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GLOBAL THUNDER 25



Airman 1st Class Gabriel Holmes, 5th Security Forces Squadron defender, provides overwatch security from a Humvee during Exercise Global Thunder 25 (GT25) at Minot Air Force Base, North Dakota, Oct. 19, 2024. GT25 provides training opportunities for components, units and task forces to deter, defend, and if necessary, defeat, a military attack against the United States and to employ forces as directed.

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



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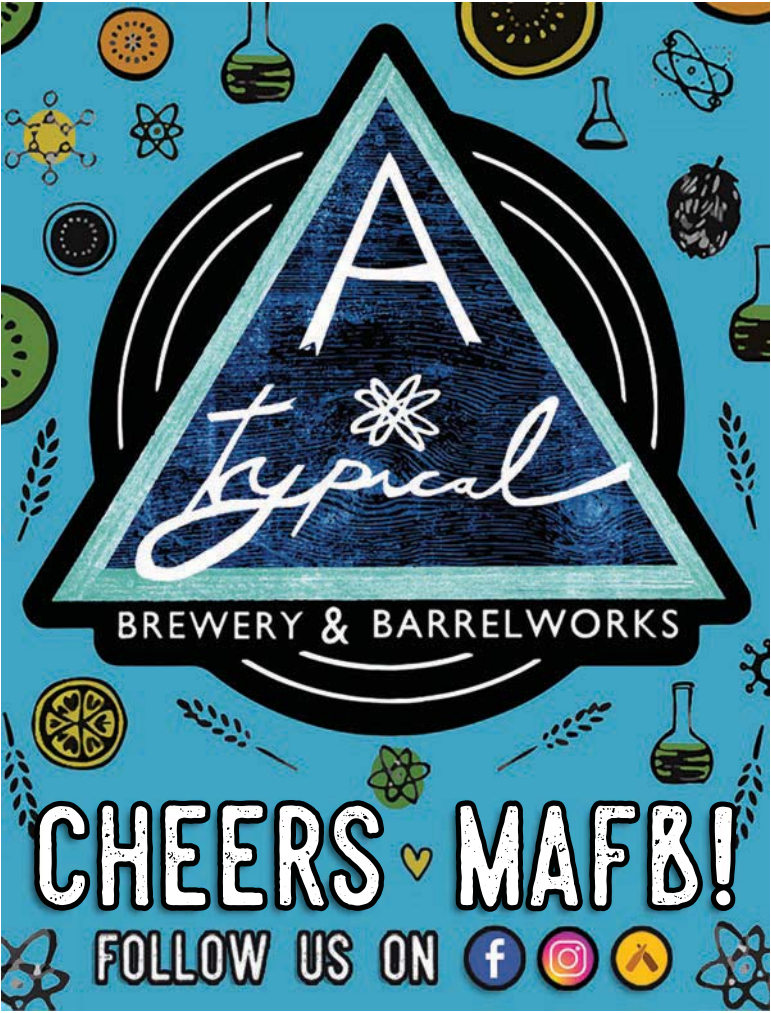


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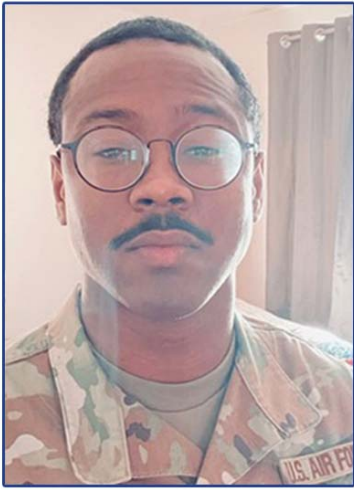
Capt Linda Rivera Matsuo



91ST OPERATIONS GROUP
Hometown: Brooklyn, New York
Capt Rivera Matsuo commissioned through Officer Training School and currently serves as the 91st Operations Group Standardization and Evaluation Chief of Programs. She is responsible for assessing the proficiency, currency, and training of the Minuteman III weapons system, and its operators. As the Unit Self-Assessment Manager, she liaisons with the 91st Missile Wing Inspection General Office to ensure, uphold, and enforce Group-wide compliance, readiness, and a diligent state of discipline. Her steadfast efforts culminated in her receipt of the 2024 Air & Space Forces Association Commander's Choice Award. When she isn't out operating the world's premiere combat-ready nuclear force, Linda enjoys horseback riding, ice skating, and swimming.

GAME SALUTE: FRIDAY, NOVEMBER 8

SSgt Shamar Young



5TH MEDICAL GROUP
Hometown: Oklahoma City, Oklahoma
Staff Sergeant Shamar Young has shown tremendous care and compassion to all our Airmen, patients that are AD or beneficiary. This past week he has come in early and stayed late each day to support both exercise and regular operations. Additionally, he oversaw all the lab augmentee staff and made sure all patients were taken care of and labs were drawn safely and appropriately for a time sensitive requirement. With his attention to detail, he caught mistakes by verifying identifiers on the handwritten labs and that prevented the patient from being re-drawn.

GAME SALUTE: SATURDAY, NOVEMBER 9

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



A B-52H Stratofortress assigned to the 96th Bomb Squadron from Barksdale Air Force Base, Louisiana, lands to participate in Exercise Global Thunder 25 (GT25) at Minot Air Force Base, North Dakota, Oct. 16, 2024. GT25 provides training opportunities for components, units and task forces to deter, and if necessary defeat, a military attack against the United States and to employ forces as directed by the President.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS WESLEY DAVIES



A U.S. Air Force UH-1N Iroquois assigned to the 54th Helicopter Squadron flies by the air traffic control tower during Exercise Global Thunder 25 (GT25) at Minot Air Force Base, North Dakota, Oct. 21, 2024. GT25 enhances integration and interoperability by enabling 5th Bomb Wing Airmen to build enduring relationships necessary to confront a broad range of global challenges.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS
ALYSSA BANKSTON



Airmen assigned to the 705th Munitions Squadron conduct convoy operations during Global Thunder 25 at Minot Air Force Base, North Dakota, Oct. 20, 2024. Global Thunder is an annual command and control exercise designed to train U.S. Strategic Command forces and assess joint operational readiness. This exercise is not a response to action by any nation or actors.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS
VINCENT PADILLA



A B-52H Stratofortress assigned to the 20th Bomb Squadron from Barksdale Air Force Base, Louisiana, taxis on the flight line towards take off, concluding Exercise Global Thunder 25 (GT25) at Minot Air Force Base, North Dakota, Oct. 24, 2024. GT25 enhances integration and interoperability by enabling 5th Bomb Wing Airmen to build enduring relationships necessary to confront a broad range of global challenges.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS
ALYSSA BANKSTON



Airman 1st Class Cassandra Magee, 5th Force Support Squadron food service specialist, prepares meals in the alert facility during Global Thunder 25 (GT25) at Minot Air Force Base, North Dakota, Oct. 20, 2024. GT25 provides training opportunities for components, units and task forces to deter and, if necessary, defeat a military attack against the United States and to employ forces as directed by the president.

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

Team Minot remains ready during Global Thunder 25

STAFF REPORT, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Global Thunder 25, the most recent iteration of U.S. Strategic Command’s annual field training and command and control exercise, concluded here Oct. 24. Global Thunder exercises are annual Department of Defense training opportunities designed to train forces and

assess joint operational readiness and are not held in response to current real-world events. GT25 provided training opportunities and exercise scenarios for all USSTRATCOM mission areas, with a specific focus on nuclear readiness.

Airmen and B-52H Stratofortresses assigned to the 2nd Bomb Wing at Barksdale

AFB, Louisiana, integrated with 5th Bomb Wing Airmen to assess their readiness on the installation while 91st Missile Wing personnel ran exercise scenarios at nearby missile alert facilities.

“Team Minot is composed of exceptional, mission-focused Airmen,” said Col. Jesse Lamarand, 5th BW commander.

“The 5th BW Warbirds in concert with the 2nd BW Strikers were incredible to watch during this exercise. The ability to credibly convey readiness and lethality is a key component to strategic deterrence, and GT25 allowed us to do so.”

During the exercise, personnel assigned to the 5th BW and 91st MW tested their ability to maintain a safe, secure, effective and ready strategic deterrent force by sustaining simulated alert operations for more than a week. Defenders, aircraft maintainers, aircrew, missileers, munitions specialists, airfield management personnel, food service specialists, and other mission essential personnel worked around the clock amid heightened security conditions to accomplish exercise objectives.

“I couldn’t be prouder of the effort the Roughrider Airmen

put in during Global Thunder. They are on watch 24/7/365 ensuring we’re available to provide combat capability and lethality that national leaders use to deter potential adversaries from considering an attack against the U.S. and our allies,” said Col. Jimmy Schlabach, 91st MW commander. “Flexing our full readiness capabilities to confront uncertainty during exercises like this ensures we maintain the effective and ready force necessary to safeguard global security and stability by identifying strengths in our force and ways for us to improve.” The training opportunities presented by GT25 enable 5th BW and 91st MW personnel to maintain a high state of readiness and proficiency, validating Team Minot’s always-ready global strike capability.



A B-52H Stratofortress assigned to the 69th Bomb Squadron takes flight during Global Thunder 25 at Minot Air Force Base, North Dakota, Oct. 24, 2024. U.S. Strategic Command forces are on watch 24 hours a day, seven days a week, conducting operations to deter and detect strategic attacks against the United States and our allies

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

NOTICE

Minot AFB, ND- Capt Deborah Tucker from the 5 Healthcare Operations Squadron has been appointed the Summary Court Officer (SCO) for the estate of **A1C ANIYAH BESS, 5 OPERATIONAL MEDICAL READINESS SQUADRON.**

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact Capt Deborah Tucker: Email: deborah.tucker.2@us.af.mil



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“We are fortunate Caleb had quick access to transfusions when he was a baby. It got him through frightening times,” Caleb’s father Chris said.



During this season of gratitude, we honor the profound impact donors have on patients in need. Donate Nov. 1-Dec. 1, 2024, and you’ll be automatically entered for a chance to win one of three \$10,000 gift cards. Now it’s our turn to make a difference in your life! Book your appointment today.



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A VIEW FROM
OUR SIDE

ROD WILSON



Do you remember? A year ago, we received over 15 inches of snow on the 25th through the 27th of October. There are certainly those who mark major weather events on a calendar. Snow in October is not a major, major weather event... except when we receive over 15 inches. So, let's talk about a North Dakota winter, and how it gets started. Right now, I am not so sure that I wouldn't welcome a couple of inches of snow. It has



Snowblowing the Wilson Driveway, the morning of October 27, 2023.



UPSIDE DOWN
UNDER

MARVIN BAKER

There's no doubt we're having a mild autumn thus far. How many times do we go into the second half of October with overnight temperatures remaining above freezing or just barely freezing? And daytime highs, on select days of course, have been "hot" for this time of year, especially when the sun is shining. We'll take it, right? We love an extended summer here on the northern Great Plains. But, there's one problem with this scenario. On sunny days we see box elder bugs plastered on the sides of our houses. It's the downside of having a mild fall. Some years the bugs are worse than others. You may have your own opinion, but it seems like this year is worse than recent years. Some people will argue that

been an extremely dry fall. I say that but looking at the ash tree in the back yard, it's still full of leaves. Normally by now we would have changed oil on the lawnmower and put it into storage. Taking its place would be the snowblower. It's usually a heck of a lot easier to check the oil, the belts and etc. on the old John Deere when it's above freezing. So, what's your point, Rod? The point is that last year we made a mad dash to get the snowblower out of storage before the 25th of October and we sighed a big round of relief that it was ready to go when Mother Nature dumped her 15 inches of winter wonder on the Magic City. Finally, after thinking about it, I remember that we got only 3 trick or treaters at my northwest Minot home in 2023. The most vivid memory was that little Cinderella, barely as tall as the snow drift by our step, took a tumble into the snow. So, she went from Cinderella to Elsa from

Frozen. She might have been covered in snow, but her major concern was keeping her candy filled pumpkin out of the snow. Which she did quite well. Off they went into the night. I had to laugh because the Mom quickly took her Cinderella slippers off at the end of our sidewalk and replace them with snow boots. The Dad removed the little tierra and pulled up the hood. Was a tough night for trick or treating. Well back to the snowstorm of October 2023. I was really happy that we made the decision to have the snowblower ready to go. Yeah, we do have short memories, and sometimes we don't believe that weather person on the local TV station. They have been wrong, you know. But this time they were not. We got slammed. The inches of snow piled up and soon the snow shovels were replaced by snow blowers for those who had them. We kept saying to ourselves that "this will be a long winter if this keeps up." Another common memory is the long laugh of the service center when you call and ask about switching to snow tires or replacing your current "good enough for summer by totally inadequate for winter" tires. "But hey, don't you remember me. Yeah Rod, the guy who gets his vehicle serviced their regularly?" And the answer is "Oh sure, but we service over 500 vehicles here regularly and you are number 299 of the list of people who called." Again, as very short memory of what it was like slipping and sliding my way down 16th street hoping that there isn't anyone stopped at the bottom. Or attempting to climb up 16th street, looking up and seeing a vehicle sliding back down the hill...Oh crap! What do I do now. Well now there are 2 of us sliding backwards down the hill. Finally, the snow lets up. The city gets out the snowplows and starts to clear every other street in the city except mine. I know that is how it looks, folks. But we have to keep the faith and

eventually our street will be plowed, and we'll have access to bread and milk once again. I think that a pure judge of the perceived severity of a winter storm is the empty bread aisle at every supermarket in town. And finally, after we have the situation under control I run into my friend Curt. Now Curt has one of those Bobcat things. I swear to God that he and his grandson pray for snow so that they can go out and play. On this particular day Curt seems concerned about whether we got our driveway shoveled or not. He was just kidding. In the next breath he tells me about how warm it got in the Bobcat. He had to take off his jacket. And his pour grandson was sweating. Curt is truly a dear friend, most days, but today I just kind of look at him and change the subject. Later I think about letting the air out of his Bobcat tires. Again, a bit of a short memory on my part as Curt did drive his Bobcat to my house and clean out my driveway one time. Looking ahead at the forecast I see only typical October/ November weather. No major Colorado lows on the horizon. I am OK with typical North Dakota weather, and really folks, that does include the occasional snowstorm or cold weather snap. And as always, a bit of a short memory will help us get through the worst.

BEST KEPT SECRETS
The Festival of Trees is a great event. November 22nd & 23rd at the State Fair Center. Check out their Facebook page, Festival Of Trees for more details.

I haven't seen the show yet, but I can hardly wait for the Mouse River Players production of Cinderella. Sounds like a great family event. Tickets available at mouseriverplayers.com.

TODAY'S CHUCKLE
It's best to forgive and forget... as long as you don't forget what you've forgiven.

Annoying and creepy...

box elder bugs are harmless.... and they are. Unfortunately, they are quite annoying and if you take a close look at them, creepy. They are attracted to box elder and maple trees, as you might imagine. So, if you take away their habitat, you'll get rid of the bugs, right? I don't think so! I recently visited someone whose yard only has evergreen trees surrounded by farmland and the side of their house looked like a scene from a Vincent Price movie. But it is true these bugs, sometimes called maple bugs, feed on the trees and the leaves. If you remove the leaves, it won't get rid of them, but will most likely reduce the population on your property. Box elder bugs never used to be a bother to me until one day one landed in a cup of coffee I was holding. That did it and since that time, I've used numerous means to get them out of the house and off the property. There are all kinds of ways to declare war on these bugs. According to Cornell University, pyrethrin pesticides are among the best ways to stop the bugs. Keep in mind, chemicals can be

expensive, but seem to work long term. If you don't want to use chemicals, there are some home remedies. Most notable is a cocktail of Dawn dish soap, vinegar and water. One part soap, one part vinegar and the rest water will surely stop the bugs you are seeing. This concoction will kill them on contact, but not the ones hiding under foliage. Straight vinegar also works well, especially when it's concentrated. If you're using regular household vinegar, you're wasting time and money. Household vinegar is rated at 5 percent acetic acid and cleaning vinegar has 6 percent acetic acid. There are much higher percentages available, such as 30 percent acetic acid. Mac's Hardware and Home Depot both carry the 30 percent in gallon jugs. It's sold as a cleanser and it works really well for that purpose, but it also works quickly to take out the box elder bugs. However, not seeing the results I've wanted, I went online and found a 45 percent version of acetic acid. This is nearly half acid and it is quite powerful. If

you use it on bare skin, it will cause chemical burns. It fried two layers of skin on one of my fingers from spraying it on the bugs. The good news is, there are no longer a lot of little dark spots on the south side of my house on sunny days after using the soap/water/45 percent vinegar solution. Box elder bugs aren't harmful in nature. They don't bite, they don't carry disease, but because winter is coming, they're looking for shelter, meaning they're going to try to get into your house or garage. And if you think a hard frost will knock them out, guess again. As long as we have nights in the upper 20s and daytime highs in the 60s and 70s with sunshine, we'll continue to see these creepy creatures. Have you ever had one land on a plate of food in front of you, crawl around on your neck or find one crawling on or in your bed? Makes you want to wish for winter so that kind of thing doesn't happen since consistent cold will certainly stop them.

Election will help decide our future path

It's time to vote. Well, almost. Election Day is Nov. 5. Voting in Minot will be held at the Ward County Administration Building (225 3rd St SE), The Armory at the Minot Municipal Auditorium (420 3rd Ave SW), and the State Fair Center (2005 Burdick Expressway East) from 7 a.m. to 7 p.m.

There are important choices to make locally, at the state level, and at the national level. Voters will decide the fate of six statewide measures, choose who occupies empty seats on the Ward County Commission, who will be our next governor and lieutenant governor, superintendent of public instruction, treasurer, state auditor, insurance commissioner, and public service commissioner.

As voters, we also have the opportunity to decide winners in local legislative races, and who represents us in Washington, D.C., as our U.S. senator and U.S. House of Representative. And, of course, we will choose the next president of the United States.

Our right to vote is as fundamental as it gets; we must never take it lightly or take it for granted. Looking around the world at other countries where citizens aren't allowed this freedom should make us realize the importance of this basic building block of our government.

It doesn't matter which side of the political aisle you sit on – what's important is that you exercise your right to vote. The system only works if citizens use their power at the ballot box. Don't let anyone tell you that your vote doesn't matter; it's simply not true.

I've said this before, but it's worth mentioning again as the election draws near:

Educate yourself on the candidates and the issues on the ballot. Read information about candidates. Review their voting records. Listen to their positions on issues that are important to you. If you see them at events around Minot, ask them questions. Be an informed voter.

Vote. The polls in Minot are open from 7 a.m. to 7 p.m. and early voting is taking place right

now, so hopefully that gives everyone time to get to one of the polling locations. It's vital to the future of our community, our state, and our nation that our citizens make their voices heard through their votes.

How we all exercise our right to vote has a direct impact on our daily lives. The Ward County Commission makes decisions that have potentially long-lasting effects on the residents of Ward County, including all of us in Minot. Who we choose to represent us as members of the North Dakota Legislature and who fills seats in statewide offices certainly makes a difference to every resident of our state.

On Nov. 5, or with early voting before that day, I challenge all



DEAR MINOT
TOM ROSS, MAYOR
CITY OF MINOT

of us to fulfill our responsibility as eligible voters. Exercise your right to vote in a free election. Be part of the process.

Not to be dramatic, but we should all remember that at least part of our future path depends on the election results at every level. See you at the polls.

You can find more about what's happening at the City of Minot at minotnd.org, or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

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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.

GT25 CIVIC LEADER VISIT
Civic Leader visit during Global Thunder 25 on Oct. 24, 2024.

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ASSESSING ACCESS

Patricia Stockdill

For years the cell phone was purposely left at home. Hunting was quiet time away from my office, landline, cell phone, printer, and anything connecting me with technology. It was time with my dog, family, friends, reflection, and the outdoors. Over time that gradually changed; not because I became totally connected to my phone and the world but more so for safety - the realization that communications in the event of something unpleasant happening was important. In recent years, though, that phone means more than safety. It's finding a place to hunt in a state with more than 90 percent privately owned land. North Dakota is one of the few states – if not the only one - in the country where private land is open to hunting access unless posted closed. Gov. Doug Burgum signed a bill in 2021 making North Dakota the first in the nation to allow landowners or their representative to post private property electronically. My phone is more than a safety net; it's now an absolute necessity. It's always good to plan a hunt and hunt that plan: Know where you're going, tell someone where you're going (again, for safety), know if the land is private or public, and it's courteous to ask for unposted private land access in advance when possible. In other words, it was always wise for hunters to do their homework before going afield. Now it's an absolute necessity. You see, even though most people consider the state to be relatively flat, void of many physical features limiting wireless reception, that's not always the case. Nor is everything in close proximity to modern technology. In other words, wireless reception isn't a guarantee across North Dakota. While there are maps and oodles of information about hunting, access, and what can and can't be done the key is to get that information before loading firearms, shells, hunting gear, and heading out into the Great North Dakota Outdoors. It's not always a quick matter of finding accessible land – public or private - on one's phone unless done in advance...downloaded and saved so the vast array of information can be accessed offline. The best resource, thankfully, is the N.D. Game and Fish Department, the agency charged with implementing and managing the electronic posting system. Go to the Game and Fish Department website, (gf.nd.gov). Because the state is in the heart of its multitude of hunting seasons, the link is smack dab front and center on its home page: "Understanding Land Access in North Dakota". Clicking the link goes to the "Where to Hunt" page, opening a near head-spinning wealth of information. Yet in only two sentences it explains public and private lands and access. Then it gets into details: It explains the North Dakota Hunting Atlas, which is basically the PLOTS (Public Land Open To Sportsmen) guide indicating PLOTS-enrolled private land, public land, electronically posted private land, species information, and more. Scroll down and "Private Lands" explains nuances of hunting on private land. Off to the right of that several links unlock the mystery of the state's public lands, including links to Game and Fish Department Wildlife Management Area regulations and locations and state and federal agency links - U.S. Forest Service Dakota Prairie Grasslands office, Bureau of Reclamation, N.D. State Trust Lands, N.D. Forest Service, etc. Lands managed by public agencies are color-coded in the Hunting Atlas. Equally important is "Identifying Posted Lands" - information about other resources to help identify public and private lands. It provides links to free downloadable mapping apps from Apple App or Google Play stores: Avenza-Geospatial PDF (doesn't need wireless service to work) and ArcGIS Field Maps (needs wireless service to work in the field). And just an FYI - a lot of other free Game and Fish Department maps are available to download from Avenza - search "ndgf" when exploring the store. There are links to the subscription map service OnX Hunt (download desired map layers first and then wireless service isn't needed). Also, customized Hunting Atlas hard copy map pages can be downloaded and printed. One thing of note, though, is private land posted closed with physical signs isn't listed or illustrated on any maps. Hunters need to determine prior to accessing private land if it's physically or electronically posted. In other words, do your homework. And carry your phone.



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November Squadron of the Month

5th Healthcare Operations Squadron



The 5th Bomb Wing Command Team would like to congratulate the 5th Healthcare Operations Squadron on being selected as the November Squadron of the Month!

The 5th Healthcare Operations Squadron (5 HCOS) supports the 5th Bomb Wing and the 91st Missile Wing by hosting Pediatric and Family Health dependent care as well as Women's Health specialty care to include, all ancillary care (labs, rads, vaccines, medications, etc.) serving our 11.8K patient population. 5 HCOS is also responsible for maintaining the facility, supply accounts, Information Technology, as well as managing the MDG's budget and personnel authorizations.

The immunizations clinic is currently preparing for mass flu lines and will coordinate with commanders as supplies arrive to meet the DoD target goal of 15 January. To ease the burden of Cold and Flu season, the Pharmacy is now offering a Cough and Cold Over the Counter Program. Patients who are assigned an MTF provider, not on PRAP or FLY status, and over the age of 6 can present to the Pharmacy window to see if they meet qualifications for this care. As a reminder, all supervisors have the authority to issue 24-hour quarters to their members! The 5th Healthcare Operations squadron is dedicated to providing the best care to Minot AFB!



Immunizations: TSgt Elbo, Allergy and Immunization Lab: SSgt Young and SrA Vales, Medical Laboratory Technician. SrA Sanchez and A1C Leon-Perez, Aerospace Technicians Medical Specialists



Logistics: A1C Boadi and Amn Lappe, Medical Logistics



Pharmacy: SSgt Anderson, Pharmacy Technician



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Major MacKenzie R. Paul Grew Up In Bismarck

ROD WILSON, NORTHERN SENTRY

Hello, I’m Mac, and with a smile that filled the room I met Maj. MacKenzie R. Paul, a pilot with the 54th Helo Squadron at Minot Air Force Base. Did she really fly helicopters when she was 3? There’s an air of confidence that makes you believe that yes, indeed, if it were possible Mac would get it done...” Being a helicopter pilot has been a dream forever. We have videos of me at age 3 saying I want to be a helicopter pilot, or a firefighter, which is still a goal, but helicopter pilot has been the dream for as long as I know” according to Maj MacKenzie.

The journey to becoming a pilot with the 54th started immediately after she graduated in 2011 from Bismarck High School. “I went to the Air Force Academy, I graduated from the Air Force Academy in 2015, then went to pilot training advanced in Oklahoma, and helicopter training at Fort Rucker Alabama, Huey training in New Mexico. I was at DC for my first assignment, and now I’m here (Minot AFB)” says MacKenzie.

Question? They still fly Huey’s in DC? “Yeah they do” shares MacKenzie “they’re painted blue with a stripe...they look really nice.”

MacKenzie relates that her day “kinda changes according to what we are doing that day. On days that we are flying we show up, do some mission planning and a brief. Then we go fly. Our mission? We are security for the missiles and security for the base.” Together we had a laugh when I related to Maj. MacKenzie that my wife and I were parked near the base looking for the well-advertised comet that was supposed to be in the western sky. When I related to her that we hadn’t seen the comet but had actually watched a Huey

flying near the base she smiled and said, “even better.”

The job of the 54th Helo squadron is varied. “We do security for the convoys, and we do security for all of the missiles that are in the ground, too. Sometimes it looks like we may be flying around doing nothing, but we’re securing the missile field and making sure nothing crazy is going on out there.”

Maj MacKenzie flies 3-4 times a week. “It’s fun, definitely fun. There are times when we are out of the aircraft for a while, and we definitely miss it” according to MacKenzie. Has she flown any celebrities as a pilot? “There was a lot of that in DC, but really no celebrities yet here (in Minot).”

In a Huey the right seat is the commander, and the left seat is the co-commander. Pilots do a lot of training so they may end up being in the left seat as part of the training.

And staffing, are there enough helicopter pilots? “Well, we don’t have a shortage of helicopter pilots for sure.”

What is the timeline to becoming a helicopter pilot. “Well, you are in pilot training for about two and one half years, and then you are a co-pilot for a year at your first assignment until you become an aircraft commander” says MacKenzie.

In the future MacKenzie can see both her, and her husband, also a 54th Squadron helicopter pilot, returning to the pilot training center in New Mexico, or have a chance at a different flying mission like the new Grey Wolf that will be arriving at Minot Air Force Base.

But there are some caveats to that plan. “I love flying the Huey. It makes that distinctive sound, and you are in complete control flying without an autopilot. There

are positive and negatives (to flying a new aircraft). If I went to the Grey Wolf it would be cool, but I’ll always miss the Huey” MacKenzie shares.

And the Huey’s that you fly today. Is there much difference from the ones that flew in Viet Nam? “Not much actually” according to MacKenzie “we have a new GPS system that they obviously didn’t have in Viet Nam, but some of the tails (aircraft slang for aircraft) we have here actually flew in Viet Nam.”

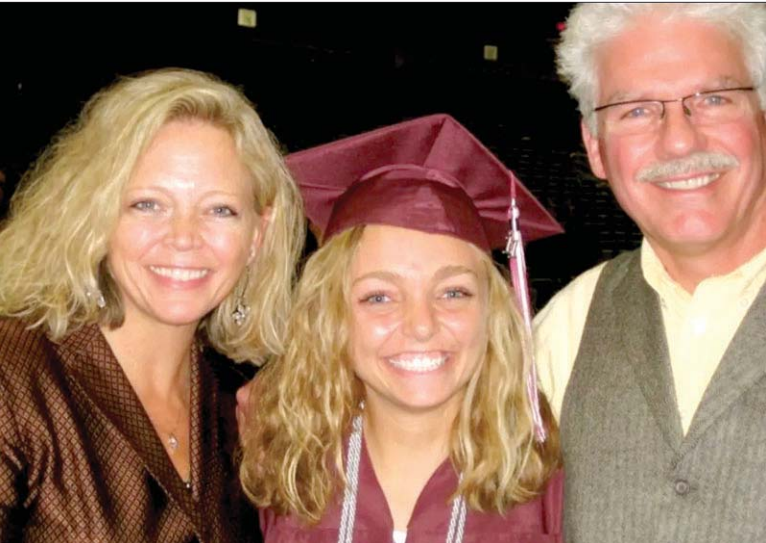
New to Minot Air Force Base will be the large building under construction that will be the home of the 54th Helo Squadron “and the cops that we work with” says MacKenzie “it will be so nice to be in the same building.”

For Mac, this is where she wants to be “I’m happy to be where I am right now.”

For Major MacKenzie R. Paul, the dream to be a helicopter pilot has come true, and as they say, “she’s living the dream.”



Maj. Mackenzie Paul stands next to one of the 54th Helo Squadron Hueys.



MacKenzie and her parents. Paul is a graduate of Bismarck High School.



A UH-1, Huey helicopter. A common sight in the air around Minot.

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Pilot program to cover certain child care costs after permanent change of station move

C. TODD LOPEZ, DOD NEWS

WASHINGTON (AFNS) -- This week the Department of Defense kicks off a three-year pilot program meant to reimburse service members up to \$1,500 for travel-related expenses incurred for a temporary child care provider following a permanent change of station move.

When an active duty service member makes a permanent change of station move to a new duty location and finds that child care at the local child development center won't be available within 30 days of their report date, they can hire their own provider, typically a relative or family friend, and then later file for reimbursement of transportation-related expenses.

The process begins with a service member visiting the military child care website to apply for child care at their new duty location, said Christopher Woods, chief of the policy branch within the Defense Travel Management Office.

"If the scheduling shows that care could not be provided within 30 days of the member's report date, then the member would become eligible to bring a child care provider to their permanent duty station to look after the child while the member reports to work and their spouse begins to do all those things like unpacking or finding their next job," Woods said.

The military child care website is the DOD's official tool to sign up for child care. When the program begins in October, the website will provide instructions to affected service members and generate the necessary forms that allow service members to obtain the needed child care.

"What would happen at that point is the member takes that documentation that they have from MilitaryChildCare.com ... and they begin to coordinate with their local travel office to treat that child care provider much like they would treat a dependent to begin to make the commercial travel reservations," he said.

Reimbursement is limited to commercial transportation expenses, including flights, rail tickets, transportation to or from an airport and an en route and departure rental car. Reimbursement for privately owned vehicle mileage is not authorized, while reimbursement



Lenese Rogers reads a story to a group of children at a child development center on Peterson Space Force Base, Colo., Nov. 9, 2023.

U.S. SPACE FORCE PHOTO | AIRMAN 1ST CLASS JUSTIN TODD

for fuel used in a privately owned vehicle is.

For a permanent change of station move between locations within the continental United States, reimbursement is limited to \$500. For a move to or from a duty station outside the continental United States, the reimbursement is limited to \$1,500.

Typically, a child care provider in these situations would be a relative or family friend, Woods said. But it could also be an au pair, for instance. But Woods also said that reimbursement is for transportation only - both at the start of the period needed for child care and at the end, to send the child care provider home. There is no reimbursement to pay a child care provider a salary or to provide for room and board.

As part of the program, only one child care provider is authorized per military family, and only one service member in a military-to-military couple can request reimbursement.

The pilot program, which lasts three years and runs Oct. 1, 2024, through Sept. 30, 2027, comes after direction by Congress in the 2023 National Defense Authorization Act, Woods said.

While the program is active, said Heidi E. Welch, the associate director for child and

youth programs operations, it's expected to relieve a burden on military families.

"Coming from the child care perspective, this is going to help families, so they have less strain," Welch said. "PCSing is a challenge and it's very difficult. I think this is going to relieve some of the strain and burden that families have as they're making those PCS transitions."

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GREG CHADWICK, AIR FORCE MATERIEL COMMAND HEALTH AND WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio --

Concerned about catching the flu? We are all at risk for getting and spreading the flu.

There are many circumstances you and your family can be exposed to the flu virus. School, daycare, travel, work, and public places like stores, restaurants, airports, and fitness centers are germ-charged environments that facilitate the spread of flu.

In the U.S., flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February.

Learn how to protect yourself from seasonal flu.

HOW DOES FLU MAKE YOU SICK?

Flu is a contagious respiratory illness caused by influenza viruses. When people with the flu cough or sneeze, you can inhale droplets that contain flu viruses. The viruses infect your cells and make copies of themselves. Flu virus infection triggers inflammation in your body, which produces flu symptoms. Severe inflammation can cause lung damage and other serious problems. Your body’s immune system responds by sending proteins called antibodies to fight the infection. Some people experience serious flu complications that can lead to hospitalization and even death.

WHAT ARE SYMPTOMS OF FLU?

- Fever.
- Chills and sweats.
- Muscle or body aches.
- Cough.
- Headache.
- Sore Throat.
- Runny or stuffy nose.
- Tiredness or feeling run down.
- Eye pain.

You may not have all these symptoms.

WHAT SHOULD YOU DO IF YOU GET FLU?

Flu symptoms usually come on suddenly and are worse than the common cold. Flu spreads easily from person to person, so if you have flu-like symptoms stay home except to get medical care. Cover your coughs and sneezes with tissues and clean your hands with soap and water or an alcohol-based hand rub. Most people can manage flu symptoms at home and recover in a few days to less than two weeks, but some people will develop complications, like pneumonia, which can be life-threatening. Because flu can cause severe illness, it’s important to keep an eye on your symptoms and get medical attention if you need it. This is especially important if you have an underlying health condition.

WHEN SHOULD I GO TO THE EMERGENCY ROOM OR SEEK IMMEDIATE MEDICAL ATTENTION?

Go to the ER or seek immediate medical attention if you have symptoms of severe illness, including:

- High fever (over 103 °F/40 °C).
- Difficulty breathing.
- Not urinating or urinating very little.
- Pain in your chest or stomach (abdomen) that doesn’t go away.
- Persistent dizziness.
- Confusion.
- Severe muscle pain or weakness.
- Seizures.
- Bluish skin, lips or nails (cyanosis, which can be a sign of low oxygen levels in your blood or tissues).
- Fever or cough that gets better or goes away but then gets worse.
- Worsening of other health

conditions.

WHAT SHOULD I DO WHEN SOMEONE IS SICK?

Choose only one caregiver to take care of sick family members.

Keep the person with flu in a separate sick room if you can. Limit visitors other than the caregiver.

If the sick person must leave the room, ask them to wear a facemask or use a tissue to cover coughs and sneezes.

Keep the air clean. Open a window in the sick room or use a fan to keep fresh air flowing.

Clean the sick room each day.

Wash laundry with normal laundry soap and dry on a hot setting. Keep dirty laundry away from your face and body. Wash your hands right after touching dirty laundry.

It’s ok to wash the sick person’s bedding or clothes with other people’s laundry.

Wash the sick person’s dishes with normal dish soap or place in the dishwasher.

When can I go back to work/school?

To avoid spreading the flu to others, you shouldn’t go back to work or school until it has been at least 24 hours since you have had a fever (without taking fever-reducing medications). Your employer or school may have different requirements for returning.

HOW DO I KNOW IF I HAVE THE FLU OR COVID-19?

Since they have similar symptoms, the only way to know for sure if you have the flu or COVID-19 is to get tested. They both have a risk of serious illness. But different viruses cause these infections, and providers treat them with different medications.

HOW CAN I PREVENT THE FLU?

“The best way to prevent the flu is to get an annual flu vaccine,” said Lt. Col. Dan Anderson, AFMC Command Public Health Officer. “While the immunization does not completely protect one from catching the flu, it will reduce the severity and duration of illness. In addition to speeding one’s recovery, this also minimizes the amount of time one is infectious and helps protect our friends and loved ones. The Centers for Disease Control and Prevention utilizes many data sources, including DoD surveillance, to recommend which specific influenza viruses are included in annual flu vaccines based upon the viruses most likely to circulate during the upcoming flu season.”

Anderson advises to speak with your medical provider if you have questions, are pregnant or have other underlying health conditions, and get the flu vaccine before the holidays to strengthen immunity in time to celebrate with your coworkers and family. Getting a flu vaccination in early allows for adequate time to develop enough antibodies, which can take up to two weeks, to provide protection throughout the flu season.

WHERE CAN I GET A FLU VACCINE?

Influenza vaccinations for all military members are a mandatory requirement, and available through each installation’s Medical Treatment Facility (MTF) or at any participating TRICARE eligible pharmacies. To ensure records are updated accordingly, military members must provide their servicing MTF documentation of any vaccination not administered and recorded by a MTF.

TRICARE beneficiaries are also eligible for flu shots through immunization clinics on base, or

at no cost at TRICARE eligible pharmacies. For the civilian workforce, all Federal Employee Health Benefit plans cover flu shots at no cost for members and are available at local retail pharmacies.

You can find a flu vaccine location through vaccines.gov.

Go to: <https://www.vaccines.gov/>
-Select “Find Flu Vaccines” at the top of the page

-Enter your 5-digit zip code
-Check your “Vaccine Options”
-Select “Search for Flu Vaccines” to find a preferred location
(Click on the location for further details and contact information)

In addition to getting the flu vaccine, there are many everyday preventive measures which can reduce your risk of getting the flu and other respiratory infections. These actions include:

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk.

Avoid being around other people when you or they are sick with the flu or other infectious diseases.

If you become ill, get tested! This can rule-in or rule-out other respiratory viruses such as COVID, pneumonia or Respiratory Syncytial Virus (RSV).

Clean and disinfect frequently touched surfaces and objects that may be contaminated with viruses that cause the flu at home and work.

Avoid large crowds. If you are able to limit contact with people during flu season, you can reduce your risk of getting an infection.

Strengthen your immune system. A strong immune system helps your body fight off infections. To build your immunity, sleep at least 7-9 hours per night. Also, maintain a regular physical activity routine-at least 30 minutes, three times a week. In addition, follow a healthy, nutrient-rich eating plan. Limit sugar, junk foods, and fatty foods. Instead, eat a variety of fruits and vegetables, which are full of vitamins and antioxidants, to promote good health.

Extensive seasonal flu resources are made available from the Centers for Disease Control and Prevention.



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Eastern Star - 1st and 3rd Tuesdays at 7:00PM
Prince Hall - 2nd Saturday at 9:00AM

Minot Defender trades firearms for keyboards

TRINITY BEVERLY, AIR FORCE GLOBAL STRIKE COMMAND

Air Force Global Strike Command welcomed a security forces Airman as a member of their newest class of the Striker Airman Coders program at the Cyber Innovation Center in Bossier City, Louisiana.

This new classmate is Staff Sgt. Chanel Jones, assistant non-commissioned officer in charge of Security Forces Training within the 791st Missile Security Forces Squadron at Minot Air Force Base, North Dakota. She passed multiple aptitude tests and was recommended by her commander for the program.

"I felt a surge of excitement," Jones said about her selection for the program. "It is an incredible opportunity, and I was proud to take on the challenge."

Once selected for the online program, she started with a two-month coding boot camp that inundated participants with a firehose of data analysis and software engineering techniques. Designed by the AFGSC Office

of the Chief Scientist's innovation arm, STRIKEWERX, the SAC program trains Airmen in coding, app development, data analysis, and software solutions for real-world application. The goal is to develop Airmen with technical problem-solving capabilities, and to bring those skills back to their units.

"You don't get this opportunity multiple times in the Air Force," said Jones. "Realistically, people make a lot of money outside of the Air Force doing this exact thing, so why wouldn't you want this in your toolbox?"

The program is conducted in collaboration with the Cyber Innovation Center and industry partners, giving Airmen hands-on experience in practical, real-world software development while contributing to mission-critical needs.

The Data Analysis section of the SAC program invites only a small number of participants – Staff Sgt. Jones is one of only

seven to participate from across AFGSC.

Many of the participants are not in the cyber career field. With their new experiences in coding and program analysis, they will be able to bring a new skillset back with them when they return to their duty stations.

Jones' interest in coding was sparked by the sight of genius superheroes on the silver screen – in particular the 2008 movie Iron Man, featuring Robert Downey Jr. as the eponymous hero who built and coded his own arsenal of crime-fighting tech.

She recalled how she felt when the main character Tony Stark designed and built his first robotic suit to escape captivity, saying, "He was just-- literally a genius."

Jones joined a robotics program in high school that participated in an annual robotics competition after watching the second iteration of the superhero movie franchise.

From 2008-2011, her team won multiple awards, including first place in the region and two awards from a leading electronics developer and manufacturer.

From producing marble sorters to robots that could give high-fives, Jones immersed herself in the engineering world around her.

"High-School-[me] was very proud of that," Jones said. "You couldn't tell me I wasn't going to be an engineer."



Striker Airmen participating in Air Force Global Strike Command's Striker Airmen Coder program pose for a photo together at the Cyber Innovation Center in Bossier City, Louisiana, on October 16, 2024. Designed by the AFGSC Office of the Chief Scientist's innovation arm, STRIKEWERX, the Striker Airmen Coder program is conducted in collaboration with the Cyber Innovation Center and industry partners to train Airmen in coding, app development, data analysis, and software solutions, with the goal of giving Airmen hands-on experience in practical, real-world software development while contributing to mission-critical needs.

Unfortunately, Jones was unable to immediately pursue an engineering path after high school, citing the high prices of engineering degree programs.

Instead, directly after graduating high school, Jones followed her second calling, pursuing a career within Air Force Security Forces. Although she was not in a cyber career field, Jones was still able to pursue her first passion through the education she was able to obtain as an Air Force member.

This year Jones obtained a master's degree in cybersecurity. Soon after, she was one of the seven Airmen selected to participate in the SAC Data Analysis program and was able to continue advancing her skills in the field that she loves.

With a little over a month

left to go in the program, Jones has already begun working on creating an innovative technological solution to streamline processes and improve efficiency in maintenance units.

As she continues through the program, Jones' hard work and dedication does not go unnoticed by her leadership and fellow Airmen.

"Staff Sgt. Jones inspires through her passion and dedication," said Maj. Erik Olson, 791st MSFS Commander. "Her impact on her fellow Airmen extends far beyond instruction, and the advanced knowledge she's gaining will further elevate her impact on the mission."

For more information about the Striker Airman Coder Program visit www.strikerwerx.com



Airmen from various units belonging to Air Force Global Strike Command collaborate during the Striker Airmen Coder program at the Cyber Innovation Center in Bossier City, Louisiana, on September 26, 2024. Designed by the AFGSC Office of the Chief Scientist's innovation arm, STRIKEWERX, the Striker Airmen Coder program is conducted in collaboration with the Cyber Innovation Center and industry partners to train Airmen in coding, app development, data analysis, and software solutions, with the goal of giving Airmen hands-on experience in practical, real-world software development while contributing to mission-critical needs.

U.S. AIR FORCE PHOTOS | SEAN GREEN, STRIKEWERX



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- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

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Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

- **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.
- **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to

perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

- **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.
 - **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.
- Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.



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- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



Let's Eat Team Minot!

HANNAH WATERS, NORTHERN SENTRY

Whether it's lunch, breakfast, or dinner, Minot AFB has a wide variety of food options available. Between the chain fast food restaurants and the base originals, MAFB has something for everyone.

What makes each morning worth the chilly drive to work? Coffee! MAFB has not one, but two places where that steamy cup of joe can warm your belly and your attitude. B-52 Brew is one of the fantastic options open to the base community. It's located across from the Post Office, and they're open from 6am to 1pm on weekdays. B-52 has specialty coffee, but also Red-Bull Burners. Boba tea just became an option at B-52. Create your own drink! You can mix the flavor and then inclusions like Cherry Blossom or Brown Sugar. Central Brew, on the other hand, is locally owned and provides a special flair to all their beverages. They're in the Turf parking lot and are open from 5:30am to 1pm on weekdays. They usually offer all the seasonal flavors for each holiday too like pumpkin spice.

The Base Exchange has recently made a few changes to their restaurant storefronts. Son of a Brunch has been replaced by Anatolia Grill, a Turkish restaurant that has a mouth-watering Lamb Gyro. They are open for lunch Monday-Friday 10am-2pm. To stick with a classic military bite, try Popeyes, Subway, Charlies Philly Cheesesteak, or Taco Bell, also located in the BX. All these restaurants inside the BX have different hours, but all are open for lunch during weekdays.

Feeling hungry, but not in the mood to be seen in public? Here are your options for filling your tummy without having your neighbor see you on laundry day. Burger King is a great option for a day like this. They are open for both dine-in and drive-thru options. Their hours are 7am-6:30pm Monday-Friday, and 11am-5pm Saturday-Sunday. Even Papa Johns will deliver

straight to the house with fresh out the oven pizza, even in the most frigid temperatures.

MAFB also has some great original restaurants. The Bomber Bistro, which is attached to the B-52 Brew, closes at 2 pm every weekday; however, they are also open on Saturday from 10:30am until 4pm. Parents, did you know that the Bomber Bistro not only serves food, but also is in the same building as Little Riders, the indoor play place for kiddos. You can grab a snack and let the kids run! Located right across the parking lot is Rocker's Bar and Grill. Recently, the hours of operation have changed to 10:30am to 2pm daily. But, Rockers is also open for a late-night grub and drinks at their bar from 4 to at least 10pm, 12am on Fridays. One Airman had some great things to say about Rocker's. Airman First Class Carson Bethany from the 5th Maintenance Squadron said, "Rocker's has a great food selection. Everything is always seasoned, and you can count of it always being good food." One of the unique qualities about the Bomber Bistro and Rocker's Bar and Grill is that dorm Airman can use their meals cards in place of cash or credit.

Lastly, Minot has two Dining Facilities, The Dakota Inn and the Fly By inn. Not widely known, but ALL of the base community is welcome to eat at the DEFAC during their hours. The great thing about the DEFAC is how cheap it is! You can get an entire meal for less than \$10, which includes one of their delicious desserts. The Dakota Inn is located right across from the Security Forces Building on Missile Ave, and they are open for breakfast 6am to 9am, lunch from 10:30am to 1:30pm, and dinner from 4:30pm to 6:30pm. There is always an assortment of pizza and grab-in-go options for anyone in a hurry, but they also provide an array of specialty meals that are cooked to order. Weekend hours offer a 7:30am open time. The Fly By Inn, on



AIC Carson Bethany 5th MXS, Left, and AIC Conner Reitmeyer 5th MXS, Right, enjoying dinner at Rocker's Bar and Grill.

the other hand, is located right in front of the flight line on Fighter Dr. Their hours are the same as the Dakota Inn except for they offer a midnight meal from 11pm to 1:30am Sunday

through Thursday. The Fly-By Inn is just as it sounds, in and out. They do not have a dine-in options, but the kiosk is open to all MAFB patrons, and the food is consistently delicious with the

same cheap prices as the Dakota Inn Dining Facility.

With all the amazing options to choose from, MAFB keeps all Airmen, families, and visitors full and happy. Happy eating!



Airman Kevin Moon 5th SFS, Left, AIC Chrismary Santiago 5th SFS, Right, eating Taco Bell at the Base Exchange.

HANNAH WATERS PHOTOS



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Chief Halloween Porch Wars

ERIN BEENE, NORTHERN SENTRY

The Halloween spirit is alive and well on Minot AFB. Last week a bunch of the Chief Master Sergeants and their families participated in what was known as the “Halloween Porch Wars” in the houses on “Chief Circle”, which is located near the northwest side of MAFB housing along Sirocco Dr.

The spooky decoration contest was organized and set up a month ago by Chief Master Sergeant Meghan Harper and her spouse, Terra. They encouraged all the Chief families to participate in decorating their house porch in scary, unique and awesome ways. On Friday, October 25, each porch and family costume was judged and scored. Participant Rebecca Wang said, “All of the Chiefs participated! It has been so fun to see the neighborhood every night!”

After the judging commenced, the families gathered together for a Halloween party and big winner reveal at the Harper’s house on Saturday, October 26th. Trophies were handed out for over-all best porch design and best costumes.

Rebecca commented on the night saying, “Before announcing the winner they did a slide show of all the porches. We all hung out. It was an amazing night with the best company. We’re blessed to be surrounded by a wonderful group of chiefs on this base! We are a tight-knit community and are looking forward to doing a similar event for the best Christmas decorations!”

The night’s big winner, who wishes to remain anonymous, said the best part of the night was “Being able to hear the gasps and giggles when people walk-by or when trick or treating brings fun and positivity to Minot’s friends and family.” Kids and adults alike enjoyed this festive twist on the Halloween holiday. Eight year old participant, Waylon Cooper said, “Decorating and all the decorations were so great I don’t even care if we win”

The family-like bond that forms within neighbors at Minot AFB is just one of the many unique aspects to living here.



CMSgt Meghan Harper and her spouse, Terra organized the event giving everyone a month’s notice too.



CMSgt (Ret) Richie Bennet and spouse CMSgt Tabitha Bennett.



Chief Halloween Porch Wars was a huge hit!



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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

T	A	S	K	M	A	S	T	E	R		O	A	R	S
O	C	C	L	U	S	I	O	N	S		P	L	O	P
K	H	R	U	S	H	C	H	E	V		E	T	A	L
L	E	I	G	H			E	M	P	A	N	A	D	A
A	B	B	E		S	W	A	Y	E	D		M	R	T
S	E	E		C	A	R	R		D	O	T	O	A	T
			L	O	L	I	T	A		N	O	N	C	E
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S	E	R	A		M	Y	G	O	O	D	N	E	S	S

SUDOKU

Solution to puzzle on page B9

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

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11AM - 12AM
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CROSSWORD PUZZLE

Across

- 1. Pursue furtively
- 6. Played for a sucker
- 10. Bruins' letters
- 14. Drive in Beverly Hills
- 15. African antelope
- 16. Punxsutawney celeb
- 17. Non-studio film, for short
- 18. Completes a cupcake
- 19. Munro by another name
- 20. Part of a Boy Scout's uniform
- 23. Hungarian goulash ingredient
- 27. Richard III's request
- 28. Pleistocene Epoch
- 29. Part of a holiday phrase
- 31. A lot of pizzazz?
- 32. Pungent pepper
- 33. Museum curator's deg., perhaps
- 36. Bill Griffith comic strip
- 40. Reply to a ques.
- 41. Demagnetize, as a tape
- 42. Kett of old comics
- 43. Recipe direction, perhaps
- 44. Lament
- 46. Most angry
- 49. Well-known sci-fi movie hero
- 50. New hire's question
- 53. Geographic area
- 54. Big expense for truckers
- 55. At pique's peak
- 60. Lake, city or canal
- 61. Egg on
- 62. Artificially created human, in Jewish folklore
- 63. Huff and puff
- 64. Forfeiture
- 65. Base negotiating amounts

1	2	3	4	5		6	7	8	9		10	11	12	13
14							15					16		
17							18					19		
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23	24	25	26						27					
28								29	30					
31							32					33	34	35
36						37	38					39		
40						41						42		
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46	47	48							49					
50							51	52						
53						54					55	56	57	58
60						61					62			
63						64					65			

Down

- 1. ___ Lanka
- 2. Exporting unit, sometimes
- 3. Supplement
- 4. Muumuu accessory
- 5. "Star Trek" actor
- 6. It's in central New York
- 7. "Pow!"
- 8. Fencer's choice
- 9. Prime minister before Gladstone
- 10. Net result
- 11. Preside over
- 12. Has warm and fuzzy feelings toward
- 13. "___ Less Ordinary" (1997 film)
- 21. Duke's monogram
- 22. Type of reaction
- 23. Italian pie
- 24. ___ the hole
- 25. Sounds from a brood
- 26. Blacksmith's tool
- 29. "With friends like ___, who ..."
- 30. Mature
- 32. Friendly talk
- 33. Tagalong's words
- 34. Deadly
- 35. Bell town of fiction
- 37. Matzoh's lack
- 38. Honest
- 39. Turns a maxi into a mini, e.g.
- 43. Six-line poem
- 44. ___-relief sculpture
- 45. Naval rank above warrant officer
- 46. Win all games in a series
- 47. "Butterfield 8" author
- 48. Violinist's aid
- 49. Moths' calling cards?
- 51. Certain currency
- 52. Asks for alms
- 56. Lobster eggs, e.g.
- 57. Public house mainstay
- 58. WJM's Baxter
- 59. Typesetting units



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Catholic Mass
Sunday 1000
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Hof (Norse Pagan)
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Immanuel Baptist Church

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

SUNDAY 9:00am Coffee Fellowship 9:15am Sunday School 10:30am Worship
WEDNESDAY 11:30am Soup Kitchen 5:30pm Family Supper 6:30pm Adult Bible Study, IBCY, Kids' Club

Pastor Brian Keithline



Christ Reformed Church

Worship 11:00 a.m. Sunday
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www.chistreformedchurchminot.com

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**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
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11:00 am

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

Cross Roads Baptist

Southern Baptist Convention

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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

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West Minot Church of God

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

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Missouri Synod

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

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

Apostolic Faith Church, UPCI

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

Jesse Starr, Pastor

Grace Baptist Church of Minot

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9:30am Sunday School & Adult Bible Study
11:00am Contemporary Service (w/Livestream)

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Website: www.orcsknights.org





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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.

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1ST GRADE Zoey B Mason K Jacob H British McG Aria S Ryder M Ellie C Kendric M	3RD GRADE Mia H Delaney K Joey D Adelyn M Samiera B Ella J Lennox L Emmalyn McC Emily S	5TH GRADE Luke N Aubrey B Amaya Y Derek G
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PE Mrs Peterson's 3rd Grade		
RECESS Mrs Filkin's 2nd Grade		

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5
NOV

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First District Health Unit
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The Minot Car Seat Coalition offers FREE car seat checks twice a month, at the Minot Fire Station #1, 2111 10th St SW, Minot, ND. Appointments are required. Call First District Health Unit at 701.537.5190 to schedule. Trained and certified child passenger safety technicians work with the public to ensure that the car seat is right for your child, properly installed, in safe condition, not recalled or expired. You must schedule an appointment by calling First District Health Unit at 701.837.5190. If leaving a message, please leave the following information: date of check, number of seats to be inspected, make/model of vehicle, ages of child(ren), brand and model of car seat, preferred time of check on scheduled date. Please allow 45 minutes/seat.



For more information:
<https://fdhu.org/>

6
NOV

SHEELS FLAG EXCHANGE
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Scheels
2400 10th Street SW, Minot, ND

Bring your faded or frayed American flags to the East Entrance for a dignified disposal on Wednesday, November 6th in honor of Veterans Day on Monday, November 11th. We will replace your retired flag with a new 3'x5' poly cotton flag for FREE, from 11:00am to 1:00pm. Fun Fact: ALL North Dakota SCHEELS will be doing this Flag Exchange at the same time! We are proud to partner with Disabled American Veterans Cht. 4, Minot. They will ensure unserviceable flags are properly honored and respectfully disposed of. **We allow unlimited drop offs, but limit one new flag per customer while supplies last. If you can't make it during this time, you can still drop off your retired flags to Customer Service throughout the week to be respectfully disposed of!



For more information:
Facebook / Scheels (Minot, ND) / Facebook

6
NOV

TRIVIA NIGHT
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!

For more information:
Facebook/ Blue Rider/ Events

6
NOV

SAMMY QADAN & THE 2ND HAND SMOKERS
10:00 PM
Blue Rider
118 1st Avenue SE, Minot

The Blue Rider welcomes back Sammy Qadan for a night of music, friends and beer with NO COVER! What else is going on late Wed night in Minot??? May as well spend it with us!

For more information:
Facebook/ Blue Rider/ Events

7
NOV

SPAGHETTI AND NO BALLS DINNER + PET FASHION SHOW
10:30 AM - 11:00 AM
Sleep Inn Suites & Conference Center
2400 10th St SW, Minot

The evening will include a spaghetti dinner, cash bar, silent auction, pet runway fashion show, and more! Daisy Doggy Co. and T's by T will be selling fun merch items! This is a kid and pet friendly event! Timeline: 5:30p-6p – Cocktails, 6p-7p – Dinner, 7p-7:30p – Meatball Eating Contest 7:30p-8:30p – Fashion Show. *Well-behaved, friendly paws are welcome! We'd love to see cats and dogs for our fashion show! Because we are fear free, we prefer to have cats and dogs separated, as dogs severely stress cats out and we don't want to inspire fear and anxiety in any of our guests. We kindly ask that everyone keep this in mind.*
*Meatball Eating Contest: \$20 per guest – entries accepted during event.
Pet Fashion Show Entry: \$20 per entry Fashion Show Acceptance will end on 11/05. We will have categories and category winners with fun prizes!



For more information:
Facebook/ Souris Valley Animal Shelter /Events

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There are unique needs for PreK-12 military-connected families. Navigating educational systems across the United States is challenging as you prepare to relocate to a different community. As you prepare to PCS with your military-connected student, one available resource to ease this transition is the Military Interstate Children's Compact (MIC3).



MILITARY INTERSTATE
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COMMISSION

U.S. Department of Education



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Compact 101 Training with ASL

MIC3 Summary with Provisions

Compact 101 Training in Spanish



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grade entrance age variances, and power of custodial parents while parents are deployed.

Military Interstate Children's Compact (MIC3) covers students of Active Duty Members of the Uniformed Services, including members of the National Guard and Reserve on active duty orders (Title 10), members or veterans who are medically discharged or retired for one year, members who die on active duty, for a period of one year after death, and uniformed members of the

Commissioned Corps of
the National Oceanic and
Atmospheric Administration

(NOAA), and United States Public Health Services (USPHS).

MIC3 is an incredible resource and is the policy ensuring consistency of the educational experiences of military connected student. For more information on the compact, visit mic3.net. If you are due to PCS or have educational questions or concerns, now is a great time to contact a School Liaison!



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 • **Beverages**

IMPORTANT UPCOMING DATES



Vacation – No School

November 2024							18 days
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

December 2024						15 days
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PD Days - contracted days

 Vacation Days - not contracted day

 Holidays

 Early Release Days - 1:15pm

Parent/Teacher Comp Days



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Meet the Newest FCC Providers on Minot AFB

Pictured is Mr. Bruce Bartholomew, FCC Chairman presenting three new FCC providers with their licenses during a ribbon cutting tour. The FCC providers offer in home care for families who work on base.



Diana Harms



Michelle Addy



Heather Salajcik

DIANA HARMS

Hello, my name is Diana Harms. I’ve been at Minot Air force Base since January of 2023 and my husband has been here since 2019. We have a beautiful baby girl named Evelyn who is our entire world! I decided to become a family child care provider because I wanted to spend as much time with our daughter as possible and I wanted to help other families. Finding childcare can be difficult sometimes, especially finding someone you can trust. I wanted to be that person for our military families so they could go to work and know their child was in safe hands!

MICHELLE ADDY

My name is Michelle Addy. I am originally from Carthage, Tennessee, and a former Air Force Emergency Manager with nearly 14 years of active duty service. Family is extremely important to me, which is why I chose to separate from the Air Force to focus on my children’s growth and development. I am married to a Security Forces member and a proud mom of two boys, ages 11 and 3. I know what it’s like to stress about childcare, which is part of the reason I chose to become a Family Child Care (FCC) provider. This role allows me to continue serving military families by providing high-quality, dependable care, so parents can carry out the mission without added worry.

HEATHER SALAJCIK

Hi! My name is Heather Salajcik! I am born and raised Texas, I love making crafts and diy projects. I also am studying to become a nurse, because caring for people is my passion. My family and I love being outdoors and going on hikes when we can. We love traveling to new places to explore. Since coming to Minot AFB, I saw there was a big need for care - even running into needing care with my own daughter. I had heard about becoming a FCC Provider from other moms on base, and thought that would be a great way to be able to help other parents struggling to find care like I was. This program helps so many parents in need for care that are tending to the Mission here at Minot AFB.



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NOTES ON BEING SAFE

CHRISTMAS LIGHT SAFETY

Yes, it’s almost that time of year again: the holidays. Reindeer, Santa, fruitcakes, stockings, visions of sugar plums dancing in our heads, and, of course, Christmas lights. Adding a sense of essence to a neighborhood house, Christmas lights are hung from chimneys, and roof eaves, with cheer. But, remember, danger soon could appear.

In order to keep your holidays merry, keep these Christmas light safety tips in mind:

Watch for Ice: Whether you are climbing on a roof or looking for a place to set your ladder, ice is your enemy. Sometimes it’s obvious, with a sidewalk or a rooftop being visibly slick, and sometimes it is black ice, ice you don’t really notice until it’s too late. Before you step anywhere or set a ladder down, be sure there is no ice in the vicinity. Check suspicious areas closely and lay down salt or sand when warranted. It’s better to be safe than falling. Use assistance when needed to avoid a possible fall.

Check lights and unravel them on ground level: After sitting in your basement or attic for nearly a year, Christmas lights probably aren’t in the best shape. Some lights are loose, some are burnt out, and some cords are tangled in a tight, but oddly well done, sailor’s knot. Don’t wait till you standing on top of a ladder to learn your lights need some work. Because getting them “roof top ready” can take some time, unravel and check them on ground level.

Make sure they are approved for outdoor use: There are indoor lights, there are outdoor lights, and then there are the switch hitters: lights that do both. Before hanging lights up outside, make sure they are suitable for the outdoors (if they are, it will say on the box). It’s also important to make sure the lights were checked by a legitimate testing laboratory, such as UL. Look for seals of approval before you approve them for your house.

The Smaller the Better: There was a time when all holiday lights were made of big, robust bulbs. Nowadays, many lights are much smaller. Some people prefer smaller lights because they look better,

allow more variety, and are easier to hang, but they are also safer. The larger lights have a tendency to get much hotter, increasing the chances for a fire or a singed Christmas tree. For this reason, use smaller lights.

Turn them off when you go to bed or leave: Christmas lights surely add something to your neighborhood: glowing from afar, they make the holidays luminous. Still, any kind of lights have the potential for danger. Even if you want to keep them on from Thanksgiving to Valentine’s Day, they need to be turned off when you aren’t around. If you leave, shut them down and when you go to bed, pull the plug. If you have a tendency to forget, get a timer that turns them off automatically.



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USO's Holiday Cheer and New Baby Welcome Coming Soon!

MARTINA KRANZ, NORTHERN SENTRY

The United Services Organization (USO) is a non-profit organization that has been around since World War II and depends on volunteers and donations received from individuals, corporations, and foundations to accomplish their mission to bring friendship and to joy to the military. The USO serves all branches of the active military and their family members, including the National Guard and Reservists. According to Josh Sova, USO Executive Director for Minnesota/North Dakota/South Dakota/Wisconsin, stated, "The USO's mission is to strengthen the well-being of the people serving in America's military, supporting them from enlistment to exit. While the USO also assists the wounded and the families of the fallen, our focus is providing comprehensive support to all military and their families, making us one of the few organizations dedicated to this mission." The USO maintains over 250 Centers all over the globe, and even on aircraft carriers.

Sova explained that wherever there's military, the USO tries to reach them and support them. The USO's support mission at Minot AFB is part of the USO's bigger mission to reach the locations where the military hasn't had USO support in the past. Last year, Sova spoke to Minot AFB's leadership, and they said that Minot personnel needed a boost in morale.

To create some cheer and camaraderie in 2024, the Mobile USO Centers, traveling USO centers, came to Minot AFB on two separate occasions. One mobile center sported an NFL theme and contained TV's, gaming systems, and lawn games, etc., to support Freedom Fest in June. The other mobile center arrived in September with 100 Welcome Packs. The Welcome Packs were filled with essential items, snacks, and treats, to welcome new Airmen into the dorm and to provide some comfort and convenience while they settle into their new "home away from home." The USO also sends Care Packages and USO2Go kits filled with games, snacks, and other items to Airmen on the Cavalier Space Force Station in the northeastern corner of North Dakota.

On November 6, 2024, from 5:00 p.m. to 8:00 p.m. at the Youth Center on Minot AFB, the USO will host the first USO Holidays party at Minot AFB to celebrate Thanksgiving. Families can enjoy hot chocolate

or apple cider along with a holiday treat bag to take home. There's a hot chocolate bar that includes marshmallows! Kids can also create a holiday magnet to color and take home with them. Laura Groeneweg, USO Area Operations Specialist in North Dakota, stated, "It's an opportunity for families to come together and connect with each other, and maybe make some connections with other families like 'oh, you have a kid about the same age as our kid' so that way they [the families] might not know each other otherwise. It gives them a chance to connect with each other and build that network. Building that network and community is just really important for everybody when you're separated from your family or loved ones, to build that community and network where you are." So, come in from the cold, enjoy a delicious beverage, make a craft with the kids, and get to know one another to celebrate Thanksgiving with the USO.

In addition to the USO Holidays party, the USO, with the support from volunteers from the Minot Chamber of Commerce, will also hold the first Special Delivery Programs baby shower open to 40 expectant mothers on Minot AFB at the Sirocco Neighborhood Center on December 5, 2024, from 10:00 a.m. to 11:30 a.m. The baby shower aims to celebrate moms-to-be and to provide them with

some essential items, such as diapers, baby wash, swaddles, and onesies, etc. to welcome their newest addition to their family. Groeneweg stated, "The idea behind the baby shower is for these new moms to connect and find that support from other people who are in that same situation, a newborn, so that they [the moms] can talk about their baby's sleep schedule, what's working well, or if they have questions if something isn't working well, like 'do you have an idea of how I can get past this milestone.'" The shower is open to expecting moms and new moms (6 months postpartum or less), and guests need to contact Laura Groeneweg to register by November 20. Sova said that the baby showers get very high ratings. The spouses like them, and seventy-one percent of the spouses throughout the world said they wouldn't have had a baby shower if the USO hadn't provided it.

Community plays a vital role in supporting military families. By building a network, fostering those connections, providing emotional and practical support, and sharing experiences, communities help ensure that service members and their families feel equipped, confident, and supported during their service to their country. The USO is there to help grow and foster military communities in every way they possibly can.



A service member wearing a Santa hat and looking at holiday decorations while volunteering at a USO Welcome Desk for Care Packages at Camp Buehring, Kuwait on December 11, 2019.



Santa delivers a gift at a USO Holiday Party at Fort McCoy, Wisconsin on December 15, 2003.



In June 2021, a USO Mobile visited the U.S. Army installation, Fort Polk, Louisiana, now known as Fort Johnson.

A LOOK BACK

THIS WEEK IN USAF HISTORY

A BRIEF HISTORY OF VETERAN'S DAY
NOVEMBER 11

President Eisenhower signing HR7786, which redesignated Armistice Day as Veteran's Day (va.gov)

On November 11, 1919, President Woodrow Wilson declared the first "Armistice Day" to honor the heroism and sacrifice of America's service members during WWI. Seven months before the Treaty of Versailles was signed to officially end the war, an armistice between the Allied nations and Germany was implemented. This cessation of hostilities began at 11:00 a.m. on November 11. In his proclamation, President Wilson said, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." Originally, the holiday was meant to commemorate WWI veterans and promote the cause of world peace, but in 1954 it was redesignated as "Veteran's Day" to honor *all* of the brave Americans who have served this country.

Information courtesy of: va.gov

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NOTICE

Minot AFB, ND-
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5 OPERATIONAL MEDICAL
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For more information, please
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7	1	6	2	9	3	4	8	5
9	5	4	6	1	8	7	2	3
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6	9	8	5	7	2	3	1	4
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3	4	7	9	6	1	8	5	2
1	6	5	4	2	7	9	3	8
4	8	9	3	5	6	2	7	1
2	7	3	1	8	9	5	4	6

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MINOT AFB ANNOUNCEMENTS

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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

PARK UNIVERSITY MINOT – Your degree, Your way. Park University is enrolling now. 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

Weddings for Warriors

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

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


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

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

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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.

TIMMOTHY TIMM

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Bone’s BBQ Smokehouse & Grill 437 N Broadway, Minot Phone: 701.838.9140 www.bonesbbqminot.com	Culver’s Restaurant 3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com	Ironhorse Kitchen + Bar 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
Jamaican Vybz Kitchen Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen	Meg-A-Latte 2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701-838-8479 www.meg-a-latte.com	Mi Mexico 3816 South Broadway Minot Phone: 701.852.0777 www.mimexicominotnd.com
N.D. Asia 3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com	Noodles & Company 304 4th Ave NW Minot 701.491.9103 www.noodles.com	Pink’s Bar & Grill 102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill
The Blue Rider 118 1st Avenue SE Minot Phone: 701.852.9050 www.theblueriderbar.com	The Starving Rooster 30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com	



MINOT

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Snapshot of MPF Services:

- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500
Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130
Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130
*Closed for training every Wed from 1200-1630

MINOT MPF OFFICE

Everyone Buckled: Click It or Ticket begins Nov. 1

VISION ZERO

In North Dakota in 2023, 47% of crash fatalities where seat belts were available involved individuals who were unbuckled. To help save lives, law enforcement across the state will conduct extra patrols enforcing the state's primary seat belt law from Nov. 1 to Dec. 12 as part of the Click It or Ticket campaign.

North Dakota's seat belt law states that no other violation is required for a driver to be pulled over by law enforcement and issued a seat belt citation. The law also requires all occupants to wear a seat belt, regardless of where they are sitting in the vehicle.

Seat belts are the most effective safety device to prevent death and injury in a motor vehicle crash. Crash data shows a direct correlation between seat belt use and injury severity. Unbelted

vehicle occupants in crashes in North Dakota account for the largest percent of fatalities, while belted occupants most commonly receive non-serious or no injuries.

"We see the difference seat belts make when some walk away from a crash and others face a tragedy. Most drivers in North Dakota are wearing their seat belt, but it is those who don't that are more at risk of injury or death. Be sure to buckle up. It saves lives," said Minot Police Captain Dale Plessas.

This campaign is part of the Vision Zero strategy to eliminate fatalities and serious injuries on North Dakota roadways.

Visit the North Dakota Crash Memorial Wall to view memorials built on the hope of preventing another death on North Dakota roads.

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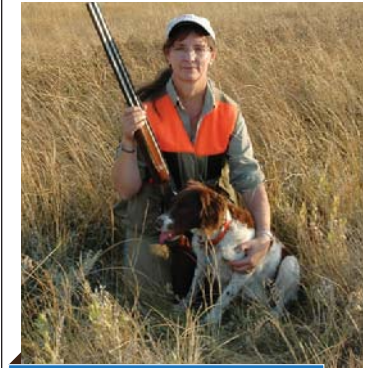
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701-852-1240
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by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, Oct. 28: 1,837.66 feet above mean sea level (MSL); 13,900 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,449.35 feet above mean sea level (MSL). Stump Lake elevation: 1,449.26 MSL.

- N.D. Game & Fish Dept. game wardens: A few anglers on Lake Sakakawea with some walleye success. OK walleye success on Devils Lake but limited angler numbers. Some activity along the bridges on Lake Darling. No reports from north-central area lakes.
- Devils Lake, Ed's Bait Shop, Devils Lake: Try jigging around the bridges on Devils Lake.
- Devils Lake, Woodland Resort, Devils Lake: Not much activity on Devils Lake with limited reports. Try vertical jigging.
- Lake Darling, Karma C-Store, Ruthville: A few anglers shore-fishing along the Grano area of Lake Darling with some walleye activity.
- Lake Metigoshe, Four Seasons, Bottineau: A few anglers still on Lake Metigoshe with fair walleye success.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers on the east end of the Lake Sakakawea but those going continue finding walleye success around Mallard Island, southeast corner of deTrobriand Bay, Douglas Bay, and along the Riverdale area on the south shore. Work shallower water. A few boats on Lake Audubon, as well.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some small walleye success on the east end

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

- Boat docks in place yet at Fort Stevenson State Park, Garrison, on Lake Sakakawea but cold weather changes will prompt removal. Contact the park, (701) 337-5576, with questions or status updates.
- Anglers fishing the Missouri River tailrace chutes must not go north of the red boundary line due to dangerous conditions with Garrison Dam water releases.
- Lake Darling closed to boat fishing with shore-fishing at designated areas.
- Nov. 4: Fall crow season closes.
- Nov. 6: Minot Curling Club Paint Night, volunteers appreciated. Go to the website, (www.minotcurling.com), for calendar information.
- Nov. 8: Deer gun season opens.



of Lake Sakakawea.

- Lake Sakakawea, New Town: Hit-and-miss walleye success in the river portion of Lake Sakakawea around New Town and Van Hook Arm. Anglers finding some success but working hard for a catch.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited angler numbers on the Missouri River and Lake Sakakawea. Missouri River tailrace producing some salmon from shore in the morning and evening hours with a few catfish and walleye mixed in. Boat anglers continue finding small walleye down river. Look for a mix of salmon, walleye, and catfish in the chutes. Try Scoria, Government, and Marina bays from shore for salmon using a variety of presentations on the east end of Lake Sakakawea.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone and Missouri rivers continue producing quality walleye. Try minnows with some crankbaits success. Long Creek and Lewis & Clark State Park areas improving for walleye on the upper end of Lake Sakakawea working about 10 feet. Try bigger bays for some nice-sized pike.

• Lonetree WMA area lakes, Harvey: No new reports.

- North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: No new reports with minimal activity at best.

Hunting:

- Deer: Whitetails were impacted with EHD around the river bottoms around Williston.
- Upland: Pheasant numbers remain strong in several areas around west-central and western N.D.
- Waterfowl: More ducks moving in around Devils Lake area and north-central N.D. along the northern border tier with a few more moving in across some areas of west-central N.D. Overall movement is still light and limited in many areas, though. Good numbers of white-fronts northwest of Williston with a few more mallards along with fair snow goose numbers. More snow geese and some smaller Canada geese moving into portions of east-central N.D.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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WHAT'S GOING ON MINOT AFB

FRIDAY 01

- Native American Alaskan Native Heritage Month Begins, Dakota Inn Dining Facility
- McAdoo Fitness Center Dome Opening, 0800-1530, McAdoo Fitness Center Dome
- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Junior Enlisted Foundation Course, 0800-1600, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 02

- Zumba, 0900, McAdoo Fitness Center
- Youth Crisis Preparedness Training, 1000-1400, Fire Department Building 896
- Pokémon Ranger Live Game, 1300-1400, Minot AFB Library
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SUNDAY 03

MONDAY 04

- AFFT, 0530, McAdoo Fitness Center
- Boots to Business, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Teen Bootcamp, 1015, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 05

- AFFT, 0530, McAdoo Fitness Center
- Boots to Business, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- AFFT, 1100, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 06

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center — Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Brown Bag Book Talk, 1200, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- USO Minot Holiday Treats and Hot Chocolate, 1700-2000, Youth Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 07

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 08

- AFGSC Family Day
- For a full listing of Veterans Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 0900, McAdoo Fitness Center
- Brownie Day, 1030-1330 Dakota Inn Dining Facility
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 09

- For a full listing of Veterans Day holiday facility hours, visit 5thforcesupport.com
- Pirates Escape Room Game Begins, Minot AFB Library
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SPECIALS

Bomber Bistro Featured Item
Caprese Salad
Spring mix with tomatoes, fresh mozzarella, balsamic reduction, and olive oil.

The B-Fifty Brew Featured Item
Muffins
Flavors include: Cinnamon Apple, Banana Nut, Chocolate, Blueberry, and Lemon Cranberry.

Rockers Bar & Grill Featured Item
Fish & Chipsh
Two English style cod fillets served with crispy fries and tartar sauce.



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