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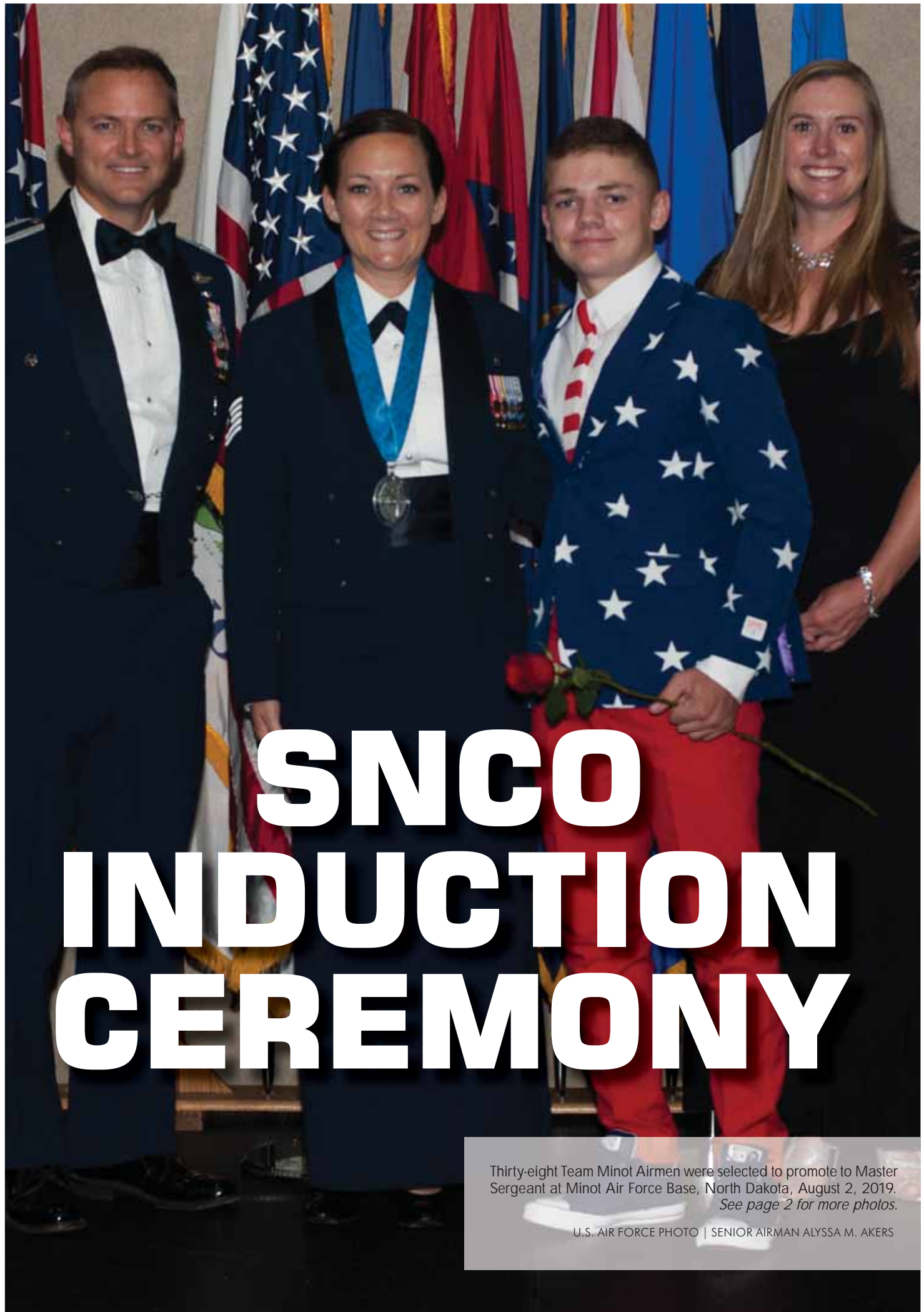
MINOT
SYMPHONY
AUDITIONS

8

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Thirty-eight Team Minot Airmen were selected to promote to Master Sergeant at Minot Air Force Base, North Dakota, August 2, 2019.
See page 2 for more photos.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA M. AKERS

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It's Time to Talk

AIRMAN 1ST CLASS JOSH W, STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

It was a hot July day when Tech. Sgt. Hoffman collapsed from exhaustion in front of the Chapel. After a month of no sleep and losing 30 pounds, he knew he needed to talk to someone.

Chief Master Sgt. Charles Hoffman, newly assigned command chief of Air Force Global Strike Command, recounted a personal struggle during his visit to Minot Air Force Base, July 23-26, 2019.

Hoffman, having never been to Minot, wanted to get the full experience the base had to offer while sharing his advice with Airmen and hearing what they had to say. Hoffman visited places such as the 5th Security Forces Squadron at 4:30 a.m. and the 91st Power, Refrigeration and Electrical Laboratory battery shop in an effort to focus on learning about Airmen's mindset, their training, and just what Team Minot is all about.

A big part of every Airmen's training is the ability to come face to face with obstacles in their daily lives, albeit work or personal, and overcome them. Some however find this a daunting task.

"Everyone is carrying a burden," wrote Hoffman in an email. "That's not unusual. It's normal. I also learned that this family will surround you when you need them."

Receiving orders to Minot is often tied with a stigma: its cold, in the middle of nowhere, and you'll be here for a while.

"Every assignment has been valuable and I learned something I've used later," said Hoffman. "Some of the worst times become some of your fondest memories. How you feel about it is the result of making lemonade out of lemons...and it starts with you."

This stigma has led to Airmen occasionally refusing orders to Minot. However, the implementation of Code 50 at Minot helps grant reprieve.

"Code 50 offers that light at the end of the tunnel," said Chief Master Sgt. Garrett Langston, 91st Missile Wing command chief.

Code 50 is a stipulation placed on an Airman's assignment limiting their time on station, usually to about four years.

"It is an opportunity to learn the skills necessary to defend our

missile fields and then be allowed to PCS (permanent change of station) and share that knowledge in other parts of our Air Force," said Hoffman.

The prospect for leaving Minot was out of reach for some, but now Code 50 provides that path. Hoffman, while out at the missile alert and launch facilities, had the opportunity to mentor his fellow Airmen on overcoming their own obstacles.

"Seek the help you need, I did," said Hoffman. "I am a product of seeking mental health after a significant life event as a technical sergeant; those were some dark days. I came out stronger than ever but it took a lot of work."

Hoffman said that after collapsing on that hot July day, he picked up an emergency phone and was talking with a chaplain within 30 minutes.

"What I remember most is that the conversation had zero to do with religion and everything to do about my situation," said Hoffman. "He told me that I had packed 100 pounds of burden in a 20 pound ruck, and he was there to share the burden. 'Take a few things out,' he said."

Hoffman said that he started exercises with a captain from mental health to get through his situation.

"I remember the day I woke up. I finally started eating and sleeping again! And I could see a better future," said Hoffman. "I told my mental health captain that week... and we were done."

Exercising is a valuable tool in combating stresses and is often a way to work through burdens that plague the minds of Airmen. Hoffman learned that value as well by taking up yoga and learning the importance of down time.

"I gained a lot of empathy and understanding and have tried to pay it forward ever since," said Hoffman.

Trust is built moment by moment, an Airmen's focus should be to return to duty when able, said Hoffman. From the AFGSC level to base leaders, they all share the same mission and focus: for Airmen to be authentic and care about each other.

"There is nothing more important than what you do in your life," said Langston. "This mission will

continue on while you take a knee and get help."

While visiting the LE, Hoffman was able to witness an essential job of the 91st MW Airmen who provide a vital role in the mission of global deterrence: assembling and maintaining an intercontinental ballistic missile.

"The efficient work of our 91st Maintenance Group maintainers is unique and gives them a sense of pride," said Chief Master Sgt. Brian Arbogast, 91st MXG superintendent. "In their job of maintaining 165 facilities, they are able to start with an empty silo and assemble a missile ready to launch, knowing that their work

plays a vital role in the mission of deterrence."

This sense of pride and gratification from their work is one of the many ways that Airmen find to combat the stigma associated with Minot.

Hoffman's visit showed the Air Force's clear movement towards a goal of more resilient Airmen and his interest in what Team Minot Airmen do every day to ensure the mission of AFGSC is carried out.

"I was impressed with Team Minot! I look forward to spending more time with you, listening, learning and leading come February," said Hoffman. "Only the Best Come North!"



Chief Master Sgt. Charles Hoffman, command chief of Air Force Global Strike Command, speaks with Team Minot members at Minot Air Force Base, North Dakota, July 24, 2019. Hoffman shared many life experiences and career advice with the Airmen he spoke to at Minot.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSH W. STRICKLAND



U.S. AIR FORCE PHOTO | SENIOR AIRMAN JONATHON MCELDERRY

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FUELED UP AIRMEN

Airmen from the 5th Maintenance Squadron work 24/7 to ensure Team Minot members are safe at Minot Air Force Base, North Dakota, July 29, 2019. The 5th MXS Airmen maintain, inspect, and repair the fuel tanks of the B-52H Stratofortress.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Aug. 12, 1,850.54 feet above mean sea level (MSL); 46,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.48 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.57 MSL.

• N.D. Game & Fish Dept. game wardens: No reports from the Missouri River System, Lake Darling, or north-central area lakes.

• Devils Lake, Ed's Bait Shop,

Devils Lake: Continued good for 10- to 14-inch walleye. Try 22 feet with spinners and bottom bouncers, but try other depths, as well, along the Golden Highway, Patience Point, Fort Totten, Birkland's Point, East Bay Campground, Black Tiger Bay old road bed, or East Devils Lake east shoreline. Also try slip bobbers or lead core in deeper water for larger fish. Work windy shorelines for white bass. Pike remain elusive.

• Devils Lake, Woodland Resort, Devils Lake: Work 20 to 25 feet for walleye with lots of small fish yet. Try a variety of presentations but work to locate bigger fish in shallower waters. Also try jigging around the power poles or deeper water. Work the trees for pike. Move around to locate white bass.

• Lake Darling, Karma C-Store, Ruthville: Look for some walleye success on Lake Darling and Grano. Continued success with nightcrawlers.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Not much boat fishing activity on Lake Darling but some shore-fishing. Limited success, however.

• Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success with some walleye activity in the morning and evening.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued fair walleye success in 20 to 40 feet along main lake points on the east end of Lake Sakakawea. Try various presentations. Occasional salmon along the south shore but overall it's still slow. Not much for Lake Audubon reports.

• Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Fair to good walleye success on Lake Sakakawea from Fort Stevenson State Park to Highway

83 in 25 to 35 feet using live bait rigs and bottom bouncers with leeches. Work 30 to 40 feet with spinners and nightcrawlers for walleye on Lake Audubon. Sort through small fish for keepers.

• Lake Sakakawea, Indian Hills Resort, Garrison: OK walleye success with the north shore and east of Indian Hills producing fish in 25 to 30 feet. Try slow death hooks and nightcrawlers It's becoming more of a larger fish rather than quantity of fish bite.

• Lake Sakakawea, Scenic 23, New Town: Walleye success quite weather-related as fronts move through. Try 20 to 40 feet with overall slower, inconsistent walleye activity in the Van Hook Arm.

• Lake Sakakawea, Van Hook Resort, New Town: Scattered walleye success using slow death hooks or something with flash and nightcrawlers. Move around with overall inconsistent success throughout the Van Hook Arm.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye from the spillway pond and channel. Try Lindy rigs or slow death hooks and nightcrawlers. Also try down river with crankbaits or Lindy rigs. Chutes producing a variety of fish with 3-way swivels. Also try pulling crankbaits or Lindy rigs upstream. Best bite from shore is from the rocks in the morning or evening casting crankbaits. Try live bait by the boat ramp. East end of Lake Sakakawea continues producing walleye in the morning. Move around to locate active fish during the day. Try 7 Sisters, Wolf Creek, Government or Douglas bays, or 3 bays west of Sakakawea State Park using Lindy rigs or slow death hooks with nightcrawlers. Salmon bite remains slow with anglers working from Government Bay north to Deadman's Bay in 65 to 90 feet. Bite is still slow with no patterns yet, although anglers are finding some salmon.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Weather fronts slowing walleye fishing with overall slower success on Lake Sakakawea. Work deep for walleye with water clearing. Some activity all of the way up to Lewis & Clark State Park. Try switching to

Dates to Know:

Outdoor Notes:

• Release any fish caught deeper than 20 feet because they won't survive coming up from deep water.

• Aug. 24: Beach Party, 5 p.m., Fort Stevenson State Park.

• Aug. 29: Youth Outdoor Festival, N.D. State Fair Conservation & Skills Park, 5:30 p.m.

• Aug. 30: Deer and pronghorn (lottery license only) archery seasons open.

• Aug. 30: Mountain lion season opens.

Tournaments:

• Aug. 16 & 17: Devils Lake, Grahams Island State Park.

• Aug. 17: Lake Sakakawea, Indian Hills Resort; Lake Sakakawea, Sakakawea State Park; Lake Sakakawea, Van Hook Arm; Devils Lake, Creel Bay.

• Aug. 24: Lake Sakakawea, White Earth Bay.

minnows with slow death hooks but don't neglect nightcrawlers.

• Lonetree WMA area lakes, Harvey: No new reports.

• North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Mouse River low but look for scattered, occasional walleye at times. George Lake producing good numbers of small pike. Other area lakes quiet.

N.D. rivers:

• Des Lacs River, Foxholm: River stage, 5.11 feet; streamflow, 2.92 CFS.

• Little Missouri River, Watford City: River stage, 0.14 feet; streamflow, 548 CFS.

• Missouri River, Washburn: River stage, 14.22 feet.

• Pembina River, Walhalla: River stage: 1.76 feet; streamflow, 44.2 CFS.

• Souris River, Foxholm: River stage, 5.22 feet; streamflow, 5.59 CFS.

• Souris River, Minot: River stage, 4.17 feet; streamflow, 15.6 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 5.14 feet; streamflow, 8,860 CFS.

Hunting:

• Early Canada goose season: Look for fair numbers around the Williston area. No reports from other areas of the state.

Numbers to know:

• N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

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The Next Generation

Norsk Høstfest fans inspire grown children to attend festival

TANYA WATTERUD

Bryan and Barb Cook only made it to Norsk Høstfest once, but the positive impact it had on them lasted a lifetime and inspired their daughter, Laurie Appel of Esterhazy, Sask., Canada, to buy tickets to this year's Scandinavian festival in their memory.

"They went to Høstfest about 15 years ago," Laurie said. "They wanted to go more, but their health just didn't allow it."

Barb Cook died four years ago. Bryan Cook died this summer in June. They would often talk about their Høstfest experience and, when Bryan was dying of cancer, Laurie told him that she and her husband, Ernie, would go to Høstfest in Minot, ND, someday. "He said, 'You should! You absolutely should,'" Laurie recalled.

So, Laurie and Ernie bought Høstfest tickets this summer with some of the money that was left to them by her parents. Norsk Høstfest — known as North America's largest Scandinavian festival — is held September 25-28 at the ND State Fair Center in Minot. Ernie will be wearing a button Bryan purchased at Høstfest that says "Help me, my wife is Norwegian!" It was

a button with fond memories as Barb was of Norwegian heritage and Bryan was English.

Laurie will remember her mother, as she does every day, each time she looks at the "uffda" tattoo she got shortly after her mother's death. Family members heard Barb say it so often that they chose to begin her funeral eulogy with the word "uffda".

Barb was a wonderful lefse maker, Laurie said. Laurie and Ernie's son has the recipe and made a batch, "but he said it's not up to 'grandma's standard'." "I love lefse," Laurie said. "That could be a meal! I could just eat that."

She and Ernie plan on eating more than lefse at Høstfest, though. "We like to try new stuff and eat the traditional foods," she said.

They will dine at En To Tre, the festival's fine dining restaurant headed by world-class chefs who fly in from Norway and serves a six-course meal of Nordic cuisine. Food from Scandi, another restaurant operated by a team of chefs from Norway, is also on their must-eat list.

Laurie is hoping to find someone at Høstfest who can look at a book her grandmother (Barb's mother) had as a child.

"It's quite old." She wants someone to read it "just to see if it's Norwegian, or if I'm out to lunch!" she said with a laugh.

Ernie and Laurie look forward to seeing the Høstfest amenities Barb and Bryan talked so much about. "They kept going on about the entertainment. They really enjoyed the entertainment! They used to dance every weekend, so any kind of socializing — they loved that."

The four-day festival features seven general admission stages with hundreds of performances happening daily along with a Great Hall of the Vikings concert occurring twice-a-day. In addition to music, guests can find a Nordic Kitchen where Scandinavian chefs teach cooking classes and a live-action Viking Village that features authentic Viking activities and battle reenactments. An entire wing is dedicated to Artisans who showcase traditional Nordic crafts; while throughout the complex shopping and dining options can almost overwhelm the senses.

Laurie said Barb and Bryan mentioned how "everything was just so organized. They were really impressed with that."

Laurie experienced that

organization first-hand when she ordered their Høstfest tickets online. She purchased tickets for all of the days, bus passes and more.

"All we have to do is get to our hotel and catch a bus" which will bring them effortlessly to Høstfest each morning and take them back again at night. "I love that you could buy everything online. It was all very user friendly," Laurie said.

Laurie is retired but Ernie is taking time off of work at the Mosaic Company potash mining facility to attend Høstfest. They come to Minot often for shopping and to fly out of the Minot International Airport to various locations. They haven't gone to Norway yet but they traveled to Italy, where Laurie and Ernie ran a half-marathon (21 kilometers or about 13 miles). Laurie will have completed 22 half-marathons by the time she arrives at Høstfest and Ernie will have 8 or 9 under his belt. "We have another one in November, so walking at Høstfest will be good," Laurie said. That one is in Las Vegas.

Laurie once ran a half-marathon in Esterhazy in the winter. "I won't make that mistake again," she said. The

temperature? Around minus 30 degrees Celsius (which is about minus 22 Fahrenheit). "It was really cold!"

She won't experience that when she arrives in Minot. History shows temperatures should range from about 40 to 70 degrees Fahrenheit during Høstfest.

To learn more about the festival, visit www.hostfest.com or call Høstfest at (701) 852-2368.



Ernie & Laurie Appel
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Bryan & Barb Cook
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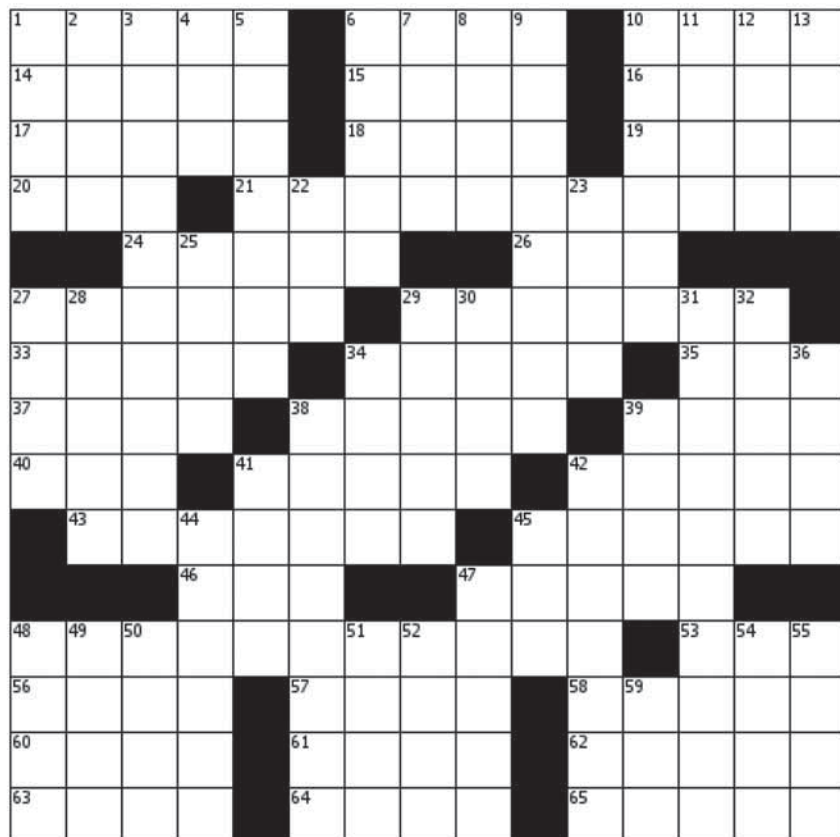
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CROSSWORD PUZZLE

Across

- 1. Violin ancestor
- 6. Gumbo
- 10. Twinge of pain
- 14. Paragon
- 15. Tip in Tabriz
- 16. Downfall
- 17. Slow, for Vivaldi
- 18. "Chicago" lawyer, really
- 19. Animated schoolteacher Krabappel
- 20. Part to grab hold of, maybe
- 21. Critique of our military dancers?
- 24. Herald of spring
- 26. Plato's T
- 27. Hi-fi successor
- 29. Wheel past
- 33. Pointer's beam
- 34. Trim
- 35. Wade opponent
- 37. Grad, for short
- 38. Competing
- 39. Lacking refinement
- 40. Sesame plant
- 41. Bad guys on "Law & Order"
- 42. More prudent
- 43. Brings into harmony
- 45. To a great degree
- 46. Roman lover's intro
- 47. Beatnik drum
- 48. Boastful street kid?
- 53. Field's Norma
- 56. Coat length
- 57. Kind of history
- 58. Britain's "Jewel in the Crown"



- 60. Peter's "Shot in the Dark" co-star
 - 61. Voice of America agcy.
 - 62. Requirements
 - 63. Type of duck
 - 64. Sodium chloride
- Down**
- 1. Irritate
 - 2. Paradise lost
 - 3. Aching back?
 - 4. Polish off

- 5. Trounce
- 6. Church staple
- 7. Ukraine capital
- 8. Reply to the waiter, perhaps
- 9. Tipping off
- 10. Movie sneak peek (Var.)
- 11. German export
- 12. Three squared
- 13. Chew persistently

- 36. Hitchcockian (Var.)
- 38. Poisonous
- 39. Diana of "The Avengers"
- 41. Mountain lion
- 42. Very attractive
- 44. Labeled, as luggage
- 45. ___ polloi
- 47. A neighbor
- 48. Drained liquid from

- 49. Auditioner's goal
- 50. "You Are My Destiny" singer
- 51. Bear in the stars
- 52. Flunk
- 54. Lends a hand
- 55. With the greatest of ___
- 59. Classical lead-in

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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



THE ANGRY BIRDS MOVIE 2 (PG)

FRIDAY, AUG 16 • 1800
 SATURDAY, AUG 17 • 1700
 SUNDAY, AUG 18 • 1500

“The flightless birds and scheming green pigs take their feud to the next level.”



Baked Sweet & Sour Chicken



Recipe courtesy of: www.melkkitchencafe.com/sweet-and-sour-chicken-recipe/

INGREDIENTS:

CHICKEN:

- 3-4 boneless, skinless chicken breasts (about 2 pounds)
- Salt and pepper
- 1 cup cornstarch
- 2 large eggs, beaten
- 1/4 cup canola, vegetable or coconut oil

SAUCE:

- 1/2 to 3/4 cup granulated sugar (depending on how sweet you want the sauce)
- 4 tablespoons ketchup
- 1/2 cup apple cider vinegar (see note for substitutions)
- 1 tablespoon soy sauce
- 1 teaspoon garlic salt

INSTRUCTIONS:

- Preheat the oven to 325 degrees F.
- Cut the chicken breasts into 1-inch or slightly larger pieces. Season lightly with salt and pepper. Place the cornstarch in a gallon-sized ziploc bag. Put the chicken into the bag with the cornstarch and seal, tossing to coat the chicken.
- Whisk the eggs together in a shallow pie plate. Heat the oil in a large skillet over medium heat until very hot and rippling. Dip the cornstarch-coated chicken pieces in the egg and place them carefully in a single layer in the hot skillet.
- Cook for 20-30 seconds on each side until the crust is golden but the chicken is not all the way cooked through (this is where it's really important to have a hot skillet/oil). Place the chicken pieces in a single layer in a 9X13-inch baking dish and repeat with the remaining chicken pieces.
- Mix the sauce ingredients together in a medium bowl and pour over the chicken. Bake for one hour, turning the chicken once or twice while cooking to coat evenly with sauce. Serve over hot, steamed rice.

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Upcoming Events

16-17 AUG

SHEELS HUNTING EXPO & DOCK DOGS
9:30AM - 7:00PM

Location:
Scheels 2400 10th St SW, Minot, ND

Head to the SCHEELS Parking Lot for the best deals on all things hunting related. Plus, watch the dock dogs take flight and weigh in on the best ribs in the community during our BBQ Challenge on Saturday. Bring the kids to try the fun inflatable Daisy Range. The first 100 kids will receive a free duck call! Don't forget to "Register to Win" great prizes!



For more information:
Facebook event/ Scheels (Minot, ND)

17 AUG

GAME DAY TRAEGER GRILL DEMO
10:00AM-2:00PM

Location:
Home of Economy 107 20th Ave SW, Minot, ND

We're teaming up with Traeger Grills to get you ready for tailgating season! What better way to start the season off right than to taste the wood-fired difference with some FREE smoky delicious ribs & peach cobbler. All you need to do is show up and enjoy the food! See what a difference Traeger Grills can make in your life.



For more information:
Facebook event/ Home of Economy (Minot, ND)

17 AUG

MINOT DOWNTOWN FALL FAMILY FESTIVAL
11:00AM-6:00PM

Location:
Downtown Minot, ND

We have a full day planned of fun and festivities for the family!
10:00am Salute to our Vets
10:30 to 4:00pm: Lingenfelter singers; Over the Edge; Dog Agility Team; Gymnastic Demo; Jerry Lund singer; Stiletto Run; Sloth run; Feather Dancers; dance demo; Jen Thom; ZZ pick'n; Michal Greenup; Frozen T-shirt contest; karaoke..



For more information:
Facebook event/ Minot Downtown Business & Professional Association

23-25 AUG

MAGIC CITY MCID INTERNATIONAL DRAGWAY HOT AUGUST NIGHTS
8:00AM-8:00PM

Location:
Magic City Int. Dragway, 2005 Burdick Expy E, Minot, ND

Racing start times:
Saturday: 10:00 am till late afternoon (Time Trials and Test & Tune)
Saturday: Early Afternoon (Jackpot Eliminations)
Sunday: 10:00 am
Registration opens at 8:00am sharp both days



For more information:
Facebook event/ Magic City International Dragway

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Minot Symphony Orchestra to hold auditions

THE MINOT SYMPHONY ORCHESTRA

MINOT, ND – The Minot Symphony Orchestra will hold auditions by appointment on Saturday August 24. Interested musicians are asked to fill out a survey that can be found at www.minotsymphony.com no later than August 19 to secure an audition time and receive the audition requirements.

“Musicians in high school through adult are encouraged to audition. Although our principal chairs are filled, there are many opportunities throughout the string, woodwind, brass and percussion sections. The Minot Symphony Orchestra is a unique blend of student, community and professional musicians and has been performing in the



Musicians in high school through adult are encouraged to audition...

- Ellen Fenner, Executive Director

Magic City for 93 years,” said executive director Ellen Fenner.

The symphony will rehearse every Thursday from 7pm – 9:45 pm beginning August 29. A stipend per rehearsal or concert is paid to performing musicians. The number of musicians per concert varies depending on the repertoire.

The symphony’s 2019-2020 season includes 6 public performances: October 12, November 16, December 14, February 8, March 7 and April 25. Season tickets and the new 6 concert flex passes are available at www.minotsymphony.com or by calling the box office at 701-858-4228. Single concert tickets will be available in September.

The Minot Symphony, a university and community orchestra, aims to enrich lives by providing opportunities for musicians and inspiration to patrons through education and the performance of diverse orchestral repertoire. The symphony is directed by Maestro Efrain Amaya, assistant professor of music at Minot State University.



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Simple Salmon

INGREDIENTS
1 jar Jalapeño Jelly
1 full fillet or several individually portioned slices thawed Salmon
Traeger Lemon Pepper or Spice Blend/Rub of choice

- Place salmon skin down on cutting board/prep pan.
- Brush liberally with Jalapeño Jelly; you want plenty so sugars can caramelize.
- Sprinkle with lemon pepper.
- Transfer prepared salmon to:

Oven: lined and greased jelly roll pan; 400° for 10 minutes
Grill: directly on greased grill grates or silicon grilling mat or water logged cedar shingle plank; 400° for 10 minutes
Smoker: oiled aluminum foil; 180°-225° for 3-4 hours

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glow volleyball 9:00-11:00pm

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CHI Partners to Prevent Intimate Partner Violence

CATHOLIC HEALTH INITIATIVES

Bismarck, ND - The CHI North Dakota Violence Prevention Program is an intimate partner violence prevention effort. The program is committed to creating and promoting a culture of non-violence as an essential element of healthy communities and has made great strides since inception.

Over the past year, the program has educated 199 multidisciplinary professionals at statewide summits and train the trainer events. In addition, the program has provided 48 community outreach workshops reaching over 745 professionals statewide, resulting in increased awareness of intimate partner violence and the incorporation of prevention activities into existing practices. One professional said, "This workshop had great recommendations for what steps to take when suspecting intimate partner violence and how to handle the situation in a caring way." The program

also provided 140 healthy relationship workshops, teaching 311 hours of content to more than 1,800 North Dakotans. These workshops promoted healthy



It really helped me understand emotions and how to communicate.

- Workshop participant

relationships through personal growth and skill development. One workshop participant stated, "It really helped me understand emotions and how to communicate."

Program stakeholders are ecstatic with achievements

attained over the past year; Veronica Zietz, program director said, "Our success is due, in large part, to the dynamic team of individuals implementing this program to benefit those at-risk of intimate partner violence." The program plans to continue operations with the support of Catholic Health Initiatives (CHI) Mission & Ministry Fund, which recently awarded a three-year grant in the amount of \$600,100 to the program.

The CHI ND Violence Prevention Program seeks to create communities free from intimate partner violence by building community and organizational capacity and by promoting healthy relationships. The program serves Bismarck, Carrington, Devils Lake, Dickinson, Lisbon, Oakes, Valley City, and Williston. Learn more at www.chistalexiushealth.org/about-us/nd-violence-prevention-program.

TRAEGER TALK



IN THE NICK OF THYME

SCOTT PEARSON, CEO
Home of Economy Stores
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www.HomeOfLefse.com

On tonight's table is a roasted boneless pork loin, stuffed with spinach and bacon, plus other vegetables and spices. Pork loin is a delicious piece of meat when properly prepared. It is inexpensive, often under \$2 per pound and widely available. The loin is not the same as tenderloin. The loin is where boneless pork chops come from. Pork loin is very lean and overcooks easily, so it is very important to control cooking temperature, as well as the internal temperature of the meat. I recommend cooking to 145, which is the minimum USDA recommendation for food safety before removing from heat, and not a single degree hotter.

Once the spices are sprinkled generously over the surface of the meat, I used olive oil to add flavor and to make it easier to get the spice mixture evenly distributed. This olive oil inside the meat is good, but don't use it on the outside because it will reduce the amount of smoke flavor absorbed by the meat.



The first step in preparing a stuffed roast is to prepare the ingredients for the stuffing and seasoning in advance, while the roast stays cool in the refrigerator. The first ingredient is bacon. Two pounds of bacon. The bacon for this roast was precooked in the Traeger Wood Fired Grill for about an hour at 250°. Bacon cooked at this relatively low temperature is great because it gets crisp without becoming tough or burning easily.



Spinach contains a lot of water, which you will want to remove before using it to stuff a roast. I cooked this spinach and then pressed the water out of it through a strainer.

I sliced all the vegetables in advance. The banana peppers were sliced into narrow strips. I chopped the onions into dime size pieces. I cut the garlic into thin slices. The sun dried tomatoes were already sliced julienne style in the package.

Lemon zest adds a lot of bright flavor to this roast. I used the zest from 6 lemons in this recipe.



To butterfly the pork loin, the first step is to remove the fat cap and silverskin. Then, cut straight down the center to within a half inch of the bottom surface. Turn your knife 90° to the side, and cut carefully, again, to within a half inch of the outside surface. Unroll the meat and cut again until the whole side lays flat. Repeat on the other side.

When the whole roast is lying flat on the table, you can apply the spices. Basic seasonings like Kosher salt, black pepper, paprika, and garlic granules are a good starting point. Fennel is a good complement to the other flavors in this roast. You can crack fennel seeds by rolling them between your palms, but it works a bit better to do it with a mortar and pestle.

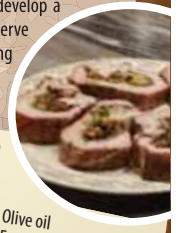
After the meat is well seasoned, it is time to apply the stuffing items. Two pounds of bacon was just right to cover the inner surface of the butterflied roast. Next come the onions, banana peppers, sun dried tomatoes, lemon zest, and spinach.

Roll the meat tightly, and tie with butcher string. Apply more spice rub to the top surface. Everything up to this point can be done in advance. If you wish, you can cover the roast and return it to the refrigerator to be cooked the following day.

About 4 and a half hours before mealtime, place the stuffed loin on the Traeger Wood Fired Grill and set the dial to Smoke or to 180°. Avoid hotter settings, as they will cause the meat to cook unevenly.

It should take about four hours for the internal temperature of the meat to reach the target temperature of 145°. As soon as the temperature reaches 145° remove the meat from the grill and set it aside to rest uncovered for 20 to 30 minutes.

While the meat is resting, set the grill to High and let it get as hot as possible. About five minutes before you plan to serve, put the roast back in the grill to sear and develop a nice browned top. Slice and serve immediately after removing from the grill.



STUFFED ROASTED BONELESS PORK

Ingredients:

- 1 whole pork loin
- 2 pounds of bacon
- 6 lemons for zest
- 6 medium white onions
- 2 cloves of garlic
- 2 pounds of spinach
- Sun dried tomatoes, julienne cut
- 4 large banana peppers
- Olive oil
- Fennel seed
- Paprika
- Black pepper
- Kosher salt
- Garlic granules

I used Traeger pecan pellets. Almost any flavor of pellets would have been great, although I would not choose mesquite for this meal.

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Menu

- Haider's Salsa and Chips
- Assorted Hors d'oeuvres
- Smoked Pork Chops by the Master Chefs
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Swan song

PATRICIA STOCKDILL, PRAIRIE ADVENTURES

The application deadline for one of 2,700 tundra swan licenses has come and gone. But if 2019 follows trends in recent years, it's likely wanna-be swan hunters could still have an opportunity to hunt.

The lottery hasn't sold out in recent years, explained N.D. Game and Fish Department Migratory Game Bird Management Supervisor Mike Szymanski. However, after the lottery leftover licenses are available first-come, first-served. "Those always sell out within a few days," he added.

Both residents and nonresidents can apply for a North Dakota swan license.

The number of available swan licenses has increased over the years since the inaugural 1988 season when 400 hunters first went afield. The Game and Fish Department's management strategy has been conservative in harvest, Szymanski explained, but populations allowed for gradually increased license numbers over the last three decades.

North Dakota is one of five states with a tundra swan season. The big birds nest in the Alaska's North Slope and east along the Arctic, migrating through North Dakota.

Tundra swans focus on wetlands with submergent aquatic vegetation, Szymanski described, and are especially fond of sago pondweed. Despite their size – males weighing

about 16 pounds, standing four-plus feet with a wingspan exceeding four feet – the size of the wetland they feed on is dictated by food availability more so than depth.

Tipping upside-down to feed much like dabbling ducks, they root around and pull out sago pondweed tubers for their meal, Szymanski continued. That's why hunters could see opportunistic, companion ducks hanging near feeding tundra swans.

It's not that they're great buddies – it's so the ducks can feed on whatever the swans root up that they don't eat. Gadwall and wigeon are two duck species in particular that like to take advantage of the swan's feeding efforts.

When the swan season opens and migration is underway, focus not on wetland size, but instead look for ones with submergent vegetation. The wetland simply needs to be large enough for swans to have enough room to run across the top of the water to take flight, Szymanski added.

Some other notable things about tundra swans:

- They're entirely white but their heads and necks can become stained with a rusty color from feeding in the marshy water.

- The western population winters along the Pacific Coast from southern British Columbia down to California while the

eastern population winters along the Atlantic Coast from New Jersey to South Carolina.

- Tundra swans usually have a yellow spot in front of their eyes.

- Juveniles are grayish-white in coloration.

- Adults have black feet and bill; juveniles have dull pinkish feet and bill and lack the yellow spot in front of their eyes.

- Their bill and feet are visible when in flight.

- Their call is loud and musical, a varied "wow-wow-ou" and "who-who".

The 2019 swan season:

- Statewide season opens Sept. 28, closing Dec. 29.

- 2,700 available licenses.

- Be sure to purchase all required licenses early because swan tags aren't mailed out to successful applicants until the hunter has all of the other required licenses.

Species identification is always critical when hunting and hunters need to be sure to identify a swan from the endangered whooping crane, snow geese, and Ross's geese.

Quote of the Week: "They're (tundra swans) dabbling basically like a duck, so they're tipping upside down." – N.D. Game and Fish Department Migratory Game Bird Management Supervisor Mike Szymanski describing tundra swans.

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Prairie Public to launch Dakota Datebook book

PRAIRIE PUBLIC BROADCASTING

Fargo, N.D. - Prairie Public's beloved radio series, "Dakota Datebook," has been compiled into a book with a nugget of North Dakota history for each day of the year.

Prairie Public will debut the book with a launch party and sunset cruise on the Lewis & Clark Riverboat in Bismarck on Saturday, August 24, beginning at 8 p.m. Tickets are \$15 in advance or \$20 at the dock, and are available at prairiepublic.org.

The book was prepared for publication by a University of North Dakota publishing practicum led by David Haeselin, William Caraher and the UND Digital Press. The practicum students selected essays for the book from all the Dakota

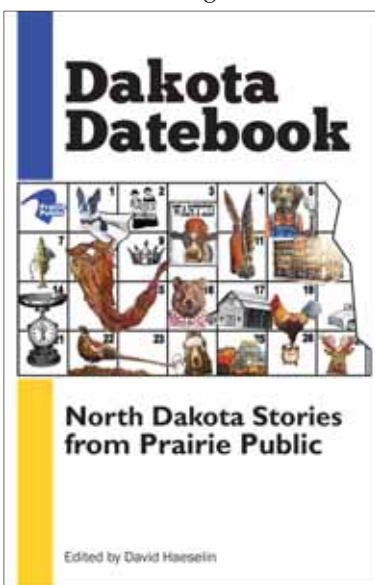
Datebooks written over the years—at least one essay for each county in the state.

Professor Bethany Andreasen, of Minot State University, wrote for the book's back cover: "Elaborating upon events and developments from prehistoric times through the twentieth century, these stories introduce us to characters—unknown, famous and infamous—who are too prone to disappear within the broad strokes of the state's history. To paraphrase an old advertising slogan, 'Betcha can't read just one!'"

Author and historian Clay Jenkinson also gave the new book a rave review: "When you listen to Dakota Datebook on Prairie Public, you are

sometimes so taken with the audio performances that you forget how well these short explorations of North Dakota life are written."

Prairie Public Broadcasting, headquartered in Fargo, is a non-profit member station of PBS and NPR that provides public television services throughout North Dakota, northwestern Minnesota, southern Manitoba and parts of Montana and South Dakota; public radio service to North Dakota; and educational and technological services to communities and individuals across its coverage area.



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BBB report finds military consumers at higher risk for marketplace losses

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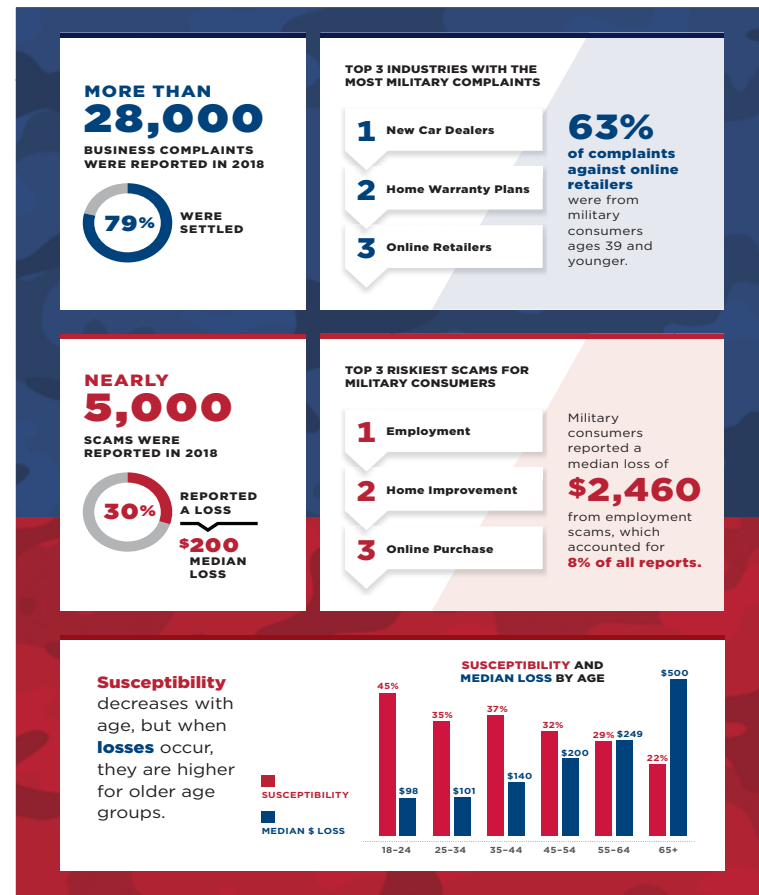
Burnsville, MN
 Military consumers face unique challenges in the marketplace that can result in higher median losses to scammers and other marketplace fraud, according to the Better Business Bureau's new report, Military Consumers & Marketplace Trust: An Analysis of Marketplace Challenges Facing the Military Community (BBB.org/MilitaryReport).
 The report looked at the more than 28,000 business complaints and 5,000 scam reports submitted to BBB by military consumers in 2018 and then compared those to reports of all consumers in the U.S. and Canada to highlight key differences reported by military consumers. The BBB Institute for Marketplace Trust partnered with the Association of Military Banks of America (AMBA) to release this report during Military Consumer Month.
 Military consumers reported losing a median of \$200 when falling victim to a scam, according

to data collected through BBB Scam Tracker®, BBB's interactive online reporting tool (BBB.org/ScamTracker). This is 32% higher than the \$152 reported by all consumers in 2018.
 One scenario in which military consumers are often forced to make quicker purchasing decisions than the majority of consumers is during Permanent Change of Station moves. Military consumers filed more complaints about securing and maintaining their homes, moving, and purchases related to relocation than the general population, and they also reported higher rates of losing money to home improvement scammers. Relocation can also make finding secure, stable employment a challenge for spouses and other family members.
 "Employment scams were the riskiest scams for military consumers, as they were for all consumers in 2018, according

to the BBB Scam Tracker Risk Report," BBB Institute Executive Director Melissa Lanning Trumpower said. "The difference is that for military consumers the median losses reported were \$2,460—more than double that of all consumers."
 Because scammers don't care about legalities or ethics, education is a consumer's best defense in preventing themselves from losing money to fraudsters. Reports like the one released today help guide the education efforts of BBB and its partners.
 For more details from Military Consumers & Marketplace Trust: An Analysis of Marketplace Challenges Facing the Military Community, you can view the full report at BBB.org/MilitaryReport. Learn more about BBB Military Line® and BBB's resources and tools for military consumers at BBB.org/Military.

MILITARY CONSUMERS & MARKETPLACE TRUST

An Analysis of Marketplace Challenges Facing the Military Community



Learn more about how BBB can help you at BBB.org/Military.



AUDITIONS

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5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Tom Sumers
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

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

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 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

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


St. Mark's Lutheran Church
Missouri Synod
 Sunday Worship 9:30 am
2209 4th Avenue NW Minot, ND
839-4663
Reverend Philip Beyersdorf
www.stmarksminot.com
 Call or check out our website for more information.


Immanuel Baptist Church
1615 2nd St. SE
Minot • 839-3694
 Sundays:
 Worship 10:00 a.m.
 Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.
Brian T. Skar, Pastor
www.ibcminot.org

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

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 7:00 p.m.
 (3rd Tuesday 7:00 a.m.)
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
Summer Worship Schedule
 Saturday Worship..... 5:00 pm
 Sunday Worship..... 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


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

Bethany Lutheran
 215 3rd Ave. SE, Minot, ND
 Phone: 838-5196
 A Member of the ELCA
 Sunday Worship.....9:00 am
 Sunday Fellowship.....10:00am
 Wednesday Worship.....6:45 pm
 Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

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 Josh Huseby, Worship Arts
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

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


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

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren
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



Chapel Services at MAFB
Protestant (North Plains Chapel in Base Housing)
Contemporary Service
 Sunday Worship 1000
Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000 & 1700
 Daily Monday-Thursday at 1200

ORCS Preschool
 Our Redeemer's Christian School's Preschool Program will be starting it's 32nd year this fall!
WE CURRENTLY HAVE OPENINGS FOR THE 2019-2020 SCHOOL YEAR
 Give your child or grandchild the best possible start in a proven environment!
HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment


Please contact us today to register!
Our Redeemer's Christian School
701.839.0772

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.
 Wednesday Family Night..... 6:30 p.m.


KNIGHTS


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CONTACT US
 call 701-839-0946
 email NSADS@SRT.COM
 fax 701-839-1867

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Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge) tfn

RECREATIONAL

'95 CRESTLINER 1750 SPORTSFISH, 115 Mercury hp. Been a great boat, no issues. Comes with two Lowrance depth finders. Selling due to purchase of a new boat. Live in Minot if interested in viewing. \$3,995. Call Shane at 701-833-5767. wk34

PROFESSIONALS

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701-839-0475 or 701-721-0475. tfn

HELP WANTED

ROCKING HORSE IS HIRING for Bottle Shop Clerks & Bartenders. Willing to train. We are looking for dedicated, energetic people to join our team. Will work around your schedule. Apply at 2625 East Burdick Expressway. Ask for Shell. wk35

IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014. tfn

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

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway. tfn

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Or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014

REAL ESTATE

CHARMING 1906 HOME with updates 50 Minutes from Base. 3 acres! 1010 93rd ST NW Newburg, ND 8762. Lucas Knight Signal Realtors 701-852-3505, 701-720-9163 tfn

HOME FOR SALE IN DEERING, Just 16 miles from Base on 5 city lots, newly updated. MLS 191392. 204 1st Ave S. Contact Lucas Knight, Signal Realtors. 701-720-9163 tfn

PRICE REDUCED! 1 MOBILE HOME ESTATES, DEERING ND. \$37,499. 2012 Custom 2 Bed 2 Bath Mobile Home For Sale. Contact Lucas Knight With Signal Realtors Today! 701-720-9163. tfn

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com. tfn

FSBO MOHALL ND 2010 Mfd home 28x64 has 2 decks, 3bdrm, 2bath, office, 2car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Asking \$240k. Call/text to inquire or to show. 701-228-4089 or 701-228-4190. wk36

REAL ESTATE

FSBO IN GLENBURN 4 bedrooms, 2 full baths, family room, living room, 2 car attached garage, almost 1 acre lot. \$169,900. 204 Oakley Drive. Please L/M 701-838-4309, I am in and out a lot..BisManOnline.com, AD# 3128696 wk33

RENTALS

HOUSE • APARTMENT FOR RENT IN MINOT Small 2 bedroom house \$750/mo. Pet friendly, large yard. 2 bedroom apartment \$600/mo. (701) 340-0879 wk34

GLENBURN 2 Beds/1 Bath. Very Nice & Clean. Water & Heat Paid. Laundry. Only \$495 + elec. Call Today 839-4200. tfn

HOUSE FOR RENT Very Nice Home in Maxbass. 3 Beds/1 Bath. 2 Stall Garage. 5 Acres. \$800 + utilities. 839-4200. tfn

THE PINES APARTMENTS BEAUTIFUL UNITS SOME PET FRIENDLY 1, 2 & 3 BEDROOMS Washer/Dryer in unit, D/W Microwave, A/C, Garage FREE WIFI, Military Discounts \$1.00 MOVE IN SPECIAL!!! CALL NOW, 839-4200 tfn

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AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157 tfn

RENTALS

HOUSES FOR RENT
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• 3 Bed/1 Bath. \$800 + utilities. Pet Friendly.
839-4200 tfn

2 & 3 Bedroom Apts Located in Surrey. Very Well Kept. Heat & Water Paid. Across from Surrey School. \$675-\$775. Call For Your Tour Today! 839-4200. tfn

SMC
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PCS SALE
PCS SALE, everything must go. Dining room set, bedroom set, bookcase, desk, and more. Please text if interested 407.669.2929, will send pictures. wk33

FOR SALE

FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS. Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712. tfn

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Convenient North Location for Both Base & Minot Customers

ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 \$245,000	 \$209,900	 \$205,000
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GREAT NEIGHBORHOOD! - *4 bedroom, 2 bath home *2 car attached garage *additional detached garage *large laundry room *private deck *fenced back yard . MLS # 191615	NEW LISTING! - *4 bedroom, 2.5 bath home *covered front patio *open concept *kitchen island *pantry *stainless steel appliances *master suite with walk in closet and full bath *fenced backyard. MLS #191798	LOOK HERE! - *3 bedroom, 1.75 bath home *2 car attached garage *stockade privacy fence *concrete patio *storage shed *22x26 detached garage *new electrical *new furnace and a/c. MLS #191668
---	---	---

 \$234,900		 \$169,900
---	--	--

ONE OWNER HOME!- *4 bedroom, 3 bath home *2 car attached garage *open concept *large backyard *newer shingles and gutters *composite deck *stainless steel appliances *new flooring in dining room. MLS #191737	CONGRATULATIONS JANET SCHELLING TOP PRODUCER, JULY 2019	GREAT LOCATION - *2 bedroom, 1 3/4 bath condo with open floor plan * large pantry in kitchen *master suite * main level laundry *daylight lower level family room * double garage. MLS #191794
---	---	--

 Beth Ringen 429-0326 beth@minothomes.com	Easy as 1, 2, 3 1. We don't capture your name 2. You contact us only when you're ready 3. You search everything on the Minot MLS Minot's easiest Home buying website!!!	 Blake Krabseth 720-1786 blake@minothomes.com
--	--	--

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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY is now registering for the Fall 2019 term (9 Sept-10 Nov). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

PARK UNIVERSITY MINOT - Earn your degree on your terms; now enrolling for Fall 1 with classes starting August 19. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, and/or your Bachelor degree with Park, helping to maximize your prior military experience. Find out how many credits you can get for your military experience by going to military.park.edu and confirm your credits or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get for my military experience?" She will even tell you your graduation date. Park University. Minot AFB @ the Education Center (upstairs from the library in room 222). 844-884-8612; mino@park.edu. Park. You.

WHAT'S GOING ON MAFB

TODAY TUESDAY THURSDAY

- Last Day to Register for Stars & Stripes Scramble at Rough Rider Golf Course
- Specialty Activity Camps - Science Camp: Ages 9+, 0900-1200, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- August Youth Golf Lessons, 1700-1900, Rough Rider Golf Course
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
- Keystone Meeting, 1800-1900, Youth Center
- Live Music with Joshua Herman, 1900-2300, Ground Zero Lounge at the Jimmy Doolittle Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- Run 4 Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Cycle, 1130, Fitness Center
- Off-Base Budget Class, 1430-1600, A&FRC
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Swerk, 1900, Fitness Center

- Last Day to Register for 5th Annual Summer Games at Fitness Center
- Last Day to Register for Family Paint Class at Arts & Crafts
- Minot Public School - First Day of School
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Barre, 0915, Fitness Center
- Family Child Care Picnic, 1000-1200, Held at 256 Spruce St. Community Center and hosted by Family Child Care
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center
- Fit to Fight, 1700, Fitness Center
- Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar & Grill
- Olympic Weightlifting, 1730, Fitness Center
- Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center

SATURDAY

WEDNESDAY

- Youth Programs Family Paintball Camp, 0900-1300, Youth Center
- Cycle, 0900, Fitness Center
- Stars & Stripes Scramble, 0900, Rough Rider Golf Course
- Swerk, 1000, Fitness Center
- Summer Reading Program Wrap Up Party, 1300, Base Library
- Give Parents a Break, 1800-2200, Child Development Center & Youth Center
- Fight Night - UFC 241: Cormier vs Miocic, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

- Run 4 Fitness Intervals, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Bundles for Babies, 0900-1030, A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- EFMP Craft Series: Pencil & Trinket Boxes, 1700-1800, Held at BBC Neighborhood Center on Sirocco and hosted by AFRC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

For 5th Force Support Squadron facility events, visit www.5thforcesupport.com

SUNDAY

- Registration Opens for Sky Diving Trip at Outdoor Recreation
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Zumba, 1800, Fitness Center

MONDAY

Bomber Bistro August Special:
Monday Lunch Special: Chicken Marsala
Don't miss this special featuring grilled chicken and sautéed onions & mushrooms with pasta in a creamy marsala sauce! Served with garlic bread and available only while supplies last! Try it on Mondays during lunch for \$9.25 - includes a drink!

The B-Fifty Brew August Special:
Ultimate Breakfast Sandwich
You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!

Auto Hobby August Special:
August 1-30: Tire Balance Special
Mount 4 tires and Auto Hobby staff will balance them for just \$3.50 per tire!
Must mention advertisement to receive special price

UPCOMING EVENTS:

- Last Day to Register for Minot AFB Club Championship at Rough Rider Golf Course **23 Aug**
- Couch to 5K, 0600, Fitness Center
- 5th Annual Summer Games, 0730-1530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
- Free Salsa Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Center
- Salsa Dance Social, 2000-2300, Ground Zero Lounge in the Jimmy Doolittle Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- Minot AFB Club Championship, 0800, Rough Rider Golf Course **24 Aug**
- Cycle, 0900, Fitness Center
- Barre, 1000, Fitness Center
- Family Paint Class, 1000-1200, Arts & Crafts
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lane

LEGENDARY

DETERRENCE

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