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Videos



The Syrian Civil War Heading into 2016

SENIOR AIRMAN SEAN D. SMITH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The Islamic State dominates the headlines, but rarely without the words Assad and Syria creeping into the story somehow. As far as American audiences are concerned, tensions in Syria might have peaked two or three years ago -- but the Syrian Civil War is still ongoing, and any discussion of the Islamic State inevitably relates to the continuing struggle

for Syria. The unrest that would ultimately lead to the conflict was a product of the Arab Spring movement, a widespread expression of dissatisfaction with government and leadership in the Arab world that gained prominence in 2011. In Syria, that dissatisfaction was directed at the government of Bashar al-Assad, who has been accused of serious war crimes and human rights violations. However, the

Syrian Civil War is too complex to be quickly or cleanly summarized because of the number of forces involved. Assad and his government are supported by groups like the Houthis, the Popular Front for the Liberation of Palestine, and also nations such as Iran and Russia. At the end of 2015, the Syrian government controlled approximately 30 percent of Syria. Assad's goal is presumably to stay in power. Numerous rebel groups compose the Syrian Opposition, which is tied to the Syrian National Coalition, and the goal for these groups is a regime change. The Syrian National Coalition is recognized and supported by the United States, and other nations who oppose Assad.

Another contributor to the Syrian Opposition is al-Qaeda. Rebels hold approximately 20 percent of Syria. The third major player in Syria is the Islamic State, which is sporadically at odds with both the Syrian Opposition and the Syrian government in its efforts to consolidate its control and establish its caliphate. IS controls approximately 40 percent of Syria. The rest of the country is under the control of the Kurds. Because of the presence of IS in Syria, there's one more influence in the region -- the Combined Joint Task Force, Operation Inherent Resolve, which is the United States-led coalition whose goal is to resist the Islamic State. The task force is

headquartered in Kuwait, and dozens of nations are contributors. The sheer variety of forces involved has made for a uniquely layered situation in a conflict that began as a civil war, but has escalated to a sort of proxy war, and even a kind of world war, given the number of countries involved. The convoluted tangle of allegiances and agendas has made for some interesting dynamics, particularly between the United States and Russia, who are cooperating against IS, but divided over Assad's regime. Peace talks have been underway since Oct., 2015 to bring about a diplomatic end to the fight, but the Syrian Civil War is still ongoing, as are the humanitarian crises it has created.

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The Islamic State Today

SENIOR AIRMAN SEAN D. SMITH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The Islamic State controls a lot of real estate in Iraq and Syria -- enough to become the focus of the global conversation on extremism, and it's also the target of a substantial air campaign. IS is one of the most visible antagonists of today, and U.S. policy on IS is becoming a controversial and impactful fulcrum in American politics. Here's a little background on IS, and where it all stands as of Jan. 2016.

This organization is referred to by several names, including IS, ISIS and ISIL, which stands for Islamic State of Iraq and the Levant. The group that would go on to become IS formed in 1999 in Jordan, but became active in Iraq, where it later pledged allegiance to al-Qaeda after President George W. Bush's U.S.-led coalition invasion in 2003.

IS grew in influence during the following period of insurgency, ultimately breaking away from al-

Qaeda before declaring itself a worldwide caliphate and gaining global notoriety through several graphic videos of beheadings in 2014.

IS has its theological doctrine rooted in an extremely radical, far-right doctrine of Sunni Islam characterized by the strict enforcement of Sharia Law. The purpose of the Islamic State's aggressive behavior is presumably to spread and enforce its interpretation of Islam. By declaring a worldwide caliphate, IS has declared total authority over every Muslim in the world, though the declaration has no practical effect.

Muslim leaders across the globe have loudly denounced IS and its actions. There are approximately 1.6 billion Muslims in the world, which is slightly less than one quarter of Earth's population. With fewer than 50,000 fighters, IS represents a numerically negligible segment of the Muslim community, but the group has still succeeded in putting quite a bit of Iraq and Syria in a stranglehold. IS also

controls territory in other countries, including Nigeria and Libya.

Criminal acts and human rights violations have led to IS being labeled a terrorist organization. The global caliphate, along with all IS claims of legitimacy, have been overwhelmingly rejected. IS and its influence have been linked to several high-profile terrorist attacks in other parts of the world, which only strengthen worldwide determination to resist extremism.

While the governments of Syria and Iraq are the primary source of resistance to IS, a coalition has been established which includes the United States and numerous NATO countries, along with other allies to assist in the fight against IS, which has come to be recognized as a serious destabilizing agent in the Middle East. Thanks to geography and geopolitics, the fight against IS is inextricably tied to the delicate diplomatic situation regarding Bashar al-Assad, president of Syria, further complicating matters.

The coalition resistance to IS is so far characterized by an extensive air campaign, with contributions from the air forces of more than a dozen nations. Other coalition efforts include providing support to the enemies of IS in the region, and many more countries are providing humanitarian aid to people still in IS-controlled territory, and the broader IS crisis has displaced millions of people, leading to an urgent refugee crisis in Europe.

It's not clear what will become of the people fleeing IS, and likewise, the effectiveness of the coalition air campaign remains the subject of debate. The situation with President Assad remains potentially volatile, and at least for the moment, IS isn't going anywhere.

Desert Storm 25th Anniversary: Part 2 – Operation Desert Shield

SENIOR AIRMAN SEAN D. SMITH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Once Iraq invaded Kuwait in 1990, Saddam Hussein's behavior toward his neighbors, particularly Saudi Arabia, grew more aggressive. The world's primary concern, on top of the invasion's effect on an already unstable region, was

that Iraqi armed forces were now uncomfortably close to Saudi Arabian oil fields which held considerable strategic significance. Iraq's relationship with Saudi Arabia was already on the rocks, thanks to a debt of more than 25 billion dollars that Saddam had no intention of paying.

Saddam was seen as

being one short step away from controlling the single largest reserve of oil in the world, and his rhetoric at the time made a lot of people nervous.

King Fahd of Saudi Arabia called on U.S. President George H. Bush for assistance, and Bush readily agreed. The decision for America to get involved can also be seen as a reflection of the Carter Doctrine, a policy put in place by former President Jimmy Carter. Carter's National Security Advisor's statement in the document was this:

"...An attempt by any outside force to gain control of the Persian Gulf will be regarded as an assault on the vital interests of the United States of America, and such an assault will be repelled by any means necessary, including military force."

Bush announced Operation Desert Shield, which began Aug. 7, 1990. Desert Shield was a reinforcement of Saudi defenses, and a show of force intended to discourage Saddam from doing anything reckless. A coalition was formed to demonstrate the global opposition to Saddam's aggression, and support the defense of Saudi Arabia.

There was reluctance on the part of many of the coalition members, as many nations believed the issues

between Iraq and Saudi Arabia were a problem for the immediate region, and many more nations were dubious about helping increase American influence in the Middle East.

But Saddam was enormously unpopular, and the threat he posed to Saudi Arabia's oil was a threat to the global economy. Ultimately, the largest coalition since World War II was formed, including forces from 34 countries, while even more countries contributed money to the effort.

American Army General Norman Schwarzkopf, Jr. became the commander of the coalition forces in the gulf, and naval groups, air forces, and ground forces were delivered by fast sealift ships.

Bush initially characterized the mission in the Persian Gulf as "wholly defensive," but it didn't stay defensive for long.

Next time: Operation Desert Storm

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FACEBOOK

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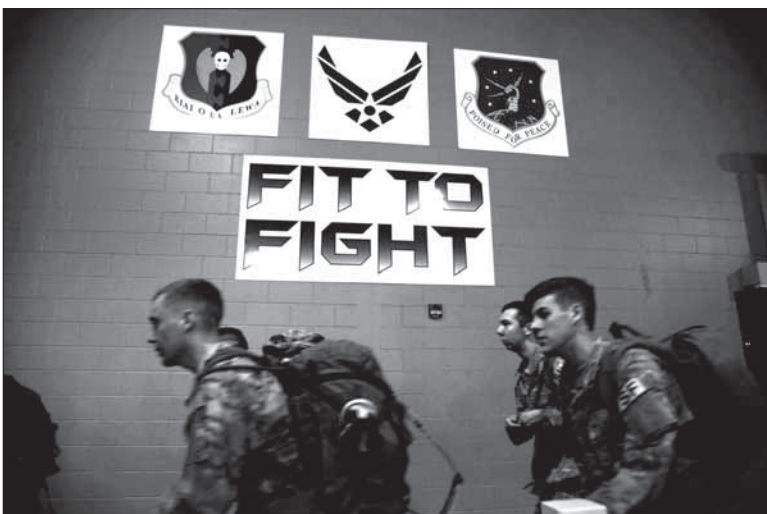
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PREPARATION FOR A MEMORIAL RUCK MARCH

Members of the 91st Missile Security Forces Group prepared for the Bataan Memorial Death March Ruck, which will take place at White Sands Missile Range, N.M. Participants have been preparing for the ruck since October and will depart for White Sands in March.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN







Fire Department Presentation

MINOT AIR FORCE BASE, N.D. -- C.J. Craven, former Minot city fire chief, was presented a going-away gift from the 5th Civil Engineer Squadron at Minot Air Force Base, N.D., Jan. 5, 2016. Team Minot also welcomed Kelli Flermoen, Minot city's new fire chief. According to Chief Master Sgt. Eidenschink, 5th Civil Engineer Squadron fire chief, in order to effectively operate in today's environment, fire chiefs must be able to rely on established partnerships to ensure we have the necessary manpower and equipment when needed to safely mitigate emergencies.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS J.T. ARMSTRONG

Prepping aircraft for paint jobs, in-depth inspections

STAFF SGT. TIMOTHY MOORE | 86TH AIRLIFT WING PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (AFNS) -- "Clean before applying paint" is a direction many people may disregard during a home improvement project, but it's something that's well-heeded by specialists of the 86th Maintenance

Squadron. Proper washing and painting can be crucial in maintaining the aircraft assigned to Ramstein Air Base. "(It) is for corrosion prevention," said Tech. Sgt. Andrew Kohn, a

dock coordinator with the squadron's isochronal (ISO) inspection section. "You want to get all the grime and grit that gathered while it's out. "We don't always land on international runways," Kohn added. "We land on dirt runways with rocks, so you're going to get nicks and things wrong with your plane."

For this reason, Kohn said they wash and paint aircraft in conjunction with the regularly scheduled ISO inspections.

An ISO inspection is a scheduled, extensive examination of an aircraft to maintain its



Airmen with the 86th Maintenance Squadron wash a wing of a C-130J Super Hercules before a C-2 isochronal inspection Jan. 4, 2016, at Ramstein Air Base, Germany. The examination marks the 14th and final C-2 ISO inspection for the 86th Airlift Wing until 2020. A C-2 ISO inspection lasts approximately two weeks and is an extensive examination of an aircraft to maintain its functionality and perform preventive maintenance.

functionality and perform preventive maintenance. The inspections can vary in time and complexity, with inspections categorized as either A, B, C-1 or C-2 checks.

"The C-2 check, which is the most in-depth, is what we're coming up on right now," Kohn said. "Anything and everything that you have on this aircraft is going to be touched by us."

This C-2 check marks the end of a 14-aircraft ISO inspection period for Ramstein AB. After this C-2 inspection, the base will not be due for another one until 2020.

"For the 86th Airlift Wing, that means more reliability on the aircraft side," Kohn said.

The inspections involve Airmen from multiple shops in the 86th MXS, but each aspect of the process holds value to the getting the aircraft back into operations.

"I had never heard about

having to wash an aircraft, and then I got here (and) I was told I was going to wash," said Airman 1st Class Ryan Kuiper, an 86th MXS aerospace maintenance apprentice. "It's an experience I'll never forget, that's for sure."

The Airmen have one day to get the entire aircraft washed. Kuiper said the wash day can be long and physically taxing.

"It's cool to see the plane go from dirty to clean," he said.

Though the painting is mostly touch-up spot painting, it is still an important method to prevent corrosion and extend the life of the aircraft.

Once the aircraft is washed and painted, it then officially goes into inspection, which is broken up into a "look" and a "fix" phase.

"They are very in-depth inspections," Kuiper said.



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- Fellowship in Child and Adolescent Psychiatry, University of Texas Southwestern, Dallas, where she served as chief fellow her final year.
- 2012 recipient of the Arnold P. Gold Foundation Humanism and Excellence in Teaching Award
- Member, American Psychiatric Association and American Osteopathic Association



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Physical Activity: Do it your way, but do it!

NORTH DAKOTA STATE UNIVERSITY

How can we build enough physical activity into our busy lives, and maintain it on a regular basis in order to reap the maximum health benefits? The following tips can help ramp up your physical activity program:

Set Yourself Up for Success!

- Choose types of physical activity which you enjoy doing, to increase the likelihood of sticking with them. Hate the gym but love to dance? Join a dance class, or turn on a CD at home to your favorite music and get moving. Love the great outdoors? Try snow shoeing or a daily brisk walk with the dog or the rest of the family.

- Choose a gym or fitness center within a strategic location of your work or home, so that it easily fits into your daily schedule.

- At home, place the exercise bike or treadmill in a convenient place where you are likely to use it. Use a TV, iPod, or book to help combat equipment boredom!

- Keep a spare pair of sneakers in your car, or under your desk at work, so that there is no excuse to not take that a walk during the day.

Small Changes Can Add Up to Big Benefits:

Can't spare a full hour to take a fitness class? The good news is that physical activity can be broken up into small units of at least 10 minutes at a time and still count towards the total. If time is an issue, consider the 'mini-workout' approach:

- Set the alarm to wake up 15 minutes earlier and do some stretching, yoga, or a short exercise video.

- Set aside 15 minutes of your lunchtime for a walk.

- Finish up with a short walk after dinner or small intervals of physical activity during the commercials to your favorite TV show. At the end of your day, you've logged in the equivalent of a longer workout, but hardly missed the time!

Build More 'Physical' into Your Daily Activities:

Physical activity is not limited to only those activities conducted in gyms and formal settings. Strive to increase activities which burn more calories as a part of normal daily living:

- Take the stairs instead of the elevator/escalator;
- Aim for a parking space farthest away from your destination, or even better, leave the

car behind and consider running some errands on foot;

- Multi-task by taking your cell phone 'on a walk' at lunchtime, and catch up on your calls and steps!

- Wash the car by hand, and do your own snow shoveling. You'll save money too!

Stay Motivated:

- Set reasonable and achievable goals. Keep an exercise journal to track your daily progress.

- Wear a pedometer to measure daily steps taken, and challenge yourself to increase them every day.

- Tell family and friends about your fitness goals so they can encourage you. Exercising with a 'buddy' is also a great way to be accountable.

With a bit of planning and perseverance, physical activity can soon become a healthy habit that you actually enjoy. Remember to start slowly and increase gradually and always check with your physician before beginning any physical activity program.

Source: Alexandra Greci, MS, RD, LDN, CDE, Family and Community Health Sciences Educator, Hunterdon County, Rutgers University.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

“

It's continued to increase over the last few years and if it continues, we're looking at possibly 45 percent females this year.”

— N.D. Game and Fish Department Hunter Education Coordinator John Mazur discussing girls and women's increased participation in Hunter Education classes.

Except for predators, hunting is over for the season. However, it shouldn't necessarily take backstage until September.

Be sure to check hunter education requirements if you're looking at an out-of-state hunt because they vary. If you're the parent or guardian of a child interested in hunting this fall you'll want to make certain they get a class before the season opens.

If you fit in those categories, it's not outlandish to put hunter education on your radar screen sooner rather than later.

Except for North Dakota's larger cities, most communities have only one or two classes each year.

Volunteer instructors are core to the success of the state's hunter education program, explained N.D. Game and Fish Department Hunter Education Coordinator John Mazur. With 650 to 700 volunteers across the state, they typically teach in teams and determine where and when classes are conducted in their community.

However, odds aren't in favor of many wannabe hunters lacking hunter education certification to attend a class if they wait until late summer or fall. Most classes are held in March or April, Mazur described, with others anywhere from January into June.

Students register online at the Game and Fish Department's website, (gf.nd.gov). Click "Education" on the home page, and then click "Hunter Education" for the full skinny on classes already scheduled throughout the state, requirements, regulations, and other information.

People can sign up for email or text alerts when a course has been scheduled in your area, Mazur added.

North Dakota's course participation has held steady with about 5,000

participants annually over the past decade, Mazur said. One thing changing is the number of female's participants. Over the last five years, females typically made up about 40 percent of classes across the state.

Some women take the class – and men – because their child is enrolled. Other women take it because firearms are in the home and they want to better familiarize themselves with them.

Most women take it because they want to hunt.

Also, most young people take the course with the idea of hunting in the future. About 80 percent of people attaining hunter education certification hunt at some point, Mazur said.

Certification is also required for students participating in two increasingly popular programs in North Dakota – 4-H Shooting Sports and high school trapshooting teams.

While 650 to 750 volunteer instructors is an amazing number of dedicated people, Mazur said a need always exists for additional instructors.

People interested in teaching hunter education can contact the Game and Fish Department, fill out an application, will undergo a background check, take a written test, mentor under a certified instructor, attend "Hunter Education Academy", and then they can teach.

Instructors are required to teach a hunter education course and attend either a workshop or the state's hunter education conference every 2 years to retain certification.

Admittedly, it may seem like a major commitment but "in reality, it's only about 30 hours of one's time in any given year," Mazur said.

The benefits for one's teaching commitment might be like an old MasterCard commercial – "priceless."

10 MOST BEAUTIFUL CITIES IN THE USA



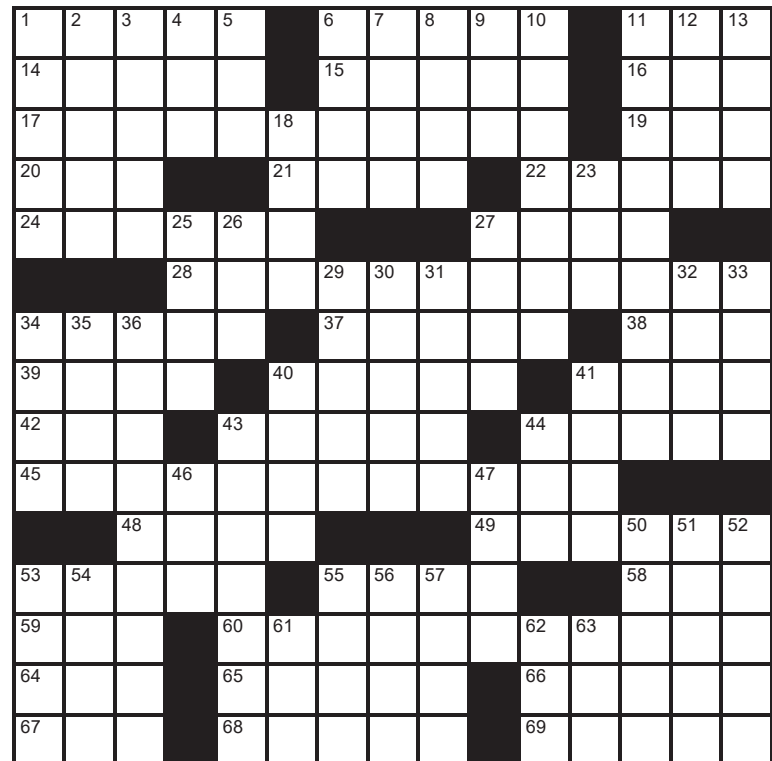
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CROSSWORD PUZZLE

Spoonerisms



Across

- 1 Printing flourish
- 6 Haven
- 11 Links org.
- 14 Babies' wombs
- 15 Little nothing
- 16 Battering device
- 17 Rattle a minaret?
- 19 CBS symbol
- 20 ___ polloi
- 21 Mil. officers
- 22 "Ghosts" dramatist
- 24 Tel Aviv's land
- 27 Burden
- 28 Red faced magpie?
- 34 Ty and Lee J.
- 37 Seating sections
- 38 Lyrical lines
- 39 Kind of skirt
- 40 Singer Abdul
- 41 Inept
- 42 Hosp. area
- 43 "Beats me!"
- 44 French apple
- 45 Gnawing on portals?
- 48 Not straight
- 49 English writer Edward Bulwer-
—
- 53 Gandhi's father
- 55 Uris's "___ 18"
- 58 Cry's partner
- 59 Memorable time
- 60 Malicious starring role?
- 64 Painter's medium
- 65 Sticks
- 66 Had a longing
- 67 Born in France
- 68 A black key
- 69 Steamed
- 25 Swedish singers
- 26 Golfer Ernie
- 27 High rating
- 29 Loose talk?
- 30 Keep after
- 31 White house?
- 32 NBA star Lamar
- 33 No longer are
- 34 Smart
- 35 "That hurts!"
- 36 Large sea mammal
- 40 Pint-sized
- 41 Put up
- 43 Reveal
- 44 Meddle
- 46 Combat
- 47 "Frozen" snowman
- 50 Material object
- 51 External
- 52 Disadvantaged
- 53 Kind of sign
- 54 HOMES body
- 55 Handle roughly
- 56 Suggestion
- 57 Found's partner
- 61 Santa's helper
- 62 Health resort
- 63 Wrestling win

Down

- 1 Kind of bar
- 2 Community spirit
- 3 Show again
- 4 Bug
- 5 Giant syllable
- 6 Chemist Hahn
- 7 M.P.'s quarry
- 8 Stitches
- 9 Eur. land
- 10 Mattress parts
- 11 Briefing spot
- 12 Marvin of Motown
- 13 "I'll second that"
- 18 Legal rights org.
- 23 Tampa Bay NFLer



Dueling Dads

Ferrell & Wahlberg star in high-spirited co-parenting comedy

NEIL POND | PARADE MAGAZINE

"What do families need more—fathers or a dad?"

That's the question posed at the beginning of *Daddy's Home* by Brad (Will Ferrell), who wants more than anything else to be a dad—because he can't become a father, at least biologically. Since an unfortunate snafu in a dental office years ago rendered him sterile, stepdad Brad is working hard to become part of the household—and the world—of Sarah (Linda Cardellini) and her two young children.

It's not easy. And it certainly gets harder when the kids' real father, Dusty (Mark Wahlberg), shows up—and sets up the "good, old-fashioned dad-off" hijinks of this high-spirited holiday comedy.

Motorcycle-riding Dusty is scuffed boots, big belt buckles, bulging biceps and AC/DC's "Thunderstruck." Minivan-driving Brad is button-down blue Oxfords, neckties and the smooth jazz of the middle-of-the-road radio station at which he's a mild-mannered middle exec.

Her ex is "crazy and wild: like Jesse James and Mick Jagger had a baby," offers Sarah.

Ever-optimistic Brad is unfazed—at first. "He sounds like a rascal," he says. "But I don't think he's anything I can't handle."

That's before Dusty takes over Brad's home-improvement projects, his home and even his job, triggering all sorts of comedic shenanigans—dueling bedtime stories, a gonzo backyard tree-house, a visit from "Santa" in April, a fertility-clinic fiasco and a wild motorcycle ride that turns Brad into a wall-piercing projectile.

Ferrell and Wahlberg, who worked together previously in the shoot-'em-up cop comedy *The Other Guys* (2010), are two very funny guys. It's nice to see them both back in a PG-13 setting, especially after Wahlberg's raunchy excursions with his furry, foul-mouthed teddy-bear friend in *Ted* and *Ted 2*, and Ferrell's crude 2015 prison-comedy flop with Kevin Hart, *Get Hard*.

And it's good to see them in something this funny. Much credit goes to director Sean (Horrible Bosses 2) Anders and his tight, bright screenplay collaboration with Brian

Burns and John Morris, which keeps the laughs coming and works many gags for "overtime" payoff later. Anders also knows how to guide his supporting players—Thomas Hayden Church, Bobby Cannavale and Hannibal Burress—into comedic grooves with just the right harmonic undertones. Keep your eyes peeled as well for L.A. Lakers hoops superstar Kobe Bryant, actor-comedian Paul Scheer, and a cameo at the very end that puts the ideal capper on all that's come before.

But there's a soft, sweet spot in *Daddy's Home*, too, about parents and kids and the realities of divorce—about how it takes teamwork to make a family, how parenting is hard work and no two dads are the same.

Brad tries to see beneath Dusty's tough exterior. "I think, in here," he says, pointing to his heart, "there's a creamy center." *Daddy's Home* has one, as well, and it gives this rollicking co-parenting comedy a burst of sweet, flavorful feel-good that could make it a new seasonal repeat long after its theatrical run is done.

SUDOKU

Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

L	A	I	C		S	I	T	E		W	I	S	P						
A	L	S	O		C	O	B	R	A		E	C	H	O					
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Baked Ham and Cheese Rollups



INGREDIENTS:

- 1 tube crescent dough sheet
- 3/4 lb. Black Forest Ham, thinly sliced
- 12 slices swiss cheese, thinly sliced
- 1/2 cup butter, melted
- 1 Tbsp. poppyseeds
- 1 & 1/2 Tbsp. yellow mustard
- 1 Tbsp. dried minced onion
- 1/2 tsp. Worcestershire sauce

INSTRUCTIONS:

Preheat oven to 350°F and grease a 9x13 inch baking dish with cooking spray. Roll out your crescent dough and press into an approximately 13x18 inch rectangle. Top with ham and cheese. Starting on the long side, roll the dough up tightly. Pinch the ends together and place with the seam facing down. Cut into 12 pieces. Place your rollups in your baking dish, evenly spaced. Meanwhile, in a small bowl, combine the butter, poppyseeds, mustard, onion, and Worcestershire sauce. Pour the sauce evenly over the rollups. Bake, uncovered, for 25 minutes until lightly browned.

Mini Cherry Heart Pies

INGREDIENTS:

- 1 box Refrigerated Pie Crust
- 11 oz Cherry Pie Filling
- 1 Egg
- 1 tbsp Milk
- White Sparkling Sugar
- Heart Shaped Cookie Cutter

INSTRUCTIONS:

Preheat oven to 350. Using a 3 to 4" heart shaped cookie cutter, you should get 8-10 pies from 1 box of crusts. Cut as many shapes as you can get rerolling scraps as needed. Line a baking sheet with parchment paper. Mix together egg and milk to make an egg wash. Place half of the hearts on prepared pan(s). Use egg wash to wet the edges of the hearts. Place a small amount of the pie filling in the center of each. Make a small x cut in the center of the remaining half of the hearts. Place an x heart on top of each filled heart and press and crimp edges. Brush sealed pie with egg wash and dust with sparkling sugar. Bake for 14-16 minutes until crust is browned. Allow to cool

Community Women To Be Recognized

2016 Women of Distinction Awards Open for Nominations

YWCA

The 25th Annual YWCA Women of Distinction Banquet is taking place on March 31st, 2016. This is an inspirational event that recognizes area women who humbly inspire others in their communities through various ways.

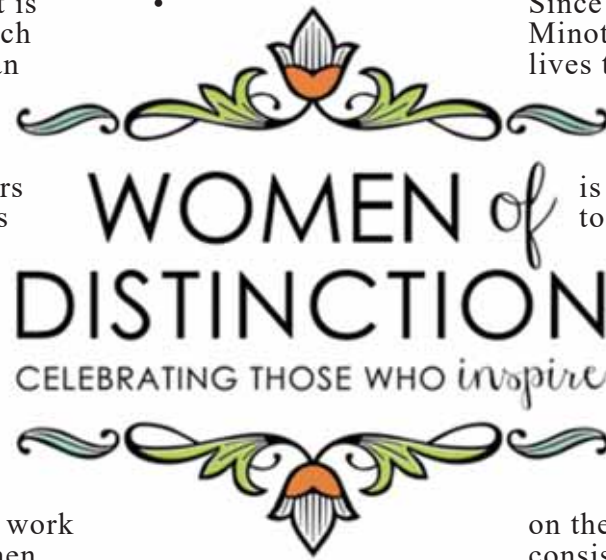
Women can be nominated individually in ten categories. A business/organization will also be recognized for their work in empowering women. Nominations can be made in these specific categories:

- Arts & Communications
- Business
- Community Service
- Education

- Faith Community
- Lifetime Achievement (Yvonne Romine Schultz):
- Military

recognized at the Women of Distinction Banquet on March 31st, 2016, at the Grand Hotel in Minot, ND. Since 1915, the YWCA of Minot has been changing lives through empowering

women and eliminating racism. The public is warmly invited to attend and help celebrate 101 years of success! Proceeds from this event help provide homeless women and their children a safe, secure place to lay their heads for 60 days to get on their feet. The night consists of inspirational speakers, award winner's recognition, a diamond jewelry drawing, and an elegant dinner. Tickets are available now at ywcaminot.org or by calling the YWCA Minot at (701) 838-1812.



Professional

- Volunteer Service
 - Young Woman of Today & Tomorrow
 - Business/Organization that Empowers Women
- Winners will be

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holiday
VENDOR EVENT
January 30th
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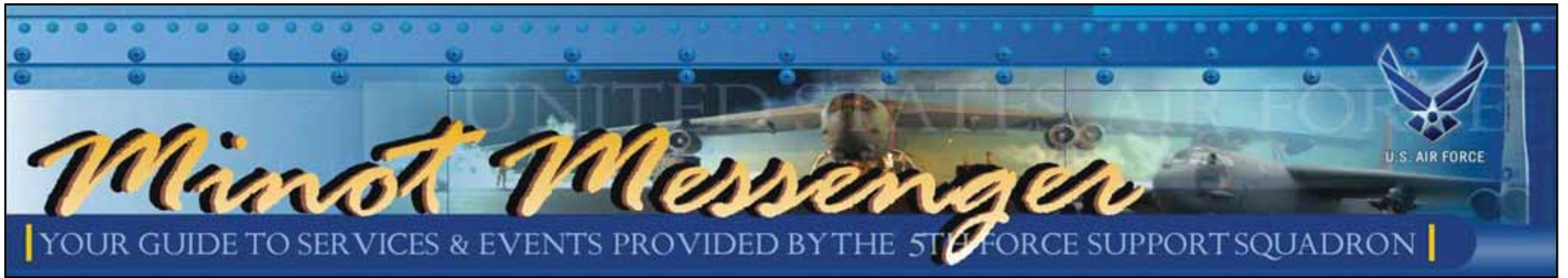
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Get more information at JADEPRESENTS.COM





Rough Rider Lanes Offering "Air Force Bowling 2.0" Program

How easy is it to bowl better?

Can you count to four?
BOWL BETTER IN 4 WEEKS

New classes now forming!
\$49 PER PERSON

AIR FORCE BOWLING 2.0
Bowl Better in 4 Weeks
727-4715

FEBRUARY - APRIL EVERY WEDNESDAY 6PM - 7:30PM
1ST SET OF 4 WEEK CLASSES STARTS FEB 3RD - FEB 24

This is a 4 week program that takes you from the very basics up to proper posture, alignment and how to make those pesky spares. If you are interested in this exciting program please come into the Bowling Center. Classes are held every Wednesday starting February 3rd except March 30. Participants enrolled in the AFB 2.0 have the opportunity to purchase an AFB 2.0 Equipment Package which includes; bowling ball, (includes fitting, drilling, thumb slug & finger inserts), bowling bag, & towel for \$70.

NO FEDERAL ENDORSEMENT INTENDED

Brought to you by Air Force Services Activity MyAirForceLife.com

bringing more players to the game and keeping them playing for a lifetime. It is designed to attract new bowlers to the game, as well as infrequent and former bowlers.

AFB 2.0 program provides participants with a solid foundation about the game of bowling including etiquette, terminology, proper behavior, and fundamentals of bowling. For only \$49 per student, participants receive a 4 week lesson plan of group instruction which includes lineage and shoe rental. Participants enrolled in the AFB 2.0 have the opportunity to purchase an AFB 2.0 Equipment Package which includes; bowling ball (includes fitting, drilling, thumb slug and finger inserts), bowling bag, and towel for \$70.

"This is a wonderful opportunity to learn how to bowl, develop good skills and meet new people," said Mike Guthrie, Rough Rider Lanes manager. AFB 2.0 provides a relaxed learning atmosphere without the intimidation factor with emphasis on having fun. We look forward to offering this exciting program to members of our community and encourage those who sign up to bring a friend or family member."

For more information about "Air Force Bowling 2.0" interested parties can call Rough Rider Lanes at 727-4715.

Rough Rider Lanes is now offering "Air Force Bowling 2.0" (AFB 2.0), a new player program, which makes learning the game simpler, fun and affordable. This player development initiative, operated by Air Force Services Activity will focus on

Over \$1,500 In Prize Giveaways During Super Bowl Party

The NFL Playoffs are down to the final 4 teams all vying for a chance to compete in Super Bowl 50. Rockers Bar & Grill invites you to catch all the action on Sunday, February 7th during their Super Bowl Party. Doors will open at 4:30 p.m. with kick-off at 5:30 p.m.

The Super Bowl Party features a tailgating buffet from 4:30-6:30 p.m. (while it lasts). The buffet will feature plenty of delicious items including chili dogs, subs, meatballs, BBQ weenies, chips, veggie tray, and more. Admission for the Super Bowl Party is \$5 for club members and \$7 for non-members.

Rockers is offering a wing special (in house or carry-out) featuring a bucket of 50 wings for \$45 or a bucket of 100 wings for \$90. Beer and drink specials will also be available.

Besides great food and football action, you'll have an opportunity to register for a chance to win awesome door prizes. Adults (18 years and older) can register at the event for a chance to win a La-Z Boy Biscuit Back Leather Recliner valued at \$800, two children's camo recliners,

SUPER BOWL 50
SUNDAY FEB 7 5:30PM

\$1500 IN PRIZES
La-Z Boy Biscuit Back Leather Recliner
2 - Children's Camo Recliners
Aussie Electric Cart
Barbecue Grill
And much more!

ONLY 200 SEATS AVAILABLE!

BUFFET SERVED 4:30-6:30PM WHILE IT LASTS - CHILI DOGS - SUBS - MEATBALLS - BBQ WEENIES - CHIPS - VEGGIE TRAY
WING SPECIAL IN HOUSE OR CARRYOUT - BUCKET OF 50 WINGS \$45 - BUCKET OF 100 WINGS \$90
WATCH THE GAME ON 2-100" SCREEN PROJECTORS, 1 - 80", 2-65" & 9-55" TELEVISIONS!
PRIZE DRAWING TO BE HELD AT THE END OF HALF TIME

MEMBERS \$5
NON-MEMBERS \$7

DOORS OPEN 4:30PM
KICKOFF 5:30PM

727-ROCK

a Aussie Electric Cart barbecue grill, plus many other great items. Winners must be present to win.

The Super Bowl Party at Rockers Bar & Grill and local prize giveaways are sponsored by I. Keating Furniture and Verendrye Electric Cooperative. *No Federal Endorsement of Sponsors Intended.*

For additional details, call Rockers Bar & Grill at 727-ROCK.

Celebrate Mardi Gras At Rockers & Jimmy Doolittle Center



Mardi Gras Celebration At JDC

The Jimmy Doolittle Center invites you to their Mardi Gras celebration on Friday, February 5th from 5-7 p.m. Come join the fun and enjoy traditional Cajun cuisine bar food in the Ground Zero Lounge. Relieve your winter doldrums and

celebrate Mardi Gras. Cost is free for club members and \$7 for non-members; adults only. For more details, call the Doolittle Center at 723-3731.

Mardi Gras Minot Style At Rockers

Celebrate Mardi Gras Minot style at Rockers Bar & Grill on Friday, February 5th from 4:30-8:30 p.m. Everyone is invited to enjoy great music, food, and fun; adults only. You can enjoy a delicious Cajun buffet in the lounge from 4:30-7 p.m. along with Mardi Gras music. Cost is free for Air Force Club members and \$7 for non-members. For additional information, call Rockers Bar & Grill at 727-ROCK.

Reserve Your Spot By January 25th For Ice Fishing Trip

ICE FISHING TRIP
JANUARY 30

Register by January 25, Noon
Depart ODR: 9am
Return: 5pm

Come have a fun day of ice fishing with Outdoor Recreation at Lake Darling. We will depart Outdoor Recreation at 9 a.m. and return by 5 p.m. Must have valid fishing license. All fishing gear will be provided. Children 17 and under must be accompanied by an adult.

Cost: \$20 per person

723-3648 SINGLE AIRMAN

Test your angling skills during the Ice Fishing Trip to Lake Darling hosted by Outdoor Recreation on Saturday, January 30th. The trip will depart Outdoor Recreation at 9 a.m. and return by 5 p.m. Anyone 16 years of age or older must have a valid North Dakota fishing license; all gear will be provided. A maximum of 12 people can attend.

Cost is \$20 per person. Children 17 years of age and under must be accompanied by an adult. Registration deadline is by noon on January 25th.

For additional information or to make your reservations for the Ice Fishing Trip, contact Outdoor Recreation at 723-3648.

Enjoy Family Fiesta Bingo Night At The Doolittle Center

FAMILY FIESTA BINGO NIGHT
723-3731

ENJOY A TACO BAR & PLAY BINGO!

BINGO GAMES WILL BE ON THE 1/2 HOUR

COST
CLUB MEMBERS \$3
NON-MEMBERS \$7

FRIDAY • JANUARY 22 • 5-7PM

Enjoy a taco bar and play bingo during the Family Fiesta Bingo Night at the Jimmy Doolittle Center on Friday, January 22nd from 5-7 p.m. Bingo games will be on the half hour. Cost is \$3 for club members and \$7 for non-members. For more information, contact the Jimmy Doolittle Center at 723-3731.

CLUB MEMBER DRAWING ON FRIDAY, JANUARY 22ND WILL BE FOR \$200.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The weekly club member drawing is held every Friday and announced at both Rockers Bar & Grill and the Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Feb 1 Family Child Care Pre-Orientation
 Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on February 1st from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For details, call the FCC office at 723-6662.

Family Fun Night
 Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Enjoy a delicious meal while the kids burn off some energy in the Lil' Riders indoor playland. For more information, call Rough Riders Pizza at 727-4377.

Feb 4 Harry Potter Night
 Harry Potter fans are invited to celebrate the Harry Potter series at the library on Thursday, February 4th at 6 p.m. Enjoy trivia, games, and activities during this FREE event. For additional information, call the library at 723-3344.

Feb 12 Youth Center Sweetheart Dance
 The Youth Center invites youth ages 9-18 years old to attend their Sweetheart Dance on Friday, February 12th from 7:30-10 p.m. Dress in your best! Door prizes and a photo booth will be available. Cost is \$10 for Youth Center members and \$20 for non-members. Registration deadline is February 11th. For more details, call 723-2838.

Feb 13 Valentine Prom
 Come to a mini-prom at the Base Library during their Valentine Prom event on Saturday, February 13th at 1 p.m. Children of all ages can enjoy stories, a photo booth (with props), crafts, and more. Dressing up is encouraged but not required. For additional information, call 723-3344.

Jan 29 Doo It Your Way Burger Night
 The Jimmy Doolittle Center invites you to their Doo It Your Way Burger Night on Friday, January 29th from 5-7 p.m. Choose from ground beef, ground turkey, portobello mushrooms, and all the toppings. Select the type and amount of meat, cheese, and seasonings you want. Cost is 50 cents per ounce of meat/cheese; portobello mushrooms are \$4.50. There will be a buffet which includes salad, waffle fries, brownies, and all the burger toppings. Buffet cost is FREE for club members and \$7 for non-members. For more details, call 723-3731.

Feb 1 FREE Lunch For Club Members
 Club membership pays and club members are sure to enjoy Members Monday on February 1st. Club members will receive a free lunch the first Monday of each month (not to exceed \$9.50). Simply stop by the Jimmy Doolittle Center, Rockers Bar & Grill, Rough Riders, or Kelley's Place and show your club card to receive your complimentary lunch. Offer valid for lunch only. Lunch hours vary by location. One lunch per card.

Feb 3 Brown Bag Book Talks
 The base library invites you to Brown Bag Book Talks on Wednesday, February 3rd at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to others doing so. Bring a brown bag lunch if desired. For additional information, call the base library at 723-3344.

Auto Hobby Hosting Ladies Night On February 22nd

Auto Hobby is hosting a Ladies Night on Monday, February 22nd from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle. The class is taught by a certified mechanic. There will be a brake diagnosis and repair section. The class includes a variety of common vehicle maintenance tips and information. A question and answer session is held at the conclusion of the class. Cost for Ladies Night is \$5 per person and includes complimentary mini sandwiches with chips. A door prize will be given away at 6:30 p.m. Registration deadline is February 19th. To register, call Auto Hobby at 723-2127.



723-3344

STAR WARS

Celebration

23 Jan @ 1pm

Star Wars fans aged 13-25 are invited to the library's Star Wars Party. The party will feature trivia, activities, a snack, and more!

May the Force be with You!

MINOT AIR FORCE BASE LIBRARY FORCE SUPPORT SQUADRON

YOUNG AIRMEN EVENTS & PROGRAMS

Jan 22 Freaky FREE Friday
 Strike up some fun during Freaky Free Friday at Rough Rider Lanes on January 22nd from 5-9 p.m. When you purchase 2 games of bowling and shoe rental you'll receive an additional one game of bowling FREE. Gather your friends and family for an enjoyable night of affordable fun. For more information, call Rough Rider Lanes at 727-4715.

Jan 22 Friday Night Karaoke
 Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on January 22nd from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For more information, call Rockers Bar & Grill at 727-ROCK.

Jan 27 Single Airmen Slice Night
 Single Airmen (E-4 and below) are invited to join Rough Riders on Wednesday nights from 5-9 p.m. for Single Airmen Slice Night. Single Airmen can purchase any available slice of pizza for just \$1 per slice; limit 4 slices of pizza per person. Offer is available to all single Airmen (E-4 and below); must show military ID to receive discount. For more information, contact Rough Riders at 727-4377.

Jan 28 Single Airmen Wingman Night
 Calling all single Airmen! Rockers Bar & Grill is hosting Single Airmen Wingman Night every Thursday from 5-7 p.m. Stop by and enjoy some tasty wings and a cool beverage. Single Airmen can choose a basket of wings spun in their choice of sauce with one dipping sauce for only \$5; price includes drink. Plus Rockers is offering domestic drafts for \$2. For details, call 727-ROCK.

Jan 30 Hip Hop All Nighter
 Dance, party, and hang out with your friends during the Hip Hop All Nighter at the Rockers Bar & Grill on Saturday, January 30th. The dancing starts at midnight and continues until 4 a.m. The event is free for Air Force Club members and \$7 for non-members. Don't miss out on all the fun! For additional information, please contact Rockers Bar & Grill at 727-ROCK.

For 5th Force Support Job Opportunities, visit www.nafjobs.org or contact NAF Human Resources at **723-2812**

AUTO HOBBY SPECIAL
Now Through January 31
Purchase the oil and filter from Auto Hobby and receive the stall free for 1 hour. Call 723-2127 for details.



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NW Art Center lecture traces history of chinese ceramics

NW ART CENTER MINOT STATE UNIVERSITY

Minot State University ceramics professor Linda Olson will trace the development of Chinese ceramics in a presentation for the Northwest Art Center Lecture Series Monday, January 25, 2016 at 7:00 p.m. in the Aleshire Theater, MSU.

Her talk, "The Chinese Ceramic Continuum," will follow Chinese ceramic developments from Neolithic slip-decorated ware through the refined porcelains of the Ming Dynasty, with a look at Emperor Qin Shi Huang's Terracotta Army, and an exploration of societal developments that influenced the ceramic continuum.

"China's ceramic roots are strong and deep," Olson writes in a summary of her lecture. "Chinese artisans developed and mastered techniques and artistry that set the standard of excellence in ceramics throughout the world."

Olson plans to lead a ceramics-themed study tour of students and community members to China in the summer of 2016, to visit ancient kiln sites, museums, and important cultural sites including the Porcelain

Road and Terracotta Army.

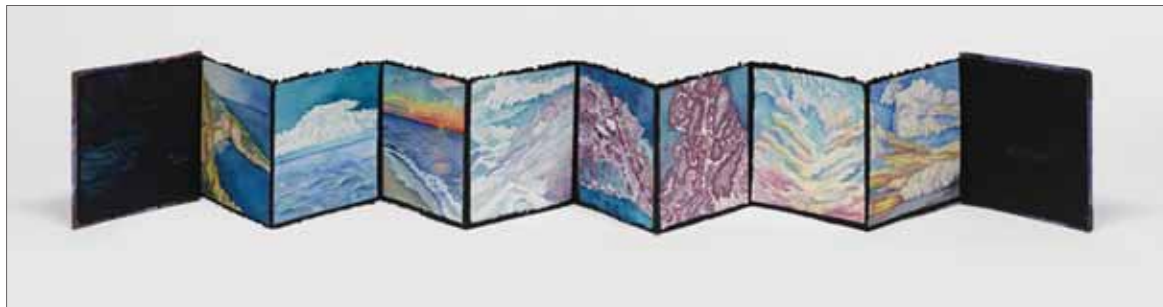
Olson currently teaches ceramics at Minot State University, where she has taught since 1990. She is director of the North Dakota Art Gallery Association.

Olson was raised in McHenry County, North Dakota, and holds degrees in art from Minot State University, the University of Montana and University of North Dakota. Olson is well known for her rock art documentation, and several of her illustrations have been included in publications.

The lecture is free and open to the public. An informal reception will follow the program. Parking in campus lots is unrestricted after 4:30 p.m.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

The Terracotta Army of Emperor Qin Shi Huang is one of the remarkable achievements of Chinese ceramics that will be discussed by MSU Professor of Ceramics Linda Olson at a public lecture January 26.



Northwest Art Center galleries display works "On and Of" Paper

NW ART CENTER MINOT STATE UNIVERSITY

The galleries of the Northwest Art Center at Minot State University open the new semester with contemporary works of art "on or of" paper.

"Americas 2016: Paperworks," a national juried exhibition, is on display in the Hartnett Hall Gallery through February 19. In the Gordon B. Olson Library Gallery, a one-man show by Oklahoma printmaker Mark Sisson opens January 25, and will be on view through March 1.

The Paperworks show is an annual competition sponsored by the Northwest Art Center that draws entrants from across the United States, according to Northwest Art Center director Avis Veikley. Artists submit images for review by a juror who chooses the pieces for the exhibit. This year's show is composed of 39 works selected by juror Karen Kunc, Professor of Art at the University of Nebraska-Lincoln.

Printmaking, drawing, painting, photography, and sculpture are among the media displayed. The rules of the competition specify that paper must be an important element

of the work, and that the work must have been created within the last two years.

"An interesting twist in this exhibit is the inclusion of five 'artist books'," said Veikley. "Artist books are a contemporary format that is part sculpture, part 2-D imagery, and part mechanical ingenuity. It may or may not include words or traditional book-binding methods. The only limit is the artist's imagination."

In the library gallery, works by Mark Sisson, Professor of Art at Oklahoma State University, are showcased in a solo exhibit in recognition of his Best of Show award in last year's Paperworks competition.

Sisson describes his art as "hopelessly antiquated traditional portraiture." Why, Sisson asks, would anyone in the digital age draw, paint, or otherwise laboriously create portraits "when portraits of every kind are ubiquitous, thoughtlessly derivative, disposable and made by any pea brain with a cellphone?"

Sisson's answer is that he finds it "perversely satisfying" to work in the time-consuming and often unforgiving printmaking processes of relief, intaglio and

lithography, which in their heyday were seen as "disruptive to the comfortable standard."

Sisson's prints and drawings have been in approximately 300 juried and invitational national and international exhibitions where they have received over 50 awards. His works are in more than 60 public and numerous private collections including the Bibliothèque Nationale in Paris, France, the Fogg Museum of Harvard University, the Nelson Atkins Museum in Kansas City, MO and the Butler Museum of American Art in Youngstown, OH.

These Northwest Art Center exhibits are supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

The Hartnett Hall Gallery is open from 8 a.m. to 4:30 p.m. Monday through Friday. The library gallery is open during regular library hours.

Beth Shadur, artist book, "Release"; Victoria Tasch, "City Book: Tokyo"; and Mark Sisson, "B.P./Cannibusiness," on display in the Northwest Art Center galleries at Minot State University.

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Staff Sergeant
Lisa KOCOVSKY
 91st Missile Security Forces Sq. MILWAUKEE, WI
 Rough Rider of the Week


What did you do before you joined the Air Force?

Achieved my Bachelor's degree in criminal justice and a police officer.

Hobbies or Interests

Running, reading and traveling to as many places as possible.

Most life changing experience

A tie between performing at Carnegie Hall my senior year, and being stationed in Italy for 4 years.

Where do you see yourself in 10 years

Having a family and experiencing other career fields in the Air Force

If you could have one special talent, what would it be

To be able to fly, teleport or have a photographic memory.



Favorite quote

"If women ran the world we wouldn't have wars, just intense negotiations every 28 days."
 -Robin Williams

Desert Storm 25th Anniversary: Part 3 – Operation Desert Storm

SENIOR AIRMAN SEAN D. SMITH
 MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Though some controversy surrounds the American justification for direct military intervention, the U.S. coalition in support of Saudi Arabia made its opening moves on Jan. 17, 1991. In the earliest moments of Desert Storm, the focus was on airstrikes, largely under the command of Air Force General Chuck Horner. Sorties were flown from Saudi Arabia and from aircraft carriers in the Persian Gulf.

The goal was to reduce Iraq's military capabilities to soften it for a ground attack. The air campaign prioritized the Iraqi Air Force, and more than 80,000 tons of bombs were used destroying Iraq's infrastructure.

The air component of the operation had three phases. First, Iraq's Air Force and anti-aircraft weapons were targeted, then key targets were destroyed to inhibit communications, disrupting the Iraqi military response. Finally, coalition air forces searched out and destroyed strategically meaningful weapons, such as R-series ballistic missiles, a powerful Soviet weapon system best-known as "Scud," which Saddam Hussein used to great effect.

Ground attack aircraft such as the A-10 Warthog and F-117 Nighthawk played a large role during the air campaign, and Iraqi defenses were relatively ineffective. Coalition losses were small, but Saddam threatened to launch missile attacks if Iraq was invaded -- and now it was being invaded.

Saddam made good on his promise. The war lasted about seven weeks,

and Iraq launched ballistic missiles at targets in Saudi Arabia and Israel the whole time, hoping to force Israel to join the fight, reasoning that many coalition members would walk away rather than work alongside Israel. The plan might have worked, but the United States pressured Israel to back down.

Though the Israelis had agreed not to attack, they were still getting hit with missiles, and it had become the coalition's responsibility, or that of the United States, to make the missile attacks stop. Otherwise Israel would retaliate, and the coalition would fall apart.

To protect Israel, the United States provided Patriot missiles and artillery defenses. Though at the time the Patriot missile was widely-praised, it was not actually effective, and succeeded in intercepting only a small number of attacks. To compensate, coalition forces dedicated considerable aircraft to searching out and destroying Scud missiles. One Scud attack hit an American Army barracks in Saudi Arabia, killing 28 soldiers.

Solid strategy and general military superiority made the ground campaign relatively easy. Coalition air forces had already eliminated much of Iraq's resistance, and coalition forces used GPS technology, then relatively new, to outmaneuver enemy forces.

The Kuwaiti military liberated Kuwait City, and after several days of fighting, Iraqi forces were in retreat, heading back for the Iraqi border.

Next time: Operation Desert Saber

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 -Upon check-in guest will receive \$20.00 in fun bucks (\$5.00 denominations) to be used during their stay.
 -Earn Goldpoints for your stay
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check out **spry & relish** magazines in the northern sentry

Laura Larson, M.S., LPCC
 is now seeing clients for mental health needs at Northland Community Health Center in Minot.

Over 20 Years Experience

Services Include:
 Individual & Family therapy to children, adolescents, & adults

Please call for more information or to schedule an appointment. 852-4600. Northland Community Health Center is located in the Arrowhead Mall in Minot.

Northland Community Health Center
 "Our Family Caring For Your Family"

TODAY

- Last day to register for the Terry Peak/Deadwood Ski Trip at Outdoor Rec by Noon
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- VA Benefits Briefing, 0830-1400, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Freaky FREE Fridays, 1700-2100, Rough Rider Lanes
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Family Fiesta Bingo Night, 1700-1900, Jimmy Doolittle Center
- Karate, 1800, Fitness Center-Racquetball Court
- Keystone Club Meeting, 1830-1930, Youth Center
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Karaoke, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Yoga, 1000, Fitness Center
- Chess Club, 1100, Base Library
- Star Wars Celebration for Young Adults, (ages 13-25), 1300, Base Library
- Give Parents a Break, 1300-1700, CDC/School Age Program
- Base Skate, 1800, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Rough Rider Lanes

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- Last Day to register for the Ice Fishing Trip on January 30th at Outdoor Rec by Noon
- Youth Center Tumbling Classes, Every Monday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- H2O Fitness, 0930, Indoor Pool
- Stroller Fitness, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- Newbery Book Club, 1530, Base Library
- Karate, 1800, Fitness Center-Racquetball Court
- Barre Fitness, 1800, Fitness Center
- Urban Boot Camp, 1900, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Home School Families Gym Time, 1230-1400, Youth Center
- Torch Club Meeting, 1600-1700, Youth Center
- Yoga, 1615, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- TurboKick, 1730, Fitness Center
- Hard Core Strength, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Right Start, 0730-1200, A&FRC, Held at Jimmy Doolittle Center
- TAP GPS Workshop, 0800-1600, A&FRC
- H2O Fitness, 0930, Indoor Pool
- Stroller Fitness, 0930, Youth Center
- Story Time, 1030, Base Library
- Fit to Fight Cycle, 1100, Fitness Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle/Strength, 1630, Fitness Center
- Buck with A Bang, Every Wed, 1700, Rough Rider Lanes
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center
- Karate, Every Wed, 1800, Fitness Center-Aerobics Room
- Yoga, 1830, Fitness Center

THURSDAY

- TAP GPS Workshop, 0800-1600, A&FRC
- HIIT & Core, 1100, Fitness Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Teen Book Club, 1630, Base Library
- Single Airmen Wingman Night, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center
- Body Blast, 1830, Fitness Center
- NFL Bowling League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

UPCOMING EVENTS - JAN. 29

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Home School Families Gym Time, 1230-1400, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- "Doo it Your Way" Gourmet Burger Night, 1700-1900, Jimmy Doolittle Center
- Freaky FREE Fridays, 1700-2100, Rough Rider Lanes
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Karate, 1800, Fitness Center-Racquetball Court
- Keystone Club Meeting, 1830-1930, Youth Center
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPCOMING EVENTS - JAN. 30

- Ice Fishing Trip, 0830, Outdoor Rec
- Yoga, 1000, Fitness Center
- Base Skate, 1800, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Rough Rider Lanes
- Hip Hop All Nighter, Midnight-0400, Rockers Bar & Grill

ONGOING EVENTS

- 28 Day Fitness Challenge, January 1st-28th, Sign Up at McAdoo front desk and receive a 28 day calendar of fitness challenges. First 30 participants to complete the challenges get a t-shirt.
- Overdrive Audio Books, Available for check out, Base Library
- Legos at the Library, The Library has Lego Kits available to check-out or to play with at the library.
- 3D Printing at the Library, Print objects using the Base Library's 3D Printer. Call 723-3344 to set up an appointment to learn how to use the printer and create your item. Only \$0.05/gram of filament used.
- Qualified Personal Trainers, by appointment, Fitness Center
- Rough Riders Monthly Pizza Special. January Special -Try our Baked Chicken Parmesan pizza! A red sauce seasoned with basil and garlic with buttered chicken and extra Parmesan to make this feel like a pizza you won't forget. Small: \$11 Med: \$15 Large: \$17 -- Members receive \$2 off any pizza!
- Auto Hobby Monthly Specials. Jan 19th -31st -- Purchase the oil & filter from Auto Hobby and get the stall free for 1 hour

PRENATAL YOGA

The Youth Center is offering Prenatal Yoga on Wednesdays at 10:15 a.m. Improve your pregnancy and birth experience through prenatal specific yoga. This multifaceted approach encourages flexibility, strength, balance, stamina, focused breathing, relaxation techniques, positive mental centering, and more. This style of class is great for any level of yoga practice, new to advanced. With your doctor's approval, you will gain many health benefits for you and your baby. The 45 minute session, held once a week, will be a guided journey which will allow you to learn skills to use at home during your pregnancy, during labor/birth, and post-partum. This is an ongoing class and can be joined at any point during normal and healthy pregnancy. Cost is \$40 per month. For more information, call the Youth Center at 723-2838.

YOGA FOR LITTLE ONES

The Youth Center is hosting Yoga For Little

Ones (parent/child format) on Wednesdays at 11:30 a.m. beginning May 1st This fun and active class, for preschoolers ages 2-5 with parent participation, teaches your little one basic child friendly yoga poses and class structure. It allows your child to build balance, coordination, concentration, and positive thinking skills through the art of yoga. Parents and children will be guided through poses together.

EXPECTANT AND BREASTFEEDING MOTHERS

La Leche League of Minot will not be meeting for the month of December-we hope you have a nice holiday with your family. We meet the 3rd Friday of each month at 10AM at North Plains Chapel in the basement. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

PARK UNIVERSITY SPRING 2016 REGISTRATION IS NOW OPEN!!

Park University's Spring 1 2016 term (11 January 2016 - 6 March 2016) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by our office at the Education Center-156 Missile Ave Minot AFB or email us at mino@park.edu. If you have any questions you can call us (727-0469), stop by and see us or send us an email. Stop in and see us!!!!

YOUTH EMPLOYMENT SKILLS

High school students that are an active duty Air Force dependent can earn money for college through participation in the Youth Employment Skills (YES) program. You must be a Youth Center member age 13 to 18 and completed the 8th grade. Applications are available at the Youth Center. Call the David C. Jones Youth Center at 723-2838 for more information.

MINOT OFFICER SPOUSES CLUB

Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting social and philanthropic needs of all members by encouraging growth, friendship and a sense of community. OSC board positions now open! Please visit our website to join or for more information at www.minotosc.org Like us on Facebook at Minot OSC. Many little clubs to include Bunko, Socialite, Bowling, and much more at www.minotosc.org/little-clubs.html

MINOT ENLISTED SPOUSES CLUB

Come and join the MESC! You can meet a lot of fun ladies. Join us for a much of different socials plus playing BUNCO!!! We also have mini clubs for everyone to enjoy. We are open to all enlisted spouses of all military branches. you can also check out our Facebook page at Minot Enlisted Spouses Club or/and our website at http://www.mesc.org/

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Spring 2016 online term (15 Feb-17 Apr). To sign up for classes, please stop by the office, located inside the Base Education Center or email your request to minot@erau.edu. If you have any questions, please call 701-727-9007.

AIR FORCE SGTS ASSOCIATION, CHAPTER 959, GENERAL MEMBERSHIP MEETING

GENERAL MEMBERSHIP MEETING takes place on the Second Tuesday of each month at ROCKERS at noon (1200hrs). The Air Force Sergeants Association (AFSA) is a federally chartered non-profit organization representing the professional and personal interests of active duty, retired, and veteran Total Air Force and their families. Please join us as we discuss Base and Community events and current legislation. Officers, enlisted, civilian, dependent, Active Duty, Veterans, and Retired--All are welcome! Like us on Facebook at www.Facebook.com/MinotAFSA. We post any meeting changes, important news, events, and volunteer opportunities on our page. If you have questions, please contact us via email at AFSACH959@gmail.com.

MAIN STREET BOOKS STORYTIME –

An interactive storytime with songs, rhymes, puppets and books. Every Wednesday and Thursday morning at 10:00 a.m. for birth – 4yrs and 11:00 a.m. for 4 yrs+. All ages welcome. Each storytime 30 minutes long. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreet-booksminot.com

MAIN STREET BOOKS 1ST SATURDAYS STORYTIME –

A weekend storytime for families. Once a month on the 1st Saturday of the month there will be a specially themed storytime at Main Street Books that will be interactive with songs, rhymes, puppets and books. The 10:00 a.m. storytime is 30 minutes long and is geared for birth – 4 yrs, but all ages are welcome. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreetbooksminot.com

VERENDRYE ELECTRIC SEEKING STUDENTS TO APPLY FOR TRIP TO D.C.

Verendrye Electric Cooperative is seeking sophomores or juniors in high school to apply for a chance to win an all-expenses-paid trip to Washington, D.C. Entrants must have parents or guardians served by Verendrye Electric and write a 1-2 page essay. Full details of the contest, including the essay question, are available at www.verendrye.com or by calling 852-0406. The deadline is Jan. 29. The annual Youth Tour contest provides one student an all-expenses-paid trip to Washington, D.C. from June 11-17 with other students from North Dakota and from around the country. The trip provides students a hands-on learning experience which includes meetings with members of North Dakota's Congressional Delegation, a tour of the White House and visits to historic sites. Some of the sites include the WWII and Vietnam War memorials, Library of Congress and Holocaust museum. Youth Tour winners also become eligible to enter to win a college scholarships of \$10,000 from the National Rural Electric Cooperative Association. Cooperatives nationwide have offered Youth Tour since the 1950s to give students an opportunity to learn about their capital and meet their elected officials.

CROSSFIT DEMO 1/23/2016 2:00 PM

Outside Scheels Hunting and Fishing. Start burning through New Year's resolutions and test drive personalized training for FREE. Scheels and ASK Fitness are partnering to bring the powerful results of CrossFit to you! CrossFit is strength and conditioning training that builds well-rounded fitness; PLUS it's completely scalable to the individual-no matter what level of fitness you're at! Get a FREE workout, sample supplements, and cash in on event-only fitness deals. Bring your workout clothes or pick up a new set to start the year! Date: Saturday, January 23rd, 2015 Time: 2:00pm-4:00pm Location: Outside Scheels Hunting and Fishing Cost: FREE Registration: None required.

MINOT SYMPHONY CONCERT 1/30/2016 7:30 PM

MSU-Ann Nicole Nelson Hall. Come out and enjoy the 90th season of the Minot Symphony Orchestra! This community orchestra is a combination of community members as well as MSU students and faculty! Tickets can be ordered through our website or by calling 858-4228. Advanced tickets are encouraged, as last season we had a number of SOLD OUT performances!

KMOT AG EXPO 1/27/2016 9:00 AM

North Dakota State Fairgrounds. We invite everyone to come out to the 2016 KMOT Ag Expo. Parking and admission are free, and there is a heated shuttle bus to bring you from the parking lot to the front door. Once you arrive at the KMOT Ag Expo, make sure to stop by the KMOT/Bremer Information Booth. They will have our Official Program with exhibitor maps and listing, as well as seminar room schedule. So come out and enjoy the 45th Annual KMOT Ag Expo. There is something for everyone, including seminars. The KMOT Ag Expo is the largest indoor agricultural show in the upper Midwest. You can expect to see the latest in agricultural technology and equipment, along with several other exhibits that cover all areas of agriculture in Western North Dakota.

SELF-DISCOVERY WORKSHOP FOR HIGH SCHOOL SENIORS 12/26/2015 9:00 AM - 12/27/2015 3:00 PM

Hampton Inn and Suites Minot Airport, 1400 N Broadway, Minot, ND. For young women and women ages 17+ Duration: 2 days; Saturday 9-5 and Sunday 10-3 with a one-hour lunch break each day along with scheduled 10-minute breaks Location: Meeting room, Hampton Inn and Suites Minot Airport, 1400 N Broadway, Minot, ND Please note: this version of the workshop is designed specifically for young women who are currently seniors in high school. The "Who Am I?" Workshop supports women's self-discovery and the importance of each one's place in family, community, and culture by examining "What Does it Mean to be Me?" and societal messages about identity. Women share values, influences, dreams and roles within the context of family and culture leading to sharing of self-expressions, acceptance and affirmations in a supportive community. This workshop takes you on a journey of self-discovery and self-acceptance that ends with you defining your purpose, establishing your goals, and preparing to take action towards a better future. Cost: \$50 per person Snacks and beverages will be provided throughout the day.

LITTLE PENGUIN GETS THE HICCUPS! - STORYTIME 12/29/2015 10:00 AM

Barnes & Noble Dakota Square Mall. Join us for Storytime with activities to follow!

2016 NEW YEAR CELEBRATION 12/31/2015 8:00 PM - 1/01/2016 1:00 AM

The Holiday Inn Riverside Coliseum is hosting a Great Gatsby Themed New Year's Eve Celebration from 8 PM - 1 AM! Tickets are \$20 and special overnight packages are available as well. Party VIP style with a reserved table and bring in 2016 with DJ Chad C and MC Stupes with special guests DJ Synthsonic and 701 Inked. For more details call 701-852-5518!

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. BEMIDJI 1/02/2016 4:00 PM

MSU Dome. The mens and womens basketball teams will host a double header at the Dome as they take on Bemidji State.

MOTHER-DAUGHTER WEEKEND WORKSHOP 1/02/2016 9:00 AM - 1/03/2016 3:00 PM

Hampton Inn and Suites Minot Airport, 1400 N Broadway, Minot, ND. Duration: 2 days; Saturday 9-5 and Sunday 10-3 with a one-hour lunch break each day along with scheduled 10-minute breaks Location: Meeting room, Hampton Inn and Suites Minot Airport, 1400 N Broadway, Minot, ND The Mother-Daughter Workshop is a structured support group for mother and their daughters, ages 11-18. The purpose of this workshop is to promote a healthy and sustaining bond between mothers and daughters during the transitional years from girlhood to young womanhood. The changing nature of the mother-daughter relationship during adolescence is one of the most widely recognized and commonly shared challenges in our society. During these sessions the participants have whole group activities as well as small group components in which the mothers and daughters meet separately to address role-specific challenges, needs, and strategies. The whole group comes together again for sharing of stories or messages, commitments, and acknowledgements. We will focus on female-responsive skills and activities that encourage de-

velopment of: Empathy and Understanding Healthy Communication Skills Stress Reduction Skills Clear and Reasonable Limit Setting, Expectations and Boundaries Accountability and Ownership Practices Relationship Success Strategies and Affirmations We will also explore meanings and messages about being female. Through listening, practice of new skills, the sharing of strengths, and the benefits of sisterhood celebrated during the workshop, mothers and daughters can enjoy this time of transition and find their place in the community of women whose collective wisdom contributes to the well being of girls, women, and families across the globe. Cost: \$100 per mother/daughter duo Snacks and beverages will be provided throughout the day.

SELF-DISCOVERY WORKSHOP FOR WOMEN AGES 18 TO 30 1/09/2016 9:00 AM - 1/10/2016 3:00 PM

Hampton Inn and Suites Minot Airport, 1400 N Broadway, Minot, ND. For young women and women ages 17+ Duration: 2 days; Saturday 9-5 and Sunday 10-3 with a one-hour lunch break each day along with scheduled 10-minute breaks Location: Meeting room, Hampton Inn and Suites Minot Airport, 1400 N Broadway, Minot, ND Please note: This version of the workshop is designed specifically for women between age 18 and 30. The "Who Am I?" Workshop supports women's self-discovery and the importance of each one's place in family, community, and culture by examining "What Does it Mean to be Me?" and societal messages about identity. Women share values, influences, dreams and roles within the context of family and culture leading to sharing of self-expressions, acceptance and affirmations in a supportive community. This workshop takes you on a journey of self-discovery and self-acceptance that ends with you defining your purpose, establishing your goals, and preparing to take action towards a better future. Cost: \$50 per person Snacks and beverages will be provided throughout the day.

MINOT STATE MEN'S & WOMEN'S BASKETBALL VS. UPPER IOWA 1/15/2016 6:00 PM - 12/15/2015 10:00 PM

MSU Dome. Come out and Support your Minot State Beaver Basketball teams as they take on Upper Iowa. It is also Military Appreciation Night so we encourage those in the service and their families to attend. #GOBEAVERS

MINOT SYMPHONY CONCERT 1/30/2016 7:30 PM

MSU-Ann Nicole Nelson Hall. Come out and enjoy the 90th season of the Minot Symphony Orchestra! This community orchestra is a combination of community members as well as MSU students and faculty! Tickets can be ordered through our website or by calling 858-4228. Advanced tickets are encouraged, as last season we had a number of SOLD OUT performances!

MINOT FLEA MARKET 2/06/2016 8:00 AM - 2/07/2016 3:00 PM

United States. We have antique furniture, beautiful carved wood figures large and small, oddities of all sorts, comic books, toys, board games, books, stencils, tools, purses, jewelry, cleaning products, as well as baked goods, honey, jam and jellies, and much more. We're open Saturday 8 am-4 pm and Sunday 10 am-3 pm and located at the North Dakota State Fair Center. Admission is ONLY \$1. Children 10 and under are FREE!



CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 9:30 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at 435 21st St. NW 833-1798</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening..... 6 p.m. Wed. Prayer/Bible Study 7 p.m. Wed. Children's Awana Club .. 6:45 p.m.</p> <p>Pastor Tim Bagwell heritagebaptistminot.com</p>	<p>GLENBURN FIRST BAPTIST CHURCH</p>  <p>402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church</p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE</p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church</p>  <p>5900 Highway 83 N, Minot</p> <p>www.faithumcminot.com</p> <p>Rev. Debra Ball-Kilbourne</p> <p>Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p>Wednesday: Bible Classes 7 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p>First Presbyterian Church 430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m.</p> <p>www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>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>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 8:30am Sunday School & Fellowship ... 9:45am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:00 -6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Education 6:00 pm</p>  <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p>  <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School..... 9:30 am Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church</p>  <p>524 21st Ave. NW • Minot, ND 58703 701-839-7283</p> <p>Meet 'n' Greet..... 10:00 a.m. Worship..... 10:30 a.m.</p> <p>Pastor Dan Andrus, 701-578-5060 sparrow@minot.com minotnorthhillbaptistchurch.com <i>"We're Not There Yet...Come Grow With Us!"</i></p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p>  <p>700 16th Ave SE</p> <p>Sundays Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>701-838-0750 For more information visit us on the web at www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH</p>  <p>Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship .. 9:00 and 11:15 am Sunday Education 10:00 am Wednesday Education 6:30 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p> 	<p>BELIEVERS BIBLE CHURCH of MINOT</p> <p>I John 5:13 www.bbcbminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist</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: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>"A Family Worship Center"</i></p>  <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC</p>  <p><i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>First Baptist Church</p>  <p>220-3rd St. S.W. • 852-4533 www.firstbaptist-minot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service... 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service... 11:05 a.m. Wed. Awana (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Pastor Tim Houck, Interim Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church</p>  <p>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>Dakota Baptist Church</p>  <p>Teaching the Word, One Verse At a Time! KJB 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p>Trinity Church</p>  <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitycurchminot.org</p>	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled). 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.immanuelbaptistminot.org</p>	<p>ZION Lutheran ELCA</p>  <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	

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

Answers to puzzle from page 10

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MLS #152169



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MLS #151696



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SPACIOUS- 4 bedroom, 3 bath home in NW area. Oak kitchen cabinets, breakfast bar and dining area with doors to sun room. New hard surface flooring. Walkout basement with family room and gas fireplace. Double garage.

MLS #152678



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IN GLENBURN – Enjoy small town living in this affordable 2 bedroom home. Nicely treed 75x60 lot. Single garage. Fix up to live in or as a rental investment.

MLS #152394



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COZY CONDO – Nicely remodeled with open ceiling to the loft that has 2 bedrooms and 1 bath. Nice kitchen with dining area and doors to patio. Central location close to park and shopping.

MLS #152248



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CONVENIENT LIVING – 2011 mobile home with 3 bedrooms and 2 baths. Master bedroom has a private bath. Eat-in kitchen. Washer/dryer, deck and shed.

MLS #160029



Carrie Montoya
240-0709
carriecornhusker@aol.com



Blake Krabseth
720-1786
blake@minothomes.com

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\$365,000



"Luxury Condo Living" Oak hardwoods along with Chambre soft tones accent this 3 bedroom, 3 bath room designer special. Amenities include wider halls, larger landings and main floor laundry. Call Lorell Seibold Today! #160098

\$64,900 - Sawyer



Perfect rental or starter home in a great small town community. Main floor laundry, brand new roof in 2014. Located across the street from the school, 15 minute drive from Minot. Call Lori Henderson Today! #152738

\$334,900



Horses are welcome. Beautiful log home on 8.42 acres. Main level consists of 3 large bedrooms, full bathroom with granite, very large living room with wood fireplace, nice sized dining room with sliding doors to deck overlooking valley. Call Jerry Thomas Today! #152081

\$339,900 - Surrey



Check out this stunning split foyer home located in a quiet Cul-de-sac in Surrey!! From the moment you walk in the door you will notice upgrades galore starting with the tiled foyer floor. Call Nathan Stremick Today! #160096

\$2,900,000 - Bottineau



Perfect investment located in Bottineau ND. 30 Plex retirement home at 823 Railroad Ave, a 12 plex located at 425 Vinje St, two 4 plexes located at 406 & 408 Brander St and 1 newer 4 plex located at 319 – 325 5th St East Bottineau. Properties will all be sold as 1 package. Please ask agent for more details regarding each of the 5 properties. Call Neil Gush Today! #152579

\$724,900 - Bottineau



Enjoy All 4 Seasons at Beautiful Lake Metigoshe! Sitting on 1.24 acres, this 4 bdrm, 2.5 bath lake home has a great location on Birchwood Bay next to the Birchwood Restaurant and across from Birchwood Golf Course. Call Tamie Dunn Today! #151872

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