

northernsentry

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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS

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AIRMAN 1ST CLASS ALYSSA M. AKERS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

"Yesterday, December 7th, 1941, a date which will live in infamy, the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan."

With those words, President Franklin Roosevelt ensured America would never forget Pearl Harbor.

Betty Anderson was only 15 years old, but this would be a day she and her family would never forget.

"I was out Sunday afternoon with a couple of girls [when it happened]," said Anderson, sister to Navy Fireman 1st Class Lawrence Fecho. "[At the time] we didn't think too much of it."

Lawrence was assigned to the USS Oklahoma in Pearl Harbor. His ship was struck by nine Japanese torpedoes,

causing it to capsize. 429 sailors and marines were trapped, giving the ultimate sacrifice, their life.

"I thought it was impossible he was dead," said Anderson. "We all thought maybe he went to town and stayed overnight. We just received Christmas cards from him. [But] a few days after, we were told he was killed."

In 1943, the Oklahoma was removed from the ocean and the bodies were recovered. Due to the lack of technology at the time, many were buried without being identified. They were laid to rest with a shared memorial stone.

Lawrence was still missing.

72 years after recovery and with the advance in technology, the Department of Defense announced plans to identify the originally unidentified remains of those killed and buried.

Lawrence was one of the missing who were identified.

He was finally returned home to North Dakota, on Aug. 13, 2017. He was

laid to rest at Immanuel Lutheran Church in Willow Creek.

Lawrence was welcomed by Willow City natives, Minot Air Force Base

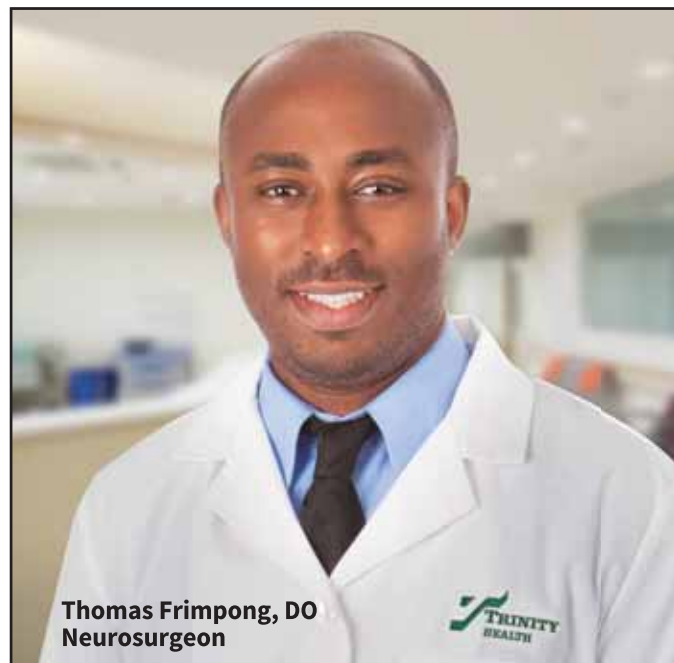
Airmen, families and military veterans. More than 200 people lined the

Continued on page 3

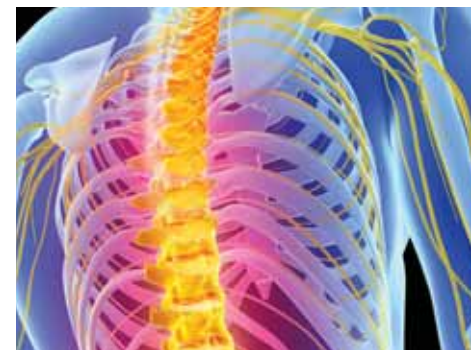


Navy Fireman 1st Class Lawrence Fecho

COURTESY PHOTO



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COMING HOME from page 3

streets for Lawrence's return.

"I think this community has answered the call pretty well," said Bill Fecho, Willow City mayor and Lawrence's nephew. "The amount of support we're getting is unbelievable."

Support came from not only the community, but also military members from Minot AFB.

"I supported the memorial to serve those who served before me, especially those who lost their lives while serving," said Tech. Sgt. Matthew Knight, 5th Force Support Squadron NCO in charge of officer and enlisted promotions, retirements and separations. "I will try to attend as many of these returns as possible,

they deserve it."

The funeral also brought Lawrence's extended family together. Approximately 40 relatives from all over the country attended the return.

"We would never get together without something of this magnitude happening," said Bill. "It brought the family close."

The memorial was an example that those who serve and lose their life live on to this day.

"I feel it's our duty as Airmen and as Americans to support those who answer the call to protect this country and to pay our respects to them and their families," said Knight. "I ensure that the member and their families know that they are not forgotten."



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS



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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS

Betty Anderson, sister to World War II veteran Navy Fireman 1st Class Lawrence Fecho, accepts a flag during Fecho's funeral in Willow City, N.D., Aug. 13, 2017. Anderson, 90, is the last living sibling of Fecho.

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CONTACTUS

Tonya Stuart-Melland
Sales Manager | Ad Designer
nsads@srt.com

Beth Duchsherer
Ad Designer | Sales Representative
nsgraphics@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Lt Col. Jamie Humphries

Public Affairs Officer

Lt. Danielle Lucero

Chief Editor

Airman 1st Class Jessica Weissman

Staff Photojournalists

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NEWSSUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL&FAX

315 South Main Street, Suite 202

PO Box 2183

Minot, ND 58701 | 701.839.1867

VIEWONLINE

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FACEBOOK

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Twentieth Air Force Prepares for Inaugural Olympic Flag Exercise

AIRMAN 1ST CLASS BREANNA CARTER | 90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. -- The 20th Air Force will hold its first week-long, Olympic Flag exercise at F. E. Warren Air Force Base, Wyoming, to bring ICBM operators from the three missile wings together to demonstrate their expertise and to collect best practices across the ICBM force.

"I'm really excited about our new approach to Olympic Flag," said Maj. Gen. Anthony Cotton, 20th AF commander. "Similar to Flag Exercises seen across the Air Force, this one meets two of my objectives; witnessing the readiness of our line missile combat crew members and all the activity from mission planning, instructing and debrief in a simulated operational environment. Olympic Flag is about tapping the shoulder of certified crews and instructors and seeing them showing off their stuff. And like other Flags, we can garner best practices to incorporate across the Numbered Air Force."

Cotton randomly selected the operators from each missile squadron to

participate in the exercise. "Eligible members were missile combat crew commanders and deputy missile combat crew commanders that aren't marked as experienced, and instructors assigned to the missile squadrons," said Capt. Bryce Acres, 20th AF ICBM Nuclear Command, Control and Communication operations chief. "We established criteria to select younger operators to provide them with a unique training experience that they can build upon as they move forward in their careers. These are the Airmen who are out doing the mission every day and will provide the opportunity to gather lessons learned that can then be applied to the whole crew force."

The following Airmen are participating in the Olympic Flag exercise:

- 90th Missile Wing
 - 1st Lt. Matej Osyka and 1st Lt. Kendra Smith, 319th Missile Squadron
 - 1st Lt. Nicholas Anderson and 2nd Lt. Timothy Olinger, 320th Missile Squadron
 - 1st Lt. John Pacheco and 2nd Lt. Seth Hirschauer, 321st Missile Squadron



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SYDNEY CAMPBELL
Maj. Gen. Anthony Cotton, 20th Air Force commander, and the three Operations Group Commanders (from left to right) Col. Anita Feugate-Opperman, 341st OG commander; Col. Bob Ewers, 90th OG commander; and Col. Catherine Barrington, 91st OG commander pose for the 20th Air Force Olympic Flag presentation at the Eubanks Conference Center at Barksdale Air Force Base, La., Aug 29, 2017.

- | | | |
|--|--|--|
| 1st Lt. Caleb Larsen, instructor
91st Missile Wing
1st Lt. Carerra Burreis and 2nd Lt. Mathew Trevino, 740th Missile Squadron
1st Lt. Vincent Flory and 2nd Lt. Jacob Farrell, 741st Missile Squadron | 1st Lt. Daniel Wang and 2nd Lt. William Yau, 742nd Missile Squadron
Capt. Marian Dinkha, instructor
341st Missile Wing
1st Lt. Eric Maloney and 2nd Lt. Kayla Reed, 10th Missile Squadron | 1st Lt. Margaret Schuetz and 2nd Lt. Maximiliano Castera, 12th Missile Squadron
Capt. Kristen Bumgardner and 2nd Lt. Tyler Griffin, 490th Missile Squadron
Capt. Kenneth Clement, instructor |
|--|--|--|

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Plan Your Fall Getaway in North Dakota

NORTH DAKOTA LEGENDARY

Autumn in North Dakota is centered in the outdoors, from angling on a quiet lake to hitching a hayride or tailgating at a football game. Convene at a coveted spot with family and friends to take in September's delightful sights and smells. Whether you crave the solitude of the countryside or the energy of community this September, there is something for you in North Dakota.

Drum up your favorite people for a weekend of North Dakota fun. Theodore Roosevelt National Park is a sure bet for a good time and September is an ideal time to visit. The park is the perfect backdrop for the changing season as leaves amber and wildlife prepares for winter. Rent a kayak or canoe and enjoy fall's foliage from a new perspective – one of North Dakota's many lakes or rivers. In need of a "man-cation?" Fishing is a year-round sport in North Dakota, so rejoice in autumn's cooler weather while angling a day away with your mates (<http://www.ndtourism.com/best-places/8-great-fishing-spots-north-dakota>). Alternatively, Medora is

home to the spectacular Bully Pulpit Golf Course, as well as several nice hotels and taverns (<http://medora.com/do/outdoor/bully-pulpit-golf-course/>).

For an urban experience, enjoy an Oktoberfest celebration replete with lederhosen, beer steins and accordions (www.jamestownarts.com; www.mandanprogress.org) or soak up the dazzling sounds and sights of a powwow (www.unitedtribespowwow.com).

A variety of fall festivals across North Dakota offer visitors the chance to get their fill of apple pies and hayrides, as well as some exquisite one-of-a-kind art pieces and delectable eats. Minot's Hostfest – North America's largest Scandinavian festival – has been providing "pure Scandimonium" for more than 40 years. This year, the Doobie Brothers, Amy Grant and The Little River Band perform live at Hostfest (<https://hostfest.com/>).

For many Americans, September is synonymous with football; it's a sentiment widely shared in North Dakota. Show your spirit by donning team colors and tailgating with fellow fans for a

pregame celebration. Bars and restaurants across the state happily accommodate fans during football season, as do stadium parking lots. Cheer on NCAA Division I FCS national championship contender North Dakota State University (www.ndsu.edu/homecoming/) during its homecoming event. The second-ranked NDSU Bison are the only college football program to ever win five consecutive national championships. Travel to Grand Forks for the 52nd annual Potato Bowl (www.potatobowl.org) where the 10th-ranked University of North Dakota Fighting Hawks play host to Missouri State. Check out the schedules of Bismarck's University of Mary or Minot State, both of which play in the NCAA II Northern Sun Intercollegiate Conference. And not to be over-looked are a range of sporting events occurring at the NAIA, junior college and high school levels.

These are just a few of the activities available in September in North Dakota. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

Holistic Healing & Psychic Fair coming to Minot, ND

BODYLABUSA

Healing therapists, intuitive consultants, aura photos, health professionals, psychics, spirituality resources, crystals, stones, jewelry, specialty gifts and more are available to attendees of the Holistic Healing & Psychic Fair. Come join us for a fun and educational event in a comfortable, inspiring atmosphere. Gift bags

will be distributed for the first 25 guests through the door!

BodyLabUSA's goal is to bring awareness and education to everyone about the benefits of alternative healing. All providers use One Universal Energy to help heal our bodies emotionally, spiritually, and or physically. BodyLabUSA continues to expand more and more each year. Currently, we

have presence in 6 states with plans to further expand next fall and internationally as well.

Come check out the upcoming Holistic Healing & Psychic Fair on November 18th, 2017 at Sleep Inn & Suites. This event will run from 10:00 am until 5:00 pm. Admission is \$5. Check out www.BodyLabUSA.com or our Facebook Page - BodyLabUSAOnline for more information!

Let's Harvest Apples for Good Health

NDSU EXTENSION COLUMN

Apples often are used as the symbol for health for good reason. Eating more apples as part of an overall healthful diet may help lower our risk for diabetes, heart disease, stroke, cancer and even asthma, according to some studies. Apples are a good source of fiber, vitamins and minerals. In the U.S., we often have many types of apples to choose from in grocery stores. Apples are "on-the-go" snacks with less than 100 calories per medium apple. Visit www.ag.ndsu.edu/fieldtofork and click on "Learn More ..." then "Apples" for more information about selecting, preparing and preserving apples. Check out all the other fruit and vegetable links, too. Try These Tips:

- Add apples to your recipes. Rinse apples under cool, running water. Slice into prepared oatmeal, over lettuce salads or blend into smoothies. Grate some apple into your favorite muffins or quick breads.

- Bake apples as a quick dessert (with fewer calories than apple pie). Remove the core to create a "well" in each medium-sized apple. For each apple, mix 1 tablespoon brown sugar, 1 tablespoon rolled oats, and a sprinkle of cinnamon and nutmeg. Pack mixture into the apple "well" and add 2 to 3 tsp. of butter or margarine to the top of the stuffed apple. Place apples in baking dish. Add a small amount of hot water in an 8- by 8-inch baking dish (1 cup for four apples). Cover the top of pan with aluminum foil and bake at 375 F for 40 to 50 minutes (until apples are tender).

- Make homemade applesauce. Select full-flavored apples. Wash apples, peel if desired, core and slice. To each quart of apple slices, add a cup of water; cook until tender. Mash or puree (in blender) and add ½ cup sugar, if desired, for each quart of hot puree, stirring until dissolved. Cool and package in freezer containers or bags. Seal and freeze. For easy stacking, freeze the bags of applesauce on a tray.

- Freeze apple slices. Select firm, crisp, full-flavored apples. Wash, peel and core. Slice medium apples into twelfths and large sizes into sixteenths. To prevent apples from darkening during preparation, dissolve ½ teaspoon ascorbic acid (found in the canning section of grocery stores) in 3 tablespoons water. Sprinkle over the fruit. Place treated slices in a single layer in a steamer basket; steam 1½ to 2 minutes, depending on thickness of the slices. Cool in ice cold water; drain. Pack apples into freezer bags or containers. Press fruit down and leave about ½ inch at the top to allow for expansion during freezing. Seal and freeze. See "Freezing Fruits" (FN182) at www.ag.ndsu.edu/foodpreservation/freeze for more information.

- Dry apples or make fruit leather for snacks. See "Drying Fruits" (FN1587) and "Making Fruit Leathers" (FN1586) at www.ag.ndsu.edu/foodpreservation/dry for free directions.

For more information on harvesting and preparing apples, visit the Ward County Extension Office at 225 3rd St SE, Room 123, Minot, or give them a call at 857-6450.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Dyed-in-the-wool grouse hunters may be a minority compared with pheasant hunters, but North Dakotans are indeed fortunate in having such a fine all-around game bird as the sharp-tailed grouse."

— "Feathers from the Prairie" by Morris D. Johnson and Joseph Knue.

A few opening hunting seasons can be checked off the "to do" list – archery deer and dove in particular.

Now it's time to focus on what seems to be drawing less attention in recent years – sharp-tailed grouse and partridge. Oh, and don't forget ruffed grouse season for those who love North Dakota's forested tracts, albeit as limited as they are. And tree squirrel season gets underway, as well.

Yup, those seasons open Sept. 9.

To honor those species, let's test one's knowledge of the critters hunters will seek as they trek the prairie – and maybe hills and forests: Let's play trivia:

*Trivia Question Number One: What upland game bird has occupied North Dakota's prairie grasslands the longest?

*Answer: Sharp-tailed grouse. Native to the state, sharptails have lived on the prairie for thousands of years.

*Trivia Question Number Two: What is it about a sharptail's tail that distinguishes it from other North Dakota grouse species?

*Answer: It's pointed tail. Hmmm, maybe that's why it's called "sharptail"?

*Trivia Question Number Three: This is, admittedly, a tough two-part question...what year did the N.D. Game and Fish Department first stock Hungarian partridge and what country did they directly acquire them from?

*Answer: The department purchased about 100 pairs of partridges directly from Czechoslovakia in 1923, housing them at the former Grafton Game Farm until released in 1924. Bonus points are awarded to anyone getting this answer correct.

*Trivia Question Number Four: What year was North Dakota's first partridge season?

*Answer: The Game and Fish Department allowed

partridge hunting for the first time in 1934.

*Trivia Question Number Five: Are ruffed grouse native to North Dakota?

*Answer: Yes. Just as sharptails have been on the prairie for thousands of years, ruffed grouse – ruffie is its nickname – have been on the North Dakota forest landscape the same amount of time.

*Trivia Question Number Six: True or false – ruffed grouse "drum" on logs or brush piles in groups of multiple males during spring courtship rituals.

*Answer: False, solitary males "drum", unlike other grouse where several males gather at sites known as leks.

*Trivia Question Number 7 (can't forget those squirrels): Another true and false question – both grey and fox squirrels are native to North Dakota.

*Answer: False, grey squirrels are native, although they've expanded their historic range. It's believed they only occurred in woody southeastern North Dakota areas in the early 1900s. Fox squirrels, however, likely arrived in the southeast sometime in the 1940s, perhaps from Minnesota and South Dakota. They, too, have expanded their range across the state.

OK, now that everyone is armed with either newfound knowledge about some of the state's huntable critters – or confirming one's expertise – it's time to take to the field when the seasons open.

Just a final word about the early hunting seasons – beware of blue-green algal blooms and the potential for blue-green algae. Also be sure to rest dogs often, don't hunt them in hot weather, and carry water. If a hunter is hot and thirsty, hunting dogs will be many more times as hot and thirsty. Heat exhaustion and heat stroke is real for humans and dogs, alike.

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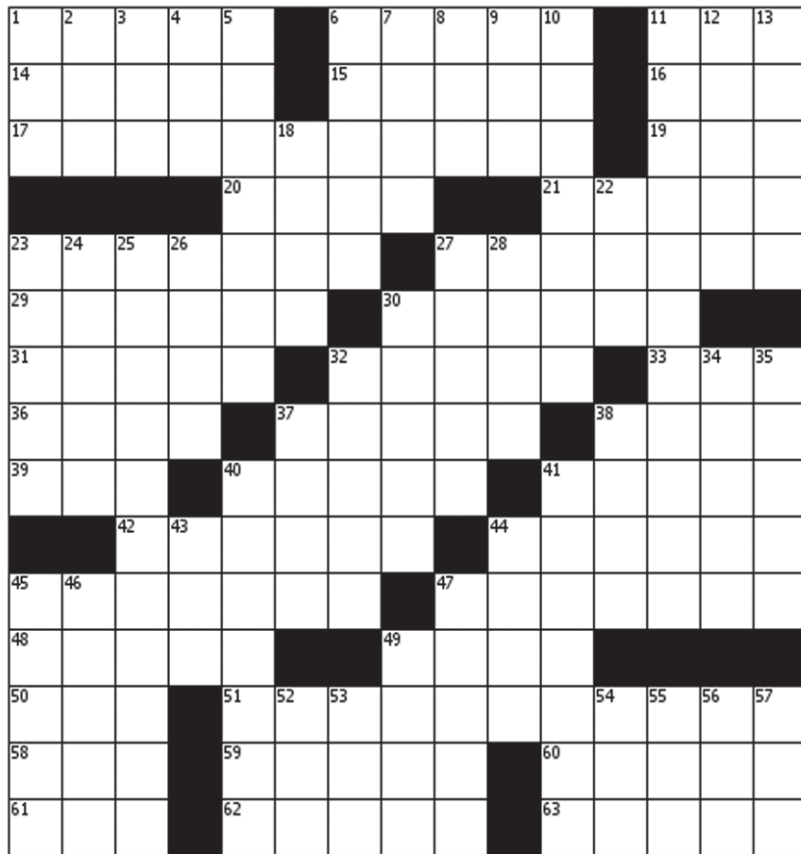
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CROSSWORD PUZZLE

Across

- 1. Basic unit of capacitance
- 6. Battle mettle
- 11. Dr. Seuss character
- 14. TV studio light
- 15. City on the Penobscot
- 16. Nod or mod attachment
- 17. Boys with badges
- 19. Org. in "Patriot Games"
- 20. "Rich Man, Poor Man" author
- 21. Film editor's units
- 23. Sunblock
- 27. Polish remover
- 29. Removed from memory
- 30. Word with Vallarta or Rico
- 31. Biblical king
- 32. Bernstein and Lewis
- 33. Twist-off, e.g.
- 36. Atlas statistic
- 37. Flower component
- 38. Toast-topper, sometimes
- 39. Novelist Deighton
- 40. Military assistants
- 41. Nose-offending stimuli
- 42. He may swing from the heels
- 44. Mint product
- 45. Got going
- 47. Like eggs prepped for scrambling, perhaps
- 48. Crop up
- 49. Equine check
- 50. Feathers partner
- 51. Rat
- 58. Opening-day pitcher



- 59. Gabardine or serge e.g.
- 60. "The Barber of Seville," e.g.
- 61. "The Simpsons" neighbor, Flanders
- 62. They're rung up
- 63. Drew, of fiction

Down

- 1. Darius, to Alexander
- 2. Santa ___ winds
- 3. Classless newspaper

- 4. Suffer ill health
- 5. Adorned
- 6. Outspoken
- 7. "... pretty maids all in ___"
- 8. Bodybuilder Ferrigno
- 9. Can. province (Abbr.)
- 10. Personnel lists
- 11. Noisy timekeeper
- 12. Immigrant
- 13. Kid a kid

- 18. Equipped with footwear
- 22. Telecom co.
- 23. Piano feature
- 24. "What ___ mood I'm in ..."
- 25. Black-tressed
- 26. It's east of the Urals
- 27. Sainly radiances
- 28. Spreadsheet unit
- 30. Word with news or tissue

- 32. Gave up, as land
- 34. Condor's nest
- 35. Did some modeling
- 37. Locale
- 38. Keats' creations
- 40. Bears witness
- 41. Your view or mine
- 43. April 15 addressee
- 44. Transport commercially
- 45. One leading to temptation?
- 46. Kind of element
- 47. Water holes
- 49. Proper function

- 52. One-time Delta competitor
- 53. Black gold
- 54. 3.75, e.g.
- 55. Poe's evening
- 56. Fabled sea monster
- 57. Thumbs down

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

I	R	I	S		R	I	C	H		M	A	D	A	M	
R	E	N	T		E	C	H	O		A	L	I	V	E	
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Q	U	A	R	T	E	R	R	E	S	T		E	R	S	
I	N	W	A	R	D	S				H	E	W	N		
			G	U	Y			N	A	I	L	H	O	L	E
C	A	P	E	S			H	O	W	E		O	V	E	R
A	P	E		S	H	I	E	L	D	S		E	A	R	
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D	E	E	R	E			M	E	S	A		S	E	E	S

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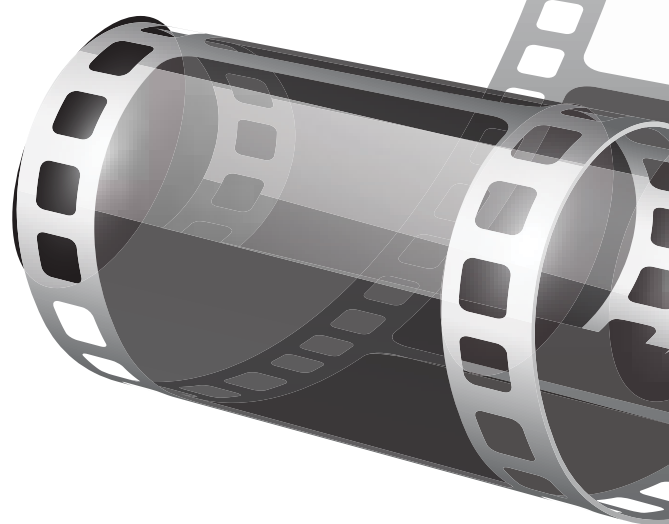
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“ An FBI agent teams with a town's veteran game tracker to investigate a murder that occurred on a Native American reservation. ”

REEL TIME THEATER MOVIE SCHEDULE



Lasagna Party Ring



INGREDIENTS:

- 3 tablespoons canola oil
- 1/2 onion, diced
- 4 cloves garlic, minced
- 3/4 pound ground beef, 80:20 ratio of lean to fat
- 3/4 pound ground sweet Italian sausage
- 1 teaspoon salt
- 1 teaspoon black pepper
- 28 ounces tomato sauce
- 15 ounces ricotta
- 1/2 cup shredded Parmesan
- 1/4 cup basil, chopped
- 1 egg
- 18-20 cooked lasagna noodles
- 2 cups shredded mozzarella
- 1/2 cup marinara sauce, to serve

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a large pot over high heat, add oil, onions, and garlic, and cook until they begin to brown, stirring occasionally. Add the beef, sausage, salt, and pepper, cooking until all of the moisture has evaporated and the meat is starting to brown on the edges, breaking the meat up as you stir. Add the tomato sauce, then reduce heat to a simmer, cooking the sauce down until the mixture becomes extremely thick, almost paste-like. Remove from heat and set aside. In a bowl, combine the ricotta, Parmesan, basil, and egg, mixing until smooth. Set aside. Slice 6 of the lasagna noodles in half. These will serve as the layers in between the meat and the cheese mixture. Spray a bundt pan with nonstick cooking spray, then lay about 10-12 noodles into the bottom of the pan, fanning them out in an overlapping pattern. One end of the noodles should be just as tall as the center of the pan, and the other end of the noodles should hang over the sides of the pan. Sprinkle half of the mozzarella into the bottom of the pan on top of the noodles. This will help bind the noodles together when cooked. Spread half of the meat mixture evenly in a ring over the top of the mozzarella, then lay half of the cut noodle pieces over the top to create a noodle layer. 10. Spread all of the ricotta mixture over the noodles in an even ring, then layer with the rest of the noodles and the rest of the meat sauce. Fold the edges of the lasagna noodles hanging over the sides of the pan back towards the center, creating another overlapping pattern. Sprinkle the rest of the mozzarella evenly on top. Bake for approximately 45 minutes, or until the cheese is a deep golden brown. Cool for about an hour, then carefully invert the ring onto a cutting board. Slice the ring, then top with any extra Parmesan and basil. Place a small bowl filled with marinara at the center of the ring, for dipping. Serve!



BRADY RANDALL AND THE OPENMIND TEAM

OpenMIND is hosting our 3rd annual fundraiser event on Saturday, September 9th. Leewok Music & Arts Festival is an all ages event boasting all day live music from large regional artists Charlie Parr, D Mills and the Thrills, Brothers Burn Mountain, Marigold and Al Scorch. Activities for the day will also include a BBQ dinner, yoga, guided meditation, all sorts of kid's activities are all included in \$35 ticket price. Kid's 12 and under are free. Leewok is an outdoor event running from 2:00 - 12:00 AM (rain or shine). Beer and wine will be served throughout the evening. Ticket purchases can be made at www.lee-wok.com.

OpenMIND is a budding, local non-profit organization devoted to bringing awareness to mental health and suicide in our community. The suicide rate in North Dakota has risen by over 70% over the last ten years and has become a disheartening concern in our communities. We feel there is an underlying stigma against addressing mental health within our culture. We need to work together to change this. We created LeeWok Music & Arts Festival in honor of our brother Lee Randall – who we lost to suicide almost seven years ago. We have pledged 25% of the funds we raise during the event to the Minot Public Schools

Community Learning Center program (MPS CLC). The goal of this donation is to help implement and promote mindfulness education programs – mindfulness techniques have been proven to increase optimism and happiness in classrooms, decrease

all the children around the Earth learned to use these tools during their childhoods. What a change our world would experience within just one generation. In addition, 25% of the funds raised will go to the Minot State University Veterans Center, who has developed a mentorship



program for student soldiers coming off of active duty and transitioning back into civilian life. The Center serves as a guide for active duty, transitioning active duty, veterans, dependents and spouses into the university education system. The Center's office strives to ensure VA educational benefited individuals are able to put those earned



bullying and aggression, increase compassion and empathy for others and help students resolve conflicts. Our hope is to give the kids some tools they can use anytime: tools to calm down, slow down and feel better when they are troubled. We sure wish we had these tools at my disposal when we were their age. Imagine if



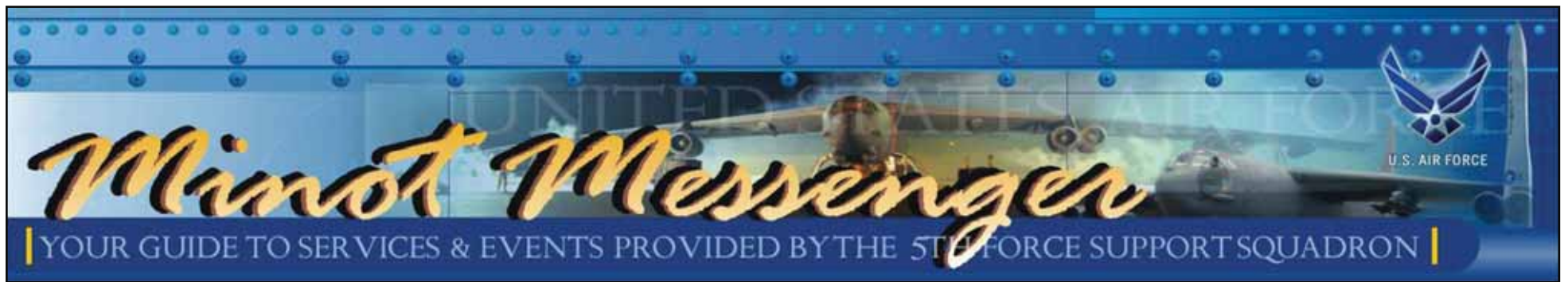
benefits to use in a quality education at Minot State University, while providing referrals to academic and financial assistance as well as to physical and mental health wellbeing support. The Center helps veterans and their families find answers to the questions they have about those educational benefits and how to put them to work for them.

Western Plains Opera Company presents
Offenbach's Orpheus in the Underworld
 Ann Nicole Nelson Hall • Minot State University
Friday, September 8th, 2017 at 7:30 PM
Sunday, September 10th, 2017 at 3:00 PM
 MAFB personnel receive a \$5 discount on Sunday
 Stage Director: Julie Wright-Costa
 Conductor: Efrain Amaya
 Art: Susana Amundarain
 Tickets available online at www.wpopera.org
 by phone at 701-858-3185 or at the door.
 Box Office Hours: Mon-Fri from 8 AM to 4 PM
 At Door Sales: Box Office opens 1 hour prior to the show.

A TASTING TEST OF SOME OF THE BEST!
SERTOMA BEER FEST
 Friday, September 8, 2017
 6:00 pm sharp
 State Fair Center, Minot
 Sample 16 Beers!
 Door Prizes! Food! Fun!
 \$40 per person in advance
 \$45 at the door • \$280 for table of 8
 Tickets: contact Visit Minot - 701.857.8206 or visit: MinotSertomaClub.com
 Proceeds used to benefit hearing and speech initiatives of the Minot Sertoma Club

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 2001 8th Ave. SE Minot



Pet Fair Offers A "Dog-Gone" Good Time For Pet Lovers

FAMILY PET FAIR
SEPTEMBER 16
10AM-12PM

Bring your pets to Bud Ebert Park for a little fun, competition and prizes! Bring your lawn chair and enjoy the day with your pet. Enter your pet in the Best Dressed, Owner/Pet Look-A-Like, Most Unique Name, and/or Most Unusual Pet Trick contest. Prizes also given for Best Canine, Best Feline and Most Unique Pet. There will be prizes, giveaways and much more for the whole family to enjoy!

SPONSORED BY
 NORTH COUNTRY MERCANTILE EXCHANGE
NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

723-6718

You never know what you'll see when you attend the annual Pet Fair. The event features more than simply cats and dogs as those attending often see guinea pigs, lizards, and more. Pet lovers of all kinds will enjoy the annual Family Pet Fair on September 16 from 10 a.m. to noon at Bud Ebert Park.

Kick Off The NFL Season During Tailgate Party At Rockers

It's time to cheer on your favorite NFL team as Rockers Bar & Grill kicks off this year's Sunday football action with their Football Kick-Off Tailgate Party in the lounge on Sunday, September 10. Doors open at 11:30 a.m. with the games beginning at noon. The event is free for club members and \$5 for non-members and includes a special tailgate buffet (or you can order off of the limited bar menu); adults only. Then catch all the action on the big screen or on one of the many televisions located throughout Rockers Bar & Grill. The dining room will be closed for regular dining.

For additional information, call Rockers Bar & Grill at 727-ROCK

Again this year, the 5th Force Support Squadron has partnered with the Exchange to provide a great family outing designed for anyone who owns a pet. It provides a perfect opportunity to show off the furry members of your family with lots of great contests, prizes, and giveaways.

Owners may register their pet at the event in numerous contest categories including: Most Unique Name, Owner and Pet Look-A-Like, Best Dressed Pet, Most Unusual Pet Trick, Best Feline, Best Canine, and Best Unique Pet. Prizes will be awarded to contest winners.

A wide variety of pet supplies and products will be given away to attendees during this year's Pet Fair. You are also invited to visit various pet related booths.

The annual Pet Fair is sponsored by The Exchange and North Country Mercantile. *No Federal Endorsement of Sponsors Intended.* For more information, call FSS Marketing at 723-6718.

727-ROCK

SEPTEMBER 10
11:30AM-6:30PM

ROCKERS TAILGATE PARTY

ADULTS ONLY

Come root for your favorite team opening day of 2017 NFL Football season at Rockers. Enjoy our special Tailgate buffet, FREE for Club members. Non-members: \$5. Or order from our limited bar menu.
 NOTE: Dining Room will be closed.

Rough Rider Lanes Offering Bowling Clinics Featuring PBA/USBC Hall Of Fame Member

COME MEET 727-4715
PROFESSIONAL BOWLERS ASSOCIATION PROFESSIONALS

SEPT 8TH
4PM-6PM & 6:30-8:30PM

ATTENTION BOWLERS!
 35 time PBA Winner & 3 time major winner as well as a PBA/USBC Hall of Fame member, **PARKER BOHN III**, accompanied by Matt McNeil, will conduct two FREE 2-hour clinics for anyone who wants to improve their game. Come meet one of the all-time greats of bowling!

Rough Rider Lanes is hosting FREE 2-hour bowling clinics for anyone who wants to improve their game. On Friday, September 8, the bowling center is pleased to welcome 35-time Professional Bowlers Association winner and 3-time major winner Parker Bohn III accompanied by Matt McNeil. Bohn is also a PBA/USBC Hall of Fame member.

The bowling professionals will conduct two FREE clinics with the first clinic scheduled from 4-6 p.m. and the second from 6:30-8:30 p.m. Come meet one of the all-time greats of bowling and gain valuable tips on improving your game. For more information, call Rough Rider Lanes at 727-4715.

ALPHA WARRIOR AIR FORCE TOUR
USAA

REGIONAL COMPETITION

CHALLENGE YOURSELF

Do YOU have what it takes to compete against Airmen from the Plains Region?

Supported by **T-Mobile**
No Federal Endorsement of Sponsors Intended

MINOT AFB TRIALS
12 SEPT 1PM

Sign-up at McAdoo Fitness Sept 1-11

FASTEST 10 MALE/FEMALE AIRMEN ADVANCE TO PLAINS REGIONALS

Contact the Fitness Center at **723-2145** for details!
 The Battle Rig is currently set up on Court C at McAdoo. Waivers must be signed to utilize the rig.
 **** Winners of the Plains Regional Competition **** will go on to compete at Finals at Ratama Park in San Antonio, TX

BATTLE RIG

Minot AFB will host the Plains Regional Competition on **SEPTEMBER 22!**

We invite any Airmen that thinks they have what it takes to **BATTLE the RIG & WIN!**

BROUGHT TO YOU BY AIR FORCE SERVICES ACTIVITY

R4R
RECHARGE YOUR RESILIENCE

BROUGHT TO YOU BY THE AIR FORCE SERVICES ACTIVITY

AIR FORCE
 TEAM COHESION CHALLENGE
 GORUCK LIGHT TAKES PLACE OVER 4-5 HOURS, AND YOU WILL COVER ROUGHLY 7-10 MILES. YOU WILL ALSO SMILE. A LOT WE PROMISE.

REGISTRATION
 Eligible ID holders 16 years & up:
SEPTEMBER 10-30TH

4 OCT 0830 05 10 50
DAY MONTH YEAR HOURS MINUTES PARTICIPANTS

[BE STRONGER, TOGETHER]

COMPLETE IN AN AIR FORCE PHYSICAL CHALLENGE LED BY AN EXPERIENCED MEMBER OF SPECIAL OPERATIONS WHO WILL TEACH YOU HOW TO OVERCOME ADVERSITY AS A TEAM.

REGISTER AT THE MCADOO FITNESS CENTER.

GORUCK LIGHT IS AN INTRODUCTION TO THE TEAM-BASED TRAINING FOUND IN SPECIAL OPERATIONS. TEAM BEING A VERY OVERSTATED NICHE. GORUCK LIGHT IS A TEAM EVENT. NEVER A RACE.

Learn more about R4R at myairforcetale.com/R4R

723-2145

CLUB MEMBER DRAWING ON FRIDAY, SEPTEMBER 8th WILL BE FOR \$200.

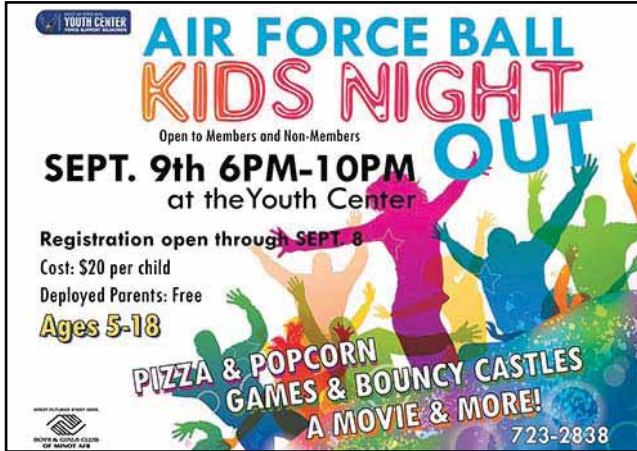
You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, September 8 at Rockers Bar & Grill only as the Jimmy Doolittle Center will be closed. Drawing time varies each week between 5:30-6:30 p.m.

Single Airman Crazy Horse Memorial Trip - Sept. 29 - Oct. 2
 Includes 3 nights in Hill City, SD, a 2 hr horseback ride, a tour of the caves at Rush Mountain, and a Volksmarch up the Crazy Horse monument. Call Outdoor Rec at 723-3648 for prices.

FAMILY and YOUTH EVENTS & PROGRAMS

Sep 9 Wild West Fest

Gallop over to the Base Library on Saturday, September 9 at 1 p.m. for Wild West Fest. Children of all ages will enjoy this FREE event celebrating westerns with tall tales, cowboy crafts, and activities. For more details, call 723-3344.



AIR FORCE BALL KIDS NIGHT OUT
 Open to Members and Non-Members
SEPT. 9th 6PM-10PM
 at the Youth Center
 Registration open through SEPT. 8
 Cost: \$20 per child
 Deployed Parents: Free
 Ages 5-18
 PIZZA & POPCORN
 GAMES & BOUNCY CASTLES
 A MOVIE & MORE!
 723-2838

Sep 11 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 New Provider Pre-Orientation at the Family Child Care office on September 11 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 more details, call the Family Child Care office at 723-6662.

Sep 15 Movie Night At Bud Ebert Park

Looking for some FREE fun for the whole family? Outdoor Recreation is hosting a Movie Night at Bud Ebert Park on Friday, September 15. Enjoy the movie "Jurassic Park" starting at 8:30 p.m. This movie is rated PG-13. Be sure to bring your lawn chairs and blankets. For more details, call 723-3648.

Sep 9 Retiree Scramble

The Rough Rider Golf Course is hosting the Retiree Scramble on Sunday, September 9 beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18-hole, four person scramble is sponsored by the Air Force Association and Tires Plus Total Car Care. *No Federal Endorsement of Sponsor Intended.* Entry fee for the tournament is \$30/person; green fees and cart rental not included. At least one team member has to have an active duty or retired ID card. Registration is open until 5 p.m. on September 8. For additional information, call the Rough Rider Golf Course at 723-3164.

Sep 15 Wine & Paint Class

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, September 15 from 6-8 p.m. 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 from September 5-14. There is limited seating available so be sure to register early. Class is open to adults 17 years of age and older only (must bring ID). Wine is not included in cost. You must provide your own wine if desired. For more information, call the Arts & Crafts Center at 723-3640.

YOUNG AIRMEN EVENTS & PROGRAMS

Sep 16 Play The Course Backwards

Have you ever wondered what the Rough Rider Golf Course plays like backwards? Well you have a chance to find out during the 3rd annual Play The Course Backwards two person scramble on Saturday, September 16 starting at 9 a.m. In this tournament, you will play from 1 tee to 9 and so on. The tournament is limited to the first 18 teams to sign-up. Cost is \$30 and includes team and individual mulligan; does not include green fees or cart rental. To register for more information, call the Rough Rider Golf Course at 723-3164.

Sep 18-21 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on September 18, 19, 20, & 21 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their current LESs and have knowledge of their bills. Call the Airman & Family Readiness Center at 723-3950 to register or for additional information.



JIMMY DOOLITTLE CENTER
RETIREE APPRECIATION
SEPTEMBER 22ND • 1100-1300
MILITARY RETIREES RECEIVE 1/2 OFF THEIR LUNCH
RETIREE PRICE \$5.75
MENU
Beef & Chicken Fajitas Buffet & Salad Bar
 Buffet will be open to all at regular price from 1100-1300
CLUB MEMBERS: \$9.50
NON-MEMBERS: \$11.50
LUNCH SPECIAL
 Join us at 1630 for bar food in Ground Zero Lounge!

For 5th Force Support Job Opportunities, visit www.nafjobs.org or call 723-2812



The Rough Rider Golf Course hosted their Club Championship tournament on August 26 and 27. Pictured (left to right) are: Mike Guthrie, 2017 Club Champion and Austin Hitchens, 2017 Low Net Champion.

Swim Lessons Registration At Outdoor Rec On Sept. 8

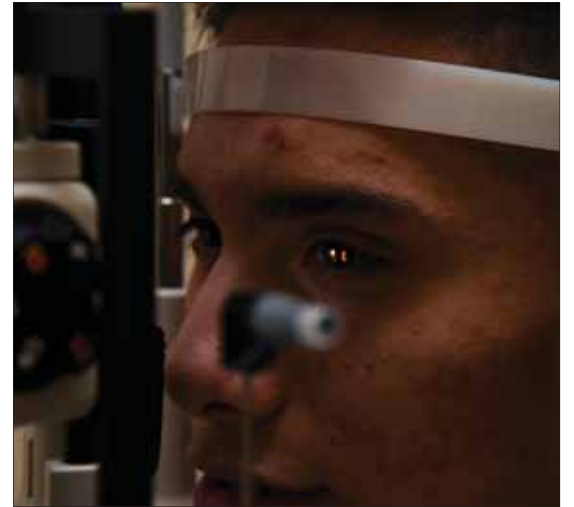
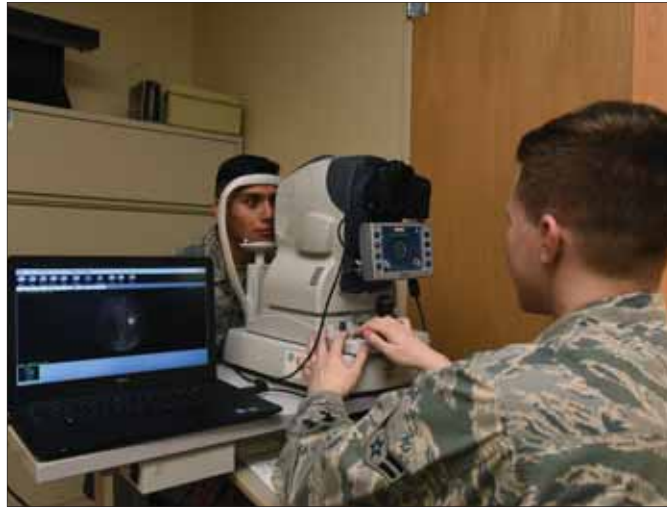
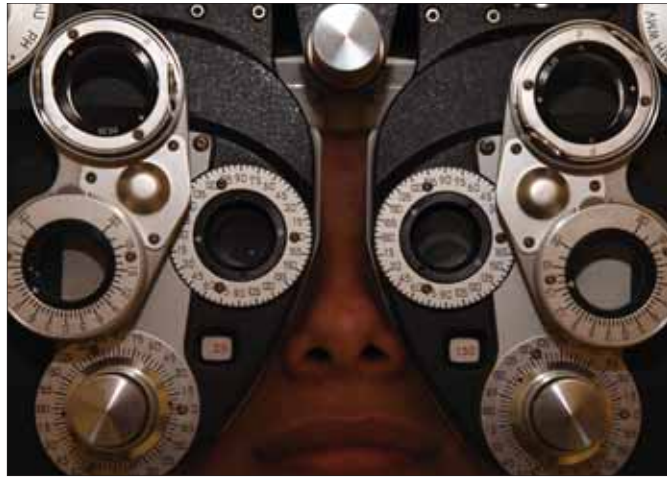
Outdoor Recreation will hold Youth Swim Lessons registration for children 3-5 years of age on Friday, September 8 from 10 a.m. - 4 p.m. Classes are for Swim Levels 1 & 2.

Classes will be held on Tuesdays, September 12 and 19 at 9 a.m. and 10 a.m. and on Thursdays, September 14 and 21 at 9 a.m. and 10 a.m. Lessons will be held at the Indoor Pool.

Cost for the swim lessons are \$45. Class size is limited. For additional information, please contact Outdoor Recreation at 723-3648. The next youth swim lesson session is scheduled for October 3-12.



AIR FORCE SERVICES ACTIVITY PRESENTS
LIVE STAGE
 AN AIR FORCE ENTERTAINMENT PRODUCTION
 2016 "THE VOICE" WINNER
SUNDANCE HEAD
FRIDAY 22 SEP 2017
SHOWTIME - 7 PM
FREE SHOW
MCADOO FITNESS CTR
OUTDOOR TRACK
 BRING YOUR OWN LAWNCHAIRS/BLANKETS
ALPHA WARRIOR PLAINS REGIONAL COMPETITION
INSIDE FITNESS CENTER BEFORE CONCERT
\$1 PIZZA SLICES & CASH BAR 5-8:30 PM - DANCE & KARATE DEMOS 6-6:45 PM
 VISIT MYAIRFORCELIFE.COM/ENTERTAINMENT



FirstCare Walk-In Clinic

Open 7 days a week
Monday - Friday
 8:00 am - 8:00 pm
Weekends & Holidays
 9:00 am - 5:00 pm
 Accepting patients of all ages
 No appointment needed



5th MDOS: point of view

Airman 1st Class Jose Vazquez, 5th Medical Operations Squadron ophthalmic technician, looks through a phoropter at Minot Air Force Base, N.D., Aug. 22, 2017. The 5th MDOS optometry clinic cares for active duty Airmen as well as retirees.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS DILLON J. AUDIT

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The Northern Sentry

would like to share what's important news to you.

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- Engagements
- Weddings
- Babies
- Anniversaries
- Birthday Ads
- Obituaries

WALK-IN CARE THAT PUTS YOU FIRST.

Trinity FirstCare Walk-In Clinic puts you first by providing walk-in care with no appointment needed.

At FirstCare Walk-In Clinic, we're ready to treat adults and children of all ages. Staffed by Trinity Health providers, we provide access to pharmacy, lab, and imaging services. FirstCare Walk-In Clinic is here to help you feel better, faster.

Trinity Health FirstCare. The first name to turn to for walk-in care.

Opening September 11, 2017.

Health Center - Medical Arts, 400 Burdick Expy East, Minot • trinityhealth.org/FirstCare

Non-Emergency vs. Emergency Care

For problems that are non-life threatening, FirstCare Walk-In Clinic is your best option when your primary doctor cannot see you or their office is closed.

For life-threatening illnesses or injuries, you should always call 911 or visit the emergency room.

TODAY

- Jimmy Doolittle Center closed in preparation of Air Force Ball
- Rockers Bar & Grill closing at 9PM in preparation of Air Force Ball
- Last day to sign-up for the Air Force Retiree 4-Person Scramble at the Golf Course
- Football Kick-Off First Friday 5k, 0730, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- September Swim Lesson Registration, 1000-1600, Outdoor Rec
- Fit To Fight, 1200, Fitness Center
- Torch Club, 1600, Youth Center
- PBA Professional Parker Bohn Visit, 1600-2030, Bowling Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Keystone Club, 1830, Youth Center
- Lights & Strikes Bowling, Every Fri, 2000, Bowling Center

SATURDAY

- Rockers Bar & Grill will be closed today for the Air Force Ball
- Air Force Retiree 4-Person Scramble, 0900, Golf Course
- Chess Club, 1100, Base Library
- Wild Wild Fest, 1300, Base Library
- Air Force Ball Kids Night Out, 1800-2000, Youth Center
- Lights & Strikes Bowling, Every Sat, 2000, Bowling Center

SUNDAY

- Team Cohesion Challenge - Go Ruck Registration Opens
- Rockers Tailgate Party, 1130-1830, Rockers Bar & Grill
- NFL Sunday Ticket Football Frenzy, 1130-1830, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

MONDAY

- Last day to register for Minot AFB Alpha Warrior Regional Trials, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center
- Kids Yoga Class, 0930, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Family Child Care Pre-Orientation, 1800-2000, FCC Office (inside Rough Riders Pizza)
- Yoga, 1830, Fitness Center
- Cycle Challenge, 1930, Fitness Center

TUESDAY

- Registration opens for the Picture Framing Class at Arts & Crafts
- TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center
- September Swim Lessons, 0900 & 1000, Indoor Pool
- Game Day, 1000-1930, Base Library
- Minot AFB Alpha Warrior Regional Try-Outs, 1300, Fitness Center
- Four Lenses Workshop, 1300-1500, A&FRC
- Family Fun Night, 1700-2100, Rough Riders Pizza

WEDNESDAY

- Right Start, 0730, A&FRC, Held at Jimmy Doolittle Center
- TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Story Time, Every Wed, 1030, Base Library
- Cycle & Core, 1200, Fitness Center
- Pre-Deployment Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630, Rockers Bar & Grill
- Yoga, 1830, Fitness Center
- Cycle Challenge, 1930, Fitness Center

THURSDAY

- Last day to register for Wine & Paint Class at

Arts & Crafts

- TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center
- September Swim Lessons, 0900 & 1000, Indoor Pool
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Members 2 for 1 Appetizers, Every Thurs, 1700-1900, Rockers Bar & Grill
- Craft Club, 1800, Base Library
- Muscle Pump, 1830, Fitness Center
- NFL Thursday Night Football FRENZY, 1915, Rockers Bar & Grill

UPOMING EVENTS - SEPTEMBER 15

- TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Rockers Air Force Birthday Celebration, 1030-1300, Rockers Bar & Grill
- Fit To Fight, 1200, Fitness Center
- Torch Club, 1600, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Keystone Club, 1830, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2000, Bowling Center
- Movie Night: Jurassic Park, Outdoor Rec, held at Bud Ebert Park

UPOMING EVENTS - SEPTEMBER 16

- 3rd Annual Play the Course Backward 2-Person Scramble, 0800, Golf Course
- Annual Pet Fair 2017, 1000-1200, Bud Ebert Park
- Lights & Strikes Bowling, Every Sat, 2000, Bowling Center

ONGOING EVENTS

- Banned and Challenged Books Challenge, Starting September 1st Celebrate your freedom to read by reading a banned or challenged book in September. Register at the library or at <http://tinyurl.com/MinotLibrary>, select a book to read, log your reading and submit a review of the book for a small participation prize and a chance to win a larger prize in a drawing. There will be separate programs for adults, teens, and tweens! For more information, contact the Base Library at 723-3344.
- Rough Riders Monthly Pizza Special September Special – Honey Chipotle Chicken Pizza\ Our signature crust smothered with a chipotle chili sauce base and topped with chicken & bacon. We finish it off with handfuls of cheddar & mozzarella cheese, then drizzle honey over the top. Don't be fooled by the sweet name, this pizza is HOT!! 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 September Special – Caramel Apple Spice Steamed apple juice with cinnamon dolce syrup mixed in, topped with whipped cream, caramel sauce, and a dash of cinnamon dolce topping. This truly is the taste of fall. Tall \$4.50 Grande \$5.00 Venti \$5.50

• Auto Hobby September Specials 1-16 September – Pay for 2 hours of stall use and receive 1 hour free. 19-30 September – Buy oil and an oil filter from Auto Hobby and use a stall for free for 1 hour.

PARK UNIVERSITY SUMMER 2017 REGISTRATION IS NOW OPEN!!

Park University's Summer term (June 5, 2017-July 30, 2017) 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. Stop in and see us!!!!

CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. CMU offers a military discount to active duty, spouses, and federal employees. The Spring I term for face-to-face at Minot AFB, starts January 13 to February 25, 2017 (only meeting two weekends) Classes will meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts January 9 to March 3, 2017. 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.

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY IS NOW REGISTERING FOR THE FALL 2017 TERM (8 Sept-9 Nov).

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. If you have any questions, please call 701-727-9007.

MINOT FLEA MARKET
SEPTEMBER 9 & 10
 ANTIQUES, COINS, BOOKS, JEWELRY, TOOLS, BAKED GOODS, & MORE
 STATE FAIRGROUNDS - MINOT
 SAT 8AM - 4PM - SUN 10AM - 3PM
 A PLACE TO SHOP - A PLACE TO SELL
 SELLERS, CALL TODAY! 701-340-7930

Rosina Medel, MD
NEUROLOGY

Trinity Health is pleased to welcome Dr. Rosina Medel, a neurologist board certified by the American Board of Psychiatry and Neurology. She joins Dr. Bahram Nico and Mary Sadler, FNP-C, in providing specialized care for patients dealing with the full spectrum of neurological disorders affecting the brain, nervous system, peripheral nerves and muscles.

Medical Education:

- Medical doctorate, University of Perpetual Help System, the Philippines.
- Preliminary Internal Medicine residency, Nassau University Medical Center, East Meadow, NY
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<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Summer Mass Schedule Saturday 5:30 pm Sunday 9:30 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>Bible Fellowship Church</p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE</p> <p>Preview Session March 12 at 6:30pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church</p>  <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST</p> 	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p>  <p>Sunday Worship 9:30 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper..... 5:15 pm Wednesday Education 6:00 pm Wednesday Worship 7:00 pm</p> <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets www.flcminot.com</p>	<p>OUR REDEEMER'S CHURCH</p> <p><i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:30 am & 10:30 am Sunday Fellowship 9:30 am Wednesday Worship 6:45 pm Church School Wednesday 5:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>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</p>	<p>West Minot Church of God Family Worship Center</p>  <p>1105 16th St. NW • 839-1407</p> <p>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</p> <p>westminot.com facebook.com/westminot</p>	<p>Bethel Free Lutheran AFLC</p>  <p><i>"Building Followers of Jesus Christ!"</i></p> <p>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.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH</p>  <p>1415 17th AVE SW 838-3360</p> <p>Saturday Worship 5:00 pm Sunday Worship 8:30 & 11:00 am Sunday Education 9:45 am</p> <p>Pastor Taryn Montgomery</p> <p><i>Everyone Welcome</i> Breadoflifeminot.com</p> 	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>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.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotrcbc.org email: rcbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>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.</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF</p>  <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>Gospel Tabernacle Community Church</p>  <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>	<p>ZION Lutheran ELCA</p>  <p>1800 Hiawatha St. 852-1872</p> <p>Worship Times Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday 6:15 pm</p> <p>John Streccius, Pastor Carol Wendel, Pastor</p>	<p>ADVERTISE YOUR Church</p> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div style="border: 2px solid black; padding: 10px; transform: rotate(-5deg);"> <p>CONTACT TONYA</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div>	
<p>Trinity Church</p>  <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>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.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>			

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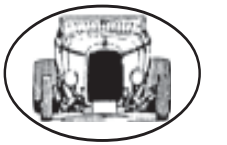
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6	8	4	1	3	7	5	2	9
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<p>\$152,000</p> <p>PRICE REDUCED! 3 bedroom, 1 1/2 story home on 40 acres near Lansford. New roof and remodeled bath in 2017. Detached 2 car garage. 120x180 barn, aquafier well. Fishing nearby, grasslands for hunting and mature trees.</p> <p>MLS #171120</p>	<p>\$129,900</p> <p>MOTIVATED SELLER – 3 bedroom home on fenced lot in South hill location. Large living room, dining area off kitchen. 2 main level bedrooms and a 3rd in the upper level. Enclosed front porch, garage has alley access. Owner/Licensed Agent. REDUCED!</p> <p>MLS #170054</p>	<p>\$230,000</p> <p>COUNTRY SETTING – 4 bedroom, 2 bath home on 1/2 acre in Trestle Valley. Many updates include kitchen, bathroom, flooring, and furnace. Deck off dining room. Lower level family room with fireplace. 30x40 shop.</p> <p>MLS #171280</p>
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<p>\$160,000</p> <p>Convenient stack washer and dryer on the main floor, new furnace, water heater and central air. Systems for efficient, worry free heating and cooling. The back yard is large enough for the biggest barbeque in the neighborhood. Call Aisha Vadell at 240-3780. #172091</p>	<p>\$217,999</p> <p>Beautiful 2 story home with 3 bedrooms and 2.5 bathrooms. Nice size kitchen with soft close drawers, stained cabinets, and new appliances. Call Clyde Thorne at 240-8594. #172081</p>	<p>\$196,900</p> <p>Great Investment property in a convenient SW location. This completely occupied 4 plex has 3 two bedroom units and 1 one bedroom unit. Each unit has newer flooring, new refrigerators, stoves and remodeled bathrooms. Call Tamie Dunn at 720-1723. #171502</p>
<p>\$265,000</p> <p>A beautiful 4 bedroom, 2 bathroom, and 3 car garage home, located in the Green Valley Addition. Very nice size deck leads onto a large brick patio and fire pit that is surrounded by a 1/3 acre fence lot. This is a must see home. Call Clyde Thorne at 240-8594. #170654</p>	<p>\$229,900 - Burlington</p> <p>Affordable, accessible and beautiful NEW construction home boasting 3 bedrooms, 2 full bathrooms and over 1,200 finished sq. ft. Located in the Harvest Heights Development of Burlington, this home has a functional floor plan with plenty of natural light and views out every window. Call Amber Alexander at 500-0810. #171339</p>	<p>\$79,900</p> <p>This home is a great starter home or investment property on a quiet dead end street with three bedrooms & one bathroom with maintenance free siding, new windows, interior paint, new floor covering, and new kitchen cabinets. Call Brad Livesay at 720-7769. #171264</p>
<p>\$228,500</p> <p>Time for a new family in this 4 bedroom, 2 bathroom home in great NW neighborhood. Bright, inviting living room with cozy corner fireplace. Inviting daytime family room and walkout access to the backyard from the lower level. Spacious garage has bonus workshop and storage room. Call Lori Henderson at 721-0158. #171546</p>	<p>\$399,900</p> <p>Amazing home in cul-de-sac in SE Minot with over 3000 Square feet of living space. Main floor features are open floor plan with large living room with gas fireplace in custom built cabinet with lighted surround, nice sized dining room with glass doors to beautiful fenced backyard with paver patio, sprinkler system, and many trees. Call Jerry Thomas at 833-7578. #170840</p>	<p>\$450,000</p> <p>Beautiful space - inside & out! Over 3,000 sq ft home on over 2 1/2 acre lot is less than 5 minute drive from Minot. 4 bedroom, 4 bathroom home is move in ready! The finished garage features a seasonal coat storage area, separate tool storage and kitchen when you need that occasional, additional cooking space and appliances. Call Aisha Vadell at 240-3780. #162312</p>

LEAGUE BOWLING



America's #1 Participation Sport!

MEN

IT'S A WHOLE NEW GAME

MIXED

5 Person Teams

Monday (9/18)..... 6:30 pm
 Tuesday (9/19)..... 6:30 pm
 Wednesday (9/20)..... 6:30 pm
 (4 Man Teams)..... 7:00 pm

Teams

Sunday (9/17)..... 7:00 pm
 Wednesday (9/20)..... 7:00 pm
 Thursday (9/21)..... 6:30 pm
 Friday (9/22)..... 6:30 pm

WOMEN

4 Person Teams

Tuesday (9/19)..... 6:30 pm
 Thursday (9/21)..... 6:30 pm

SENIORS

4 Person Mixed Teams

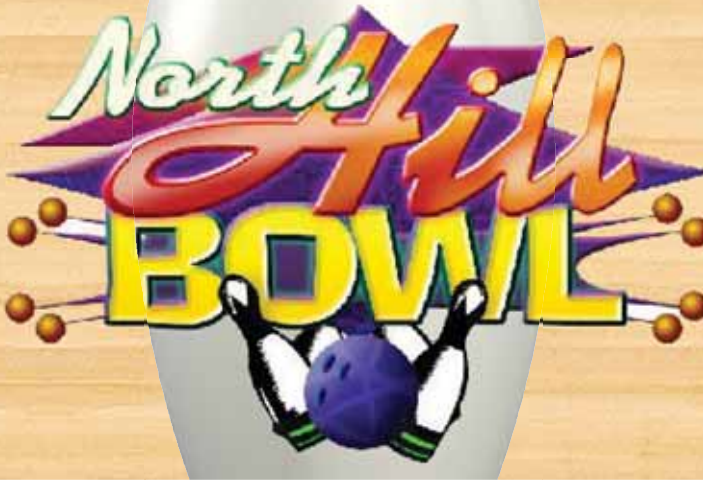
•••• FREE COFFEE ••••
 Leagues are 30 weeks

Wednesday..... 10:00 am
 • starts September 13th
 Friday..... 1:00 pm
 • starts September 15th

YOUTH

Bumper League available
 for ages 5-6

Thursday..... 3:30 pm
 • all ages starts September 7th
 Saturday..... 9:00 am
 • all ages starts September 9th
 Sunday..... 6:00 pm
 • 12 and over starts September 10th



DAYTIME COFFEE

FREE COFFEE

Thursday..... 1:00 pm
 • Starts 9/21, 3 person teams

1901 North Broadway, Minot, ND

852-4108

EVENING LEAGUES 28 WEEKS
 LEAGUES START IN MID SEPTEMBER

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