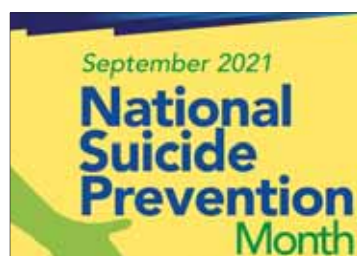


WHAT'S INSIDE THIS WEEK:



GLOBAL STRIKE CHALLENGE 2021

A3



MINOT AFB KICKS OFF SUICIDE PREVENTION MONTH EFFORTS

A4



AIRMEN INSPIRED BY FORMER ARMY AMPUTEE

C2

TEAM MINOT STEPS IT UP



SSgt. Andrea Payne poses with the diapers collected from a drive to support the clients of local nonprofit Project Bee. With the help of Minot Air Force Base donors, the drive collected 17,200 diapers, surpassing their original goal of 10,000. Those diapers will be able to supplement over 600 families in the Minot area who are experiencing diaper insecurity. Learn more about the diaper drive on Page B3.

PROJECT BEE PHOTO

Minot Out of the Darkness Community Walk

Sept. 19th, 2021

12:00PM - 3:00PM

Come join us for an afternoon of food, resources, remembrance, and activities for all ages.

Event Location

Oak Park Shelter #7 Minot, ND

Register

AFSP.ORG/MINOT

This event is hosted by Dakota's Chapter



SCAN ME

Questions?

Twyla or Cellest Hofer
(701)720-1144/(701)720-5064
minototd@gmail.com



American Foundation for Suicide Prevention

OUT OF THE DARKNESS Community Walks

afsp.org/walk



HOME OF THE GLOBAL STRIKER

Only The **BEST** Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on Minot Air Force Base

SPOUSE 101

As military spouses, we often have a lot more day-to-day freedoms than our service members. However, there are still a few rules that we must abide by, and some of the most important ones fall under Operational Security, or OPSEC. OPSEC is put in place to protect our service members and the mission by denying sensitive information to our adversaries. In the day and age of social media where everyone posts everything online, it is especially important to stay vigilant about what information you share.

If you're an experienced military spouse, you probably already know about OPSEC. Many newer spouses may be experiencing these rules for the first time, but in the excitement of having your Airman coming home from deployment or wanting to share your pride about their exciting job with the world, everyone is at risk for a slip up.

By being a member of a military family, you will often know some bits of critical information, even if you don't realize it. Do not discuss them outside of your immediate

OPSEC is Key

ABIGAIL KINDER, NORTHERN SENTRY

family and especially not over the telephone or on any social media platform. Here is some more information about OPSEC so you can do your part in protecting our service members.

- Do not post deployment or troop movement dates—this one may not seem like a big deal from an outside perspective, but it can have detrimental consequences. That cute Instagram photo of your spouse captioned "See you on Jan 7!" can lead to homecoming dates getting changed, which nobody wants. This can also include homecoming countdowns shared to social media. Revealing specific dates can pose a big security risk for the deployed service members.

- Avoid revealing locations—just like sharing dates, revealing information about the location of your service member can potentially pose a risk to them or the mission. This includes any routes to certain military facilities or convoy routes, the locations of missile launch facilities, and more.

- Do not share casualties—this one seems like a no-brainer, but you should never share information about casualties before the official release of information.

- Avoid unit or job specifics—detailed information about

a unit's mission, training information, your spouse's job, etc. can all be considered critical information that should not be shared publicly.

- Talk to the kids—OPSEC applies to everyone. Be sure to have a conversation with your children about what information they can and cannot share.

- Even privacy is public—even if you are communicating on a private channel (such as over the phone, a private Facebook page, Snapchat, email, etc.) it is important to remember that there are still ways for the wrong people to access sensitive information. Plus, showing information to your inner circle can still mean that people who may be unaware of OPSEC can see, share, and talk about those things.

OPSEC encompasses many more rules than are listed here. With all this information, it can sometimes be difficult to decipher what is safe to share and what is not. If you have any questions about OPSEC, you can always ask your spouse or have them reach out to their leadership for clarification. If you are still unsure, it is best to just withhold that information from the public eye altogether. When it comes to security, you're better safe than sorry!

Vintage City
Minot's Hotspot for all things Antique, Vintage, & Repurposed!
2100 SQ. FT.
Open Thursday, Friday & Saturday
Sept 9-10-11
10AM-5PM
Buying and Selling everything antique, vintage and retro!
701.720.0215 or 701.720.4494
2001 8th Ave. SE Minot
FIND US ON FACEBOOK

Masks Required at Trinity Health

These health care standards applicable to health care organizations. These include CDC guidelines and Emergency Temporary Standards (ETS) from the Occupational Safety and Health Administration (OSHA).

Face masks are required at all of our facilities until further notice. Masks must be worn correctly, covering the nose and mouth.

Thank you for your cooperation as we protect the health of our patients and visitors.



**TRINITY
HEALTH**

trinityhealth.org

GET THE
Kramer
ADVANTAGE

2021 SUBARU ASCENT PREMIUM

\$379/MO.
36-MO./30K-MI. LEASE

Stock #SM545. Lease end value \$24,348. \$4,750 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offer expires 9/30/2021.

2021 SUBARU FORESTER BASE

\$249/MO.
36-MO./30K-MI. LEASE

Stock #SM537. Lease end value \$18,237. \$4,650 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offer expires 9/30/2021.

2021 SUBARU IMPREZA PREMIUM

\$199/MO.
36-MO./30K-MI. LEASE

Stock #SM534. Lease end value \$13,486. \$4,900 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offer expires 9/30/2021.

Kramer MANDAN • ND

WARRANTY FOREVER!

SUBARU

LOVE.
It's what makes
Subaru, Subaru.

700 Old Red Trail • Mandan, ND **NEW LOCATION!**
888.852.6376 • KramerSubaru.com



Global Strike Challenge 2021

AIR FORCE GLOBAL STRIKE COMMAND

Global Strike Challenge is the world's premier bomber, Intercontinental Ballistic Missile, helicopter operations and security forces competition with units from Air Force Global Strike Command, Air Combat Command, Air Force Reserve Command and the Air National Guard.

Goals

- Showcase the world's premier bomber and ICBM force
- Foster esprit de corps through rigorous competition and teamwork
- Recognize outstanding AFGSC personnel and teams
- Improve our combat capabilities through competition and community crosstalk

People and Organization

Approximately 450 competitors take part in GSC competitions at various locations. Competition categories rigorously test security forces along with missile, bomber and helicopter operational and maintenance communities. Teams will have the opportunity to participate in events that require innovative thinking and teamwork; competencies that are central to the AFGSC mission. The following AFGSC units will participate in competitions run by AFGSC Headquarters:

- 2d Bomb Wing, Barksdale AFB, Louisiana
- 5th Bomb Wing, Minot AFB, North Dakota
- 7th Bomb Wing, Dyess AFB, Texas
- 28th Bomb Wing, Ellsworth AFB, South Dakota
- 90th Missile Wing, F.E. Warren AFB, Wyoming
- 91st Missile Wing, Minot AFB, North Dakota
- 341st Missile Wing, Malmstrom AFB, Montana
- 377th Air Base Wing, Kirtland AFB, New Mexico

- 509th Bomb Wing, Whiteman AFB, Missouri

Also participating are Air Combat Command's 49th Test and Evaluation Squadron at Barksdale AFB, LA, Air Force Reserve Command's 307th Bomb Wing at Barksdale AFB, LA, the North Dakota Air National Guard 219th Security Forces Squadron and the 131st Bomb Wing from the Missouri Air National Guard.

Awards

- Bomb Wings compete for the Fairchild Trophy recognizing the Best Bomb Wing
- Missile Wings compete for the Blanchard Trophy recognizing the Best Missile Wing
- Bomb Wings compete for the Ellis Giant Sword Trophy recognizing the Best Maintenance Group
- Bomb Wings compete for the LeMay Trophy recognizing the Best Bomb Squadron
- Bomb Wings compete for the Mitchell Trophy recognizing the squadron with the Best Single Bomb score
- Missile Wings compete for the Klotz Trophy recognizing the Best ICBM and Helicopters Ops Teams
- Missile Wings compete for the Blackburn Trophy recognizing the Best Maintenance Group
- Helicopter squadrons compete for the Bourland Trophy recognizing the Best Helicopter Ops Team
- Security Forces compete for the Charlie Fire Team Trophy recognizing the Best Security Force Team

For more information please contact the Air Force Global Strike Command Public Affairs Office: afgsc.pa@barksdale.af.mil; 318-456-1305 or DSN 781-1305; 245 Davis Ave. E. Room 198; Barksdale AFB, La. 71110.



Tactical Response Force training for the Global Strike Challenge.



5th Security Forces members doing high-intensity CATM training for the Global Strike Challenge.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

CONTACTUS

Ted Bolton

Publisher | Advertising
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

Abigail Kinder

Reporter/Creative Services
nsabby@srt.com

GRAPHIC DESIGN BY

Nikki Greening

nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief

Maj. Chris Mesnard

Public Affairs Officer

1st Lt. Ryan Walsh

Superintendent

Master Sgt. Andy Stephens

Community Relations

Mr. George F. Gutierrez

Staff Photojournalists

Technical Sgt. Crystal Cherierra

Technical Sgt. Benjamin Smith

Senior Airman Dillon Audit

Senior Airman Josh Strickland

Senior Airman Michael Richmond

Airman 1st Class Caleb Kimmell

Airman 1st Class Jesse Jenny

Airman 1st Class Jan Valle

Airman 1st Class Evan Lichtenhan

Airman 1st Class Zachary Wright

Airman 1st Class Saomy Sabournin

De Los Santos

Airman Allison K. Martin

COMMANDERS

5th Bomb Wing Commander:

Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Michael D. Maginness

91st Missile Wing Commander:

Col. Christopher E. Menuet

91st Missile Wing Vice Commander:

Col. Johnny L. Galbert

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL

315 South Main Street, Suite 202
Minot, ND 58701

VIEW ONLINE

www.northernentry.com

www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

MMA BEATDOWN 22
SEPTEMBER 18
Randy Couture, 6x UFC champion, will be at 4 Bears for Beatdown 22.
Doors: 6 PM || Action: 7 PM

4 BEARS Sports & Rec Show
SEPTEMBER 10-12
FREE ADMISSION!
FRIDAY 4-8 PM; SATURDAY 9 AM - 7 PM; SUNDAY 10 AM - 5 PM

... SEPTEMBER 25 ...
Doors open at 11:30 PM, sessions begin at 1:00 PM
Blackout Jackpot is **\$10,604!!!**

CAN AM DEFENDER GIVEAWAY
Three chances to win
Qualify now THRU Sept 16 and Oct 29
Drawings on September 17, October 23 and October 30.

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

4 BEARS CASINO & LODGE
4 MILES WEST OF NEW TOWN

4bearscasino.com
800.294.5454

NEW HOURS

CASINO MON-TUES 5 PM-1 AM; WED-THUR 11 AM-1 AM; FRI 11 AM-4 AM; SAT 8 AM-4 AM; SUN 8 AM-2 AM
BAR 12 PM-1:30 AM FRI/SAT AND 12 PM-12:30 AM WED/THUR/SUN

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

DAKOTA Property Management
RE/MAX BAKKENREALTY.COM

APARTMENTS AND HOMES AVAILABLE FOR SALE OR RENT | 701.838.2877

LOVE WHERE YOU LIVE

DAKOTA PROPERTY MANAGEMENT OFFERS A 10% MILITARY DISCOUNT ON APARTMENT RENTALS!

skinny week

Crockpot Shredded Chicken

Approximately 6 servings of 12 cup at 185 calories

Ingredients

2 pounds boneless, skinless chicken breast (about 4 large breasts)
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon garlic powder
1 cup chicken broth
1 teaspoon all-purpose seasoning (Mrs. Dash or 1/2 teaspoon oregano & 1/2 teaspoon onion powder)

Instructions

Place ingredients into crockpot.

Cover and cook on high for 3-4 hours, or low for 6-8 hours. (If using frozen rather than fresh, use the longer cooking time).

After cooked, remove chicken from crockpot and place into large bowl. Shred using two forks, or use Kitchen Aid mixer (normal beater attachment), but only for a few seconds or it will turn to powder.

You can use this for chicken salad, quesadillas, alfredo, pot pie, enchiladas, or anything!

Use right away, store in sealed container 3-4 days or freeze up to 2 months.

recipe written by Chriss Blessum

The all or nothing cycle: Strict deprivation. Overindulgence. Guilt. Repeat.

We think we have to go all in to benefit from something. The problem is when we go all OUT. Going all out (or "off-plan") is not just the extra calories consumed - but destructive eating behaviors and habits like eating until completely stuffed or eating anything just because it's there. Having a "cheat" day or weekend can be effective for some people, but it's important to understand if it's working for or against you.

It helps to recognize all or nothing thoughts and switch to all or SOME-THING.

Consider this all or nothing thought: "I am not allowed to eat buttered popcorn if I want to lose weight. I REALLY want to have some tonight on my date, but I won't let myself.

A more realistic thought would be: "Tonight is a special occasion so I will allow myself to enjoy a small

buttered popcorn. I am in control and will eat it slowly and enjoy each bite."

Let good enough be good enough. Small actions lead to lasting change. Something is always better than nothing, such as going to bed 10 minutes earlier; squeezing in a leisurely walk for 15 minutes; choosing a "living" food instead of a "dead" one; tracking a whole meal, even if you haven't tracked the rest of the day; eliminating thinking of food as "good" or "bad"; giving yourself the gift of a rest day.

When you love the way you eat and don't feel restricted, you don't feel like "cheating" or taking a break on weekends or vacation. Each day, make a deliberate choice to do something instead of nothing.

"I already know what giving up feels like. I want to see what happens if I don't."

~Neila Rey

-Cherie

skinnyweek.com

Join us for a meeting!

*meeting times are subject to change

Thursdays

In-Person Meeting
Doors Open 11:45
Meeting 12:15

In-Person Meeting
Doors Open 5:00
Meeting 5:30

Saturdays

In-Person Meeting
Doors Open 8:00
Meeting 8:30

Virtual Meeting
Meeting 10:30

In-person meetings are held at the Sleep Inn & Suites Theater Room
2400 10th St SW Minot, ND 58701

Minot AFB kicks off Suicide Prevention Month Efforts

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND. -- Minot Air Force Base is joining the Department of Defense (DOD) in promoting Suicide Prevention Month to educate the military community about suicide prevention, resources, and steps everyone can take to protect one another against suicide. Each September, the DOD observes Suicide Prevention Month to promote prevention resources across military communities and share ways to take simple action to be there for others and themselves.

Throughout September, Minot AFB will host and participate in a variety of events and activities to emphasize the importance of suicide prevention and highlight available resources. On Wednesday, Sept. 8, 2021, leaders, resiliency agencies and Airmen from around the base will host an official kick-off event recognizing Suicide Prevention Month. The kick-off will consist of a morning road greet where individuals supporting Suicide Prevention Month will be on hand to provide a friendly greeting to your day and touting signs made by Minot AFB's group of teens from the various youth programs on base.

Afterwards, at 9 a.m. there will be an opportunity to hear from leaders addressing suicide prevention and awareness at the

parade grounds across from the 5th Bomb Wing headquarters, building 167.

Minot AFB resiliency groups will also be participating in the Minot Out of the Darkness Community Walk at Oak Park, shelter number seven, in Minot, N.D. on Sept. 19, 2021 from 12:00 p.m. to 3:00 p.m.

"Suicide Prevention is an essential part of violence prevention," said Laurel Gram, Violence & Suicide Prevention Program Manager for Minot Air Force Base. "Suicide is of such extraordinary magnitude and importance that it consistently ranks among the 10 leading causes of death in the United States. Suicide is an urgent, complex and multifaceted public health problem"

This year's Suicide Prevention Month campaign slogan is Connect to Protect: Support is Within Reach, highlighting the important role connections with family, friends, the community, and resources play in preventing suicide, especially in these unique and challenging times. Research indicates connectedness is a protective factor against some of the risk factors for suicide, such as loneliness or feeling like a burden.

The slogan reinforces how everyone within reach - leaders, service members, and families -

can play a role in preventing suicide.

"Suicide Prevention does not begin in the Emergency Room; it starts in the home, at work, in our clubs, our organizations, in our community....and it happens every day," said Gram. "Our connections to family, friends, community and unit are more important than ever. It's not about 'who you know,' but instead, 'who knows you.' Building connections: maybe we can do more and maybe we can do better. Connect to Protect."

For more information of Suicide Prevention Month and resources available, visit www.dsapo.mil/spm.

Service members and veterans who are in crisis or having thoughts of suicide, and those who know a Service member or veteran in crisis, can call the Veterans/Military Crisis Line for confidential support available 24 hours a day, seven days a week, 365 days a year. Call 1-800- 273-8255 and Press 1, text to 838255 or chat online at VeteransCrisisLine.net/Chat. Because suicide is a public health issue and scientific research indicates that certain types of reporting can negatively impact vulnerable individuals, reporters covering this topic can visit ReportingOnSuicide.org for important resources on communicating about suicide.

September 2021

National Suicide Prevention Month

Department of Defense
Connect to Protect:
Support is Within Reach

Once Again... Proud to be Part of the Team!

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



We all had to take a step back and say "WOW" last week when the final number of 17,200 diapers was announced as the grand total collected in the diaper drive organized by SSgt Andrea Payne of the 5th Civil Engineering Squadron. It was little more than four weeks ago that the Northern Sentry published an article that announced plans for the diaper drive, and the goal of 10,000 diapers to be donated to Project Bee. 335 diapers per day? Is that doable? Well, the answer was obviously "yes" and more!!!

Let's look at the numbers. The diaper drive averaged 575 diapers donated per day. 17,200 diapers will help supply diapers to over 600 families. Because diapers vary in size, we had to

use six inches as our average sized diaper length, and 17,200 diapers stretch over six miles if lined up end to end. Pretty impressive. Andrea was also happy to share with me that there were 7,000 wipes donated to the diaper drive. For those of us who have been, or are parents, we know that 7,000 wipes will cover a lot of diaper changes. On behalf of Andrea, Project Bee, the many families who will benefit from this year's drive, and the Northern Sentry; we say "Thank You" to all those who donated. As a team it is amazing what we can do! Congrats to the 5 CES. Their donation of 7,000 diapers led the pack and earned them a pizza party from Papa John's.



FOLLOW US ON FACEBOOK!

northernsentry

MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM



SAKAKAWEA PHEASANTS FOREVER
2021 BANQUET AND FUNDRAISING EVENING
SAT. SEPT. 25, 2021
GARRISON CITY AUDITORIUM

5:30 P.M. NO-HOST SOCIAL, FULL BANQUET MEAL
(CATERED BY Ye Olde Malt Shoppe)
AUCTION TO FOLLOW
Games, raffles, prizes, and a great time with friends and family
DINNER \$20 PER PERSON
\$35 MEMBERSHIP PER FAMILY
(or current PF membership with any chapter)



A LOOK BACK THIS WEEK IN USAF HISTORY

AAF PILOTS/RESEARCHERS FLY INTO A HURRICANE
September 14, 1944



The Douglas A-20 was flown into the "Great Atlantic Hurricane" of 1944 by three members of the Army Air Forces.
(USAF Photo)

On September 14, 1944, Col. Floyd B. Wood, Maj. Harry Wexler, and Lt. Frank Reckord of the United States Army Air Forces (predecessor to the modern Air Force) flew a Douglas A-20 Havoc into a hurricane for the first time for scientific purposes. The "Great Atlantic Hurricane," which swept across the East Coast of the U.S. in 1944, was a Category 4-equivalent tropical cyclone that was also responsible for sinking the Navy's USS Warrington off the coast of Florida, resulting in the loss of

248 sailors. Wexler, Reckord, and Wood observed the storm just outside of Cape Henry, Virginia and observed the weather patterns from within. The findings would be published by Wexler in the bulletin of the American Meteorological Society and were some of the first scientific observations of a hurricane from an aircraft at the time. The three men and their A-20 Havoc were able to return to land safely after passing through the hurricane.

Information courtesy of: af.mil / media.defense.gov / encyclopedia.com / "The Great Atlantic Hurricane" by Andrew Rothovius / NOAA/OAR/Atlantic Oceanographic and Meteorological Laboratory

CELEBRATE LIFE
SERVING YOU SINCE 1926



304 S MAIN ST
MINOT, ND

THOMAS
FAMILY
FUNERAL HOME

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

MINOT DOWNTOWN ASSOCIATION'S 2021

Festival ON main

SATURDAY
September 18

11AM - 4PM

FREE ADMISSION TO THE FESTIVAL

DOWNTOWN MINOT

- DAKOTA CRUISERS ON MAIN 9AM-2PM
- ENTERTAINMENT • STREET VENDORS
- FOOD TRUCKS • MERCHANTS SIDEWALK SALES
- NORTH PRAIRIE FARMERS MARKET

Families Run for Afghanistan troops

ABIGAIL KINDER, NORTHERN SENTRY

On Sept. 3, 2021, several Team Minot individuals gathered just outside of base to honor the 13 fallen troops of the bombing at the Kabul Airport in Afghanistan and raise money for their families. Ross Reubin of the 91st Missile Security Operations Squadron and his wife Sasha Reubin put out a call to action that was answered by Airmen and families from all over. “We’re trying to honor [the soldiers] and my wife wanted to put this together to show solidarity and support for those who lost their lives and their children and families,” said Ross.

The group planned to run or walk the mile from the golf course parking lot to the south gate of Minot Air Force Base and back with four of the men proudly carrying American flags. The idea was for each person running one mile add up to 13 miles total in order to represent the 13 soldiers.

Alongside the symbolic meaning of the run, the Reubins also had special t-shirts made for the event whose proceeds will be given to the GoFundMe pages supporting two of the fallen soldiers’ pregnant wives.

Sasha explained the importance of this event to her family, saying, “We’re really involved in the community, especially with our children to help them know that you support and help people that help you. The biggest thing I want my kids to know is that those people died for our country, so they need to support them in some sort of way.”

As a military community, it is important to honor and remember those who came and died before. Thank you to everyone who came out to support the event and show that the military community stands strong together!

“

We’re really involved in the community, especially with our children to help them know that you support and help people that help you.

SASHA REUBIN

”



ARIANA PENNYWITT PHOTOS

STORYTIME

and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!

10% Off Everything, Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srf.com

HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

NOTES ON BEING SAFE

Gun Safety Proper Usage and Storage is Essential



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL
HEALTH MANAGER



In our daily lives, firearms of all types are featured in T.V. shows, movies, video games, and in a large majority of our homes. Since firearms have become such a large part of today's society, "Firearm Safety" cannot be overlooked. The purpose of Firearm Safety is to eliminate or minimize the risks of unintentional death, injury or damage caused by improper handling and storage of firearms. If you choose to maintain firearms, you must become fully aware of the risks exposed to not only you, but friends and family. Although studies show that firearm related injuries peak in adolescent groups; adults are just as likely to have a firearm mishap.

Unfortunately, tragedies occur on a daily basis involving unlocked firearms, which make them easily accessible. The first rule of firearm safety is simple and important: Know why you have a weapon in the house, and act accordingly. Keep your weapons secure where no one can access them and cause accidental harm to themselves or others. After all, how often are you going to hunt deer or shoot targets in your home? In the event of a fire or natural disaster, would you want the loaded, unlocked firearm to wound or kill the emergency response personnel who are there to rescue you?

Here are a few basic guide lines to help keep firearms safe and away from unauthorized access.

- Always remove ammunition from firearms.
- Assure no unauthorized persons have access to your firearm.
- Place ammunition in a locked location, separate from firearms. When deciding where to store ammunition, remember to select a secure place that is out of sight and reach of children.
- Secure unloaded firearms with

a gunlock, gun alarm or other type of tamper-proof device, these might render the gun inoperable.

- Store unloaded firearms, in lockable gun cabinet, safe, or locked vault. Remember to place a locked storage case where children cannot find it.

- Keep firearms storage unit keys away from the "every day" keys. Remember that proper storage or firearms and ammunition can significantly decrease injuries; the consequences of an accidental discard can be devastating.

HAVE YOU HEARD?

Auto & Recreational Vehicle Loans

as low as
up to **1.99% APR***
72 months

*APR = Annual Percentage Rate. Rates vary by creditworthiness, term and collateral conditions. Payment example: \$10,000 loan at 1.99% APR for 72 months = monthly payments of \$147.46. Includes 0.50% discount for auto payment from a NSCCU Checking.

Physio Moments: Low Back Pain

DR. RON GILES, CAPT, USAF, PT, DPT, OCS, CSCS,

Welcome to another installment of Physio Moments. I am really excited about today's article as it deals with an all too common issue that is one of the leading causes of health care expenses. If you have not guessed it already, I am talking about low back pain. Today I hope to shed some light on this very prevalent issue and hopefully empower you to take control of your low back pain. Back pain is complicated, it is an individual experience that has many different aspects involved. I cannot even begin to scratch the surface on this complex issue in one short article so instead I want to provide some common facts related to low back pain, facts you may not be aware of.

Back pain is very common, impacting nearly 84% of the worlds population at some point during a lifetime. Of those that have had low back pain over 60% will likely experience reoccurring low back pain.

Your back is strong and resilient! Trust me, it can handle a lot!

You can have pain without damage. There are many factors involved with pain and very rarely is the intensity of pain linked to the "amount of tissue damage".

Rest is rarely the answer. Many times we avoid moving either because we were given faulty guidance or we are afraid to. I am here to tell you, one of the best things you can do is work to get back to your normal activities.

Exercise is good! Some of the best evidence we have is in support of exercise for the treatment of low back pain.

Don't fear exercise, modify what you have to but stay active.

You likely don't need imaging. Less than 1% of low back pain cases involve a serious pathology. In those rare cases there are other signs and symptoms that help a clinician to determine whether or not imaging may be necessary. At the end of the day X-Rays, MRI's and CT Scans are very unreliable and ineffective at helping us determine why your back hurts. The fact is scans and imaging will almost always show something (disc herniation, degenerative disc changes, arthritic changes etc), but we are learning that these findings are poorly associated to pain.

Lifestyle choices and habits can impact your pain. Poor nutrition,

alcohol consumption, tobacco use, high sugar diets, poor sleep and high stress can all negatively impact how you experience pain.

Back pain can get better! Be confident that your body is this very smart and amazing creation that is capable of enduring and recovering from some very major conditions and injuries. Trust your body and that it will take care of you if you take care of it.

Please know that we are here for you to answer any questions or help you along your path to dealing with your low back pain. As always, move well, live healthy and keep the mission alive Warbirds and Rough Riders! Dr. Ron Giles, Capt, USAF, PT, DPT, OCS, CSCS, 701-723-5095, ron.c.giles.mil@mail.mil



North Dakota RV Dealer
#1 Motor Home, Towable
& Toy Hauler RV Sales

3000 14th Ave SW • Minot, ND
Hours: Monday - Friday 8:00 am - 5:00 pm
Saturday 8:00 am - 2:00 pm
701-838-4343 • 800-488-7896
www.capitalrv.com



BARRETT
HOSPITAL & HEALTHCARE

Where people come first.
Always.

At Barrett Hospital & HealthCare, your best health is our priority. We personalize care based on your specific needs, interests, and lifestyle. Discover the difference Barrett makes.

One Organization, Many Careers

Looking for a career with a patient-centered healthcare organization that values employees? Join our team at Barrett Hospital & HealthCare, where people come first, *Always*.

We offer competitive salaries, a robust benefits package and opportunities for growth in a culture that fosters personal and team excellence in patient care. Barrett Hospital and HealthCare is a nationally-ranked, locally-trusted, Top 10 Critical Care Access Hospital located in Dillon, MT. Come join our team and experience daily all the reasons why you choose healthcare as your work passion!

Career Opportunities

Barrett Hospital & HealthCare is an Equal Opportunity Employer

- Certified Medical Assistant (CMA)
- Licensed Practical Nurse (LPN) - Clinic
- Registered Nurse, Acute Care Services
- Registered Nurse, Emergency Department
- Registered Nurse, Home Health & Hospice
- Registered Nurse, OB/ Med Surg
- Respiratory Therapist

Connect with us:
www.barretthospital.org

Barrett Hospital & HealthCare
600 MT Hwy 915
Dillon, MT 59725
Hospital: 406-683-3000
Clinic: 406-683-1188

MEN

4 Person Teams

Tuesday (9/14)..... 6:30 pm
Wednesday (9/15)..... 6:30 pm
Wednesday (9/15)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/14)..... 6:30 pm
Thursday (9/16)..... 6:30 pm

YOUTH

All New Bowlers Get a FREE
Bowling Ball and Shirt

Sundays (Ages 12 and up)..... 6:00 pm

- Registration and Start Day, 9/12
- Weekly fees for 3 games: \$12

Mondays (Ages 12 and up)..... 5:00 pm

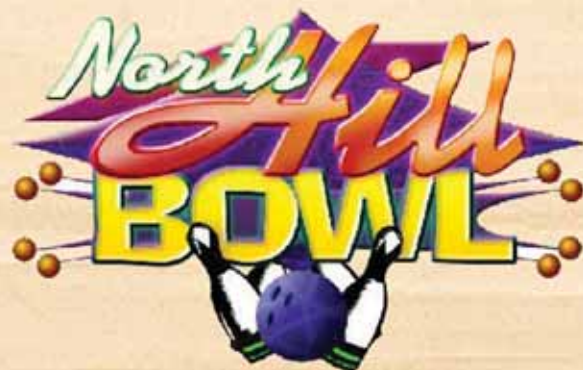
- Registration and Start Day, 9/13
- Weekly fees for 3 games: \$12

Thursdays (Ages 7 and up)..... 3:45 pm

- Registration and Start Day, 9/9
- Weekly fees for 2 games: \$8

Saturdays (Ages 5 and up)..... 9:30 am

- Registration Day, 9/11 - Bumper Leagues for ages 5-6
- Bowling Start Date, 9/18
- Weekly fees for Bumpers & Squirts (2 games): \$8
- Weekly fees for Bantams (3 games): \$12



LEAGUE BOWLING

NO EXPERIENCE NEEDED!



AMERICA'S
#1
PARTICIPATION
SPORT

MIXED Teams

Sunday (9/12)..... 7:00 pm
Wednesday (9/15)..... 7:00 pm
Thursday (9/16)..... 6:45 pm
Friday (9/17)..... 6:30 pm

SENIORS

4 Person Mixed Teams

• • • • FREE COFFEE • • • •
Leagues are 30 Weeks

Wednesday..... 10:00 am

- Starts 9/8

Friday..... 1:00 pm

- Starts 9/10

DAYTIME COFFEE FREE COFFEE

Thursday..... 1 pm
• Starts 9/16, 3 person teams

28 WEEK SEASON

1901 NORTH BROADWAY, MINOT, ND
701-852-4108
NORTHHILLBOWL.COM

CHECK THE NORTHERN SENTRY
EACH WEEK FOR LEAGUE
BOWLING RESULTS!



Meet the Minot AFB Spouses Club Board



JEN WOMACK
CINDERELLA'S BOUTIQUE

My name is Jen Womack and I am a proud AF Veteran and proud AF Wife. I have been here in Minot since Nov 2019. This will be our last duty station and will be retiring here in Minot, ND to pursue our dream of owning our own business. We have 2 daughters and I love spending time volunteering for our military community as well as our local community.

The Minot AFB Spouses Club is designed to provide and foster a welcoming environment. They are committed to meeting the social and philanthropic needs of all members by encouraging personal growth, friendship and a sense of community. Membership dues vary, but spouses of E1-E3 are free! To join the Spouses Club or check out their upcoming social events, go to www.minotafbspousesclub.com.

NODAK ARMS
INDOOR INTERACTIVE
SHOOTING RANGE
Range Time **HAPPY HOUR:** 10 AM - 2 PM Mon.-Thurs.
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.
Book Range Time: www.nodakarms.com/bookings *Guns Supplied Free if Needed


Kim Albert Agency
701-852-1460
2825 S. Broadway, Suite 2
abby.martinson@allstate.com
 **Allstate**
You're in good hands.
© 2019 Allstate Insurance Co.

Jerome's COLLISION CENTER

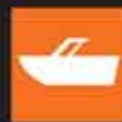


Your Collision Experts

What We Do



Vehicle Collision Repair



Boat & Fiberglass Repair



Semi-Tractor Body Work



RV Body Repair



Vehicle Detailing




Nationwide Lifetime Warranty

**Don't Settle for Less,
Choose Jerome's**

 (701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703

 Connect with us!

jeromescollision.com

The Tree of Life



2021
2022
season

Scan to purchase tickets





The SubZero Winds



Dr. Dianna Anderson

Live or
Livestream

Motley Soiree

September 18, 2021

Ann Nicole Nelson Hall - MSU

6:30 pm - Pre-concert talk | 7:30 pm - concert



2021-2022
**MINOT
SYMPHONY
ORCHESTRA**

Efraín Amaya - Music Director

Biber: Battalia
Poulenc: Sextet for Piano & Wind Quintet
Featuring The SubZero Winds and Dr. Dianna Anderson
Tchaikovsky: Serenade for String Orchestra
Weill: Little Threepenny Music

Upcoming concerts:
Oct. 16 • Dec. 11 • Feb. 5 • March 5 • April 30

701-858-4228 • www.minotsymphony.com

*PRISONERS OF WAR * MISSING IN ACTION*

24 HOUR RUN & READING EVENT

Who: Military, Civilian, Contractors & Dependents

What: 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names.

When: September 16 - 17 2021 ~ 1400 to 1400

Where: The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours.

Why: To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country.

The First Runner in each time slot will be sponsored by the Minot VFW Post 753 and receive a free POW/MIA shirt for the run and a POW/MIA coin so please include your shirt size.

FIRST RUNNER - per slot only

Running Attire Options: ***First & last runner WILL be in PTU***

Military Personnel - Appropriate workout gear or POW/MIA shirts

Civilians & Contractors- Appropriate workout gear or (Black shirts or POW/MIA shirts highly encouraged)

Participant Sign Up Location: ***Please select the proper QR Code for the wing you are assigned or Email POCs***

5 BW Runner/Reader Sign Up



Point of Contact:
MSgt Corey Gates
5 CES/CEOE
DSN: 723-6407
Email: corey.gates.1@us.af.mil

91 MW Runner/Reader Sign Up



Point of Contact:
SrA Kathryn Broughton
91 MSOS/TRF
DSN: 723-6557
Email: kathryn.broughton@us.af.mil



Alumni Association announces Homecoming 2021 events

MINOT STATE UNIVERSITY

MINOT, N.D. — The Minot State University Alumni Association is pleased to announce its Homecoming Week 2021 events Oct. 6-9.

"Homecoming is always a special time for the Alumni Association and not having an event last year will make this one even better," said Janna McKechnie, director of alumni relations and annual giving. "Our traditional events are back this year, and we are honoring the Golden Awards, Academic Hall of Fame, and Athletic Hall of Fame winners from both 2020 and 2021. We hope to see many alumni, family, and friends back for this exciting week."

Homecoming 2021 will kick off with the President's Club Luncheon, honoring MSU donors who have giving \$1,000 or more to the University over the past year, on Wednesday, Oct. 6 at noon.

Due to a large class of President's Club members, the event will take place in the MSU Dome. MSU will also host its annual Community Block Party Wednesday from 5-7 p.m. on the Old Main lawn.

The Golden Awards dinner is scheduled for 5:30 p.m. at the Student Center Conference Center Thursday, Oct. 7. The 2020 award winners are Chuck Barney, Josh Duhamel, Terry (Ferebee) Eckmann '81/'82, and John Schwan '82, with Joseph Brewer '04 named the Young Alumni Award Achievement Award winner. The 2021 award winners include Les Anderson '68, Michael LeBeau '95, Kevin Neuharth '74, and Arnold Strebe '86, with Evan Meiers '10 winning the Young Alumni Achievement Award.

Friday, Oct. 8 features the Beaver Booster Luncheon at the Minot State Dome (12 p.m.), Academic

Hall of Fame at the Student Center Conference Center (3 p.m.), Athletic Hall of Fame Banquet at the Clarion Hotel (5 p.m.), Alumni & Friends Homecoming social at The Original (7 p.m.), and Minot State women's soccer against Northern State at Herb Parker Stadium (7 p.m.).

The week will conclude with Minot State's annual parade from downtown to Beaver Boulevard starting at 11 a.m. on Saturday, Oct. 9. Tailgating on Beaver Boulevard will follow the parade. Minot State football will finish off the day with a clash with Minnesota State-Moorhead at Herb Parker Stadium at 2 p.m.

The week will also feature reunion socials for all 1970s grads, Sigma Tau Gamma, and the 1970 MSU football team.

For more information on Homecoming Week 2021, visit MinotStateU.edu/Homecoming.

MinotStateU.edu/Homecoming



Wednesday, October 6

President's Club Luncheon: MSU Dome • 12 p.m.
Community Block Party: Old Main Lawn • 5 - 7 p.m.

Thursday, October 7

Golden Awards Dinner: Student Center Conference Center • 5:30 p.m.
Reunion Socials for the following:
70's decade • Sigma Tau Gamma • 1970 Football Team

Friday, October 8

Beaver Booster Luncheon: MSU Dome • 12 p.m.
Hall of Fame Banquet: Clarion Hotel • 5 p.m.
Alumni & Friends Homecoming Social: The Original • 7 p.m.
Soccer vs. Northern State: Herb Parker Stadium • 7 p.m.
Reunion Socials for the following:
70's decade, Sigma Tau Gamma, and 1970 Football Team

Saturday, October 9

Homecoming Parade: Downtown Minot to the MSU Dome • 11 a.m.
Tailgate: Beaver Blvd - Following Parade
Football vs. MSU-Moorhead: Herb Parker Stadium • 2 p.m.

We are OPEN!

- Bait & Tackle • Green Mountain Grills
- Toro Mowers • T & E Tools



Tool Surplus Center
Best prices on tools in the state!



Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

COMING SOON!



YAMAHA
Golf Cars



1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.
Saturday: 5:30 a.m. - Noon



On behalf of the Twentieth Air Force Commander, we are extremely proud to announce that two of the Twentieth Air Force nominees for the 2021 Lance P. Sijan United States Air Force Leadership Award won at Air Force Global Strike Command level!

Junior Officer — 1st Lt Peter Carkhuff — 91 MSOS, Minot AFB, ND

Senior Officer — Lt Col Shay Edwards — 377 CPTS, Kirtland AFB, NM

As a refresher, the Lance P. Sijan U.S. Air Force Leadership

Award is named in honor of the late Capt Lance P. Sijan, an Air Force Academy graduate and combat pilot, who was posthumously awarded the Medal of Honor for his intrepidity while evading capture by the North Vietnamese and during his subsequent captivity as a Prisoner of War. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives.



BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE
STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028
WWW.CREATIVEMINOT.COM

BABY ANNOUNCEMENTS

SPONSORED BY DAKOTA HOPE CLINIC

BABY BOY BORN ON
MONDAY, AUGUST 30, 2021 TO:
ANNA AND BENJAMIN GRAVES
MAFB, ND

BABY GIRL BORN ON
TUESDAY, AUGUST 31, 2021 TO:
REBECCA MCDEVITT AND STEVEN DUCHAINE
MINOT, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

Dakota Hope
clinic

Free and Confidential
Pregnancy Help

www.dakotahope.org

315 S. Main
Ste. 205, Minot
701.852.4673

[DakotaHopeMinot](https://www.facebook.com/DakotaHopeMinot)

September Diaper Drive Almost Doubles Down!

ROD WILSON, NORTHERN SENTRY

With a goal of 10,000 diapers to be collected in the month of September, SSgt Andrea Payne hit the ground running with a challenge to all Minot Air Force Base squadrons to “get on board” with a grand prize of a Papa John’s pizza party on the line for the winning squadron. Her message was obviously well received as her September Diaper Drive collected 17,200 diapers and 7,000 wipes, almost twice as many as her original goal.

Project Bee would end up being the final destination for the donated diapers “with half of the diapers going to the diaper pantry downtown, and the other half to be used in their warming shelter that will open on October 1st” according to SSgt Payne. Project Bee distributes over 10,000 diapers per month to Minot, the surrounding area and Minot AFB. The September Diaper Drive will benefit over 600 families.

“We are so happy about the results of the September Diaper Drive” according to Project Bee Development Director Allie Walsh, “we provide 30 diapers per month for each child in a

qualifying family. We aren’t their total supply, but we are a supplement.” The application for Dakota Diaper Pantry is on the Project Bee web site, projectbeend.org. “They will be military qualified” according to Walsh “but there are a number of ways to get Dakota Diaper Pantry assistance.”

There were 16 squadrons competing for the grand prize “I was certainly surprised at the number of squadrons that participated,” according to Payne. “I was also surprised at the number of diapers that people were willing to donate. For a while we had an office full of diapers” as the number grew each day.

If people missed the September Diaper Drive and still want to donate, they can contact Walsh at Project Bee. According to SSgt Payne “they are always looking for diapers, wipes and cash to purchase diapers.” In addition, Project Bee can always use volunteers to work at the pantry doing sorting and packing of donated diapers.

The September Diaper Drive

had another positive spin as it “sparked interest for how to organize future events such as clothing drives or toys for Christmas. I had several calls from Airmen asking me how to get started and how to organize the events” added Payne.

The winner of the pizza party? Papa Johns will deliver pizzas to the 5th Civilian Engineer Squadron, as they were the winning squadron collecting over 7,000 diapers.

For more information for those interested in donating you can call Project Bee at (701) 838-1812 or email them at hello@projectbeend.org.



PROJECT BEE PHOTOS

NOW ACCEPTING REGISTRATIONS FOR 2021-2022 SCHOOL YEAR

OFFERING HALF-DAY CLASSES FOR 3-6 YEAR OLDS
2 OR 3 DAYS PER WEEK

CLASSES BEGIN SEPTEMBER 8

Offering a literacy-focused, STEAM method that nurtures the whole child.

RESEARCHED, EFFECTIVE CURRICULUM INCLUDES:
Art, Science & Nature, Yoga, Music, Cooking & Snacks, Early Math & Literacy, Outdoor Play, Creative Play & more!

Teachers have 20 years experience in Preschool.

Welcoming Minot and Minot AFB families since 2005.

Convenient by-pass access!

Children's Garden
• Preschool •

LEARN MORE OR REGISTER ONLINE
www.minotpreschool.com

CONTACT US • 701.833.8980 • Email: minotpreschool@outlook.com • 1800 Hiawatha Street, Minot

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
3000 S Broadway Minot, ND 58701
701-852-4800

MAKING A DIFFERENCE POKER RUN

SATURDAY - SEPTEMBER 18TH - 2021

MOTORCYCLES - CARS - TRUCKS - BUSES

Registration at 11am (Section 8 - Upham, ND)
Kickstands Up at Noon

Section 8 Bar - Upham, ND
Cork'n Bottle - Kramer, ND
Drinks - Mohall, ND
The Naked Moose - Loraine, ND
Grano Lakeside Lounge - Grano, ND

Registration \$10/ Rider
Must be 21 Years of Age!

For more information:
The Difference - 701.263.5518 • thedifaha@gmail.com • thedifaha.org

Sponsored in Part by:

800 163rd Ave SE
Minot, ND 58701

2 Winners Every Week!

WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

Northern Celebrations

Embracing
our North
Dakota
Lifestyle

Hunters needed more than ever

Patricia Stockdill

Wildlife and the habitat they call home need hunter's help now as much as ever.

It's not just because they're impacted by drought; that cycles in North Dakota.

It's not just because there are fewer hunters throughout the United States, including North Dakota.

It's not just because of land use changes.

The reality is wildlife and their habitat, whether it's a wetland, upland, or woodland species, need more help from hunters because it's all of the above coupled with a pandemic that sent the world reeling.

It's also because we hunters in the U.S., not just here in North Dakota, are responsible for some of the most amazing wildlife and environmental habitats in the world. We can do it because we have guns and ammunition.

We can do it because we can hunt.

And we pay taxes on hunting equipment to help fund wildlife management programs, research, and land acquisitions.

As hunters, we fund those agencies through our hunting license fees.

And as hunters we support non-government organizations that have the capability and expertise to work with public agencies, such as the N.D. Game and Fish Department and U.S. Fish and Wildlife Service, as well as private landowners.

Together, they put habitat on the ground and implement conservation practices. It benefits landowners, which is hugely critical in North Dakota because more than 90 percent of the state is in private ownership.

However, it's more than helping a cattle producer raise more beef per pound on an acre of grass. It's more than increasing crop yields. Organizations like Ducks Unlimited, Pheasants Forever, National Wild Turkey Federation, Rocky Mountain Elk Foundation, Mule Deer Foundation, and the Wild Sheep Foundation — and state and federal agencies — can develop habitat programs benefiting wildlife, the land, and people.

Plus, when you toss in organizations like Friends of the NRA who strive for firearm education, safety, and

constitutional rights so hunters can possess firearms, yes, hunters are needed more now than ever.

The Covid-19 pandemic greatly affected conservation organization's abilities to generate funds because many raise significant revenue from local fundraising events, whether it's a banquet, a night of raffles and games, or a fun shoot at a trap range.

Many conservation organizations — just like private business and industry — endured staff reductions. They lost memberships, which can impact their ability to fully work towards their conservation mission, especially in the short-term.

But that's changing this year and it's time for hunters to get back out and support those groups because, in reality, it supports their love of the outdoors, hunting, and wildlife.

The Souris Valley Ducks Unlimited banquet at Minot's Sleep Inn kicks things off this fall on Sept. 16, beginning with at 5:30 p.m. Single tickets - \$35 - include a one-year membership. Tickets are also available for spouses and children.

Two other area events follow: The Sakakawea Ducks Unlimited chapter's "Fall Flight Celebration and Feed" on Sept. 18 also begins at 5:30 p.m. Just head down to Washburn and the Memorial Hall is located on the east end of Main Street.

The Sakakawea Chapter of Pheasants Forever's banquet Sept. 25 is at the Garrison City Auditorium, 5:30 p.m.

Other events continue throughout the fall, winter, and coming spring. Watford City hosts a Friends of the NRA banquet Nov. 6, for example. Simply go to your favorite conservation organization's Facebook page or website and click "Events" to find out what is happening in North Dakota.

All of the events offer a chance for hunters and non-hunters alike to get out for an evening of relaxing fun, raffles, and games — something many of us have learned to cherish, especially after a pandemic.

And above all, it helps habitat, hunters, and wildlife, ensuring there will be a future for those that follow.

This special feature is sponsored by:



WE HIRE VETERANS

Only the Best Come,
Live & Stay North

APPLY ONLINE AT
www.newkota.com



**A1C SHANE
MCKENZIE**
5TH CES FIREFIGHTER



BACKGROUND

- Originally from West Palm Beach, Florida
- Arrived in Minot April 2020
- Enjoys fishing and water sports

JOB DESCRIPTION

- Responding to emergencies, training and maintaining prior certifications, protecting the base from hazardous materials, fires, fuel spills, etc.

WHY NOT MINOT?

"Minot is a good experience, it helps you gain perspective."

cookies for you
and cupcakes too
A Cookie Gift + Bouquet Company

- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street
701-839-4975
www.cookiesforyou.com

It **PAYS** to read your
Northern Sentry



Over \$7,000 worth of Golden Tickets have been distributed on Minot AFB in the last 6 months.

Keep reading, you could be
our next winner!

**northern
sentry**
MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

North Dakota Army National Guard Commissions New Officers

THE NORTH DAKOTA NATIONAL GUARD

CAMP GRAFTON TRAINING CENTER, N.D. — Members of the 64th Officer Candidate School (OCS) class officially joined the North Dakota Army National Guard's officer ranks during a graduation ceremony, Aug. 21, 2021, at the 164th Regiment Regional Training Institute (RTI). Nine Soldiers were awarded diplomas for completing the intensive officer training program, which is administered by staff and cadre from the RTI's 2nd Training Battalion (Modular) at Camp Grafton Training Center, near Devils Lake, North Dakota.

Officer candidates may defer their commission upon graduating OCS, dependent on personal preference or the availability of an officer position within a unit. Three graduates of this class accepted their commissions as second lieutenants. They will now go on to lead platoons in North Dakota Army National Guard units across the state. Four candidates accepted their commissions at an earlier date.

The keynote speaker for the event, Brig. Gen. Jackie Huber, N.D. National Guard deputy adjutant general, rendered remarks and offered advice to the graduates. Huber has served in the North Dakota Army National Guard since enlisting in 1989. Just a year later, in 1990, she deployed in support of Operations Desert Shield and Desert Storm with the Mandan-based 191st Military Police Company. Huber earned her commission as a second lieutenant through the University of North Dakota's Reserve Officer Training Corps (ROTC) program in 1992. In 2003, she mobilized again for overseas in support of Operation Iraqi Freedom, serving as the personnel officer for the 142nd Engineer Battalion.

Maj. Gen. Al Dohrmann,

North Dakota adjutant general, presented the graduates with their diplomas, while Brig. Gen. Leo Ryan, North Dakota National Guard Army Component commander, administered the oath of office to the newest second lieutenants in the state. Lt. Col. Barbara Lowe, commander of the RTI's 2nd Training Battalion, presided over the "Pinning Ceremony," where the new officers donned their gold-colored second lieutenant bars. The graduates were joined by family and friends during the ceremony.

Students can pursue their commissions by attending a three-phased, 8-week accelerated course at Fort Meade, South Dakota, or at Fort McClellan, Alabama. OCS students also have the option to participate in a traditional course, which is spread out over 16-19 months during National Guard training weekends with two additional 2-week training periods. Other sources of officer commissioning are available through North Dakota's ROTC program with locations at the University of North Dakota, North Dakota State University, Minnesota State University Moorhead, and Concordia College — Moorhead.

North Dakota has been training officers since 1957. The program's mission is to create leaders who are mentored, trained, and empowered and essential to the

Guard's three-pronged mission of supporting communities, the state, and the nation. To date, the North Dakota OCS program has graduated more than 1,400 Soldiers.

The 2nd Training Battalion's (Modular) 64th OCS graduating class includes:

- *Rachel L. Church, of Helena, Montana
- **Ryan L. Kamrowski, of Minot, North Dakota
- *Jonathan G. Kranz, of Grand Forks, North Dakota
- Tanner J. Rafteseth, of West Fargo, North Dakota
- **Ethan J. Zoeller, of Dickinson, North Dakota
- **Erin N. Demoe, of Bismarck, North Dakota
- **Trevor J. Kleineschay, of Strasburg, North Dakota
- *David J. Moll, of Fargo, North Dakota
- Alexander R. Tryon-Tasson, of Minot, North Dakota

* indicates acceptance of commission

** indicates prior acceptance of commission



Class 64 of the N.D. Officer Candidate School listens as the keynote speaker, Brig. Gen. Jackie Huber, N.D. National Guard deputy adjutant general, renders remarks and offered advice to the graduates during the graduation ceremony, Aug. 21, 2021, at the 164th Regiment Regional Training Institute.



Class 64 of the N.D. Officer Candidate School (OCS) with Lt. Col. (Ret) Dale Nelson, a graduate of Class 1 of the N.D. OCS program, after the graduation ceremony, Aug. 21, 2021, at the 164th Regiment Regional Training Institute.

NORTH DAKOTA NATIONAL GUARD PHOTOS

MINOT FLEA MARKET
SEPT 11 & 12, 2021
ANTIQUES, COINS, BOOKS, JEWELRY, TOOLS, BAKED GOODS, & MORE
STATE FAIRGROUNDS - MINOT
SAT 8AM - 4PM • SUN 10AM - 3PM
A PLACE TO SHOP - A PLACE TO SELL
SELLERS, CALL TODAY! 701-340-7930

IN THE NORTHERN SENTRY

BROUGHT TO YOU BY

STILL OPENINGS IN YOUTH LEAGUES
CALL NORTH HILL BOWL FOR DETAILS 701.852.4108
WWW.NORTHHILLBOWL.COM

ND-021 Magic City Composite Squadron (Minot)
Commander: 1st Lt. Jeremy Skalicky
Civil Air Patrol, America's Air Force auxiliary, building the nation's finest force of citizen volunteers serving America.
Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber power.
Come Fly With Us!
2400 N Broadway, Minot, ND 58703
Phone: (701)340-7954
Email: 021cc@ndcap.us

CornerStone Chiropractic
1350 20TH AVE SW, MINOT, ND 58701

Dr. Willy Fielhaber

Dr. Matt Hanson

Dr. Crystal Long

BUSINESS HOURS
Monday: 7:30am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed
(701) 852-2800

NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Sept. 6: 1,832.17 feet above mean sea level (MSL); 20,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.3 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.2 MSL.

• N.D. Game & Fish Dept. game wardens: North-central area lakes generally quiet. Some salmon activity on the east end of Lake Sakakawea. Missouri River producing walleye at night. No reports from Devils Lake.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued good perch success in East Bay. Try 23 to 25 feet with small minnows. Fair to good walleye success on main Devils Lake. Small boats needed to access Lake Irvine with lower lake levels but those going are finding nice walleye activity.

• Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for small walleye. Try jigging in deeper bowls on the main lake or try spinners and bottom bouncers with nightcrawlers or crankbaits. Start around 8 feet and work deeper with larger fish in deeper water.

• Lake Darling, Karma C-Store, Ruthville: Not much activity although anglers going to Lake Darling are finding some small walleye.

• Lake Metigoshe, Four Seasons, Bottineau: Anglers still finding a few walleye. Bluegill slowed with the lake turning.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Anglers continue working the west end of Lake Audubon along the U.S. Highway 83 embankment with water being transferred into Lake Sakakawea. Work deeper on the east end of Lake Sakakawea in 30 to 40 feet for walleye with slowing success. Better success remains west from Deepwater Bay to Independence Point with some activity on the east end along the embankment where water is going through the intake from Lake Audubon. Limited Missouri River reports.

• Lake Sakakawea, Indian Hills Resort, Garrison: Work deep in 30 to 50 feet for walleye with more anglers using minnows. Fewer anglers on the water.

• Lake Sakakawea, New Town: Continued fair for walleye. Work deeper in the Van Hook Arm in 20 to 30 feet along any cut lines and structure.

• Lake Sakakawea, Van Hook Bait & Tackle, New Town: Not as many

• Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information regarding North Dakota's new electronic posting regulations and assistance.

• N.D. Dept. of Environmental Quality blue-green algae reports: Advisories: Antelope and Buffalo Lodge lakes and South Hoffer.

• East Totten Recreation Area boat ramp is only available ramp on Lake Audubon during a lake draw-down to allow for facility maintenance work along the U.S. Highway 83 embankment.

• Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.

• Watchable Wildlife photo contest underway with Oct. 1 deadline. Contact N.D. Game & Fish Dept. conservation biologist, Patrick Isakson, (pisakson@nd.gov) for details.

• Check local fire restrictions when camping, etc.

• Camping reservations required at N.D. State Parks and are available online at the website, (parkrec.nd.gov).

• Sept. 11: Patriot Day.

• Sept. 11: Sharp-tailed and ruffed grouse, partridge, tree squirrel, and snipe seasons open.

• Sept. 11: Youth Learn to Shoot, Tioga Dam. 3:30 p.m. Contact (701) 641-2097 for details.

• Sept. 15: West Early Canada Goose season closes.

• Sept. 18: Sandhill crane season opens.

• Sept. 18: Ducks Unlimited Sakakawea chapter Fall Flight Celebration, Washburn Memorial Hall, 5:30 p.m.

• Sept. 18 & 19: Youth waterfowl and Veteran/Military waterfowl seasons open.

• Sept. 22: East Early Canada Goose season closes.

• Sept. 25: Resident waterfowl season open.

• Sept. 25: Sakakawea Pheasants Forever banquet, 5:30 p.m., Garrison City Auditorium.

TOURNAMENTS:

• Sept. 18: Lake Sakakawea, White Earth Bay.

anglers on the water with the transition into fall. Try deep around 30-plus feet farther south in the Arm around Shell Village or Independence Point with a variety of presentations. Also work the river portion of the lake around Hunts-Along Bay. Good smallmouth success from shore in the Arm using bobbers and nightcrawlers or casting small spinners.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Continued catfish success on the Missouri River tailrace with slower walleye activity from boats. Most walleye are small and coming from the spillway channel. Look for some pike mixed in. Also try the chutes at night for walleye and salmon with a few trout mixed in. A bit inconsistent, however. Lake Sakakawea has a tough walleye bite on the east end with fish in 30 to 52 feet. Work off points with better success farther west of Pick City. Also try jigging shallow but success is slower. Try Douglas Bay. Look for some activity along the pumping station along the U.S. Highway 83 embankment. Good numbers of smallmouth bass on the east end. Work 80 feet and deeper yet for salmon but a few are starting

are starting to be taken in the morning longlining with crankbaits.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea remains somewhat slow although the walleye taken are nicer-sized. Try minnows with Lindy rigs working multiple depths from 5 to 24 feet. A few walleye coming from the Missouri and Yellowstone rivers with good catfish numbers.

• Lonetree WMA area lakes, Harvey: No new reports from area lakes with little activity.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No much activity on area lakes.

Hunting:

Deer: A few hunters out in the north-central part of N.D. Nice opening weekend success in the Williston area.

• Doves: Fair, huntable numbers scattered throughout much of the region. Good numbers in the northwest.

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.

Army & Air Force Exchange Service Launches 12 Weeks of Black Friday Deals for Holiday Shopping

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB —Exchange shoppers looking for Black Friday savings but not the typical crowds can take advantage of the Army & Air Force Exchange Service's 12 Weeks of Black Friday Deals.

From Sept. 3 through Nov. 24, shoppers will find Black Friday prices in-store and at ShopMyExchange.com on electronics, clothing, jewelry, sporting goods and more. New deals and specials will roll out each Friday for 12 weeks. This marks the second year the Exchange has offered weekly deals leading up to Black Friday.

"Military families can get a jump on their holiday shopping with 12 weeks of great deals," said Minot AFB Exchange General Manager Brian M Read. "Whether in store or online, the Exchange has you covered with tax-free shopping and military-

exclusive prices."

Military shoppers can use buy online, pick up in store service and curbside pickup.

Shoppers can find these weekly deals by visiting ShopMyExchange.com and clicking on Weekly Ad.

Veterans using their Exchange benefit can take advantage of 12 Weeks of Black Friday Deals too. All honorably discharged Veterans can shop at ShopMyExchange.com, and service-connected disabled Veterans can shop in store too. Veterans can find out more about their shopping benefits at Exchange's community Hub page at <https://bit.ly/Vets4Life>.

This year marks the first season of holiday shopping for Department of Defense and Coast Guard civilian employees, who received in-store shopping privileges this spring.

ARCADIA PUBLISHING

Learn more about the Cold War-era construction of Minot Air Force Base and its continued operation as an Air Force Strike Command B-52H bomber and Minuteman III intercontinental ballistic missile base.

Available wherever books are sold or online at www.arcadiapublishing.com.

FOR ALL YOUR HOME LOAN NEEDS

BENCHMARK MORTGAGE
Ark-La-Tex Financial Services, LLC NMLS# 2143

We appreciate you & put you FIRST!

Offering a \$500 off closing cost credit in appreciation for your service

Mention this ad for the \$500 off



701-839-3360

2080 36th Ave SW, Suite 205, Minot

Steve Fennewald NMLS #766570
Sarah Burckhard NMLS #766557

APPLY NOW ONLINE

www.teamnd.benchmark.us

This is not a commitment to lend. Offer valid to qualifying borrowers. Borrower receives credit for lender origination fees up to \$500.00 at loan closing. Loan must close and fund with Ark-La-Tex Financial Services, LLC NMLS# 2143 (www.nmlsconsumeraccess.org). Information, rates, and pricing subject to change without prior notice at the sole discretion of Ark-La-Tex Financial Services, LLC. Other restrictions may apply. (<https://benchmark.us>) Must present this coupon for it to be valid.

THIS SPECIAL FEATURE IS SPONSORED BY:

NODAK ARMS

THE DAKOTA'S AR AUTHORITY
Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online www.NodakArms.com
Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook

DAF announces mandatory COVID vaccine implementation guidelines for Airmen, Guardians

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Secretary of the Air Force Frank Kendall directed the COVID-19 vaccine implementation guidelines for Department of the Air Force total force military members Sept. 3, in accordance with the Secretary of Defense mandate last month.

The service implementation plan requires Airmen and Guardians to be fully vaccinated against COVID-19 by the following dates, unless seeking an exemption:

- Nov. 2 – Active Duty personnel
- Dec. 2 – Air National Guard and Air Force Reserve personnel

Vaccinations will help ensure service members' health and safety while preserving the department's readiness and ability to execute worldwide air and space forces missions, according to department leaders.

"We are taking an aggressive approach to protect our service members, their families and their communities from COVID-19 and the highly transmissible Delta variant," said Under Secretary of the Air Force Gina Ortiz Jones. "As members of the nation's Armed Forces, our Airmen and Guardians must be able to respond to situations around the globe—being fully vaccinated will help us safely meet the readiness requirements that our national security

depends on."

Mandatory vaccination through a military provider will initially only include the Pfizer-BioNTech mRNA COVID-19 vaccine (widely referred to as "Comirnaty") upon receipt of U.S. Food and Drug Administration approval), which is currently the only vaccine approved by the FDA. Airmen and Guardians may continue to volunteer to receive the COVID-19 vaccines approved under Emergency Use Authorization, including Moderna, Janssen and AstraZeneca, from both military and civilian providers.

Service members are considered fully vaccinated two weeks after completing the second dose of a two-dose COVID-19 vaccine, or two weeks after receiving a single dose of a one-dose vaccine. This includes one or two-dose options authorized under EUA or full FDA approval.

Airmen and Guardians who have proof of vaccination documented in their medical records per this definition will be considered as meeting the vaccination requirement.

Prior to receiving the COVID-19 vaccine, service members have access to healthcare providers and chaplains to address questions or concerns with COVID-19 vaccination. Additionally, commanders must consult with their servicing Staff

Judge Advocate for additional guidance on vaccination non-compliance.

Exemptions

Service members have the option to apply for medical or administrative exemption, including religious accommodations. The process for obtaining exemptions for all mandatory vaccinations is provided in AFI 48-110_IP, Immunizations and Chemoprophylaxis for the Prevention of Infectious Diseases, for medical exemptions, and DAFI 52-201, Religious Freedom in the Department of the Air Force, for religious accommodations. No exemptions from the vaccine will be approved solely because Airmen and Guardians have an approved retirement or separation date.

Vaccination non-compliance

Any refusal to receive the COVID-19 vaccine, absent an approved exemption or accommodation, may be punishable under the Uniform Code of Military Justice (UCMJ). Military commanders retain the full range of disciplinary options available to them under the UCMJ.

For more information, Airmen and Guardians are encouraged to work with their chains of command and local military treatment facilities.



STARTS FRIDAY

RENT THE THEATER FOR EVENTS
CHECK OUR WEBSITE FOR MORE INFO

STILLWATER
(2021) Crime, Drama, Thriller. Matt Damon (R)

BOSS BABY: FAMILY BUSINESS
(2021) Animation, Adventure, Comedy (PG)

SPIRIT: UNTAMED
(2021) Animation, Adventure, Family (PG)

FOR SHOWTIMES
WWW.OAKPARKTHEATER.NET

1500 4TH AVE NW, MINOT, ND

\$4.00 ALL SEATS

KRAMER SUBARU SERVICE

700 Old Red Trail NW • Mandan, ND

888.856.2383

Kramer

SUBARU



EVERYDAY HAPPY HOUR • 3PM – 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

DAILY SPECIALS

Monday	\$5 Moscow Mules (all day)
Tuesday	\$4 ND Breweries (all day)
Wednesday	1/2 Price Wine by the glass/bottle (all day)
Thursday	\$1 up for all Tall Taps (all day)
Sunday	BRUNCH (11am-2pm)

- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

FAMILY PACKS

Monday	Pizza Pack Combo
Tuesday	Sandwich Pack
Wednesday	Chef Creation*
Thursday	Pasta Pack

*Changes Weekly – Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

Friday Funday! Exchange Weekly Online Giveaways Celebrate Military Community

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – The best day of the week is even better with the Army & Air Force Exchange Service's Free Friday giveaways.

Each Friday at Facebook.com/ShopMyExchange, the Department of Defense retailer gives away a popular product. Last year, authorized Exchange shoppers won more than \$29,000 in prizes including patio sets, tool chests, robotic vacuums and mattresses.

Giveaways so far in 2021 amount to more than \$9,000 and include a Husqvarna

riding lawn mower, air fryers, gardening packages, cookware, bedding and more.

"Free Fridays are a fun way to connect with our shoppers and contribute to the value the Exchange is so honored to provide," said Minot AFB Exchange General Manager Brian M Read. "The military community makes so many sacrifices, and it's always a pleasure for the Exchange to salute our heroes with special prizes."

To enter, authorized Exchange

shoppers 18 years and older can comment on the Free Friday posts at Facebook.com/ShopMyExchange. Comments made by 11:59 p.m. Central on the same day will be entered into the weekly drawing.

Honorably discharged Veterans who have verified their eligibility to shop the Exchange online can also enter the Free Friday giveaways. Veterans can find more information at ShopMyExchange.com/Vets.

ROASTED PEACH SALSA

Home of ECONOMY

INGREDIENTS

- 6 WHOLE PEACH
- 3 TOMATO
- 2 WHOLE JALAPEÑO
- 2 WHOLE ONIONS, GREEN
- 1/2 CUP CILANTRO
- 2 CLOVE GARLIC
- 5 TEASPOON APPLE CIDER VINEGAR
- 1 TEASPOON LIME JUICE
- 1/2 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER

When ready to cook, set the Traeger to 375° F and preheat, lid closed for 15 minutes.

Place the halved peaches, halved tomatoes, and whole jalapeños directly on the grill grate. Close the lid and roast for 8-10 minutes or until the skin has split and the tomatoes and jalapeños have blistered. Remove from grill and allow to cool until the fruit can be easily handled.

Remove the skin from the peaches and tomatoes. Remove the skin, stems, and seeds from the jalapeños.

Place peeled peaches, tomatoes, jalapeños and green onions in a large food processor and pulse until coarsely chopped. Add all other ingredients and pulse until desired consistency is reached.

Use short pulses for chunky salsa or long pulses for a smoother salsa.

Serve immediately or transfer to jars and chill until ready to serve. Will last about 1 week in the refrigerator.

Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



ORGANICALLY GROWN PRODUCE

North Prairie Farmers Market

Saturdays – 11 AM to 2 PM

1 Block North of the Corners of
Burdick & Broadway

- AVAILABLE THIS SATURDAY!**
- BBQ Sauce
 - Produce
 - Fresh Roasted Coffee
 - Tea
 - Kombucha
 - Bath Bombs and Soap
 - Dakota Hills Winery
 - Mushrooms
 - Local Honey
 - Jam
 - Succulents
 - Baked Goods
 - Fresh Baked Bread
 - Vadell Brothers Syrup

Minot Public Library Offers Environmental Discussion Series

MINOT PUBLIC LIBRARY

The Minot Public Library and the Environmentally Minded People of Minot, an area community group, are partnering this month to offer a free discussion series. "The Environment and Us: Understanding the Causes and Remedies to Our Current Environmental Challenges" will be hosted every Tuesday in September at 6:00 pm in the lower level of the Minot Public Library.

"The environment is a crucial part of our everyday lives. The more we understand how we fit into it, the better we can protect it for ourselves and future generations," said Tim Baumann a founding member of the Environmentally Minded People of Minot. Baumann said that the opportunity to share information with everyone is important because "Education is a powerful tool. The more we learn and understand as a community, the more we are able to create positive outcomes now and in the future."

Library Director Janet Anderson said that the Minot Public Library participated in the Sustainable Minot challenge sponsored by Baumann's group and, along with other

goals related to sustainability, identified the goal of offering educational programs for the public. "There is so much information to learn and a lot of misinformation being shared about environmental issues, but there are also a lot of simple things everyone can do to help improve our world and planet," Anderson said. "As a Library we want to help ensure people have access to accurate and reliable information and resources."

Anderson said that she is working with other local businesses who participated in the Sustainable Minot challenge to offer refreshments for each event. Attendees will enjoy snacks from Prairie Sky Breads, Souris River Brewing, Charlie's Main Street Café, and others. Attendees will also receive a free reusable coffee mug or water bottle. "The Environment and Us: Understanding the Causes and Remedies to Our Current Environmental Challenges" is open to all ages every Tuesday in September at 6:00 pm. The Minot Public Library is located at 516 2nd Ave SW and can be accessed via the east entrance near Amtrak. Please call the Library at 852-1045 for more information.



www.minotlibrary.org ♦ (701) 852-1045
516 2nd Ave SW Minot, ND 58701

Good Gardening

ADVICE

by Marvin Baker

The Garlic Guy

Almost every week at the farmers' market, I get asked how long garlic or onions will last. From my experience, either will keep for up to a year if you do one simple thing; keep the allium out of humidity. There is a reason onions and garlic are shipped and stored in mesh bags, to promote the flow of air through them. This time of year, we are selling storage onions at the farmers' market and if you keep them dry, they'll last all winter. If not, humidity promotes mold. In fact, it will break garlic down in a matter of days if it isn't kept dry.



Before You Go

GET YOUR CAR SERVICED

Visit your mechanic for a tune-up and ask them to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

CHECK FOR RECALLS

NHTSA's Recalls Look-up Tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for FREE. Check www.nhtsa.gov/recalls.

KNOW YOUR CAR

Read your vehicle's manual to familiarize yourself with the safety features on your vehicle—such as antilock brakes and electronic stability control—and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.

PLUG IT IN

For electric and hybrid-electric vehicles, minimize the drain on the battery. If the vehicle has a thermal heating pack for the battery, plug your vehicle in whenever it's not in use. Start your vehicle and preheat the interior before you unplug your vehicle in the morning.

PLAN YOUR TRAVEL AND ROUTE

Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.

OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
 - OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

\$10 off
VALVOLINE OIL CHANGE



Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301



YOU CAN DEPEND ON
YOUR HOMETOWN EXPERTS
TO SERVE ALL YOUR
CAR CARE NEEDS IN MINOT.

Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301



Calling Boys & Girls Grades K-12



Save the Date

Sept 10th @ 6-8pm

Base Firepit

Cub Scout Pack 435, Boy Scout Troop 1437,
& Lady Troop 5401

Join Us to Learn More about Scouting!



Bike Rodeo, Fire Starting,
Campfire Cooking & so much more!
Bring your bike/scooter with helmet &
enjoy a delicious campfire treat!



For More Information: Pack-Michael Thompson 360-602-9348 OR Troop-Clint Kreutzbender 701-578-5956



presents

JUNGLE JENN



WORD SCRAMBLE

HINT: BLACK AND WHITE LEMURS HAVE THE UNIQUE ABILITY TO
EAT THIS, WHICH COMES FROM FLOWERS

RTAECN

ANSWER: NECTAR



BLACK AND WHITE RUFFED LEMUR

CREATURE FEATURES

- They quadrupedally (using all 4 limbs) move about in the trees and are often seen suspending themselves upside down by their hind feet to feed on fruit.
- Lemurs are one of the great pollinators of the world! These Lemurs have developed a fascinating relationship with the Traveler's Palm Tree. When they pull apart the bracts of the tree to forage, the pollen sticks to the Lemur's fur and is carried to the next tree.
- Black and White Ruffed Lemurs are one of the only primates to make nests and commonly give birth to twins or triplets.



HOURS:
OPEN DAILY
10AM-8PM

FOLLOW US ON FACEBOOK
1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

UPCOMING EVENTS

SEPT 12
GRANDPARENTS DAY
AT THE ZOO

MILITARY DISCOUNT

\$5.00 off a \$75.00
Annual Family Pass



SCOTT PEARSON, CEO

TRAEEGER TALK

Home of Economy Stores
Amish Gallery Stores
GuaranteedLowestPrice.com

THE BUTTERFLY CHICKEN EFFECT

Butterflying a chicken (also called spatchcocking) transforms a sometimes dry tasteless bird into a delicious, juicy treat. By opening the bird up to heat from the cavity side, we cook faster and expose more of the meat to delicious, sweet Traeger smoke.



Prepare your spice rub in advance by combining your favorite spices with baking powder, not baking soda. For this recipe, we are using black pepper, garlic granules, paprika, and baking powder in equal amounts. If you change the mixture, always make baking powder 25% of your total mixture for poultry with skin. Baking powder contains corn starch to absorb moisture, and small amounts of baking soda and an acidic ingredient. Some people are sensitive to aluminum flavor from baking powder, so you may want to choose an aluminum free brand. Baking powder makes the skin brown better and also makes it super crispy by raising the pH and creating microscopic bubbles inside the skin.

Step 1 is to use scissors to cut along the backbone on both sides, removing it completely. Open it up, cavity side down, then press downward on the breastbone and ribs to break enough ribs to cause it to lie flat. Sprinkle Kosher salt on the cavity side of the bird, turn it over, and spread more salt all over the skin. Leave the salt on the skin for ten minutes or so to allow it to bring moisture to the surface. Don't worry about salt drying the bird, in time, the salt will change the protein in the meat and cause it to reabsorb the exuded moisture. When there are beads of moisture all over the bird, spread your spice rub evenly all over the skin. Cover the bird and place it back in the fridge for at least an hour, but preferably overnight.

This is a hot and fast cook, so there isn't time to get great smoked-all-day flavor. One way to compensate so you still get some smoke is to put the bird in the grill while it starts and warms up. You may or may not like the heavy creosote laden smoke flavor this gives you; you will have to decide for yourself. Any flavor pellets will work well. For this cook we are

using Traeger Pecan pellets, the favorite in our taste testing events, The Great Traeger Pellet Shootout.

Place the bird cavity side down directly on the grates and set the grill to High or 450. Insert a temperature probe into the breast meat of the chicken, avoiding contact with bone. If you have two probes, place one in the thickest part of the thigh. Chicken is done at 165°F minimum Internal Temperature (IT). Breast meat should be removed as soon as possible after reaching 165°F, but dark meat is better at around 180°F. If you know where your grill's hot spots are, place the legs in one of them. If you have not mapped this out, put the legs nearest the exhaust. This tends to be the hottest, especially on grills with a smokestack.

The USDA food safety standard for poultry is 165°F IT before removing from heat. Food poisoning organisms that require 165°F to kill can exist inside of poultry flesh, which is mostly unheard of in fish and red meat. Many references state that you can remove poultry from the grill at temps a bit lower, counting on carryover cooking to bring the meat to 165° for the required time. This is very likely true when cooking at high temps like we are using for this recipe. It is not true when cooking at temps below 200°F. If you feel that the white meat is overdone using this recipe, (I did not) you may want to consider your risk tolerance, the accuracy of your measuring tools, and the certainty that you have the probe in the absolute coolest spot, before stopping the cook below 165° IT next time.

Monitor temperature closely. Expect total cook time to be less than 60 minutes, although this may vary, as some models heat faster than others, and dry pellets produce more heat than damp ones. When the breast meat reaches 165°F, check the thigh. Hopefully, the dark meat will be a bit hotter than the breast. If not, you need to leave the bird in the grill until all parts reach 165°F. Remove immediately when all parts of the bird are 165°F or more. This bird took 52 minutes at 450°F. It needs to rest only a minute before serving. This will likely be the juiciest, crispiest, and tastiest chicken you have ever eaten.



TRAEEGER
WOOD FIRED GRILLS

\$999⁹⁹

PRO SERIES 780
PELLET GRILL



Home of
ECONOMY

107 20th Ave SW, Minot

www.HofE.com/BBQHQ

Airmen inspired by former Army amputee

ABIGAIL KINDER, NORTHERN SENTRY

Even in the most difficult of times, life has a way of teaching important lessons that can change the course of someone's life. Just ask Retired Army Capt. Chad Fleming, one of the few amputees to redeploy (five times) even after a life-changing loss. Fleming, who is on tour across America with Team Never Quit, recently visited Minot Air Force Base to share his story of loss, resilience, and camaraderie to inspire Team Minot.

A LIFE CHANGING STORY

Fleming's story began in high school when his mother was diagnosed with a terminal illness. A gifted athlete, he passed up the opportunity to pursue sports to stay in his hometown of Tuscaloosa, Ala., and take care of his mother. After a few unorthodox career changes while attending college, Fleming realized he needed a change and followed in the footsteps of his family members to enlist in the military. "I opted for an airborne ranger contract because I wanted to get into the special operations community, and I spent my whole career there," he said. Little did he know that joining the military would send his life in a completely unexpected direction.

After the terrorist attack of 9/11, Fleming deployed to Afghanistan in 2001. Much of his deployment was relatively safe and by the end, he was ready to be home. "The problem is when you do it for long enough and nothing happens to you, you start get this sense of invincibility and that is a bad place to be. Don't ever think that you're so good that nothing can happen. You have to pay attention to what you're doing, and you have to make sure you have the right teammates to your right and to your left," said Fleming, touching upon one of many lessons that he would give throughout the lecture.

The unit was only 18 hours away from boarding the plane and returning stateside when he received a shocking call. "I remember it like it was yesterday. It was October of 2005, and we were in the gym working out and my pager went off." Leadership notified Fleming that he would not be leaving Afghanistan in a few hours but would instead be performing a daytime mission to intercept an enemy leader in Iraq.



Retired Army Capt. Chad Fleming visited Minot Air Force Base, N.D., on Sept. 2, 2021, to share his story and inspire Airmen to be the best versions of themselves that they can be. Fleming is one of few American amputees who, after losing his leg from a gunshot wound in Iraq, redeployed five more times successfully.

CHAD FLEMING FACEBOOK IMAGE

Fleming and his team headed out into the 127-degree desert with home in their hearts and the mission on their minds. "Most of the people on that team were already thinking about home," he said. "Imagine that blow: you think you're about to load an aircraft and now you're being told 'hey we're going to extend you for a little longer.'"

As they neared the end of their fuel tank deep into Iraq, they made the decision to turn around and return to base, turning off the road underneath an overpass. "That one last turn would change the rest of my life. That one last turn would make me the person that I am today," he said.

"We hit the exit ramp and we went to turn left underneath the overpass and unbeknownst to us, that was going to be the initiation of an ambush," he recalled. An Iraqi taxicab swerved in front of the lead vehicle in the convoy, stopping the soldiers on the road. "The driver of that lead vehicle should have rammed that car and continued driving. For some reason that day, he hit the brakes. When he did that, it left my vehicle exposed under

the overpass and that was the initiation."

The opposing forces ambushed them with a storm of gunshots and hand grenades. Before Fleming could even begin to fight back, he heard the distinct sound of a grenade hitting the metal of his vehicle. Chaos ensued as the grenade detonated inside the vehicle. As he tried to gain his bearings on the situation, a second grenade detonated. Despite the screams and confusion, Fleming and his team were able to exit the vehicle and fight back. He sustained a gunshot wound in his leg soon after. "When I look down and see the gunshot wound, I realize the rest of my leg is pretty mangled up from the blast of the grenade. But what you can't do in a gunfight is quit. What you can't do is call a time out. Your buddies to your right and your left want to go home just as bad as you do and they're depending on you. So, you have to do what you have to to get back in the fight," he continued.

Medics were unable to reach them due to the gunfight, so Fleming had to tie a tourniquet on himself before continuing

We Specialize in All Things Glass...



Get **\$25** off
a service of
\$275 or more

Limited time offer. One per customer.
Cannot be combined with other offers.
Valid at participating locations.



GLASS DOCTOR[®]
a neighborly company

Shower Enclosures • Table-top Glass/Curio Cabinet Glass
Automotive Glass Repair and Replacement • Mirrors

GLASS DOCTOR[®]
a neighborly company

701.852.3741 • GlassDoctor.com/Minot
1122 S. Broadway Minot, ND 58701

Locally Owned and Operated Franchise

the battle. “I remember being in the fight for a few more minutes before I started to lose consciousness from shock and loss of blood.” Fleming eventually passed out as the fight came to an end.

“That’s when my life really started to change and that’s when a dark cloud parked itself over my life and I realized I was going to be different,” remembered Fleming.

“You’re going to have hardships in life; you’re going to have things that happen to you that you can’t control. But the only time you’re going to become a victim is when you allow that situation to let you be a victim. You have to figure out how to keep moving along in life... because everything happens for a reason.”

RETIRED ARMY CAPT. CHAD FLEMING

”

He was stabilized by medics and transported back to Walter Reed National Military Medical Center in Maryland. After years of surgery and physical therapy, Fleming’s leg was still not the same. “I got to a point where I was like, time out. I have no quality of life. I’m miserable. I can’t run, I’m in pain... this sucks.” The remaining option? Amputation.

Unfortunately, Fleming had undergone so many surgeries in the past year that his doctor advised against putting him under general anesthesia again for fear of prolonged coma or death. After much deliberation, he made the decision to undergo the surgery with just a spinal block, meaning even though he could not feel the amputation, he would be able to smell and hear everything.

After a successful amputation, Fleming struggled to adjust to life with his new prosthetic and way of life. “The legs at that time were designed for people who were diabetic and had to have an amputation or for people who were in car wrecks, whatever it may be. The first leg they gave me, I broke within six hours of them giving it to me,” he said. He was given a more durable leg eventually and at that time, Fleming felt the call to go back into combat.

There was pushback from leadership, so to prove his abilities, he successfully completed a 5K at Lackland Air Force Base and the New

York City Marathon in 2009. He then had to undergo a grueling selection alongside able-bodied individuals, who he outperformed 76% of. He proved himself able and ended up redeploying five more times after the amputation, and even got shot twice more. Without his determination, Fleming may not have made it back into combat so many times. “If you make up your mind that you can do something, then nothing is going to stop you,” he said. But success has a way of changing a person, and not always for the better.

“You can never lose your humility. You can’t believe that you’re so good that you’re better than someone else. I got to that point, and you couldn’t tell me anything. I was pretty dang cocky and arrogant... That’s how I ran for quite some time until finally I had a reality check and I realized it wasn’t all about me. The only reason I got there and became successful was because of the people to my right and to my left. There is no singular person or thing that makes you successful in life, it’s the teammates around you. And when I embraced that and realized that was the only reason I was successful, it changed my life. I started listening more, I started trying to be more of a team player. I had been handicapping myself by the way that I was thinking,” he said.

A LESSON LEARNED

Why, in the aftermath of an amputation, continuously getting hurt and risking his life, did Fleming keep going back? “One, it’s because I believe in my country. Two, I believe in the mission. And most importantly, it’s because I believe in my teammates around me, and I can’t let them down. The experiences that I’ve had and the knowledge I’ve gained from something bad happening... if I can keep that from happening to one of my teammates then that’s mission success for me. It’s not because I hate what’s in front of me it’s because I love what’s behind me,” he explained.

Some of the most important lessons that Fleming learned in his military career are things that apply to everyone facing hardships, not just service members.

“You’re going to have hardships in life; you’re going to have things that happen to you that you can’t control. But the only time you’re going to become a victim is when you allow that situation to let you be a victim. You have to figure out how to keep moving along

in life... because everything happens for a reason.”

“There was a point in time where I was wheeling myself around Walter Reed with no leg in a wheelchair, and I was feeling sorry for myself and depressed. All of a sudden, this wheelchair passes me in the hallway. I look up and it just so happened to be the first triple amputee. I thought to myself ‘why are you feeling sorry for yourself, Chad? You’re missing a leg below the knee. You’re still going to be very functional. This guy just passed you missing both legs above the knee, and he’s missing an arm.’ There’s always someone that has life a lot worse than you do. Figure out how to pick up the pieces and move on in life.”

“I don’t care about what color you are, what church you go to, or who you love in life. When you put all of those things aside and you accept your teammates for who they are and become non-judgmental, you become unstoppable. You become a team and a force that no one can stop because you’re accepting those teammates for who they are. There’s nothing you can’t do or achieve because you have the right people around you.”

“Be proud of what you do. Someone is looking up to you. You know what you owe them? To not let them down.”

“Nobody is guaranteed anything. If you look at the blast radius of a hand grenade, I should not be standing here today. I should be dead but I’m

not. So, it wasn’t my time. Why would I do anything except enjoy every opportunity of every day and every breath that I get?”

“You want to be the best you; you want to be the one that everyone wants to be. When you do that you will walk away from your service not only with a sense of pride, but a whole other opportunity ahead of you.”

Fleming’s final and most important life lesson is this: “Not every day is a good day, but there’s good in every day.” Team Minot navigates the chaos and demands of life and every mission together, and with the right mindset, there is nothing we can’t achieve as friends, family, and brothers and sisters in arms.



Sept. 19th, 2021

12:00PM - 3:00PM

Come join us for an afternoon of food, resources, remembrance, and activities for all ages.

The American Foundation for Suicide Prevention funds research, spreads education, provides support to those affected by suicide, and advocates for smart public policy. We all have a role to play. Together we can spread awareness, raise money, change the culture, and put a stop to this tragic loss of life.

Event Location

Oak Park Shelter #7
Minot, ND

Register

AFSP.ORG/MINOT

Questions?

Twyla or Cellest Hofer
(701)720-1144/(701)720-5064
minotootd@gmail.com

This event is hosted by
Dakota’s Chapter



No Appointments Necessary!

MARGIE'S

109 South Main St. Minot ~ 701.837.8555

explore, experience, discover

Bring out your inner artist!

Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

margiesartglass.com

Team Minot 10% off

RECEIVE 10% off includes Ceramics, Glass, Giftware & Coffee

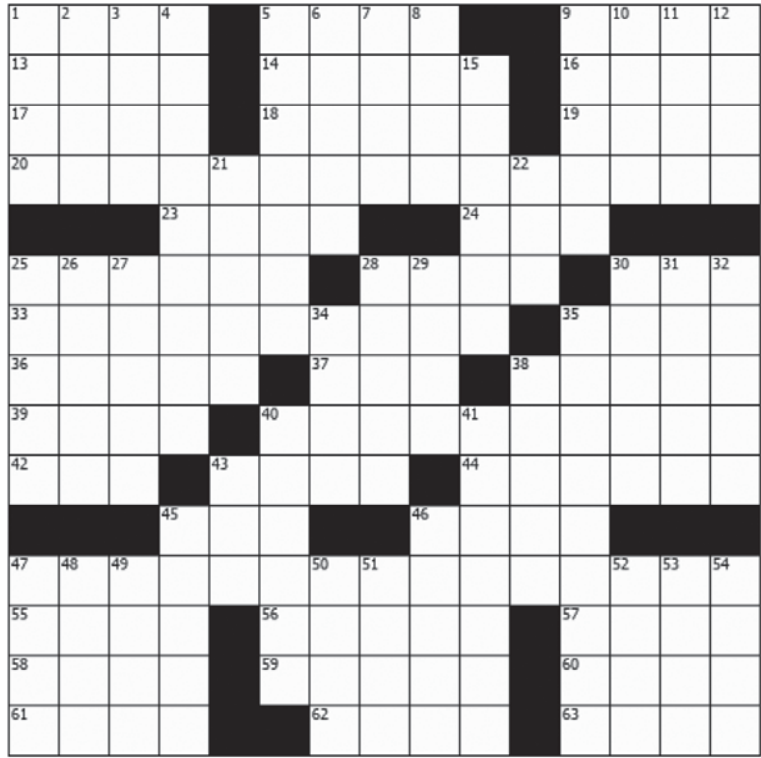
Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!

It's our thank you for serving! Must have a active AF ID card at time of purchase.

CROSSWORD PUZZLE

Across

- 1. Broadway turkey
- 5. Moan and groan
- 9. Unimaginative rhyme scheme
- 13. Inter ____
- 14. Oklahoma tribesmen
- 16. Judi Dench, e.g.
- 17. Dudley Do-Right's gal
- 18. Kind of rocket
- 19. Verdi's "Caro nome," e.g.
- 20. Perfectly composed
- 23. Milk choice
- 24. Marathon units (Abbr.)
- 25. Certain opening night attendee
- 28. Wingless bloodsucker
- 30. Two cents worth
- 33. Visibly embarrassed
- 35. Bitter humor
- 36. Helps hold up?
- 37. Terhune title character
- 38. Some skirts or computers
- 39. Double-jawed gripper
- 40. Contest featuring spoons or noses
- 42. Time zone abbr.
- 43. Fairy tale trio
- 44. Popular radio format
- 45. Oliver North's rank (Abbr.)
- 46. Refrain syllables
- 47. Pug's mementos, sometimes
- 55. Florence is on it
- 56. More than willing
- 57. Holy Land line
- 58. Sulky strap
- 59. Logger's competition
- 60. Prima donna
- 61. It may be blind
- 62. Where many make the scene?
- 63. Word with down or lively



Down

- 1. Judge's seat
- 2. It may be found in a tub
- 3. Venus de ____
- 4. Indiana university
- 5. Island of Seneca's exile
- 6. Not second-stringers
- 7. Campus military grp.
- 8. Cuzco's country
- 9. Washington's successor
- 10. Fishhook feature
- 11. Lille lady friend
- 12. Wall Street pessimist
- 15. Bulb's place
- 21. "You must remember this" followers
- 22. Thurman of "Kill Bill"
- 25. Hanker for
- 26. South's second offer
- 27. Clarifying phrase
- 28. Noteworthy acts
- 29. Pollux's mother
- 30. Egyptian peninsula
- 31. Lewis Carroll heroine
- 32. Some survey answers
- 34. Online diary
- 35. They may be scattered
- 38. Canine's relative
- 40. Shoplift
- 41. Suit of lights wearers
- 43. Luau fare
- 45. Engineered offspring
- 46. Aviary sound
- 47. Blackjack request
- 48. Square foot, e.g.
- 49. Condo rental
- 50. Burma abuts it
- 51. Wolf whistle accompaniment
- 52. Touched down
- 53. Underground dance party
- 54. It may bring one back to one's senses

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle:

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

SUDOKU

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

Solution to puzzle on page C10

FRIDAY, SEPT 10 1800
SHANG-CHI AND THE LEGEND OF THE TEN RINGS (PG-13)

SATURDAY, SEPT 11 1700
SUNDAY, SEPT 12 1500
RESPECT (PG-13)

FOLLOW REEL TIME MOVIE THEATER
ON FACEBOOK OR MINOT
EXCHANGE WEBSITE FOR
UP TO DATE MOVIE LISTINGS



DAKOTA BURGER COMPANY

DO IT YOUR WAY BURGERS

Dine In or Take Out

315 S. Main St., Suite 200, Minot
701-852-8183
www.dakotaburgercompany.com



REEL TIME THEATER MOVIE SCHEDULE

SHANG-CHI AND THE LEGEND OF THE TEN RINGS (PG-13)

RESPECT (PG-13)

ONLY IN THEATERS AUGUST 13

2021-2022 MPS CALENDAR



IMPORTANT UPCOMING DATES

September 6

Labor Day - No School

September 7

Prof. Devel. Day

No School for Students

October 21 & 22

Administrator Convention Days

No School for Students

September 2021						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

PD Days - contracted days

Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays

Parent/Teacher Comp Days

**MINOT'S REAL
9-HOLE GOLF
COURSE FOR KIDS**

WeeLinks

720 16th St SW
Monday - Sunday
10:00am - 9:00pm

Ages 14 & Under \$1.00
Ages 15 & Over \$5.00
Youth Club Rentals \$1.00

Find us on Facebook at JackHoevenWeeLinks

Adults may play when accompanied by a child 14 & under

**CALL AHEAD AND TAKE OUT
DELIVERY AVAILABLE!**

MIMEXICO

AUTHENTIC MEXICAN FOOD

301 40TH AVE SW MINOT, ND
701-858-0777

WWW.MIMEXICOMINOTND.COM

QUENTIN N. BURDICK JOB CORPS CENTER • MINOT, ND

CAREERS BEGIN HERE

WE OFFER THE **SKILLS** YOU NEED TO **SUCCEED** IN TODAY'S WORKFORCE,
AT **NO COST** TO YOU OR YOUR FAMILY (IF YOU QUALIFY).

GET HANDS-ON TRAINING

» Apply online! JOBCORPSMINOT.COM/GET-STARTED
OR CALL 701-857-9671

YOUTH IN ACTION Special Education eLearning

Your local EFMP Family Support Coordinator and School Liaison have eLearning courses to support your inquiry into special education support and information. Special Ed Connection® (www.specialconnection.com) provides resources and tools that Air Force staff and parents can use to gain a clear understanding of special education requirements and services and how they work. From legal rights to practical application and from student referrals to IEPs, Special Ed Connection® explains special procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services. DirectSTEP® e Courses explain legal requirements and best practices for behavior management, autism, IDEA eligibility, IEPs and more. They also teach parents and educators how to handle



RACQUEL LABADIE, GS-11
SCHOOL LIAISON SPECIALIST
CHILD AND YOUTH EDUCATION SERVICES



critical education issues to obtain positive outcomes while applying education laws to the day-to-day world of teaching and learning. These eCourses are available for use by all Air Force staff, parents, Military/DoD personnel assigned to Air Force installations and K-12 educators serving military children. With each eCourse you will: receive the highest quality training developed by respected special education experts, learn at your own pace for the greatest

possible comprehension and retention, take courses based on individual training needs and interests, engage in learning through quizzes and activities, learn how to make decisions that are educationally and legally sound, and receive a certificate of completion. To receive enrollment and access information contact the EFMP-FS, Ms. Hartman at 701-723-3950 or the School Liaison, Ms. Labadie at 701-723-1447.



MENTOR

BECOME A MENTOR AND JOIN OTHERS IN YOUR
COMMUNITY MAKING A DIFFERENCE IN THE LIFE OF A CHILD.



PLAY BALL



GRAB A BITE



HIT THE GYM



VOLUNTEER

MALE VOLUNTEERS NEEDED

Mentoring relationships are a shared opportunity for learning and growth.
Many mentors say that the rewards they gain are as substantial as those for their mentees.
SIGN UP ONLINE TODAY

WWW.COMPANIONSFORCHILDREN.ORG

TRAIN ADVANCED MANUFACTURING • AUTOMOTIVE & MACHINE REPAIR • CONSTRUCTION • OFFICE ADMINISTRATION • HEALTHCARE • CULINARY • BTC

FACILITIES MAINTENANCE
Average salary: \$37K per year

WELDING
Average salary: \$40K per year

MAINTENANCE & LIGHT REPAIR
Average salary: \$36K per year

QUENTIN N. BURDICK JOB CORPS CENTER PROVIDES ON-THE-JOB TRAINING & HELP YOU
FIND THE CAREER THAT'S RIGHT FOR YOU.



Upcoming Events

11
SEPT

LEEWOK 2021
2:00 PM - 10:00 PM
Minot Oak Park
19th Ave SW, Minot

Leewok Music & Arts Festival is an all ages event boasting all-day live music, food trucks, activities for kids, and a silent auction of artwork donated by regional artists are all included in the \$25 ticket price. Beer & Wine will be served in the evening. Leewok is an outdoor event running from 2:00 PM - 10:00 PM (rain or shine). Kids 12 and under are FREE! Outdoor event from 2:00 PM - 10:00 PM (rain or shine) Online @ Brown Paper Tickets or at the gate What can we bring? Backpacks, bags, strollers + purses, water bottles, snacks, cameras, lawn chairs!



For more information:
Facebook Event / Leewok 2021 / Minot Oak Park

11-12
SEPT

MINOT FLEA MARKET
8:00 AM - 4:00 PM
North Dakota State Fair Center
2005 Burdick Expy E. Minot

The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items while others sell their homemade crafts, products and foods. There is something for everyone at the Minot Flea Market! Antiques, Baked Goods, Canned Goods, Coins, Crafts, Jewelry, Live Edge Wood Slabs, Repurposed Items, Tools, Toys and so much more.

Admission is ONLY \$2.00 (ages 10 and under are FREE)



For more information:
Facebook Event / Minot Flea Market / All Seasons Arena

14
SEPT

GUIDED MEDITATION
6:00 PM
Inner Reflection Holistic Health Center
1015 South Broadway (In Town & Country Shopping Center), Minot

Heidy Dhuyvetter-Gil presents...

I'm certified as a Meditation Mentor and Regression Hypnotherapist through the Edgar Cayce's Association of Research and Enlightenment. I'm also certified as a Reiki Practitioner through Indigo Muse Healings. Guided Meditations: This is a 1-hour session dedicated to relax you and help you reach higher levels of awareness. All you need to do is simply relax and follow my voice through the journey. Please Enter the private entrance on the Backside of the building with our business name on it.



For more information:
Facebook Event / Inner Reflection Holistic Health Center

17
SEPT

MINOT PARKS NERF BATTLE
5:30 PM
Minot Municipal Auditorium
420 3rd Ave SW, Minot

5:30pm: Prairie Grit
6:30pm: Kindergarten - Second Grade
7:30pm: Third Grade - Fifth Grade
8:30pm: Sixth Grade - Eighth Grade
Groups: Prairie Grit (Age 5-18) / K-2nd Grade / 3rd - 5th Grade / 6th - 8th Grade
Pre-Registration only. You cannot register on the day of the event.
Rules:
- All supplies will be provided. No outside nerf guns, darts, accessories, etc.



For more information:
Facebook Event / Minot Parks Nerf Battle

On Base



For more information visit: www.5thforcesupport.com

**NOTHING BEATS
SUNDAY BRUNCH**

SERVING FROM 10AM - 2PM

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



SEPTEMBER EVENTS

- Sept 10 Deadline for Dakota Spirit Wear Order
- Sept 13 PTA Meeting (in Library & virtual options)
- Sept 16 2:00pm 1st Quarter Principal Beverages w/ parents
Please bring your own beverage & lawn chair. In case of inclement weather it will move inside.
- Sept 17 Deadline for Bus Forms emailed to mafbbusforms@gmail.com
- Sept 21 Fall Picture Day

HOMECOMING DRESS UP WEEK SEPTEMBER 13-17

- Sept 13 Marvel (Superhero) Day
- Sept 14 Royalty Dress Up Day
- Sept 15 Under the Sea (Hawaiian) Day
- Sept 16 School Spirit Dakota Wear Day
- Sept 17 Maroon & Gold Day

HELP WANTED PARAPROFESSIONAL SUBSTITUTES!

If you are interested in subbing at Dakota we need your help! Paraprofessional substitutes are needed. Please go to the Minot Public School Website at minot.k12.nd.us, under Job Opportunities click on Paraprofessional Substitutes and fill out the online application. It is that simple!

MPS IS LOOKING FOR MATH AND READING CORPS TUTORS!

Reading and Math Corps are coming to all elementary schools in our district for the 2021-22 school year! Make a lasting impact as a literacy or math tutor. To apply go to www.ndreadingcorps.org. Contact Us: Dana Sell at dana.sell@k12.nd.us

PARENT FOCUS GROUP

If you are interested in being part of a focus group of Dakota parents, please complete the information in the link below. The focus group would involve completing short surveys and providing feedback to administration/school at different times of the year. Link: <https://tinyurl.com/fynwrv9p>

BAND LESSONS

Thursdays 10:15-10:45am

Lessons begin the week of Sept 13.

Please contact Mrs. Schiermeister if your child needs help finding an Instrument (701) 537-3455 (call or text)

Required materials: instrument, Essential Elements Book 1 for your instrument, reeds/valve oil depending on your instrument choice.

All materials are available through Eckroth Music or Prairie Winds in South Minot. Both stores offer a rental program with no strings attached if your child is moving mid-year.

Band sign up: <http://bit.ly/MPSBand>

SCHOOL STORE

Starting Friday, September 17, Sgt James has volunteered to run the school store every Friday. Students will shop during their lunch period. Items range from 25 cents to \$2.00.

MAFB WINTER BUSSING FORMS

Winter bussing runs November 1, 2021 through to March 31, 2022. Deadline for bus forms is September 17. All bus forms are to be emailed to mafbbusforms@gmail.com. Bus forms are found on Dakota Elementary Website under parent information.

WINTER BUSSING NOTABLE DATES:

- Sept 17 Deadline for Bus Forms
- Oct 21 Winter Bussing Virtual Townhall
- October 25-29 Bus Tag Pick Up for Families
- Nov 1 First Day of Winter Bussing
- Apr 1 Last Day of Winter Bussing

DAKOTA SPIRIT WEAR

Show your school spirit every Friday!

To order: Like us on facebook (DakotaElementaryPTA) and follow the active link pinned at the top. Deadline to order is Sept. 10. Link to order: <https://www.customink.com/g/zup0-00cf-ua8w>

STEAM AFTER SCHOOL ENRICHMENT PROGRAM

What we offer:

September: ASL (American Sign Language) Sept 14, 21, 22, 28

October: Improv/Comedy. Oct. 4, 11, 18, 25

November: Robotics. Nov. 2, 9, 16, 23

90 Minutes, 4 sessions after school. Dakota Elementary School Gym

Registration is open now! Registration fee: \$30 per child

www.steamnd.org email: steammenrichmentnd@gmail.com

20% Military Discount

Primo
RESTAURANT

1505 N Broadway, Minot, ND 58703
(701) 838-7746

Grand
HOTEL

Closed Mondays
Tuesday-Saturday
7:00 am - 1:00 pm
Thursday-Saturday
5:00 pm - 9:00 pm
Sunday
7:00 am - 1:00 pm



'BACK-2-SCHOOL' PROGRAM

From the Minot Area Homeless Coalition (MAHC): "We would like to express our heartfelt appreciation to everyone that donated school supplies and backpacks to the 'Back-2-School' program. We were able to assist our area students with over 175 back to school bags fully packed per school supply lists. Without your support, those children would have started the school year without the supplies they need. THANK YOU... - MAHC "

THE MAGICIAN TRADITION



Memorial Middle School

HOME COMING WEEK 2021

SEPTEMBER 13- SEPTEMBER 17

MONDAY- SUPERHERO DAY
TUESDAY- REP YOUR TEAM
(JERSEYS, HATS, ETC.)
WEDNESDAY- UNDER THE SEA/ HAWAIIAN THEME
THURSDAY- MEMORIAL BLUE
FRIDAY- MAROON & GOLD

Show your school spirit!

Let's Plan Your Party!

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

- 2 Hour Party for up to 10 People
- Shoe Rental
- Pop and Ice Cream

\$155+tax
\$12 for each additional person

MEGA PARTY

- 2 Hour Party for up to 10 People
- Shoe Rental
- 2 - 16" Pizzas, Pop and Ice Cream

\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**



Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!
Call for details!

109 South Main St. Minot **701.837.8555**



Blake Krabseth

Comedian / Magician

Great for Parties and Conventions

701-720-1786
magic@blakekrabseth.com

BLAKEKRABSETH.COM



BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:
• 10 AM-12:30 PM
• 1 PM-4 PM
• 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

HighAir Ground

• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT

\$45.00

Includes:
• 4 Jumpers
• Marco's Pizza
• Four 16 oz. Drinks
• Additional Jumpers Only \$10!

www.highairground.com

Family member travel screenings now automated for Airmen, Guardians

TRACI HOWELLS, AIR FORCE'S PERSONNEL CENTER

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) --

Airmen and Guardians selected for a permanent change of station are now able to access automated family member travel screenings.

As of Aug. 30, Department of the Air Force members with dependents selected for an assignment will receive an email and a myVector notification to complete the mandatory screening questionnaire electronically; paper copies of the AF Form 4380, Air Force Special Needs Screener, are no longer accepted.

"We have been making numerous changes to our systems and processes to streamline and simplify the lives of our Airmen, Guardians and families," said Tami Nelson, Headquarters Air Force transformation leader. "The new digitized process is a much cleaner way to clear members for their assignment."

Though all Airmen and Guardians with dependents must complete the travel screening questionnaire prior to PCS, the automated system update is especially beneficial for EFMP

families, Nelson said.

For EFMP families, the automated capabilities will eliminate many, if not all, medical appointments, enable Common Access Card-free system access, and allow family members to complete the paperwork electronically, which will also save data and smooth the process for future PCS moves.

"These changes are part of a bigger process," Nelson said. "Because we have implemented an automated system, we will also be able to take cases through the system electronically, which means better routing and accountability. Members will be able to track their case and find where it is in the process, which means greater transparency."

Nelson said one of the most important features of the automated travel screener is a section that allows families to enter additional pertinent information.

"If you are in need of a specific specialty, have previously been to the base, or have done your research and know there are providers available, the more

information you give us, the faster your case will process," she said.

Prior to travel clearance, members will receive a notification whether care is available.

"When care is not available our assignment navigators will assist you with other options," Nelson said. "There are a lot of great assignments out there and we may be able to move you to one that's a better fit for your family's medical and educational needs."

For more information on family member travel screenings requirements, Airmen should contact their local Military Personnel Flight Career Development Section or Medical Treatment Facility EFMP-Medical office.

EFMP families can find more information by using these resources:

EFMP Central Cell – afpc.dp3x.workflow@us.af

DAF Family Vector website
Total Force Service Center – (800) 525-0102; (210) 565-0102 (option 7)

DAF EFMP Facebook page



**Connect to Protect:
Support is Within Reach**

#BeThere

DEFENSE SUICIDE PREVENTION OFFICE www.DSPO.mil

Military/Veterans **Crisis Line** 1-800-273-8255 PRESS 9

MILITARY **ONE SOURCE** Call 800-342-0647 Click www.MilitaryOneSource.mil Connect 24/7

Community Event Sponsored by **Dakota HOPE Clinic**

SEX-ED

#noMessingAround

An evening with Pam Stenzel

**Sunday Sept. 19th
7 PM**

**North Dakota State
Fair Event Center**

All area youth, 7th grade and older, are invited. Parents welcome.

"Pam loves this generation and believes that they are going to **ROCK THE WORLD.**"

Free will donation accepted.



Brooke Stevens
REALTOR®
Jenny Spivey Team

I've got the keys to your new Barksdale home
brookestevens.remax-louisiana.com

Realtor 0995700873

RE/MAX
Real Estate Services
(318) 344-0386

2323 Old Minden Road Suite 100
Bossier City, LA 71112
Office Phone: (318) 752-2700



MOVE-IN READY UNITS!
STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028
WWW.CREATIVEMINOT.COM



Local Cravings Restaurant Guide

**Applebee's
Grill & Bar**

2302 15th St SW, Minot, ND 58701
Phone: 701.839.2130
www.applebees.com

**Bone's BBQ
Smokehouse & Grill**

1412 2nd Ave SW, Minot, ND 58701
Phone: 701.838.9140
www.bonesbbqminot.com

**Badlands
Restaurant & Bar**

1400 31st Ave SW, Minot, ND 58701
Phone: 701.852.7335
www.blgrill.com

28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701
Phone: 701.838.2828
www.facebook.com/28tastes

Mi Mexico

301 40th Ave SW Minot, ND 58701
Phone: 701.858.0777
www.mimexicomintnd.com

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
Phone: 701.852.4800
www.culvers.com

Prairie Sky Breads

3 1st St. SE, Minot, ND 58701
Phone: 701.858.0612
www.prairieskybreads.com

**Dakota Burger
Company**

315 S. Main St. Suite 200, Minot, ND 58701
Phone: 701.852.8183
www.dakotaburgercompany.com

**The Starving
Rooster**

30 1st St. NE, Minot, ND 58703
Phone: 701.838.3030
www.starvingrooster.com

Primo Restaurant

1505 N Broadway, Minot, ND 58703
Phone: 701.838.7746
www.primominot.com

**Souris River
Brewing**

32 3rd St NE Minot, ND,
Phone: 701.837.1884
www.sourisriverbrewing.com

CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Saturday, Sept 11 Vespers, 5PM</p> <p>Sunday, Sept 12 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH Thursdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> 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</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 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>Minot Baptist Church 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> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:00 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church 1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: Worship 10:00 am Wednesdays: Soup Kitchen 11:30 am</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:</p> <p>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>
<p>First Assembly of God 1805 2nd St. SE 838-1111</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>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Sunday School (All Ages) 9:45 a.m. Contemporary Worship Service 9:50 a.m. Adult Sunday School 11:00 a.m. Contemporary Worship Service 11:05 a.m. Children's Church 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Fridays, Celebrate Recovery 7:00 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God Family Worship Center 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.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>	

To Advertise your Church on this page,

Call 839-0946

Only \$9.00
a space / per week

To Advertise your Church on this page,

Call 839-0946

Only \$9.00
a space / per week


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Thursdays:
 Worship 6:30 p.m.
 Sundays:
 Worship 8:30 a.m. & 10:45 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org



Our Redeemer's Christian School
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

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

Please contact our school office or visit our website for more information.

701.839.0772

Email: jschultz@orcsknights.org
 Website: www.orcsknights.org

ADVERTISE YOUR
Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

VIEW OUR PAPER ONLINE AT
NORTHERNSENTRY.COM

CONTACT US

call
701-839-0946

email
NSADS@SRT.COM

fax
701-839-1867

we've got the church
 you've been looking for
Your life matters to God!



CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

FLEA MARKET

MOVING NEED CASH?

Sell your used/unwanted items at
MINOT FLEA MARKET,
SEPTEMBER 11 & 12, 2021
State Fairgrounds.
Info 701-340-7930.

tfn

UPCOMING EVENT

MINOT COIN CLUB SHOW
SATURDAY, SEPTEMBER 11
10 AM TO 6 PM
SUNDAY, SEPTEMBER 12
10 AM TO 3 PM
SLEEP INN & SUITES-MINOT

Over a dozen coin dealers from
across the region ready to sell,
buy, trade & appraise:
• Coins • Precious Metals
• Currency • Tokens
• Jewelry & more!

Daily Gold Coin Give Away
Free Gifts for Kids
Saturday evening token auction-
September 11, 2021
6 PM to 8 PM @
Sleep Inn & Suites
Over 150 lots of better North
Dakota tokens being sold to the
highest bidder

Sept. 10

RUMMAGE SALE

A Little Bit Of Everything...
With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway

Furniture, Tools, Movies,
Misc. & Interesting Items

Monday - Saturday -
8:30 AM to 6 PM
Sunday - 12 PM to 5 PM

15% Military Discount!
<https://www.facebook.com/4rhomethrift>

GARAGE SALE

3721 E. BURDICK EXPY
HUGE VINTAGE & COLLECTIBLE
SALE! Every Weekend, Weather
Permitting. Many Old Pictures, Old
Books, Pottery, China, Glassware,
Cast Iron, Old Vinyl Records, 8 Track
Tapes, Old Picture Frames, Old Beer
Cans, Signs, DVD Movies, Partial List.
Questions Call 701-626-2712.

tfn

AUTOMOTIVE

90 DAY FREE POWERTRAIN
WARRANTY on most cars. Check
out our inventory at karz4u.com
or call Cliff (Retired MSgt) at 701-
240-9172.

tfn

JOHN'S



AUTOBODY

Pays Up To
\$500

Insurance Deductibles

We Guarantee All
Work & Color Match

4121 S. Broadway
839-8896

TRANSPORTATION

I BUY CARS OR HAUL JUNKERS
AWAY FOR FREE - Call Karz 4-U
at 240-9172.

tfn

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

tfn

NORTHERN AUTO AUCTION

1st & 3rd Saturday
Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.

Auctioneers: Clint Beeter, Lic. #199 &

Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

PROFESSIONALS

LEE CLOUSE INDEPENDENT
BEAUTY CONSULTANT
www.marykay.com/1clouse.
701-839-0475 or 701-721-
0475.

tfn

FOR SALE

FRESH CHICKEN
Farm-raised Butchering Chicken
GRASSFED BEEF
(no antibiotics, no GMOs),
FRESH FARM EGGS

Located just 20 minutes with delivery to the base.
EMAIL: esavelkoul@srt.com.

tfn

REAL ESTATE



HOUSE FOR SALE!

12 miles to MAFB. 5 bedroom, 2 bath. Large open living/dining/kitchen. Pantry space.
Finished lower level and recreation areas. Dual heat/solar.
9'x12' covered porch with attached 24'x24' and 10'x10' decks.
Attached 2 1/2 car heated garage with cabinets.
16'x60' building with electric and 30/50 amp for RV. All appliances negotiable.

CALL 701-833-7246

REAL ESTATE

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

tfn

FOR RENT OR SALE

20 MINUTES TO MINOT AND
THE MINOT AIR FORCE BASE
2 and 3 bedroom mobile homes for
sale or rent from \$695 per month -
includes lot rent and utilities. Located in
Deering, ND. 701-502-0554.

tfn

MAFB OPPORTUNITY

ADULT & TEEN BAGGERS
NEEDED AT THE MINOT AFB
COMMISSARY Baggers Work
for Tips Only • Adult Hours
Tuesday-Friday 7am-4pm
• Later start times available
but must be able to stay until
4pm & Sunday 11am-6pm •
Teen Hours Tuesdays-Friday 4pm-
7pm & Saturday 7am-6pm •
Morning start times rotate & vary.
Please speak to Charlie at the
commissary if interested or leave
contact information with customer
service.

RENTALS

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

tfn

3 BEDROOM APARTMENT
FOR RENT - NO LEASE!
All Utilities Paid- Includes Washer/
Dryer. Furnished. 2 Car Garage.
Close to Arrowhead Shopping Center.
Reasonable Rent... Call for showing:
(701) 833-9943.

tfn

SUDOKU SOLUTION

Puzzle on page C4

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

HELP WANTED/CARRERS

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

tfn

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

tfn

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate
people to provide support for
people with disabilities.
We have schedules to fit your needs.
We offer competitive wages and
excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: **Matt Mackey**
By email or phone at
mmackey@kalixnd.org
701-852-1014

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

tfn

DON'T RISK IT ALL!
IF THERE IS ANY DOUBT CALL
AIRMEN AGAINST DRUNK DRIVING

Free and
Confidential



Saving Lives
and Careers

CONTACT US AT:
(701) 727-2233
(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
09:00 PM - 02:00 AM
HOLIDAY WEEKENDS
08:00 PM - 03:00 AM

Available to **ALL** Minot AFB Military Members and Spouses

- Call AADD
- Notify location and destination
- State the amount of people that need a ride
- Give a description on an easily identifiable article of clothing
- Verify member's military/ dependent status by showing identification

Thanks To SRT for donating the phone services for AADD



CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base. Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 11 Oct-12 Dec. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 701-727-9007 or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

PARK UNIVERSITY MINOT –

Your degree, Your way. Now enrolling for Summer classes starting June 7, 2021. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed 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 from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

ACCOUNTANT

BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP

RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

838-1658

2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

AUTOMOTIVE

QUICK CASH!!

Running & Non-Running Cars & Trucks



Edwardson Sales
839-9512

We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

REAL ESTATE

BUY OR SELL
ONLY WITH THE
BEST!



#SOLD WITH US!

BROKERS12.COM



AUTOMOTIVE

WE BUY-SELL-TRADE-CONSIGN
Pay Top Dollar for Clean Used Cars

KARZ4-U
AUTO SALES

240-9172
1105 16th St. SW • Minot
Cliff Butler/Retired MSgt
www.Karz4-U.com

REAL ESTATE

Danielle Bolinske
REALTOR®
701-833-7180

ELITE
REAL ESTATE
Excellence In Action
1829 S. Broadway
Suite 1, Minot, ND



TRUCK ACCESSORIES

ACCESS
Roll Up Cover

ROLL-UP PICK UP COVERS

• SRT - 2 ELECTRIC • SPOOL ROLL TARP • TRUCK TARPS

Manufactured by AGRI-COVER

DISTRIBUTED BY

NELSON

RIPPLINGER

SALES

NEW & USED COVERS ON HAND

JIM OR BONNIE 838-2515 • CELL 721-1251



ASK ABOUT
MILITARY DISCOUNT

OWNED BY VETS

STORAGE UNITS

NORTHERN PRAIRIE
CONDOS & STORAGE, INC.

Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

Duane W. Block "Dewy"
Owner

Call: 701.720.1093

Today for more Information.

NPCS

8 46th AVE NE
Minot, North Dakota
58703

FLOWER SHOP



Voted Minot's #1 Flower Shop for the last 7 years!

405 Central Ave. E. • 701.852.6224

WHAT'S GOING ON MAFB

FRIDAY 10

- Registration Closes: Freezin's the Reason Scramble at the Rough Rider Golf Course
- HIIT Strength & Conditioning, 0530, Fitness Center
- Last Friday 5K Fun Run, 0730, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Single Airmen Golf Free, 1600-1900, Rough Rider Golf Course
- Rockers First Friday, 1630-1830, Rockers Bar & Grill
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 11

- Freezin's the Reason Scramble, 0900, Rough Rider Golf Course
- Fall Fitness Sampler, 0900-1100, Fitness Center
- Animal Antics, 1300, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 12

- Zumba, 1400, Fitness Center

MONDAY 13

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Craft Club, 1800, Minot AFB Library
- Swerk, 1930, Fitness Center

TUESDAY 14

- Registration Closes: Paintball Tournament Free for Single Airmen at Outdoor Recreation
- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 15

- Registration Closes: Indoor Flag Football at the Youth Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Fighting Game Night, 1800, ESC
- EFMP Craft Series: Create Your Own Sensory Bottle, 1830-1930, A&FRC
- Swerk, 1930, Fitness Center

THURSDAY 16

- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Bowler Appreciation Thursday, 1400-2200, Rough Rider Lanes
- Modern Civilian Resume Workshop, 1400-1600, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Magic The Gathering Pauper Night, 1800, ESC
- Zumba, 1830, Fitness Center

Air Force Birthday Scramble
at the Rough Rider Golf Course

Sept 18th • 9am Shotgun Start
Register by Sept 17th at 5pm

Celebrate the Air Force's 74th Birthday in a 4 person scramble. Cost is \$30 per person, does not include green fees or cart fees.

Payout based on 16 teams:

1st - \$500	2nd - \$400
3rd - \$320	4th - \$240

AFRC 723-3164

U.S. AIR FORCE BIRTHDAY
Est. 1947

Celebrating 74 Years!
Saturday, September 18th
10:30 AM - 1:30 PM
Dakota Inn Dining Facility

Join us at the for a Special Lunch featuring:
Grilled Steak • Fried Shrimp
Herb Baked Chicken • Baked Potato
Baked Macaroni & Cheese • Broccoli & Cauliflower
Roasted Vegetables • Fresh Dinner Rolls
Red, White & Blue Cupcakes

AFRC **FLY**

FRIDAY 17

- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- Registration Closes: Air Force Birthday Scramble at the Rough Rider Golf Course
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Single Airmen Golf Free, 1600-1900, Rough Rider Golf Course
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Single Airmen Free Paintball Tournament, 1700-1900, Paintball Field
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 18

- Air Force Birthday Scramble, 0900, Rough Rider Golf Course
- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Banned & Challenged Books Challenge: Minot AFB Library - Month of September
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care - Call to schedule an appointment.

SEPTEMBER SPECIALS

DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro • Trio Warp

Pastrami, salami, pepperoni, roasted peppers, lettuce, mozzarella cheese, and chipotle mayo in your choice of tortilla! Served with chips and a drink for only \$9.75!

The B-Fifty Brew • Pumpkin Spice Latte

Enjoy the taste of fall with a Pumpkin Spice Latte! Available now in Tall \$4.50, Grande \$5.00, Venti \$5.45. Only while supplies last!

Rockers Bar & Grill • Imposter Burger

A ¼ lb. plant based burger on a bed of lettuce and tomato. Combo it with fries for \$7.50!

QUALITY HEALTHCARE FOR ALL

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

Center for Family Medicine

UND SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfmminot.UND.edu



WE OFFER MILITARY DISCOUNT ON FUEL

SUPERPUMPER REBEL - 2625 N. BROADWAY
SUPERPUMPER NORTH - 2005 N. BROADWAY
TOAD'S SUPERPUMPER - 1105 S. BROADWAY
DAWN TO DUSK SUPERPUMPER - 7141 HWY. 2 EAST

32 CONVENIENT LOCATIONS
GOSUPERPUMPER.COM

Superpumper STATIONS