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REMEMBERING 9-11: 25 YEAR REMEMBRANCE

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U.S. Air Force Airmen assigned to Minot Air Force Base participate in activities hosted by the 5th Force Support Squadron during a day of summer fun at Minot AFB, North Dakota, Aug. 14, 2026. The day featured a variety of events, including the Annual Summer Games, Flame to Fame Burger Contest, NFL All-Stars meet and greets, Car & Bike Show and Striker Bash. See more photos from the event on page B8.

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September Squadron of the Month

91st Missile Security Operations Squadron

The 91st Missile Wing proudly recognizes the 91st Missile Security Operations Squadron (MSOS) as September's Squadron of the Month. The 91 MSOS is unique in its role as it supports missions across the 91st Security Forces Group and 91st Missile Wing.

One of its premier teams is the Convoy Response Force. Recently, the Convoy Response Force attended ARROW, an annual validation course testing the team's ability to effectively secure strategic assets while moving between static locations. This task requires immense coordination and discipline, which were both on full display for this year's ARROW. Five days at Camp Guernsey, Wyoming highlighted the team's flawless integration of aerial support assets, reaction to enemy contact, and cool nerve in the face of dynamic enemy threats. The Convoy Response force was recognized for their outstanding execution at ARROW by the Commander of 20th Air Force, Major General Connor.

Though their outstanding performance at ARROW is a significant achievement for the team, the Convoy Response Force doesn't simply demonstrate excellence for one week a year. The team is responsible for year-round execution of strategic asset movements, a mission which never stops and cannot fail. Moreover, the team is in a constant state of growth, pushing the standard for vehicle readiness, training, air defense, and coordination with partner agencies.

The Convoy Response Force is not an ordinary Security Forces unit. It is a hand-selected cadre of high-performing Defenders chosen specifically for their discipline, tactical acumen, and mental toughness. Once selected, team members undergo rigorous training engineered to prepare them for dynamic, asymmetric,



and emerging enemy threats. They master high-speed vehicular tactics, close-quarters combat, advanced weapons employment, and coordinated team movements necessary to decisively defeat any adversary attempt to compromise a mission. Their specialized training ensures that no matter how complex or dangerous a situation becomes, the response is swift, synchronized, and overwhelmingly effective.

Though their performance was outstanding, their successes at ARROW would not have been possible without the support of the Tactical Response Force, which is another of the 91 MSOS's elite teams. Trained as the primary recapture and recovery force within the missile complex, the Tactical Response Force's support of strategic asset movements is vital to countering enemy threats and provides unique, tailored skills to

defeat the nation's adversaries.

The Tactical Response force's airborne support provides armed overwatch, enabling the detection of enemy threats far beyond the eyes of a turret within the convoy. Their rigorous selection pipeline selects physically disciplined and mentally fortified individuals prepared to operate in some of the harshest conditions on the planet. The unique skills presented across the Convoy and Tactical Response Force teams coalesce into the world's premier strategic asset security team. The next time you see a large group of military vehicles traveling the great plains of North Dakota, just remember: Convoy Follows!



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Operation Heroes: A Family Deployment Adventure

VERONICA KELLERMAN, NORTHERN SENTRY

A not so serious deployment is coming up. After a years-long hiatus The Operation Heroes event is finally back. The Military & Family Readiness Center is excited to bring this family favorite event back to Minot Air Force Base. On Saturday, September 12, from 10:00 a.m. to 2:00 p.m., MAFB kids and their families are invited to the Minot AFB Youth Center for an afternoon filled with hands-on learning, military demonstrations and plenty of fun.

The goal of Operation Heroes is mostly geared towards elementary school aged kids, however middle school and high schooler ages are welcome to attend and enjoy the fun as well. Operation Heroes provides a better understanding of the deployment process while introducing them to the many different military career paths and

missions found throughout the base. Instead of simply hearing about what happens to their Active-Duty parent during a deployment, children will have the opportunity to experience a kid-friendly version themselves.

Technical Sergeant Christine Cherry, Readiness NCO shared her excitement about bringing the event back this year, saying, "I hope people come and enjoy [Operation Heroes], I know as a kid I did!" That excitement is exactly what the Military & Family Readiness Center hopes families will take away from the event.

The mini deployers will begin by processing through a simulated deployment line by checking in, getting paperwork and packing gear. Then they will make their way through security before entering their own “deployed environment.”

Both indoor and outdoor displays will feature equipment used by different Air Force career fields. Participants will get hands-on experience with vehicles, robots, protective gear, weapons and so much more.

Along the way, they will explore demonstrations and displays showcasing the capabilities and missions of different units around Minot AFB. The atmosphere will give children a chance to see firsthand the different roles that make the military community work in a deployment setting.

Of course, every deployment, the real ones and the pretend ones, means coming home and Operation Heroes will celebrate this homecoming with a welcome home party for the young deployers and their families to enjoy together. The celebration will include pizza provided by AAFES, bounce castles, games, crafts and other activities for children.

While the goal of this event is to help kids through situations when their Active-Duty parent deploys, putting an event of this size together takes plenty of preparation. TSgt Cherry explained that a lot of pre-planning goes into events like Operation Heroes, and the team, which included staff from the Youth Center and the Military and Family Readiness Center really wanted to make sure everything comes together to create a complete success for the families attending.

There will be approximately twenty slots available during each chalk time (A “chalk” is a term

A young boy is dressed in military-style gear. He wears a tan helmet with a night vision device mounted on top. His face is painted with camouflage patterns in shades of green, brown, and black. He is holding the helmet with both hands, looking directly at the camera. He wears a tan t-shirt and a camouflage tactical vest. An orange wristband is visible on his left wrist. The background is a blurred indoor setting.

Taken from a previous Operation Hero's event a young participant prepares for his mission, decked out in camouflage and face paint during the Operation Hero's event.

U.S. AIR FORCE
PHOTOS I MINOT AFB
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A young participant gets a up close look at military equipment while taking part in Operation Hero.



Welcome Home! The Operations Hero's Event give children an opportunity to learn more about the deployment process and experience aspects of military life firsthand.

given to a group of deployers that are assigned to a specific movement”, with 160 total slots available. Chalks are in twenty minute intervals.

For Operation Heroes, guardians can choose which “chalk” their children will be assigned to based on when they would like the start time to be. Families with more than one child should register each individually.” For EFMP families, all children in the family may be registered under the time designated for the EFMP member, individually. It will take about an hour to go through the deployment

settings.

While this event will have staff nearby, parents and guardians are required to remain on the premises with their children throughout the entire event. Families should also plan to arrive 10 minutes before their assigned start time.

Registration closes Friday, September 4, 2026, so make sure and reserve your spot quickly! This is an event for the whole family!

Mark your calendars, get the kids ready and prepare for a deployment adventure they won't soon forget!

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Life's Little Experiences



A VIEW FROM
OUR SIDE

ROD WILSON


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READ YOUR ARTICLE(S)

Thanks...it's my answer to anyone who approaches me and says, "Hey Rod (Ron, Rob, Mr. Wilson) I read your articles all the time." It's not to boast, but it's happening more and more. One of my friends, Curt, will send me comments about my articles and this week he wanted to add on to my "Fall Colors" article from last week.

Curt says, "and there's nothing like taking a canoe down the Mouse River from the Nelson Bridge to the Stone Dam on the J Clark Sawyer refuge. Not only do you see the colors but the big bucks!"

I appreciate his input. The challenge of writing a weekly article is to make sure you include as much as you can without creating one of those "boy that looks too long to read" articles. Both the J Clark Saylor and the Upper Souris Refuges have nice canoe trails, and depending on the summer, they have enough depth to do a nice canoe trip and yes, catch a couple of "big bucks" in Curt's words.

Thanks for your input Curt, and to everyone who reads my articles, albeit not every week, thanks for spending a few minutes as I try to spread a little North Dakota nice through the pages of the Northern Sentry.

IT'S AN ADVANTAGE I HAVE

When you write what my journalism teacher at UND would have called a "wander all over

the place" article, you can include special events in your life. On Sunday we were able to witness my grandson, Cooper Wilson, being baptized outside beside a very unique baptismal font.

Like every parent, my son was nervous that Cooper would interrupt the baptism by crying or not wanting to be passed to the pastor for the baptism... but Cooper took it in stride and was certainly cooperative for the baptism celebration. Pastor David Mattson, Senior Pastor at Gloria Dei Church in Dana Point performed the baptism. What a great day it was for Cooper, his parents Nathan and Krystal and of course Grandpa and Grandma Wilson.

That same "advantage" of a wandering column also gives me room to check in on another part of life: recovery, routine and a little California sunshine.

AN ADVANTAGE IN A DIFFERENT WAY

If you have been following along and reading my articles, you are familiar with my back surgery back in January. Dr. Manuel Pinto did the surgery and he didn't sell it short. "This is a tough surgery, and recovery will be a struggle."

Yep, his description was certainly accurate. Regaining strength after 4-5 months of not doing much physically has been a struggle. But my trip to California has given me an opportunity to swim laps in a beautiful outdoor pool. It is a great experience to be swimming laps when the sun starts to break over the tree line. My goal? Well, I wasn't sure how far I could push myself, but hopefully next week I am able to report that I was able to swim a mile. I had been working my way towards that goal when the YMCA closed their pool for 3 weeks.

But returned to the pool last week in California and set my swimming routine to work towards the one-mile goal. Of course, an outdoor lap pool wouldn't work so well in North Dakota, but out here it does. The only complaint I heard was that it was "way to hot" to swim laps. Don't think I have ever heard that complaint before. But it has been unusually hot in



Ladera Ranch, California lap pool makes for a nice outdoor exercise experience.



A grandfather's privilege, sharing his grandson's baptism. Pastor Dave did it well...

Ladera Ranch. A couple of days it topped out above 90 degrees. When we flew into Las Vegas it was 110 degrees.

Most complaints I hear at the YMCA is because the pool is too cold. I guess it all depends on where you are, and what you are accustomed to. No matter what the temperature of the pool is, you just need to dig in and "get 'er done."

And speaking of getting things done, here is a community opportunity that can make a real difference for children and families.

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RAMBLIN'S

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TODAY'S CHUCKLE

Ok, more of a true-life chuckle; I was holding my grandson when I felt that unmistakable rumble in his diaper. Yep, he was on his way to that dreaded "blowout" diaper.

Once he finished I said something about changing what I knew would be a very messy diaper, I heard my son ask, "Do you guys need help?"

Both Grandma and Grandpa laughed and whispered similar remarks...but most relevant was Grandma whispering, "We got this, it isn't our first rodeo."

This might surprise you

the Winnipeg Blue Bombers. Even Holm is a UND defensive back who is a CFL West Division All-Star with Winnipeg.

Quincy Vaughn, Calgary Stampeders, Tyron Vrede, Calgary Stampeders, Donny Ventrilli, Montreal Alouettes, Mason Bennett, Hamilton Tiger-Cats, Donovan Alexander, who was a standout wide receiver with the Edmonton Eskimos and of course he's out of football now, but Weston Dressler who became famous with the Saskatchewan Roughriders are other standouts.

The latest UND player to join the CFL is wide receiver Nate Demontagnac, who was recently drafted by the British Columbia Lions.

From NDSU, the list is just as impressive starting out with Destin Talbert, a defensive back with the Hamilton Tiger-Cats. Zach Mathis is a wide receiver currently playing for the Edmonton Elks. Hunter Poncius is currently on the Winnipeg Blue Bombers practice squad.

Former legendary NDSU quarterback Brock Jensen spent time with the Ottawa Redblacks and won a Grey Cup title as a backup in 2016 behind Henry Burris. John Crockett was a runningback, also with the Redblacks. Ryan Smith was an NDSU wide receiver who had a productive career with the Roughriders and Blue Bombers.

There is also Mike McTague a tight end from NDSU who played in the 1990s with Calgary, Montreal and Saskatchewan.

I know this goes back a few years, but do you remember Jeff Bentrin, the four-year starter who dominated the year offense NDSU? He was recruited by the Saskatchewan Roughriders, winning a Grey Cup in 1989. The only reason he doesn't have more statistics is because he played backup to Kent Austin, who is one of the most famous players in the history of the CFL.

It seems the only CFL team that doesn't have a North Dakota presence now, or in recent years is the Toronto Argonauts. Mike McTague was drafted by the Argos, but was traded right away to Calgary.

Darcy Dahlem and Monty Shaide, both from UND, played for the Argonauts during the 1990s.

Interestingly, one of the most famous CFL players had his college career at Dickinson State University. Chris Walby was drafted out of Dickinson by the Montreal Alouettes, but was traded to the Winnipeg Blue Bombers where he won three Grey Cups and was a nine-time CFL all star. He is now a radio commentator on CJRC, 1290-AM in Winnipeg which carries the TSN sports network.

Cory Mantyka, who was an offensive lineman at then

Jamestown College, played 13 stellar seasons with the BC Lions. He won two Grey Cups and was a West Division all star with the Lions.

Minot State University has had five notable players in the CFL. They include Troy Kowal, BC Lions, Dalton Houghton, Saskatchewan Roughriders, Dexter Ross, Winnipeg Blue Bombers, Kevin Boyd, Edmonton Eskimos and arguably the most famous Beaver to play in the CFL was Scott Diebert, who spent eight seasons with Edmonton, Winnipeg and Calgary.

Two players from Valley City State University played in the CFL as well. They are Lloyd Joseph who played one season for the BC Lions in 1991 and Tom Stevenson who was a tight end for the Toronto Argonauts.

In addition, two players from Mayville State University made it to the CFL. Ed Rorvig played four seasons with Calgary and Jason Schwabe was a wide receiver for the Toronto Argonauts. Schwabe who coached baseball many years in Langdon, is now principal in Thompson.

One coach from North Dakota was also in the CFL. Dale Lennon who spent several years at UND and later the University of Mary as head coach, was on offensive coordinator with the Toronto Argonauts before joining UND.



UPSIDE DOWN
UNDER

MARVIN BAKER

With the return of college football, we seem to be getting a lot of news on North Dakota State University moving up to Football Bowl Subdivision from Football Championship Division. We also hear a lot about NDSU players, mostly quarterbacks, who have made it into the NFL.

This might surprise you, but there are a lot of players from North Dakota colleges and universities who are now, or who have played and excelled in the Canadian Football League. For some reason, the U.S. media doesn't cover those players, so I took the liberty of looking at all nine CFL rosters, past and present and here's what I found.

These are some of the University of North Dakota players who made it to the CFL. Brady Oliveira was a UND running back who is now in the middle of a stellar career with

Why Moving is Better Than Staying

FATIMZAHRA ELBOUAB, NORTHERN SENTRY

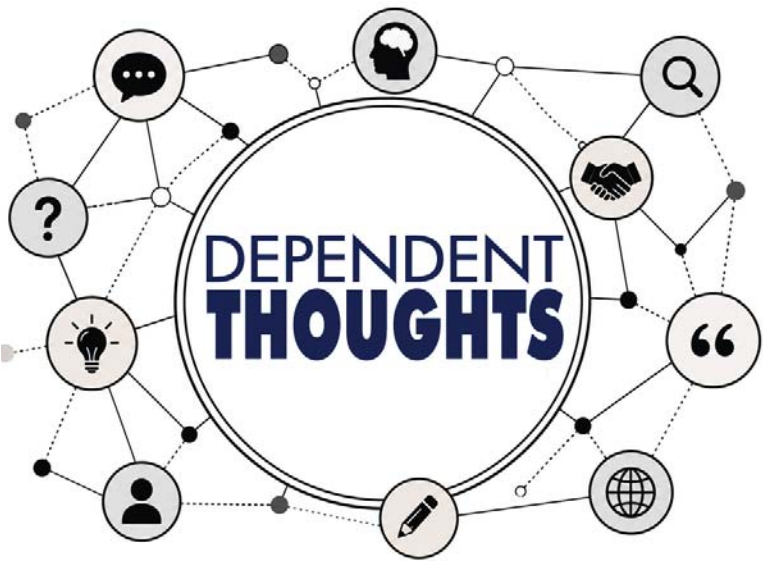
Moving in the military can be viewed as something to endure and struggle through, but what if it is actually something to embrace and celebrate?

I've often heard other military kids talk about how moving is negative. They talk about leaving behind friends, familiar places, and comfortable routines, which can feel like losing a part of your life. I get it. Going to a new school and starting over can feel intimidating... I've been there more times than I could count! But I also like looking on the other side of things. Moving frequently has shown me that change isn't something to fear; it's actually one of the most valuable experiences of my 16 years of life.

I have lived in Türkiye, England, Washington State, New Jersey, New Mexico, Germany, and now Minot. And I've been to school in five of those places. Yes, it sounds overwhelming, but I've learned how to become more adaptable and open minded to different perspectives. When I lived in Germany, I traveled to more than 30 countries! I've seen countless cultures, people, and traditions, and I was able to experience all of this because I'm a military child. I've had the opportunity to appreciate the people and the places I encountered along the way.

That sentiment is why I agree with military children being represented as dandelions. Though moving can be daunting, military brats are always ready to pack up and start somewhere new. Where the wind blows, we follow, just like dandelion seeds. We're always ready to take root somewhere new and share our laughter, joy, and experiences with the world. Like dandelion seeds, military kids learn to adapt to unfamiliar soil and unfamiliar places. I've been there, and it's not as horrible as some people make it out to be.

Of course, every place comes with its own unique challenges. There have been times when I've had to meet new people, figure out my surroundings, and grow accustomed to a brand-new routine. These changes felt overwhelming, but over time, I have become better at handling



them.

After moving multiple times, I've learned that unfamiliar doesn't have to mean uncomfortable forever. I know that when I'm placed into a brand-new environment, I can adjust and reorient myself, finding my place in the community. I've done it before, and I can do it again. This is a skill all military brats develop. It's not a skill that every child has, and I'm proud that I do. It's important to shift your mindset; instead of being afraid of change, you have to learn to expect it and work with it.

Moving has also allowed me to experience different perspectives. Moving anywhere exposes you to different people, values, cultures, and traditions. Although staying in one place gives you a strong connection to your community, moving allows you to see how different communities live and think. Meeting people from different backgrounds has shown me that there isn't one "right" way to see the world. As every place I move to gives me a new perspective to consider, those perspectives add up, helping me become more open-minded and understanding of the people around me.

Another benefit of moving is the independence that develops. After my sixth move, I started to realize that I can't always wait for someone else to make

things comfortable for me. I had to introduce myself, make new friends, and put myself out there. But I've also learned that these lessons won't only apply to my life now. I might not move from New Mexico to Germany and adjust to a new middle school again, but I might use these lessons later on in life, because I've learned how to walk into a room where I don't know anyone and still find a way to belong.

When you know that a place won't be your home forever, ordinary routines and moments begin to feel more special. I have started to realize that everything I experience will become a memory I will eventually carry. Leaving doesn't erase those experiences; instead, each move becomes another chapter in my life. You may leave your town, but you don't leave behind everything it taught you.

Moving isn't easy though. There are difficult times, sad goodbyes, and moments where I wished that everything could stay the same. But this is the exact reason why moving is so valuable. It taught me that I can handle change, that I can build connections again, and that I can carry my experiences with me, wherever I go.

But I've learned that the most important lesson of all is this: staying in one place can give me roots, but moving has given me wings.

Are you a military dependent with thoughts on military life or living in North Dakota? We'd love to hear from you! While this column isn't intended as a space for complaints, we're looking for thoughtful, honest perspectives on the experiences, challenges, and unique moments that come with this lifestyle. If you have a topic idea or are interested in writing a column, email Erin.Beene@willowtreemarketing.com.



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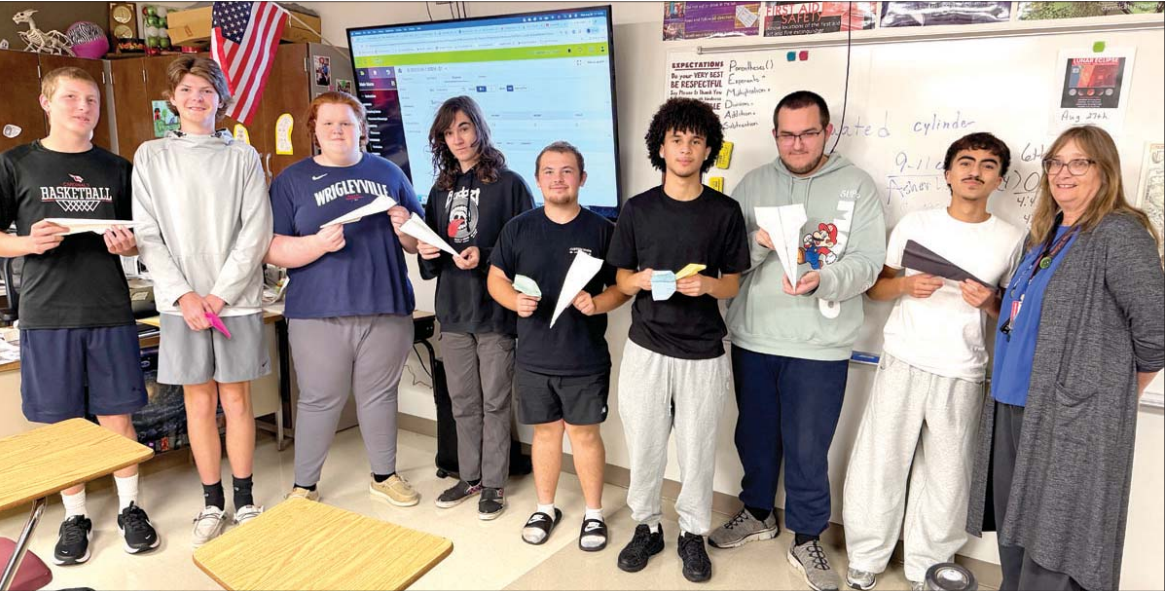
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The Air & Space Forces David C Jones Chapter 135 presented Our Teacher of the Year Award to Joann Schapp from Nedrose High School. (l to r) Ron Garcia, Teacher of the Year Chairperson, Joann Schapp-Nedrose High School, Rod Wilson- AFA Chapter 135 Teacher of the Year.



Nedrose STEM class shows off their paper airplane projects.

It's Creating An Experience

ROD WILSON, NORTHERN SENTRY

Science teacher JoAnn Schapp of Nedrose has been selected as the 2026-2027 Teacher of the Year by the Air & Space Forces Association David C. Jones Chapter 135 in Minot.

The AFA Teacher of the Year program recognizes educators through local chapters, regional selection and eventually a national award. The program honors the legacy of Christa McAuliffe, the teacher and astronaut who died in the Space Shuttle Challenger disaster.

Last year, Williston Teacher of the Year candidate Thomas Sando advanced to the national competition, where he placed third. Sando will be recognized at an AFA Awards Banquet on Saturday, September 12, in Washington, D.C.

The selection process for the next national Teacher of the Year has already begun, and

Chapter 135's choice is Schapp. She received the award during a special school gathering, where students gave her a well-earned standing ovation as she accepted the honor from AFA member Ron Garcia.

Schapp has been teaching for 36 years. We interviewed her during her STEM class at Nedrose, where she reflected on the path that brought her back to North Dakota.

"I'm from North Dakota, but El Paso, Texas, did a massive recruiting to get teachers from North Dakota to relocate to El Paso," Schapp said. "There were a lot of North Dakota graduates that went down to El Paso, Texas. I taught there for five years, but every year I would come home during the summer and help my family farm. After a while, I just decided that I needed to be closer to home."



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Schapp’s family farms near Rice Lake. She attended grade school at South Prairie before going to high school in Minot.

Schapp has always taught science, and STEM—science, technology, engineering and math—has been a major focus for the AFA and for teachers carrying that work into classrooms.

“In STEM, I always start the year with flight because kids don’t really know how to make paper airplanes anymore,” Schapp said. “So, we start with flight and we do a lot of experimentation. Now we’ll start looking at what is involved in flight. Eventually we’ll start developing rubber-band-driven planes.”

Later in the year, students in Schapp’s class will work on cyber ciphering, which connects to AFA programs such as CyberPatriot and Stellar Explorers. They will also study and develop robots.

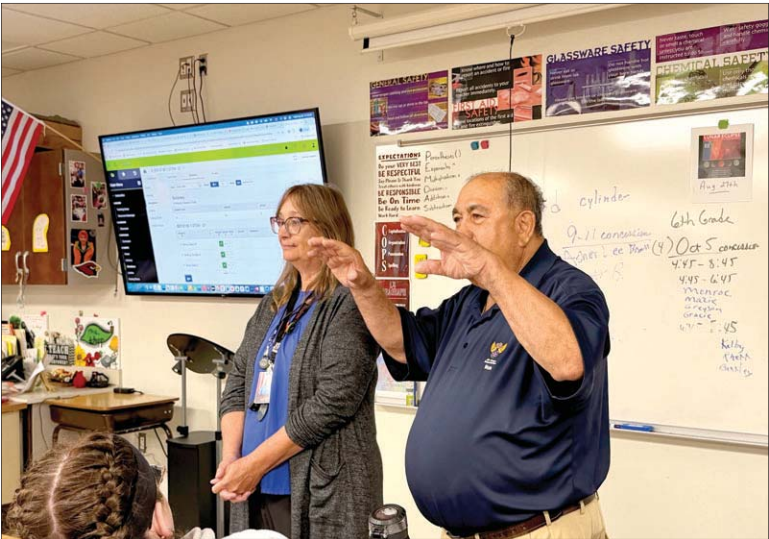
There are 13 students in Schapp’s class, a number she described as “a nice size.”

In addition to the Teacher of the Year citation, Schapp received \$250 to use in her classroom. Asked what she planned to buy, Schapp said, “It will be some type of building kit. That’s what I want them doing is building.”

Responding to a comment about what makes a great teacher, Schapp summed up her approach to STEM this way: “For this class, I’m not really teaching. I’m just giving them the opportunities. Exposing them to different things.”



The hallway makes a perfect airport for paper airplane test flights.



AFA Teacher of the Year Chairman shares his knowledge of aerodynamics with the Nedrose STEM class.

A person with vibrant red hair is seen from behind, wearing large black headphones. They are in a dimly lit room with blue and red ambient lighting, possibly a gaming or streaming setup.

Oh, It's GAME ON.

2 GIG IS HERE

A blue icon consisting of two parallel arrows pointing to the right.

LEARN MORE AT [SRT.COM/2GIG](https://srt.com/2gig)

The logo for SRT (Speedy Return Technology) features a stylized 'S' and 'R' in a circle, followed by the letters 'SRT' in a bold, sans-serif font.

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The logo for IPM, Inc. features a stylized house icon with the letters 'IPM' inside, followed by 'Inc.' and the website 'www.MinotRentals.com' and phone number '701-852-1157'.

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A smiling couple is shown holding a set of keys, representing a new home.

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A QR code that links to the IPM, Inc. website.

The Culver's logo in a blue script font, with the tagline 'Welcome to delicious.' below it.

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Two young boys in flight suits are sitting in the cockpit of a small aircraft. One boy is wearing sunglasses and the other is holding a camera.

Fly Planes

STEM Activities

Aerospace Ed

Emergency Serv.

A group of children in flight suits are gathered around a table, possibly participating in a STEM activity.

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The Civil Air Patrol logo, which is a stylized 'V' shape with wings.

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MinotCAP.org

Master your mind: AFGSC reimagines readiness with MindGym

TECH. SGT. SHELBY THURMAN, AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. --

To ensure operational readiness and maintain the tactical edge, Airmen must train their brains with the same rigor as their bodies. Air Force Global Strike Command is looking to accelerate and modernize this effort with a tactical training simulator known as MindGym.

“No different than investing in modernization efforts for weapon systems, such as the B-21 Raider, Sentinel ICBM program, and the new fleet of Grey Wolf helicopters, Global Strike senior leadership recognizes the importance of modernizing how they advance their most important asset: Global

Strike Airmen,” said Col. Erich Schroeder, AFGSC command surgeon.

MindGym, originally developed by and in partnership with Lumena Inc., is a safe, painless, and highly controlled environment designed to sharpen focus, accelerate reaction times, and enhance decision-making under pressure. The 7-by-7-foot reflective cube room provides low lighting, calming music, and guided exercises. Participants wear an electroencephalogram (EEG) biosensor headband that assesses brain functions, providing insight into areas such as task management, mental clarity and relaxation.

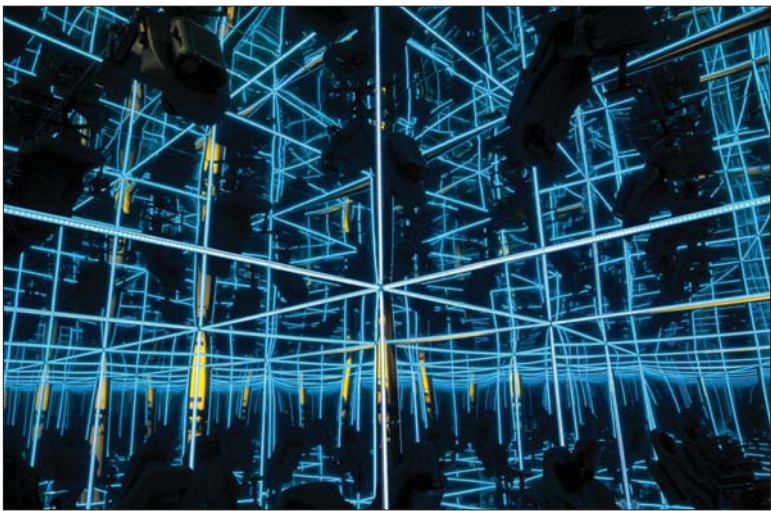
This readiness resource is already

available to all Airmen and civilians across all of the command’s eight bases. Regardless of rank, unit, or workplace: a flightline, or a missile field, MindGym is available for anyone in Striker Nation looking to perform at a higher level by sharpening their cognitive control, focus mental clarity and energy required to thrive on and off duty.

MindGym is a commercial system that does not collect specific military identifiers like rank, unit, nor Air Force specialty code (AFSC). Similar to how the audio file of the 20-meter High Aerobic Multi-shuttle Run (HAMR) is available for Airmen to practice timing their shuttles prior to taking their Physical Fitness Readiness Assessment (PFRA), Airmen can enhance their mental fortitude with MindGym.

While this tool is optimal for AFGSC Airmen regardless of rank, job, or location, it is another resource available to help sharpen physical and mental fitness.

“MindGym is another example of how Global Strike Command directly invests in our Airmen,” said Col. Nekitha Little, director of AFGSC’s Manpower & Personnel (A1) Directorate. “Striker Airmen are fundamental to mission success. Wellbeing is vital to ensuring that Strikers are always ready to provide long-range precision strike, anytime and anywhere.”



The Lumena MindGym at F.E. Warren Air Force Base, Wyoming, Oct. 30, 2024. The Lumena MindGym is a fully immersive environment made using isolation, light, reflections and sound principles to stimulate a persons neuroplasticity and enhance mental focus.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN MATTISON COLE



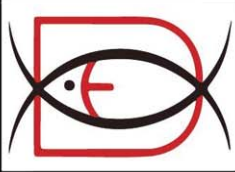
U.S. Air Force Tech. Sgt. Brandie Henrichs, Airman Leadership Instructor, prepares to use the MindGym at Whiteman Air Force Base, Mo., Nov. 20, 2024. The MindGym offers a unique and immersive experience that focuses on reducing stress and promoting relaxation to help improve military readiness.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN BRYCE MOORE



U.S. Air Force Lt. Col. Carsten Stahr, 28th Force Support Squadron commander, steps out of the MindGym after a short demonstration at Ellsworth Air Force Base, South Dakota, Feb. 2, 2024. Lumena hosted a Demo Day for Ellsworth leadership to allow them to experience the MindGym and recommend it to others.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN BRITTANY KENNEY



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NOTES ON BEING SAFE

Let's go hunting

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

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

WHAT type of wild game are you planning to hunt? Some of the most common are deer, elk, bear, duck, turkey, quail, pheasant, squirrel, rabbits, grouse, fox, and raccoon -- not to mention skunk, boar, woodchuck, coyote, weasel, and porcupine! And guess what? The seasons overlap each other. So, if you're not careful, there's a big window of opportunity out there for you to become some hunter's trophy! Keep in mind, however, that the most serious accidents

typically occur during deer season. This is mainly because of the greater shooting distance and destructive power associated with high velocity rifles.

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

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

HOW you hunt will largely determine whether you succeed or not. Just as seasons overlap, the weapons you use to hunt with may also have some overlap. You can use muzzleloaders, assorted firearms, and the good

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

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



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Minot AFB Tire Repair

Flat Tires may create the rim of the wheel to rest on the tire tread or on the ground possibly triggering in loss of control of the auto or irreparable damages to the tire. One of the most usual source for a flat tire is penetrating of the tire by a sharp object, such as a nail, allowing air escape. Depending on the size of the puncture, the tire could deflate slowly or swiftly. Which may lead to the following concerns:

- Failure of or damages to the valve stem;
- Allowing air to escape from the valve or triggering damages through intentional puncturing
- Rubbing of the tire versus the roadway, tearing the tire, or splitting up of tire and rim by collision with additional objects;
- Too much wear of the tire tread causing explosive tire failing or permitting roadway fragments to tear through it
- Some tires, particularly a slow leakage, may be fixed and re-inflated; others, particularly those from worn tread, have to be changed.

Here are some simple methods to catch tire troubles before they become pricey or unsafe. Take a good examination of each tire in a well lit atmosphere. Examine for uneven tire wear, which can easily be created by:

- Too much or insufficient air pressure
- Issues with tire alignment or tire balancing
- Troubles with the suspension
- Unequal tire wear could be an indicator that you may have to have your tires rotated

These could suggest you need brand-new tires--soon. Driving with a flat tire, specifically at high speeds, may cause a fatal accident. These troubles have the possibility to create a blowout, causing a loss of control that may be incredibly harmful.

- Fracturing or bulging treads or sidewalls that may suggest there is wear or weak point
- Foreign items that pass through in to the tire (nails, screws, glass)
- Tread tearing away from the body of the tire

If you find any of these issues, come see us for a thorough and speedy tire repair. We'll inspect and adjust your air pressure and do an aesthetic tire check, and receive you on the road in no time at all. Call us now to book your next flat tire repair or auto repair service. Trusted Tire & Auto is proud to be your local Minot AFB auto repair center and provider of tires.



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JEREMY KRAUSE PHOTO



Baby deer in my backyard, August 2026.

JILL ISAACSON PHOTO



Maya enjoying a refreshing frozen lemonade on a hot afternoon at the State Fair!

LAUREN THORNTON PHOTO



Bjorn Brekke and Lizzy Hodenfield at the Midsummer Festival.

KATIE BREKKE PHOTO

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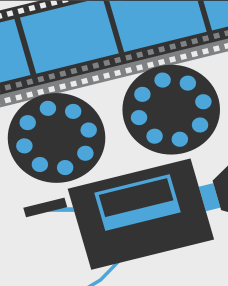
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SUDOKU PUZZLE

Solution to puzzle on page B9

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

CROSSWORD SOLUTION

Solution to last weeks crossword

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

CROSSWORD PUZZLE

- Across
- 1. Unload, as stock
 - 5. After-bath powders
 - 10. Planted listening devices
 - 14. Cream-filled cookie
 - 15. Henri's school
 - 16. Slender woodwind
 - 17. Milk-Bone product
 - 19. State of mind
 - 20. State positively
 - 21. All wet
 - 23. Sharp weapon
 - 26. Egg hunt holiday
 - 27. Bring to a halt
 - 30. Main church section
 - 31. Letters for lawyers
 - 32. Not imaginary
 - 34. Columbia launch gp.
 - 36. Personal instructor
 - 40. Gives four stars to, say
 - 42. Synonym for the first words of 17- and 65-Across and 10- and 33-Down
 - 43. Noncom nickname
 - 44. Snail mail need
 - 45. Outback birds
 - 47. "Doggone it!"
 - 48. Stable tidbit
 - 50. Whitney and Wallach
 - 52. Parakeet, perhaps
 - 53. Plan for the meeting
 - 56. Utter
 - 58. Audubon Society members
 - 60. Hall of Famer Mickey
 - 64. Not quite closed
 - 65. Ragtime dance
 - 68. Run-of-the-mill
 - 69. Sign after Pisces
 - 70. Mob scene
 - 71. Dickens's Uriah
 - 72. Try another shade
 - 73. Oxen's harness

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21		22					
		23				24	25		26					
27	28	29		30					31					
32			33		34			35		36		37	38	39
40				41		42				43				
44					45			46		47				
			48		49		50		51		52			
53	54	55				56				57				
58					59		60			61	62	63		
64					65		66	67						
68					69					70				
71					72						73			

- Down
- 1. Teetotaler's order
 - 2. Greek god of love
 - 3. Baby grand supports
 - 4. Pierced places
 - 5. Anti-nuke pact
 - 6. UNC's conference
 - 7. Comic Costello
 - 8. Muse of history
 - 9. Prearranged price
 - 10. Police unit with canines
 - 11. WWII attacker
 - 12. V-formation flier
 - 13. Passover celebration
 - 18. Afghanistan neighbor
 - 22. Doesn't have a thing
 - 24. Give the slip
 - 25. Job application attachments
 - 27. Goes astray
 - 28. Without ice
 - 29. Facts and figures
 - 33. Slightly sour candy
 - 35. Chaperone, usually
 - 37. Golfer's hazard
 - 38. Cruel character
 - 39. Use U-Haul, e.g.
 - 41. Garden tool
 - 46. Cat breed
 - 49. Seafood sauce
 - 51. Linger
 - 53. Put to shame
 - 54. WWII enlistee
 - 55. Rub out
 - 57. What a pass provides
 - 59. "Without a doubt"
 - 61. The Stooges, for one
 - 62. "Get a load of that!"
 - 63. Kitchen add-on
 - 66. Disencumber
 - 67. Door opener

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MINOT NORTH

SENTINEL REPORT



‘Nothing Else Matters’: Sentinels Rally for 35-20 Win!

BRYLEIGH MCBRIDE, NORTHERN SENTRY

The atmosphere inside the stadium was electric, but the opening minutes of Minot North’s varsity home football opener on August 28th felt like a cold splash of water. Within the first five minutes of play, the visiting Williston Coyotes struck first, slicing through the defense to quiet the hometown crowd with an early touchdown. For a moment, the energy in the stands wavered, leaving the home fans stunned in their seats. But inside the Minot North huddle, there was zero panic, only pure resolve to make this a game to remember.

After Williston took the early lead, Minot North locked down on defense and established a relentless rhythm on offense. The battle in the trenches stayed fierce throughout a grueling first half, leaving the outcome squarely up for grabs as the teams retreated to the locker rooms at halftime.

It was during that intermission that the momentum permanently shifted toward the home team. The Sentinels came out of the break with renewed vigor, driven directly by the sounds coming from across the hallway.

“I think our biggest turning point was right after halftime,” senior full back and defensive end Leon Holzer said. “We heard the guys celebrating in their locker room, and we knew we needed to go out there and score.”

And, score they did. Minot

North took complete control of the third quarter, executing crisp drives and overwhelming the Coyotes with a relentless pace. A key factor in the Sentinels’ second-half surge was their depth and tactical flexibility across the depth chart. Unlike earlier outings, the coaching staff utilized a deep bench to keep dynamic players fresh during crucial drives.

“What we did differently is we had a lot more rotation when it comes to positions,” Holzer explained. “When someone got tired and needed a quick reload, we had another guy ready.”

That fresh energy paid massive dividends in the game’s defining moments late in the fourth quarter. Trailing no longer, the Sentinels found themselves deep in Williston territory, looking to seal the victory once and for all. With the crowd on its feet and the noise rising to a deafening roar, Holzer took his place in the huddle for the night’s decisive play.

“When I was in the huddle, all I was thinking was: we need to score this football, and we can’t have a turnover,” Holzer recalled as he described what happened next. “I heard the play, and I hit the gap as hard as I could. Next thing I knew, I was in the end zone with guys piled on top of me.”

The touchdown capped off a 35-20 unanswered run that put

the game entirely out of reach for Williston, sending the home crowd into a frenzy as the final clock ticked down to zero.

Refusing to let an early deficit dictate their night, the Sentinels mounted an emphatic comeback, roaring back to secure a thrilling victory over Williston. It was a gritty, high-octane performance that showcased not just sharp tactical adjustments, but the undeniable heart of a team determined to defend its home turf.

“Football is an escape to me,” he said. “As soon as I get to practice or a game, nothing else matters. For four quarters of a game, it’s all football. The game of football is hard, and I think it prepares you for the challenges of life because there’s nothing like getting your bell rung. Then going in for another play just to get rolled on by a big defensive lineman.”

With a dramatic first home win now officially in the books, the Sentinels have proven they possess the physical toughness required to compete with anyone on their schedule. But as the Friday night celebration subsides and film study begins, the team’s focus immediately shifts to the long road ahead.

“I think this win gives us good motivation for the rest of the season,” Holzer said. “But we still have a lot of work to do.”



Senior Leon Holzer (22) plays a crucial two-way role this season, playing at both full back and defensive end.

CHAD RICHESON PHOTO



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Wreaths Across America Joins Civil Air Patrol for Community Open House

Wreaths Across America is famous for the iconic scene of deep green Balsam Fir wreaths, each crowned with a bright red bow, resting against the white marble headstones of Arlington National Cemetery; these scenes have become part of America’s collective memory. Here in Minot, that same spirit lives through MinotWreaths.org, where the rows of wreaths at Rosehill Memorial Park Cemetery create a winter tableau just as moving, just as symbolic, and just as cherished by our community.

The fuel behind MinotWreaths.org is the Cadet Program of the Civil Air Patrol Magic City Composite Squadron. These young leaders and their CAP mentors are the ones who walk door to door for sponsorships, put up posters in local businesses, and who, last year, brought in over one third of the 1,000 wreath goal on their own. As autumn arrives, the cadets have once again started their engines, preparing for another season of honoring our veterans with the same determination, reverence, and teamwork that define both Wreaths Across America and Civil Air Patrol.

MinotWreaths.org will have a special presence as the Civil Air Patrol Magic City Composite Squadron opens its doors to the community for a hands on, family friendly Open House. Designed to showcase the excitement, purpose, and opportunities CAP offers youth and adults across the Minot region, representatives from MinotWreaths.org will naturally be on hand to share how the CAP cadets support veteran remembrance efforts, sponsor wreaths, and participate in the annual ceremony honoring those who served.

Wreaths Across America Minot Coordinator Robyn Stoner shared just how much the mission means to the youth who carry it forward. “Wreaths Across America has helped our CAP cadets understand the sacrifices made by the men and women who came before them; they hold a genuine love for this country. Last year, our cadets earned over one third of our 1,000 wreath goal. They walked, they talked, they persevered. They showed up in every kind of weather because they knew the mission mattered. And since 29% of every wreath sponsorship comes back to our community to fund the cadets’ program for an entire year, these young people were quite literally building and sustaining the

very program that shapes them. I applaud them for lifting their squadron, their community, and the legacy of our veterans. Their effort is heartfelt, and their pride is earned.”

The Civil Air Patrol Open House will feature interactive tables staffed by senior members and CAP cadets, giving visitors the chance to ask questions, explore hands on displays, and hear directly from the youth and adults who make CAP one of Minot’s premier leadership and aerospace programs. Guests can walk through CAP’s four pillars — Aerospace Education, Leadership, Fitness, and Character Development — and meet the mentors who teach them, while engaging with the cadets who bring those values to life through service, training, and teamwork.

“We’re excited to welcome families, educators, and community members to see what CAP is all about,” said Deputy Commander for Cadets Captain Zach Haun. “Whether you’re interested in aviation, emergency services, youth leadership, or passionate about community service and honoring veterans, there’s something here for everyone.”

Visitors will have the opportunity to speak with pilot Major Ben Conlin about Cadet Orientation Flights in the CAP Cessna, and with Cadet Zeke Hoverson, a 16 year old who is in the final stages of earning his private pilot license. Local EMT and Trinity educator Brian Eveleth, who guides cadets interested in medical and emergency services careers with his real world experience, will be available, as well as Captain Darran Tiwarie, who will introduce potential cadets to CAP’s flight simulator.

In addition, Major Nolan Hulick and GTM3 Certified Cadet Jeannie DeHaan will showcase the Magic City Squadron’s new Cadet Ground Team Training program. This program prepares and certifies cadets to join the squadron’s Search and Rescue efforts as official members of the CAP Ground Team — a milestone that blends rigorous training with real world mission readiness.

Open House will be held Tuesday, September 8th, 2026 from 6:30 to 8:30 pm at the Minot Armed Forces Reserve Center, 3420 2nd Street NE, Suite 2, Minot, ND

The event is open to the public, and anyone can see what Civil Air Patrol is all about.



07 SEPT

SOGGY DOGGY POOL PAW-TY
6:00 PM - 8:00 PM
Roosevelt Park Pool
4 10th St SE, Minot, ND

One last splash for our four-legged friends! Good news! The Soggy Doggy Pool Paw-ty is staying on Labor Day! We originally thought we would need to move the event because Roosevelt Park Pool’s early closure, but we’ve decided to keep the paw-ty right where it belongs. Free Admission. Free-will donations will be accepted at the door for the Souris Valley Animal Shelter. Rabies vaccination proof is required (tags work!). Grab your pup and join us for one last swim of the season!



For more information:
Facebook/ Minot Parks/ Events

11 & 12 SEPT

MCDC RUMMAGE SALE
10:00 AM-4:00 PM
Magic City Discovery Center
1545 1st Street NW Minot

Find great deals on gently used items while supporting the Magic City Discovery Center! Shop a variety of household items, toys, games, decor, book and so much more! Magic City Discovery Center – 3rd Floor Lobby. Come browse, shop, and discover something new-to-you! All proceeds support the Discovery Center. *Regular admission ticket purchase required to explore the museum. Admission is not required to shop the rummage sale.



For more information:
Facebook/ Minot Parks/ Events

17 SEPT

THURSDAY’S MARKET IN OAK PARK
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. Check the market schedule to see if you’ll catch a food truck with hot breakfast items in our lineup. Enjoy easy parking! Reminder: You can meet at the front of the Market at 9:00AM for a community-group walk! Use this time to meet others, enjoy the park, and be accountable to your movement goals. You can log your Market Movers Club time from 9am to 12noon to be eligible for our weekly prize. Check our website for more info.



For more information:
<https://minotfarmersmarket.com/>

20 SEPT

MINOT OUT OF DARKNESS COMMUNITY WALK
12:00 PM - 4:00 PM
Oak Park,
1300 4th Ave NW, Minot

Walk with us to save lives and bring hope to those affected by suicide! The Walks are an opportunity to find a supportive community of people who get it, to know you’re not alone, and to make a difference together. Walks are between 1 to 3 miles and non-competitive. The route and additional information specific to the Minot Walk will be added closer to Walk day. Our program includes an opening ceremony, activities of hope and healing, resource tables, and complimentary honor beads for every participant. Activities open at 12:00 pm, and the opening ceremony starts at 1:00 pm. Dollars raised support AFSP fund mental health research, prevention education, advocacy, and support for loss survivors.



For more information:
Facebook/ American Foundation for Suicide Prevention - North Dakota Chapter/ Events

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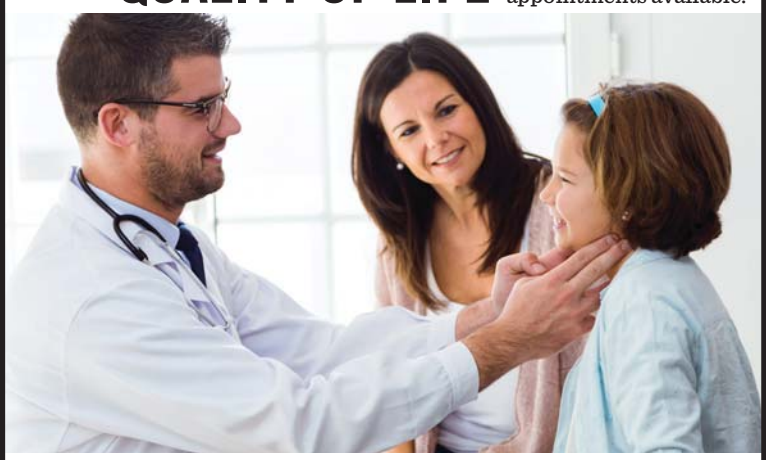


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YOUTH IN ACTION

Local Resources to Support Student Literacy

Literacy is important. It is the foundation of all other learning. To facilitate reading, writing, and communication skills, I have compiled a list of six resources (not all inclusive) for our military-connected students:

1. UNITED THROUGH READING

This is an organization that offers literacy and of parent connection during deployment, providing free books to military families. Their website provides additional information on their mission: “When duty calls, distance can make connection hard for families. We make it easier. A 501(c)(3) nonprofit, United Through Reading helps service members record and share storytime videos with the children in their lives, ensuring every military child can hear a loved one’s voice—no matter where in the world they serve. Since 1989, we’ve helped millions of military families stay close through the simple, powerful act of reading together. Because even when miles apart, stories can keep hearts connected.” (unitedthroughreading.org)

2. TUTOR.COM

This is a free service, requiring registration for military-connected students and families: “24/7 Tutoring Anytime, Anywhere. Learners can get personalized help from an expert tutor—anytime, on any internet-connected device, from anywhere in the world. Expert Tutors in 150+ Subjects. 4,000+ rigorously vetted tutors are available in more than 150+ subjects, including bilingual Spanish offerings in math, science, social studies, writing, study skills, and parent coaching. Safe, Secure, Anonymous. Every tutoring session is anonymous and takes place in a secure online classroom. Our tutors undergo comprehensive screenings, including background checks, and are monitored for quality control.” (https://military.tutor.com/home)

3. MINOT PUBLIC LIBRARY

This local resource is located at 516 Second Avenue in SW Minot. It has a “1,000 Books Before Kindergarten” challenge, which is a “fun early literacy challenge for children from birth to kindergarten.” It requires reading with your child regularly to reach 1,000 books before he/she starts school. Registration is completed through an app and progress is tracked (https://www.minotlibrary.org/). In addition, the Minot Public Library has an upcoming event titled, “Fall into Reading,” which will be held on Saturday, September 26th from 1-4pm. Community members,

including myself, will be present to provide hands-on literacy activities.

4. MINOT AFB LIBRARY

Their Facebook page titled “Minot AFB Library” lists current and upcoming events. They regularly offer reading programs, storytimes, and fun activities/resources that help generate excitement for your young reader!

5. LITERACY TUTORING

Ms. Lisa McGinnis offers one-on-one reading tutoring support for grades K-4. This is a paid service that is available to local students on Minot AFB. It is a new, available resource this school year.

6. LEGENDARY FAMILY LEARNING GUIDE “BUILDING LITERACY SKILLS” BOOKS



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



These “Legendary Learners books” are available, for free, at the School Liaison Office on Minot AFB. They help support early literacy in young children ages birth to kindergarten. Chockfull of parent tips and North Dakota facts, it really is an interesting and helpful resource!

It is my hope that these six local resources may aid you and your student(s) along your literacy journey – an expedition well worth the trek!

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 War of the external website, or the information, products, or services contained therein.



Lisa McGinnis
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- Take home practice



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All About Pets



Coping with the loss of a pet

There are many reasons why one might lose a pet: old age, an unfortunate accident, or changing life circumstances, to name a few. For those of us who truly care about our pets, losing them can be devastating. So how can you cope with the loss of a pet? Here are a few suggestions.

- Let yourself grieve — whether your pet has gone off to the rainbow bridge or simply another home, it is completely normal to feel a level of grief. It's important to recognize your feelings and if you need support, reach out to friends, family, or even a professional counselor. You can also try finding pet loss resources such as those at www.aplb.org.
- Reflect on your time together—after the loss of a pet, it can be difficult to think about their memory. But reflecting on the time you've spent together can actually be therapeutic. Try to focus on the positive memories and recall the challenges that you faced and overcame as a team. Writing your feelings down in a journal a great way to reflect and hopefully help turn your grief into gratitude. If you're the type to keep reminders of your pet, there are plenty of creators who make keepsakes such as keychains, paintings, jewelry, or other memorials. Something I like to do is use a stepping stone kit to imprint my pet's paw prints forever. When they're gone, you will always have a little piece of them in your life to remind you of all the great times you spent together.
- Spend time with other pets — humans aren't the only ones who have feelings about losing pets. Some pets can sense when there has been a loss, other than the obvious sign of not having their friend around. Unless your pet is actively giving you signals that they want to be left alone, spending time and giving attention to your other

pet(s) can benefit you both and help you walk through the grieving process together. Take your pet to the park, spend some time playing in the back yard, or cuddle up on the couch and watch a movie.

- Use your grief for a good cause—research has shown that doing good deeds can make you happier. After the loss of a pet, you can try curbing those negative feelings by doing something good such as volunteering at a local animal shelter, donating supplies to them, or if you're able, you can even sign up to be a transporter or foster for other animals in need.
- Get another pet—this one seems like the obvious answer to dealing with the death of a pet. However, this is not a decision that should be made impulsively! Bringing another pet into your home immediately after losing one will not always make you feel better right away, and if you are not in the headspace to properly take care of and focus on the new pet because you are still grieving the old one, it can rub off on them. Try giving yourself some time to grieve first. When you feel ready, start looking for a new friend. It's unfair to your new pet to compare them to your old one... all pets have different personalities, but that is what makes them so special. While a new pet can never replace your lost one, they can still offer the same companionship and give you another great, loving relationship to enjoy. Saying goodbye to our pets is never fun, but at some point it is an inevitable. Enjoy every moment you spend together—even the difficult ones—and when the time comes, just remember the love that they brought into your life.

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Patricia Stockdill

With muscles terse and quivering, the dog seems to know the day is special. The morning air has a hint of crispness. Swallows dart back and forth and the shrill cry of a hawk announces its distant presence. Spider webs, woven like a tapestry with intricate jewels among fading grass, glisten with dew in the brilliance of the rising sunlight. Even the most stunning of diamonds shrivels with jealousy compared to the shimmering, web - nature's own dream catcher. The dusky, pale green leaves of a buffaloberry bush stand in sharp contrast to its rich, crimson berries, its laden branches drooping with the bounty. For now, food is plentiful but the berries will be a critical for the day's quarry in the coming months as early autumn gives way to winter. Today, the opening day of grouse season, offers all that is right about the prairie and a new hunting season: The companionship of a good dog and a meandering trek across the prairie, exploring a buffaloberry patch, musing at the discovery of a gray, weathered hornet's nest among its branches and anticipation as the dog freezes in a staunch point just as a sharp-tailed grouse flushes. The first one bursts off to the side, then another in a different direction and perhaps a couple of more for good measure. A few decades ago, the opening day of grouse season was time for celebration, a much-heralded event signaling the beginning of many hunting opportunities to come. But it seems nowadays some hunters forsake grouse season in favor of pursuing a glitzy import in October. After all, a hunter often logs fewer miles on shoe leather before a limit of pheasants is in the bag. Some hunters even profess that the gaudy ringneck tastes better, too. And, really, there is only so much time a person has to spend afield - why not pursue a glitzy ringneck rather than a drab gray bird that clucks when it flies? Oh, it's OK to downplay the treasure that is native grouse, but my dog knows better and so do I. While my dog would vehemently disagree with me, grouse hunting isn't all about the birds. True, it's nice to get a bird or two but in all honesty, they're a bonus. It's about sharing time afield with the dog, canine and human friends sitting together on a hillside, pausing for a drink of fresh water and contemplating the seemingly endless prairie and our next direction. The dog appreciates the short respite but knows there is more ground to cover. She really does think grouse hunting is all about the birds and I can't seem to convince her otherwise.

So off we go, over one hill, across another to a clump of silverberry. Oh, wait, there's more buffaloberry and chokecherries off in that other direction. That's a good place to explore, especially as the morning hours warm and birds seek cool shade. Another hawk screams overhead and more swallows zip by. The dog is in her glory, investigating every clump of little bluestem and buck brush. She's oblivious to cockleburs, buffaloberry thorns and annoying little "sticker weeds" that must be combed out later that evening. Every patch of cover must be analyzed. And don't forget, sharpies love to lounge on the downwind side of a hilltop in the breeze. The dog knows that, as well...because it's grouse season and it's the prairie at its best. Perhaps author John D. Taylor in his book of history and hunts afield, "The Wild Ones: A Quest for North America's Forest & Prairie Grouse", summed up his - and those of like minds - love of grouse the best: "There is a reverence, a passionate relationship, with this continent's forest and prairie grouse for those who have come to know these birds." Yes, he gets it - he understands his dogs and fellow grouse hunters. For he is one of us.

A young Brittany, Eider, mulls over her first day afield in search of sharp-tailed grouse. There would be no birds for her to retrieve that day but that's OK, it was a September morning on the prairie.

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Everyday adventures of Titus and Philemon and their owner Joe.



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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Remembering 9-11: 25 Year Remembrance

ROD WILSON, NORTHERN SENTRY

Tim Chapman, CEO of the Peace Garden, queried a group of Magic City Lions at the beginning of his speech: “How many remember where they were on 9-11 of 2001?” Not a hand was left unraised.

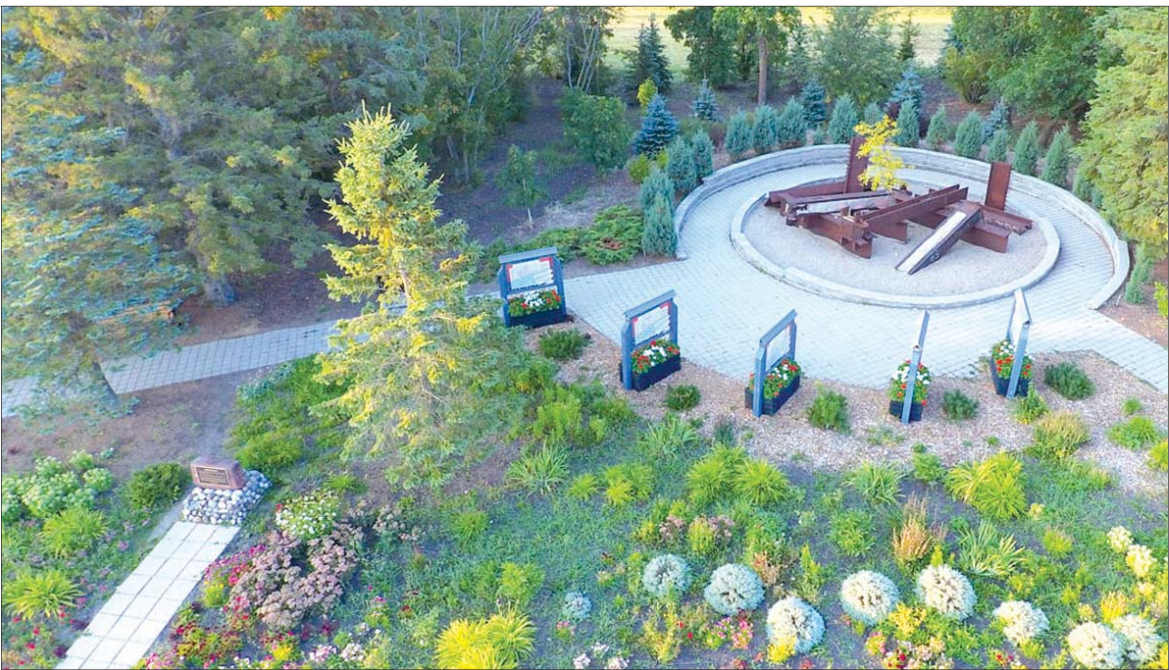
“We’ve been doing this remembrance event every year for quite a while, but with this being the 25th Anniversary, there are quite a few more people interested in attending,” says Chapman. “For example, because of the 25th Anniversary, there’s a lot more interest in being part of the honor guard. We are expecting a fire engine that will participate by raising the ladder and displaying flags. You know, those are just things you don’t see every day.”

Chapman pointed out that it was really a Manitoba-driven idea that made the 9-11 Memorial happen at the Peace Garden. “It’s one of those incredible examples of cross-border support,” he says. “There were a few people who were very instrumental at the time. The Premier of Manitoba was a gentleman named Gary Doer.

His Director of Protocol, Dwight MacAulay, who is now a member of the Peace Garden Board of Directors, really started working connections in the months after 9-11 with the idea that if there was anything that Canadians, and particularly Manitobans, could do, they were interested in giving support.”

The group was patient, as the process took a while, but floating the idea was the most important thing. “There was no timetable,” Chapman says. “People in New York and D.C. had a lot of rebuilding and clean-up to do. But these Manitobans wanted to make sure there would be some movement. They put the idea out there and what happens, happens.”

Once girders were allowed to leave the site, they were put on a train and sent north to Canada, then across Canada to Brandon, Manitoba. Contractors took the girders from Brandon to the Peace Garden, where they sat for a couple of years, visible to the public but not in their current form.



Pieces of the twin towers destroyed on 9/11/2001 were shipped through Canada and brought to the Peace Garden to construct the 9-11 Memorial.

During that time, one of the Peace Garden’s board members, an architect, worked with students at NDSU and the University of Manitoba on a design for the memorial. Together, they developed the current design of the 9-11 site.

According to Chapman, the project was one of those things that took time, but it has made a huge impact. “It surprised me when I first started working at the Peace Garden, but it doesn’t surprise me anymore how many people come in and right off the bat want to see the 9-11 Memorial,” he says. “And now, because we have done such a great job developing that area, we continually see the number of

visitors grow every year.”

Because some of the original plants are now more than 15 years old, the area has become very stately, and people not only stop and view the memorial but also take photos.

As the 25th anniversary approaches, the memorial continues to serve as a place of remembrance for those who experienced 9-11 and as a teaching moment for those who did not. More than five separate groups of students are expected to attend this year’s anniversary celebration.

Chapman says it is important that what happened on 9-11 is remembered and that the 9-11 Memorial at the Peace Garden

continues to serve a purpose. “I really encourage people to be part of this event,” he says. “You know, if you weren’t alive, it is probably hard to picture just how big of an event it was.”

As has become tradition, the 9-11 Remembrance Event will take place on Friday, September 11th, at 11 AM at the 9-11 Memorial site. People are reminded that either a Smart ID or a birth certificate is required for U.S. citizens to gain entry back into the United States after entering the Peace Garden. For more information about the 9-11 event, contact Chapman at tim@peacegarden.com or Margie Zalk Enerson at margie@engage2inspire.com



The 9-11 Memorial is one of the most visited destinations in the Peace Garden.

Local Cravings

Restaurant Guide

Applebee’s Grill & Bar

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www.applebees.com

Badlands Restaurant & Bar

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Phone: 701.852.7335
www.blgrill.com

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A1C Grace A. Campbell

The 69th Bomber Generation Squadron is proud to recognize A1C Grace A. Campbell as our Knighthawk of the Month.

As a B-52 Crew Chief, A1C Campbell plays a critical role in keeping our aircraft mission ready and prepared to Take Flight. Her technical expertise, attention to detail, and dedication ensure every jet she supports is ready to answer the call. Whether on the line or in the shop, her professionalism strengthens the Knighthawks every single day.

Hometown: Falcon, Colorado

Hobbies: Playing guitar and piano, listening to music

Best thing about being a Knighthawk: “I love building relationships with peers, and gaining experience via my superiors along with other shops.”

Thank you, A1C Campbell, for your hard work and commitment to excellence. Your efforts help ensure the 69th Bomber Generation Squadron is always ready to dominate the mission.



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by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Aug. 31: 1,825.5 feet above mean sea level (MSL); 17,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.02 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.92 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports from area lakes.
- Devils Lake, Woodland Resort, Devils Lake: Not as many anglers on the lake but those going in the morning are finding nice walleye success. Try the weed beds on shallow area feeder lakes but work deeper water in 25 to 35 feet trolling bottom bouncers on main Devils Lake. Keep fish caught from those deeper depths, however, because they don't survive coming to the surface.
- Lake Darling, Karma C-Store, Ruthville: Limited activity on area lakes.
- Lake Metigoshe, Four Seasons, Bottineau: Anglers continue finding some nice-sized bluegill. Look for a few walleye yet in the evening.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Anglers locating walleye on the east end of Lake Sakakawea but it's a finicky bite.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea spotty for walleye. Continued good salmon success with fish moving into a little shallower water around 70 feet. Try around Government Bay or the face of the dam. No Lake Audubon reports.
- Lake Sakakawea, Indian Hills Resort, Garrison: No new reports.
- Lake Sakakawea, New Town: Try a variety of depths with anglers still finding fair walleye activity throughout the Van Hook Arm. Move around.
- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Move around more with fish scattered in

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.

- OUTDOOR NOTES:**
- Anglers are reminded to keep fish taken from depths of 25 feet and more.
 - N.D. Dept. of Environmental Quality issued blue-green algae advisory for Lake Darling (Renville Co.), Lake Brekken (McLean Co.), Antelope Lake (Pierce Co.), and Devils Lake (Ramsey and Benson counties). Use caution and go to their for information and safety precautions, ([deq/nd.gov/WQ](http://deq.nd.gov/WQ)).
 - Sept. 5: Archery deer season opens.
 - Sept. 5: Mountain lion season opens.
 - Sept. 5: Evening Hike Series, Lantern Hike, Fort Stevenson State Park, Garrison. Hiking the park's perimeter trails with paper lanterns, 8:30 p.m.
 - Sept. 7: Soggy Doggy Pool Paw-ty, Roosevelt Park Pool, free with free-will donations accepted for Souris Valley Animal Shelter 6 p.m. Rabies tags work for proof of rabies vaccination.
 - Sept. 11: Yoga in the Park, Oak Park, 7 p.m.
 - Sept. 12: Grouse, partridge, tree squirrels, and snipe seasons open. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov), for licensing and regulations.



- TOURNAMENTS:**
- Sept. 12: Lake Sakakawea, Fort Stevenson State Park.

deeper water. Better success remains farther south in the Van Hook Arm working 40 feet – just remember to keep those fish.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye with best bite in the morning or at night in the chutes. Occasional trout but no salmon reports yet from the river. A few catfish and walleye from shore at night casting crankbaits. Walleye are deep on the east end of Lake Sakakawea. Overall fair to good salmon bite around 80 feet with fish generally nice-sized.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea starting to produce a few walleye around Tobacco Garden. Try 16 to 18 feet. Lund's landing access still available as lake levels drop but use caution. Upper Missouri River producing decent walleye activity

using jigs and minnows with active channel catfish. Look for some nice-sized pike in shallow water. Try large bait presentations. Kota-Ray continues producing bluegill activity with occasional rainbow trout.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on area lakes.

HUNTING:

- Archery deer: Look for somewhat better numbers around the Williston Missouri River bottoms, recovering from EHD. Overall deer numbers remain down in several areas across the state.
- Doves: Good numbers throughout many areas but birds are still scattered. Look for them to start bunching with cooler weather.

NUMBERS TO KNOW:

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



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What's Going On Minot AFB

FRIDAY04

- AFGSC Family Day
- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Registration Closes: Operation Heroes, <https://www.signupgenius.com/go/10C0A4FA4AD23A2F8C34-64817602-operation#/>
- Twin Cities Trip, hosted by Outdoor Recreation

MONDAY07

- Labor Day
- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Twin Cities Trip, hosted by Outdoor Recreation

FRIDAY11

- Registration Closes: Youth Indoor Soccer, CYPBMS
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center

SATURDAY05

- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Twin Cities Trip, hosted by Outdoor Recreation
- Chess Club, 1200-1400, Minot AFB Library

TUESDAY08

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- Sponsorship Training, 0900-1000, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

SATURDAY12

- Paintball Open Play, 1000-1400, Paintball Field, hosted by Outdoor Rec
- Operation Heroes, 1000-1400, Youth Center
- Air Force Gaming – Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro

SUNDAY06

- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Twin Cities Trip, hosted by Outdoor Recreation

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WEDNESDAY09

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- Bundles for Babies, 0900-1030, M&FRC
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Minot AFB Job Fair, 1530-1730, Jimmy Doolittle Center

THURSDAY10

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- Pre-Separation Briefing, 0830-1130, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center

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