

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 57 • ISSUE 35 | MINOT AIR FORCE BASE | FRIDAY, AUGUST 30, 2019

WHATS INSIDE THIS WEEK:



BACK TO
SCHOOL **A6**



ENHANCEMENTS
TO GATE
SECURITY **A7**



ND GAME &
FISH DATES
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'YOU MATTER' COLOR RUN



The 5th Medical Group's Health and Wellness Center teamed up with the base's resiliency trainers to host the sixth annual resiliency color run at Minot Air Force Base, North Dakota, August 20, 2019. There were six color stations throughout the 5k/10k race route, which included volunteers throwing color onto runners. Prizes were given to top finishers in each category. Snowcones, sunglasses, music, info booths and more were enjoyed by the participants. See page 2 for more coverage.

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

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Videos



COLOR RUN



The 5th Medical Group's Health and Wellness Center teamed up with the base's resiliency trainers to host the sixth annual resiliency color run at Minot Air Force Base, North Dakota, August 20, 2019. There were six color stations throughout the 5k/10k race route, which included volunteers throwing color onto runners. Prizes were given to top finishers in each category. Snowcones, sunglasses, music, info booths and more were enjoyed by the participants.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JONATHAN MCELDERRY

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All Colors Matter, YOU Matter

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

"No matter where you come from, you are valuable," said Master Sgt. Cristian Martinez, 5th Medical Group Health Promotion flight chief.

Team Minot Airmen with the 5th MDG Health Promotion Flight organized the "You Matter" 5 km and 10 km Color Run at Minot Air Force Base, North Dakota, Aug. 20, 2019.

This was the seventh annual Color Run. This year, however, everyone wanted a hand in helping out. Agencies from across the base such as Minot AFB Homes, Task Force True North, Balfour Beatty Communities and others all played a part in eradicating hopelessness and telling Team Minot: "You Matter."

"Our big focus is to make sure everyone knows that they are important despite the mission," said Martinez, a key organizer of the event.

The color theme for the event was chosen to support the ongoing mission and aim of saying: color

doesn't matter.

"It doesn't matter what ethnicity you come from or background you have," said Martinez.

The race kicked off at Bud Ebert Park at 3:45 p.m. Runners sprinted past the Combat Arms Training and Maintenance Center, wound through the security forces training site, darted past the 91st Missile Wing and finished at the park. Those running the 10 km continued through the course again to complete their run.

Helping agencies set up booths to welcome participants with snow cones and giveaways, regardless if they were running or not.

First to finish the 5 km run by the females was Sofia Anderson with a time of 27:29, and first by the males was Deven Garvin with a time of 22:04.

Whether they were finishing first or simply finishing the race, everyone's goal there was to have fun and get colored with friends and family.



MAFB HOMES PHOTOS

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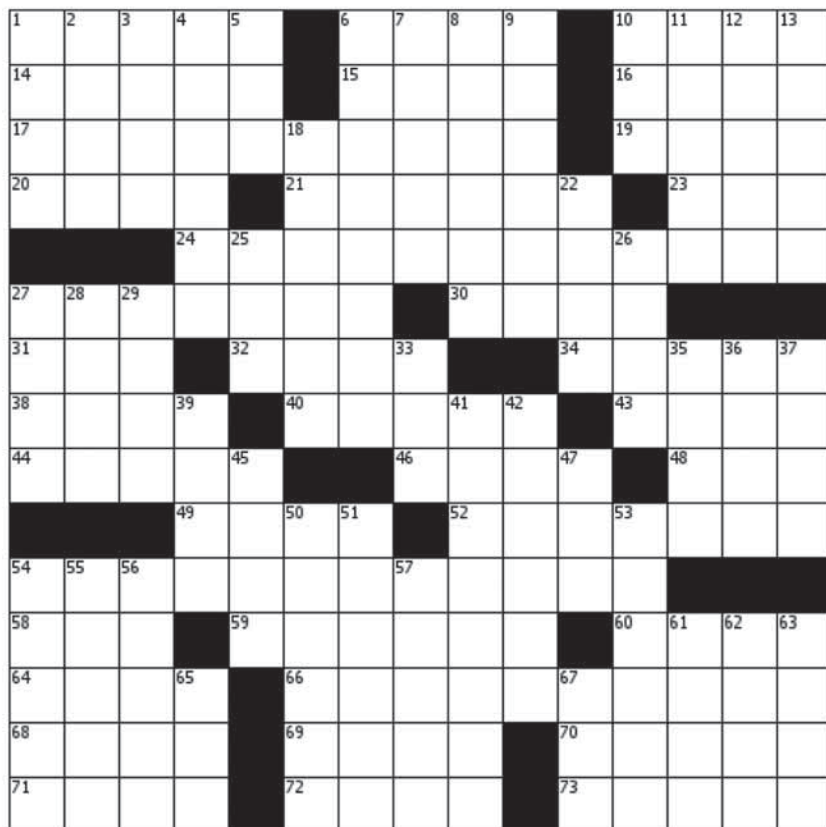
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CROSSWORD PUZZLE

Across

- 1. Veranda
- 6. Mineo and Maglie
- 10. Baseball headgear
- 14. Nebraska's largest city
- 15. Occurring before: Abbr.
- 16. Actor Sandler
- 17. Best possible poker hand
- 19. Easter flower
- 20. Turn's partner
- 21. Vulgar in speech
- 23. CPR provider
- 24. High school infatuation
- 27. Prepare for printing
- 30. Grand in scope
- 31. It's pitched by a suitor
- 32. Israeli statesman Weizman
- 34. Colorful Apples
- 38. March time?
- 40. Build
- 43. "99-44/100% ___": Ivory slogan
- 44. With 73-Across, "Paper Moon" costar
- 46. Magician Henning
- 48. Sister
- 49. Chief Greek god
- 52. Left out
- 54. Initially
- 58. Hamm of soccer fame
- 59. Ranch enclosure
- 60. Historic time periods
- 64. Ad-libbed ad
- 66. Artist's tool
- 68. "___ we forget?"
- 69. State, to Pierre
- 70. Talk show host O'Donnell



- 71. This, in Tijuana
 - 72. Grandmotherly nickna
 - 73. See 44-Across
- Down**
- 1. Starboard's opposite
 - 2. 1847 Melville novel
 - 3. Sunbeams
 - 4. Like a virgin
 - 5. "2001" computer
 - 6. Wood handler's minor injury

- 7. Island near Cura
- 8. "Gil Blas" novelist
- 9. Carry with effort
- 10. Baseball's Ripken
- 11. Giselle's goodbye
- 12. Coconut sources
- 13. Rock singer Patty who is married to John McEnroe
- 18. "Hold it right there!"
- 22. 602, Roman-style
- 25. Suffix with legal
- 26. Sgt. Preston's outfit
- 27. Nincompoop
- 28. "Star Wars" mentor
- 29. Byron or Burns
- 33. Stoplight color
- 35. Em, to Dorothy
- 36. Rock's Mötley ___
- 37. Infatuate, in slang
- 39. Rock singer Quatro

- 41. Radiator additives
- 42. Ruckus
- 45. Grand Marquis automaker, briefly
- 47. Dogtag wearers
- 50. Yearly pro golf event
- 51. Sedimentary rock beds
- 53. "Monster" Oscar-winner Charlize
- 54. Quite sufficient
- 55. Mah-jongg pieces
- 56. Goethe work
- 57. Director De Palma
- 61. Deceptive plan
- 62. China's continent
- 63. Writer-illustrator Silverstein
- 65. Former Pontiac model
- 67. Pal, in the 'hood

SUDOKU Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE



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SUNDAY, SEPT 1 • 1500

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No Bake Peanut Butter Granola Cups



Recipe courtesy of: www.omegachocolatedesserts.com/no-bake-peanut-butter-granola-cups/

INGREDIENTS:

- 2 1/2 cups granola
 - 1 cup peanuts-chopped
 - 3 Tablespoons peanut butter
 - 3 Tablespoons honey (or more if needed)
- Filling:
 - 1 cup peanut butter-melted
 - Topping:
 - 12 oz. dark chocolate-finely chopped

INSTRUCTIONS:

1. To make Peanut Butter Granola Cups, in a bowl combine granola, chopped peanuts, peanut butter and honey. If the mixture is too dry add more honey to get sticky consistency of the mixture.
2. Grease cupcake pan and divide the mixture in 12 cups. Press the mixture well to hold together and make a dent in the center of each cup. Freeze for 5-10 minutes, until the cups are firm.
3. Then, melt peanut butter and pour into the center of each granola cup. Now, freeze for another 5-10 minutes, until firm.
4. Finally, melt dark chocolate and coconut oil and spoon melted chocolate on top of peanut butter. Chill until chocolate has set.
5. Store in the fridge in air-tight container, or freeze for longer storage.



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Upcoming Events

31 AUG **MONARCH BUTTERFLY RELEASE AT THE ZOO**
10:00AM - 1:00PM
Location: Roosevelt Park Zoo 1219

Burdick Expy E, Minot, ND
Join us to celebrate Flutter Fest! Help us send our Monarchs on their way South. Bring the whole family to the Roosevelt Park Zoo to learn about Monarch butterflies as they prepare for their 2,000 mile journey to Central Mexico. Learn about this amazing journey with a public release of tagged Monarchs.



Flutter Fest

For more information:
Facebook event/ Roosevelt Park Zoo

2 SEPT **SOGGY DOGGY POOL PAW-TY**
6:30PM - 8:30PM
Location: Roosevelt Pool 1215 Burdick Expy E, Minot, ND

Roosevelt Park Pool will be open to the Dogs! The event is free, goodwill donations will be collected & all proceeds will be given to the Souris Valley Animal Shelter. Please note that you are required to show proof of rabies vaccination for your dog. Leashes are mandatory when dog is not in the pool. You must maintain full control over you pet at ALL times. Small dogs will swim in the shallow end of the pool.



MONDAY SEPTEMBER 2ND
SOGGY DOGGY POOL PAW-TY!
STAY SPLASH!

For more information:
Facebook event/ Minot Parks

4-5 SEPT **WESTERN PLAINS CHILDREN'S CHOIRS AUDITIONS**
6:00 PM - 7:30 PM
Location: Minot State University

500 University Ave W, Minot, ND
We are welcoming new members in grades 3-12 to join our choirs. Audition requirements: match pitch, sing "my Country 'Tis of Thee", sing "Are You Sleeping" in unison and in a round, echo short melodic patterns. Sign up here for a time. <https://www.signupgenius.com/go/8050944aaad2eaaf66-western>



Western Plains Children's Choir 2019-2020 Auditions

For more information:
Facebook event/ Western Plains Children's Choirs

5 SEPT **BOOKS 'N BREWS BOOK CLUB**
7:00PM - 8:00PM
Location: Off The Vine 15 Main St S, Minot, ND 58701

Join the Minot Public Library the first Thursday of every month at 7:00 pm for a book discussion and some brews at Off the Vine located at 15 Main St S. 21+ only.
The next book is "The Hutterites - Our Story to Freedom by the Nine" which is a true story of 9 former Hutterites from North Dakota and Manitoba. A book club kit is available so multiple copies are available for check-out.



For more information:
Facebook event/ Visit Minot

NOTHING BEATS SUNDAY BRUNCH

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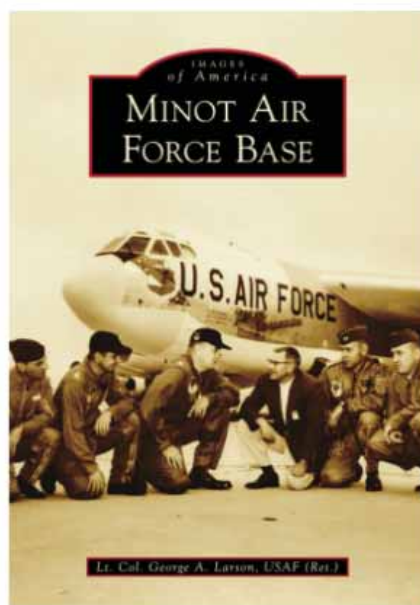
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Back to School

Special thanks to our Defenders for being out August 22, for the first day of school! Please remember to slow down and drive safe around our schools!!

5TH BOMB WING MISSION SUPPORT GROUP PHOTOS



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WHAT'S GOING ON MAFB

TODAY

- AFGSC Family Day - For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Karaoke Night, 2100, Rockers Bar & Grill

WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment/Remote Readiness Training, 1300-1400, 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-FS Peer Support Group, 1630-1730, A&FRC

THURSDAY

- Pre-Separation Counseling, 0745-1130, A&FRC
- Barre, 0915, Fitness Center
- Reintegration Briefing, 1300-1400, 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

- For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
- Last Day for Kids Drive Free Range Balls at Rough Rider Golf Course
- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center

SUNDAY

- For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
- Banned & Challenged Books Challenge Begins at Base Library
- Registration Opens for GoRuck Team Cohesion Challenge at Fitness Center

MONDAY

- Labor Day**
- For full listing of Labor Day holiday weekend facility hours, visit 5thforcesupport.com
 - Labor Day Lunch Special, 1030-1330, Dakota Inn Dining Facility

TUESDAY

- Run 4 Fitness, 0600, Fitness Center
- Giving Anger the Chill Pill - Anger Management Workshop, 0930-1100, A&FRC
- Game Day, 1000-1930, Base Library
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Zumba, 1800, Fitness Center
- Swerk, 1900, Fitness Center

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!

September Special:
Wednesday Lunch Special: Doner Kebab
A tasty combination of beef tenderloin, mixed cabbage & lettuce, onion, and tzatziki sauce combined with your choice of tortilla! Ask for it spicy! Try it on Wednesday during lunch while supplies last 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!

September Special:
Chicken Salad
Enjoy this delicious combination of diced chicken, cranberries, grapes, pecans, & mayonnaise alone or on a croissant or potato bun 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

September Special:
September 3-14: Stall Use Special
Pay for 2 hours stall use and receive 1 hour free!



UPCOMING EVENTS:

6 Sept

- Last Day to Register for Why Not Minot? Scramble at Rough Rider Golf Course
- Couch to 5K, 0600, Fitness Center
- 5K Color Run, 0630, Fitness Center
- Torch Club, 1600-1700, Youth Center
- First Friday End of Summer Barbecue, 1600-2200, Jimmy Doolittle 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)
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

7 Sept

- Cycle, 0900, Fitness Center
- Why Not Minot? Scramble, 0900, Rough Rider Golf Course
- Barre, 1000, Fitness Center
- Fight Frenzy UFC 242: Khabib vs Poirier, prelims begin at 1100, main event begins at 1300, Rockers Bar & Grill
- The Boomtown Explosion featuring A Capitol in Ruin and Dancer "Ding", 1900, Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

MAFB Gate Security Enhancements

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5TH BOMB WING MISSION SUPPORT GROUP PHOTOS



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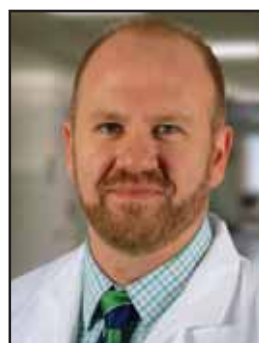
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Brent Knudson, DO

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Dr. Knudson specializes in joint replacement surgery of the knee, hip, and shoulder. He also has a passion for sports-related injuries and routine fracture care. Originally from Mandan, he received his medical degree from Kansas City University of Medicine and Biosciences and completed his residency in orthopedic surgery at Michigan State University at McLaren Oakland – known for its advanced orthopedic program. During his residency, Dr. Knudson trained in all aspects of orthopedic surgery, with special emphasis on joint replacement, direct anterior hip replacement, sports medicine, and trauma care. His experience also includes five years as a flight surgeon with the US Air Force and Air Force National Guard, two and a half years of which were spent with the 5th Medical Group at Minot AFB.

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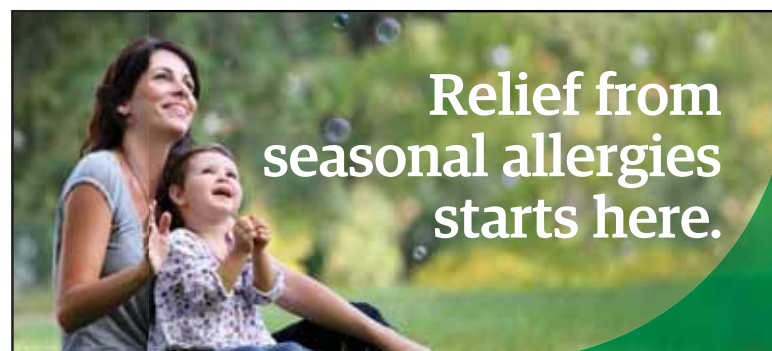


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INDOOR FIRING RANGE GROUNDBREAKING 2019

Senator John Hoeven and base leaders break ground for the new indoor firing range at Minot Air Force Base, North Dakota, August 26, 2019. The firing range is scheduled to be finished early 2021.

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

More coverage in the next edition of the Northern Sentry.



CONGRATULATIONS!
Combat arms instructor (S)SGT Michele Faiella was presented with SSGT stripes August 22, 2019.

5TH BOMB WING MISSION SUPPORT GROUP PHOTO

LEAGUE BOWLING

America's #1 Participation Sport!

MEN 5 Person Teams Tuesday (9/17)..... 6:30 pm Wednesday (9/18).... 6:30 pm Wed. 4 Man Team.... 7:00 pm	MIXED Teams Sunday (9/15).....7:00 pm Wednesday (9/18).... 7:00 pm Thursday (9/19)..... 6:30 pm Friday (9/20).....6:30 pm
WOMEN 4 Person Teams Tuesday (9/17).....6:30 pm Thursday (9/19).....6:30 pm	SENIORS 4 Person Mixed Teams ••• FREE COFFEE ••• Leagues are 30 weeks Wednesday..... 10:00 am <small>• starts September 11th</small> Friday..... 1:00 pm <small>• starts September 13th</small>
YOUTH Bumper League available for ages 5-6 Thursday.....3:45 pm <small>• all ages starts September 12th</small> Saturday.....9:30 am <small>• all ages starts September 14th</small> Sunday.....6:00 pm <small>• 12 and over starts September 15th</small>	DAYTIME COFFEE FREE COFFEE Thursday..... 1:00 pm <small>• Starts 9/19, 3 person teams</small>

28 WEEK LEAGUES START SEPTEMBER 21

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North Dakota Engineers Assist YMCA Camp

NORTH DAKOTA NATIONAL GUARD

GARRISON, N.D. - Recently, about twenty-five Soldiers of the North Dakota National Guard's Wahpeton-based 188th Engineer Company (VERTICAL) assisted the Minot YMCA by improving the grounds of the Triangle YMCA camp near Garrison. The area is owned by the U.S. Army Corps of Engineers and is leased to the YMCA.

The camp was hampered by debris in three old shelter belts consisting of dead, rotting trees. This rubble impeded the YMCA's camp staff's ability to have sufficient area to properly conduct youth activities. The YMCA asked for the Guard's assistance under the auspices of DoD's Civil-Military Community (CMC) project. The CMC is an unfunded civil-military community assistance program meaning the National Guard will not be reimbursed for costs incurred while participating in this project.

"This type of project is why the CMC program exists," said Maj. Gen. Al Dohrmann, North Dakota adjutant general. "It allows our Army engineers

the opportunity to get quality training on important skills while simultaneously addressing a need within our communities".

The unit used this clearing and grubbing project to exercise their horizontal, or earth-working skills. Although the 188th Engineer Company's assets consist of mostly vertical, or construction-skilled Soldiers, there is a section with earthmoving equipment.

"This project was successful for our Soldiers and for the YMCA," said Capt. Joe Johnson, commander of the 188th Engineer Company. "We were able to conduct quality training to improve our skill sets while achieving the camp's expectations for the project. As always, our mission success was ensured thanks to the great support provided by our families and civilian employers of our Guard Soldiers."

The engineers worked on this project during their 2019 Annual Training (AT) Aug. 1 to 13 and are expected to complete the work during their next AT in 2020.

"We look forward to returning

next year to complete the project," added Johnson.

There's a process to gain authorization for National Guard assistance. Similar to other projects, environment and other assessments on the project are required. Finally, the project must provide a military unit quality training of the tasks they must be able to accomplish as part of their mission.

A Guard committee reviews the project scope, plans and funding availability, and determines if the necessary skill set and training time were available within the North Dakota National Guard. They also check with the contractor's association to ensure that National Guard involvement did not compete against a private business. Once requirements were satisfied, the project plan moved up the chain for approval at the Department of Defense level.

For further information on CMC projects contact the North Dakota National Guard Public Affairs office at 701-333-2129 or visit www.NDGuard.nd.gov.



Sgt. Jessie Schuler, 188th Engineer Company, operates an excavator to remove tree stumps at Triangle Y Camp near Garrison, N.D. on Aug. 9. The Army Guard engineers worked on this Civil-Military Community project during their annual training period Aug. 1-15.



Soldiers with the 188th Engineer Company train on connecting flatbed trailers while hauling away uprooted tree debris at Triangle Y Camp near Garrison, on Aug. 9. The Army Guard engineers worked on this Civil-Military Community project during their annual training period Aug. 1-15.

U.S. ARMY NATIONAL GUARD PHOTOS | STAFF SGT. BRETT MILLER, NORTH DAKOTA NATIONAL GUARD VISUAL INFORMATION/RELEASED

Dakota Hope Clinic Announces 2019 Annual Fundraising Banquet Speaker

Pro-Life Advocate and Nationally Acclaimed Apologist Trent Horn to keynote event

DAKOTA HOPE CLINIC

Minot, ND - Dakota Hope Clinic will welcome noted debater, pro-life advocate, and renowned Catholic apologist Trent Horn as keynote speaker for its 2019 annual fundraising banquet.

As a regular guest on the popular radio program Catholic Answers Live, Horn respectfully engages with pro-choice advocates, atheists, and other challengers of the Faith. His ability to graciously engage and skillfully debate opposing viewpoints has earned him national acclaim and widespread respect.

At the Dakota Hope banquet, Horn will outline non-religious reasons to oppose abortion, followed by practical strategies for defending the pro-life position in today's divisive culture. His persuasive pro-life presentation is convincing and constructive, leaving audiences with both the knowledge and the know-how to

become pro-life advocates in their own lives.

Trent Horn earned a master's degree in theology from Franciscan University of Steubenville, a master's degree in philosophy from Holy Apostles College, and is pursuing a master's degree in bioethics from the University of Mary in Bismarck, ND. He is currently an adjunct professor of apologetics at Holy Apostles College and has been invited to debate academics at UC-Berkeley, UC-Santa Barbara, and Stanford. He's written five books, including *Persuasive Pro-Life*.

Dakota Hope Clinic is a charitable Christian outreach ministry formed to provide care, support, and education related to sexual health, pregnancy, and childbirth in our region.



The 2019 Annual Banquet is Monday, September 16th at the State Fair Center in Minot. The event is free, and attendees will be asked to donate to Dakota Hope. Because of limited space, we ask that only adults attend and registration is required by Sept. 2. For information or to register click on the Partner With Us tab at www.dakotahopeclinic.org or call 701-852-4675.

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DIY Trinket Box

Families came together on Wednesday, August 21, for a fun DIY Trinket Box activity with Alicia from the Exceptional Family Member Program.

MINOT AFB HOMES
PHOTOS



Not Your Mama's Meatloaf



INGREDIENTS

- 2lb Ground Beef
- 1/4 Ground Sausage
- 1 cup Breadcrumbs
- 1 cup Milk
- 2 tbsp Onion, chopped
- 1/2 tsp Ground Sage
- 2 tsp Salt
- 2 Eggs, beaten

GLAZE

- 1 cup TRAEGER 'QUE BBQ Sauce
- 1/2 cup Apple Juice

- 1) When ready to cook, set the temperature to 225° and preheat, lid closed for 15 minutes.
- 2) Combine breadcrumbs, milk, onion, sage, and salt. Add beaten eggs. Add both ground beef and ground sausage and mix well.
- 3) Form mixture into a loaf, packing tightly. Place meatloaf directly on grill grate, and cook for 2 hours, or until it reaches an internal temperature of 160°.
- 4) For the Glaze: Combine Traeger 'Que Sauce with the apple juice. Glaze meatloaf during the last 20 minutes of cooking.
- 5) Let meatloaf rest 5-10 minutes before slicing. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the Traeger App.



Ryan Davy- GM
HOE Minot

www.HofE.com/BBQHQ



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Aug. 26, 1,949.02 feet above mean sea level (MSL); 46,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.33 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.42 MSL.

• N.D. Game & Fish Dept. game wardens: Area lakes generally quiet. No Devils Lake reports. Lake Sakakawea generally slow and inconsistent for walleye.

• Devils Lake, Ed's Bait Shop, Devils Lake: Try 18 to 22 feet using bottom bouncers with spinners and nightcrawlers or plastics for walleye. Good numbers of smaller walleye with better success around the west side of the lake than east side. Work 30 to 40 feet and deeper with lead-core for larger fish.

• Devils Lake, Woodland Resort, Devils Lake: Lots of small walleye. Work spinners and bottom bouncers with nightcrawlers along any of the highways in 20 to 25 feet with larger fish in deeper water. Try along the tower rock piles.

• Lake Darling, Karma C-Store, Ruthville: A few anglers on Lake Darling are finding occasional walleye but overall success somewhat slow. Try nightcrawlers.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Overall slow activity.

• Lake Metigoshe, Four Seasons, Bottineau: Fair but scattered walleye and bluegill success.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea spotty for walleye. Work a variety of depths from shallow to as deep as 50 feet. Move around and work a variety of presentations. Missouri River tailrace producing catfish in the chutes with fair to good walleye success in the spillway channel.

• Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Work main lake humps in 30 to 40 feet for walleye on Lake Audubon for walleye. East end of Lake Sakakawea inconsistent for walleye.

• Lake Sakakawea, Indian Hills Resort, Garrison: Continue working deep for walleye in 32 to 40 feet with nightcrawlers. The key is to move around and focus on electronics to locate fish. Store closing after Labor Day with bait, camping, and lodging

Dates to Know:

- Beware of blue-green algae, watching for discoloration on lakes and wetlands. Stay out of the water, wash equipment, and keep dogs away.
- Release any fish caught deeper than 20 feet because they won't survive coming up from deep water.
- Mark tree stands and trail cams with identification when placed on N.D. Game & Fish Wildlife Mgmt. Areas.
- Upper Souris Nat'l. Wildlife Refuge hunting reminders: Open for archery deer but tree stands and blinds must be removed daily and only strap-on steps or removable ladders are allowed. No baiting with refuge hours 5 a.m. – 10 p.m. Walk-in access only and no hunting within 440 yards from buildings. Contact the refuge, (701) 468-5467, for more details.
- Aug. 30: Deer and pronghorn (lottery license only) archery seasons open.
- Aug. 30: Mountain lion season opens.
- Sept. 1: Dove season opens.
- Sept. 2: Labor Day.
- Sept. 4: Fall turkey applications due.
- Sept. 7: Missouri River Early Zone Canada goose season closes.

Tournaments:

- Sept. 7: Lake Audubon.

available into the fall.

• Lake Sakakawea, Scenic 23, New Town: Anglers numbers and walleye success slowed but continue working deep.

• Lake Sakakawea, Van Hook Resort, New Town: Walleye success slowed from Deepwater Bay west to the river portion by New Town and the Van Hook Arm. Continue working deep water from 30 to 50 feet with heavy bottom bouncers and jigging Raps. Fish are scattered so move around. Keep any of those fish caught from deep water, however.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from boats depending on the time of day. Try slow death hooks with nightcrawlers in the spillway channel. Some activity down river, as well. Try jigging or 3-way swivels in the chutes but that's a night bite for walleye. Some catfish success. Shore success somewhat slow but try casting crankbaits off the rocks at night for walleye. Lake Sakakawea spotty for walleye on the east end. Move around and work a variety of depths, shallow in the morning and deeper in the afternoon. Try slow death hooks and nightcrawlers. Salmon spotty, which could be weather-related. Try 65 feet and deeper over deep water around

Government Bay north to Deadman's Bay using flashers and squids or herring.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea remains fairly slow with better success with jigging Raps in deeper water. Decent bluegill action from Kota-Ray and Blacktail dams. Missouri and Yellowstone rivers continue producing catfish with limited walleye success due to muddy water.

• Lonetree WMA area lakes, Harvey:

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Mouse River and area lakes remain slow.

Hunting:

• Archery deer: Look for better mule deer numbers around Williston but the river bottom remains flooded in areas, which could limit early whitetail activity.

• Doves: Birds aren't grouping yet but good numbers scattered throughout the area.

• Early Canada goose season: Fair success around Devils Lake.

Numbers to know:

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

• Report All Poachers: (800) 472-2121 or (701) 328-9921.

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NORTH DAKOTA GAME AND FISH DEPARTMENT

Swan Hunt Lottery Held, Licenses Remain

North Dakota's swan lottery has been held and 185 licenses remain. Only hunters who do not have a swan license for the 2019 season can apply, as regulations limit hunters to one license per year.

Beginning Aug. 28, all remaining licenses will be issued on a first-come, first-served basis. Resident and nonresident hunters must apply online at the North Dakota Game and Fish Department website, gf.nd.gov. The license fee is \$10 for residents and \$30 for nonresidents.

The statewide tundra swan hunting season is Sep. 28 - Dec. 29, 2019.

Hunters should note that Game and Fish will not mail swan licenses to successful applicants until after they purchase a valid 2019-20 hunting license. All swan hunters, regardless of age, are required to have a general game and habitat license. In addition, residents age 16 and older need a small game license and nonresidents must have a waterfowl license.

Fall Turkey Season Set

North Dakota's fall turkey season is set, with 3,660 licenses available to hunters, 50 fewer than last year.

Fall turkey hunters, including gratis applicants, who are interested in applying for a 2019 license can submit an online application through the North Dakota Game and Fish Department's website, gf.nd.gov.

Applications are also accepted at the department's toll-free licensing line, 800-406-6409. A service fee is added for license applications made over the phone.

The deadline for applying is Sept. 4.

Only North Dakota residents are eligible to apply in the first lottery. Nonresidents can apply for fall turkey licenses that are still available following the first lottery.

As per state law, a resident who does not want to receive a

fall turkey hunting license but would like to accrue a bonus point, can purchase a point on the application for the same fee as the turkey license. The bonus point fee is allocated to the department's Private Lands Open to Sportsmen Program.

Hunting units 21 (Hettinger and Adams counties) and 47 (Sheridan, Wells, Eddy, Foster, Kidder and Stutsman counties) will be closed to fall turkey hunting again this year because of low turkey numbers.

The fall wild turkey season runs from Oct. 12 through Jan. 5, 2020.

Deer Archery Season Opens Aug. 30

North Dakota's deer archery season opens Friday, Aug. 30 at noon, and continues through Jan. 5, 2020.

Bowhunters can buy a license online at the state Game and Fish Department website, gf.nd.gov; by calling 800-406-6409; or at vendors linked to the Game and Fish Department's online licensing system. Hunters who purchase bow licenses at a vendor location will receive a tag at time of purchase; otherwise, hunters who purchase their license over the phone or personal computer should allow for several days to receive their tag in the mail. A general game and habitat license is also required for archery hunters, and must be purchased prior to receiving the archery tag.

Bowhunters must follow all regulations of the managing agency when using tree stands, ground blinds and game cameras on public hunting areas, including displaying an equipment registration number, or the owner's name, address and telephone number, on all equipment left unattended on Game and Fish wildlife management areas.

In addition, hunting big game over bait is prohibited on both public and private land in deer hunting units 3A1, 3A2, 3A3 north of U.S. Highway 2, 3B1, 3C west of the Missouri River, 3E1, 3E2, 3F1 and 3F2.

Hunters should refer to the 2019

deer hunting guide for season information and regulations.

Federal Duck Stamp Required Sept. 1

Waterfowl hunters age 16 and older are reminded a federal duck stamp is required beginning Sept. 1. Waterfowl includes ducks, geese, swans, mergansers and coots.

This year's 2019-20 federal duck stamp is available for electronic purchase through the North Dakota Game and Fish Department's website, gf.nd.gov, instant licensing telephone number, 800-406-6409, or at license vendors registered with the department's licensing system. Physical stamps are not available at North Dakota license vendors, but they can still be purchased at many U.S. Postal Service offices.

The electronic stamp is a purchase item like any other hunting or fishing license. When the purchase is completed the electronic stamp is valid immediately. The words "Federal Duck Stamp" will be printed on the license certificate, along with an expiration date 45 days from the date of purchase. The actual physical stamp will be sent by postal mail.

The physical stamp is processed and sent by the official duck stamp vendor in Texas, and should arrive to the individual buyer well before the expiration date printed on the electronic license. The physical stamp must remain in possession of the hunter after the 45-day electronic stamp has expired. Individuals who have questions regarding the status of their physical stamp can contact the federal duck stamp vendor customer service number at 800-852-4897.

The federal duck stamp has a fee of \$25. An additional \$1.50 fee is added to cover shipping and handling costs of the actual physical stamp.



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For more information on Lifeline and Link-Up, visit www.checklifeline.org, or www.srt.com/lifeline.

* Landline (voice) Lifeline discount will reduce to \$7.25 effective 12/1/19, and \$5.25 effective 12/1/20.

Effective 12/1/21, voice service will no longer qualify for Lifeline discount.



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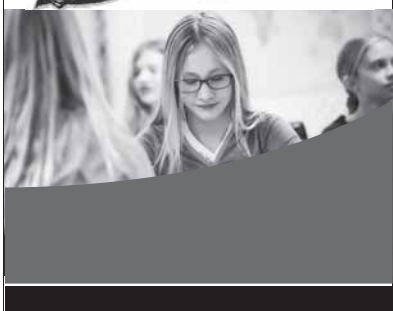
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Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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MLS# 191815



\$209,500

LOOK HERE!- 3 bedroom 2.5 bath Ranch home. Double attached garage. Large fenced yard. Main level laundry. Master bedroom suite with half bath, built in dresser and closets. Basement was properly cleaned after 2011 flood, documents to show.

MLS# 191816



\$314,900

STUNNING!- 5 bedroom 2.75 bath multi-level home. Quiet cul-de-sac. Master bath has double sinks and walk in closet. Walk out deck. Gorgeous kitchen. Walk out basement with 9ft ceilings and gas fireplace. New carpet with memory foam padding in 2017. Triple stall garage.

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GREAT LOCATION!- 2 bedroom, 1.75 bedroom townhouse. 2 car garage. Over 1400 sq. ft.. Quiet cul de sac. Close to shopping, restaurants, and schools. Open kitchen, dining room, and living room area. Lots of counter space and cabinet storage. Master bedroom walk in closet. Maintenance free porch. Sprinkler System. New Shingles!

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page A4

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Oh Man! Travis Gerjets Baking Bread and Building Community

NICOLE THOM-ARENS

When Travis Gerjets moved to Minot in 2014, he wanted to carry on the ideas of community he and his wife, Brandy, were a part of in Europe. He didn't know then that a sentimental feeling toward bread would be his way toward that community.

"I'd been a serious home baker for probably five years knowing in the back of my mind that I love doing this and, at some point, it might be fun to take a shot and open a bakery not having any idea what that really meant at that point," Travis says. "If I would've known then what I know now about what it takes to open a bakery, I might have thought a lot harder about it when we started this journey."

That journey began with about a dozen loaves of bread, baked in Travis' home kitchen, to be sold at a friend's vegetable stand during the early season of Minot's farmers' market.

"The next week, people came back and they really enjoyed the bread and some of the bread that I made reminded them of their grandmother's bread or bread that they had when they were abroad. There were just some taste memories that people had,

and we started sharing stories and then this little community kind of got built around this bread, and that was really the start of Prairie Sky Breads," Travis recalls.

Those memories of a grandmother and ties to Europe that brought people back for Travis' bread were also reasons he's continued baking bread. While living in overseas — London, Liverpool, Israel, and Palestine — Travis and Brandy spent time visiting intentional living communities, places where people with shared beliefs choose to live together or choose to have a shared way of life. In one of those communities, they were introduced to a bread making event for the community. People came in to bake two loaves of bread — one was for the communal meal and the other

“We don't want to just be a bakery,” Travis says, “we want to be a gathering place for people.”

was for the baker to take and hopefully share.

"The intention was that maybe more often than not, you'd find ways to give that away, to share that bread. Whether it was a good excuse to go visit a friend or relative you haven't seen for a while or to give to somebody who was hungry, that was bread to share," Travis says.

When Travis made his first loaf of bread in that community, it sparked his senses and memories of his grandmother, Nana, which inspired him to learn some of her recipes that no one else in the family had carried on. Upon

returning to the States, he did pick up those traditional recipes, which became some of the early bread recipes for Prairie Sky Breads.

BREAD SUBSCRIBERS

Today, Travis and Brandy, along with their new business partners Jazmine and Zach Schultz, are preparing to open a café in downtown Minot. What started as a humble offering at the farmers' market transformed into a delivery service for bread subscribers, which grew into a healthy social media following in a short five years.

"It's opened so many doors and built so many connections for me in the community; that there's this community that's formed around it including all of our amazing supporters that it's a fun place to be, it's a really humbling and gratifying place to be," Travis says.

When Travis first began offering a subscription and delivery service for his breads and other baked goods like cookies and scones, he wanted to ensure everyone in Minot who wanted a taste of Prairie Sky Breads could afford his products, so he introduced a "pay what you will" system.

"We were kind of taking a risk because if everybody got a three-month bread subscription and paid \$5 for it, that would have been a huge hit to our business, but if we had some people that paid under and some that paid over, then it would all work out and that's exactly what happened. It was a beautiful thing to be a part of on our end to see folks being generous and paying it forward to folks who maybe couldn't afford (the subscription)," Travis says.

A SLICE OF HAPPINESS

As the business owners prepare to move into their café, they want to continue making their



Travis shapes the whole wheat sourdough loaves that will rise in the fridge overnight

products accessible through a "loaf it forward" type of program.

Through recent pop-up cafés at the Minot Area Council of the Arts office, Travis has had a glimpse of what running a café will involve.

"There's just something about baked goods that people come in and they're in a good mood. They sit down and they're in a good mood. They're laughing and talking with friends over a cup of coffee. It's just been a really positive space. It's a community-building space," Travis says.

While hours are brutal and the work is hard and physical, Travis says he's met incredible people along the way — other local

business owners, independent bakers in other cities, and local supporters — who've helped take the bakery in a new direction.

Prairie Sky Breads plans to be in its new bakery at the corner of Central Avenue and First Street SE later this year.

Nicole Thom-Arens is a writer and assistant professor at Minot State University. She teaches journalism and writing courses and advises the student newspaper, Red & Green. She grew up in Langdon, North Dakota. Nicole and her husband, Tim, have one son, Liam. They enjoy traveling and attending theatre productions and major sporting events across the U.S.

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