

# north **minot** sentry

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U.S. AIR FORCE PHOTO | STAFF SGT. CHAD TRUJILLO

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## Minot AFB



## Videos

# Bod Pod track Airman fitness

SENIOR AIRMAN J.T. ARMSTRONG | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D.

-- With spring is right around the corner, Airmen will begin to exercise outdoors for a variety of reasons including getting in shape for summer.

To get the most out of work-outs, whether losing fat or gaining muscle, the Health and Wellness Center says it's important to know a little bit about how your body works.

The HAWC has a tool called the Bod Pod to help with fitness goals. The pod is available for active duty military members, dependents 17 and older, Department of Defense retirees and civilian contractors.

"The Bod Pod is used to determine body fat and weight, as well as measure resting metabolic rate," said Lori Halvorson, Health and Wellness Center health promotion coordinator. "Your RMR

is the amount of calories that your body burns at rest, everyone's rate is different."

According to Halvorson, it's important to know your RMR, especially if the goal is to lose fat or gain muscle mass.

"Without knowing your RMR, you're not maximizing your workouts," said Halvorson. "Not getting enough calories can slow your metabolism, burning lean muscle instead of fat."

After a Bod Pod measurement, Sheena Swanner, the HAWC's registered dietitian nutritionist, interprets the results to advise a safe calorie intake amount.

"From their RMR, I can better work with a patient to reach their calorie intake and weight goals," said Swanner. "The Bod Pod isn't only for athletes or overweight individuals, it's for everyone."

The entire appointment takes about 15 minutes,

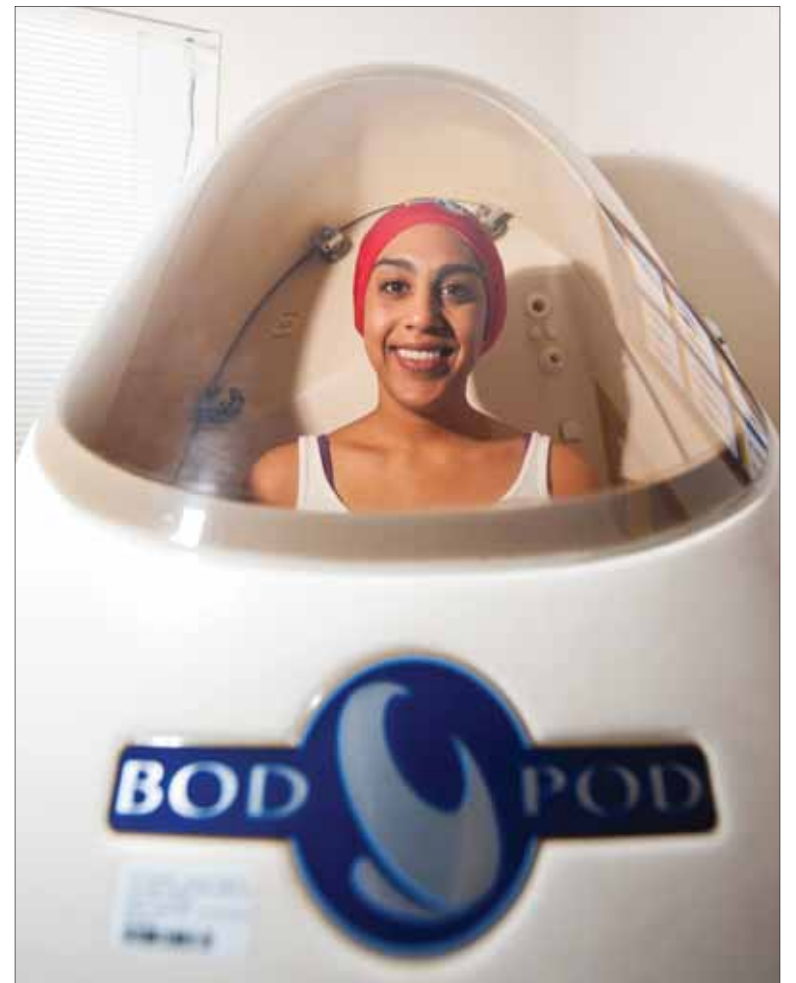
most of which is getting properly clothed for the machine. An individual will only spend about a minute in the Bod Pod itself.

There are two guidelines for Airmen interested in using the Bod Pod. Don't eat, drink or exercise within two hours prior to the appointment, and wear form-fitting spandex to ensure an accurate reading.

Proper, form-fitting clothing is important because the Bod Pod relies on air displacement to measure body composition. Loose clothing can render a less accurate reading.

"I personally think the Bod Pod is awesome -- it's fast and it's 99.7% accurate," said Halvorson. "Members can also come back in eight to 10 weeks to compare their results. It's a great motivator."

To make an appointment, contact the HAWC at 701-723-5399 or 701-723-5274.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN J.T. ARMSTRONG

Sheena Swanner, Health and Wellness Center registered dietitian nutritionist, sits in the Bod Pod at Minot Air Force Base, N.D., Feb. 24, 2017. The Bod Pod is available for active duty military members, dependents 17 and older, Department of Defense retirees and civilian contractors.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH

## Team Minot's record-breaking winter

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- This winter, Minot, N.D. received 52 inches of snowfall from October 2016 to February 2017. That is 10 inches more than what Minot averages in a year.

In the month of December, Minot broke numerous records.

- On Dec. 26, 2016, the record for most snowfall in a single day was set with a total of 19 inches; the

previous record was 17.8 inches in 2009.

- In the month of December, 33.4 inches of snowfall was accumulated; the previous record was 32.7 inches in 2009.

- Record for continuous blizzard conditions of 998 consecutive minutes was set; the previous record was 586 minutes in December of 1996.

The average snowfall for the month of February is 5.8

inches. Minot passed this average during the month's first week.

The 5th Operations Support Squadron weather flight anticipates another 10 inches of snow in March and April.

"We are anticipating an extended winter," said Capt. Jenna Waites, 5th OSS weather flight commander. "We predict to get a lot of late season snow and quite a bit of early spring rain."

Waites stated the cold spring forecast will also work in Minot's favor. It will spread out the snow melt, which can reduce the probability of flooding.

"The National Weather Service has hydrologists that look at in-depth water tables," said Waites. "They will make an assessment based on water tables, snow melt and rainfall. There will be an official flooding report later this month."

The weather flight is confident in their predictions and forecasts.

"When you nail a snow forecast, the sense of mission accomplishment associated with that is awesome," said Waites. "We let people know what is happening in advance and when we get it right, that is extremely high job satisfaction."

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Minot State UNIVERSITY

## 2018 Air Show to feature USAF Thunderbirds

MARISSA HOWARD | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- Minot Air Force Base is scheduled to hold the next Northern Neighbors Day Air Show August 4, 2018, and will feature America's Ambassadors in Blue, the world-renowned U.S. Air Force Thunderbirds.

Created in 1953, the USAF Thunderbirds are the third oldest formal flying aerobatic team in the world. Based out of Nellis AFB, Nevada, the Thunderbirds Squadron tours the United States and much of the world, performing solo flying and aerobatic formation in specially marked F-16 Fighting Falcons for millions of people.

The Thunderbirds will be featured with support from many other aerial performances, including a myriad of attractions on the ground to be viewed up-close by spectators. Northern Neighbors Day is free to the public. Further details will be shared as the event nears.



COURTESY PHOTO

Minot AFB hosted its first air show in seven years in August 2016, with more than 12,000 spectators who came to view performances from the Air Combat Command F-16 Viper Demonstration Team and Golden Knights parachute team, among many other air and ground spectacles.

In addition to the airshow,

Minot Air Force Base will also celebrate the 50-year partnership between the Bomb Wing and Missile Wing and co-location at Minot AFB.

Minot Air Force Base is home to "Team Minot" and is comprised of more than 6,000 military and civilian employees. The base has a strong,

proud history of providing global strike and nuclear deterrence capabilities for the nation, and Northern Neighbors Day is a small way to demonstrate appreciation for the support given to this base by our friends in the North.

## Goldfein: Multi-domain C2 is way of thinking

STAFF SGT. ALYSSA C. GIBSON | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

**O**RLANDO, Fla. (AFNS) -- Now eight months into his tenure, Air Force

Chief of Staff Gen. David L. Goldfein provided an Air Force update during the Air Force Association Air Warfare Symposium

here March 2, 2017.

Continuing dialogue from his three focus areas – revitalizing the squadron, strengthening joint leaders and teams, and multi-domain command and control – Goldfein also shared his attributes of future conflicts and challenged industry partners to find innovative technology and solutions to get to its end state.

"We've been breaking barriers for 70 years – it's in our blood," Goldfein said. "Whether it's the sound barrier or the outer reaches of space, or race or gender – our approach as a service has always been, 'bring it.' I'm optimistic about our future."

Goldfein used the conference platform to speak extensively about multi-domain C2.

"If you think about multi-domain C2 as a place you're already too limited," he said. "If you start thinking about it as a bunch of computer screens in a place you're already too narrow. It's a (concept of operations), it's a way of thinking."

Goldfein's attributes to war include bringing Air Force capabilities together to pressure an enemy in a resilient manner, utilizing

multiple domains, integrating all services and ensuring coalition-friendly systems. The chief of staff said he believes the framework to joint warfighting lies within the pairing of these attributes with the multi-domain C2 mindset.

"Victory in future conflict as I described it to you, will go to that leader who can control his or her forces to create multiple dilemmas from multiple domains and achieve the precision speed, and is able to maneuver forces both kinetic and non," he said.

Goldfein continued, "It's so perfect to have an AFA convention focused on fusion, because it's the multi-domain command and control piece that will allow us to achieve all of the attributes I talked about, and bring them together so we can be global chess masters in this security environment."

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# JOINT FIREFIGHTER TRAINING HEATS UP

The 5th Civil Engineer Squadron hosted missile field response training at Minot Air Force Base, N.D., Feb. 24, 2017. The Minot AFB fire department invited several local fire departments to participate in different training opportunities, that included classroom lectures and a hands on mobile trainer. The event was held to promote teamwork between the local firefighters and the Minot AFB fire department.

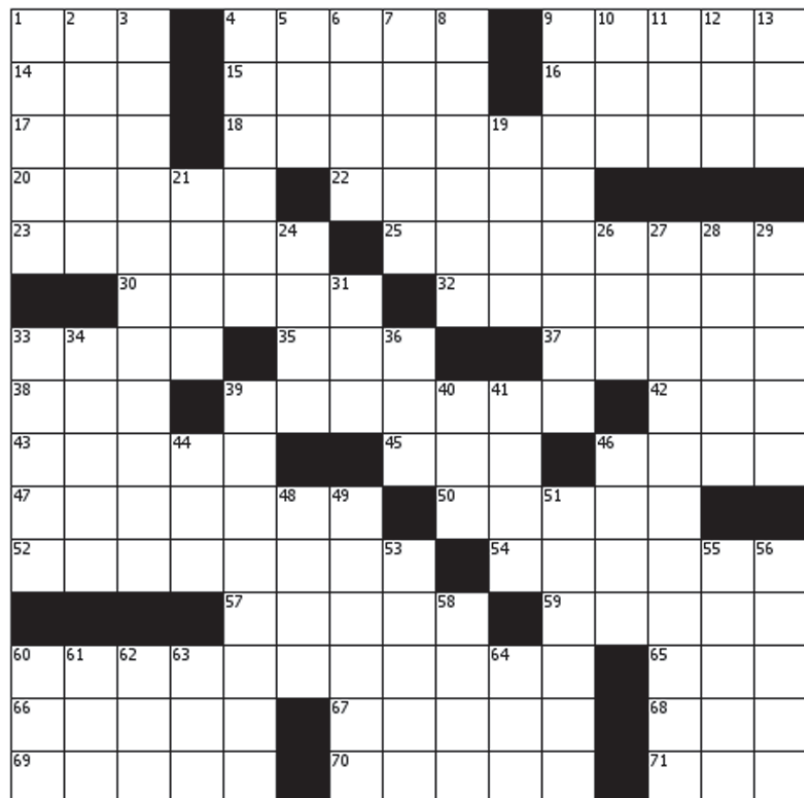
U.S. AIR FORCE PHOTOS | STAFF SGT. CHAD TRUJILLO AND AIRMAN 1ST CLASS JONATHAN MCELDERRY



# CROSSWORD PUZZLE

**Across**

- 1. Broadway mugger
- 4. Speculators' concerns
- 9. Walrus captain
- 14. Doc bloc
- 15. Moral code
- 16. Calgary Stampede, e.g.
- 17. Albanian coin
- 18. Land depletion cause, maybe
- 20. Scale-tipping
- 22. Cornmeal breads
- 23. Prophet who anointed Saul
- 25. Like a straphanger
- 30. Unjustified
- 32. Monkey
- 33. G-men and T-men
- 35. Doctor in a 1964 movie
- 37. Trial companion
- 38. Luxury site?
- 39. Street gang combat
- 42. Grenade ingredient
- 43. Heap of fiction
- 45. Elflike
- 46. TV's "\_\_\_-Team"
- 47. Melancholy poems
- 50. Obscure
- 52. Like a ghost town
- 54. Spanish wife
- 57. Makeshift money
- 59. Road machine
- 60. Slides
- 65. Twilight
- 66. Like Nike
- 67. Beethoven's last symphony
- 68. Series of performances
- 69. Frank Wright's middle name
- 70. Suffix for usher
- 71. Breeze source



**Down**

- 1. Headlights?
- 2. Pseudopod former
- 3. What kids may do after the rain
- 4. Tend to the bird feeder
- 5. Name in 1995 news
- 6. FedEx, say
- 7. ATF find, perhaps
- 8. Act start
- 9. Less genial
- 10. \_\_\_ Gatos, California
- 11. Mean Amin
- 12. "The Matrix" hero
- 13. Proverbial brickload
- 19. Squeeze an orange

- 21. Phoenix five
- 24. Wunderkind
- 26. Wd. component
- 27. Bulldozers
- 28. Quarrier's quarry
- 29. Simmons rival
- 31. Something to bend on a human
- 33. Like chimneys
- 34. Country's Steve
- 36. Part of OTB
- 39. Craved
- 40. Intricate network
- 41. They mean yes
- 44. Survey blank
- 46. Frank's daughter
- 48. Emulate Durer
- 49. Calm and unruffled
- 51. Plumb line measures
- 53. "I \_\_\_ my way . . ." (Sinatra)
- 55. Nightclub production
- 56. Tampa Bay's Ice Palace
- 58. Four gills
- 60. Actor Holbrook
- 61. Conceived leader?
- 62. Chinese way
- 63. Hampshire home
- 64. Road map abbr.

FRIDAY, MARCH 10 • 1800  
GOLD • (R)

“ Kenny Wells, a prospector desperate for a lucky break, teams up with a similarly eager geologist and sets off on a journey to find gold in the uncharted jungle of Indonesia. ”

SATURDAY, MARCH 11 • 1400  
TROLLS • (PG)

“ After the Bergens invade Troll Village, Poppy, the happiest Troll ever born, and the curmudgeonly Branch set off on a journey to rescue her friends. ”

SATURDAY, MARCH 11 • 1800  
THE SPACE BETWEEN US • (PG-13)

“ The first human born on Mars travels to Earth for the first time, experiencing the wonders of the planet through fresh eyes. He embarks on an adventure with a street smart girl to discover how he came to be. ”

SUNDAY, MARCH 12 • 1500  
A DOG'S PURPOSE • (PG)

“ A dog looks to discover his purpose in life over the course of several lifetimes and owners. ”

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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



# Minot Messenger

YOUR GUIDE TO SERVICES & EVENTS PROVIDED BY THE 5TH FORCE SUPPORT SQUADRON

## Enjoy Rockers' Family Dinner Night On March 21

**Rockers' Family Dinner Night**  
 March 21, 5-8pm  
 Members (ages 6+) - \$5  
 Non-Members (ages 6+) - \$7  
 Ages 5 and under - \$3

**MENU**  
 Fried Chicken  
 Mashed Potatoes  
 Gravy  
 Veggies  
 A Roll

Come to Rockers and enjoy a family meal and see Dizzy the Clown!

Rockers will be closed for regular business starting at 3pm to prepare for this event and will be closed during the event.

727-ROCK

Enjoy a delicious family meal while the kids visit Dizzy the Clown during Rockers' Family Dinner Night on Tuesday, March 21 from 5-8 p.m. Rockers Bar & Grill has a tasty menu planned including fried chicken, mashed potatoes, gravy, veggies, and a roll.

Cost is \$5 for club members (ages 6+), \$7 for non-members (ages 6+), and \$3 for children age 5 and under. Rockers will be closed for regular business beginning at 3 p.m. to prepare for this event. For more information, call 727-ROCK.

## Youth Programs Hosting Open House & Spaghetti Dinner

**YOUTH PROGRAMS OPEN HOUSE & SPAGHETTI DINNER**  
 MARCH 23rd 5-7PM  
 \$3/plate

PLUS - BASE AGENCY INFORMATION PASSPORT WALK

GRAB A DELICIOUS DINNER & SEE WHAT THE YOUTH CENTER & SCHOOL AGE CARE HAVE TO OFFER!

STROLL THROUGH THE PASSPORT WALK. GET A STAMP AT EACH ACTIVITY/AGENCY. TURN IN YOUR PASSPORT AT THE END FOR A CHANCE AT A PRIZE!

CHILDREN MUST BE ACCOMPANIED BY PARENT TO PARTICIPATE.

Grab a scrumptious dinner and see what the Youth Center and School Age Care have to offer during the Youth Programs Open House & Spaghetti Dinner on Thursday, March 23 from 5-7 p.m. at the Youth Center. Cost is only \$3 per plate.

In addition, stroll through the Passport Walk and see what the base has to offer. Get a stamp at each activity/agency then turn in your passport at the end for a chance at a prize. Children must be accompanied by parent to participate. For more details, call the Youth Center at 723-2838.

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Visit MyAirForceLife.com/Clubs for 2017 Air Force Club Scholarship eligibility, essay/video topic, instructions and rules. Good luck!

## Auto Hobby Hosting Ladies Night On March 27

**LADIES NIGHT**  
 MONDAY MARCH 27, 5-7PM  
 4TH MONDAY OF EACH MONTH

Learn the basics on how to maintain your vehicle and tires. This class will be taught by a certified mechanic. There will be a question and answer session during the class.

Per Person \$10  
 Includes complimentary snacks  
 Wear clothes you don't mind getting dirty and close-toed shoes.

Register by March 24. Call Auto Hobby at 723-2127

Auto Hobby is hosting a Ladies Night on Monday, March 27 from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle and tires. The class is taught by a certified mechanic.

Cost for Ladies Night is \$10 per person and includes complimentary snacks. A door prize will be given away at 6:30 p.m. Dependents may also attend. Registration deadline is March 24. Please wear clothes you don't mind getting dirty and close-toed shoes. To register or for more information, call Auto Hobby at 723-2127.

For 5th Force Support Job Opportunities, visit [www.nafjobs.org](http://www.nafjobs.org)

## Swim Lessons Registration Scheduled For March 10 At ODR

**SWIM LESSONS**  
 AT THE INDOOR POOL IN THE MCADOO FITNESS CENTER

Classes are for Children ages 3-5 years old.

- Sign-up March 10: From 10-5pm at Outdoor Recreation
- Classes Held: March 14, 16, 21, & 23 at 9am and 10am

Cost: \$45/class  
 Class size is limited.

723-3648

Registration for Swim Lessons will be held on Friday, March 10 from 10 a.m. to 5 p.m. at Outdoor Recreation. The classes are for children ages 3-5 years old.

Classes will be held at the Indoor Pool located in the McAdoo Fitness Center on Tuesdays and Thursdays at 9 a.m. or 10 a.m. Class dates are March 14, 16, 21, and 23.

Cost for the March swim lessons are \$45/class. Class size is limited. For questions or additional information, please contact Outdoor Recreation at 723-3648.

**FAMILY GAME NIGHT**  
 AT ROUGH RIDERS PIZZA

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**MARCH 18 4-9 PM**  
 REGISTRATION MARCH 1-16

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 EACH ADDITIONAL PERSON: \$1/PERSON

727-6669

**DON'T MISS THE NEXT CLUB MEMBER DRAWING ON FRIDAY, MARCH 10th**

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 next weekly club member drawing will be held on Friday, Mar. 10 at Rockers Bar & Grill only as the Doolittle Center will be hosting the Chief's Induction Banquet. Drawing time varies each week between 5:30-6:30 p.m.

**FAMILY and YOUTH EVENTS & PROGRAMS**



**Mar 11 Dr Seuss Day**

The Base Library invites you to their annual celebration of Dr. Seuss' birthday on March 11 at 1 p.m. Enjoy stories, crafts, and games all related to the world famous works of this most influential of children's authors. Children of all ages are invited to attend. Call 723-3344 for additional details.

**Youth Volleyball Camp**

The Youth Center is holding registration for Youth Volleyball Camp from March 15-31. The camp will be held every Monday and Wednesday at 4:30 p.m. from April 3-28. Current immunization and Youth Center membership must be on file. For more information, call 723-2838.

**Mar 16 Creative Kids Class**

Spend the morning with your preschooler having fun decorating a T-shirt that you get to take home during the Creative Kids class at the Arts & Crafts Center on Thursday, March 16 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 the Arts & Crafts Center at 723-3640 for details.

**Kick Butts Tobacco Free Week**

Youth Center members ages 5-18 years old are invited to participate in the Kick Butts Tobacco Free Week at the Youth Center from March 13-17 at 4 p.m. Youth will learn why tobacco is bad and pledge to be drug free. Week-long activities include Tobacco Jeopardy, Advocate Against Youth Targeting, Tobacco Dirty Laundry, 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. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. Call 727-4377 for more details.

**Mar 15 Bundles For Babies**

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on March 15 from 9 a.m. to 10:30 a.m. The class is open to all ranks and not limited to a first pregnancy. Attendees will learn how to budget for your growing family and about many of the support programs that are available. Meet other expectant parents and receive a free gift for your new baby courtesy of the Air Force Aid Society. Please register by noon on March 14. For additional information, call 723-3950.

**Mar 17 Doo It Your Way Burger Night**

The Jimmy Doolittle Center invites you to their Doo It Your Way Burger Night on Friday, March 17 from 5-7 p.m. Choose from ground beef, ground turkey, or Portobello mushroom. Select the type and amount of meat, cheese, and seasonings you want. Cost is 50 cents per ounce of meat/cheese; Portobello mushrooms are \$4.50. There will be a buffet which includes salad, waffle fries, brownies, and all the burger toppings. Buffet cost is FREE for club members and \$7 for non-members. For more details, call the Doolittle Center at 723-3731.

**YOUNG AIRMEN EVENTS & PROGRAMS**

**Mar 10 Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on Mar. 10 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers 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.

**Mar 17 St. Patrick's Day Celebration**

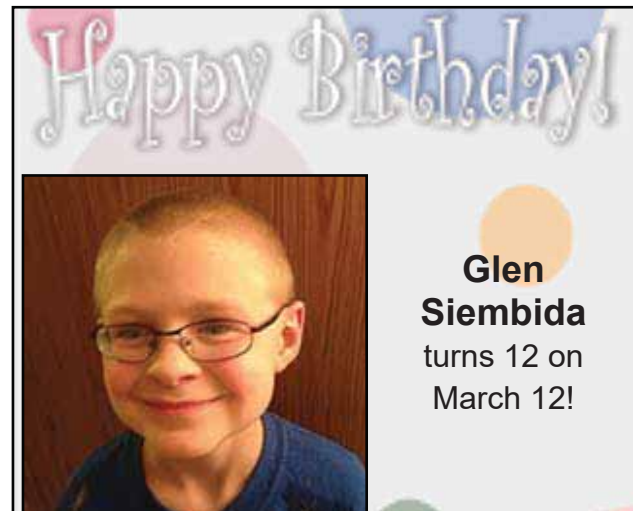
Join the fun at Rockers Bar & Grill on Friday, March 17 from 4:30-8 p.m. during their St. Patrick's Day Celebration. Enjoy traditional Irish cuisine including corned beef & cabbage, bangers & mash, Dublin coddle, and Irish cream cake. Then wash it down with a tall green beer or Irish coffee. Cost is FREE for club members and \$7 for non-members. You won't want to miss out on all the fun. For additional information, call Rockers Bar & Grill at 727-ROCK.

**Mar 18 Green Dance Fitness Party**

The Fitness Center invites you to their Green Dance Fitness Party event on Saturday, March 18 from 10 a.m. to noon. Enjoy a FREE 2 hour extravaganza of group fitness classes featuring various instructors and class formats. The event is open to all active duty and dependents 16 years of age and older. Call the Fitness Center at 723-2145 for more information.

**Mar 18 70's and 80's Night**

Rockers Bar & Grill invites you to take a trip back in their time machine during the 70's and 80's Night on Saturday, March 18 starting at 9 p.m. Relive the great music of the 1970's and 1980's as you dance the night away. Plus dress the night...be Diana Ross or Madonna. Cost is FREE for club members and \$7 for non-members. For additional information, contact Rockers Bar & Grill at 727-ROCK.



**Join the Birthday Club!**

E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.

**Minot's March Madness**

**wine pairing**

March 24 5-7 pm

Don't fall victim to Minot's March Madness! Beat the Winter blues. *learn & taste!* Featuring four wine and food combinations. Also, enjoy a Baked Potato Bar and Wine Trivia!

Wine Pairing: \$5      Baked Potato Bar  
Club Members: FREE      **ADULTS ONLY**  
Non-Members: \$7

723-3731

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September 16, 2017

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# Brig. Gen. Stoss tours Minot AFB

Brig. Gen. Ferdinand Stoss, Air Force Global Strike Command director of operations, sits inside a UH-1N Iroquois at Minot Air Force Base, N.D., Feb. 27, 2017. Stoss visited the 54th Helicopter Squadron and was briefed about their role in keeping the missile complex secure.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN J.T. ARMSTRONG




**Minot Public School's Kindergarten Enrollment For the 2017-2018 School Term**  
 Kindergarten enrollment will be held at the District Enrollment Office at the Minot Public School's Administration Building located at 215 2nd St SE, **by appointment only.**

To schedule an appointment, call 857-4444 or 857-4400, as soon as possible. [www.minot.k12.nd.us](http://www.minot.k12.nd.us) for more information and to print required enrollment forms.

- Items you must have at your enrollment appointment even if you already have children in the district:**
- Parent/Guardian photo ID
  - Copy of State Certified Birth Certificate
  - Copy of Immunization Record
  - Custody/Guardianship paperwork if applicable
  - Proof of Residence (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase Agreement, Homeowner's Insurance Policy, Ward County Property Tax Statement)

**Children must be 5 years old by July 31, 2017 to enroll.**






## Grocery Store Tour

### Diabetes

*Join a Registered Dietitian for a small group grocery store tour!*

**The Original Marketplace Foods**  
 1930 South Broadway, Minot  
 March 14 • 2-3 p.m.  
 Meet at the entrance near the deli.



*RSVP by March 13.  
 Space is limited!  
 Please reserve your spot today!  
 Call 857-5268*

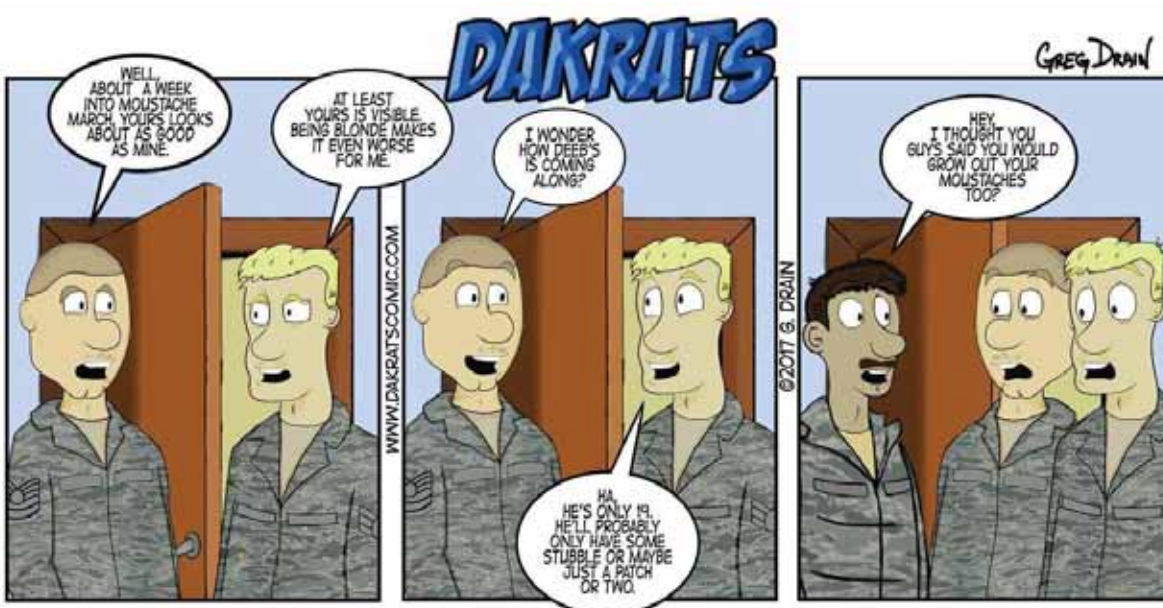


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# CHURCH DIRECTORY

**Little Flower Catholic Church**  
 800 University Avenue West  
 838-1520  
**Mass Schedule**  
 Saturday ..... 5:30 pm  
 Sunday .... 8:30 & 11:00 am  
**Fr. Fred Harvey, Pastor**  
[www.littleflowerminot.com](http://www.littleflowerminot.com)

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE Minot • 838-3094**  
 Sunday Liturgy ..... 10 a.m.  
 Saturday Vespers.... 6 p.m.  
 The Very Reverend Father Anastassy

**Harvest Reformed Church**  
  
 We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.  
 Now meeting at 1505 N Broadway, Grand International, Norse Room  
**Sunday Service 10:30 a.m. 838-0605**  
[www.harvestreformedchurch.org](http://www.harvestreformedchurch.org)

**GLENBURN FIRST BAPTIST CHURCH**  
  
 402 South Street • 701-362-7971  
**Sundays:**  
 Morning Worship..... 10:00 a.m.  
 Sunday School ..... 11:15 a.m.  
**Wednesdays:**  
 Glenburn Youth Group - interdenominational  
 Meets September thru May - for students in grades 7-12  
 6:00 meal followed by singing, games, and lessons.  
 Pastor David W. Wishoff • 701-240-1491

**Bible Fellowship Church**  
  
 Worship Service 10:45am Sunday  
 Sunday School/Bible Study 9:45am  
**GRIEF SHARE**  
**Preview Session**  
**March 12 at 6:30pm**  
**838-0916 • 1720 4th Ave NW**  
[minotbiblefellowship.org](http://minotbiblefellowship.org)

**Faith United Methodist Church**  
  
**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)  
**Pastor Tom Sumers**  
 701-838-1540  
 Sunday School (All Ages): 10 a.m.  
 Sunday Coffee Fellowship: 10:30 a.m.  
 Worship Services: Sunday 11 a.m.

**Minot Baptist Church**  
  
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World  
 Sunday School ..... 9:45 a.m.  
 Morning Worship .... 11:00 a.m.  
 Evening Worship ..... 6:00 p.m.  
 Wednesday Evening..... 7:00 p.m.  
*Independent/Fundamental/KJV*  
**500 46th Ave NE • 839-1351**  
 Pastor David Miller

**Cornerstone Presbyterian Church**  
**1000 NE 3rd Street 852-0315**  
**Sunday Schedule**  
 Contemporary Worship..... 9:30am  
 Child/Youth Sunday School... 11:00am  
 Adult Sunday School..... 8:30 & 11:00am  
 Traditional Worship..... 11:00am  
**Wednesday Evening Schedule**  
 Community Dinner..... 5:30-6:30pm  
 Contemporary Worship..... 6:30pm  
 Youth Group & Small Groups.. 7:15pm  
**All are Welcome!**  
[www.ecominot.org](http://www.ecominot.org)

**Congregational United Church of Christ**  
**430 N. Broadway • 839-1064**  
 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.

**St. Mark's Lutheran Church**  
  
*Missouri Synod*  
 Sunday Worship ..... 8:30 & 11:00 a.m.  
 Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.  
**2209 4th Avenue NW Minot, ND 839-4663**  
**Carlyle Roth, Pastor**  
[www.stmarksminot.com](http://www.stmarksminot.com)  
 Call or check out our website for more information.

**First Presbyterian Church**  
  
**430 N Broadway**  
 (Congregational Church of Christ Building)  
**701-460-6321**  
 Worship..... 9:00 a.m.  
[www.fpcminot.org](http://www.fpcminot.org)  
*Visitors Welcome*

**Apostolic Faith Church, UPCI**  
**2929 19th Ave NW • Minot**  
 Located off Hwy 83 Bypass West  
**(701)838-0609**  
 Saturday School ..... 2:00 p.m.  
 Sunday Worship ..... 3:30 p.m.  
 Wednesday Bible Study ..... 7:30 p.m.  
**Jesse Starr, Pastor**

**St. John the Apostle Catholic Church**  
  
 2600 West Central Ave • Minot, ND 58701  
**839-7076**  
 Daily Mass Schedule:  
 Tuesday ..... 7 p.m.  
 Wednesday - Friday ..... 9 a.m.  
 Saturday ..... 5 p.m.  
 Sunday ..... 8 & 10:30 a.m.  
 Fr. Dave Zimmer, Pastor  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

**First Lutheran Church - ELCA**  
  
 120 - 5th Ave. NW  
 852-4853  
 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  
 Services are now available online at [firstlutheran.tv](http://firstlutheran.tv)  
 Radio Broadcast KRRZ 1390 AM 8:30 AM  
 Pastor Ken Nelson & Pastor Brandy Gerjets

**Our Redeemer's Church**  
  
*A Church of the Lutheran Brethren*  
**Sundays:**  
 Worship..... 8:30 a.m. & 10:45 a.m.  
 Interpreter services for the deaf .. 10:45 a.m.  
 Radio Broadcast KHRT 1320 AM .... 11 a.m.  
**700 16th Ave SE • 701-838-0750**  
 For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)

**Bethany Lutheran**  
 215 3rd Ave. SE, Minot, ND  
 Phone: 838-5196 • Fax: 852-8494  
 A Member of the ELCA  
 Sunday Worship .... 8:15 am & 10:45 am  
 Sunday Fellowship ..... 9:15 am  
 Sunday School ..... 9:30 am  
 Wednesday Worship ..... 6:45 pm  
 Website: [www.bethanylutheranminot.com](http://www.bethanylutheranminot.com)  
 Email: [bethanylutheran@srt.com](mailto:bethanylutheran@srt.com)  
 Live Streaming: [bethanylutheran.tv](http://bethanylutheran.tv)  
**Pastor Janet Hernes Mathistad**  
**Pastor Gerald Roise**

**First Baptist Church**  
  
**200 3rd St. SW • 852-4533**  
[www.fbcminot.org](http://www.fbcminot.org)  
 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.  
**Rev. Kent Hinkel, Senior Pastor**  
**Rev. Barry Seifert, Associate Pastor**  
**Pastor Sam Kautzmann, Student Ministries**  
**Etaine Carlson, Children's Ministry Director**

**Calvary Alliance Church**  
  
 715 20th Avenue NW  
 Minot, ND 58703  
[www.calvaryofminot.com](http://www.calvaryofminot.com)  
**701-852-0670**  
 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

**West Minot Church of God**  
  
*Family Worship Center*  
**1105 16th St. NW • 839-1407**  
 Sunday School ..... 9:30 a.m.  
 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal..... 5:30p.m.  
 Classes for All Ages ..... 6:30 p.m.  
 Youth Center, Friday..... 7:00 - 11:00 p.m.  
 ABC Child Care Center ..... 852-6352  
[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**Bethel Free Lutheran AFLC**  
  
*"Building Followers of Jesus Christ!"*  
 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.  
**Pastor Shane McLoughlin**  
**530 22nd Ave NW • 852-6492**  
[bethel@minot.com](mailto:bethel@minot.com)

**BREAD OF LIFE ELCA LUTHERAN CHURCH**  
  
**Pastor Taryn Montgomery**  
 Saturday Worship ..... 5:00 pm  
 Sunday Worship, 8:30 am & 11:00 am  
 Sunday Education ..... 9:45 am  
 Wednesday Education..... 6:00 pm  
[Breadoflifeminot.com](http://Breadoflifeminot.com)  
*Everyone Welcome*


**Immanuel Baptist Church**  
  
**1615 2nd St. SE • Minot • 839-3694**  
**Sundays:**  
 Sunday School ..... 9:15 a.m.  
 Worship ..... 10:30 a.m.  
**Wednesdays:**  
 Soup Kitchen .... 11:30 a.m. - 12:30 p.m.  
 Family Supper ..... 5:45 p.m.  
 Classes for all ages ..... 6:30 p.m.  
 Adult Choir (as scheduled), 8:00 p.m.  
**Brian T. Skar, Pastor**  
[www.ibcminot.org](http://www.ibcminot.org)

**Cross Roads Baptist**  
  
 Sunday School (all ages) ..... 9:45 a.m.  
 Sunday Worship ..... 11 a.m. & 6:30 p.m.  
 Wednesdays (Prayer & Missions) ... 6:30 p.m.  
**www.minotcrbc.org**  
**email: crbc@srt.com**  
**415 28th Ave SE (Behind Menards) 838-1873**

**First Assembly of God**  
**1805 2nd St. SE 838-1111**  
 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.

**To Advertise your Church in this space.**  
**Call 839-0946**  
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**GRACE FELLOWSHIP CHURCH**  
 Independent - affiliated with IMF  
  
**8300 29th Ave NW Burlington, ND 58722**  
 (South side of Highway 2)  
**701-839-6319**  
 Sunday School ..... 9:00 am  
 Meet and Greet ..... 10:00 am  
 Sunday Worship ..... 10:30 am  
 Pastor Gregg S Smith  
[www.gracefellowshipatburlington.com](http://www.gracefellowshipatburlington.com)

**Gospel Tabernacle Community Church**  
  
**9999 27th St NE**  
 4 miles south of MAFB  
**James W. Henderson**  
**Anna B. Henderson**  
**Church: 701-838-4492**  
**Home: 701-838-5759**  
**KHRT 1320: 9 a.m. Sunday**  
 Sunday School ..... 9:45 a.m.  
 Adult/Children Worship.. 11 a.m.  
 Family Hour ..... 6:30 p.m.  
 Evening Worship ..... 7:30 p.m.  
**Bible Study/Child-Adult**  
**Children Worship (Wed).... 7 p.m.**  
**Prayer (Friday)..... 7 P.m.**

**ZION Lutheran ELCA**  
  
**1800 Hiawatha St. 852-1872**  
 Saturday Worship ..... 5 p.m.  
 Sunday Worship... 8:30 a.m. & 11 a.m.  
**John Streccius, Pastor**  
**Carol Wendel, Pastor**

**Trinity Church**  
  
**An Evangelical Free Church**  
**3500 4th St. SW • 839-5127**  
 (Just North of Super Wal-Mart)  
 Sunday School & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:45 a.m.  
[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

**Vincent United Methodist Church**  
  
**1024 2nd St. SE • 838-4425**  
 Behind Town & Country Shopping Center  
**open hearts...open minds...open doors!**  
 Saturday Informal Worship .. 5:00 p.m.  
 Sunday School ..... 9:00 a.m.  
 Sunday Worship Service .... 10:00 a.m.  
 Fellowship..... 11:00 a.m.  
**Pastor Ray Baker**  
[www.vincentumc.com](http://www.vincentumc.com)

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 fax 701-839-1867

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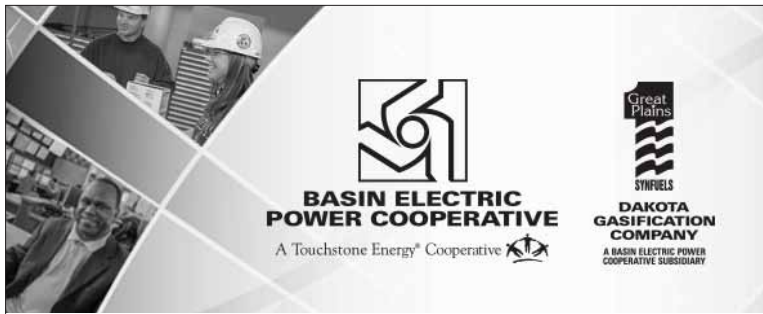
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**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot. tfn

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gpeterson@kalixnd.org  
(701)833-6559



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## REAL ESTATE

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**ANSWERS**

**SUDOKU ANSWERS**

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

Answers to puzzle from page 5

**ACCOUNTANT**

**BRADY MARTZ**  
CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
[www.bradymartz.com](http://www.bradymartz.com)

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[www.brokers12.com](http://www.brokers12.com) **BROKERS**  
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701-852-3757

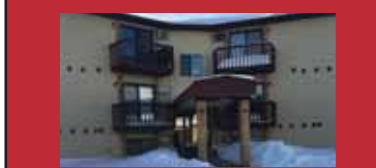
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**AFFORDABLE LIVING** - 2 bedroom, 1 3/4 bath sharp condo. Living area has hardwood floors and a fireplace. Master bedroom has an attached bath with storage. Sliding doors to deck with a great view of Minot. Detached 2 stall garage.

**MLS #170134**



**\$265,000**

**CUSTOM BUILT** - Totally refinished 4 bedroom home. All new kitchen flooring, custom cabinets and milling. Main floor laundry. Upper level family room with fireplace, master suite and doors to balcony. Unfinished basement. New furnace, A/C and electric panel. Double garage.

**MLS #162024**



**\$349,900**

**SPLIT FOYER** - 4 bedroom, 3 bath home in SE area. Open living room, dining and kitchen with custom cabinets, walk-in pantry and an island. Master suite with full bath and walk-in closet. Large lower level family area, bedroom bath and laundry. Triple garage.

**MLS #170189**



**\$139,900**

**GREAT STARTER** - Original wood trim throughout, nice hardwood floors and stairs to an attic that could be finished. 2 bedroom, 1 bath home on large lot with mature trees and fenced yard located close to elementary school. Detached 2 car garage with newer steel roof.

**MLS #170348**

**NEW**  
MinotAreaOpenHouses.com  
Courtesy of Minot Multiple Listing Service

**All Minot Area Open Houses can be found online!**  
Access it from your smart phone, tablet, or computer!



**\$259,900**

**GREAT UPDATES!** 4 bedroom, 2 1/2 bath ranch style home. Vaulted ceiling, gas fireplace in living room, kitchen has breakfast bar, walk-in pantry and quartz counters. Lower level family room. Double garage. Seller offering Home Warranty plan.

**MLS #162026**

**Gary Kramlich**  
721-0526  
kramlich@minot.com

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**Geri Erven-Beede**  
509-1773  
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TRANSPORTATION

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 <b>06 Chevy 2500HD</b> Reg Cab 4x4, 3' Lift, 128K <b>\$10,995</b>	 <b>95 Nissan Pathfinder</b> 4x4, 116K, Remote Start, NICE! <b>\$3,995</b>	 <b>07 Chevy Suburban LTZ</b> 4x4, loaded, 121K DVD <b>\$15,995</b>
 <b>07 Toyota Camry</b> 109K, Great car! <b>\$7,995</b>	 <b>06 Acura TL</b> 118K Heat/Seats, Remote, New tires <b>\$7,995</b>	 <b>07 Chevy Tahoe LT</b> 4x4, 128K, NAV/Bose, remote <b>\$14,995</b>
 <b>07 Chevy Trailblazer LT</b> 4x4, Heat/Leather, Remote <b>\$7,995</b>	 <b>00 Buick Century</b> 92,000 Miles, Runs/Drives Great <b>\$3,995</b>	 <b>06 Chevy Crew Cab LT</b> 119K, NICE! Heat/Leather, Remote <b>\$15,995</b>
 <b>06 Kia Optima</b> 83K, Remote Start, Nice car <b>\$4,995</b>	 <b>02 Toyota Sequoia SR5</b> 4x4, 149K, Runs/Drives great, Clean <b>\$6,995</b>	See the rest of our inventory at <a href="http://www.Karz4-U.com">www.Karz4-U.com</a>

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

**RUTHVILLE:**  
• R&J's Fuel

**GLENBURN:**  
• Glenburn Cenex  
• City Hall

**SURREY:**  
• City Hall  
• Barry's Food & Fuel

**BURLINGTON:**  
• J's Stop & Go

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or visit us at 315 S Main St. Suite 202  
(inside the front doors of the Main Medical building)  
or email nsads@srt.com.

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**1st Minot Realty**

**COLDWELL BANKER 1st Minot Realty**  
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**\$114,000**

Eastwood Park Splendor! Beautifully updated 3 bedroom 2 bath turn of the century home. Maintenance free exterior. Formal living room with open archway to spacious dining room. Newer kitchen appliances, flooring & cabinets. Call Aisha Vadell at 240-3780. #170434

**\$235,000**

**\$165,000**

Beautiful 1300sf condominium, with 2 bedrooms / 2 bathrooms / 1 car garage. No basement, everything on one level (no steps), with main floor laundry. Open concept with living room, dining room, and kitchen. Call Clyde Thorne at 240-8594. #170402

**\$185,000**

**\$125,000**

This 2 stall garage house with 2 bedrooms and 1 bath on the main floor is at a great price for a starter home! Brand new wood deck built on the side door, good sized yard with shed, plenty of space for a vegetable garden, flower beds, and potted plants. Call Clyde Thorne at 240-8594. #162001

**\$109,900 - Burlington**

**\$664,900 - Surrey**

Ready to move in 5 bedroom and 2 bathroom home. Oak kitchen cabinets, all appliances stay, patio off the dining room. Double pane windows, laminate flooring throughout the home. Detached single car garage. Call Clyde Thorne at 240-8594. #152643

**\$259,900**

This Brick Duplex is located in NW Minot one block from the University. It is a great investment opportunity or a chance to live in one unit and rent out the other to help w/mortgage. Call Tamie Dunn at 720-1723. #161752

**\$135,000**

Nicely remodeled townhome with large garage on large corner lot with an additional 1/3 acre lot to go with sale of home. Home consists of 2 large upstairs bedrooms & large bathroom. Lower level has hardwood flooring throughout. Call Jerry Thomas at 833-7578. #161851

**\$160,889**

Gorgeous 2012 custom built home on 7 beautiful acres complete with a scenic stream, ponds and the wildlife. This home boasts over 4,000 sq ft of high quality living space, oversized triple garage, 5+ bedrooms, 3 full baths, sunroom and an office with built-ins. Call Danette Krumwiede at 720-2335. #160889

**\$170,038**

Nice 4 bdrm Split foyer home located in a quiet SW neighborhood! This well taken care of home has 3 bdrms on the main floor with a full bath, plus a 1/2 bath off the master bdrm. The kitchen has stainless steel appliances. Call Amber Alexander at 500-0810. #170038

**\$170,049**

Great 1st home! This affordable priced 3 bedroom, 2 bath home has a view that overlooks Town & Country mall! Meals can be served in the formal dining room or at the table in the kitchen with a view out to the backyard. Call Aisha Vadell at 240-3780. #170049



# March 17

## 7PM - 1AM

**MUST BE 21 AND OVER TO PARTICIPATE. THIS IS A SELF-GUIDED PUB CRAWL AND SCAVENGER HUNT. COMPLETE ALL TASKS BY MIDNIGHT AND BE ENTERED TO WIN A PRIZE PACKAGE FOR YOUR TEAM! FREE ADMISSION. PLEASE DRINK RESPONSIBLY. AND DON'T DRINK AND DRIVE.**






## HAPPY ST. PATRICK'S DAY

### ST. PATRICK'S DAY SPECIALS

- ♣ \$5 Irish Car Bombs
- ♣ \$7 Guinness & Shot of Jameson
- ♣ \$6 Sheppard's Pie (while supplies last)

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Friday - Saturday  
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M-TH: 5PM - 11PM  
FRI: 3PM - 1AM  
SAT: 5PM - 1AM

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