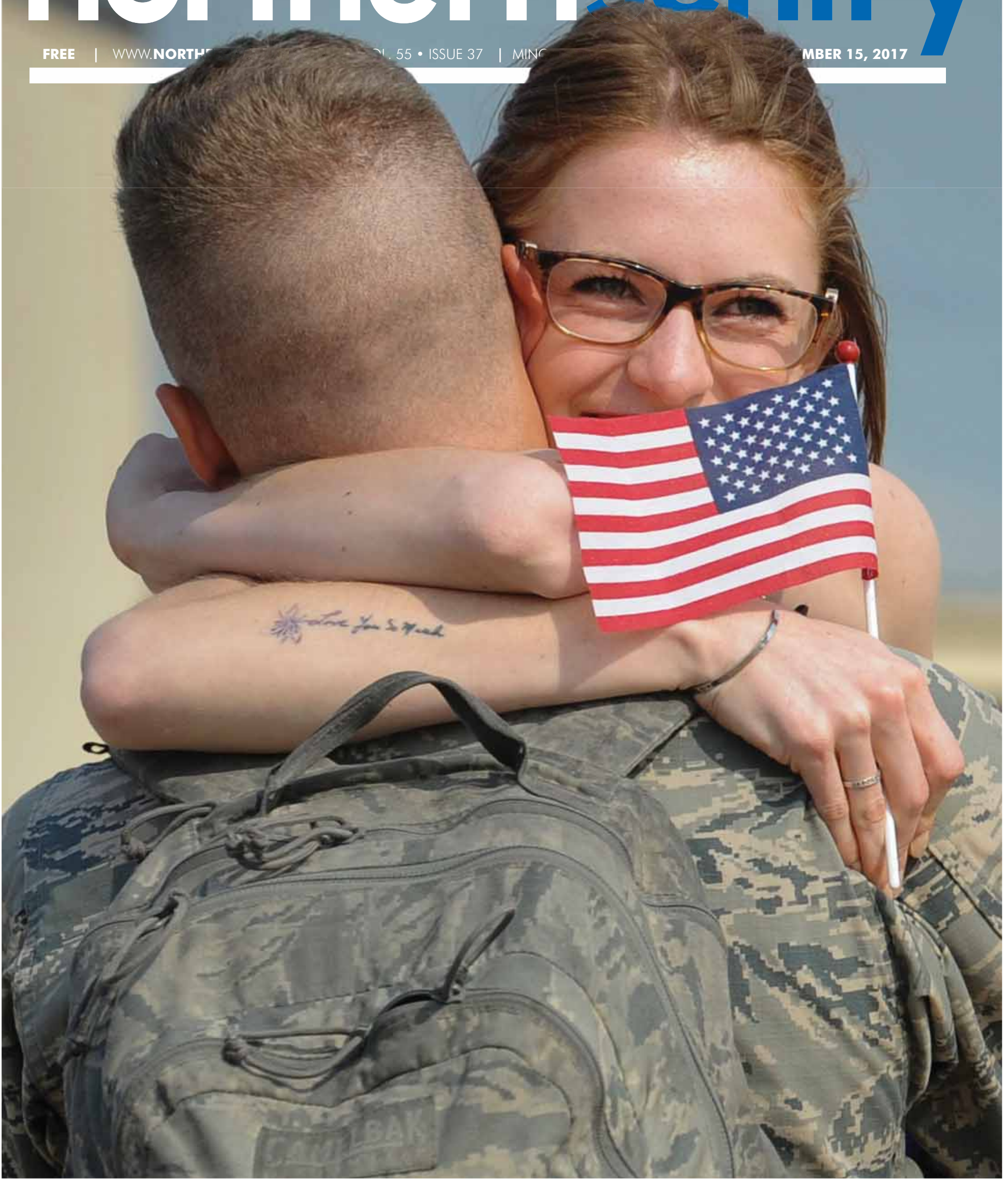


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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSICA WEISSMAN

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# Venture Out: Exploring possibilities

**AIRMAN 1ST CLASS JONATHAN MCELDERRY**  
MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- To help bring people together, an Airman couple founded an adventure group known as Venture Out of Minot, an Airmen-led outdoor recreational group.

The group founders, Airmen 1st Class Hannah Staffen and Allie Staffen, hosts biweekly trips, including kayaking, camping, and hiking, and bike nights every Wednesday for anyone interested.

"We want to show people there's always an adventure out there waiting to happen," said Allie, who works in the 91st Missile Maintenance Squadron facility maintenance section. "Our goal is to continue getting more people on these trips so they can see what North Dakota has to offer. No matter where you are if you don't get out and do anything then you're not going to like it."

Always searching for and going on various outdoor trips is what also led to the founders' creation of Venture Out.

"When we got to Minot and heard there wasn't much to do, we spent a lot of time researching state parks in North Dakota," said Hannah, who is a member of the 5th Operations Support Squadron aircrew flight equipment section. "We then came up with a plan to make an adventure club, but it just grew from there."

In only a few months, Venture Out has already hosted more than 40 Airmen at their events.

Despite initially starting Venture Out as a way to help others, Allie and Hannah added how Venture Out has also greatly influenced them as well.

"It's a great feeling because we get to plan something we'd be doing anyway, while seeing other people have the same excitement as us on these trips," Allie said.

Hannah noted her favorite aspect of Venture Out is the connections shared between its members.

"The best part about Venture Out is the community," Hannah said. "We've definitely made a lot of friendships within the group."

Thanks to the camaraderie built from these trips, new members to the group are always welcome.

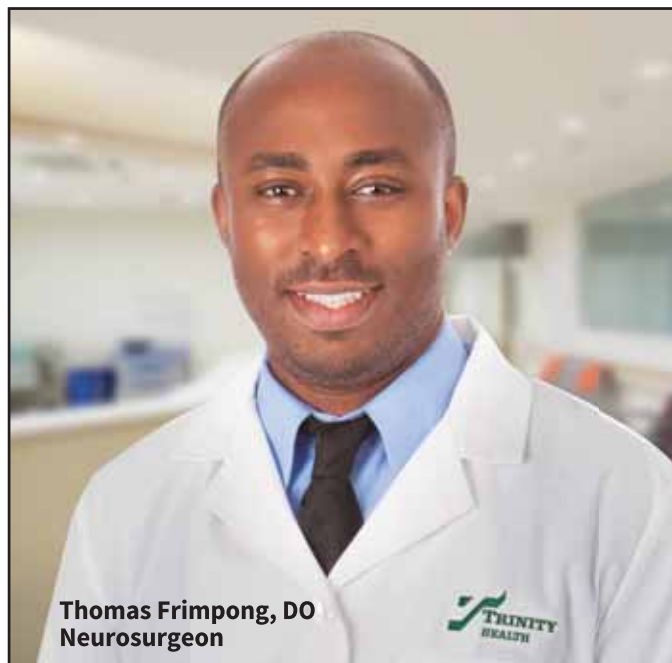
"We've reached out to so many people, from Airmen in the dorms to those in base housing and downtown, as well as their families," Allie said. "We're open for anyone, no matter what age or rank. If you want to have fun outdoors and enjoy North Dakota, you may absolutely join us."

In the upcoming months, Venture Out will begin hosting winter trips, to include snow shoeing, skiing and ice fishing.

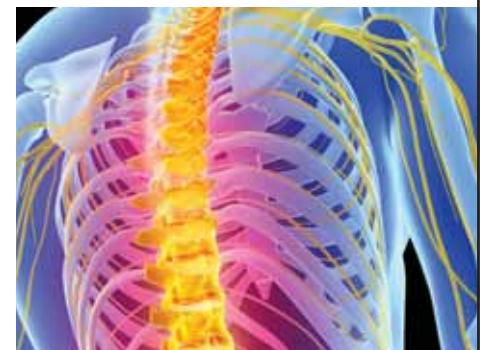
For more information, visit [ventureoutofminot.org](http://ventureoutofminot.org) or check out their Facebook page.



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY  
From left, Airman 1st Class Katherine Arias, 5th Force Support Squadron missile chef, and Airman 1st Class Allie Staffen, 91st Missile Maintenance Squadron facility maintenance section technician, view the scenery at Theodore Roosevelt National Park, N.D., Sept. 3, 2017. Venture Out of Minot is an Airmen-led outdoor recreational group that hosts biweekly trips, including kayaking, camping and hiking.



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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY  
From left, Airman 1st Class Katherine Arias, 5th Force Support Squadron missile chef, and Airman 1st Class Allie Staffen, 91st Missile Maintenance Squadron facility maintenance section technician, view the scenery at Theodore Roosevelt National Park, N.D., Sept. 3, 2017. Venture Out of Minot is an Airmen-led outdoor recreational group that hosts biweekly trips, including kayaking, camping and hiking.

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# PRESS RELEASE: Minot AFB to conduct Monday Night Football flyover

5TH BOMB WING PUBLIC AFFAIRS | MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- The 69th Bomb Squadron, based at Minot Air Force Base, N.D., will conduct a pre-game B-52 flyover prior to the

New Orleans Saints and Minnesota Vikings football game, tonight.

The game is being played at U.S. Bank Stadium in Minneapolis, MN.

The B-52H

Stratofortress is a long-range, subsonic, jet-powered strategic bomber. The U.S. Air Force has operated the aircraft since the 1950's.

Minot AFB is the only dual-wing nuclear capable

base in the Air Force and hosts two legs of the Strategic Triad.

For further information, contact 5th Bomb Wing Public Affairs, or call (701)-723-6212.

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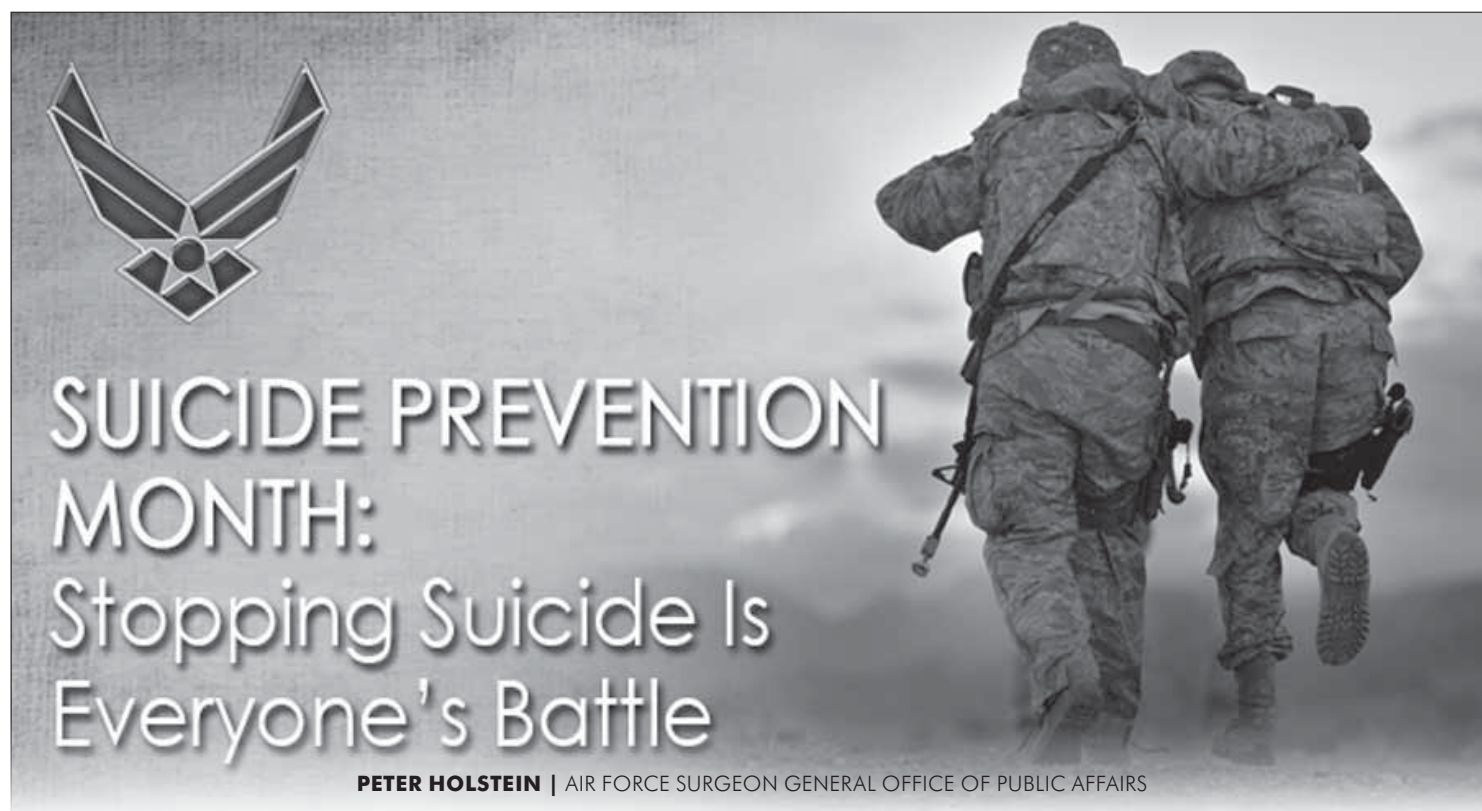
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**SUICIDE PREVENTION  
MONTH:  
Stopping Suicide Is  
Everyone's Battle**

PETER HOLSTEIN | AIR FORCE SURGEON GENERAL OFFICE OF PUBLIC AFFAIRS

**F**ALLS CHURCH, Va. -- September is Suicide Prevention Month, a time for Americans to build awareness and help understand suicide in our culture. More than 40,000 Americans lose their life due to suicide each year and research shows that rates in the military and the general population are very close. The loss of any one person to suicide is a tragedy, and that is why the Air Force is committed to the goal of zero suicides.

Making progress towards this goal requires buy in from everyone in the Air Force, from its most senior leaders to junior Airmen.

Everyone has a role to play in prevention. The most basic, and often most effective, way to prevent suicide is to make sure that our family members, friends, coworkers and anyone else in our life feel connected and have a sense of belonging in the world.

"To combat something as complicated as suicide, we need leaders at every level involved," said Lt. Col. Alicia Matteson, the Air Force suicide prevention program manager. "We need the front line supervisors, all the way up to squadron, group and wing commanders involved and being connected to their airmen."

Risks for suicide include people with substance abuse problems, those experiencing loss or guilt, feelings of isolation, and those undergoing stress, both professionally or in their personal life. This is why it is important for commanders at every level to know the Airmen they supervise, and connect to them enough to know if they have experienced an event in their life that might increase their risk for suicide.

"If suddenly someone comes in and they're looking exhausted, or they exhibit signs of depression or mood swings, then ask," said Dr. Jeffrey Greenberg with the Air Force Suicide Prevention Program. "It may be nothing, and that's fine, but it is still important to demonstrate to someone that you are concerned about what's going on with them. We want to increase that, the connection between Airmen."

Building connections helps sustain emotional strength, and creates a sense of belonging that fortifies against suicidal thoughts. This sense of belonging, whether it is to a unit, a family, a friend group, or something else entirely, helps sustain people when times get tough.

"You can't control the world to stop bad things from happening. Emotional stresses are part of the reality of life," said Greenberg. "When bad things happen, it causes a strong emotional response - anger, fear, anxiety, sadness or anything.

That's normal. We need to help our Airmen develop the tools to manage those feelings."

This commitment to connection is backed by the Air Force's adoption of the ACE method, which stands for "Ask, Care, Escort." These three steps can guide Airmen when confronted with someone contemplating suicide. The Air Force Suicide Prevention website has more information on ACE and other resources to help prevent and respond to suicide.

If you, or someone you know, needs immediate help, call the Military Crisis Line and speak to a counselor by dialing 800-273-TALK and pressing 1.

Every life lost to a suicide is tragic, but together we can make a real difference. Building bonds with the people around us, even by simple gestures and friendly comments are important, and can sustain people in the face of adversity.

"Every Airmen's job is to look out for each other," said Matteson. "That's what it means to be a wingman, and it's the culture change we need to prevent the tragedy of suicide."



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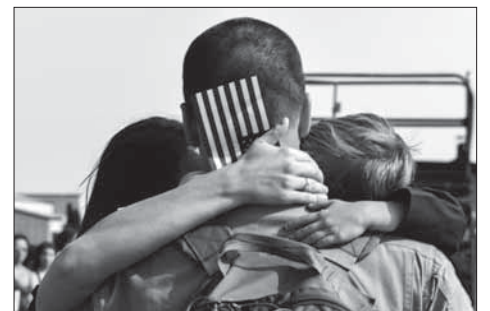
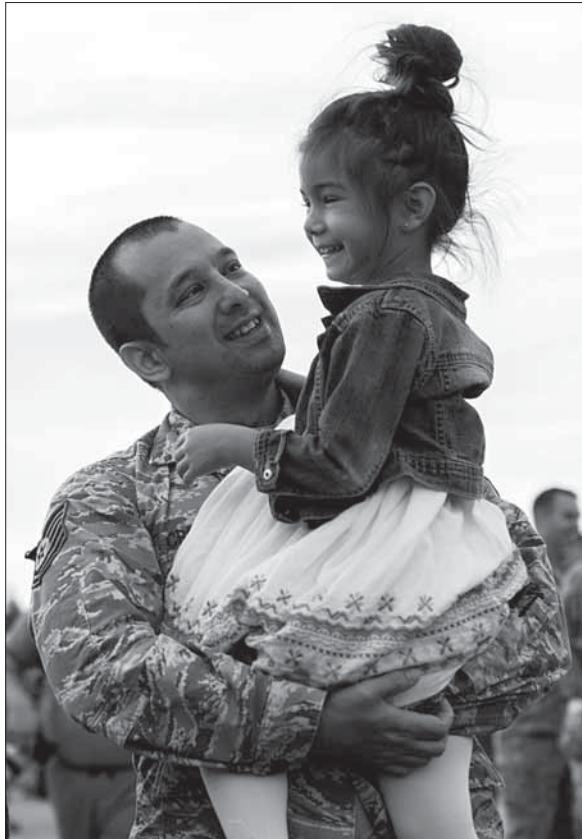


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# TEAM MINOT WELCOMES DEPLOYED AIRMEN HOME

Airmen from the 5th Bomb Wing and 23rd Expeditionary Bomb Squadron return home to Minot Air Force Base, N.D., Sept. 11, 2017. After providing combat airpower in support of Operation Inherent Resolve, the returning Airmen were welcomed by their friends, families and fellow wingmen.

U.S. Air Force photos | Tech. Sgt. Jarad Denton, Airman 1st Class Jessica Weissman, Airman 1st Class Jonathan McElderry and Airman 1st Class Alyssa M. Akers




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**Deadline: September 25th**

# Governor Burgum Proclaims September Suicide Prevention Month

NORTH DAKOTA DEPARTMENT OF HEALTH

**B**ISMARCK, N.D. – Governor Doug Burgum proclaimed September as Suicide Prevention Month in North Dakota. The North Dakota Department of Health (NDDoH) encourages residents to take advantage of the many awareness events and survivor speakers scheduled across North Dakota throughout September.

According to the North Dakota Department of Health, North Dakota lost 134 residents to suicide in 2016. For each life lost to suicide, 25 people attempt suicide.

“Suicide is the second leading cause of death for young people, ages 10 to 24 and the tenth leading cause of death for all age groups combined nationwide, so suicide prevention is a top priority for the NDDoH,” says Alison Traynor, Suicide Prevention Director with NDDoH. “Studies have shown that suicide is commonly preceded by one or more warning sign(s). North Dakota residents can help prevent suicide by recognizing the signs and taking action.”

Warning signs include:

- A history of depression or other mental illness
- Past attempts, talking about death or wanting to die
- Alcohol or drug abuse
- A family history of suicide or violence
- Physical illness or chronic pain
- Loneliness or feelings of being a burden to others
- Giving away possessions

Take action if you see the following:

- Any significant

changes in behavior, reckless or withdrawn behavior

- Changes in mood or substance use
  - Comments about suicide, self-harm or ambivalence about life
- Tips for what to avoid:
- Don’t debate whether suicide is right or wrong, or whether feelings are good or bad.
  - Don’t lecture.
  - Don’t dare him or her to do it.
  - Don’t appear shocked or upset as this could prevent further disclosure.
  - Don’t offer glib reassurance.
  - Don’t promise to keep any secrets about suicide.

Seek help.

Effective Suicide Prevention Includes:

- Communicate and ask direct questions.
  - Talk openly and matter-of-factly about suicide.
  - Listen attentively without judgment. Allow them to express their feelings.
  - Offer hope that help and services are available.
- Take action. Remove lethal means, such as guns, or stockpiled pills.
- Get involved. Become available. Show interest and support.

Get help from someone specializing in crisis intervention and suicide prevention. Help is available by calling 1.800.273.TALK (8255), a free and confidential 24/7 suicide prevention lifeline.

For information about suicide prevention, local suicide prevention programs, or to join the Suicide Prevention Coalition, contact Alison Traynor, NDDoH, at 701.328.4580.

Support local families

that have lost loved ones to suicide and raise funds for awareness by joining the Out for the Darkness Walk put on by the North Dakota Chapter of the American Foundation for Suicide Prevention. The walk raises funds for scientific research, education, treatment programs, as well as programs to support those who have lost loved ones to suicide. “The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide,” shares Mary Weiler, Board Chair AFSP ND Chapter. “The ND Chapter’s goal is to reduce the number of suicide deaths in North Dakota by 20 percent by 2025.”

Join the American Foundation for Suicide Prevention this year in six “Out of the Darkness” Community Walks scheduled throughout North Dakota to raise funds for suicide prevention and awareness.

- Bismarck/Mandan, State Capitol Grounds – Friday, Sept. 8
- Minot, Roosevelt Park – Saturday, Sept. 9
- Fargo/Moorhead, North Dakota State University – Sunday, Sept. 10
- Dickinson, West River Ice Center – Saturday, Sept. 23
- Williston, Harmon Park – Saturday, Sept. 23
- Valley City, Lokken Stadium – Saturday, Sept. 30
- Beulah, Riverside Park – Saturday, Oct. 7

For more information about locations and starting times, contact Samantha Bruers at [abruers@afsp.org](mailto:abruers@afsp.org) or visit [www.afsp.org](http://www.afsp.org).

## PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



“There’s no doubt there’s interest out there (for youth hunting opportunities).”

- N.D. Game and Fish Department Wildlife Division Chief Jeb Williams.

On paper, it looked like North Dakota wasn’t exactly youth-friendly when it came to introducing children into the outdoor hunting experience.

Focusing on big game, historically wanna-be hunters had to be 16 years of age to hunt with a rifle.

Realistically, as the movement to recruit and retain beginning hunters spread across the nation, North Dakota was ahead of the curve. True, until 1994 deer hunters had to wait until they were 16.

However, while hunter education certification is required of all hunters 12 years of age, in North Dakota children under that age can accompany a legally adult in the field. If they can handle a shotgun, they can upland and waterfowl hunt with a hunting certificate and habitat stamp. They can also bow hunt with appropriate licenses if they can pull a bow at a minimum of 35 pounds under adult supervision.

As the wave of young hunter recruitment continues building, North Dakota has embraced additional youth hunting opportunities.

Nowadays, young hunters under 16 years of age have species-specific seasons for waterfowl, deer, and pheasant, described N.D. Game and Fish Department Wildlife Division Chief Jeb Williams.

This year, youth deer season for hunters 11 through 15 years of age runs Sept. 15 – 24, youth waterfowl season is Sept. 16 and 17, and youth pheasant season Sept. 30 and Oct. 1.

Big game lottery licenses are also cheaper for hunters under 16 years of age.

While young hunters don’t have a specific turkey season, Williams said those under 16 are guaranteed to receive a spring turkey license when they apply.

Anyone 11 through 15 years of age is guaranteed a youth deer license if they apply by Sept. 1.

The exception is young

hunters under 16 applying for a mule deer buck license. Those hunters must apply by the regular June deer application deadline. The North Dakota legislature capped youth mule deer buck licenses at 10 percent of the total number of mule deer licenses available in the previous year. Applicants receiving licenses are restricted to specific units just like hunters 16 years of age and older are during the regular deer season. They receive a general youth deer license if unsuccessful in the youth mule deer buck lottery.

Fourteen and 15-year-olds can hunt in the November regular deer season if they don’t get a deer in September.

North Dakota began allowing 14- and 15-year-olds to get youth deer licenses in 1994, when 1,500 young hunters received licenses, Williams added.

The legislature expanded young hunting deer opportunities by allowing 12- and 13-year-old hunters to get white-tailed doe deer licenses about 10 years ago. This year the 2017 legislature lowered the age for deer hunting to 11.

For years, about 1,500 14- and 15-year-olds took advantage of youth deer hunting opportunities. It doubled when 12- and 13-year-old hunters joined the mix. Now, Williams said about 4,600 young hunters are in the 11 to 15 age group for deer hunting.

Once they hit 16, though, they’re in the real world of taking their chances for turkey and big game lottery licenses.

That opens up an entirely different arena – hunter retention. Yes, several thousand young North Dakotans are hunting.

But are they still afield when they’re 30, 35, or 50 years of age?

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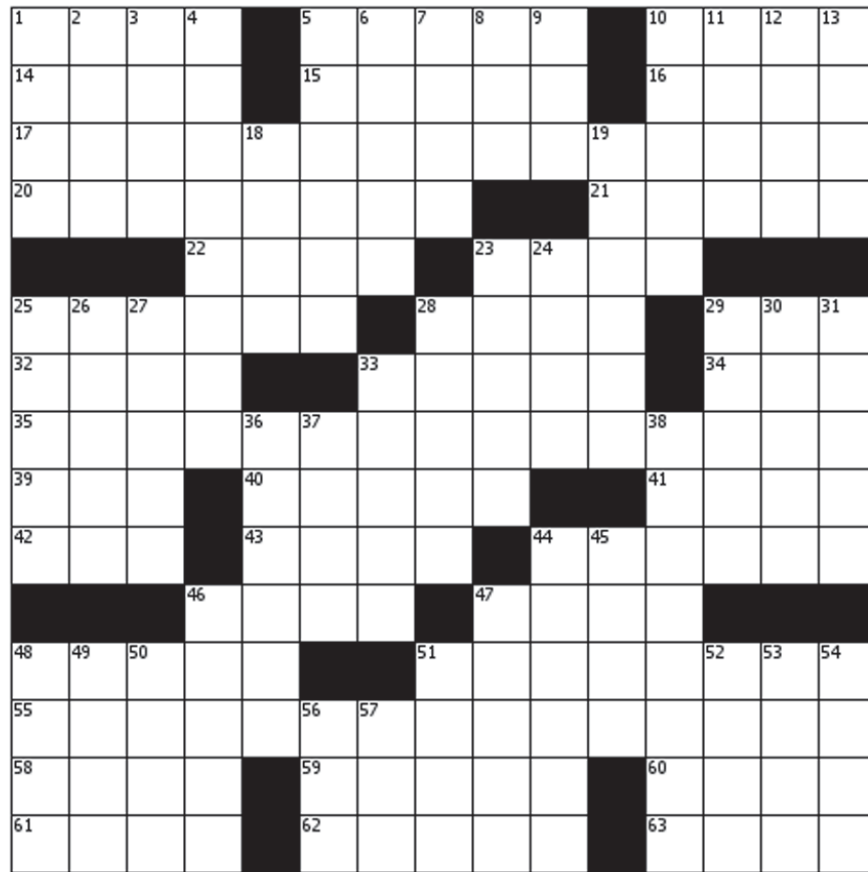
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# CROSSWORD PUZZLE

**Across**

- 1. Exemplar of innocence
- 5. It follows a long March
- 10. Retained possession
- 14. Verbal
- 15. Prejudice partner in literature
- 16. Kind of code or rug
- 17. If a man does this and 35-A on 55-A, he may wind up saying 8
- 20. Waste away
- 21. Auguries
- 22. Go-\_\_\_ (four-wheeled racer)
- 23. Heroine of an Austen novel
- 25. By a nose
- 28. Hindu garment
- 29. Successor to F.D.R.
- 32. "\_\_\_ in a Manger"
- 33. Like some cereal
- 34. Mother of one across
- 35. See 17-Across
- 39. Miner's pay dirt
- 40. Ancient
- 41. Some wallet wadding
- 42. Beatty of "Deliverance"
- 43. Lawn tool place
- 44. Abrasion
- 46. Use a swizzle stick
- 47. Domestic squabble
- 48. Positive thinker
- 51. If it's German, it may be a dog
- 55. See 17-Across
- 58. Legal action



- 59. Impressive in scale
  - 60. Life of Riley
  - 61. Almanac topic
  - 62. Billionaire Bill
  - 63. Fuse measurements
- Down**
- 1. Jewelry holder
  - 2. Jack-in-the-pulpit
  - 3. Author Angelou

- 4. Ring souvenir?
- 5. Home of a busy queen
- 6. Whitney's partner in engine production
- 7. Icy cover
- 8. Words with a ring to them?
- 9. Grid great Dawson
- 10. It was "Instant" to John Lennon

- 11. New York canal
- 12. Sean of "I Am Sam"
- 13. New car necessities
- 18. Bygone telephone device
- 19. Part of A.D.
- 23. --- the run (dine hastily)
- 24. TV's talking horse
- 25. Conductor's stick

- 26. With eyes wide open
- 27. Did a fall job
- 28. Full and satisfied
- 29. Reddish-orange dye
- 30. Word with chimney or clean
- 31. To the point
- 33. Law's partner
- 36. Inexpensive inn
- 37. PTA milieu
- 38. Waterway between the United Kingdom and Denmark
- 44. Goes for broke?
- 45. Attire for Superman
- 46. Pool table rock
- 47. Shoe finish
- 48. Utterance during a play
- 49. Case for needles and pins
- 50. Enthusiastic
- 51. Rebounds per game, e.g.
- 52. Cheese in a red shell
- 53. Rough file
- 54. Coloring matter
- 56. Bacon contemporary?
- 57. Gun lobby org.

## SUDOKU Solution to puzzle on page 14

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

## Solution to last week's Crossword puzzle.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | A | R | A | D |   | V | A | L | O | R |   | C | A | T |   |
| O | N | A | I | R |   | O | R | O | N | O |   | U | L | E |   |
| E | A | G | L | E | S | C | O | U | T | S |   | C | I | A |   |
|   |   |   | S | H | A | W |   |   |   | T | A | K | E | S |   |
| P | A | R | A | S | O | L |   | A | C | E | T | O | N | E |   |
| E | R | A | S | E | D |   | P | U | E | R | T | O |   |   |   |
| D | A | V | I | D |   | C | A | R | L | S |   | C | A | P |   |
| A | R | E | A |   | S | E | P | A | L |   | O | L | E | O |   |
| L | E | N |   | A | I | D | E | S |   | O | D | O | R | S |   |
|   |   |   | H | I | T | T | E | R |   | S | P | E | C | I | E |
| S | T | A | R | T | E | D |   |   | W | H | I | S | K | E | D |
| A | R | I | S | E |   |   | R | E | I | N |   |   |   |   |   |
| T | A | R |   |   | S | T | O | O | L | P | I | G | E | O | N |
| A | C | E |   |   | T | W | I | L | L |   | O | P | E | R | A |
| N | E | D |   |   | S | A | L | E | S |   | N | A | N | C | Y |

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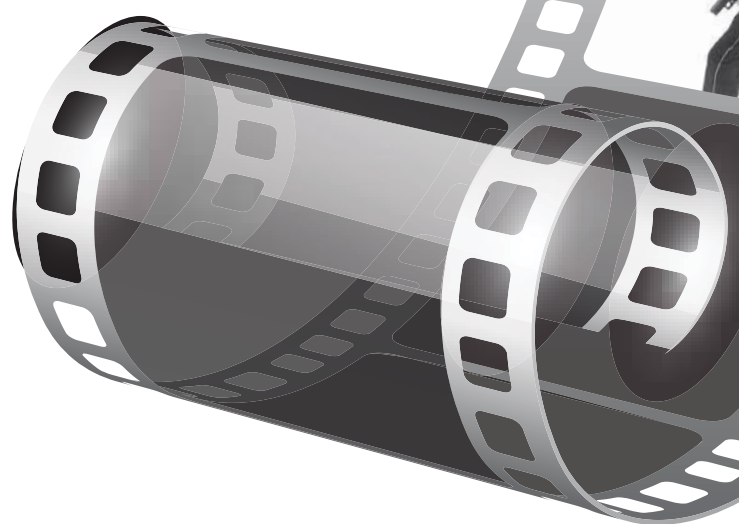
## SATURDAY, SEPTEMBER 9

Studio Appreciation Advance Screening - Free Admission - Rated\*. Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime.

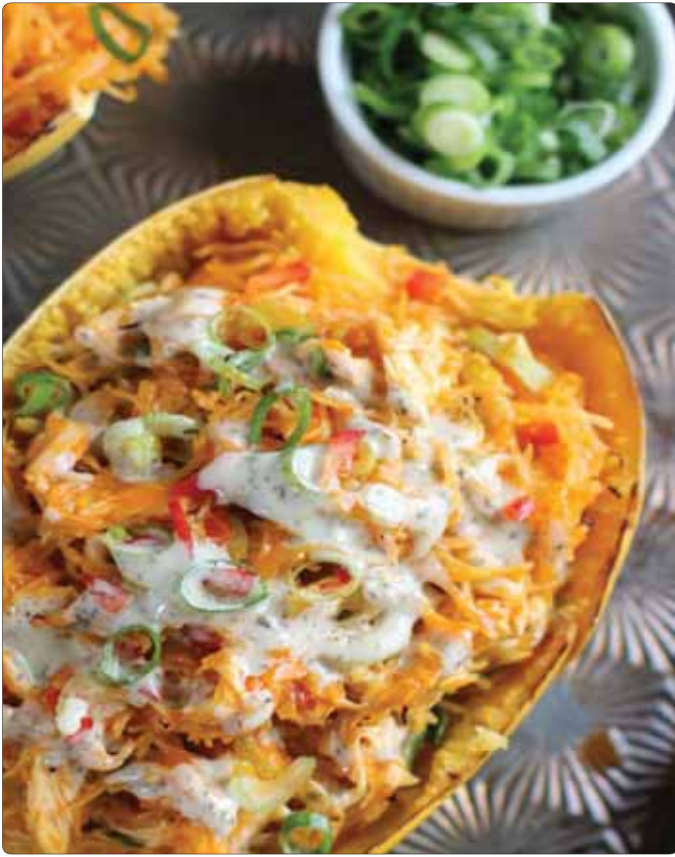
## WIND RIVER • (R) SUNDAY, SEPTEMBER 10 • 1500

“ 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



## Buffalo Chicken Stuffed Spaghetti Squash



### INGREDIENTS:

- 1 ¼ lbs chicken breast, cooked and shredded
- 1 medium spaghetti squash, halved (about 3 lbs.)
- 1 rib celery, thinly sliced
- 1-2 green onions, white and green parts thinly sliced
- ¼ cup diced red bell pepper
- ½ cup Tessemæ's Mild Buffalo Sauce
- Optional: ¼ cup Tessemæ's Creamy Ranch Dressing
- Optional: ¼ cup crumbled blue cheese

### INSTRUCTIONS:

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside. Slice both ends from squash and discard. Stand squash up on one of its cut ends and use a large knife to cut the squash in half lengthwise. Scoop seeds and stringy insides out using a large spoon. Place squash cut-side down on the baking sheet. Bake for 30-40 minutes or until squash is tender. Baking time will depend on the size of your squash, larger squash requiring a longer cook time. When squash is tender, allow to cool slightly before using a fork to gently scrape the squash into a large bowl. Reserve the squash shells. While squash is roasting, cook the chicken. To cook the chicken: Directions for Instant Pot: Insert rack into inner pot. Add 1 cup water or broth. Lay chicken on rack. Secure lid and select 'Poultry' setting and increase time to 17 minutes (19 if the breasts are really thick). At the end of the cooking time, allow pressure to naturally release for 5 minutes then flip the vent valve and release the remaining pressure. Move chicken to a cutting board to cool slightly before shredding with two forks. Directions for Stovetop: Place a medium skillet over medium-high heat. Add 1 tsp. avocado or coconut oil and swirl pan to coat with the oil. Add chicken and ½ cup water. Once the water begins to simmer, reduce heat and cover. Cook chicken for 15-18 minutes or until cooked through. Move chicken to a cutting board to cool slightly before shredding with two forks. To assemble the stuffed squash: Place squash shreds, chicken, celery, onions, peppers and Buffalo sauce in a large bowl. Toss well to coat. Spoon squash mixture into the squash shells. Return the stuffed shells back to the baking sheet and place in 350°F oven for 10-15 minutes or until heated through. Serve with Tessemæ's Creamy Ranch Dressing (for Whole30) or crumbled blue cheese, if desired.

# Leewok Music & Arts Festival

TONYA STUART-MELLAND | NORTHERN SENTRY

OpenMIND hosted their 3rd annual fundraiser Leewok Music & Arts Festival on Saturday, September 9th, 2017. 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.

25% of the proceeds went to the Minot Public Schools Community Learning Center program. The money received goes towards implementing and promoting mindfulness education programs. Mindfulness techniques have been proven to increase optimism and happiness in the classrooms, decrease bullying and aggression, increase compassion and

empathy for others and help students resolve conflicts. These tools are something kids can use anytime to help them calm down, slow down and feel better when they are feeling troubled.

Another 25% of the proceeds went to Minot State University Veterans Center. This

event. It was great that they were able to have all ages attend the event, making it very family friendly and it was something you wanted to share with the entire family.

The live music was phenomenal so much talent, that came from near and far to help make this event successful. The lineup included Aging Children (Chicago, Illinois), Micah

Scott (Minot, ND), Al Scorch (Chicago, Illinois), Charlie Parr (Duluth, Minnesota), D Mills & The Thrills

(Fargo, ND), Marigold (Minot, ND) and Brothers Burn Mountain (Duluth, Minnesota).

In addition to the wonderful musical acts that performed throughout the day there were other fun activities to participate in.

During the afternoon there was a Mindfulness Talk given by Heidi Demars, Mindfulness yoga practice instructed by Amber Senn, and a plethora of kids activities. During the middle part of the day a BBQ dinner was served.

This was a wonderful event with the proceeds helping many people and raising awareness about suicide. Hope to see you all there in 2018.



mentorship program helps student soldiers

coming off of active duty and transitioning back into civilian life.

Leewok Music & Arts Festival was created to honor Lee Randall - who was lost to suicide almost 7 years ago. What a great way to honor someone. There was so much love that emanated throughout the

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# SECAF visits Minot Airmen

TECH. SGT EVELYN CHAVEZ | 5TH BOMB WING PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- Secretary of the Air Force Heather Wilson met with Airmen from the 5th Bomb Wing, 91st Missile Wing and community leaders during her first visit as SECAF to Minot Air Force Base, North Dakota, Sept. 7-8, 2017.

Her visit highlighted the importance of readiness, cost-effective modernization and leading from the front lines. As the only base in the Department of Defense that hosts two-thirds of the nuclear triad: the B-52H Stratofortress and Minuteman III Intercontinental Ballistic Missile, readiness is fundamental for both wings.

“I saw a lot of good things here on the support side, B-52 mission, and missile mission, people are getting after it,” said Wilson. “One of the wonderful things of our Air Force and Airmen [is] if they’re given the skills and ability, they’re passionate about doing things right and focus on mission excellence in what is one of the core missions of the U.S. Air force: nuclear deterrence. That is clear and very strong here, and it’s great to see.”

A critical part of restoring readiness comes from Airmen driven to develop innovative solutions that meet growing challenges, Wilson continued. While she toured several facilities and spoke with



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

Secretary of the Air Force Heather Wilson speaks with Airmen at Minot Air Force Base, N.D., Sept. 7, 2017. On her first trip to Minot AFB as SECAF, Wilson toured both 5th Bomb Wing and 91st Missile Wing facilities and assets.

Airmen about some of the challenges they face here, she discussed the priority of driving innovation to secure a strong future. “We figure things out,”

said Wilson. “The technical understanding of Airmen and their willingness to look at a problem and think about it in a different way and come up with a solution is really wonderful to watch. I met dozens of [Airmen] who are adding more tools to their toolbox so they can innovate and do things differently and better for the Air Force. My job is to get those rules and regulations that don’t make sense out of the way, or push down to lower levels the ability to waive some of those specific instructions to allow more innovation to take place.”

As the Air Force continues to build upon its core of innovation, Wilson encouraged Airmen at all levels to maintain their steadfast commitment to delivering unmatched capabilities every day despite the challenges we face as a force.

“I think the greatest threat to the Air force right now from my point of view with modernization is what’s happening with the budget,” added Wilson. “We will have a continuing resolution which with enough wiggle room we can manage in a short period of time, but the reality is, if the country goes through sequester again, which we did in 2013, we will cause terrible damage to the service and our ability to defend the country. We are working really closely with congress, Secretary of Defense Jim Mattis, and others to try and make sure we don’t devastate the service by going through sequester. We have to get beyond the budget control act.”

While Wilson works with Congressional leaders to ensure the Air Force remains unmatched as the premier, global airpower, she said the support from



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**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.



## SECAF VISITS MAFB from page 8

the City of Minot has been overwhelmingly positive.

“When I ask Airmen what they like most about Minot, they say the people, which is really good to hear, and it’s the people on base that they are working with, but it’s also the community at large,” said Wilson.

Wilson also talked about the importance of their continued support. From the community point of view, one of the most important things local leaders can do is work together to get through the challenges of Budget Control Act.

“Knowing what a budget sequester and a flat budget can do to this base, it’s important to have the community stand up and support their leaders when they take those votes and

do the right thing. If we were to have to operate at last year’s [budget] levels, some of the things needed to be done here, like fixing a firing range, are less likely to happen if Congress doesn’t fix those things.”

With such constant support from the local community, combined with unparalleled excellence from the Airmen of Team Minot, Wilson said she is confident that the security of the nation’s shield rests in good hands.

“You will have the tools you need to do your job,” Wilson said. “We will have great leaders. We will dominate air and space. We will be a modernized force, and prevail against any enemy foolish enough to take on the United States Air Force.”



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

Secretary of the Air Force Heather Wilson greets defenders at G-01 Missile Alert Facility in the Missile Complex, N.D., Sept. 7, 2017. Wilson toured the MAF, received briefings on new security initiatives and met with missileers in the launch control center.



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# ADULT FORMAL PUB CRAWL

SEPTEMBER 22, 2017  
6pm - 1am

Time to pull out those great or not so great formal gowns and old school tuxes for our Downtown Adult Formal Pub Crawl. Drink specials at each bar.

Best/worst dressed contest at The Spot.

**GRAND PRIZE:** 2 TICKETS TO THE VIKINGS VS RAVENS GAME ON OCT 22. Along with 1 night stay in a hotel close to the new stadium!!

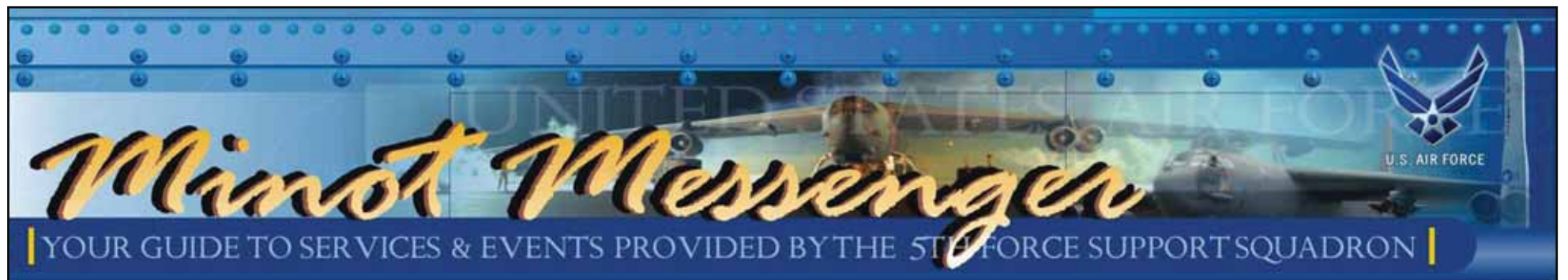
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## 2016 "The Voice" Winner Sundance Head In Concert Sept. 22

The 5th Force Support Squadron is pleased to welcome Jason "Sundance" Head, "The Voice" winner to Minot AFB on Friday, September 22, 7 p.m. at the McAdoo Fitness Center outdoor track as part of a ten-installation tour. Admission to this event is free.

Jason "Sundance" Head sings in a style he calls "Soul Country." His musical style has been called half-Soul, half-Country and all Texas. His songwriting is original and harkens back to a time gone by.

Sundance Head has been singing for as long as he can remember. In 2016, he attained critical and popular acclaim as he claimed the top spot in "The Voice" contest as part of Blake Shelton's team.

"I'm blessed to have this opportunity to perform for the service men and women of the armed forces," declares Head. "It is a truly humbling experience."

Sundance has released two albums in the last three years. His last single, "Darlin' Don't Go" went to number 15 on the charts.

For more details, call FSS Marketing at 723-6718.

## Celebrate 70th Birthday Of The Air Force With Variety Of Events At 5 FSS Facilities

Numerous 5th Force Support Squadron facilities are offering various specials and festivities in celebration of the 70th birthday of the Air Force. Some of those events include:

### AIR FORCE BIRTHDAY CELEBRATION September 15 - Rockers Bar & Grill

On Friday, September 15 from 10:30 a.m. to 1 p.m., enjoy "The Big Day" special featuring a chicken quesadilla with jalapeno, cilantro, and pepperjack cheese. Cost is only \$7.70 for club members and \$9.70 for non-members. Plus receive a slice of birthday cake with you "The Big Day" purchase on September 15. Every birthday meal purchased earns a chance at daily drawings for an Air Force 70th Birthday t-shirt or tote bag. For more information, call Rockers Bar & Grill at 727-ROCK.

### AIR FORCE BIRTHDAY CELEBRATION September 18 - Jimmy Doolittle Center

Join the Jimmy Doolittle Center as they celebrate the 70th birthday of the Air Force on Monday, September 18 from 11 a.m. to 1 p.m. Enjoy their delicious taco bar buffet for only \$9.50 for club members and \$11.50 for non-members plus receive FREE cake and ice cream with buffet purchase. Try your skill at the scavenger hunt for commemorative Air Force birthday t-shirts - some with Darcy Dollars. Plus you can register for drawing for FREE lunch at the Doolittle Center. For additional information, call the Jimmy Doolittle Center at 723-3731.

## Pet Fair Offers Variety Of Contests, Giveaways, & Prizes

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. 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.

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

**FAMILY and YOUTH EVENTS & PROGRAMS**

**MOVIE**  
in the **PARK**  
**SEPT 15**  
SHOWING **JURASSIC PARK**  
(PG-13)  
MOVIE STARTS AT 8:30PM  
Appropriate for Ages 6+  
FREE • MOVIE • FUN  
723-3648

**Sep 23 FREE Family Day At Indoor Pool**  
Are you looking for some FREE family fun? Then don't miss the Family Day at the Indoor Pool on Saturday, September 23 from noon to 3 p.m. This FREE event offers plenty of fun for the entire family. Kids will love the splashing around the warm confines of the Indoor Pool. Both children and adults will want to try their skill at the log rolling activity. For more information, call Outdoor Recreation at 723-3648.

Family Fun with an Arabian Princess  
September 19th  
5pm-7pm  
\$1.00 Pizza Slices  
727-4377

**Sep 21 Creative Kids Class**  
Spend the morning with your preschooler having fun making paper bag puppets during the Creative Kids class at the Arts & Crafts Center on Thursday, September 21 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. Contact the Arts & Crafts Center at 723-3640 for additional information.

**Sep 20 Bundles For Babies**  
Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on September 20 at 9 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 learn new parenting skills. Please register by noon on September 19. For additional information, call the Airman and Family Readiness Center at 723-3950.

**Sep 30 Picture Framing Class**  
The Arts & Crafts Center is holding a Picture Framing Class on Saturday, September 30 at 10 a.m. Registration is now through September 21. Cost is \$25 plus materials. Learn the basics of matting and framing. You'll cut your own double mat, assemble your frame, and leave with a completed picture ready for hanging. Bring in your picture to frame by September 21 so the Arts & Crafts Center can assist in mat and frame choices and order materials before the class date. For additional details, call 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 for more information, call the Rough Rider Golf Course at 723-3164.

**Sep 15 Friday Night Karaoke**  
Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on September 15 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. Rockers is hosting Karaoke Nights on Fridays throughout the month of September. For additional information, contact Rockers Bar & Grill at 727-ROCK.

**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!

**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 723-3950 to register or for more information.

**Latin Music And Dancing**  
Join us for  
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- Tejano  
- Cuumbia  
- Duranguense  
- & more!  
Sept 23rd  
10pm-2am  
Cover Charge  
Members: Free  
Non-Members: \$5  
727-ROCK

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

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

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

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

Some of the leagues available at Rough Riders Lanes include a Spouse League on Mondays, Scotch Doubles League on Tuesdays, Squadron Extramural League on Wednesdays, a Mixed Couples League on Thursdays, a Mixed Fun League on Fridays, and a 9 Pin No Tap League on either Tuesdays or Thursdays. The bowling center also offers a variety of Youth Leagues on Saturdays for children ages 3-17 years old. For additional information, please contact Rough Rider Lanes at 727-4715.

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SINGLE \$400  
DOUBLE \$200  
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QUAD \$100  
RESERVE YOUR SPOT SEPT 1-22  
Spend 3 nights in Hill City - go for a 2 hour horseback ride through the Black Hills, take a tour through the caves at Rush Mountain and cap off the trip with the Volksmarch up Crazy Horse. Don't miss out on this beautiful adventure through South Dakota!  
CALL 723-3648 TO RESERVE!

**TODAY**

- 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, 2030, Outdoor Rec, held at Bud Ebert Park

**SATURDAY**

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

**SUNDAY**

- NFL Sunday Ticket Football Frenzy, 1130-1830, Rockers Bar & Grill
- Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

**MONDAY**

- MPS ID Card/DEERS and MPS Force Management Office will be closed to allow for office relocation on Monday, September 18, 2017.
- 1st Annual Rough Rider Relay, 0800-1200, From Oscar-01 to Minot AFB (Bud Ebert Park)
- Kids Yoga Class, 0930, Fitness Center
- Dakota Inn USAF Birthday Meal, 1030-1330, Dakota Inn Dining Facility
- Air Force Birthday Celebration, 1100-1300, Jimmy Doolittle Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- World Wide Day of Play activities, 1600-1700, Youth Center
- Yoga, 1830, Fitness Center
- Cycle Challenge, 1930, Fitness Center

**TUESDAY**

- Pre-Separation Counseling, 0800-1130, A&FRC
- September Swim Lessons, 0900 & 1000, Indoor Pool
- Game Day, 1000-1930, Base Library
- Off-Base Budget Class, 1430-1600, A&FRC
- Family Fun with an Arabian Princess, 1700-1900, Rough Riders Pizza
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center
- Cycle & Core, 1930, Fitness Center

**WEDNESDAY**

- Bundles for Babies, 0900-1030, A&FRC
- 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
- Off-Base Budget Class, 1430-1600, 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

**THURSDAY**

- Last day to register for the Picture Framing Class at Arts & Crafts
- September Swim Lessons, 0900 & 1000, Indoor Pool
- Creative Kids Class, 1030-1100, Arts & Crafts
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Members 2 for 1 Appetizers, Every Thurs, 1700-1900, Rockers Bar & Grill

- Muscle Pump, 1830, Fitness Center
- NFL Thursday Night Football FRENZY, 1915, Rockers Bar & Grill

**UPOMING EVENTS - SEPTEMBER 22**

- Last day to register for the Single Airmen Crazy Horse Trip at Outdoor Rec
- Fit Family Boot Camp, 0930, Fitness Center
- Retiree Lunch Special, 1100-1300, Jimmy Doolittle Center
- Fit To Fight, 1200, Fitness Center
- Plains Regional Alpha Warrior Competition, 1300-1700, Fitness Center
- Torch Club, 1600, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill
- Give Parents A Break, 1800-2200, CDC and SAP
- Keystone Club, 1830, Youth Center
- 2016 "The Voice" Winner - Sundance Head Concert, 1900, Dance and karate demonstrations begin at 1800, McAdoo outdoor track
- Lights & Strikes Bowling, Every Fri, 2000, Bowling Center

**UPOMING EVENTS - SEPTEMBER 23**

- Family Day at the Indoor Pool, 1200, Indoor Pool
- Chess Club, 1100, Base Library
- Lights & Strikes Bowling, Every Sat, 2000, Bowling Center
- Latin Music & Dancing, 2200-0200, Rockers Bar & Grill

**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.

**THE MINOT CHAMBER CHORALE PRESENTS GERSHWIN AND FRIENDS.**

Friday, October 6, 2017 – The Grand Hotel; Social at 6:30 pm. Concert at 7:30 pm. Hear all-time favorites as I Got Rhythm, It Ain't Necessarily So, American in Paris, Stormy Weather, Thanks for the Memory, Fascinating Rhythm, Diamonds are a Girl's Best Friend and more! Enjoy snacks on the tables and the cash bar. No admission charge! (Free will offering accepted.)

**SISTER STRIKES AGAIN!**

Wednesday, October 18, 2017 at 7:30 PM. Ann Nicole Nelson Hall, Minot State University 500 University Ave W, Minot, ND. General Admission \$40. Hosted by: St. Terese, Church of the Little Flower for tickets or info contact Little Flower parish office 800 University Ave W, Minot, ND 701-838-1520 [littleflowerfinance@srt.com](mailto:littleflowerfinance@srt.com). Tickets also available at the door the night of the show and online at [www.brownpapertickets.com/event/3066245](http://www.brownpapertickets.com/event/3066245)

**MINOT SYMPHONY ORCHESTRA OPENS 92ND SEASON "FOREVER LOVE" OCTOBER 7, 2017**

The Minot Symphony Orchestra, conducted by Maestro Efraín Amaya, invites you to the season opener of their 92nd season, The Wheel of Fortune: Forever Love, on Saturday, October 7, 2017 at 7:30 pm at MSU's Ann Nicole Nelson Hall. The Minot Symphony Orchestra will be presenting two pieces written after the beloved love story of Romeo and Juliet by William Shakespeare. Tchaikovsky: Romeo and Juliet Overture-Fantasy, has been used in many film and television shows making it very popular with not only concert goers but with audiences at large. Prokofiev: Romeo and Juliet Suite No. 2, the ballet has become almost an institution in itself. Following intermission, the symphony will feature one of Minot's favorite Scandinavian composers, Jean Sibelius: Symphony No. 1 in E Minor, op. 39. Don't miss the Minot Symphony Orchestra's season opener, Forever Love, the first concert of the 2017-2018 six concert series, The Wheel of Fortune. Tickets start at \$25 for adults with senior and student discounts, and can be purchased online at [www.minotsymphony.com](http://www.minotsymphony.com) or call 701-858-4228.

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- Preliminary Internal Medicine residency, Nassau University Medical Center, East Meadow, NY
- Neurology residency and fellowship in Clinical Neurophysiology, JFK Medical Center, Edison, NJ
- Served as chief resident her final year, earning numerous awards for academic and clinical excellence.
- Member, American Academy of Neurology



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# CHURCH DIRECTORY

|  |  |  |  |   |
|--|--|--|--|---|
| <p><b>Little Flower Catholic Church</b><br/>800 University Avenue West<br/>838-1520</p> <p><b>Summer Mass Schedule</b><br/>Saturday ..... 5:30 pm<br/>Sunday .... 8:30 &amp; 11:00 am</p> <p><b>Fr. Fred Harvey, Pastor</b><br/><a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>   | <p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m.<br/>Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>  | <p><b>Harvest Reformed Church</b></p> <p></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><b>Sunday Service 10:30 a.m. 838-0605</b><br/><a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>   | <p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 per week</b></p>   | <p><b>Bible Fellowship Church</b> </p> <p>Worship Service 10:45am Sunday<br/>Sunday School/Bible Study 9:45am</p> <p><b>GRIEF SHARE</b></p> <p>Preview Session<br/>March 12 at 6:30pm<br/><b>838-0916 • 1720 4th Ave NW</b><br/><a href="http://minotbiblefellowship.org">minotbiblefellowship.org</a></p>   |
| <p><b>Faith United Methodist Church</b></p> <p></p> <p><b>5900 Highway 83 N, Minot</b><br/><a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Tom Sumers</b><br/>701-838-1540</p> <p>Sunday School (All Ages): 10 a.m.<br/>Sunday Coffee Fellowship: 10:30 a.m.<br/>Worship Services: Sunday 11 a.m.</p>  | <p><b>Minot Baptist Church</b></p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m.<br/>Morning Worship .... 11:00 a.m.<br/>Evening Worship ..... 6:00 p.m.<br/>Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i><br/><b>500 46th Ave NE • 839-1351</b><br/>Pastor David Miller</p>   | <p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b><br/>Contemporary Worship ..... 9:00am<br/>Sunday School (All Ages) ..... 10:00am<br/>Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b><br/>Community Dinner ..... 5:30-6:30pm<br/>Contemporary Worship ..... 6:30pm<br/>Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b><br/><a href="http://www.ecominot.org">www.ecominot.org</a></p> | <p><b>Congregational UCC</b><br/>430 N. Broadway • 839-1064</p> <p>Sunday Worship ..... 11am<br/>Sunday School ..... 11am<br/>Tuesday Bible Study ..... 12pm<br/>Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us,<br/>all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b> </p>  | <p><b>St. Mark's Lutheran Church</b><br/><i>Missouri Synod</i></p> <p></p> <p>Sunday Worship ..... 9:30 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b><br/><b>Carlyle Roth, Pastor</b><br/><a href="http://www.stmarksminot.com">www.stmarksminot.com</a><br/>Call or check out our website for more information.</p>  |
| <p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 per week</b></p>   | <p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b><br/>Located off Hwy 83 Bypass West<br/><b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m.<br/>Sunday Worship ..... 3:30 p.m.<br/>Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>  | <p><b>St. John the Apostle Catholic Church</b> </p> <p>2600 West Central Ave • Minot, ND 58701<br/><b>839-7076</b></p> <p>Daily Mass Schedule:<br/>Tuesday ..... 7 p.m.<br/>Wednesday - Friday ..... 9 a.m.<br/>Saturday ..... 5 p.m.<br/>Sunday ..... 8 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i><br/>Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>            | <p><b>First Lutheran Church - ELCA</b></p> <p> 120 - 5th Ave. NW<br/>852-4853</p> <p>Saturday Worship ..... 5:30 pm<br/>Sunday Worship .. 8:30 am and 11:00 am<br/>Wednesday Supper ..... 5:15 pm<br/>Wednesday Education ..... 6:00 pm<br/>Wednesday Worship ..... 7:00 pm</p> <p>Services are now available online at <a href="http://firstlutheran.tv">firstlutheran.tv</a><br/>Radio Broadcast KRRZ 1390 AM 8:30 AM<br/>Pastor Brandy Gerjets<br/><a href="http://www.flcminot.com">www.flcminot.com</a></p> | <p><b>OUR REDEEMER'S CHURCH</b></p> <p><i>A Church of the Lutheran Brethren</i></p> <p><b>Thursdays:</b><br/>Worship ..... 6:30 p.m.</p> <p><b>Sundays:</b><br/>Worship ..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at:<br/><a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>  |
| <p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND<br/>Phone: 838-5196 • Fax: 852-8494<br/>A Member of the ELCA</p> <p>Sunday Worship .... 8:30 am &amp; 10:30 am<br/>Sunday Fellowship ..... 9:30 am<br/>Wednesday Worship ..... 6:45 pm<br/>Church School Wednesday ..... 5:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a><br/>Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a><br/>Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b><br/><b>Pastor Gerald Roise</b></p> | <p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b><br/><a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m.<br/>Adult Sunday School ..... 9:45 a.m.<br/>Contemporary Worship Service .. 9:50 a.m.<br/>Children's Church ..... 9:50 a.m.<br/>Sunday School (All Ages) ..... 11:00 a.m.<br/>Contemporary Worship Service.. 11:05 a.m.<br/>Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b><br/><b>Rev. Barry Seifert, Associate Pastor</b><br/><b>Pastor Sam Kautzmann, Student Ministries</b><br/><b>Elaine Carlson, Children's Ministry Director</b></p> | <p><b>Calvary Alliance Church</b></p> <p> 715 20th Avenue NW<br/>Minot, ND 58703</p> <p><a href="http://www.calvaryofminot.com">www.calvaryofminot.com</a><br/><b>701-852-0670</b></p> <p>Sunday School ..... 9:00 am<br/>Sunday Worship Service ..... 10:00 am<br/>Wednesday Prayer ..... 6:30 pm<br/>Wednesday Youth Group (grade 7-12) ..... 6:30 pm</p>   | <p><b>West Minot Church of God</b><br/><i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m.<br/>Sunday Worship ..... 10:30 a.m.<br/>Children's Church &amp; Nursery<br/>Wednesday Family Training Hour<br/>Meal ..... 5:30 p.m.<br/>Classes for All Ages ..... 6:30 p.m.<br/>Youth Center, Friday ..... 7:00 - 11:00 p.m.<br/>ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a><br/><a href="https://facebook.com/westminot">facebook.com/westminot</a></p>  | <p><b>Bethel Free Lutheran AFLC</b></p> <p> <i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School ..... 9 a.m.<br/>Worship Service ..... 10:30 a.m.<br/>Wednesday Supper ..... 6:15 p.m.<br/>Adult/Youth Bible Study<br/>Kids Club ..... 7 p.m.</p> <p><b>Pastor Shane McLoughlin</b><br/><b>530 22nd Ave NW • 852-6492</b><br/><a href="mailto:bethel@minot.com">bethel@minot.com</a></p> |
| <p><b>BREAD OF LIFE ELCA LUTHERAN CHURCH</b></p> <p> <b>1415 17th AVE SW 838-3360</b></p> <p>Saturday Worship ..... 5:00 pm<br/>Sunday Worship .... 8:30 &amp; 11:00 am<br/>Sunday Education ..... 9:45 am</p> <p><b>Pastor Taryn Montgomery</b></p> <p><i>Everyone Welcome</i> <br/><a href="http://Breadoflifeminot.com">Breadoflifeminot.com</a></p>   | <p><b>Immanuel Baptist Church</b></p> <p> <b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays:<br/>Sunday School ..... 9:15 a.m.<br/>Worship ..... 10:30 a.m.</p> <p>Wednesdays:<br/>Soup Kitchen .... 11:30 a.m. - 12:30 p.m.<br/>Family Supper ..... 5:45 p.m.<br/>Classes for all ages ..... 6:30 p.m.<br/>Adult Choir (as scheduled) ..... 8:00 p.m.</p> <p><b>Brian T. Skar, Pastor</b><br/><a href="http://www.ibcminot.org">www.ibcminot.org</a></p>  | <p><b>Cross Roads Baptist</b></p> <p></p> <p>Sunday School (all ages) ..... 9:45 a.m.<br/>Sunday Worship ..... 11 a.m. &amp; 6:30 p.m.<br/>Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a><br/>email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>                                      | <p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>Morning Worship ..... 8:30 a.m.<br/>Sunday School ..... 10 a.m.<br/>Morning Worship ..... 11 a.m.<br/>Evening Worship ..... 6:30 p.m.<br/>Wednesday Family Night ..... 7 p.m.</p>  | <p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 per week</b></p>  |
| <p><b>GRACE FELLOWSHIP CHURCH</b><br/>Independent - affiliated with IMF</p> <p></p> <p><b>8300 29th Ave NW Burlington, ND 58722</b><br/>(South side of Highway 2)<br/><b>701-839-6319</b></p> <p>Sunday School ..... 9:00 am<br/>Meet and Greet ..... 10:00 am<br/>Sunday Worship ..... 10:30 am</p> <p><b>Pastor Gregg S Smith</b><br/><a href="http://www.gracefellowshipatburlington.com">www.gracefellowshipatburlington.com</a></p>  | <p><b>Gospel Tabernacle Community Church</b></p> <p></p> <p><b>9999 27th St NE 4 miles south of MAFB</b><br/><b>James W. Henderson</b><br/><b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b><br/><b>Home: 701-838-5759</b><br/><b>KHRT 1320: 9 a.m. Sunday</b></p> <p>Sunday School ..... 9:45 a.m.<br/>Adult/Children Worship.. 11 a.m.<br/>Family Hour ..... 6:30 p.m.<br/>Evening Worship ..... 7:30 p.m.<br/>Bible Study/Child-Adult<br/>Children Worship (Wed).... 7 p.m.<br/>Prayer (Friday) ..... 7 P.m.</p>   | <p><b>ZION Lutheran ELCA</b></p> <p> <b>1800 Hiawatha St. 852-1872</b></p> <p>Worship Times<br/>Saturday ..... 5:00 pm<br/>Sunday ..... 8:30 am &amp; 11:00 am<br/>Wednesday ..... 6:15 pm</p> <p><b>John Streccius, Pastor</b><br/><b>Carol Wendel, Pastor</b></p>   | <p><b>ADVERTISE YOUR Church</b></p> <p><b>Advertise FOR ONLY \$7 PER WEEK</b></p> <p><b>Revisions MADE UPON NOTICE FROM THE CHURCH</b></p> <p><b>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</b></p> <p><b>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</b></p> <div style="border: 2px solid black; padding: 10px; transform: rotate(-2deg);"> <p><b>CONTACT TONYA</b></p> <p>call 701-839-0946</p> <p>email <a href="mailto:NSADS@SRT.COM">NSADS@SRT.COM</a></p> <p>fax 701-839-1867</p> </div>   |   |
| <p><b>Trinity Church</b></p> <p></p> <p><b>An Evangelical Free Church</b><br/>3500 4th St. SW • 839-5127<br/>(Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m.<br/>Worship ..... 10:45 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>  | <p><b>Vincent United Methodist Church</b></p> <p></p> <p><b>1024 2nd St. SE • 838-4425</b><br/><i>Behind Town &amp; Country Shopping Center</i><br/><b>open hearts...open minds...open doors!</b></p> <p>Saturday Informal Worship .. 5:00 p.m.<br/>Sunday School ..... 9:00 a.m.<br/>Sunday Worship Service .... 10:00 a.m.<br/>Fellowship ..... 11:00 a.m.</p> <p><b>Pastor Mary Johnson</b><br/><a href="http://www.vincentumc.com">www.vincentumc.com</a></p>   |  |  |   |

# CLASSIFIEDS

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## ESTATE CLAIMS

SrA Alberto A. Merida, stationed at Minot AFB, N.D., recently passed away. Anyone with a claim for or against his estate should step forward at this time by contacting Lt Mitchell Jensen reachable by telephone at 701-723-7590, or by email at [mitchell.jensen.2@us.af.mil](mailto:mitchell.jensen.2@us.af.mil). Direct all questions and concerns to Lt Mitchell Jensen.

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

The Northern Sentry is a privately owned and edited publication in no way affiliated with the Minot Air Force Base, the Department of the Air Force or the Department of Defense. Military members and DoD civilian employees must contact the Public Affairs office prior to contacting any member of the media.

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## ANSWERS

### SUDOKU ANSWERS

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

Answers to puzzle from page 6

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IN MOHALL - Convenient one level living in this 3 bedroom, 1 3/4 bath manufactured home. Remodeled kitchen has stainless steel appliances, large living room and a 3-season room on back. Attached 26x26 garage. Nice yard with patio. Reduced price!

**MLS #171311**



**\$115,000**

JUST LISTED! Charming 3 bedroom, 1 1/2 bath, 1 1/2 story home. Main level bedroom, bath, kitchen dining and living room. Upper level has 2 bedrooms with walk-in closet and bonus space for office. Covered front porch, central air, large back yard and detached garage.

**MLS #172124**



**\$169,000**

COZY - 3 bedroom, 1 1/2 story home in SE area. Quaint kitchen with pantry. Original hardwood floors in living and dining room. Upper level bedroom has a deck. Lower level family room. Attached garage.

**MLS #170684**



**\$108,000**

PRICE REDUCED! - 2 bedroom, 1 1/2 bath home in Kenmare. Large yard, patio and alley access. New hardwood, carpet and paint. Nice kitchen. Large living room. Full basement with bath, laundry and space to finish. Attached garage.

**MLS #171139**



**CONGRATULATIONS JUDY HOSKIN**

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**\$109,900**

IN GRANVILLE - 4 bedroom, 2 bath, 2013 manufactured home with 1680 sq ft of living space. Sits on a 66'x132' lot that is included. Has central air, asphalt roof and vinyl siding.

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|   |  |   |
|---|--|---|
| <p>Newer townhome you would love to call home! This 3 bedroom, 2 bath 1 owner townhome is move in ready. Insulated &amp; sheetrocked double garage has access into the daylight lower level. Enough space for 2 bedrooms and family room for additional entertaining &amp; living space. Call Aisha Vadell at 240-3780. #171472</p> <p><b>\$215,000</b></p> <p><b>\$149,700</b></p> | <p>Eastwood Park Splendor! Beautifully updated 3 bedroom 2 bath turn of the century home. Maintenance free exterior. Newer kitchen appliances, flooring &amp; cabinets. Single stall attached garage and fenced backyard that overlooks the Souris River. Call Aisha Vadell at 240-3780. #170434</p> <p><b>\$114,000</b></p> <p><b>\$185,000</b></p> | <p>Here is your totally rebuilt 2 story home in prestigious Eastwood Park for an affordable price! 3 large bedrooms with ceiling fans &amp; great closet space. The eat-in kitchen has a lighted walk-in pantry with a door from the previous house and archway to the dining area/living room. Call Aisha Vadell at 240-3780. #170605</p> <p><b>\$225,000</b></p> <p><b>\$249,100 - Lansford</b></p> |
| <p>Don't miss out on this newer modular home that sits on a good size lot. There are 3 bedrooms and 2 baths with an open floor plan with main floor laundry. The home is close to a park and in a quiet NW neighborhood with many mature trees. Call Clyde Thorne at 240-8594. #170686</p> <p><b>\$229,900</b></p>  | <p>Remodeled 3 bedroom / 2 bathroom / 2 car garage home located in southeast Minot. Master bedroom suite has 2 closets which one is a walk-in. Good size bedrooms, all carpeted. Living room, dining room, and kitchen have wood flooring. Call Clyde Thorne at 240-8594. #162406</p> <p><b>\$179,900</b></p>  | <p>If you are looking for WOW factor, look no further than this stunning home in a country setting. When entering from the garage, you will find an extremely large, main floor laundry room before entering the updated kitchen with a modern look. Call Clyde Thorne at 240-8594. #172021</p> <p><b>\$65,000 - Lansford</b></p>   |
| <p>Very nice move in ready 6 bedroom home. 3 of the bedrooms are in lower level with non egress windows. Main floor consists of large living room with newer carpet, dining room, kitchen with newer appliances and cabinets, 3 large bedrooms, full bath with new flooring and topping off main floor is 1/2 bath/laundry room. Call Jerry Thomas at 833-7578. #170953</p>         | <p>Beautiful character home and great curb appeal. This home is located on a large corner lot with an exquisite landscaped yard. The living room and dining room are spacious with elevated ceiling heights and large windows for natural light. The kitchen has tons of storage and new flooring. Call Micky Venable at 240-5257. #171455</p>       | <p>A little TLC goes a long way and could make this a 4 bdrm home a great place to call home! Located on a large lot (6 city lots) in the City limits of Lansford, at a dead end street, makes for a peaceful location. The lower level has laundry and storage space. Double detached garage and new roof. Call Tamie Dunn at 720-1723. #171900</p>  |

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  - 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
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  - Baymont Inn & Suites | 1609 35th Ave SW
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### 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

## WOMEN

### 4 Person Teams

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

## 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

EVENING LEAGUES 28 WEEKS  
 LEAGUES START IN MID SEPTEMBER

## MIXED 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

## SENIORS

### 4 Person Mixed Teams

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

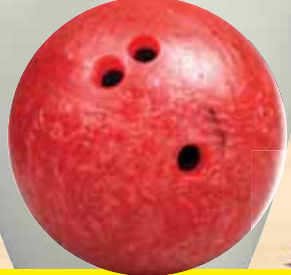
Wednesday..... 10:00 am  
 • starts September 13th  
 Friday..... 1:00 pm  
 • starts September 15th

### DAYTIME COFFEE

### FREE COFFEE

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

celebrating  
**60**  
 YEARS



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Thursday, September 21

Downtown Minot

TIME: 5:00 P.M. - 9:00 P.M.

TICKETS: \$45 IN ADVANCE, \$50 AT THE DOOR; 21+ ONLY  
 TICKET SALES AT COOKIES FOR YOU, MARGIES ART, OR FINANCEE

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