

# northern country

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U.S. AIR FORCE PHOTOS | SENIOR AIRMAN APRYL HALL

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## Minot AFB



## Videos



# A Walk Through Time

AIRMAN 1ST CLASS JESSICA WEISSMAN | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- A tradition believed to have started during the Cold War is still in full swing sixteen years into the new century.

The Air Force Ball commemorates the day in history, Sept. 18, 1947, that the U.S. Air Force became an individual military service after 40 years of association with the U.S. Army. Then President, Harry S. Truman, signed the National Security Act of 1947 to restructure the government's military, thus creating the Department of the Air Force.

Minot Air Force Base, North Dakota, hosted their gala on Sept. 17, 2016 to celebrate 69 years of air power.

"The theme for this year's event, 'A Walk Through Time', celebrates Air Force Heritage from 1947 to modern day," said Capt. Elizabeth Jovanovich, medical logistics flight commander assigned to the 5th Medical Support Squadron and chair of the Air Force Ball committee. "The theme allowed us to capture each time period in Air Force history and allows each group an

opportunity to decorate a piece of the hangar."

Seven groups assigned to Minot AFB were slotted a different section of the Dock 8 hangar to decorate to a theme to specific time period and highlight their group's heritage.

"Allowing the groups to decorate a section of the hangar gets the whole base involved in the ball", said Tech. Sgt. Erin Kirby, public health flight chief assigned to the 5th Medical Operations Squadron and decorating chair of the Air Force Ball committee. "There is no better way than by commemorating major events through our Air Force history and giving each group the opportunity to show how they contributed to this heritage."

The Air Force Ball committee dedicated five months to planning this event, from fundraisers and flyers to photographers and decorations.

"We hosted a lot of car washes and bake sales," said Jovanovich. "We also received donation from several private organizations on base. We had enough money for the ball and some money left over for next year's

committee, which was our goal from the beginning."

In addition to fundraisers, an Air Force Ball Expo was provided to attendees at the Combined Community Complex by Christina Giannone, spouse to Maj. Lance Giannone, wing chaplain assigned to the 5th Bomb Wing.

"The Air Force Ball Expo advertised the ball, showcased the Cinderella Boutique, and highlighted different talents we have on base," said Jovanovich. "Mrs. Giannone had volunteers model dresses from the boutique, and volunteers that did hair and make-up specific to each time period. The Expo showed that you do not have to spend a lot of money to go to the ball. You can go for the price of dry cleaning at the boutique, and doing hair and make-up at home."

The event is not only open to active duty personnel assigned to the base.

"Anyone can attend the ball that has an affiliation with the men and women of Minot AFB," said Jovanovich. "We have several people that are bringing their family to the event including grandparents and parents!"



U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH  
Honor Guard members stand in formation with the American flag as the national anthem is sang at Minot Air Force Base, N.D., Sept. 17, 2016. Minot AFB hosted the ball to celebrate 69 years of the Air Force.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH  
A cake is cut by the oldest and youngest members of Team Minot along with both wing commanders at Minot Air Force Base, N.D., Sept. 17, 2016. Minot AFB hosted the ball to celebrate 69 years of the Air Force.

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## Geared towards success

Senior Airman Zachary Hazuka, a central storage apprentice with the 5th Logistics Readiness Squadron, packs deployment training gear into a duffel bag at Minot Air Force Base, N.D., Sept. 6, 2016. The IPE shop is responsible for issuing out chemical gear for all deploying Airmen.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY



# Many came home...some did not

A1C JONATHAN MCELDERRY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

There are hundreds of thousands of people who have been affected by the tragedy of service members becoming prisoners of war or missing in action.

To pay respect for these individuals, military bases across the U.S. have been hosting commemorations annually on the third Friday of September known as National Prisoner of War/Missing in Action Recognition Day.

This day was established by an Act of Congress, by the passage of Section 1082 of the 1998 Defense Authorization Act and it is one of only six days that the POW/MIA Flag can be flown.

Master Sgt. Kyle Bookhardt, 5th Contracting Squadron construction flight noncommissioned officer in charge, was the head of this year's event at Minot Air Force Base, North Dakota.

Bookhardt has been at Minot AFB for more than a year and considers it an honor to be able to recognize the service members who came before us.

"I've always liked the POW/MIA event," said Bookhardt. "The idea is to remember our brothers and sisters who were POWs and also to pay tribute to those that are still missing in action."

The planning for this year's commemoration began in February and more than 700 people have been involved with it.

Tech. Sgt. Shelby Bird, 5th Communications Squadron intrusion detection systems NCOIC, has also been greatly

involved with this year's event. She incorporated things that were done for the POW/MIA event at her last base and added them to this year's event at Minot.

For instance, the biker escorts and the 24 hour name reading were events that Bird added in order to make this year's event even bigger than it was in past years.

Bird said she wanted the event to be something that signifies the amount of people who are still POW/MIA and the struggles that they've gone through.

"These events are huge for awareness and getting people to realize that we still have hundreds and thousands of prisoners of war and missing in action," said Bird. "The flag says right on there, 'not forgotten' and I think that that's our responsibility to make sure they are not."

The event began with a lone runner carrying the POW/MIA flag while being escorted by 30 bikers.

"The lone runner signifies that we have people out there all by themselves still fighting for our freedom," said Bird.

The runner then made his way to the outdoor track at the McAdoo Fitness Center and handed the flag off to the first volunteer for the 24 hour run. Volunteers participated by running in 30 minute intervals while carrying the POW/MIA flag.

During the run, the names of POW/MIA service members were read and an alignment of donated boots were placed along the inside of the track to signify the people who are unable to stand with us today.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS J.T. ARMSTRONG

A Team Minot Airman carries the Prisoners of War/Missing in Action flag through the rain at Minot Air Force Base, N.D., Sept. 15, 2016. The POW/MIA flag was carried around the outdoor track for 24 hours, while the names of those who are lost but not forgotten were read aloud in remembrance.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS J.T. ARMSTRONG

Combat boots line the outdoor track in the rain at Minot Air Force Base, N.D., Sept. 15, 2016. The boots symbolized prisoners of war and missing in action service members during a POW/MIA memorial event.

After the 24 hour run, the event concluded in a closing ceremony at the McAdoo Fitness Center with a guest speaker, retired Captain William Robinson, who was a POW for more than seven years.

The POW/MIA event also involved the help of approximately 500 volunteers. Bird said what made this event so unique is that the volunteers did it out of pure compassion.

"A lot of volunteer things have a personal benefit to them and this is one of those that doesn't," said Bird. "You don't get anything in return except for the satisfaction of knowing that you've supported such a worthy cause, so that's what I love so much about it."

Bookhardt, who plans on getting involved with this

event again in the upcoming years, said this event is bigger than ourselves and this is why we wear the military uniform in the first place.

Like Bookhardt, Bird also plans on being involved with the event in the future and says people should look forward to the bigger and better event next year because this event is just going to keep growing.

"I want every year for it to be known that on POW/MIA Recognition Day that this is happening and people are jumping at the chance to do it because it's become a staple at Minot Air Force Base."

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## SECDEF VISITS MINOT AFB

U.S. Secretary of Defense Ashton Carter visited Minot Air Force Base, N.D., Sept. 26, 2016. Carter spoke with Airmen from the 5th BW and 91st Missile Wing and toured several facilities, to include a missile alert facility and a B-52H Stratofortress static display. To conclude his visit, Carter hosted a question and answer session with base personnel and recognized top performing Airmen. Carter persists as a key advocate in ensuring the nuclear deterrence mission remains a top priority in the Nation's defense strategy. To conclude his visit, Carter hosted a question and answer session with base personnel and recognized top performing Airmen.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN  
AIRMAN 1ST CLASS JT ARMSTRONG | AIRMAN 1ST CLASS JESSICA WEISSMAN | COURTESY PHOTO











## Rachel Gruenberg, FNP-C

### FAMILY MEDICINE

The newest member of our Family Medicine team, Rachel Gruenberg, FNP-C, provides primary care to people of all ages, including annual physicals, acute care visits, treatment of infections, chronic illness management and injury assessment. A valuable member of our Radiation Oncology team for the past year, Rachel looks forward to helping people live healthier lives through disease prevention and self-care education.

- Master of Science in Family Nurse Practice, Frontier Nursing University, Hyden, KY
- Bachelor of Science in Nursing, Minot State University
- Associate Degree in Massage Therapy, Williston State College
- Most recently served as radiation oncology nurse practitioner at the Trinity CancerCare Center
- Staff RN, Ortho/Neuro and OB/Labor & Delivery units at Trinity Hospital
- Member, American Association of Nurse Practitioners and North Dakota Nurse Practitioners Association
- A Granville native, Rachel and her husband, John, have three children. Together they enjoy spending time at the lake, traveling, and enjoying activities in the community



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## Maintaining the warbirds

MINOT AIR FORCE BASE, N.D. -- The 5th Maintenance Squadron aircraft structural maintenance shop helps repair physical damage to the B-52H Stratofortresses at Minot Air Force Base, N.D. Structural maintenance is also provides equipment maintenance, both on and off of the B-52s, special support on the Minuteman III missiles and UH-1N helicopters.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN

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# Fall in Love with North Dakota this October

## NORTH DAKOTA LEGENDARY

October in North Dakota is a great time to take advantage of the pleasant temperatures and enjoy activities both indoors and out. Gather friends and family for moral support and brave a terrifyingly haunted fort. Rub elbows with the locals – and artists – at one of several art shows. Get a glimpse of North Dakota's wildlife at a bird-watching festival. For more events, visit [NDtourism.com](http://NDtourism.com) or call 800-435-5663 or 701-328-2525

FM Studio Crawl Fargo/Moorhead: October 1-2

Tour the studios and creative spaces of the area's visual artists at this event. Meet with local artists as they showcase their "making" techniques and allow attendees an insider view of their creative processes. [www.fmva.org/studio-crawl](http://www.fmva.org/studio-crawl); 701-298-3936

Makota Threshing Show Makoti: October 1-2

North Dakota's largest threshing show is back for its 50th year and will feature more than 300 operating units. Events are for all ages and include a parade, an antique tractor pull, bingo, an operational sawmill and food vendors. <http://makotithreshingshow.org/>; 701-728-6740

Wine Walk Langdon: October 6

Stamp your Wine Walk passport while visiting and supporting area businesses as they serve wine and hors d'oeuvres. Completed passports may be entered into a drawing for a grand prize. Learn more at [www.cityoflangdon.com](http://www.cityoflangdon.com); 701-256-2155.

Big Sit! Noncompetitive Birding Event Jamestown: October 9

It's National Wildlife Refuge Week and there's no better way to celebrate than an international noncompetitive birding event hosted by Bird Watcher's Digest. Bring binoculars and a field guide and join nature lovers for a day of observing and learning at Arrowwood National Wildlife Refuge. <https://www.fws.gov/refuge/arrowwood/>; 701-

285-3341.

Haunted Fort - Fort Abraham Lincoln State Park Mandan: October 7-29

Every weekend in October, starting October 7, Mandan's Fort Abraham Lincoln State Park transforms from a historical landmark into a terrifying venue where "nightmares come to life." For the tamer and/or younger crowd, Haunted Fort's Halloween Kid Bash offers games, prizes and a Little Monsters Hike on October 25. <http://www.hauntedfort.com/>; 701-667-6340

UND Homecoming 100th Anniversary Grand Forks: October 10-15

Join the fun in Grand Forks as UND celebrates the 100th anniversary of its first homecoming with activities throughout the week. Enjoy an ice cream and pizza feed, pep rally, 5K run, parade and football game against Southern Utah at the Alerus Center. <http://und.edu/homecoming>; 701-777-3000

Kegs and Canvas Art and Ale Walk Fargo: October 13

Stroll the charming streets of downtown Fargo, sample craft beers and enjoy watching artists as they work. <http://downtownfargo.com/events/article/art-and-ale-walk>; 701-364-9867

Adult Prom - Under the Harvest Moon Bismarck: October 14

Come as you are ... or as you were. Northern Plains Dance hosts its first ever adult prom themed "Under the Harvest Moon." Open to the public ages 21 and over, the dance will be held at Buckstop Junction and feature live music from local band Rift. <http://www.northernplainsdance.org/>; 701-530-0986

Duckfest Bowdon: October 14-16

This annual festival is back for another year with delicious eats, a car show, a tractor rodeo, a plowing demonstration, a concert and dance and an art and quilt show. The rubber duck race on Main Street is a festival favorite. <http://www.bowdonnd.com/duckfest.html>; 701-471-4748

Kenny Rogers Concert

New Town Four Bears Casino: October 22

Legendary country-music crooner Kenny Rogers makes an appearance at the newly renovated Four Bears Casino Event Center. "The Gambler's Last Deal" with special guest Linda Davis takes a reflective look at the highlights of Rogers' music career. <http://4bears casino.com/promotions/kenny-rogers-oct-22/>; 701-294-5454.

Kenmare GooseFest Kenmare: October 22-29

Calling all waterfowl hunters! GooseFest is an annual festival coinciding with the peak snow geese migration. Activities and events geared for everyone include hunting contests, free feeds, Ladies' Night Out, a chili cook-off and the Goose Hunter's Hall of Fame induction, banquet, awards and prizes. [www.kenmarend.com/goosefest](http://www.kenmarend.com/goosefest); 701-848-6004

Zoo Boo Fargo - October 22, Bismarck - October 29, Minot - October 29, Wahpeton - October 30

It's an afternoon of trick-or-treating at the zoo, so don your costume and visit your favorite zoo critters. <http://redriverzoo.org/event/boozoo2016/>; 701-277-9240, [http://www.dakotazoo.org/special\\_events/zoo-boo/](http://www.dakotazoo.org/special_events/zoo-boo/); 701-223-7543, <http://www.rpzoo.com/events.html>; 701-857-4166, <http://www.chahinkapazoo.org/zooboo>; 701-642-8709

END-TOMBED and END-TRAILS Arvilla: October 29-30

This fun-fueled event gets your heart racing in more ways than one. It's END-TOMBED, a 12-hour Halloween-themed endurance mountain bike race through Turtle River State Park. Craving more thrills? Take part in a Halloween-themed 12-hour run (END-TRAILS) with pumpkin carving and horror movies. <http://endracing.com>; 701-330-0709

These are just a few of the North Dakota activities and events taking place in October. For more information, go to [NDtourism.com](http://NDtourism.com); 701-328-2525 or 800-435-5663

## PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"In an effort to increase hunting opportunities on public lands, the Service is proposing to open portions of Upper Souris and Des Lacs NWRs to moose hunting and portion of Upper Souris NWR to spring wild turkey hunting."

— U.S. Fish and Wildlife Service press release announcing public comment period.

In an era when the loss of public land recreational opportunities is resonating across many areas of western United States, a breath of fresh air is potentially coming from two U.S. Fish and Wildlife Service National Wildlife Refuges in North Dakota.

The Fish and Wildlife Service is proposing to open Des Lacs and Upper Souris National Wildlife Refuges (NWR) to hunters fortunate enough to draw a once-in-a-lifetime moose license for the moose unit encompassing the two refuges. They're also looking at opening Upper Souris NWR for spring turkey license holders.

First, though, they want to hear from folks, so now is the time for hunters to stand up and voice support for more hunting opportunities on public land.

The draft plan is available for review on the refuge websites, ([www.fws.gov/refuge/upper\\_souris/](http://www.fws.gov/refuge/upper_souris/)) or ([www.fws.gov/refuge/des\\_lacs/](http://www.fws.gov/refuge/des_lacs/)).

The Fish and Wildlife Service is accepting public comments on the proposal from Sept. 29 through Oct. 12.

Comments can be sent to Att.: Project Leader, Upper Souris River Basin NWR Complex, 17705 212th Ave. N.W., Berthold, N.D. 58718 or Des Lacs NWR, 42000 520th St. N.W., Kenmare, N.D. 58746.

Des Lacs NWR is already open for turkey, deer, and upland bird hunting, while Upper Souris is open for deer and upland bird hunting, including archery, youth deer season, and muzzleloader season.

Both have special regulations, such as non-toxic shot only for bird hunting, and some closed areas within each refuge for safety purposes around building.

The two refuges fall within the N.D. Game and Fish Department's M10 moose unit, a large chunk of northwestern North Dakota.

Like Des Lacs and Upper Souris refuges, many of North Dakota's larger refuge complexes have allowed hunting for several years, with most opening for upland bird hunting the Monday following the closure of the deer gun season.

However, that hasn't always been the case for other refuges across the country.

Back in 1997, though, Congress passed the National Wildlife Refuge System Improvement Act, which established a set of standards and defined procedure for refuges to look at expanding public use opportunities on refuges in the U.S. The legislation specified six authorized uses - hunting, fishing, wildlife observation, photography, environmental education, and interpretation - if it's determined they're compatible with a particular refuge mission.

Over the years, the Refuge Improvement Act resulted in numerous additional public opportunities on refuges across the country, including fishing on Lake Alice in North Dakota. Most recently, South Dakota's Lake Andes opened to fishing.

Most North Dakota refuges were established to provide migratory bird nesting and migration resting areas. That's one reason they're typically not open for pheasant and grouse hunting during the early portion of the state's waterfowl season - to avoid pressuring migrating ducks and geese.

So hunters, there's a possibility more hunting opportunities could open for those lucky enough to get a moose tag.

But it first you need to speak up.

Let the Fish and Wildlife Service know your thoughts so when you get that M10 license you have the chance to hunt Des Lacs or Upper Souris NWR.



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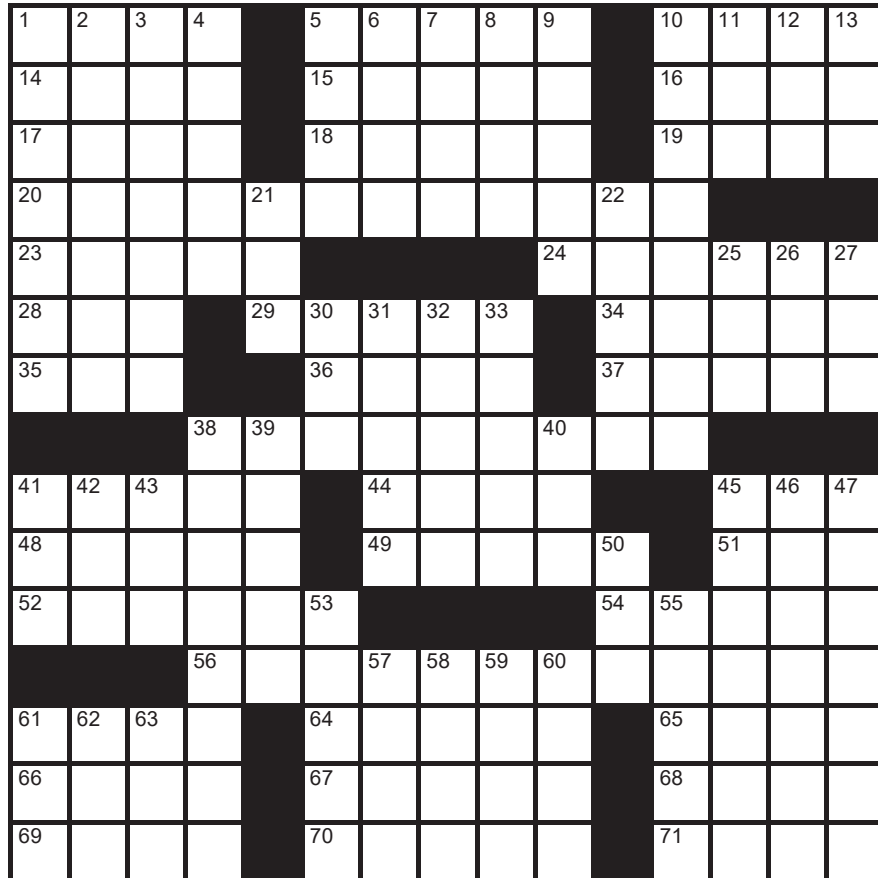


# CROSSWORD PUZZLE

## Sound Conclusions

### Across

- 1 Knight titles
- 5 C minor chord note
- 10 Representation
- 14 Pint or quart
- 15 Bum
- 16 Math calculation
- 17 Add cargo
- 18 Run up
- 19 Keats, for one
- 20 Santa's home
- 23 Man of fable
- 24 Shuttlecock
- 28 Catch suddenly
- 29 Mystery feature
- 34 Onion roll
- 35 CIA agent
- 36 Interior space
- 37 American symbol
- 38 Nonbinding vote
- 41 Actress Christina
- 44 Adolescent
- 45 Evening hrs.
- 48 Spot's jingler
- 49 Miscue
- 51 "I see!"
- 52 Bartender, often
- 54 Madcap comedy
- 56 "Gateway" sci-fi author
- 61 Editable site
- 64 Element no. 5
- 65 Connive
- 66 "Sounds good!"
- 67 Kind of suit
- 68 Late Tonight host
- 69 Zingy taste
- 70 Blocks
- 71 Genesis garden



### Down

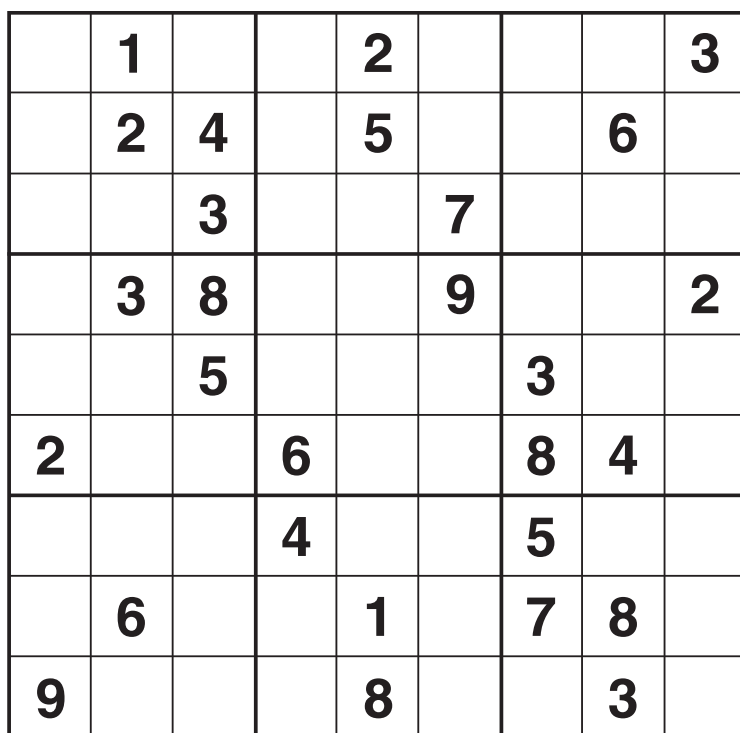
- 1 Islamic chiefs
- 2 Piled up
- 3 Passes on the road
- 4 Note taker
- 5 Mideast potentate
- 6 Source
- 7 \_\_\_ Ness Monster
- 8 "Can I borrow \_\_\_ of sugar?"
- 9 Beat
- 10 Magnificent
- 11 Murmur
- 12 Words of honor?
- 13 Clear
- 21 Choose (to)
- 22 Actionable words
- 25 "\_\_\_ nabbit!"
- 26 Laid up
- 27 Ogle
- 30 Campaign setting
- 31 Het up
- 32 Ratty place
- 33 Become narrower
- 38 Gorging on
- 39 Clemson athlete
- 40 Musician Yoko
- 41 Shred
- 42 Nuptial agreement
- 43 Jack Bauer's org.
- 45 Released early
- 46 Sonic boom speed
- 47 Country singer Blake
- 50 Bobby, for short
- 53 Picture puzzle
- 55 iPad maker
- 57 Stop order?
- 58 HOMES body
- 59 Scope
- 60 Resting places
- 61 Humor
- 62 "\_\_\_ little confused"
- 63 Family folk

Solution to last week's Crossword puzzle.



# SUDOKU

Solution to puzzle on page 19



## Witch-y Poo Park

Young documentarians return to haunted woods

NEIL POND | PARADE MAGAZINE

Witches have been around for centuries, and the Blair Witch—well, she's been on the scene since 1999, when a modestly budgeted little flick called The Blair Witch Project became a spectacular \$250 million worldwide hit and created an entire genre of "found footage" horror films in its wake.

"Found footage" movies came to follow a certain format: Someone documents something unsettling with a video camera then mysteriously disappears, leaving their baffling "footage" behind for someone else to discover—and decipher. The footage can shape the entire movie, or—as in the original Blair Witch Project—be the movie.

In this latest Blair Witch spawn, nearly 18 years later, another group of attractive young people ventures into the same haunted woods in Maryland that claimed the original movie's victims. Apparently, they've seen the "footage," if not the original film. James (James Allen McCune) is looking for his big sister, who never came back from that fateful trip. He brings along three of his friends, one of whom (Callie Hernandez) is working on a student-documentary project for her college class—so she rigs everyone with every kind of recording gizmo conceivable.

The group picks up another pair, a rather odd young couple (Wes Robinson and Valorie Curry) who found the original footage and posted it online. They claim they can be their guides into the Black Hills Woods—a place steeped in legends of a 17th century witch lynching, a cursed town and modern serial-killer madness.

In addition to "traditional" hand-held cameras, everyone has mini-cams that clip to their ears. They also carry portable units that can be mounted on branches, heads or sticks, and there's even a drone that lets them see what's going on from high above.

The result is that everything gets recorded—and I mean everything. We see the group drinking in the bar the night before they leave, eating weenies around a campfire, crawling into their tents to sleep. We get to watch as one pees on a tree.

On the upside, all the cameras "explain" why, and how, we're seeing what we see; this is this movie's "found footage."

And when the scares start to roll in and ramp up, all the different shots—the jumpy, jerky cuts between cameras, the glitches and bleeps as audio and video signals cut in and out—add to the sense of extreme disorientation, especially when things get all weird and time-warpy. But the gotchas aren't anything novel, particularly frightful or ghastly, or anything you haven't seen before; they just come via new gadgetry.

Important takeaways: Don't get too attached to any of the characters. Beware, as always, of the "stick men," the Blair Witch's handmade calling cards. Don't go wandering off at night by yourself. Take proper care of all puncture and slash wounds, lest something hideously creepy happen to them. Keep hands and fingers away from the whirring blades of drones lodged in the tops of tall trees. In eerie, deserted houses in the middle of haunted forests, for God's sake, stay out the attic and the basement. And never look directly at the Blair Witch: "No one's ever seen her and lived to talk about it," warns one character.

That may indeed be true. But after seeing how upset she particularly seems to be at this group of kids invading her ancient dark space with their arsenal of high-tech recording devices, I'm wondering if the grumpy ol' gal just simply isn't in the mood to be photographed and uploaded to Facebook, Instagram, YouTube or anything else. She doesn't strike me as the social media type.





## Shredded Chicken & Rice Stuffed Peppers Halloween Style



### INGREDIENTS:

#### Slow Cooker Shredded Taco Chicken:

2 chicken breasts  
1 teaspoon cumin  
1 tsp garlic salt  
1 tsp chili powder  
1/2 tsp black pepper  
1 can diced tomatoes with green chilies

#### Stuffed Peppers:

4 bell peppers  
2 cups Mexican rice  
1 shredded chicken breast  
1 cup shredded cheddar cheese  
1 can black beans rinsed and drained

### INSTRUCTIONS:

#### Slow Cooker Shredded Taco Chicken:

Add chicken to the bottom of the slow cooker, sprinkle seasonings on top and then cover with diced tomatoes. Cook on low for 6-8 hours or high for 4-6 hours. Shred chicken and allow it to remain in sauce.

#### Stuffed Peppers:

Bring a large pot of water to boil. While you are waiting for the water to boil, rinse peppers, slice off the tops and hollow out the insides, be sure to remove any seeds and the white part inside. If desired, use a small paring knife to cut out a jack-o-lantern face. When water is boiling, put the peppers and tops in and allow to cook for about 5 minutes until peppers are tender. Remove from water and set aside to cool. Mix the cooked rice, shredded chicken, cheddar cheese, and black beans together in a large bowl. Fill each pepper with the chicken and rice mixture and top with extra cheese, if desired. Replace pepper top back on top. Bake at 350 for 30 minutes until cheese is melted and pepper is done to desired tenderness. Alternately, once peppers are stuffed, wrap in plastic wrap and refrigerate, when ready to cook, preheat oven to 350, remove plastic wrap and bake for 1 hour.

# Beyond the Pond Travel: Part 2

TOM LAGEMANN | NORTHERN SENTRY

It was getting pretty late at this point so we decided to pause the sightseeing and move to a more local tradition... drinking in the pub. We went to some very posh London pubs and some not so posh. We met some interesting people and had some noteworthy conversation. After some good food and great gin we called it a night around midnight and went to sleep.

The next morning I woke up and went down to the lobby of the hotel and ordered some tea and biscuits while I waited for my friends to wake up. I did some writing while I waited for them and planned the day ahead. On our list to see was The British History Museum, Hyde Park, Buckingham Palace, the Anchor Pub, and a once in a lifetime event that commemorated 350 years since the Great Fire of London.

We started at the British History Museum and because I have a degree in history I nerded out while there. Some of the world's oldest bits of history reside in that institution. My favorite exhibit had to be the Viking exhibit. The ancient treasures on display, like the Sutton Hoo helmet, awestruck me. I told my friends that in all honesty it would take a person a few days to see all of the amazing items in this museum.

We didn't get to spend too much time near Hyde Park. It was a quick glance as we drove past on a red double decker bus on our way to Buckingham

Palace. The Palace was colossal and packed with visitors! I couldn't help but be in awe of the majesty of the place because it is the home of the Queen. The monument just outside of the Palace was erected for Queen Victoria and showed the

to see the commemoration of the Great Fire of London.

In 1666 roughly 80% of London burned to the ground. Sunday marked 350 years to the day since the tragedy. To commemorate the event a scale model of 1666

London was floated out to the middle of the Thames on a barge and set alight! Thousands of people gathered around to watch the blaze and partake in a few drinks. It was an extremely memorable event to be a part of.

Sadly it was my last night in London and I had to prepare to fly out the next day. But before I could let myself leave I had one more stop to make. I made my way to Kings Cross Station and stopped at the infamous Platform 9 3/4. I couldn't go to London without trying to make my way to Hogwarts. I was able to get some Harry Potter gear and take my picture going through the platform before I hopped on the underground to head back to the airport.

My trip to London was extremely

fulfilling but left me wanting more. Sadly I only had three days to spend there but I definitely plan on going back. I would recommend to anyone that they must see London and to give yourself at least a week to see it all and some of the surrounding area. In the end I had an amazing birthday weekend and fell in love with the city and the people. I could not have asked for a better trip.



FROM LEFT TO RIGHT: TOM, CAITLIN, RUDY, AND ADAM



BUCKINGHAM PALACE AND QUEEN VICTORIA MONUMENT



GREAT FIRE OF LONDON REMEMBRANCE

Queen on her Coronation Throne. She overlooked the main avenue leading to Trafalgar Square.

We walked the main avenue from Buckingham Palace to the River Thames and ended at the Anchor Pub. Although not always called the Anchor, a pub has stood in that same location for over 800 years! We ate dinner there and enjoyed a few beers/gin and tonics before we walked over to the banks of the Thames and stopped

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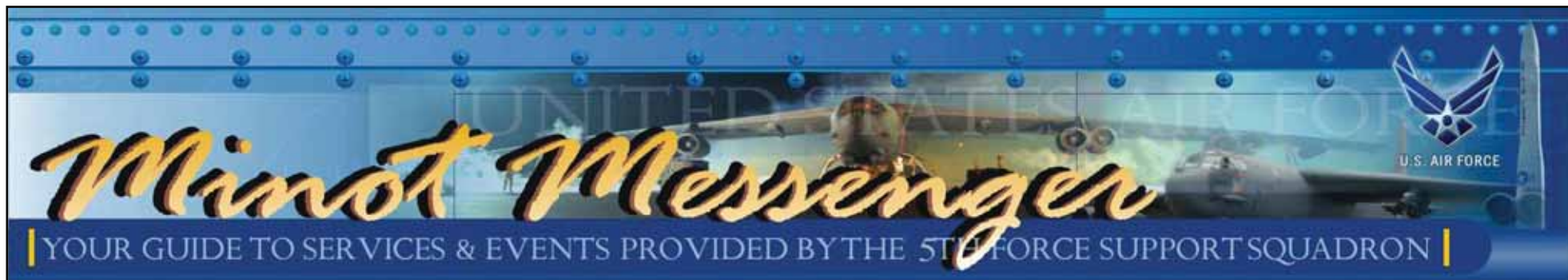
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## Reserve Your Spot Now For Papa's Pumpkin Patch Trip

Outdoor Recreation invites you to enjoy a great family day trip to Papa's Pumpkin Patch in Bismarck, ND on Saturday, October 15th. Papa's Pumpkin Patch began in 1983 as a "happy accident" filled with "win-win" partnerships and attractions. Today, it has developed into a more than a month long attraction, normally from mid-September to mid-October, that is open to the public. This year, Papa's Pumpkin Patch will bring an estimated 300,000 pounds of pumpkins to their yard and well over 50,000 people will attend the six-week season.

In addition to all the "produce" more than 25 activities have been built and added for "children of all ages" to enjoy. This makes an excellent outing for the entire family.

Cost for the Papa's Pumpkin Patch trip is \$30 per person. The price includes transportation, admittance to Papa's Pumpkin Patch, a hay ride, a



train ride, pumpkin craft, and lunch. The trip is scheduled to depart at 10 a.m. on October 15th. Deadline for reservations is October 11th.

For more information, call Outdoor Recreation at 723-3648.

## FREE Admission For Club Members To UFC Fight Night



Club members receive FREE admission to the UFC 204 pay-per-view event at Rockers Bar &

Grill on Saturday, October 8th. Non-members price is only \$7.

The action is headlined by the UFC Middleweight Championship bout featuring champion Michael "The Count" Bisping facing former Pride Welterweight, Pride Middleweight, and former Strikeforce Light Heavyweight champion Dan Henderson. In other action, Vitor "The Phenom" Belfort battles Gegard Mousasi, Ovince Saint Preux takes on Jimi "Poster Boy" Manuwa in a light heavyweight match, Stefan Struve faces Daniel Omielanczuk, and much more.

Fight pay-per-view begins at 8 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

## Arts & Crafts Center Offering Wine & Paint Class On Oct. 7

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, October 7th from 6:30-8:30 p.m. Gather your friends for a fun evening out painting a masterpiece. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided.

Pre-registration is required at the Arts & Crafts Center now through October 6th; limited seating. Class is open to adults 21 years of age and older only. Wine is not included in cost. You must provide your own wine if desired. For additional information, contact the Arts & Crafts Center at 723-3640.



## Don't Miss The First Friday Oktoberfest At The JDC On Oct. 7



The Jimmy Doolittle Center is celebrating Oktoberfest during their First Friday event on October 7th in the Ground Zero Lounge. From 4-9 p.m., enjoy playing cornhole, darts, and crud. Plus from 4-6 p.m., you'll be able to savor delicious German cuisine including bratwurst with sauerkraut and pommes frites. Cost is free for club members and \$7 for non-members. This is an adults only event.

You can also try your skills in some friendly competition during the "Pretzel Toss" and "Pass The Stein Race". Club members or their bona fide guests are invited to enjoy bingo at 5 p.m., 6 p.m., and 7 p.m. For more details, call 723-3731.

## Register Now For Fall Bowling Leagues At Rough Rider Lanes



It's hard to believe but autumn has officially arrived. Rough Rider Lanes invites you to strike up some fun through participation in one of their many fall bowling leagues. Bowling leagues offer Minot AFB personnel a great opportunity to get out of the house or dorm during the fall and winter months. Leagues are great for getting a bunch of friends and family together to form a team or join others who would like to be in a league and make new friends.

You definitely don't need to be a terrific bowler to join a league and enjoy a weekly bowling outing. Rough Rider Lanes set up their leagues so low average bowlers can compete with high average bowlers. All but one of their leagues is organized with a handicap for all bowlers to make bowling more fun. A novice bowler with a 100 average receives anywhere from 80-100 pins of handicap to compete against a 200 average score bowler who does not receive any handicap.

At Rough Rider Lanes, participants may choose from both sanctioned and non-sanctioned leagues. Sanctioned leagues have a one-time sanctioning fee per bowler. This payment covers the bowler for all sanctioned leagues they bowl in for the season.

Some of the leagues available at Rough Riders Lanes include a Mixed Spouse League on Mondays, Scotch Doubles League on Tuesdays, Squadron Extramural League on Wednesdays, a Mixed League and Fun 9 Pin No Tap Mixed League on Thursdays, and a Fun Mixed League on Fridays. The bowling center also offers a variety of Youth Leagues on Saturdays. For more information, call Rough Rider Lanes at 727-4715.

## CLUB MEMBER DRAWING ON FRIDAY, SEPT. 30TH WILL BE FOR \$1,150.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The weekly club member drawing on Friday, September 30th will be held at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.



**FAMILY and YOUTH EVENTS & PROGRAMS****Oct 3 Family Child Care Pre-Orientation**

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on October 3rd from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For details, call the Family Child Care office at 723-6662.

**Oct 8 Pumpkin Party**

The Base Library invites children of all ages to their Pumpkin Party on Saturday, October 8th beginning at 1 p.m. This Second Saturday program provides youth a chance to get ready for Halloween by celebrating pumpkins, jack-o-lanterns, and scarecrows with stories, crafts, and activities. Halloween costumes are welcome but not required. Call the Base Library at 723-3344 for additional information.

**For 5th Force Support Job Opportunities,  
visit [www.nafjobs.org](http://www.nafjobs.org)  
or call NAF Human Resources at  
723-2812**

**Oct 20 Creative Kids Class**

Spend the morning with your preschooler having fun creating a spooky Halloween paper craft during the Creative Kids class at the Arts & Crafts Center on Thursday, October 20th from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call 723-3640 for more information.

**Youth Center Membership Renewal**

Come in today to avoid the crowd and long line. Effective 1 October 2016, annual Youth Center membership is \$30 per child. Current immunization records must be on file for membership renewal or new membership. As a Youth Center member, your child can enjoy all of the benefits for an average of \$2.50/month/child. The Youth Center offers a Boys and Girls Club and supports a 4-H Club, STEM, and more. For more information, call the Youth Center at 723-2838.

**Family Fun Night**

Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. For additional details, call Rough Riders at 727-4377.

**Oct 5 Brown Bag Book Talks**

The base library invites you to Brown Bag Book Talks on Wednesday, October 5th at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to others doing so. Bring a brown bag lunch if desired. For additional information, call the base library at 723-3344.

**Oct 7 Bingo At The Doolittle Center**

Club members or their bona fide guests are invited to enjoy bingo in the Ground Zero Lounge at the Jimmy Doolittle Center on Friday, October 7th. Games will be held at 5 p.m., 6 p.m., and 7 p.m. Cost for the cards are \$1 each or 6 for \$5. Payouts for regular game straight or four corners is \$10. Coverall payout is \$250 (beginning at 52 numbers progressing weekly) with a \$50 consolation prize. Adults only. A minimum of 12 players are required. For more information, call the Jimmy Doolittle Center at 723-3731.

**Oct 8 Columbus Day Bowling Special**

Rough Rider Lanes is celebrating Columbus Day early with a bowling special on Saturday, October 8th from 2-8 p.m. Adults bowl for \$2.75 per game and youth under 18 years of age bowl for \$2 per game. Plus if you bowl a strike with the red pin as the head pin, you'll receive a free game coupon. (One free game per person per game.) For more information, call Rough Rider Lanes at 727-4715.

**YOUNG AIRMEN EVENTS & PROGRAMS****Sep 30 Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on September 30th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

**Oct 3 Off-Base Budget Class**

Planning to move off base? Do you have a functional budget plan? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on October 3rd from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and so forth. Attendees should bring their current LESs and have knowledge of their bills. Class size is limited; call the Airman & Family Readiness Center at 723-3950 to register or for more information.

**Oct 5 Single Airmen Slice Night**

Single Airmen (E-4 and below) are invited to join Rough Riders on Wednesday nights from 5-9 p.m. for Single Airmen Slice Night. Single Airmen can purchase any available slice of pizza for just \$1 per slice; limit 4 slices of pizza per person. Offer is available to all single Airmen (E-4 and below); must show military ID to receive discount. Enjoy delicious pizza at a very affordable price. For additional more information, call at Rough Riders at 727-4377.

**Oct 6 Single Airmen Wingman Night**

Calling all single Airmen! Rockers Bar & Grill is hosting Single Airmen Wingman Night every Thursday from 5-7 p.m. Single Airmen can choose a basket of wings spun in their choice of sauce with one dipping sauce for only \$5; price includes drink. For more details, call Rockers Bar & Grill at 727-ROCK.

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- Cost: \$0.50 per ounce of meat/cheese
- Portobello Mushroom: \$4.50

Play Family Bingo Games on the half hour.

**Buffet: Club Members FREE  
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## Intramural Soccer

MINOT AIR FORCE BASE, N.D. -- A member of the 5th Maintenance Squadron takes a corner kick during the final game of the intramural soccer championship tournament at Minot Air Force Base, N.D., Sept. 21, 2016. The 91st Missile Security Force Squadron faced the 5th MXS for the intramural soccer trophy.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS J.T. ARMSTRONG

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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS J.T. ARMSTRONG

Members of U.S. Strategic Command stand in front of their U.S. Navy E6-B Mercury at Minot Air Force Base, N.D., Sept 19, 2016. The crew operates as the Airborne Command Post, having the ability to command and control U.S. STRATCOM's Intercontinental Ballistic Missiles.

## Looking Glass: USSTRATCOM's Airborne Command Post

AIRMAN 1ST CLASS J.T. ARMSTRONG, PUBLIC AFFAIRS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- A U.S. Navy E6-B Mercury visited Minot Air Force Base, North Dakota, Sept. 19-21, 2016. The visit allowed members of Team Minot to tour the inside of the Airborne Command Post (ABNCP) and learn about how it supports U.S. Strategic Command's mission.

In addition to the tour, the aircraft and its mission, historically codenamed Looking Glass, came to Minot AFB for another

mission-related reason as well.

"We're here to accomplish a Simulated Electronic Launch-Minuteman (SELM)," Lt. Col. Deane Konowicz, 625th Strategic Operations Squadron commander. "The SELM is an end-to-end test, demonstrating the ability to command and control intercontinental ballistic missiles at Minot, from the aircraft."

According to Konowicz, the ABNCP is dual purposed. While it

primarily functions as a communications relay platform for submarines with its two trailing antenna wires, it also serves as an Airborne Launch Control System (ALCS). The ALCS is joint-manned by eight U.S. STRATCOM battle staff mission members.

"In addition to the battle staff, the 13 U.S. Navy member crew keeps the aircraft self-sufficient for day-to-day maintenance," said U.S. Navy Lt. Andrew Holder, VQ-4 aircraft and mission commander.

"This gives the E6-B the capability to land at any airfield, in addition to the ability to fly for 72 hours before refueling."

The crew and aircraft's abilities allow the ABNCP to be on alert at all times. The ALCS serves as an around-the-clock standby in the event that U.S. STRATCOM or launch control centers on the ground become incapacitated.

"Our focus is to provide survivable, mobile command and control

capability," said Maj. Gen. Richard Evans III, U.S. STRATCOM acting deputy commander. "U.S. STRATCOM and the president know they have someone to pick up responsibilities."

Evans sits on alert as an Airborne Emergency Action Officer in command of the battle staff. He remembers first visiting Minot AFB was in the fall of 1986.

"The mission hasn't changed much and neither has its importance," said Evans.



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**TODAY**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle/CORE, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Torch Club Meeting, 1700-1800, Youth Center
- “Doo it Your Way” Burger Night, 1700-1900, Jimmy Doolittle Center
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill/Jimmy Doolittle Center
- Keystone Club Meeting, 1800-1900, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2000-2300, Rough Rider Lanes

**SATURDAY**

- Youth Center Tumbling Make up Class, Various Times, Youth Center
- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Jiu Jitsu Training, 1100-1230, Fitness Center (18 years & older)
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday “Bowl the Night Away” with Lights and Strikes, 2000-2400, Bowling Center

**SUNDAY**

- Football Frenzy, 1130, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

**MONDAY**

- Youth Tumbling Classes, Every Mon, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Senior TAP GPS Workshop, 0800-1600, A&FRC, Held at the Education Center
- Fit Family Boot Camp, 0930, Fitness Center
- Federal Resume Workshop, 1000-1130, A&FRC
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- H2O Fitness, 1630, Indoor Pool
- Step Jam, 1730, Fitness Center
- Key Spouse Monthly Meeting, 1800-2000, A&FRC, Held at the Jimmy Doolittle Center
- FCC Pre-Orientation, 1800-2000, FCC Office – Inside Rough Riders
- Yoga, 1830, Fitness Center

**TUESDAY**

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Power Yoga, 0630, Fitness Center
- Senior TAP GPS Workshop, 0800-1600, A&FRC, Held at the Education Center
- Game Day, Every Tues, 1000-1930, Library
- Yoga, 1130, Fitness Center
- Running Clinic, 1430, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Turbo Strength, 1730, Fitness Center
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

**WEDNESDAY**

- Youth Karate and Tumbling Classes, Hours vary by age, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Senior TAP GPS Workshop, 0800-1600, A&FRC, Held at the Education Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Lunch Time Pickup Basketball, Every Wed, 1100-1300, Fitness Center-Court B
- Parent Advisory Group Meeting, 1100, Child Development Center
- Fit to Fight Cycle, 1100, Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed,

1630, Rockers Bar &amp; Grill

- H2O Fitness, 1630, Indoor Pool
- Wednesday Night Fun Open Bowl, Every Wed, 1700, Bowling Center
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Zumba, 1730, Fitness Center
- Squadron Extramural League, 1800, Bowling Center
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center, (18 years & older)
- Yoga, 1830, Fitness Center

**THURSDAY**

- Last Day to sign up for the 7 October Wine & Paint Class at Arts & Crafts
- Youth Center Dance Classes, Every Thursday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Senior TAP GPS Workshop, 0800-1600, A&FRC, Held at the Education Center
- Interview Skills Workshop, 0900-1000, A&FRC
- Hard Core Strength Muscle Pump, 1130, Fitness Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Introduction to Mutual Funds, 1500-1630, A&FRC
- Single Airmen Wingman Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (18 years & older)
- Hard Core Strength Muscle Pump, 1830, Fitness Center
- Cycle/ CORE, 1930, Fitness Center

**UPCOMING EVENTS - OCT. 7**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Warbird Tactical Fitness, 0600, Fitness Center
- Senior TAP GPS Workshop, 0800-1600, A&FRC, Held at the Education Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle/CORE, 1130, Fitness Center
- First Friday Oktoberfest, 1600, Jimmy Doolittle Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Bingo, 1700, 1800, 1900, Jimmy Doolittle Center
- Torch Club Meeting, 1700-1800, Youth Center
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill/Jimmy Doolittle Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

**UPOMING EVENTS - OCT. 8**

- Hard Core Strength Muscle Pump, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling Leagues, 1000, Bowling Center
- Chess Club, 1100, Base Library
- Pumpkin Party, 1300, Base Library
- Columbus Day Special, 1400-2000, Bowling Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- UFC Fight Night: UFC#204 Bisping vs Henderson, 2000, Rockers Bar & Grill
- Saturday “Bowl the Night Away” with Lights and Strikes, 2000-2400, Bowling Center

**ONGOING EVENTS**

- Papa’s Pumpkin Patch Trip Registration, Registration open until October 11th. Trip is \$30/ person – price includes transportation, admittance to Papa’s Pumpkin Patch, hay ride, train ride, a pumpkin craft and lunch! Contact Outdoor Recreation at 723-3648 to reserve your spot. Trip leaves October 15th at 10am.
- Youth Center Indoor Soccer Registration, Registration open from 8 Oct – 28 Oct. Smart start ages are 3-4. Youth ages are 5-15. Indoor Soccer season starts January 2017 and is open to members only. Cost is \$30 for Smart Start & \$40 for Youth. Contact the Youth Center for more information at 723-2838.

- Men’s & Women’s Varsity Basketball – Coaches still needed. Send Resume to SSgt Derek Maple or Ms. Judy LaRue at the Fitness Center. Tryouts will begin in October. Women’s tryouts are scheduled for 3-6 Oct from 1800-2000. Men’s tryouts will be 10-13 Oct from 1800-2000.

- Pizza Delivery Option, Rough Riders Pizza will be offering delivery to on base housing, including the dorms. The delivery minimum is just \$10 plus a \$2 delivery charge. Delivery will only be available Fridays & Saturdays from 1700-2100. Rough Riders Monthly Pizza Special. October Special – Rueben Pizza. Tasty roast beef with sauerkraut, Swiss & Mozzarella cheese, drizzled with 1000 island dressing and a hint of garlic. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Try it on a Panino! \$8.25 meal – includes side & drink

- B-Fifty Brew Drink Special. Toasted Marshmallow Latte October Special – Come in and enjoy a sweet October treat made with white mocha, caramel syrup, espresso shots and topped with tasty whipped cream. Grande \$5.00 Venti \$5.50

- Auto Hobby Monthly Special. October 1st-30th – Scan Tool Hook Up Check engine light on? Bring your vehicle to Auto Hobby. We will pull the code from the computer & give you an idea of what needs to be repaired or replaced. Reg. Price \$25 Sale price \$15

**PARK UNIVERSITY FALL 2016 REGISTRATION IS NOW OPEN!!**

Park University's Fall 11 term (Oct 15, 2016 – Dec 11, 2016) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by our office at the Education Center-156 Missile Ave Minot AFB or email us at mino@park.edu. If you have any questions you can call us (727-0469), stop by and see us or send us an email. We look forward to seeing you!!!

**MINOT OFFICER SPOUSES CLUB**

Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting social and philanthropic needs of all members by encouraging growth, friendship and a sense of community. OSC board positions now open! Please visit our website to join or for more information at [www.minotosc.org](http://www.minotosc.org) Like us on Facebook at Minot OSC. Many little clubs to include Bunko, Socialite, Bowling, and much more at [www.minotosc.org/little-clubs.html](http://www.minotosc.org/little-clubs.html)

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY**

is now registering for the Fall 2016 term (17 Oct -18 Dec). To sign up for Undergraduate and Graduate courses please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 or email your request to [minot@erau.edu](mailto:minot@erau.edu). If you have any questions, please call 701-727-9007.

**AIR FORCE SGTS ASSOCIATION, CHAPTER 959, GENERAL MEMBERSHIP MEETING**

GENERAL MEMBERSHIP MEETING takes place on the Second Tuesday of each month at ROCKERS at noon (1200hrs). The Air Force Sergeants Association (AFSA) is a federally chartered non-profit organization representing the professional and personal interests of active duty, retired, and veteran Total Air Force and their families. Please join us as we discuss Base and Community events and current legislation. Officers, enlisted, civilian, dependent, Active Duty, Veterans, and Retired-All are welcome! Like us on Facebook at [www.facebook.com/MinotAFSA](http://www.facebook.com/MinotAFSA). We post any meeting changes, important news, events, and volunteer opportunities on our page. If you have questions, please contact us via email at [AFSACH959@gmail.com](mailto:AFSACH959@gmail.com).

**MINOT ENLISTED SPOUSES CLUB**

Come and join the MESC! You can meet a lot of fun ladies. Join us for a much of different socials plus playing BUNCO!!! We also have mini clubs for everyone to enjoy. We are open to all enlisted spouses of all military branches. you can also check out our Facebook page at Minot Enlisted Spouses Club or/and our website at <http://www.mesc.org/>



## CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. The Fall II term for face-to-face starts 10/24-12/16/2016. Classes only meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts 10/21 to 12/10. CMU offers a military discount to active duty, spouses, federal employees, and veterans. We are always looking for local instructors in the Minot area. The candidates must have a Ph.D. or a terminal degree. If you have any questions or want more information about our programs or faculty opportunities, please stop by the office M-F: 8am-4:30pm located at the Education Building, 156 Missile Ave. #219, or call us at 701-727-5535 or email minot.afb@cmich.edu .

## EXPECTANT AND BREASTFEEDING MOTHERS

We meet the 2nd Thursday of each month at 10AM at the Rough Rider's Golf Course Meeting Room. Please check our facebook page LLL of Minot for last minute meeting updates and changes. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. Babies and children welcome. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

## MAIN STREET BOOKS STORYTIME –

An interactive storytime with songs, rhymes, puppets and books. Every Wednesday and Thursday morning at 10:00 a.m. for birth – 4yrs and 11:00 a.m. for 4 yrs+. All ages welcome. Each storytime 30 minutes long. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreet-booksminot.com

## MAIN STREET BOOKS 1ST SATURDAYS STORYTIME –

A weekend storytime for families. Once a month on the 1st Saturday of the month there will be a specially themed storytime at Main Street Books that will be interactive with songs, rhymes, puppets and books. The 10:00 a.m. storytime is 30 minutes long and is geared for birth – 4 yrs, but all ages are welcome. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreetbooksminot.com

## SIDE BY SIDE STORIES 09-27-2016 10:00 AM - 09-27-2016 10:30 AM

Minot Public Library. Side by Side stories will be held Tuesdays at 10:00 am for children accompanied by parents or other caregivers.

## BABY PLAY 09-30-2016 10:00 AM - 09-30-2016 11:00 AM

Minot Public Library. Baby Play is a story time and sensory play activity for children ages 12 months to 3 years of age and their caregivers. There will be stories with an opportunity for children to play after the story time.

## LEGO BUILDING SESSION 9/30/2016 2:00 PM

Minot Public Library. Join us on Friday, September 30th from 2-3:30 pm for a special LEGO building session. The program will be held in the Imagination Station of the Minot Public Library and structures will be put on display in the Children's Library. This activity is planned for school age children (K-5). Come build with us!

## "JUNGLE BOOK" MOVIE MATINEE 9/30/2016 2:00 PM

Minot Public Library. School's out and MPL has FREE admission and FREE Popcorn in our South Community Room which now features awesome audio, making movies sound better than ever! Bring a friend or two.

## RAISE THE WOOF 9/30/2016 7:00 PM

Holiday Inn - Riverside 2200 Burdick Expressway E Minot ND 58701. Benefit Comedy Show. GIVING A VOICE TO ANIMALS THROUGH LAUGHTER Comedy, Raffles, Silent Auctions Tickets are \$20 each or \$150 for a table of 8. Tickets available at the Souris Valley Animal Shelter, Purr-Fect Pets, online at https://www.facebook.com/events/1220243801329535/1220243861329529/?notif\_t=like&notif\_id=1473269933157203 or at the door while they last.

## MINOT COIN CLUB SHOW 10/01/2016 10:00 AM - 10/02/2016 4:00 PM

Sleep Inn and Suites, Minot, ND. Minot Coin Club Coin & Collectible Show October 1-2, 2016 Sat: 10am to 6pm, Sun: 10am to 4pm Sleep Inn and Suites, Minot FREE GIFTS FOR KIDS DOOR PRIZES GOLD COIN GIVEAWAY Facebook.com/MinotCoinClub 701.833.7979

## 2016 FALL PARADE OF HOMES 10/01/2016 10:00 AM

Minot and Surrounding Areas. The Minot Association of Builders is proud to announce the 2016 Fall Parade of Homes! Explore 13 homes expertly crafted by area builders on October 1st from 10 AM to 6 PM. The Parade of Homes offers you a unique opportunity to tour multiple new homes and get a peek at what's new and different in home design in 2016. You're sure to find some inspiration for your next project, a builder or subcontractor who can fit your needs, or maybe even your new home. Talk with area builders like Real Builders, Souris River Designs, Anasazi Builders, Heartland Developers, ArK Property Investment, Future Builders, Wellstad Construction and R Squared and make the dream of becoming a homeowner, a reality. Tickets are \$5 for ages ten and up and are available for purchase at each home. They are valid for the whole day and provide entry into all homes. Free parade magazines are available at Marketplace and Cashwise Foods starting September 23rd or any parade home the day of the Parade. Visit our website www.minotab.com/parade-of-homes for more details!

## MAKER MONDAY 10-03-2016 10:30 AM - 10-03-2016 11:00 AM

Minot Public Library. Maker Mondays will continue this fall for all independent children ages 3-6. This is a story/activity program which will be held Mondays at 10:30 am. Topics for the weekly program are as follows: September 12- Popsicles September 19- Cookies September 26- Popcorn October 3- Pete the Cat October 10- Little Red Hen October 17- Apples October 24- Elephant and Piggy October 31- Halloween November 7- Where the Wild Things Are November 14- Farms and Barns November 21- Turkey Turkey November 28- Cupcakes December 5- Here Comes Santa

## AFTER SCHOOL KIDS (ASK) PROGRAM 10/03/2016 3:45 PM

Minot Public Library. After School Kids Programs are scheduled for Mondays at 3:45 pm starting October 3rd in the Imagination Station of the Minot Public Library. The activity-based programs are geared for school age children (K-5). The programs for the fall session are as follows: October 3- Pokemon October 10- Gumdrop STEM October 17- Apple STEM October 24- Halloween Glitter Slime Monsters October 31- Halloween Fun November 7- STEM Challenges November 14- Bot Building November 21- Turkey Tales November 28- Tangrams December 5- Gingerbread Fun December 12- Christmas STEM December 19- Christmas Cookies For more information about the ASK programs, contact the Children's Library at 838-0606.

## SIDE BY SIDE STORIES 10-04-2016 10:00 AM - 10-04-2016 10:30 AM

Minot Public Library. Side by Side stories will be held Tuesdays at 10:00 am for children accompanied by parents or other caregivers.

## SISU, THE READ DOG 10/04/2016 4:00 PM

Minot Public Library. Sisú, a Reading Education Assistance Dog, will be available for children to read to on the first Tuesday of the month from 4:00 pm. Sisú is a standard poodle and LOVES listening to children read. Children may read for 15 minutes and it is on a first come first serve basis. For more information about the READ dog, contact the Children's Library at 838-0606.

## TNT: TACOS & TECHNOLOGY 10/04/2016 6:30 PM

Minot Public Library. Come to the Minot Public Library the first Tuesday of every month beginning on October 4th for an

evening of technology with a side of tacos! Library staff will demonstrate how to use some of our latest technology toys such as Snap Circuits, Raspberry Pi and Sphero while attendees enjoy tacos in a bag. After the demonstration everyone will get a chance to try the technology themselves and can check the tech toys out with their library card. This event will begin at 6:30 pm on October 4th, November 1st and December 6th and will be held in the lower level of the Library. These programs are free to attend for any and all ages and are especially geared toward families. Registration is not necessary, but is helpful as food will be available on a first-come, first-serve basis. Call 852-1045 to register or for more information.

## PAINT THE TOWN RED 10/04/2016 6:30 PM

Join the Taube Museum of Art for an evening of entertaining art instruction by Minot local artists! No experience required! You will go home with a painting you can call "uniquely yours" and possibly unleash a new talent. The featured artist will guide you through recreating a featured painting. Feel free to bring your favorite cocktail and a snack if you choose, then sit back and be creative! Each session is \$35 for non members and \$32 for members, per person, which includes all the supplies needed to create your masterpiece. Class size is limited, so register early! Payment is due at time of registration. Must be 21 to register. Registration now accepted online at www.taubemuseum.org Liking or commenting on this event does not constitute registration for the class...you must call, stop by, or register online to complete the registration process. Thank you! For more information call the Taube Museum of Art at 838-4445, email taube@srt.com.

## THE MINOT CHAMBER CHORALE PRESENTS LOVE, TRAVEL AND ALL THAT JAZZ.

Friday, October 7, 2016 – The Grand Hotel; Social at 6:30 pm. Concert at 7:30 pm. Hear all-time favorites as Hushabye Mountain, Smile, Music of the Night, Edelweiss, When I Fall in Love, In the Still of the Night, New York New York and more! Enjoy snacks on the tables and the cash bar. No admission charge! (Free will offering accepted.)



# Junkin' in the Dirt

*Fall Junk Sale*

**October 8 | \$5.00 admission | 9am – 4pm**

**\*ShabbyChic \*Antiques\* Vintage \*Retro\*  
\*Rustic \*Relics \*Fun&Funky\***

**North Dakota State Fair Center - Arena 2, Minot**

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Staff Sergeant

# Britnie CARREON

5th Civil Engineer Sq. LA PUENTE, CA

**Warbird of the Week**



**What did you do before you joined the Air Force**  
Part job at Wal-Mart while attending a community college.

**Hobbies or Interests**  
Small crafts, shopping, watching tv and movies. Spending time with my family and friends.

**Most life changing experience**  
The birth of my daughter.

**Where do you see yourself in 10 years**  
Hopefully back in California. Not sure if I want to make a career in the Air Force or find a job in civilian life.

**If you could have one special talent, what would it be**  
To more decisive.



**Favorite quote**  
"I don't want to sleep like a baby. I want to sleep like my husband."



# Norsk Høstfest



## Official opening ceremony

The Official Opening Ceremony of the 39th Annual Norsk Høstfest took place Wednesday, September 28 in Copenhagen Hall. It began by David Reiten Norsk Høstfest president welcoming everyone to the festival. They honored the nations of the Nordic regions by presenting their flags and singing their national anthems. Along with the Nordic nations Canada was honored. The Honor Guard presented the United States flags. After all the national anthems were sung and the countries flags presented, there was a Fan Fair and jokesters Williams and Ree took the stage to give us a laugh. Now that the Norsk Høstfest has officially kicked off we hope to see you all there and remember Saturday, October 1 is Military Appreciation Day.

NORTHERN SENTRY PHOTOS | TONYA STUART-MELLAND



## Lefse Masters Celebrity Competition

Wednesday, September 28, 2016 – A tradition at the Norsk Høstfest are the celebrity entertainers competing in the Lefse Masters Celebrity Competition. Featured performers this year were Williams & Ree, The comic duo that bills themselves as "The Indian and the White Guy"; Mollie B. (Busta), a popular performer from the Jim Busta Band & Squeezebox and host of the weekly RFD-TV Polka show, the Mollie B Polka Party; and Darlene Hilde-Rolle better known as "Auntie Kreamsaugen", a streetwise self-proclaimed marriage counselor who dishes up homespun wisdom and tall tales from the fabled "Snoose Hollow". Unfortunately the Nelson brothers, Matthew and Gunnar, were not able to attend the competition. The competition was sponsored by the Home of Lefse who provided the dough as well as all of the equipment needed for making Lefse. The contest judge was Yvonne Widdel, the 2015 Lefse Master from the Home of Lefse. Many attempts to roll out thin lefse, Auntie, Mollie B. & Williams and Ree, gracefully learned by each attempt how to masterfully roll out the perfect size and thickness of lefse. In the end the final attempts of lefse was sampled by Judge Yvonne Widdel and Mollie B. was crowned the Celebrity Lefse Master for the 2016 Norsk Høstfest.

NORTHERN SENTRY PHOTOS | TONYA STUART-MELLAND



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Lounge for  
Food &  
Beverage

-Advance reservation required  
-Offer valid off rack rates only  
-Friday, Saturday, & Sunday  
-Not available during special events,

conventions, weddings, or room  
blocks  
-Upon check-in guest will receive  
\$20.00 in fun bucks (\$5.00

denominations) to be used  
during their stay.  
-Earn Goldpoints for your stay  
-Enroll at no charge. Goldpoints may be

redeemed toward a free night stay,  
airline miles or merchandise on line.  
-No cash value



605 E Broadway  
701-255-6000



<div><div>Little Flower Catholic Church</div><div>800 University Avenue West 838-1520</div><div>Mass Schedule</div><div>Saturday ..... 5:30 pm Sunday .... 8:30 &amp; 11:30 am</div><div>Through Labor Day weekend.</div><div>Fr. Fred Harvey, Pastor www.littleflowerminot.com</div></div>	<div><div>St. Peter The Aleut Eastern Orthodox Church</div><div><div></div><div>109 6th St. SE Minot • 838-3094</div></div><div>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</div><div>The Very Reverend Father Anastassy</div></div>	<div>To Advertise your Church in this space.</div> <div>Call 839-0946</div> <div>Only \$7.00 per week</div>	<div>GLENBURN FIRST BAPTIST CHURCH<div><div>Dakota Baptist Churches USA</div></div><div>402 South Street • 701-362-7971</div><div>Sundays:</div><div>Morning Worship..... 10:00 a.m. Sunday School ..... 11:15 a.m.</div><div>Wednesdays:</div><div>Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</div><div>Pastor DeVawn Beckman • revdev@srt.com</div></div>	<div>Bible Fellowship Church<div><div></div></div><div>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</div><div>GRIEF SHARE® <div>Classes Starting November 4th, 7:00pm</div></div><div>838-0916 • 1720 4th Ave NW minotbiblefellowship.org</div></div>
<div><div>Faith United Methodist Church</div><div>5900 Highway 83 N, Minot www.faithumcminot.com</div><div>Pastor Tom Sumers 701-838-1540</div><div>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</div></div>	<div><div>Minot Baptist Church</div><div><div><div>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</div></div></div><div>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship .....6:00 p.m. Wednesday Evening.....7:00 p.m.</div><div>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</div></div>	<div><div>Harvest Reformed Church</div><div>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</div><div>Now meeting at 1505 N Broadway, Grand International, Norse Room</div><div>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</div></div>	<div>Congregational United Church of Christ<div><div>430 N. Broadway • 839-1064</div></div><div>Sunday School ..... 11 a.m. Sunday Worship..... 11 a.m. Tuesday Lunch Bible Study ..... 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</div></div>	<div>Welcome to the Minot Church of Christ<div><div>1315 1st St. NE</div></div><div>Sunday: Bible Classes .....9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</div><div>Wednesday: Bible Classes ..... 7 p.m.</div><div>"Restoring 1st Century Christianity in the 21st Century"</div></div>
<div><div>First Presbyterian Church</div><div><div></div><div>430 N Broadway (Congregational Church of Christ Building) 701-460-6321</div></div><div>Worship..... 9:00 a.m. www.fpcminot.org</div><div>Visitors Welcome</div></div>	<div>Apostolic Faith Church, UPCI<div><div>2929 19th Ave NW • Minot</div><div>Located off Hwy 83 Bypass West (701)838-0609</div></div><div>Saturday School..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study .....7:30 p.m.</div><div>Jesse Starr, Pastor</div></div>	<div>Cornerstone Presbyterian Church<div><div>1000 NE 3rd Street 852-0315</div></div><div>Sunday Schedule Contemporary Worship..... 9:30am Child/Youth Sunday School... 11:00am Adult Sunday School.... 8:30 &amp; 11:00am Traditional Worship..... 11:00am</div><div>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</div><div>All are Welcome! www.ecominot.org</div></div>	<div>First Lutheran Church - ELCA<div><div></div><div>120 - 5th Ave. NW 852-4853</div></div><div>Saturday Worship..... 5:30 pm Sunday Worship ..... 8:30 am Sunday Education.....9:45 am Sunday Worship.....11:00 am Wednesday Supper.....5:30 pm Wednesday Education .....6:00 pm</div><div><div></div><div>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson &amp; Pastor Brandy Gerjets</div></div></div>	<div>St. Mark's Lutheran Church<div><div></div><div>Missouri Synod</div></div><div>Sunday Worship .....8:30 &amp; 11:00 a.m. Sunday School, Adult Bible Class &amp; Adult Choir 9:45 a.m.</div><div>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com</div><div>Call or check out our website for more information.</div></div>
<div>Bethany Lutheran<div><div>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</div></div><div>Sunday Worship .... 8:15 am &amp; 10:45 am Sunday Fellowship..... 9:15 am Sunday School .....9:30 am Wednesday Worship.....6:45 pm</div><div>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</div><div>Pastor Janet Hernes Mathistad Pastor Gerald Roise</div></div>	<div>To Advertise your Church in this space.</div> <div>Call 839-0946</div> <div>Only \$7.00 per week</div>	<div>St. John the Apostle Catholic Church<div><div></div></div><div>2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:</div><div>Tuesday ..... 7 p.m. Wednesday - Friday ..... 9 a.m. Saturday ..... 5 p.m. Sunday ..... 8 &amp; 10:30 a.m.</div><div>Fr. Dave Zimmer, Pastor Parish website: www.stjohnminot.com</div></div>	<div>Calvary Alliance Church<div><div></div><div>715 20th Avenue NW Minot, ND 58703</div></div><div>www.calvaryofminot.com 701-852-0670</div><div>Sunday School..... 9:00 am Sunday Worship Service ..... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (grade 7-12) .....6:30 pm</div></div>	<div>Our Redeemer's Church<div><div></div><div>A Church of the Lutheran Brethren</div></div><div>Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM .... 11 a.m.</div><div>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</div></div>
<div>BREAD OF LIFE ELCA LUTHERAN CHURCH<div><div></div></div><div>Pastor Taryn Montgomery Pastor Alex Hoops</div><div>Saturday Worship ..... 5:00 pm Sunday Worship. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Education.....6:00 pm</div><div>Breadoflifeminot.com Everyone Welcome</div><div></div></div>	<div>BELIEVERS BIBLE CHURCH of MINOT<div><div>I John 5:13 www.bbcbminot.org</div></div><div>Where you can find truth and love in Christ Jesus the Lord!</div><div>Sunday Worship..... 11:00 am</div><div>The Carnegie Center 105 2nd Avenue SE</div></div>	<div>Cross Roads Baptist<div><div></div></div><div>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ...6:30 p.m.</div><div>www.minotcrbc.org email: crbc@srt.com</div><div>415 28th Ave SE (Behind Menards) 838-1873</div></div>	<div>West Minot Church of God<div><div></div><div>"A Family Worship Center" 1105 16th St. NW • 839-1407</div></div><div>Sunday School..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour...6:30 p.m. Wednesday Kids on the Rock ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</div><div>ABC Child Care &amp; Pre-School Center 852-6352</div></div>	<div>Bethel Free Lutheran AFLC<div><div></div><div>"Building Followers of Jesus Christ!"</div></div><div>Sunday School ..... 9 a.m. Worship Service ..... 10:30 a.m. Wednesday Supper ..... 6:15 p.m. Adult/Youth Bible Study Kids Club ..... 7 p.m.</div><div>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</div></div>
<div>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF<div><div></div></div><div>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</div><div>Sunday School ..... 9:00 am Meet and Greet ..... 10:00 am Sunday Worship ..... 10:30 am</div><div>Pastor Gregg S Smith www.gracefellowshipatburlington.com</div></div>	<div>First Baptist Church<div><div></div><div>200 3rd St. SW • 852-4533 www.fbcmint.org</div></div><div>Classic Worship Service ..... 8:30 a.m. Adult Sunday School ..... 9:45 a.m. Contemporary Worship Service ....9:50 a.m. Children's Church.....9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</div><div>Rev. Kent Hinkel, Senior Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</div></div>	<div>Gospel Tabernacle Community Church<div><div></div></div><div>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</div><div>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</div><div>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.</div></div>	<div>Dakota Baptist Church<div><div></div><div>Teaching the Word, One Verse At a Time! KJB 916 5th Ave, SE Minot, ND 58701</div></div><div>Sunday School..... 10:30 a.m. Sunday Evening Worship ..... 5:30 p.m. Wednesday Worship ..... 7:00 p.m.</div><div>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</div></div>	<div>First Assembly of God<div><div>1805 2nd St. SE 838-1111</div></div><div>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Evening Worship ..... 6:30 p.m. Wednesday Family Night..... 7 p.m.</div></div>
<div>Trinity Church<div><div>An Evangelical Free Church 3500 4th St. SW •</div></div></div>				



# CLASSIFIEDS

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by E-mail or phone at  
gpeterson@kalixnd.org  
(701)833-6559

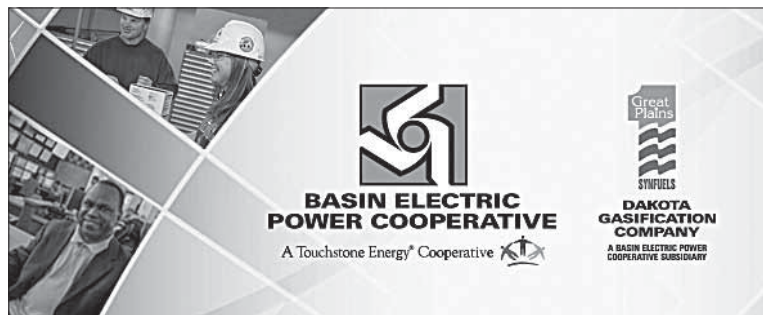
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## EVENTS

### 4TH ANNUAL MINOT COIN CLUB SHOW

at Sleep Inn & Suites, October 1-2, 2016, Sat: 10am to 6pm, Sun: 10am to 4pm, Daily GOLD COIN Giveaway, Free Gifts for kids, Door prizes, Free Appraisals, Free Wifi, [www.facebook.com/MinotCoinClub](http://www.facebook.com/MinotCoinClub)

41w

# BUSINESS & PROFESSIONAL DIRECTORY

## HOW DO I SUBMIT ARTICLES OR STORY IDEAS TO THE NORTHERN SENTRY?

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**Sunday** OCTOBER 2  
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## ANSWERS

## SUDOKU ANSWERS

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

Answers to puzzle from page 9

## NEWSPAPER LOCATIONS

# northernsentry

## Paper Locations

The Northern Sentry is available at these locations in MINOT each week:

- Northern Sentry Office | 315 South Main Street, Ste 202
- Simonsons Station Store | 1312 S. Broadway
- M&H Gas Station | 25 Burdick Expressway E
- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
- Country Inn & Suites | 1900 22nd Ave SW
- Scissors Edge | 1609 S Broadway St
- Watne | 408 N Broadway
- 1st Minot Management | 217 Main St S
- Magic City Hoagies | 1515 24th Ave SW

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 <b>\$253,000</b> CONVENIENT CONDO – 4 bedroom, 3 bath with vaulted ceiling in the living area. Large lower level has family room, 2 bedrooms and ¾ bath. Double garage. Owner/Licensed Salesperson. For More Info: TEXT TO: 63975 MSG: WATNE32 <b>MLS #160498</b>	 <b>\$185,500</b> PRICE REDUCED – Newly updated home that has been a duplex. Main level has 2 bedrooms and a full bath. The upper level can only be accessed from separate outside entrance and has 1 bedroom and a bath. Each level has a deck. Lower level laundry. <b>MLS #161945</b>	 <b>\$353,000</b> INVITING – 3 bedroom, 2 ½ bath home on Minot's North edge. Covered front porch, open living, dining and kitchen with doors to deck. Kitchen has an island and pantry. Upper level bedrooms, baths and loft space. 4 stall garage. For More Info: TEXT TO: 63975 MSG: WATNE12 <b>MLS #161384</b>
 <b>Ashleigh Collins</b> 240-2608 ashleigh@minothomes.com	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p><b>MINOT HOMES</b></p> <p>GET IT ON Google Play or Download on the App Store</p>	 <b>Blake Krabseth</b> 720-1786 blake@minothomes.com

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**\$349,900 - Burlington**

New construction home built upon 2 acres, view over the valley. Three bedrooms with a master suite of bathroom and walk in closet. Double garage, full, unfinished basement. Open concept, kitchen island, and much more. Call Clyde Thorne at 240-8594. #161970

**\$119,900****\$74,900**

This two bedroom, two bathroom home has plenty of character and would be a wonderfully charming starter home! The main level boasts one full bath, a bonus office area, living room, and newly updated kitchen with stainless steel appliances. Call Amber Alexander at 500-0810. #161959

**\$239,000****\$275,000**

Fabulous house/fabulous area! Spacious multi level home right across the street from Edison School. 4 bedrooms, 2 baths, 2 double garages for awesome inside vehicle protection. Privacy fenced yard with area for pets w/access from extra detached garage. Call Aisha Vaddell at 240-3780. #161955

**\$187,500**

Here is a great investment opportunity - duplex near the college that will meet FHA guidelines for owner occupied buyers. This duplex had the interior refurbished after the flood with new windows. Owner is a licensed real estate agent. Call Brad Livesay at 720-7769. #161371

**\$229,900**

Home is this 5 bedroom 2 bath American Classic. Brick & stone inside & out. Beautifully redesigned floor plan. Bakers kitchen & pantry any chef would enjoy! Hand worked hardwoods. Big, private & fenced back yard. Call Loretta Seibold at 720-4996. #160863

**\$159,900**

Very nice 2 bedroom 1 3/4 bath home in great convenient SW location. Nice size kitchen with stainless steel appliances. Lots of cabinet storage and walk-in pantry. Very large dining room with patio doors that lead out to the nice sized fenced back yard. Call Lori Henderson at 721-0158. #161378

**\$223,300**

Located in a quiet cul-de-sac on a huge .41 acre lot in North West Minot this beautiful ranch style house has tons of space both inside and out! Huge deck perfect for barbecuing and relaxing along with a fully fenced backyard and attached 2 stall garage. Call Nathan Stremick at 500-3890. #161448



This is a hidden gem tucked away in a quiet, treed neighborhood on a dead end street. This charming 2 bedroom home has hardwood floors in the living room and additional built ins in the kitchen. The bedrooms are nice sized. Call Tamie Dunn at 720-1723. #160786



Secluded home, nestled among trees and valley, lies a beautiful 2 story home that has 4 bedrooms, 1 ½ bathrooms, and a 2 car garage. Home sits on over a ¼ acre lot, plenty of parking. This nice size deck that overlooks the city and a stone fire pit. Call Clyde Thorne. #161310





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Sunday, October 9  
7:00 PM



Faith United Methodist Church  
5900 Hwy 83 N  
Minot ND



*Ryan*



**ZERO** IN ON **NISSAN**

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APR



2016 Nissan Murano



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