



WHATS INSIDE THIS WEEK:



BADLANDS GAMING BRINGS CARD CULTURE TO THE MALL

A6



5TH BOMB WING WARBIRO WEEK

A8



NORSK HØSTFEST... WAIT, WHAT?

B11



891 MSFS STAYS READY

Airmen from the 891st Missile Security Forces Squadron (891MSFS) participate in a field training exercise at Camp Ripley Training Center, Minn., Aug. 28, 2025. The 891MSFS trained in a simulated, squad-level deployment where they conducted drills, training and other tasks that would prepare them for a base ground defense mission in a deployed environment. See page A2-A3 for more on the exercise.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KENDRA A. RANSUM

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A LOOK BACK

THIS WEEK IN USAF HISTORY

MINOT AFB RECEIVES FIRST KC-135A STRATOTANKER

SEPTEMBER 23, 1959



The first KC-135A Stratotanker, dubbed "Miss Minot," arrived at Minot Air Force Base in 1959. (Courtesy Photo)

The first plane to be permanently assigned to Minot Air Force Base, N.D., was a KC-135A Stratotanker named "Miss Minot, which arrived on September 23, 1959. Over 300 base and community guests attended the momentous occasion that would mark the beginning of the jet era in North Dakota. Miss Minot was the first of 10 jets assigned to the 906th Air Refueling Squadron under the 4136th Strategic Wing and Strategic Air Command. Their mission? To provide air refueling for northern air defense operations and other missions. The Stratotankers remained in Minot until 1994 before being relocated to Grand Forks AFB as Minot moved away air refueling and focused fully on their mission supporting two legs of the nuclear triad and strategic deterrence.

Information courtesy of: af.mil / minot.af.mil / Minot Air Force Base 1989 / History of Minot AFB c. 1980

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OPERATION Valhalla Strike sharpens 891st MSFS defenders' readiness

SENIOR AIRMAN KENDRA A. RANSUM, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

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"Eight! Nine! One!" shouts Chief Master Sgt. Christopher Klein, 891st Missile Security Forces Squadron's (891MSFS) senior enlisted leader. "HELL YEAH!" shouted back over 200 voices, defenders' gear at the Airmen's feet, ready to tackle the day.

That rallying cry set the tone for OPERATION Valhalla Strike, a weeklong training where the 891MSFS from Minot Air Force Base, North Dakota, traveled to Camp Ripley Training Center, Minnesota, Aug. 24-29, 2025. The advanced training focused on air base ground defense and nuclear security tactics — the bread and butter of the squadron's mission.

The training, called OPERATION Valhalla Strike, allowed the unit to complete requirements not possible at Minot AFB, including full-distance live-fire exercises.

"Our mission is to provide armed security to the missile field, as well as provide armed responses to all of the launch facilities that are in the Minot area of responsibility and inside the missile field," said U.S. Air Force 2nd Lt. Maiszon Balboa, 891MSFS's Alpha Flight commander. "What we're doing here is a simulated, squad-level deployment where we come out, we do drills, training, everything that would prepare us for a base ground defense mission in a deployed environment."

The crack of gunfire echoed across the woodland-covered

ranges of central Minnesota as the defenders conducted intensive training at Camp Ripley to enhance their ground combat skills. Camp Ripley provided full-distance firing ranges which allowed defenders to hone their rifle marksmanship and machine gun proficiency, exceeding the capabilities of standard Air Force 25-meter training ranges.

The 891MSFS is a squadron of more than 250 dedicated Airmen and civilians supporting the 91st Missile Wing's global deterrence mission by defending the United States with the world's premier combat-ready intercontinental ballistic missile force. They are responsible for providing protection of Minuteman III ICBMs and Minot AFB's missile alert facilities, covering an 8,500 square-mile area in central North Dakota.

During OPERATION Valhalla Strike, defenders rotated through training blocks designed to sharpen every aspect of their skillset. On the ranges, the crack and thud of rounds came from M240 and M249 machine guns, the steady pop of the M4 carbine and the deep percussion of grenadiers training with 40mm systems.

Partnership was also a theme. The 891MSFS trained alongside the 54th Helicopter Squadron, integrating air support with ground maneuvers. Rotor blades overhead and defenders advancing on the ground offered a vivid picture of how air and land forces can converge in combat to overwhelm an adversary.

"Our goal is for each defender to leave Camp Ripley as a warrior that can shoot, move and communicate better than any adversary we may face in our area of responsibility," said U.S. Air Force Maj. G. Chase Abrams, 891MSFS commander.

The squadron also practiced squad movement, close-quarters battle (CQB) and casualty evacuation (CASEVAC) procedures, integrating skills in realistic field scenarios. CQB and CASEVAC reinforced the 891MSFS' mission to defend the 91st Missile Wing's missile complex and respond to threats against nuclear security.

The first three days built toward a full-day field training exercise on Aug. 28, which tested the unit across all mission sets. Security Forces Airmen conducted defensive operations, casualty care and coordinated maneuvers under simulated combat conditions.

As buses pulled away from the Minnesota training grounds at week's end, the echoes of gunfire faded into the pines. What remained was something quieter but enduring: a squadron sharper, stronger and more unified, returning home ready to defend one of the most critical missions in the nation.

"The skills we developed at Camp Ripley reinforce our ability to defeat potential adversaries at Minot," said Abrams. "Our proficiency makes our adversaries decide each morning when they wake up that today is not the day to test the United States of America."



A UH-1N Iroquois from the 54th Helicopter Squadron flies over Camp Ripley Training Center, Minn., in support of the 891st Missile Security Forces Squadron's (891MSFS) OPERATION Valhalla Strike, Aug. 28, 2025. At Camp Ripley, the 891MSFS trained on variety of procedures, including full-distance firing, machine gun firing, M18 pistol firing, 40mm grenade launcher firing, squad movement tactics, casualty evacuation and close quarters battle.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN
KENDRA A. RANSUM



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An 891st Missile Security Forces Squadron (891MSFS) defender fires a Mk 19 automatic grenade launcher at Camp Ripley Training Center, Minn., Aug. 26, 2025. The defenders participated in OPERATION Valhalla Strike, allowing the 891MSFS to complete requirements not possible at Minot AFB, including full-distance live-fire exercises.



Airmen from the 891st Missile Security Forces Squadron (891MSFS) load simulation rounds into magazines at Camp Ripley Training Center, Minn., Aug. 28, 2025. Simulation rounds were used by defenders during their field training exercise, the culminating event for OPERATION Valhalla Strike that tests 891MSFS defenders on all they trained for throughout the week.



Airman 1st Class Marcel Thurman (foreground, right), 891st Missile Security Forces Squadron (891 MSFS) defender, holds up a reflective board to signal 891MSFS Alpha Flight's location to the UH-1N Iroquois flying over Camp Ripley Training Center, Minn., Aug. 27, 2025. The 891MSFS went to Camp Ripley for four days to train and exercise air base ground defense and nuclear security tactics, techniques and procedures.



Airmen from the 891st Missile Security Forces Squadron train on dismounted foot patrol operations for OPERATION Valhalla Strike at Camp Ripley Training Center, Minn., Aug. 28, 2025. The purpose of OPERATION Valhalla Strike is for 891MSFS defenders to use available resources to deploy the squadron to an environment to accomplish training that is not possible at Minot AFB.

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NOTES ON BEING SAFE

LET’S GO HUNTING

Whether you’ve hunted for years or this is your first time, each hunting adventure always brings a “new experience!” It can be good or bad depending on the WHO, WHAT, WHEN, WHERE, and HOW.

WHO you hunt with is important as far as their experience, habits, and general knowledge of wild game and its habitat. Normally, an experienced hunter will ask a potential partner tons of questions to determine whether they want to go hunting with them or not. This is especially important when you consider that around 40 percent of the hunters injured each year are accidentally shot by their hunting partner while another 35 percent figure out ways to shoot themselves! For the sake of your own safety -- as well as that of your partner -- make sure you take into account both parties’ skill levels and knowledge base.

WHAT type of wild game are you planning to hunt? Some of the most common are deer, elk, bear, duck, turkey, quail, pheasant, squirrel, rabbits, grouse, fox, and raccoon -- not to mention skunk, boar, woodchuck, coyote, weasel, and porcupine! And guess what? The seasons overlap each other. So, if you’re not careful, there’s a big window of opportunity out there for you to become some hunter’s trophy! Keep in mind, however, that the most serious accidents typically occur during deer season. This is mainly because of the greater shooting distance and destructive power associated with high velocity rifles.

WHEN are you going hunting? You may want to consider scheduling your foray when the level of activity for big game -- like deer or bear -- is low. Since the total number of hunters is highest when big game season first opens up, scheduling your hunt in the middle or last part of hunting season will reduce your risk of accidentally being shot by another hunter.

WHERE you hunt could be the difference between life and death! It would seem totally ridiculous for hunters to just jump in a 4x4 and drive for hours to hunt in a place they have never been before or haven’t visited since last season, but it happens. You need to do some pre-hunt scouting to visually check the areas you plan to hunt. This includes checking to make sure the land is open to hunting; checking for trails, ponds, game, etc.; determining if your cellular phone operates or locating occupied areas where telephones or help may be available; and talking with local officials and residents.

HOW you hunt will largely determine whether you succeed or not. Just as seasons overlap, the weapons you use to hunt with may also have some overlap. You can use muzzleloaders, assorted firearms, and the good old bow and arrow (archery), as long as you obey the rules and guidelines set by each state. Each state usually publishes their hunting regulations and includes pamphlets with special game permits that are a “must read” for all hunters. Cellular phones, two-way radios, etc., are very important in keeping hunters in contact and obtaining help in the event of an emergency. A backpack with food, water, first aid kit, flashlight, blankets, tools, etc., always comes in handy. It’s not a bad idea to include signaling devices such as mirrors, flares, etc., whether you are in a remote location or not! Most states also ask or require you to wear hunter orange clothing. This helps other hunters to be absolutely positive of their target. Consider what is behind your targeted game to ensure your projectile doesn’t glide through buildings, people, or in the direction of a road. One of the oldest safety messages is the control of your firearm’s muzzle. Also, ensure that your firearms are properly secured and stored on base. This can be accomplished through the Security Forces Armory.

To summarize, don’t forget to communicate your planned courses of action for any potential situations, wear that hunter orange clothing, pick your hunting buddies with care, and “keep your gun barrel pointed in the right direction!”

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**A VIEW FROM
OUR SIDE**
ROD WILSON

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Joe Weigand has been in Medora for many years, as Teddy Roosevelt. He tells the joke about walking briskly across the park in Medora at his way to one of his many performances and having some youngster exclaim “Look Mom, it’s that guy from Monopoly!”

Adorned in his black 3-piece tux, including his round top hat, Joe certainly does look like Teddy Roosevelt, and that guy from Monopoly. I often tell the story of escorting Joe Weigand on a trip to Minot Air Force Base. Joe does indeed love the Minot Air Force Base and is especially akin to the 91st Missile Wing because a long time ago they chose to be The Rough Riders.

Teddy Roosevelt was of course our 26th President and Medora were his home for some of his more formidable years. In the Badlands of North Dakota, he gained his character and personality. He went from being a shy, rather introverted young man, to a season toughened cattle rancher and hunter with a raucous personality.

Well back to my story about Joe Weigand on Minot Air Force Base. We were walking together and he was not in TR character. He was asking me about how it was that I became a reporter. I started to explain my storied trip from



Joe Weigand on stage as the Teddy Roosevelt. BULLY!!



Anne from Northern Prairie Farms is in the middle of a great fall harvest.

The Monopoly Man

Market in Downtown Minot on Saturday. Last week I had a chance to tour the NP Farmer’s Market, and I was just absolutely amazed at the variety of produce and home canned goods.

AND DON'T MISS...

I may sound like a broken record, but the nature trails in and around Minot are starting to show their scenic fall colors. Take a camera, take the family, and well... take a few photos.

THIS WEEK’S CHUCKLE...

This comes from my Labor Day Weekend with the grandkids. The youngest grandson, now 5, walks into the cabin we rented at Fort Stevenson State Park. After a thorough tour of the cabin, he says “BePa, what happened to the TVs? I don’t see any.” His older sister answered, “Don’t you know that we are camping, there aren’t any TV’s?” To which her younger brother replied “No, that can’t be true. I bet they are hidden around here somewhere.”

Scams abound



**UPSIDE DOWN
UNDER**
MARVIN BAKER

There was a recent news report about an individual here in North Dakota who got scammed out of \$100,000. That’s a lot of money and even though you would think a criminal mind could get a loot like that and run, it appears they can’t resist the urge to come back for more.

People being “taken to the cleaners” has been around forever, but in this day and age, the people behind the scams are getting quite clever and that’s why we have to be on our toes.

We’ve heard of these “romance” scams that happens to people, especially widowed elderly people who are looking for companionship. If you check with the attorney general’s office, you’ll find there have been plenty of those types of scams across the state in the past 10 years and tens of thousands of dollars have been lost.

Couple that with the fact that we (North Dakotans in general) are a trusting group of people, so when we meet someone who appears genuinely interested in our life situation, we tend to let our guard down. Unfortunately, that’s when the bad guys go to work.

In the past year, I’ve been the target of numerous scam attempts. The most obvious has to do with “Amazon” and a laptop computer. Twice now, months apart, I’ve received a text message telling me that I need to call the number listed to confirm a charge of \$1,500 for a new Macbook Pro.

Now, to break that down, I recently purchased a Macbook Pro so initially, I thought I was getting charged a second time or something went wrong with paperwork. It seemed legitimate. And as I looked at the number, thinking I should call to not get charged twice, the investigative reporter in me took over. I attempted to trace the phone number.

I found it! The number was registered to a telemarketing firm in Boulder, Colo. That told me almost immediately it had nothing to do with Amazon or Apple. That was the first time. The second time I read the message and deleted it.

In another case, my wife and I were on our way to Rapid City one day and I got a text message asking me where I am right now? I recognized the area code as coming from southern Ontario (excluding Toronto), so I assumed it was a friend I have in Brantford, Ontario.

Should I respond, but then why would my friend in eastern Canada be concerned about where I am late on a Saturday morning. My next thought was OK, I’ll wait until we get to Rapid City to sort it out. But before we got there, another text came.

“Quick, you need to get here, my dog is sick and I don’t think he’s going to make it. There are no other vets available today.”

The point here is these people are going to throw anything at the wall hoping it sticks. And, in those two text messages, there was a bit of information that I had to consider, and that was to recognize where that number originated.

Often times that’s what happens when people get hooked into these scams. These people have a playbook, just like a football coach. My guess is they have hundreds if not thousands of possible scenarios they will use to get you interested. Then, if several, or numerous parts of that conversation add up, you may seriously consider responding. I’m obviously not a vet and I don’t live near Brantford so that got shut down right there.

But what if I was a vet. I recognized the number, I know people there, and someone has a sick dog. You see what I mean? The more information on that string that is correct, the more we’re apt to respond.

Emails can be deceiving too. Scammers are using company logos, they’re using language and page layouts that mimic the original. So had my first text message been an email; I would have seen the Amazon logo, I would have seen the Apple logo; it would have been very convincing.

It’s amazing the extremes that bad people will go to screw you out of a dollar. If they would use their minds for something productive instead, they’d probably have far more money from a good income than trying to rip off their neighbors.

Stay vigilant!



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Last week, when I looked at my calendar and scrolled through my mental list of what’s happening, I immediately felt overwhelmed. Everyone talks about how fast summer goes, but no one really mentions how quickly September flies.

For me, August is a paradox. It’s both a rush to cram in the last bits of summer before school starts—and a lull when summer activities have ended, friends spend every spare minute at the lake, and everything seems to hold its breath until the academic year begins. Then, in what feels like a snap, school is back in session, extracurriculars are happening, sports are scheduled, and programs that paused for the summer are starting up again. In short, the machine of daily life whirs back to life.

It’s not just school-related activities. September ushers in a new wave of entertainment and special events that stretches across the city and is available to everyone, regardless of age. By Labor Day, the calendar is filling up. And by the second week of the month, it’s obvious: there are more fun things happening than there are days to enjoy them all.

September is unassuming in the best way. At first, it feels like a downer—officially announcing the end of summer, which around here can sound like a proclamation: WINTER IS COMING! But then it softens the blow by being one of

September: If you’re bored you’re doing it wrong

the most delightful months of the year in North Dakota—especially in Minot. If you’re bored or find yourself complaining there’s nothing to do this month, I’m sorry, but you’re doing something wrong.

Luckily, I’m here to help. Here are a few highlights of what September has to offer:

- **Library programs are back.** After a pause between summer reading and school starting, Minot Public Library has resumed programming for every age: story time for preschoolers, LEGO Club and Pokémon Club for kids, teen events, and craft meetups and book clubs for adults. September is also Library Card Sign-Up Month. There’s no better time to get your card (you can get one at Minot Public Library, Ward County Library, Minot AFB Library—if you’re military affiliated—and MSU’s Gordon B. Olson Library, which requires an annual fee).
- **Berry Acres Pumpkin Patch opens for the season.** More than just pumpkins, it’s acres of fall fun: a corn maze, obstacle courses, eccentric heirloom gourds, endless photo opps, and family activities of every kind.
- **Festivals fill the calendar.** September weekends are packed with special events taking advantage of perfect weather. A sampling includes Angelic Gardens Fall Festival, Festival on Main, MSU Homecoming festivities (parade, tailgating, and game), Boots Under the Big Sky line dancing downtown, farmers markets, Caesar Fest, Norsk Høstfest, Logger Fest, Fall Fun Day at the Magic City Discovery Center, NOTSTOCK at MSU—a hands-on weekend of art for the whole community, and the opening performance from Mouse River Players. And that’s just the short list.
- **Outdoor adventures.** If

structured events aren’t your thing, this is an ideal time to enjoy the changing season. The Bison Plant Trail and Denbigh Experimental Forest are two of my favorite trails to walk, soak in the fall colors, and breathe in the crisp air. And instead of bemoaning the windy days, take advantage of this prime kite-flying weather at places like Radio City Park or Polaris Park, both with wide-open spaces perfect for catching a breeze.

- **Seasonal menus.** From wine and beer to coffee and tea, shops across town are rolling out cozy

fall menus. For me, there’s no better way to usher in a new season than to taste it—and fall brings an abundance of flavors.

That’s the beauty of September. It sneaks in quietly—almost disguised as the beginning of the end. But really, it’s one of the best-kept secrets of North Dakota life. The weather is forgiving, the landscape begins to glow, and the community calendar brims with opportunities.

There’s no lack of fun to embrace as we leave summer behind and step into fall. For me, this time

of year is less about dreading the winter ahead and more about leaning into the delights of the present.

Every time the calendar flips, we’re given a reminder: each season brings its own kind of joy. And this month? September joy is everywhere—ripe for the picking.

Join me next week as I share about staying well during the shifting season and how Cornerstone Chiropractic is helping me do just that. For more on everyday mindset shifts and North Dakota life, join me at amyallender.com or follow @HeyMinot.



September reminds us that summer is over, but it’s also a month full of community fun, new flavors, and return to routine.
AMY ALLENDER PHOTO

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AUGUST 20, 2025 TO:
MACY LAFFERTY AND JADYN MAGNUSON
MINOT, ND**

**BABY GIRL BORN
AUGUST 22, 2025 TO:
KELSEY TATE AND ASHLYN LABONTE
MINOT, ND**

**BABY BOY BORN
AUGUST 22, 2025 TO:
BRITTANY AND NORRIS WILLIAMS
MINOT AFB, ND**

**BABY GIRL BORN
AUGUST 23, 2025 TO:
ASHLYNN BENSON AND CARSON KYLE
BOTTINEAU, ND**

**BABY GIRL BORN
AUGUST 25, 2025 TO:
AMBER AND JORY EHILKE
LIGNITE, ND**

**BABY BOY BORN
AUGUST 27, 2025 TO:
SAMIAH AND CHASE CONWAY
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Badlands Gaming Brings Card Culture to the Mall

NATALY ZARRELLA, NORTHERN SENTRY

A new kind of magic has arrived at Dakota Square Mall, one built on cards, gaming, and community. Badlands Gaming, Minot's newest trading card shop, is open for business and already making waves among collectors, casual fans, and competitive players alike.

Owned by longtime hobbyist and entrepreneur Joey Schilling, Badlands Gaming is more than just a place to buy Pokémon. Magic: The Gathering, or Warhammer 40K, it's quickly becoming a hub for community, competition, and nostalgia.

"Honestly, I opened this because I just love the hobby," Schilling said with a shrug. "I've been collecting since I was a kid. My dad used to give us Pokémon packs as rewards for cleaning our rooms. That's how it started."

Schilling made the move to North Dakota at the end of July 2025 from his hometown in Ohio, where economic hardships and high poverty rates weighed heavily. "Minot just made sense," he said. "Less crime, better economy, friendlier people. It's peaceful here. You drive 10 minutes out of town and it's just beautiful. Cold, but beautiful."

That combination of safety and scenery sealed the deal for Schilling, who saw Minot as fertile ground for his next venture.

Badlands Gaming sits comfortably inside Dakota Square Mall, and that choice was no accident.

"I've had stores in malls before, it works," Schilling explained. "You've got built-in foot traffic. People are already here to shop, so it just makes sense. Yeah, it's more expensive, but you get what you pay for."

The store has been in a soft opening phase since August 1st. While still completing its full layout and signage, it already boasts a growing inventory of booster packs, singles, miniatures, and gaming



Badlands Gaming, the new card store in town, built with customers in mind and stocked with an impressive selection.

supplies. A grand opening event is expected within the next few weeks.

Today, Badlands Gaming deals in everything from sealed products to rare singles cards. One of the most exciting acquisitions so far? Just last week, a full Evolving Skies Pokémon Masters Set was purchased from a walk-in customer for \$4,000. "It's worth around \$4,800 to \$5,000," Schilling said. "That kind of stuff walking in the door? That's what makes this fun."

Customers will also find high-end cards like an \$1,800 Lillie Lillie is a popular Trainer Supporter card from the Sun & Moon series of the Pokémon TCG, known both for its strong gameplay effect and highly sought-after full-art versions, and sealed booster boxes from older sets, the kind of products collectors dream about.

Badlands isn't just about buying and selling, it's about playing. The store already has a major Warhammer 40K event scheduled for September 20, expected to bring in 15-20 players for a full day of

battles. And the best part? No entry fee. "I'm not charging people just to play here," Schilling said. "I pay for the space already. Unless it's a structured tournament with prize support, it should just be about having fun."

He also plans to host "Magic: The Gathering" events regularly and wants to introduce trading nights, where players can swap cards freely, a rare feature in modern game shops. "As long as people aren't trying to undercut the store right in front of me, I don't care if they trade. It's part of the culture. I want people to feel welcome here."

So who's coming into Badlands Gaming? According to Schilling, it's a split crowd. "For Magic, it's mostly players. For Pokémon, it's all collectors. Out of every 50 people who buy Pokémon, maybe one actually plays. The rest are chasing their nostalgia."

And for those just getting started in the hobby? "Protect your cards. Sleeve them. Keep them away from your little cousins," said Joey. "Or

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Players enjoying a *Magic: The Gathering* game at a Casual Commander event inside Badlands Gaming.

BADLANDS GAMING PHOTO

your brother, in my case,” joked a customer in the store.

Schilling isn’t looking to franchise or expand anytime soon. His goal is simple: stay rooted, grow slowly, and serve the community. “I want to stay right here in this spot, in this mall. I’m not looking to be bigger, just better.”

That includes partnering with other local game stores .

to ensure events don’t overlap and divide the player base. “I don’t want to compete with other stores. I want to complement them. This isn’t about taking over, it’s about building something together.”

While the in-store experience is the heart of Badlands, the store also has an online storefront through TCGPlayer <https://www.tcgplayer.com/search/all/product?seller=15d72bff&view=grid>, offering Magic, Pokémon, Flesh and Blood, Star Wars Unlimited, and more, with Yu-Gi-Oh! singles likely coming soon.

Shelving upgrades, D&D books, plushies, and additional merchandise are all in the pipeline as the shop finalizes its setup for the grand opening.

Badlands Gaming is more than a card shop, it’s a love letter to the hobby. Whether you’re a long-time collector, a Friday Night Magic regular, or someone just curious about what’s behind the shiny booster packs, Badlands welcomes you to the table.



Digging for gems, a customer checks out the singles at Badlands Gaming.



New store shelves stocked with Warhammer 40K miniatures and supplies.

Come learn about our organization and our affiliated organizations by stopping by before one of our meetings!

MINOT MASONIC CENTER



Come learn about Freemasonry and its community of appendant organizations by attending a meet-and-greet session with our members before one of our regularly scheduled business meetings!

Monthly Business Meeting Schedule • Meet-and-Greets
Blue Lodge - 1st and 3rd Mondays at 6:00PM
Shriners - 2nd Wednesday at 6:00PM
Scottish Rite - 1st Wednesday at 6:00PM
Eastern Star - 1st and 3rd Tuesdays at 7:00PM
Prince Hall - 2nd Saturday at 9:00AM

BADLANDS RESTAURANT BAR

Upcoming Events

13 SEPT **FESTIVAL ON MAIN 2025**
10:00 AM - 5:00 PM
Downtown Minot, Main Street S
Minot, ND

Join us for the annual Festival on Main in Downtown Minot Saturday, September 13th from 10am until 5pm!
Food vendors, carnival games and the Minot Lions Fun Zone, bounce houses, bingo, sidewalk sales, fire trucks and classic cars, music and dance performances, and so much more!



For more information:
Facebook/Minot Downtown Business & Professional Association

13 SEPT **MINOT STATE HOMECOMING 2025**
VARIOUS TIMES
Minot State University,
500 University Ave W

100 Years of Beaver Football! Celebrate a century of Beaver football with a day full of tradition and team spirit!
Parade – 10:30 AM - Starts in Downtown Minot and marches to campus, showcasing Beaver pride with floats, bands, and community spirit.
Tailgating – 11:30 AM - Join the pre-game fun in the East Dome Lot with food, music, and fan festivities.
Football Game – 2:00 PM at Herb Parker Stadium - Cheer on the Beavers as they take the field for their 100th season in this historic Homecoming matchup!



For more information:
Facebook/ MSUBeavers/ Events

13 SEPT **NORTH PRAIRIE FARMERS MARKET**
11:00 AM - 2:00 PM
159-199 2nd Ave SW
Minot

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Located across from Planet Pizza. Come support your community and enjoy the taste of local!



For more information:
Facebook/ North Prairie Farmers Markets/ Events

19 SEPT **MOVIE AT THE ZOO: MADAGASCAR!**
7:00 PM - 11:00 PM
Roosevelt Park Zoo
1219 E Burdick Expy, Minot

Movie starts at sunset, don't forget your blankets and chairs!



For more information:
Facebook/ Roosevelt Park Zoo/ Events

24 SEPT **BLUE RIDER TRIVIA**
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters to buy your chances at free drink questions, and as always, earn style points and Blue Rider respect for creative team names. Why? Because it's Wednesday. And that means Minot's toughest trivia game is on!! Starts at seven.
And feel free to bring your appetite; we've got Jimmy's Pizza, grilled cheese, pop-tarts and peanuts!



For more information:
Facebook/ Blue Rider/ Events

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Warbird Week strengthens lethality across the 5th Bomb Wing

AIRMAN 1ST CLASS ANTHONY RAMEY, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Bomb Wing (5BW) wrapped up Warbird Week, a regularly scheduled exercise, which challenges Airmen to operate under demanding conditions. From Sept. 2-8, units across the 5BW faced a series of scenarios designed to assess their ability to generate combat airpower, sustain mission operations and respond to unforeseen obstacles. “Warbird Week is a multi-layered group of exercises designed to prepare 5th Bomb Wing Airmen to succeed in generating combat power during their worst day,”

said U.S. Air Force Lt. Col. Connor Klein, 5BW Inspector General. “We must always be ready to execute long-range conventional strikes and achieve the strategic objectives of the president of the United States, even when facing a difficult or hostile environment.” In addition to testing the 5BW’s ability to maintain simulated alert procedures, other training scenarios included an unmanned aerial drone event, first emergency response and unauthorized base entry. Through realistic, high-pressure training, Warbird Week keeps the 5BW sharp, adaptable, and

mission-ready. The scenarios push Airmen to perform at their peak while identifying opportunities to enhance overall performance. “These exercises stress teams and individuals while improving decision-making at all levels, creating a stronger Warbirds organization with every iteration,” said Klein. Readiness exercises like Warbird Week are a cornerstone of the 5BW’s mission to produce combat mission ready Airmen who are always ready to support, execute and defend global strike capability - at any time, from anywhere.



Airmen from the 5th Maintenance Group work on a B52H Stratofortress during Warbird Week at Minot Air Force, North Dakota, Sept. 8, 2025. During Warbird Week, units across the 5th Bomb Wing face a series of scenarios designed to assess their ability to generate combat air power, sustain mission operations and respond to unforeseen obstacles.



Airmen from the 5th Security Forces guide traffic through the Magic City Gate during a simulated demonstration at Minot Air Force Base, North Dakota, Sept. 3, 2025. The simulated demonstration was a part of Warbird Week, a routine exercise that ensures Airmen remain prepared to protect Minot AFB assets and respond to real-world incidents.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ANTHONY RAMEY



First responders provide medical care to simulated casualties during a Warbird Week exercise at Minot Air Force Base, North Dakota, Sept. 6, 2025. Warbird Week is a series of training events designed to ensure Airmen can effectively respond to real-world emergencies.

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Fact File

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Tail Length	3.5 feet
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Wednesday^(9/17)..... 7:00 pm

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Tuesday^(9/16)..... 6:30 pm
Thursday^(9/18)..... 6:30 pm

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- Weekly fees for 2 games: \$9

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

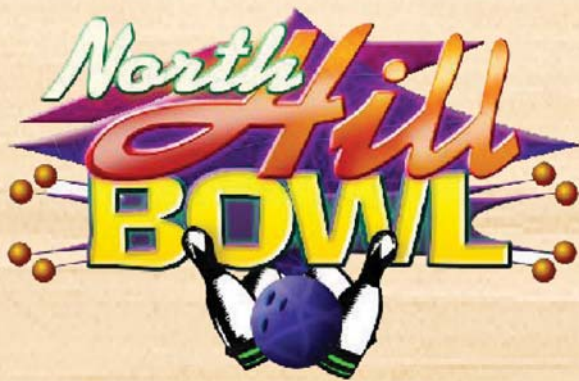
- Bumper Leagues for ages 5-6
- Bowling Start Date, 9/20
- Weekly fees for Bumpers & Squirts (2 games): \$9
- Weekly fees for Bantams (3 games): \$13

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

- Start Day, 9/14
- Weekly fees for 3 games: \$13

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

- Start Day, 9/15
- Weekly fees for 3 games: \$13



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Friday^(9/19).....6:30 pm

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- Starts 9/10

Friday..... 1:00 pm

- Starts 9/12

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- Starts 9/11, 3 person teams

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Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

Primary Angles

The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

Front: Caster (right & left)
Front: Camber (right & left)
Front: Toe (left, right & total)
Rear: Camber (left & right)
Rear: Toe (left, right & total)
Rear: Thrust angle

Secondary Angles

The secondary angles include numerous other adjustments, such as:

SAI (left & right)
Included angle (left & right)
Toe out on turns (left & right)
Maximum Turns (left & right)
Toe curve change (left & right)
Track width difference
Wheelbase difference
Front ride height (left & right)
Rear ride height (left & right)
Frame angle

Setback (front & rear) is often referred as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

Measurement

A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.



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Minot Advances to Public Voting for \$120K Grant to Bring 10 Weeks of Free Outdoor Concerts to Downtown

LOCAL MOTIVES

Minot has advanced to the public voting phase for a national Levitt Foundation grant of up to \$120,000 to bring 10 free outdoor concerts to downtown Minot each summer from 2026 through 2028.

This is a chance for Minot to compete on a national stage for an investment in the city’s quality of life, vibrancy, and arts and culture scene. Minot is one of only 100 cities across the country to reach the voting round — and the only other community in North Dakota is Bismarck, through the Dakota West Arts Council.

The proposed Levitt AMP Minot Music Series would create a dependable rhythm of 10 consecutive weeks of live music downtown. It would mean more opportunities for people of all ages to come together, more chances for local and regional musicians to share their talent, more support for small businesses, and more recognition for Minot as a vibrant, welcoming community. In short: more music, more community, more Minot.

Public Voting Details

- Voting opens Friday, September 5 at 12:00 p.m. CT
- Voting closes Monday, September 15 at 7:00 p.m. CT
- Vote online at levitt.org/vote or text MINOT to 877-409-5525
- Each person may vote for up to five cities — please make sure Minot is one of them
- Voters are also encouraged

to support Bismarck’s proposal, highlighting the strength of North Dakota communities on this national stage

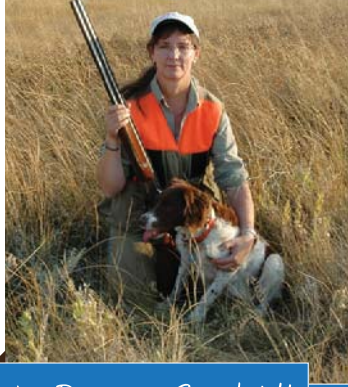
“This opportunity reflects what’s possible when Minot comes together,” said Jessica Ackerman, Executive Director of Local Motives, operator of Citizens Alley. “With the vision and creativity of music series partners like community organizer Jazmine Schultz and the Minot Area Council of the Arts, we’re building more than a concert series — we’re creating a place where music, community, and connection can thrive. Citizens Alley was designed for moments like this, and we’re excited to show the Levitt Foundation how Minot supports and celebrates the arts and community.”

The Levitt Foundation funds the largest free outdoor concert series in America, focused on activating public spaces, building community, and making the arts accessible to everyone. Voting is an important measure of community support, and the number of

votes received will be a key factor in determining which cities are awarded grants this November.

Local Motives encourages supporters to spread the word and rally friends, family, and neighbors to vote for Minot’s proposal between September 5–15.

Learn more at levitt.org/vote.



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Sept. 8: 1,832.23 feet above mean sea level (MSL); 19,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.48 feet above mean sea level (MSL). Stump Lake elevation: 1,448.45 MSL.

• N.D. Game & Fish Dept. game wardens: Limited activity on Devils Lake. Those going out generally had to work hard for walleye. No reports from north-central area lakes.

• Devils Lake, Woodland Resort, Devils Lake: Look for continued small walleye success using spinners and bottom bouncers with nightcrawlers.

• Lake Darling, Karma C-Store, Ruthville: Some small walleye success from Lake Audubon. No Lake Darling reports.

• Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: Not much activity with the lake turning green.

• Lake Metigoshe, Four Seasons, Bottineau: A few nice walleye showing up but bluegill slowed. Work deeper along the weed edges for better success bluegill success.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fewer angler numbers on the east end of Lake Sakakawea but continue working deep water.

• Lake Sakakawea/Lake Audubon, Hwy. 83 lawn & leisure, Garrison: East end of Lake Sakakawea fair for walleye working any of the hump areas around 30-feet. Fair to good salmon to 80 to 100 feet.

• Lake Sakakawea, Indian Hills Resort, Garrison: Work deeper water for walleye with some anglers starting to switch to minnows. Call the bait shop, (701) 743-4122, to arrange for gas-on-the-water with the store now closed for the season.

• Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye

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.

- Lake Darling and Beaver Lodge Canoe Trail closed to boat activity on Upper Souris Nat’l. Wildlife Refuge beginning Sept. 30.
- Sept. 13: Sharptail and ruffed grouse, partridge, and tree squirrel seasons open.
- Sept. 13: Sweat for Vets Zumba or CrossFit workout fundraiser for Minot Vets 4 Vets in conjunction with Festival on Main, 8 a.m.
- Sept. 15: West Early Season Canada Goose Zone closes.
- Sept. 18: Souris Valley Ducks Unlimited banquet, Clarion Hotel, Minot, 5:30 p.m.
- Sept. 18: Canvas, Corks, & Conservation, Roosevelt Park Zoo sponsored by Minot Zoological Society, 6 p.m.
- Sept. 19: Youth deer season opens.
- Sept. 20: Sandhill crane season opens.
- Sept. 20: Oktober Family Fest, Fort Stevenson State Park, Garrison, 4 p.m.
- Sept. 20 & 21: Youth waterfowl season.
- Sept. 20: Flannel Fest music and activities, Lewis & Clark State Park east of Williston, 11 a.m.
- Sept. 20: Walk to End Alzheimer’s, Oak Park, 9 a.m. registration.
- Sept. 22: East Early Season Canada Goose Zone closes.

TOURNAMENTS:

- Sept. 12 & 13: Lake Sakakawea, Parshall Bay.
- Sept. 13: Lake Sakakawea, Fort Stevenson State Park.



activity slowed but work 25 feet and deeper and experiment with a variety of presentations. Store open Friday 1 p.m. to 6 p.m., Saturday 9 a.m. to 6 p.m., and 9 a.m. to 1 p.m. Sunday through Sept. 14. Bait shop closed for the season after the 14th.

• Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish with a few walleye and salmon mixed in. Best success remains in the evening from boats. Some boat success for walleye down river. Work different holes and try a variety of presentations. Decent shore-fishing success at night for walleye. East end of Lake Sakakawea has salmon spread out in a variety of depths with water temperatures similar from top water down to 90 feet. Work a variety of depths for walleye with some reports of larger fish deeper. Move around to locate active fish and try a variety of depths and presentations.

- Lake Sakakawea/northwest N.D.

lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea continues producing walleye with better success using jigs and minnows around Hofflund Island. Try crankbaits, as well, though. A few walleye starting to show up on Yellowstone and Missouri rivers. Try Blacktail Dam for pike with some panfish mixed in.

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

HUNTING:

• Doves: Fair numbers yet throughout many areas of the state despite last week’s cold weather.

- Upland: Look for fair sharptail and partridge success in some areas but fewer partridge in the northwest.

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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Our mission is to promote dominant U.S. Air and Space Forces as the foundation of a strong National Defense; to honor and support our Airmen, Guardians, and their Families; and to remember and respect our enduring Heritage.

MONTHLY MEETING

Tuesday, September 30
1200, Rockers Bar & Grill, Minot AFB
Looking for all AFA members, and potential AFA members.

For more information contact:
Jim Bowman- nd135.president@afa.org

AFA.org



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MINOT, ND - MINOT AIR FORCE BASE

Jones.afa.org



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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. It describes two shoes
- 6. Part of a pigskin?
- 10. Goulash, e.g.
- 14. Olds car
- 15. Jai ____
- 16. Classic sitcom
- 17. Skating champ Hughes
- 18. Gunfire sound
- 19. First name of first American in space
- 20. Compete at 39-Across
- 23. CBS drama
- 26. Vitiate
- 27. A score
- 28. "Just a sec"
- 30. Swank
- 31. Bit of legalese
- 32. Man with "A Beautiful Mind"
- 35. Kind of pollution
- 39. International event
- 42. Military nickname
- 43. A means to an end?
- 44. Bean counters (Abbr.)
- 45. Classic TV tosspot
- 47. Stick like glue
- 49. Strand
- 52. Church area
- 54. Mag. edition
- 55. 2004 site of 39-Across
- 58. Part of a low poker straight
- 59. One way to be tickled
- 60. "Way to go!"
- 64. Give credit to
- 65. Tony's cousin
- 66. Get rid of
- 67. Responsibilities, so to speak
- 68. Ball-bearing group?
- 69. Bear claw alternative

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					32	33	34			35		36	37	38
39					40					41				
42						43					44			
				45		46			47	48				
49	50	51					52	53				54		
55						56					57			
58						59				60		61	62	63
64						65				66				
67						68				69				

Down

- 1. State of matter
 - 2. Pay's back?
 - 3. "___ the ramparts"
 - 4. Party pooper
 - 5. Pirate's call
 - 6. Work hard
 - 7. Eyeopener?
 - 8. Quitter's contraction
 - 9. H's position
 - 10. 1939 John Wayne classic
 - 11. Falcon's foot
 - 12. Put on a pedestal
 - 13. Full of hot air
- 21. Kind of pack
 - 22. Hagman's oilman
 - 23. Communicates online
 - 24. "Peter and the Wolf" bird
 - 25. Prefix meaning between
 - 29. Lovers may make them
 - 30. Bar tab
 - 33. Concert gadgets
 - 34. Place for a massage
 - 36. The John F. Kennedy Library architect
 - 37. Mail-order pioneer Richard
 - 38. Twisting turns
- 41. Pursue
 - 46. The place to be seen
 - 48. Floored
 - 49. Cigarette lighter
 - 50. Skylit lobbies
 - 51. Scarlett's love
 - 52. Golfer with an "army"
 - 53. Diminutive dogs
 - 56. Pointed remark
 - 57. Dollar competitor
 - 61. Rather good at delivering news?
 - 62. Buckeye school (Abbr.)
 - 63. Harden



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Hof (Norse Pagan)
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Father Bill Neumann



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1000 NE 3rd Street 852-0315

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

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

5900 Highway 83 N, Minot
www.faithumcminot.com

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



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

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

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

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Elaine Carlson, Children's Ministry Director

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Sunday Worship 3:30 p.m.
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Cell: 701-240-3435

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The Date Is Set!

Minot's Lopez Twins To Make Pro Debut

ROD WILSON, NORTHERN SENTRY

The boxing ring at the Lopez Gym north of Minot is the training home to twin brothers Jose and Rafael Lopez. The gym is also the training ground for several young aspiring boxers, and it was one of those kids who looked up at the ring and excitingly said "Wow! That is a big ring!"

I spent several minutes watching the Lopez brothers warming up with one of their coaches, Gary Hundal, and I thought to myself about how small a boxing ring will look inside the Minot Auditorium on October 25th when Jose and Rafael step into the ring for their first pro boxing matches.

Behind the scenes, as promoter of the October 25th fight will be North Dakota native Virgil Hill. In Virgil's trophy case there is an Olympic Silver Medal. There are also several World Championship

belts in that trophy case as Virgil is a world champion in two weight classes, having held the World Boxing Association (WBA) light heavyweight title twice, from 1987 to 1997; the International Boxing Federation (IBF) light heavyweight title from 1996 to 1997; and the WBA cruiserweight title twice, between 2000 and 2007.

Helping as his partner promoting the event on October 25th is Virgil's wife, Denine. Although the Hills live in California, where Virgil has a boxing gym and manages an amateur boxing team, according to Denine "Virgil always wants to bring boxing back to his home state whenever possible, and this is a great chance for us, and for the Lopez brothers."

The Hills were able to see Jose and Rafael fight in Dickinson, and it was shortly after that the decision was

made to schedule and promote a fight card in Minot. "Normally you would have a couple of amateur fights before you go pro, but for the twins (Jose & Rafael) they made the decision to go to a pro card" says Denine. "Right now, we have 11 fighters, of which 3 are women, so it will be a great card" continues Denine.

The Lopez graduated from high school last spring and have been hard on task training for their pro debut. Their coach Gary Hundall took them to Toronto, Canada to up their game a bit and "expose them to some high quality sparing partners" says Hundal. Anyone with a drive and passion for perfection in a sport certainly understands where the Lopez twins are in their careers. "The gym is their life" according to their father Alejandro Lopez. "The twins, they are different" says

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Alejandro, "Jose is more of the thinker, and Rafael, he is more the take action person."

It has been exciting to start on the journey to October 25th with the entire Lopez family, especially Jose and Rafael. Next week we will talk to Quicksilver himself, Virgil Hill.



The Lopez twins manage Lopez Boxing Gym north of Minot.



Warming Up...Rafael Lopez on the left, twin brother Jose on the right.

Tidying Up! Annual Closure September 8-18!

MAGIC CITY DISCOVERY CENTER

The Magic City Discovery Center will be closed from Monday, September 8th through Wednesday, September 18th for our annual cleaning and maintenance. During this time, we'll be sprucing up every nook and cranny to make your next visit even more magical!

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- Fun engagement opportunities

to enjoy—tune into our social media pages for creative ways to play from home, including exciting contests and challenges!

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Meet our Child Development Center and Homeschool MFLCs



ALYSSA KELLY
SCHOOL LIAISON PROGRAM MANAGER, GS-12
DEPARTMENT OF THE AIR FORCE SCHOOL
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Megan Armenta
Child and Youth Behavioral Military and
Family Life Counselor (CYB-MFLC)
Megan.E.Armenta@leidos.com
571.376.0703

My name is Megan Armenta, and I'm a Licensed Professional Clinical Counselor with a Master's degree in Clinical Mental Health Counseling from Lamar University. Originally from Texas, I began my career in a private practice setting, where I worked with both children and adults for three years.

For the past two years, I've had the privilege of serving as a Military & Family Life Counselor

(MFLC) at the Minot AFB Child Development Center. In this role, I provide non-medical counseling support to children and their families, as well as collaborating closely with teachers and staff.

Working with children has always been my passion, and I am deeply committed to fostering their emotional well-being and supporting the caregivers who help shape their development every day.



Odette Abbud Agüero
Child and Youth Behavioral Military and
Family Life Counselor (CYB-MFLC)
Abbudaguo@leidos.com
571.320.7162

My name is Odette Abbud Agüero, and I am a Licensed Clinical Social Worker from Texas. I am excited to join the Minot community and to support our airmen and their families. I know the military lifestyle comes with unique challenges, and I am committed to providing encouragement, resources, and solution-focused support to help families thrive.

I began my career with Southwest Key Programs, supporting youth and families through counseling, advocacy, and crisis intervention. I then served with Endeavors,

supporting the Customs and Border Protection workforce with integrated care that emphasized mental health, wellness, and family connection. I also had the privilege of working at the Veterans Affairs, where I supported veterans and their families in behavioral health. Currently, I serve as a Child and Youth MFLC, collaborating with Child Development Centers to promote healthy child development and family resilience.

I look forward to getting to know the Minot community and being a resource for our airmen and their loved ones.

The information in this article is provided as a resource and does not constitute endorsement by Minot AFB, the United States Air Force, or the Department of Defense of the external website, or the information, products, or services contained therein.

**MINOT AFB
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All About Pets

Preparing your dog for a baby

Having a baby can be a big change for the entire family, and your dog is no exception. Especially if you are having your first child, your dog may experience a number of new sights, sounds, and smells, some of which may be stressful to your fur-baby. Here are a few tips for preparing your dog to meet the baby so that everyone stays happy, safe, and healthy.

- Make sure your dog is trained before the baby arrives — teach your dog basic obedience skills such as sit, down, place, leave it/drop it, etc. It is very important to make sure your dog has a firm grasp on bite inhibition and how to be gentle around humans. Teaching your dog not to jump on you is also a good idea so that you don't run the risk of your dog accidentally knocking you over while holding the baby. If you have a dog that is extra mischievous, you can train them to leave baby belongings/toys alone and play with their own toys instead. Also, training your dog to stop barking on command can be a very useful tool that will come in handy down the road (wouldn't want to wake up the baby!).
- Socialize your dog — spend more time with your neighbors, walk your dog near the local playground, and make sure your dog starts to get a feel for being around children and babies. If your dog has not already been socialized to children, it would be a good idea to recruit a professional dog trainer who can help you learn the proper ways to safely introduce and socialize dogs to children.
- Expose your dog to new things — before you bring home your baby, you want to expose your dog to the new sights, sounds and smells that

they will encounter. Let your dog see the diapers and wipes, sniff your baby's crib or stroller, let your dog spend time in baby's room around all the toys, clothes, and whatever else. Try taking your dog for a walk alongside the stroller. If you know someone with a baby or children, you can ask if you can bring your dog by their house to sniff and look around. There are also a variety of online resources where you can find common baby noises to play for your dog to familiarize them.

- Change your dog's routine if need be — if you anticipate your dog's routine changing due to your new baby, get your dog started on that schedule beforehand. Maybe you'll need to feed them or go for walks at a different time. Make sure you're getting your dog used to the new routine.
- Prepare your house — give your dog a special place that they can go when they need a break from baby, such as the bedroom, a crate away from the chaos, etc. If you have rooms that you would like to be off limits to your dog once baby arrives, go ahead and buy gates and familiarize your dog with them.

There are a million-and-one things that you can do to prepare your dog for a new baby, but the moment of truth will come when you bring baby home. It's incredibly important to prepare your dog for that moment not only for the health and safety of your dog, but for the child as well. If you have any safety concerns, contact a trainer immediately to work through them beforehand. And just like anything else with your dog, make sure to take it slow and give them time to adjust to a new way of life.

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MINOT NORTH SENTINEL REPORT



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BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The Minot North girls swim team turned in a strong showing at the Capital City Invite, finishing second overall with a team score of 331. Their depth across events helped secure the runner-up finish in a highly competitive field.

On the golf course, the Braves girls continued to impress. At the Minot High Invite at Vardon, Emersyn defended her championship title from last year, taking first place with a score of 76. Kinzy Welstad followed with an 80, while Kate Bast and Ally Larson both carded rounds of 88 to round out the team's second-place finish. In Dickinson, the team once again placed second. Welstad finished

runner-up individually with an 81. Emersyn was right behind her at 82, Bast shot an 85, and Larson an 87.

The boys tennis team had a challenging week, dropping a 0-9 match to Minot High before battling in a close 3-4 loss to the Braves.

On the football field, Minot North picked up a convincing 28-7 win over Fargo South. The Braves controlled both sides of the ball to secure the victory and continue their strong season.

Volleyball added to the mix with a 2-1 win over Fargo South, before falling in straight sets to West Fargo, 0-3.




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Provider of the Month Feature

SEPTEMBER 2025



DANIELA SCAMARDELLA

What do you enjoy most about being an FCC Provider?

The part I enjoy the most is building meaningful relationships with the children and their families. Watching the little ones grow, learn, and reach new milestones each day is such a joy. It feels special to know I can provide a safe, nurturing environment where they can thrive.

What are your interests/hobbies?

Outside of my FCC program, I enjoy spending time with my family, going on walks with our dogs, exploring new places, and finding fun activities to do with my kids. I also love planning creative projects—whether it’s art, sensory play, or seasonal activities.

What advice do you have for new providers/those interested in being FCC Providers?

I would encourage new providers to be patient with themselves and to find joy in the small moments. Every child is unique, and flexibility goes a long way. It also helps to build a strong support network with other providers—you can learn so much from each other. Most importantly, remember that the impact you have on a child’s life is lasting, even in the simplest everyday moments.

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A NEW AND DIFFERENT SEASON

Patricia Stockdill

It doesn't seem possible that hunting season is here – the 2025 sharp-tailed grouse and partridge season opens Sept. 13.

Where, oh where, did summer go?

Granted, the Early Canada Goose season began Aug. 15 but in all honesty that doesn't quite seem like a traditional hunting season opening date. There's something about September that just feels right when it comes to the start of autumn, hunting, school, and things like fall sports.

Yup, September is when it all begins.

There's a Magnum in the household who, albeit only 3 ½ years of age, knows it's time to hunt. She's a Brittany in a house of hunters.

She would hunt 24/7 if she could and we haven't quite been able to explain the reasons why she can't to her.

But she's ready. Yes, there already are a few hours afield for doves since it opened Sept. 1. She's happy with that.

But there's something special about the sharptail and partridge opener and the prairie in the fall.

And somehow, Magnum knows the opportunity to find ducks, geese, and pheasants will follow.

There's a subtle smile reflecting back about her first unofficial hunt, a dove hunt when she was a mere 8 weeks old.

Admittedly, the hunt consisted of carrying her on a N.D. Game and Fish Department Wildlife Management Area to set dove decoys in a lonely tree.

She played with blades of grass.

She slept.

She played with pebbles and small rocks.

She slept.

She romped along the muddy shoreline so someone – me – didn't have to carry her, decoys, and a shotgun back to the pickup, reveling in her first life experience of soft, squishy mud between her toes.

Notice there is no mention of carrying any doves.

That was her first hunt.

And I'm convinced she loved every second of it.

She tagged along as best she could on her first sharp-tailed grouse hunt.

She played with blades of grass.

She slept, not in the field on my lap as she did on her dove hunt, but in the pickup on my lap on our journey home.

And, oh how she pointed little birds, which I'm convinced in her world where grouse or perhaps a glitzy rooster pheasant, not grassland sparrows, meadowlarks, and blackbirds.

She ate grasshoppers – or tried to.

As weeks progressed, Magnum - AKA The Pistol, so nicknamed for her feisty attitude – found herself stretching her horizons.

Tagging behind wasn't for this little Pistol. She was growing and gaining strength and confidence.

She was becoming a hunter.

That was 2022.

Fast-forward to 2025 and so much has happened, just as it has for everyone. She's a "big girl" now and a full-fledged Hunting Maniac.

But that subtle smile reminiscing about that year brings another reminder of how different things will be this season.

Garnet, the other 12-year-old Brittany Hunting Maniac and Magnum's "big sister", was diagnosed with a condition that restricts, if not prevents her from hunting – a paralyzed larynx.

Say what?

Yes, her larynx doesn't move and breathing is difficult.

Admittedly 12 is "getting up there" for a dogs, especially active hunting dogs and these two get as much time in the field as possible. But she's healthy otherwise and doesn't understand why she isn't on the same walks – officially training sessions – as her "little sister" Magnum.

She's relegated to short walks in cool weather wearing a harness with a leash.

Let's just say leashes aren't her "thing".

While she lives to actively hunt and pursue upland birds, the good news is she's equally happy sitting alongside her human in the field watching ducks and geese.

So that's the plan.

Lots of time spent sitting along a field spread of decoys for Garnet and her human.

And lots of time spent in pursuit of a treasured prairie bird, the sharptail, and even better, those glitzy, gaudy rooster pheasants for Magnum and her human.

This way everyone can smile when reflecting on what will be a wonderful 2025 hunting season – with or without birds in the bag.

Because regardless of what happens, what matters is about spending time with the two Hunting Maniacs on whatever journey life takes us.



At 3 ½ years of age, Magnum is ready for the soon-to-open 2025 hunting season beginning when sharp-tailed grouse and partridge Sept. 13. Pheasant season opens Oct. 11.

PATRICIA STOCKDILL PHOTO



Garnet has always loved waterfowl hunting. It's a good thing it's tough to beat languishing in a bed of cattails for her because a medical condition now limits her hunting opportunities.

PATRICIA STOCKDILL PHOTO



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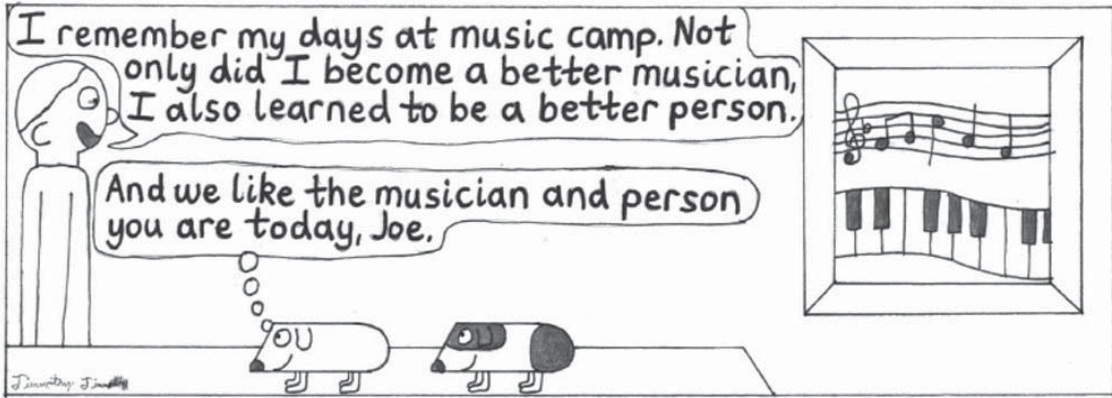
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Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main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

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

Minot High FBLA Kicks Off Winter Clothing Drive to Warm Local Families

SUBMITTED BY SAIGE CARLSON

As colder temperatures begin to settle in, Minot High School’s Future Business Leaders of America (FBLA) chapter is taking action to support families in need across the community. The student-led organization is hosting a Winter Clothing Drive from September 15th to September 20th, with the goal of collecting new and gently used winter apparel for children and families facing the upcoming season without winter essentials.

FBLA is seeking donations of new or clean, gently used items such as winter coats, gloves, hats, scarves, snow boots, and other cold-weather gear. These items will be distributed to families during a special, one-day event designed to replicate a fun and dignified shopping experience, which is completely free of charge.

The shopping-style event will take place after the collection period ends and will be open to any families in the community who need winter gear. All items will be organized and displayed to allow families to choose what best fits their needs.

The FBLA chapter is calling on residents of Minot and the surrounding areas to check their closets and consider donating any gently used winter items or shopping for items that could help another family.

Their goal is to make sure no child or family goes without the essentials this winter. Even the smallest donation can make a big difference.

Community members seeking more information are encouraged to contact the FBLA advisor, Lisa Wolf, at lisa.wolf@minot.k12.nd.us.



Let’s come together and spread warmth, love, and kindness all around Minot.

Donations can be dropped off at the following locations;

Minot High School- Main Office, 1100 11th Ave SW, Monday through Friday from 7:30 A.M. to 3:45 P.M.

Margie’s Art Glass Studio- 109 S Main St, Tuesday and Thursday from 10:00 A.M. - 8:30 P.M., and Wednesday, Friday, and Saturday from 10:00 A.M. - 5:30 P.M.

Taco Feliz- 1535 S Broadway, Monday through Saturday from 11 A.M. - 9:00 P.M.

El Mercadito- 1700 S Broadway, Monday through Saturday from 11 AM–8 PM.

Broadway Nails- 3308 S Broadway, Monday through

Saturday from 9:30 AM–7:30 PM.

Local 714- 125 35th Ave NE from 8:00 A.M. -Noon, and 1:00 P.M. - 4:30 P.M. Monday through Friday

The Spot- 6 2nd St NE, Tuesday through Friday from 11 A.M.–1 A.M. and Saturday from 3 P.M.–2 A.M.

Gourmet Chef- 122 Main St S, Monday through Friday from 9 A.M.–6 P.M. and Saturday from 10 AM–6 PM.

Mowbray & Sons Plumbing & Heating- 328 20th Ave SE, Monday through Friday from 9 A.M. to 5 P.M.

The Foundry- the first floor hallway, 400 E Central Ave #102, Monday through Saturday from 10 A.M. - 3 P.M.

STAFF SERGEANT RELEASE PARTY 2025



Team Minot held Minot AFB’s Staff Sergeant Release Party to celebrate our newest Staff Sergeants. This ceremony recognizes their significant career achievement, fostering camaraderie, and allowing families and friends to share in the accomplishment.

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Norsk Høstfest...Wait, What?

ERIN BEENE, NORTHERN SENTRY

It's one of those Minot topics that floats around by word of mouth, starting in summer and rolling into fall. Locals toss around the term like it's as familiar as McDonald's or Walmart, like it's something everyone just knows. But to outsiders or first-timers in Minot, Norsk Høstfest might sound more like someone clearing their throat and sneezing than the name of a cultural festival.

This writer didn't even realize what she was hearing were actual words the first few times the term came up. So what exactly is this "Norsk Høstfest," and why is it so important to Minot? Also... what does it even mean?

If you're new to North Dakota, the second least populous state in the country, you might not yet know about the deep connection this region has with Scandinavian heritage, especially from Norway, Sweden, and Denmark. If the enormous and colorful Scandinavian Heritage Center off South Broadway didn't clue you in, here's a brief history:

According to North Dakota Tourism, "Immigrants came to North Dakota from Norway, Sweden, Denmark and Finland. Most settled in east and north-central North Dakota, along the main line of the Great Northern Railroad, beginning in the 1870s. Today, 193,000 people of Norwegian heritage live in North Dakota. About 38% of the state's population is of Scandinavian descent, with about 33% being Norwegian. The continent's largest Scandinavian event, Norsk Høstfest, is celebrated each fall in Minot."

So yes, many people in this state can trace their roots back to Scandinavia.

One such Norwegian-American was Chester M. Reiten, a former Mayor of Minot and North Dakota State Senator. In 1978, Reiten sat down to discuss creating an event that would celebrate Minot's unique connection to



NORSK HØSTFEST FACEBOOK IMAGE

its Scandinavian roots. The idea for Norsk Høstfest (translated as "Norwegian Harvest Festival") was born. What started small has since grown into a major annual celebration that draws thousands of Scandinavian heritage enthusiasts from across the country and beyond.

Like anything meaningful, it's grown and changed over the years. Today, Norsk Høstfest proudly claims the title of "Largest Scandinavian Festival in North America!" It usually takes place over a weekend in late September or early October, packed with concerts, performances, traditional Scandinavian food, cultural exhibits, artisan markets, and the always-popular Familie Fjord, a vibrant playground of cultural exploration for kids and families.

This year, from September 24-27, the North Dakota State Fairgrounds will once again come

alive with the sounds, smells, and sights of Scandinavian celebration. Festivalgoers can expect concerts from acts like Little Texas, The Killer Bees, and many more, alongside rows of authentic food vendors and artisan booths showcasing everything from rosemary to Viking gear.

All in all, Norsk Høstfest is a beloved annual event that's become part of Minot's cultural fabric. It's one of those quirky-yet-wonderful things that makes this town feel like home. So don't be put off by the strange-sounding name or how casually locals drop it into conversation. Go check it out! You might just find yourself counting down the days until next year's festival and throwing around the term "Norsk Høstfest" like a true Minotian.

To get tickets and find out more: <https://nhf.indakmediahosting.com/>



Northern Sentry Jr Journalist, Leon Rivera said "Norsk Høstfest is the greatest Hostfest of all!"



NORSK HØSTFEST FACEBOOK IMAGE

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- Fun Fri-Yay, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Ballroom Basics, 1900-2100, Rockers Bar & Grill

SATURDAY13

- Registration Ends: Air Force Birthday/Freezin's the Reason Golf Tournament, <https://www.memberplanet.com/s/minotafbclubs/30afbirthday2025>
- 2025 Club Championship, 0900, Rough Rider Golf Course
- Minecraft Party, 1300, Minot AFB Library
- 2000s Disney Trivia Night, 1700, Rockers Bar & Grill
- Line Dancing Night, 1900, Rockers Bar & Grill

SUNDAY14

MONDAY15

- AFFT, 0530, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center

TUESDAY16

- AFFT, 0530, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1300-1400, Professional Development Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY17

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Sponsorship Training, 0900-1030, M&FRC
- 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

SPECIALS

Bomber Bistro Featured Item
Pesto Caprese Pizza

Rockers Bar & Grill Featured Item
Chicken Tenders

The B-Fifty Brew Featured Item
Pumpkin Spice Latte

THURSDAY18

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Flapjacks and Flannel, 1500-1630, Youth Center
- Air Force Birthday Special Dinner, 1630-1830, Dakota Inn Dining Facility

FRIDAY19

- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY20

- Air Force Birthday/Freezin's the Reason Golf Tournament, 0900, Rough Rider Golf Course

Scan for full event details



78TH AIR FORCE BIRTHDAY
FREEZIN'S THE REASON
ROUGH RIDER GOLF COURSE

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KARAOKE BATTLE
ROCKERS BAR & GRILL

27 SEP 2025 • 1700

COUNTRY NIGHT
IT'S THE ULTIMATE SHOWDOWN
BETWEEN THE 5 BW & 91 MW FOR
A \$500 GRAND PRIZE

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