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MISSILE COMMUNITY CANCER VIRTUAL TOWN HALL TODAY

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NATIONAL DEFENSE LEADERS GATHER FOR TASK FORCE 21 SYMPOSIUM

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UFC featherweight star Diego Lopes poses for a photo with Airmen during Fight Force at Minot Air Force Base, North Dakota, Oct. 2, 2026. Hosted by the Air Force Services Center, the mixed martial arts event featured Airmen competing alongside experienced fighters in front of an enthusiastic crowd.

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Col. Bryson S. Ayers
Commander of the 5th Operations Group



The B-52 Picked Me Col. Ayers Returns to Minot

ROD WILSON, NORTHERN SENTRY

MINOT AIR FORCE BASE IS FAMILIAR TERRITORY

Col. Bryson S. Ayers returned to Minot Air Force Base last summer to command the 5th Operations Group, continuing a career and family connection to military aviation while renewing ties to the base and community.

Col. Ayers grandfather was a Marine and flew Corsairs and Wildcats in WWII, and then Corsairs in Korea. His father was stationed at Minot Air Force Base from 1984-1989 and was a member of the 23rd Bomb Squadron. “Yep, my father was a Baron, too...” according to Col. Ayers.

Col. Ayers and his family returned to Minot Air Force Base last summer where Col. Ayers became the Commander of the 5th Operations Group. It was 2018 when Ayers first served as Assistant Director of Operations, 23d Bomb Squadron, Minot AFB, N.D. In 2019 he became the Director of Operations for the 23rd Bomb Squadron, followed by a 1-year tenure as Deputy Commander of the 5th Operations group in 2020, then Commander of the 69th Bomb Squadron, a position he held until December of 2023. His time in Minot would conclude in July of 2023 after he was Deputy Commander of the 5th Operations Group.

Even though both his grandfather and father were pilots, his father being a Baron of the 23rd Bomb

Squadron, Ayers didn’t feel any pressure and “I wasn’t planning on following in the footsteps of my father, it just kind of worked out that way. I didn’t pick the B-52, the B-52 picked me” according to Ayers. “I enjoyed the service aspect of it (being in the military) and the adventure aspect of it as a kid. I wanted to be able to fly and serve my country in that manner.”

AFTER SERVING IN MINOT THE FIRST TIME

The next stops for the Ayers family were in Oak Ridge, Tennessee and then two years at The Pentagon.

In DC where the Ayers family got to see and experience a lot. “You know on a random Saturday I could say to the kids, let’s go to the Mall” Ayers shared “and we’re going to check out The Constitution, and that was really cool. There are things that you can only see and do in DC. But I can honestly say that we are happy to be back in Minot for sure.”

MEETING THE SHERIFF

“How did it all get started? Well, I came here in 2018 and he was the Commander of the 23rd and I was the Assistant Director of



U.S. Air Force Col. Bryson Ayers, 5th operational Group incoming commander, gives remarks during a change of command ceremony at Minot Air Force base, North Dakota, July 7, 2026. As the incoming commander, Ayers will be directly responsible for the people who fly the B-52’s at Minot, making sure aircraft, crews and operational systems are prepared, certified and ready to execute the nation’s strategic bomber mission at any time.

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

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Operations. And then he asked me to be the Director of Operations. It's been nice because back then we talked all the time, and we still today talk all the time to be sure we are on the same page. What we see as important is very similar.”

The Burrell/Ayers relationship continued even after Ayers became Commander of the 69th Bomb Squadron and Burrell moved to the Pentagon. Their roles would reverse a bit as Ayers found himself at The Pentagon and Burrell was Commander of the 5th Ops Group at Minot AFB. “And as far as the relationship today? Now I’m Commander of the OG (5th Ops Group) and he’s my boss, but our relationship hasn’t changed. We still talk about, like, what’s ahead.”

A DIFFERENT WORLD

What is different for Airmen serving today compared with when Ayers first served? “The world has certainly gotten more complex,” Ayers said. “It’s different today, and it never really goes back to where it was. What we put into it changes it forever. When I joined in 2004, the focus was the global war on terror. Today, as we maintain a continuous bomber presence, that focus has changed. The B-52 has also changed significantly in what it can do. From my time as a first lieutenant to today, some things have stayed the same and many others have changed. The culture remains largely the same, with a few nuances, but we expect more of our young people now than we did when I was growing up. I am often impressed by how much more young Airmen going through nuclear certification know today than I knew when I completed it 20 years ago. I suspect that, 20 years from now, they will look at a young lieutenant and be equally surprised by what that officer knows.”

THE DEPTH OF THE MISSION.

How do young Airmen arriving at Minot Air Force Base view the



Col. Ayers’ father was a member of the 23rd Bomb Squadron Bomber Barons stationed at Minot Air Force Base from 1984-1989.

mission and the community? “You choose your attitude,” Ayers said. “Minot Air Force Base presents challenging conditions that are not found everywhere, but much depends on how Airmen approach the mission. They can show one another that the work can be challenging and still be enjoyable. Airmen also take on the personality of their commanders quickly. All three of my commanders have a fantastic attitude about the B-52, Minot Air Force Base, and the Minot community, and that attitude filters down to the young Airmen. A good attitude is infectious. How well we perform the mission is also connected to how well we treat our people. Morale is very important. It comes from strong discipline, excellence in the task at hand, and doing hard things together. During a debrief, Airmen recognize that

they have accomplished something difficult as a team—something not everyone can do—and that has a tremendous effect on morale.”

THE AYERS FAMILY

Col. Ayers and his spouse, April, met while attending high school in Germany. “We have five kids,” Ayers said. Addison, 16, attends Minot North High School and loves choir. Eleanor, 13, attends Memorial Middle School and ran cross-country with the Minot North team, even though she is only an eighth grader. Nataly, 11, also attends Memorial Middle School and enjoys jiu-jitsu. Samuel, 8, is a strong student who is interested in wrestling and soccer. Gabriel, 5, was born in Minot, is outgoing, and, as Ayers put it, “is kind of that kid that everyone likes.”



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the northern sentry Salute



Lt Levi Blair

740th Missile Squadron
Hometown: Greenville, North Carolina

Lt. Blair has been in the Air Force for seven years, serving four years as an enlisted Aircraft Hydraulics Systems Specialist and the remaining three years as a Nuclear and Missile Operations Officer. He is currently pursuing his master's degree in business administration and enjoys being part of the Developing Future Enlisted Officers Program, which guides enlisted members through the process of earning a commission. Lt. Blair plans to remain in the Air Force until retirement and appreciates the opportunities the Air Force has provided for him to grow both personally and professionally.

GAME SALUTE: FRIDAY, OCTOBER 23

A1C Zara Hoppe



Minot Medical Group
Hometown: Tampa, Florida

Airman First Class Hoppe has been in the United States Air Force for a year and a half. She is an Aerospace medical technician currently serving in the pediatric clinic [serving active-duty dependents]. She is dedicated to both her Air Force career and her education, currently working towards her Licensed Practical Nurse (LPN) licensure with future goal of becoming a Physician Assistant. Her ambition is to continue growing professionally while continuing to serve her country.

GAME SALUTE: SATURDAY, OCTOBER 24

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.

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**A VIEW FROM
OUR SIDE**
ROD WILSON

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

This week's view from Minot highlights a free brass band concert, fall color at the Farmers Market, a rodeo lesson for local students, a new home for a historic trainer aircraft, and an upcoming downtown celebration.

ONE OF A KIND
The Brass Band of Minot is the only British-style brass band in North Dakota. British-style brass bands were fashioned after Salvation Army brass bands, which often appeared on street corners and in city parks to raise money for Salvation Army centers. Their musicians were typically skilled professionals who performed without pay.

As you may have guessed, I play in the Brass Band of Minot. I cannot claim to be a professional musician, but many of our players are music teachers, and I would consider many of them professionals. Together with musicians like me and several high school students, we field a band of about 35 players. Our one-hour concert begins at 4 p.m. this Sunday at Anne Nicole Nelson Hall in Old Main at Minot State University.



Miss Rodeo North Dakota, JayLynn Hicks talks to elementary students about her travels and her year ahead.



**UPSIDE DOWN
UNDER**
MARVIN BAKER

As recent as 100 years ago, immigrants traveled by ship from Europe, across the Atlantic Ocean to the United States. Then, many of them rode the train or stage coach west to what is now North Dakota. Those were long and daunting trips. If you read the diaries of anyone who was on one of those ships from Liverpool, Le Havre or Orso, it was a harrowing experience. There's a totally different kind of traveler now and although they don't have any people aboard, they have traveled through some mind-boggling space.

A Great Opportunity in the Magic City

**EXCITING GUESTS
SHARE THE STAGE**
The Cover Down Brass Ensemble, part of the 188th Army Band from Fargo, will join us as our guest group. Cover Down Brass performed on Main Street during the Fall Festival, and several recordings of the group playing patriotic songs appeared on Facebook.

The ensemble includes Jack Austin, a former Brass Band of Minot cornet player. It will be exciting to welcome him back to the stage, and Jack has agreed to perform the second half of the concert with the Brass Band of Minot.

Admission is free. The concert begins at 4 p.m. Sunday at Anne Nicole Nelson Hall on the Minot State University campus.

FALL COLORS
My friend and Farmers Market vendor Elizabeth LeDoux shared a photo of a Minot home decorated with pumpkins from her garden. From what I have heard, this has been a great year for pumpkins and squash. When I visited the Farmers Market a few days ago, Elizabeth had a trailer filled with many varieties of squash, and the colors were vibrant. The Farmers Market will be open Saturday from 10 a.m. to 2 p.m. in Oak Park, so there is still time to pick

up pumpkins and squash for fall decorating.

A LITTLE RODEO 101
Students from Minot and surrounding school districts were entertained by JayLynn Hicks, Miss Rodeo North Dakota, and Dalton Morris, one of the rodeo clowns from the Badlands Circuit Finals Rodeo. JayLynn, who is from Dunn Center, North Dakota, will compete in the Miss Rodeo America pageant at the National Finals Rodeo in Las Vegas in December.

Dalton has been a rodeo clown since he was about 3. "I can't remember wanting to be anything but a rodeo entertainer. My dad and grandad were trick riders, and I got the bug to be a rodeo entertainer from them."

Besides being a rodeo clown, Dalton is a skilled trick roper and, in his words, "kinda an all-around entertainer, I guess." He explained to the students that rodeos grew from gatherings where cowboys tested their skills at riding, roping, and handling horses. He also showed them his whip and explained that cowboys on a trail ride use its loud cracking sound to move cattle along. "I want to make something really clear: We use the whip to herd the cattle, not hurt the cattle. Big difference, right? Herd, not hurt," he told the students.

JayLynn and Dalton were excited to visit many elementary schools and invite students and their parents to the Badlands Circuit Rodeo held this past weekend.

A NEW HOME
I watched for a few minutes as crews from Minot Air Force Base moved a T-33 trainer, also known as a T-Bird trainer, to its new home in the MAFB Air Park. The Lockheed T-33 Shooting Star is a subsonic jet trainer designed and produced by the American aircraft manufacturer Lockheed. This aircraft once stood near the front gate at Minot AFB but has now joined other static-display aircraft in the Air Park. According to Paul Elliot, chief of staff for the 5th Bomb Wing, the goal is to gather all of the base's static displays in the Air Park area.

ROD'S RAMBLINS'
Be sure to mark your calendar for the Christmas Open House in downtown Minot. Activities begin at 4 p.m. Friday, November 27, and conclude with a fireworks display around 6:30 p.m. Everything takes place on Main Street, and the evening's highlight will be the lighting of the Downtown Minot Christmas Tree.

TODAY'S CHUCKLE
If you sleep like a baby at night, it's a sure sign you don't have one.



A trailer full of garden fresh squash from Kopps Gardens.



Pumpkins make a great fall display of color.



Rodeo clown Dalton Morris uses a whip to show kids his accuracy with teacher Kathryn Gahring holding his target in her mouth.



Work crew moves a T-33 trainer to its new display area in the MAFB Air Park.

Traveling through deep space

The Voyager 1 and 2, unmanned spacecrafts were launched the year I was a senior in high school, 1977. That was 49 years ago and both are still transmitting data back to Earth.

Voyager 1 is now the farthest human-made object in space. It keeps running with its remaining active science instruments, which include a magnetometer and a plasma wave subsystem. Voyager 2 is also operating outside the solar system, communicating data through its own surviving instrument systems.

They are both nuclear powered spacecraft and each loses about 4 watts of power every year.

When we think about radio and TV signals being transmitted, there are a number of obstacles such as the horizon, buildings, mountains, trees. The farther you are away from a radio or TV signal, the more likely it is that one of those obstacles will disrupt the signal.

Now think of the Voyager spacecraft. Voyager 1 transmits on the S-band, which is a satellite signal on 2114.68 megahertz.

Voyager 2 transmits on the S-band as well on 2113.31 megahertz. So both are transmitting on precise FM frequencies.

But that isn't even the astounding part of this. Consider the distance and the obstacles.

For Voyager 1, it takes a signal transmitted from the spacecraft 23.5 hours to reach earth. That's a day, just to receive the signal. And when you consider the distance, 16 billion miles, can anyone even comprehend a distance like that?

For Voyager 2 it's nearly the same. It takes 19.5 hours for a signal to reach earth from approximately 13 billion miles out in space.

Now think about the obstacles and they aren't trees or buildings. Extreme distance, extreme signal weakness, severe hardware aging and interstellar noise are just a few of the hiccups the Voyager twins have to get signals back to NASA.

There's also the "mountains." The asteroid belt lies between Mars and Jupiter. Thousands of asteroids made of rock spin around the sun just like we do. And if

the transmitted signal hits one of those asteroids, it will bounce off into space. So, it's also a matter of logistics.

I recently read some articles about the two Sputnik rockets that launched in 1957 and all the questions that arose from those two events. There was also a lot of speculation at the time of how the United States would be able to send a rocket into orbit.

Today, we have two traveling in deep space and they are continuing to function. It's just a bizarre marvel of science that this is happening.

In 2022, the Mars rover Perseverance and its helicopter Ingenuity kept me entertained through Covid. Ingenuity flew 129 minutes equaling 10.5 miles and has since stopped functioning. Perseverance remains active on the Martian surface, but there have been times its solar batteries have waned because of the dust on the surface of Mars.

But Voyager 1 and Voyager 2 keep going. What will they discover next?

AFGSC to provide updates on Missile Community Cancer Study, burn study

TECH. SGT. SHELBY THURMAN
AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command (AFGSC) continues its partnership with the U.S. Air Force School of Aerospace Medicine (USAFSAM) in advancing the ongoing Missile Community Cancer Study (MCCS), a comprehensive investigation into potential health risks associated with service in the missile community.

One area being studied as part of the MCCS is the discontinued practice of burning classified materials in launch control centers (LCCs). To address concerns related to this historic disposal process, the 711th Human Performance Wing has been conducting detailed burn tests to analyze emissions produced during the process. Feedback from previous town halls was also used to expand the scope of the burn study, which now includes additional materials in the testing regimen.

During the last MCCS virtual town hall held March 27, 2026, AFGSC and USAFSAM leaders provided results from the initial epidemiological study and the initial burn study. They also announced that Individual Longitudinal Exposure Record access became available for service members through their Common Access Card.

Looking ahead, AFGSC plans to

host its next virtual town hall on Oct. 16, 2026, with the presentation beginning at 1 p.m. CDT.

To submit questions prior to the start of the town hall, please email: afgsc.paworkflow@us.af.mil

To join, click on the following link: <https://zoom.us/j/98448683696?pwd=wewD9pWDHQRacettYnNEPKkf4ACs.1> or use the following Room ID: 984 4868 3696 and Passcode: 243396

Topics expected to be addressed during the next MCCS virtual town hall include: final epidemiology review report findings, final burn study report findings, and updates on other ongoing efforts, including the mitigation of polychlorinated biphenyls.

The event is open to current and former service members, family members and other stakeholders interested in hearing directly from Air Force leadership and medical experts involved in the study.

Visit the AFGSC website or social media pages for future town hall announcements and information on how to participate.

For more information about MCCS, town hall announcements and frequently asked questions, visit: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>



VIRTUAL TOWN HALL

Missile Community Cancer Study



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Due to video hosting constraints, the virtual town hall will have attendance limited to 500 viewers. The video will be recorded and uploaded to AFGSC's YouTube channel @AFGlobalStrike

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AMY ALLENDER



AMY ALLENDER PHOTO

waited for the rest of our household goods to arrive, watching the leaves change from green to gold.

Then came the acorns.

At first, the steady plink, plink, plink of acorns dropping to the ground was cute. Eventually though, it became a deluge of debris that that all the squirrels in Minot couldn't possibly bury. Between the falling leaves and thousands of acorns, now a tripping hazard like gumballs in an old cartoon, fall cleanup became a necessity.

With no time to wait for my husband to return, I tackled it myself. That season, I hauled more than 300 pounds of leaves and acorns out of our tiny yard, including some left over from previous years. I finished stiff, sore and relying on muscle relaxers to help with back spasms. It's not my most cherished fall memory in Minot.

These days, I'm a little wiser about yard work. After years of chronic back pain, I've learned that even ordinary tasks like raking can take a toll when your body isn't ready for the work. With October now half way behind us, I thought I'd turn to an expert for some fall clean up advice. And who better than a North Dakota born-and-raised chiropractor?

Before you grab your rake and attempt to conquer the clean up, here's a few friendly tips from Dr. Matt Hanson at Cornerstone Chiropractic.

WARM UP BEFORE YOU WORK.

Cool fall temperatures don't mean your body is ready to jump straight into strenuous activity. Before heading outside, take a few minutes to stretch your hamstrings, legs and lower back. A short walk and some gentle movement can also help prepare you for the work ahead.

DON'T BE A HERO.

The leaves aren't going anywhere in the next hour. You don't have to finish the entire yard in one afternoon, and taking breaks

is better than pushing through until you're exhausted. Pace yourself, especially if you're tackling a big cleanup or haven't been particularly active lately.

SWITCH SIDES AND CHANGE POSITIONS.

Raking involves a lot of repetitive movement, often favoring the same side of the body. Switch your hand position and direction periodically, and avoid repeatedly twisting through your back. Changing things up helps distribute the work instead of asking the same muscles to do everything.

USE THE RIGHT TOOLS AND LIFT CAREFULLY.

Long-handled tools, leaf scoops leaf blowers, and other helpful equipment can reduce excessive bending and twisting. When lifting bags or other heavy loads, lift with your legs rather than rounding your back, and avoid twisting while carrying a load. Smaller loads may mean a few extra trips, but your back will thank you.

DON'T FORGET THE WATER.

It's easy to associate hydration with hot summer days, but physical work requires fluids in cooler weather, too. Keep water nearby and take regular breaks to drink.

KEEP UP WITH REGULAR CARE.

One of Cornerstone Chiropractic's key messages is that care doesn't have to begin when something hurts. Maintaining a regular schedule of chiropractic adjustments, as recommended for your individual needs, can be part of a proactive approach to physical wellness. Rather than waiting until pain interferes with daily life, the goal is to support your body's ability to keep doing the things you ask of it.

A little preparation, sensible pacing and attention to your body's needs can make a difference. After all, the goal isn't just to get the yard ready for winter. It's to finish the job feeling well enough to enjoy the season, too.



CORNERSTONE

CHIROPRACTIC

Dr. Matthew Hanson Dr. William Fielhaber Dr. Benjamin Whitten



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Skip the Facebook questions and see the road for yourself! Visit The 83 Drive on the Northern Sentry website and bookmark the page for easy access all winter long.

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REPORT



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Oct. 12: 1,824.04 feet above mean sea level (MSL); 12,900 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,449.91 feet above mean sea level (MSL). Stump Lake elevation: 1,449.95 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Not many anglers but try crankbaits in 10 to 15 feet for walleye.
- Lake Metigoshe, Four Seasons, Bottineau: Limited activity.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No new reports.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Better walleye activity remains west from Deepwater Bay to the west on the east end of Lake Sakakawea. Some salmon snagging activity in the bays along the south shore.
- Lake Sakakawea, New Town: Continued fair walleye success in the Van Hook Arm and river portion around New Town. Work a variety of depths from shallow to deep water in 20 feet and deeper. Overall, a nice fall walleye bite is underway yet.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues to be slow from both boat and shore. Garrison Dam water releases remain lower than normal. East end of Lake Sakakawea remains generally slow with better success farther west.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers muddied with recent rains. Look for improving

success once water clears. Continued walleye activity at White Earth Bay on the upper end of Lake Sakakawea. Try lindy rigs or crankbaits in 14 feet.

- North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: No activity on area lakes or the Souris River.

- OUTDOOR NOTES:**
- Anglers are reminded to keep fish taken from depths of 25 feet and more.
 - Be aware of species identification for waterfowl and upland species.
 - 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: Boo at the Zoo, free will event at Roosevelt Park Zoo, 11 a.m.
 - Oct. 17: Sakakawea Pheasants Forever Fall Flush fundraiser and dinner, Garrison City Auditorium, 5:30 p.m.
 - Oct. 23: Schools Out Days, ages 5 to 11. Contact Minot YMCA, (701) 852-0141, for details, 8 a.m.
 - Oct. 24: Bakken Friends of the NRA banquet, McKenzie Co. Ag Expo. Bldg., Watford City, 5:30 p.m.
 - Oct. 24: Devils Lake Ducks Unlimited banquet, KC Club, Devils Lake, 5 p.m.
 - Oct. 24: Pumpkin Bloom workshop, Lexi Lou, 1407 S. Bdwy. Suite B, with costs ranging from \$30 to \$90 depending on decorating materials selected, 10 a.m. to 3 p.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. 24 & 25: Kenmare Goose Fest.
 - Oct. 25: Skate & Scare, \$5 skate and movie, Goosebumps 2, MAYSA Arena, 6 p.m.

success once water clears. Continued walleye activity at White Earth Bay on the upper end of Lake Sakakawea. Try lindy rigs or crankbaits in 14 feet.

- North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: No activity on area lakes or the Souris River.

HUNTING:

- Archery deer: Deer aren't very active yet but look for more movement with cooler weather.
- Doves: Birds largely moved out.
- Upland: Fair pheasant success with nice numbers in some pockets of the state. Grouse and partridge numbers remain limited.

• Waterfowl: A few more geese starting to move into north-central N.D. along the Canadia border but not many migrants along the U.S. Hwy. 2 corridor yet. A few cranes and whitefronts trickling into NW N.D. with mostly local birds yet. Fair success in NE N.D. with little migration yet and generally local birds.

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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15th Annual Task Force 21 Nuclear Triad Symposium Convenes National Defense Leaders in Washington, D.C. Area

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ARLINGTON, V.A. – Nearly 200 military leaders, policymakers, national security experts, and defense industry executives joined Minot civic leaders on September 18 for the 15th Annual Task Force 21 Nuclear Triad Symposium at the Army Navy Country Club in Arlington, Virginia.

Hosted by Task Force 21, a military support and advocacy initiative of the Minot Area Chamber EDC, the symposium focused on the future of America’s nuclear deterrent and Minot Air Force Base’s critical role in that mission. With the theme of Advancing Strategic Deterrence: The Nuclear Triad in a New Era, discussions provided attendees with updates on modernization efforts for all three legs of the nuclear triad — including the Sentinel intercontinental ballistic missile system and upgrades to

the B-52 Stratofortress fleet.

“For 15 years, the Task Force 21 Nuclear Triad Symposium has helped leaders better understand America’s nuclear mission and the critical role communities like Minot play in supporting it. That kind of sustained advocacy is important,” said Brekka Kramer, President | CEO of the Minot Area Chamber EDC and Task Force 21 Member. “We remain committed to bringing civic, military, industry, and policy leaders together to support the men and women who carry out this mission every day.”

Among this year’s presenters was Gen. Dale R. White, Director of Critical Major Weapon Systems at the Pentagon, who described the relationship between military bases and their local communities as critically important. Presenters also included:

- Vice Adm. Douglas L.

Williams, Director, Portfolio Acquisition Executive Strategic Systems Programs

- Lt. Gen. Mike Lutton, Deputy Commander, U.S. Strategic Command
- Lt. Gen. Jason R. Armagost, Deputy Commander, Air Force Global Strike Command
- Lt. Gen. Brandon D. Parker, Deputy Chief of Staff, Strategic Deterrence & Nuclear Integration
- Brig. Gen. Michael Walters, National Nuclear Security Administration Principal Assistant Deputy Administrator for Military Application
- U.S. Sen. John Hoeven (R-N.D.)
- U.S. Sen. Kevin Cramer (R-N.D.)
- U.S. Rep. Julie Fedorchak (R-N.D.)
- Dr. Matthew Kroenig, Atlantic Council

“Task Force 21 is deeply



Gen. Dale R. White, Director of Critical Major Weapon Systems at the Pentagon, speaks during the 15th Annual Task Force 21 Nuclear Triad Symposium in Arlington, Virginia, Sept. 18. White was among the presenters who discussed America’s nuclear deterrent and the importance of partnerships between military installations and their surrounding communities.

grateful to the distinguished military leaders, policymakers, and subject matter experts who shared their insights during this year’s Nuclear Triad Symposium,” said Pete Hankla, Chair of Task Force 21. “We also extend our sincere thanks to our sponsors and strategic partners, whose support made this important event possible, and to everyone who attended and contributed to a day of thoughtful dialogue. These conversations help strengthen understanding of strategic

deterrence, modernization, and the future of America’s nuclear mission.”

The 2026 Task Force 21 Nuclear Triad Symposium was made possible through the support of presenting sponsor Northrop Grumman. It was also supported by elite sponsors Bechtel, Cyber Innovation Center, General Dynamics, and Lockheed Martin; executive sponsors Raytheon, and Textron Systems; and partnerships with the City of Minot and State of North Dakota.



Pete Hankla, chair of Task Force 21, participates in the 15th Annual Task Force 21 Nuclear Triad Symposium in Arlington, Virginia, Sept. 18. The symposium brought together military leaders, policymakers, national security experts, defense industry executives and Minot civic leaders to discuss strategic deterrence and modernization of America’s nuclear triad.



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INSIDE
THIS
WEEK:
>



GHOSTBUSTERS,
GREEN SLIME &
A LITTLE
DOWNTOWN
MAGIC

B6



BRASS BAND
OF MINOT TO
SALUTE
VETERANS
AND FIRST
RESPONDERS

B8



READY, SET,
LAUNCH!
EXPLORING
ENERGY AND
MOTION
IN THE MOVE
GALLERY

B9



Carved Creations Bring Fall Spirit to Minot AFB

Members of the 741st Missile Squadron display their carved pumpkins during the inaugural pumpkin walk at Minot Air Force Base, North Dakota. The three-day fall display featured 53 carved and decorated pumpkins, bringing a little Halloween spirit and community connection to the installation. See page B2 from more on the event.

NORTHERN SENTRY PHOTO | NATALY ZARRELLA

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One Spouse’s Vision Brings Fall Magic to Minot AFB

NATALY ZARRELLA, NORTHERN SENTRY

A little fall spirit, a lot of carved pumpkins and a desire to bring the community together helped make the first pumpkin walk at Minot Air Force Base a reality, thanks to the initiative of one military spouse, Faith Seaborn.

Faith whose husband, 2nd Lt. Justin Seaborn, is an active-duty Air Force member assigned to the 741 Missile Squadron, wanted to create an opportunity for base residents to enjoy some extra fall fun on Minot AFB. With coordination and support from the 5th Mission Support Group Commander the idea became a three-day seasonal display featuring 53 carved and decorated pumpkins.

For Faith, the idea was about more than pumpkins and Halloween decorations. It was about creating a welcoming environment where members of the Minot Air Force Base community could come together and enjoy the season.

Having experienced the challenges of getting to off-base events, Faith understood that not every military family has the time or ability to travel into town for seasonal activities which she herself really enjoyed. She remembered what it was like to be a young Air Force couple, still learning the area and figuring out how to get involved in the community.

“We know what it’s like to be that A1C couple and not be sure where to go or how we’d make it to the events that weren’t just down the road from us,” she said.

With that in mind, Faith began developing a plan to bring a little extra autumn atmosphere directly to the installation. She researched the proposed location, reviewed weather forecasts, developed cost projections and gathered footage of the area to help present her idea.

With assistance from Melinda Ahrens, wife of the 741 MS commander, Faith connected with Colonel Richard Zeigler of the 5 MSG to obtain permission to use the space. With only a few weeks remaining before the event, Faith then focused on coordinating details and spreading the word throughout the base community.

The effort brought together volunteers and participants who contributed pumpkins, carved designs and helped prepare the display. Faith initially hoped to involve 12 squadrons, with each contributing 10 pumpkins, for a goal of 120 pumpkins.

Although the final count fell short of that original target, the community still contributed 53 pumpkins in just a few weeks, a result Seaborn considered a success, particularly given the shorter planning timeline.

The weather presented another challenge. Cold temperatures and persistent rain made preparations less than ideal on the first day, but the effort continued. Those who dropped off pumpkins also helped with setup, lending a hand despite the wet conditions.



The Pumpkin Walk at Minot AFB was organized by military spouse Faith Seaborn, brought fall to the base for the community to enjoy.

Faith expressed gratitude to everyone who participated, emphasizing that the event would not have come together without the community’s willingness to contribute their time and creativity.

The three-day pumpkin walk provided an opportunity for base residents to enjoy a seasonal display close to home, adding a cozy but spooky touch to the installation during the fall season.

For military families who may find it difficult to attend events in the surrounding communities, efforts like the pumpkin walk can help make life on base feel more connected and welcoming. The project also demonstrated how an individual idea, supported by installation leadership and community volunteers, can grow into an event that brings people together.

Faith hopes the pumpkin walk will become a recurring fall tradition at Minot AFB. With an eye toward next year’s event, she has already marked her calendar to begin planning in August, although she anticipates needing additional help as she prepares to begin an internship. “I would definitely love to see this happen again!” Faith said.

While she hopes to expand participation and attract more squadrons in the future, Faith remains appreciative of the volunteers who helped make the inaugural event possible. “I’m truly just thankful for everyone who did participate in carving pumpkins and I hope more people will want to do it next year!” she said.

Looking ahead, Faith believes the location has the potential to become



Faith Seaborn and her husband, 2nd Lt. Justin Seaborn, enjoy painting pumpkins with their daughter in preparation for the Minot AFB Pumpkin Walk.

something even bigger for the base community. “I think that space has the potential to be a phenomenal location!”

The first Minot AFB pumpkin walk began with one spouse’s desire to bring a little extra fall magic to the base community. Through Faith Seaborn’s initiative and the support of volunteers and base leadership, 53 pumpkins helped turn that idea into a reality, creating a space for residents to enjoy the season together. What started as a simple idea has the potential to become a cherished fall tradition, reminding the Minot AFB community that even the smallest efforts can make a place feel a little more like home.



With a vision to bring some fall fun to the base, Faith Seaborn, a military spouse with the 741 MS, helped turn an idea into reality by organizing the first Pumpkin Walk at Minot AFB.



Squadron pride was on full display as the 891 MSFS participated in the Pumpkin Walk, pulling together to celebrate the fall season and showcase their team spirit.



The Minot AFB Pumpkin Walk featured an impressive display of creative pumpkins, with squadrons showing off their skills, creativity, and squadron pride!



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SUDOKU PUZZLE

Solution to puzzle on page B10

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

Solution to last weeks crossword

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

CROSSWORD PUZZLE

Across

1. Paddington, for one
5. "... with ___ of thousands!"
10. France's Savoy ___
14. Canal to Buffalo
15. "Mulholland Falls" actor
16. Six preceder
17. Kind of talk
18. Some fountain servings
19. Travelers to Bethlehem
20. SON # 1 rode in a multi-colored bus
23. Floor model
24. Haim and Feldman
25. SON # 2 was hassled by Haskell
30. Type of wrench
31. This might give you a flat in London
32. They may cause sudden deaths
33. "___ porridge hot ..."
34. It makes a he-bachelor a she-bachelor
38. Kool-Aid flavor
39. What the game may be
40. SON # 3 moved a lot of junk
43. Sacred beetle
45. "What's ___ for me?"
46. SON # 4 was big on the ranch
51. Vaulted part of a church
52. Resort lake
53. "Young Frankenstein" role
55. Bridle strap
56. Trial partner
57. Start of a counting-out rhyme
58. "... was blind, but now ___" ("Amazing Grace")
59. Bellow and Steinberg
60. ___ gin fizz

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20			21						22				
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				40	41					42				
43	44							45						
46						47	48	49				50		
51						52					53			54
55						56					57			
58						59					60			

Down

1. Ask desperately
2. Actor Estrada
3. Wiry-coated terrier
4. Exempts
5. Popeye's tattoo
6. Hen's housing
7. ___ breve (musical term)
8. Type of witness
9. It might set a legal precedent
10. Look up to
11. Beginning of a tape
12. "Manana" singer Lee
13. M's subordinates
21. IRS agents
22. Gad about
25. Result of a Dracula presto-chango
26. "Bingo ___ Yale" (Porter song)
27. Not carrying a piece?
28. Sprang
29. Soothes
33. Uses will power?
34. Scarecrows, for example
35. Dental product
36. Rocky outcropping
37. Schedule board info.
38. Detroit financing co.
39. Measure of Caesar's age
40. Classic TV canine
41. Leblanc's Lupin
42. Clotheslines and television broadcasters, literally
43. Lamb Chop's friend
44. Handles hardship
47. ___ avis
48. Like some traffic
49. What con artists pull over your eyes
50. Up ___ good
54. Type of bread or grass

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Ghostbusters, Green Slime & a Little Downtown Magic



GETTIN’ AROUND DOWNTOWN MINOT
HOPE ANDERSON

What do you get when you combine creativity, ingenuity, and a little elbow grease? A Ghostbusters-themed display window that could rival any display window in New York City, but one that we are fortunate enough to have right here in Downtown Minot.

Melinda Howe, owner of Ascend Wellness, is the brainchild behind this design idea, but her daughter, Abigail Howe, is the artist who brought the vision to life.

An artist since she was a child, Abigail developed her love of artistic expression during her high school career in Maine. From creative arts to murals and set designs for her school theater program, she was fortunate enough to spend her time immersed in the art scene. After high school, she

attended Massachusetts College of Art and Design in Boston, where she received a Bachelor of Fine Arts in Photography. This launched her into a career designing window displays for stores such as Anthropologie, where she created displays that caught people’s eyes throughout all the seasons.

About 10 months ago, Abigail moved back to Minot and started working for Ascend Wellness while also building her design business locally and beyond. Her goal is to create unique window displays at Ascend Wellness and other local businesses while encouraging other businesses downtown to expand their own creativity and make their windows really pop. In the future, there might even be an opportunity for the public to vote on displays in a friendly competition.

The Howes are big proponents of Downtown Minot and hope their window displays encourage people to come downtown to shop, look around, and enjoy all there is to offer.

The Ghostbusters theme is evident throughout the window display, with the Stay Puft Marshmallow Man leading the charge in a big way. You’ll also spot Slimer, the green blob of ectoplasm, making his appearance. The display is also interactive, but you have to knock on the window to see it come to life. From skyscrapers to a city scene, you’ll feel the “Who You Gonna Call?” theme throughout the entire display. But it doesn’t stop there. If you look up, you’ll see a giant Tera Dog on the overhang, along with skeletons covered in green slime on the windows of the upper floors.

Checking out this display got me thinking about the building itself because I love learning about the history of Downtown Minot. Located at 108 Main St. S., the



Ascend Wellness window after

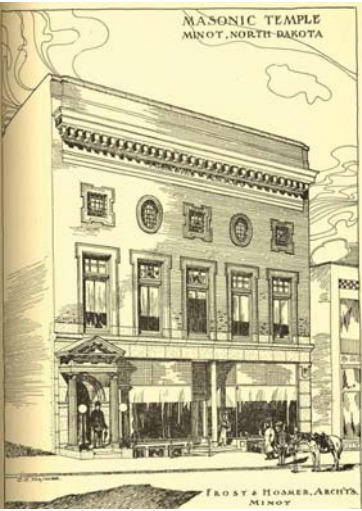
building was constructed around 1907 and housed a Masonic Temple on the second floor. The main floor has been home to many businesses over the years, including Unique Cash Grocery, JCPenney, Black Drug, E.M. Mitchell Store, Headquarters Academy Hair School, and possibly more. The basement was home to a restaurant at one time and a men’s clothing store and is currently home to an antique shop that has been there for more than 25 years. A lot of history within walls that likely could tell many stories, if they could talk.

Now home to Ascend Wellness, an Integrative Medicine clinic, the building has undergone extensive rehabilitation, much of it completed by Wayne Howe. With these updates, it will remain a beautiful piece of architectural history in Downtown Minot and will no doubt continue to have amazing

window displays for each season as this mother-daughter duo puts their heads together to imagine and create these works of art. If you want to check out more of Abigail’s designs, follow her Instagram at @amhperspective. Just another reason why Downtown Minot is worth a visit!



Ascend Wellness window before



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YOUTH IN ACTION

ND Transition to Infinite Campus: What Families Need to Know

Back in March, I wrote an article on the transition to Infinite Campus and how this affects local incoming military families and school registration (“Student Registration for Minot Public and Glenburn Public School Districts amid New Infinite Campus System Integration,” March 12, 2026). This article served to prepare everyone for the upcoming transition. On June 16th, 2026 the Minot Public School District sent out an email to all families on their ParentSquare app, which is their K-12 school-to-home communication platform, regarding the current transition.

Right now, our local North Dakota public schools have completely transitioned from PowerSchool to Infinite Campus. This statewide technology transition is part of the state’s BRIDGE (Building Reports Informing Data-driven Growth in Education) Project. According to the Infinite Campus website, forty-six states use this platform, which impacts 3,200 districts and eleven million students (infinitecampus.com).

The technology upgrade is expected to provide families and students with user-friendly student-information (grades, attendance, schedules) navigation and school-family communication. The unified platform also benefits district administrators with more consistent and reliable data, improved tools, and teaching supports. I highly

encourage parents/guardians to visit the infinitecampus.com website, as it has a one-minute video on how students and parents can use the platform. For your situational awareness, a username and password will be provided by your student’s district, which provides student access.

Last year, our students, schools, and families ushered in new Phone-free K-12 legislation and

this year we are ushering in a new platform. As we continue to evolve technologically, I encourage families to embrace the changes, appreciating that we live in a state where our North Dakota Department of Public Instruction aims to “provide a statewide system of excellent service and support to ensure a healthy school environment that fosters student success” (www.nd.gov/dpi/about-us).



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



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Brass Band of Minot to Salute Veterans and First Responders

SUBMITTED BY THE BRASS BAND OF MINOT

The Brass Band of Minot will open its 2026-2027 with a patriotic concert titled America 250: The Brass Band of Minot Salutes Veterans & First Responders at 4PM on Sunday, October 18th at Ann Nicole Nelson Hall. The concert is both a tribute to our country’s military and in memory of founding Brass Band of Minot member Todd Cresap who passed away September 12th.

The Brass Band of Minot is conducted by Wayne Schemp and consists of brass and percussion players from western North Dakota who range from high school students to music educators.

The concert will open with the Star Spangled Banner followed by Fanfare and Flourishes by James Curnow. Fanfare and Flourishes was based loosely on Marc-Antoine Charpentier’s (1634-1704) Te Deum and varies between bright fanfares and dance-like interludes. Next the band will play Jerry Bilik’s American Civil War Fantasy, a musical depiction of the Civil War complete will strains of popular music of the day, bugle calls, a battle scene, and a hopefully ending with a beautiful rendition of the Battle Hymn of the Republic. Then, the band will play Josef Wagner’s popular march, Under the Double Eagle. The band will then welcome the North Dakota National Guard’s Cover Down Brass Ensemble to the stage. After they play several pieces, the band will return with a tribute to Todd Cresap. Todd passed away on September 12th. He was a founding member of the Brass Band of Minot and played solo cornet in the band for many years. He is greatly missed. In memory of Todd, the band will play William Himes’ beautiful and moving arrangement of Amazing Grace, and a trio of three cornet/trumpet players from the band will play an arrangement of Be Thou My Vision. Then, the band will play William Gordon’s beautiful arrangement of Geron Davis’ Holy Ground. Next, the band will swing into the big band favorite, American Patrol. American Patrol was originally written as a march by Frank Meacham, but a swing version of the piece was later popularized by Glenn Miller, and this arrangement by William Gordon is very much a tribute to big band swing. The band will invite former and current members of the armed forces to stand and be recognized as the band plays Armed Forces Salute, a medley of the armed forces service songs by Stephen Bulla. The Cover Down Brass Ensemble will join the band for a concert finale, America’s favorite march, Stars and Stripes Forever by John Phillip Sousa.

Cover Down Brass Ensemble is



Returning to Minot with the 188th Army Band is alumni cornet player, Jack Austin. Austin will join the Brass Band of Minot for the 2nd half of the concert.

part of the North Dakota Army National Guard’s 188th Army Band. The ensemble provides musical support for military ceremonies as well as community relations and educational outreach events. Cover Down regularly performs for Soldiers, Veterans, students, and community members across North Dakota. Cover Down ensemble members include: Sgt. 1st Class Nathan Johnson (tuba), Staff Sgt. Augustus Tandberg (Non-commissioned Officer in Charge, horn), Sgt. Ben Helfrich (Musical Director, trombone), Sgt. Andrew Bergan (trumpet), Sgt. Amanda Fox (Public Affairs; horn), Sgt. Natalie Helfrich (trombone), Sgt. Jaden Rohrich (trumpet), Spc. Jack Austin (trumpet), Spc. Anson Chojnacki (trombone), and Spc. Ryan Guagenti (trumpet). Brass Band of Minot fans might recognize Jack Austin as he played cornet in the Brass Band of Minot for several years when he was in high school. Jack is now a Sophomore at the University of North Dakota where he is majoring in Music Education. He performs with the 188th Army Band, the UND Wind Ensemble, the 1 o’ clock Jazz Band, the Pride of The North Marching Band, and the UND Trumpet Ensemble.

Brass Band of Minot concerts are free and open to the public though cash and check donations are very welcome and help pay for the band’s expenses. The hall has a hearing loop system for hearing aid users and an elevator accessible from the east side of Old Main.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

The season will continue with concerts on Nov 22nd, Feb 21st, and April 4th.



WEEKENDS UNTIL OCT 31
BURLINGTON HAUNTED HOUSE
7:00 PM - 11:00 PM
Peace Lutheran Church,
521 N Davis St, Burlington

Burlington Haunted House is back for another season of chills and thrills. Dare to enter this spooky attraction at Peace Lutheran Church, 521 N. Davis St. in Burlington, on October 16-17, 23-24, and 30-31 from 7-11 p.m. Explore the haunted house, test your courage, and see if you can make it through the scares waiting around every corner. Admission is \$20 per person.



For more information:
Facebook / Burlington Haunted House / Events

23 OCT
SILLY SPOOKY SCIENCE
10:00 AM - 12:00 PM
Magic City Discovery Center
1545 1st St NW, Minot
Calling all mad scientists, curious creatures, and professional troublemakers!

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For more information:
Facebook / Magic City Discovery Center / Events

25 OCT
SKATE & SCARE MOVIE SKATE
6:00 PM
Maysa Arena
2501 W Burdick Expy, Minot

Get ready for a spooky night on the ice! Join us for a Skate & Scare Movie Skate featuring Goosebumps 2: Haunted Halloween. Lace up your skates and enjoy a fun-filled night! \$5 to skate & \$5 for skate rentals



For more information:
Facebook/ Minot Parks/ Events

30 OCT
DOWNTOWN HALLOWEEN TREAT TRAIL
10:00 AM - 12:00 PM
Downtown Minot,
Main Street S

Join us in Downtown Minot for the annual Halloween Treat Trail! Starts at 10 am and ends at noon. Pre-school age and under. Bring your buckets and wear your favorite costume!



For more information:
Facebook/ Minot Downtown Business & Professional Association/ Events

20-21 NOV
FESTIVAL OF TREES
12:00PM TO 9:00PM FRIDAY
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With countless Christmas-themed events to choose from, there is something for the whole family to enjoy at Festival of Trees. General admission is \$5 per adult, free for 18 and under. Additional ticketed events include the Dinner and Live Auction and Dashing Through the Snow 5k and fun run. Dinner and Live Auction Tickets: <https://www.festoftrees.com/tickets> Dashing Through the Snow Tickets: <https://runsignup.com/Race/ND/Minot/DashingThroughTheSnow>. Other Events at the Festival include: •Silent Auction •Raffle Row (raffle trees) •Fun Pianos! Dueling Pianos Show •North Pole Play Zone: Bounce Houses, Coloring, Balloon Artists, Story time with Buddy. •Tea in the Trees •Live Music •Bake Sale •Follow the Star: Interactive Nativity with Live Animals •Kids Christmas Karaoke •Petting Zoo •Pony Rides •Vendor Show •And more!



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Ready, Set, Launch! Exploring Energy and Motion in the MOVE Gallery

MAGIC CITY DISCOVERY CENTER

At the Magic City Discovery Center, physics isn't something you just read about in a textbook. It's something you feel, build, and set into motion!

Our MOVE Gallery provides an action-packed introduction to the fundamentals of physical science. Designed with large active contraptions surrounding hands-on experimentation stations, MOVE kinetically introduces visitors of all ages to core physics concepts like simple machines, gravity, velocity, energy transfer, and acceleration.

WHAT YOU'LL FIND INSIDE OUR MOVE GALLERY

Whether you're testing a hypothesis, designing a wild hairpin turn, or using your own body weight to explore mechanical advantage, MOVE offers endless ways to experiment:

- Grain Gizmotron: In this huge exhibit, kids can work together to shift grain between storage drums using Archimedes screws, conveyor belts, elevators, and pulleys. It's a team-building powerhouse where young managers intuitively assign roles to shovel, tip, pour, and sift!
- Pulley Chairs: Experience "mechanical advantage" firsthand! Using a system of pulleys, visitors can harness body-on physics to pull themselves straight up into the air.
- Roller Coaster Designer: Build your own custom track and test the limits of gravity, momentum, and centripetal force! Can you construct a run that keeps the ball moving without dropping out or jumping the track during a sharp curve?
- Magnetic Ball Wall: Attach pipes, elbows, tees, and tracks to a steel wall to engineer elaborate chain reactions, jumps, and ball pathways.
- Slinky Treadmill: Adjust the speed of a specialized treadmill and test your timing to see how long you can keep a classic Slinky walking downhill.
- Pendulum Wave: Set a series of uncoupled pendulums into motion and watch as varying string lengths create hypnotically dancing wave patterns!
- Rope Thrower: Adjust angles and disrupt a motorized loop of flying rope to discover how wave patterns form and change in real-time.

THE "SECRET" SCIENCE: WHY PLAYING WITH MOTION MATTERS

While children are busy blasting balls down tracks and cranking levers, they are practicing real-world physics aligned with North Dakota Science Standards and Next Generation Science Standards (NGSS):



- Forces & Interactions: Testing how the strength and direction of a push or pull alters speed and trajectory.
 - Simple Machines in Everyday Life: Discovering the practical power of levers, inclined planes, screws, wheels and axles, wedges, and pulleys.
 - Energy Transfer & Inertia: Exploring how potential energy converts into kinetic energy, and observing what happens during collisions.
 - Engineering & Design: Testing a model, analyzing why it failed, and tweaking the design—building resilience, critical thinking, and spatial reasoning along the way.
- GUIDING DISCOVERY IN THE MOVE GALLERY**
- You don't need a degree in mechanical engineering to facilitate big learning moments! Here are simple ways adults can support play and problem-solving:
1. Ask Open-Ended "What If" Questions:
 - "What happens when we change the angle of this ramp?"
 - "How can we make the ball go faster or travel further?"
 - "How does that pulley make it easier to lift your weight?"
 2. Connect MCDC to Home: Ask your child, "Where else have you seen simple machines like levers, screws, or wheels outside the museum?"
 3. Let Them Lead the Build: Resist the urge to fix a falling track right away! Let your child test their setup, fail safely, analyze the problem, and explain their workaround to you.
- SIMPLE MACHINE HUNT:**
- Challenge your young scientist to hunt down all six simple machines inside the MOVE gallery:
- Wheel and Axle
 - Lever
 - Inclined Plane
 - Pulley
 - Screw
 - Wedge
- Ready to get moving? Bring your big ideas, team up at the Gizmotron, and discover how fun physical science can be on your next visit to the Magic City Discovery Center!



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Do Eat Asian Cuisine <i>All You Can Eat</i> 2400 10th Street Southwest, #522, Minot Phone: 701.837.9999 www.doeatasiancuisine.com	Meg-A-Latte 2045 N Broadway Suite #100, Minot Phone: 701.852.1240 www.mega-latte.com
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TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



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

TIMOTHY TIMM

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NOTES ON BEING SAFE

ALWAYS BE PREPARED FOR WINTER WEATHER CONDITIONS



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While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days.

As we face another North Dakota winter, it's important to plan ahead and start storing emergency food and water supplies for the family before a crisis happens.

It's a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person's age, physical condition, activity and diet, when storing water.

Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don't forget to include pets.

PREPARE AN EMERGENCY STOCKPILE

Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular intake.

Avoid foods high in fat and protein, and don't stock salty foods since they make people thirsty. People should switch to

salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and renew people's sense of security during stressful situations. Also, canned foods don't need cooking, water or special preparation.

The following are some recommended food storage plans:

STORAGE TIPS

- Keep food in the driest and coolest spot in the house – a dark place if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to keep pests out.
- Inspect all food containers for signs of spoilage before use.

WHAT TO STOCK

Though it's unlikely an emergency would cut off our food supply for days or weeks, it's a good idea to prepare supplies to last that long.

A two-week supply can relieve a great deal of inconvenience and uncertainty until services

are restored.

An easy way to develop a two-week stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants.

Those who already keep a two-week supply of food on hand should rotate their supply once or twice a year.

SPECIAL CONSIDERATIONS TO REMEMBER

When stocking food, consider your family's unique needs and tastes and include foods everyone enjoys that are also high in calories and nutrition.

Foods requiring no refrigeration, preparation or cooking work best. Make sure you have a can opener and disposable utensils.

People with special diets and allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don't forget nonperishable foods for pets.

COOKING WITHOUT POWER

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.

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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What's Going On Minot AFB

FRIDAY16

- Registration Closes: Ballet Instructional Class, CYPBMS
- Friday Flicks, 1630-2300, Rockers Bar & Grill16
- The Great Boo Ball, 1730-1930, Youth Center
- History Walk: West Edition, 1800, Minot AFB Library
- Karaoke Night Fall Series, 1930, Rockers Bar & Grill

TUESDAY20

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

SATURDAY24

- Outdoor Rec Halloween Events, 1800, Discovery Center, hosted by Outdoor Recreation
- Air Force Gaming – Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro

SATURDAY17

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

WEDNESDAY21

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Employment Fundamentals of Career Transition, 0800-1600, M&FRC
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

SUNDAY18

MONDAY19

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOW Transition Day, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center

THURSDAY22

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center

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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

FRIDAY23

- FTEC, 0730-1600, Professional Development Center
- SR TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Zombie Run, 1534-1715, Youth Center
- Friday Flicks, 1630-2300, Rockers Bar & Grill
- Karaoke Battle, 1730, Rockers Bar & Grill

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