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Team Minot Airmen participate in a 9/11 Memorial ruck march at Minot Air Force Base, North Dakota, Sept. 11, 2025. The memorial ruck honored those killed in the Sept. 11, 2001 attacks. See more photos of the day on page A2.

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Team Minot Airmen participate in a 9/11 Memorial ruck march at Minot Air Force Base, North Dakota, Sept. 11, 2025. The memorial ruck honored those killed in the Sept. 11, 2001 attacks.



U.S. Air Force Col. James Schlabach, 91st Missile Wing commander, delivers a speech to Team Minot during the 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 11, 2025. The ceremony honored the sacrifices of those killed on 9/11 and to symbolize the heroic actions of those who responded to the attacks.



Team Minot first responders listen to speakers during the 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 11, 2025. The ceremony serves to remember the sacrifices of those who died on 9/11 and to symbolize the heroic actions of those who responded to the attacks.

Team Minot Honor Guard present the colors using first responder tools during the 9/11 Remembrance Ceremony at Minot Air Force Base, North Dakota, Sept. 11, 2025. The ceremony was a part of a three part event, which also consisted of a ruck march, and stairclimb.



Team Minot Airmen participate in the annual 9/11 Memorial Stairclimb event at Minot Air Force Base, North Dakota, Sept. 11, 2025. Team Minot participated in the 9/11 memorial stair climbed the 3-story fire training facility 37 times to honor the legacy and sacrifice of the first responders who perished on Sept. 11, 2001.



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# Get support from the Military Health System ‘at the moment you need it most’

JANET A. AKER, MHS COMMUNICATIONS

Editor’s note: The 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support via phone or chat for people in distress or crisis, resources for you or your loved ones, and best practices for mental health professionals. For the Military Crisis Line and the Veterans Crisis Line, dial 988 and press “1,” or text 838255. For Spanish, press “2.” Online chat is accessible from anywhere in the world.

Military families face unique stressors. Frequent moves, deployments, and separation from family can impact health and well-being. For anyone who may feel they need someone to talk to, the Military Health System is here to help.

“It’s crucial for the military family to seek mental, emotional, and spiritual grounding to fully become a part of the U.S. military at its most ready,” said Susan Orsega, deputy assistant secretary of defense for health services policy and oversight.

“Whether it’s in-person or remote access, in groups, or one-on-one, therapy can help address these pressures and get the service member or families feeling better able to cope before they deepen into crisis,” she said. “Therapy helps sustain readiness and gives service members the necessary mental health support they need during any transitions or challenges they may face.”

Help is more readily available now than ever, Orsega said.

“This is particularly important when service members experience some challenges such as the loss of a sense of purpose, posttraumatic stress disorder, and other mental health symptoms,” she said.

RECOGNIZE RISKS

Service members at risk of harming themselves may feel isolated, agitated, or anxious, according to Military OneSource, the Department of Defense’s 24/7 gateway to family support programs and services for military members and families.

According to Military OneSource, times and events in military life when you can feel especially stressed include:

- Times nearing deployment or difficulty readjusting following deployment
- Loss of a family member, friend, or fellow service member
- Career setbacks, lack of advancement, or disciplinary actions
- Difficulty in relationships or family life

- Transitioning from military to civilian life
- Financial difficulty
- Major life changes
- Being young and unmarried without a supportive relationship
- Combat-related psychological injuries
- Heavy drinking or problematic substance use
- Medical health problems
- Negative attitude toward getting help

Military OneSource provides confidential counseling and support to service members and family members at no cost, available via phone or in person on and off installations. This is just one of many resources the DOD offers to all service members, families and military retirees.

AVAILABLE MHS MENTAL HEALTH RESOURCES

The MHS Mental Health Hub provides a comprehensive listing of mental health services available through the MHS. This includes ways to seek care, tips from experts, and in-depth information on available resources. You can connect directly to mental health support services near you with one click.

- Targeted Care: Many military mental health clinics are now using a process called Targeted Care. This connects you to the specific type of care you need after an initial evaluation - and can be an individual appointment, in-person group therapy or virtual group therapy, or virtual therapy. You can also receive referrals to nonmedical support such as a chaplain, financial advisor, or a military family life counselor.
- TRICARE covers mental health services through its worldwide network of civilian providers. To set up a mental health appointment through TRICARE, visit the mental health doctors and appointments page.
- Virtual care: The Defense Health Agency is also working to make mental health services available to service members at remote installations. One example is BRAVE, the DHA’s Behavioral Health Resources and Virtual Experience. This program offers telemental health services at 84 locations around the world by connecting a service member with a counselor through virtual sessions.
- inTransition is a confidential program that offers specialized

coaching and assistance for active duty service members, National Guard and Reserve members, veterans, and retirees. It focuses on those receiving mental health or traumatic brain injury care who are experiencing disruption in their lives, like a PCS (permanent change of station) move, separation, or retirement.

- The Real Warriors Campaign is a DOD public health initiative. It strives to decrease stigma, increase psychological health literacy, and encourage early mental health help-seeking behaviors in the military community.

- CHAMP, the Uniformed Services University’s Consortium for Health and Military Performance, offers dozens of fact sheets, articles, and infographics to help you strengthen your mental health and grow from adversity or crisis.

- Mobile apps are there whenever needed, providing tools for coping, monitoring your health, and managing stress.

- The Brandon Act empowers service members to get the help they need confidentially by seeking a referral for a mental health evaluation through their commander or supervisor. This reduces the stigma associated with mental health.

- The Warrior Care Recovery Coordination Program, executed by the branches of service, provide holistic care to wounded, ill, or injured Service members and their families and caregivers. Recovery Care Coordinators serve as a guide through recovery, rehabilitation, and transition or reintegration by facilitating a comprehensive recovery plan. This plan covers needs associated with daily living, career, family, finances, health, legal, military, and spirituality.

THE MHS IS HERE TO HELP

“The U.S. military wants to support you in your mental health journey. We’re there for you if you need to talk to someone, hit low points, or don’t know where to turn,” Orsega said.

“Together, we’re building a supportive military that knows strength includes the specific support you need, at the moment you need it most. Every service member, veteran, and family member should know: The MHS is here to help, because no one fights alone.”

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A VIEW FROM  
OUR SIDE

ROD WILSON

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It's reality, it's time to "pull the sailboat" for the summer. What this procedure entails is winterizing our 27 foot Cal sailboat for the harsh winter ahead.

Down come the sails to be folded and stored away. Then there is winterizing the freshwater system with at least 5 gallons of RV anti-freeze. There are what seem like an unending number of other tasks to get the boat ready, and then finally we are ready to load the boat on our sailboat trailer and up the steep ramp we go...to the sailboat storage yard for at least 8 months.

We really, really look forward to launching our sailboat late in May. And if you quickly look at your calendar you will see that we really only have 4 months of sailing weather in North Dakota. Pulling the boat out of the lake and storing it for winter is hard work. But in North Dakota we certainly do work hard to have fun, don't we?

If you have a sailboat, a cabin, an RV or even a lot of camping equipment, it's a task getting them ready for the summer recreation season. There always seems to be a few maintenance tasks no matter what you have invested in for summer recreation. In my mind I have already made a list of what I need to do, beyond the normal maintenance "stuff", to get our sailboat ready to go in the water



UPSIDE DOWN  
UNDER

MARVIN BAKER

When something is out of sight, it's out of mind, right? That's true to a point, but as North Dakotans we sometimes get a glimpse of what it's like elsewhere and the reality is, we don't have it so bad.

As we all know, North Dakota has been growing for several years. Driven by oil, the western third of the state has really expanded, bringing with it lots of spinoff opportunities that most places don't have.

As an example, the city of Williston has nearly doubled it's population in the past 20 years. It doesn't seem so long ago that a group of people was working on ways to urge people to move to Williston, Watford City, Crosby, Ray and Tioga. Time simply changed all that.

And when a community like that grows, it brings with it lots

# Working Hard.... So, We Can Play

next spring. And our spring ritual of getting the boat ready to launch takes at least 7 to 10 days spread over 3 to 4 weeks. I keep thinking to myself that if you put together the work to get the boat ready for winter and combine it with the work of getting the boat ready to launch in the spring, you have about 2 months-give or take-of getting ready to have fun. That's the point friends; we work hard to have fun.

And it isn't just us sailors, campers and cabin owners that work hard to have fun. I have a couple of friends that actually spread their entire collection of fishing equipment on their garage floor and as they wipe down every lure, they carefully place them back in their tackle boxes. I guarantee you that once this task is done, it will probably be the only time these tackle boxes, and I am talking a myriad of tackle boxes here, will be completely organized. Once again it is a labor of love for these fishermen, a love of the sport. Working hard to get their tackle boxes organized, so they can have fun.

This conversation could go on forever, because in North Dakota we refuse to let Mother Nature shut us down. Heck no! Once we put away the summer tackle boxes, we switch to ice fishing gear. What was once a very simple sport of tossing all of your ice fishing gear in a 5 gallon bucket and drilling a couple of holes with a simple ice auger, has been transformed into elaborate ice houses filled with electronic gear, even waterproof cameras to watch the fish attack, or not attack, your lure. The 5 gallon bucket that you used to sit on as you ice fished, is no more...well at least for the majority of ice fishermen. Heated ice houses complete with satellite TV? Seems a bit extreme but being warm and entertained certainly tops being cold and bored when sitting on a bucket when the fish don't bite.



Pulling our 27 Cal Sailboat out of the water certainly marks the end of summer sailing.

There may be a few sports where you don't work so hard to have fun. I suppose that you can have a picnic and bring prepared food and play cornhole. But the reality is that we do work hard, sometimes very hard, to have fun. But as my Dad used to say; "it was worth the effort."

WHERE TO BE THIS WEEK?

By the time this edition of the Northern Sentry hits the racks, it will be less than one week until Norsk Høstfest. Check out the insert in this week's paper for details on the largest Scandinavian Heritage Celebration in the United States. Congrats to the Norsk Høstfest team for planning a great event!

TODAY'S CHUCKLE

Lena called 9-1-1 and said to the person on the other end...I think Ole has had a stroke. You better get here fast.

"What's the address?" the operator asked?

1-1-5 Eucalyptus Drive answered Lena.

"Can you spell that?" Asked the operator.

"Let's see" said Lena." E-w u...E-u-k..." then she finally said in frustration "how about I just drag Ole over to third street!"

# A shield from reality

of opportunities in jobs, housing, health care and other amenities not found previously in that community. The hospital in Williston has been advertising for medical professionals, nurses and CNAs. The school system has grown so much... if you think there's a teacher shortage in North Dakota in general, go to a Williston School Board meeting sometime and then we'll talk.

The last time I checked on North Dakota Job Service, Williston had several hundred jobs available along with hundreds of housing opportunities. Jobs you can basically pick from in a city of 30,000? Granted, not all of them are going to pay \$100,000 a year, but in order to keep up with the oil industry, everyone else has to pay better wages or they simply won't get workers.

We also know that money is a motivator and where else do you know where Walmart can pay up to \$32 an hour? With that kind of wage, yes, a lot of people are going to want to work at Walmart. But that's the reality, or Walmart wouldn't have anyone to keep the store open.

The opposite can be true in other places. The economy can be so depressed, hardly anything moves and I'll use the example of eastern Indiana and the community of Connersville.

This is a community about the size of Jamestown that sits 14 miles from the Ohio state line and is also about 70 miles from Indianapolis and 100 miles from Cincinnati. It's unfortunate, but about the only jobs you will find in Connersville are health care positions. Little else exists right now.

Unfortunately, alongside that is a cost of living that is parallel to just about every place else and taxes in Indiana are quite high, especially for young families wanting to buy a house and have a decent car to drive. Unemployment is also high and with high unemployment comes an increase in crime.

Suffice to say, if you want to make a livable wage there, you would have to live and work in Indianapolis or Cincinnati or you will most likely continue to struggle financially.

I think the opposite is true here and more specifically in Beulah. In fact, we've seen numerous surveys that indicate Beulah, Hazen and Mercer County have among the best wages in North Dakota that translates into a much better quality of life.

I'm using the examples of Beulah and Connersville not only because Beulah has half the population and more than twice the jobs, but because I have a niece who lives in Beulah and a granddaughter who

lives in Connersville.

Granted, my niece is a little older than my granddaughter, but the way they live is completely different and it's all based on economics. My niece recently moved into a new house, had a baby and she doesn't have to work because her husband works at one of the power plants earning more in his early 30s than I did as a full-time Army first sergeant.

My granddaughter struggles every day to pay the bills. For her, finding a job is useless because if she did go to work, more than half her salary would be eaten up in daycare costs. Her boyfriend has a job that pays a paltry salary even though he is way overqualified for what he is doing.

Numerous other examples like this can be found comparing communities, even economically depressed ones, to those in other states. North Dakota is a place of opportunity right now and that's why young people continue to move here despite the "cold, harsh winters."

If my granddaughter was here, not only would she not worry about daycare, but she would most likely have a choice of jobs to pick, a choice of a living wage and a choice of a better quality of life. And most employers are flexible enough that she could work and go to college to work for a better life.



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# Northern Sentry Beginning Leads to Professional Career

ERIN BEENE, NORTHERN SENTRY

During summer 2020 when Covid regulations were heating up and we were adjusting to that “new normal”, a new MAFB mil spouse discovered her life was about to change in a very unexpected way that had nothing to do with the pandemic. Abigail Kinder was about to randomly start working as a Reporter for the Northern Sentry. It was a job she never knew she wanted and for which she had little experience, but it changed her life for the better and ultimately led her to a highly established civil service position at the 5th Bomb Wing Public Affairs office just a short time later.

It all started when Abigail’s husband, Airmen First Class Konner Kinder at the time, brought home a Golden Ticket one of his co-workers had discovered inside the Northern Sentry newspaper. Each ticket has a monetary prize value and the co-worker didn’t have time to collect it. Abigail took charge and texted the number on the ticket to set up a time to claim the prize at Margie’s Art Glass Studio. After meeting Ted Bolton, the Northern Sentry Owner, and collecting her cash, Abigail couldn’t stop thinking about how interesting it would be to work for the newspaper. “I kept telling [my husband] how cool it would be to work for a newspaper, as reporting was something I had always wanted to try.” A little bit later she actually got a text from Ted asking her if she was interested in doing creative work for the Sentry. She accepted and explained, “From there, the rest is history. The Northern Sentry was my first job in Minot, and I loved every moment of working with that team.”

Abigail went in with little relevant job skills, a strong work ethic and only a few years of adult life experience under her belt, but was determined to make the best of the kismet opportunity. “While settling into military life, I was focusing on artwork and selling commissions; I had always been passionate about writing as well.

I was 21 with no degree and I had no idea what I wanted to do with my life, but reporting and graphic design were careers I was interested in. Ted really took a leap of faith in hiring me, but I knew my work ethic and was determined to give it my all.”

Abigail’s job responsibilities at the Northern Sentry covered both design work and reporting, resulting in varied weekly hours. She helped with formatting layouts for the weekly periodical as well as special editions, while also tackling local news stories. “I was covering everything from a Simulated Electronic Launch Minuteman III to on-base school events to the Medora Musical.”

Abigail explained that the job had a lot of flexibility, besides meeting weekly deadlines, but that she could work when and where she needed. “The job allowed for a lot of flexibility and Ted gave me the freedom to suggest and pursue many ideas and passion projects to improve the paper.”

Abigail spent time over the next nearly two years learning about the base, its mission and the people. She shared some of her most memorable times reporting was during the 91st Missile Wing SELM in 2021. She was bussed out to the field and waited for what happened next. “We spent hours in the middle of nowhere waiting for the two second culmination when the launcher closure door blasted open. Like most military operations, it was a lot of ‘hurry up and wait,’ but as a reporter with little knowledge of the mission, it was a once in a lifetime experience that really highlighted the Roughriders’ proficiency and credibility.”

As Northern Sentry reporter, she was required to be in close contact with MAFB Public Affairs. She learned the system and people pretty well. By 2022, when the PA Chief of Media Ops/Community Relations position opened up, Abigail was ready to try her chances in the General Schedule (GS) world and applied for it on

USA Jobs.

She was hired on as a GS-11 in 2022 and to this day still credits her roles at the Northern Sentry as the start to her professional career. “Joining Team Minot really set my life on a new trajectory, and I always attribute that back to my roots at the Northern Sentry. As a young, brand new military spouse, those jobs helped me get acquainted with the community, learn about the unique mission at Minot AFB, and find my passion.”

Abigail and her husband moved away from Minot AFB a few weeks ago, but she hopes to continue working for Public Affairs in the future as she explained that it truly is her passion. “I didn’t know what I wanted out of life when I was 21, but when I look back on the past 5 1/2 years of the most incredible experiences, it all goes back to that leap of faith text from Ted Bolton in 2020. Everyone’s experience is going to be different, but I think my Northern Sentry job led to the best possible outcome of my experience at Minot AFB - from the friends I made to the career I started.”

The Northern Sentry is one of the few remaining military base-focused publications in the world. Their commitment to local military families has lasted over 75 years. Experiences like Abigail’s can happen to anyone at MAFB. If you or someone you know is interested in becoming a reporter for the Northern Sentry, reach out to us on our Facebook Page or send an email to erin.beene@willowtreemarketing. This writer also has an interesting tale of how a random shot to be a reporter has led to amazing career opportunities. You could be next, give it a shot.



The Golden Ticket that started it all. A1C Konner Kinder and Abigail on August 15, 2020.



Dominic Garcia and Abigail Kinder posing in front of the whiteboard wall mural at the Atomic Spark grand opening in November 2021.



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connie.brunelle@fmdh.org, 406-228-3609

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# Summer Photo Contest: Winners Revealed

ERIN BEENE, NORTHERN SENTRY

Summer 2025 is inching toward history, but the Summer Photo Contest winners have made their mark on MAFB! Every summer, the Northern Sentry asks people all over base to submit photos of camping, fishing, swimming, boating, or even just sitting in the backyard. We love seeing how everyone makes the most of this beautiful time of year, and this year was better than ever! With almost 100 submissions, we saw so many North Dakota moments and were overwhelmed by the number of amazing State Fair photographs! Each year, one winner is randomly selected from all submissions for our Grand Prize. This year's winner is the Marynowitz family! Brian, Zoryana, Alisa (7 years old), and Brian Marynowitz III (baby) were thrilled to find out they had won. They even sent a video of the kids dancing around the living room

in celebration! This year's Grand Prize was \$100 cash, because who couldn't use some extra spending money? Besides the randomly selected winner, the Northern Sentry team also picked a few favorites. It was tough this year, and narrowing down our top five was a real challenge. But after some back-and-forth, we decided to award Pandey Watrous the title of "Staff Favorite" for her photo of two kids striking poses with a picturesque North Dakota lake in the backdrop. The staff loved the joy, silliness, and scenery in the shot. Although not usually announced this far in advance, we also chose a front cover for the 2026 Summer Guide from this very contest! Photographer Rebecca Wang submitted several entries, but ultimately, it was her photo of kids on bikes with a massive North

Dakota sky filled with kites that won us all over. We can't wait to see it on the cover next year! Both Rebecca and Pandey were awarded a canvas print of their winning photos as a prize. We hate to see summer- and all the fun activities and daylight - go, but we're ready for fall weather, sweaters, and cozy times too. We're also gearing up for our Winter Guide, which will highlight last year's Winter Photo Contest winner on the cover! Don't worry, more contests are on the way! Our ever-popular Halloween Costume Contest and the Winter Photo Contest kick off in December. Be sure to keep an eye out and enter your photos, because you could be the next winner! Thanks for being a loyal Northern Sentry reader. We're here to share this unique Minot AFB adventure with you!



Photographer Rebecca Wang's photo of kids on bikes captured our attention and will be the 2026 Summer Guide cover photo!



Brian Marynowitz (husband), Zoryana Marynowitz, Alisa Marynowitz (7years old), Brian Marynowitz III (baby) were thrilled to win the randomly selected Grand Prize!



Pandey Watrous won the "Staff Favorite" award!

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## A LOOK BACK

### THIS WEEK IN USAF HISTORY

**PRESIDENT BUSH ENDS B-52 ALERT OF COLD WAR**

September 27, 1991

On September 27, 1991, President George H.W. Bush ordered the termination of the Strategic Air Command alert that had been initiated in October of 1957 as a result of the Cold War. This halt signaled the end of the war, which would officially come in December with the collapse of the communist state. As a result of the Strategic Arms Reduction Treaty with Russia, hundreds of B-52 Stratofortresses were dismantled at Davis-Monthan Air Force Base, Arizona. In the years following the Cold War, the Air Force implemented a downsizing trend that permanently closed many bases around the country. Because of its strategic location and continuous support of the nuclear triad, Minot AFB remained a pivotal location for strategic deterrence, and while the 5th Bomb Wing B-52s were taken off alert, they remained poised for action on a moment's notice.

Information courtesy of: [media.defense.gov](http://media.defense.gov) / [defensemedianetwork.com](http://defensemedianetwork.com) / Strategic Air Command, An Organizational History by Ronald Mixer

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5TH HEALTHCARE OPERATIONS SQUADRON HELPS TEAM MINOT MAINTAIN OPTIMAL HEALTH

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



U.S. Air Force Maj. Christi Smith, 5th Healthcare Operations Squadron chief of pharmacy, verifies prescriptions at the 5th Medical Group building on Minot Air Force Base, North Dakota, Aug. 18, 2025. Pharmacy personnel maintain mission readiness by delivering pharmaceutical care and medication support, ensuring the health and well-being of all personnel.



Airman 1st Class Zeek Allen, an augmentee from the 791st Missile Security Forces Squadron, stores away filled medications at the 5th Medical Group building on Minot Air Force Base, North Dakota, Aug. 18, 2025. The pharmacy provides essential medications to service members, their families, and military retirees.



Airman 1st Class Matthew Hines, 5th Healthcare Operations Squadron pharmacy technician, checks the expiration dates on medication at the 5th Medical Group building on Minot Air Force Base, North Dakota, Aug. 18, 2025. Pharmacy technicians ensure medications are prescribed in the correct dosage, do not counteract or have adverse reactions with each other.

NOTES ON BEING SAFE

SPEEDING CATCHES UP WITH YOU

Speeding endangers everyone on the road: In 2020, speeding killed 11,258 people. We all know the frustrations of modern life and juggling a busy schedule, but speed limits are put in place to protect all road users. Learn about the dangers of speeding and why faster doesn't mean safer.

For more than two decades, speeding has been involved in approximately one-third of all motor vehicle fatalities. In 2020, speeding was a contributing factor in 29% of all traffic fatalities.

Speed also affects your safety even when you are driving at the speed limit but too fast for road conditions, such as during bad weather, when a road is under repair, or in an area at night that isn't well lit. It not only endangers not only the life of the speeder, but all of the people on the road around them, including law enforcement officers. It is a problem we all need to help solve.

Seeding is more than just breaking the law. The consequences are far-ranging:

- Greater potential for loss of vehicle control.
- Reduced effectiveness of occupant protection equipment.
- Increased stopping distance after the driver perceives a danger.
- Increased degree of crash severity leading to more severe injuries.
- Economic implications of a speed-related crash; and even increased fuel consumption/cost.

Speeding is a type of aggressive driving behavior. Several factors have contributed to an overall rise in aggressive driving:

- Traffic congestion is one of the most frequently mentioned contributing factors to aggressive driving, such as speeding. Drivers may respond by using aggressive driving behaviors, including speeding, changing lanes frequently, or becoming angry at anyone who they believe impedes their progress.
- Some people drive aggressively because they have too much to do and are "running late" for work, school, their next meeting, etc...
- A motor vehicle insulates the driver from the world. Shielded from the outside environment, a driver can develop a sense of detachment, as if an observer of their surroundings, rather than a participant. This can lead to some people feeling less

constrained in their behavior when they cannot be seen by others and/or when it is unlikely that they will ever again see those who witness their behavior.

The vast majority of motorists rarely drive aggressively, and some never do. For others, episodes of aggressive driving are frequent, and for a small proportion of motorists it is their usual driving behavior. Occasional episodes of aggressive driving—such as speeding and changing lanes abruptly—might occur in response to specific situations, like when the driver is late for an important appointment, but is not the driver's normal behavior.

If it seems that there are more cases of rude and outrageous behavior on the road now than in the past, the observation is correct—if for no other reason than there are more drivers driving more miles on the same roads than ever before.

Speeding behavior and aggressive drivers may not only affect the speeder—it can also affect other drivers, pedestrians, and bicyclists. Here are some tips for encountering speeders on the road:

- If you are in the left lane and someone wants to pass, move over and let them by.
- Give speeding drivers plenty of space. Speeding drivers may lose control of their vehicle more easily.
- Adjust your driving accordingly. Speeding is tied to aggressive driving. If a speeding driver is tailgating you or trying to engage you in risky driving, use judgment to safely steer your vehicle out of the way.
- Call the police if you believe a driver is following you or harassing you.

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the northern sentry Salute

2Lt Maiszon Balboa

891st Missile Security Forces Squadron

Hometown: Colorado Springs, Colorado

Lt Balboa has been in the Air Force for a year and a half and is a flight commander for the 891 MSFS. Maiszon has a degree in biology and plans to complete his post graduate degree soon. He is originally from Colorado Springs and played hockey for the US Air Force Academy. He previously played in the NAHL for the Shreveport Mudbugs.

GAME SALUTE: FRIDAY, SEPTEMBER 19

SrA Ariana Martinez

5th Logistics Readiness Squadron

Hometown: Layton, Utah

Senior Airman Martinez was selected by her leadership to fill a critical vacancy within her unit's commander's support staff. A position completely outside her standard Air Force job, she has guided her section through 2.5K critical system actions, while achieving a 100% on-time rate. Additionally, she redesigned her unit's correspondence tracker system, streamlining 21 decoration tasks & expediting and additional 57 squadron commander's line of efforts, alleviating a backlog & ensuring the recognition of 78 Airmen. Finally, she guided a no-notice recall, where her team validated 305 members, completing 100% accountability, executing a Standard Readiness Review to enforce Secretary of Defense directives.

GAME SALUTE: SATURDAY, SEPTEMBER 20

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.



# Virgil Hill Returns to His Home State to Promote Lopez Twins Pro Debut

ROD WILSON, NORTHERN SENTRY

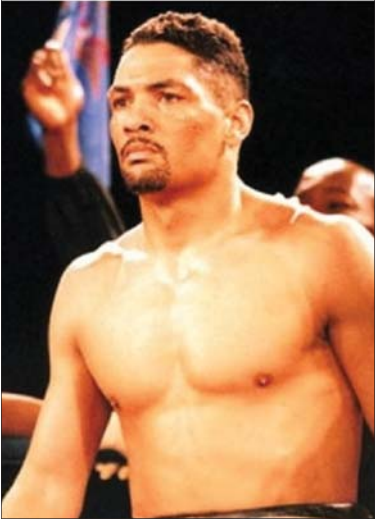
For Olympic silver medalist Virgil Hill, his return to North Dakota in October to promote the pro debut of Jose and Rafael Lopez is an opportunity to return to familiar surroundings, to a state “where I never lost a fight” according to Virgil.

Virgil is 61 years old now, but he was only 19 when he made his pro debut “right after the Olympics. Those were the best days of my life” Virgil continues “and I think the Lopez kids are going to be a lot like me. They’ll have the entire state of North Dakota cheering them on when they take the ring that night.”

Virgil and his wife, Denine, now live in California. For Virgil it’s a bit of history repeating itself. “It takes time to get started, and that’s what we are doing. We need people to come and see them (the Lopez twins) because really they are the stars of the card that night. We’ll have the best boxers in North Dakota on the card with them, but people are going to be excited to see these two young guys fight in their pro debut.”

And the potential? “Yeah, they have a lot of potential. They are certainly better than the average North Dakota boxers, and that’s a tribute to their father for getting them out and in the ring with other boxers” says Hill. “They’ve had different types of training

and they faced a lot of different types of boxers, and that’s important.”



Ring Shot of Virgil “Quicksilver” Hill

As Virgil and reminisced a bit about some of the fights that were held in North Dakota, Virgil said that the big networks liked staging and covering fights in the state because “the crowds were big and the crowds were enthusiastic. A couple of times when we fought in Bismarck we had 5,000 people in the stands. The promoters just loved coming here and I loved fighting in North Dakota. Even though it was a

state of only 750,000 people, it was 750,000 people who were all pulling for me. It was amazing. It was the best time of my career!”

The Hills will be in North Dakota a couple of weeks before the October 25th event at the Minot Auditorium “just to make sure we have all of our t’s crossed and our I’s dotted” says Virgil “and I’ll probably spend a lot of time at the gym watching kids fight. I’m a gym rat at heart. I love just watching, and I’ll certainly answer any questions that people have for me.”

And for the Lopez twins, they are standing on the threshold of what could prove to be careers very much like Virgil Hill. North Dakota is their home, and in North Dakota sports fans are quick to become fans of local talents like the Lopez brothers.

And in their corner they will have arguably the most talented boxer that North Dakota has ever produced. Once a kid from North Dakota, and then an Olympic Silver Medalist and pro boxer from North Dakota, and now a fight promoter who loves coming back to his home state, Virgil “Quicksilver” Hill returns to perhaps start the Lopez twins on their dream journey, to the top.



Virgil “Quicksilver” Hill



Rafael & Jose Lopez will make their pro debut on October 25.

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- Q-Anywhere**
  - Text "Get in line" to 1-833-274-5419
- In Person**
  - Come pull a ticket at the pharmacy and wait for your number to be called

**Do you need to REFILL an existing prescription?**

Here are two ways to REFILL a prescription at Minot AFB Pharmacy:

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  - Use the link or QR code
  - Click on 'Rx Refills' tab
- Automatic REFILL Hotline**
  - Call 1-701-937-4688
  - Follow the prompts

\*If you are out of refills, a new prescription will need to be activated. Please contact your provider to get started.

**Do you need to COMMUNICATE with your pharmacy team?**

Here are three ways you can COMMUNICATE with pharmacy staff:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Using the link or QR code
  - Click on 'Message' tab
- Q-Anywhere**
  - Text "Get in line" to 1-833-274-5419
- In Person**
  - Come pull a ticket at the pharmacy and wait for your number to be called



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# Minuteman ICBMs ‘Feasible’ Until 2050, Air Force Says, But Risks Would Be High

GREG HADLEY, AIR & SPACE FORCES MAGAZINE

The Air Force believes it could continue to operate its Minuteman III missiles until 2050 if needed, according to a newly released report from the Government Accountability Office—but doing so poses serious challenges to sustain their aging technology.

Congressional watchdog GAO completed a classified report on the transition from Minuteman to Sentinel in April, and only put out a public version Sept. 10.

Noting that the Air Force previously concluded “Minuteman III would reach the end of its service life in 2036,” the GAO report said the Air Force had since revised its calculus. “Now, facing delays to Sentinel, the Air Force is evaluating options to continue operating Minuteman III through 2050. The Minuteman III Program Office concluded that operation of Minuteman III until 2050 is feasible.”

The Air Force has 400 Minuteman IIIs on alert in silos spread among five states. Sentinel would replace Minuteman on a one-for-one basis, following a phased approach such that the last Minuteman III would only come offline when the 400th Sentinel is armed and ready. Full operational capability for Sentinel had been set for 2036, but schedule delays mean some Minuteman missiles may need to be operational beyond that time.

Keeping Minuteman until 2050 would carry significant risk, and would require overhauls for certain subsystems. Given the aging technology, sourcing parts will only get more difficult, and sustaining flight tests would also be a challenge.

It’s not just the missiles that are at issue. “Air Force officials told us that although they are confident that Minuteman III can be used beyond 2030, even out to 2050, they acknowledged there are unknowns such as ground electrical subsystems and electronics—for example, diodes, resistors, and capacitors—which could degrade to unacceptable levels,” the GAO authors wrote.

More specific details on sustainment risks were deemed

classified and not included in the public report.

An Air Force spokesperson told Air & Space Forces Magazine that the Minuteman III program office regularly conducts reviews to determine how long the ICBM fleet could feasibly serve and that the 2050 date is not tied to any delays with Sentinel.

The first operational Minuteman III missiles were deployed in 1970 with an expected service life of 10 years. They have been extended time and time again, and pushing them to 2050 would make them among the oldest and longest-serving weapons in the Pentagon’s inventory.

U.S. Strategic Command and Air Force officials have repeatedly argued Minuteman III must be replaced without delay and point to its outdated parts, electronics, and launch facilities as serious risks to the ICBM enterprise and by extension, U.S. nuclear deterrence.

Yet Minuteman’s planned replacement, Sentinel, has suffered major cost and schedule overruns, raising serious doubts as to whether it could meet a requirement by STRATCOM to have an initial operational capability by September 2030.

The Sentinel program is currently being restructured following a Pentagon review. Lead contractor Northrop Grumman said in July it had agreed with the Air Force on an “approach which will lead to re-establishment of the program baseline.”

Most of Sentinel’s problems stem from the infrastructure, not the missiles. Early plans to update existing silos ran into trouble, and officials now believe it’s cheaper to build new than try to retrofit 50-year old structures. The Minuteman facilities date back even further than the missiles, and while the Air Force originally planned to refurbish them, officials now say they have determined it will actually be cheaper to build entirely new launch control facilities and silos, complete with miles of cables, pipes, and wires.

Anti-nuclear activists and some thrift-conscious lawmakers have

called for canceling the program. But Kyle Balzer, a fellow at the American Enterprise Institute, said that would be a mistake.

“The Air Force has done an extraordinary job extending its life, but as this report pointed out, there’s still major risks involved in that, major unknowns, primarily with the electronics, the ground subsystems, the degradation of those component parts,” Balzer told Air & Space Forces Magazine. “And I mean, former STRATCOM commander [Adm. Charles] Richard has testified that we can’t keep extending the life of Minutemen. Our Air Force maintainers are extraordinary at their job, but you know, these component parts are going to eventually degrade, and there’s going to be age-related attrition.”

Retired Air Force Col. Jennifer Reeves, a former commander of an ICBM wing, also argued that the 2050 projection in the GAO report doesn’t fundamentally change the need for modernization.

“Listen, man, at some point we have to go to a new weapon system, and each time we delay, it’s going to get more expensive,” she said. “We’re definitely going to do what it takes to keep Minuteman going as long as it absolutely can. But the weapons system gets a vote. ... Things will eventually just break.”

When that happens, the U.S. cannot afford to be without a viable land leg of its nuclear triad, Balzer said.

“Deterrence is very much fundamentally about political resolve. And I think if we were to cancel Sentinel, we would ... send a wrong signal to China and Russia about our national will and resolve.”

The GAO report does not call for Sentinel to be abandoned. Rather, it recommends that the Air Force develop a risk management plan for its transition from Minuteman to Sentinel and plans for how it will manage personnel and flight testing during that transition, as well as several other points.

The Air Force concurred with the report and the recommendation.

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The Minot Air Force Base Fire Department is teaming up with NFPA to promote this year’s Fire Prevention Week, October 5-11, *Charge Into Fire Safety: Lithium-Ion Batteries in Your Home*. Help us spread the word about making smart choices when it comes to buying, charging, and recycling lithium-ion batteries—because the wrong move can lead to a fire. For more info: fpw.org.

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# Minot Park District Announces 2025 Dates for Annual Pumpkin Walk at Woodland Trail

MINOT PARKS

MINOT, ND — The Minot Park District is excited to announce the 2025 dates for the annual Pumpkin Walk at Woodland Trail. This year’s festivities will take place from 6:00 pm to 9:00 pm on Friday, October 10, and Saturday, October 11.

The Pumpkin Walk is a free, family-friendly event celebrating the fall season with multiple food trucks and thousands of carved pumpkins lighting the trail.

This community favorite would not be possible without the generous support of the Minot community and our sponsor, JLG Architects. “JLG is thrilled to sponsor the Minot Park District’s Pumpkin Walk!

We love supporting our communities, and there’s no better way to help our community thrive than bringing people together outdoors. My family is excited to walk Woodland Trail and admire the creative pumpkins and efforts of businesses and organizations from across the community,” said Katelyn Crider, Project Manager, JLG Architects.

Pumpkin pledges have surpassed every previous goal set, and this

year’s target is the largest yet: 2,000 pumpkins! Minot Parks is currently accepting pledges from individuals and local businesses. Pledging 10 or more pumpkins includes signage at your display, with lights and setup provided by Minot Parks.

To make a pledge, contact Bailey at [bailey@minotparks.com](mailto:bailey@minotparks.com) or call the Minot Parks office at (701) 857-4136.

Guests are asked to park at the Dakota Bark Park (705 Highway 83 Bypass W) and follow the walking path to Woodland Trail. Additional lighting will be in place along the route to the entrance. The Woodland Trail parking lot will be reserved for handicap-accessible parking. Visitors are encouraged to dress warmly and bring flashlights.

For more information, please contact the Minot Park District office at (701) 857-4136.

Minot Park District  
Ashley Gathman  
Director of Marketing  
and Development  
(701)857-4136  
[ashley@minotparks.com](mailto:ashley@minotparks.com)  
[www.minotparks.com](http://www.minotparks.com)



MINOT PARKS PHOTOS

## Upcoming Events

**19 SEPT**  
**FALL FUN DAY**  
10:00 AM - 2:00 PM  
Magic City Discovery Center,  
1545 1st Street NW, Minot, ND

We’re spending our annual closure cleaning and reorganizing every nook and cranny, but we’re excited to reopen on September 19th with a Fall Fun Day Celebration!

Come enjoy seasonal activities, hands-on STEAM fun, pop-up experiences on every floor, tasty snacks on the lower level, and a festive day the whole family will love!

Free with paid admission!



**For more information:**  
[Facebook/ Magic City Discovery Center/ 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](#)

**20 SEPT**  
**MINOT FARMERS MARKET**  
9:00 AM  
Oak Park  
1300 4th Ave NW

The Minot Farmers Market features 35+ vendors who are local farmers, makers, and bakers! You’ll find all of the happenings in Oak Park every Saturday, rain or shine but not during inclement weather.



**For more information:**  
[Facebook/ North Prairie Farmers Markets/ Events](#)

**20 SEPT**  
**CAESAR FEST**  
11:00 AM - 2:00 PM  
Citizens Alley, 3 1st St SE Suite 2  
Minot,ND

Ten contenders. One crown. Zero mercy. Minot’s top bars and restaurants are coming for the Best Caesar in Town title — and your taste buds get to decide who takes it home. Caesars, music, and just enough friendly trash talk to keep things spicy. Caesar Sampling & Competition — Taste your way through 10 epic creations and cast your vote for Best Caesar in Town. Live Music by Missing Lynx — Sponsored by Gooseneck Implement, bringing the perfect soundtrack for sipping. Plant Auction — Sponsored by First Western Bank (because even plant parents deserve a party). The Big Spicy Raffle — Over \$10,000 in prizes. Yes, you read that right.

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**For more information:**  
[Facebook/ Companions for Children - Youth Mentoring/ 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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**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**

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# Why is tire rotation so important?

Vehicle owners need to keep maintenance on the mind to ensure their cars and trucks are operating at peak capacity. Various components should be checked and serviced at key intervals. Oil changes and fluid top-offs are part of routine maintenance, but it can be easy to forget about other important parts of the vehicle, including tires.

Rotating tires is vital to their upkeep. Bridgestone Tires advises that tire rotation involves routinely repositioning a vehicle's tires in specific patterns from front to back and side to side. According to Big O Tires, the front tires tend to wear on the outside edges because the tire leans over when a driver turns a corner. The rear tires just follow the front ones, so they usually wear more evenly. By leaving tires in place, the outside edges on the front tires will wear down much faster than the rest and those tires will need to be replaced sooner. Rotation may be required by tire warranties. Rotation also keeps the tires working properly.

Experts generally advise tire rotation every 6,000 to 8,000 miles, even if they do not show any signs of wear. It is challenging to determine if weather treads are uneven or how much wear has been sustained just by looking at them. Rotating tires can prolong the life of tires and decrease how frequently they need to be replaced.

Rotating tires keeps the tread depth uniform and helps maintain traction and consistent handling across all four tires. Bridgestone says the tire rotation pattern that is best for a particular vehicle depends on the type of tire being used. Patterns are recommended by the standardizing body of the tire industry, called The Tire and Rim Association, Inc. Individuals can consult with professional mechanics about the proper way to rotate tires. Many tire manufacturers or automotive stores that have sold customers tires also will do tire rotations - some free of charge.

In addition to proper traction, minimizing uneven tire treads causes the vehicle to be more balanced, advises Wrench, a mobile auto repair and maintenance company. This enables the driver to have more control even when roads are slippery. Many auto service centers will then align and balance tires after they have been rotated. At this time the mechanic will likely check brakes as well, since it is easy to see and reach them when the tires are off.

Tire rotation is an important component of vehicle maintenance. Check with a qualified automotive professional to see if it's time to have your vehicle's tires rotated.



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## AMUR LEOPARD

### CREATURE FEATURES

- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.

### Fact File

Life Span	10 - 15 years
Weight	55 - 105 pounds
Head & Body Length	5 feet
Tail Length	32 - 35 inches
Height to Shoulder	2 - 2.5 feet
Speed	37 mph
Wild Diet	Omnivore (Carnivore) Herbivore Roe Deer, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer

## AUTUMN

wordsearch puzzle

H	E	D	G	E	R	A	C
F	O	X	E	H	A	R	D
R	I	B	C	O	C	C	E
S	A	E	S	G	B	O	E
Q	R	A	N	A	D	O	R
U	N	R	A	K	E	N	H
I	B	I	R	D	H	R	A
R	R	E	L	F	X	E	R

Find animals in the picture and in the puzzle

- SQUIRREL
- BIRD
- DEER
- HARE
- HEDGEHOG
- SNAKE
- FOX
- RACCOON
- BEAR

R	E	X	T	R	E	I	
V	H	D	I	B	I		
H	N	E	V	N			
R	O	D	V	N	A	R	D
E	S	G	B	O	E		
D	C	O	C	C	E		
D	V	H	E	X	O		
C	A	V					

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TO NEIL DIAMOND  
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SEPT 25TH • 7PM



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SEPT 26TH • 1PM



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MEDORA PRESENTS:  
CASH VS THE KING  
FRIDAY,  
SEPT 26TH • 7PM  
[ & ]  
SATURDAY,  
SEPT 27TH • 1PM



\$65

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SATURDAY,  
SEPT 27TH • 7PM

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We're giving away pairs of concert tickets to this year's Norsk Høstfest – and you could be one of our lucky winners! Tickets include entry to Norsk Høstfest too!

**To enter:** Comment below tagging a friend or telling us who you'd take with you! Only one comment per Facebook account is allowed.

**Giveaway Details:**

Starts: Wednesday, Sept 18  
Ends: Saturday, Sept 21 at 12:00 PM  
Winners announced here on Facebook by Monday, Sept 22

**Eligibility:** Must be Minot AFB–assigned member or dependent and 18+ to win.  
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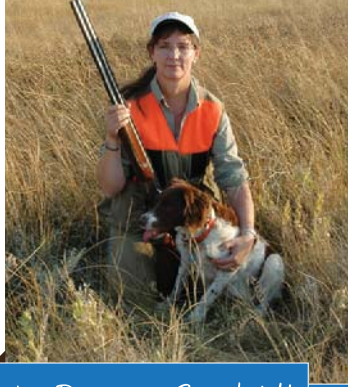
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**Jones.afa.org**



by Patricia Stockdill

**FISHING:**  
Lake Sakakawea elevation, Sept. 15: 1,831.99 feet above mean sea level (MSL); 19,300 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,448.69 feet above mean sea level (MSL). Stump Lake elevation: 1,448.42 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports from Devils Lake or north-central area lakes.
- Devils Lake, Woodland Resort, Devils Lake: Continued small walleye activity. Look for a switch to vertical jigging around the towers as it gets later into fall.
- Lake Darling, Karma C-Store, Ruthville: No new reports from area lakes.
- Lake Metigoshe, Four Seasons, Bottineau: Fewer anglers on the water with limited reports.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Slow to fair walleye success on the east end of Lake Sakakawea. Move around and work a variety of depths.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Salmon starting to move shallower on the south side of the east end of Lake Sakakawea with starting to anglers switch to longlining. No walleye reports. No reports from Lake Audubon.
- Lake Sakakawea, Indian Hills Resort, Garrison: Try slow death hooks but overall walleye activity slowed.
- Lake Sakakawea, New Town: Not much activity in the Van Hook Arm.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick

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

- Lake Darling and Beaver Lodge Canoe Trail closed to boat activity on Upper Souris Nat'l. Wildlife Refuge beginning Sept. 30.
- Sept. 19: Youth deer season opens.
- Sept. 20: Oktober Family Fest, Fort Stevenson State Park, Garrison, 4 p.m.
- Sept. 20 & 21: Youth waterfowl season.
- Sept. 22: East Early Season Canada Goose Zone closes.
- Sept. 20: Flannel Fest music and activities, Lewis & Clark State Park east of Williston, 11 a.m.
- Sept. 20: Walk to End Alzheimer's, Minot's Oak Park, 9 a.m. registration.
- Sept. 22: East Early Season Canada Goose Zone closes.
- Sept. 27: N.D. resident waterfowl season opens.
- Sept. 27: Loggerfest, Minot's Oak Park, noon.
- Sept. 28: Youth deer season closes.
- Oct. 3: Pronghorn gun season opens (lottery license only).
- Oct. 4: Nonresident waterfowl season opens.
- Oct. 4: MonDak Pheasants Forever dinner and Upland Conservation Expo, Raymond Family Community Center, Williston. Expo opens at noon; dinner at 5 p.m.
- Oct. 4 & 5: Youth pheasant season.

**TOURNAMENTS:**

- Sept. 26 & 27: Lake Sakakawea, Lewis & Clark State Park.
- Sept. 27 & 28: Lake Audubon, Totten Trail.

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. 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: West end of Lake Sakakawea producing nice walleye between Lund's Landing to White Earth Bay. Try 5 to 12 feet with crankbaits. Still fair walleye success using spinners

and minnows or nightcrawlers. Look for some walleye activity on the Missouri and Yellowstone rivers. Fish deeper water off the face of Blacktail Dam for walleye.

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

**HUNTING:**

- Doves: Birds bunching but warmer weather still holding doves in the state in several areas.
- Upland: Fairly quiet upland opener with better partridge numbers than grouse.

**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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CROSSWORD SOLUTION

Solution to last weeks  
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Vertebral cushion
- 5. Finger painters' protection
- 11. Explosive sound
- 14. Thundering sound
- 15. Outcast
- 16. Nuptial agreement
- 17. Explanation of golf's popularity (Part 1)
- 19. Stones' Wood
- 20. Made the grade
- 21. Waterlogged land
- 22. Nyctophobe's fear
- 23. What Mark Spitz has done well
- 25. Pitcher's success
- 26. Part 2 of the explanation
- 33. Ease
- 34. Clamor
- 35. Instrument for Stan Getz
- 36. Channel marker
- 37. Beer buyer, presumably
- 38. One of Hi and Lois' kids
- 39. Sixth sense
- 40. "Beauty is only skin deep," e.g.
- 41. Zoo heavyweight
- 42. Part 3 of the explanation
- 45. Bugs' voice
- 46. Look
- 47. Type of bag or circus
- 49. Steak excess
- 52. Prolific patentee
- 56. Singer Janis
- 57. End of the explanation
- 59. Stick out
- 60. Type of cracker or magnetism
- 61. "Roots" writer Haley
- 62. Roadblock requests
- 63. King novel
- 64. Ill-gotten goods

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			

Down

- 1. Trickle
  - 2. Tiny bit
  - 3. Brat's comeback
  - 4. Intersection
  - 5. Accelerated
  - 6. Long March leader
  - 7. "Carmina Burana" composer
  - 8. Quote an authority
  - 9. Madeline of "Blazing Saddles"
  - 10. "Ain't --- Sweet"
  - 11. Caribbean cruiser of old
  - 12. Stench
  - 13. Policy guru
  - 18. Fit for the front page
- 22. Sarcastic response
  - 24. Quarterback's morning after
  - 25. Be obligated
  - 26. Show a rosy glow
  - 27. Romantic getaways?
  - 28. Help for a paleface
  - 29. Those involved in a coverup?
  - 30. Option for the jet set
  - 31. Monsoon occurrences
  - 32. World's fair
  - 33. Sanction wrongdoing
  - 37. Nabokov novel
  - 38. Type of bond or compound
- 41. Clarinet parts
  - 43. It might follow snow
  - 44. With great intensity
  - 47. Island nation of the Pacific
  - 48. Extol
  - 49. Done, in Dijon
  - 50. Buyer's warning
  - 51. "Sock it ---!"
  - 53. Go it alone
  - 54. Top-selling U.S. cookie
  - 55. Ensuing
  - 57. Spotlight grabber
  - 58. Kind of chest or paint



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# Badlands Circuit Finals Rodeo Returns

*Tickets on sale for regional championship for PRCA rodeo*

BADLANDS CIRCUIT FINALS RODEO

MINOT, N.D. – Tickets are on sale for the Badlands Circuit Finals Rodeo, to be held October 10-12 in Minot, N.D. at the North Dakota State Fair Center.

The circuit finals rodeo is the culmination of the rodeos in North Dakota and South Dakota and features the top twelve cowboys or cowgirls in each of eight events, who have won the most money over the season.

The Circuit Finals is the best of the best, said Max Weppler, chairman of the Badlands Circuit Finals Rodeo. “They’re the best cowboys and cowgirls in North Dakota and South Dakota, plus surrounding states,” he said. “Fans will see top-notch rodeo competition.”

The rodeo will also include high-level entertainment, including rodeo clown Dennis Halstead and announcers Bob Tallman and

Garrison Allen.

Badlands Circuit Finals Rodeo champions go on to qualify for the NFR Open, held in Colorado Springs in July. Monies earned at circuit finals count towards the Wrangler National Finals Rodeo, the PRCA’s world championship event. Last year, the Badlands Circuit Finals Rodeo paid out nearly \$250,000 to the winners.

Performances start at 7 pm on Oct. 10-11 and at 1 pm on Oct. 12.

Tickets are \$35 for reserved seating (the five rows closest to the arena floor). General admission tickets are \$25 for adults and \$12.50 for children ages 2-12.

Tickets can be purchased online at [BadlandsCircuitFinalsRodeo.com](http://BadlandsCircuitFinalsRodeo.com) and at the gate.

For more information, visit the website.



Jason Reiss reaches for a steer at the 2020 Badlands Circuit Finals Rodeo. Tickets for this year’s circuit finals rodeo are on sale now.

PEGGY GANDER PHOTO



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## CORNERSTONE Map Out The Road To Good Health

### When Technology Meets Seasonal Stiffness

When the calendar flipped from August to September, I noticed more than just back-to-school routines creeping in. With the first cold snap, I started waking up stiffer, moving slower, and realizing my body wasn’t transitioning into the season as smoothly as I’d like.

At first, I brushed it off as busyness. September always feels like a tidal wave—school resumes, work picks up, extracurriculars start, and the quiet lull of August quickly turns into an overfull schedule. But when even simple things—like putting on shoes—felt harder, I knew something else was going on.

In fact, last week before church I grabbed a pair of high tops, only to realize how stiff my back felt. I ended up flat on my back on the bed, leg in the air, tugging on a sneaker in a way I hadn’t since being eight months pregnant with my youngest son nearly five years ago. As I lay there, I thought: *I really shouldn’t miss any more chiropractic appointments.*

Earlier in the month when I mentioned this stiffness to Dr. Matt, he told me that season changes can trigger inflammation in the body—and inflammation often equals pain and discomfort. Honestly, I hadn’t thought of it that way, but it makes sense.

Research backs this up. A University of Cambridge study found that nearly a quarter of immune-related genes act differently depending on the season. In colder months and during season transitions, our bodies often produce more inflammatory markers. Other research points out that seasonal allergies and immune shifts can trigger stiffness, flare-ups of chronic pain, or fatigue.

I’ve experienced this pattern before: more pain when I’m sick, more soreness when my immune

system is active, more stiffness during the “in-between” months. This fall has been no different.

For much of the summer I’d worked down to every-other-week visits at Cornerstone Chiropractic. But with increased stiffness, I was encouraged to return to weekly treatments for a while. That small change has already made a difference.

I’ve been a patient at Cornerstone since January, and what surprised me most was that my care involved much more than adjustments. I’ve come to love the holistic approach to my care. In this respect, care can be proactive instead of just reactive, and it involves therapies that target the root of the pain—like inflammation.

One treatment that stands out to me in this arena is FX cold laser.

Cold laser therapy (sometimes called low-level laser therapy) uses light energy to reduce inflammation, promote cellular repair, and relieve pain without heat or damage. The FX laser in use at Cornerstone is FDA cleared for treating chronic low back pain, and clinical trials have shown it can reduce pain and improve function significantly. For me, it’s been one of the therapies that helps calm the inflammation I know my body battles on a regular basis. And the best part just might be that it’s completely noninvasive and pain free. I sit still in a quiet, relaxing room while the light moves over my lower back.

I had no idea this treatment even existed before walking into Cornerstone. And now, I can’t believe Minot has access to this kind of state-of-the-art care.

Sometimes we forget what an asset it is to have resources like this locally. When my mom in Indiana recently dealt with severe hip pain, I immediately thought of these therapies. I looked up clinics in her area—she lives in a highly populated



AMY ALLENDER

region with no shortage of options. Yet the closest clinic that offered the therapies that have most helped me (FX cold laser, Soft Wave therapy, and hyperbaric oxygen) under one roof was nearly an hour away.

Here in Minot, we’ve got it at our fingertips. That’s not just great for locals like me, but also for military families who face unique physical and mental demands. Having comprehensive care nearby is no small gift.

So, as I’m relearning how to settle into routines this fall, I’m also reminding myself that wellness needs to be part of that routine. I can’t prevent seasonal shifts, but I can support my body through them. For me, that means staying committed to routines that support wellness—even when it’s tempting to push it off in the busyness of September.

Because the truth is, health doesn’t happen by accident. It’s built through consistent choices, little adjustments, and sometimes even lying on your back to wrestle with a pair of shoes—then realizing you don’t want to feel that way again.

For more on living well in North Dakota, join me online at [amyallender.com](https://amyallender.com) or on social media @HeyMinot.



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# MINOT NORTH

## SENTINEL REPORT



# Minot North Sports Teams Finding Success Across the Board

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The fall season is in full swing, and Minot North’s athletic programs are showing strength across several sports. The past week brought impressive wins and strong finishes for the Sentinels, with momentum building as homecoming week approaches.

On the football field, Minot North picked up an exciting 45-14 win over Red River last Friday night. The Sentinels looked sharp on both sides of the ball, controlling the pace early and never looking back. With the victory, the team is carrying confidence into their upcoming homecoming game. The matchup is set for this Friday night at Sentinel Stadium, with kickoff scheduled for 7 p.m. The players and fans are eager to bring the same energy under the lights in front of their home crowd.

The boys tennis team has also been stringing together strong performances. In their most recent matches, the Sentinels defeated the Bluejays in a close 5-4 battle before powering past the Hi-Liners 4-1 and the Packers 4-1. Each match has highlighted

the team’s depth, with consistent play in both singles and doubles proving to be the difference. Their steady improvement has put them in a good position heading into the later stretch of the season, as they continue to establish themselves as a program on the rise.

In the pool, Minot North’s girls swim and dive team is celebrating early success with several athletes already qualifying for the state meet. Danica Stolba, Zoe Bahr, Abby Wake, and Chloe Kraft have each earned their way onto the state roster. Their performances reflect the hard work being put in during practices, as well as the team’s overall growth in just its second year. With more time left in the season, the Sentinels are hopeful that additional swimmers will punch their tickets to the state competition.

The girls golf team has also put together an impressive stretch of results. They opened with a 9-3 duel victory over Minot High, keeping the tone for a competitive season. At the Hawktree St. Mary’s Invite, the Sentinels finished 2nd

as a team, led by Kinzy Welstad’s 83. Emersyn Kopp and Ally Larson each shot an 87, while Kate Bast added an 89 and Abby Bowker-Speer finished with a 107. The strong team effort continued at the Mandan Invite, where Minot North placed 3rd overall. Kopp’s 79 earned her 2nd individually, and Welstad was right behind her in 3rd with an 81. The depth and consistency across the lineup has made the Sentinels a team to watch as they prepare for upcoming meets.

Across all sports, Minot North’s athletes are showing a commitment to growth and teamwork that is producing strong results. From the golf course to the tennis courts, the pool, and the football field, the Sentinels have proven that they can compete with some of the state’s best. With homecoming week on the horizon, the energy around campus is building, and the teams are eager to keep their momentum rolling into another busy stretch of the fall season.



Emersyn Kopp watching her drive during action

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Not only has she completed her duties as missile chief, but she is currently conducting ration runs to missile sites, dropping and picking up personnel to and from sites, and acting as back-office administrator. She is also an RTA who assists with teaching and coordinating all RTA events at 5 FSS, as well as increasing our Sq to 95% for SAPR training for 2024. Furthermore, between June and July, she spent \$500 on her own account creating 30+ brown bag dinners and supplies for the homeless and women in town, as well as handing out domestic violence/SAPR support cards. During work hours, she has played an important role in escorting Airmen in need to mental health appointments and or the Chaplain.

*Info from Dec 2024*




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# ND Suicide Prevention and Response Toolkit for Schools: Helpful Resource for Parents

North Dakota Health and Human Services (NDHHS) recently released a Suicide Prevention and Response Toolkit for Schools. This is a comprehensive resource that assists schools in preventing suicide through the implementation of specific strategies and response protocols. It aims to strengthen prevention and support the mental health of students. This is important, because in North Dakota 13,000 adolescents aged 12-17 experience a major depressive episode each year and 8,000 have serious thoughts of suicide each year (National Alliance on Mental Illness).

Helpful for families, the toolkit has signs and behaviors to look for with regard to your child's demeanor, ways to stay connected, and how to develop protective factors that can help protect your child from suicide. The link for the toolkit can be found at: <https://www.parentslead.org/schools/suicide-prevention-toolkit>

Our Military and Family Life Counselors (MFLCs) also assist our military-connected children, public school students, and homeschool students. Specifically, they utilize and share techniques and strategies to improve our youth's behavioral health. According to Minot AFB's



ALYSSA KELLY  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL  
LIAISON PROGRAM



MFLC Activity Report data from August 2024 to June 2025, our school-based MFLC supported our students in three top areas: communication, social skills issues, and transition/adjustment (Data Warehouse). Military-connected students move, on average, six to nine times throughout their educational careers, so I am not surprised they needed support in the latter area. Regarding the former, our MFLC's communication with our students—coupled with your enhanced knowledge and understanding of suicide-prevention—is something worth investing time in, because now is all the time that's guaranteed.

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

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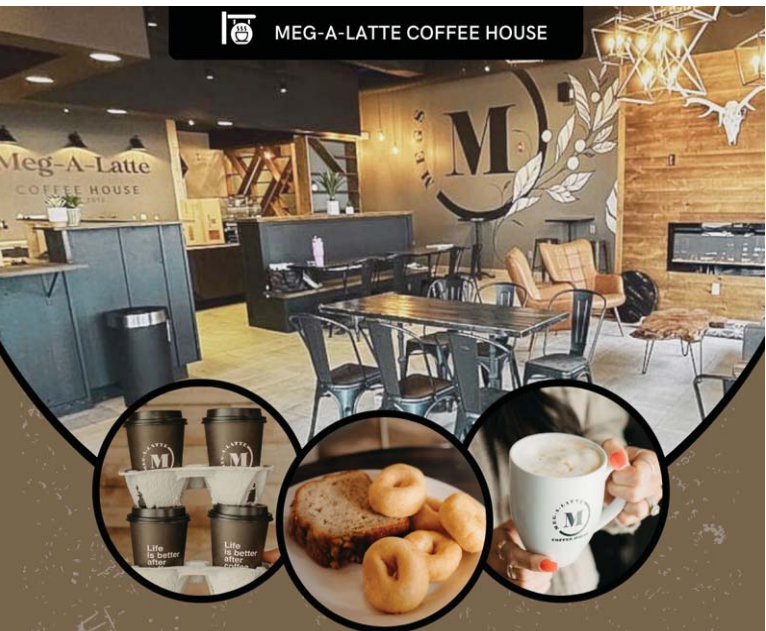
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## THE EARLY SEASON CHALLENGE

Patricia Stockdill

It's a challenge North Dakota waterfowl hunters have long faced: The opening of waterfowl season – specifically ducks – means a couple of things in the state. For starters, it means hunting season truly is getting into high gear.

Secondly, it means welcome to the world of brown ducks.

And that's where the challenge lies.

You see the problem with North Dakota's resident waterfowl opener – Sept. 27 this year - is a lot of ducks across the state are still brown. Welcome to the world of brown ducks.

North Dakota is a major player in duck production in the Lower 48 States. Its location in the heart of the Prairie Pothole Region provides a mosaic of wetland kettles in an array of sizes along with nesting cover grass. That combination means the state raises a significant percentage of mallards, gadwalls, blue-winged teal, and other species.

With a September opener for its homegrown ducks, many ducklings are still getting their adult plumage. Many adults are still molting. Duck identification is always critical to meet state and federal species and sex bag limits and restrictions. It's just that in North Dakota, that can be especially tricky.

The N. D. Game and Fish Department helps make identification easier with photos or illustrations of the most common waterfowl found in the state on their website link, ([gf.nd.gov/wildlife/id/waterfowl](http://gf.nd.gov/wildlife/id/waterfowl)). Click the artwork to link to the species fact sheet.

Hunters can also visit the Central Flyway website, ([www.centralflyway.org](http://www.centralflyway.org)) for more information and details. Click "Education" on the home page and scroll down to "Online Resources" where "Waterfowl Identification in the Central Flyway" takes people to a pdf file of the identification booklet.

The booklet – which can be downloaded and printed for future reference – illustrates characteristics differentiating diver and puddle ducks. Legs of puddle ducks such as mallards are centered more in the middle of its body, for example. They tip upside down in the water to feed; rarely diving which is characteristic of diving ducks like canvasbacks.

The Central Flyway web page also provides links to U.S. Fish and Wildlife Service videos with actual wing samples illustrating species differences.

In addition to perusing the Game and Fish Department and Central Flyway websites, it helps to spend as much time afield as possible watching ducks in flight as well as simply watching ducks be ducks: Listen to ducks. Not all ducks sound alike. Just consider that diving ducks have a different quack. In fact, it's not really a quack; it's almost like a growl.

Seriously, divers tend to sound like they're growling a guttural growl - not quacking like puddle ducks such as mallards.

They don't fly the same, either. Different ducks posture differently when coming into a landing. Wing and flight speed also vary. Just consider a canvasback in flight: They seem to be a mission to get from Point A to Point B as if they absolutely, positively have to be someplace at an exact moment. Plus, "cans" don't break flight into a landing until the last possible moment. That's much different from mallards that seem to enjoy circling around the block...again...and again...and again...and then change their minds. That, of course, always seems to happen over one's decoys, never anyone else's decoys.

One tip for hunters: Don't focus so much on breast feather coloration. Instead, study wings. For one thing, lighting changes coloration. Look for a side view to see as much of the wing as possible. In reality, looking at the wing is the truest way to identify ducks.

Also look at a duck's bill, if possible. If it's greenish-yellow bill, it's a mallard. Not only that, it's in range. Bill color also indicates if it's a mallard hen or drake –drakes have yellow-greenish bills while hens have an orangish bill with black mottling.

Mallards and shovelers both have orangish legs – that's why foot coloring isn't always a species indicator.

Proper duck identification is more than staying legal and hunting responsibly. It helps understand the nuances of the different species and perhaps above all, can heighten one's appreciation for the entire wetland experience.

Take heart, as the season moves later into the year those brown ducks – if they're still here – will have full plumage.

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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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# 20 AF reactivates ICBM Center of Excellence, completes inaugural Instructor Qualification Course

CAPT. JACQULYN NOFFSINGER

F.E. WARREN AIR FORCE BASE, Wyo. --

Twentieth Air Force achieved a significant milestone in June with the successful execution of the first Instructor Qualification Course under the newly re-established Intercontinental Ballistic Missile (ICBM) Center of Excellence, or ICE. Held from June 2-6, 2025, the course marked a pivotal moment in enhancing instructional standards across the ICBM enterprise.

“The future of our deterrent force depends on the strength of our instructors,” said Maj. Gen. Stacy Jo Huser, 20 AF commander. “The ICE sharpens our competitive edge by developing professionals who are ready to train, mentor and lead across every aspect of the ICBM mission.”

Bringing the ICE back after its retirement in 2019 began with a recommendation from the 20 AF Operations Cross Functional Team final report to address concerns about instructor development and standardize training across 20 AF’s missile wings. The revamped ICE seeks to improve the proficiency of the crew force by providing new instructors and evaluators the foundation they need to continually hone the proficiency of 20 AF Airmen.

This isn’t new territory for the ICE, which was originally established in 2001. At its peak, the first iteration of the ICE was accredited by the Community College of the Air Force and had its own unit designator, the 620th Missile Operations Flight. In an effort to empower lower-

level leaders and provide greater flexibility to unit leaders to train their operators, 20 AF de-activated the ICE in 2019.

In the years since, ICBM leaders learned they still value this decentralization but also understand the need to provide standardized instructor and evaluator training as a foundation from which to execute the mission with the greatest proficiency. While the revamp of the ICE may not return to CCAF accreditation and a formal unit designator, its initial cadre is borrowing much from the original charter.

“The current plan is to have staff officers assigned to operations, security forces and maintenance teach courses that correlate with their expertise and current positions on staff,” said Lt. Col. Thomas McKnight, 20 AF chief of training, test and evaluations. “This ensures instructors and course material are relevant and have a synergistic effect with current staff efforts.”

The inaugural week-long instructor course included three days of classroom academics on instructional fundamentals, lesson planning and presentation techniques. The course culminated in practical teaching sessions where candidates instructed on diverse skill sets, followed by ICBM-specific lectures.

“The students were exceptional, and I received great feedback on how to make the course even better in the future,” said Maj. Timothy “TIG” Dominice, 20 AF IMA to the branch chief, weapons, tactics and training. “The instructor candidates enjoyed and learned a lot from the course.”

The class featured 11 students from across the ICBM enterprise. Feedback from the course was positive, with participants praising both the structure of the course and its impact on their instructional confidence.

“As a certified instructor, I have already gone through a local



Members of the first Instructor Qualification Course from the newly re-established Intercontinental Ballistic Missile Center of Excellence pose for a photo on F.E. Warren Air Force Base, June 6, 2025. Held from June 2-6, 2025, the course marked a pivotal moment in enhancing instructional standards across the ICBM enterprise.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN NICHOLAS ROWE

instructor certification course, yet I still found 20 AF’s ICE IQT course a great experience in fine-tuning my instructor skills,” said Capt. Ashlyn Murray, 320th Missile Squadron instructor. “The opportunity to learn in an environment that integrated all three wings was a fantastic experience, and the level of instruction was exceptional.”

The ICE program has future instructor and evaluator courses planned for fiscal year 2026 for all three mission areas – operations, security forces and maintenance -- to educate Airmen from across 20 AF’s three missile wings.

As 20 AF continues to meet strategic deterrence challenges, the ICE program stands as a symbol of continued investment in proficiency and lethality.



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## RESTAURANT & ENTERTAINMENT GUIDE

<b>Atypical Brewery &amp; Barrel Works</b> 510 Central Ave E, Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks	<b>Applebee's Grill &amp; Bar</b> 2302 15th St SW, Minot Phone: 701.839.2130 <a href="http://www.applebees.com">www.applebees.com</a>	<b>Badlands Restaurant &amp; Bar</b> 1400 31st Ave SW, Minot Phone: 701.852.7335 <a href="http://www.blgrill.com">www.blgrill.com</a>
<b>Bone's BBQ Smokehouse &amp; Grill</b> 437 N Broadway, Minot Phone: 701.838.9140 <a href="http://www.bonesbbqminot.com">www.bonesbbqminot.com</a>	<b>Culver's Restaurant</b> 3000 S Broadway, Minot Phone: 701.852.4800 <a href="http://www.culvers.com">www.culvers.com</a>	<b>Ironhorse Kitchen + Bar</b> 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
<b>Jamaican Vybz Kitchen</b> Dakota Square Mall, Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen	<b>Meg-A-Latte</b> 2045 N Broadway Suite #100, Minot Phone: 701-838-8479 <a href="http://www.mega-latte.com">www.mega-latte.com</a>	<b>Mi Mexico</b> 3816 South Broadway, Minot Phone: 701.858.0777 <a href="http://www.mimexicominotnd.com">www.mimexicominotnd.com</a>
<b>N.D. Asia</b> 3400 16th St SW, Minot Phone: 701.852.1240 <a href="http://www.ND-Asia.com">www.ND-Asia.com</a>	<b>Noodles &amp; Company</b> 304 4th Ave NW Minot 701.491.9103 <a href="http://www.noodles.com">www.noodles.com</a>	<b>Pink's Bar &amp; Grill</b> 102 128th Ave NW, Minot Phone: 701.852-2385 FB: PinksBarGrill
<b>The Blue Rider</b> 118 1st Avenue SE, Minot Phone: 701.852.9050 <a href="http://www.theblueriderbar.com">www.theblueriderbar.com</a>	<b>The Starving Rooster</b> 30 1st St. NE, Minot Phone: 701.838.3030 <a href="http://www.starvingrooster.com">www.starvingrooster.com</a>	



# Dakota Hope Clinic

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# New Downtown Mural Celebrates Minot Symphony's Centennial Season

THE MINOT SYMPHONY ORCHESTRA



MINOT, ND, - The Minot Symphony Orchestra is proud to unveil a vibrant new mural in downtown Minot, “Magic Symphony” was painted over Labor Day weekend by local artist Max Patzner in celebration of the Symphony’s 100th season. The colorful mural features playful depictions of musical instruments and symbols, capturing the joy and energy of music. Visitors are invited to interact with the artwork through a variety of photo opportunities, including spots that make it look like you’re playing a piano, drum, or trumpet—perfect for capturing fun memories with friends and family. The mural is located on the south side of the Kemper Building, at the corner of Main Street and 1st Ave SE in downtown Minot. “The mural was made possible thanks to the generosity of Wayne and Melinda Howe, who donated the building surface for this vibrant artwork,” said Ellen Fenner, Executive Director of the Minot Symphony Orchestra. “Max’s design brings the spirit of music to life in a way that’s both visually stunning and interactive. It’s a

celebration of our community, our history, and the power of music to bring people together.” Art lovers and music enthusiasts can also bring a piece of this celebration home. Prints of the artwork that inspired the mural are available for \$25 at [www.minotsymphony.com](http://www.minotsymphony.com). Proceeds support the Symphony’s programs and events throughout the Centennial season. The Symphony invites the

community to visit the mural downtown, take photos, and share in this colorful celebration of music and art. Visitors can use #mso100 to help track photos of all happenings during the centennial season. The opening concert will take place on October 4that MSU’s Ann Nicole Nelson Hall features world renowned pianist Frederic Chiu. Tickets and information are available at [www.minotsymphony.com](http://www.minotsymphony.com).



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<b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b> \$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps ½ Flat Bread Pizza	<b>DAILY SPECIALS</b> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND Breweries (all day) Wednesday ½ Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots	<b>FAMILY PACKS</b> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <small>*Changes Weekly – Check our Facebook Page</small>
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**EVENTS THIS WEEK**

**\$6 HAMM'S & GRILLED CHEESE**  
Tuesday, September 23 at 4:00pm

**TRIVIA NIGHT**  
Wednesday, September 24 at 7:00pm

**FREE NACHOS**  
Thursday, September 25 at 4:00pm-close

**MILITARY APPRECIATION DAY**  
SEPTEMBER 19  
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**HOURS**

Mon/Tue/Wed/Thu	Fri/Sat
4:00pm - 1:00am	4:00pm - 2:00am

**118 1st Avenue SE, Minot, ND**



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# What's Going On Minot AFB

FRIDAY19

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

SATURDAY20

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

SUNDAY21

MONDAY22

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- AFFT, 1100, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC

TUESDAY23

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Vehicle Maintenance Class — Intermediate Session, 1700-2000, Auto Hobby Shop

WEDNESDAY24

- Registration Closes: Archery Tournament, [www.memberplanet.com/s/minotafbclubs/27separcherytournament](https://www.memberplanet.com/s/minotafbclubs/27separcherytournament)
- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- 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
- USO Coffee Connections - Bingo, 1600-2000, Sirocco Neighborhood 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

THURSDAY25

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- EFMP Charcuterie Series Part 2, 1730, Jimmy Doolittle Center

FRIDAY26

- Registration Closes: Chilifest & Car Show, [https://www.signupgenius.com/go/30E044DABAA22A7FE3-58350092-minot#](https://www.signupgenius.com/go/30E044DABAA22A7FE3-58350092-minot#/) / <https://www.surveymonkey.com/r/chilicar25>
- Run for your life 5K, 0630, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Youth Glow Run, 1700-1830, Youth Center

SATURDAY27

- Archery Tournament, 1200, Outdoor Archery Range
- Karaoke Battle, 1700, Rockers Bar & Grill

Scan for full event details



Youth Glow Run

26 September 2025  
Youth Center

5:00PM - Check in begins. Pick up t-shirts and glow sticks

5:15PM - First Run • Ages 3-4

5:30PM - Second Run • Ages 5-6

5:45PM - Third Run • Ages 7-9

6:00PM - Fourth Run • Ages 10-12

6:15PM - Fifth Run • Ages 12+

Scan the QR Code to register or visit the CYPBMS website at <https://parent.afcyp.com/>

Volunteers needed! For details, call 723-2838

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3 OCT 2025  
TURF PARKING LOT

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