

# northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 57 • ISSUE 40 | MINOT AIR FORCE BASE | FRIDAY, OCTOBER 4, 2019

## WHATS INSIDE THIS WEEK:



**A2**

**2019  
DISASTER  
DAY**



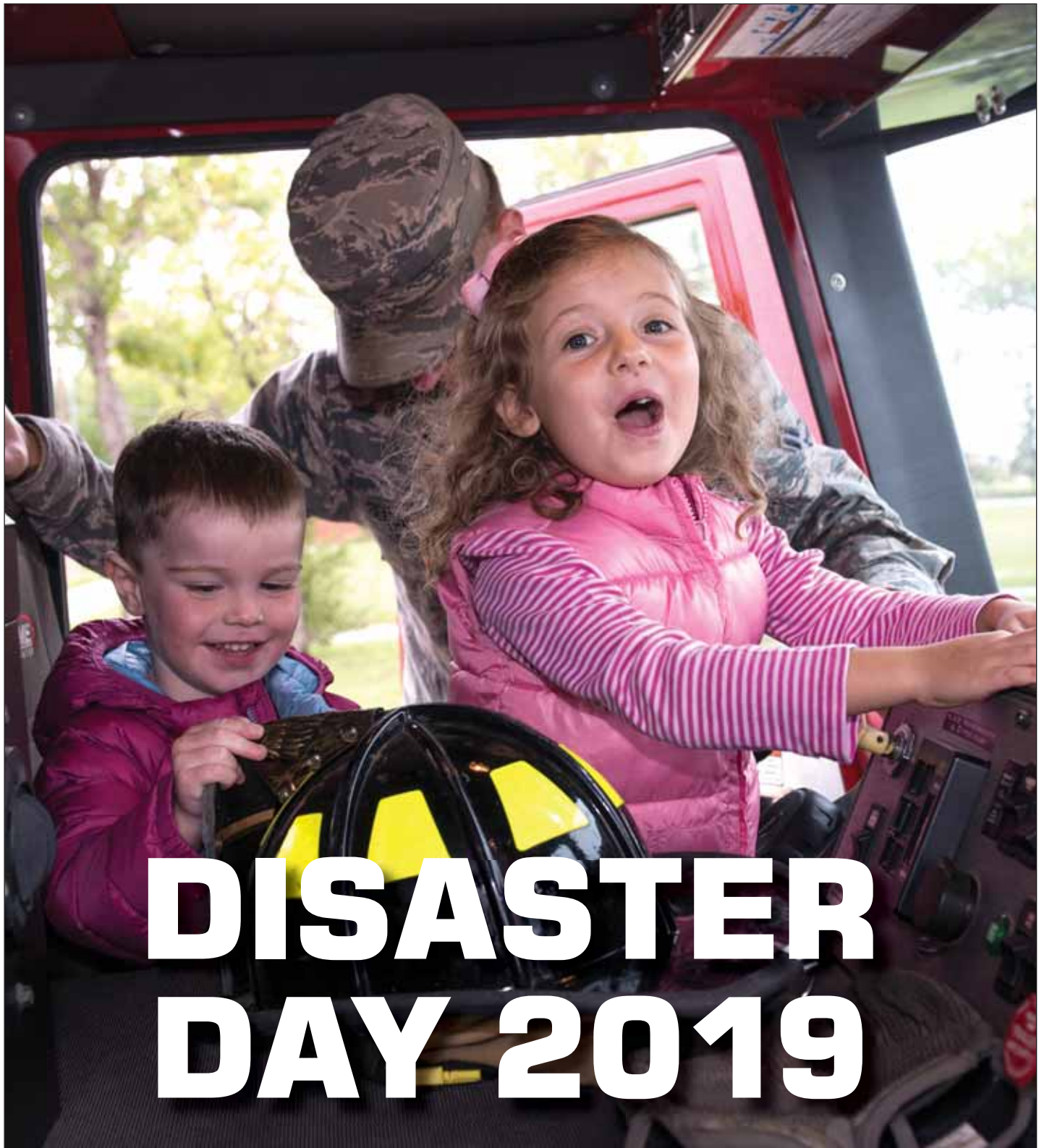
**A6**

**GORUCK  
LIGHT  
CHALLENGE**



**B4**

**MILITARY  
APPRECIATION  
DAY**



Team Minot families had fun at the 2019 Disaster Day at Minot Air Force Base, North Dakota, Sept. 21, 2019. A variety of emergency management services were available to provide information about emergency preparedness. *See page 2 for more coverage.*

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



# WE'LL BUY YOU DINNER!

**2 Lucky Winners**

Details Inside!!!



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## Minot AFB



## Videos



Team Minot families had fun at the 2019 Disaster Day at Minot Air Force Base, North Dakota, Sept. 21, 2019. A variety of emergency management services were available to provide information about emergency preparedness.

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

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# Bull Session

## Minot man, veteran enjoys volunteering behind the scenes at the Minot rodeo

### MINOT Y'S MEN'S RODEO

Minot, N.D. (September 26, 2019) – A former B-52 bomber pilot now works behind the scenes at the Minot Y's Men's Rodeo.

Pat Travnicek, who spent 28 years on active duty with the U.S. Air Force, volunteers his time at the Y's Men's Rodeo each year.

As a member of the Y's Men, he helps with the group's main fundraiser, the rodeo, which takes place this year October 4-6 at the North Dakota State Fair Center. He's one of the several dozen volunteers behind the scenes; Travnicek's job is to work the "stripping chute," where the saddles, riggings, flank straps and bull ropes are stripped off the bucking horses and bulls after they compete.

It's an exciting place to be. The horses and bulls weigh anywhere from 1,100 to 1,500 pounds and Travnicek and the other three volunteers have to work quickly and carefully, so as not to be in the way of the animals. A few years ago, it got exciting really fast: a bull, plus the two pickup men (the men on horseback who help usher the bulls out of the arena) all came into the small holding area where Travnicek was, at the same time. Travnicek found himself on the ground, knocked down by a horse, underneath a bull. He was unscathed but "it was a pretty exciting thirty seconds of my life," he said.

Travnicek joined the Air Force in 1978 and served three tours at the Minot Air Force Base. In addition to Minot AFB he was stationed at Laughlin (Texas) AFB, Castle (Calif.) AFB, and Offutt (Nebraska) AFB. He returned to Minot AFB in 1998. After retirement from the Air Force in 2006, he now works at Minot AFB in a civilian role. He also helps run

Northern Neighbors Day Air and Space Show.

He joined the Minot Y's Club about a dozen years ago and loves being involved with the group. "It's a great organization. I enjoy the camaraderie and the cause they work for, the Triangle Y Camp." Through the rodeo, the club raises funds for the Triangle Y Camp on the shores of Lake Sakakawea, near Garrison, N.D.

Travnicek also loves the support that the rodeo offers to the military. On the last day of the rodeo, October 6, tickets for active military and veterans and their immediate families are

reduced. As a veteran, Travnicek is thankful for the recognition. "It's nice to be appreciated." The wing commanders from MAFB are invited to the rodeo, and they are recognized during the performance.

He doesn't get to see much of the rodeo, but what he gets to see is great. "I probably have the best seat in the house," he said. During the bareback riding, saddle bronc riding, and bull riding, it is hectic. "You have one horse coming in (the stripping chute) when the other is being ridden. The horses and bulls come through the chute, we take their equipment off, and

off they go."

Travnicek has been married to his wife Jean for forty-one years. They have two daughters and two grandsons.

The 65th annual Minot Y's Men's Rodeo is October 4-6 at All Seasons Arena at the North Dakota State Fair Center. Performances are at 7 pm on October 4, 1 pm and 7 pm on October 5, and 1:30 pm on October 6. Tickets range in price from \$8 to \$33 and can be purchased online at [www.MinotYsMensRodeo.com](http://www.MinotYsMensRodeo.com). For more information, visit the website or call 701.833.1761.



Minot resident Pat Travnicek stands next to the flank straps he helps remove from the bucking horses during the Minot Y's Men's Rodeo. A veteran of the Air Force, Travnicek has donated his time to the rodeo for the past dozen years.

PHOTO COURTESY PEGGY GANDER, COWBOY IMAGES.

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## WORK HARD, HUNT FAR & RIDE SMOOTH

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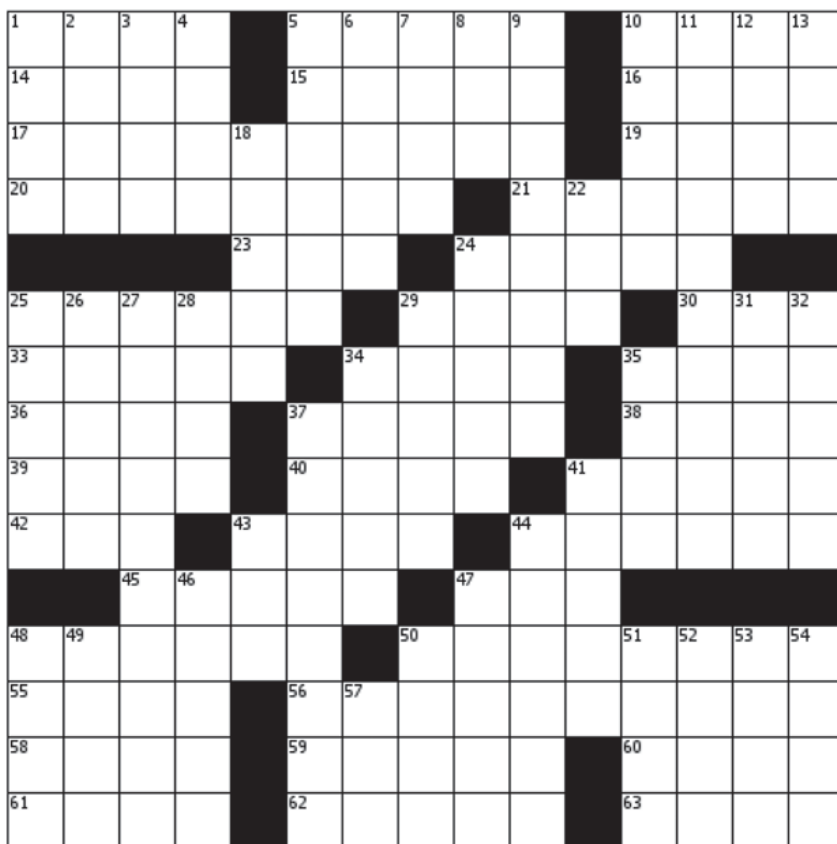
Follow the Instructions on the Back of the Ticket

**2 Winners!** \$25.00 Gift Certificate From Badlands Restaurant & Bar

# CROSSWORD PUZZLE

**Across**

- 1. Zingy taste
- 5. Sports data
- 10. Peak of perfection
- 14. Butter substitute
- 15. Appropriate for Halloween
- 16. "Pinocchio" goldfish
- 17. Accountant's financial strategy
- 19. Hamlet kin
- 20. Furtively
- 21. Halloween figures
- 23. Bit of sun
- 24. Mountain goat feature
- 25. St. Bernard's sound
- 29. Word with rain or sport
- 30. Chicago setting (Abbr.)
- 33. Ancient Hebrew prophet
- 34. Get ready for the wedding
- 35. Long stride
- 36. Takes into a count?
- 37. Keen-eyed
- 38. Part of Y.S.L.
- 39. Like some thoughts
- 40. Pb
- 41. Unexpected pleasure
- 42. They're of the highest grade, briefly
- 43. Distinctive style
- 44. Type of tomato
- 45. Gave a fig
- 47. Love or dove sound
- 48. Harald V's domain
- 50. Some babysitters
- 55. Square footage
- 56. Flag-carrying group
- 58. Jury member



- 59. Waugh and Baldwin
  - 60. Exciting intro for boy or girl
  - 61. First class
  - 62. It may be past or present
  - 63. Vichyssoise veggie
- Down**
- 1. Yellow Brick Road traveler
  - 2. Cape Canaveral's Shepard
  - 3. Queue call
  - 4. "Good golly!"
  - 5. Have trouble deciding
  - 6. London tube
  - 7. Full of pretensions
  - 8. Have no loose ends?
  - 9. Snorkel, for one
  - 10. One with parts
  - 11. Sunshine reducer
  - 12. Cry like a kitten
  - 13. Many moons
  - 18. Substantial subs
  - 22. Haberdashery item
  - 24. Get on
  - 25. Perspiration units
  - 26. More mature
  - 27. Type of television
  - 28. It may sting
  - 29. Jerk partner
  - 31. Asparagus unit
  - 32. Short-tempered
  - 34. Make one's case
  - 35. Old stringed instrument
  - 37. Prowling feline
  - 41. Daring beachwear

- 43. Significant time
- 44. Sandpaper rating
- 46. Cognizant
- 47. Everglades critters
- 48. Winemaker's valley
- 49. Sandwich-style dunker
- 50. Small valley
- 51. Twofold
- 52. One of a pair
- 53. Johnson of "Laugh-In"
- 54. Mt. Rushmore's state
- 57. Guadalajara "Rah!"

## SUDOKU Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

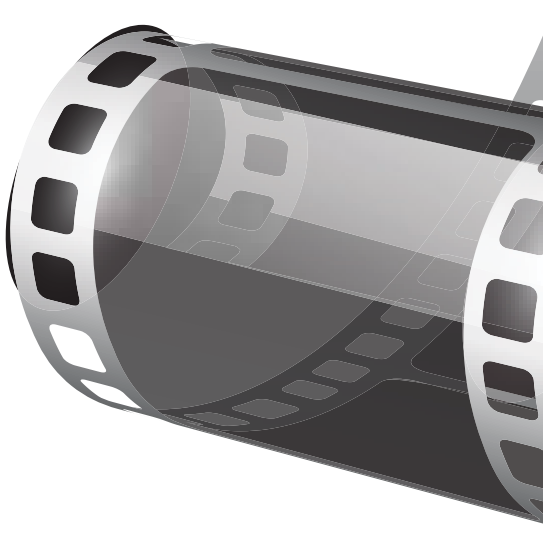
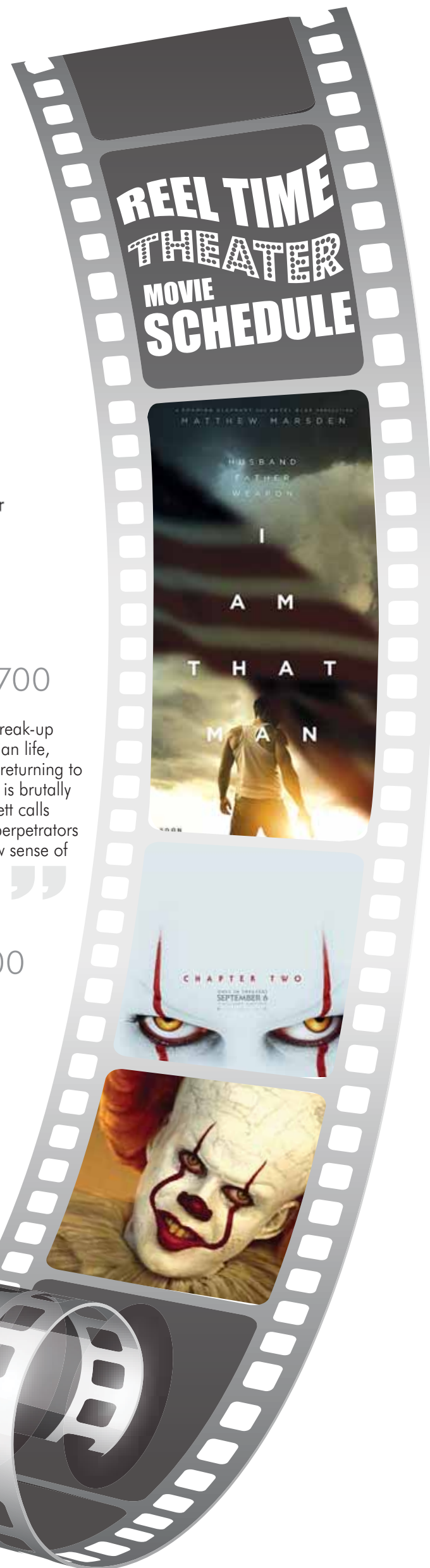
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H	O	L	D	A	L	L	T	H	E	C	A	R	D	S	
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S	E	A	L			E	A	S	E	L		L	A	O	
C	A	L	L	A	L	L	T	H	E	S	H	O	T	S	
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W	E	S	T	O	N			D	E	A	N				
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S	C	O	R	N			I	O	W	A	N		I	A	N
H	A	V	E	T	H	E	L	A	S	T	W	O	R	D	
A	R	E	A			A	G	A	T	E		E	D	G	E
M	E	N	D			L	O	F	T	S		D	E	E	D

I AM THAT MAN (R)  
FRIDAY, OCT 4 • 1800  
SATURDAY OCT 5 • 1700

“ Struggling to come to terms with the break-up of his marriage and his reintegration into civilian life, former Navy SEAL John Beckett contemplates returning to what he knows best, war. When a close friend is brutally murdered in a racially motivated attack, Beckett calls upon his specialized military skills to find the perpetrators and bring them to justice. Has he found a new sense of purpose, or will this be his last mission? ”

IT: CHAPTER TWO (R)  
SUNDAY OCT 6 • 1500

“ Twenty-seven years after their first encounter with the terrifying Pennywise, the Losers Club have grown up and moved away, until a devastating phone call brings them back. ”





# No Bake Pumpkin Cheesecake



Recipe courtesy of: www.justatohy.com/no-bake-pumpkin-cheesecake/

## INGREDIENTS:

### Pumpkin Cheesecake

- 2 cups pumpkin puree, or use a 15oz can
- 2/3 cup heavy cream, 33% MF or more
- 24 oz cream cheese, brick-style, full-fat cream cheese
- 1 cup powdered sugar
- 1/2 cup brown sugar
- 1 tablespoon pumpkin pie spice
- 2 teaspoons vanilla extract

### Graham Cracker Crust

- 1 1/2 cups graham crumbs
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 6 tablespoons unsalted butter, melted

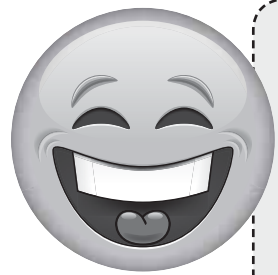
## INSTRUCTIONS:

### Graham Crust

- In a medium bowl stir together the graham crumbs, sugar & cinnamon. Then stir in the melted butter.
- Press the mixture into the bottom of a 9-inch springform pan.
- Place in the freezer as you make the filling.

### Cheesecake Filling

- Blot the pumpkin with a paper towel and squeeze out the excess liquid. I do this many times to remove as much liquid as possible.
- In a large bowl beat the heavy cream until stiff peaks form.
- In a separate large bowl beat the cream cheese until soft. Then beat in the sugars and pumpkin pie spice.
- Mix in the vanilla extract and pumpkin puree.
- Gently fold the whipped cream into the cream cheese mixture using a rubber spatula.
- Take the crust out of the freezer. Spoon the cheesecake mixture over top and spread the top smooth.
- Place in the fridge to chill for at least 6 hours.\*\*
- When ready to serve, trace a very thin sharp knife around the edges of the pan, then unclamp the spring-form.
- Top with whipped cream, slice into pieces & serve.



IF YOU ANSWER THE PHONE WITH "HELLO, YOU'RE ON THE AIR!" MOST TELEMARKETERS WILL QUICKLY HANG UP...



# Upcoming Events

**4 OCT** **SPIRITS, MURDER & MAYHEM**  
5:45 PM - 11:59 PM  
Location: Downtown Minot, ND



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

**5 OCT** **BENDS, BRUNCH, AND BUBBLY**  
8:30 AM - 10:00 AM  
Location: Elevation 1912 Valley Bluffs Dr, Minot, ND



**For more information:**  
Facebook event/ Trinity Health

**8 OCT** **FREE CAR SEAT SAFETY CHECK-UPS**  
3:00 PM - 6:00 PM  
Location: Ryan Chevrolet  
1800 S Broadway, Minot, ND

Child car seat checks teach parents and caregivers how to correctly use their child's car seat or seat belt. Nearly 90 percent of child car seats are used incorrectly. Your child's car seat(s) will be checked to be sure: • It has not been recalled • It meets federal safety standards • It is installed correctly • It is appropriate for the child's age, weight and height • The child is properly secured in the seat. No appointment is needed for this free event. Please allow 30 minutes per car seat. (Donations gratefully accepted).



**For more information:**  
Facebook event/ First District Health Unit

**10 OCT** **THE MARKET ON 4TH HOSTS VINTAGE WINDOW WORKSHOP**  
6:00 PM - 8:00 PM  
Location: The Market on 4th 1900 4th Ave NW, Minot, ND

Let's celebrate Fall with this fun DIY workshop! For this project each attendee will get a large vintage window to create their own piece to take home with them. We will have the option of making it into a sign, adding a wreath to it or maybe even both. The options for this project are endless. All supplies for this workshop are included along with drinks and snacks. Cost for this workshop is \$60 plus taxes and fees. No refunds for this workshop.



**For more information:**  
Facebook event/ The Market on 4th

**11 OCT** **NORTH DAKOTA BREWERS GUILD OKTOBERFEST 2019**  
6:00 PM - 9:00 PM  
Location: Clarion Hotel & Convention Center 2200 Burdick Expressway E, Minot, ND

Minot, ND will be hosting the first-ever Oktoberfest presented by the North Dakota Brewers Guild. Each year, The Guild will host Oktoberfest in a new city in ND starting with Minot. Celebrate Oktoberfest in style with beers samplings from around the state and light appetizers. Attendees will also crown the first-ever North Dakota Brewers Guild Best Beer award! Event is 21+. Tickets: \$40 includes beer sampling, pretzel necklaces & German inspired appetizers.



**For more information:**  
Facebook event/ North Dakota Brewers Guild

**11 OCT** **THE HAUNTED FOREST 2019**  
8:00 PM - 11:59 PM  
Location: The Haunted Forest ND  
1601 153rd St NE, Norwich, ND

Be prepared for all new scares and surprises around every turn as you make your way through The Haunted Forest, an outdoor haunted attraction hosted by Gymagic Gymnastics of Minot, ND. The cost is \$15/person or \$10/person in groups of 10 or more. Our ticket booth is on location and opens at 7:30 pm each night. The wait times do vary. \*Recommended age - 14 years and up. For more information call 701-852-4585.



**For more information:**  
Facebook event/ Gymnastics Inc. - Gymagic Gymnastics

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# 2019 GORUCK LIGHT CHALLENGE



Airmen participate in the GoRuck Team Cohesion Challenge at Minot Air Force Base, North Dakota, Sept. 27, 2019. The GoRuck challenge was a five-hour team building resiliency program that consisted of rucking 10 miles while carrying heavy tires and benches.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JESSE JENNY



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# 2019 FIRE PREVENTION WEEK



Col. Bradley Cochran and Col. Barry Little, 5th Bomb Wing commander and 91st Missile Wing vice commander respectively, sign the Fire Prevention Week proclamation in Dakota Elementary School at Minot Air Force Base, Oct. 1, 2019. The proclamation is the official declaration for Fire Prevention Week.

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

## OPEN HOUSE/FIRE MUSTER

Meet Sparky And His Friends  
Oct 12<sup>th</sup> 1030-1130

- Fire Department
- EOD
- Ambulance Services
- Security Forces
- Emergency Management



Fun Events For ALL Ages!

1130 - 1400

- Free Food
- Mascot Dance-Off
- Fire Fighting Demos



Think You Are Stronger Than a Firefighter?  
 Try The Fire Muster!

1200 - 1300

- 4 Person COED TEAMS
- Sign Up Anytime Before Start
- Special Prize For The Best Team!

# Catholic Health Initiatives Supports National #1 Thing Movement

CHI ST. ALEXIUS HEALTH

CHI's ND Violence Prevention Program is honoring October 2019 as Domestic Violence Awareness Month (DVAM). Our dedicated staff will use DVAM as an opportunity to inform domestic violence victims and the community about available help and resources. This DVAM, we encourage everyone to do #1 Thing to show that violence and abuse have no place in our community.

The statistics associated with domestic violence are epidemic. On a typical day in the US, three women are killed by a current or former intimate partner and more than 20,000 phone calls are placed to domestic violence hotlines. According to CAWS North Dakota, the state sexual assault and domestic violence coalition, last year 5,172 new domestic violence victims received services; these included transportation, emergency shelter, safety planning assistance, information on the criminal justice system, and

referrals for other services.

Domestic violence is a major health issue. The Centers for Disease Control and Prevention reports that women who have experienced domestic violence are 80% more likely to have a stroke, 70% more likely to have heart disease, and 60% more likely to have asthma. In addition, domestic violence can lead to long-lasting mental health consequences including depression, post-traumatic stress disorder, and issues with alcohol or drug abuse.

Eight Catholic Health Initiative facilities in North Dakota joined together to create the CHI ND Violence Prevention Program. This Program is working to end the stigma surrounding domestic violence in our communities by providing trauma-informed training to professionals and healthy relationship workshops to individuals. As part of our DVAM 2019 activities, our associates will be wearing purple pins and

our facilities will be displaying awareness materials to honor victims and survivors of domestic violence.

Domestic violence impacts millions of people each year, but it can be prevented. It requires the collective voice and power of individuals, families, institutions, and systems. CHI's ND Violence Prevention Program encourages everyone to do #1 Thing this month to end domestic violence. Each of these singular acts will add up to collective action that creates a strong foundation for a world without violence.

No one deserves to live in fear. If you or someone you love is in an unhealthy or abusive relationship, help and support is available. Call the national domestic violence hotline at 1-800-799-7233 to talk to a trained domestic violence advocate today. To learn more about local services visit <http://www.cawsnorthdakota.org/>.

# Asylum of Fear Haunted House

NORTHWOODS CANDY EMPORIUM

Northwoods Candy Emporium with Paranormal Investigators of North Dakota present Asylum of Fear Haunted House

October 18th, 19th, 24th -26th , and 31st 7:00-11:00pm at the Dakota Square Mall, within the old Sears store, Northwoods Candy Emporium will be hosting the first ever full fledge Haunted House titled The Asylum of Fear. The candy store is a veteran owned business that provides the community with handmade sweets, candies and adding soon to their store delicious hand-rolled ice cream. Ashley and Christopher Ecker, of Minot, purchased the store in April of 2018. "We strive to be involved with and love our community," says store-owners Ashley and Chris "but, all that does not compare to exciting new venture we are pursuing with The Asylum of Fear Haunted House event. This will not only be the first Haunted House at the Mall, but also the largest in the Minot area."

Local creative, Wendy Kimble, was asked by the couple to be the Creative Director for their event. She has two years prior experience with haunted houses and has been involved

in the arts and helping the community for over 20 years. "I jumped at the chance to get to play this year. Halloween has always been my favorite time year", said Wendy! She is also a Lead Investigator with the Paranormal Investigator of North Dakota, who are also sponsors for this event. A portion of the proceeds for this event will be donated to The Taube Museum of Art's Art Education Program that promotes art through the museum and in Minot Public Schools and the Paranormal Investigations of North Dakota, who investigate throughout ND to help those in private homes and businesses.

Tickets for the event can be purchased for \$20 on Facebook through Eventbrite, or in person at Northwoods Candy Emporium in the Mall, The Taube Museum of Art or at Biscuits & Bows Pet Spa. We welcome you visit us 7:00-11:00pm, any night during our event on 18th, 19th, 24th -26th, and 31st .

Please visit at the event inside Dakota Square Mall the old Sears store entrance across from the Sleep Inn entrance. Email: [minothauntedhouse@gmail.com](mailto:minothauntedhouse@gmail.com) Phone: 701-838-3924

# Golden Ticket Winners!



**Logan Moore**

Logan found a \$20 Golden Ticket in a Northern Sentry picked up at work in the 5 MXS



**Courtney Alefteras**

Courtney found a \$20 Golden Ticket in a Northern Sentry she picked up at the Base Post office



**Torri Zeltinger**

Torri found a \$20 Golden Ticket in a Northern Sentry at the Bowling Alley



## Find hidden treasure in your Northern Sentry!

Keep an eye out for a "Golden Ticket" tucked away inside your paper! We will be randomly inserting one or more Golden tickets each week over the next few months into the Northern Sentry papers delivered to the MAFB. A Golden Ticket will have a specific cash value between \$20 and \$100! No purchase necessary, no strings attached, if you find a ticket, just let us publish your name & picture as a winner and the cash is yours. You'll never know if you're a winner unless you pick up that paper and turn every page. We'll keep you posted on whose found hidden treasure by printing their names and photos in the paper and on our Facebook page.





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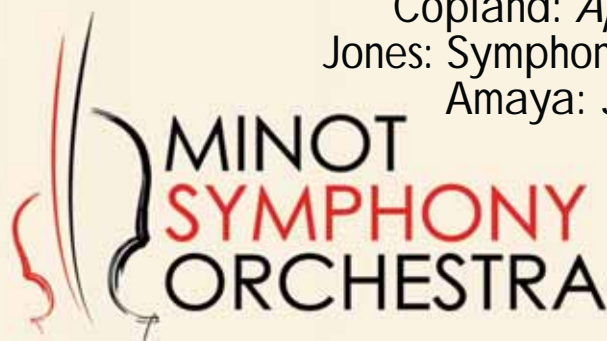
Bernstein: *Candide Overture*

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# Minot's Main Street

MARCI NARUM, INSPIRED WOMAN MAGAZINE

When Inspired Woman magazine asked women entrepreneurs to answer questions about their decision to go into business on their own, a common theme emerged: the sacrifices they made and what gives them the most satisfaction.

**Sacrifices:** Time with family and friends, holidays, and weekends

**Satisfaction:** Working with customers and community involvement

Main Street in Minot is alive with women entrepreneurs. Eight shop owners share what fuels their passion for enterprise.

## Betty Fedorachek



Betty Fedorachek has been in the fashion and clothing business for decades. She managed department stores in the United States and overseas where she's a buyer of goods such as high-end fine china, crystal, porcelain, and art. Betty's first business was Walter's Women's Wear in downtown Minot. In 1997, she opened Esoterica.

"I am always working to keep up or stay ahead of the trends," Betty shares. "You look for ways to attract new customers not only to your store but to downtown."

"I have been fortunate to have a very loyal customer base. For me, the best part of having the store is the interactions with customers and so many are not only my clients, I consider them my friends. When clients tell me that they have been wearing the clothes they have purchased at my store for special events or that they have shopped with me for more than 20 years, that is the greatest feeling," Betty says.

## Casey Klein



Casey Klein is feeling fantastic about the career change she made in April this year. She left her corporate world job to become a small business owner, purchasing Cookies for You in downtown Minot. Mary Helen Hasby owned the shop for more than 26 years and Casey says connecting with the loyal customer base has been the best part so far.

"I LOVE my new career!" Casey says. "One of the things that I enjoy is that 99.9 percent of the customers coming into a cookie store are happy, and it's been fun to visit with them and learn about them."

## Nikki Brose



Nikki Brose gets to see and know her customers in every aspect of their lives.

"I use flowers to say what words cannot," she says.

Before becoming a business owner, Nikki experienced unfathomable hardships and loss. Her infant son died of SIDS in 2002 and her house was flooded in 2011. She decided it was time to make a change. Nikki is the owner of Flower Central and says her greatest satisfaction comes from her connections with customers.

"Seeing smiles and tears when our brides see their wedding flowers and when I create a sympathy piece for a family to honor their loved one's life perfectly, then I know I have done my job right."

## Denise Lindbo



"I love my job!"

Denise Lindbo was all set to move out of state to manage a gift store when her mom sat her down and asked her to consider going into business with her. Twenty-six years later, she is still the owner of Gourmet Chef.

"I love the constant changes every day, the simple joys of making people happy, having my staff around me as part of my work family. Having someone come in and tell us, 'This is my favorite store!' gives me the greatest satisfaction — and seeing the kids so proud of themselves after taking a cooking class with us."

Denise says her mom and dad are her mentors and are among her biggest supporters.

## Margie Bolton



Margie Bolton says glass art has always been one of her hobbies, so she decided to learn everything she could about it.

"I have extended family with a glass history going back to the 1500s. I would love to have the opportunity to learn from them," Margie says.

In 2004, she decided to master it and opened Margie's Studio, doing stained glass production and repair.

"Now, I have glass, ceramic, and coffee, so other than building windows, I manage a very eclectic shop," Margie says. "(My greatest satisfaction is) seeing something go out the door that will be part of people's lives for years to come," she says.

## Sheri Lien



Sheri Lien and her husband, Fred, are fourth-generation owners of Lien's Jewelry. They purchased the store from Fred's parents after they retired in 2005.

She's a musician at heart, but Sheri is very much in tune with the jewelry business as an accredited jewelry professional and trained in diamond and colored stone grading.

Sheri says her customers are what she loves most about her work

"It gives me great joy to be a little part of the big events in people's lives," Sheri says. "We get to share in their joys and their sorrows. When we are exhausted after a long Christmas season, I stop and think of all those little wrapped packages in people's stockings and how much happiness they will give!"

## Pam Karpenko



In 2005, Pam Karpenko was looking for a new challenge. She was also looking for fashions that weren't available locally, so when she saw an opportunity to purchase Mainstream Boutique, she grabbed it.

"I knew nothing about the industry but I did know that I was capable of working hard and learning everything I needed to learn in order to become the industry expert."

Known for her gumption, Pam plunged into small-business ownership; she was ready for the risks, responsibilities, and long hours.

"It's worth it! My heart is so happy when we have customers walk in who are unsure of how to wear fashion. We encourage each of them to show off their individuality and develop their own style."

## Tiffany Heewon Craig



When a major construction project started on the street in front of Tiffany Heewon Craig's restaurant, people worried her business would take a big hit.

"I delivered food to the construction crew ... in the end, I think it made the restaurant more successful," Tiffany says.

Tiffany moved to Minot from Portland, Oregon, seven years ago to help her parents run Charlie's Main Street Cafe. Taking over a family business wasn't her plan, but she loves the community and feels its support.

"The best part of my work is my 'regulars,' customers who keep coming back every week, sometimes more than once a week. I form great connections ... it makes me feel good knowing I've made a good environment ... they keep coming back again and again."

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Col. Glenn Harris, 91st Missile Wing commanders, awards Airman 1st Class Dylan Ritter, 91st Missile Security Forces Squadron defender, with an award and coin at Minot Air Force Base, North Dakota, Sept. 24, 2019. Ritter was awarded for scoring above a 90 on his Career Development Course.

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



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## Grilled Beer Can Burger



**INGREDIENTS**

- 2 lbs Ground Beef
- 1 tbsp Worcestershire Sauce
- 1 tbsp Traeger Beef Rub
- Beer or Soda Can
- Salt and Pepper, to taste
- 8 Slices of Bacon
- Favorite Fillings
- 4 Slices of Cheese of your choice
- 4 Burger Buns
- Lettuce
- Sliced Tomato



- 1) When ready to cook, set the Traeger to 300° and preheat, lid closed for 15 minutes.
- 2) In a large bowl, season the ground beef with Traeger Beef Rub and Worcestershire sauce.
- 3) Roll into 1/2 pound balls, then place a beer can in the middle to shape into a bowl.
- 4) Press beef up the sides of the can. Gently remove can and season meat with salt and pepper.
- 5) Wrap the burger bowl with bacon, if desired, and fill with your choice of ingredients.
- 6) Some of our favorites fillings are mac and cheese, pulled pork, BBQ sauce and cheddar, mushrooms and swiss, or cheddar and jalapeños.
- 7) Place burgers directly on the grill grate and cook for about 45 minutes.
- 8) In the last five minutes of cooking, top with a slice of cheese and place buns on the grill grate to toast, if desired.
- 9) Remove from grill and serve on toasted buns with lettuce and tomato or your favorite toppings. 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. 30: 1,845.6 feet above mean sea level (MSL); 46,200 cubic feet per second (CFS) Garrison Dam average daily releases.

- Devils Lake elevation: 1,448.47 feet above mean sea level (MSL).

- Stump Lake elevation: 1,448.38 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Colder, rainy weather slowing activity but try nightcrawlers and spinners when stable weather returns.

- Devils Lake, Woodland Resort, Devils Lake: Limited activity but, weather permitting, anglers continue finding small walleye success with occasional larger ones mixed in.

- \*Lake Darling, Karma C-Store, Ruthville: Look for some walleye activity on the north end of Lake Darling around the bridges, weather permitting.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Little activity. Docks will be pulled for the season.

- Lake Metigoshe, Four Seasons, Bottineau: Weather limiting activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather limiting activity but prior to recent rains anglers were finding a fall walleye bite. Missouri River tailrace producing good salmon numbers.

- Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Little activity on either Lake Sakakawea or Lake Audubon.

- Lake Sakakawea, Scenic 23, New Town: Weather limiting activity but anglers working deep up into the Van Hook Arm are finally locating the larger walleye. Try a variety of depths using Lindy rigs or jigging Raps. Smelt also moved into the area with walleye feeding on them. Better success on windy days.

- Lake Sakakawea, Van Hook Resort, New Town: Bait shop closed for the season.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye, catfish, and trout in the chutes using 3-way swivels, plastics, or crankbaits. Try the rocks

- Use caution when hunting with muddy road and field conditions.

**DATES TO REMEMBER:**

- Oct. 12: Pheasant and fall turkey seasons open.
- Oct. 20: Pronghorn season closes.

**Tournaments:**

- Oct. 19: Lake Sakakawea, Fort Stevenson State Park.



form night for walleye from shore. Spillway area hit-and-miss for walleye with success depending a lot on releases and the number of open gates. Lake Sakakawea tough for walleye on the east end. Look for some salmon success longlining with crankbaits or spoons around the intake or Scoria Bay.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Not much activity but, weather permitting, look for increasing walleye activity between Lewis & Clark State Park and White Earth Bay. Work a variety of depths. Upper Missouri River continues running high and muddy with little to no activity.

- Lonetree WMA area lakes, Harvey: No reports.
- North-central/central N.D.

lakes, Towner Hdwe. Hank, Towner: No reports from the Souris River or area lakes.

**Hunting:**

- Waterfowl: Generally fair success for local birds with little migration underway yet. Lots of standing water is spreading birds around, though. Muddy road and field conditions making it difficult to access areas, as well as lots of standing grain for setting field decoy spreads. Good bird numbers across southern Manitoba.

**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

## Wetland Conditions Good for Duck Hunting

The North Dakota Game and Fish Department's annual fall wetland survey indicates good-to-excellent conditions for duck hunting throughout the state.

Andy Dinges, migratory game bird biologist, said the number of duck hunting wetlands are up about 65% statewide from a year ago, largely driven by record fall wetland conditions in the south central and southeast regions of the state. The northwest, north central and northeast regions have also seen 30-37% increases in the number of duck hunting wetlands compared to last fall.

"Fall wetland records for the south central and southeast regions were easily broken, and duck hunting wetlands recorded in these regions are up about 300% from average," Dinges said.

Wetland conditions had been declining for a few years now, Dinges mentioned, but adequate snowmelt and abundant rainfall throughout spring and summer have dramatically improved wetland conditions in the state.

"However, the north central and northeast regions of the state are still recovering from drought conditions experienced over the last few years, and the number of duck hunting wetlands in these regions remain slightly below average," Dinges said.

The quality of waterfowl hunting in North Dakota is largely determined by weather conditions and migration patterns. Dinges said good reproduction for ducks

in traditional breeding areas this year also make for good fall hunting potential in North Dakota. However, he said given these wet conditions, hunters may encounter wetlands with extensive flooded vegetation, potentially making hunting difficult in some areas.

"Hunters should always scout because of ever changing conditions and distribution of waterfowl," he added. "Hunters should also be cautious driving off-trail to avoid soft spots, and while encountering areas of tall vegetation that could be a fire hazard."

The fall wetland survey is conducted annually in mid-September, just prior to the waterfowl hunting season to provide an assessment of conditions duck hunters can expect.

## Youth Pheasant Weekend Oct. 5-6

North Dakota's two-day youth pheasant season is Oct. 5-6. Legally licensed residents and nonresidents ages 15 and younger may hunt roosters statewide.

Resident youth hunters, regardless of age, must possess a fishing, hunting and furbearer certificate and general game and habitat license. Nonresident youth hunters from states that provide a reciprocal licensing agreement for North Dakota residents qualify for North Dakota resident licenses. Otherwise, nonresident youth hunters must purchase a nonresident small game license.

Shooting hours are one-half hour before sunrise to sunset. Youth ages 12 and older need to have passed a certified hunter education course. The daily bag limit and all other regulations for the regular pheasant season apply.

An adult at least 18 years of age must accompany the youth hunter in the field. The adult may not carry a firearm.

See the North Dakota 2019-20 Hunting and Trapping Guide for additional information.

## Youth Waterfowl Hunting Trailer Available

The North Dakota Game and Fish Department and Ducks Unlimited co-sponsor a trailer full of waterfowl hunting gear that is available to families with young hunters.

Purchased by the Game and Fish Department's Encouraging Tomorrow's Hunters grant program, the trailer is designed for families who don't have the appropriate gear for their young hunters to hunt waterfowl. The equipment is donated by Avery Outdoors.

Use of the trailer is free, and it is equipped with goose and duck decoys for field hunting, and two bags of floating duck decoys and marsh seats for hunting a wetland.

For more information, or to reserve equipment, contact the Ducks Unlimited office in Bismarck at 701-355-3500.

# Military Appreciation Day at the Minot Y's Men's Rodeo

MINOT Y'S MEN'S RODEO

We honor all military for the Sunday, Oct. 6 performance!

Tickets are discounted for all military personnel (active, reserve and veterans) for the Sun., October 6 matinee, beginning at 1:30 pm.

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The military ticket discount, good for Sun., Oct. 6, is \$23 for gold seating (all ages), and \$13 for silver seating adults (and \$8 for kids ages 3-12).

Purchase tickets online at [www.MinotYsMensRodeo.com](http://www.MinotYsMensRodeo.com) and at the gate.



Photo courtesy Cowboy Images/Peggy Gander

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<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> www.littleflowerminot.com</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Leaders Service ..... 10 a.m. Saturday Vespers..... 5 p.m.</p>	<p><b>St. Philomena's Catholic Church</b></p>  <p>306 3<sup>rd</sup> Ave North Glenburn - 9 miles North of MAFB</p> <p><b>Sunday Mass - 8:30am</b></p> <p><b>Fr. Jady Nelson</b> St. Leo's 701-838-1026</p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> MinotBibleFellowship.org</p>
 <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> www.faithumcminot.com</p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> www.ecominot.org</p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p><b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast ..9:30am</b></p> <p>Please join us, all are welcome here!</p>  <p><b>UNITED CHURCH OF CHRIST</b></p>	 <p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b> Reverend Philip Beyersdorf</p>
 <p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>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.</p> <p><b>Brian T. Skar, Pastor</b> www.ibcminot.org</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>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 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education..... 9:45 am Wednesday Supper..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 am Wednesday Worship ..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b> <b>Pastor Intern David Myers</b></p>	<p><b>First Baptist Church</b></p>  <p><b>200 3rd St. SW • 852-4533</b> www.fbcminot.org</p> <p>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.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Josh Huseby, Worship Arts</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Cross Roads Baptist</b></p>  <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; 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</p> <p>westminot.com facebook.com/westminot</p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
 <p><b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service .... 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p><b>Pastor Jennifer McDonald</b> www.vincentumc.com</p>	<p><b>OUR REDEEMER'S CHURCH</b></p> <p><i>A Church of the Lutheran Brethren</i></p> <p><b>Thursdays:</b> Worship..... 6:30 p.m.</p> <p><b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p><b>Chapel Services at MAFB</b></p> <p><i>Protestant (North Plains Chapel in Base Housing)</i></p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 &amp; 1700 Daily ..... Monday-Thursday at 1200</p>	<div data-bbox="1165 1765 1837 2448"> <p><b>ORCS Preschool</b></p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 32nd year this fall!</p> <p><b>WE CURRENTLY HAVE OPENINGS FOR THE 2019-2020 SCHOOL YEAR</b></p> <p>Give your child or grandchild the best possible start in a proven environment!</p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>• 2 and 3 day options available</li> <li>• Kindergarten readiness skills practiced each session</li> <li>• All teachers hold a North Dakota Professional Educator's License</li> <li>• Christ-centered environment</li> </ul> <p>Please contact us today to register! <b>Our Redeemer's Christian School</b> <b>701.839.0772</b></p> </div>	
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	  <p><b>Our Redeemer's Christian School</b> 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>	<div data-bbox="1165 2507 1837 2834"> <p><b>ADVERTISE YOUR Church</b></p> <p><b>Advertise</b> FOR ONLY \$7 PER WEEK</p> <p><b>Revisions</b> MADE UPON NOTICE FROM THE CHURCH</p> <p><b>Deadline</b> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p><b>VIEW OUR PAPER ONLINE AT</b> NORTHERNSENTRY.COM</p> <p><b>CONTACT US</b> call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p> </div>	

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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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MLS# 192065



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## BASE ANNOUNCEMENTS

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**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

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

Answers to puzzle from page A4

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# Minot Symphony Orchestra presents the 94th season opener, "Homegrown" – Saturday October 12, 2019

## MINOT SYMPHONY ORCHESTRA

MINOT, ND, September 30, 2019 – The Minot Symphony Orchestra presents their 94th season opener "Homegrown" on Saturday, October 12 at 7:30 pm in MSU's Ann Nicole Nelson Hall.

The symphony will celebrate Indigenous Peoples' Day with a festival of our country's cultures featuring all American composers. The program will begin with Bernstein's Candide Overture. Virgil Thomson's folk melodies from the 1936 short documentary film The Plow that Broke the Plains will be featured along with Samuel Jones Symphony No. 3, Palo Duro Canyon, depicting the constant Texas-plains wind and incorporating Comanche Indian themes in his piece. The suite

from Copland's ballet, Appalachian Spring, and Maestro Amaya's Suite of Latin Dances exploring folk rhythms from his native Venezuela will also be performed.

"For our opening concert, we will feature all American composers, Bernstein, Copland, Virgil Thomson, as well as by my mentor and conducting teacher Samuel Jones. We will also premiere my own piece, Suite of Latin Dances," said Efrain Amaya, Music Director.

"Homegrown" is the first of the symphony's 6 concert series for the 2019-2020 season. Other concerts in this series include: "From Russia with Love" – November 16, featuring Ukrainian-American pianist Marina Lomazov, "Holiday

Magic" December 14, featuring MSU's Emerson Eads and area choirs, "The Remarkable Farkle McBride" family concert - February 8 at 3pm, "Fun and Games" - March 8, and "The Titan" season finale on April 25 featuring the Heartland Marimba Quartet.

Season tickets are available and include a reserved seat and admission to all 6 season performances. Season ticket prices for adults are \$155 for balcony or \$130 for main floor. Senior and student discounts are available. The symphony is also offering a Flex Pass which includes 6 unreserved concert tickets for the price of 5. The Flex Pass can be used for multiple tickets to the same performance or

spread out between performances. Tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com) or through the box office at 701-858-4228.

Erik Anderson and Charlie Young will provide pre-concert talks which are perfect for newcomers, experienced listeners, and anyone in between. The talks begin 1 hour before the concert and is free with your concert ticket (excluding Holiday Magic). They will provide an engaging overview of the works being performed, talk about the story behind the music, the composer and historical context.

The symphony will partner with The Spot for beer and wine beverage service for patrons age 21 and over before the concert as well as during

intermission. Funds raised will be used to support future symphony programming.

Don't miss the Minot Symphony Orchestra's season opener, "Homegrown" on Saturday October 12. Individual main floor tickets are \$25 or \$30 for balcony with senior and student discounts available. Tickets can be purchased online at [www.minotsymphony.com](http://www.minotsymphony.com) or call 701-858-4228.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efrain Amaya, assistant professor of music at Minot State University.

# WHAT'S GOING ON MAFB

## TODAY

- Couch to 5K, 0600, Fitness Center
- Swerk, 0915, Fitness Center
- First Friday Oktoberfest, 1600-2200, Jimmy Doolittle Center
- Keystone Resiliency Challenge – School Age, 1600, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
- Keystone and Torch Club Bonfire Bash, 1800-2200, Youth Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Late Night Members ½ Price Appetizers, 2100-2300, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

## TUESDAY

- Run 4 Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- 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

## THURSDAY

- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, 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
- Olympic Weightlifting, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Thursday Night NFL Football, 1900, Rockers Bar & Grill
- Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center

## SATURDAY

- Cycle, 0900, Fitness Center
- Barre, 1000, Fitness Center
- Fight Night UFC 243: Whittaker vs Adesanya, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

## WEDNESDAY

- Circuit Training, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Right Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- 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
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Cycle, 1700, Fitness Center
- Run 4 Fitness, 1700, Fitness Center
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## SUNDAY

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill

## MONDAY

- Tactical Fit Express, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Family Child Care New Provider Pre-Orientation, 1700-1900, Family Child Care office
- Key Spouse Monthly Meeting, 1800-1930, Held at the Professional Development Center and hosted by A&FRC



## UPCOMING EVENTS:

### 11 Oct

- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Fall Festival, 1500-1700, Child Development Center
- Keystone Resiliency Challenge – School Age, 1600, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Bomber Bistro)
- Keystone Meeting, 1800, Youth Center
- Rocktoberfest, 1900-2300, Jimmy Doolittle Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Late Night Members ½ Price Appetizers, 2100-2300, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

### 12 Oct

- For full listing of Columbus Day holiday weekend facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Ghosts and Ghouls, 1300, Base Library
- 3D Basics Class, 1300-1600, Base Library
- Columbus Day Bowling Special, 1400-2000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

### Bomber Bistro

**October Special**  
**Thursday Lunch Special:** Teriyaki Chicken Bowl  
 Steamed broccoli, baked chicken, and optional sautéed onions & mushrooms drizzled with homemade teriyaki sauce over white rice! Try it on Thursday during lunch while supplies last for \$9.25 – includes a drink!

### The B-Fifty Brew

**October Special:** 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!

### Auto Hobby

**October Special**  
**October 1-31: 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.  
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