northernsentry

FREE | WWW.**NORTHERNSENTRY**.COM | VOL. 64 • ISSUE 41 | MINOT AIR FORCE BASE | **FRIDAY, OCTOBER 9, 2026**

5TH BOMB WING OCTOBER
SQUADRON OF THE MONTH
MINOT OPERATIONAL MEDICAL READINESS SQUADRON

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READY TO SOAR



Airmen, assigned to the 5th Medical Group, practice litter carry procedures during Sustainment Operations for Air Force Medical Services Response (SOAR) training at Minot Air Force Base, North Dakota, Sept. 23, 2026. The SOAR exercise provides hands-on training to strengthen medical readiness and prepare Airmen to respond to aircraft mishaps and mass casualty scenarios. See page A7 for more on the exercise.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS ANTHONY RAMEY

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Green House Café Reopens with a New Grab-and-Go Concept

A familiar local name returns with fresh lunches, smoothies, dine-in seating and military discounts.

ROD WILSON, NORTHERN SENTRY

A familiar local name returns with fresh lunches, smoothies, dine-in seating and military discounts.

At the end of Main Street in the Main Medical Building, a familiar name has returned: The Green House Café has reopened its doors. Leading the restaurant is Al Lee, an experienced restaurant manager known for his ever-present smile and positive attitude.

FRESH FOOD TO GO

"You know me," Al said in a recent interview. "When I do something, I do it right. The concept is pretty simple: We make great grab-and-go lunches. People can stop in, choose a freshly made sandwich, add a cup or bowl of soup and perhaps something sweet for dessert, then head out ready for lunch."

The grab-and-go concept may be familiar, but Lee said the Green House Café's food is "not your normal gas station or airport cuisine." He added that the restaurant will try to accommodate special orders whenever possible. "Of course we will make it work," he said. "That's part of being a local restaurant."

A new juice bar occupies one side of the restaurant, giving customers a place to "get their smoothie fix," Lee said. "Again, it's what makes us different and unique." The whir of the commercial blenders could be heard several times during the interview.

HOURS AND GUEST INFORMATION

For now, the Green House Café will be open from 10 a.m. to 2 p.m. Lee is also working on a grab-and-go hot entrée option. "Today we have either meatloaf or pulled pork," he said. "We'll wrap it up and send you out the door ready for dinner."

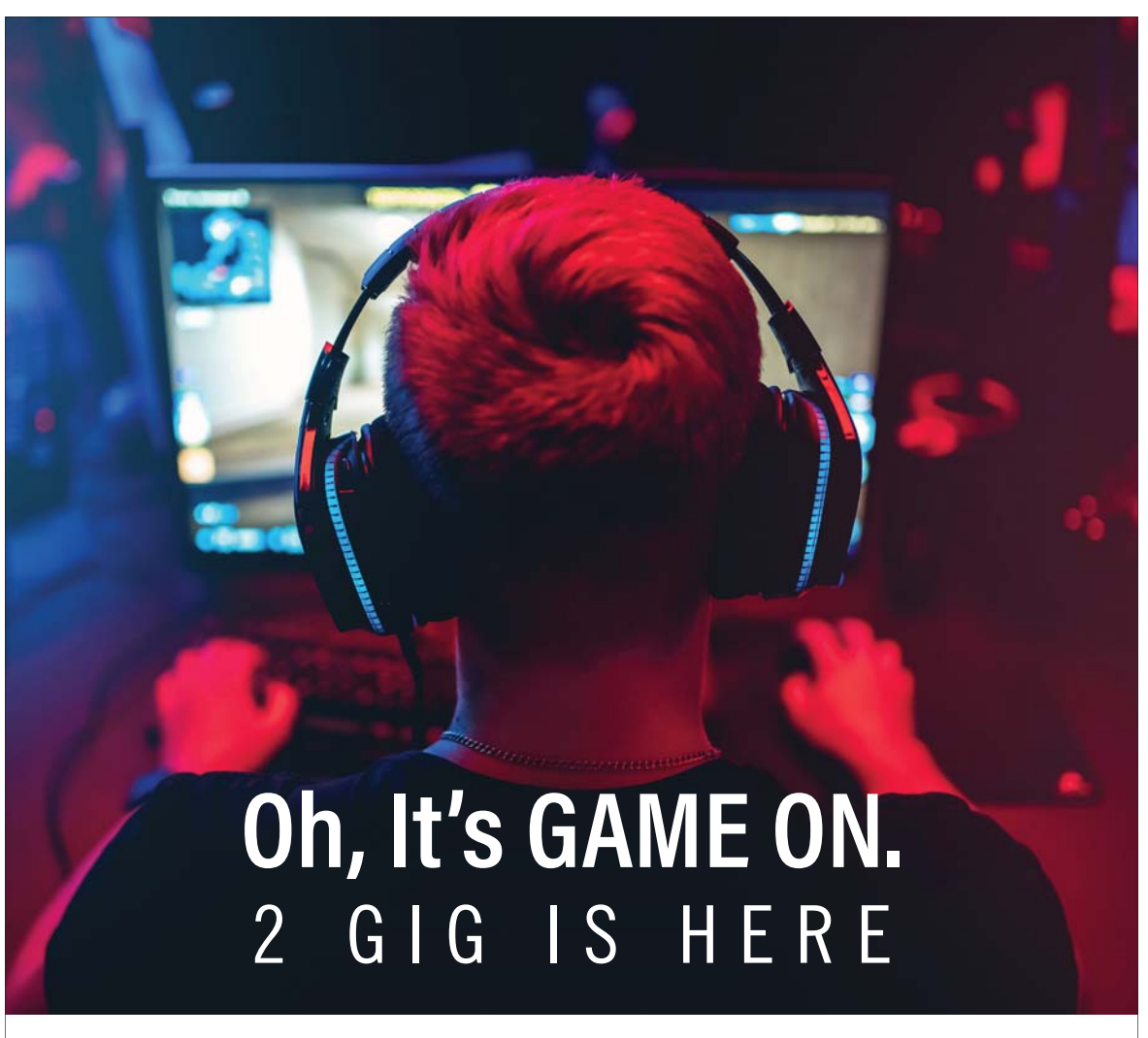
Lee also wants the Green House Café to be military-friendly. "We are going to give all of our active-duty and veteran friends a 15 percent discount for their service to our country," he said.

Guests looking for a relaxing lunch break can still sit in the Green House Café's booths and enjoy a conversation over lunch. The café also offers a coffee bar and a complete dessert selection alongside its sandwiches. "I think people will be pleasantly surprised not only by the quality of the food we serve, but also by our reasonable prices," Lee said. "It's a great lunch at a great price."

Parking is available on the north side of the Main Medical Building or in the lot across the street to the west.







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B-52 achieves key milestones for engine, radar modernization

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) –

The U.S. Air Force marked major progress in the long-term modernization of the B-52 strategic bomber fleet in 2026 with two critical acquisition decisions: Milestone B approval on June 1 for the B-52J Commercial Engine Replacement Program, allowing the engine upgrade to move into development, and Milestone C approval on Aug. 21 for the B-52 Radar Modernization Program, authorizing radar upgrades to begin production.

Together, these milestones advance upgrades that will keep the aircraft operationally relevant through 2050 and beyond as a cornerstone of the Nuclear Triad and the nation's long-range strike capability.

"These back-to-back milestones reflect the maturity of both programs and the strong partnership between the B-52 Program Office, Boeing, Rolls-Royce and Raytheon," said Brig. Gen. Timothy Spaulding, portfolio acquisition executive for Bombers and Director of the Air Force Life Cycle Management Center's Bombers Directorate. "These programs are delivering the propulsion reliability, sensor capability and electrical power needed to keep this legendary bomber viable, lethal, and supportable well into the future."

Program Office leaders describe B-52 modernization as essential to the future capability of the Air Force. The effort is organized around four functions: aviate, navigate, communicate and eliminate.

AVIATE: NEW PROPULSION AND SUBSYSTEMS

CERP replaces the B-52's original TF33 engines with commercial-derivative Rolls-Royce F130 engines and modernizes critical supporting subsystems, including hydraulic pumps, cockpit displays, flight systems and generators that increase electrical power capacity.

The June 1 Milestone B decision established the program's first official Acquisition Program Baseline and authorized entry into the Engineering and Manufacturing Development phase. Total acquisition cost was established at $20.2 billion, which includes funding for research, development, test and evaluation, procurement, and military construction. Of the $20.2 billion, $2.6 billion has been spent since 2018.

The baseline reflects a realistic, data-driven service cost position that accounts for the complexity of integrating new systems onto a 70-year-old airframe.

The program has made significant progress retiring technical risk. Early wind-tunnel testing identified inlet airflow distortion; engineers redesigned the nacelle and inlet, validated the solution through extensive testing, and completed the critical design review with Boeing and Rolls-Royce in May 2026. Ongoing engine testing continues.

"CERP is a critical investment in the enduring credibility and capability of the B-52 force," said William Bailey, performing the duties of the assistant secretary of the Air Force for Acquisition, Technology and Logistics. "By establishing a stable cost and schedule foundation, we are positioning the B-52 to provide reliable, long-range strike and deterrence capacity for decades to come."

Two dedicated test aircraft, currently flying operational missions after recent depot maintenance, are scheduled to enter modification at Boeing's San Antonio facility — in the coming months. These jets will receive both CERP and RMP modifications concurrently.

NAVIGATE: MODERN AESA RADAR

RMP replaces the 1980s-era APQ-166 analog radar with the APQ-188, a military-off-the-shelf Active Electronically Scanned Array Radar that is a cousin of the F-15 and F/A-18 radars.

The Aug. 21 Milestone C decision authorized Low-Rate Initial Production. The same day, the program awarded LRIP contracts to Raytheon Technologies for the radars and to Boeing for aircraft integration kits – beginning with Lot 1 of four kits. The five-lot production plan will deliver a total of 74 kits while maintaining production stability and affordability.

The program retired integration risks and proved hardware maturity through ground testing of its initial software build. A comprehensive Production Readiness Review completed in June 2026 assessed the system could be built reliably and was ready for initial production.



A U.S. Air Force B-52 Stratofortress takes off from a base in the U.S. European Command area of responsibility to support regional security in the U.S. Central Command AOR, April 30, 2026.

U.S. AIR FORCE PHOTO BY MASTER SGT. ERIC SUMMERS JR.

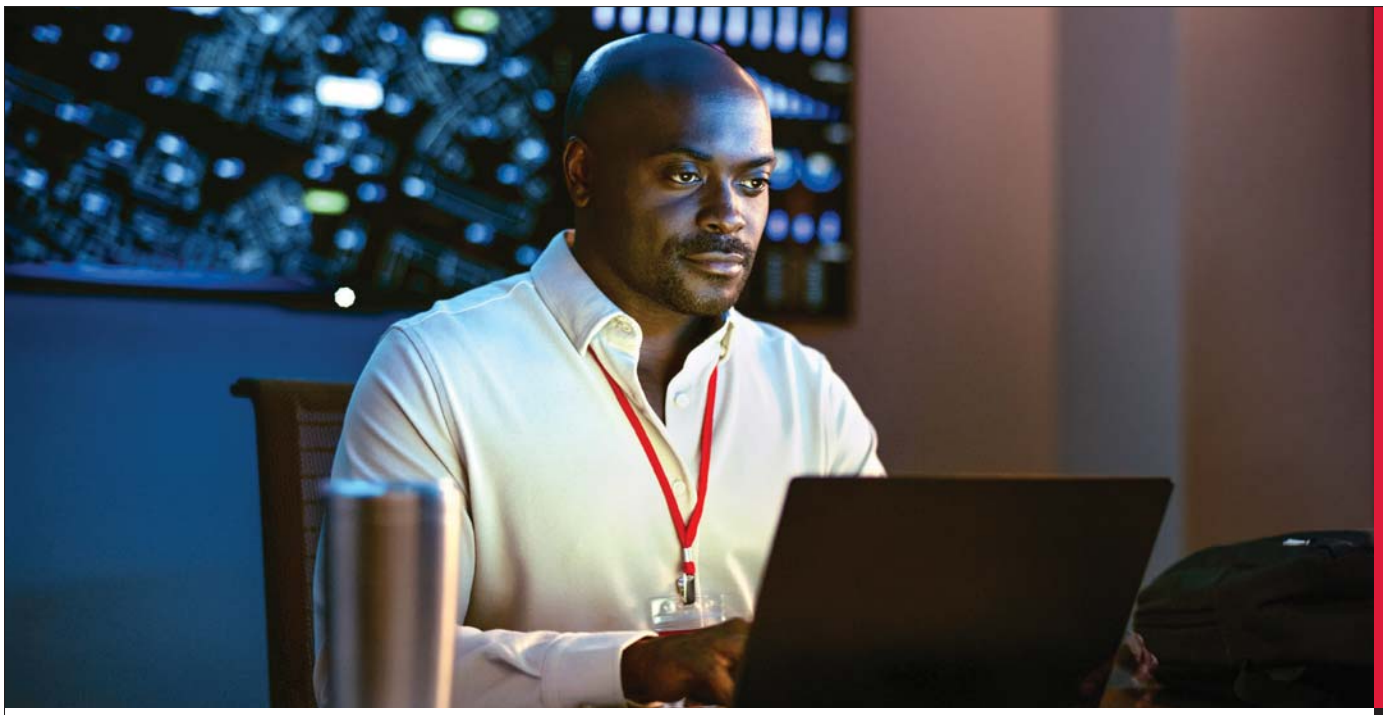
COMMUNICATE AND ELIMINATE

Beyond propulsion and radar, the B-52 enterprise continues work on survivable nuclear command-and-control communications, including Extremely High Frequency terminals, and conventional beyond-line-of-sight capabilities such as Hybrid SATCOM. Weapons integration efforts include the latest variants of the Long-Range Anti-Ship Missile and Joint Air-to-Surface Standoff Missile, while the B-52 continues to serve as a test platform for hypersonic weapons.

STRONG BONES

The structural integrity of the B-52 remains one of the aircraft's greatest strengths. As part of the Milestone B activities for the CERP, the program office conducted detailed structural assessments across the fleet to ensure the airframe could safely support new engines, increased electrical power generation and decades of continued operations.

These assessments confirmed that the B-52's airframe – originally designed in the late 1940s and built into the early 1960s – retains substantial structural life. Analyses project the airframes will have sufficient fatigue life to support operations well into the 2050s and beyond.



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We Get It



A VIEW FROM OUR SIDE
ROD WILSON

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

WHAT IT MEANS TO BE NORTH DAKOTA NICE

Long before then-Governor Doug Burgum—or perhaps someone before him—coined the phrase "North Dakota Nice," our parents were already teaching us the habits behind it.

A couple of weeks ago, I wrote about a group of people who challenged that mentality by behaving rudely and cutting into a breakfast buffet line simply because they felt entitled to do so. Never have I had so many people stop me afterward to share what being North Dakota Nice means to them.

One gentleman said North Dakota Nice means walking through a door, then looking back to see whether someone is behind you so you can hold it open. Another person mentioned that, when cars are leaving a parking lot, someone will actually let you into the line. Still another example—something my dad instilled in me—is that when a man and woman walk along a street or sidewalk, the man takes the side closest to traffic so the woman can walk on the inside. Those were only a few of the suggestions; there were many more.

It did not surprise me that friends, acquaintances, and even people I had never met enjoyed my North Dakota Nice column. That spirit is simply part of who we are, and traveling elsewhere can make the difference especially noticeable. Consider driving in a larger city: motorists in the next lane may refuse to let you merge, greeting you instead with an obnoxious honk or a not-too-friendly gesture as they leave you in a rapidly closing lane.

Thank You for Sharing Your Stories

To all the friendly folks who stopped me during the past two weeks—including members of my 6:15 a.m. aquatics exercise group at the YMCA and my Tuesday coffee group at Cookies For You—thank you. You reinforced my belief that North Dakota Nice is, and always has been, a shared mentality that cannot necessarily be defined in a book.

Still, I looked up "North Dakota Nice" online and found this definition:

"North Dakota Nice describes the polite, welcoming, and community-oriented demeanor typical of the state's residents. It involves a strong sense of connection, helping neighbors, and avoiding direct conflict or rudeness."

Yes, we get it. North Dakota Nice is not an exclusive label or a conversation starter. It is what we learned as children and, more importantly, what we passed on to our own kids.

I was reminded of that while waiting with my son for gas at a Costco in California. One pump was open, and three cars were waiting.

"Maybe they'll be nice and let you in," I said.

"Nah, that ain't gonna happen," my son replied. "They aren't North Dakota Nice out here." And if on cue one of the cars actually squealed his tires like he was in a NASCAR race and went from the line to the pump in record time. My son turned and looked at me an smiled and said "sometimes you have to remember where you are…"

Enough said. Have a great week.

ROD'S RAMBLIN'S

A WEEKEND AT CHANHASSEN

I am writing this on the return trip from Minneapolis, where my wife and I saw the musical Annie at the Chanhassen Dinner Theatres. If you are looking for a special weekend, I highly recommend the venue and its outstanding musical productions.

Last night, we sat next to people who lived less than 30 minutes from Chanhassen but had never attended a show there. Their granddaughter wanted to see Annie, so they booked tickets online. They were impressed by the cast's professional presentation and said they planned to attend more shows in the future. We also told them about the Medora Musical, and they responded, "How many days would it take us to get to Medora?"

TODAY'S CHUCKLE

It's OK that some people have to have the last word. If only they'd get to it quicker.



Annie is now playing at The Chanhassen Dinner Theater in Chanhassen, MN.

PHOTO COURTESY OF CHANHASSEN DINNER THEATER

Same frequency, different format



UPSIDE DOWN UNDER
MARVIN BAKER

Some of the people who read this article on a regular basis know that I have a hobby of listening to radio stations from beyond the line of sight. It's called DXing, an old telegraph word meaning distance.

When I started that hobby more than 50 years ago in Hazelton, the nearest FM radio stations were in Bismarck and there were two of them. The next closest was KOLY in Mobridge. That was it, so you can imagine why I used all kinds of ideas to bring more radio stations to the dial.

Today, it's a completely different story and it kind of reminds me of history lessons about the days when the Federal Communications Commission was launched.

From 1920 until 1934, when the FCC began, radio stations that went on the air basically chose their frequency. Some of them that were reasonably close together in distance would sometimes choose the same frequency which caused one station overriding the other and vice versa.

The FCC changed all that and assigned AM frequencies to radio stations in order to protect all of them.

Unfortunately today, with better equipment, we're beginning to see that problem with FM radio and it is sometimes becoming annoying, even here in North Dakota.

I'll provide some examples. There are three FM radio stations operating on 96.1 FM that can be heard in many parts of North Dakota. Williston has one, Grand Forks has one and Brandon, Manitoba has one. Where I live, CKX in Brandon is the dominant station, but sometimes KQHT in Grand Forks comes in better. Rarely do I get KYYZ in Williston and oddly that is technically the closest tower to my location.

The frequency 101.5 is another situation just like the previous example. CBK is actually a Regina radio station but broadcasts from a transmitter in Warmley, Saskatchewan, which is 104 miles almost due north of my location. KSSS is also on 101.5 in Bismarck, which is 155 miles southeast. And, depending on weather conditions, I may get one or the other or both.

Those kinds of examples are becoming the norm, but more recently low-power FM stations have been popping up and becoming dominant on some frequencies. To give you an example of this, there's a low-power Christian station on 91.9 in Minot called K220. There's also a low-power French station called CBKF in Bellegarde, Saskatchewan on 91.9. That station is 74 miles north and K220 is 26 miles southeast. And again, depending on weather conditions, I may get either or, when in reality I should always be getting K220 because it is so much closer. Sometimes one will fade out and the other becomes listenable.

Dickinson has a radio station operating on 92.1 FM called KZRX. It's slogan is "Rockin' the Western Edge." There's also a station on 92.1 in Regina called CHMX, so if you happen to be living in the right location in northwest North Dakota, you could be getting one or the other, or both depending on the weather conditions and altitude.

There are examples of this all over the place. But have no fear, there is a solution.

A number of commercial radio stations in Fargo, Valley City and Minot have converted to high definition and have picked up subcarriers, some of which used to have their own dedicated frequency. That means if you have a traditional radio, you won't be getting the multiple stations that I've been describing.

All of the Prairie Public Radio stations are HD, but it's just now becoming a commercial commodity and it is beginning to alleviate some of the multiple frequency issues.

But most commercial stations in North Dakota are slow to respond to HD. It might be expensive, I don't know, but HD has better sound quality as well, so it's definitely a benefit.

Last year in December, KHTZ in Minot was broadcasting classic hits on HD1, Christmas music on HD2 and country music on HD3. Some of the Fargo stations are doing much the same.

KRVX in Valley City is received at my location. I can't get it in HD, but I do get the traditional signal. It has HD2, but it will never travel as far as traditional KRVX because digital radio is not designed to travel beyond 40 or 50 miles, depending on tower height.

But, it is a solution and hopefully more stations will pick up HD to make FM a better listening experience once again.



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What's your origin story?



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

I'm often asked how I became the girl who loves Minot.

The one who finds the fun other people overlook, can't keep quiet about a hidden gem, and is always ready with an unsolicited recommendation.

This week, I was asked to share my "origin story" with a freshman class at Minot State University—an interesting assignment because my story isn't particularly tidy. When I look back, it's not the story I would have written 20 years ago.

I have a suspicion that's the case for many of us.

Preparing to share my own history forced me to face the path that led me here. The good, the bad, the years of walking blind with no idea where it would lead. As I really looked into all the turns and all the tears cried over stunted progress and unmet expectations, I realized something: I wish someone had told me a messy story.

I wish my head had been filled with testimonies of others who changed their minds, failed, and didn't fit the mold. Honestly, I think those stories are the most common—they're just difficult to explain, and therefore less often heard.

So here are pieces of what I shared on campus this week. Because maybe in the messiness of my history, you'll find encouragement for your present.

I went to college because that's what you did. I had a scholarship, I was near the top of my graduating class and, despite all that, I had no idea what I wanted to do. I changed majors. I tried different jobs. I worked in video production, photography, web design, construction, and writing. I freelanced. I blogged. I led a ministry. I started businesses. I quit things. I got rejected.

As a military spouse, I felt adrift. My husband had a real job. An important job. A job with a title that made sense when someone asked what he did, and always drew interest at family gatherings.

In my mind, I had a picture of what a good military spouse looked like. And I wasn't it. I had also had a picture of what a successful adult looked like. I wasn't that either.

Nothing seemed to stick, and I spent a lot of years mourning my inability to become "something."

Now, as I close out my 30s, I wish I could give my younger self a different perspective.

Experience is never wasted. Learning is never in vain.

The photography job I didn't love taught me to tell stories visually. Freelancing taught me to serve clients. Ministry taught me hard lessons about leadership, delegation, and responsibility. Writing taught me how to communicate efficiently. Construction taught me the value of life offline. Moving again and again taught me what it feels like to be the outsider, and gave me empathy for those who feel disconnected.

Even the failures left something useful behind.

There was a season when the pain of unmet ambitions (and significant health complications) caused my mental health to deteriorate to the point that I knew something needed to change, or I might not survive.

The pursuit of help and recovery changed the way I thought about life. I learned that circumstances do not get the final say in whether I can experience contentment and joy. While we can't control every plot point, we can control our perception and, ultimately, the narrative we tell.

I'm not looking for toxic positivity or a shallow illusion of happiness. Something negative and something positive can be true at the same time. I've just learned that life is more fun when you choose to dig up the positive perspective.

That mindset became the backbone of Hey Minot.

When I started sharing local tips and hidden gems, I wasn't launching some grand career plan. I was having fun. I was finding things that made Minot more enjoyable and helping other people see them, too. I knew what it was like to wake up to a life you hated living—and wanted to help people find some good, even if their circumstances weren't what they had hoped.

And that resonated. A local magazine asked me to write for them. Then a newspaper. Then the Northern Sentry—where you are reading this now.

If I could go back and chat with myself as a brand-new, 22-year-old military spouse, I'd want her to know that every chapter matters. The good ones and the hard ones eventually add up to a life—and we get to decide how we interpret them.

If you're in a season of uncertainty or discouragement, take heart. You're not behind, and you're not alone. Your potential isn't wasted just because your path isn't straight. Keep learning. Keep using your talent to solve problems and serve others.

Everyone has an origin story. Have faith in yours.

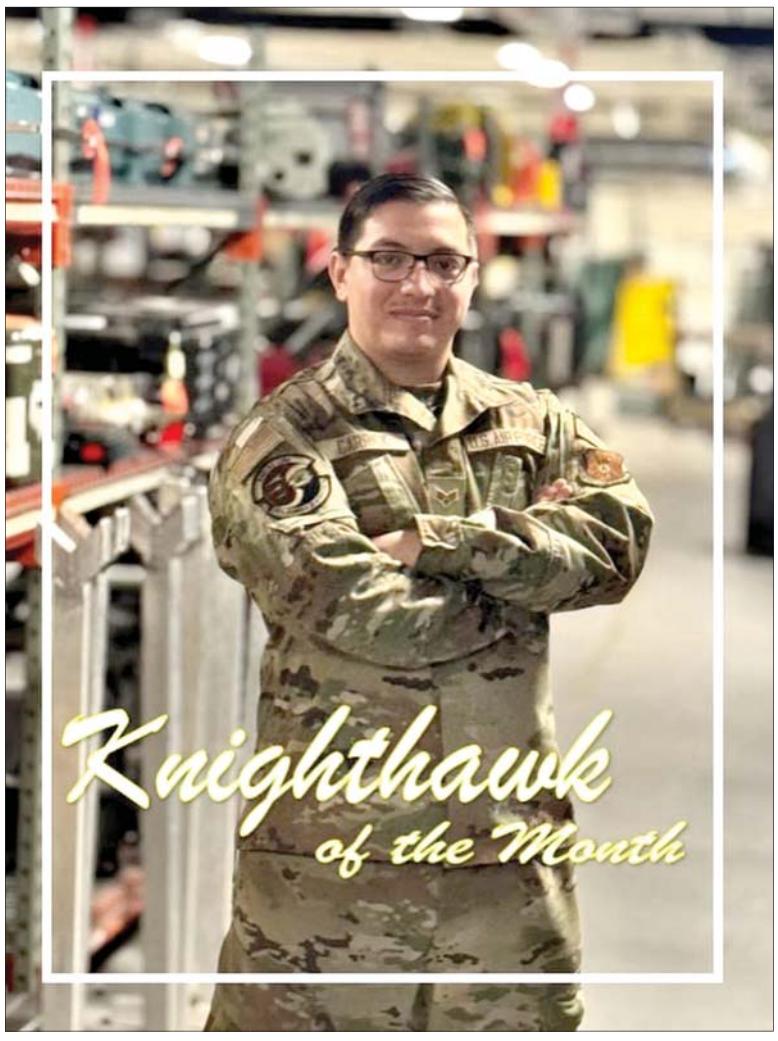
Join me next week when I share tips from the folks at Cornerstone Chiropractic about tackling fall yard clean up without making your back pay the price. For more follow @heyminot on social media or head to amyallender.com











SrA Kadin K. Garrick

The 69th Bomber Generation Squadron is proud to recognize Senior Airman Kadin Garrick as our Knighthawk of the Month.

As a CTK custodian, SrA Garrick plays a key role in ensuring Airmen receive the tools, resources, and support needed to accomplish the mission. Through professionalism, attention to detail, and dedication to customer service, SrA Garrick exemplifies the Knighthawk standard every day.

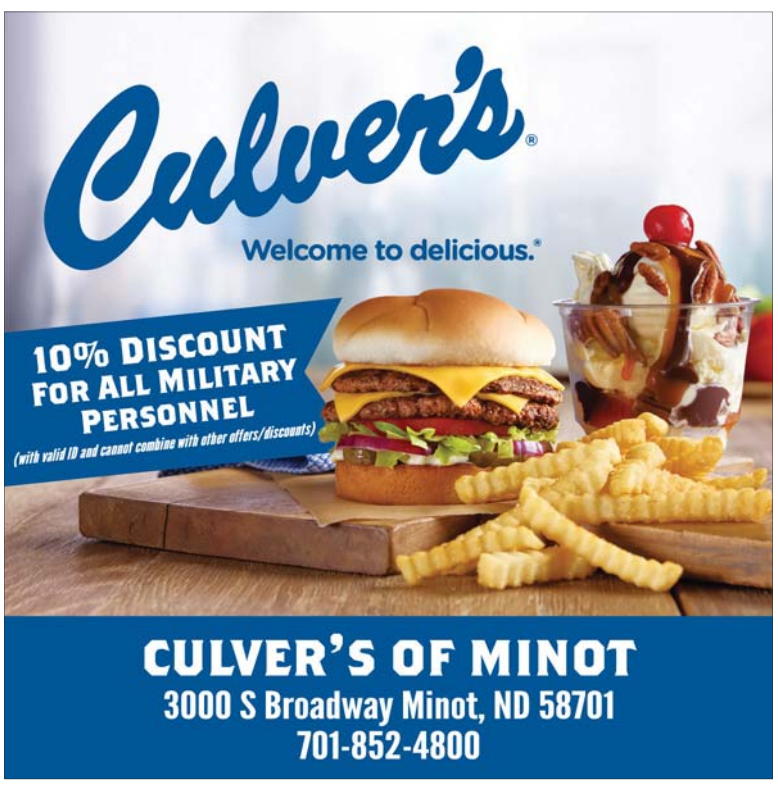
Hometown: Las Vegas, Nevada

Hobbies:Restoring his 1968 Ford Thunderbird, hiking, canyoneering and video games.

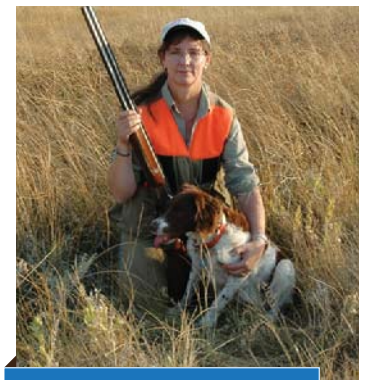
Best thing about being a Knighthawk: The leadership and supporting the B-52 mission.

Thank you, SrA Garrick, for your hard work and commitment to excellence. Your efforts help keep the 69 BGS mission ready to Take Flight every day.









by Patricia Stockdill

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), 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.
- Oct. 9 – 11: Woodland Trail Hike, 2030 14th Ave SW, Minot, 6 p.m.
- Oct. 10: Pheasant season opens.
- Oct. 15: Glow Wild Fun Run with games, glow activities, and face painting with walk and run to follow. Preregistration required. $10 for students 6 to 15 years of age and $20 for older, Roosevelt Park Zoo, starting at 6 p.m.
- Oct. 16 & 17: Evening Hike Series, Halloween Hike, Fort Stevenson State Park, Garrison, 7 p.m. Free with daily entrance fee or annual pass.
- Oct. 16: McKenzie Co. Pheasants Forever banquet, McKenzie Co. Ag Expo Bldg., Watford City, 5:30 p.m.
- Oct. 17: Crystal Broom & Terrariums Class, $15, Lexi Lou, 1407 S. Bdwy., Suite B, 10 a.m.
- Oct. 17: Squash Spectacular with pumpkin contest, Minot Farmer's Market, Oak Park, 10:30 a.m.
- Oct. 17: Kalix 2nd Annual Souper Saturday soup contest with silent auction, raffle, and Kid's Corner, All Seasons Arena, $5 children; $10 adults, All Seasons Arena, Minot, 11 a.m.
- Oct. 17: Sakakawea Pheasants Forever Fall Flush, Garrison City Auditorium, Garrison, 5:30 p.m.

FISHING:

Lake Sakakawea elevation, Oct.5: 1,824.1 feet above mean sea level (MSL); 13,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450 feet above mean sea level (MSL).

Stump Lake elevation: 1,450 MSL.

- N.D. Game & Fish Dept. game wardens: Not much activity on Devils Lake.
- Devils Lake, Woodland Resort, Devils Lake: Fair walleye activity. Try crankbaits.
- Lake Metigoshe, Four Seasons, Bottineau: Activity slowed with a few walleye showing up for the handful of anglers out.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Best walleye activity remains from Deepwater Bay west to Van Hook Arm. Try jigs and minnows, crankbaits, or jigging Raps in 20 to 45 feet.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea slow with better success around Deepwater Bay working west with jigging Raps.
- Lake Sakakawea, New Town: Continued nice fall walleye bite in the Van Hook Arm and river portion of Lake Sakakawea around New Town.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace generally remains slow. Better success is in the evening and night when Garrison Dam releases are higher. Look for some catfish activity but limited salmon and walleye numbers. Work deep water for active walleye on the east end of Lake Sakakawea with better success farther west. Work points. Try twilight hours for salmon with better success with spoons around Government or Scoria bays and along the face of the dam. Look for more success from shore with cooler water temperatures.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea producing walleye activity from White Earth Bay east to the New Town area. Try crankbaits in about 18 feet. Yellowstone and Missouri rivers cleared with improving walleye success. Lots of shiners, though, so bring lots of bait.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet.

HUNTING:

- Deer: Look for more movement with cooler weather.
- Doves: Birds are bunching and moving out.
- Upland: Fair numbers in parts of northwest, west-central, and even east-central N.D.
- Waterfowl: Some lesser Canada geese starting to trickle into areas around the east end of Lake Sakakawea with better duck numbers around southern Ward County. Some white-front geese and sandhill cranes starting to move into northwestern N.D. but ducks are still mainly local birds. Birds around the Devils Lake area, east-central, and north-central N.D. are also local birds with occasional scattered small flocks of cranes in north-central N.D. Some wood ducks along the Missouri River bottoms around the Williston area.

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.



Project SOAR strengthens Minot AFB medical response readiness

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

MINOT AIR FORCE BASE, N.D. — Medical personnel from Minot Air Force Base participated in Project SOAR, or Sustainment Operations for Air Force Medical Services Response, a two-day training exercise designed to strengthen medical readiness and validate response capabilities during an aircraft mishap and mass casualty scenario.

The Air Force Global Strike Command-facilitated exercise focused on preparing Medical Contingency Response Plan (MCRP) teams to respond to a simulated mass casualty incident resulting from an aircraft mishap.

The training provides medical personnel an opportunity to practice their response procedures, strengthen coordination between teams and validate their ability to provide care during an all-hazards emergency.

"The Minot Medical Group is a critical partner to the 5th Bomb Wing and 91st Missile Wing," said Capt. Cole Edwards, medical readiness flight commander. "We have to be ready at a moment's notice to provide care, respond to the mission and support our partners wherever they're needed."

The first day of Project SOAR consisted of classroom instruction and functional drills involving several MCRP teams, including triage, field response, clinical care and disaster mental health.

The training transitioned into a full-scale exercise on the second day, simulating an aircraft mishap involving multiple casualties. Exercise participants portrayed injured personnel using simulated injuries and moulage, allowing medical teams to practice providing care in a realistic environment.

During the full-scale exercise, medical personnel responded to simulated casualties while coordinating across multiple functions. The scenario allowed participants to apply procedures practiced during the first day while providing hands-on clinical care in a controlled training environment.

Exercises such as Project SOAR help medical personnel maintain proficiency and prepare for the challenges associated with responding to aircraft mishaps and other mass casualty incidents.

"This exercise gave us an opportunity to test how effectively our clinicians can deliver care in a field environment and, just as importantly, how well we coordinate with our community partners to ensure we're ready to respond as one team," said Edwards.

The training also supports Department of War and Air Force medical readiness requirements while helping sustain the capabilities of MCRP teams to respond to a range of emergency scenarios.

Through recurring training and realistic exercises, Minot AFB medical personnel continue to build the readiness and coordination necessary to provide timely medical response during contingency operations.



U.S. Air Force Airman 1st Class Scott Comeaux, TRICARE personnel reliability assurance program monitor assigned to the 5th Medical Group, and Airman 1st Class Dje Dje Gnogbo TRICARE operations and records manager, assigned to the 5th Medical Group, reviews patient administration procedures during Sustainment Operations for Air Force Medical Services Response (SOAR) training at Minot Air Force Base, North Dakota, Sept. 23, 2026. The SOAR exercise provides hands-on training to strengthen medical readiness and prepare Airmen to respond to aircraft mishaps and mass casualty scenarios.



Airmen from the 5th Medical Group perform different procedures during Sustainment Operations for Air Force Medical Services Response (SOAR) training at Minot Air Force Base, North Dakota, Sept. 23, 2026. The SOAR exercise helps meet key Department of War and Air Force requirements, enhance the mission readiness of medical contingency response plan teams and ensure our personnel are prepared for a wide range of all-hazard scenarios.

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

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Amn Dylan Clark



91st Missile Maintenance Squadron
Hometown: LA Grange, Kentucky

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GAME SALUTE: FRIDAY, OCTOBER 16

SrA Niko Guerrero



5th Operations Group
Hometown: Humboldt County, California

Senior Airman Niko Guerrero has been in the United States Air force for 1,748 days and has been stationed here at Minot Air Force Base for 3 years and 3 months. Last month, he obtained his Associates of Applied Science in Aircrew Safety Systems technology from the Air Force and is currently attending Liberty University online, working towards his Master of Arts in Chaplaincy, in hopes of becoming a Chaplain. He is currently serving as the 5th Operations Group Commander's Executive Assistant for the last 6 months, where he helps process and communicate critical information, coordinating daily operations for 3 squadrons, including two B-52 Bomb Squadrons and the Operations Support Squadron, totaling over 350 service members. Niko and his wife Kendra, celebrated their 5-year wedding anniversary last week by car camping in Minnesota, where they share a love for the outdoors. Senior Airman Guerrero is committed to excellence for his Faith, family and country.

GAME SALUTE: SATURDAY, OCTOBER 17

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a $25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.

NOTES ON BEING SAFE

WATCHING FOR THE WHITE TAILS:

TIPS TO AVOID DEER COLLISIONS

There is no doubt that the fall and winter seasons are the most common time for a person to hit a deer while driving, mainly because this is the time of year that deer are out looking for food. As with any other type of automobile accident, however, the good news is that there are many ways for you to prevent yourself from hitting a deer.

The steady increase in North Dakota's deer population has been felt on vehicles as well as driver's pocket books across the state. Vehicle mishaps involving deer strikes have had a steady increase of 34% since 2000. In 2007, there were 4,118 mishaps in North Dakota that involved deer, with 43 people injured and two people killed.

Typically the month of November has the highest number of deer strikes crashes. In 2007, there were approximately 31 per day in November. Deer strikes occur most often between 7 a.m. and 8 a.m., and again in the evening from 6 p.m. – 10 p.m.

According to Linda Butts, NDDOT Deputy Director of Driver and Vehicle Services "Drivers should always wear a seat belt whether driving on a highway or a rural road, and need to be especially vigilant during the early morning and evening hours."

AVOID HITTING A DEER BY DRIVING SLOW

If you want to avoid hitting a deer, the first thing that you will start doing is driving slow - or at least slower than usual. The main reason is because you will be more likely to slam on the breaks and bring the car to a stop before your car comes close to hitting the deer. You will allow yourself more time to react to a deer crossing the road when you drive slower than if you were to drive faster. Following speed limits, or doing lower than the speed limit in areas where you know that deer may be spotted frequently, is one of the best ways to prevent hitting a deer this winter.

AVOID HITTING A DEER BY USING HIGH BEAMS

It is important to keep in mind that using your high beams is not allowable in certain areas, such as highways or main roads, however, there are many areas where you still can use your high beams, such as secluded back roads or wooded areas - which are both places where deer enjoy hiding out. The reason that using your high beams is likely to help you prevent hitting a deer is because you will be able to see further away than if you used your headlights alone. This will give you much more time to react and to be aware of the fact that a deer is crossing the road in front of you.

One of the best ways to prevent hitting a deer is to avoid distractions. This includes talking on a cell phone or fumbling with the cd player while you are driving. As with any other type of car accident, you will be giving yourself less time, if any time, to react to situation when you have too many distractions going on at once. If you really want to prevent hitting a deer this winter, you will want to allow yourself that extra reaction time by being aware of what you are doing, without distractions.

These are just some of the things that you can do to prevent hitting a deer this winter. Unfortunately, there are situations in which hitting a deer is entirely inevitable. If you do feel like you are about to hit a deer, the best thing that you can do for yourself and your automobile is just hit it. The main reason is because more injuries and deaths occur from those who choose to swerve, ultimately landing themselves wrapped around a tree, telephone poll or even another vehicle. Although your car may have some damage, it is likely that the injuries you may face from hitting a deer will not be half as bad as if you had swerved.

If you hit a deer, you are to contact law enforcement to report the crash if the damage is over $1,000. Remove the deer to the side of the roadway if it is safe to do so. If you are unable to do so, law enforcement will move the deer.

If the deer is a traffic hazard and you can't move it to the side of the road, and law enforcement isn't involved, you may contact the NDDOT district office in Minot at 837-7625, or North Dakota State Radio at 1.800.472.2121 so they can make arrangements to remove the deer.

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Oil Change Tips

It is recommended that you get an oil change on your vehicle every 3,500 miles for regular oil and every 5,000 miles for synthetic oil. Checking and changing the oil is essential to keep today's engines working properly and efficiently. Check the oil level with the engine and the car parked on a flat surface. Open the hood, remove the dipstick, wipe off with a cloth towel or paper, then back into the oil tank. Pull it again and see if the level is within the acceptable range marked on the dipstick. If you add the oil yourself, do not overfill. Overfilling can damage the engine.

Most automobile manufacturers recommend oil changes every year or 7,500 miles of car and light truck gasoline engines. The usual recommendation is diesel engines and turbocharged gasoline engines every 3,000 miles or six months.

You'll find that a once-a-year (7,500-mile) oil change is for vehicles driven in ideal circumstances. Most of us think "normal" driving is "severe service" driving. This includes frequent short trips (less than 10 miles, especially in cold weather), stop-and-go city traffic driving, driving in dusty conditions (gravel roads, etc.), and sustained highway driving speed during the warm season. For this type of driving behavior, the recommendation is to change the oil every 3,000 miles or six months.

For maximum protection, most oil companies say to change the oil every 3,000 miles or three to six months regardless of what type of driving you do. Regular oil changes for preventative maintenance are cheap insurance against engine wear and will always save you money in the long run if you keep a car for more than three or four years. It's very uncommon to see an engine well-maintained with regular oil changes develop significant bearing, ring, cam, or valve problems under 100,000 miles.

What About The Oil Filter?

To reduce the costs of vehicle ownership and maintenance, many car makers say the oil filter only needs to be replaced at every other oil change. Most mechanics will tell you this is a false economy.

The oil filters on most engines today have been downsized to save weight, cost, and space. The "standard" quart-sized filter that was once common on most engines has been replaced by a pint-sized (or smaller) filter. You don't have to be a rocket scientist to figure out that a smaller filter has less total filtering capacity. Even so, the little filters should be adequate for 3,000-mile oil change intervals — but may run out of capacity long before a second oil change at 6,000 or 15,000 miles.

Therefore, replacing the oil filter every time the oil is changed is highly recommended.

Filter Replacement

If you do your oil changes, make sure you get the correct filter for your engine. Follow the filter manufacturer's listings in its catalog. Many filters that look the same on the outside have different internal valving. Many overhead cam engines, for example, require an "anti-drain-back" valve in the filter to prevent oil from draining out of the filter when the engine is shut off. This allows oil pressure to reach critical engine parts more quickly when restarted. Filters that are mounted sideways on the engine typically require an anti-drain-back valve.

Used motor oil should be disposed of properly. The Environmental Protection Agency does not consider used motor oil to be a hazardous chemical, but it can foul groundwater and contain traces of lead. The best way to dispose of used motor oil is to take it to a service station, quick lube shop, parts store, or another recycling facility. Your old oil will either be re-refined into other lubricants or petroleum products or burned as fuel.

Do not dump used motor oil on the ground, down a drain, into a storm sewer, or place it in the trash. Many landfills will not accept used motor oil even if it is in a sealed container because it will eventually leak out into the ground. If you can't find an environmentally-acceptable way to dispose of the stuff, maybe you shouldn't change your oil. Service facilities that do oil changes have storage tanks and recycling programs to dispose of used oil.

It is recommended that you get an Oil Change on your vehicle every 3,500 miles for regular oil and every 5,000 miles for synthetic oil. Checking and changing the oil is essential to keep today's engines working properly and efficiently.

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B SECTION

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MINOT NORTH SENTINEL REPORT **B6**



MINOT VETERANS OF FOREIGN WARS POST 753 PART II - OUT AND ABOUT **B8**



Sparky Makes a Safety Stop

Sparky the Fire Dog helps bring the fire-safety message to Team Minot during a visit to the David C. Jones Youth Center Oct. 5. Minot AFB Fire & Emergency Services members spent the day teaching students about fire prevention, demonstrating equipment and giving them an up-close look at the tools firefighters us

MINOT AFB FIRE & EMERGENCY SERVICES PHOTO





Summer Photo Contest Winners Announced

TED BOLTON, NORTHERN SENTRY PUBLISHER

The Northern Sentry is excited to announce the winners of our Summer Photo Contest!



WILLIAMS FAMILY WINS GRAND PRIZE

A1C Cody Williams, assigned to the 5th MXS AGE Shop, and his wife, Kayla, arrived in Minot about a year ago after relocating from Fresno, California. Since arriving, Kayla has become an avid Northern Sentry reader and submitted several photos to this year's Summer Photo Contest.

Her name was randomly selected from all the entries, earning the Williams family the grand prize — a two-night stay in a three-bedroom cabin at the International Peace Garden!

When asked what they enjoy most about their new home, Cody and Kayla didn't hesitate: "The people here are great, both in town and on base."

The couple has also discovered a new passion since arriving in Minot — hockey. They attend Minot Minotauros and Minot State Beavers games whenever they can.

But their greatest joy arrived just six months ago with the birth of their son, Teddy. During a recent visit, it was clear just how much happiness the little guy has brought to their family. Teddy spent the time giggling and smiling, making it easy to see the love this family shares.

The Minot community is fortunate to have wonderful families like the Williams family living and working here, and we know they'll have an amazing time at the International Peace Garden!



"Shout out to all my AGE brothers & sisters; DINSTAAR! If you know, you know!"



SULLIVAN FAMILY PHOTO SELECTED FOR 2027 SUMMER ADVENTURE GUIDE COVER

Congratulations also go to the Sullivan family — MSgt Patrick Sullivan, his wife Katie, son Oliver, 5, and daughter Charlotte, 3.

Their photo was selected to appear on the cover of the Northern Sentry's 2027 Summer Adventure Guide. The winning photo captures Charlotte enjoying the sandy beach at Icelandic State Park near Cavalier, North Dakota, on a hot summer day.

Be sure to watch for the 2027 Summer Adventure Guide, coming in May 2027, for more about the Sullivan family's winning photo and their adventures exploring the parks of North Dakota and beyond.

Thank you to everyone who shared their summer adventures with us. We loved seeing how Team Minot families spent their summer!



BADLANDS RESTAURANT BAR

Upcoming Events

9-10 OCT — MIDWEST MONSTERCON
2:00 PM - 8:00 PM
Minot Municipal Auditorium,
420 3rd Ave SW Minot
Enter a world where the veil between reality and the unknown grows thin… Midwest MonsterCon, North Dakota's only horror convention, invites you to experience the macabre like never before. With haunting vendors, spine-chilling films, twisted games, eerie contests, and celebrity guests from the world of horror, this is a gathering for all who crave the strange and unusual. If it's creepy, paranormal, or downright terrifying… you'll find it here.
Admission: Adults 18 and up • $20 — Two-Day Pass • $15 — Single-Day Entry Kids 12 to 17 • $10 – Two-Day Pass • $7 – Single-Day Entry Under 12 Free



For more information:
https://midwestmonstercon.square.site/

09 OCT — MINOT NORTH DECA FALL FEST
5:00 PM - 9:00 PM
Minot North High School,
2100 21st Ave NW, Minot
Fall Fest is a fun-filled, donation-based community event created to bring families, students, and local businesses together while supporting a great cause. All proceeds from the event benefit Minot North High School's Special Education Classroom, helping provide supplies, resources, and opportunities for students. This year's event will feature: * Silent Auction with donations from local businesses * Car Show featuring classic, custom, and unique vehicles * 3 Food Trucks * 2 Dessert Trucks * Family-friendly activities * Community vendors and more! Whether you're coming to enjoy great food, bid on silent auction items, admire amazing vehicles, or simply spend time with your community, there's something for everyone.

MINOT NORTH · DECA · FALL FESTIVAL

For more information:
Facebook/ Minot North DECA - Fall Fest/ Events

15 OCT — GLOW WILD FUN RUN
6:00 PM
Roosevelt Park Zoo
1219 Burdick Expy E, Minot
Glow Bright. Run Wild. Gates: 6:00pm | Race: 7:00pm
½-mile race | All ages welcome!
Join Roosevelt Park Zoo, Minot Parks, and Greater Minot Zoological Society for yard games, glow activities & face painting before the race!
Run, walk, or roll! Wheelchairs, strollers and wagons welcome. No bikes, rollerblades or scooters.
16+: $20 | 6–15: $10 | 5 & under: FREE
Pre-registration is required for everyone, including 5 & under, so we know how many glow-in-the-dark goodies to order!



For more information: Facebook/ Minot Parks/ Events
Register: https://bit.ly/4xjMj1o

17 OCT — SQUASH SPECTACULAR – MINOT FARMERS MARKET
10:30 AM
Oak Park
1300 4th Ave NW
Here's a day for the fall produce!
We've set aside one day to put the spotlight on the pumpkins, squash, and gords. Bring your ugliest, prettiest, and biggest pumpkin for the contest. Registration starts at 10:30am. Winners announced at 12:30pm.
Fun for all ages: Take your guess at the pumpkin's weight and get the details on how to add squash to your winter meals with our chef's demos. Go pumpkin bowling, test your skills at the gord toss, decorate a pumpkin, and more fall fun! PLUS shop all of the options of local foods and handcrafted items from local vendors!



For more information:
https://minotfarmersmarket.com/squash-spectacular

NEW Community at the Northern Sentry

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



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



SUDOKU PUZZLE

Solution to puzzle on page B10

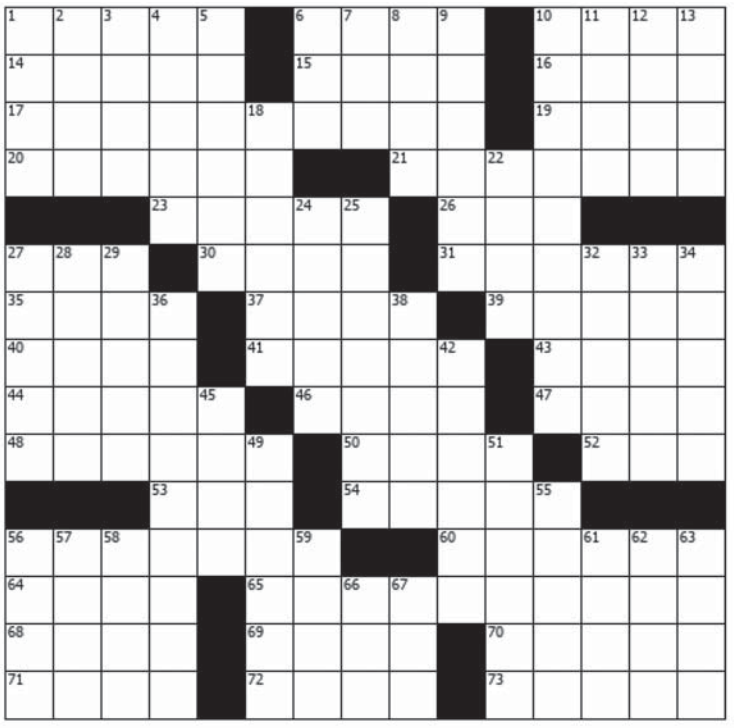
	1		2		3	4		5
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8		2	7					9
			5			3		
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		7			1			
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		9			6	2		
2		3	1		9		4	

CROSSWORD SOLUTION

Solution to last weeks crossword

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

CROSSWORD PUZZLE



Across

1. Dummy, in bridge columns
6. Isinglass
10. Ottawa-based law enforcement gp.
14. Love to pieces
15. Bell-ringing company
16. Skin soother
17. Oscar nominee for the 1947 film "Crossfire"
19. Tall tale
20. Like many thick soups
21. Found out
23. More desperate
26. Ruckus
27. Donkey
30. Big, heavy book
31. Hedy of "Algiers"
35. Bryn __ College
37. Immediately following
39. Ike's wife
40. Pennsylvania port
41. Spooky
43. Kind of tide
44. Church notice of a marriage
46. Tear to bits
47. Not fooled by
48. Lansbury or Bassett
50. Breakfast staple
52. "Can't Help Lovin' __ Man"
53. Was on the ballot
54. God
56. Take unfair advantage of
60. Beethoven's Third
64. Big poem
65. Comedian who said, "When I eventually met Mr. Right I had no idea that his first name was Always"
68. Elevator man
69. Once again
70. 39.37 inches, in England
71. Agnew's plea, briefly
72. Ship stabilizer
73. Vegas machines

Down

1. Catcher of pushers
2. Smell
3. Post-shower wear
4. Tire pattern
5. Recluse
6. Disfigure
7. __ League
8. Christmas stocking punishment
9. Toughen by heating, as glass
10. Comic whom "everybody loves"
11. Highlands family
12. Additional
13. Remain undecided
18. Actor Power
22. Alan Arkin's son
24. Middle East bigwig
25. Longtime New York Observer film critic
27. Tiny life form
28. It's a wrap
29. Try to hit the ball
32. Change, as a law
33. Lasso
34. Move a fern, e.g.
36. "Tin Cup" actress
38. Hint of color
42. More nervous
45. Starter for happy or dash
49. Arctic jacket
51. Plays lightly
55. Tyrolean refrain
56. Peasant worker
57. __-the-minute
58. "Bubble, bubble, __ and trouble ..."
59. Largest digit
61. Division word
62. Part of CPA: Abbr.
63. War god
66. Golf ball holder
67. Piercing tool

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- Verify member's military/ dependent status by showing identification

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the SPOT — Supplying Calling Cards



CHURCHDIRECTORY

Chapel Services at MAFB

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290 Peacekeeper Pl
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Protestant Community Service Times:
Traditional Service 9:00am
Breakfast Fellowship 10:00am
Contemporary Service 11:00am
(Holy Communion 1st Sunday)
Children's Church available

Northern Lights Chapel
230 Missile Ave
(across from Rockers)

Catholic Mass

Sunday 1000
Daily Monday-Friday 1200

Open Circle (Wiccan/ Neo-Pagan)
1000 on 1st & 3rd Saturdays

Hof (Norse Pagan)
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www.fbcminot.org

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Contemporary Worship Service ..... 9:50 a.m.
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Contemporary Worship Service ..... 11:05 a.m.
Children's Church ..... 11:05 am.
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Wednesday Evening Schedule
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Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm

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www.faithumcminot.com

Pastor Rick Craig
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Sunday Coffee Fellowship: 10:30 a.m.
Worship Services: Sunday 11 a.m.

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www.ibcminot.org
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Sunday ..... 8:00 & 10:30 a.m.

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Parish website: www.stjohnminot.com

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ABC Child Care Center 852-6352

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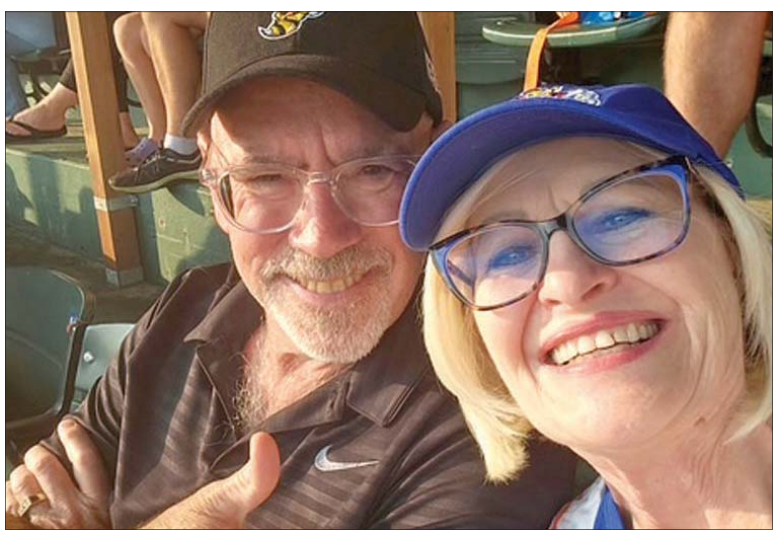
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Ted & Margie Bolton celebrate their 50th Wedding Anniversary October 9, 2026



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This picture is one of three polaroid's taken at Ted & Margie's wedding conducted by a Justice of the Peace in Cobleskill NY Oct 9, 1976. 18 days later Ted enlisted in the USAF.



After a live changing encounter with Jesus Christ, the two renewed their vows in a Church wedding (cira 1980)



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A NEW WAY TO LEARN

Patricia Stockdill

Boy, talk about a reality check several years ago when I had the opportunity to work with a friend who was on Pheasants Forever's national board of directors.

We were at the National Pheasant Fest, a celebration of all that is upland game birds, bird dogs, and habitat. I was helping her with an event when a high school student told us she wanted to go hunting but she and her dad didn't know how to do it.

As much as I hate to admit it, I was initially taken aback. I grew up hunting. I was the kid tagging along with dad, a couple of uncles, and maybe a cousin or two during deer season, stumbling through buckbrush taller than what I was.

I was the kid using a 12-gauge shotgun trapshooting that seemed like it was bigger than I was, carrying that same shotgun in search of pheasants and grouse.

I hesitated before responding, not knowing how to answer her because I was a kid growing up in the country. Being outdoors and hunting was natural.

My friend and I shared some tips and suggestions; knowledge gleaned from growing up with hunting coupled with my friend's knowledge gleaned from becoming hooked on hunting as an adult.

Coupled with all that was Pheasant Fest, my friend and I hoped we helped them begin a lifelong love of the outdoors and hunting

Fast-forward several years (no way will I admit how many) and our conversation with a young lady and her dad relived in my mind when I read a N.D. Game and Fish Department press release.

It talked about a multi-state partnership launching an online course on how to hunt upland game birds.

Admittedly, I had two reactions. "Well, it's about time," was the first, delighted that a concerted effort among organizations and agencies was working on ways to introduce new people to hunting and, perhaps above all, the outdoors experience and appreciation that goes with it.

The second reaction was, sadly, just that – sadness. Sad that so many people have lost touch with what is a basic primal need – seeking food. In fact, seeking some of the healthiest food known to humankind – something unprocessed and chemical-free.

You can't get more natural and healthy than wild game meat.

Sad that it's easier to find easier ways to occupy our time, easier hobbies and interests.

Sad that the family hunting and outdoor tradition passed on from generation to generation is becoming more disjointed. Sad that we're losing our connection to the outdoors and its wildlife.

But it's easy to focus on the sad; the negative.

No, this is a huge positive.

First, it's a positive that the funds were available. The project was done with a grant from funds generated by hunters through the federal Wildlife and Sport Fish Restoration Program, which is managed by the U.S. Fish and Wildlife Service and Association of Fish and Wildlife Agencies.

It's hunter dollars helping ensure the future of hunting by passing along knowledge. Just having those funds available for natural resource management is a positive and this new venture takes it down a different avenue.

Recognizing the need – and to follow through – is, yes, another huge positive.

In addition, it's a positive that state agencies were involved along with organizations such as Pheasants Forever, Quail Forever, Back Country Hunters & Anglers, Becoming an Outdoors-Woman, Midwest Association of Fish and Wildlife Agencies, Minority Outdoors Alliance, and Ruffed Grouse Society/American Woodcock Society.

Yet another positive is it's an easy way to learn, developing a connection with other hunters and their experiences.

The online video course features five hunters in different parts of the United States. The habitat is different, experiences differ, weather isn't the same, and the quarry – while all categorized as upland game birds – are all unique onto themselves.

You learn about hunter safety, equipment, techniques, and more.

And on top; of that, it's free and can be viewed at one's convenience.

Go to the Pheasants Forever website, (www.pheasantsforever.org/howtohunt), to sign up.

And then go hunt.

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MINOT NORTH
SENTINEL REPORT

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Sentinels fall short in Homecoming showdown

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

Homecoming brought a week of school spirit, activities and anticipation to Minot North, but when Friday night arrived, the Sentinels had one thing on their minds: football. Minot North faced St. Mary's on Sept. 25 in its Homecoming game, battling throughout the night in a matchup that came down to the final points. Despite the effort, the Sentinels fell just short, losing 20-22.

For junior football player Parker Roberts, the key to navigating a busy Homecoming week was keeping the team focused on what mattered most. Rather than letting the excitement surrounding the week become a distraction, the team stayed focused on preparing for its next opponent.

"During Homecoming week we just focus on our preparation for the next game, taking things day by day and ignoring all the extra stuff that comes with Homecoming week," he said.

For Roberts, however, this season has been about more than wins and losses. Football has become an experience that has taught him how to push through difficult situations and appreciate the opportunities he has while he has them. Playing at the varsity level has also given him a different perspective on how quickly high school football can pass.

"Playing football at Minot North has taught me how to persevere through tough times and the coaches have taught me some extremely valuable lessons that I will continue to use all throughout my life," he said. "I've learned from playing football at the varsity level that you shouldn't take it for granted. Playing football at the varsity level is the most fun way to play football but it goes by extremely quickly so make sure to take it all in whether you enjoy it or not."

That appreciation is especially meaningful after Roberts faced a difficult decision over the summer. He quit football and believed he was finished with the sport, but his coaches continued to check on him even when he was no longer playing. Their support eventually helped bring him back to the team.

"The biggest challenge I've faced this year is definitely quitting football," he said. "I quit over the summer and I swore there wasn't a thing that would get me to join back."

Returning to the team gave Roberts another opportunity to compete alongside his teammates and continue developing as a player. He credits his coaches for giving him that opportunity and for continuing to support him when he was away from the program.

"I'm extremely thankful for my coaches for checking up with me over the summer even though I wasn't playing for them and I'm thankful for them giving me the opportunity to come back and play for this amazing team," he said.

With the current season continuing, Roberts is also beginning to look toward what comes next. With seniors graduating, he knows younger players will look to returning players for leadership. Two seniors in particular, Will Hannon and Cameron Jesz, have already given him an example to follow. Whether he has questions about offense or defense, he knows he can turn to them for advice.

Looking toward the offseason, Roberts plans to focus on becoming a stronger and faster player. His goal is to put himself in the best position possible to contribute next season, both on offense and defense. "Next season I hope to personally start on offense and defense and as a team I hope we can win WDA and make the playoffs," he said.



Minot North Varsity Football Team Competes at Homecoming Game.

BRYLEIGH MCBRIDE PHOTO



Junior- Parker Roberts

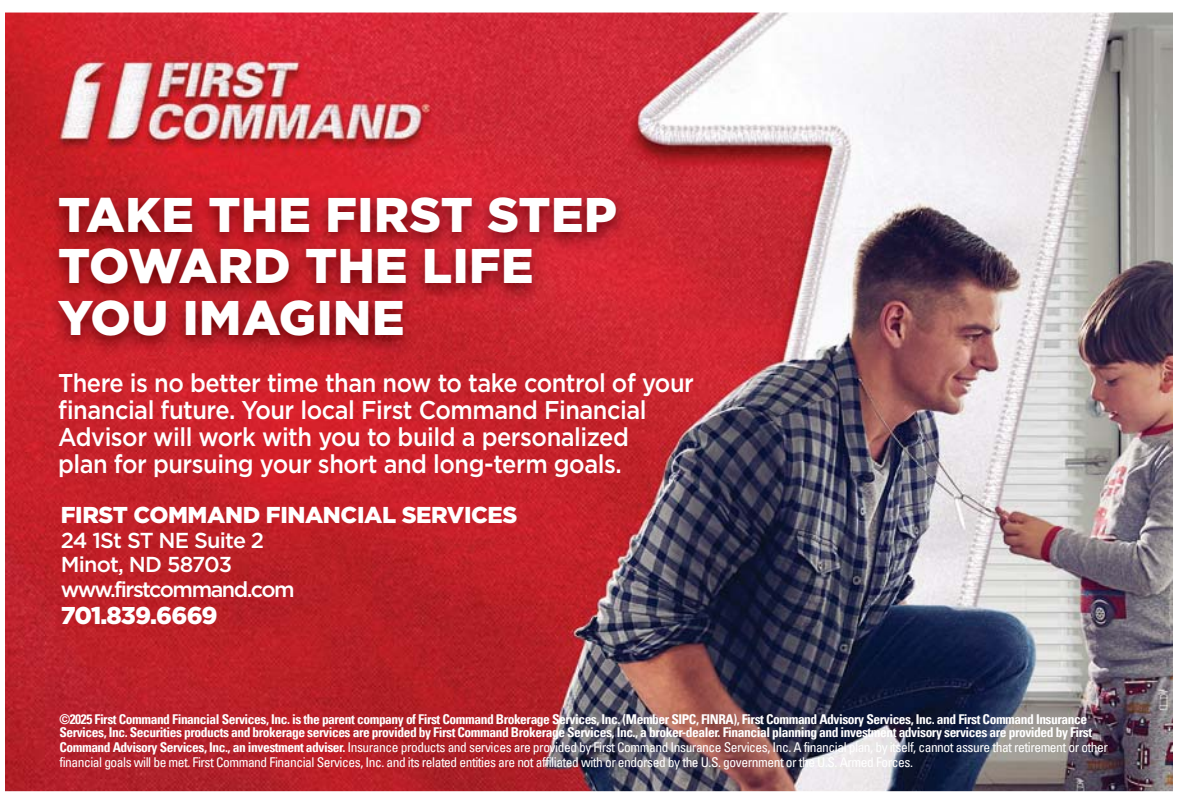
ARBAUT PHOTOGRAPHY

The 20-22 loss to St. Mary's may not have ended the way the Sentinels wanted, but the close game was another opportunity for a young team to grow. For Roberts, the experience is part of a larger lesson: football does not last forever, making every practice, game and moment with the team worth remembering.









YOUTH IN ACTION

Intentional Outreach

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



Communicating with others – commanders, families, schools, and community partners – is an important part of the School Liaison Program Manager position. In order of frequency (most to least), I accomplish this via written correspondence (email/articles/Facebook), meetings, phone calls, briefings, outreach activities, in-person visits, workshops, educator trainings, and large-scale annual events. Today, I am going to focus on the happy medium. These activities are designed to support and provide resources to the local community – you! – and are not without significant effort, as they each require budget assessment, promotional product purchasing, scheduling, marketing requests/advertising, and – the most exciting part – successful execution.

Prior to this School Liaison Program Manager position, I routinely participated in only 24 outreach activities per year, two per month. Applying that learned experience to this position was a pivotal decision, as it was not only helpful but necessary for growth and improvement, because my outreach has now doubled!

These days, my shtick at events centers around one of the most important documents for military-connected students: "Not many people, maybe not even one person in this room, has heard of the Military Interstate Compact and that's a shame. This document is accepted by all 50 states and outlines specific military-connected student provisions." I then provide examples of the rules listed in the compact and enjoy seeing a light bulb go off in each parent's head. This realization is impactful, as military families now know – without a doubt – that their frequent moves and unique challenges are supported, which ensures retention and readiness of our force – and that should be appreciated by all Americans!

In addition to the increased number of outreach activities, I now have a large budget for outreach materials. My husband jokes about my affinity for my suitcase on wheels, but this handy travel bag has securely stored my increased outreach supplies in numerous pockets and various-sized compartments like no other soft, fabric container. Its wheels and expandable handle add to its appeal - permitting safe, physically stress-free travel. Where I used to only carry brochures and papers in a folder, I now carry School Liaison Office-embossed foam squishies, highlighters, pencils, bags, banners, info graphics, brochures, school calendars, and document stands. Not to mention a tablecloth. Enhanced travel storage is a must!

Recently, my foldable, wheeled cart was admired by our Protocol Office' staff as they watched me easily load seven heavy, blue leadership' parking signs into it – rolling out and toward impactful, memorable events. I hope they purchase one soon; it's a godsend.

Why am I telling you all of this? Because robust partnerships among commanders, families, schools, and communities are crucial for fostering student success and intentional outreach involves more than merely standing at a table. It takes rigorous, thoughtful planning and a heart to reach the intended audience. It produces results. When you visit with me at an outreach event, I promise you will leave with something of value, as our educational landscape is ever changing and chock-full of new information that I am eager to share!







Education Fair on Minot AFB in August 2026.
SCHOOL LIAISON OFFICE PHOTOS

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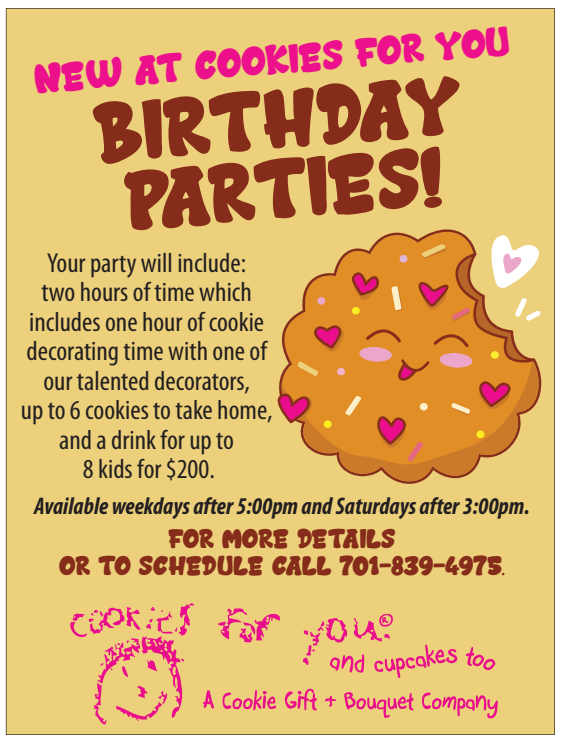




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All About Pets

Preparing your dog for a baby



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

•Make sure your dog is trained before the baby arrives—teach your dog basic obedience skills such as sit, down, place, leave it/drop it, etc. It is very important to make sure your dog has a firm grasp on bite inhibition and how to be gentle around humans. Teaching your dog not to jump on you is also a good idea so that you don't run the risk of your dog accidentally knocking you over while holding the baby. If you have a dog that is extra mischievous, you can train them to leave baby belongings/toys alone and play with their own toys instead. Also, training your dog to stop barking on command can be a very useful tool that will come in handy down the road (wouldn't want to wake up the baby!).

•Socialize your dog—spend more time with your neighbors, walk your dog near the local playground, and make sure your dog starts to get a feel for being around children and babies. If your dog has not already been socialized to children, it would be a good idea to recruit a professional dog trainer who can help you learn the proper ways to safely introduce and socialize dogs to children.

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

•Change your dog's routine if need be—if you anticipate your dog's routine changing due to your new baby, get your dog started on that schedule beforehand. Maybe you'll need to feed them or go for walks at a different time. Make sure you're getting your dog used to the new routine.

•Prepare your house—give your dog a special place that they can go when they need a break from baby, such as the bedroom, a crate away from the chaos, etc. If you have rooms that you would like to be off limits to your dog once baby arrives, go ahead and buy gates and familiarize your dog with them.

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



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Minot Veterans of Foreign Wars Post 753 Part II - Out and About

JOANNE RADEMACHER, NORTHERN SENTRY CONTRIBUTOR

"Minot VFW Post 753 Part 1- In the House" was published in the August 20th issue of Northern Sentry. In it, we explored the history and presence of the VFW Post in Minot. In Part 2, we highlight the many day to day activities members are engaged in for the betterment of their community of veterans and beyond.



Dan Guiger flipping burgers and Sheldon Avery preparing the picnic on the 2nd Story softball day.

The Minot VFW Post takes their pledge to "honor the dead by helping the living" very seriously. Commander Rob Theiler and members are dedicated to keeping their post active and relevant through many projects, charitable gifts, and acts of kindness. They are proud to Present the Colors and lead the North Dakota State Fair Parade each year.

September has been a busy month with VFW Big Bill's Rat Rods and Customs car show on the 11th. The 12th was another big day with Flag Retirement Day and picnic. "US Code 8: Respect for flag" dictates, "The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning." Post members held a Flag Retirement Ceremony, then burned over 300 flags collected for this purpose. If you have a worn-out flag, the VFW will gladly accept it to include at the next Flag Retirement event. There is a drop box outside the Post where you can leave retired flags.

Beginning on September 26th, the "Feeds" began with a spaghetti dinner. The spaghetti was homemade style DELICIOUS, and the hospitality was warm and inviting. The Feed is open to the public at a very reasonable cost of $12. A Feed is held once a month with a variety of menus served including spaghetti, chicken fried steak, and more with new ideas in the works. Watch the Minot VFW Post 753 Facebook page for upcoming details of this and other events.

The Feeds are put on by the Military Order of the Cootie of the United States, known as "The Honor Degree of the VFW" and based on the principals of service with a good dose of humor and fun. The Cooties provide social and entertainment programs to members of the VFW of the U.S. as an Ancillary unit within the organization. It is worth learning more about this group and their compassionate mission at https://www.lotcs.org/index.html.

The VFW is a big supporter of area schools with donations for special needs and projects. They love to encourage youth sports, American Legion baseball, Minot High School Dance Club, Trap Shoot teams, and other school activities. A new project led by Dustin Dezotell will make the Post's upper event space available for Pancake Feed school fundraisers. The VFW will provide $250 for food and supplies with free use of their event space and kitchen. The school takes over from there providing the labor and running the event, keeping funds raised by free will donations for the meal.

The Auxiliary is now preparing for the 2027 round of VFW Teacher of the Year, Voice of Democracy, and Patriots Pen student scholarships. Minot's State Scholarship Chairman Peggy Headrick, Minot Post Auxiliary President Scott Paulson, and other members will personally deliver application and information packages to area schools. Three times in the last five years, Minot students have represented North Dakota in finals held at Valley Forge, Pennsylvania. There are cash prizes for local winners and a $35,000 scholarship for the National winner. If you know a high school student, encourage them to enter

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Airman First Class (A1C) Marisol Garcia has made impressive strides in her 5-level upgrade training, completing 78% of her requirements within just six months, putting her well ahead of schedule. Currently, she is serving in a manning assist role at the 23rd Bomber Squadron, where she processes flying hours and aircrew sorties for 90 aviators during a 50% squadron aviation resource manager manning shortage. In addition to her core duties, A1C Garcia contributed to Global Thunder preparations by assisting with a deep cleaning of the Alert Facility during the government furlough, ensuring the facility maintained high operational standards despite contractor support. During U.S. Strategic Command's largest nuclear exercise, she took on CQ duties, managing logistical support and ensuring aircrew accountability. Her efforts played a key role in generating 44 sorties, showcasing the Command's readiness and lethal capabilities.
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the Voice of Democracy and Patriots Pen contests!

The Minot VFW Auxiliary is also active in continuing education, patriotic art and other youth programs carried out through Minot and surrounding schools. One of their community service projects is running the bingo games twice a month at Trinity Nursing Home.

There are many on-going projects and activities at the Minot VFW and in the broader community. The Post hosts two Rough Rider Poker Tournaments each year in February and August. They sponsor a Streaming Video TV with pictures and names of local veterans running on a continuous loop at Minot Central. Another streaming TV is located at the Post featuring members on the loop. Dart and Pool leagues meet up at the Minot Post. They sponsor the Minot Bombers, an all-veteran hockey team that competes all over the country. VFW members are "Warriors on the Water." They take veterans who would not otherwise have the opportunity, out fishing. Jerry Darling delivered loads of Teddy Bears to the hospital, police, and fire departments to comfort children in traumatic circumstances. The DAV holds their annual picnic in the VFW park. Post members also hold an annual softball game and picnic with the 2nd Story group in Minot. VFW members provide team shirts and a fun day at the VFW park.

Members of the VFW look out for all veterans in a myriad of ways. Officers at the Post often get phone calls alerting them to a veteran in need. It could be a car that has broken down or stolen. There may be a wheelchair in need of batteries and maintenance, or a lonely veteran in the hospital who needs help or just a caring friend. A sympathy card goes out to a grieving veteran, rent is due or a home repair is needed. The VFW members are there with a helping hand and listening heart.

Once a month, a committee reviews and makes recommendations on donation requests. All requests and recommendations are then considered at a general membership meeting for comments and approvals. If you wish to apply for a VFW donation for your group, or you know a veteran who needs personal help, call the VFW at 701-839-6772 or email to post753vfw@gmail.com.

Beginning October 2nd, the Meat Raffle is back! A popular event returning the 1st and 3rd Friday every month, the Meat Raffle is a fun evening giving you the opportunity to "bring home the bacon" or beef, or chicken, or maybe a turkey or two! You can buy tickets to win meat packages sourced from local meat shops. After the November 6th meat raffle, stick around for first class entertainment, or BE the entertainment with Karaoke. There is a Pheasant Hunt and Feed planned for October 24th.

The annual Veterans Stand Down is scheduled for October 19th from 10 AM to 2 PM at the Armed Forces Reserve Center in Minot. This event is put on by the city of Minot. Some 50 organizations participate, putting all the services in education, health benefits, compensation benefits, and other resources available to veterans at one time, under one roof.

To say Minot VFW Post 753 is a busy group of people is a classic understatement! Their commitment and dedication to each other and the wider community is beyond the call of duty. The generosity of spirit and resources they share with the communities they serve makes a difference in the lives they touch.

"May we think of freedom, not as the right to do as we please but as the opportunity to do what is right."
Peter Marshall

Don't miss your opportunity to offer these and all veterans, past and present, our collective gratitude for their sacrifice and service on Veteran's Day, Wednesday, November 11th beginning at 11:00 AM. Minot VFW Post 753 is hosting the Ceremony at Minot Municipal Auditorium. Following the Ceremony and speaker, you are invited to join the Veterans "In the House" for a free will Chili Feed and Auxiliary Bake Sale.



Spaghetti was served to a sellout crowd on September 26.



Newly box framed uniforms and other displays are being placed in the updated upper event space.

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FRIDAY OCTOBER 23RD | SATURDAY OCTOBER 24TH
FRIDAY NOVEMBER 6TH | SATURDAY NOVEMBER 7TH
FRIDAY NOVEMBER 27TH | SATURDAY NOVEMBER 28TH
FRIDAY DECEMBER 4TH | SATURDAY DECEMBER 5TH
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Restaurant Guide

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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
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www.bonesbbqminot.com

Culver's Restaurant
3000 S Broadway, Minot
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UPCOMING EVENT

MINOT, GET READY TO GLOW! NoDak Wellness presents Glow Underground: Sculpt After Dark on Friday, Oct. 16, 7–9 p.m. at Sports on Tap. Your $65 ticket includes a live DJ, full-body workout, UV Glow Bar, two mocktails, photos and a goodie bag. Ages 21+. Bring a mat and shoes. Tickets: nodakwellness.com

0ct16

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IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is $14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Alicia Mello by email or phone at amello@kalixnd.org 701-852-1014.

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SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

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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 degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



Timmothy 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.

TIMMOTHY TIMM



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To skate or not to skate?
Tales of a roller skating junkie

STORY SUBMITTED BY JOY KELLER, OWNER OF HOUSE OF SKATIN' LLC

Before I tell you all the things, I want to give you a bit of my history that led me to this crazy thing called roller skating. Living in the northern mid-west, of course, begins not with the roller skate but the ice skate. If you had space outside, a hose, a well to hook it up to... you had a ice rink! Or better yet, any body of water was subject to the creation of one. I was put in ice skates probably before I was out of diapers. Not to date myself, but I have some super 8's of myself teaching myself to jump, spin, and of course fall.....ALOT! It was there that I created my favorite feeling of being carefree, floating with no particular place to be, and the wisdom to know you could be one stride to falling and dying(drama much?)!



My love of roller skating grew when my parents would venture to the city with a roller rink for birthdays, family events, church events, and whatever brought us there. I remember a lot of people around, music, lights, and amazing skaters all over the floor going in the same direction having fun. This was the most exciting thing in my young life to witness. From there I was hooked with no way back! Spent my childhood, teenage years, and young adulthood roller skating wherever I could go until the skating rink closed. After that... work, kids, adult responsibilities... you know, that old chestnut. There was little time to journey to find a skating rink. Roller skating seemed to not be that popular in the area I was living at that time. Unfortunately, roller skating took a backseat to all of the other things in my life.

BUT... There was a spark that once again ignited in my life of roller skating! ROLLER DERBY was reborn from the ashes! I joined a roller derby league and spent over a decade hitting, skating, traveling, meeting some amazing individuals, and creating a crazy and wild family along with it. This also recreated that feeling of love for roller skating and I was addicted all over again. While I was on that journey, I assumed that EVERYONE wanted to be a roller derby girl. I really do still think that, but that wasn't the reality.

I did, though, know that roller skating was getting its well deserved resurgence everywhere in the world. Aside from the pandemic period of time(which actually created an online following of the masses), skating was back! My husband and I were in discussion of what we could do taxwise to lose money after we lost our dependents. I also wanted a way to bring roller derby back into the city. I figured that this little city of mine needed a roller skating rink ASAP! I spent hours thinking about how this could be done. Finally I activated "Plan: Pull the Trigger on That Skate Dream!" and came up with the idea that if I can't have a building... I would make the skatium mobile, "food truck style"! House of Skatin' LLC was born in February with a pop-up style roller skating rink events. Talk about a mid-life crisis! I did my research. I located who had rental skates to buy(used or new), compared types, prices, quality, and my experience of skating on different types. I found them, bought them, purchased my trailer to conduct my mobile skate business, and drove south to pick them both up. A crazy "turn and burn" couple of days and I was back up north setting my plan of attack.

Now I spend a handful of my weekends at my roller skating events daydreaming of a perfect roller skate land full of maple wood floors, disco balls, lights, DJ's, and a culture and community full of skaters everywhere!

#cantwaittoseeyouskate









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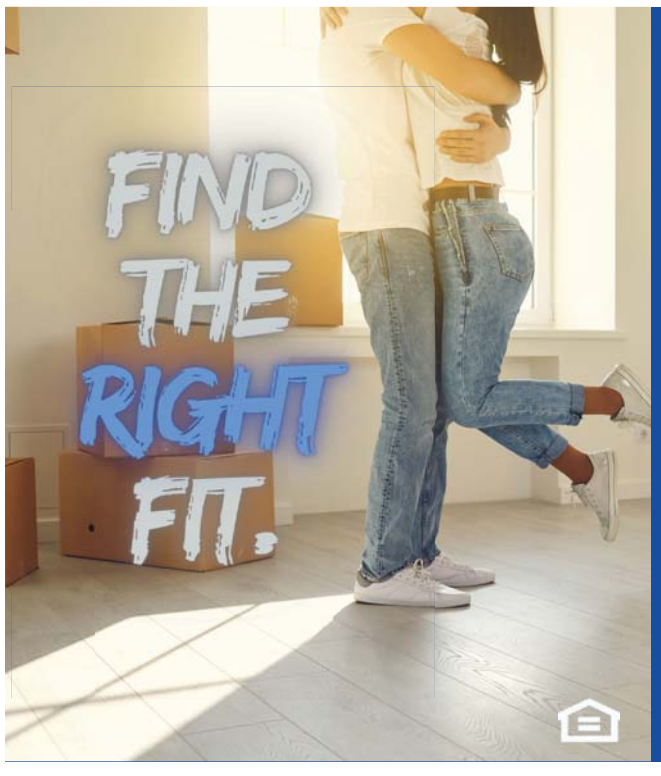
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MONTHLY MEETING (Third Tuesday of Each Month)
Tuesday, October 20
1200, Bomber Bistro (Back Room), Minot AFB
Looking for all AFA members, and potential AFA members.

For more information contact:
Jim Bowman- nd135.president@afa.org
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What's Going On Minot AFB

FRIDAY 09

- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- Fun Fri-Yay, 1600-1900, Jimmy Doolittle Center
- Friday Flicks, 1630-2300, Rockers Bar & Grill

SATURDAY 10

- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com
- Teddy Roosevelt Camping, Theodore Roosevelt National Park, hosted by Outdoor Recreation
- Creatures of the Night, 1300, Minot AFB Library
- Air Force Gaming – Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro

SUNDAY 11

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

MONDAY 12

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

SPECIALS

Rockers Bar & Grill Featured Item
Power Bowls

Bomber Bistro Featured Item
Curry Chicken Salad Wrap

The B-Fifty Brew Featured Item
Caramel Apple Burner and Candied Apple Lotus

TUESDAY 13

- AFFT, 0530, McAdoo Fitness Center
- Last Day of the Season, 0900-DUSK, Rough Rider Golf Course
- 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 14

- AFFT, 0530, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Dungeons & Dragons Campaign, 1800-2000, Youth Center

THURSDAY 15

- Registration Closes: Foodie Tour, Outdoor Recreation
- AFFT, 0530, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center
- Pre-Separation Briefing, 1330-1430, M&FRC
- Craft Club, 1800, Minot AFB Library

FRIDAY 16

- Registration Closes: Ballet Instructional Class, CYPBMS
- Friday Flicks, 1630-2300, Rockers Bar & Grill
- Progressive Bingo Fall Series, 1730, Rockers Bar & Grill
- The Great Boo Ball, 1730-1930, Youth Center
- History Walk: West Edition, 1800, Minot AFB Library
- Karaoke Night Fall Series, 1930, Rockers Bar & Grill

SATURDAY 17

- Haunted Stacks Begins, Minot AFB Library
- Chess Club, 1200-1400, Minot AFB Library
- Minot Foodie Tour, 1200-1700, Outdoor Recreation











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