

northern **sentry**

FREE | WWW.NORTHERNSENTRY.COM | 5 • ISSUE 38 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 22, 2017



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

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Minot AFB



Videos

Her father's footsteps

SENIOR AIRMAN APRYL HALL
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- It all started with a trash can. She was young, maybe six or seven, and realized her parents had never purchased a trash can. Every week, without fail, she watched as someone came and collected the trash from the can they were provided in base housing. When she visited her grandparents, it dawned on her trash pick-up was a service most had to pay for. She wanted no part of that.

"I thought, 'Well I don't want to buy my own trash can, so I'll join the Air Force too,'" said 2nd Lt. Gabriella Graham, 741st Missile Squadron deputy missile combat crew commander. "I suppose I was very little when I knew I wanted to join."

Graham grew up in the Air Force. Her father was an enlisted optometry technician, then worked in supply before commissioning to become a missileer. It was during his assignment at Minot Air Force Base, North Dakota as an MCCC with the 741st MS that she finally became curious about her dad's job.

"She really wanted to know everything she could about what I did," said Maj. Raymundo Vann, now a member of the Chief A10 Action Group at Air Force Headquarters at the Pentagon. "She would ask what I did, what's it's like to sit on alert, or if I can see the missiles from where I sit. A few times she wanted me to explain what kind of weapon the missile really is and if other

countries are afraid of it."

Graham cherishes the time her family spent at Minot, she said. She recalls having big get-togethers often and building friendships she still has to this day, something that didn't happen for her at any other base. But mostly, she remembers being intrigued by her father's career.

"We would see trainers and stuff, so I knew what everything looked like and what he was doing," she said. "Big picture I think I understood, but past that, I don't really know if I had the understanding of what his job meant."

Graham finished high school and attended the University of Wyoming, immediately entering the Reserve Officers' Training Corps knowing she wanted to be an Airman. Becoming a missileer was always in the back of her mind.

"There was something about the 13N career field that I really enjoyed learning about," Graham said. "I think it's also pretty special to be in the same job with your dad, who is still active and serving."

With her mind set on becoming a missileer, Graham phoned her father to tell him the good news.

"I was very excited, but I tried not to show it," Vann recalled. "I wanted her to be confident in her decision without my help."

After completing college, Graham headed to Vandenberg AFB, California for 13N technical school. Throughout her training,



COURTESY PHOTO

From left: 2nd Lt. Gabriella Graham, 741st Missile Squadron deputy missile combat crew commander, and her father Maj. Raymundo Vann, member of the Chief A10 Action Group at Air Force Headquarters, pose together at Vandenberg Air Force Base, California.

she always heeded her dad's advice: Study hard, keep a positive attitude no matter what, and always focus on being a good person, officer and operator. In the case she needed a better understanding of something, Vann was just a phone call away.

"He was always there to help and guide me," Graham said. "He's dad! He knows how I learn, so he was able to break things down and explain better."

As "Squadron Night" arrived, Graham's waiting game was over. She would

finally know where she would begin her career, where she would call home. Despite putting Minot on the top of her list and planting the 741st MS seed to her instructors, she was nervous when

Continued on page 3



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5th CES firefighters host 9/11 memorial climb

United States Air Force Senior Airman Kyle Sayers was just 7-years old, sitting in an elementary school in Virginia, when the Twin Towers fell and the Pentagon burned, September 11, 2001. Sixteen years later, he, and his fellow Team Minot firefighters, put on their gear, hoisted a fire hose and climbed the equivalent of the 110 stories that made up each tower of the World Trade Center. With each step, they were reminded of the 343 #firefighters who sacrificed their lives on 9/11.

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

HER FATHER'S FOOTSTEPS from page 2

she went up to unveil her assignment in front of her classmates. She pulled the tape off to seal her fate.

"I was so excited and relieved," Graham said. "While I would've jumped into any squadron, it was just awesome to see that I got to go stand where my dad stood."

Heart racing and head spinning, there was one person she couldn't wait to calm down to talk to.

"I was like any other father, beaming with pride!" Vann said. "She could have done anything she wanted, so the fact that she chose to join the greatest Air Force in the world and then become a missileer at the 741st was truly humbling."

Graham has been a member of the squadron just a short time now, admitting that every day at work feels like a dream. She recognizes people and things, like the green rock her father signed his name on years ago in the squadron heritage room. She finds comfort in knowing she sits where he once did, but also strives to outshine him.

"She constantly reminds

me that, while I may have been a pretty good missileer when I was at Minot, she's working to be the best she can be, better than me," Vann said. "I believe her! I'm most proud of the way she faces any challenge and just keeps on working toward her goals."

Whether or not Graham lives up to her father's reputation in the squadron, being a 741st family is more special than either of them could have hoped.

"The idea that my daughter is following a similar path is pretty awesome," Vann said. "But the fact that we now have a family legacy in the 741st amazes me every time I think about it."

The saying goes, "One man's trash is another man's treasure." Those words hold just a little bit more weight for this family.

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FACEBOOK

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SECDEF VISITS MINOT AFB

Secretary of the Defense Jim Mattis speaks with Airmen at Minot Air Force Base, N.D., Sept. 13, 2017. During his visit, Mattis toured 5th Bomb Wing and 91st Missile Wing units and spoke with Airmen emphasizing the importance of the nuclear deterrence mission.

U.S. Air Force photos | Senior Airman J.T. Armstrong



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INGREDIENTS:

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| 3/4 cup all-purpose flour | 3/4 cup buttermilk |
| 1/4 cup cornstarch | 1/4 cup milk |
| 1/2 teaspoon salt | 6 tablespoons vegetable oil |
| 1/2 teaspoon ground cinnamon | 1 large egg, separated |
| 1/8 teaspoon ground nutmeg | 1 tablespoon sugar |
| 1/2 teaspoon baking powder | 1/2 tsp. vanilla extract |
| 1/4 teaspoon baking soda | |

INSTRUCTIONS:

Heat the oven to 200°F and heat up the waffle iron. Mix the flour, cornstarch, salt, cinnamon, nutmeg, baking powder, and baking soda in a medium bowl. Measure the buttermilk, milk, and vegetable oil in a measuring cup and stir in the egg yolk. Set aside. In another bowl, beat the egg white almost to soft peaks. Sprinkle in the sugar and continue to beat until the peaks are firm and glossy. Beat in the vanilla. Pour the buttermilk mixture into the dry ingredients and whisk until just mixed. Drop the whipped egg white onto the batter in dollops and fold in with a spatula until just incorporated. Pour the batter onto the hot waffle iron (My Belgian waffle maker takes 2 1/2 ice cream scoops of batter, but your mileage may vary) and cook until the waffle is crisp and brown. Set the waffle directly on the oven rack to keep it warm and crisp. Repeat with the remaining batter, holding the waffles in the oven (don't stack them). When all the waffles are cooked, serve immediately.



ADULT FORMAL PUB CRAWL

SEPTEMBER 22, 2017
6pm - 1am

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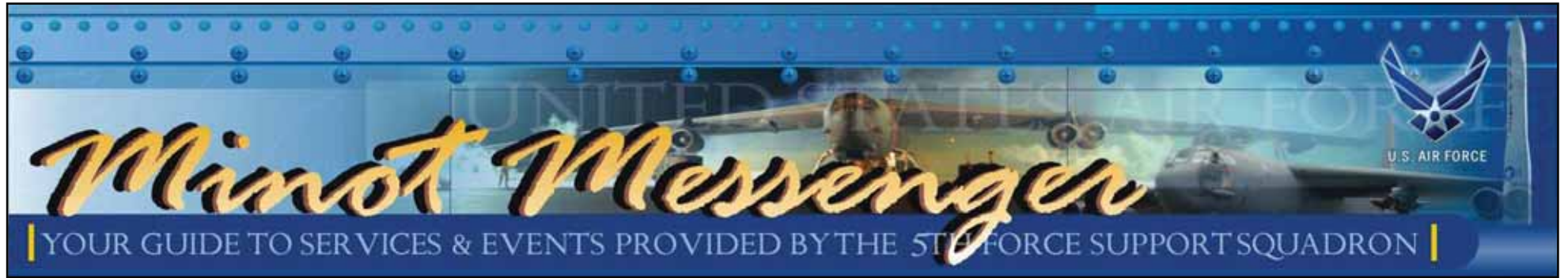
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Air Force Clubs feature dining and catering discounts, membership only programs, worldwide access and privileges and it is the place to go for Air Force traditions. And to make things even better, a new Club Member Portal has removed the need for credit approval. Now members can pay dues via any credit or debit card or by electronic check.

To sign up, go to www.myairforcelife.com, click the "For Club Members" button on the left and simply follow the prompts.

"The prompts lead the soon-to-be new member to our new membership portal hosted by our partner memberplanet," said Jeffrey Polangin, 5th Force Support Squadron Food & Beverage Operations Manager. "We've joined with them to provide an updated system where the member is more in control."

The new Club Member Portal allows for dues payment options, standardized payment dates, and keeps members better informed about club programs and events in real time. Members can access their account on-line or via a convenient downloadable Apple or Android app.

For more information, visit the Jimmy Doolittle Center (723-3731) or Rockers Bar & Grill (727-ROCK).

Team Cohesion Challenge Coming To Fitness Center

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Eligible ID card holders 16 years of age and older are invited to register for the Team Cohesion Challenge now through September 30 at the McAdoo Fitness Center. Participants will compete 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. The Team Cohesion Challenge GoRuck Light event is scheduled for Wednesday, October 4 beginning at 8:30 a.m.

GoRuck Light is an introduction to the team-based training found in Special Operations. Team being a very important word. GoRuck Light is a team event, never a race.

The GoRuck Light event takes place over 4-5 hours, and you will cover roughly 7-10 miles. You will also smile. A lot. We promise. For more details, call the Fitness Center at 723-2145.

CRAFT BEER TASTING

723-3731

September 29th

5pm - 9pm

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Adults Only

Cost

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September 26, 2017
1730-1830

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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 29 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

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.

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Oct 2 Youth Indoor Soccer Registration
 The Youth Center is holding Youth Indoor Soccer registration for Youth Center members 3-12 years of age from October 2-31. Cost is \$30 for Smart Start ages 3 & 4 and \$40 for youth ages 5-12. Youth Center membership and a current immunization record as well as a sports physical must be on file to register. The Youth Indoor Soccer season begins January 2. For additional information, please call the David C. Jones Youth Center at 723-2838.

Family Fun Night

Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time in the Lil' Rider Indoor Playland. For additional information, call Rough Riders Pizza at 727-4377.

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CLUB MEMBERS: \$9.50
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YOUNG AIRMEN EVENTS & PROGRAMS

Sep 29 Friday Night Karaoke
 Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on September 29 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.

Oktoberfest
Lunch Special
SEPT 29th
 Dakota Inn Dining Facility



The Rough Rider Golf Course hosted the Retiree Scramble Tournament on Saturday, September 9. The winning team consisted of (left to right): Derrick Holman, AJ Forbes, Chris Zapf, and Bill Mead. The tournament was sponsored by the Air Force Association and Tires Plus Total Car Care. No Federal Endorsement of Sponsors Intended.

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FREE Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 213 pay-per-view event at Rockers Bar & Grill on Saturday, October 7. Non-members price is only \$7.

The action features the UFC Interim Lightweight title bout between #2 ranked Tony "El Cucuy" Ferguson and #7 ranked Kevin "The Motown Phenom" Lee. In other main event action, Fabricio Werdum takes on Derrick Lewis while Paige VanZant in her UFC Flyweight debut battles Jessica Eye.

Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. This is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

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Metals Tech keeps equipment in check

Airman Lily Hernandez, 5th Maintenance Squadron metals technology apprentice, welds a piece of metal at Minot Air Force Base, N.D., Sept. 6, 2017. The welding shop fabricates various metal projects by utilizing tungsten inert gas welding machines, grinders and plasma cutters.

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



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

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship. Now meeting at 1505 N Broadway, Grand International, Norse Room Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>	<p>Bible Fellowship Church  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am GRIEF SHARE Preview Session March 12 at 6:30pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Sumers 701-838-1540 Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship6:00 p.m. Wednesday Evening.....7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am Wednesday Evening Schedule Community Dinner.....5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am Please join us, all are welcome here! UNITED CHURCH OF CHRIST </p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship9:30 am 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. Call 839-0946 Only \$7.00 per week</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study7:30 p.m. Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853 Saturday Worship 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper.....5:15 pm Wednesday Education6:00 pm Wednesday Worship7:00 pm 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 <i>A Church of the Lutheran Brethren</i> Thursdays: Worship.....6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 8:30 am & 10:30 am Sunday Fellowship.....9:30 am Wednesday Worship6:45 pm Church School Wednesday5:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Adult Sunday School.....9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church.....9:50 a.m. Sunday School (All Ages)11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12)6:30 pm</p>	<p>West Minot Church of God Family Worship Center  1105 16th St. NW • 839-1407 Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center.....852-6352 westminot.com facebook.com/westminot</p>	<p>Bethel Free Lutheran AFLC  <i>"Building Followers of Jesus Christ!"</i> Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m. Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH  1415 17th AVE SW 838-3360 Saturday Worship 5:00 pm Sunday Worship 8:30 & 11:00 am Sunday Education 9:45 am Pastor Taryn Montgomery Everyone Welcome  Breadoflifeminot.com</p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper..... 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled)..... 8:00 p.m. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist  Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ...6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319 Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour6:30 p.m. Evening Worship7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday)7 P.m.</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872 Worship Times Saturday 5:00 pm Sunday 8:30 am & 11:00 am Wednesday.....6:15 pm John Streccius, Pastor Carol Wendel, Pastor</p>	<p>ADVERTISE YOUR Church Advertise FOR ONLY \$7 PER WEEK Revisions MADE UPON NOTICE FROM THE CHURCH Deadline TUESDAYS BY NOON WEEK OF PUBLICATION VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div data-bbox="1522 2389 1858 2834" style="border: 2px solid black; padding: 10px; text-align: center;"> <p>CONTACT TONYA call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p> </div>	
<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m. www.trinitychurchminot.org</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors! Saturday Informal Worship.. 5:00 p.m. Sunday School9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m. Pastor Mary Johnson www.vincentumc.com</p>			

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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. 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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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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 <p>\$229,900</p> <p>UPDATED – Duplex in NW area. Live in one of the 2 bedroom, 1 bath units and rent out the other. Each unit offers spacious living, large closets, custom kitchen cabinets. Side yards have sprinklers. Double garage.</p> <p>MLS #172199</p>	 <p>\$269,900</p> <p>FAMILY SIZE – 5 bedroom, 1 1/2 story home. Spacious kitchen and 12x26 deck off dining room. Upper level has 2 bedrooms. Full bath, bedroom and laundry on main. Lower level master bedroom and a 2nd bedroom. Triple garage. Reduced.</p> <p>MLS #172226</p>	 <p>\$149,900</p> <p>MOVE IN READY – 3 bedroom home in NW area. Updated kitchen and bathroom. Restored original hardwood in bedrooms. Egress bedroom in basement. Detached garage.</p> <p>MLS #170529</p>
 <p>\$249,900</p> <p>PRICE REDUCED – 4 bedroom, 2 1/2 bath ranch style home with great updates. Quartz counters, pantry and breakfast bar in kitchen. Gas fireplace in living room. Lower level family room. Double garage.</p> <p>MLS #162026</p>	 <p>CONGRATULATIONS JANEA MARTELL</p> <p>SALES PROFESSIONAL, AUGUST, 2017</p>	 <p>\$99,900</p> <p>CONVENIENT CONDO – 2 bedroom, 1 1/2 bath, 2 story condo close to shopping and park. Open main floor. Bedrooms and bath in upper level. Good storage space. Covered carport for 2 cars.</p> <p>MLS #171345</p>
 <p>Blake Krabseth 720-1786 blake@minothomes.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p> <p>MINOT HOMES APP AT</p> <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Carrie Montoya 240-0709 carriecornhusker@aol.com</p>

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- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
- North Hill Marketplace | 2215 16th St NW
- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
- Sonic Drive-In | 1601 35th Ave SW
- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
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<p>\$204,900 - Surrey</p>  <p>Very nice 5 bedroom ranch home in a great small town community. 3 bedrooms on the main floor, nice size living room, dining room has patio doors that open to a large deck and amazing large fenced yard. 2 story storage shed with plenty of room for endless items. Call Lori Henderson at 721-0158. #172190</p> <p>\$137,500</p>	<p>\$247,500</p>  <p>Here is your 4 bedroom, 2 bath, 4 level home on quiet dead end street in NW Minot. Open dining area to wood deck, double attached 2 stall garage is heated for a warm start on the coldest of days all winter long. The lowest level can easily add a 5th bedroom as the egress window is already in place! Call Aisha Vadell at 240-3780. #171499</p> <p>\$129,900</p>	<p>\$259,000</p>  <p>Very well laid out 4 bedroom / 3 bathroom condo located in southwest Minot, close to Dakota Square Mall. This unique home has 2 complete kitchens, kitchen islands and laundry rooms on each floor. The basement kitchen comes with a pantry. This condo can boast of lots of storage on both floors. Garage is insulated, sheetrock, and heated. Call Clyde Thorne at 240-8594. #170838</p> <p>\$299,000</p>
 <p>Nice (outside unit) condo in the Woodside Addition. Condo features stainless steel appliances, high definition countertops, single garage, large bedrooms, and large living/dining room. Condo has outside sprinkler system. Call Jerry Thomas at 833-7578. #171313</p> <p>\$140,000</p>	 <p>"Budget Smart" & cheery describes this inexpensive & remodeled 3 bedroom, single bath home. New windows & paint. Walk thru kitchen. Large laundry, single garage with new roof. Not in the flood plain. Call Lorell Seibold at 721-4996. #170258</p> <p>\$99,900 - Lansford</p>	 <p>You must see this one of a kind home with so much character in a beautiful private cul-de-sac. 5 bedrooms (2 non-egress) with 3 on the main level including a nice size master bedroom with bathroom and walk-in closet. Large beautiful formal dining room, large amazing sunken living room with 3 large windows and gas fireplace. Call Lori Henderson at 721-0158. #171573</p> <p>\$309,995 - Surrey</p>
 <p>Great Home, Great Price! This home would also make for a sound investment property. 3 bedrooms, formal dining room, walkout unfinished basement adds to the future potential. 2 stall attached garage. Privacy fenced back yard with just enough trees for summer shade. Call Aisha Vadell at 240-3780. #171549</p>	 <p>Nice starter home with lots of upgrades in a small town setting. Full front deck in front to enjoy the peacefulness of small town living. Full basement with an egress window room and floor heat and laundry room. Yard is fenced with a gate outside the back door. Call Clyde Thorne at 240-8594. #171452</p>	 <p>Silver Springs new construction 1800sf home, with 3 bedrooms / 2 1/2 bathrooms / 3 car garage / main floor laundry located on a corner lot with a walk out basement. All kitchen appliances stay. Full unfinished basement, walk out, rough-ins for another bathroom. Call Clyde Thorne at 240-8594. #170782</p>

SPECTRUM FITNESS: A GYM FOR EVERYONE

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Get ready for something new and exciting and workout like you never have before. Spectrum Fitness is a new kind of gym where you will feel right at home and you will want to workout because it is fun.

Spectrum Fitness will officially open September 25th and will have many classes to choose from. There is a plethora of yoga classes including aerial and trauma sensitive yoga. There is a martial arts room that will have classes for kids, adults and seniors. A personal training room where you will train one on one with Christy Miller. Miller is the Head Trainer and Team Lead for the group fitness program, is an ACE certified Personal Trainer, Yoga Instructor, Nutrition Counselor, and Women's Fitness Specialist. As a healthy lifestyle enthusiast she strives to help others live their version of a healthy lifestyle. When working with clients Christy uses a "detective approach" that allows clients to look for clues and answers to what exercise and nutrition programs work for their body. No two bodies

are identical, therefore all clients should have an individualized plan that works best for them. Rachelle Sien a massage therapist is on staff specializing in orthopedic massage. Rachelle has her master's degree in exercise science with a specialty in rehab. Their massage therapists will work with you to solve your pain problems. Spectrum offers many different treatments for pain including deep tissue therapy, kinesio taping, Swedish massage, prenatal and other add-on services to help you relax.

The most amazing part about this gym is they don't have a weight

room. They have instead certified instructors that will lead you through every workout, and classes that are unique to Minot. Some of the group fitness classes that will be offered include Jungle Cycle, Heavy Bag Kick Boxing, Cize Live!,

Pound Fit, Hula Hoop, Viking, Butts and Guts, Core and More, Daddy Time Heavy Bag, Mommy Time, Mom and Tots Tumble Time and Couples Dance Classes just to name a few.

In addition to having so many amazing fitness classes, Spectrum has highly qualified and certified instructors that will lead you through every workout. Fitness instructors will also be group fitness certified, even though it is not a requirement in North Dakota.

If this wasn't appealing enough they also offer child care while you are participating in a class. Child care may be included in your monthly membership or you can pay per class you need it.

The cost is \$5 per first child per class, \$2

per child after first child per class. If you wanted to attend a second, or third class etc., your drop in child care rates will be half price.

Spectrum's memberships are personalized to each individual. Each plan is created to suit each persons individual needs. Individuals can purchase punch cards, month to month memberships, as well as 12 month memberships are available. If you are interested in rates please call 701-852-5349 to schedule a tour and go over the membership fees and options.

For more information please like their Facebook page where they will have the most up to date information about their classes. You can also fine them on Twitter and Instagram. For class lists please visit their website at www.spectrumfitnessminot.com.

Spectrum is conveniently located on Minot's North hill. Whether you are heading into town to run errands or back out to Minot Air Force Base it's on your way. Hope to see you the last week of September for half price drop in fees \$5 or \$9 for aerial yoga.



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