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MINOT AFB SUPPORTS 'START WITH HELLO' WEEK AT EDISON ELEMENTARY

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A LIFETIME OF SERVICE: RICHARD KINZLEY'S KOREAN WAR STORY

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Col. George L. Chapman, commander of the 91st Missile Wing; Airman First Class Matthew Sauls, Col. Richard W. Zeigler, commander of the 5th Mission Support Group; and Col. John E. Burrell, commander of the 5th Bomb Wing, pose during the annual Air Force Ball at Minot Air Force Base, North Dakota, Sept. 12, 2026. The ball celebrated the 79th birthday of the U.S. Air Force and featured the theme "Wands and Wings." See more from the event on page A2.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN WESLEY DAVIES





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# Minot AFB Marks 79 Years of Air Force Tradition

NATALY ZARRELLA, NORTHERN SENTRY

The elegance of magic met the tradition of military service September 12 as Minot Air Force Base celebrated the 79th birthday of the United States Air Force with its annual Air Force Ball, themed “Wands and Wings”.

The evening provided an opportunity for military members, civilian employees, spouses, significant others and community leaders to come together in celebration of the Air Force’s heritage and the relationships that connect Minot Air Force Base with the surrounding community.

From the moment guests arrived, the event set the stage for an evening designed to be both memorable and elegant. A highlight of the celebration was a performance by the Rinat Mauzafarov Institute of Dance and Ballet Theatre, which added a touch of artistry and sophistication to the evening.

The Air Force Ball is more than a formal dinner and dance. For many service members, preparation begins weeks and sometimes months before the event. Military members across all ranks prepare their mess dress or semi-formal uniforms, often taking them to the dry cleaner for final tailoring and ensuring their medals, ribbons and other uniform items are properly arranged. Spouses and guests go



Who is this?!? Chief Richie Bennett (Retired) keeping his side of the bargain and showing up to the Air Force Ball in uniform and cleaned shaved! 5 OG Air Traffic Controllers.

through their own preparations, selecting formal attire and scheduling appointments for hair, makeup and nails.

For some, however, preparing for the ball meant bringing a

uniform out of retirement. Chief Master Sergeant Richie Bennett (Retired) attended the ball with his wife Chief Master Sergeant Tabitha Bennett. Richie Bennett, who currently works as a civilian employee with the 5th Operations Group in the Minot AFB Air Traffic Control tower, surprised those attending by arriving in his former military uniform.

The appearance came as the result of a challenge Bennett had made to the Airmen working in the tower. He told them that if they could get enough people to attend the Air Force Ball, he would pull his old uniform out of storage and attend the event in uniform. The Airmen apparently met their end of the bargain with a total of 12 controllers attending and four bringing dates.

Bennett followed through, arriving clean-shaven and wearing his Chief stripes for the first time in five years, a sight that surprised many and reflected his lasting connection to the Air Force, demonstrating that even after retirement, the connection to the Air Force and the people who serve can remain strong.

The preparation reflects the importance that many place on the occasion. The ball serves as an annual reminder of the Air Force’s history, traditions and



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Team Minot celebrated the 2026 Air Force Ball, a celebration full of heritage and lots of fun!

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Teams from across Minot AFB came together to enjoy the 2026 Air Force Ball! (Top: 5 LRS/POL Bottom: 5 MUNS)



Couples striking a pose at the Minot AFB 2026 Air Force Ball!

accomplishments while providing an opportunity for members of the force to celebrate together outside the normal demands of military life.

While the evening was largely filled with celebration, not every detail went exactly as planned. Some guests experienced last-minute seating changes, which resulted in some groups being separated during the evening. Despite the seating concerns, the Air Force Ball committee received praise for creating an elegant reception and providing an atmosphere where guests could celebrate the occasion.

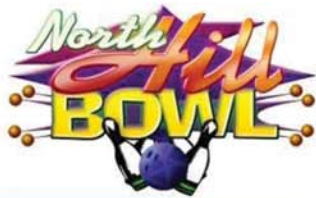
Eventually, the dance floor filled. Airmen, spouses, friends and community members danced together, laughing and enjoying a night away from the routines of work and military life. As the evening continued, party shirts made their appearance, signaling that the formal portion of the night had officially given way to the party.

The dance floor grew increasingly energetic as guests let loose and celebrated with the people around them. For many, those moments were the heart of the evening. The Air Force Ball is rooted in tradition, but its significance extends beyond uniforms, ceremonies and formal dinners. It provides a chance for Airmen to recognize the history of the service, celebrate the people who support them and build connections with those who share their community.

The “Wands and Wings” celebration brought all of those elements together, military tradition, community partnership, entertainment and friendship. As the night came to a close, the 79th birthday celebration left guests with more than memories of a formal evening. It served as a reminder that behind the uniforms and the mission are people who work, serve, support and celebrate together.

At Minot AFB, the Air Force Ball remains an annual tradition that honors where the Air Force has been while bringing together the people who continue to shape its future. For military members who have never attended, the ball offers a chance to dress up, step away from the daily routine and enjoy an evening with friends and fellow Airmen. Even if attended only once, the memories made can become moments to look back on and smile about for years to come.

# BOWLING LEAGUES AT NORTH HILL BOWL



## Men

- TUESDAY** (9/22)
  - 6:30 PM
- WEDNESDAY** (9/23)
  - 6:30 PM **FULL**
- WEDNESDAY** (9/23)
  - 7:00 PM **FULL**

## Mixed

- SUNDAY** (9/20)
  - 7:00 PM
- WEDNESDAY** (9/23)
  - 7:00 PM **FULL**
- FRIDAY** (9/18)
  - 6:30 PM



- THURSDAY** (9/17)
  - 9 PIN NO-TAP
  - 14 WEEK SEASON
  - 7:00 PM



## Youth

- SATURDAY** (9/19)
  - 9:30 AM
  - REGISTRATION AND START 9/19
  - AGES 5 AND UP
  - BUMPER LEAGUE AVAILABLE
- THURSDAY** (9/17)
  - 3:45 PM
  - AGES 7 AND UP
- SUNDAY** (9/20)
  - 6:00 PM
  - AGES 12 AND UP
- MONDAY** (9/21)
  - 5:00 PM
  - AGES 12 AND UP

## Women

- TUESDAY** (9/22)
  - 6:30 PM
- THURSDAY** (9/17)
  - 6:30 PM
- THURSDAY** (9/17)
  - 1:00 PM
  - 3 PERSON TEAMS
  - FREE COFFEE

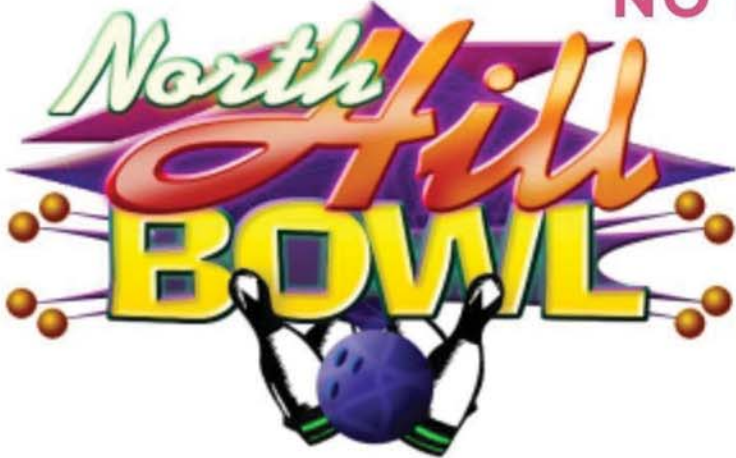
## Seniors

- LEAGUES ARE 30 WEEKS FREE COFFEE**
- WEDNESDAY** (9/16)
  - 10:00 AM
- FRIDAY** (9/18)
  - 1:00 PM

**MEN'S & WOMEN LEAGUES WILL HAVE A LEAGUE MEETING THE WEEK BEFORE START DATE!**

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# Like Drinking From A Fire Hose

## Air & Space Forces Association Has So Much To Offer



**A VIEW FROM  
OUR SIDE**  
ROD WILSON  
**northernsentry**  
MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

**ONE BASIC TASK**  
As a fairly new member of the Air & Space Forces Association, AFA, I spend a lot of time not only looking ahead at what is to come as the Association forges its 5-year plan, but also behind at what the AFA has accomplished over the past 80 years.

As with any convention, the coffee breaks and lunches were almost as electric and informative as the actual seminars, as delegates discussed what their chapters have done and would like to do in the next 12 months. The old saying that it is kind of like “drinking from a fire hose” is certainly true. There is a plethora of information presented in 48 hours.

If you take a minute to visit the AFA website, [afa.org](http://afa.org), you will see the pillars on which the AFA is built. These pillars are to educate, advocate, and support. Education and advocacy are important to the mission of the AFA, but I believe our biggest contribution to today’s Air Force is to support the mission wherever we can.



**UPSIDE DOWN  
UNDER**  
MARVIN BAKER

Because we live right on the Des Lacs River, we often get to see and hear animals and birds that everyone knows about but seldom see in their local areas.

My explanation for this is the critters are around. I’m certain of it. And if you aren’t right on top of it, you won’t often have those chance encounters.

As an example, I was mowing grass on the lawn around my garden and what do I see on the opposite river bank? There was a badger digging a hole in plain sight of me and my loud lawn mower. It didn’t seem to be bothered by me, apparently because it must have thought the river was a barrier.

On another occasion, a mink took up residence under our porch. That was a little weird because we come and in out of our house every day and make noise stepping across the porch. But, there it was,

That support shows up most clearly when local chapters turn the Association’s mission into practical programs that recognize educators, encourage families, and honor Airmen and civilians for exceptional service.

**LOCAL SUPPORT IN ACTION**  
One example is our Teacher of the Year program. Take a minute and read about Tom Sando, a teacher whom our Minot chapter nominated and moved forward. We were excited when he received 3rd place in the national AFA competition.

And then there is Joann Schapp, a science teacher at Nedrose High School who received our Teacher of the Year award this year. They are advocates of STEM in the classroom, and Joann’s students reflect how she inspires them to learn and succeed.

The Teacher of the Year is just one small part of what AFA does. Our local AFA Chapter sponsored a summer movie theater program at Oak Park Theater. Children’s tickets were only \$1.00, and the movies were 100% family all the



The AFA has been a supporter of the Civil Air Patrol and their Wreaths Across America project.



(L-R) At the AFA Convention, Rod Wilson, George Masters, Tom Sando-Teacher of the Year, 3rd Place, Bonnie Goldschmidt, Ron Garcia.

way.  
There was also a lot of interest in our chapter’s Commander’s Choice awards. This year another 48 Airmen and civilians will receive a Commander’s Choice award for going above and beyond in their job or their volunteer work. This banquet is funded by our Community Partner program. AFA member George Masters chairs this event. Each individual winner receives a free meal and an award plaque.

**YOU AIN’T SEEN  
NOTHING YET**

It’s an old and probably overused cliché, but an accurate way to describe what Gen David C. Jones Chapter 135 wants to accomplish this year. At the forefront of our goals is to grow our chapter, as many hands make for easier work.

Ever heard of Cyber Patriots? Well, I guarantee that you will before this time next year. It’s a great young student program that many chapters have already organized in their communities.

So much to accomplish, and so much good to do. You Ain’t Seen Nothing Yet! For more information on The Gen David C Jones Chapter 135 of the Air & Space Force Association, visit our web site at [jones.afa.org](http://jones.afa.org).

**ROD’S RAMBLIN’S**  
Here are a few community notes and reflections as we move from AFA chapter work into the busy fall season.

Mark your calendar for October 18th, when the Brass Band of Minot starts our season with a “Tribute to Veterans” concert. We are excited to welcome the 188th Military Band as our guest performers at this concert. The concert is at 4 PM at Ann Nicole Nelson Hall on Minot State University.

The Minot State University Homecoming parade will once more wind through downtown Minot on the 19th of September. Check the MSU website, [minotstateu.edu](http://minotstateu.edu), for more parade details.

One of the seminars at the AFA National Convention was about using AI to grow your chapter, including a bit of ChatGPT 101 training. On one hand, I feel guilty letting AI do what I should be able to accomplish. On the other hand, it was absolutely beyond my imagination how well ChatGPT took on normal tasks and finished them in minutes, not hours. Another cliché: something about teaching an old dog new tricks?

**TODAY’S CHUCKLE**  
Divorce is when your better half becomes your bitter half.

# Living with our fury neighbors

moving grass clippings and leaves and such presumably making a nest and getting ready for winter.

This one might be a little cumbersome to explain, but there is a spot in my garden that is quite rocky so the soil was never tilled. Instead, if there are branches or garden vegetation, I just pile it there to be removed at a more convenient time.

As I was over there several days ago, I reckon I don’t have to remove it. The beavers are doing that for me. And this is the strange part. We had a damaged tree in our yard and we had to cut it down. I piled the branches in that same spot because my wood chipper was in for repair and the intent was to make chips out of those branches.

I thought that I’ve been around beavers long enough to at least understand their behavior, but with this one, I’m puzzled. They left the branches that were easy access and went for the branches, some of them that had been there for a couple of years. They basically cleared that spot out and left the most recent for me and the wood chipper.

I’ve written about this before, but several years ago, I was doing my gardening in the evening and a beaver would come out of the river and graze in the garden not more than eight or 10 feet from me. I started talking and it didn’t make a difference. It wasn’t afraid of me.

OK, I’ll sing to it. That will surely drive it off. Nope, the beaver wasn’t phased by me standing there with a hoe in my hand. That happened throughout that summer.

We have raccoons and deer running around town at night. Seldom do we see them during the day, but if we are up late at night, we’ll almost always get a visit. The deer seem to have a pattern. They come out of the city park, walk onto a neighbor’s lawn and start grazing like clockwork, about 9:30 every night. It’s hard to say what the raccoons are looking for as they haven’t done any damage and normally, they can be quite destructive.

On numerous occasions, we’ll hear the coyotes yipping off in the distance. Because we live in a valley, there are plenty of draws for them to hide in. And just like other nocturnal animals, they’re out at night, yipping at the moon or cattle or something else.

We’ve had moose take up residence in a grove of trees right outside of town. It happens to be alongside the main route to the Minot Air Force Base. So when we’re traveling along Ward County Highway 6, we have to be a bit careful because there may be moose out there. And, with Lake Darling being only six miles east, it makes perfect sense that it would be their habitat.

Every so often one or two blue

herons will land on the river. They get spooked easily so when I see them, I try to be really careful and quiet so I can observe them. They are very large birds and a bit awkward, but quite a gift in nature no doubt.

If you’ve ever seen a map of the Des Lacs River, you’ll know that it meanders a lot. On some of those bends, rip rap was placed to stop erosion. On many occasions, especially when it’s hot, I’ll see numerous turtles sunning themselves on those rocks. They must have tremendous eye sight because as soon as I make the slightest move, they’re gone.

And speaking of turtles, I was about to go to work in the garden one day and I saw something on the road, again Ward County Highway 6, that looked like an alligator crossing the road. It was walking slowly and abruptly like a gator. Of course, it’s not an alligator in North Dakota. Turns out, it was a huge turtle and as I got closer, I’d say that turtle had to weigh more than 50 pounds.

And finally, there is at least one marten living in Carpio. I saw it hanging out on the riverbank one day and I’m guessing it was waiting for fish to swim past it. Martens are rare in North Dakota and not often seen outside the Turtle Mountains, but we have at least one in our neighborhood.

# 583rd Missile Maintenance Squadron refurbishes Minot AFB missile suspension system

SENIOR AIRMAN CARSON JENEY, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – The 583rd Missile Maintenance Squadron conducted a first-of-its-kind missile suspension system refurbishment at a launch facility near Minot Air Force Base, Aug. 18, 2026.

“The suspension system that was removed from one of the launch facilities earlier this year was the first operation site at Minot AFB to be removed, transported to Vandenberg Space Force Base, California, refurbished and returned to be reinstalled,” said Roy Ring, 583 MMXS production superintendent.

The 583 MMXS provides specialized work sustaining the United States Air Force’s land-based leg of the nuclear triad.

“We are the only squadron in the Department of War authorized to perform depot-level maintenance

in underground and above ground Minuteman III facilities,” said KyAnn Betz, 583 MMXS director. “We have a full maintenance shop at each missile wing for local manufacturing and repair. We also assist with field-level maintenance if needed.”

The makeup of the 583 MMXS is also unique, having no active duty service members and having over 250 combined years of experience on Minuteman III systems at each base.

“We are an all-civilian workforce,” said Betz. “We have 196 employees at five geographically separate units across five bases: Minot AFB, Malmstrom AFB, F.E. Warren AFB, Vandenberg SFB and Hill AFB.”

Typically, a suspension system isn’t fully transported and refurbished, but rather routine

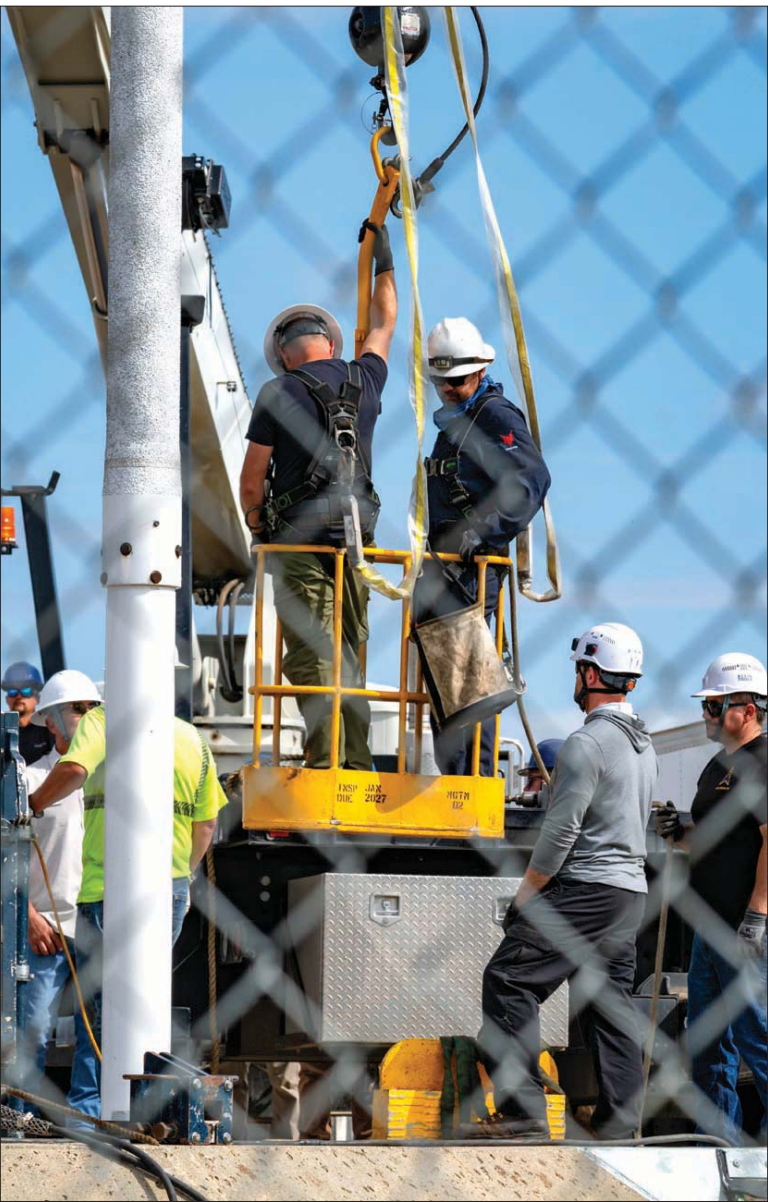
preventative maintenance is conducted on-site.

“The complete overhaul of a suspension system does not happen often across the Minuteman III fleet,” said Ring. “Since the creation of the Depot Maintenance Teams in the mid 1980s, known as Rivet Mile and now the 583rd Missile Maintenance Squadron, mechanics have been routinely inspecting and repairing the suspension systems.”

This successful refurbishment marks a significant milestone in maintaining the longevity of the nation’s intercontinental ballistic missile fleet. By proving that major structural components can be transported, overhauled and reinstalled, the 583 MMXS ensures that the land-based leg of the nuclear triad remains safe, secure and effective.



Missile maintenance technicians assigned to the 583rd Missile Maintenance Squadron prepare to lift a missile suspension system with a crane at a launch facility near Minot Air Force Base, North Dakota, Aug. 18, 2026. The 583 MMXS is responsible for the routine and preventative maintenance of launch facilities across the Department of War, ensuring nuclear deterrence capabilities remain safe, secure, reliable, and ready to respond at a moment’s notice.



Missile maintenance technicians with the 583rd Missile Maintenance Squadron prepare to lower into a silo at a launch facility near Minot Air Force Base, North Dakota, Aug. 18, 2026. The missile suspension system was introduced in 1975 and acts as a shock-absorbing, three-point suspension system designed to cushion the missile and keep it suspended and absolutely motionless, ensuring the Minuteman III fleet is ready at a moment’s notice.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN CARSON JENEY



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91ST MSOS TRF: PREPARED TO RESPOND

U.S. AIR FORCE PHOTO BY AIRMAN JOSELINE CHACON MONTERROSO



U.S. Air Force Tactical Response Force (TRF) Airmen assigned to the 91st Missile Security Operations Squadron conduct a helicopter insertion during a TRF exercise at Minot Air Force Base, North Dakota, July 30, 2026. The demonstration highlighted the 91st Missile Wing's ability to integrate helicopter support into rapid response operations.



A U.S. Air Force Tactical Response Force (TRF) Airman assigned to the 91st Missile Security Operations Squadron provides security during a recent TRF exercise at Minot Air Force Base, North Dakota. The exercise showcased the unit's ability to secure the area while responding to simulated threats and medical emergencies for Gen. S.L. Davis, commander of Air Force Global Strike Command, and Chief Master Sgt. Shawn M. Aiello, AFGSC command chief.



U.S. Air Force Tactical Response Force (TRF) Airmen assigned to the 91st Missile Security Operations Squadron load an Airman onto a UH-1N Iroquois during a medical evacuation exercise at Minot Air Force Base, North Dakota, July 30, 2026. The exercise demonstrated TRF medical evacuation and response capabilities for Gen. S.L. Davis, commander of Air Force Global Strike Command, and Chief Master Sgt. Shawn M. Aiello, AFGSC command chief.

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# Hungry After Work? Here's Where to Eat on Minot AFB

FATIMZAHRA ELBOUAB , NORTHERN SENTRY

It's the end of a long day. You're tired, you're hungry, and the last thing you want to do is figure out where you're going to eat.

Luckily, you don't always have to leave Minot Air Force Base to find dinner.

Whether you're looking for a full meal or a quick snack after a late shift, there are several options around base. The trick is knowing what's open and when.

For a more traditional dinner,

the Dakota Inn Dining Facility (or DFAC) has a wide array of both grab-and-go and dine-in options, ranging from pizza and deli items to grilled and international dishes. The DFAC, located at 213 Tanker Trail, closes at 6:30 p.m. Monday through Friday and 6 p.m. on weekends. If you go to the DFAC during a special holiday event or activity, special dishes may be included as well, adding some variety to the menu.

If you're looking for something a little more casual, Rockers Bar & Grill is another option. Located at 292 Peacekeeper Place, Rockers offers the kind of food you might expect from a casual grill, along with a place to sit down and spend some time with friends. The menu includes wings, baskets, build-your-own burgers and more. With later closing times, generally around 10 p.m., it makes for a convenient choice for dinner after work.

But what if your shift doesn't end at 5 p.m.?

The Fly By Inn Kiosk (also known as the Flight Kitchen) has late-night meal options for late-shift personnel, or anyone who might want a late-night snack. The facility is located at 846 Fighter Drive, making it a convenient option if you are working late or on a nontraditional work schedule.

And sometimes, you might just want pizza.

Papa John's, located on 300 Missile Ave., Building 284, stays open much later. Depending on the day, it is open until midnight or 1 a.m., giving people another option when the traditional dinner window has passed.

So, what's the selection like? It depends on what time you're hungry. Early in the evening, the DFAC offers the widest variety, while Rockers provides a more



The Dakota Inn Dining Facility (DFAC) provides dining options for Airmen after their shifts.

5TH FORCE SUPPORT SQUADRON PHOTO

casual sit-down option. Later in the night, although choices become more limited, the Flight Kitchen and Papa John's can still help fill the gap.

For those who work late, live in the dorms, or simply don't feel like driving into town after a long day,

knowing what's available on base can save a little time and effort and, perhaps most importantly, answer the question: "What am I going to eat tonight?"

Hours are subject to change. Check with individual facilities for the most current schedule.



A build-your-own burger from Rockers Bar and Grill. Photo courtesy of 5th Force Support.

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NOTES ON BEING SAFE

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Every day in the United States on the average, 15 workers lose their lives as a result of injuries or illnesses related to their work. When you add the figures that's over 5400 people a year. Unfortunately these people leave behind families, friends, and co-workers.

Recently there are more and more "mishaps" that come across my desk dealing with everything from damaged or lost tools and equipment, Damage to Government vehicles due to inattention, dressing inadequately for the cold weather conditions, this list can go on and on... I think you understand the point. Airmen at levels need to fine tune the skills we have been trained and imbedded to our thought processes and way of thinking.

So what is the point am I driving home? Complacency! When it comes to safety, complacency is deadly. If you come to work in an environment that has dangers, you can't afford to let your guard down, you can't relax. If you become comfortable in hazardous areas, your lax attitude will end up getting people hurt. Or worse, it gets you hurt. We can fall into the mindset, "I went to work and nothing happened, nothing happened last week and nothing dangerous happened last month." This allows you to let your guard down. We all need to remind ourselves we're working in a dangerous environment and we need to be alert.

All of us, no matter where you work, or what your job is, need to create a culture within our own organization, and remind everyone that complacency is a treacherous thing - it's a killer. Supervision at all levels needs to find ways to stimulate employees' interest in finding ways to make safety improvements.

We all need to create motivation for a

positive change in the organization by believing it's possible to achieve zero mishaps or incidents and communicating that belief to all employees. All of us, by raising our right hand have an obligation to show employees the relevance of working safe to their jobs, careers, and, most importantly, their families. This will create an atmosphere where everyone at every level in the organization will increase their commitment and their contribution in making the workplace mishap or incident free.

Yes, I understand all of are busy we have tight schedules and deadlines to meet, but we also need to take a step backwards, think of your thought processes, take a "one more time" look around your surrounding and ask yourself "Did I leave anything behind? Are all my tools and equipment accounted for? Did I remember to do that last check before we left the building? Are all the documents properly signed off and reviewed?, am I properly dressed for the outdoor temperatures?" Never forget where you are. If you work in a dangerous fast paced environment, remember that I'm not asking you to live your life dreading every moment at work. What I am asking each and every one of us is to follow proper procedures at work, and think ahead of what elements await us that can possibly kill us. Think of your surroundings, identify the littlest detail.

In closing, please remember complacency is an ever present danger. When a person becomes complacent their stress level for the task decreases, and consequently , so does their performance. A greater stimulus will be required in order to obtain a response. Let's all take a deep breath and a step back... your life and the life of others may depend on it.

Why is tire rotation so important?

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

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

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

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

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

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



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# Air & Space Forces Association General David C Jones Chapter 135 supports Minot's Composite Squadron of the Civil Air Patrol



## Civil Air Patrol Welcomes Future Leaders at Magic City Composite Squadron Open House

CADET PUBLIC AFFAIRS OFFICER STAFF SERGEANT MILES BATTEIGER

The Civil Air Patrol's Magic City Composite Squadron welcomed more than 25 prospective cadets in grades six through nine on September 8 during an energetic open house at the Minot Armed Forces Reserve Center, giving Minot-area youth and families a firsthand look at how CAP builds future leaders through aviation, service, discipline, and teamwork.

Throughout the evening, families and students rotated through hands-on stations highlighting CAP's core missions: aerospace education, cadet leadership training, emergency services, and community service. Cadets and senior members demonstrated activities such as drill and ceremonies, search-and-rescue tools, and STEM learning opportunities, while attendees asked thoughtful questions about what they would learn, how they could grow, and what it means to serve their community through CAP.

After families had a chance to see the program in action, Colonel Thomas Taylor addressed the crowd of more than 70 guests, speaking about the importance of Civil Air Patrol as both a precursor

to military service and a powerful program for real-world readiness. He emphasized that CAP gives young people a head start on skills they will use throughout life.

The squadron reported strong interest from visiting students, many of whom expressed excitement about returning for the next meeting and learning more about how to join. Leaders are optimistic that several attendees will soon begin their CAP journey, gaining practical experience in teamwork, discipline, aviation, and service.

As the Magic City Composite Squadron continues to grow, events like this open house strengthen the connection between Minot AFB, local families, and young people seeking meaningful ways to serve, lead, and learn.



Capt. Zach Haun lets parents know that there would be several CAP Cadets and Adults to answer questions.



Airman First Class Allene Mobley and CAP Volunteer Color Guard coach.



Cadet Captain Ezekiel Hoverson explains Civil Air Patrol to the many parents and guests.



Maj Jeffery Slocum talking to guests.

PHOTOS BY CADET PUBLIC AFFAIRS OFFICER  
SENIOR AIRMAN NICHOLAS PARKER  
AND ROBYN STONER,  
CIVIL AIR PATROL ASSISTANT DEPUTY  
COMMANDER FOR CADETS



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# Thomas Sando Named 2026 Third-Place National Teacher of the Year

## Williston Educator Was Nominated by Local AFA Chapter

SUSAN MALLET, AIR & SPACE FORCES ASSOCIATION

The Air & Space Forces Association (AFA) and Rolls-Royce National Teacher of the Year program recognizes teachers whose classrooms send students toward careers in aviation and STEM.

Thomas Sando, aviation instructor, Williston Basin Career & Technical Education Center, Williston, N.D.

This year’s third place winner is Thomas Sando, aviation instructor at the Williston Basin Career & Technical Education Center in Williston, N.D. Through visionary leadership, authentic hands-on learning, and a commitment to expanding opportunities for rural students, Sando has built one of North Dakota’s premier high school aviation programs and a model other educators now replicate.

Sando’s vision creates “inclusive opportunities that inspire students—especially those who never imagined a future in aviation—to pursue aerospace careers,” said Rodney Wilson, president of AFA’s David C. Jones Chapter.

Sando wants every student to get their hands on aviation, not just read about it. Using the Aircraft Owners and Pilots Association Foundation STEM curriculum, students immerse themselves in aviation. They fly simulators, design and build, run drones, and take apart aircraft systems. They also experience it out of the classroom with tours of airports and control towers, university aviation programs, aerospace manufacturing floors, and a first flight that brings everything they learned to life.

### HOW SANDO BUILT AN AVIATION PROGRAM IN WILLISTON

Former students have earned FAA pilot certificates, become

certified flight instructors, pursued collegiate aviation degrees, entered military aviation, and launched careers across the aerospace industry. Others simply discovered the confidence to pursue dreams they once thought were beyond their reach.

Sando turns aviation expertise into “life-changing experiences” that push students toward opportunities they never imagined, said Jason Germundson, superintendent of Williston Basin School District 7.

Sando on an orientation flight with students.

Sando understands the power of that first flight. Growing up in western Washington, a ride with his uncle in a small aircraft sparked his passion for aviation. After earning a degree in Aviation Business Administration from Embry-Riddle Aeronautical University and beginning a career in airport management, he realized his true calling was inspiring the next generation. In 2018, he accepted the challenge of building Williston’s aviation program.

Beyond the classroom, Sando is a Certified Flight Instructor, FAA Safety Team Representative, Master Aviation Educator, and AOPA National Teacher Trainer. He has provided more than 650 hours of flight instruction while mentoring students toward FAA certifications and helping educators establish aviation programs across the country.

“Mr. Sando didn’t just teach me to fly. He believed in my potential, mentored me every step of the way, and helped launch the aviation career I have today,” said Jacob Donner, a former student and now a first officer with SkyWest Airlines.

Recognizing that meaningful aerospace education depends on strong partnerships, Sando co-founded the Western Star Aviation Foundation, helping secure more than \$200,000 in grants, scholarships, equipment, and educational resources. Those partnerships support introductory flights, industry tours, mobile STEM outreach, scholarships, and a student-built Zenith CH-750 Cruiser aircraft, allowing students to construct a real airplane from the ground up.

His students also volunteer at EAA AirVenture’s KidVenture, earn FAA drone certifications, visit the University of North Dakota’s nationally recognized aviation program, tour Cirrus Aircraft, and participate in engineering and STEM events that connect classroom learning with real-world careers.

Working in rural North Dakota, Sando proves that geography should never limit opportunity. By building partnerships with industry, higher education, military organizations, and community leaders, he continues removing financial and geographic barriers so students can experience world-class aerospace education close to home.

One of Sando’s students following their first solo flight.

His growing list of honors reflects that impact, including recognition as the 2025 A. Scott Crossfield Aerospace Educator of the Year by the National Aviation Hall of Fame and the 2025 Civil Air Patrol North Central Region Aerospace Educator of the Year.

Sando is “an innovative aerospace educator” whose work is opening doors for rural students while helping shape the future of



Thomas Sando, the 3rd Place AFA Teacher of the Year, with a training aircraft. (Photo courtesy of Master Instructor Continuing Education Program)

aviation education, said Jim Simons, president of the North Dakota AFA.

As the 2026 Third Place National AFA/Rolls-Royce Aerospace/STEM Teacher of the Year, Sando will serve as an AFA Aerospace Education Ambassador, receive a \$1,000 award, and share his innovative program with educators at national conferences. His work demonstrates that when teachers combine vision,

authentic learning, and strong partnerships, they don’t simply teach aerospace—they inspire the next generation of pilots, engineers, technicians, innovators, and military leaders.

As Sando often says, every airplane eventually leaves the runway. Great teachers make sure every student believes they can too.



One of Sando’s students following their first solo flight.



Sando on an orientation flight with students.

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SUDOKU PUZZLE

Solution to puzzle on page B10

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

CROSSWORD  
SOLUTION

Solution to last weeks crossword

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

CROSSWORD PUZZLE

Across

1. Acting too hastily  
5. "Be prepared" org.  
8. Elem. school subject  
13. Rival rival  
14. Capek play  
15. American Dadaist and surrealist photographer  
17. Pancake  
19. Major natural disaster, slangily  
20. "You're it!" game  
21. \_\_\_ Kabibble  
22. Campaigner, for short  
23. Young '\_\_\_ (small children)  
24. Lab research animal  
27. Morocco's capital  
29. "\_\_\_ say more?"  
31. Barn bird  
33. Insect's sensory appendages  
35. Most strapping  
38. Tricked  
39. In the time left  
40. In low spirits  
41. "\_\_\_ nuff!"  
42. Change  
44. Sewing needle user  
46. Fraternal order member  
48. Spacious  
49. Sonoran native  
51. Pizza topper  
53. College e-mail letters  
54. Revival technique  
56. G.I. Jane, for one  
57. Actress Carrere  
60. The Last Frontier  
62. Ringing a small bell  
64. Napper  
65. With 63-Down, "Crouching Tiger, Hidden Dragon" director  
66. Depend add-on  
67. "Gone With the Wind" hero  
68. Small sports cars  
69. "Holy cow!"

|    |    |    |    |    |    |    |    |  |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|--|----|----|----|----|----|----|
| 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 |
| 60 |    |    |    |    | 61 |    |    |  | 62 |    |    | 63 |    |    |
| 64 |    |    |    |    |    |    |    |  | 65 |    |    |    | 66 |    |
|    |    |    |    |    |    |    |    |  | 68 |    |    |    | 69 |    |

Down

1. Whitewater conveyance  
2. \_\_\_ breve (music marking)  
3. Stringy vegetable  
4. Short leap  
5. Audacity  
6. Of a degree specified  
7. Two-by-two craft  
8. Pulpit  
9. Train's line  
10. Gerundial finish  
11. Problem solving  
12. Barbera's partner  
16. Mon., on Tues.  
18. Pinocchio's conscience in Disney's cartoons  
22. Debate side  
25. Juice drink  
26. Dawn's divinity  
28. Hole punch  
29. Carps constantly  
30. Plenty, previously  
32. Popular spicy cuisine  
34. Radar O'Reilly's soft drink  
36. Noah's firstborn  
37. Redcoat supporter  
40. Distributing, as confetti  
43. Fri. preceder  
44. Mount msg.  
45. Opposite of 22-Down  
47. "\_\_\_ gloom of night ..."  
49. Indentureship unit  
50. Freud disciple Alfred  
52. Groups of laborers  
55. Separate  
58. Machu Picchu resident  
59. Ripened  
61. Canonized mlle.  
62. Highlander's cap  
63. See 65-Across

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# Minot AFB Supports ‘Start with Hello’ Week at Edison Elementary

NORTHERN SENTRY

Edison Elementary School kicked off its annual “Start with Hello Week” Sept. 14 with a special “Military Hello,” welcoming students to school with high fives, fist bumps, cheers and waves from Minot Air Force Base Airmen.

Ms. Andrea Lang, counselor at Edison Elementary, has organized the school’s “Start with Hello Week” for the past eight years. The annual event is designed to foster a sense of community and remind students that they belong to their school family as well as the larger Minot community.

Lang was thankful for the assistance of Alyssa Kelly, Minot AFB School Liaison Program manager; Master Sgt. Elizabeth Thompson; and Carrie Driver, a military spouse and financial adviser with First Command Financial Services, who helped coordinate the participation of Minot AFB Airmen.

The Airmen greeted students as they arrived at the school, helping create an energetic and welcoming start to the week.

“Start with Hello Week” began at Edison Elementary in 2021 as part of Sandy Hook Promise’s effort to stop isolation and build empathy and inclusion within school communities. To promote those values, the Edison Elementary team decided to bring in community partners to help students experience a broader sense of belonging.

Over the years, Edison Elementary has worked to collaborate with Minot AFB, including one year when the spouse of an Edison teacher helped arrange for his entire squadron to participate.

However, finding the appropriate contacts at the base became more challenging in recent years. This year, Kelly helped reconnect the school with Minot AFB personnel and

coordinate Airmen’s participation, with assistance from Thompson.

The military was one of several community groups helping Edison students feel welcomed throughout the week. Students were also greeted by Minot High School and Minot State University student-athletes, as well as local police officers and firefighters.

The week will conclude with the Minot High School football team and cheerleaders greeting students as part of Minot High School’s homecoming celebrations.

For Lang, the annual event serves as a reminder that creating a welcoming environment can extend well beyond the school building.

“Start with Hello Week” reinforces the message that every student has a place within the Edison Elementary community — and within the larger Minot community.



Minot Air Force Base Airmen visit with Edison Elementary students during “Start With Hello Week” Sept. 14. The Airmen joined school staff and community members in helping students feel welcomed, included and connected to their school and the larger Minot community.

MINOT AFB SCHOOL LIAISON OFFICE PHOTO



Ms. Andrea Lang, Edison Elementary counselor, poses with her children, Kristian and Kenna, and their dog, Misty, in Minot, North Dakota. Lang has organized Edison Elementary’s annual “Start with Hello Week” for the past eight years.

NORTHERN SENTRY PHOTO | TED BOLTON



Airman 1st Class Harrell greets Edison Elementary students as they arrive for school Sept. 14 to kick off “Start With Hello Week.” Harrell was one of several Minot Air Force Base Airmen who participated in the event, welcoming students with high fives, fist bumps, cheers and waves.

NORTHERN SENTRY PHOTO | TED BOLTON (DINSTAAR ALUMNI)



Minot Air Force Base Airmen participating in Edison Elementary’s “Start With Hello Week” pose with Ms. Andrea Lang, Edison Elementary counselor, and Carrie Driver, military spouse and financial adviser with First Command Financial Services, Sept. 14 at Edison Elementary School in Minot, North Dakota. The Airmen helped kick off the week by welcoming students as they arrived at school.

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DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM

One of the best ways you can support your student’s education is by understanding school jargon. Here are some common terms found in school communications:

**Core Subjects** – Main areas: English/Language Arts, Math, Science, Social Studies

**ELA (English Language Arts)** – Reading, writing, speaking, and listening skills

**Electives** – Optional classes like Art, Music, Physical Education or PE or PhysEd, Drama, or Coding

**STEM** – Science, Technology, Engineering, and Mathematics

**STEAM** – STEM with the addition of the Arts

**Common Core** – A set of academic standards adopted by many states

**Standardized Tests** – State or national exams to measure achievement

**Benchmark Tests** – Periodic tests to monitor progress

**Individualized Education Program (IEP)** – A legal document outlining support for students with disabilities

**504 Plan** – A plan to provide accommodations for students with disabilities

**Response to Intervention (RTI)** – A tiered approach to early identification and support for students

**Multi-Tiered System of Supports (MTSS)** – A broader framework combining academics, behavior, and emotional support

**Gifted & Talented (GT / GATE)** – Programs for students with exceptional academic abilities

**Special Education (SPED)** – Services for students with disabilities

**English Language Learner / English as a Second Language (ELL / ESL)** – Support for students learning English

**Inclusion** – Integrating students with special needs into general education classrooms

**Accommodations** – Changes in how a student learns material

**Modifications** – Changes in what a student is expected to learn

**Period** – A class block of time, typically in middle and high school

**Block Scheduling** – Fewer, longer classes (e.g. 90 minutes every other day)

**Semester / Trimester / Quarter** – Ways the school year is divided

**Tardy** – Arriving late to class or school

**Absence / Excused / Unexcused** – Not being present; rules vary by district

**Truancy** – Chronic, unexcused absenteeism

**Early Release / Late Start** – Adjusted school days for meetings or weather

**Class Dojo / Remind / Seesaw / Google Classroom / ParentSquare** – Digital platforms used for parent-teacher communication

**Student Information System (SIS)** – Centralized digital platforms used by school districts to manage school and student data

Understanding this educational terminology enables you to better support your student, as it facilitates clear communication, aligns expectations, and ensures coordinated support.

(SLP Global Connect Newsletter, 2026).

*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.*

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Upcoming Events

17-19 SEPT

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10:30 AM - 5:00 PM

Minot State University,  
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Help us celebrate MSU's 100th Homecoming on September 17-19! Join us at Sports On Tap on Friday, Sept. 18 for our All Alumni & Friends Homecoming Reunion! Homecoming Day, Saturday, Sept. 19, will be filled with fun and beaver pride! 10:30 a.m. Parade from downtown Minot to campus. 11:30 a.m. Tailgating next to the Dome. 2 p.m. Game time! Minot State Football takes on SMSU. We'll be celebrating all former soccer alumni with an All Soccer Reunion, as well as the 100th Anniversary of the Mu Sigma Tau Fraternity! Check out all the details on Homecoming Weekend at the MSU Homecoming website.

100 YEARS OF HOMECOMING

For more information:  
<https://www.minotstateu.edu/homecoming/>

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.

2026

Facebook/ American Foundation for Suicide Prevention - North Dakota Chapter/ Events

03 OCT

SERTOMA SIPS!

4:00 PM

Citizens Alley,  
3 1st St SE Suite 2, Minot

Mark your calendar and get your tickets for Minot's best beverage sampling event, new this year at Citizen's Alley! Why You'll Love It: Sample a wide variety of beverages: Beer, wine, seltzers, and non-alcoholic options. Discover new favorites to add to your mix! Enjoy music from High Pony Productions. Play cornhole with your friends. Savor delicious eats catered by Qdoba. Plus, the best popcorn in Minot! Bid on silent auction items and buy some 50/50 raffle tickets. Proceeds support local community projects through Minot Sertoma Club. Come sip, socialize, and savor the flavors on a beautiful fall evening. Gather your friends and join us for Minot's best beverage sampling event!

2026

Facebook/ Minot Sertoma Club

09 OCT

BREAST CANCER AWARENESS 5K

8:00 AM

Bud Ebert Park  
Minot Air Force Base

Join Brandee Hahn for the Breast Cancer Awareness 5K at 8 a.m. at Bud Ebert Park, Minot Air Force Base. Come together to raise awareness, show support and honor those affected by breast cancer.

2026

Facebook/ Brandee Hahn /Events

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# Join the First Minot AFB Autumn Walk

MINOT AIR FORCE BASE — A new fall tradition is coming to Minot AFB, and the community is invited to help make it shine.

Military spouse Faith Seaborn is organizing the inaugural Autumn Walk, taking place October 12–14 in the area northwest of the Base Exchange (BX). The family-friendly event will feature a festive display of carved pumpkins and provide a welcoming space for families, friends, and community members to celebrate the season together.

To create the display, organizers are seeking 12 squadrons to each donate 10 carved pumpkins. Individual residents and families are also encouraged to contribute their own carved pumpkins and take part in the event.

The Autumn Walk is designed to bring the Minot AFB community together and offer a fun fall experience on base for everyone to enjoy.

Squadrons and individuals interested in participating can sign up at:

<https://www.signupgenius.com/go/10C054DAEA72AA1FBC34-65646957-mafb>



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# NORTHERN CELEBRATIONS

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## AUTUMN AND SALMON

**Patricia Stockdill**

It's already beyond mid-September and North Dakota is heading full speed into hunting season. However, a unique fishing opportunity it also in full gear.

It's time to try one's hand at a shore-fishing for salmon as in Chinook, AKA King, salmon.

Admittedly, the state isn't what comes immediately to mind when thinking about salmon as a fishable species. That's understandable because salmon, like all members of the trout family, are not native to North Dakota waters.

Any North Dakota lake, river, or creek.

The N.D. Game and Fish Department stocks salmon in Lake Sakakawea.

It's there that they cherish its deep, cold waters and lurk around in search of rainbow smelt for their main meal.

While they're typically in deep water throughout most of the year, they move shallow in the fall in an attempt to spawn, searching for fast current and congregating in areas along the face of Garrison Dam on the east end of the big lake.

The problem they face, however, is adults can't get over the dam into flowing Missouri River waters and can't spawn. They're not alone – none of the other members of the trout family stocked anywhere in North Dakota lakes and rivers naturally spawn.

It's from about mid-September into October when anglers should try their hand at shore-fishing for salmon, Scott Hobbs, owner of Scott's Bait and Tackle, Pick City suggested.

While they've been lounging anywhere from 80 to 105 feet over deeper water throughout the summer, they typically move into shallower water by mid-September, he described.

Be prepared for a good fight, Hobbs advised, even with smaller salmon like those in the 4-pound range. This year he anticipates anglers could find salmon in the 8-pound range and larger based on success anglers experienced throughout the summer. That could translate into a nice fall salmon bite.

While condition of adult salmon begins to deteriorate later in October the meat is still in excellent condition in September. Simply filet some salmon steaks and toss them on the grill with one's favorite seasoning, Hobbs offered.

But first an angler has to catch them before planning on eating them. Shore-fishing for salmon provides anglers with an opportunity to try a variety of techniques, Hobbs explained.

But for starters, using heavy line is especially important. "At least 10-pound test," he described. Then try casting anything from Mepps spinners, Little Cleo's, Krocodile spoons, or "some crankbaits... you can also use a bobber and a nightcrawler," he continued.

Or try plastics (think Gulp®) and a variety of scents.

And if a person really, truly wants a fight and a ride when it comes to landing a salmon, try fly-fishing for them.

In other words, experiment and mix those presentations up. You never know what might work on any given day.

Some areas to go include the Garrison Dam Spillway turnout just across the spillway on the east side of the dam as well as Lake Sakakawea State Park's Scoria Bay (it's the location with the park's swim beach) or the side of the park's main boat launch.

Salmon aren't stocked in the Missouri River but some make their way through the dam's massive hydropower generation turbines, miraculously surviving what's likely the ride of their life to swim another day in the tailrace. That's also a good spot to try, fishing from shore along the tailrace boat ramp or just off of the rocks.

Some salmon facts:

- The Game and Fish Department collects salmon eggs in the fall with the U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery raising the eggs to maturity and rearing them until large enough to stock in Lake Sakakawea and elsewhere in the United States.
- Chinook salmon are the largest member of the trout family stocked in North Dakota and are only stocked in Lake Sakakawea even though they get into the Missouri River tailrace through Garrison Dam.
- While Chinook salmon are spotted similar to rainbow trout, they have 15 to 17 rays on the long anal fin and the inside of their lower jaw is blackish in color.
- Throughout the summer they're silvery in color but adults will darken almost to black as their body condition deteriorates.
- The record Chinook salmon has been on the books nearly four decades – it was taken in the Missouri River tailrace in 1986, weighing 31 pounds, 2 ounces.



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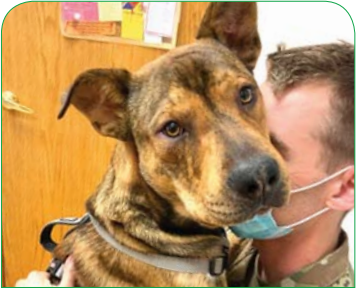
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# All About Pets



**Pets have allergies too!**

Just like their humans, pets can have allergies too, and they are no fun for your furry friends! Pet allergies can be triggered by a variety of things including food ingredients, bug bites/stings, seasonal, prescriptions, chemicals, and more. Did you know that protein sources (including chicken, beef, or lamb) are some of the most common allergens for dogs? Here are some of the symptoms of allergies in your cats and dogs:

- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, its best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may

take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside. If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives, itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital. In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional. In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!



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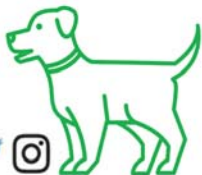


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# A Lifetime of Service: Richard Kinzley's Korean War Story

JOANNE RADEMACHER, NORTHERN SENTRY CONTRIBUTOR

Richard Kinzley served in the United States Army from 10 Oct 50 to 02 August 52. Born in 1925, Richard was just 25 years old when Uncle Sam sent him to Korea, a place from which 36,574 young Americans did not return. Now 101 years old, this is Richard's story.

Richard grew up on a farm 4 miles south of Mohall, North Dakota. He says he felt very fortunate in his early life. He remembers his dad taking him to meet the train in Bismarck, a ride that would take him to Los Angeles, California for his Army basic training. "Supposedly."

Richard never believed it was actual training. He says the facility wasn't prepared. They had the new recruits serving the men in charge, who he assumed to be veterans. The first training exercise the new recruits were assigned was to stay behind a board the veteran instructors fired at, then run out and replace whatever they shot up. With a bit of a chuckle, Richard says, "It was part of the training. They called that basic training. From there I went into action."

The Army didn't waste much time getting the young men on a boat to Korea. Richard says, "It was amusing, because of all the men on the ship, only 7 of us didn't get sick. We were in calm waters and these guys were heaving. I was one of the seven that didn't get sick and we had to clean up the mess. We sailed directly to Korea. That was something new and different. It was a good lesson, anyway." When asked what that lesson was, he answered, "It was survival!"

Richard spent his time in Korea north of Pusan which is on the southeastern shore of the Korean Peninsula. In reading about and looking at battle maps describing what was happening in Korea around Pusan in the months leading up to Richard's arrival there, one could only conclude it had to be a horrifying experience for a young man, fresh from the peaceful North Dakota prairie. It was the early days of U.S. involvement, during which U.S troops took heavy casualties.

Reluctant to talk about the details of life and fighting on the front lines of war, Richard is more likely to recite a more amusing story of his time in Korea. The following article is helpful in putting Richard's Korean War experience into perspective with what was happening there at the time of his arrival and what he was faced with while there. <https://dpaa-mil.sites.crmforce.mil/dpaaFamWebInPusan>

Richard says he "met a lot of nice



Richard Kinzley and Janet

men. Everything happened so fast, learning the job as you're going along." Richard was wounded. "You healed up and went back out." he says. He was amused once when an officer arrived to check on the wounded men. His was a shoulder wound. The officer "took fingers from each hand and shoved them aside of that. He was wearing his dress uniform, but he got it bloody that day. I'm sure the rest of the guys woulda liked to laugh but they didn't."

His unit's main purpose was to defend an area but there were times they had to be aggressive and initiate an attack to insure survival. Richard felt they were all trying to do their job. He had close friends by his side because you are dependent on each other, and close bonds were created due to the circumstances.

Before Korea, Richard had never carried such a big weapon. "Under all conditions, they were great. And that's something you took care of to make sure it functions."

When asked what kind of structure or conditions they lived in, Richard simply said, "We had a sleeping bag." They slept under the stars in trenches. "You had to dig a trench, deep enough to take care of yourself." Each man was issued "a nice shovel" that was adjustable so it could become a shovel or a hoe, depending on need.

On his contact with South Koreans, Richard said they were helpful. They tried to help as much as they could.

The troops were issued rations for meals. Rations were in cans, and under the circumstances, were pretty good. Every so often a candy bar was issued. At times, a fresh meal was served. On those occasions, troops took turns going down the hill to eat. Showers followed the same routine.

Asked how he coped with all he'd seen and where he found the strength to live with all that was in his head, Richard said, "I don't know, it's just there. I do have memories." Returning home was,



Western ND Spring Honor Flight. Richard Kinzley row 1, 2nd from left



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admittedly, a difficult adjustment. When his allotted time in Korea was over in 1952, Richard returned to California by ship. Speaking about arriving on home shores, he said, “I was very happy about it. The first thing I did when I hit the states was to call my gal. I said, ‘Lets get married’ and there was no argument. He had proposed before he left so now was their time. Her name was Coleen Wade. Coleen lived north of Mohall and was eight years younger than Richard. They made their home on his family farm where they raised grain and milked cows. “That cream check was Coleen’s grocery money.” Richard speaks lovingly about Coleen and how hard she worked, side by side with him. She had grown up on a similar farm, so she knew what needed to be done. One time, Richard’s uncle left the farm early to pick up his date, thinking he would have to finish the work when he returned. To his surprise, Coleen had finished the chores and was ready to go out herself when he got back. Richard and Coleen raised three children. Doug and Raymond live and run a business in California. David and Janet live near the Kinzley family farm. Gail Kinzley lives on the Wade family farm where Coleen grew up. Special thanks to Janet for arranging and participating in my interview with Richard.

Richard is an active member of the Mohall American Legion Post. He was awarded a Purple Heart and Silver Star. Richard and his son, Dave, went on the 2023 Spring Western ND Honor Flight to Washington, D.C. For his 101st birthday this year, Richard received a birthday letter and commemorative coin from Secretary of Veterans Affairs, Doug Collins. He also received several commemorative coins via a special friend, from an Air Force General who was at the Minot AFB the day of his birthday. “In war, there are no un wounded soldiers.” José Narosky (Writer, 1930 – present, Argentina) It is truly amazing how a person can experience the raw horrors of war that can never be erased from the mind, then return to the life they left behind to embrace it anew with family and friends. From the outside, many do just that, keeping their ever-present wounds hidden under clothing and deeply held in their souls. Richard Kinzley appears to be one of those men. When asked if anything good came out of his Army experiences in the Korean War, without anger or bitterness, this is what he said: “Of all the people I met there and stateside, I respect every man. I don’t care what his color is or what his background. I don’t care what religion or what his beliefs are, but I have respect for everyone.”

## Local Cravings Restaurant Guide

### Applebee's Grill & Bar

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Phone: 701.839.2130  
www.applebees.com

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
www.blgrill.com

### Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot  
Phone: 701.838.9140  
www.bonesbbqminot.com

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by Patricia Stockdill

#### FISHING:

Lake Sakakawea elevation, Sept. 14: 1,824.37 feet above mean sea level (MSL); 16,900 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,450.03 feet above mean sea level (MSL). Stump Lake elevation: 1,449.97 MSL. •N.D. Game & Fish Dept. game wardens: North-central area lakes generally quiet. •Devils Lake, Woodland Resort, Devils Lake: Look for a switch to crankbaits in 15 to 20 feet for walleye with better success working the east end of the lake. •Lake Darling, Karma C-Store, Ruthville: Beware of potential areas with blue-green algae on Lake Darling. •Lake Metigoshe, Four Seasons, Bottineau: Activity slowed. •Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Activity slowed on the east end of Lake Sakakawea but anglers going out continue working deep water for walleye. Remember to keep fish coming from 25 feet and deeper, however. •Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports. •Lake Sakakawea, New Town: Activity slowed in the Van Hook Arm. •Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing some shore-fishing success at night for walleye. Boat activity limited with spotty success. Salmon spotty on the east end of Lake Sakakawea. Some down-rigging activity yet for salmon, though, with some increasing activity long-lining and from shore. Try Government or Rodeo bays during low light hours using spoons. Scattered walleye success but look for improving activity with stable, cooler fall weather.

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:

- N.D. Dept. of Environmental Quality issued blue-green algae warnings for Lake Darling (Renville Co.) and Buffalo Lodge Lake (McHenry Co.). People and animals are advised to avoid those waters and keep pets and hunting dogs away. Blue-green algae can quickly become deadly for animals. Advisories listed for Lake Brekken (McLean Co.), Devils Lake (Ramsey and Benson counties), Epping-Springbrook Dam and Blacktail Dam (Williams Co.), Antelope and Clear lakes (Pierce Co.), and Sykeston Dam (Wells Co.). Use caution and go to their for information and safety precautions, (deq/nd.gov/WQ).
- Anglers are reminded to keep fish taken from depths of 25 feet and more.
- Sept. 18: Youth deer season opens.
- Sept. 19 & 20: Youth waterfowl season.
- Sept. 19 & 20: Active military personnel and special veteran waterfowl season.
- Sept. 19: Woodcock & sandhill crane seasons open.
- Sept. 19: Oktober Fest, Fort Stevenson State Park, Garrison, 4 p.m.
- Sept. 20: Minot Out of Darkness Community Walk for suicide prevention awareness, Oak Park, noon.
- Sept. 22: Eastern Zone Early Canada Goose Unit closes.
- Sept. 26: Logger Fest Oak Park, noon.
- Sept. 26: Waterfowl season opens for N.D. residents.
- Sept. 28: Fall Wreath Making at the Badlands, \$45 registration with all supplies provided, Badlands Bar & Grill, Minot, 6 p.m.

#### TOURNAMENTS:

- Sept. 25 & 26: Lake Sakakawea, White Earth Bay.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: A little more activity on the Missouri and Yellowstone rivers in the Williston area with water clearing somewhat. Try jigs and minnows for walleye. Western end of Lake Sakakawea has muddy water with Little Beaver and White Earth Bay the best ramps for access given low water conditions. Kota-Ray remains good for bluegill. •North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet.

#### HUNTING:

- Archery deer: Cooler weather starting to bring out more activity.
  - Doves: More bird bunching as birds starting to move out.
  - Upland: Tough opener with poor bird numbers with some spotty areas with partridge numbers.
- 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 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

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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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# Sertoma Sips Uncorks a New Chapter at Citizen's Alley

Popular Minot fundraiser moves downtown, showcasing North Dakota breweries and wineries

The Minot Sertoma Club is raising a glass to a new era as Sertoma Sips I Tap in ND! makes its debut at Citizen's Alley in downtown Minot on Saturday, October 3, 2026, bringing a fresh venue, expanded entertainment, and a celebration of North Dakota's growing craft beverage industry. Formerly known as Beerfest, Sertoma Sips has evolved into one of the community's signature fall events. This year's move to Citizen's Alley creates an exciting downtown festival atmosphere while giving attendees more room to gather, explore and experience everything the event has to offer.

"This new location allows us to create an even better experience for our guests while showcasing one of Minot's newest downtown destinations," said Keli Rosselli-Sullivan, Sertoma Sips Chair, Minot Sertoma Club. "Citizen's Alley gives Sertoma Sips the perfect setting to celebrate North Dakota-made beverages, support local businesses and raise money that stays right here in our community."

The event will feature breweries and wineries from across North Dakota, offering attendees the opportunity to sample products from around the state while meeting the people behind their favorite brands. Organizers are placing a special emphasis on promoting North Dakota producers and encouraging residents to discover locally crafted beverages.

In addition to unlimited tasting opportunities, guests can enjoy music from High Pony Productions DJ & Karaoke, cornhole, a silent auction, and a 50/50 raffle throughout the evening.

For those looking to elevate their experience, VIP Reserved Tables are available for \$1,000, accommodating up to eight guests with premium seating and dedicated service throughout the event.

More importantly, every ticket purchased helps support Minot Sertoma Club's mission of serving the community. Proceeds from Sertoma Sips directly benefit local charitable organizations and community initiatives. In 2026 alone, the club has provided support to organizations including Full STEAM Ahead, the Northern Plains Children's Advocacy Center, Prairie Grit Adaptive Sports, Souris Valley United Way, programs within Minot Public Schools, Minot State University, and numerous additional projects that improve the quality of life throughout the Minot area.

Organizers expect more than 400 attendees at this year's event and encourage residents to experience what promises to be the biggest and most exciting Sertoma Sips yet.

- Event Details  
Sertoma Sips
- Saturday, October 3, 2026
  - 4:00–8:00 p.m.
  - Citizen's Alley, Downtown Minot
  - Featuring North Dakota breweries, wineries, and cider houses
  - Live DJ, karaoke, cornhole, silent auction and 50/50 raffle
  - Rain or shine event

Tickets and sponsorship opportunities are available now. Businesses interested in sponsoring are encouraged to contact the Minot Sertoma Club. Single tickets are on sale now on EventBrite.com.

About Minot Sertoma Club  
The Minot Sertoma Club is dedicated to serving the Minot community through volunteerism and fundraising efforts that improve the lives of others. Through signature events such as Sertoma Sips and Christmas in the Park, the club provides financial support to local nonprofits, educational initiatives, youth programs and community projects throughout the year.

## CORNERSTONE Map Out The Road To Good Health

### The Boring Stuff That Really Helps

As I get ready to turn the page on my thirties, it seems like the whole internet knows I'm entering a new season. Or at least, my social media algorithms do.

My feeds are constantly showing me ads for meal plans, influencers with weight-training programs, and skin care for aging faces. I've fallen down my fair share of rabbit holes looking at supplements to support weight management, and bringing down cortisol levels. I've compared protein powders and creatine powders and used ChatGPT to help me determine the best time of day to take my iron supplement, B-12 and vitamin D.

And somewhere in there, it all started feeling complicated and noisy.

So instead of focusing on the new, best, cutting-edge things that keep us feeling good as we move toward the colder months—I'll save that for someone more experienced—let's talk about the boring things that keep us feeling well.

Because having more energy and being up to the task of living doesn't need to be complicated.

**Get enough sleep.**  
I know. Groundbreaking.

But somewhere between busy schedules, late-night scrolling and all the things we convince ourselves need to be done before bed, sleep can become the first thing we sacrifice.

Our bodies do a lot of work while we're sleeping. Giving them enough time and a consistent time to do it is one of the least exciting and most effective things we can do for ourselves.

**Move your body.**  
It doesn't have to be a perfectly structured workout or a new fitness challenge. Walk. Stretch. Lift something heavy. Play outside with your kids. Take the stairs.

Our bodies were made to move, and regular movement helps us maintain strength, mobility and

independence.

**Eat food that actually fuels you.**  
There is certainly a place for paying attention to protein, vitamins and whatever nutritional rabbit hole Instagram sends us down next. But before we get overly complicated, there is a pretty good starting point: eat a variety of real food—the kind that doesn't have a paragraph of unpronounceable ingredients, drink some water and pay attention to how you feel.

Sometimes wellness gets marketed as a collection of things we need to buy. A lot of it is simply taking care of the basics.

**Take care of the parts of your body you tend to ignore.**

This is where preventative care comes in.

We tend to be pretty good at responding to a problem once loud and obnoxious. A tooth hurts, so we call the dentist. Something feels wrong, so we make an appointment. Our back has been bothering us for months, and finally we decide we should probably do something about it.

But taking care of our bodies doesn't always have to begin with a problem.

That is one reason I appreciate the approach to chiropractic care at Cornerstone Chiropractic. Their focus isn't simply on treating the thing that hurts today, but on looking at the body as a whole and supporting long-term health and function.

Regular chiropractic care can be one piece of a larger wellness routine. Keeping your spine and nervous system functioning makes sense—just like movement, good nutrition, sleep and other preventative care. It doesn't have to be dramatic to be worthwhile.

**Pay attention to stress.**  
This one may be the least boring of all because stress has a funny way of making itself known. Sometimes it's a short temper.



AMY ALLENDER

Sometimes it's poor sleep. Sometimes it's tension in your shoulders or the feeling that you haven't taken a deep breath all day.

We don't have to eliminate every stressful thing from our lives. That's impossible. But we can notice what our bodies are telling us and make room for recovery.

And maybe that's the bigger lesson I've been learning as I approach 40. Taking care of yourself doesn't have to mean reinventing yourself.

It doesn't require a cabinet full of supplements, an expensive wellness routine, or knowing every health trend that pops up in your feed.

Taking care of yourself looks remarkably ordinary: go to bed, drink some water, eat something nourishing, move your body, take a walk, make the appointment you've been putting off, and pay attention when your body asks for a little more care.

None of it is particularly exciting. But maybe that's the good news.

The things that help us feel well enough to actually enjoy our lives don't have to be complicated. More often, they're the simple things we do consistently—long before our bodies have to remind us that they matter.

For more on living well in North Dakota, find me at amyallender.com or on social media at @heyminot.

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# What's Going On Minot AFB

## FRIDAY 18

- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Air Force Birthday - Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Air Force Birthday - Special Dinner, 1630-1830, Dakota Inn Dining Facility
- Friday Flicks, 1630-2300, Rockers Bar & Grill
- Progressive Bingo Fall Series, 1730, Rockers Bar & Grill
- Skate Night, 1800-2000, Youth Center
- National Observe the Moon Day, 1900, Minot AFB Library
- Karaoke Night Fall Series, 1930, Rockers Bar & Grill

## SATURDAY 19

- Air Force Birthday Tournament, 0900, Rough Rider Golf Course
- Chess Club, 1200-1400, Minot AFB Library
- Minecraft Party, 1300, Minot AFB Library

## SUNDAY 20

## MONDAY 21

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- AFFT, 1100, McAdoo Fitness Center
- Palace/Chase/Front Briefing, 1400-1500, Professional Development Center

## SPECIALS

Rockers Bar & Grill Featured Item  
**Power Bowls**

Bomber Bistro Featured Item  
**Jalapenos Popper Pizza**

The B-Fifty Brew Featured Item  
**Pumpkin Spice Latte, Pumpkin Cold Brew,  
Pumpkin Chai**

## TUESDAY 22

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

## WEDNESDAY 23

- Registration Closes: Kayaking Trip, Lake Darling, hosted by Outdoor Rec
- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- FTEC, 0730-1600, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Teen Paintball Showdown, 1800-2000, Youth Center

## THURSDAY 24

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

## FRIDAY 25

- FTEC, 0730-1600, Professional Development Center
- Membership Day, 1600-1730, Youth Center
- Friday Flicks, 1630-2300, Rockers Bar & Grill
- Karaoke Battle, 1730-2130, Rockers Bar & Grill

## SATURDAY 26

- Kayaking Trip, Lake Darling, hosted by Outdoor Recreation
- Paintball Open Play, 1000-1400, Paintball Field, hosted by Outdoor Rec.
- Air Force Gaming – Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro

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