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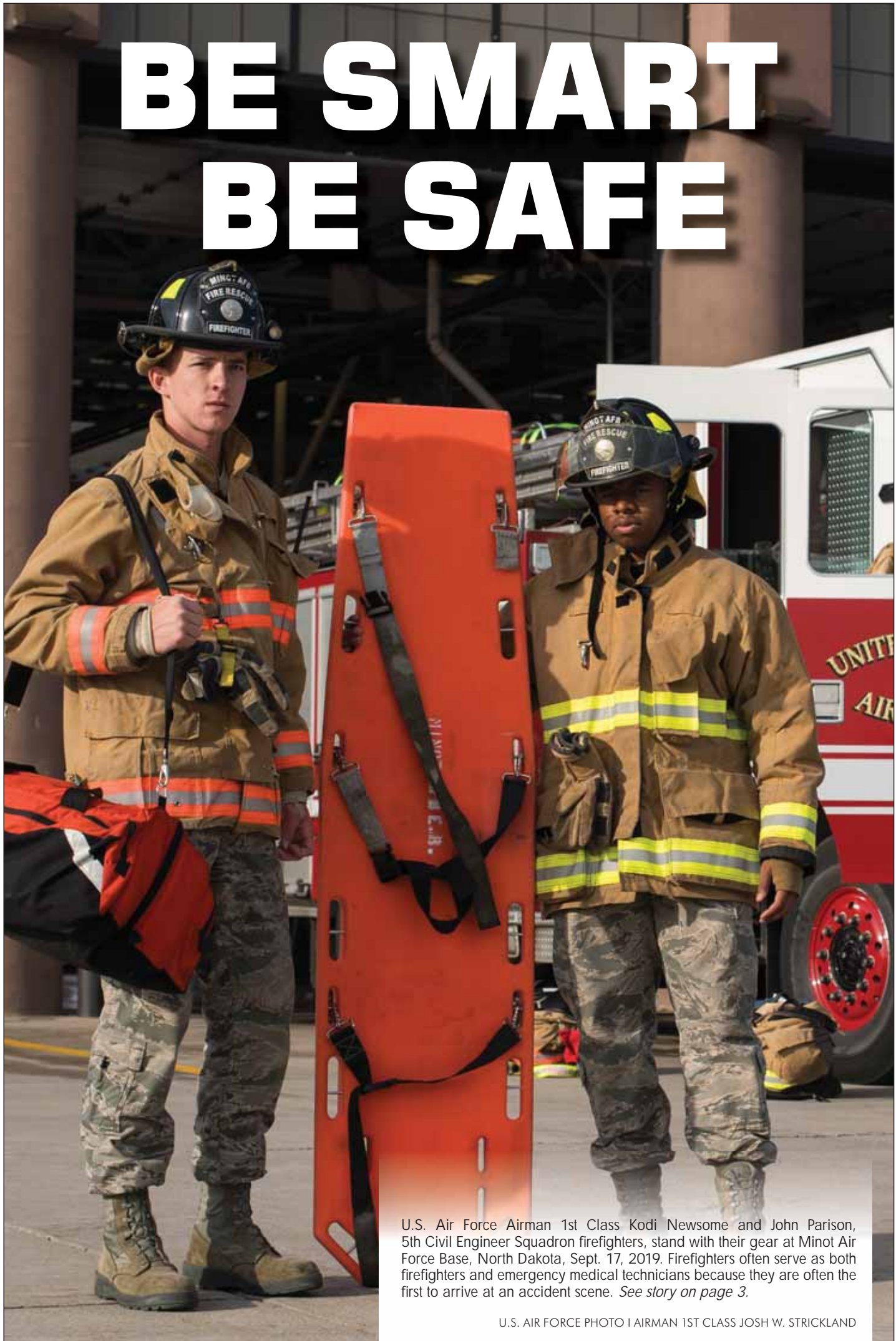
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# BE SMART BE SAFE



U.S. Air Force Airman 1st Class Kodi Newsome and John Parison, 5th Civil Engineer Squadron firefighters, stand with their gear at Minot Air Force Base, North Dakota, Sept. 17, 2019. Firefighters often serve as both firefighters and emergency medical technicians because they are often the first to arrive at an accident scene. *See story on page 3.*

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

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## Minot AFB



## Videos

# A reason to run

SENIOR AIRMAN ALYSSA M. AKERS, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. - Seven thousand, seven hundred and seventy-seven – that may seem like a large number, but not when counting days in a life.

Senior Airman Bryce Powers passed away in 2013 at 21 years old, but his Gold Star Mother Cathy Powers kept him alive in her heart. Gold Star families are the immediate relatives of U.S. Armed Forces members who died while serving, which can sometimes create issues in families.

"Four years in a row, I left my living family at home on Christmas to sit with him [at his grave] because I didn't want Bryce to be forgotten," said Cathy. "On the fourth year, someone told me that [the wreaths] were not Christmas decorations."

Every year on National Wreath Day, wreaths are placed by volunteers at over 1,600 cemeteries across the U.S. and each veteran's name is read out loud.

"After that, I told my husband that I was sorry for leaving them at home because I didn't want Bryce to be forgotten," said Cathy. "Bryce isn't forgotten; people are saying his name."

After this, she said something clicked in her brain, and she decided to get through the pain. For a while, she thought her problem was her weight but there was much more to it.

"I actually couldn't believe I could run," Cathy said. "When I started, I was very overweight and out of shape. The first exercise I could do was sit down on the ground and get back up ten times a day."

By running, Cathy found a whole new meaning to life. She not only runs for herself, but for Bryce.

"It's been a great way for me to just think about everything and deal with my thoughts," said Cathy.

In April 2018, she signed up for a half-marathon.

"I wasn't a running person at all, and I ran on accident because I signed up to do something for Bryce," Cathy said. "I walked up

the hills, crying, and ran down the hills. When we were done, they called my name to the front and said I won first place for my age range. I thought I was gifted; apparently 17-minute miles is not very good, but I still bragged."

She continues to run and has lost over 140 pounds since then. When she mentions this to others, they focus on the loss and congratulate her, but that was never her intention.

"That weight represents so much poison in my body, mind and emotions," said Cathy. "I still have days that I feel sad, lonely and angry, but when I run, I physically work those feelings out so that when I'm done running, I feel better and happier."

The weight loss helped her find a new sense of pride.

"One day [last year], I went out [to where we store Bryce's bags] and found [his physical training] shorts," said Cathy. "I thought to myself, 'Wouldn't that be great if someday, I could ever wear those,' but they wouldn't even fit on one leg. Now I'm wearing them to every state I go to! He would not believe it; he'd be so proud."

Powers plans on running at least 1,000 miles total in all 50 states before 2020. As of Sept. 19, she has ran in 43 different states; North Dakota was her 40th.

"I remember going to Eielson AFB and Elmendorf AFB," said Cathy. "They must have had a lot of faith [for being the first state]. Now I'm able to say I ran in 40 states."

It's been a long year, but Cathy is close to completing her goals and hopes her story can help others.

"When I get to come on a base, it makes me feel like Bryce is still here," said Cathy. "Everyone kind of looks the same in uniform, so it just makes me feel proud to be part of this family and to still be included. It means more than people probably know."

Throughout the states, many people have helped her as well!

"A few weeks ago, I was in Wisconsin and my tooth broke," said Cathy. "I ran by a dentist's office and had been putting up with this [for a few weeks by then]. I just walked in off the street and told them what I was doing. He turned out to be a Navy veteran and fixed my tooth for free!"

He told her that he was moved by her story, but wasn't the only one, she said. In every place, she has touched someone's life and hopes to continue.

"At first it just changed my life, now it's changing a lot of lives and it just makes me so happy," Cathy said. "I don't care what they did in the military, whether they raised their right hand or were drafted, they showed up. I'm running for the average person; they're all heroes to me."

Through her story, she realized that the number of days her son was alive was also important to others.

"I found out that's how many new burials there are in Arlington every year," said Cathy. "If they bury [about] 26 people a day, six days a week, it's about 7,800 or a little bit less. That just really touched my heart and I knew I wanted to do something with that number."

Knowing this, her final goal is to sponsor 7,777 wreaths for the veterans at the Arlington National Cemetery.

"I have chosen to share Wreaths Across America's mission statement because it fits my heart," Cathy said. "They remember our fallen, honor those serving and their families, and they teach the next generation the value of freedom. My goal with my running is to combine those things: to run with people and bring attention to our veterans and how much they give. It also makes me a healthier person, not stuck in a bad place, and personally, since my own son is fallen, makes me feel like I'm doing something great to remember him."



Cathy Powers, a Gold Star Mother, runs with 5th Munitions Squadron Airmen at Minot Air Force Base, North Dakota, Sept. 3, 2019. Powers' goal is to run in all 50 U.S. states and total 1,000 miles in the year.

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

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# Be Smart. Be SAFE

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

MINOT AIR FORCE BASE, N.D. - Seventeen incidents of drunken driving have happened this year at Minot Air Force Base.

Inconsiderate decisions like these reminded one Team Minot member of a traumatic duty he had to perform as a civilian medic.

"I was one of the people that had to go recover the body," said Senior Airman Gibbs Bellamour, 5th Medical Group Operation Squadron aerospace medical technician.

Bellamour solemnly recalled the events from a tragic vehicle accident he, then 22 years old, responded to as a medic in Philadelphia.

The accident was caused by a drunk driver who ran into a family vehicle.

"Family of five," Bellamour said. "It was a mom and a dad in the front seat. Three kids in the back."

Bellamour said when he arrived the drunk driver was on the side of the road and his head was bleeding.

"Everyone in the vehicle... [I'm] just going to say they were pronounced dead except for the mother," said Bellamour.

Bellamour shared that he had to recover the newborn who had been ejected through the front windshield.

"I spent six months in mental health trying to get that image out of my head," said Bellamour. "I kept dreaming about that kid."

These events affect not only the victims but also those that respond.

"It was the most horrific call I've ever been on because that mom ended up being told she was the sole survivor," Bellamour said. In addition, he also went on to explain that the drunk driver of the vehicle also recovered from the accident.

Paramedics and medics on base

explained that when they are called to a motor vehicle accident, often there has been alcohol involved.

"The danger is really for everyone else on the road," said Amy Johnson, 5th Medical Group paramedic. "The best one off is always the drunk driver."

Traumatic accidents happen every day in North Dakota. Impaired and distracted driving are among crimes the most often committed, killing someone every 30 minutes on average nationally, as reported by the North Dakota Department of Transportation.

Stay Alive From Education (SAFE), a national non-profit organization, will host an immersive no-holds-barred presentation from first responders on the dangers of distracted and impaired driving and the non-use of seatbelts at the base theater, Sept. 25-27, 2019.

They aim to empower the audience with information to make rational decisions regarding their well-being and the well-being of those around them.

Firefighters and paramedics will demonstrate the procedures and equipment they use to save lives when called to the scene of an accident. They will hold interactive discussions featuring their eyewitness testimonies and pictures of real-life trauma accidents.

Join the SAFE team and the base safety office Sept. 25-27, 2019, at 8 a.m., 1:30 and 3:30 p.m., at the base theater in exploring what Team Minot can do to educate Airmen and their families and prevent irreversible decisions. There will be another session on Sept. 26, 2019, at 5 p.m. to accommodate families and young drivers.



U.S. Air Force Airman 1st Class Kodi Newsome and John Parison, 5th Civil Engineer Squadron firefighters, stand with their gear at Minot Air Force Base, North Dakota, Sept. 17, 2019. Firefighters often serve as both firefighters and emergency medical technicians because they are often the first to arrive at an accident scene.

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



Amy Johnson, 5th Medical Group paramedic, stands ready at Minot Air Force Base, North Dakota, Sept. 17, 2019. Paramedics have a firsthand view of the damaging effects that drunken and distracted driving can have on the public and those involved.

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

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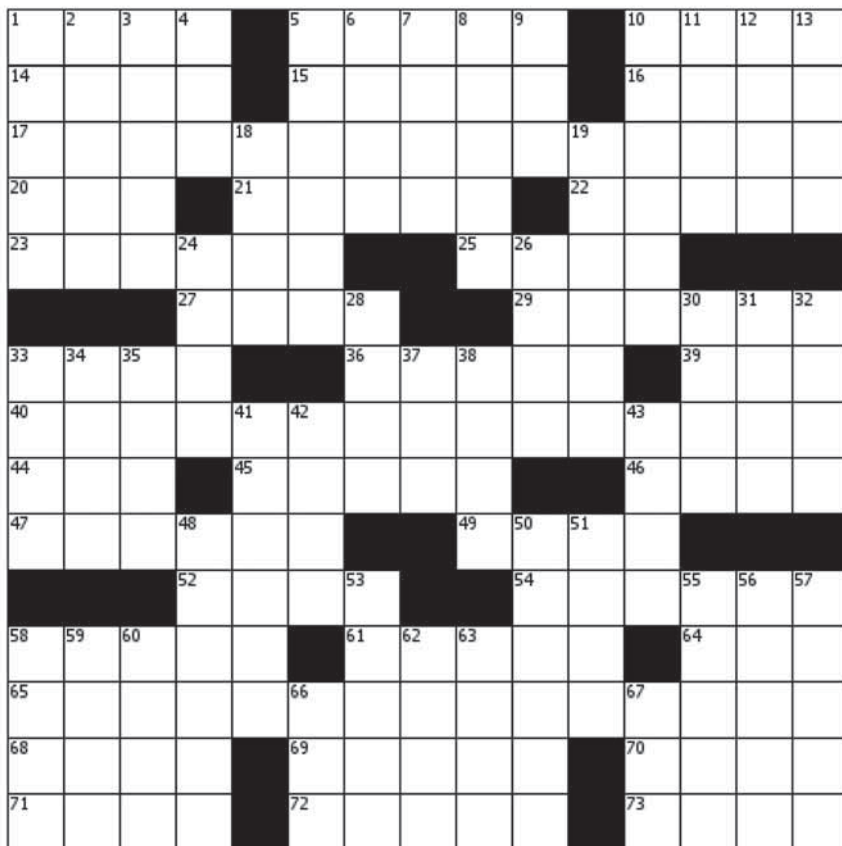
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# CROSSWORD PUZZLE

**Across**

- 1. Collection of primitive poems
- 5. Hem over?
- 10. Old World thrush
- 14. Subordinate division of a minuet
- 15. Social Register listing
- 16. Stow below
- 17. Dominate, in a way
- 20. Humans' progenitor
- 21. Old
- 22. Not quite right
- 23. More than popular
- 25. Magical home
- 27. There are 12 in a year
- 29. \_\_\_ Antilles
- 33. Bladdernose, for one
- 36. Flip chart site
- 39. \_\_\_-tzu
- 40. Dominate, in a way
- 44. Caesar's breakfast order, perhaps
- 45. "Lorenzo's Oil" star
- 46. Church projection
- 47. "I'm Henry the Eighth I Am" composer R.P.
- 49. Student overseer
- 52. Whipped along
- 54. Tricky question
- 58. Open contempt
- 61. Midwestern state denizen
- 64. McEwan or McKellen
- 65. Dominate, in a way
- 68. Sphere
- 69. 5-1/2 point type
- 70. Add fringe to
- 71. Get better



- 72. Sends skyward
- 73. Quitclaim

**Down**

- 1. Anesthetic gas
- 2. Make it stick, so to speak
- 3. Like well-maintained engines
- 4. Fastest way to a new lawn
- 5. Pertain

- 6. Former British length units
- 7. Isn't put to use
- 8. Mrs. Kennedy
- 9. Bide-a-\_\_\_
- 10. C's in shop
- 11. "Daktari" actor Rhodes
- 12. Subjoins
- 13. Miss Trueheart
- 18. Footless animal
- 19. Oasis visitors

- 24. English comedian (1925-1992)
- 26. Command to a helmsman
- 28. Unload, in a way
- 30. Pig repast
- 31. Hash-house sign
- 32. Charlie Hustle
- 33. Tug tow
- 34. Roof's underside
- 35. Sighing word
- 37. QB's throw

- 38. Strip off
- 41. Inunct
- 42. Ranger's adjective
- 43. Audience response
- 48. Screw feature
- 50. Antonym for restores
- 51. "\_\_\_ She Sweet?"
- 53. San \_\_\_
- 55. Type of semiconductor
- 56. Considerable
- 57. Ran out
- 58. Deception
- 59. Certain package
- 60. Kitchen feature
- 62. Name of five Norwegian kings
- 63. Bulb unit
- 66. Theater's Prince
- 67. Have an "altar-cation"?

**SUDOKU** Solution to puzzle on page 11

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

Solution to last week's Crossword puzzle.

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



**REEL TIME THEATER MOVIE SCHEDULE**

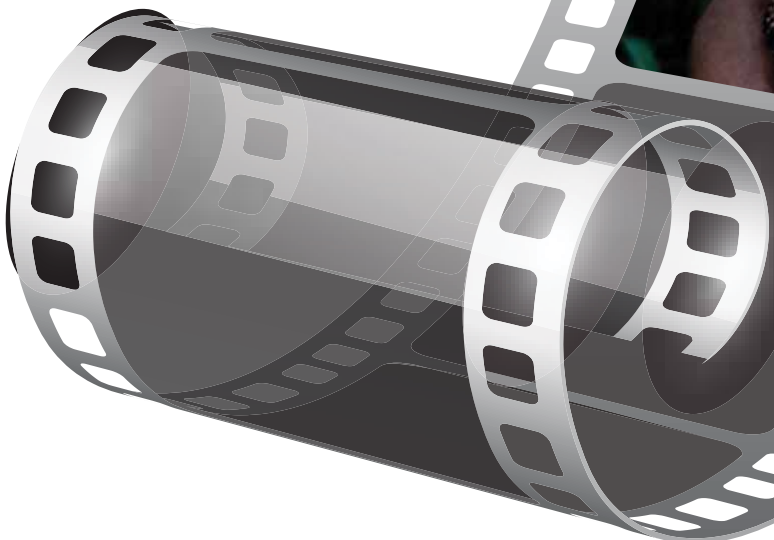


**DON'T LET GO (R)**  
 FRIDAY, SEPT 27 • 1800  
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“ After a man's family dies in what appears to be a murder, he gets a phone call from one of the dead, his niece. He's not sure if she's a ghost or if he's going mad, but as it turns out, he's not. ”



I WAS THE BEST DOOR-TO-DOOR SECURITY ALARMS SALESMAN FOR MANY YEARS RUNNING.  
 THE TRICK WAS TO JUST LEAVE A BROCHURE ON THE KITCHEN TABLE IF THERE WAS NOBODY HOME.



# PIZZA CASSEROLE



**INGREDIENTS:**

- 1 lb ground beef (or Italian Sausage)
- 6 oz pepperoni
- 3 cups Mozzarella cheese
- 1 teaspoon garlic salt
- 1/4 cup Parmesan cheese
- 28 oz can of crushed tomatoes (or)
- 2 15 oz cans of crushed tomatoes)
- 1 Tablespoon Italian Seasoning
- 16 oz penne pasta

**INSTRUCTIONS:**

- Preheat oven to 350 degrees. Brown the ground beef and drain any sausage.
- Pour in the crushed tomatoes, Italian seasoning, and the garlic salt. Stir to combine.
- Meanwhile boil pasta according to directions but cook to al dente, meaning you want the pasta to be firm and undercooked.
- Drain pasta and pour half of the pasta in a 9x13 baking dish.
- Spoon half the meat mixture over the pasta.
- Top with half the Mozzarella cheese.
- Lay half the pepperonis on top.
- Then later the remaining pasta, meat sauce, cheese and pepperoni.
- Sprinkle the parmesan cheese on top.
- Cover with foil and bake for 30 minutes at 350 degrees F.
- Remove foil and bake another 15 minutes until bubbly and brown.
- Allow to cool for 5 minutes and then serve.

## ANNUAL BANQUET & AUCTION

Saturday, September 28, 2019

5:30pm Social hour followed by Dinner & Auction  
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**Tickets:** \$55 - Single, \$75 - Couple  
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# Upcoming Events

**28 SEPT** **BIG EVENT BY GIRL SCOUTS**  
9:00 AM - 12:00 PM  
Location: Girl Scout Dakota Horizons  
525 31st Ave SW, Minot, ND

Open to the public! Bring your family, and join us at the BIG Event! Families will have a blast enjoying interactive sessions, exhibitor booths and tons of fun at your own pace! Don't miss out on this one-of-a-kind event! Tickets can be purchased at the door. Child Fee: \$5.00 Includes: Hands-on activities, exhibitor booths, demonstrations and patch. Children 6 and under are free. Adult Fee: Free



For more information:  
Facebook event/ Girl Scouts - Dakota Horizons

**28 SEPT** **HOME DEPOT FREE WORKSHOPS: INSTALLING WALL TILE**  
10:00 AM - 11:30 AM  
Location: The Home Depot 3425 S Broadway, Minot, ND

Pick up all the skills you need to successfully install wall tile. This workshop will cover tile trends—as wall tile isn't limited to bathrooms—options, selections and supplies you will need to complete your tile project and avoid common installation set backs like tile sag.



For more information:  
Facebook event/ Visit Minot

**30 SEPT** **NATURE'S NOOK CREATIVE PLAY: PLAY WITH YOUR FOOD**  
9:00 AM - 9:30 AM  
Location: Nook Children's Toys & Books  
1700 21st Ave NW Ste B, Minot, ND

In this (non-edible!) activity, your child will use 50 pumpkin seeds to create a picture of a pumpkin! By painting the seeds and positioning them on a sheet of paper, kids will create a textured mosaic. This class is designed for children under 5 years old. Cost: \$5.00 per child and the class last for 30 minutes. An adult is expected to stay with the child (no drop offs). Walk-ins are always welcomed; however, ticket holders have reserved seating.



For more information:  
Facebook event/ Nature's Nook Children's Toys & Books

**30 SEPT** **WARD COUNTY PUBLIC LIBRARY FAMILY MOVIE: ALADDIN**  
1:30 PM - 3:30 PM  
Location: Ward County Public Library  
225 3rd ST SE, Minot, ND

Come spend the afternoon watching Aladdin at the Ward County Public Library. There will be comfy bean bag chairs and pillows to lounge on. We'll have the popcorn! You may bring your own drink. Children of all ages are welcome but children under age 6 must be accompanied by an adult.



For more information:  
Facebook event/ Ward County Public Library

**1 OCT** **NODAK KNOCKOUTS OPEN ENROLLMENT DAY**  
6:00 PM - 8:00 PM  
Minot State University Ann Wellness Center 500 University Ave W, Minot, ND

Ever thought about roller derby? Join us in the MSU Wellness building for our open enrollment day the first Tuesday of each month. We will get you geared up and on skates. Roller derby is an awesome, empowering, team sport that builds a strong community of women. You will be amazed at what you can do! Come dressed to work out. Bring a water bottle and a mouth guard. The mouth guard needs to be molded before practice.



For more information:  
Facebook event/ The Nodak Knockouts

**2 OCT** **MINOT STATE HOMECOMING: COMMUNITY BLOCK PARTY**  
5:00 PM - 7:00 PM  
Location: Minot State University 500 University Ave W, Minot, ND

Minot State University invites the public to Homecoming activities kicking off with the MSU Block Party on the lawn in front of Old Main on University Ave. Free food (while it lasts), kid-friendly booths, games, bounce houses, face painting, entertainment and the crowning of MSU's 2019 Homecoming King and Queen at 6:30 p.m.. The Block Party is free and open to everyone. All campus lots will be available for guest parking. In case of inclement weather, the Block Party will move to the MSU Dome.



For more information:  
Facebook event/ Minot State University

# NOTHING BEATS SUNDAY BRUNCH

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**POPSICLE STICK SCARECROW CRAFT**  
Families gathered September 13 at the MAFB Community Center to create a fall scarecrow craft.

MINOT AFB HOMES PHOTOS

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**Baked Chorizo Cheese Dip**

**INGREDIENTS**  
1 small Tomato, chopped  
1 Serrano Chile, seeded & chopped  
2 tbsp fresh Oregano, chopped  
2 tbsp fresh Cilantro, chopped  
8 oz mild Cheddar Cheese, grated  
8 oz Monterey Jack Cheese, grated  
1 tbsp All Purpose Flour  
1 (4 oz) fresh Chorizo or Hot Italian Sausage, casing removed  
1/2 cup Red Onion, minced  
2 cloves Garlic, minced  
1/2 cup Light Beer  
Tortilla Chips

- Mix together the tomato, chile, cilantro and oregano in a small bowl. Season with salt and let stand for 30 minutes.
- Meanwhile, toss both cheeses with flour in a medium bowl. Cook chorizo in a medium saucepan over medium heat, breaking up with a wooden spoon, until it begins to render (about 1 minute). Add onion and garlic and continue cooking until chorizo is cooked and onion is soft and translucent (about 5 minutes).
- Transfer chorizo mixture to a small bowl and return saucepan to heat. Add beer and simmer stirring occasionally; scrap up any browned bits.
- Whisking constantly, add cheese mixture a 1/4 cup at a time, allowing it to become blended and smooth between additions. Stir in chorizo mixture.
- When ready to cook, set the temperature to 350°F and preheat, lid closed for 15 minutes
- Transfer saucepan contents to a medium dutch oven and place directly on the grill grate. Cook 15-20 minutes until the top is lightly browned and bubbling.

Serve with tortilla chips. Enjoy!

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

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Ryan Davy- GM  
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**NODAK ARMS**  
**OUTDOOR**  
REPORT

**OUTDOOR NOTES:**

PATRICIA STOCKDILL

**Fishing:**  
Lake Sakakawea elevation, Sept. 23: 1,846.39 feet above mean sea level (MSL); 45,900 cubic feet per second (CFS) Garrison Dam average daily releases.  
Devils Lake elevation: 1,448.29 feet above mean sea level (MSL).  
Stump Lake elevation: 1,448.36 MSL.  
• N.D. Game & Fish Dept. game wardens: Not much activity throughout north-central area lakes. Scattered walleye success on the east end of Lake Sakakawea. Work deep. No Devils Lake reports.  
• Devils Lake, Ed's Bait Shop, Devils Lake: Try vertical jigging with minnows around the bridges in 17 to 22 feet for walleye. Also try shallow in about 10 feet for walleye with some pike potentially mixed in. Recent rains could improve shore success on the main lake and feeder coulee creeks.  
• Devils Lake, Woodland Resort, Devils Lake: Anglers doing more vertical jigging around the bridges and structures for walleye as they transition to a fall bite. Look for the traditional fall perch to pick up soon, as well. Pike remain slow.

- Be careful to avoid damaging harvested fields and roads after recent rains when hunting.
- Be careful of waterfowl and upland bird identification with uncolored ducks and rooster pheasants, as well as whooping cranes starting to move through with sandhill cranes.

**DATES TO REMEMBER:**

- Sept. 28: Sakakawea Pheasants Forever banquet, Garrison City Auditorium, 5:30 p.m.
- Sept. 28: Nonresident waterfowl season opens.
- Sept. 28: Bike Your Park Day, Lake Metigoshe State Park, Bottineau, 8:30 a.m.
- Sept 28: Friends of the NRA banquet, Watford City, Roughrider Event Center, 6 p.m.
- Sept. 30: Lake Darling and Beaver Lodge Canoe Trail, Upper Souris Nat'l. Wildlife Refuge, close to boat activity.
- Oct. 4: Pronghorn season opens.
- Oct. 5: Run the Refuge 5K run, Upper Souris Nat'l. Wildlife Refuge, 10 a.m. registration.
- Oct 5 & 6: Youth pheasant season.

**Tournaments:**

- Sept. 28 & 29: Lake Sakakawea, Dakota Waters Resort.
- Sept. 28: Lake Sakakawea, 4 Bears.

working deep with minnows. Some larger fish showing up – a case of quality more so than quantity.  
• Lake Sakakawea, Scenic 23, New Town: Somewhat improving walleye success in the Van Hook Arm. Move around and work deep.  
• Lake Sakakawea, Van Hook Resort, New Town: Walleye success remains generally slow in the Van Hook Arm. Bait shop closes Sept. 29.  
• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from boats in the chutes during dark hours. Some improving success during the day.. Some salmon, trout, and catfish mixed in. Try 3-way swivels or crankbaits. Spillway area success varies with water levels. Try spoons or crankbaits from shore throughout the day for walleye. Salmon bite better on the river than Lake Sakakawea. Work deep for walleye and move around on Lake Sakakawea. Salmon spread out throughout the water column but look for a better, more consistent shallow bite with cooler weather. Try the intake area or Scoria Bay. Numbers are still somewhat light from the lake.  
• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Steading improving walleye bite around Lund's Landing and Lewis

& Clark State Park. Work a variety of depths from shallow out to 20 feet using variety of presentations with minnows.  
• Lonetree WMA area lakes, Harvey: No activity on area lakes.  
• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on the Souris River and area lakes.  
**Hunting:**  
• Cranes: Birds starting to trickle into north-central N.D. and west around southern Ward and northern McLean counties.  
• Deer: Standing crops slowing deer archery activity and deer movement.  
• Doves: Some birds still around but look for them to move soon.  
• Upland: Hunters are finding nice bird numbers in parts of central N.D. and west of Devils Lake.  
• Waterfowl: Scattered goose numbers in the northwest but an overall fair duck season opener with nice local bird numbers. Generally good opener in the northeast around Devils Lake but somewhat quiet in the north-central region.  
**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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# Minot State to celebrate Homecoming week

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University will celebrate 2019 Homecoming with events scheduled Sept. 30-Oct. 5.

With a range of experiences spanning across sports, dinners and socials, tailgating, and more, there will be something for everyone in the community.

“Homecoming is always an exciting time of year. It creates a togetherness with alumni, friends, and students and ignites everyone’s love of the University. It’s always fun to see old traditions come alive and new memories be made,” Minot State Alumni and Annual Giving Director Janna McKechnie said. “It’s one of my favorite times on campus. It really brings the whole community together.”

The week kicks off at the MSU Dome on Tuesday, Oct. 1 when the women’s volleyball team takes on the University of Mary at 7 p.m. On Wednesday, Oct. 2 the President’s Club Luncheon will be held at noon, with the Community Block Party following that night.

The Community Block Party, held from 5-7 p.m. on the lawn in front of Old Main on University Avenue, features free food and games and the 6:30 p.m. 2019 Homecoming King and Queen Coronation. Bounce

houses, sponsored by Pinnacle Employee Benefits, will also be found on the lawn. In case of inclement weather, the block party will move to the MSU Dome. There is no cost to attend and everyone is welcome.

On Thursday, Oct. 3, a 5K walk/run will be held at 5:30 p.m. For more information or to register, visit [MinotStateU.edu/homecoming](http://MinotStateU.edu/homecoming) or call 701-858.4084. The evening also features the Golden Awards Dinner at 6 p.m. in the Conference Center.

The Golden Awards Dinner will honor Minot State’s 2019 Golden Award recipients Greg Fjeld, Cheryl Nilsen, Michael Saba, and Myron Thompson and the 2019 Young Alumni Achievement Award will be presented to Caleb Heilman. Tickets to the event are \$30 and are available by calling the alumni office at 701-858-3373.

Friday, Oct. 4 finds five events on the docket, starting with women’s volleyball squaring off against St. Cloud State at 5 p.m. at the Dome. The MSU Athletics Hall of Fame Banquet begins at 5:30 p.m. at the Clarion Hotel. Tickets are \$20 and can be purchased by calling 701-858-4451. The Banquet will honor Carla Clark, Jordan Kelly, Brian Rohles, and the

1965 baseball team.

The Alumni & Friends Social will be held from 7-11 p.m. at the Clarion Hotel and is open to all alumni and friends of the University. Special reunion groups meeting this year include the honors program, nursing, the 1965 baseball team, 2006-09 football, and 1994-98 women’s basketball. Across town, the puck drops in the Maysa Arena, Pepsi Rink, at 7:30 p.m. as MSU hockey faces off against Briercrest. The event will also feature the National Champions banner raising.

The week wraps up on Saturday, Oct. 5 with a whole day of events to celebrate Minot State’s Homecoming game day.

The parade begins at 11 a.m. in downtown Minot before making its way down Broadway and onto Beaver Boulevard (11th Avenue). Tailgating begins following the parade, with free food sponsored by First Assembly of God Church, bounce houses sponsored by Pinnacle Employee Benefits, and kids’ activities.

The women’s volleyball team hosts University of Minnesota Duluth at noon at the Dome before the football team takes on Southwest Minnesota State University at 3 p.m. at Herb Parker Stadium.

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# 'Operation Gunnar' rallies Minot Air Force Base

BRUNELLA COSTAGLIOLA

When 19-month-old Gunnar Davis became sick, the military community at Minot Air Force Base, North Dakota, came together to support one of their own.

Middle school sweethearts, Gina and Ryan Davis, moved to their first duty station at Minot AFB in March of 2017. Soon after arriving, Gina Davis found out she was expecting their first child. Gunnar was born on Jan. 18, 2018, at a healthy weight of 9 pounds 2 ounces.

### Unexpected losses

The year 2019 has not been easy for the Davis family. "I lost my mother unexpectedly at the age of 46," shared Gina Davis, whose 18-year-old brother, Austin, moved in with her and her family due to the sudden loss. "Two weeks later, Ryan and I suffered a miscarriage at eight weeks pregnant." Gina Davis states, "One month after the first miscarriage, we suffered another miscarriage."

One week after their second miscarriage, duty called and Senior Airman Ryan Davis had to go on a temporary duty assignment to England, leaving his grief-stricken wife, brother-in-law and 19-month-old son, Gunnar, back home.

### A turn of events

Friday, Sept. 6, Gunnar began

coughing and looking lethargic. His mother kept a close eye on him and was quick to notice that, by Saturday evening, he had developed a fever of 98.6. Within one hour, the fever had spiked to 104 and he suffered a seizure. After an EMT assessed him, Gina Davis decided to take Gunnar to the emergency room at the downtown hospital, but he was soon discharged after being given Tylenol.

Sunday night, Gunnar's conditions got worse. "He wouldn't eat or drink, he was vomiting and couldn't move," Gina Davis said. "He developed a rash that looked like pinpoint bruises just under the skin. I've done my research on medical conditions since becoming a mom and having a weakened immune system myself, I knew it was meningitis."

Davis rushed Gunnar to the ER and, once there, her maternal instincts kicked in again when the doctor was skeptical about giving Gunnar a spinal tap, which Davis insisted he needed.

After the doctor and nurses saw that Davis wouldn't budge, they agreed to perform a spinal tap. "She did the tap and, as soon as she saw the spinal fluid, she knew," Davis added. "The entire room turned into

chaos. There were people running around everywhere and hooking him up to monitors. Within the hour, they had us on a plane going to Fargo."

### A fight against bacterial meningitis

Although bacterial meningitis is rare in children of Gunnar's age, he still contracted it as he was too little to get the vaccine, which Gina Davis urges parents to look into. According to the Mayo clinic website, meningitis is "an inflammation of the membranes (meninges) surrounding your brain and spinal cord." Bacterial meningitis is caused by bacteria that "enter the bloodstream and travel to the brain and spinal cord." In the United States, one in 100,000 people is diagnosed with bacterial meningitis every year.

Once at Sanford Children's Hospital in Fargo, which is five hours away by car from Minot, Davis tried reaching her husband in Europe to let him know what was happening. Their son had arrived almost unresponsive due to brain and spinal swelling. Within the hour, his supervisor reassured her that Senior Airman Davis was on a flight to Minot.

Gunnar was placed on antibiotics, steroids and even morphine to help with the excruciating pain he was in. His father drove the five hours to the hospital once he arrived in Minot and was finally reunited with his family.

On Friday, Sept. 13, Gunnar's condition started to finally improve. His bloodwork showed that his liver function was back to normal and the doctors were hopeful. "We're not out of the woods yet," said Gina Davis. "Gunnar is at high risk for life threatening seizures due to the swelling of his brain and spinal cord. But he's responding well to antibiotics and pain medication."

### 'Operation Gunnar' begins

As soon as the military community at Minot Air Force Base heard that one of their families had been hit with such tragedy, they quickly did what they do best: they gathered together and made the Davis family

their priority. Quickly, they began delivering food to Austin, who due to being exposed to the bacterial meningitis, had been quarantined to the Davis's family home with their dogs.

They also collected toys, blankets, books, clothes and food to donate to the Davis family in Fargo, volunteering to personally deliver the gifts for what is now known as "Operation Gunnar."

"My mom always said, 'it takes a village to raise a child.' And our village over at Minot Air Force Base rocks!" Gina Davis said. Now that they are out of the hospital and back home, the Davis family is relieved to be surrounded by their military village.

*This article originally appeared in Military Families Magazine.*



When Gunnar Davis came down with bacterial meningitis at 19 months old, the Minot Air Force Base community rallied to support one of their own.

COURTESY PHOTO



Gunnar Davis was medevaced to Sanford Children's Hospital in Fargo, North Dakota, when he became sick.

COURTESY PHOTO



Gina Davis supports her son, Gunnar, while he was in the hospital.

COURTESY PHOTO



Gunnar Davis surrounded by some of the donations the Minot Air Force Base community sent him while in the hospital.

COURTESY PHOTO

  
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# CHURCH DIRECTORY

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 838-1520  
**Mass Schedule**  
 Saturday ..... 4:30 pm  
 Sunday ..... 8:30 & 10:00 am  
**Fr. Ken Phillips, Pastor**  
[www.littleflowerminot.com](http://www.littleflowerminot.com)

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE Minot • 838-3094**  
 Sunday Leaders  
 Service ..... 10 a.m.  
 Saturday Vespers ..... 5 p.m.

**St. Philomena's Catholic Church**  
  
 306 3rd Ave North  
 Glenburn - 9 miles North of MAFB  
**Sunday Mass - 8:30am**  
**Fr. Jady Nelson**  
 St. Leo's 701-838-1026

  
**An Evangelical Free Church**  
 3500 4th St. SW • 839-5127  
 (Just North of Super Wal-Mart)  
 Sunday School & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:30 a.m.  
[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

  
 Worship Service at 10:45am Sundays  
 Sunday School at 9:45am  
**1720 4th Ave NW, Minot**  
**838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

  
**Faith United Methodist Church**  
**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)  
**Pastor Ken Mund**  
 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**  
  
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 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  
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**Immanuel Baptist Church**  
**1615 2nd St. SE • Minot • 839-3694**  
 Sundays:  
 Sunday School ..... 9:15 a.m.  
 Worship ..... 10:30 a.m.  
 Wednesdays:  
 Soup Kitchen .... 11:30 a.m. - 12:30 p.m.  
 Family Supper ..... 5:30 p.m.  
 Classes for all ages ..... 6:30 p.m.  
 Adult Choir (as scheduled). 7:30 p.m.  
**Brian T. Skar, Pastor**  
[www.ibcminot.org](http://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](http://www.stjohnminot.com)

  
**First Lutheran Church - ELCA**  
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 852-4853  
 Saturday Worship ..... 5:00 pm  
 Sunday Worship.. 8:30 am & 11:00 am  
 Sunday Education ..... 9:45 am  
 Wednesday Supper ..... 5:00 pm  
 Wed. Worship & Education..... 5:45 pm  
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**Gospel Tabernacle Community Church**  
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**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.**

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 Sunday Fellowship ..... 9:30 am  
 Wednesday Church School ..... 5:45 pm  
 Wednesday Worship ..... 6:45 pm  
 Website: [www.bethanylutheranminot.com](http://www.bethanylutheranminot.com)  
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**First Baptist Church**  
  
**200 3rd St. SW • 852-4533**  
[www.fbcminot.org](http://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.  
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**West Minot Church of God**  
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 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.**  
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 Sunday Worship ..... 1130  
*Catholic Mass (Northern Lights Chapel across from Rockers)*  
 Sunday ..... 1000 & 1700  
 Daily ..... Monday-Thursday at 1200

**First Assembly of God**  
**1805 2nd St. SE**  
**838-1111**  
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 Sunday School ..... 10 a.m.  
 Morning Worship ..... 11 a.m.  
 Wednesday Family Night..... 6:30 p.m.

  
  
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**7TH ANNUAL MINOT COIN CLUB SHOW**, October 19-20. Saturday 10-6, Sunday 10-3 at Sleep Inn Minot, Door Prizes, Free Gifts for Kids, DAILY GOLD COIN GIVEAWAY, 30 Dealer tables buying and selling coins, currency, tokens, precious metals and more, 701-833-7979

wk42

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**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.

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Or contact: Matt Mackey  
By email or phone at  
mmackey@kalixnd.org  
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wk39

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**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

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wk44

### 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. Open House Coming Soon.

wk40

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MLS# 190834



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GREAT LOCATION! - \*2 Bedroom, 1.75 Bath Townhouse \*2 Car Garage \*Over 1400 sq. ft. \*Quiet Cul de Sac \*Close to Shopping, Restaurants and Schools \*Open Concept \*Master Bedroom with Walk-in Closet \*Maintenance-free Porch \*Sprinkler System

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MLS# 191997



**\$244,900**

GREAT NEIGHBORHOOD! - \*3 bedroom, 2 baths \*Located in new Silver Springs development area \*3 Stall Garage \*Open Concept \*Top End Appliances \*Main Floor Laundry \*Large Pantry \*Lots of Storage \*Vaulted Ceilings \*Deck in Back

MLS# 192065



**\$599,900**

COUNTRY LIVING CLOSE TO TOWN! - \*4 Bedroom, 4 bath home on 2 acres \*Tall vaulted ceilings \*Open Concept \*Quartz Counter Tops \*Stone-faced gas fireplace \*Walk-in closets \*Master Bath has spa tub and tile shower \*Bathrooms have Tile Flooring and Tile Tub Surround \*Patio and Front of House Plumbed for Natural Gas \*4- Stall Garage with Half Bath \*Heated Floors in Basement and Garage \*36 X40 Shop

MLS #191567



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**Carrie Montoya**  
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## BASE ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** is now registering for the Fall 2019 term (14 Oct-15 Dec). 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](mailto: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](http://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](mailto:mino@park.edu). Park. You.

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### ANSWERS

#### SUDOKU ANSWERS

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

Answers to puzzle from page 4

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**DOMINICK LEO MAGLIARO**

For 8 year old Leo Magliaro the mission was simple, "Track down the owner of money he found on Minot Air Force Base." Leo submitted a letter to the Northern Sentry hoping to reunite the money he found to its' rightful owner. We salute Magliaro and hope that in future editions we can report success for him on his admirable mission.

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# WHAT'S GOING ON MAFB

TODAY	MONDAY	TUESDAY	THURSDAY
<ul style="list-style-type: none"> <li>Couch to 5K, 0600, Fitness Center</li> <li>TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&amp;FRC</li> <li>GoRuck Team Cohesion Challenge, 0800-1500, Fitness Center</li> <li>Torch Club, 1600-1700, Youth Center</li> <li>Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)</li> <li>Keystone Meeting, 1800-1900, Youth Center</li> <li>Free Salsa Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Center</li> <li>Salsa Dance Social, 2000-2300, Ground Zero Lounge in the Jimmy Doolittle Center</li> <li>Teen #WEOWNFRIDAY, 2000-2200, Youth Center</li> <li>Youth Programs Members Only Lock-In, 2100-0600, Youth Center</li> <li>Karaoke Night, 2100, Rockers Bar &amp; Grill</li> <li>Late Night Members 1/2 Price Appetizers, 2100-2300, Rockers Bar &amp; Grill</li> <li>Lights &amp; Strikes Bowling, 2100-2400, Rough Rider Lanes</li> </ul>	<ul style="list-style-type: none"> <li>Banned &amp; Challenged Books Challenge Ends at Base Library</li> <li>Tactical Fit Express, 0600, Fitness Center</li> <li>Swerk, 0915, Fitness Center</li> <li>Reintegration Briefing, 1300-1400, A&amp;FRC</li> <li>Cycle, 1700, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>Registration Opens for Pinterest Party at Arts &amp; Crafts</li> <li>Registration Opens for Youth Indoor Soccer at Youth Center</li> <li>Registration Opens for Youth Programs Membership Renewal 2019-2020 at Youth Center</li> <li>Registration Opens for Dragon's Indoor Sprint Duathlon at Fitness Center</li> <li>Pre-Separation Counseling, 0800-1130, A&amp;FRC</li> <li>Game Day, 1000-1930, Base Library</li> <li>Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar &amp; Grill</li> <li>Fit to Fight, 1700, Fitness Center</li> <li>Zumba, 1800, Fitness Center</li> <li>Swerk, 1900, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>Cycle, 0600, Fitness Center</li> <li>Barre, 0915, Fitness Center</li> <li>Cycle, 1130, Fitness Center</li> <li>Reintegration Briefing, 1300-1400, A&amp;FRC</li> <li>Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center</li> <li>Fit to Fight, 1700, Fitness Center</li> <li>Olympic Weightlifting, 1730, Fitness Center</li> <li>Thursday Night NFL Football, 1900, Rockers Bar &amp; Grill</li> <li>Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center</li> </ul>
SATURDAY	WEDNESDAY	<p><b>UPCOMING EVENTS:</b></p> <p><b>4 Oct</b></p> <ul style="list-style-type: none"> <li>Couch to 5K, 0600, Fitness Center</li> <li>First Friday, 1600-2200, Jimmy Doolittle Center</li> <li>Keystone Resiliency Challenge - School Age, 1600, Youth Center</li> <li>Torch Club, 1600-1700, Youth Center</li> <li>Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)</li> <li>Keystone and Torch Club Bonfire Bash, 1800-2200, Youth Center</li> <li>Karaoke Night, 2100, Rockers Bar &amp; Grill</li> <li>Late Night Members 1/2 Price Appetizers, 2100-2300, Rockers Bar &amp; Grill</li> <li>Lights &amp; Strikes Bowling, 2100-2400, Rough Rider Lanes</li> </ul> <p><b>5 Oct</b></p> <ul style="list-style-type: none"> <li>Cycle, 0900, Fitness Center</li> <li>Barre, 1000, Fitness Center</li> <li>Fight Night UFC 243: Whittaker vs Adesanya, prelims begin at 1900, main event begins at 2100, Rockers Bar &amp; Grill</li> <li>Lights &amp; Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes</li> </ul>	
SUNDAY	<ul style="list-style-type: none"> <li>Last Day to Register for Intramural Indoor Soccer at Fitness Center</li> <li>Circuit Training, 0600, Fitness Center</li> <li>Club Member Benefit, 0900-1400, Rough Rider Lanes</li> <li>Story Time, 1030, Base Library</li> <li>Brown Bag Book Talks, 1200, Base Library</li> <li>Pre-Deployment/Remote Readiness Training, 1300-1400, A&amp;FRC</li> <li>Mug Club Special, 1600-1800, Rockers Bar &amp; Grill</li> <li>Boss &amp; Buddy \$1 off Draft Special, 1630-1830, Rockers Bar &amp; Grill</li> <li>Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes</li> <li>Cycle, 1700, Fitness Center</li> <li>Run 4 Fitness, 1700, Fitness Center</li> <li>Yoga, 1830, Fitness Center</li> <li>Swerk, 1930, Fitness Center</li> </ul>		

<p><b>Bomber Bistro</b></p> <p><b>September Special</b> <b>Wednesday Lunch Special:</b> Doner Kebab A tasty combination of shaved chicken breast, beef tenderloin, or lamb (weekly choice of meat dependent on availability), mixed cabbage &amp; 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!</p>	<p><b>October Special</b> <b>Thursday Lunch Special:</b> Teriyaki Chicken Bowl Steamed broccoli, baked chicken, and optional sautéed onions &amp; mushrooms drizzled with homemade teriyaki sauce over white rice! Try it on Thursday during lunch while supplies last for \$9.25 - includes a drink!</p>	<p><b>The B-Fifty Brew</b></p> <p><b>September Special:</b> Chicken Salad Enjoy this delicious combination of diced chicken, cranberries, grapes, pecans, &amp; mayonnaise alone or on a croissant or potato bun for only \$4!</p> <p><b>October Special:</b> Frittata Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!</p>	<p><b>Auto Hobby</b></p> <p><b>September Special</b> <b>September 17-28:</b> Stall Use Special Purchase your oil and oil filter from Auto Hobby and get 1 hour of stall use free!</p> <p><b>October Special</b> <b>October 1-31:</b> Oil Change Special Need an oil change? Let Auto Hobby help you out! Get 5 quarts of synthetic oil and a new oil filter with this special for only \$49! This offer is only available Tuesdays through Fridays from 9:00 AM to 4:00 PM. <i>*Must mention ad to get special price*</i></p>
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