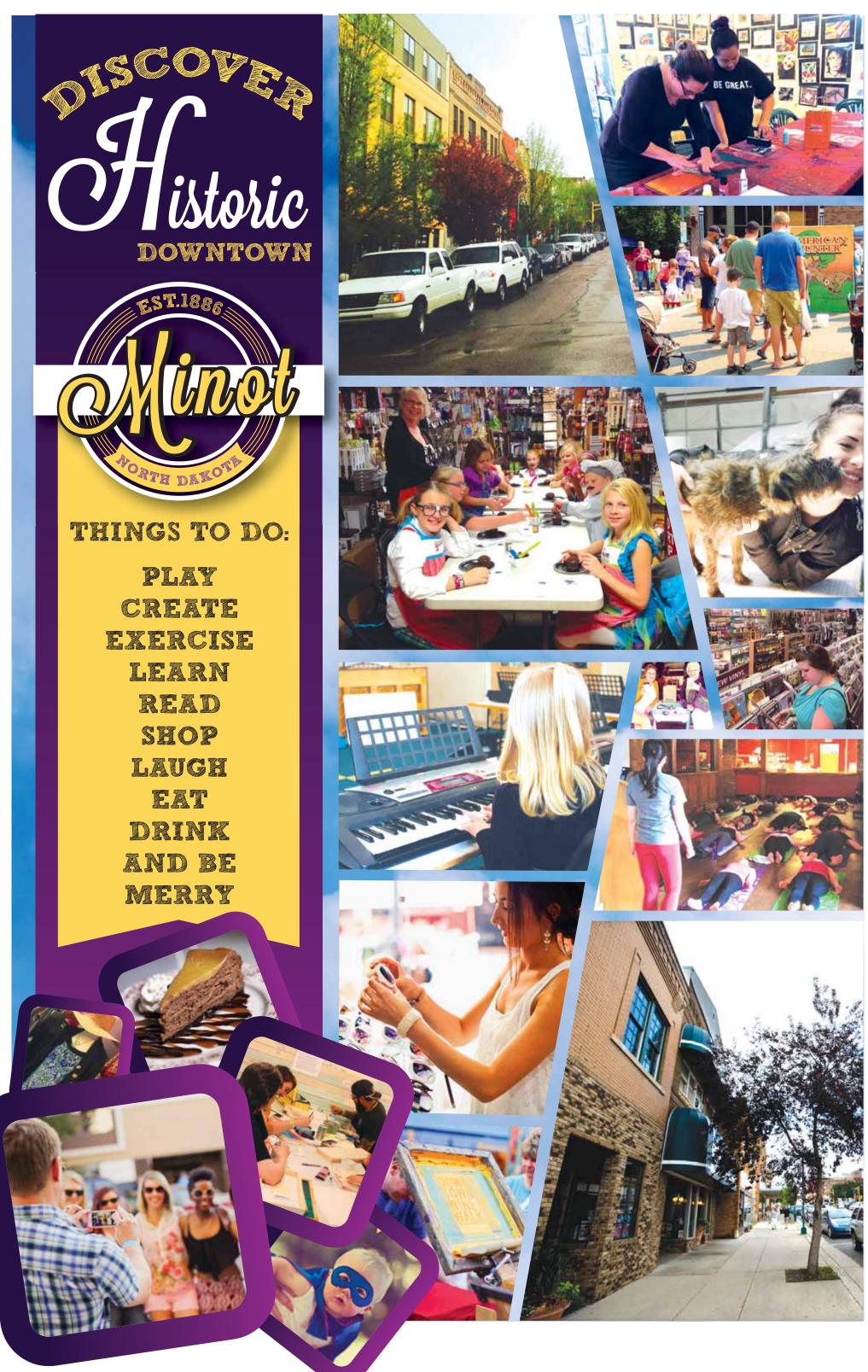


CREATE LEARN READ SHOP LAUGH EAT DRINK AND BE MERRY



Melcomes to Downtown Minot

Find what you love Downtown!

Welcome to the ** "heart" of **Minot**, North Dakota. Our past is rich in history, tradition, and community. Downtown events attract thousands of people per year to

visit, shop, and dine. During the Wine Walk Event alone, over five thousand dollars was raised towards the continued beautification of Minot's downtown area.

Construction on Phase 2 of the Downtown Infrastructure Improvements Project is now under way, with work starting on Main Street. Construction crews anticipate focusing their intial efforts on the area right around Main Street and First Avenue South. Please go to page 10 to view what roads are under construction.

Downtown Minot is open! Come park your car in one of our two parking garages that are now open, view instructions and pricing on page 4. Take a walk through **Downtown Minot the things you will** discover will amaze you. We look forward to seeing you all downtown very soon!

Page 2: Things to do Downtown List Page 3: Budget Music and Video Val's Cyclery **Souris River Brewing** Page 4: Minot Center for Pediatric Therapy **Mouse River Players Parking Garage Info** Page 5: Grow with Me **Carnegie Center** Margie's Art Glass Page 6: Main Street Book's **Bray's Saddlery** Page 7: Oliver's Attic **Cookie's For You** Page 8: Peggy's Gift Shoppe **The Pour House El Chile Verde** Page 9: Things to do Downtown Continued **Page 10: Esoterica Michele F Downtown Construction Map** Page 11: Gourmet Chef **Dakota Hope Clinic** Page 12: The Tap Room **Season's Florist Rick's Jewelry**



Discover Downtown Contents











Northern Sentry Supplement: Advertisements contained herein do not constitute an endorsement by the Department of Defense, Department of the Air Force or Minot Air Force Base. Everything advertised is available without regard to race, color, religion, sex, or other non-merit factor of the purchaser, user or patron.



11 Main St South

Hours: Monday - Thursday 10am - 7pm Friday - Saturday 10am - 8pm Sunday 12pm - 5pm

From the musical stylings of Stevie Ray Vaughn to the ever popular Beatles, Budget Music is the store to go to for everything vinyl and more. The store located centrally downtown is home to well over a thousand LP's, CD's, DVD's, gift items, jewelry and so much more!

"Budget is a musical staple of Minot. They've been selling and supporting local talent for as long as I can remember." -Sean Keeney

As vinyl records are making their way back into the mainstream as "the only worthwhile way to own music"-Mario Aguilar, the unique experience of walking into Budget Music is one of a kind. There is no other place within Minot that will give you that relaxing ambiance of listening to an amazing musical artist strumming their guitar as if you are sitting front row center. The amazing sight of all the records that are just waiting to share that unique and rich sound is a sight that many locals of Minot have shared since 1977. Budget Music is the local favorite record and music store that been independent for over 39 years. They have moved a few times over the years within Minot but their location downtown suits them well. Skateboards, posters, incense and clothing are many items besides the LP's, CD's and DVD's that managers Jon Bauer and Dylan Lee provide to all who enter their store. They even offer record players for that quality sound achievement for the new or used LP's. You may walk in as a stranger but you will leave with a greater sense of musical appreciation and a need to explore Budget Music & Video more.

In addition to everyday great deals, Budget Music and Video also participates in the annual Record Store Day that is held on April 16th every year. Record Store Day was conceived in 2007 by several independent record store owners and employees as a way to celebrate and spread the word about the unique culture of record stores. Special vinyl and CD releases as well as various promotional products are made exclusively for the day. On the last Record Store Day, Budget shared they had limited edition vinyl releases as well as live music, beverages and snacks. The beer & wine garden was provided by a neighboring business, Off the Vine. It was a great event that drew many fellow music and art lovers. Budget also participates in many local events such as iMagicon and many charities benefits.







222 Central Ave East • 701-839-4817 Hours: Monday - Friday 9am - 6pm Saturday 9:30am - 4pm

Val's Cyclery opened its doors for the first time in 1960 and has been providing the Minot area with outstanding bicycle knowledge and service ever since. They are a locally owned and operated Bike, Fitness and Blade Sharpening Center which prides themselves in their excellent customer service and friendly atmosphere. They are always happy to repair any bicycle whether you purchased it from their store or not.

Excellent service isn't far when you first walk into Val's. Finding a new bike is a breeze with their help; find the perfect size bicycle for the whole family. They also offer free one month checkups on your newly purchased bicycle and will provide you with any additional accessories that you are interested in to keep your riding experience as comfortable as possible. Along with great service, comes great knowledge about their products and services. Offering knife and blade

sharpening when the bike season is over, they continue to provide services throughout the winter months as well.

Val's keeps the public involved with their summer shop rides! They are available Wednesday nights for road bikers, and Thursday nights for mountain/off-road biking. Both rides are free and available to any level of rider. The rides take off at 6:30pm sharp and are sure to give you an enjoyable biking trip. SAVE THE DATE! North Dakota's only Century Ride is coming, July 10, 2016! For more details visit Val's Cyclery on Facebook.

If you are interested in getting into biking or have already put on many miles on your personal bicycle already, please come downtown to Val's Cyclery as they have a little something for everyone. Who knows, you might pick up a new hobby along the way!





Souris River Brewing is an establishment that is focused on bringing their customers premium, craft brewed beers and natural, made-from-scratch food that embodies what North Dakota is all about. SRB was Minot's first Brewpub & Restaurant to source ingredients from local and regional suppliers, thereby strengthening the community economic base and fostering goodwill across the region.

iver Brewing is tucked within the out-

the spirit of the land, people and history of the Great Northern Plains.

Local art and music is also a main priority to the pub as well. Live music fill the restaurant on a regular basis and all the chandeliers, artwork, and signage were created by artists native to the Minot area. Souris River Brewing is very supportive of local artists and shows no discrimination against musical genres. They also look forward to networking, Located on 32 3rd Street NE, Souris meeting, and working with new traveling artists passing through town. The industrial atmosphere and local art that surrounds the entire establishment make for an enjoyable experience. Top that with the sociable staff and bartenders and this hidden gem will be on the top of your list for places to go in Minot. If you are missing something in your dinnertime routine, then Souris River Brewing can definitely fill the void with a bite and a pint!



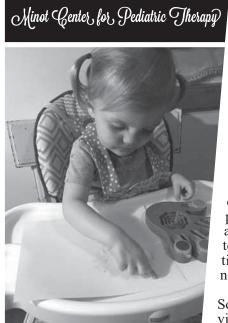
Souris River, Brewing

32 3rd Street NE • 701-838-1884 Hours: Tuesday - Thursday 11am - 12am Friday & Saturday 11am - 1am

skirts of downtown Minot. The restaurant's interior was designed from reclaimed wood from former North Dakota churches and homesteads. The menu has a variety of different dishes with main entrees featuring North Dakota sourced elk. bison, beef, and walleye. Pairing that with their premium craft brewed beers created in house; Souris River Brewing provides an unprecedented experience that captures







"Any speech or language problem is likely to have a significant effect on a child's social, academic skills and behavior. The earlier the identification and treatment of a child's speech and language problems, the less likely they will persist or worsen. Early speech and language intervention can help children with reading and writing and with interpersonal relationships". - DIANE PAUL, PH.D., CCC-SLP

The Minot Center for Pediatric Therapy is the answer to many who have been diagnosed with speech & language disorders or developmental delays. The center opened its doors in August 2012, with the hope to treat patients and their families with compassion and dignity. Kylee Geer, founder of the center, felt there was a need for more therapy options for children and adolescents with special needs in our community.

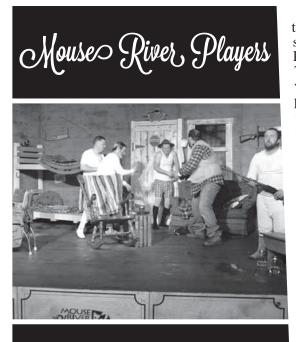
Kylee Geer has seen an increase in patients. So the addition of an occupational therapy service was added in 2013, Krisann Miller. Soon after Geer and Miller added two additional speech pathologists, Cassie Sheppard (2014) and Mackenzie Nagel (2016). They work with children and their families to build a variety of skills: communication, fine motor, daily living, self-care, play, feeding, emotional regulation, and social skills. They work with children and adolescents from birth to age 21. Parents and family members typically observe therapy sessions to help promote skills into their daily activities at home.

Geer stated that during the construction parking will be available but, not necessarily convenient at all times. She recommends clients to allow more drive time getting to your appointment and extra time finding a parking space in case the building's lot is full.

To learn more about the Minot Center for Pediatric Therapy please contact Kylee Geer at 837-9801 or find them on facebook at www.facebook.com/Minot Center for Pediatric Therapy.



315 South Main #104 • 701-837-9801 Hours: Monday - Friday 8am - 5pm

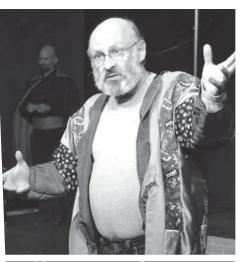


Performing Arts Theatre 115 1st Street SE 701-838-3939 MouseRiverPlayers.org

"To be or not to be, that is the question" - William Shakespeare's, Hamlet . For Mouse River Players the theatre is to be. The theatre organization, an allvolunteer community, dedicated to providing live and quality theatre experiences at more than affordable costs is located downtown Minot in what they lovingly call the "Mouse House". "The Arlene" was dedicated in honor of longtime arts' supporter, Arlene Saugstad. They are currently doing some renovations to improve the building upstairs and below. Mainly cosmetic updates are being done upstairs and downstairs still needs some work before it is able to be utilized.

Corie Burck, member of the Mouse River Players board and active performer, mentioned that Mouse River Players are always looking for additional members who enjoy the performing arts. Auditions are posted on their website at www.mouseriverplayers.org and anyone interested can follow their facebook page for current updates on the upcoming performances and open auditions. There are over 50 volunteers from performers to technicians and stagehands. As Constantin Stanislavski once said "Remember: There are no small parts, only small actors."

The Mouse River Players is Minot's oldest community theatre beginging in 1971. The upcoming season for MRP will begin October 7-9 and the 14-16 with the first performance "Arsenic and Old Lace" by Joseph Kesselring. Other performances listed for the season include; "The Best Christmas Pageant Ever" by Barbara Robinson which is a classic youth performance; "Boom" by Peter Sinn Nachtrieb; "Plaza Suite" by Neil Simon; and the hilarious revue paying tribute to the celebration of the mating game with "I love you, you're perfect, now change" by Joe DiPietro with music by Jimmy Roberts. Contributions from businesses and individuals are always welcomed as constant support is needed to continue to maintain their vision of bringing the best live, theatre performances to the most important people they know-the audience. The public can read more about each upcoming performance and purchase tickets online at www.mouseriverplayers.org. To get involved with the Mouse River Players contact them on their website or at 701-838-3939.







P1: South Side (Top Floor) P2: East Side (Ground Floor) P3: North Side (Lower Floor)

CENTRAL AVENUE PARKING RAMP

P1: South Side (Top Floor) P2: East Side (Ground Floor) P3: North Side (Lower Floor)

PARKING RATES

\$1.50/HOUR: HOURS 1-4 NO CHARGE: HOURS 5-8 8 Hour Maximum = \$6.00 \$9.00: MAXIMUM 24 HOUR RATE

CREDIT CARDS ONLY MONTHLY PASSES AVAILABLE OPERATED BY: CYPRESS DEVELOPMENT: 852-1400 PARKING IS EASY AS 1-2-3! 1. Pull up & press blue button 2. Take ticket & drive through 3. When leaving insert ticket 4. Pay with credit card 5. Drive on out!

STREET PARKING ALWAYS AVAILABLE VISIT WWW.DOWNTOWNMINOTISOPEN.COM FOR CURRENT CONSTRUCTION MAP



Grow Mith Mes

Grow With Me is locally owned and operated, providing an affordable alternative for families in our ever changing economy. They are your go to place for all things baby, kids, and maternity. They buy and sell gently loved clothing up to children's size 12, maternity clothing sizes small to 3XL, and infant related items. Toys, books, games, bassinets, swings, play pens, baby gates, activity centers, changing tables, etc. All things are trendy and modern. This is not your grandma's attic.

Items can be dropped off Monday through Friday 10-6 Saturday 10-4. January through June - spring/summer clothing. July - drop offs will NOT be accepted - summer clothing sale. August through November - fall/ winter clothing items. December - drop offs will NOT be accepted - winter clothing sale.

To help us evaluate your gently loved items and ensure that your drop off evaluation goes as quickly and smoothly as possible, follow the guidelines listed here.

1. First time drop off is limited to two containers.

2. Clothing items MUST be freshly laundered and ready to hang. They MUST be free of smoke odor and pet hair/dander. If not, they will be returned without evaluation.

3. If applicable, outfits need to be together, we will not match items for you.

4. All non-clothing items, toys, strollers, walkers, etc, must be clean and wiped down.

5. ALL items with rummage/garage sales tags will be returned without evaluation.

6. Seasonal clothing items only -

7. Client will be notified by phone when drop off is complete. Payment will not be made until items are picked up. Items must be picked up within 3 days of notification \sim items will be sold and/ or donated at the discretion of Grow With Me after the 3 days. Payment is via check or store credit. Store credit is given an additional 20%.

Items we DO NOT accept include but are not limited to the following: Men and women's clothing, used socks, under garments, used baby bibs, burp cloths, stuffed animals, inflatable water toys, sun faded toys, receiving blankets, bedding, car seats.

There is no appointment needed to bring your items in. To learn more about their drop off policy, please visit their web page or follow them on Facebook. https://www.facebook.com/growwithmeminot

106 S Main Street 701-839-0366

Hours:

Monday- Friday 10am-6pm Saturday 10am-4pm









The Carnegie Cen-ter was built in 1911 with funds provided by steel magnate Andrew Carnegie and served as the Minot Public Library until the current library was built in 1965.

No longer in use, the building fell to a state of almost total disrepair until 1979, when a nonprofit association agreed to take on the task of renovation and operation. Restored and renamed, "The Carnegie Center" opened in 1986.

The beautiful and historic Carnegie Center is the perfect place for a wide variety of social events, and may also serve as an elegant performing space. Its charming at-

boasts mosphere

original woodwork in excellent condition, a gorgeous brick fireplace, a baby grand piano, and much more.

The space can comfortably accommodate up to 125 guests, but warmly hosts more intimate parties as well. The center welcomes everyone, whether you're a business, organiza-

tion, or individual, to make use of this valuable treasure.

Whatever event, the the Carnegie Center will add a touch of elegance and grace.

The cost to rent this diamond in downtown Minot is: \$125 for 4 hours, \$250 for 8 hours, \$400 for 16 hours and \$40 for hourly. Call us to book your event today 701-839-1933.



Hours: Monday-Sunday 9am - 5pm





is the perfect destination for artists, crafters and art lovers alike. Their Drop-in studio is perfect for those "what to do today" moments! Age is not an issue, they welcome everyone. Located in historic Downtown Minot, Margie's Art Glass Studio is home to beginning and professional artists alike. Margie began working in glass in 2002; opening her studio in historic downtown Minot in 2004. They offer resources for unique options for your kitchen cabinetry, side lights, front doors and much more. Here you'll find professional help available to answer your questions. Looking for that perfect gift? There are many things available to customers of Margie's, such as art glass, tools, artwork, coffee, and more! Their gallery features the work of regional artisans. From Davy pottery, raku, custom jewelry, painted canvases and glass work. Gift certificates are available in any denomination.

argie's Art Glass Studio tea, and lattes, to blended drinks with unique flavors. While sipping your coffee or waiting for your drink to be mixed, browse the many different gift items around the store. When the weather is nice enjoy your drink inside or out on the patio. Downstairs they have the Ceramic Café, which is a hands-on pottery painting studio. Adults and children of all ages can pick from a wide selection of ceramic pieces and glazes. The drop-in studio welcomes those who would like a hands-on experience with ceramic and glass projects. Glaze a memory for grandma; make that once in a lifetime hand print of your child's hand or create that perfect fused ornament for Christmas. When finished, Margie's will take your piece, add clear glaze, and fire it. In a week, your masterpiece will be ready and waiting to go home! This makes for a wonderful birthday party, shower, or special occasion as they have a party room to rent as well! Make it your next hang out!







The Black Iguana is a full service espresso bar, specializing in your favorite drink! Offering classics like black coffee,

109 Main Street South • 837-8555 Hours: Tuesday 10AM - 8:30PM Wednesday 10AM - 5:30PM Thursday 10AM - 8:30PM Friday 10AM - 5:30PM Saturday 10AM -5:30 **Closed Sunday and Monday**

8 South Main Street 701-839-4050 Hours: Mon - Thurs 10am - 6pm Friday 10am - 8pm Saturday 10am - 6pm Sunday 12pm - 4pm





Main Street Books is an independent bookstore located in the heart of downtown Minot. The doors first opened in March of 2006 and the store has been serving the Minot community for almost 10 years. Since their first opening however, Main Street Books has set up shop in three different spots around downtown. The current location, which they moved to in March of 2014 and is located on 8 Main St South, has proved to be their largest venue to date.

Besides selling new and used books, they also carry a variety of children's toys with brands such as Melissa & Doug. The store now offers in-store credit and will buy your lightly-used books. This opportunity is great for readers who want to be able to give back to the community. Also, by offering many different events and activities for people of all ages, they have quickly established themselves as one of the staples of the downtown Minot entertainment scene. Daily story time, book signings, guest authors, and book clubs are just some of the opportunities Main Street Books offers their customers to get involved. They also participate in many of the Downtown Business Association events such as the Festival on Main, held in August of every year; or the Downtown Open House, an event held during the holiday season. Main Street Books continues to grow in its mission and in its involvement in the community by serving as a venue for many local authors and musicians to hold events and to help them continue to find a voice and an audience in the Minot Area.

Thanks to the friendly staff, finding books or toys is a breeze and checking out is even easier. They are always eager to help and will gladly order a book for you if you don't see it on their shelves. This welcoming atmosphere and the large selection of books, both new and used, makes Main Street Books a store to return to again and again.

During all the construction make sure you stop by and check out their construction viewing area. Complete with hard hats and safety vests that you can wear while you watch. Also during the summer months they have their Give Me Summer, Give Me Books Kick-off! PLAY BINGO WITH BOOKS! Just pop into the store to get your bingo sheet, and they will include a \$3 to get you started! Bring back a BINGO and get a \$5 gift card! If you want to reach for the stars and bring back a BLACKOUT, you can enter to win a \$50 gift card!

So come brave the construction this summer and join all the fun at Main Street Books.





215 S Main Street • 701-838-1705 Hours: Monday - Friday 9am - 6pm Saturday 9am - 6pm Sunday Closed



From saddles and spurs to horseshoeing aprons, Brays Saddlery has more than just your everyday western wear. Owner Andy Nikitenko and his son, Greg, get up everyday to repair saddles and shoes. Andy stated that "it's a family affair, if you eat at our table, you work at our table." They believe strongly in the importance of quality merchandise with exceptional service at a reasonable price.

Bray's is a third generation western store that was established in 1927 by Andy's father. Andy grew up on a farmstead and the experiences and skills he gained proved to be very valuable when it came to working with saddles and other leather craft.

Andy mentioned that back in 1927 his father began with just repairing shoes and making customs boots. From there Andy has expanded the business to more than just shoes to the full service western store it is today. Andy's son, Greg, grew up in the business and followed in his father's footsteps. He may have started by just pushing a broom but today he handles much of the day to day operations.

Not only do they provide repair work but they can also attach decals and emblems on motor-

cycle vests. Other items they offer are: belts, men, women & children attire, sport jackets, billfolds & checkbooks, jewelry, and cologne for both men and women. The vast array of boots on display range from lizard skin to ostrich and almost every animal in-between. And for those cowboys and cowgirls; western saddles, bridles, and even a staggering inventory of rodeo equipment. As Andy likes to say, "A shine on your shoe is like a smile on your face. You can put on a \$500 suit but if your shoes aren't shined, you're not dressed."

For more information about Bray's Saddlery, check out their website at www. brayssaddlery.com.













Oliver's Attic in downtown Minot is a women's boutique that celebrates fashion and affordability. Jackie Field, founder and owner, started Oliver's attic in 2002. It all started when her good friend went to New York and bought merchandise and instead of leaving it all lying around, Jackie thought "Bring it to me. I'll sell it for you." It was a side job that they both enjoyed; in 2012 Jackie decided to pursue it as a full time career.



Unfortunately in 2012, Robert Sr. and her son, Robert Oliver Field II, passed away. Robert was an event planner

and he always wanted to open up a shop called Oliver's Mayhem. In memoriam to her son and with help from her family, Jackie opened Oliver's Attic because "you always find treasures in the attic".

The boutique expanded in 2015 with the Los Angeles-based distribution run by Jackie's daughter, Marisa Field. Today Oliver's attic has grown into a magnificent boutique dedicated to highlighting individuality and personality. Jackie or Stephanie, are the familiar faces that will greet you as you enter. They are always ready to help a customer find that unique piece that has been missing from their wardrobe. Items such as rompers, formal dresses, casual and business attire from sizes small to 2X are only a few of the treasures to explore. Belts, purses, scarves

and jewelry are all available accessories for a styling session that will leave you in awe with the feeling of looking fabulous.

In addition to fantastic and affordable apparel, Jackie and her husband, Robert Sr., offer the outdoor patio on the backside of the building for special events such as bridal and baby showers, graduation parties and even book clubs. The event space is available in the summer and can be reserved by calling Jackie at (701)852-3680. During the construction of Main Street, Oliver's attic is offering validation for parking (with a qualifying purchase) for customers using the new parking garages downtown. Jackie encourages customers to use the parking garages as the closest garage (Renaissance) is within half a block from her business. So answer your inner fashion voice and stop in to see what treasures you may find in Oliver's Attic!



205 South Main Street 701-852-3680 Hours: **Monday - Friday** 9am - 5:30pm Saturday 10am - 4pm





117 South Main Street 701-839-4975 Hours: Monday - Friday 7:30am - 5pm Saturday 9am - 3pm

Nookies For You is a ∠cookie gift and bouquet company located in the heart of downtown Minot. The store specializes in candy and cookie bouquets but, also offers other treats such as caramel rolls, truffles, specialty coffee, lunch, catering and more! The business has been providing customers with great

service for almost 25 years and continbut cookies are sweeter ues to offer unique --and who eats and quality that **flowers?** items are sure to please.

If you are looking for present for a special someone look no further! Cookies for You's cookie and candy bouquets and alcohol and pop baskets are both a thoughtful and edible gift! They also offer brownie and cookie pizzas, sweet trays, cookie tins or boxes, and many other gift items that will be perfect for your gift giving needs.

With all of the new construction happening in the downtown area, Cookies For You has been incorporating new ideas into their product line. They now offer a "Doodle Cake" which is essentially a cake covered in white fondant; but the special thing about it is the edible markers that are used to doodle on the cake by the customer, creating their own work of art. In the future they are hoping to expand this idea and offer "Doodle Cookies" as well. Cookies For You believes

that this con-Flowers are nice.

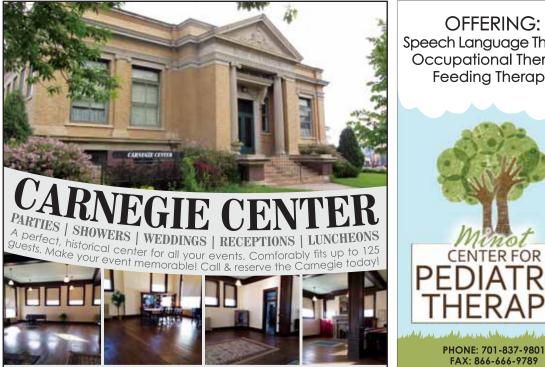
struction has not yet hindered their sales because downtown has much so offer to











RESERVE TODAY | 105 2ND AVENUE SE | MINOT ND | 701-839-1993

OFFERING: Speech Language Therapy Occupational Therapy Feeding Therapy

315 MAIN ST S. SUITE 104 | MINOT, ND

.40 W. f and cupcakes too A Cookie Gift + Bouquet Company

SUMMER IS HERE order some treats TODAY!

We deliver locally and on base

Cookies • Cookie Bouquets • Cookie Platters Cupcakes/Cakes • Lunch • Coffee • Lattes/Frappe Sweet Treats • Pop, Wine or Beer Baskets

www.cookiesforyou.com • 117 S. Main • 701-839-4975

recently opened May of this year, is Minot's newest and North Dakota's only self-serve beer and Emmel, owner and operator wantwine bar. The bar opened in the ed to add more to downtown and

he Pour House, which Bricks Building in downtown and celebrates the ability for customers to pour their own craft beer as well as domestic beers. Andrew



thought a pour your own bar would be a great idea since customers have an option to sample a brew rather than commit to a whole pint. Andrew trys to have other brews available that are different than others in town. They will always have something for everyone including ciders, wine and the ever popular, craft beers such as Fat Tire, Big Foot and Surly.

Andrew was hooked on craft brews and got the idea to start The Pour House after he was introduced to craft beers at Red Lodge, MT at the Big Sky Brewing Co. Since then Andrew started experimenting with home brewing and knew that he wanted to have a place where all different types of people from all walks of life could relax and enjoy all sorts of craft beers in a non-intimidating atmosphere. The bar regularly holds live music and will hopefully in the future hold more events such as music and possibly fights outdoors when the weather permits.

For more information about The Pour House check out their facebook page at www.facebook. com/pourhouseminot



400 Central Ave East #102 • 701-838-0021 Monday - Friday 3pm - 11pm Saturday 12pm - 1am Sunday 12pm - 1am



315 South Main Suite 202 701-838-7025 Hours: Monday - Sunday 11am - 11pm





When in Minot, North Dakota you wouldn't think that there are amazing authentic Mexican restaurants. But Chile Verde, a local favorite located in the Main Medical building downtown, is breaking that stereotype and providing the best authentic Mexican cuisine around.

Every morning the Main Medical building is engulfed in the tantalizing aromas of fresh Mexican cuisine being prepared by Juan and his outstanding and friendly employees. There are several options for a quick lunch such as the popular Fajitas Vaqueros, or known as the Cowboy Fajitas, which includes a combination of beef, chicken and shrimp with the traditional peppers and onions served sizzling on a hot plate with rice, refried beans, guacamole and sour cream. Their dinner menu offers everything your taste buds are savoring and more. Tacos, Chimichangas, Quesadillas, Fresh salads and Nachos are only a few choices that patrons can indulge in. The tortilla chips that

are served as an appetizer are served hot and fresh with authentic salsa or choose the sinfully exquisite cheese dip that is mouthwateringly good. A newly renovated interior boasts a new bar featuring margaritas, beer and other liquor choices.

For many the authentic dishes prepared at Chile Verde are a true testament that Mexican cuisine does not have to be reheated out of a box or produced in humongous quantities and slapped together. The time and care that is put into each dish is evident that Juan and his staff take pride in their work and will continue to have each and every customer leave satisfied and their bellies full.

Chile Verde is one of the best authentic Mexican cuisines and the most affordable in Minot. Don't forget to check out their facebook page at www. facebook.com/elchileverdeminotnd/ to keep up to date with their events on Saturday evenings that include music, great food and beverages.









SHOP LOCAL • SUPPORT LOCAL



women's clothing, shoes and accessories at affordable prices at Esoterica in Downtown Minot. Esoterica means "for the chosen few". They offer very unique and classy women's clothing and have outstanding customer service. Their customer service is top priority and they make sure their customers are treated like friends leaving pleased with their purchase. Items come from all over the world Ireland, Germany, London and many throughout the United States. They carry a touch of Scandanavian to support the Norsk Høstfest and to cater to the Scandanavian community. Sizes from 2 to 16 and extra small to extra-large are available.

Betty Fedorchak opened Esoter-

Discover your style with ica in 1999 and has been sharing her fashion expertise with women from all walks of life. Esoterica is not like other women's clothing boutiques because, Betty and her staff are knowledgeable about their clothing. They understand the different types of material and what fit will suit different body types. They have a very extensive and loyal customer base that return for the extraordinary customer service that they receive at Esoterica.

So when you're looking for something for a night out on the town or just a fun outfit to wear casually, stop in at Esoterica. It's where you will come in a stranger and leave as a well-dressed friend.



111 South Main • 701-838-6680 Hours: Monday - Saturday 10am - 5pm







Family owned and founded in 2004, Michele F began its slow but steady journey to what it is today. Originating under the name Bead Unique on main street in Velva, ND, this rural environment was the perfect nest for a budding artist. Michele Feist is the artist and original fire behind this ever-growing and evolving women's boutique. She has hand fabricated all of the exclusive jewelry designs in house for the past 10 years. Teaching herself by trial and error only and gaining inspiration from her love of being able to travel and life's simple blessings. She and her daughters strive to create a warm oasis for women to shop, socialize, and take a break. Many appreciate the unique mix of quality metals, gemstones, Swarovski crystal and vintage found objects in her designs. She wants her pieces to whisper to your soul and make you feel special, feminine, and beautiful. Michele F is also a gallery for fellow artists Todd Reed, who specializes in metal smithing and the use of raw diamonds, as well as Love Tokens

Jewelry, Ram July of the Netherlands, and Sami bracelets SwedArt, whose woven metal thread patterns call to their native heritage in Scandinavia. This destination is also a mecca for the women that love shoes... particularly boots! Over 30 styles of Old Gringo boots are featured from sizes 6-11. Genuine leather, stitching and solid, comfortable soles set this line apart from the rest. You will also find Liberty Black and Bedstu- both of which are also very comfortable and unique. As Michele F made its debut in downtown Minot in the fall of 2013, they welcomed the 5 different lines of Johnny Was Clothing. 1 of only 1,000 boutiques to carry these specialty silk,

cotton and flannel pieces that appeal to the modern gypsy, yet is embraced by all free-spirited and confident women.

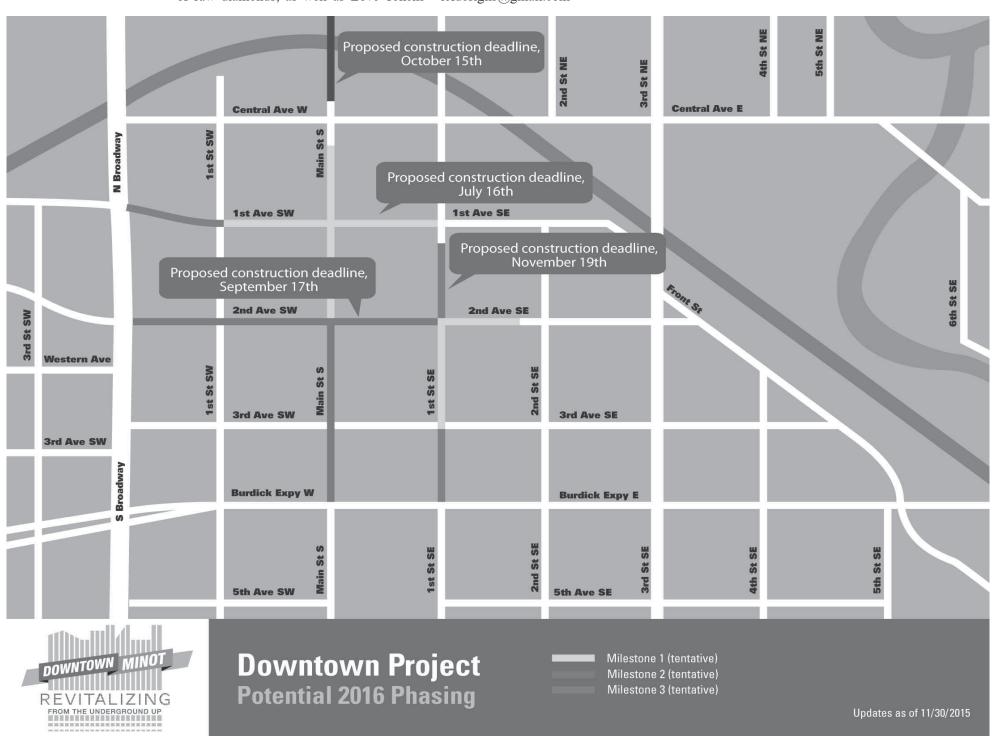
Chalet clothing is also carried, a comfortable cotton fabric, which is easy-care, wash and wear. It travels well because of its light crinkle and is made in the good old U.S.A. One is also likely to find other unique clothing, decor and any number of fellow artist's lines that the ladies of Michele F feel connected to and want to offer to the women of the midwest and beyond-thanks to their website and social media: michelefdesings.com, Facebook at Michele F Minot, and Instagram @michelefdesigns. Email: michelefdesigns@gmail.com

Hours: Monday 12pm - 6pm Tuesday 10am - 6pm Wednesday 10am – 8pm Thursday 10am – 6pm Friday 10am - 6pm Saturday 10am - 3pm

> 22 South Main 701-858-0550









<u>Courmet</u> Che

• ourmet Chef is a locally Towned business that specializes in top of the line cookware, cutlery, bakeware, and North Dakota gourmet foods. Located in the heart of downtown at 122 South Main, Gourmet Chef has been providing personal, exemplary customer service for over 22 years; winning the Minot Daily News's Readers' choice award for best specialty retail store in Minot for 2014.

Besides offering kitchen gadgets, food products, and cooking supplies, the store also puts on many services and events. Instore knife sharpening, product and food demos, gift registry, kid's birthday parties, and cooking classes for all ages are just some of the few things Gourmet Chef offers to pull people into the downtown area. They also have an online presence with a store that features North Dakota and Scandinavian made

to face . Since 2013 Dakota

Hope Clinic has been here to help young women emotion-

ally, physically and spiritu-

ally, helping to empower

women to make the best de-

cision. They provide services such as personal options

education, referrals for pre-

natal care, pregnancy test-

ing and limited ultrasound

exams with state of the art

Ultrasound equipment; by

trained professionals. All

services are confidential

and free of charge to any-

one regardless of income,

Nadia Smetana, Inter-

race or religion.

products. These items range from jams, breads, soups, spices, tools, linens, and products for making Scandinavian delicacies like lefse.

Gourmet Chef is definitely a store for home cooks of any skill level as they offer many kitchen devices that make working in the kitchen, preparing food, and serving even easier. If you are looking for a gift for that hard-to-buy-for person then this is the place for you! They have many products that fit all types of personalities and interests. Gift cards, dog treats, beer and wine openers, grilling tools, or coffee items are just some of the few products to choose from when searching to buy a gift that they are sure to use again and again. So come downtown to Gourmet chef, your culinary superstore!





315 South Main Suite 205 701-852-4673 **Hours:**

Tuesday 8:30am - 4:30pm Wednesday 8:30am - 4:30pm Thursday 8:30am - 4:30pm

decision is for them.

im Director at Dakota Hope Clinic, shared that many young women

do not know where to go to discuss what their options are. There was

a need in Minot for a central place for someone who is feeling scared

and alone with an unintended pregnancy; a place where they wouldn't

be told what they should do, but instead be educated on what the best

and dating of the pregnancy. Providing education and counseling to

individuals throughout their pregnancy until their child is a year old.

Clients earn points by attending educational meetings; these points

may be spent on materials needed for the mother and the child the

baby store. Prenatal medical care is referred to local obstetricians and

Kristi, Nurse Manager, provides medical testing for confirmation

When that second line or the community resources.

Churches, schools and other groups are welcome to request Dakota Hope Clinic's services to provide community education for sexual health.

Dakota Hope Clinic is non-profit and funded by donations. Items can be donated to their baby store, new or handmade items are accepted. Donations are greatly appreciated and help drive their facility toward helping those in need.

Upcoming events include: July 4th City Celebration Rubber Duck Drop, September 26th Fundraising banquet and the November 18th Festival of the Trees; Christmas trees are decorated and auctioned. For more information on events or to contact the Dakota Hope Clinic on how you can help, call 852-4675.

If you have questions about pregnancy, abortion procedures, adoption, parenting and sexually transmitted infections, please do not hesitate to use the 24 hour, 7 day a week National Hotline at 852-HOPE (4673). The call is confidential, free of charge and appointments can be made. Remember you are not alone Dakota Hope Clinic is here to help you.





Dakota Hope Clinic







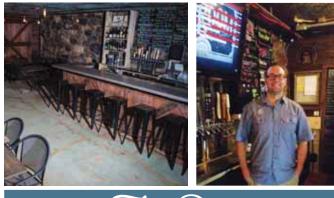


23 South Main • 701-484-2494

Hours:

Monday - Thursday 5pm - 11pm Friday & Saturday 4pm - 1am

Hoppy Hour: Monday - Thursday 5pm - 7pm Friday & Saturday 3pm - 6 pm



the Jap Room

estled behind Rick's

Jewelry you will find a hidden gem, The Tap Room. This little bar prides itself on being the only 100% craft beer bar in the state of North Dakota. It also has a great speakeasy style atmosphere which makes it extremely unique from other bars in the area. Here, the staff will help guide you toward a beer you will like. All servers are well versed in beer to help those who aren't so familiar with different types of beer. If you love unique craft beer this is the bar for you.

Owner Jon Lakoduk is the ultimate beer connoisseur; he was the first Certified Cicerone® in North Dakota. Cicerone is an old term for guide, basically Jon is a certified beer

guide, that's pretty cool if you ask me. If you ask Jon why most people get this certification he'll tell you that it's most likely that they are beer nerds like him.

So if you are looking for some place new to discover and need some help exploring craft beer this is the place for you. Once the construction has subsided they will be putting up an outdoor pa-

tio, so you can enjoy your beer under the sun or stars. They will also be offering ice cream beer floats during the summer months. If you are looking for some fun, Trivia is on Monday and Tuesday nights starting at 7:30 for teams up to 8 people. During trivia, pizza is available to purchase by the slice in case you didn't have a chance to eat supper.

You can also follow them on TapHunter to stay up to date with their constantly rotating beer list with some of the newest beers available. They accept cash and credit card and are looking forward to your visit!









shop, specializing in weddings and events, staging and installation, linen and lighting rentals. A unique selection of gifts, not your tradional flower shop. Its interesting and fresh!! Super Saturdays: Saturdays after all our orders have been designed, our event and weddings have been set, the extra fresh flowers are available for \$1.00 a stem, always a great selection to choose from! of course Some exclusions apply, and while supply lasts, Free delivery in Minot area!!

Scott has been designing flowers for over 25 years, and loves it!! He enjoys flowers, his vast knowledge in plants and flowers will take you on a journey of his travels, and shows in his creative designs. Orchids, succulents, and air plants very popular, and trendy!

17 2nd AVE SE • 701-852-1989 Hours: Monday - Friday 9am - 5pm Saturday 9am - 2pm Florist, Flowershop,Home Décor, Wedding Decor, Personalized Event Design, Staging, and Installation. Repurposed Vintage Furniture





23 South Main • 701-852-2566 Hours: Monday - Friday 10am - 5pm

Rick's Jewelry is the prerepair service for downtown Minot and many surrounding areas. They are a family-owned and operated business which has been serving the Minot area for over 28 years with 50+ years of jewelry design and gem knowledge combined. Owners Rick and Tracy Belzer are not only just business owners, they are highly trained and specialize in selecting only the best gems and other precious metals that they use to produce their fine and exquisite custom jewelry designs. Their jewelry is more than just the gems and metal. They believe that jewelry is about love, family, tradition and the expression of a person's inner self. When a customer walks into Rick's Jewelry they are welcomed with the beauty of the jewelry and welcomed warmly by the area's best customer service. Ready-made jewelry such as necklaces, rings, earring and gifts for all occasions are a few of Rick's offerings but the main feature that sets Rick's above the rest is the customized jewelry from a simple drawing or idea, making

them an ideal place to shop to find exactly what you are looking for. They carry over 100 unique gems to help make your dream jewelry piece a reality. This June, Ricks will be celebrating their 28th Anniversary and are looking forward to be serving in downtown for many more years to come. Rick's Jewelry has a special gift line for all occasions and for every budget, even the littlest of kids can get their mom a gift. Even loose diamonds and gems are available for purchase. They also have many different items for collectors too! Among their immense selection, they also offer services such as inhouse jewelry repair, engraving, appraisals, watch batteries and band adjustments, clock repair, and custom design and re-design. Rick's is proud to offer Military discounts and friendly service to all who enter the store. So whether you are looking for something to give that special someone, or just looking for that unique custom jewelry item, then come downtown and stop by Rick's Jewelry, "where you'll shimmer and shine!"



Saturday 10am - 2pm **Sunday Closed**





