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U.S. AIR FORCE PHOTO | SENIOR AIRMAN SAHARA FALES

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Minot AFB



Videos



Newly renovated visiting quarters lodging facility opens

SENIOR AIRMAN JESSICA WEISSMAN | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The grand opening of the newly renovated visiting quarters lodging facility, hosted by Minot Air Force Base's Sakakawea Inn, occurred Feb. 3, 2016.

"The goal for Air Force lodging is to have private

room and bathroom facilities suitable for use by any rank," said Cori Esselman, general manager of the Sakakawea Inn. "Our new visiting quarters meet this goal and it is a big step forward for Minot Air Force Base."

The former honor guard

dormitory, comprised of 30 rooms and 8 suites, is now equipped with big sunny windows, private baths and kitchenettes for those who prefer not to eat out during their stay, said Esselman.

The old visiting quarters, set in place in 1972, were built as temporary structures, said Esselman.

"The floors were spongy, the plumbing froze in the severe winter weather, and the kitchens and bathrooms had a lot of use."

Frequent maintenance to the three now-retired legacy buildings, is a drain on manpower and material resources, said Richard Helgeson, 5th Civil Engineer Squadron operations chief. "That is why we enthusiastically supported converting this facility to lodging."

Lt. Col. Darryl Lee, commander of the 5th Force Support Squadron, said that the new VQ facility shows a significant commitment by Air Force leadership to further modernize Minot AFB.

Plans to change the building from a dormitory to lodging started in 2009, however, due to the oil boom, flood and Minot's

housing shortage, the plans were delayed, said Esselman. The facility could not be converted until it was no longer needed as a dormitory.

Minot AFB initiated a \$102,000 construction project using small project funds to create rooms for clean and dirty linens, install sensor-operated entrance doors and mount keyless locks on new guest room doors, said Esselman.

An additional \$67,000 from CE's operations budget was spent on labor and materials for plumbing and electrical repairs, windows and screens, she added.

AF Lodging's interior designer provided six themes for the interior design of the new visiting quarters building.

A total of \$575,000 in non-appropriated funds was spent to renovate the interior décor, to include, paint, carpet, furniture, draperies, light fixtures and bathtubs.

"From each room charge paid to Air Force lodges, \$10 per bed goes to fund renovation and construction of facilities," said Esselman, who added that the new Transient Living Facility under construction on

Missile Avenue here is funded from the same money.

AF Innkeeper standards require artwork hung throughout the VQ to reflect the local area, so all of the artwork in the new VQ represents North Dakota scenery, said Esselman.

The new VQ benefits not only guests visiting Minot AFB, but also the employees of Sakakawea Inn, said Esselman.

"This VQ, and soon the new TLF for families to open a year from now, will transform the first and last impression of those coming to Minot AFB," said Lee. "Only the best for the best who come north!"

Base leadership joined Cori Esselman, general manager of the Sakakawea Inn, at Minot Air Force Base during a ribbon cutting ceremony to unveil the newly renovated visiting quarters lodging facility Feb. 3, 2016. The former honor guard dormitory, comprised of 30 rooms and 8 suites, is now equipped with big sunny windows, private baths, kitchenettes and is now suitable for guests at all ranks of Minot AFB.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSICA WEISSMAN

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Defense Spending, Terrorism, and the Shrinking Military

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

MINOT AIR FORCE BASE, N.D. -- As an election year, 2016 will be filled with national dialogue about government spending, and that includes discussion of money and the military. Some see reduced defense spending as a step in the right direction, and others see it as a problem. Will military spending go up or down with a new president? Is the military really shrinking? How does that affect national security?

On the whole, military spending really has declined. Defense spending made up 20 percent of the national budget in 2010. In 2015, it was less than 16 percent. Some reasons for that include pulling troops out of Iraq and Afghanistan, and the fact that spending was literally forced down by America's brush with

sequestration in 2013.

However, for the future, the Obama Administration has proposed a budget that would increase defense spending by approximately 8 percent.

So defense spending will be on its way up, but as some presidential candidates continue to point out, the military itself is shrinking. Over the past four years, the U.S. Army had shed approximately 80,000 positions, and there are new cuts on the way. In a broad sense, all branches of the armed forces are being consolidated. These statistics are sometimes used as evidence of declining national security, particularly from terrorism. However, that sort of rhetoric is business as usual in elections, and it doesn't reflect reality.

American armed forces are

still globally dominant, and even with recent reductions the United States is still the biggest military spender in the world, spending more than twice as much on defense as China -- the next largest spender. But the national security debate isn't limited to the balance of national power, because terrorism is also a major talking point in American politics.

Fortunately, terrorism is not a statistically meaningful threat to American citizens. Americans are more likely to be killed by lightning strikes than terrorism -- and even death by lightning is extremely rare, unlike obesity, which contributes to the deaths of half a million Americans annually.

Presidential candidates will talk about a shrinking military being equivalent to shrinking security, but

American citizens are thousands of times more likely to be killed by heart disease or car accidents than any form of hostile action -- yet it's unlikely this year's candidates will have much to say about seatbelts or fast food, because these things don't provoke an emotional reaction the same way terrorism does.

The military really has been scaled back, though there's no credible evidence that's resulted in any strategic or security shortfall. While defense spending has gone down, it will inevitably go back up, as will the size of the military, for better or worse.

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FACEBOOK

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Department of Defense Launches MilitaryChildCare.com at Minot Air Force Base

AIRMEN AND FAMILY READINESS CENTER

MINOT AIR FORCE BASE, N.D. -- On March 16, 2016, families at Minot AFB will have access to a new Department of Defense website designed to simplify and improve the child care request for care process.

MilitaryChildCare.com (MCC) provides a single online gateway for families to access military-operated or military-subsidized child care options worldwide

across all services. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location.

The new DoD site - which is being introduced worldwide in phases - offers a more streamlined approach to finding and requesting care, expedites placement through a standardized

request process and waitlist management tools, and provides reports that help programs better plan for future placement needs.

Through MilitaryChildCare.com, eligible families can search and request care for full day and part day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

Families at Minot AFB who are currently on waitlists will be

automatically transitioned to the new web-based system. These families will retain the original date of their request(s) for care, and all program enrollment processes will remain the same.

For additional information, go to MilitaryChildCare.com or contact the Help Desk by calling the toll free number, 855.696.2934 or emailing FamilySupport@MilitaryChildCare.com.



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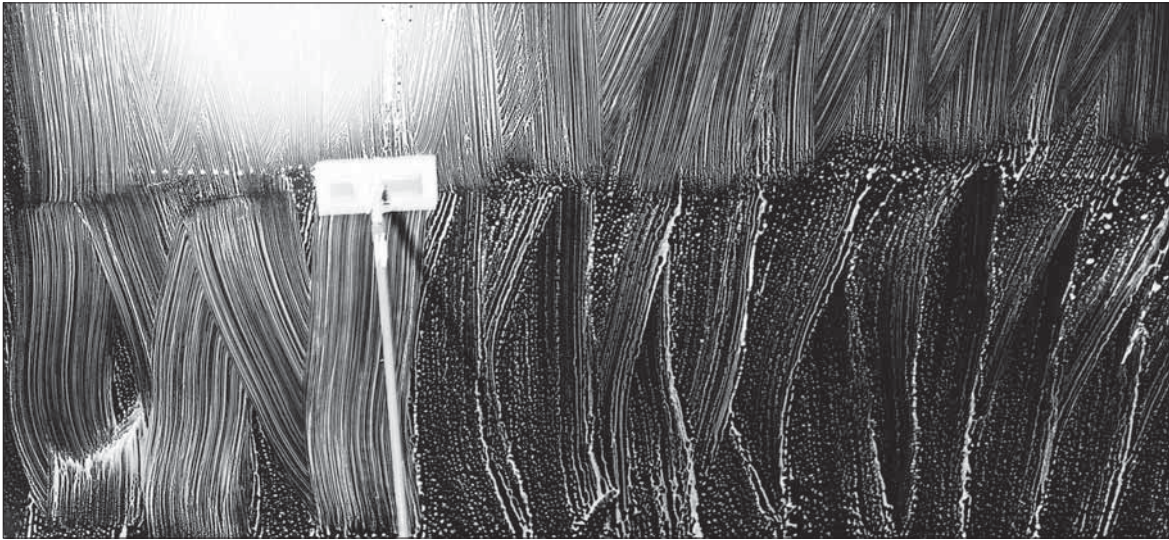


BUFF BATH

Airmen from the 5th Aircraft Maintenance Squadron wash a B-52H Stratofortress at Minot Air Force Base, N.D., Jan. 22, 2016. B-52s are routinely washed every 180 days to prevent corrosion and every 30 days in high corrosion areas. The airframe is coated with a cleaning compound that assists in removing corrosive media that can cause damage, then scrubbed and thoroughly rinsed. This process maintains the aircraft in an airworthy condition and assures maximum aerodynamic smoothness.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN SAHARA L. FALES AND AIRMAN 1ST CLASS J.T. ARMSTRONG







Information, Tickets, & Travel Office Announces Grand Opening

727-6669
INFORMATION, TICKETS, & TRAVEL OFFICE
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Must be used within 12 months. No purchase necessary.
NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

The 5th Force Support Squadron's Community Programming & Partnership Office (CPPO) is pleased to announce the opening of a Information, Tickets & Travel (ITT) office inside the Base Exchange starting February 17th. The grand opening ribbon cutting will take place at 10 a.m. The ITT office is located between the barber shop and dry cleaners.

An information fair, local vendors, as well as giveaways are planned from 10 a.m. to 2 p.m. Minot AFB personnel and their families are invited to register for the grand prize of a 7 night stay at the resort of their choice from the AFVCLUB website. The winner will have 12 months to use the prize from day of purchase.

The ITT office can assist with booking cruises, airfare, resort stays, and vacations. Customers can also conveniently acquire a variety of tickets from their partners including Disney, Target Center, Bottineau Winter Park, and more. For more information, call the Information, Tickets & Travel office at 727-6669.

Make Your Reservations Now For Valentine's Touch Of Class

Touch of Class
Valentine's Day Dinner
Elegant dinner for two featuring
Chateaubriand and broiled lobster tail with Wine Service
February 13th 6-9 p.m.
LIMITED SEATING
RSVP BY FEB 12TH
Date receives a free rose
Club Members: \$35
Non-Members: \$40
723-3731
Like Us on Facebook 5th Force Support Squadron
JIMMY DOOLITTLE CENTER

If you're searching for an elegant evening complete with a gourmet meal, then don't miss the special Valentine's Day "Touch of Class" at the Jimmy Doolittle Center on February 13th. This is a dining experience you and your loved one are sure to enjoy.

You'll savor the delicious menu which includes a tantalizing Surf and Turf platter for two featuring Chateau Briand and broiled lobster tail. A complete beverage service, to include wine, is available. When you attend the Valentine's Touch of Class, your date will receive a free rose.

This is an all-ranks dinner served from 6-9 p.m.; cost is \$35 per person for club members and \$40 per person for non-members. Reservations must be made by February 12th by calling the Doolittle Center at 723-3731. Limited seating available.

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. The February event includes a brake diagnosis and repair section covering common brake system items. There will be a question and answer session after 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 or for more information, call Auto Hobby at 723-2127.

LADIES NIGHT
MONDAY FEBRUARY 22 5-7PM
11TH MONDAY OF EACH MONTH
Learn the basics on how to maintain your vehicle. This class will be taught by a certified mechanic. The class will cover the following items:
• Brake Diagnosis & Repair
• Common Car Maintenance Questions Answered
\$5 Per Person
Includes complimentary mini sandwiches & chips
DOOR PRIZE GIVEN AWAY AT 6:30PM
No one under the age of 14 allowed in the shop area. Register by February 19. Call Auto Hobby at 723-2127
AUTO HOBBY

Outdoor Recreation Offering Lake Darling Ice Fishing Trip

SINGLE AIRMAN OUTDOOR RECREATION ICE FISHING TRIP FEB 27, 9AM-5PM
Register by Feb 23, Noon
Depart ODR: 9am
Return: 5pm
Come have a fun day of ice fishing with Outdoor Recreation at Lake Darling. Arrive at Outdoor Recreation at 8:30 a.m. and we will depart at 9 a.m.
All fishing gear will be provided. Children 17 and under must be accompanied by an adult. Ages 16 & older must have a valid fishing license.
Cost: \$20 per person
723-3648

Test your angling skills during the Ice Fishing Trip to Lake Darling hosted by Outdoor Recreation on Saturday, February 27th. 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 February 23rd.

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

Make Reservations Now For Bottineau Winter Park Trip

Need a little "lift" to get you out of the winter blues? You'll find some fun and excitement during the Bottineau Winter Park trip hosted by Outdoor Recreation on Saturday, March 19th.

Bottineau Winter Park sits in the heart of North Dakota's snowbelt and offers the best snow that Mother Nature has to offer. Dubbed "The Jewel Above The Prairie", this winter resort is located in the Turtle Mountains and provides enjoyable skiing or snowboarding on a variety of terrain for everyone from beginners to experts.

The facilities snowmaking machines are always available to assist Mother Nature to ensure the best possible snow conditions. This is a great trip for families as well as all skiing enthusiasts.

Cost for this winter getaway is only \$40 per person (includes ski or snowboard rental). The price includes transportation to Bottineau Winter Park and lift/tubing ticket. Registration deadline is noon on Tuesday, March 15th. Trip will depart from Outdoor Recreation at 8:30 a.m. For more details or to make your reservations, call 723-3648.

How easy is it to bowl better?

Can you count to four?

BOWL BETTER IN 4 WEEKS

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\$49 PER PERSON

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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

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CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 12TH WILL BE FOR \$350.

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 12 Family Pizza Night**

The new and improved Family Pizza Night returns to the Jimmy Doolittle Center on Friday, February 12th from 5-7 p.m. Build your own personal pizza from a wide array of toppings, sauces, and crust. Cost is \$5 per pizza for club members of all ages and \$7 per pizza for non-members of all ages. For more details, call the Doolittle Center at 723-3731.

Annual Awards Banquet Kid's Night Out

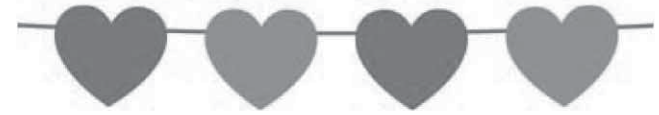
The Youth Center is hosting special Kid's Night Out events in support of the 91 MW Annual Awards Banquet on February 19th and the 5 BW Annual Awards Banquet on February 26th. Both events will run from 6-10 p.m. While their parents attend the Annual Awards Banquet, youth ages 5-18 years old can enjoy a bouncy castle, games, snacks, and more. Cost is \$20 per child; free for deployed families. The event is open to both members and non-members. Reservation deadline is February 17th for the February 19th event and February 24th for the February 26th event.

Feb 18 Creative Kids Class

Spend the afternoon with your preschooler creating a fun heart craft during the Creative Kids class at the Arts & Crafts Center on Thursday, February 18th from 3:30-4 p.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. For more details, call 723-3640.

Youth Basketball & Cheer Registration

The Youth Center is holding Youth Basketball registration for Youth Center members 3-13 years of age and Cheer registration for Youth Center members 3-18 years of age from February 2-26. Cost is \$40 for Youth Basketball. Youth Center membership and a current physical are required to be on file prior to placement on team roster. Price for Youth Basketball Cheerleading is \$26 for returning cheerleaders with uniform and \$90 for new cheerleaders which includes uniform to keep. Both seasons begin on March 16th. Individuals are needed as volunteer coaches; apply at the Youth Center.

Celebrate Valentine's Day During These 5 FSS Events

You'll find a variety of Valentine's Day events at 5th Force Support Squadron facilities this year. From delicious dining options to fun events for both young and those not quite so young, there is something for everyone to enjoy.

SWEAT YOUR HEART OUT CARDIO**February 13th - Fitness Center**

Join the Fitness Center for a morning of cardio fitness during the Sweat Your Heart Out Cardio event on Saturday, February 13th from 10 a.m. to noon. This FREE event is open to all DoD I.D. card holders 16 years of age and older. Call the Fitness Center at 723-2145 for more information.

SWEETHEARTS BOWL**February 13th - Rough Rider Lanes**

Rough Rider Lanes is offering a Sweethearts Bowl special on Saturday, February 13th from 12-5 p.m. You and your sweetheart can bowl 4 games each for only \$12 per couple. For more information, call Rough Rider Lanes at 727-4715.

VALENTINE PROM**February 13th - Base Library**

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.

Military Youth SAVES Month

Every Wednesday youth members will learn about how to save and spend money.

Activities will include:
Budget Basics
Financial Responsibilities
Money Matters Guest Speaker
"Feeding the Pig"
Do you know your cash?

Every Wednesday in February 4pm-5pm

Feed the Pig is sponsored by
Northern Tier Federal Credit Union
LifeWorks
BOYS & GIRLS CLUB OF MINOT AFB

Committed To The Communities We Serve
No Federal Endorsement of Sponsors Intended

YOUNG AIRMEN EVENTS & PROGRAMS**Feb 12 Freaky FREE Friday**

Strike up some fun during Freaky Free Friday at Rough Rider Lanes on February 12th 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 details, call Rough Rider Lanes at 727-4715.

Feb 13 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, February 13th. The dancing starts at midnight and continues until 4 a.m. The event is free for club members and \$7 for non-members. For more details, call Rockers Bar & Grill at 727-ROCK.

Feb 17 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 additional information, contact Rough Riders at 727-4377.

Feb 18 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.

Feb 18 Off-Base Budget Class

Planning to move off base? Do you have a functional budget plan? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on February 18th from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and so forth. Attendees should bring their current LES and have knowledge of their bills. Class size is limited; call 723-3950 to register.

Feb 19 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on February 19th 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.

Happy Birthday!

Austin Nulty
turns 1
on February 15!

Join the Birthday Club!

E-mail your name, address, phone number & birth date to birthdayclub@5thforcesupport.com along with a color photo (.jpg format). Please submit request for child's birthday wish a minimum of 10 days before birthday.

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Winners in photo may not represent actual prize. For eligibility and complete rules visit www.MyAirForceLife.com/MembershipRewards. No federal endorsement intended.

Visit our website at www.5thforcesupport.com

North Dakota Department of Health's Lead Surveillance Programs Protect the Public

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK – The news from Flint, Michigan, regarding lead in drinking water has drawn national attention to adverse health effects related to lead exposure. The North Dakota Department of Health (NDDoH) assures residents that the lead problems facing Flint are not likely to happen in North Dakota, although North Dakota residents can be exposed to other sources of lead that are of concern. Regardless of the source of lead, the NDDoH has several systems in place to monitor, test, and remediate lead problems.

Lead is a common metal found in the environment that can pose a significant risk to health if too much of it enters the body. Lead can cause damage to the brain, red blood cells and kidneys. The greatest threat is to young children and pregnant women because it can slow mental and physical development.

Lead seldom occurs naturally in drinking water supplies. Lead primarily enters drinking water from the corrosion of lead-containing materials in the water distribution system and household plumbing. In Flint's case, the city switched its water source from Detroit's water system to the Flint River in 2014. The river water was not treated properly and lead from older city water pipes leached into the water supplied to Flint homes.

The U.S. Environmental Protection Agency (EPA) published the Lead and Copper Rule in 1991, and the NDDoH administers

this rule in the state. Under the rule, most public water systems must collect samples from a targeted sampling pool of those sites with the greatest risk of lead leaching. The rule requires that water systems provide the homeowner with the information about the lead levels in the water coming out of the taps whenever a sample is collected. If the water exceeds EPA's action level (0.015 milligrams of lead per liter of water) in more than 10 percent of the sites sampled, the system must provide public education, source water treatment and corrosion control.

In North Dakota, 406 public water systems collected about 4,700 water samples to test for lead during the latest three-year compliance period of 2013 to 2015. Lead concentrations above the action level were detected in about 1 percent of the samples. The systems with those levels have implemented remedial efforts to bring lead concentrations below the action level, which is confirmed by follow-up sampling.

Of greater concern in North Dakota are lead-containing products in and around homes. Lead-based paint is the most common source of lead in the home, even though residential use was banned in 1978. Other potential sources of lead include lead-based stains; certain types of pottery, porcelain and pewter; and antique toys or toys manufactured outside the country.

Children ages 6 and younger are at the most risk for health effects from

lead. Approximately half a million U.S. children ages 1 to 5 have blood lead levels above 5 micrograms per deciliter, the reference level at which the national Centers for Disease Control and Prevention recommends public health actions be initiated. In North Dakota, about 3,700 children ages 0 to 7 were tested for lead in 2014. About 2.4 percent of these children were found to have blood lead levels above the reference level.

Since 2003, the NDDoH has investigated 102 residences for elevated blood lead levels. Of those investigations, 93 cases were caused by the ingestion of paint chips or dust due to the peeling of lead-based paint or renovating in homes with lead-based paint. The remaining nine cases included sources such as foreign-made toys, antique toys, and old dishes with lead glazing. None of the cases were linked to a municipal water system.

The only way to diagnose lead poisoning is through a blood test. Parents should consult with their doctor if they are concerned about their children being exposed to lead.

For more information on monitoring lead in municipal drinking water, contact Greg Wavra or Amy Kinzler, Division of Municipal Facilities, at 701.328.5211.

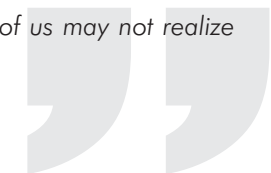
For more information about lead or blood testing, contact Terry O'Clair or Sandi Washek, Division of Air Quality, at 701.328.5188; or visit <http://www.ndhealth.gov/AQ/IAQ/LBP/>.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"We're lucky and some of us may not realize how lucky we are."



— Pheasants Forever state coordinator Rachel Bush discussing North Dakota's hunting and wildlife opportunities at the 2016 North Dakota Pheasants Forever State Habitat meeting Jan. 30.

With Valentine's Day fast approaching, there's a mad scramble – usually among the guys – to find ways to express their love and appreciation for that special someone in their life.

In putting a different twist to the Valentine's Day concept, maybe it could also be a time to reflect on something else near and dear to many North Dakotans.

And, like that special someone, this, too, is all too easy to take for granted.

There is a reason bee producers come to North Dakota to make this state number one in honey production: We're the "last of the best" habitat remaining throughout the United States for honey bees to get the necessary pollen they need, which in turn produces honey.

We're also the envy of many anglers throughout the United States for our abundant fishing opportunities. Let's face it, about half of the anglers on Devils Lake have out-of-state license plates.

It doesn't matter if it's summer or winter, Devils Lake is a destination, especially for anglers from Minnesota and Wisconsin.

But it's not just Devils Lake.

Lake Sakakawea and the Missouri River draw their fair share of nonresident interest.

And don't forget those smaller lakes. Even smaller mid-sized reservoirs and small lakes – especially in the southeast – catch the eye of anglers from outside of North Dakota.

While North Dakota doesn't rival South Dakota in the number of non-resident pheasant hunters, we still lay claim to being number two in pheasant harvest behind our southern sister.

It's not just residents shooting those shotgun shells.

When it comes to waterfowl as a destination North Dakota probably ranks only behind southern

states for duck and goose hunting.

Simply put, North Dakota isn't Minnesota, Iowa, Illinois, or other Midwestern states.

We haven't lost 99 percent of our native prairie and wetlands.

In addition, we generally still have easier access to hunting opportunities despite the fact that more than 90 percent of North Dakota is privately owned.

North Dakota is one of only two states in the nation where hunting on private land is allowed unless posted closed.

While we don't have large amounts of public land, our PLOTS – Public Land Open To Sportsmen – walk-in hunting access program through the N.D. Game and Fish Department is one of the easiest to use, access, and locate PLOTS-enrolled land.

Plus we have the highest number of U.S. Fish and Wildlife Waterfowl Production Areas in the U.S., which are mandated by federal law to be open for hunting, fishing, and trapping.

North Dakota lacks the vast amount of U.S. Forest Service National Forest lands but we still have more than 1 million acres of National Grasslands.

So, yes, there is a lot to love about North Dakota's natural resources.

We just have to realize just how darn lucky we are.

That means we have to work together to keep what we have, working with landowners to maintain good hunter-landowner relations, keeping an eye on state and federal legislative issues affecting fish and wildlife, and supporting efforts to keep, enhance, and even grow the opportunities and resources we have.

That's one way to say "I love you" to something near and dear to many North Dakotans – our abundant outdoor recreation opportunities.

We are one of the "last of the best."

10 MOST BEAUTIFUL CITIES IN THE USA



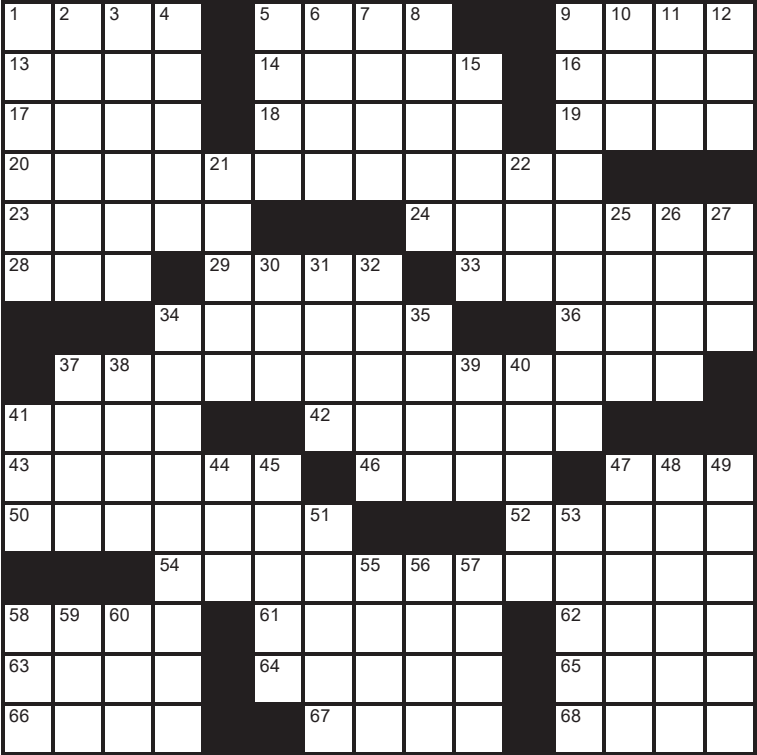
#6 VIRGINIA BEACH, VIRGINIA

With miles of extraordinary coastline, Virginia Beach beckons avid surfers looking to tackle its impressive Atlantic waves. Its boardwalks offer mouth-watering restaurants and peaceful romantic scenery – a great evening follow-up to an idyllic beach day. The Busch Gardens amusement park is a great draw for vacationing families. Another fun fact: Virginia Beach is located right near Jamestown, America's oldest existing settlement.

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CROSSWORD PUZZLE

Unexpectedly



- Across
- 1 Fighting

5 Highland toppers

9 Entreated

13 Bit attachment

14 Skating jumps

16 Canal sites

17 A little lower?

18 "Walk Away ____" (1966 hit)

19 Jump on the ice

20 Unexpectedly

23 Baseball Hall of Famer Bobby

24 "The Lord of the Rings" villain

28 Extreme

29 Pos. and neg.

33 Christmas in Italia

34 Rude one

36 Linear

37 Unexpectedly

41 "If I ____ Hammer"

42 "Relax"

43 Get even for

46 Spin

47 Nincompoop

50 Forward progress

52 Cove

54 Unexpectedly

58 Old Testament twin

61 Block house?

62 Ringlet
- 63 Mannerly sort

64 Entanglement

65 Ore carrier

66 Wild ____

67 Guardianship

68 Kill, in a way
- Down
- 1 Game keeper?

2 Kevin formerly of "S.N.L."

5 Twelve Oaks neighbor

6 Sacks

7 Waiter's handout

8 Mushers' vehicles

9 Wok coater

10 Loose

11 Before, to poets

12 Cable alternative

15 Driver's choice

21 Head

22 Procter & Gamble brand

25 "Buddenbrooks" novelist

26 Shake ____ (hurry)

27 Animated Flanders
- 30 Prospector's need

31 "No ____!"

32 Ratty place

34 Superior talents

35 Marathon

37 Surfing need

38 Noodle concoction?

39 Beluga yield

40 "Really!"

41 "Told ya!"

44 D.C. campus

45 "Weird" Al tune

47 Magnetism

48 Artist using dots

49 Mariner's patron

51 Of a Hindu discipline

53 "The Voice" channel

55 Dog biter

56 ____ de force

57 Rhode Island's motto

58 It may be stroked

59 Expanse

60 Symbol of industry



Had a tough week? Well, chances are your tales of woe won't stack up very high against Hugh Glass, the 19th century American frontiersman portrayed by Leo DiCaprio in *The Revenant*. In the course of this rip-roaring winter wilderness tale, Glass is mauled by a grizzly bear, buried alive, attacked by Indians, swept into the rapids of a freezing river and chased—atop his galloping horse—off a high cliff.

"I ain't afraid to die anymore," he says at one point. "I done it already."

Glass eats birds, raw fish, bison guts and moose marrow, and de-bowels an animal carcass to crawl inside, naked, for a cold night's sleep.

DiCaprio's already received a 2016 Golden Globe award and a Critics' Choice prize for his visceral, punishingly physical performance, and *The Revenant* took other top Golden Globes for its director, Alejandro González Iñárritu, and for best motion picture drama. Now it's headed for the Oscars in late February, and buzz is building about how this year and this movie could be the one to finally net Leo his first Academy Award.

Based on a 2002 novel by Michael Punke, *The Revenant* is a gritty, brutal tale of tragedy, betrayal,

survival, endurance, violence and vengeance. (Its title means someone who has returned, especially from the dead.) It begins as Glass, an experienced wilderness guide, and the hunting expedition he's been hired to lead are ambushed by Arikara Indians somewhere near what is modern-day South Dakota. In a magnificent, sweeping sequence that's like *Saving Private Ryan* only with bows and arrows, most of the party is mowed down in mud by a river; Glass and several others escape, including his young, half-Indian son.

And troubles are just beginning—especially for Glass. In one of the film's most harrowing sequences, a bear mauls him almost to death when he comes between her and her cubs. He gets no sympathy from the vicious, greedy Fitzgerald (Tom Hardy), who considers Glass dead weight and thinks they'd all be better off if he was put out of his misery.

Fitzgerald also doesn't care very much, either, for Glass' son, whose mother—Glass' Pawnee wife—was killed in a raid by American cavalymen.

Fitzgerald's dastardly deed sets the rest of the movie in motion, and director Iñárritu—who last year won acclaim and awards for *Birdman*—makes the stark,

inhospitable desolation of the frontier (much of the filming was done in Alberta, British Columbia) look stunning, lyrical and often beautiful as Glass claws his way back to "civilization," like an unstoppable force of nature, seeking the man who robbed him of the only thing he had left.

This is a raw, richly elemental movie. The screen swells with earth, air, sky and water. You don't just watch it, you feel it—the cold, the wet, the pain, and the primal emotions that drive the characters. At times you almost lose DiCaprio beneath his gnarly beard and matted hair, and there are long stretches where the only sounds are grunts, growls, whoops or howls. Trees figure prominently into symbolism and hallucinogenic dream sequences. There's a strong underlying message about America's indigenous peoples, their mistreatment and the exploitation of America's resources.

It's strong stuff, and won't be everyone's cup of frontier stew. But if you'd like a reminder of just how "wild" the western wilderness really was—just how much will, resources and resolve it took to survive in it—*The Revenant* serves up a spectacularly jarring, frequently jolting dose.

SUDOKU

Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

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



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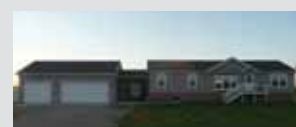
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1	5	9	2	8	6	3	4	7
8	3	4	5	9	7	1	2	6
6	2	7	4	1	3	5	9	8
7	8	6	9	3	1	4	5	2
4	1	5	7	6	2	9	8	3
2	9	3	8	4	5	6	7	1
3	7	8	1	5	4	2	6	9
5	6	2	3	7	9	8	1	4
9	4	1	6	2	8	7	3	5

Answers to puzzle from page 10

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TODAY

- Last day to reserve a seat for the Valentine's Day Touch of Class Dinner at the JDC
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Terry Peak/Deadwood Ski Trip, 0800, Outdoor Rec
- 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
- Family Pizza Night, 1700-1900, Jimmy Doolittle Center
- Freaky FREE Fridays, 1700-2100, Rough Rider Lanes
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Keystone Club Meeting, 1830-1930, Youth Center
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Youth Center Sweetheart Dance, 1930-2200, Youth Center
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Sweat Your Heart Out Cardio, 1000-1200, Fitness Center
- Sweethearts Bowling Special, 1200-1700, Bowling Center
- Valentine Prom, 1300, Base Library
- Give Parents A Break, 1300-1700, CDC/School Age Program
- Valentine's Day Touch of Class Dinner, 1800-2100, Jimmy Doolittle 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

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- President's Day – Federal Holiday, Please visit 5th Force Support's website for facility hours

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Fit to Fight MIX, 0600, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Performance Nutrition Class, 1145, 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, 1830, Fitness Center
- Hard Core Strength, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Last Day to sign up for the Annual Awards Banquet Kids' Night Out on 19 February at the Youth Center
- Cycle, 0600, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC
- H2O Fitness, 0930, Indoor Pool
- Stroller Fitness, 0930, Youth Center
- Information, Tickets, & Travel Grand Opening, 1000-1400, ITT Office-located in the BX
- Story Time, 1030, Base Library
- Fit to Fight Cycle, 1100, Fitness Center
- Fit to Fight Core, 1130, Fitness Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Military Youth Saves Month, Every Wed. in February, 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

- Zumba, 1730, Fitness Center
- AFB Bowling 2.0, Every Wed, 1800, Bowling Center
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center
- Yoga, 1830, Fitness Center
- Inner Tube Water Polo, 1930-2030, Indoor Pool

THURSDAY

- HIIT & Core, 1100, Fitness Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Off Base Budget Class, 1430-1600, A&FRC
- Creative Kids, 1530, Arts & Crafts
- Fit to Fight, 1630, Fitness Center
- 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 - FEB. 19

- Last Day to Register for Ladies Night at Auto Hobby
- 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
- Home School Families Gym Time, 1230-1400, Youth Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Freaky FREE Fridays, 1700-2100, Rough Rider Lanes
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Annual Awards Banquet Kid's Night Out, 1800-2200, Youth Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPOMING EVENTS - FEB. 20

- Base Skate, 1800, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Rough Rider Lanes

ONGOING EVENTS

- Climb to Fitness, Rock wall available at McAdoo Fitness. Ages 18 & up with a DoD ID Card. Ages 13-17 with written consent and parent or legal guardian present. Contact McAdoo Fitness Center for more details at 723-2145.
- 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.
- Freaky FREE Fridays, Every Friday, 1700-2100, Pay for 2 games plus a shoe rental per person and get one game of bowling FREE! A \$3.25 SAVINGS!
- Qualified Personal Trainers, by appointment, Fitness Center
- Overdrive Audio Books, Available for check out, Base Library
- Rough Riders Monthly Pizza Special: February Special – The Heart of Alfredo. Our tasty signature white sauce topped with chicken and loaded with artichoke hearts and bacon, spinach, and Roma tomatoes. Small: \$11 Med: \$15 Large: \$17 – Panino Meal \$8.50. Members Receive \$2 off any pizza!

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 postpartum. 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.

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/LLLoMinot.

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

MSU BEAVERS HOCKEY VS. THE UNIVERSITY OF ARIZONA WILD-CATS 2/12/2016 7:30 PM
Game time: 7:30pm Where: MAYSA Arena Who: University of Arizona Tickets: \$10 for Adults, \$5 for Seniors/Military/Students, \$4 Children, Children Under 6 free, MSU Students Free

CALVARY MOVIE NIGHT 2/12/2016 7:30 PM
524 21st Ave NW Minot. Come join Calvary Chapel Minot for a free movie night. This month we are showing the movie *Fire Proof** Movie starts at 7:30 PM* Free admission* Free popcorn bring a friend, bring your family, bring your neighbor. All can come and all are welcome. We are located at the North Hill Baptist Church 524 21st Ave NW, Minot for more upcoming events please go to calvarychapelminot.org

ISEMAN HOME SHOW 2/13/2016 9:00 AM
North Dakota State Fairgrounds. Come to the North Dakota State Fairgrounds for the Iseman Home Show!! There will be multiple homes of various sizes to fit your family and their needs. The general public can feel free to tour the insides of these homes and Iseman Sales Staff will be on hand for any questions you may have. So don't miss out on touring your future home!

ONE DAY BOOK SALE 2/13/2016 10:00 AM
Minot Public Library. The Friends of the Minot Public Library will be holding a ONE DAY book sale on February 13th from 10 am—6 pm! The Friends have so many books to share that they've decided to keep the sale going after the library closes.

ARTISAN'S ALLEY CRAFT & VENDOR SHOW 2/13/2016 10:00 AM
North Dakota State Fair Center. Local vendors and crafters come together to help a great cause. There is a \$2 admission fee which is donated to the event featured charity, 4Her ND. Come out and find everything from handcrafted home decor and jewelry to Norwex and The Pampered Chef! You don't want to miss it!

DISSECTION OF A MOTOR WORKSHOP 2/13/2016 11:00 AM
Magic City Harley-Davidson. Ever wonder what the inside of a Harley-Davidson motor looks like? Stop by the Service Department today for their Workshop and get to see the inner workings.

FAMILY PAINTING DAY 02-13-2016 01:30 PM - 02-13-2016 02:30 PM
2 N Main St. Looking for an adventurous new opportunity for you and your children? Grab your kiddos, ages 6 and up, and join the Taube Museum of Art for an afternoon of entertaining art instruction by a Minot local artist The Taube Museum of Art has created a new monthly Paint Party - You and Your Child Painting class! This creative upbeat class is open to the artistic and the not so artistic. These classes will be held one Saturday a month, with the first one held January 16th. The instructor will guide your family through step by step in recreating the featured painting. It is easy, fun, and stress free! No experience required for you or your child! You can create individually or partner together to take home a painting you can call "uniquely yours" and possibly unleash a new talent you will want to continue to explore. Each class will cover a different painting technique or style. Each monthly session is \$22 for non members and \$18 for members, per person, which includes all the supplies needed to create your 9" x 12" canvas masterpiece. Each session will be held at the Taube Museum of Art from 1:30 – 3:00 pm.

Class size is limited, so register early! Additional class dates: March 19th, April 9th, October 8th, November 12th, December 10th. Additional class dates forthcoming! For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our website at www.taubemuseum.org.

MINOT STORY HOUR: LOVE ACTUALLY 2/13/2016 7:00 PM
Minot Public Library. The Minot Story Hour: Putting on a Different Kind of Valentine's Day Party The Minot Story Hour is a live community storytelling event that focuses on the real stories of people here in Minot. On Saturday, Feb. 13th, 7pm at the Minot Public Library, the Minot Story Hour will be hosting another storytelling event, "Love Actually: Stories of Real Love and 'It's Complicated.'" During this event, folks from the Minot community who have volunteered to share their stories will step up to the microphone and, in 10 minutes or less, share a real story from their own lives that relates to the "Love Actually" theme. As in past events, these stories will prove to be heartwarming, heartbreaking and, at times, laugh-out-loud funny. "What I love about this event is that we have a whole night dedicated to stories of love. Real love. These stories will be complicated and risky and touching and challenging. They will mess with people's Valentine's Day plans... but in a good way!" says Travis Gerjets, who along with Emily Nesdahl, makes up the volunteer team that coordinates MSH events. "We will have a diverse cast of storytellers all sharing from their real lives. There will be live music and good food and warm drinks. There will be a safe place for us to listen to each other and grow together as community. And I guarantee you will laugh out loud at least once! What better way to spend a Saturday on Valentine's Day weekend?" "Love Actually: Stories of Real Love and 'It's Complicated'" is a Minot Story Hour event taking place on Saturday, Feb. 13th, 7pm at the Minot Public Library. The Minot Story Hour is still looking for volunteer storytellers for this event. If you would like to be a storyteller, please submit your story idea to: theminotstoryhour@gmail.com. More information at: [Facebook.com/theminotstoryhour](https://www.facebook.com/theminotstoryhour)

LEGO CLUB 02-13-2016 07:00 PM - 02-13-2016 08:00 PM
Minot Public Library. The LEGO Club will meet the second Tuesday of the month at 7:00 PM in the Imagination Station of the Minot Public Library. Children ages 4 and up are invited to come build with us.

MINOT BABYWEARING GROUP 02-14-2016 01:00 PM - 02-14-2016 03:00 PM
Bread of Life Lutheran Church Babywearing is simply the act of wearing your child using a carrier. Did you know babies that are carried cry 40% less on average? Babywearing also allows you to be hands free to do things such as care for other children or grocery shop. Your family will no longer be limited to going only where strollers can go! Minot Babywearing Group is a non-profit organization that offers support and education to caregivers regarding babywearing. Free monthly meetings give hands on help with safety and fit, while providing a fun social meet up! The group hosts a Lending Library of almost 20 kinds of carriers to allow caregivers to try on a carrier before buying elsewhere. Our FREE monthly meetings are normally the second Saturday of each month at 1:00 pm in the Bread of Life Lutheran Church (no religious affiliation). You can confirm event details and contact us at [Facebook.com/MinotBWG/](https://www.facebook.com/MinotBWG/)

FULLY LOADED WRESTLING 2/19/2016 6:00 PM - 2/12/2016 10:00 PM
Armory (420 3rd Ave SW). Best professional wrestling in ND! Tickets are available NOW for both Anarchy in the Armory in Minot on February 19th and Community Center Chaos in Devils Lake on February 20th! Only \$15 for ringside and just \$10 for general admission with all kids 5 and under being free. Go forth and buy your tickets for these two awesome events. Both cards are absolutely stacked! VIP tables are available but only one remains for the 19th and one has already been sold for Devils Lake on the 20th. Tables are \$100 a night or \$150 if you want one for both events. They seat 5 and come with drink tickets. See you there

fans! <http://www.fullyloadedwrestling.com/sales.html>

WILD ABOUT WHEELS CAR SHOW 2/20/2016 10:00 AM - 12/31/1969 6:00 PM
North Dakota State Fair Center. Get ready to get Wild-about-Wheels! This is any motor heads dream. Racecars, muscle cars, classic cars, RC cars, and more. Special guest World of Outlaws driver Paul McMahan will be signing autographs from noon to 3pm.

LITTLE BLACK DRESS EVENT 2/22/2016 - 2/26/2016
What is the Little Black Dress Campaign? Women United members and friends will lead an awareness campaign of area women who will each wear a black dress or outfit for five days. Our goal is to bring awareness to challenges facing women in our community and raise funds to help them overcome these everyday struggles. Proceeds will be distributed to area programs designed to help women battling poverty, entering the workforce or caring for their families. To get involved or support this event, visit: <http://www.svunitedway.com/little-black-dress-campaign>

ART ALL AROUND 2/25/2016 4:00 PM A Step Above Your Traditional Art Class (MINOT, ND) Have you been looking for an artistic art exploration opportunity for your child? The Taube Museum of Art has created a new monthly art class, Art All Around, geared towards children 9 years and older. This hour and half class is a step above your traditional art class, and is an opportunity for your child to create and take home a new Masterpiece! Each session is \$18 per child, which includes all the supplies needed to create their masterpiece. They will be held at the Taube Museum of Art Education Classroom on the following Thursdays: March 10 & 24, April, 14 & 28, May 12 from 4:00 – 5:30 pm. Class size is limited for a more individualized instruction, so be sure to register early. For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our website at www.taubemuseum.org.

PAINT THE TOWN RED 2/25/2016 6:30 PM
Little Blue Elephant Feeling Creative? Looking for an adventurous new opportunity? Grab your friends, coworkers, or make it a unique date night – and join the Taube Museum of Art for an evening of entertaining art instruction by Minot local artists! No experience required! You will go home with a painting you can call "uniquely yours" and possibly unleash a new talent you will want to explore. This creative upbeat class is open to the artistic and the not so artistic. March 8th class will be held at the Little Blue Elephant and will feature local artist, Teri Tingley, who will guide you through in recreating her featured painting. It is easy, fun, and stress free! Feel free to bring your favorite cocktail and a snack if you choose, then sit back and be creative! Each session is \$35 for non members and \$32 for members, per person, which includes all the supplies needed to create your masterpiece. Class size is limited, so register early! Payment is due at time of registration. Must be 21 to register. Registration now accepted online at www.taubemuseum.org Liking or commenting on this event does not constitute registration for the class...you must call, stop by, or register online to complete the registration process. Thank you! For more information call the Taube Museum of Art at 838-4445, email taube@srt.com.

SPIN UNITED. CYCLE FOR A CAUSE 2/27/2016 9:00 AM
Minot YMCA. Space is limited to 20 teams with 6 riders per team. Each rider spins 20 minutes. Sign up early to secure your spot! No experience necessary - just spin! The event will be held in the rock climbing wall gym to give the teams more room to cheer on their team mates. Additional games and activities will be available during the event including the rock wall, bean bag toss and much more. If you have children, the YMCA will provide FREE Daycare for you during the event. What are you riding for? Well, with your help we can better support health programs such as supplemental food back packs for elementary school children in danger of going hungry on the weekends. Do you have questions or want to sign up? Visit our website www.svunitedway.com for more information or contact 701-839-2994.



Roosevelt Park Zoo Volunteer Award

MINOT, Thursday, February 4 at the MAC meeting at the Grand Hotel, Airmen Col. Jason Armagost and Col. Michael Lutton accepted an award on behalf of all the Airmen and their families for their time volunteering at Roosevelt Park Zoo. In 2015 MAFB Airmen and Families volunteered a total of 1,425 hours, which included 538 volunteers. For this MAFB Airmen and Families received the 1,400 hour plus volunteer award.

MINOT CHAMBER OF COMMERCE | CARLA DOLAN

Col. Richard Toliver: Pioneering combat pilot

AIR FORCE PUBLIC AFFAIRS AGENCY

WASHINGTON (AFNS) -- Retired Col. Richard Toliver graduated from Tuskegee Institute University in January 1963 with a Bachelor of Science degree in mechanical engineering.

He began his Air Force career in February 1963 as a project engineer and completed pilot training in June 1965. He was one of the first five African American F-4 Phantom II pilots to serve under the famed Tuskegee Airman Gen. Daniel "Chappie" James.

Toliver was twice deployed during the Vietnam War and flew 446 missions and 860 combat hours in fighter jets.

During his 26 years of service, Toliver served throughout the United States, Southeast Asia, Europe, North Africa, and the Persian Gulf. He

commanded a number of units and held key staff positions in major commands of the Air Force. He was a command pilot with 4,000 flying hours in the F-4, F-15 Eagle, F-16 Fighting Falcon, OT-37 Tweet, O-2 Skymaster, T-33 Shooting Star, and several civilian aircraft.

His many military decorations include the Legion of Merit, Distinguished Flying Cross, Meritorious Service Medal with two oak leaf clusters, Air Medal with 27 oak leaf clusters, and the Air Force Commendation Medal.

For Toliver's complete Veterans in Blue profile: <http://static.dma.mil/usaf/veterans/35toliver.html>

For a video about Toliver's life: www.youtube.com/watch?v=LKoSfAiIy98.

Senior Airman
Clara GARCIA
5th Force Support Sq. HOUSTON, TX

Warbird
of the
Week



What did you do before you joined the Air Force?

Took classes in criminal justice and helping out my family.

Hobbies or Interests

Cooking, baking, reading, listening to music and watching documentaries.

Most life changing experience

Joining the Air Force.

Where do you see yourself in 10 years

Getting close to finishing the last stretch of my Air Force career and having my degree.

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

Being able to sing.



Favorite quote

"Start by doing what's necessary, then do what's possible; and suddenly you are doing the impossible."

- Francis of Assisi

MAFB Economic Impact Report Presented at MAC Luncheon

AIRMAN 1ST CLASS MATT RAUSCHNOT
MINOT AIR FORCE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The monthly Military Affairs Committee luncheon was held at the Grand Hotel Thursday, Feb. 4 at 12 p.m., and included a presentation of Minot AFB's annual economic impact report, presented by Lt. Col. Raymond Castro, 5th Comptroller Squadron commander.

The base contributed more than \$597 million to the area's economy in fiscal year 2015. In fiscal year 2014, Minot AFB had an impact of nearly \$578 million, a significant increase of approximately \$19 million.

"We spend money in the local community to keep Minot AFB running in different areas," said Castro. "The commissary and the exchange spent nearly \$5 million in the local area, while medical claims paid to local medical facilities through

the TRICARE system total more than \$10 million."

The economic data is calculated on regulations from the Air Force and is current as of Sept. 30, 2015. The total economic impact was calculated by combining expenses: the annual payroll of the base, worth \$368 million; annual expenditures for construction, services and materials, costing \$93.4 million; and the value of indirect jobs created, \$135.7 million, Castro said.

The amount paid to local schools was also significant, accounting for almost \$7.2 million. This accounts for off-base education for many of the young Airmen from Minot AFB.

"It is fairly safe to say that Minot AFB will continue to have a positive impact on the economy and the local community, through fiscal year 2016 and beyond," said Castro.

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Team Minot bids farewell to MWD "Kitty"

AIRMAN 1ST CLASS CHRISTIAN SULLIVAN | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Hero. Veteran. Partner. Friend. Those were some of the words Staff Sgt. Roland Garcia, 5th Security Forces Squadron military working dog handler, used to describe Kitty, a military working dog at Minot Air Force Base, who passed in her sleep Jan. 20.

Kitty was set to retire in February after serving as an MWD for nine years. Instead, on her birthday, members from around the base honored her sacrifices.

"She was deployed once in 2008 to Southwest Asia, which is rare for being stationed here (Minot). She's the only dog that I know of from here that's been deployed to that location," Garcia said. "She's been on over 20 secret service missions to provide protection for the president, heads of state, vice president, things of that nature."

Like all other Air Force MWD's, Kitty completed her initial K-9 training at Lackland Air Force Base in San Antonio, Texas. There, she was part of a class that received training in patrolling, drugs, explosives and detection. According

to the 341st Training Squadron's website, K-9s are used as a force multiplier with their unique skills offering the ability to prevent current and future attacks. Once K-9s complete their training at Lackland, they are then sent to operational units throughout the Department of Defense.

"Her initial training was completed at Lackland Air Force Base at the dog training school, where she received her basic training," Garcia said. "There she learned obedience, patrol and detection training which typically takes around two months."

According to officials, K-9s are usually German Shepherds, Belgian Malinois, Labrador Retrievers and occasionally a mixed breed or other sporting or herding type dogs.

"She was an explosives dog, so we had to make sure that she's trained in explosives at least twice a month," Garcia said. "She was also an attack dog, which means she's patrol trained. She was also trained to find people stuck in buildings and in open areas."

According to MWD handlers on base, Kitty was set to retire early due

to medical complications that prevented her from performing at levels the Air Force requires.

"She had an issue where her body wasn't processing her proteins, so fluid would escape her intestines, which made her start to bloat and underperform," Garcia said.

After almost a decade of military service, Garcia was set to adopt Kitty.

"I was able to adopt her," Garcia said. "President Bill Clinton passed a law in 2000 that allowed MWDs to be adopted by their handlers, someone in the military in general or even a civilian instead of being put down."

Although Kitty was only retired for one month, her handlers indicated her service to the DoD and members of the base will leave a lifetime of memories.

"We went on a temporary duty assignment for a secret service mission to La Crosse, Wisconsin and everyone was giving her so much praise for her work ethic," Garcia said. "She wouldn't stop searching in every building. She ended up finding an empty magazine in a news van that all the other dogs missed."

A memorial service was held for Kitty Feb. 2, at the base theater.



Tactical Fitness classes available at McAdoo

AIRMAN 1ST CLASS JESSICA WEISSMAN
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- A free tactical fitness class for all active duty military and their families is now being offered daily at the McAdoo Fitness Center.

Nicole Goss, a contracted personal trainer at McAdoo, recently became a certified level one CrossFit instructor and began offering classes at the beginning of the year.

Athletes interested in starting the tactical fitness program can sign up at the front desk of the fitness center to either take the beginner's course or to test out of the beginner's course, said Goss.

Anyone that has no prior tactical fitness experience must go to the OnRamp class, which is a 10-session beginner's course, offered at 11 a.m. and 5 p.m. on Mondays, Wednesdays and Fridays.

"The focus of the OnRamp class is on form and mechanics," said Goss. "I want to make sure everyone is safe and that they know how to perform all of the exercises effectively and proficiently."

Athletes with prior tactical fitness experience can sign up to perform a nine-movement test-out to start immediately in an open class.

"The nine-movement test-out shows us that the athletes are competent with the mechanics and form," said Goss.

Open classes are offered every day of the week at 6 a.m. and 4 p.m. at McAdoo.

There is an additional open class offered at 11 a.m. every Tuesday and Thursday.

As the founder, Nicole Goss asked for volunteers to help jump start the program. Her team of volunteer coaches include: Lt. Col.

Nate Naidas, Capt. Megan McDonough, Master Sgt. Dan Mueller, Tech. Sgt. Kyle Douglass, Staff Sgt. Coty Raphael, Senior Airman John Veirs, Jean Granger and Elise Hobson.

Goss and her team sit down one weekend a month and plan their goals for the following month.

"We come up with all the workouts and all the skills for every single day for that month, so that at the end of the month we can actually see progress and they're actually achieving a goal and not just coming and working out," she said. "There is a science behind what we do and why we program, and we want to make sure we actually see something out of what we are doing."

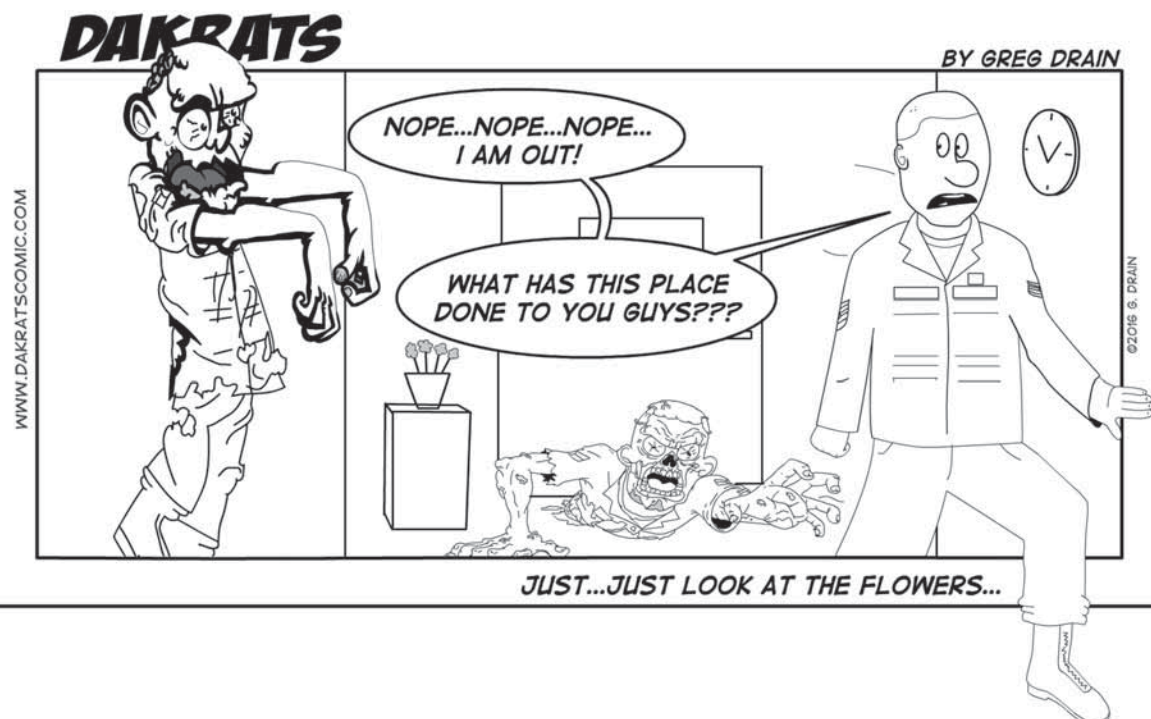
Douglass, a flight chief assigned to the 91st Missile Security Forces Squadron, volunteers his skills to help people. Douglass has been participating in CrossFit for two years, and just recently received his level one certification as well.

"It is functional fitness," said Douglass. "It is not isolation, in fact, it is the exact opposite. I want to spread that message by helping, instructing and continuing to learn for myself."

OnRamp classes are full for the month of February. However, one class is available for sign-up in March.

Nicole Goss, a level one CrossFit certified personal trainer, supervises an athlete's form in an OnRamp class at the McAdoo Fitness Center Feb. 4, 2016. OnRamp is a beginner's class focusing on form and mechanics for tactical fitness.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSICA WEISSMAN



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<div><div><div>First Presbyterian Church</div><div>430 N Broadway</div><div>(Congregational Church of Christ Building)</div><div>701-460-6321</div><div>Worship..... 9:00 a.m.</div><div>www.fpcminot.org</div><div>Visitors Welcome</div></div></div>	<div><div><div>Apostolic Faith Church, UPCI</div><div>2929 19th Ave NW • Minot</div><div>Located off Hwy 83 Bypass West</div><div>(701)838-0609</div><div>Saturday School..... 2:00 p.m.</div><div>Sunday Worship 3:30 p.m.</div><div>Wednesday Bible Study7:30 p.m.</div><div>Jesse Starr, Pastor</div></div></div>	<div><div><div>Cornerstone Presbyterian Church</div><div>1000 NE 3rd Street</div><div>852-0315</div><div>Sunday Schedule</div><div>Contemporary Worship..... 9:30am</div><div>Child/Youth Sunday School.. 11:00am</div><div>Adult Sunday School... 8:30 & 11:00am</div><div>Traditional Worship..... 11:00am</div><div>Wednesday Evening Schedule</div><div>Community Dinner.....5:30-6:30pm</div><div>Contemporary Worship 6:30pm</div><div>Youth Group & Small Groups.. 7:15pm</div><div>All are Welcome!</div><div>www.ecominot.org</div></div></div>	<div><div><div>First Lutheran Church - ELCA</div><div>120 - 5th Ave. NW</div><div>852-4853</div><div>Saturday Worship 5:30 pm</div><div>Sunday Worship 8:30 am & 11:00 am</div><div>Sunday Education9:45 am</div><div>Wednesday Education6:00 pm</div><div><div></div></div><div>Services are now available online at firstlutheran.tv</div><div>Radio Broadcast KRRZ 1390 AM 9:30 AM</div><div>Pastor Ken Nelson & Pastor Brandy Gerjets</div></div></div>	<div><div><div>St. Mark's Lutheran Church</div><div>Missouri Synod</div><div>Sunday Worship 8:30 & 11:00 a.m.</div><div>Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</div><div>2209 4th Avenue NW Minot, ND 839-4663</div><div>Carlyle Roth, Pastor</div><div>www.stmarksminot.com</div><div>Call or check out our website for more information.</div></div></div>
<div><div><div>Bethany Lutheran</div><div>215 3rd Ave. SE, Minot, ND</div><div>Phone: 838-5196 • Fax: 852-8494</div><div>A Member of the ELCA</div><div>Sunday Worship 8:15 am & 10:45 am</div><div>Sunday Fellowship 9:15 am</div><div>Sunday School.....9:30 am</div><div>Wednesday Worship6:45 pm</div><div>Website: www.bethanylutheranminot.com</div><div>Email: bethanylutheran@srt.com</div><div>Live Streaming: bethanylutheran.tv</div><div>Pastor Janet Hernes Mathistad</div><div>Pastor Gerald Roise</div></div></div>	<div><div><div>North Hill Baptist Church</div><div>524 21st Ave. NW • Minot, ND 58703</div><div>701-839-7283</div><div>Meet 'n' Greet.....10:00 a.m.</div><div>Worship..... 10:30 a.m.</div><div>Pastor Dan Andrus, 701-578-5060</div><div>sparrow@minot.com</div><div>minotnorthhillbaptistchurch.com</div><div>"We're Not There Yet...Come Grow With Us!"</div></div></div>	<div><div><div>St. John the Apostle Catholic Church</div><div>2600 West Central Ave • Minot, ND 58701</div><div>839-7076</div><div>Daily Mass Schedule:</div><div>Tuesday 7 p.m.</div><div>Wednesday - Friday 9 a.m.</div><div>Saturday5 p.m.</div><div>Sunday 8 & 10:30 a.m.</div><div>Fr. Dave Zimmer, Pastor</div><div>Parish website: www.stjohnminot.com</div></div></div>	<div><div><div>Calvary Alliance Church</div><div>715 20th Avenue NW</div><div>Minot, ND 58703</div><div>www.calvaryofminot.com</div><div>701-852-0670</div><div>Sunday School..... 9:00 am</div><div>Sunday Worship Service10:00 am</div><div>Wednesday Prayer 6:30 pm</div><div>Wednesday Youth Group (grade 7-12)6:30 pm</div></div></div>	<div><div><div>Our Redeemer's Church</div><div>A Church of the Lutheran Brethren</div><div>700 16th Ave SE</div><div>Sundays</div><div>Worship.....8:30 a.m. & 10:45 a.m.</div><div>Interpreter services for the deaf .. 10:45 a.m.</div><div>Radio Broadcast KHRT 1320 AM 11 a.m.</div><div>701-838-0750</div><div>For more information visit us on the web at</div><div>www.ourredeemers.org</div></div></div>
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North Dakota Security Forces Airmen to Return Home from Deployment

MINOT, N.D. — A small group of North Dakota Air National Guard Airmen, assigned to the Minot-based 219th Security Forces Squadron, are scheduled to return home tonight, after a six-month deployment to Southwest Asia, where they served in support U.S. Central Command (CENTCOM) operations. The security forces Airmen will return to North Dakota on separate civilian flights scheduled to land at Minot International Airport. Eleven are slated to arrive today. Three of the 11 will arrive on Delta flight 4155 at 9:55 p.m. The other eight will land at 10:48 p.m. on United Airlines flight 5270. Two more Airmen are scheduled to arrive Friday, at 4:47 p.m. on Delta flight 4789. All of the Airmen had volunteered for the base defense and security operations mission led by Tech Sgt. Michael Clow. The Airmen are proficient in implementing critical protection measures for military personnel and other important assets. They took advantage of the experience and training provided by their home unit, which made history by becoming the first National Guard unit to team up with an active-duty Air Force unit to provide security for one of the nation's three missile fields. "We are so proud of the 219th Security Forces Squadron," said Maj. Gen. Al Dohrmann, North Dakota adjutant general. "Their level of professionalism and expertise are outdone only by a steadfast commitment to the safety of our nation. We're grateful they're returning safely from a successful six-month mission in support of CENTCOM, and we look forward to joining their families and the community in welcoming them back home to North Dakota." CENTCOM is one of nine unified combatant commands in the U.S. military. CENTCOM's area of responsibility covers the "central" area of the globe and consists of 20 countries: Afghanistan, Bahrain, Egypt, Iran, Iraq, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Lebanon, Oman, Pakistan, Qatar, Saudi Arabia, Syria, Tajikistan, Turkmenistan, United Arab Emirates, Uzbekistan and Yemen.

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