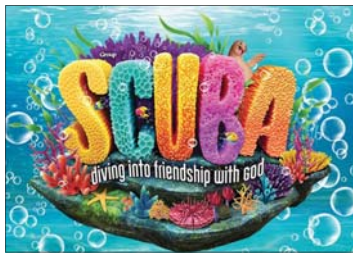


# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 35 | MINOT AIR FORCE BASE | FRIDAY, AUGUST 30, 2024

WHATS INSIDE THIS WEEK:



VACATION BIBLE SCHOOL IS BACK!

A3



MINOT TO MEDORA: BORROW THIS HOTDISH ROAD TRIP ITINERARY

A5



THE FIRST LADIES OF MINOT AFB

A7

## A REPEAT PERFORMANCE



5th Bomb Wing's Inspector General office; Front Row (L to R): MSgt Craig McBean, Mr. Robert Ogurek, Lt Col Vincent Noel, CMSgt Joshua Sanders, TSgt Steven Blake, Mr. Steve Ekker. Back Row (L to R): Mr. Nick Hoff, Maj. Joshua Griffin, MSgt Jason Kopenhafer, Mr. Nate McIver, SMSgt Jessica Velasquez. The IG team recently won the 2023 Maj. Gen. Junius W. Jones IG Award. See more details on page A2.

U.S. AIR FORCE PHOTO | MINOT AFB PA



Military Friendly and Proud to Serve Our Active Duty Military & Veterans  
Closest Full Service Collision Center to Minot AFB

2705 North Broadway,  
Minot, ND 58703  
(701) 852-5126  
jeromescollision.com



HOME OF THE GLOBAL STRIKER

Only The BEST Come North!


WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on  Minot Air Force Base



# 5th Bomb Wing Awarded Best Commanders Inspection Program

ROD WILSON, NORTHERN SENTRY

In the hallway leading up to the Inspector General's Office in the 5th Bomb Wing headquarters is an award given at the Air Force level for commanders and special programs for the entire Air Force.

This is the second time in 3 years that the 5th BW Inspector General has been awarded the Maj General Junius W. Jones Inspector General award. The wing Inspector General Office is given the task of evaluating the Commander's Inspection Program.

"The Commander's Inspection Program is the grading criteria we have for all of the different units across the wing" according to SMSgt Jessica Velasquez "We sit down with the commanders over an inspection cycle of 3 years. Over those 3 years, when we inspect the different agencies, there are grading criteria that we try to hit. We work with the commanders on the areas that they would like to hit. Once the areas are identified we put together an inspection team. We have a team leader and he/she in turn gets us together and reviews the criteria and what we would like to have happen."

After the inspection, the team once again gathers and looks at all of the deficiencies. Those

deficiencies are transferred into a computer program call IGEMS. The commanders are able to continuously track the history of the various inspections.

The Maj General Junius W. Jones award puts all Inspector General offices into a competition that grades efficiency and accuracy in the completion of an inspection program and awards the best Commander's Inspection Program in the Air Force.

"The award entry outlines everything we do" says Velasquez "the sheer amount of inspections and what was accomplished over the fiscal year, any of the deficiencies, any recommended improvement areas, strengths, or weaknesses that we identified."

The 5th BW IG team identified 3 areas that were worthy to "route up to Global Strike to make sure that the information gathered was put into guidance for the B 52s, so it affected the entire B 52 fleet...that was pretty big" says Velasquez.

Even though it can be a very small discovery, in this case (the award-winning inspection) affected all of the B-52 planes.

The inspections are a team effort between the Inspector General's office and the commander's office. "The commander's office receives

a schedule of events and runs through the criteria that we (the Inspector General's Office) have identified. If there are other areas identified, we hope they will please let us know and we'll add it to the inspection" says SMSgt

Velasquez.

It should never be a surprise that the Inspector General Team is coming. With the schedule of events, the commanders know well in advance when we will arrive.

For the Inspector General team "it was a big honor a few years ago, and it certainly is a big honor today" says SMSgt Velasquez, "it's a very big deal."



Inspector General Plate



2023 Maj. General Junius W. Jones Award for Best Inspection Program In The Air Force.

- Assistant Director of Clinical Services
- Lead Clinician/Social Worker Amsterdam, NY
- FoodService Worker Canaan, NY
- Secure Detention Counselor 1 Albany, NY
- Family functional therapist/Clinician/Social Worker Lyons, NY
- Bi-lingual Teacher Canaan, NY
- FFT Clinician Malone, NY



# Vacation Bible School is Back!

MARTINA KRANZ, NORTHERN SENTRY

Summer is over, and swimming outside will need to wait until next year, but there is something else that students can dive into...VBS! The kindergartners and the 1st - 5th graders of the Minot Protestant Community on Minot AFB will have a chance to dive into a friendship with God at the SCUBA Vacation Bible School (VBS) on Saturday, September 7th. This free VBS is open to all the children of base families, no matter what their religious affiliation or church attendance.

According to Chaplain Harris, 5th Bomb Wing Chaplain/HC at the North Plains Chapel, "Our hope is that through the one-day VBS, families and their children experience a fun-filled day in a safe environment where they can connect to other families, and to the faith community here at Minot Air Force Base."

Before the day's morning and afternoon rotations begin, the kids will participate in a Sing & Play Splash. This is a large group time with high energy music, video skits, and a place to meet a new Bible Memory Buddy. Some hymns planned to be sung at the VBS are: Thanks, God (this year's VBS theme song), One True God, Count Your Blessings, One Big Family, and Forever God.

Kids can expect a full day in a small group that include skits, songs, and stories and four rotations including 1) Deep Bible Adventures, 2) Sticky Scripture Memory, 3) Imagination Station, and 4) Rec. Breakfast is free and available during drop-off, and snacks will be provided to the children, but parents are asked to pack nut-free lunch(es) for their children.

Chaplain Harris says that this VBS will take the kids deep into an amazing undersea adventure where they'll experience the ever-flowing, never-ending love of God. At the Scuba VBS, kids will be immersed in the Word and discover what living water is all about. For example, in the morning's Deep Bible Adventure, the Bible Story

is God Shows Compassion to the People of Nineveh (Jonah 1-3). The Bible Buddy is Finnley the Dolphin. In the afternoon's Deep Bible Adventure, the Bible Story is Jesus Calms a Storm. (Mark 4: 35-41)

According to Chaplain Harris, the Sticky Scripture rotation helps the kids "deepen" their Bible literacy skills. They "dive" into God's Word with multiple senses, understanding the words, where they are in Scripture, and how the verse applies to them today. He says "That's Bible-deep, and it changes everything!" Sticky Scripture contains a fun, interactive video that explores the meaning of the morning/afternoon verse, motions and visuals to help the kids remember the verse, and Scripture exploration to add important context to the verse and to teach hands-on Bible navigation skills.

Finally, the Imagination Station is like a arts and crafts activity, but it incorporates fun, STEM learning experiments that engage kids imagination and learning.

Chaplain Harris is currently recruiting volunteers to serve at the VBS. If anyone would like to volunteer for the VBS, go to <https://forms.gle/iBc9ZgTp22QXP1Fp8>. Or you can email Ch, Captain Brian Harris at [brian.harris.48@us.af.mil](mailto:brian.harris.48@us.af.mil) to indicate your desire to serve during the event. All volunteers will be background checked, and qualified personnel will maintain a line-of-sight supervision during the event. A person from the chapel will contact you with the next steps.

To register for the event, go to the Minot AFB Protestant Chapel Facebook Page and click on the MAFB 1 Day VBS advertisement. Scroll down and complete the form at the bottom of the page. There is one registration per child, and each child must bring a sack lunch. Please register soon since the first 100 registrations are guaranteed attendance. If you register past the 100 limit, you will go on a waiting list. So, on September 7th bring the kids to the VBS at the MAFB North Plains Chapel. VBS is back, and it's filled with faith-based fun!

**MAFB 1 day VBS 7 Sept**

7 Sept 2024 | North Plains Chapel  
8:30am-4:00pm | 290 Peacekeeper Pl,  
Bring a Sack Lunch | Minot AFB, ND 58705  
Register via QR code

**SUBSCRIBE NOW**  
TO OUR WEEKLY EMAIL NEWSLETTER

weekly post brief

**northern sentry**  
MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

**CENTURY eyewear**

**PRADA**  
**TOM FORD EYEWEAR**  
**COACH**  
**OAKLEY**  
**kate spade**

DR. JASON L. BRADLEY, O.D.

**NEW LOCATION**  
10 1st Street SW Downtown Minot  
**701.852.5626**

**ONE HOUR LAB SERVICE**  
LOCALLY OWNED SERVING MINOT SINCE 1976 | NEWEST STYLES HOTTEST TRENDS BEST SELECTION

[CENTURYEYEWEAR.COM](http://CENTURYEYEWEAR.COM)

**N.D. Asia RESTAURANT & LOUNGE**

**UNDER NEW MANAGEMENT**

**LUNCH SPECIALS MONDAY-FRIDAY 11AM to 3PM (except holidays)**

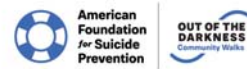
**\$5 OFF** with Minumun Purchase of \$30. (Dine-in only, 1 coupon per table. Can not be combined with other any other promotions.)

**GET FREE:** 2 Fried / Steamed Gyozas / 2 Egg Rolls / 2 Crab Rangoons / 2 Spring Rolls with purchase of 1 Signature Sushi Roll (All Day Everyday) (Dine-in only, 1 coupon per table. Can not be combined with other any other promotions.)

3400 16th St SW, Minot  
**701-852-1240**  
Online Order [www.ND-Asia.com](http://www.ND-Asia.com)

## WALK WITH US TO PREVENT SUICIDE

**Minot Out of the Darkness Walk**  
**Sunday Sept 8, 2024**  
**Oak Park Shelter 7**  
Register at [afsp.org/minot](http://afsp.org/minot)



**Budweiser 2ND ANNUAL Budweiser HOME FOR THE HOLIDAYS RAFFLE**

HELP SEND LOCAL AIRMEN HOME FOR THE HOLIDAYS!  
114 SENT HOME IN 2023!

LIMIT OF 2000 TICKETS \$50.00

**PRIZE LIST**

- 2024 CHEVY TRAILBLAZER LT AWD - MSRP \$28,905
- KONA BIG WAVE MURF E-BIKE - MSRP \$2,895
- \$2,500 VACATION VOUCHER FROM DELTA VACATIONS
- \$2,000 MEAT PACKAGE FROM THE MEAT COMPANY AND BRAVERA BANK
- SHUFFLEBOARD FROM PARADISE SPAS - MSRP \$1,995
- WEEKEND STAY AT FOUR SEASONS MINNEAPOLIS AND DINNER AT MARA - ARV \$1,650

VENMO \$50 ALONG WITH YOUR NAME AND PHONE # TO @HOMEFORTHEHOLIDAYS TO SUPPORT THIS GREAT CAUSE AND HAVE A CHANCE AT SOME GREAT PRIZES!

**venmo**

MAGIC CITY BEVERAGE | DELTA VACATIONS | KONA | RYAN | SIGNOZYNN | KMOT TV | PARADISE SPAS | THE MEAT CO. | BRAVERA | FOUR SEASONS | DRINK & GOLF

**DON'T RISK IT ALL! IF THERE IS ANY DOUBT CALL**

**AIRMEN AGAINST DRUNK DRIVING**

Free and Confidential | Saving Lives and Careers

Available to ALL Minot AFB Military Members and Spouses

**CONTACT US AT:**  
**(701) 727-2233**  
(701) 727-AADD

- Call AADD
- Notify location and destination
- State the amount of people that need a ride
- Give a description on an easily identifiable article of clothing
- Verify member's military/dependent status by showing identification

**THURSDAY, FRIDAY & SATURDAYS**  
09:00 PM - 02:00 AM

**HOLIDAY WEEKENDS**  
08:00 PM - 03:00 AM

**PROUD SUPPORTERS OF MINOT AADD**

**SRT** Donating the Phone Services for AADD

**northern sentry** Supplying Calling Cards and Posters to Local Establishments



## CONTACTUS

**Ted Bolton**  
 Publisher | Advertising  
 701-240-5039  
 bagroup@srt.com

**Rod Wilson**  
 Business Development | Marketing  
 sentrysales@srt.com

### GRAPHIC DESIGN BY

**Nikki Greening**  
 nsads@srt.com

### MINOT AIR FORCE BASE PUBLIC AFFAIRS

**Chief of PA**

Maj. Thomas Barger

**NCOIC of PA**

Technical Sgt. Rusty Frank

**NCOIC of Command Information**

Tech. Sgt. Ryann Holzapfel

**Chief, Community Relations**

Mrs. Abigail Kinder

**NCOIC of COMREL**

Tech. Sgt. Zade Vadnaiss

**Chief, Media Operations**

2nd Lt. Casen Salitore

### PA Specialists

Senior Airman Alex Nottingham  
 Senior Airman Kyle Wilson  
 Airman 1st Class Trust Tate  
 Airman 1st Class Alyssa Bankston  
 Airman 1st Class Luis Gomez

### COMMANDERS

**5th Bomb Wing Commander:**

Col. Jesse W. Lamarand

**5th Bomb Wing Deputy Commander:**

Col. Benjamin D. Jensen

**91st Missile Wing Commander:**

Col. James L. Schlabach

**91st Missile Wing Deputy Commander:**

Col. George L. Chapman

### NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

**MAFB Public Affairs Office**

v35bw.pa@us.af.mil

701.723.6212

### MAIL

315 South Main Street, Suite 202  
 Minot, ND 58701

### VIEW ONLINE

www.northernsentry.com  
 www.minot.af.mil

### FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil). The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
 WWW.NORTHERNSENTRY.COM



**A VIEW FROM OUR SIDE**  
 ROD WILSON

**northernsentry**  
 MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

Holy Cow! Saturday was one of those memorable days. It all really started on Friday when we (my wife Sue and I) decided to wait until cooler evening temps to mow our lawn. We were headed to the lake on Saturday to celebrate my LXX birthday. If you are a roman numeral expert, you already got it. I turned 70. (Catch the joke at the end of the article).

Long story short, we never experienced any of those cooler temperatures on Friday evening, and we awoke to almost 70 degree temperatures on Saturday morning. Still, it was my birthday, and I had told Sue that sailing for the weekend was what I wanted to do, so we packed up and headed for Lake Sakakawea and our sailboat. If you love hot weather with high dew points, Saturday was your day. We enjoyed a picnic lunch under one of the shelters at Ft. Stevenson



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

We've all heard the creepy, campfire stories that scare us out of our wits. But there are actually documented accounts of the unexplained happening in various parts of our state. You can choose to believe it or not, but the people who tell these stories are quite serious.

For instance, during Prohibition tunnels underneath Minot were basically a haven for bootlegged booze and speak easys. There was also crime in those tunnels because there was a lot of money changing hands.

It is said that several people were killed while crimes were committed and those people are now haunting those tunnels. Do you want to go down there and see for yourself?

Another Minot story is with the old Vegas Hotel. Apparently, a man who had an extended stay there saw things that can't be explained. He chalked it up to being sick and his brain wasn't thinking properly. But after talking to several employees, he became convinced something wasn't right.

That hotel has changed hands numerous times over the years and in its defense, thousands of guests have stayed there and dined in the restaurant and haven't reported anything unusual.

Evidently, the Billings County Courthouse in Medora is haunted. There's a bookshelf that is located in an office and it runs around the top of the ceiling. Someone was standing in a doorway one day, chatting with a friend when all of a

# Just When You Think You've Had Enough North Dakota Gives You A Reason to Stay

State Park. The wind blowing off the lake kept us somewhat cool, but once we stepped out into the August sun, it was hot, darn hot.

Now is when the story really kind of begins. We decided that the air conditioning in my car felt really good. So good that it was going to be impossible to leave the car and head down to the boat. Quickly we took a vote. 2-0 to stay in the car and do a tour of the east end of the lake. Hadn't seen Garrison Dam in a while from the road, so it seemed like a great destination. How much time did we need to kill? About 3 hours we figured. But that was not a good estimate. The temperature kept climbing, and pretty soon it was well over 80 degrees, and headed for 90.

So, what do you do? It was an Ah Ha moment. We had friends with a camper and air conditioning in the Riverdale, ND campground. Perfect time to pay they a visit. Not sure Mike and Sherry were hoping to have company, but they welcomed us into their camper and offered a couple of cold drinks.

As good as the air conditioning felt, we were getting close to supper. There is kind of an unwritten rule (take note Amy Allender) that you don't stay for dinner if you didn't bring

anything. Time to go, I guess.

The next 2 hours would consist of driving to the marina, carrying all of our food for the weekend down the dock, and wiping the sweat from our foreheads. Yep, it was hot. Kind of like Friday night, there didn't seem to be a let up in the hot temps in site. May as well have dinner...hot dogs, salads, and watermelon. Great dinner! Simple enough to cook and certainly enough to eat on this warm evening.

Did I mention flies? Yah, there were flies. A friend of mine said it perfectly. We had 2 fly swatters going. Knocking down 100 flies each an hour, and we still couldn't keep up. For everyone we killed, 2 showed up to bug you a little more.

Finally, the sun would begin to set across Garrison Bay from the marina, and it was spectacular! Yep, all of those negative experiences were now replaced with one of "those" sunsets. The Canadian smoke gave the sunset a blaze orange color. Eventually the sun disappeared behind the trees, but only for a short time. The sun would not only turn the entire sky orange, but it would shoot a ray of orange into the sky.

So, where's my pictures you say? Well, what I have also learned is that photos of sunsets

on a cell phone do not have the brilliance of seeing the sunset, so I just don't take a lot of photos. I guess I'll try to remember how beautiful the sunset was. And now, even after this hot, uncomfortable day, North Dakota made us forget all that stuff, and gave us something truly awesome to remember...I guess it was a great birthday present.

**Best Kept Secrets-** The Downtown Fall Festival is only a couple of weeks away, on September 14th from 10 AM to 5 PM in downtown Minot. It will be the 30th Anniversary of the Dakota Cruises car club. It's also the grand opening of the Magic City Lion's Kid Zone. Great new games, bounce houses and fun.

**Today's Chuckle** After celebrating my birthday with the grandkids, there were a lot of questions about "how old are you, BePa?" We played guess BePa's age for a couple of minutes, and finally little Addely guessed that BePa was 70 years old. "And what does being 70 mean Addely?" was my question. Her quizzical look was soon replaced with a big smile. "It means you won't be 60 anymore." Good answer, I guess. I even had to laugh- or cry.

## Haunted North Dakota...

sudden, two huge books fell right where she was standing.

There was no earthquake, there was no tornado, the train wasn't rolling through town at a high rate of speed. Nobody could come up with a logical explanation why those books fell off the shelf.

Some of you might remember San Haven? That was the sanatorium located just north of Dunseith. It operated for many years and was closed in the 1980s? Back in its early days it was a hospital for tuberculosis patients.

Unfortunately, some of those patients died while living in San Haven, and according to some people who have trespassed there, those people are still "living" there and haunting anyone who might try to steal any archives that might still be there.

Perhaps the most well-known haunted house in the state is the Custer House at Fort Lincoln, south of Mandan. People talk about seeing Union Soldiers wandering around, drums beating in the middle of the night, gates that would mysteriously open and close for no apparent reason and women dressed in 1870s clothing walking around the campus.

Trollwood Park in Fargo is supposed to be haunted, but there really aren't any people to collaborate that story. Another is the Plains Art Museum in Fargo. Apparently, consistent weird activity has been happening there for many years.

There are allegedly numerous other places across the state that are haunted for various reasons. The wind tunnel at the University of North Dakota that leads to the west dorm of Wilkerson Hall is one of them. It is said a female student froze to death there in the 1960s and she is sometimes seen in the tunnel, especially at night.

A hospital in Dickinson, an old hospital in Jamestown, the Burlington Northern Sant Fe

railroad bridge in Bismarck, the area where the Emmons County Courthouse was once located in Williamsport, the Conklin House near Rolla and the bar in Sawyer are all supposed to be haunted.

One of the stories that has some credibility is that of the Spicer family from the Winona area of Emmons County. The entire family was murdered there in the 1890s and it is said members of that family can still be seen wandering

around the property they owned near present-day Strasburg and Fort Yates.

There are also numerous stories about people who have seen UFOs. These aren't haunted stories, but seeing something like that has the equivalence of being just as scary. That's a story for another day, but in the meantime, if you see something that can't be explained, just know you aren't alone.

2 Winners Every Week!

## BADLANDS RESTAURANT & BAR

# WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.



# Minot to Medora: Borrow this Hotdish Road Trip Itinerary



**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

It's no secret that I love living in Minot. I also enjoy traveling. As a military spouse living states away from immediate family, it can be tricky to justify a vacation anywhere other than "home" to visit relatives.

Despite my adoration for Hotdish Land, we've spent surprisingly little time road-tripping through North Dakota. Typically, our vacations focus on minimizing time in the car while crossing the country.

That recently changed when my husband and I loaded up the car for a NoDak road trip. We traveled from Minot to Medora, packing in plenty of fun along the way.

The itinerary we followed worked so well for our young family that I wanted to share it with you. Use it for an upcoming long weekend, tuck it away for a quick getaway, or let it inspire an itinerary of your own.

**Heading Out:** Medora, ND, is on Mountain Time—so you'll gain an hour traveling that direction, giving you more time to explore along the way.

**Stop 1: Garrison Dam National Fish Hatchery**

Admission and tours are free. There are display tanks, touch tanks (where you can hold turtles or feel sturgeon), and feeding tanks (where you can feed hungry trout). There's also a walking path and very clean restrooms to use before getting back on the road.

**Stop 2: Beulah, ND**

Pack a lunch from home or grab fast food in Beulah. Enjoy your meal at Riverside Park while the kids run around on their awesome playground.

**Stop 3: Dickinson, ND**

Fill up on gas in Dickinson and pick up a few groceries for the motel room.

**Arriving in Medora:**

Even with stops, we arrived in Medora before 4 p.m. This gave us time to settle into the motel and play at Point to Point Park before dinner and bedtime.

**Theodore Roosevelt National Park and Medora, ND**

One of the things I love about this trip itinerary is its flexibility. It can be used for a short getaway or extended for a long weekend.

We spent two full days in Medora before returning to Minot, but you can mix and match activities to suit your schedule. Our second day was spent exploring the South Unit of Theodore Roosevelt National Park and relaxing in town. On the third day, we enjoyed the paid attractions at Point to Point Park, Pitchfork Steak Fondue, and the Medora Musical. However, you could easily pick the activities best suited to your family and fit them all into one day, or space them out a bit more.

Whatever you choose to do, make sure you explore the national park—especially if you've been led to believe North Dakota is flat and boring. Also, be sure to take advantage of free admission for military members, veterans, and dependents. Just inquire about a free annual pass at the visitor center.

**Heading Home:**

Make the return trip fun by breaking it up with a few more stops. Here are some possibilities:

**Dickinson Museum Center and Badlands Dinosaur Museum**

My kids loved seeing all the fossils and the vast rock and mineral collection. My husband and I enjoyed learning about the discoveries made right here in our region.

**New Town, ND**

If you'd like to travel home via a different route, consider stopping at attractions in New Town. These include the MHA Interpretive Center, Four Bears Casino and Waterpark, and Crow Flies High State Recreational Area.



Take the stress out of planning a Hotdish road trip. Borrow this itinerary for your own adventure.  
AMY ALLENDER PHOTO

**Dakota Drug**

If you return to Minot through New Town, make a pit stop at Dakota Drug in Stanley, ND, for a Whirl-a-Whip. Dakota Drug is home to the last surviving Whirl-a-Whip machine (that we know of). It's been turning hard-churned ice cream into velvety soft-serve treats since 1949 and is truly the tastiest time capsule you'll ever find.

When you get the urge to get out of the Magic City, this North Dakota road trip offers a delightful mix of activities and sights. It's a reminder that sometimes, the best getaways are close to home. And that it's important to explore the places life sends us.

For more on life in Hotdish Land, tips, and everything you need to know about Minot, follow me on Instagram and Facebook @HeyMinot. Connect with me further at my website, amyallender.com.



A road trip to Medora gave us an opportunity to experience some attractions we've only driven by, like the National Fish Hatchery.  
AMY ALLENDER PHOTO



The Badlands Dinosaur Museum was a big hit with our boys.

AMY ALLENDER PHOTO

★ *Hotel* ★

## REVEL

MUSIC • ART • COFFEE • BEER • WINE

MINOT, ND

1510 26th Ave SW  
Former Kelly Inn, Next to the Mall  
www.revelnd.com

### Pool Side Rooms Weekend Specials

★ Perks Include: ★

- Heated Salt Water Pool & Hot Tub
- Full Hot Breakfast
- PAC-MAN Arcade Machine for Free Use
- Late Check Out - Up to 3:00pm upon request
- Mention Kenny the Duck to receive Snack and Soda Swag/Welcome Gift

*\*Based on Availability*

Call us now at (701) 852-4300 or 800-735-5868

*Sakakawea*  
in style

Private bookings:  
Call Jody Two Crow  
701-627-7554

All other bookings:  
visit 4bearscasino.com  
or stop by the Players Club

RIVER WILLOW Highlights:  
• 50 slot machines  
• Live blackjack tables  
• Full bar and bathrooms on each level

Get your chance to win tickets, hotel and airfare for games this fall!

## WIN an NFL GAME DAY GETAWAY

WIN RAIDERS TICKETS AT SPORTS BOOK

WIN VIKINGS TICKETS AT THE SLOTS

**Nikki Glaser**

**AUG 31**

Tickets on sale now!

FUN BUSES AVAILABLE

**ALIVE AND UNWELL TOUR**

YOU CAN SEE THE BEST ROAST OF ALL TIME! TOM BRADY!

**NASCAR VIP GIVEAWAY!**

Place your bets at Sportsbook to win the ultimate NASCAR VIP experience, every \$25 bet earns you one entry, and any bet on NASCAR doubles your chances with two entries.

Qualify now, winner will be drawn on Sept 1

**PONCH'S PRIZE PATROL**

• 2024 Harley Davidson Fatboy  
• TWO chances at a \$100K giveaway  
• \$25K in other cash and prizes

Giveaway on September 7

**CAGE FURY**

**TWO WORLD TITLE FIGHTS**

SEP 27

FOREST SAUNDERS vs NORTON VAZQUEZ

Tickets and tables on sale now!

FIND THE RIGHT FIT.

Tour our HOUSING OPTIONS

701.852.5028

CREATIVEMINOT.COM

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

4 BEARS CASINO & LODGE  
4 MILES WEST OF NEW TOWN

4bearscasino.com  
800.294.5454

**NEW HOURS**

CASINO: Mon–Thurs 8 AM–2 AM; Fri and Sat open 24 hours; Sun closes at 2 AM  
CENTER BAR HOURS: Sun–Thurs 10 AM–1 AM; Fri and Sat 10 AM–2 AM  
POCKET ACES BAR HOURS: Sun–Thurs Noon–1 AM; Fri and Sat Noon–2 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.



# Calling ALL Car Enthusiasts!

Friday, August 30th through Sunday, September 1st, we're turning up the heat with non-stop automotive action and entertainment!



SCAN FOR DETAILS

And, when you need a break from the action, dive into the Food Court featuring mouth-watering food trucks serving up delicious eats all weekend long!

## MEN

### 4 Person Teams

Tuesday (9/17)..... 6:30 pm  
 Wednesday (9/18)..... 6:30 pm  
 Wednesday (9/18)..... 7:00 pm

## WOMEN

### 4 Person Teams

Tuesday (9/17)..... 6:30 pm  
 Thursday (9/19)..... 6:30 pm

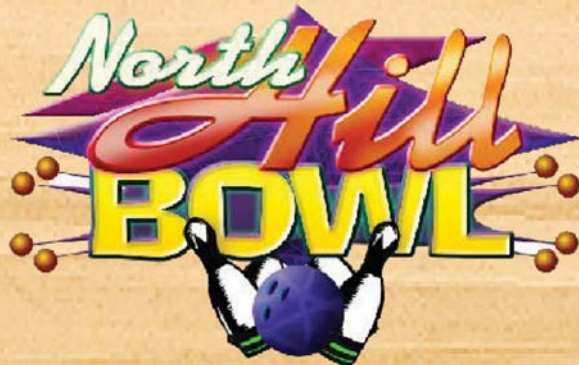
## YOUTH

Thursdays (Ages 7 and up)..... 3:45 pm  
 • Start Day, 9/12

Saturdays (Ages 5 and up)..... 9:30 am  
 • Registration Day 9/7  
 • Bumper League Available for ages 5-6  
 • Start Date, 9/14

Sundays (Ages 12 and up)..... 6:00 pm  
 • Start Day, 9/15

Mondays (Ages 12 and up)..... 5:00 pm  
 • Start Day, 9/16



## LEAGUE BOWLING

NO EXPERIENCE NEEDED!



AMERICA'S  
**#1**  
 PARTICIPATION  
 SPORT

## MIXED

### Teams

Wednesday (9/18)..... 7:00 pm  
 Friday (9/20)..... 6:30 pm  
 Sunday (9/22)..... 7:00 pm

## SENIORS

4 Person Mixed Teams  
 •••• FREE COFFEE ••••

Wednesday..... 10:00 am  
 • Starts 9/13  
 Friday..... 1:00 pm  
 • Starts 9/15

## DAYTIME COFFEE

### FREE COFFEE

Thursday..... 1 pm  
 • Starts 9/19, 3 person teams

**28**  
 WEEK SEASON

MENS & WOMENS LEAGUE  
 WILL HAVE LEAGUE MEETINGS  
 THE WEEK BEFORE START DATE!

1901 NORTH BROADWAY, MINOT, ND  
 701-852-4108

NORTHHILLBOWL.COM



# The First Ladies of Minot AFB

ERIN BEENE, NORTHERN SENTRY

The Wing Command Spouse at any base has likely been a mil spouse for decades. They have been privy to many of the perks and downfalls of the military family lifestyle. They've been through a lot and have a lot of wisdom to share. Minot AFB is blessed to have not ONE, but TWO Wing Command Spouses. Although just meeting a few months ago, the two ladies have become fast friends and have plans for how to bring the base and their wings together.

Introducing: Mrs. Nathalie Lamarand ~ Spouse of Col Jesse Lamarand, CC 5th Bomb Wing and Mrs. Monica Schlabach ~ Spouse of Col James Schlabach, CC 91st Missile Wing

Nathalie has been a mil spouse for many years. Although she was raised in Milwaukee, Wisconsin, she attended Louisiana Tech University in her 20s and it was there in Shreveport, Louisiana, that she met her now husband (Now Col Lamarand, then 1LT Lamarand) in a local bar. Col Lamarand was stationed at Barksdale AFB at the time. The couple hit it off and got married a few years later. They have two daughters—Kamryn, 25, and Eva, 13—who is an 8th grader at Memorial Middle school.

Before her marriage, Nathalie worked in a Student Affairs office, but decided to focus on raising and supporting their family as a stay-at-home parent after becoming a mil spouse. Nathalie loves what she does now and is glad she left the outside-the-home workforce saying, "I don't regret it. Now I support my family and get involved by volunteering. That's how I can help." Nathalie explained that military life has made her grow in ways she could not have imagined. She said, "[Military life] has made me a better human and more empathetic towards others because I have been around the block, and [I] know what to expect and what questions to ask."

Mrs. Monica Schlabach has served 25 unofficial years in the military spouse service. She is a familiar face to Minot as she has been here since 2022 when Col Schlabach took over as commander of the 91st Operations Group. The couple has a daughter, Lilliana, 23, who is now married to AF pilot-in-training 2d Lt Ben Moore. The Schlabachs also have a son, Andrew, 20, who is away studying at Purdue University.

Over her lifetime, Monica has worked both in and out of the house in paid and unpaid positions. She explained that military life has shaped her professional outlook tremendously because she has been afforded the opportunity to do something new or be something new at every base/location. She said, "I used to have a hard time putting myself out there. The Air Force cured me of that. I have learned to go outside my comfort zone and reinvent myself at every base. Jim (Col Schlabach) has been very understanding."

In their joint interview, Nathalie and Monica agreed that "Team Minot" is the goal when it comes to family support. Although both women support individual wings, with a very specific set of challenges and mission, they are going to try and help families focus on being part of the base as a whole. The ladies mentioned that their husbands and other members of the command team have seemed to hit it off immediately too, just

like themselves. Monica explained that they are excited to be working together as one base instead of separate entities. Nathalie said, "We are all in this together. The energy is amazing."

When speaking about specific places they would like to affect change on Minot AFB during their time here, Monica said that she really wants to help in any way she can the Missile Care Child Care program for Missileers and Security Forces members who have to work in the missile facilities for a week at a time. She said, "Missile Care is a huge issue, the first step is recognizing it. If people don't have childcare, it's hard to focus on their jobs." She explained the care is critical and she hopes to explore more ways to make it easier for the Airmen and families.

Nathalie mentioned that she is most passionate about keeping connectivity and communication between the family members and the Active Duty and taking full advantage of the Key Support Liaison Program (previously Key Spouse Program).

Both women say that the best parts of being a mil spouse is all the quick and strong friendships formed along the way of the journey, and the chance to see and explore places all over the world. They also mentioned a unique hidden perk to this lifestyle is watching their children develop people skills and a broad worldview with all the life

experiences. Monica said, "Every place has an impact on their worldview."

As the summer turns chilly, Minot AFB heads into a new chapter with the new leadership and their fantastic support teams, Nathalie and Monica, behind them. We can't wait to see what the next two years bring!

With all their mil spouse life experience, Monica & Nathalie wanted to leave some encouragement for new or young spouses headed to Minot this season:

"Get plugged in as soon as possible to something that interests you, whether it is in town or on

the base. One of my biggest regrets as a young spouse were the couple of bases where I drug my feet getting connected. I hesitated to go to things alone or depended on chatting with my old friends/groups instead of formulating new ones at the new base. The result was that I felt lonely and isolated. Once I finally found my tribe, I regretted all the wasted time that I could have had fun with these new-found wonderful people! I now force myself, awkward as it can be, to put myself out there and join in a few things right away, whether it is a book club, neighborhood activities, or church activities in town. It is especially

fun to try something that is unique to the area!" - Monica Schlabach

"Find the spouses' Facebook pages, research the area, ask questions and put yourself out there. Get involved with the Spouse Club, become a Key Support Liaison, join a playgroup and volunteer with the local organizations. Communication is key! Discuss expectations with family time, kids' activities, work-life balance and be flexible. Ask for help if you need it! It truly does take a village, and you are not alone. Live, laugh, love and make the most of your time here." -Nathalie Lamarand



Schlabach and Lamarands at Minot State Fair Parade. Monica, Jimmy, Jesse, Lamarand's daughter Eva, Nathalie



Monica, Jimmy, son Andrew, daughter Lilliana, at a neighborhood Easter party at Vandenberg AFB; 2006.



Jesse, Nathalie, Eva & Kamryn in Cheaha State Park, AL; September 2016.



Jimmy, Monica, daughter Lilliana, son-in-law Ben, son Andrew on a family vacation at Disney World; 2022.



Nathalie Lamarand & Col Jesse Lamarand at the Minot AFB, 5th Bomb Wing Change of Command, June 28, 2024.



# Last chance for Summer Photo Submissions

NORTHERN SENTRY

We have had 150 photo submissions in the 2024 Sensational Summer Photo Contest! But, we are going all the way until the unofficial end of Summer, Labor Day! So that means that you have a few more days to get those last summer photos submitted!

Each qualifying photo will be an entry to win the Grand Prize: A night stay AND water park tickets at the Canad Inn in Grand Forks!

You know you will need someplace indoor to have fun once the winter

hits! Thanks to everyone at MAFB who has participated so far and we can't wait to see more too. Get those summer photos submitted now!



One of the many photo entries from the Sensational Summer Photo Contest. Waylon Cooper Fishing on Lake Darling during Memorial Day.

SUBMITTED BY KRISTEN COOPER.



## Career Opportunities

Audubon County Memorial Hospital & Clinics is a 17-bed, Critical Access Hospital serving Audubon County and the surrounding areas, with the mission of "Excellence With Quality and Compassion to Those We Serve." We also operate two rural health clinics, Audubon Family Health Care Clinic and Exira Medical Clinic. Audubon County Memorial Hospital & Clinics has been named one of the Top 100 Critical Access Hospitals in the United States by The Chartis Center for Rural Health seven times in the past decade.

- Family Medicine or Internal Medicine
- RHC – Certified Medical Assistant or Licensed Practical Nurse
- Registered Nurse – Full Time / Day shift
- Registered Nurse – House Supervisor
- Cardiologist
- ENT
- Medical Laboratory Technologist
- Radio Technologist



### Contact Us

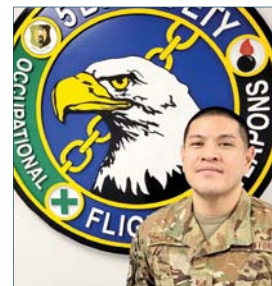
Suzanne Cooner, Chief Executive Officer  
Phone: 712-563-5301 Mobile: 712-579-9158  
cooners@acmhhosp.org  
[www.acmhhosp.org](http://www.acmhhosp.org)

## NOTES ON BEING SAFE

# Camping... Tips on How to Play it Safe!



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



As summer starts to dwindle and the warm weather suppresses to a comfortable temperature, our tendency to spend time outdoors becomes more often since winter is around the corner. From beaches to lakes to high mountain trails, packing up the family for a trip into nature proves a wonderful warm-weather venture. Special health and first-aid precautions, however, are necessary, especially when kids are involved, and especially if you plan to camp. While the following advice may ring familiar, read on: The value of a jogged memory is well worth the effort.

### THE ESSENTIALS

- Take along plenty of water, especially when traveling to remote areas or those with a hot climate.
- Always carry a small first-aid kit, even when taking day hikes.
- Kids get hungry quick, especially with the open energy of the great outdoors. Pack plenty of non-perishable, calorie-dense food, such as granola bars, trail mix, hard fruit (apples are especially good), chocolates, and nuts.
- Make sure you know the route, and bring detailed maps of the area.

### CAMPGROUND BASICS

Scope out the surrounding area for any potential hazards, and identify a "kid-safe" zone that is within eyesight of your main camping area. Tell everyone that an adult must always accompany younger children when going further out, and older kids must leave notice of where they are heading.

Protect yourself and your kids against potential hazards of the woods: Wear long pants, closed shoes, and socks to avoid contact with poisonous plants and stinging creatures. Never let kids run barefoot in the woods, as this leaves the skin vulnerable to insect and snakebites, ticks, poison oak, and the general hazard of stepping on sharp objects. Always protect yourself and your children against the sun with sunscreen, hats and sunglasses, keeping in mind that harmful rays can penetrate even thick cloud covers. As with all other camping rules, be sure to explain to children why it is important to follow these safety procedures, instead of simply requiring them to do so.

Keep all food in tightly sealed containers to avoid attracting unwanted flies and other insects. Also keep your food stash out of reach of prowling animals. Emphasize to your children the importance of not leaving any food out in the open, and of cleaning up after themselves in the woods (remind them--and yourself--never to carry out less than you carry in; this includes all trash).

Ensure to keep the campfires at minimum circumference to where it won't spread. Always keep a bucket of water close by and always ensure the fire is out before you leave the camp grounds.

### HIKING

When hiking with children, make frequent stops to rest, have a snack and water, and to observe the various plants and wildlife of the surrounding area. Make a game out of trying to identify the most unusual-looking species of the wild (by sight, never by touch!).

Encourage children to carry their own daypack and water. Also equip each child with a whistle, which can be used in case of separation from the group.

### OUTDOOR SAFETY

Poison Oak: Teach your kids this

simple rule: "Leaves of three, let it be." Poison oak leaves grow in groups of three, almost like a largely overgrown clover. Another poison oak indicator is the roughness of the leaves' edges, which look like a small child has cut them.

If you think poison oak has come into contact with the skin, wash the area with soap and cold water (hot or even lukewarm water will open pores and increase absorption of the irritant).

Cuts and Scrapes: Any cut that punctures the skin may become infected; this tendency only increases in hot, humid weather. Make it a general rule to treat any cut or graze with an antiseptic, and refrain from using creams or ointments, as they merely keep the wound greasy. Also remove bandages and Band-Aids after bleeding has stopped; they keep wounds wet and prevent healing. If you don't have antiseptic on hand, clean and sterilize the wound by washing it with salt water.

Insect Stings: Bee, yellow-jacket, and wasp stings are generally more painful than dangerous. To relieve pain and swelling, use Calamine lotion or ice packs (ice wrapped in cloth will do just fine).

Mosquitoes: In addition to wearing protective clothing, avoid highly perfumed products and dark or brightly colored clothes, as strong fragrances and colors attract insects. Always make generous use of insect repellent, especially once dusk arrives. Remember to reapply repellent every few hours, and after swimming or exposure to rain.

U.S. Department of Agriculture studies indicate that the most effective repellent ingredient against mosquitoes, ticks, fleas, and biting flies is diethyl-meta-toluamide, commonly known as DEET. Look for DEET in topical insect repellents, and avoid repellents with a DEET content that is higher than 20 percent (10 to 15 percent for

children); no more is necessary, and higher concentrations can irritate the skin.

Non-chemical alternatives for warding off mosquitoes include Avon Skin-So-Soft body oil and pure vanilla extract.

Ticks: Ticks are efficient transmitters of disease; always check your kids' and your own body after walking through a tick-infested area. If you do find one or more ticks on your own or your child's body, follow these simple steps.

The best way to remove a tick is to pull it steadily away with blunt, curved tweezers. If you don't have any tweezers, protect your hand with a plastic bag and grasp the tick with finger and thumb tips as close to the skin as possible. Do not jerk or twist the tick. When removing ticks make sure its body stays intact and is removed entirely. Any part left behind in your skin will cause inflammation and infection.

Other remedies such as Vaseline, alcohol, chlorine bleach, or oil will often persuade a tick to let go, as will a lighted cigarette end (but be careful not to burn the skin). Another removal method is to coat the tick with fingernail polish (clear or colored), which will cause it to suffocate and die. Afterward, it will either fall off or can be brushed away or gently pulled with a pair of tweezers.

Once a tick has been removed, disinfect the affected skin with alcohol and wash hands with soap and water.

Snakes: When hiking or walking through undergrowth where snakes may be present, be sure to dress yourself and your children in boots or thick shoes with socks and long pants. Warn children not to stick their hands into holes or cracks in the ground, and always be careful while exploring. If a poisonous snake does bite someone, don't panic (snakebites don't cause instant death), but do seek medical help immediately.

**North Star**  
Community Credit Union

**Welcomes you to Minot AFB**

**Checking & Savings Online Banking for those on the go! Loans for Autos, RV's, Life in General**

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive  
Minot • 1819 S Broadway

nscu.com

NCUA LENDER

**CORNERSTONE**  
CHIROPRACTIC

1515 24TH AVE SW, MINOT, ND 58701

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

**BUSINESS HOURS**  
Monday: 7:30am – 6:00pm  
Tuesday: 9:00am – 6:00pm  
Wednesday: 7:30am – 6:00pm  
Thursday: 7:30am – 6:00pm  
Friday: 7:30am – 4:30pm  
Saturday: 2 a month by appt  
Sunday: Closed  
(701) 852-2800



# Cramer Welcomes Air Force Under Secretary Melissa Dalton to Minot Air Force Base

OFFICE OF KEVIN CRAMER, U.S. SENATOR FOR NORTH DAKOTA

MINOT, N.D. – Under Secretary of the U.S. Air Force Melissa Dalton visited Minot Air Force Base (AFB) this week to see firsthand the capabilities of the bomber and missile enterprise and meet with airmen, Minot Group Command Teams, and Task Force 21 Civic Leaders. U.S. Senator Kevin Cramer (R-ND) invited Dalton to North Dakota during her confirmation hearing.

Minot AFB is home to two major Air Force units and is the only base to house two out of three legs of the nuclear triad, the 5th Bomb Wing and the 91st Missile Wing. The 5th Bomb Wing operates the B-52H Stratofortress aircraft, which provides global strike and combat-support capabilities to geographic commanders. The 91st Missile Wing operates and maintains the Minuteman III missiles, which defend the nation with a combat-ready nuclear force. The Air Force's Sentinel program is modernizing the Ground Based Strategic Deterrent (GBSD), replacing the Minuteman missiles stationed at Minot, Malmstrom, and F.E. Warren Air Force bases. During the visit, Cramer and Dalton discussed the strategic importance of Minot AFB and the critical nature of the modernization efforts.

"The number one priority of our national defense strategy is nuclear modernization, and Minot Air Force Base is at the heart of this effort with two of the three legs of our triad," said Cramer. "As one of its most vital programs, it is imperative the Air Force never reduces the geographical redundancy of Sentinel's placement. No hearing or briefing in Washington can replace seeing a B-52 or Minuteman missile in person, not to mention the dedicated airmen who operate and maintain these awesome capabilities. It's true that only the best come North. I appreciate Under Secretary Dalton following through on her commitment to visit North Dakota and see the central role Minot plays in our national defense."

As a member of the Senate Armed Services Committee (SASC), Cramer is a strong supporter of the nation's nuclear triad and



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, City of Minot Mayor Tom Ross, U.S. Senator Kevin Cramer, Under Secretary of the U.S. Air Force Melissa Dalton, and U.S. Air Force Col. James Schlabach, 91st Missile Wing commander.

OFFICE OF KEVIN CRAMER PHOTO

has pushed military leadership to keep GBSD modernization funded and on time. In January, the Sentinel program triggered a Nunn-McCurdy breach, meaning the project costs increased more than 25% over original estimates. When this occurs, the program must be canceled unless the U.S. Department of Defense (DOD) certifies to Congress the program meets established criteria to continue. In July, DOD declared the "Sentinel program remains essential to U.S. national security and is the best option to meet the needs of our warfighters" and the Air Force is restructuring the project to address budgetary and management shortcomings.

Cramer used his seat on SASC to secure key provisions in the Fiscal Year 2024 National Defense Authorization Act. This includes \$3.7 billion for Sentinel GBSD modernization to replace the 70-year-old Minuteman III missile and \$770 million for the B-52 commercial engine replacement program and radar modernization.

Further, it provides \$228 million for MH-139A Gray Wolf helicopters to replace the aging UH-1 helicopters at Minot AFB, and \$40.8 million for the Nuclear Command, Control & Communication (NC3) program.

This visit to Minot caps the end of Cramer's August visits to military installations and defense ecosystem partners in North Dakota. Earlier in the month, Cramer flipped the switch to bring the Space Development Agency (SDA) Operations Center North online at Grand Forks Air Force Base (GFAFB), participated in a Grand Forks Base Retention Committee meeting, toured the University of North Dakota (UND) National Security Corridor, and announced new Navy personnel at GFAFB. Cramer also joined E-Space CEO Greg Wyler in meeting with UND faculty and SDA staff to discuss workforce development and initiatives, announced educational initiatives between SDA and UND, and toured Collins Aerospace in Jamestown.



## Dakota Hope Clinic

### UNEXPECTED PREGNANCY SOLUTIONS

- FREE PREGNANCY TEST
- ULTRASOUND EXAM (DETERMINE HOW FAR ALONG YOU ARE)
- PREGNANCY & PARENTING EDUCATION



 [dakotahope.org](http://dakotahope.org)  
 315 S Main St #205  
 Minot, ND  
 Client Line: 701-852-4673



## MINOT THEATRE BUFFS

Are you an actor, singer, builder, techie, fashionista, play an instrument, or just interested in theatre in general come join our motley crew, get involved and get ready to expand your horizons with open minded and unique people!

**Who:** Enlisted, Officer, Civilians, Spouses  
**Where:** Base Theater  
**When:** Thursday 19th September at 1500

If you have questions contact  
 TSgt Dorian Garland 723-2119 or  
[dorian.garland@us.af.mil](mailto:dorian.garland@us.af.mil)



**Welcome Baby**




**BABY GIRL BORN ON WEDNESDAY, AUGUST 21, 2024 TO: JESSICA AND JACOB ERDMAN MINOT, ND**

**BABY GIRL BORN ON FRIDAY, AUGUST 23, 2024 TO: NETASHA EAGLEMAN AND KELCIE DELORME ST JOHN, ND**

**BABY GIRL BORN ON SUNDAY, AUGUST 25, 2024 TO: MORGAN AND ERIC FILECCIA MINOT, ND**

*If you wish to put a photo of your baby in the Northern Sentry, please send it to [nsads@srt.com](mailto:nsads@srt.com). Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.*

**A Typical**  
 BREWERY & BARRELWORKS

**CHEERS ♥ MAFB!**  
 FOLLOW US ON   



**Handcrafted BURGERS**

**Bold & Crisp SALADS**

**Tasty SANDWICHES & More**

*Eatin' Lunch in the Neighborhood™*  
 Applebee's

2302 15th St SW, Minot  
[www.applebees.com](http://www.applebees.com)



## NORTH DAKOTA CIVIC LEADERS VISIT MINOT AFB

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



Civic Leadership Delegation pose with Minot Air Force Base leadership for a group photo at Minot AFB, North Dakota, Aug. 20, 2024. The tour was intended to build camaraderie and enhance understanding between the military and the civilian community.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, briefs North Dakota civic leaders during a visit to Minot Air Force Base, North Dakota, Aug. 20, 2024. During their visit, they received mission briefs from Minot AFB leaders and toured a B-52H Stratofortress and various base facilities.



North Dakota civic leaders are briefed about Minot Air Force Base's unique deterrence mission during their visit to Minot AFB, North Dakota, Aug. 20, 2024. During their visit, they received mission briefs from Minot AFB leaders and toured a B-52H Stratofortress and various base facilities.

**88.1 FM**  
 Spiritual Nourishment  
 for Believers  
 24/7

THE FLOCK  
 88.1

Supported by friends of Calvary Chapel

**MEG-A-LATTE COFFEE HOUSE**

**NEW TO MINOT**  
 LOCATED ACROSS FROM THE AIRPORT  
 Offering 10% off for all active  
 military, veterans, & first responders.  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

@megalattecoffee 701-838-8479 2045 N Broadway Suite #100

**MYTHIC EMPORIUM**

NEW COMICS BOARD GAMES AND RPG ITEMS  
 CRYSTALS FANTASY BOOKS

1125 N BROADWAY SUITE A, MINOT  
[MYTHICEMPORIUMND.COM](http://MYTHICEMPORIUMND.COM)

**JAMAICAN VYBZ KITCHEN**

**AUTHENTIC JAMAICAN FOOD**

**HOURS**  
 Tuesday-Thursday 11 AM – 4 PM  
 Friday-Saturday 11 AM to 6 PM  
 Closed Sunday & Monday

SUITE 200, 315 S MAIN STREET  
 MAIN MEDICAL BUILDING, MINOT

Check out our Facebook Page for Special Events!

**TAKE OUT OR DINE IN**

219 Main St S.  
 Downtown Minot  
[www.koseligiving.com](http://www.koseligiving.com)

**LET'S GET COZY**

Gift Shop • Handmade Items • Scandinavian Inspired • North Dakota Products • Unique Finds • One of a Kind

**KOSELIG**  
 (KOOSH LEE)  
 THE COZY SHOP  
 COZY INSPIRED LIVING

**noodles & COMPANY**

**15% Military Discount**  
 Dine In or Take Out Only\*

**304 4th Ave NW Minot**  
 Open Daily 10:30 AM to 10:00 PM

[www.noodles.com](http://www.noodles.com)





FCC provides valuable in-home child care services to support the families of Minot AFB  
**Provider of the Month Feature**  
**SEPTEMBER 2024**



**REGINA CORONA**

*What do you enjoy most about being an FCC Provider?*

What I enjoy most about being a provider is the very moment I am chosen to be their baby's "teacher". As a provider, you understand that entrusting someone with your baby is the hardest decision you have to make so when that decision is you, it is the greatest feeling and it reminds you of how amazing you are.

*What are your interests/hobbies?*

I love being outside and hosting oMy biggest hobby is relaxing with some good snacks and a very interesting TV show/ movie. My

other hobbies would be enjoying some time with friends or the occasional gaming session.

*What advice do you have for new providers/those interested in being FCC Providers?*

The biggest advice I would give to a provider is to reach out to other providers when you need help. Not only are we here for the parents, but we are also here for each other. Our job may seem "easy" to those outside looking in, but only we know how we are truly feeling and sometimes we need a break, and we are all here to support each other in any way possible. We Got This Together!

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

**SEPT 20**

**THE BLUE RIDER**

MINOT, ND SINCE 1994

MILITARY APPRECIATION DAY

FIRST DRINK FREE!

(alcoholic or non-alcoholic) With Military ID

EVENTS THIS WEEK

TRIVIA NIGHT

Wednesday, September 4 at 7:00pm

FREE NACHOS

Thursday, September 5 at 4:00pm-Close

HOURS

Mon/Tue/Wed/Thu 4:00pm - 1:00am

Fri/Sat 4:00pm - 2:00am

118 1st Avenue SE, Minot, ND

# Hensen's

## FUR & LEATHER

"It's A Bikers Dream"

Offering a Full Line of Vests, Jackets, Chaps and more!

Leather Gloves All Styles

Beautiful Selection of Brighton Jewelry!

- Pendleton Wool Blankets
- Bowron Sheepskin Rugs
- Acorn® Sheepskin Slippers and Much More!

Quality Service & Workmanship at affordable rates for over

50

YEARS

701.852.0722

525 20th Ave SE • Minot

Next to Happy Joe's Pizza

OPEN: Mon-Sat 10am-5pm

## WIFI SPEEDS THAT KEEP UP WITH YOUR LIFE — AND LIFESTYLE.

SRT has the fastest, most reliable internet on MAFB. Whether you're streaming, browsing, meeting, or gaming, SRT Internet won't slow you down.

|   |  |  |
|---|--|--|
| <p style="font-weight: bold; color: red;">FIBER 350</p> <p style="font-size: 0.8em;">350 x 350 Mbps</p> | <p style="font-size: 2em; font-weight: bold; color: white;">\$49<sup>95</sup></p> <p style="font-size: 0.8em; color: white;">PER MONTH</p> | <p style="font-size: 0.8em;">Call us today and sign up by December 31, 2024 to</p> <p style="font-size: 2em; font-weight: bold; color: red;">GET 3 MONTHS FREE</p> |
| <p style="font-weight: bold; color: red;">FIBER 700</p> <p style="font-size: 0.8em;">700 x 700 Mbps</p> | <p style="font-size: 2em; font-weight: bold; color: white;">\$69<sup>95</sup></p> <p style="font-size: 0.8em; color: white;">PER MONTH</p> |  |
| <p style="font-weight: bold; color: red;">FIBER GIG</p> <p style="font-size: 0.8em;">1 Gig x 1 Gig</p>  | <p style="font-size: 2em; font-weight: bold; color: white;">\$89<sup>95</sup></p> <p style="font-size: 0.8em; color: white;">PER MONTH</p> |  |

701.858.1200 / SRT.COM/MAFB

Offer valid for new and upgrading residential customers. Offer expires on December 31, 2024. Offer subject to change. Actual speeds dependent on technical limits, customer equipment performance and configuration, and/or greater Internet traffic. Internet service speeds are founded on a wired customer device. Customer devices may connect slower over WiFi. This institution is an equal opportunity provider and employer.





### SCOTTISH HIGHLAND CATTLE

**CREATURE FEATURES**

- Native to the rough terrain of Scotland, Scottish Highland Cattle are the oldest registered breed of cattle. Registration goes back to the 6th century. They were brought to the United States in the 1890's.
- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

**Fact File**

|                    |  |
|--------------------|--|
| Life Span          | 11 - 22 years  |
| Weight             | 400 - 1200 pounds  |
| Height to Shoulder | 3 to 3 1/2 feet  |
| Top Speed          | 25 mph   |
| Wild Diet          | Omnivore Carnivore (Herbivore)<br>Grasses, Leaves, Flowers |

Photos by America's Cattle

ASSOCIATION OF ZOO AND AQUARIUMS

1 [ ] [ ] [ ] 2 [ ] [ ] [ ]

3 [ ] [ ] [ ] 4 [ ] [ ] [ ]

5 [ ] [ ] [ ] 6 [ ] [ ] [ ]

7 [ ] [ ] [ ] 8 [ ] [ ] [ ]

9 [ ] [ ] [ ]

**HOURS: OPEN DAILY 9AM-8PM**

**FOLLOW US ON FACEBOOK**

**1219 BURDICK EXPY EAST MINOT, ND**  
**WWW.RPZOO.COM • 701-857-4166**

**VISIT OUR FACEBOOK FOR UPCOMING EVENTS!**

**MILITARY DISCOUNT**  
\$5.00 off an Annual Family Pass

## Tire maintenance keeps drivers safe

Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road. Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists. The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance. Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance. Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems. Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- **Tire pressure:** The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.
- **Rotation:** Check the owner's manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.
- **Balancing:** AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.
- **Alignment:** Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed. Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.

**TRUSTED TIRE & AUTO**

**Auto Care - Valvoline Instant Oil - Tires**  
Minot AFB | 61 Missile Ave | 701-727-4141  
Minot | 1301 20th Ave SW | 701-837-1301

Valvoline Instant Oil Change

**OIL & FILTER SERVICE**

**OIL, LUBE AND FILTER SERVICES CONSIST OF:**

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

**\$10 off VALVOLINE OIL CHANGE**

**TRUSTED TIRE & AUTO**



# Sensational Summer PHOTO CONTEST

## HOW TO ENTER

Submit your photo and who/what/when/where description on our website by using the QR code



Having a fun time at the Bismark Zoo!

SUBMITTED BY JESSICA SHANNON



State Fair fun!

SUBMITTED BY JESSICA SHANNON



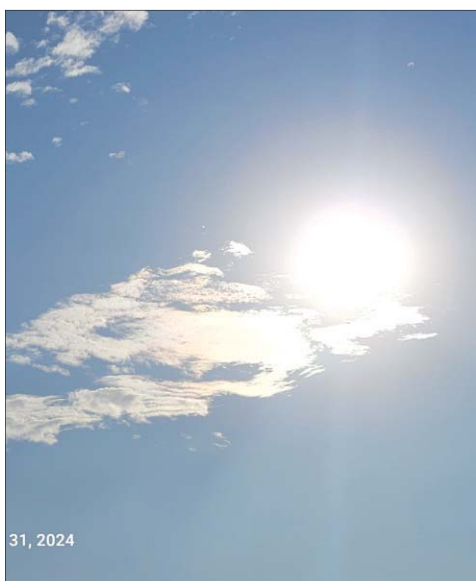
Soaking up the last days of summer!

SUBMITTED BY KRISTEN COOPER



Small weekend trip to Bismarck.

SUBMITTED BY MCKYNZIE THOMPSON



Beautiful summer sun cast rainbow on nearby clouds.

SUBMITTED BY SARAH KEPHART



Creating memories at Margie's Art Glass Studio.

SUBMITTED BY JESSICA SHANNON



Morning fishing at Lake Darling.

SUBMITTED BY MARTHA LUSSON



Last night at the North Dakota State Fair!

SUBMITTED BY MCKYNZIE THOMPSON



Luna and Henry enjoying some whimsical play in the beautiful greenery of Minot!

SUBMITTED BY CHRISTINA GOODWIN



State Fair buddies!!!

SUBMITTED BY SARAH WEIDMAN



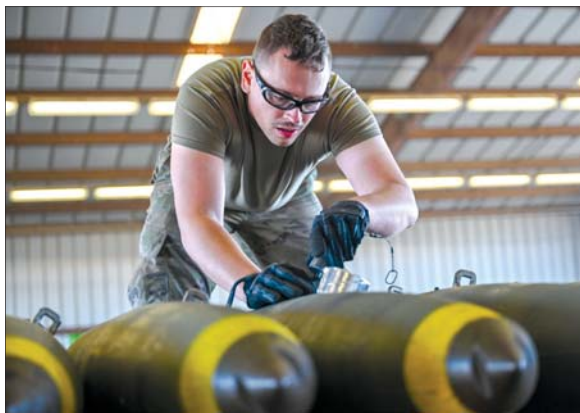
# NOMINATE A Neighborhood HERO

Doin' Good in the Neighborhood  
Applebee's

2302 15TH ST SW, MINOT, ND  
**APPLEBEES.COM**

EMAIL [SENTRYSALES@SRT.COM](mailto:SENTRYSALES@SRT.COM) INCLUDE NOMINEES NAME, PHOTO AND THE REASON THEY ARE A NEIGHBORHOOD HERO  
SELECTED NOMINEES RECEIVE RECOGNITION IN THE NORTHERN SENTRY AND A \$25.00 APPLEBEE'S GIFT CARD





**AFCOCOMP 2024**

5th Munitions Squadron members from Minot Air Force Base, compete in the Air Force Combat Operations Competition (AFCOCOMP) on Beale AFB, California, Aug. 21, 2024. AFCOCOMP is an annual competition that tests ammunition Airmen on their speed, efficiency and accuracy for wartime operations.

U.S. AIR FORCE PHOTOS  
SENIOR AIRMAN ALEXIS PENTZER

|   |  |  |
|---|--|--|
| <p><b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b></p> <p>\$2 off All Apps<br/>\$3 House Wine &amp; Domestic Pints<br/>Bavarian Pretzels with Beer Cheese Sauce<br/>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups<br/>\$5 Moscow Mule<br/>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps<br/>½ Flat Bread Pizza</p> | <p><b>DAILY SPECIALS</b></p> <p>Monday \$5 Moscow Mules (all day)<br/>Tuesday \$4 ND breweries (all day)<br/>Wednesday ½ Price Wine by the glass/bottle (all day)<br/>Thursday \$1 up for all Tall Taps (all day)<br/>Sunday BRUNCH (11am-2pm)<br/>\$7 TSR Bloody Mary &amp; Caesars<br/>\$12 Bottomless Mimosas<br/>\$6 Breakfast Shots</p> | <p><b>FAMILY PACKS</b></p> <p>Monday Pizza Pack Combo<br/>Tuesday Sandwich Pack<br/>Wednesday Chef Creation*<br/>Thursday Pasta Pack</p> <p><small>*Changes Weekly – Check our Facebook Page</small></p> |
|---|--|--|

[thestarvingrooster.com](http://thestarvingrooster.com)

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

## MINOT MASONIC CENTER

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

**Monthly Business Meeting Schedule • Meet-and-Greets**

Blue Lodge - 1st and 3rd Mondays at 6:00PM  
Shriners - 2nd Wednesday at 6:00PM  
Scottish Rite - 1st Wednesday at 6:00PM  
Eastern Star - 1st and 3rd Tuesdays at 7:00PM  
Prince Hall - 2nd Saturday at 9:00AM

**AUGUST MILITARY DISCOUNTS**

**10 CENTS OFF PER GAL.\***

**\$4.00 OFF PREMIUM CAR WASH\***

\*Minot Location Only

**1310 South Broadway, Minot N.D.**

## Vibeto Orthodontics

**GREAT SMILES COME FROM VIBETO ORTHODONTICS**

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS

(701) 839-6010  
2615 Elk Drive Suite 2  
Minot, ND 58701

# A LOOK BACK

## THIS WEEK IN USAF HISTORY

**MINOT AFB RECEIVES ITS FIRST MINUTEMAN I**

SEPTEMBER 9, 1963

After Minot Air Force Base, N.D., was selected to host Minuteman I Intercontinental Ballistic Missiles, construction on a missile complex began. The next year on Sept. 9, 1963, Minot AFB received its first Minuteman I missile coming from Hill AFB, Utah. Under the charge of the newly activated 455th Strategic Missile Wing, the first missile was placed in Launch Facility A-02. By 1964, the 455th SMW became fully operational and combat ready with 150 ICBMs in service. Each missile weighed nearly 65,000 lbs. and had a range of over 5,000 miles. Because of its strategic positioning in the United States, Minot was in the perfect position to establish the first-of-its-kind system. The Minuteman I was replaced several years later by the new and improved Minuteman III which composes the current ICBM force.

Information courtesy of: [minot.af.mil](http://minot.af.mil) / [nationalmuseum.af.mil](http://nationalmuseum.af.mil)

**CELEBRATE LIFE**  
SERVING YOU SINCE 1926

304  
S MAIN ST  
MINOT, ND

**THOMAS**  
FAMILY  
FUNERAL HOME

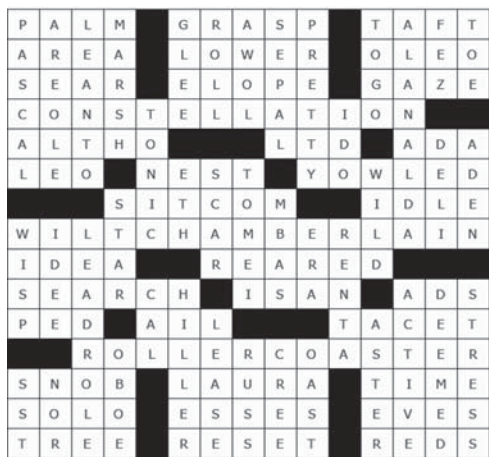
CALL  
701-838-2832

[WWW.THOMASFAMILYFUNERALHOME.COM](http://WWW.THOMASFAMILYFUNERALHOME.COM)



**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

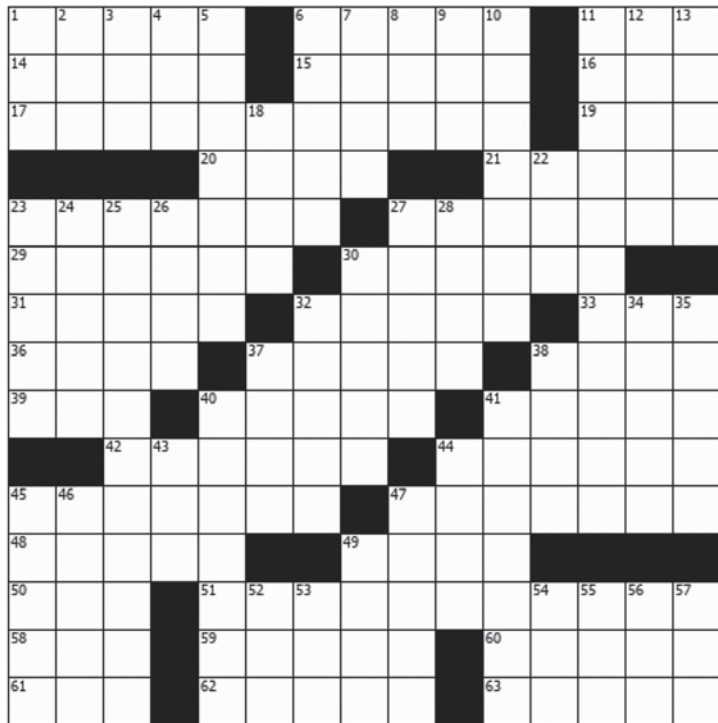
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Makes a living
- 6. Break one's silence
- 11. One place Madonna exposes herself?
- 14. Egyptian peninsula
- 15. Tabriz citizen
- 16. Discovery utterance
- 17. Hits the links?
- 19. It can hold its wine
- 20. Rain hard
- 21. It may be tingling
- 23. Puzzled ones like you
- 27. Brought out of dreamland
- 29. Place that's really buzzing
- 30. New parents' activity
- 31. Some denim garments
- 32. Poisonous substance
- 33. "Thrilla in Manila" combatant
- 36. Roberts' Brockovich
- 37. Used crosshairs
- 38. "Just \_\_\_ off the top"
- 39. "Marathon \_\_\_" (1976)
- 40. Word with renewal or sprawl
- 41. Nerve conductors
- 42. Removed seeds from cotton
- 44. Ersatz
- 45. Illegal hunter or fisherman
- 47. It moves tape through a machine
- 48. Omega's opposite
- 49. Fjordlike sea arm
- 50. Assenting vote
- 51. Work hospital security?
- 58. Neither's partner
- 59. Word with donna or ballerina
- 60. Hardly the gregarious type
- 61. Superlative suffix
- 62. Good news from loan officers
- 63. Warming drink



**Down**

- 1. Mind reader's ability
- 2. Feel crummy
- 3. Part of the gene pool
- 4. Thumbs-down vote
- 5. Venus and Serena, e.g.
- 6. Begets
- 7. Big high school event
- 8. \_\_\_ Claire, Wisconsin
- 9. Massachusetts cape
- 10. Soft leather
- 11. Relocating a Tyson fight?
- 12. Ranking above a freeman
- 13. Cast your lot
- 18. Lofty nest
- 22. Sword's superior, proverbially
- 23. Witch-hunt town
- 24. "Die Walküre," e.g.
- 25. Taking one's role to heart?
- 26. Self-absorbed
- 27. Like a candle
- 28. In the center of
- 30. One sans permanent address
- 32. Rome's river
- 34. Evans or Ellerbee
- 35. "\_\_\_ the house" (free)
- 37. "Rule, Britannia" composer
- 38. Paul Bunyan's equipment
- 40. Blue
- 41. Driveway material
- 43. "\_\_\_ bin ein Berliner"
- 44. Wear a hole in the rug
- 45. Golfing great Stewart
- 46. Some dairy sticks
- 47. Drug-yielding plants
- 49. Lemon's green cousin
- 52. Quarry product
- 53. Fleur-de-\_\_\_
- 54. Make amorous advances to
- 55. &
- 56. Ledger color
- 57. On the wagon

**HAVE FUN AS A VOLUNTEER AT**

**Team building?**  
We have volunteer opportunities that fit your style and your schedule!  
Painting, lifting, raking, chopping, staining, picking, etc.

**CALL US TODAY!**

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND  
www.RPZoo.com • 701-857-4166

THIS PAGE IS SPONSORED BY:

**HOURS:**  
MONDAY - THURSDAY  
11AM - 12AM  
FRIDAY & SATURDAY:  
11AM - 1AM

21 E CENTRAL AVENUE  
DOWNTOWN MINOT

701.852.8183

**STARTS FRIDAY AT OAK PARK THEATER**

FOR SHOWTIMES VISIT [WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)

**HELD OVER**

**INSIDE OUT 2**  
(2024) Animation, Adventure, Comedy (PG)

**A QUIET PLACE: DAY ONE**  
(2024) Alien Invasion, Monster Horror, Drama Sci-Fi, Thriller (PG-13)

**SOUND OF HOPE: THE STORY OF POSSUM TROT**  
(2024) Angel Studios, Drama (PG-13)

**TRAP**  
(2024)  
Director/Writer: M. Night Shyamalan  
Psychological Thriller, Serial Killer Crime, Horror, Mystery, Thriller (PG-13)

RENT THE THEATER FOR EVENTS!  
CHECK OUR WEBSITE FOR MORE INFO

1500 4TH AVE NW, MINOT, ND



# CHURCH DIRECTORY

### Chapel Services at MAFB

**North Plains Chapel**  
 290 Peacekeeper Pl  
 (across from North Plains Elementary School)

**Protestant**  
 Sunday Community Service 1030  
 (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)  
 1700 on 2nd & 4th Wednesdays

### St. Peter The Aleut Eastern Orthodox Church




109 6th St. SE  
 Minot • 838-3094

Saturday, August 31 5PM, No Vespers

Sunday, September 1 10AM, Congregational Prayer Service

---

### Vincent United Methodist Church



1024 2nd St. SE • 838-4425  
 Behind Town & Country Shopping Center  
 Come As You Are!

Sunday School .....9:00 a.m.  
 Sunday Worship Service .... 10:00 a.m.  
 Fellowship..... 11:00 a.m.

Pastor Mark Ehrmantraut  
 www.vincentumc.com

### Bread of Life

Welcoming, deepening, and serving in faith for all of God's people

SUNDAY 10AM  
 (SUNDAY SCHOOL DURING WORSHIP)

WEDNESDAY COMMUNITY MEAL 5:15PM  
 WORSHIP 6PM

CHILDREN AND YOUTH FAITH FORMATION 6:45-7:30PM

SATURDAY 5PM  
 WWW.BREADOFLIFEMINOT.COM



### Faith United Methodist Church



5900 Highway 83 N, Minot  
 www.faithumcminot.com

Pastor Rick Craig  
 701-838-1540

Sunday School (All Ages): 9:45 a.m.  
 Sunday Coffee Fellowship: 10:30 a.m.  
 Worship Services: Sunday 11 a.m.



### An Evangelical Free Church

3500 4th St. SW • 839-5127  
 (Just North of Super Wal-Mart)

Sunday School & Fellowship .....9:00 a.m.  
 Worship ..... 10:30 a.m.

www.trinitychurchminot.org

### Bible Fellowship Church



Worship Service 10:45am Sundays  
 Sunday School 9:45am

---

### Grief Share

Grief Support Group meets Mondays at 7:00pm

Contact Duane Deckert:  
 701-838-0916 or biblefellowship@srt.com  
 www.griefshare.org

1720 4th Ave NW, Minot 838-0916  
 MinotBibleFellowship.org

### Immanuel Baptist Church



1615 2nd St. SE  
 www.ibcminot.org  
 701-839-3694

**WEDNESDAYS:**  
 11:30 AM SOUP KITCHEN

**SUNDAYS:**  
 9:30 AM FELLOWSHIP  
 10:00 AM WORSHIP


Pastor Brian Keithline



### Christ Reformed Church

Worship 11:00 a.m. Sunday  
 234 14th Ave SE  
 www.christreformedchurchminot.com

### St. John the Apostle Catholic Church



2600 West Central Ave • Minot, ND 58701  
 839-7076

Daily Mass Schedule:  
 Tuesday ..... 5:15 p.m.  
 Wednesday - Friday ..... 7:00 a.m.  
 Saturday ..... 5:00 p.m.  
 Sunday ..... 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor  
 Parish website: www.stjohnminot.com

### First Lutheran Church - ELCA



120 5th Ave. NW  
 852-4853

Sunday Worship 9:30 am

www.firstlutheran.tv  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am  
 www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



### Buddhist Group In Minot

Meets monthly

Email: bispsych@yahoo.com  
 Phone: (701) 838-9348



### JOURNEY CHURCH

ASSEMBLY OF GOD

1805 2nd St. SE  
 838-1111

Sunday Services  
 8:00 am | 9:30 am  
 11:00 am

### Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School ..... 9:45 a.m.  
 Morning Worship .... 11:00 a.m.  
 Evening Worship .....6:00 p.m.  
 Wednesday Evening.....7:00 p.m.

Independent/Fundamental/KJV  
 500 46th Ave NE • 839-1351  
 Pastor David Miller

### Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) ..... 9:45 a.m.  
 Sunday Worship ..... 11 a.m. & 5:30 p.m.  
 Wednesdays (Prayer & Missions) ...6:30 p.m.

www.minotcbbc.org  
 email: minotcbbc@gmail.com  
 Gabe McCormick- Pastor  
 415 28th Ave SE (Behind Menards)  
 838-1873

### West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

Sunday School ..... 9:30 a.m.  
 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal..... 5:30p.m.  
 Classes for All Ages ..... 6:30 p.m.  
 Youth Center, Friday..... 7:00 - 11:00 p.m.  
 ABC Child Care Center.....852-6352

westminot.com  
 facebook.com/westminot

### St. Mark's Lutheran Church

Missouri Synod

Sunday Divine Service 9:30 AM

Adult Bible Study and Sunday School 11:00 AM

Reverend Philip Beyersdorf  
 2209 4th Avenue NW, Minot, ND  
 839-4663  
 www.minotstmarks.com  
 Join us on facebook

### First Baptist Church



200 3rd St. SW • 852-4533  
 www.fbcminot.org

Classic Worship Service ..... 8:30 a.m.  
 Sunday School (All Ages) ..... 9:45 a.m.  
 Contemporary Worship Service ..... 9:50 a.m.  
 Adult Sunday School ..... 11:00 a.m.  
 Contemporary Worship Service ..... 11:05 a.m.  
 Children's Church ..... 11:05 am.  
 Wed. AWANA (Sept. to May) ..... 6:30 p.m.  
 Fridays, Celebrate Recovery ..... 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor  
 Elaine Carlson, Children's Ministry Director

### Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot  
 Located off Hwy 83 Bypass West  
 (701) 838-0609

Saturday School ..... 2:00 p.m.  
 Sunday Worship ..... 3:30 p.m.  
 Wednesday Bible Study ..... 7:30 p.m.

Jesse Starr, Pastor

### Grace Baptist Church of Minot

A Reformed Baptist Church

Sunday Service: 4:00 p.m.  
 at Living Word Lutheran bldg  
 710 46th Ave NE, Minot

Web: gbcminot.com  
 E-mail: gbcminot@gmail.com

RADIO BROADCAST  
 KFLK 88.1 FM- The Flock  
 8:30 a.m./p.m. Sat/Sun



where faith & life meet

**OUR SAVIOR LUTHERAN CHURCH**  
 3705 11th St. SW  
 Minot, ND 58701  
 701-852-6404  
 www.oslcmminot.com

Pastor Heath Trampe  
 Rev. Rick Jones

Sunday Worship  
 8:15am Traditional Service  
 9:30am Contemporary Service  
 9:30am Sunday School & Adult Bible Study  
 11:00am Contemporary Service (w/Livestream)

Wednesdays 6-7pm  
 Adult Choir  
 OSKids (age 4- 5th grade)  
 Confirmation (grades 6-8)  
 Psalm23Teens (6-8pm)

To Advertise your Church in this space.

**Call 839-0946**

**Only \$9.00 a space / per week**



OUR REDEEMER'S CHURCH  
 A Church of the Lutheran Brethren

**Sundays:**  
 Worship..... 9:00 a.m. & 11:00 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:  
 www.ourredeemers.org



### OUR REDEEMER'S CHRISTIAN SCHOOL

700 16th Avenue SE  
 Minot, ND 58701  
 info@orcsknights.org • 701-839-0772  
 www.orcsknights.org

### ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 37th year the fall of 2024 and we would love to have your child be a part of it!

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.  
 701.839.0772  
 Email: jschultz@orcsknights.org  
 Website: www.orcsknights.org




### Gospel Tabernacle Community Church

9999 27th St NE  
 4 miles south of MAFB  
 James W. Henderson  
 Anna B. Henderson

Church: 701-838-4492  
 Home: 701-838-5759  
 KHRT 1320: 9 a.m. Sunday

Sunday School ..... 9:45 a.m.  
 Adult/Children Worship.. 11 a.m.  
 Family Hour .....6:30 p.m.  
 Evening Worship .....7:30 p.m.  
 Bible Study/Child-Adult  
 Children Worship (Wed)....7 p.m.  
 Prayer (Friday) .....7 P.m.

ADVERTISE YOUR

# Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

**CONTACT US**

call 701-839-0946

email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM





WHAT'S HAPPENING AT THE MINOT AFB EXCHANGE

# MILITARY STAR Giving Away \$30,000 to Help Military Community Get 'Home for the Holidays'

Minot AFB Exchange – It's never too early to start planning for the holidays, and MILITARY STAR® is working to make wishes come true in time for the season.

Six winners—one from each branch of service—will receive \$5,000 cash in the seventh annual Home for the Holidays Sweepstakes.

Minot AFB Exchange cardmembers will automatically be entered into the sweepstakes when they use their MILITARY STAR card twice at any military exchange (including online exchanges) and twice at any commissary between Aug. 30 and Sept. 26.

“An extra \$5,000 can bring a lot of holiday cheer, especially for those traveling during the season,” said Minot BX General Manager Kyle Omler. “MILITARY STAR knows how much members of the military community sacrifice, and hopefully this sweepstakes will brighten their holidays.”

Other benefits of the card include:

- Rewards program with unlimited 2% rewards earned on purchases.

- 5 cents off every gallon of gas at Exchange fuel locations and participating NEX and MCX fuel locations.

- 10% off food purchases at participating Exchange restaurants.

- 10% off first-day purchases for new cardmembers.

- Free standard shipping at ShopMyExchange.com and myNavyExchange.com.

- Fair and flexible terms, including one low APR for all cardmembers, regardless of credit score.

MILITARY STAR card is available exclusively to the military community and is accepted at all exchanges, commissaries and online at ShopMyExchange.com, myNavyExchange.com and ShopCGX.com.

Rewards exclude the Military Clothing Plan. The first-day discount is dependent on the application being approved and is applied as a credit on the first monthly billing statement. For more information, see an Exchange associate or visit <https://aafes.media/MilStarPA>.



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, Aug. 26: 1,840.6 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,449.96 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.83 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.

Devis Lake, Ed's Bait Shop, Devis Lake: Continued fair for a mix of walleye and pike on the chain lakes north of Devis Lake and Mike's Lake. Angler numbers and walleye success slowed on Devis Lake.

Devis Lake, Woodland Resort, Devis Lake: Walleye activity slowed with most success coming with spinners and bottom bouncers and nightcrawlers. Also try vertical jigging in deeper holes for larger fish.

Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling. No Lake Sakakawea reports.

Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success. Look for an improving walleye bite.

Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some bigger walleye now showing up on the east end of Lake Sakakawea in shallower water. Try working from 12 feet down to 30 feet.

Lake Sakakawea/Lake Audubon, Hwy. 83 lawn & Leisure, Garrison: Not many walleye reports from the east end of Lake Sakakawea. Fair salmon success, though, from Deadmans Bay down to the Riverdale Bluffs using flashers and squids. No Lake Audubon reports.

Lake Sakakawea, Indian Hills Resort, Garrison: Work 45 feet for walleye but remember to keep anything from that depth. Try Jig 'N Raps along the north side. Bait and ice will still be available after Labor Day.

Lake Sakakawea, New Town: Continue working deep water for walleye in the Van Hook Arm but overall success is still generally slow.

Lake Sakakawea, Van Hook Bait & Tackle: Work deeper with Jig 'N Raps

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto:woodlandresort@gondtc.com)). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

- Keep any fish coming from 25 feet or deeper – their swim bladders can't handle coming up quickly from deep water and they typically won't survive.

- N.D. Game & Fish Dept. free PLOTS, Private Land Open to Sportmen, guides with maps available for download on their website, ([gf.nd.com](http://gf.nd.com)). Printed copies available at select vendors and Game & Fish Dept. offices.

- Registration now open for Sept. 13 through 15 Wild Outdoor Women event, Lake Metigoshe State Park. Details and registration available at <https://bit.ly/LMSPShowClix>.

- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam near Riverdale open for free tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.

- Aug. 30: Archery deer and pronghorn seasons open.

- Aug. 31: Evening Hike Series, Lantern Hike, Fort Stevenson State Park, Garrison.

- Sept. 1: Dove season opens.
- Sept. 7: Missouri River Early Season Canada Goose Zone closes.

**TOURNAMENTS:**

- Sept. 6 & 7: Devils Lake, Woodland Resort.

for walleye with best success still in the southern end of the Van Hook Arm. Scattered walleye activity in the north end of the Arm so move around more.

Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye from the spillway channel during the day and evening with larger fish at night in the chutes. A smattering of trout and salmon at night in the chutes, as well. Fair to good catfish success from both boat and shore. Lake Sakakawea continues producing a nice salmon bite in 60 to 110 feet with most coming from 60 to 90 feet. Try Government Bay or along the face of the dam. Water temperatures consistent throughout the water column so fish are spread out. Work points in 30 feet for walleye using jigs, lindy rigs, or slow death hooks. Activity slowed, however. Continued good smallmouth success in the bays.

Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success on the upper end of Lake Sakakawea is between Lewis & Clark State Park and Lund's Landing. Try 20 feet and more with deep-diving crankbaits. Missouri and Yellowstone rivers starting to see a bit more walleye activity using minnows with the Yellowstone River clearing after earlier Montana rains. Try spoons for 4- to 6-pound pike on Cottonwood Lake near Alamo.

Lonetree WMA area lakes, Harvey: No new reports.

North-central/central N.D. lakes,

Towner Hdwe. Hank, Towner: Not much activity on area lakes or the Souris River in the Towner area.

**Blue-green algae advisories, N.D. Dept. of Environmental Quality:**

- Advisory: Buffalo Lodge Lake, McHenry Co.; Clear Lake, Pierce Co.; Epping-Springbrook Dam, Williams Co.; Lake Brekken, McLean Co.; Devis Lake.

- Warning: Cottonwood Lake, Williams Co.

**Paddle sports river elevations:**

- Little Missouri River, Watford City, Long X Bridge: River stage, 7.86 feet; streamflow, 245 CFS.

- Missouri River, Williston: River stage, 14.27 feet.

- Missouri River Washburn: River stage, 10.27 feet.

- Pembina River, Walthalla: River stage, 1.85 feet; streamflow, 115 CFS.

- Souris River, Foxholm: River stage, 5.83 feet; streamflow, 24.5 CFS.

- Souris River, Minot Broadway Bridge: River stage, 41.52 feet.

- Yellowstone River, Sidney, Mont.: River stage, 2.22 feet; streamflow, 4,060 CFS.

**Hunting:**

- Archery: Look for a fair deer archery opener.

**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.



**ABOUT COZAD COMMUNITY HEALTH SYSTEM**

Cozad Community Health System serves the healthcare needs of Cozad and the surrounding area.

Cozad Community Health System offers comprehensive inpatient and outpatient services, 24-hour emergency care, Home Health and Hospice services, Physical Therapy, and a full array of other services available. We are committed to:

**Mission Statement:** To improve the health and well-being of the communities we serve demonstrating compassionate, patient-centered care.

**Vision Statement:** Committed to be the region's provider of choice for quality, patient-centered, health and wellness services.

**CAREERS**

- Med/Surg RNs  
FT, PT, PRN, Weekends (7a-7p or 7p-7a)
- Clinic RNs  
Typically 8-5, M-F, Sat. morning rotations
- Radiologic Technologist
- Ultrasound Technologist
- Medical Lab Technologist

**CONTACT US**

Heather Brennan, Director of Human Resources  
[hbrennan@cozadhealthcare.com](mailto:hbrennan@cozadhealthcare.com)

VISIT US ONLINE AT  
[cozadhealthcare.com](http://cozadhealthcare.com)



Fish North Dakota's Premiere Ice Fishing Lake

701-662-5996  
[WOODLANDRESORT.COM](http://WOODLANDRESORT.COM)





**Custom Laser Engraving & Gifts**



**MINOT'S NEWEST RC HOBBY SHOP**  
 • Planes • Boats • Cars

**Eflite FMS**  
 hobbyzone

2001 8th Ave SE Suite E  
 839-9677 • 240-7975  
 fbdesigns@gmail.com

[www.focusedbeamengraving.com](http://www.focusedbeamengraving.com) ONLINE STORE

**North Hill BOWL X-TREME BOWLING**  
 FRIDAY & SATURDAY

**OPEN BOWLING MONDAY-SATURDAY**  
 CLOSED SUNDAY

**X-TREME BOWLING FRIDAYS**  
 9:15PM-CLOSE

**CELEBRATE WITH US! WE DO BIRTHDAY PARTIES FOR ALL AGES!**

1901 NORTH BROADWAY, MINOT, ND  
 852-4108  
[WWW.NORTHHILLBOWL.COM](http://WWW.NORTHHILLBOWL.COM)

Military Discounts Available!

**TOGETHER, WE IMPROVE QUALITY OF LIFE** Same day appointments available.



1201 11th Avenue SW, Minot, ND  
 Phone 701.858.6700, 800.841.7321  
 Hours: Monday-Friday 8 a.m.-5 p.m.  
[cfmminot.UND.edu](http://cfmminot.UND.edu)

Center for Family Medicine  
 UND SCHOOL OF MEDICINE & HEALTH SCIENCES  
 UNIVERSITY OF NORTH DAKOTA

**SECOND ANNUAL ARROW EXERCISE**

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN LANDON GUNSAULS



91st Missile Security Operations Squadron convoy response force members run to cover during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 21, 2024. ARROW challenges CRF teams from F.E. Warren Air Force Base, Minot Air Force Base and Malmstrom Air Force Base to demonstrate their readiness and ability to effectively provide convoy protection.

A Payload Transporter truck and its Joint Light Tactical Vehicle escort stop after the PT driver was shot in a simulated ambush during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 21, 2024.



91st Missile Security Operations Squadron convoy response force members sit after being disqualified from the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 21, 2024.



Staff Sgt. Nickolas Wolf, 91st Missile Security Operations Squadron convoy response force member, provides cover to his team during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 21, 2024.

**LET'S PARTY**



**Party Room**

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun! Call for details!

**109 South Main St. Minot 701.837.8555**

**BOOK YOUR PARTY!**

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday  
 Time Slots Available:  
 • 10 AM-12:30 PM  
 • 1 PM-4 PM  
 • 6 PM-10 PM

Email for details:  
[alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)  
[WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)

**Birthday PARTIES**

X-TREME OR OPEN BOWLING

**SUPER PARTY**  
 • 2 Hour Party for up to 10 People  
 • Shoe Rental  
 • Pop and Ice Cream  
**\$195**  
 \$15 for each additional person

**MEGA PARTY**  
 • 2 Hour Party for up to 10 People  
 • Shoe Rental  
 • 2 - 16" Pizzas, Pop and Ice Cream  
**\$225**  
 \$18 for each additional person

Additional \$10 for X-treme Bowling

**ALL PARTIES INCLUDE:**  
 Bowling, Shoe Rentals, Pop and Ice Cream

1901 NORTH BROADWAY MINOT, ND  
[NORTHHILLBOWL.COM](http://NORTHHILLBOWL.COM) FOR RESERVATIONS PLEASE CALL **852-4108**





91st Missile Security Operations Squadron Convoy Response Force Airmen interact with an opposing forces actor while guarding a National Defense Area during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 20, 2024. Over three weeks, CRF teams from Minot Air Force Base, North Dakota, Malmstrom AFB, Montana, and F.E. Warren AFB, Wyoming, demonstrated their ability to protect resources in the missile fields, working closely with base agencies and local law enforcement.



91st Missile Security Operations Squadron Convoy Response Force Airmen interact with opposing forces actors while guarding a National Defense Area during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 20, 2024.



91st Missile Security Operations Squadron Convoy Response Force Airmen set up a National Defense Area during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 20, 2024.



An opposing forces actor attempts to antagonize a 91st Missile Security Operations Squadron Convoy Response Force Airman guarding a National Defense Area during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 20, 2024.

## 91 SFG PRACTICE CROWD CONTROL AT ARROW

U.S. AIR FORCE PHOTOS | STAFF SGT. MICHAEL A. RICHMOND

Left: A 91st Missile Security Operations Squadron Convoy Response Force Airman guards the perimeter of a National Defense Area during the Advanced Recapture Recovery Operational Warfighter exercise at Camp Guernsey's South Range, Wyoming, Aug. 20, 2024.

**MINOT AIR FORCE BASE**

**MSGT JUAN GONZALEZ**

MSGT Juan Gonzalez is a Flight Chief assigned to the 791 Missile Security Forces Squadron. He leads 60 Security Forces Defenders through missile field deployments and defense operations ensuring combat capability and global strategic deterrence. Juan is the first choice as additional duty First Sergeant where he is the focal point for readiness, health, moral and welfare for 267 personnel. He recently leveraged his missile field and training expertise while assisting 20th Air Force during an accident investigation board where he was able to guide policy to make missile field operations safer.  
*(Information from Feb 2024).*

**MINOT'S Finest COLLISION CENTER**

[www.minotsfines.com](http://www.minotsfines.com)

*Proudly Serving*  
**Minot AFB**  
*for over 30 years!*

**701.839.0989**  
524 31st Avenue SW • Minot, ND

**STORYTIME**

and activity with Miss Kristi  
Tuesday and Friday 11 am

**MILITARY ID DISCOUNT!**  
10% Off Everything, Every Day!  
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm  
8 Main St S • Downtown Minot • 839-4050 • [www.mainstreetbooksminot.com](http://www.mainstreetbooksminot.com) • [mainstreetbooks@srf.com](mailto:mainstreetbooks@srf.com)

Welcome to delicious.™

**10% DISCOUNT FOR ALL MILITARY PERSONNEL**  
(with valid ID and cannot combine with other offers/discounts)

**CULVER'S OF MINOT**  
3000 S Broadway Minot, ND 58701  
701-852-4800

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- Milwaukee Tools

**Green Mountain Grills**  
RESISTANT • FUEL EFFICIENT

**Milwaukee**

**TORO**

**Tool Surplus Center**  
Best prices on tools in the state!

**Milwaukee**

**Rental Equipment Available!**

**Full-Time Outdoor Power Equipment Mechanic On-Site!**  
Small equipment in need of repair?  
**Call us!**

**EXCEL POWER BIKES** 26" Step-Thru Fat Tire  
• up to 50+ mile range  
• max speed 20 MPH

**Hwy 83**  
Lawn, Leisure & Tools

**1619 HWY 83 NW, GARRISON, ND**  
Intersection of Hwy 83 & Hwy 37  
**701.337.2500**  
[find us on facebook](https://www.facebook.com/hwy83llt)  
**www.hwy83llt.com**

**HOURS:**  
**Monday - Friday:**  
5:30 a.m. - 5:00 p.m.  
**Saturday:**  
5:30 a.m. - Noon  
**Now Open Sunday**  
8:00 a.m. - 2:00 p.m.



# YOUTH IN ACTION

## Minot AFB School Board



**JOY-NICOLE SMITH**  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL  
LIAISON PROGRAM



School Boards are responsible for the education of local children and address a wide array of issues to include establishing spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and serve as public figures to support and respond to the needs of their communities.

For the Minot Air Force Base, School Board District #160 serves in this capacity. School board member duties include, using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a co-terminous school board that works alongside Minot Public Schools, School Board, District #1 with the mission of "Empowering all

learners to succeed in a changing world".

Minot Air Force Base, School Board District #160 and Minot Public Schools, School Board, District #1 consist of five board members, each member serves a three-year term. For the Minot Air Force Base, School Board, District #160 there are three position requirements for members. These include 1) Member must reside on the installation 2) Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools.

The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has an open position. Interested parties can contact the School Liaison at joy-nicole.smith.2@us.af.mil for more information and to receive an application.

## 2024-2025 MPS CALENDAR

### IMPORTANT UPCOMING DATES



**September 2**

Labor Day - No School

**September 3**

Prof. Devel. Day

No School for Students

**September 11**

Early Release Day

| September 2024 |    |    |    |    |    |    | 19 days |
|----------------|----|----|----|----|----|----|---------|
| S              | M  | T  | W  | T  | F  | S  |         |
| 1              | 2  | 3  | 4  | 5  | 6  | 7  |         |
| 8              | 9  | 10 | 11 | 12 | 13 | 14 |         |
| 15             | 16 | 17 | 18 | 19 | 20 | 21 |         |
| 22             | 23 | 24 | 25 | 26 | 27 | 28 |         |
| 29             | 30 |    |    |    |    |    |         |

PD Days - contracted days

Vacation Days - not contracted day

Holidays

Early Release Days - 1:15pm

Parent/Teacher Comp Days

**MIMEXICO**  
3816 SOUTH BROADWAY  
MINOT, ND  
701-858-0777

AUTHENTIC MEXICAN FOOD

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

MON-THUR 11 AM TO 10 PM  
FRI-SAT 11 AM TO 10:30 PM  
SUN 11 AM TO 9 PM

WWW.MIMEXICOMINOTND.COM

## SPONSORED BY



# NORTHERN CELEBRATIONS

Embracing our North Dakota Lifestyle

## MARK THE CALENDAR

Patricia Stockdill

It's in the air and, no, it's not the eerie, foreboding smoke from Canadian wildfires that persisted throughout the summer – and last summer, as well.

It's cooler, crisper mornings and sunrises refusing to crease the horizon as early as they did just a few short weeks ago.

It's sunsets slithering below the horizon before we even realize it.

It's the sense of coming autumn days and another summer season soon to become a memory.

But, fear not, it also means hunting season is rapidly approaching and, fear not, there's still a lot of outdoor time to come.

In fact, the cooler weather just might signal the start of even more outdoor time given the abundance of hunting opportunities across North Dakota.

While hunting means opportunities afield for feathered and furry species alike, let's focus on just feathered ones for now:

Just in case a person missed it, North Dakota is already several days into one Canada goose hunting season, what is known officially as the August Management Take/Early September Season on the N.D. Game and Fish Department website. That opened Aug. 15.

Depending on what part of the Great State of North Dakota a person hunts in, that early Canada goose season closes either Sept. 7, Sept. 15, or Sept. 20, just a day before the "real" (AKA Regular) Canada goose season opens for resident North Dakota waterfowl hunters on Sept. 21. That's also when duck, coot, and merganser seasons open.

Nonresidents get to wait a week until Sept. 28 for ducks, geese, coots, and mergansers.

Just be sure to check hunting regulations if out and about during the Early and Regular Canada goose seasons - they differ. As if that's not enough, daily and possession limits vary among the regular season hunting zones – and even closing dates in the Regular Canada goose season vary with zones.

It's enough to give a hunter a headache.

Another migratory bird season is already underway - fall crow season opened Aug. 17. It almost begs the question, "Does anyone really, truly hunt crows in the fall?"

Or any other time of the year, for that matter?"

Sept. 1 is the traditional opening date for dove hunting

in the state. Ironically, even opening as early as Sept. 1 many of North Dakota's home-grown doves have already started heading south. While a few hardy ones may linger until season's end on Nov. 29 they typically tend to book flights early.

Those dates are within the hunting framework established by the U.S. Fish and Wildlife Service, the agency in charge of migratory bird management. The Game and Fish Department uses the maximum number of days allowed within those regulations.

Dove hunting regulations allow harvesting both native mourning doves, the traditional dove sought by hunters for decades, as well as non-native Eurasian collared doves, which have established a home in parts of the state.

Things get busy in September with the Sept. 14 opener for sharp-tailed and ruffed grouse, partridge, and Wilson's snipe. There are also special seasons for young waterfowl hunters, as well as active military and special veterans, which is the same weekend on Sept. 14 and 15.

Just a word of caution – North Dakota raises a lot of ducks and early duck hunting often means lots of brown, immature birds.

Granted species identification at any point during any hunting season is a major part of a hunter's responsibility. It's just that those early opening season dates can make identification tricky – even for species like pheasants.

There is also the Sept. 14 opener for sandhill cranes; the Sept. 21 resident waterfowl opener, and don't forget woodcock season for the niche of hunters pursuing that unique migratory bird. That also opens Sept. 21.

There is a bonus teal season again this year running Sept. 21 through Oct. 6.

The grand-daddy of all upland seasons, so near and dear to many North Dakota hunters, begins Oct. 12 with pheasant season. The youth pheasant season is Oct. 5 and Oct. 6.

Fall turkey lottery license holders can also head out beginning Oct. 12.

Go to the Game and Fish Department website, (gf.nd.gov) for all of the season opening and closing dates and regulations, clicking "Hunting" on the menu tab, then "Licensing/Regulations", and "Regulations".



## BEST SMOKED RIBS & BRISKET IN TOWN!

FRESH SMOKED MADE FROM SCRATCH RECIPES

NOW OPEN • NEW LOCATION  
417 NORTH BROADWAY

BONESBBQMINOT.COM



# CLASSIFIEDS

www.northernsentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## THRIFT STORE

### Back Door Treasure's



Minot's Newest & Biggest Thrift Store is

**NOW ACCEPTING**

**ALL** donations, estate settlements, and commercial (rental & real estate left behinds)

**105 1st Street. SE Minot**  
Open 9-6 Mon-Sat  
(701) 837-1819

## FRESH EGGS

**FRESH EGGS** Located just 20 minutes with delivery to the base. email: esavelkoul@srt.com.

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**

www.marykay.com/1clouse.  
701-839-0475 or 701-721-0475

## NEED A REALTOR?



**I CAN HELP YOU!**

**Odalis Jones Martinez**  
Realty ONE Group Magnum

REALTOR®  
English, Spanish

**CONTACT ME!**

(662) 497-0596

odalismart97@gmail.com

@odalisjonesmartinez\_realtor

www.ROGMagnum.com

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Matt or Peggy at IPM. 852-1157

## HOUSE FOR RENT IN GLENBURN ND.



Rent is \$900.00 a month with \$900.00 deposit. Three bedrooms, two full bathrooms, kitchen/dining area, and office space on the main floor - full finished basement. Attached single garage. Tenant pays utilities. Call Dianne Hensen 701-721-3089

## HELP WANTED



### PART TIME POSITION

15-20 hours per week.  
Embroidery/hotpress.  
Training provided.  
Flexible schedule available.

Stop in at 203 72nd Ave NE  
(just south of the base on Hwy 83)  
or call 701-839-8455.

## HELP WANTED

Bread of Life Church in Minot ("Welcoming, deepening, and serving in faith for all of God's people") is seeking a **PART TIME MUSIC COORDINATOR.**

Bread of Life has three weekly worship services, each with their own flavor, and we're looking for a musically inclined individual to create and sustain an inspired music ministry among us. Interested applicants can contact bolc@srt.com or 701.838.3360.

## AUTOMOTIVE

### NORTHERN AUTO AUCTION

**1st & 3rd Saturday Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

### BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.

Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

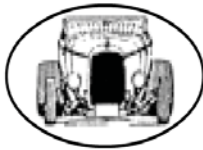
3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

### AUTO BENT UP OR JUNKED??

Would like to buy...  
Running and non-running cars.  
Call 701.240.2147

**\$\$\$ QUICK CASH \$\$\$** Paying cash now for any car or truck, running or not. We also sell cars, give us a call. Edwardson Towing 839-9512, cell: 720-6150 (Will haul junk cars or trucks away, no charge)

## JOHN'S



### AUTOBODY

**Pays Up To \$500**

**Insurance Deductibles**

**We Guarantee All Work & Color Match**  
4121 S. Broadway  
839-8896

## WANTED

**UNWANTED CARS, TRUCKS & SCRAP METAL.**  
Call 701.240-7453

**IF YOU HAVE A SMALL DOG, REPTILE OR BIRD** that you no longer can care for, call me or text me at (701) 822-3455

# BUSINESSES & SERVICES

## AUTOMOTIVE

### QUICK CASH!!

Running & Non-Running Cars & Trucks



### EDWARDSON TOWING

We Also Sell Cars

**839-9512**

Cell **720-6150**

Will Haul Junk Cars Free of Charge  
Cash for Scrap & Farm Clean Up



### AUTO PARTS

#### HOURS:

Monday-Friday 7am-7pm  
Saturday 7am-4pm  
Sunday 10am-3pm

425 Burdick Expy W Minot, ND 58701

**(701) 852-3301**

Proud to serve Minot AFB

## PET GROOMING

### KING'S MANE CAT GROOMING

OFFERING YOUR CAT THE ROYAL TREATMENT



CALL 701-240-7291

FOR AN APPOINTMENT OR VISIT US ONLINE

KINGSMANECATGROOMING.COM

## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

## ACCOUNTANT

### BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS

24 W. Central, Minot • 852-0196

www.bradmartz.com

## HOBBY SHOP

### AEROPORT HOBBY SHOP

RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues. We Have GUNDAM!

**838-1658**

2112 N. Broadway • Minot, ND  
Ask for Eva • www.airporthobby.com

Contact Rod Wilson to get your business listed here! 701.839.0946 sentrysales@srt.com

## FLOWER SHOP



# FLOWER Central



Voted Minot's  
#1 Flower Shop

405 Central Ave. E. • 701.852.6224



# CLASSIFIEDS

www.northernentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## MINOT AFB ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** – Embry-Riddle Aeronautical University is the world’s pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor’s, and master’s degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 5 August - 6 October. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

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

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

**★ Hotel ★**  
**REVEL** *Weddings for Warriors*

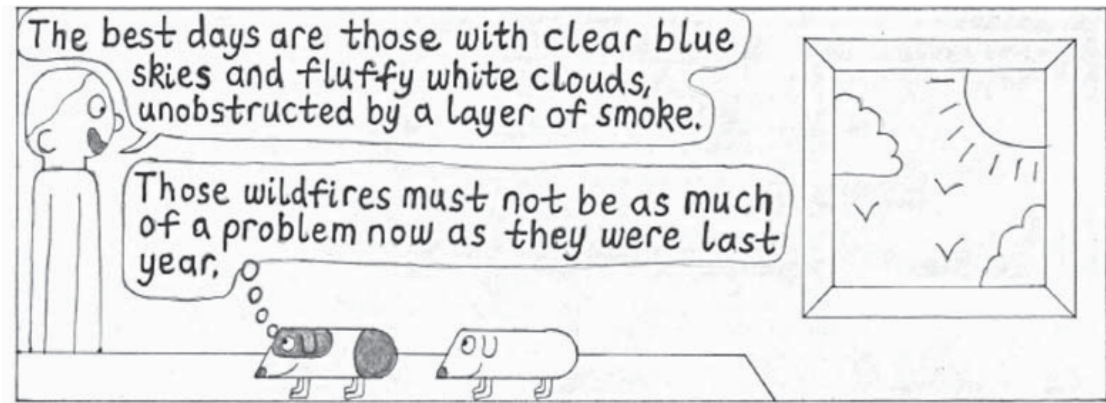
Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot’s Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot’s Bar and banquet space once every month.

*At least one partner must be serving or must be an active member of the U.S. Air Force.*

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

### 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.

TIMMOTHY TIMM

## Musicians Of Minot AFB Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring your own Instruments

Don't know how to play anything? Come sing

Hosted at the Base Theater on

Saturdays from 12:00 to 6:00!

JOIN OUR DISCORD,  
FACEBOOK,  
OR INSTAGRAM

For updates and socialization:  
<https://discord.com/invite/xQtPFRBr>  
Minot AFB Musicians On Facebook  
Minotafb\_musicians On Instagram



## RESTAURANT & ENTERTAINMENT GUIDE



### Atypical Brewery & Barrel Works

510 Central Ave E, Minot  
Phone: 701.833.0567  
FB: Atypical Brewery & Barrelworks

### Applebee's Grill & Bar

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Culver's Restaurant

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Ironhorse Kitchen + Bar

21 E Central Avenue, Minot  
Phone: 701.852.8183  
FB: Ironhorse Kitchen + Bar Minot

### Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot  
Phone: 701-441-9309  
FB: Jamaican Vybz Kitchen

### Meg-A-Latte

2045 N Broadway Suite #100  
Minot, ND 58703  
Phone: 701-838-8479  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

### Mi Mexico

3816 South Broadway Minot  
Phone: 701.858.0777  
[www.mimexicominotnd.com](http://www.mimexicominotnd.com)

### N.D. Asia

3400 16th St SW, Minot  
Phone: 701.852.1240  
[www.ND-Asia.com](http://www.ND-Asia.com)

### Noodles & Company

304 4th Ave NW Minot  
701.491.9103  
[www.noodles.com](http://www.noodles.com)

### Pink's Bar & Grill

102 128th Ave NW Minot  
Phone: 701.852-2385  
FB: PinksBarGrill

### The Blue Rider

118 1st Avenue SE Minot  
Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

### The Starving Rooster

30 1st St. NE, Minot  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)



## MINOT MILITARY PERSONNEL FLIGHT

# SCAN TO SCHEDULE AN APPOINTMENT.

Use your smartphone.

**Snapshot of MPF Services:**

- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500  
Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130  
Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130  
\*Closed for training every Wed from 1200-1630

## MINOT MPF OFFICE



# FACILITIES, MODERNIZATION TOP OF MIND DURING ASSISTANT SECRETARY OF DEFENSE FOR ENERGY, INSTALLATIONS AND ENVIRONMENT'S VISIT TO MINOT AFB

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



The Honorable Brendan Owens, Assistant Secretary of Defense for Energy, Installations and Environment, disembarks a bus during a tour of Minot Air Force Base, North Dakota, Aug. 19, 2024. This visit was intended to give Owens a first-hand look at Team Minot's facilities and capabilities while showcasing the installation's modernization efforts.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, prepares to host a windshield tour of the base housing area for the Honorable Brendan Owens, Assistant Secretary of Defense for Energy, Installations and Environment, at Minot Air Force Base, North Dakota, Aug. 19, 2024. The purpose of this visit was to highlight the installation's modernization efforts while providing Owens an up-close and personal look at Team Minot's facilities and capabilities.

## SMOKED PUMPKIN SOUP

**INGREDIENTS**

- 5 POUND PUMPKIN, WHOLE
- 3 TABLESPOON BUTTER
- 1 ONION, DICED
- 2 CLOVE GARLIC, MINCED
- 1 TABLESPOON BROWN SUGAR
- 1 TEASPOON PAPRIKA
- 1/4 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON GROUND NUTMEG
- 1/8 TEASPOON ALLSPICE, GROUND
- 1/2 CUP APPLE CIDER
- 5 CUP CHICKEN BROTH
- 1/2 CUP HEAVY CREAM
- FRESH PARSLEY, AS NEEDED

Using a sturdy knife, cut the pumpkin into quarters. Scoop out the seeds and stringy fibers. Separate the seeds from the fibers, and save the seeds for roasting, if desired. When ready to cook, start the Traeger grill and set temperature to 165 °F with the lid closed.

Arrange the pumpkin quarters, skin-side down, directly on the grill grate. Smoke for 1 hour. Increase the temperature to 300 °F and roast the pumpkin until it is tender and can easily be pierced with a fork, about 90 minutes. Let cool, then separate the pumpkin flesh from the skin.

Meanwhile, melt the butter over medium heat in a 4-quart saucepan or stockpot. Sauté the onion and garlic until soft and translucent, about 5 minutes. Stir in brown sugar, smoked paprika, cinnamon, nutmeg, and allspice. Immediately add the apple cider, and cook for several minutes until the mixture is reduced and syrupy. Add the pumpkin and chicken broth. Let the soup simmer for 20 to 30 minutes. Blend soup until smooth. Add salt and pepper to taste. If it is too thick, stir in more chicken broth.

Divide the soup into bowls and drizzle with the heavy cream. Top with a sprig of parsley, if desired.

**Home of Economy**

**Ryan Davy - GM**  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

# Upcoming Events

**02 SEPT** **CRAFT NIGHT**  
7:00 PM - 10:00 PM  
Blue Rider  
118 1st Avenue SE, Minot

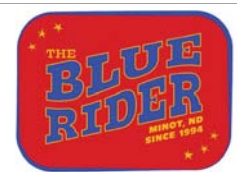
We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down!



**For more information:**  
Facebook/ Blue Rider/ Events

**04 SEPT** **TRIVIA NIGHT**  
7:00 PM - 10:00 PM  
Blue Rider  
118 1st Avenue SE, Minot

Bring your quizzers and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!



**For more information:**  
Facebook/ Blue Rider/ Events

**04 SEPT** **ADULTS ONLY NIGHT AT THE MAGIC CITY DISCOVERY CENTER**  
4:00 PM-5:30 PM  
Magic City Discovery Center  
1545 1st St NW, Minot

Ever wanted to visit the Discovery Center but felt like you needed kids to join? Now's your chance! Join us for the very first Adults ONLY Night on Wednesday, September 4th, from 4:00 to 5:30 p.m.! Experience hands-on exhibits, interactive fun, and a night of nostalgia—just for grown-ups!



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

**08 SEPT** **MINOT OUT OF THE DARKNESS WALK**  
12:00 PM - 3:00 PM  
Oak Park  
1300 4th Ave NW

Our mission is to Save Lives and Bring Hope to those affected by Suicide in Minot and surrounding communities. Our event will have a memory wall, resource tables, honor beads and ceremony, food, and music along with the walk around Oak Park.

## WALK WITH US TO PREVENT SUICIDE

**Minot Out of the Darkness Walk**  
Sunday Sept 8, 2024  
Oak Park Shelter 7

Register at [afsp.org/minot](http://afsp.org/minot)

**To register visit:**  
[afsp.org/minot](http://afsp.org/minot)

**14 SEPT** **LIL VENDORS KIDS MARKET**  
9:00 AM - 12:00 PM  
Oak Park  
1300 4th Ave NW

Join us at the Oak Park Farmers Market for a fun-filled day of shopping with little entrepreneurs! Meet and support our young farmers, bakers, and craft makers showcasing their amazing creations. Don't miss out on this lively event!



**For more information:**  
Facebook/ Minot Farmers Market / Events

## 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/](http://www.northernsentry.com/calendar/)**

# HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



# WHAT'S GOING ON MINOT AFB

## FRIDAY 30

- AFGSC Family Day
- For a full listing of Labor Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Family Zumba, 0930, Turf, hosted by McAdoo Fitness Center
- Tabletop Gaming Starts, 1600-2200, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill

## MONDAY 02

- Labor Day
- For a full listing of Labor Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Labor Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

## FRIDAY 06

- Family Zumba, 0930, Turf, McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Movie on the Green, 1800-2000, Youth Center

## SATURDAY 31

- For a full listing of Labor Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Zumba, 0900, McAdoo Fitness Center

## TUESDAY 03

- Cycle & Strength, 0515, McAdoo Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Zumba, 1730, McAdoo Fitness Center

## SATURDAY 07

- Back-to-School Sampler, 0900, McAdoo Fitness Center

## SUNDAY 01

- For a full listing of Labor Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Banned & Challenged Books Challenge Begins, Minot AFB Library

## SPECIALS

Bomber Bistro Featured Item

### Taco Pizza

Red sauce base, cheese, seasoned ground beef, topped with lettuce, tomatoes, and onions. Served with salsa and sour cream.

The B-Fifty Brew Featured Item

### Mexican Candy Red Bull Burner

Sugar free watermelon Red Bull with lime and watermelon flavor topped with lemonade and tajin.

Rockers Bar & Grill Featured Item

### Asian Sesame Boneless Wings

8 deep fried boneless wings tossed in a sweet chili sauce plus your choice of dipping sauce served with fries and a drink.

## WEDNESDAY 04

- Bootcamp, 0900, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talk, 1200, Minot AFB Library
- Immersion, 1300-1500, M&FRC
- TRX Strength, 1330, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 05

- Cycle & Strength, 0515, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Cycle & Core, 1115, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1730, McAdoo Fitness Center

**WELCOME TEEN NIGHT WELCOME BACK BASH**  
**Back to School**  
 13 September 2024  
 6:00PM - 10:00PM  
 Youth Center  
 Members: \$15  
 Non-Members: \$20  
 Food, games, activities and more!  
 Register by 9 September 2024  
 Scan the QR Code to register or visit the CYPBMs website at <https://parent.afcyp.com/>  
 For details, call the Youth Center at 723-2838

presented by  
**TOM COTTER & MATT SCANNELL**  
 Jimmy Doolittle Center  
 Thursday, 12 September 2024 • Doors Open: 1800

**A SALUTE TO THOSE WHO KEEP US SAFE.**  
 Created by actor and philanthropist, Gary Sinsie, the Gary Sinsie Foundation serves & honors our nation's heroes & their families through programs designed to support & uplift them in their time of need.  
 TO LEARN MORE ABOUT OUR MISSION, SCAN QR CODE OR VISIT [GARYSINSIEFOUNDATION.ORG](http://GARYSINSIEFOUNDATION.ORG)

**FORCE 5THFORCESUPPORT.COM**

**Piasta Fridays!**  
 FREE Salsa Lessons & Dance Nights at Rockers Bar & Grill  
**2024 6pm-10pm**  
 Every 2nd Friday, join us for lessons with Jarrich Chappell, no registration needed!  
 6pm-7pm Beginner Salsa • 7pm-8pm Intermediate Salsa  
 8pm-10pm Open Dance • Dancers must be 18+

**FORCE 5THFORCESUPPORT.COM**

**NORTH PRAIRIE Farmer's MARKET**  
**EVERY SATURDAY! 11 AM TO 2 PM**  
 1 Block North of the Corners of Burdick & Broadway  
 Across from Planet Pizza

**AVAILABLE THIS SATURDAY!**

- BBQ Sauce
- Produce
- Fresh Roasted Coffee
- Tea
- Jam
- Kombucha
- Bath Bombs and Soap
- Popcorn
- Desserts
- Fresh Peas
- Farm Fresh Eggs
- Local Honey
- Succulents
- Baked Goods
- Fresh Baked Bread
- Vadell Brothers Syrup

**AND MUCH MORE!**

TO LEARN MORE ABOUT NATURALLY GROWN PRAIRIE PRODUCE VISIT [NORTHSTARCARIO.COM](http://NORTHSTARCARIO.COM)

**ARCO**  
**DAKOTA SQUARE**

## Saturday, September 7, 2024

To Enter:

- Purchase 8 gallons of fuel at Fuel the Fight
- Take your receipt inside to enter the drawing for
  - Free gas for a year courtesy of First International Bank and Trust
  - \$1,000 from Farstad Oil
  - Autographed Mason Morelli Las Vegas Golden Knights jersey

Fuel the Fight raises funds to provide gas vouchers for Trinity Health CancerCare Center patients traveling for treatments.