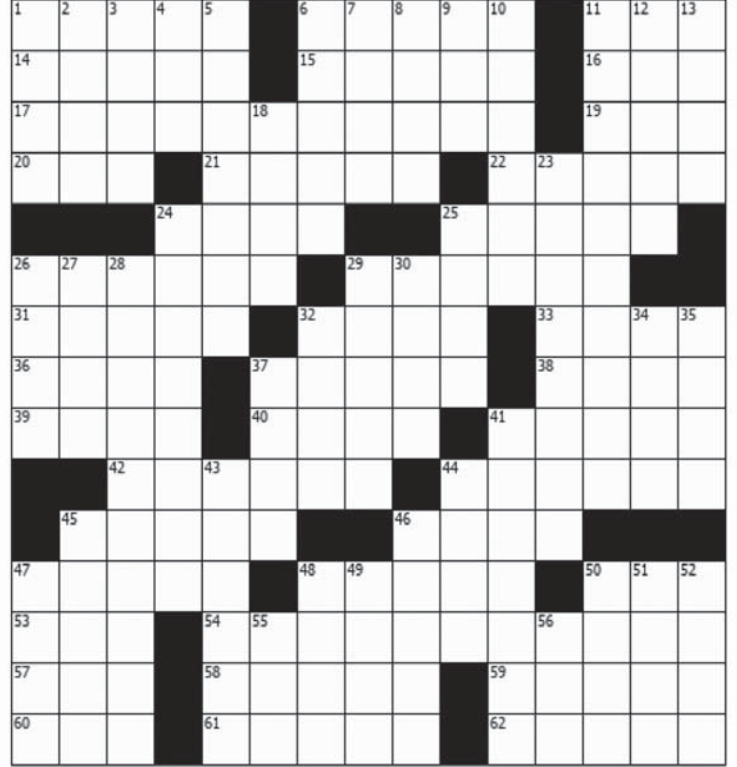
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Refuel
- 6. Godzilla's stomping grounds
- 11. Curative waters
- 14. Siege site of 1836
- 15. Potpourri emanation
- 16. Scammed
- 17. Ice cream treat
- 19. Scandalous suffix
- 20. His job is on the line
- 21. Sound from a frog
- 22. Seraglio
- 24. Pull up to the bar?
- 25. Origami need
- 26. Newsman Charles
- 29. Carbolic acid
- 31. Throat clearers
- 32. Tight as a drum
- 33. Have the look
- 36. Bigot's emotion
- 37. Wishy-washy answer
- 38. Push record
- 39. "Nope"
- 40. Spring blossom
- 41. Hip swinger of note
- 42. Census unit
- 44. Presidential delivery
- 45. Stable occupants
- 46. New Mexico art colony
- 47. Sharpened
- 48. Squirrel treat
- 50. Balaam's rebuker
- 53. Like an unmatched sock
- 54. Off ramp
- 57. Relay segment
- 58. Indian, for one
- 59. Mediterranean republic
- 60. "Eldorado" rock group
- 61. Things often passed
- 62. They may sport a popular brand



**Down**

- 1. TV teacher Kotter
- 2. Heisman winner Ameche
- 3. Kind of flea or dollar
- 4. Hollywood's Thurman
- 5. Rain slickers
- 6. First name in horror films
- 7. Angelo's instrument
- 8. The one between Tyler and Taylor
- 9. "What \_\_, chopped liver?"
- 10. Lane of "The Birdcage"
- 11. Tar's time off
- 12. More ashen
- 13. The #1 guy?
- 18. Bone-dry
- 23. Last Supper attendees
- 24. Parental command
- 25. Red Rose
- 26. Hawaiian island
- 27. Ex-Iranian VIP
- 28. Vim and vigor
- 29. \_\_\_ full (satisfy a debt)
- 30. Centers of activity
- 32. Poi-making tuber
- 34. Kind of proportions
- 35. Screen material
- 37. Be nostalgic for
- 41. Names derived from people
- 43. In great demand
- 44. "Roseanne" alumna Gilbert
- 45. Runway figure
- 46. Whistle stops
- 47. Place for an ace
- 48. Years on end
- 49. Cyberspace conversation
- 50. Car bar
- 51. Something to build on
- 52. Marquee performer
- 55. Cap material?
- 56. Be corrosive

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(2023) Animation, Action, Adventure (PG)

**BARBIE**  
(2023) Comedy (PG-13)

**THE EQUALIZER**  
(2014) Action, Crime, Thriller (R)

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1500 4TH AVE NW, MINOT, ND





**SNCO INDUCTION**  
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## A LOOK BACK

### THIS WEEK IN USAF HISTORY

15TH AIR FORCE ACTIVATED IN TUNISIA

November 1, 1943

On November 1, 1943, the Fifteenth Air Force (under the United States Army Air Forces) was activated in Tunis, Tunisia for the strategic bombardment of enemy targets in Europe. Maj. Gen. James H. "Jimmy" Doolittle served as the first commander, and under his charge, the Fifteenth Air Force flew its first mission of 112 B-17s and B-24s to Austria only one day after its activation. Eventually, the Fifteenth's headquarters operated out of Italy as well and gained the capability to reach targets in France, Germany, Poland, Czechoslovakia, and the Balkans. Along with the Eighth Air Force and Royal Air Force Bomber Command, the Fifteenth was a pivotal instrument used by the Allied Forces to carry the strategic air offensive to Europe. On September 15, 1945, the Fifteenth was inactivated. Recently, in August of 2020, the numbered force was reactivated with an integration of wings and resources from the Twelfth and Ninth Air Forces under Air Combat Command.

Information courtesy of: [media.defense.gov](http://media.defense.gov) / [americanairmuseum.com](http://americanairmuseum.com)

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# community calendar

Events from  
Minot &  
Minot AFB  
in ONE PLACE!

YOUTH IN ACTION

# Pangolin Not Penguin

SARA LAWYER, 9 YEARS OLD



Have you ever wondered what a pangolin is? Well you're in luck! In this article you will be learning about pangolins. Pangolins are mammals with scales! The scales are the same material as your fingernails. They can curl up in a protected ball with flexible scales to escape predators. Pangolins have a l-o-n-g sticky tongue to slurp up termites. Pangolins do not have teeth, so they swallow small rocks to help digest their food. They can have over 940 scales. Pangolins use their sticky tongue to slurp [ to them ] juicy termites out of termite mounds. There are 8 species of pangolins. The Giant Ground Pangolin, the Ground Pangolin, the Black-Bellied Pangolin, the White-Bellied Pangolin, the Chinese Pangolin, the Indian Pangolin, the Sunda Pangolin, and the Philippic Pangolin.

The pangolins are the most poached animal in the world. They are hunted for their scales, meat, and skin. People think pangolin scales are medicine, but there is no proof of that. Pangolin meat is served in restaurants as a treat [ yuck! ]. And pangolin skin is made into boots, belts, and bags which are sold in North America. Pangolins do not live long in captivity.

So keep the pangolins living free, and in the wild!



This pangolin is climbing the tree.



This is my puppet, Termite.



Baby pangolin's scales are not as thick as the adults.



Sometimes the pangolin curls into a ball when it gets scared.

Scan for more details on the Northern Sentry's Jr. Journalism Program and how your story can be featured



## BBQ BURNT ENDS

**INGREDIENTS**  
 1 (4-6 LB) POINT CUT BRISKET  
 2 CUP BEEF BROTH  
 12 OUNCE TRAEGER TEXAS SPICY BBQ SAUCE  
 AS NEEDED TRAEGER BEEF RUB

When ready to cook, set Traeger temperature to 250° and preheat, lid closed for 15 minutes.

Combine broth and sauce in small bowl and set aside. Trim excess fat off brisket point and rub brisket with Traeger Beef Rub.

Place brisket on the grill grate and cook until the internal temperature reaches 190° (approximately 6 to 7 hours). Remove brisket from grill and cut into 1 inch cubes.

Toss brisket cubes with sauce mixture in a pan and cover the pan with aluminum foil. Place pan in grill and cook for 1 hour.

Stir the burnt ends and cook for an additional hour. Enjoy!

**Ryan Davy - GM**  
Minot

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# Operation Homefront: Holiday Meals for Military



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



The annual Operation Homefront Holiday Meals distribution event will be held Thursday, November 9th from 11:00am-1:00pm at the Minot Air Force Base Exchange. Families can review eligibility requirements and register for the event at MyOperationHomefront.org. For more information email mafb.school.liaison@us.af.mil or call 701-723-1447 or visit the Operation Homefront website.

JOIN OPERATION HOMEFRONT FOR A GIFT CARD DISTRIBUTION EVENT!

## HOLIDAY MEALS FOR MILITARY

Eligibility Category B:  
 • Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, or  
 • All ranks, Active Duty, Guard and Reserves, any duty status, or  
 • Transferring service members within 12 months of their discharge/retirement date

**Thursday, November 9<sup>th</sup>**  
**11:00am-1:00pm**  
 Minot AFB Base Exchange  
 362 Missile Ave  
 Minot AFB, ND 58705

To register, scan the QR code or visit [MyOperationHomefront.org](http://MyOperationHomefront.org)

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# The Minot Minotauros Weekend Recap for October 14

EDWARD NIEMAN, MINOTAUROSHOCKEY.COM

Mason City, IA – The Minotauros traveled to Mason City Iowa for their first official road trip of the season to take on the North Iowa Bulls in a two-game weekend series. The Tauros entered the weekend riding a 4-2 record coming on the heels of a split series against the Aberdeen Wings a week ago.

It didn't take long for the Tauros to get going in Iowa as their first goal of the weekend came only 11 seconds into the first period of game one. Jack O'Hanisain notched his second goal of the season via a quick shot assisted off of Lehtinen's won draw in the Bulls defensive zone.

After a quiet second period of play the Tauros caught fire scoring a flurry of three goals in the final period of play. Goals were credited to Dawson (3), O'Hanisain (3), and Lehtinen (2). All of which came within the first six-and-a-half minutes of the third period as the Tauros cruised to a 4-0 victory.

Tauro netminder James Norton kept a clean sheet in game one, saving a perfect 18 shots on 18 attempts from the Bulls. Norton's clean sheet counted for his first shutout as a Tauro and the forty-second in franchise history.

Game two started in a similar fashion to game one with O'Hanisain staying hot scoring his third of the weekend with a backhanded shot 10:13 into the first period of play. That gave the Tauros the early 1-0 advantage.

The pace picked up in the second period as the Bulls broke through with their first goal of the weekend to answer the Tauros to even

the score. The goal was credited to Ethan Lindahl with 16:38 remaining in the second frame.

In a physical and penalty-filled late second period, which saw a line brawl ensue, Joel Lehtinen broke the tie on a power play goal, being his third goal of the season. Lehtinen's goal came from the top of the face-off circle via a Ketonen assist.

Late into the third period O'Hanisain's weekend got even better as he found the back of the net for the fourth time in the series and second time in game two giving the Tauros the 3-1 lead.

Will Dawson added an empty netter to extend the Tauro lead to 4-1 in the closing minutes of the final period.

The lead would prove to be enough to lift the Tauros to their sixth win of the young season along with the sweep. O'Hanisain finished the series with a team-leading four goals, and Lehtinen with two of his own. Ketonen led the series in assists with four.

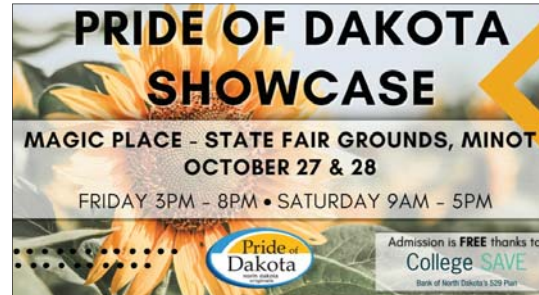
With the series sweep the Tauros move to 6-2 as they travel back to Minot.

Next up the Minotauros have a long week at home that starts with the Bismarck Bobcats visiting the Maysa Arena on Thursday night for Minot Hockey Boosters Night followed by a Friday/Saturday set with the St. Cloud Norsemen. Saturday's game will be the annual Minotauros Booster Club's Trunk-or-Treat Tailgate starting at 5:00. Tickets for all three games are available through the "Tickets" tab atop this page or by visiting tickets.minotauroshockey.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

**29 OCT** **MOVIE SKATE**  
2:00 PM  
MAYSA Arena  
2501 W Burdick Expy, Minot

A spooky season skate is coming to the MAYSA Arena Pepsi Rink! Join Minot Parks for a showing of Hotel Transylvania on the big screen at the Pepsi Rink. The movie starts at 2:00 pm and is \$5 to skate / \$5 for skate rentals. All ages are welcome and costumes are encouraged



For more information:  
Facebook / Minot Parks / Events

**17 NOV** **SAVE THE DATE: LIGHT UP THE SCANDINAVIAN HERITAGE PARK**  
6:00 PM  
Scandinavian Heritage Park  
1020 S Broadway, Minot, ND

Join us on November 17th at 6pm for a magical evening that will kickstart your holiday spirit! Get ready for an enchanting experience as we illuminate the Scandinavian Heritage Park like never before. Special Appearances by the one and only Mr. Grinch and more! But that's not all! We've got even more holiday surprises up our sleeves, and we can't wait to share them with you. Stay tuned/mark interested for announcements that will make your holiday season truly unforgettable! Mark your calendars, invite your friends and family, and let's make this a night to remember. Stay tuned for more details, and get ready to light up the holiday season with us!



For more information:  
Facebook / Minotauros Booster Club / Events

**23 NOV** **9TH ANNUAL MAGIC CITY TURKEY TROT!**  
9:00 AM  
Brick Building, 400 E. Central Ave, Minot ND.

5K/1mi Thanksgiving Day Run! Hosted by Magic City Figure Skating Club's Synchro Teams! Whether you're a competitive runner, a walker or somewhere in between, this event is for you! So lace up your running shoes, grab your leash, dust off that costume, and get ready to be part of an unforgettable Thanksgiving morning tradition! Free t-shirts for runners & walkers registered by November 12th! Packet pickup is on Wed. Nov. 22nd from 4-7pm in the lobby of the Maysa Arena. Costumes encouraged! Prizes for the most spirited participants! After the race, check the pie table to see if you have won a delicious pie! Children 5 & under free! Sorry no refunds. Friendly dogs on leashes welcome!



For more information:  
Facebook / Magic City Turkey Trot  
Signup: <https://runsignup.com/Race/ND/Minot/MagicCityTurkeyTrot>

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

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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### PARK UNIVERSITY MINOT –

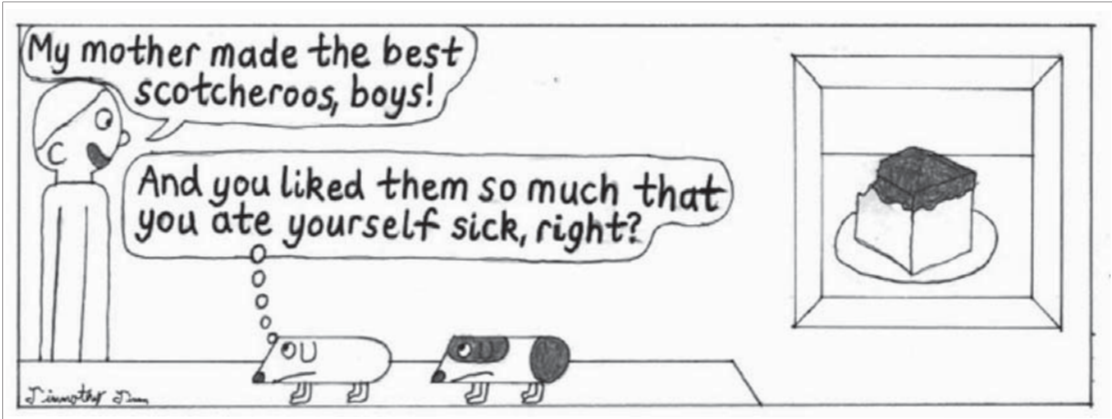
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### MINOT STATE UNIVERSITY

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](mailto:Brigitte.mikula@minotstateu.edu)

## 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

### 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.gocivilairpatrol.com> or contact the POC below.

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

**POC:** 1st Lt Jon McLemore, CAP, [Jonathan.mclemore@ndcap.us](mailto:Jonathan.mclemore@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)



**Hotel REVEL Weddings for Warriors**

★ Hotel ★

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.

Events from Minot & Minot AFB in ONE PLACE!

# northern sentry

## community calendar



### PEACE POLE DEDICATION AT FIRST LUTHERAN CHURCH

The dedication of the Peace Pole took place during the worship service, October 15, led by Pastor Gerjets and Pastor Dykeman. The congregation prayed for peace and sang "For the Healing of the Nations" by Susan Briehal. After the service, First Lutheran members and Officer JP Venable of Minot Air Force Base, settled the pole into the ground in the center of the church pollinator garden with help from Pastor Ellery Dykeman. Others watched from the glass walkway or around the garden. Each Peace Pole reads, "May Peace Prevail on Earth," in different languages on each of its sides. The Peace Pole at First Lutheran shares the message in eight languages spoken in North Dakota: English, Spanish, French, German, Norwegian, Ukrainian, Ojibwa and Dakota. From left to right: Jamie Venable, Officer JP Venable, Diane Hanson, Luther Hanson and Pastor Ellery Dykeman.

COURTESY PHOTO

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**NORTHERN CELEBRATIONS**  
EMBRACING OUR NORTH DAKOTA LIFESTYLE

**DOGS, FOOD, AND BLOAT**

Patricia Stockdill

Call it bloat or call it Gastric Dilatation and Volvulus. Either term just isn't a good thing for dogs. Granted, it isn't all that common in dogs. Even so, with upland and waterfowl season well underway and plenty of opportunities still on the horizon, hunters should be aware that how they feed and exercise their favorite hunting dog could play a role in whether or not their dog could be susceptible to the life-threatening condition of GDV. It's not just potentially life-threatening, it quickly can become deadly

A dog's stomach is elongated in their body. GDV occurs when there is a tremendous ballooning of the stomach. It can be as ugly as it sounds: The stomach fills with gas and frothy materials and can actually become twisted, closing at both its inlet and outlet.

As swelling increases, the enlarged stomach blocks blood return from the abdomen to the heart. The result is widespread tissue damage and death from respiratory and cardiac arrest could soon follow.

The other scary aspect about GVD is that death can occur somewhat quickly by the time any clinical signs are detected.

But perhaps the saddest part is that GDV can be prevented in many cases if a person knows how to properly feed and exercise their dog – whether it's a hunting dog or an active dog.

Large and giant-breed dogs, purebred dogs, and dogs immediately related to one having GDV are most susceptible. Dogs more than 7 years of age are also at greatest risk.

Increased risk occurs in dogs with narrow and deep thoracic cavities, dogs with a long ligament extending from the liver to the stomach, stressed dogs or dogs with a fearful temperament, or underweight.

However, how a dog is fed could contribute to the problem and that's where a dog owner and hunter can play a major role in avoiding or preventing GDV. Dogs are more at risk if:

- Fed only once daily.

- Ingest their food rapidly.
- Exercise too quickly after eating.
- Consume large volumes of food or water.
- Eat from a raised feeding bowl.
- Their dry dog food has oil or fat listed as one of the first four ingredients.

It's important for hunters to feed their dogs lightly before hunting and waiting at least an hour before taking them afield for exercise or hunting, especially if upland hunting when they will be working hard compared to sitting in a duck blind.

Instead, give them small, frequent handfuls of kibble when in the field and stop often for rest and water. Don't let dogs drink water excessively. Let them rest at least an hour before they are given a larger meal.

Bloat can occur suddenly and is often deadly. Even with surgery, there is a 15 percent mortality rate and the risk of death increases if longer than five hours occurs from the time any clinical signs appear in the dog to when taken to a veterinarian to begin an examination.

Research indicates there are possible increased occurrences in November, December, and January.

The bottom line is bloat isn't common but it can occur, especially in large, deep-chested dogs. Some breeds of hunting dogs that have a higher risk of bloat include weimaraners, Gordon setters, and Irish setters, but it can occur in dogs of any size and shape.

Surgery is necessary in all instances of GDV and recurrences are common in some dogs. Without surgery, the dog typically has little if any chance of survival.

Symptoms include abdominal pain, vomiting, abdominal bloating or enlargement, and acute collapse. The dog can also go into shock.

Hunters – do your part and watch how you feed, exercise, and hunt that favorite four-legged companion - even if one's dog isn't a hunting maniac, GVD is still something to be aware of.

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# WHAT'S GOING ON MAFB

## 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

## TUESDAY 31

- Disabilities Employment Awareness Month Ends, Dakota Inn Dining Facility
- Haunted Stacks Ends, Minot AFB Library
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Sponsorship Training, 1300-1500, M&FRC
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 03

- DFAC Customer Satisfaction Survey Ends, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Fun Friday, 1600-1930, Jimmy Doolittle Center
- Junior Youth of the Year, 1700, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Youth of the Year, 1800, Youth 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

## WEDNESDAY 01

- Native American Alaskan Native Heritage Month Begins, Dakota Inn Dining Facility
- Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) Overview, 0800-1600, M&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Unit Voting Assistant Training (UVAO), 1300-1500, M&FRC

## SATURDAY 04

- Poké-Lab Mystery Escape Room Game Starts, Minot AFB Library
- International Games Day, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## SUNDAY 29

- Zumba, 1400, McAdoo Fitness Center

## MONDAY 30

- TAP Overview, 0800, M&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Yoga, 1830, 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 **The Poison Apple**  
Apple brown sugar chai with dark caramel drizzle.

Rockers Bar & Grill **Rockin' Chicken Sandwich**  
Hand breaded fried chicken sandwich, served with crispy fries. Try it with their famous Rockin' Chicken sauce!



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