



WHATS INSIDE THIS WEEK:



CHARGING INTO FIRE SAFETY WEEK

A6



THE RISE OF THE SOURDOUGH ON BASE

B5



MINOT NORTH ATHLETICS DOMINATE FALL SEASON

B6



Senior Airman Roberto Cueto, 91st Missile Security Operations Squadron defender, sprints while carrying two ammo cans during the physical endurance portion of 91st Security Forces Group Defender Challenge at Minot Air Force Base, North Dakota, Sept. 23, 2025. The intent for the challenge was to put defenders through a stressful environment where they could push themselves while testing their job knowledge. See more on page A2 & A3.

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

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91st Security Forces Group Defender Challenge keeps Airmen sharp

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

MINOT AIR FORCE BASE, N.D. — The 91st Security Forces Group (91SFG) ran a four-day defender challenge Sept. 23–24 and Sept. 29–30, putting Airmen from its four squadrons through weapons, field and endurance events to sharpen skills outside of formal inspection cycles.

Two teams from each squadron—four competitors and one alternate per team—represented the 891st Missile Security Forces Squadron (891MSFS), 91st Missile Security

Operations Squadron (91MSOS), 91st Missile Security Forces Squadron (91MSFS) and 791st Missile Security Forces Squadron.

The competition opened with an M4 carbine firing event that paired stress with precision. Teams ran three laps around the Combat Arms Training and Maintenance facility in full gear, performed a one-minute duck walk around a truck while memorizing the colored shapes plastered around the vehicle, then fired 10 rounds at targets according

to what they had memorized.

“The purpose of the firing portion is to challenge them physically and mentally under stressful situations,” said U.S. Air Force Master Sgt. Ryan Duran, 91MSOS Non-Commissioned Officer in Charge of operations.

The second event of the challenge was dismounted operations. Mounted operations are when defenders are aboard a vehicle, while dismounted operations are procedures that defenders can do on foot in the event mounted operations are ill-advised or impossible.

Teams cycled through seven job-focused stations for the dismounted operations portion: M240B machine gun disassembly and reassembly, Tactical Combat Casualty Care, apprehension and search procedures, pushing a high mobility multipurpose wheeled vehicle, PRC-152 radio calibration, a knowledge test and A-Circuit unlocking.

The third and final event was the physical endurance competition at the base’s track. Each team ran a quarter-mile lap in kit, then loaded a manikin onto a litter for a second lap, then each member shuttled ammo cans downfield, rapidly broke down and reassembled an M4 carbine then returned with the cans before the next member repeated the sequence.

U.S. Air Force Staff Sgt. Nathan Simmons and Airman 1st Class Blake Gregory, both 891st Missile Security Forces Squadron defenders, transport a manikin during the Tactical Combat Casualty Care (TCCC) portion of 91st Security Forces Group Defender Challenge at Minot Air Force Base, North Dakota, Sept. 22, 2025. Alongside TCCC, defender Airmen were challenged on M240B machine gun disassembly and reassembly, apprehension and search procedures, pushing a high mobility multipurpose wheeled vehicle, PRC-152 radio calibration, a knowledge test and A-Circuit unlocking for the dismounted procedures event.

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

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U.S. Air Force Staff Sgt. Nathan Simmons, 891st Missile Security Forces Squadron defender, fires an M4 carbine during the 91st Security Forces Group Defender Challenge at Minot Air Force Base, North Dakota, Sept. 22, 2025. The group-wide challenge consisted of three large events: range firing, dismounted operations and a physical endurance challenge.



U.S. Air Force 2nd Lt. Dane Reid, 891st Missile Security Forces Squadron flight commander, pushes a high mobility multipurpose wheeled vehicle during the dismounted operations portion of 91st Security Forces Group Defender Challenge at Minot Air Force Base, North Dakota, Sept. 22, 2025. Mounted operations are when defenders are aboard a vehicle, while dismounted operations are procedures that defenders can do on foot in the event mounted operations are ill-advised or impossible.



U.S. Air Force Staff Sgt. Nathan Simmons, 891st Missile Security Forces Squadron defender, marks a map to navigate between the different dismounted operations stations of the 91st Security Forces Group (91SFG) Defender Challenge at Minot Air Force Base, North Dakota, Sept. 22, 2025. The dismounted operations event consisted of seven stations that challenged defenders on their job knowledge.



(L-R) U.S. Air Force Staff Sgt. Nathan Simmons, Airman 1st Class Anthony Turek, U.S. Air Force 2nd Lt. Dane Reid and Airman 1st Class Blake Gregory, a four-man team representing the 891st Missile Security Forces Squadron (891MSFS), utilize PRC-152 handheld radios during the dismounted operations portion of 91st Security Forces Group Defender Challenge at Minot Air Force Base, North Dakota, Sept. 22, 2025. For the challenge, the 891MSFS, 91st Missile Security Operations Squadron, 91st Missile Security Forces Squadron and 791st Missile Security Forces Squadron each had two four-man teams to represent their unit, with an alternate to substitute one of the members at any time.



Four defender Airmen from the 91st Missile Security Operations Squadron carry a manikin-laden litter around the track during the physical endurance portion of 91st Security Forces Group Defender Challenge at Minot Air Force Base, North Dakota, Sept. 23, 2025. For this portion, each team ran a quarter-mile lap in full gear, then loaded a manikin onto a litter for a second lap, then each member shuttled ammo cans downfield, rapidly broke down and reassembled an M4 carbine then returned with the cans before the next member repeated the sequence.

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From the 50th State



A VIEW FROM OUR SIDE

ROD WILSON



THE BUCKET LIST

Our trip to Hawaii had a couple of bucket list items, the first being my wife, Sue, was able to check off her 50th state visited, including Puerto Rico so really 51, and me being able to visit Pearl Harbor. There is a saying that goes something like this “I have more days behind me than I do in front of me”, so it seemed that timing was right. There were a lot of other details that fell into line to make the trip a reality. The first being my son, Nathan and his wife, Krystal had some companion passes on Southwest Airlines that had to be redeemed, and that allowed Nathan (our driver) and Krystal (our navigator) to join us for the trip. Would not have been the same without them.

Our trip was limited to the island of Oahu, but with the time we had, 4 days, we had a full itinerary. I had kind of set a goal when I was in journalism school to visit Pearl Harbor. My writing teacher told us that there would be events in history that would mark our calendar in life. She explained that she was a young co-ed studying in her room on December 7th, 1941. She normally

did not have a radio on in her room, but on that particular Sunday she was listening to a local church service when Edward R. Muro (some of you may know the name) broke in with the now famous announcement of the bombing of Pearl Harbor.

Mrs. Heiman (my teacher) said because it was only a radio broadcast she tried to imagine what it looked like in real life. “I did so underestimate the horror and the destruction” Mrs. Heiman said, “as a young journalist I made the vow to never go to press without the full details of any event, and neither should you!”

Mrs. Heiman also said that as of 1974, she had not made the trip to Pearl Harbor and really didn’t think it would happen. She challenged each and every one of us to make the trip someday on behalf of Hazel Heiman, young journalist and writing professor. After some 51 years I have finally closed the loop. What a great teacher she was and she set the journalism standards I have followed throughout my career.

A FIREFIGHTER’S REUNION

Jim Clifford, a good friend of mine, was the Fire Chief at Minot Air Force Base for a number of years. In a recent conversation he invited me to a retired fire fighter’s lunch on base. Knowing that my schedule would not allow it, I asked Jim to take a photo and send a short description. “12 retirees attend the event on the invite of CMSgt Anik Emery. Chief Emery made Tuscany soup for the on duty shift and the retirees” shared Jim

Then some of the on duty firefighters gave a tour of the station. Lots of stories were exchanged.”

I am sure Jim shared stories, as he did with me, of young fire fighters who worked under his watch who went on to also become Fire Chiefs. Jim would beam with pride when he



Check Pearl Harbor off of my bucket list...

told me about the young kids, who had the talent and desire to become Chiefs. Thanks Jim, and of course thanks to the Minot AFB firefighters.

GENERAL BUSSIERE WILL BE MISSED

It was a cold, blustery day when General Thomas Bussiere visited Minot Air Force Base, and the conditions outside were certainly not improving, in fact they were getting worse. Falling snow and wind would make travel difficult. The window of opportunity to accommodate my interview with Gen Bussiere was at the end of his very, very busy day. The Public Affairs staff person who was travelling with Gen Bussiere suggested that perhaps we could forego my interview with Gen Bussiere, to which I agreed. When Gen Bussiere entered the flight center he was informed that the “The Northern Sentry guy was here, but he should probably get into the air as soon as possible” to which he said “nope, we will do the interview and then make decisions”.

Gen Bussiere answered all of my questions and left an opportunity for other questions if I had them. I had from that day, and I always will

have, a lot of admiration for General Thomas Bussiere. When I asked him about the importance of Minot Air Force Base he answered “I have said it often. As goes Minot Air Force Base, so goes the Air Force. As goes the Air Force, so goes our country. Minot Air Force Base is of ultimate importance to the defense of our country.”

A GREAT SUNRISE

I am able to watch a beautiful sunrise this morning as I write this article. Hawaii has been great, albeit, it will be great to get home, too. I love fall, and the weather has been amazing in North Dakota.

WHERE SHOULD YOU BE?

When I return to Minot I will be part of a Brass Band of Minot concert on Sunday, October 12th at Ann Nicole Nelson Hall. It is our “Salute To Veterans” concert and it starts at 4 PM. Our special guests are the 188th Military Band group. “No Brass No Ammo”. It’s a free concert, and I hope you can attend.

TODAY’S CHUCKLE

Man does not live by bread alone. That’s why he’s always getting into some kind of jam.



Minot AFB hosts firefighter retirees.



U.S. Air Force Gen. Thomas Bussiere at Minot Air Force Base, North Dakota, March 28, 2025.

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



Sunrise in Hawaii.



UPSIDE DOWN UNDER

MARVIN BAKER

One thing that North Dakota is blessed with are numerous airports that either get you where you need to go or connect you to flights that will get you to your destination.

There are nine “major” airports in the state with all nine of them having direct flights to at least one major hub city in the United States.

As I was thinking about writing this article, I wondered if it is possible to get a flight from Minot to Pretoria, South Africa as an example. Indeed, you can get connecting flights that would most likely take you to Atlanta, Newark

or JFK in New York to Johannesburg and then on to Pretoria. It would most likely cost a small fortune, but you could get there.

Many years ago, I got on a flight at Hector Field in Fargo with the destination Brisbane, Australia. It took 24 hours to get there, but it went like this, Fargo to Denver to Los Angeles to Sydney with a connecting flight to Brisbane.

Of the nine airports; Bismarck Municipal, Devils Lake Municipal, Dickinson Regional, Western Edge Aviation, Grand Forks Regional, Hector International, Minot International and Sloulin International in Williston, Hector Field offers the most direct flights to major U.S. hubs.

Fargo to Minneapolis on Delta, Denver and Chicago on United Express, Dallas with American Eagle and Allegiant to Los Angeles, Las Vegas, Orlando and Phoenix.

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From Minot there are direct routes to Minneapolis on Delta, Denver on United and Las Vegas or Phoenix on Allegiant.

The smaller of these nine airports are interesting too, especially Williston, which has direct flights to Minneapolis on Delta and Denver on United.

Jamestown has direct flights to Denver, Grand Forks serves Minneapolis, Las Vegas, Phoenix and Orlando. Western Edge is a fixed base operator, Dickinson has daily flights to Denver and Devils Lake offers direct flights to Denver.

And anyone who travels knows, Denver, Minneapolis, Dallas and Los Angeles are major hubs that can get you anywhere in the world.

But there used to be other flights that have been discontinued, one would guess, because of lack of passengers.

We used to have direct flights from Bismarck to Tampa, Minot to Saskatoon, Fargo to Winnipeg, Fargo to Kansas City and Bismarck to Salt Lake City.

You can still get to those destinations, but getting there might

take you on an unusual trip. For instance Fargo to Winnipeg is 225 miles, yet on a flight, you would first fly to Minneapolis, then on to Winnipeg. Bismarck to Salt Lake City would be easier; Bismarck-Denver-Salt Lake City.

Think about this for a moment. There are two airports listed as international so wouldn’t it be interesting to have actual international flights out of Minot or Fargo. Toronto, Calgary, Reykjavik, Amsterdam, Oslo or even London would make it much easier for fliers.

Reykjavik is a major western European hub, Amsterdam and London are major world hubs, Calgary and Toronto connect to various trans Atlantic and trans Pacific routes and Oslo just because of all the Norwegian heritage in North Dakota.

That may or may not happen, but for now if you want to get away for awhile; see a Broncos game in Denver, go shopping in Chicago or take in a Broadway show in New York, you can get there.

Autumn Movie Magic in Minot



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

As a kid, I was glued to the TV every fall. I remember Hocus Pocus’ premiere, I saw Casper in the theater, my mom taped the Olsen twins’ Double, Double, Toil and Trouble and I’d anxiously read the TV listings to plan my life around every other Disney Halloween special the ’90s had to offer. I loved the stories well enough, but what really captivated me was the scenery—the towns that went all in for fall. Streets lined with

pumpkins and corn stalks, houses decked out with glowing jack-o’-lanterns, trees wrapped in orange lights, porches stacked with hay bales and scarecrows. The movies always showed small towns transformed into cozy autumn wonderlands, where everyone seemed to take part. I remember thinking how magical it would be to live in a place like that—where a whole community joined in to celebrate the season. In my Northern Indiana hometown, we carved a pumpkin or two, but our streets never looked like those movie sets. I assumed that kind of picture-perfect fall only existed on screen. Then I moved to Minot. There just might be as many houses decked out for fall and Halloween as there are for Christmas—and that’s saying something. I’m not talking about a couple pumpkins on the stoop or a wreath on the door. I mean giant skeletons lounging in Adirondack chairs, webs stretched across rooftops with enormous spiders tangled in the strands, inflatable ghosts bobbing in the wind, and faux graveyards sprouting

in front lawns. There’s something delightful about driving down a street at dusk and spotting a 12-foot Frankenstein waving from the yard. Maybe it’s not just Minot. Statistics show Halloween decorating is on the rise across the country, but even ten years ago—before the craze for giant skeletons—Minot was ahead of the game. My theory? Christmas decorating in North Dakota usually involves bitter wind, frozen fingers, and the risk of slipping on ice while stringing up lights. By contrast, putting up a giant spider or pumpkin display in September can be done in short sleeves. I suspect Minot’s enthusiasm is partly because autumn décor goes up in fair weather, and partly because this community just loves a reason to celebrate. And it’s not just the houses. The whole city leans into the season. A quick scroll through the local events calendar shows at least five haunted houses, more than ten trick-or-treat events, not to mention all the other Halloween and fall festivities happening this month. For a town of fewer than 50,000 people, it’s an impressive lineup. I love this especially because North Dakota isn’t exactly a fall-colors destination. But somehow, Minot delivers that same sense of small-town fall magic I used to dream about from my couch as a kid. The crisp air, the pumpkins on porches, the sense that everyone can be in on the fun—it feels like stepping into one of those TV-movie towns I used to envy. I’m not really one for horror—so you won’t catch me at a haunted house. But I love how Minot embraces each season. As a mom, I’m glad my kids get to grow up in a place where the neighbors’ front yards spark their imagination and the community calendar fills with



My family loves seeing the giant jack-o-lanterns at the annual Minot Parks Pumpkin Walk.
AMY ALLENDER PHOTO



Strolling Minot neighborhoods in October feels like a scene out of a nostalgic autumn movie.
AMY ALLENDER PHOTO

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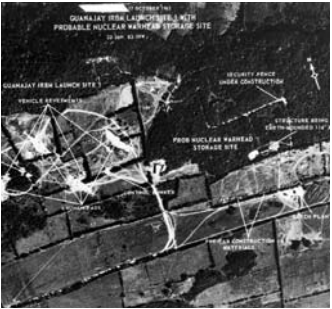
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A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF RESPONDS TO CUBAN MISSILE CRISIS

OCTOBER 16-28, 1962



Intermediate Range Ballistic Missile site at Guanajay, Cuba (USAF Photo)

The Cuban Missile Crisis was a pivotal moment in Cold War history. After US intelligence became aware of the construction of Soviet missile sites in Cuba, Strategic Air Command sent two officers from the 4080th Strategic Wing to verify with the use of U-2 spy planes. The missile sites were only located about 90 miles from US shores, presenting a serious potential threat. President John F. Kennedy was notified of the missiles on the morning of October 16, 1962, and the confrontation with the Soviet Union intensified as US military forces sprang to action. Within a week, the USAF shifted from peacetime status to full combat alert in preparation. Aircraft from all over the country were mobilized, missiles were placed on alert, and USAF airlift increased to support combat forces. After the military show of readiness and much negotiation over the next few weeks, the Soviets finally agreed to withdraw their missiles on October 28, 1962. Later on, President Kennedy credited Strategic Air Command with contributing greatly “to the maintenance of the peace and security of the United States...”

Information courtesy of: minot.af.mil / afhistory.af.mil / MAFB by Lt. Col. George A. Larson, USAF (retired)

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Charging into Fire Safety Week

NATALY ZARRELLA, NORTHERN SENTRY

The 5th Civil Engineer Squadron (CES) Fire Department lit up the week, safely, with a jam-packed schedule of events for Fire Prevention Week 2025. From roaring fire engines to smoke-filled safety trailers and plenty of smiles from Sparky the Fire Dog, the Minot AFB community came together in full force to learn, engage, and celebrate under this year’s theme: “Charge Into Safety.”

Fire Prevention Week kicked off with a Parade through Base Housing, where families lined the streets to wave at firefighters, Sparky, and their impressive fleet of vehicles. Kids cheered as lights flashed and sirens whooped, setting an exciting tone for the days to follow.

On Saturday 4 October, Minot AFB Firefighters hosted an Open House at the Fire Station, allowing families a behind-the-scenes look at what it takes to keep the base safe. Young aspiring firefighters tried on gear, sprayed water hoses, and climbed through engines, while parents learned valuable fire safety tips.

The fire department made sure no corner of the base was left out. Sparky made appearances at both gates, spreading cheer and awareness with every high-five and paw-shake. The beloved Fire Prevention Trailer, a simulated home environment filled with safe smoke, was a highlight at North Plains Elementary, Dakota Elementary, and Memorial Middle School, teaching children how to recognize alarms and practice safe exits during a fire.

Sparky and the team also visited the Minot AFB Child Development Center (CDC) where younger children learned basic fire safety in an engaging and age-appropriate format.

To ensure the entire base community was included, Sparky made cheerful appearances at both the Main Gate and South Gate, spreading smiles and safety messages to everyone entering the installation.

At every stop, children were not only entertained but also educated, learning how to crawl low under smoke, check doors for heat, and understand the sound of a fire alarm. Parents and staff were equally engaged, asking



Little firefighter Colt Bryant had a blast exploring and learning at the Minot AFB Fire House!

questions and walking away with crucial fire safety materials.

With the rapid growth of smart devices, e-scooters, toys, and home gadgets powered by lithium-ion batteries, this year’s fire prevention message focused on rechargeable battery safety.

“Charge Into Safety” isn’t just a catchy slogan, it’s a vital reminder. Improper charging or disposal of lithium-ion batteries can lead to overheating, fires, or even explosions.

Chief Emery Fire Chief at Minot AFB, highlighted the importance of this topic, saying “We love our community, and I love seeing everyone come out. This year’s theme is Charge Into Safety, it’s all about awareness. With the increase in rechargeable devices, we’re seeing more fires related to lithium batteries. It’s crucial to use the right chargers, avoid overcharging, and never throw these batteries in the trash. We want families to stay safe not just during Fire Prevention Week, but all year long.”

For Master Sergeant Berecz, the heart of the week was all about building connections, “The biggest thing for us is community involvement. We’re here to serve the people and this week is a chance to really be with the community. We want them to see our trucks, know our faces, and understand we’re here for them. Fire safety is important, but building trust and engagement, that’s the best part.”

Fire Prevention Week 2025

at Minot AFB was more than a series of events, it was a celebration of community, safety, and connection. The 5 CES Fire Department once again proved they’re not just first responders in times of crisis, they’re trusted partners, teachers, and neighbors.

From all of us at Minot AFB, thank you to the Fire Department for a week of unforgettable fun, and more importantly, for keeping our families safe every day of the year.



‘Charge Into Safety!’ That’s the theme for this year’s Fire Prevention Week, led by the 5th Civil Engineer Squadron Fire Emergency Services at Minot AFB.



AFA Mission

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

MONTHLY MEETING

Tuesday, October 21

1200, Rockers Bar & Grill, Minot AFB

Looking for all AFA members, and potential AFA members.

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

AFA.org



AIR & SPACE FORCES ASSOCIATION

DAVID C. JONES CHAPTER - 135

MINOT, ND - MINOT AIR FORCE BASE

Jones.afa.org



HELLO BABY

BABY BOY BORN ON SEPTEMBER 10, 2025 TO: JADE AND TAYLOR OPP MINOT, ND

BABY GIRL BORN ON SEPTEMBER 10, 2025 TO: KRISTEN AND KYLE HASS BOWBELLS, ND

BABY BOY BORN ON SEPTEMBER 10, 2025 TO: ALEXIS GREENE AND RYLIE HELWIG DONNYBROOK, ND

BABY BOY BORN ON SEPTEMBER 12, 2025 TO: TYLO MAHONEY AND ENRIQUE PACHECO MINOT, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby.



The Minot AFB Fire Department rolled through base housing for their annual parade, kicking off Fire Prevention Week with excitement, sirens, and smiles!



Future firefighter in the making! Brett Gardner got hands-on experience using a real fire hose during the Minot AFB Fire Department’s Open House.



Bringing the community together, educating, connecting, and building bonds at the Minot AFB Fire Department Open House.



VINCENT UNITED METHODIST

BAZAAR

* Caramel Rolls at 9:00 am

* Delicious Lattes 9:00 am - 12:00 noon

* Lunch (Soups & Sandwiches)



Quilts, Table Runners, Guest Towels, \$5 Gift Table

Bake Sale - Lefse, Bread, Kuchen, Pickles, Jellies, Pies

SATURDAY,
OCTOBER 18,
2025
9 AM - 2 PM



VINCENT UNITED
METHODIST CHURCH
1024 2ND ST. SE,
MINOT, ND

4 BLOCKS EAST OF
TOWN & COUNTRY CENTER

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

MINOT
MASONIC
CENTER



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

Monthly Business Meeting Schedule • Meet-and-Greets

Blue Lodge - 1st and 3rd Mondays at 6:00PM

Shriners - 2nd Wednesday at 6:00PM

Scottish Rite - 1st Wednesday at 6:00PM

Eastern Star - 1st and 3rd Tuesdays at 7:00PM

Prince Hall - 2nd Saturday at 9:00AM



Upcoming
Events

10-11
OCT

PUMPKIN WALK

6:00 PM - 9:00 PM

Woodland Trail, 3020 14th Ave SW

Minot

Friday, October 10th – Saturday, October 11th, 2025 |

Woodland Trail | 6:00 – 9:00 pm

Visit Woodland Trail for Minot Parks sixth annual Pumpkin Walk! Stroll the path filled with lit jack-o-lanterns.

This event is free to attend.



JLC

For more information:

Facebook/ Minot Parks/ Events

15
OCT

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!



BLUE RIDER
TRIVIA

It's the toughest game in town | Every Wednesday

For more information:

Facebook/ Blue Rider/ Events

16-17
OCT

CREATING THE MAGIC:
DISNEY MAKER LAB

10:00AM-12:00PM

Magic City Discovery Center,

1545 1st Street NW, Minot

Embark on a magical STEAM adventure inspired by the world of Disney! In this hands-on class, kids will bring their favorite stories to life through fun and creative activities. They'll build a raft like Moana, create artwork inspired by Up, design their very own royal crown fit for a prince or princess, and more. It's the perfect blend of imagination, learning, and play. Students are welcome to wear Disney-themed outfits, but with all the creativity in store, we can't promise their clothes will stay spotless! Class Size: Max of 20 students

Age: 5-11 Dates: Two Day Class: Oct. 16-17 Time: 10:00am-12:00pm. Location: Community Rooms 1 & 2 Cost: \$48 for Non-Members, \$43.20 for MCDC Members, \$38.40 for Military Members



CREATING THE
MAGIC

October 16th and 17th, 10 am to 12 pm

For more information:

Facebook/ Magic City Discovery Center/ Events

23
OCT

MINOT FARMERS MARKET

9:30 PM

Oak Park

1300 4th Ave NW

Our small but mighty Thursday morning market gives you a chance to meet your farmer, your baker, and the friendly faces that make items locally. This rarely-any-lines market is a peaceful way to start your weekend and stock up on the in-season produce, ask questions about the product, and meet a new friend.

NEW FOR 2025! We are adding a food truck with hot breakfast items to the lineup. Check the monthly calendar for specific dates and details. The more you make it "your" Market day, the more we're able to add for shopping selection. Stop in! Say Hi and enjoy the easy parking!



THURSDAYS
IN OAK PARK

9 AM to 12 PM

Farmer's Market

For more information:

<https://minotfarmersmarket.com/>

NEW Community at
the Northern Sentry



northernsentry
community calendar



For more events visit our online Community Calendar at www.northernsentry.com/calendar/

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

NOTHING BEATS
SUNDAY BRUNCH

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LEADERSHIP OF MINOT POLICE DEPARTMENT MEETS WITH COMMANDERS OF MINOT AIR FORCE BASE

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



U.S. Air Force pilots assigned to the 69th Bomb Squadron provide a tour of a B-52H Stratofortress to Michael Frye, Minot Police Department chief of police, Captain Dale Plessas, Minot Police Department deputy chief at Minot Air Force Base, North Dakota, Sept. 29, 2025. The visit provided an opportunity to strengthen partnerships between installation leadership and local law enforcement while showcasing base operations and security capabilities.



U.S. Air Force Maj. Tom Barger, 5th Bomb Wing public affairs chief, greets Michael Frye, chief of police of Minot Police Department, at Minot Air Force Base, North Dakota, Sept. 29, 2025. The visit provided an opportunity to strengthen partnerships between installation leadership and local law enforcement to introduce the newly appointed chief of police with the mission set of Minot Air Force Base.



U.S. Air Force Col. James Schlachbach, 91st Missile Wing commander, Michael Frye, Minot Police Department chief of police, Captain Dale Plessas, Minot Police Department deputy chief and U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander at Minot Air Force Base, North Dakota, Sept. 29, 2025. The engagement included a tour of facilities and discussions aimed at supporting cooperation between the base and the local community.

The logo for Main Street Books features a stylized lightbulb with a black cord. To the left of the lightbulb are three colorful books (red, blue, and green). The text 'main street' is in a small, black, sans-serif font, 'BOOKS' is in a large, bold, black, sans-serif font, and 'NEW & USED' is in a smaller, black, sans-serif font. Below this, the phrase 'Best Toys in Town' is written in a black, cursive font.

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PRESENTS

A SALUTE TO OUR MILITARY

WITH SPECIAL GUESTS

NO BRASS - NO AMMO

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— ★ ★ ★ —

OCTOBER

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MINOT STATE UNIVERSITY

SUNDAY 12 4:00 PM

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Council on the Arts

Eckroth Music
Whispered Classics

188TH ARMY BAND
NORTH DAKOTA NATIONAL GUARD

ARMY NATIONAL GUARD

Conductor: Wayne Schempp

Happy Halloween

It's here! The trendy time of year where leaves fall, pumpkin spice everything resurfaces, and all North Dakotans cross their fingers for an Autumn season instead of heading straight into Winter. The Northern Sentry has compiled a community calendar glimpse for ALL the October/Halloween events going on in ONE place! Yep, everything on and off base, for kids and adults, is right HERE! Take a look, pick out the events for you and have some FUN before the cold and darkness take over.....Muahahah!

FRIDAY, OCTOBER 10			SATURDAY, OCTOBER 18			SUNDAY, OCTOBER 26		
4:00-6:00pm	Minot North DECA Fall Fest Minot North High School	Free	Business Hours	Haunted Stacks Begins Minot AFB Library	Free	2:00-4:00pm	Halloween Pioneer Village Museum	Free
6:00-9:00pm	Pumpkin Walk Woodland Trail	Free	11:00am-2:00pm	Boo at the Zoo Roosevelt Park Zoo	\$	6:00-8:00pm	Skate and Scare Movie Skate MAYSA Arena Pepsi Rink	\$
6:00pm-Midnight	Fearsome Adventures Minot AFB Youth Center	\$	4:00-5:30pm	Trunk or Treat Gymagic Gymnastics	Free	6:00 -8:00pm	Spooky-Con Youth Center	Free
8:00-11:00pm	Small Town Terror Haunted House Sawyer, ND	\$	6:00-8:00pm	Adults Only Night Magic City Discovery Center	\$	THURSDAY, OCTOBER 30		
SATURDAY, OCTOBER 11			7:00-11:00pm	Burlington Haunted House Peace Lutheran Church	\$	10:00am-12:00noon	Trick or Treat Downtown Downtown Minot, Preschoolers	Free
9:00am-2:00pm	Fall Bazaar Cornerstone Church	Free	1:00-3:00pm	Trunk or Treat and Dog Costume Contest Prairie Wind Pet Lodge	Free	6:00-8:00pm	4th Annual Trunk or Treat Kiddie Korral 2.0	Free
10:00am-12:30pm	Squash Spectacular A Pumpkin Pageant Oak Park	Free	7:00-9:00pm	Pumpkin Carving Contest & Pumpkin Walk Prairie Wind Pet Lodge	Free	FRIDAY, OCTOBER 31		
1:00-2:00 pm	Creatures of the Night Minot AFB Library	Free	FRIDAY, OCTOBER 24			Business Hours	Haunted Stacks ends Minot AFB Library	Free
6:00-9:00pm	Pumpkin Walk Woodland Trail	Free	4:00-5:00pm	Sensory Friendly Halloween Fun Hour Minot YMCA (kiddos with special needs and their families)	\$	10:00-11:30am	Trick or Treating The View Assisted Living	Free
8:00-11:30pm	Monster Mash Halloween Variety Show The Spot, 21+	\$	7:00-11:00pm	Burlington Haunted House Peace Lutheran Church	\$	5:00-9:00pm	Halloween Party Clarion Hotel	Free
FRIDAY, OCTOBER 17			SATURDAY, OCTOBER 25			7:00-11:00pm	Burlington Haunted House Peace Lutheran Church	\$
7:00-11:00pm	Burlington Haunted House Peace Lutheran Church	\$	4:30-6:30pm	Tauros Trunk or Treat Tailgate Party MAYSA Arena	Free	8:00pm-Midnight	Small Town Terror Haunted House Sawyer, ND	\$
7:00-11:00pm	Small Town Terror Haunted House Sawyer, ND	\$	7:00-11:00pm	Burlington Haunted House Peace Lutheran Church	\$	SATURDAY, NOVEMBER 1		
			8:00-10:00pm	Vampire Ball & Burlesque Show Clarion Hotel	\$	10:00am-12:00pm	Silly Spooky Science Magic City Discovery Center	\$
						7:00-11:00pm	Burlington Haunted House Peace Lutheran Church	\$

GET YOUR HALLOWEEN EVENT LISTED
Please email event details to: nsads@srt.com

*Events are compiled based on public knowledge.
The Northern Sentry is not responsible for time changes/event cancellations.
Please verify date/time/cost before heading out to each event.

Simple But Effective Preventative Maintenance Tips for Your Car

Get Your Battery Tested

Winter is rough on batteries, draining power more quickly than usual. With the temperature rising, now is the time to get your battery checked to ensure you're starting the season off right. Stop by a AAA Car Care center for a free digital vehicle inspection, which includes a battery check and, if needed, we can install a new battery.

Replace Your Wiper Blades

We've had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.

Check Your Engine Air Filter

The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.

Inspect Your Tires

Ensuring your tires have enough tread – ideally at least 4/32" – will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it's time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.

Top Off or Change Vehicle Fluids

Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.

Check Your Air Conditioning

You'll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn't just a luxury – it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.

Clean Your Car

Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car's exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.

Has Your Vehicle Been Sitting Idle?

Many people are now driving less frequently and logging fewer miles. The time spent sitting idle can cause numerous issues for your car, making the preventative maintenance above even more important.



Auto Care - Valvoline Instant Oil - Tires
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Minot | 1301 20th Ave SW | 701-837-1301



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- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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ANIMAL SPOTLIGHT

AMERICAN BISON

CREATURE FEATURES

- Bison are the largest land animals in North America.
- They have adapted to extreme weather conditions. Bison use their heads and hooves to dig through deep snow to reach vegetation.
- Bison are good swimmers and can cross rivers over half a mile wide.
- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.

Fact File

Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Omnivore Carnivore Herbivore Grasses, Sedges, Shrubs

HALLOWEEN wordsearch puzzle

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

Find objects in the picture and in the puzzle

BAT

CAULDRON

GHOST

LANTERN

SKELETON

SKULL

SPIDER

TOMB

VAMPIRE

WITCH

ANSWER

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

HOURS: DAILY 9AM-8PM

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EVENTS AT THE ZOO

Oct 16
Canvas, Corks, Conservation

Oct 18
Boo at the Zoo

Magic City Civil Air Patrol Cadets Rally Minot Businesses to Support Wreaths Across America

CIVIL AIR PATROL



The Cadets of the Magic City Civil Air Patrol Composite Squadron are calling on Minot’s business community to help honor our local heroes this holiday season through the Wreaths Across America initiative. Their mission: to ensure that a live Balsam wreath is placed on every veteran’s grave at Rosehill Memorial Park Cemetery—no hero left behind.

The youth-led campaign is a powerful act of remembrance and community service. By sponsoring wreaths, businesses and individuals not only honor veterans but also invest in the development of Minot’s next generation of leaders.

“This effort is deeply personal,” says Cadet Jean DeHaan, “Growing up in a family that deeply values our country, I understand the sacrifices veterans made to protect our freedom. Placing wreaths is more than a gesture—it’s a way to show our appreciation and remember why we have the freedoms we enjoy today.”

Each wreath is \$17, with nearly 30% of every donation directly supporting the Cadets’ annual programming. These funds enable vital activities such as search and rescue training, leadership development, rocketry education, physical fitness, and educational field trips.

HOW TO DONATE

Online:
Visit WreathsAcrossAmerica.org/ND0006p to sponsor wreaths for Rosehill Cemetery or any WAA location worldwide - by using this link, your donation will still benefit the Magic City Civil Air Patrol Composite Squadron. Wreath sponsorship options include personalized e-cards, mailed cards, paired wreaths, and dedications in honor or memory of loved ones. The donation deadline is November 28, 2025.

By Mail:
Checks can be made payable to Magic City Civil Air Patrol Comp. Sq. and mailed to:
2400 N. Broadway, Suite 6
Minot, ND 58703

HELP SPREAD THE WORD

We encourage local businesses to share this initiative with employees, coworkers, friends, and family. Together, we can ensure every veteran in Rosehill Cemetery is remembered with dignity and gratitude. For more information about Magic City Civil Air Patrol Composite Squadron, visit online at ND021.cap.gov.



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IN THE EYE OF THE BEHOLDER – AND PHOTOGRAPHER

Patricia Stockdill

The definition of “trophy” is truly in the eye of the beholder.

It could be a child’s first fish, first pheasant, or first deer. It could be a whitetail doe or cow elk. It could be an elderly hunter’s final opportunity to be afield. For a big game hunter a trophy could be that well-placed, one shot. Maybe it’s a rooster with a 24-inch tail or a puppy’s first retrieve.

And, yes, sometimes it’s even an animal that makes a Pope and Young Club, North Dakota Big Game Records Book, or Boone and Crockett Club’s awards category.

In reality, every animal is a trophy as defined in a hunter’s mind. For many hunters, the first thing they do after ensuring the animal is no longer alive is to capture the experience with a photo. There are some right ways and some wrong ways to go about defining that moment aesthetically.

Before delving into the right ways, the first and foremost thing every hunter is required by law to do is tag a deer, elk, moose, and pronghorn – and, yes, a turkey. The exception is bighorn sheep, which in North America are plugged in the horns by the state or provincial wildlife management agency.

However, many hunters forget that little detail about “tag first, then photograph.” It’s completely understandable being caught up in the moment and adrenaline rush of the experience. Some hunters don’t want a tag distracting from the photo. But, seriously, the Number One “Tip to Photographing Hunting Photos” is to tag that big game animal, turkey, or swan after ensuring it’s dead.

Secondly, animals deserve respect. They gave their life for the opportunity for hunters to experience the hunt, provide food, and lifelong memories.

Treat that animal with respect: Wipe away as much blood as possible from the mouth, nose, and entrance or exit wounds. If photographing after field dressing, don’t have an open chest cavity in the photo. Instead, move in and photograph the upper body of the animal and hunter. Put the tongue inside the mouth rather than hanging doggedly.

It’s easy to get blood on clothing and hands, so try to have enough water available to wipe away

blood, if possible, and position the hunter so as little of stained clothing is visible as possible.

Watch the placement of shotguns, rifles, or bows when displayed with an animal. Oftentimes someone looks at a photo later only to realize the angle makes it appear as if an arrow or firearm barrel is pointing at the hunter, dog, or photographer, for example.

Don’t place any firearm’s barrel into the ground, either.

Watch background. It’s easy to focus on the animal and hunter only to discover a tree, fencepost, vehicle, or some other distraction seemingly growing out of the hunter or animal’s head in the background.

Show that hunter’s smiling face by removing sunglasses. While many hunters (and anglers, for that matter) don’t like removing hats or caps, at least position them so they don’t shade a person’s face. And don’t have them squinting into the sun.

Watch so the photographer’s shadow isn’t also part of the photograph.

Take a few minutes to smooth feathers and position the head properly when photographing birds and smooth vegetation in front so it doesn’t conceal part of the bird – or have blades of grass, twigs, and cattails cover it.

Be sure to have that favorite four-legged Hunting Maniac looking relaxed and happy, not as if it’s panting in exhaustion. Sometimes it’s necessary to let the dog rest and settle before taking a photograph, especially if their main focus is still on retrieving – or plucking and de-feathering – the bird. Show as much of their face as possible.

Some dogs – like people – love the camera and seem to know when they’re being photographed, especially with their pride and joy – a retrieved bird – if they’re a Hunting Maniac. Others, namely my Hunting Maniac, Eider, prefer to hide and just have the bird photographed. It’s easy to read her mind: “Can you just please photograph my pheasant and your shotgun and leave me alone?” But dog or no dog in a photo, above all enjoy the moment. And smile. Regardless of the size or species, it’s a trophy and a special moment in time.



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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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IRONHORSE

KITCHEN & BAR

MONDAY - THURSDAY
11AM - 11PM
KITCHEN CLOSSES AT 10PM

FRIDAY & SATURDAY
11AM - 12AM
KITCHEN CLOSSES AT 11PM

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CROSSWORD PUZZLE

Across

- 1. Interspersed with
- 6. West Indies island
- 11. Response to a scarecrow
- 14. Chocolate source
- 15. Rope fiber
- 16. "You --- what you eat"
- 17. Corner Superman in a Central Park mix-up?
- 19. Batter's achievement
- 20. Ravel's "Daphnis et ---"
- 21. "Jurassic Park" beast
- 23. --- Aviv
- 26. Make dates disappear?
- 27. Bumbles
- 28. The Gipper
- 30. Spa indulgence
- 31. Like a rainbow
- 32. Puts up the cash
- 33. Morning castoffs
- 36. Sound enhancer
- 37. Early Britishers
- 38. Tantrum thrower
- 39. Cheerleader's requirement
- 40. Car payments?
- 41. Be put out to pasture
- 42. The Maldives, e.g.
- 44. "--- Age" (Rodin work)
- 45. Proverbial laugh providers
- 47. Audience put-down
- 48. Elizabethan dramatist Thomas
- 49. Site for rods and cones
- 50. Hole in the head
- 52. Coffee server
- 53. Clever hot-shot lobbyist in a Central Park mix-up?
- 58. Connection
- 59. Knighted Newton
- 60. A "Hilton" locale
- 61. Always, poetically
- 62. Oscar winner of 1939
- 63. City near Salt Lake

1	2	3	4	5		6	7	8	9	10		11	12	13
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Down

- 1. King's higher-up?
 - 2. Word before and after "oh"
 - 3. Mo. to remember Columbus
 - 4. "Traffic" cop
 - 5. "Give it a try"
 - 6. Fancy cravat
 - 7. Vex
 - 8. NAFTA signer
 - 9. Recruit's refuge
 - 10. Strong chemical bases
 - 11. OPEC foolishness in a Central Park mix-up?
 - 12. Shady retreat
 - 13. Low dams
- 18. Scheme
 - 22. Classy org.?
 - 23. Hobo
 - 24. Uncanny
 - 25. Need a mate in a Central Park mix-up?
 - 27. Pursuits of good reporters
 - 29. Wow!
 - 30. Yosemite attraction
 - 32. Dinner alerts
 - 34. Flashy and sporty
 - 35. Transport for Prince Charming
 - 37. Topple
 - 38. Hipster's pal
- 40. Clipper's target
 - 41. Cigar-puffing TV wit
 - 43. Lateral lead-in
 - 44. --- fide
 - 45. Barbarian
 - 46. Hawk's haven
 - 47. Tree used for canoes
 - 50. Stumbling block
 - 51. Smelting waste
 - 54. Mai ---
 - 55. Finish line
 - 56. Perch, at first
 - 57. They're all in the family



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The Rise of the Sourdough on Base

ANNIE GALLAGHER, NORTHERN SENTRY

North Dakota, long since remembered for its frontier-homestead life back in the 1800’s, has undoubtedly now made a turn back to some of its forgotten past. In a nod to simpler times and simpler ingredients, the residents of Minot AFB are fully embracing the traditional task of breadmaking, and more specifically, sourdough. From purchasing it, to baking it, and to selling it, the popularity of sourdough here in the 21st century and here on base is rising . . . much like the bread.

Jenetta Marie Sawyer, a mil spouse and owner of Jenetta’s Simple Treats, explained that she has purchased sourdough for many years, but it has been significantly easier to find people who bake sourdough since Covid. She started purchasing sourdough due to the freshness of the bread and she now jumps at the opportunity to buy a fresh loaf whenever she can. A friend of Jenetta’s once mentioned to her the problem with store bought bread: “Your store-bought bread can last weeks and still be safe to eat, which is not normal.” That sentiment has

stuck with Jenetta ever since.

A similar view was shared by Suzanne McGuire, a mil spouse, baker and seller of sourdough. “I believe that sourdough is so popular because America’s food is heavily processed with so many different preservatives in it that at the end of the day, it’s not healthy.” Suzanne went on to say, “It [the bread packaging] might say it’s organic and it might say that it’s gut healthy, but are 15 ingredients that you can’t pronounce really gut healthy?”

The National Institutes of Health describes there being several health benefits of sourdough due to the fermentation process involved. They further mentioned that fermentation can often improve digestion and enhance the body’s capability to be able to absorb nutrients.

The apparent health advantages of sourdough are part of the reason contributing to its popularity on Minot AFB, but there are other factors too. Sourdough making has been creating its own dedicated community of people. Hannah Rojek, mil spouse and local seller

of sourdough, described the feeling she got when baking sourdough and how she felt empowered to nourish the community around her. “Selling sourdough has created a beautiful community and been able to connect me to the Minot Farmers Market. I am one of the people who loves it here and I think becoming involved with things outside of base is a huge part of that.”

Hannah first discovered sourdough in 2021 after her son was born. She began baking it for herself in 2022. She explained that, “it was a learning process and something to do for myself.” Hannah started gifting her sourdough bread to friends who encouraged her to start selling it. “It was a huge leap for me, but it has been so rewarding.”

The interest in perfecting the baking of sourdough is very much present in town too. Gourmet Chef, a kitchen supply store in Downtown Minot that also offers hands on cooking classes, are hosting a Sourdough Ladies Night on October 16th. Denise Lindbo, owner of Gourmet Chef, explained “We have a ladies night every quarter and thought this would be a great theme to go with for the fall. We currently have 60 ladies signed up for the event. So many bakers love sourdough and want to learn more about how to improve the experience of making it”.

Sourdough has certainly made its mark on the MAFB community and surrounding areas. Proving that the day-to-day tasks of the past may indeed resurface in the future’s hobbies.



Hannah Rojek at Minot’s Farmers Market selling her sourdough.



Sourdough is tasty and beautiful to look at.



Suzanne’s McGuire’s homemade sourdough.



Neighborhood HERO

Mae Blount

Mae Blount is a resilient military spouse, an avid volunteer at her church, and a helping hand throughout the Minot community. As I’ve gotten to know Mae, I’ve seen just how much she gives to others. She carries snacks and personal care items to share with people in need (she drives around the area), crochets sleeping mats out of old plastic bags for those in need, and never hesitates to stop and help. Like when she changed my flat tire, let me sit in her car to calm down, gave me two snacks (“one for each hand”), and made sure I got to work safely. Mae is kind, friendly, and always willing to serve others. She truly embodies what it means to be a Hometown Hero.



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NOTES ON BEING SAFE

PREVENTING FROSBITE & HYPOTHERMIA

I hate to say it but winter is around the corner! With this being said are you prepared for possible cold temperature exposures?

Prolonged exposure to low temperatures, wind or moisture—whether it be on a ski slope or in a stranded car—can result in cold-related illnesses such as frostbite and hypothermia. The National Safety Council offers these tips to help you spot and put a halt to these winter hazards.

How to detect and treat cold-related illnesses

Frostbite is the most common injury resulting from exposure to severe cold. Superficial frostbite is characterized by white, waxy, or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff but underlying tissue feels soft and pliable when depressed. Treat superficial frostbite by taking the victim inside immediately. Remove any constrictive clothing items and jewelry that could impair circulation. If you notice signs of frostbite, immediately seek medical attention. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together. Slightly elevate the affected part to reduce pain and swelling. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (100 to 105 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Rewarming usually takes 20 to 45 minutes or until tissues soften.

Deep frostbite usually affects the feet or hands and is characterized by waxy, pale, solid skin. Blisters may appear. Treat deep frostbite by moving the victim indoors and immediately seek medical attention.

Hypothermia occurs when the body’s temperature drops below 95 degrees Fahrenheit. Symptoms of this condition include change in mental status, uncontrollable shivering, cool abdomen and a low core body temperature. Severe hypothermia may produce rigid muscles, dark and puffy

skin, irregular heart and respiratory rates, and unconsciousness.

Treat hypothermia by protecting the victim from further heat loss and calling for immediate medical attention. Get the victim out of the cold. Add insulation such as blankets, pillows, towels or newspapers beneath and around the victim. Be sure to cover the victim’s head. Replace wet clothing with dry clothing. Handle the victim gently because rough handling can cause cardiac arrest. Keep the victim in a horizontal (flat) position. Give artificial respiration or CPR (if you are trained) as necessary.



How to prevent cold-related illnesses

Avoid frostbite and hypothermia when you are exposed to cold temperatures by wearing layered clothing, eating a well-balanced diet, and drinking warm, non-alcoholic, caffeine-free liquids to maintain fluid levels. At all possible avoid becoming wet, as wet clothing loses 90 percent of its insulating value.



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MINOT NORTH

SENTINEL REPORT



Minot North Athletics Dominate Fall Season

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

As fall sports begin to wrap up, Minot North High School athletes continue to show their strength, teamwork, and determination across multiple sports. From the football field to the golf course and tennis courts, the Sentinels are leaving their mark with impressive performances, personal bests, and team spirit that has the whole school buzzing with pride.

The Minot North football team has been unstoppable in recent weeks, racking up back-to-back victories and proving their dominance on both offense and defense. The Sentinels first shut out St. Mary’s Bismarck with a commanding 28 to 0 victory, showing complete control throughout all four quarters. The team’s defense held strong, preventing St. Mary’s from making any progress on the scoreboard, while the offense executed plays with precision and energy.

That momentum carried into the following week when the Sentinels took on the Watford City Wolves. Once again, Minot North didn’t just win, they dominated. The team secured an overwhelming 43 to 0 victory, marking their second consecutive shutout. Every aspect of the game clicked: the defense shut down every offensive drive from the Wolves, and the offense showcased powerful runs, smart passing plays, and strong team chemistry.

Fans and players alike are feeling the excitement as the team heads into its final home game this Friday. The stands are expected to be packed, and the energy will be higher than ever. With such a successful season so far, the Sentinels are ready to finish strong and continue building their program’s legacy.

Before Friday’s big football game, Minot North students and families have another reason to celebrate. The DECA Fall Festival will be happening right in the Minot North parking lot after school and leading up to the start of the game. The event will feature food, games, and trunk or treating, creating the perfect mix of fall fun and school spirit.

Organized by the DECA team,

the festival aims to bring together the community, encourage attendance at the final home game, and celebrate a successful fall season for all Minot North activities. Students are encouraged to dress in Sentinel colors, bring their friends, and support both DECA and the football team. It’s shaping up to be one of the most spirited nights of the school year, a combination of celebration, competition, and community.

The Minot North girls golf team also wrapped up an impressive season, finishing sixth place overall at the state tournament. Their hard work throughout the fall paid off as multiple athletes earned standout placements and personal achievements.

Leading the team was Emersyn Kopp, who finished 16th overall, followed closely by Kinzy, who placed 20th. Both golfers demonstrated consistency, focus, and composure under the pressure of state-level competition. Their performances helped secure the Sentinels’ solid team finish in a field packed with skilled competitors.

A special highlight goes to Abby Speer, who achieved her personal best score of 196 at state. Her improvement throughout the season reflects the dedication and growth that have become trademarks of Minot North’s athletic programs. As one of the team’s most improved players, Abby’s performance was celebrated by teammates and coaches alike, showing that hard

work truly pays off.

The girls golf team’s results are especially impressive considering that Minot North is still a developing program compared to more established schools. Their ability to finish among the top teams in the state proves that the Sentinels are quickly rising as a competitive force in North Dakota high school golf.

The boys tennis team has also been making noise this season with several close matches and state-qualifying performances. The Sentinels took a 3 to 2 win against the Patriots, showing grit and determination in a nail-biting matchup that came down to the final set. Shortly after, they faced a tough challenge against the Blue Jays, losing 2 to 3, but not without putting up a strong fight in every match.

Individually, two players stood out for their outstanding efforts at the Western Dakota Association competition. Colton placed sixth, while Brayden earned fifth, and both players qualified for the state tournament, an incredible accomplishment for the Minot North tennis program. Their performances reflect hours of practice, focus, and competitive drive.

As they prepare for state, both players are determined to represent the Sentinels with pride and continue to build the program’s growing reputation. The team’s consistent improvement and competitive spirit make them one

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Brayden Callahan returns the serve with a forehand.

to watch in the coming seasons.

With football shutouts, golf state finishes, and tennis state qualifications, Minot North’s athletes are proving that the Sentinels’ spirit runs strong across every sport. The combination of talent, teamwork, and community support has made this fall one to remember.

This Friday’s DECA Fall Festival and final home football game will bring together the perfect mix of celebration, school pride, and fun. Whether you’re cheering in the stands, competing on the field, or passing out candy at trunk or treat, there’s no better time to be a Sentinel.

As the fall sports season winds down, one thing is clear: Minot North’s future in athletics is brighter than ever.



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College, Career, or Military Readiness

Senior year is a pivotal time for high school students. Graduation looms and choices abound. To make it a little bit easier to decide, high school students can meet with their assigned guidance counselor, stop by my office, visit with a military recruiter, or attend the Minot Area Career Expo held at our North Dakota State Fair Center on October 29th from 9:00am to 2:00pm. Minot North High School students and Minot High School students who register will be bused to this event.

In addition to these in-person, actively-engaging opportunities to help decide what comes next, the North Dakota Department of Public Instruction (NDDPI) Messenger is a newsletter that is available to you and showcases local scholarships. One such college-funding opportunity is the 2026 U.S. Senate Youth



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



Program, which includes a \$10,000 college scholarship: <https://ussenateyouth.org/>. The deadline to apply: October 20th, 2025.

If you are a graduating senior, deadlines are very important. In fact, there are Early Decision opportunities for students applying to colleges, which increase student acceptance rates.

Lastly, for military-connected students, I have a listing of

military-connected-student-specific scholarships. For a copy, please email me at mafb.school.liaison@us.af.mil or stop by my office at 168 Missile Ave. on Minot AFB.

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

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The Army & Air Force Exchange Service is giving top marks to military students who ace their academics, celebrating 25 years of its class-act You Made the Grade program.

Military students, including homeschoolers, in first through 12th grades, can bring their report cards to the PX/BX customer service area each grading period to receive rewards. Students with straight A's receive a \$20 Exchange gift card, while students with a B average earn a \$10 Exchange gift card.

Since 2000, the Exchange has honored military kids' hard work in the classroom. According to the National Military Family Association, the average military child changes schools nine times before graduating—a challenge their civilian counterparts don't face.

“Military kids rise to challenges of adapting to new schools and coping during parents' deployments,” said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. “Academic success is more than grades. It's about commitment and readiness for what's next. The Exchange is honored to celebrate resilient young scholars who work hard.”

Besides the gift cards, students also receive an Exchange coupon sheet for:

- A free small fountain, frozen or bubbler beverage.

- A free kid's meal at participating Exchange restaurants.
 - A free combo meal at participating Exchange restaurants.
 - A free kid's hair service or \$15 off hair service at The Barber Shop or Hair Studio.
 - 10% off any pair of headphones (excluding Apple and Beats).
 - 10% off apparel and footwear.
 - A \$5 coupon at Exchange mall concessionaires or kiosks.
- Students who are making progress on their specialized education programs can participate too. Parents can print this downloadable form on ShopMyExchange.com and have it signed by their child's teacher or school official each grading period, indicating the modified grades of the student's academic progress. The signed form can be handed in at the customer service desk at the PX or BX to earn You Made the Grade rewards.
- Students who make the grade can also enter a biannual worldwide sweepstakes for a chance to win a \$2,000, \$1,500 or \$500 Exchange gift card. The fall 2025 drawing will take place in December.
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by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Oct. 6: 1,832.11 feet above mean sea level (MSL); 13,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.79 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.56 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Not many anglers on the water. Those going continue working hard for walleye with overall slow success.
- Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon.
- Lake Metigoshe, Four Seasons, Bottineau: Continued fair walleye activity but limited anglers on the water.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers on the east end of Lake Sakakawea but try 25 to 40 feet for walleye.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Not much activity on Lake Sakakawea or Lake Audubon and no new reports.
- Lake Sakakawea, New Town: No new reports.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing some small walleye from boats during the day in the spillway channel. Try off

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

- Oct. 10: McKenzie Co. Pheasants Forever banquet, McKenzie Co. Ag Expo, Watford City, 5:30 p.m.
- Oct. 10 & 11: Pumpkin Walk, Minot's Woodland Trail, 6 p.m. each evening.
- Oct. 11: Pheasant season opens.
- Oct. 11: Fall turkey (lottery license only) opens.
- Oct. 18 – 25: Kenmare GooseFest. Go to the website, (www.kenmarend.com/goosefest), for details.
- Oct. 18: Boo at the Zoo, Roosevelt Park Zoo, \$3 admission, 11 a.m.
- Oct. 18: Sakakawea Pheasant Forever Fall Flush dinner and fundraiser, Garrison City Auditorium, 5:30 p.m.
- Oct. 19: Pronghorn gun season closes.
- Oct. 25: Friends of the NRA banquet, McKenzie Co. Ag Expo, Watford City, 5:30 p.m.
- Oct. 25: Devils Lake Ducks Unlimited banquet, Devils Lake Knights of Columbus, 5:30 p.m.

TOURNAMENTS:

- Oct. 18: Upper Missouri River, Lewis & Clark Bridge.

the rocks at night from shore for nice walleye. Some nice-sized salmon in the tailrace with better success in the morning. Continued good smallmouth bass activity on the east end of Lake Sakakawea but walleye bite remains tough. Most walleye coming from deep water in 30-plus feet. Work points, 7 Sisters, or Steinke Bay using spinners and heavy bottom bouncers. Work the south shore either side of the dam in 30 feet for salmon. Anglers marking them but the bite is slow.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers improving for walleye and sauger as water clarity improves. Try minnows in the rivers with crankbaits around the confluence. Better walleye bite is around Bear Den in 15 to 25 feet using jigging Raps on the upper end of Lake Sakakawea. Back bays remain fair to good for pike with fish running shallow.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity throughout area lakes.

HUNTING:

- Deer: Look for more movement with cooler weather.
- Upland: Look for fair pheasant numbers across many areas of the state. Better pheasant numbers around Williams County more so than farther north.
- Waterfowl: Generally local ducks across most of N.D. although some waterfowl movement into northwest N.D., including some snow geese and whitefronts. A few geese also starting to trickle into north-central parts of the state.

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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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY – Embry-Riddle Aeronautical University is the world’s pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor’s, and master’s degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

MINOT STATE UNIVERSITY – Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor’s degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

PARK UNIVERSITY MINOT – Your degree, Your way. Park University is enrolling now. Earn your CCAF credits, AU-ABC, and your Bachelor’s degree with PARK. Let’s maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say “Alexa, ask Park, How many credit hours can I get from my military experience?” She’ll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

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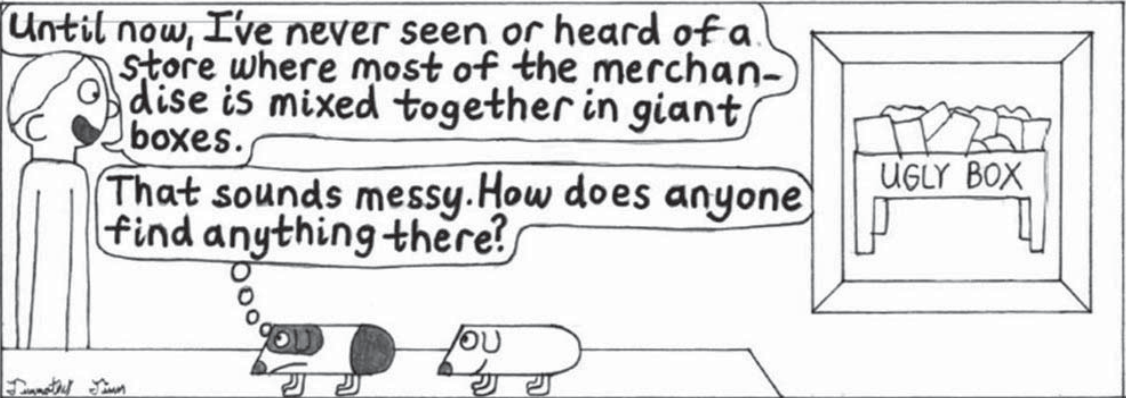
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Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main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

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SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

Unlock Your Health by Knowing When To Get Emergency Care vs. Urgent Care

TRICARE COMMUNICATIONS

FALLS CHURCH, Va. – Do you know the difference between emergency and urgent care? It can make a difference in your health. Both emergency rooms and urgent care clinics can help you with a medical issue. But they’re different and serve your needs in different ways. When you or a family member needs medical care quickly, it’s important to know the difference between the two.

“In times of stress or concern—like having a sick or injured family member—it can be difficult to know what the right course of care might be,” said Jeannine Pickrell, RN, nurse director of Population Health, TRICARE Health Plan, at the Defense Health Agency. “Making the right choice will ensure you and your family receive the right level of care when you need it.”

WHEN TO GET EMERGENCY CARE

Emergency care means care for an illness or injury that threatens your life, limb, sight, or safety. If you reasonably believe you have an emergency, always call 911 or your international emergency number. Or, go to the nearest emergency room.

WHEN TO GET URGENT CARE

Urgent care is for medical issues that aren’t emergencies, but still need attention within

24 hours—for example, a high fever or a sprained ankle. Urgent care providers help with issues that can’t wait for a regular appointment but aren’t so bad that you need to go to the emergency room. Urgent care clinics are often open late and can help with health problems that need care but aren’t life-threatening.

GETTING ANSWERS

If you’re still unsure about which type of care you need, call the Military Health System Nurse Advice Line. Nurses are available day and night to answer your questions and give you advice on where to go. Call 800-TRICARE if you’re in the United States, Guam, or Puerto Rico. If you’re overseas, visit [MHSNurseAdviceLine.com](https://mhsnurseadvice.com) to find your country-specific number.

Making the right choice—especially when you must act quickly—will help you get the care you need.

Knowing what TRICARE covers

TRICARE covers emergency care from any provider, and urgent care from TRICARE-authorized clinics at specific rates based on their group. Learn more about how to get care and what’s covered.

You have options that include telemedicine, telemental health, and urgent care from network providers. Check with your regional contractor to find network providers who offer telemedicine

services.

TRICARE will also pay for urgent care from non-network providers, but you might be responsible for out-of-pocket costs. For more information about emergency and urgent care costs, check out the TRICARE Costs and Fees Fact Sheet. (Note: A provider must be TRICARE-authorized for TRICARE to pay any part of your claim, as described in the TRICARE Choices in the United States Handbook.)

MAKING THE BEST CHOICE

When you must act quickly, knowing the difference between emergency and urgent care will help you make the best decision for your and your family’s health. And making the right choice may lower your costs, too.

Remember, emergency rooms are for serious problems that threaten your life, limb, sight, or safety. Urgent care clinics help with less serious problems that still need immediate attention. The MHS Nurse Advice Line is always available to help you decide where to go. Unlock your health by getting the right care when you need it.

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Jamaican Vybz Kitchen Dakota Square Mall, Minot Phone: 701.441.9309 FB: Jamaican Vybz Kitchen	Meg-A-Latte 2045 N Broadway Suite #100, Minot Phone: 701.838.8479 www.meg-a-latte.com	Mi Mexico 3816 South Broadway, Minot Phone: 701.858.0777 www.mimexicominotnd.com
N.D. Asia 3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com	Noodles & Company 304 4th Ave NW Minot 701.491.9103 www.noodles.com	Pink's Bar & Grill 102 128th Ave NW, Minot Phone: 701.852.2385 FB: PinksBarGrill
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U.S. MARINE CORPS PHOTO BY LANCE CPL. BLAKE GONTER



U.S. Air Force Senior Airman Rocco Arnold, maintenance scheduler, 705th Munitions Squadron, Minot Air Force Base, poses for a photo following an eight-mile ruck march during the Small Unit Ranger Tactics course at Lightning Academy, Schofield Barracks, Hawaii, Sept 15, 2025. SURT is a three-week course that stresses participants physically and tests their tactical knowledge to prepare students for Ranger School.



U.S. Air Force Senior Airman Rocco Arnold, maintenance scheduler, 705th Munitions Squadron, Minot Air Force Base, poses for a photo following an eight-mile ruck march during the Small Unit Ranger Tactics course at Lightning Academy, Schofield Barracks, Hawaii, Sept 15, 2025. SURT is a three-week course that stresses participants physically and tests their tactical knowledge to prepare students for Ranger School.



U.S. Air Force Senior Airman Rocco Arnold, maintenance scheduler, 705th Munitions Squadron, Minot Air Force Base, poses for a photo following an eight-mile ruck march during the Small Unit Ranger Tactics course at Lightning Academy, Schofield Barracks, Hawaii, Sept 15, 2025. SURT is a three-week course that stresses participants physically and tests their tactical knowledge to prepare students for Ranger School.



U.S. Army Soldiers with 25 Infantry Division collect water after an eight-mile ruck march during the Small Unit Ranger Tactics course at Lightning Academy, Schofield Barracks, Hawaii, Sept 15, 2025. SURT is a three-week course that stresses participants physically and tests their tactical knowledge to prepare students for Ranger School.



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- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo — Fall Series, 1730, Rockers Bar & Grill
- Fearsome Adventures, 1800-0000, Youth Center
- Karaoke Nights, 2000, Rockers Bar & Grill

SATURDAY11

- For a full listing of Columbus Day Holiday facility hours, visit 5thforcesupport.com

SUNDAY12

- For a full listing of Columbus Day Holiday facility hours, visit 5thforcesupport.com

MONDAY13

- Columbus Day
- For a full listing of Columbus Day Holiday facility hours, visit 5thforcesupport.com

TUESDAY14

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundation Course 500, 0730-1600, Professional Development Center
- Tuition Assistance (TA) Brief, 1000, Education Center
- AFFT, 1100, McAdoo Fitness Center

WEDNESDAY15

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundation Course 500, 0730-1600, Professional Development Center
- SkillBridge Brief, 1000, Education Center
- AFFT, 1100, McAdoo Fitness Center

THURSDAY16

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundation Course 500, 0730-1600, Professional Development Center
- AFFT, 1100, McAdoo Fitness Center

FRIDAY17

- NCO Foundation Course 500, 0730-1600, Professional Development Center
- Monster Mash Costume Parade, 1530-1630, Youth Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

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