

northern sentry

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Minot AFB



Videos



B-52s drop bombs during Combat Hammer exercise

2ND LT. KYLEE ASHTON | PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Minot B-52 aircrew and munition members were put to the test recently during a week-long air-to-ground combat training exercise called Combat Hammer.

According to exercise officials, the objective of Combat Hammer, which took place from Feb. 8-10, was to evaluate the reliability and efficiency of existing combat weapons systems while also

assessing the Air Force's air-to-ground munitions program. "We exercise to ensure we are able to hit a target that the Air Force tells us to hit, with weapons they tell us to use, at a time they want it to be hit," said Maj. Ryan Cox, 5th Operations Support Squadron chief of wing scheduling.

"The exercise evaluates everything from building the bomb, to loading the bomb, to planning the sortie, to dropping the weapon, to hitting the target."

Events like Combat Hammer allow exercise evaluators to assess the employment of various conventional munitions used by the B-52 from storage through impact. Under realistic combat scenarios, members gain experience in the capability to build, load and employ various weapon systems said evaluators.

"Combat Hammer allows Air Force leaders to understand the

effectiveness they can expect from the weapons systems they will take to combat," said Maj. Mike Middents, 5th Bomb Wing Director of Staff. "The evaluation identifies where planners and operators might expect issues in weapons employment. The evaluation also builds confidence in all personnel engaged in the event as they see how their weapons loads and flying result in effectively hitting the target."

During this specific weapons system evaluation, six B-52Hs from the 69th Bomb Squadron dropped laser-guided GBU-12 and GPS-guided GBU-38 bombs on moving targets at the Eglin Test and Training Complex Range at Eglin Air Force Base, Florida.

"Exercises like Combat Hammer give the Air Force metrics on how well the weapon works, as well as how well the operations group and maintenance group work together to get the weapon onto the

target," said Cox. The air-to-air and air-to-ground WSEP evaluations are accomplished during tactical deliveries of fighter, bomber and unmanned aircraft system precision guided munitions. This is performed on realistic targets with air-to-air and surface-to-air defenses said Eglin officials.

According to Middents, the 23rd Bomb Squadron will participate in their own WSEP later this year. Although the scenario may change depending on exercise objectives, the current and predicted security environment drive exercise objectives, he added.

A B-52H Stratofortress is backed out of Dock 1 during Exercise Combat Hammer at Minot Air Force Base, N.D., Feb. 9, 2016. According to exercise officials, the objective of this exercise was to evaluate the reliability and efficiency of existing combat weapons systems while also assessing the Air Force's air-to-ground munitions program.

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



COMMUNITY STAFF TRAINING PROJECT DIRECTOR

POSITION AVAILABLE

SCREENING TO BEGIN 2-23-16; POSITION OPEN TILL FILLED.

NDCPD at Minot State University is recruiting for a qualified individual to be the Project Director of our Community Staff Training Project (www.ndcpd.org/cstp/). This person will be responsible for coordinating the goals CSTP project. Below is a summary of the tasks and criteria. The position is 100% FTE, benefited and will be housed in the NDCPD offices at MSU. A full description can be viewed at www.minotstateu.edu/hr/jobs.shtml.

SUMMARIZED TASK LIST

- Direct the implementation of CSTP curriculum modules
- Develop and update new training material
- Provide ongoing training and instruction for trainers, direct support staff and other professionals
- Document training completion and report noncompliance to the State DD Division
- Coordinate the development and delivery of MSU's Associate of Science degree in Human Services.
- Manage contracts, project budgets and reporting processes
- Organize and administer workshops, webinars and conferences.

SELECTION CRITERIA

- A bachelor's degree in one of the following fields is required: Special Education, Rehabilitation, Education, or related field; master's degree is preferred.
- Experience in Community Based Developmental Disability Services as a Staff Trainer, Program Coordinator, Quality Assurance Director, or other leadership position is required.
- Experience teaching, training, and presenting is required
- Experience developing curriculum materials; writing reports and/or grants is required.

APPLICATION PROCESS

Submit MSU application, resume, and references to:

MSU Human Resources
Administration Building
500 University Ave W
Minot, ND 58707
701-858-4610 (voice); 701-858-3686 (fax)



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

Staff Sgt. Eric Hathaway, 5th Aircraft Maintenance Squadron weapons load crew chief, loads a laser-guided GBU-12 bomb onto a B-52H Stratofortress during Exercise Combat Hammer at Minot Air Force Base, N.D., Feb. 8, 2016. According to exercise officials, the objective of Combat Hammer is to evaluate the reliability and efficiency of existing combat weapons systems while also assessing the Air Force's air-to-ground munitions program.

Teen Dating Violence Awareness Month

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Did you know that in a recent national survey, 1 in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once in the 12 months before the survey? Additionally, during the 12 months before the survey, 1 in 10 teens reported they had been kissed, touched, or physically forced to have sexual intercourse when they did not want to at least once by someone they were dating.

February is Teen Dating Violence Awareness Month. It is an effort to raise awareness about dating violence, promote programs that support young people and encourage communities to prevent this form of abuse with the goal of decreasing the prevalence of dating violence among young people.

To help raise awareness, Family Advocacy is visiting Memorial Middle School and the Youth Center on Minot Air Force Base to speak with kids and teens.

More than 1 in 10 teens that have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. Teen Dating Violence Awareness Month is a national effort to raise awareness and protect teens from violence.

"Our hope for this program is that we can get kids and teens to recognize the warning signs of abusive relationships and to not get into them," said Laurel Grams, Family Advocacy outreach program manager. "If anyone finds themselves in an abusive relationship, we want them to be able to recognize the signs and be able to get out. One of the things we focus on is the dangers of the internet."

A lot of kids think it will never happen to them. A fourteen-year-old can be talking to a forty-year-old pedophile online and not even know it. Then they may agree to meet up with them offline and get taken or kidnapped and never go back home or see their parents ever again. So many people don't know who they are talking to online--people can make up anything and

pretend to be anybody they want to.

"Usually if you're second guessing, trying to hide it or don't think you should tell anybody, that means there's something not right about it. It's probably not safe and will prevent issues for that person, said Grams. "A lot of the teens now, they are growing up with all of this being normal. Growing up with all these apps, this is just what they know. We aren't saying that some of these apps aren't fun and social media should not be used, but just to use them appropriately and to recognize the dangers and how to keep yourself safe."

The presentation will also offer some safety tips for online bullying and what things are appropriate and what things aren't.

"The presentation will touch lightly on cyber bullying, because that happens a lot between kids and even relationships. We will talk about how to tell the difference between what is considered appropriate and inappropriate content," said Sherri McKittrick, Family Advocacy team member. "If someone is exposed to

inappropriate content, how would they address that? We will be going into texting and if someone sends something, it's out there and there is no way to get it back."

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. That is why adults need to talk to teens now about the importance of developing healthy, respectful relationships.

"Orange is the color for this month, for teen dating violence awareness month, so we are encouraging people to wear something orange to say no to teen dating violence," McKittrick said.

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FACEBOOK

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Safe & Secure

MINOT AIR FORCE BASE, N.D. -- Senior Airman Ian Jerls, a structural journeyman assigned to the 5th Civil Engineer Squadron, assembles a lock core, cuts a key and installs a door handle at Minot Air Force Base, N.D., Feb 11, 2016. The 5th CES lock shop ensures the assembly and security of doors throughout Minot AFB.

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



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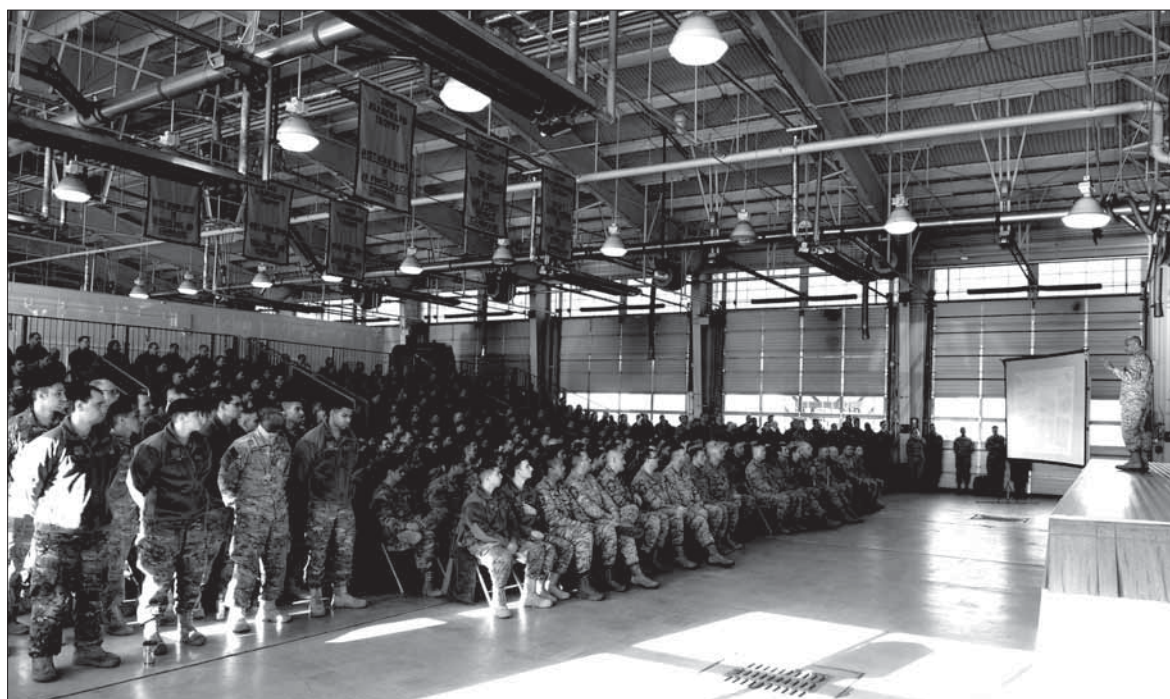


MAJOR GENERAL COTTON VISITS TEAM MINOT

Maj. Gen. Anthony Cotton, 20th Air Force commander, visited Minot Air Force Base, N.D., Feb. 11-12, 2016. Gen. Cotton discussed his impression of Team Minot and his thoughts for the future of 20th Air Force's initiatives. During his visit, he was able to cover a lot of territory and meet a number of people in varied career fields who make up Team Minot.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH AND AIRMAN 1ST CLASS JESSICA WEISSMAN







Club Scholarship Can Help With Money For College

**AIR FORCE CLUB MEMBERSHIP ★
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» SCHOLARSHIP «**

**SUBMISSION DATES
MARCH 1-MAY 20, 2016**

SUBMIT AN ESSAY OR VIDEO FOR YOUR CHANCE TO EARN A COLLEGE SCHOLARSHIP!
Visit MyAirForceLife.com/Clubs for 2016 Air Force Club Scholarship eligibility, essay/video topic, instructions and rules.

A TOTAL OF SIX SCHOLARSHIPS WILL BE AWARDED!		
	ESSAY	VIDEO
1st Place	\$5,000	\$5,000
2nd Place	\$4,000	\$4,000
3rd Place	\$2,500	\$2,500

MEMBERSHIP HAS ITS REWARDS!

Air Force (AF) Clubs know it takes more than ambition, good grades, and great numbers on the SAT to get into college these days. That's why for the past several years, they have assisted club members and their families through its annual scholarship program.

According to Ms. Gail Thompson, Food & Beverage Operations Director, the scholarship program is a great benefit for Air Force Club members.

"Over the past seventeen years, the Air Force Clubs Scholarship Program has provided college tuition assistance to Air Force Club members and their families," said Ms. Thompson. "Almost \$400,000 has been awarded to over four hundred forty Air Force Club Members and/or their families."

"This is an exclusive club member program,"

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

she said, "only club members in good standing and their families are eligible. This includes the member's spouse, children or other eligible dependent who meet the program criteria."

Historically, entrants were asked to submit an essay and although this option is still available, this year entrants are highly encouraged to submit a 5 minute video. Beginning March 1st, the entrant application located at www.myairforcelife.com is where entrants can complete their on-line entry form, paste their essay or video link and upload two letters of recommendation. The web is filled with video examples--for idea check out BuzzFeed, Watchout, or CrashCourse.

This year, the Air Force Club Scholarship Program will award six scholarships: three in the written essay format and three in the video essay format. First place in each format is a \$5,000 scholarship, second place \$4,000 scholarship, and third place \$2,500 scholarship..

Applicants for the scholarships must meet one of the following criteria:

- Class of 2016 high school seniors registered at an accredited college or university.
- Those currently enrolled at an accredited college or university.
- Those working towards their FIRST Associate/ Bachelor's degree.

This year's essay asks entrants to focus on the topic of "Tell us an Air Force story...tell us "your" Air Force story. We want to hear how you've been impacted by the best Air Force on the planet." The submission deadline is May 20, 2016.

Club Scholarship winners will be announced between June 20-24, 2016. Eligibility rules, program timeline, and entry form will be available at www.myairforcelife.com/clubs. The AF Club Scholarship Program is sponsored in part by Chase Bank. *No Federal Endorsement of Sponsor Intended.*

Bottineau Winter Park Trip
MARCH 19

Register by **March 15, Noon**

Outdoor Recreation is headed to Bottineau Winter Park. Don't miss out on this winter adventure! Price includes a ride to Bottineau and lift ticket. Need a ski or snowboard rental? The price also includes a rental through Outdoor Recreation. Arrive at ODR at 8am and depart ODR at 8:30am.

COST: \$40/ PERSON

723-3648

Like Us on Facebook: MAF Outdoor Recreation

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.

Auto Hobby Hosting Ladies Night On February 22nd

LADIES NIGHT
MONDAY FEBRUARY 22
5-7PM
1TH 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

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. 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.

Outdoor Recreation Offering Lake Darling Ice Fishing Trip

Test your angling skills during the Ice Fishing Trip to Lake Darling hosted by Outdoor Recreation on Saturday, February 27th. 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 details, call Outdoor Rec at 723-3648.

Military Youth SAVES Month

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

Every **Wednesday** in February **4pm-5pm**

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

Feed the Pig is sponsored by Northern Tier Federal Credit Union and LifeWorks

CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 19TH WILL BE FOR \$400.

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.

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For more information, call the Information, Tickets & Travel Office - 701-727-6669

FAMILY and YOUTH EVENTS & PROGRAMS

Feb 26 Annual Awards Kid's Night Out
The Youth Center is hosting a special Kid's Night Out event in support of the 5 BW Annual Awards Banquet on Friday, February 26th. The event 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 24th. For more information, call 723-2838.

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.

Mar 7 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 March 7th 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.

Lego Building Competition
The library is hosting a Lego Building Competition during the month of March. The event is open to all ages. Simply visit the library and build something creative. Then fill out an entry form and get a member of the library staff to take a picture of your creation. From April 2-16, everyone can vote on Facebook or at the library for their favorite creation. The winners of three age categories will receive a prize. Call 723-3344 for more information.

Mar 2 Brown Bag Book Talks
The base library invites you to Brown Bag Book Talks on Wednesday, March 2nd at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to other doing so. Bring a brown bag lunch if desired. For additional information, call the base library at 723-3344.

Mar 7 FREE Lunch For Club Members
Club membership pays and club members are sure to enjoy Members Monday on March 7th. 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.

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.



CMSgt David Belcher, 5 MSG Superintendent, relaxes in the La-Z Boy Biscuit Back Leather Recliner he won during the Super Bowl Party at Rockers Bar & Grill on February 7th. Over \$1,500 in prizes were awarded during the event.

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 19 Freaky FREE Friday
Strike up some fun during Freaky Free Friday at Rough Rider Lanes on February 19th 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 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.

Feb 20 Saturday "Bowl The Night Away"
Rough Rider Lanes invites you to join the fun every Saturday from 8 p.m. to midnight as part of their Saturday "Bowl The Night Away" event. During Lights & Strikes bowling, enjoy UNLIMITED bowling and shoe rental for one low price of \$15 per person. Strike up some fun with your friends with a night of bowling at an affordable price. For additional information, contact Rough Rider Lanes at 727-4715.

Feb 24 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, call Rough Riders at 727-4377.

Feb 25 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 27 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 27th. 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.

Military Children and Mental Health During Deployment

JESSICA L. BLOOM | STUDENT NURSE MINOT STATE UNIVERSITY

According to the 2014 demographics profile of the military community, there currently remain 1,819,659 children across all Department of Defense military personnel. Military children are faced with stressors typically including; frequent moving, prolonged absences of a parent, and fear of a parent's injury or death. Deployment is a period of transition and high stress for military families. Spouses and children are especially susceptible to mental and behavioral health changes. There have been numerous studies on the effects of deployment on children's social, emotional, and academic domains.

When a parent deploys, military children often display anxiety, behavioral, and stress disorders. One study identified an 11% increase in outpatient visits for mental and behavioral healthcare, despite an 11% decrease in overall healthcare visits in the same population during the deployed period. It also found that pediatric behavioral and stress disorders increased by 18% and 19% respectively (Gorman, Eide, & Hisle-Gorman, 2010). The variety of age ranges and mental-emotional development of children, influences the behaviors the children displayed. Preschool-aged children exhibit higher levels of both internalizing (anxiety, depression, being withdrawn) and externalizing behaviors (aggression, defiance, tantrums). School-aged children display emotional and academic difficulties whereas; adolescents are more likely to use anger and defiance. In general, research has shown that older children and children of married

parents have higher rates of outpatient mental and behavioral health visits (Lester et al., 2010).

Spouses of military members have more stress due to increased role responsibilities. The spouse's mental health during deployment is directly correlated to the child's mental health. If a parent displays stress and is overwhelmed, the child is more likely to have anxiety issues as well. Being that the spouse is coping with their own emotions, the behavioral changes in their children may go unnoticed. Parents, families, friends, and caregivers should look for symptoms of stress and distress. These include, but are not limited to, elevated heart rate and blood pressure, appetite changes, nightmares, sleep disturbances, upset stomachs, headaches, neck and back pain, and jitteriness (Johnson & Ling, 2013). No matter what age, every child copes with deployment in his or her own way. It should also be noted that the impact of deployment tends to accumulate in relation to the how many deployments a child endures, along with the duration of absence. Therefore, mental and behavioral health may worsen as the child ages (Johnson & Ling, 2013).

Families, teachers, caregivers, and healthcare providers need to properly support military children during deployments and transitional periods. These adults have an obligation to recognize children at risk for neglect, abuse, and inadequate coping. Healthcare professionals should never assume that any part of a military child's life is constant. Therefore, at each visit, always assess the child and caregiver for household composition and coping. Healthcare professionals can utilize the "I CARE"

tool to support the particular needs of military families. "I CARE" is an acronym: Identify, Correlate, Ask, Ready Resources, and Encourage (Johnson & Ling, 2013). Providers should, first, identify where the child is on the deployment cycle and if they are at risk for neglect or abuse. Second, the provider should correlate all health symptoms and complaints to the child's developmental stage. Third, the provider should ask about any new changes with the child or within the home. Fourth the provider should ready resources for military families both locally and nationally based on their needs. Last, the provider should encourage strong families and healthy problem solving (Johnson & Ling, 2013).

If you recognize any of these behavioral changes and symptoms within yourself or child, there are many resources available. You should consult friends, teachers, peers, and providers about the mental or behavioral changes. On base, Local Medical Treatment Facilities and family support centers are available (5th Medical Group, Family Readiness Center). There are many national resources as well, which include: Military One Source, the Military Child Education Coalition, and the Military Family Association. These resources can assist with referrals for mental health counseling, childcare, summer camps, financial, and educational resources. Religious and nonmilitary organization, youth groups, and schools may provide other support services.

In summary, deployment is a stressful life situation. Transitions and changes in home-life and absence of a parental figure can affect a child both mentally and emotionally. Be alert to potential problems and seek help to assist in this stressful time.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter.... In winter the stars seem to have rekindled their fires, the moon achieves a fuller triumph, and the heavens wear a look of a more exalted simplicity."

— John Burroughs, "The Snow-Walkers," 1866.

It's mid-February, which means it's typically winter's counterpart of the "dog days" of August when it comes to ice-fishing success.

There isn't enough snow to snowmobile, cross-country ski, or snowshoe in most of North Dakota.

So what's an outdoor lover to do? That brown landscape beyond one's window is blasé and uninviting.

Well, remember that oftentimes life is what one makes of it.

Outdoor lovers could sit back and commiserate about the lack of snow-loving opportunities, slower fishing success, or bemoan how long it will be until spring and open water fishing.

Or they can find and embrace "Plan B."

Consider these "Plan B" ideas to beat the mid-winter blahs:

*Lack of snow means it's a great chance to hike those same trails and areas one visits in the summer when things are lush and green. No mosquitoes or horseflies attack hikers along Fort Stevenson, Cross Ranch, or Sakakawea state parks trails in February. Forget about wood ticks in winter, as well.

*Attend the N.D. Game and Fish Department's mountain lion meeting Feb. 23 at their Bismarck headquarters, 100 N. Bismarck Expressway. The 7 p.m. meeting will unleash information gleaned from research over the past decade on the big cats and discuss their management with interested attendees. Love 'em or hate 'em, fear them or be fascinated, the meetings will be a good way to learn about mountain lions in North Dakota.

*Speaking of attending, an array of conservation organizations hold fundraising banquets in February, March, and April. People with a passion for things with wings can at-

tend Delta Waterfowl, Ducks Unlimited, National Wild Turkey Federation, or Pheasants Forever banquets yet this winter and into the coming spring. Big game won't be denied, either, and are well represented by Mule Deer Foundation and Rocky Mountain Elk Foundation banquets.

And the Midwest Chapter of the Wild Sheep Foundation, the organization that plays a pivotal role in funding North Dakota's wild sheep management, hosts its two-day convention in Minnesota March 18 and 19. It may be in Minneapolis but it's huge for North Dakota's ability to manage its bighorns.

*Plan a pollinator plot. Whether living on a small lot in town or a sprawling rural farmstead, a patch of ground of any size converted to a mix of pollinator plants can play an important role in helping the survival of pollinating insects. The demise of those insects, whether non-native like the honey bee or native, has reached a national level of concern because pollinating insects are critical in the production of so many foods consumed by humans. Their diminishing numbers have raised levels of concern in and outside of the environmental and agricultural communities. Taking time to design and plant even a small area into what is essentially a mix of native North Dakota plants benefits people and critters alike. Plus it's less lawn to mow.

*Depending on where and what you want to hunt, there could still be time to plan an upcoming 2016 big game hunt. Researching regulations, locations, and all of the associated logistics will while away more than a few hours of one's time.

Spring will come, it always does.

Enjoy what's left of winter.



Laura Larson, M.S., LPCC

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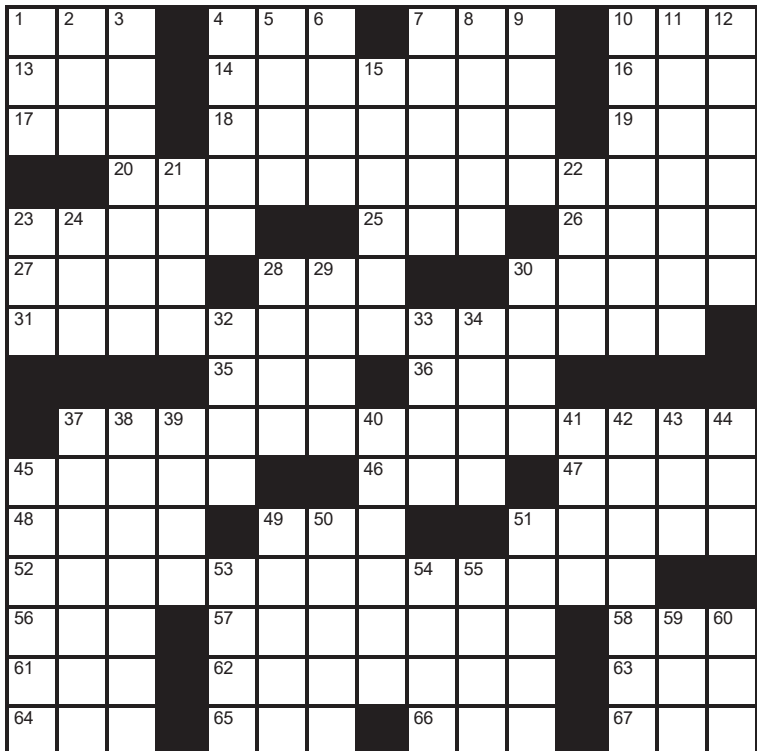
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CROSSWORD PUZZLE

Odds are



Across

- 1 "___ show time!"
- 4 Graze
- 7 Trickery
- 10 Capp and Capone
- 13 Vet
- 14 Panting dog, e.g.
- 16 Upholstery problem
- 17 "I'm impressed!"
- 18 Insulin regulates the amount of it in the blood
- 19 Nashville-based awards org.
- 20 "You choose"
- 23 Meteorological effects
- 25 Kind of grass
- 26 Some small batteries
- 27 Rush job notation
- 28 "Alley ___!"
- 30 Heavy water, for one
- 31 Classic children's nursery song
- 35 Remote abbr.
- 36 "I got an ___ my test!"
- 37 1970 Jack Nicholson film
- 45 Some grape sodas
- 46 Put to work
- 47 Orange juice feature
- 48 Harem rooms
- 49 Car ad abbr.
- 51 Hardly a he-man
- 52 1955 Marilyn Monroe movie, with "The"
- 56 Chopper
- 57 Better
- 58 Publicity, slangily
- 61 Hula hoop?
- 62 Early MP3 sharing site
- 63 Ninny
- 64 Summer hrs. in D.C.
- 65 "___ luck?"
- 66 Common ID
- 67 Big Apple inits.
- 15 Cousins of squids
- 21 Slangy denial
- 22 Kind of stand
- 23 Pillbox, e.g.
- 24 Volcano output
- 28 Wind up on stage?
- 29 Earthen pot
- 30 All: Prefix
- 32 Nights before
- 33 Those opposed
- 34 Numbskull
- 37 Overnighted, perhaps
- 38 "Eureka!"
- 39 Workbench attachment
- 40 Body substances
- 41 Huge
- 42 Banquette item
- 43 Golfer Ernie
- 44 007, for one
- 45 Key on some registers
- 49 "Homey!"
- 50 Full of energy
- 51 Unsmiling
- 53 Columbus ship
- 54 Goes bad
- 55 "Concord Sonata" composer
- 59 "Uh-uh"
- 60 No Clue

Down

- 1 Phrase of commitment
- 2 Extremely
- 3 Librarygoer
- 4 Nips
- 5 1968 folk album
- 6 ___ de force
- 7 Football's ___ Bowl
- 8 Change, as a clock
- 9 Early smartphone
- 10 Extremely old
- 11 Citrus drink
- 12 Spread out



Water Water Everywhere

Chris Pine pilots true tale of Coast Guard heroics

NEIL POND | PARADE MAGAZINE

In an early scene of *The Finest Hours*, shy Cape Cod Coast Guardsman Bernie Webber (Chris Pine) gently tries to coax his new girlfriend, Miriam (Holliday Grainger), into a nighttime boat ride. But she's afraid of the water after dark. "You can't see what's underneath," she says.

"Just more watah," Bernie reassures her. Just more watah, indeed, in this splashy true tale of against-all-odds nautical heroics almost 65 years ago, by four Coast Guardsmen who responded to the distress signal from an oil tanker that had been split asunder by a treacherous nor'easter, one of the worst winter storms ever in Massachusetts. What happened on that snow-piled, water-water-everywhere February evening is still considered "the most daring rescue in Coast Guard history."

After we meet Bernie and Miriam, and watch their romance sweetly blossom into marriage plans, we're introduced to the men onboard the soon-to-be-doomed vessel. There the chief engineer (Casey Affleck) quickly becomes the de factor leader after the captain goes down with the front

half of their ship.

By the time news of the greatly distressed, disabled tanker reaches the Cape Cod Coast Guard station, Bernie hardly seems like the man for a daring rescue. Some of the locals won't let the soft-spoken coxswain forget a previous mission in which a life was lost, and Bernie is also teased by some of his fellow, more seasoned Coast Guardsmen when they find out that the "take-charge" gal he's planning on marrying proposed to him, not the other way around.

"You sure you got your pants on, Webber?" one of them asks him.

All of this is to set up the "perfect storm" of circumstances for Bernie to prove himself a man, and a hero, when he's asked to round up a crew and head into the maw of the storm, find the troubled tanker shell and attempt a rescue.

Others in the Coast Guard station consider it "a suicide mission."

After seeing Chris Pine command the starship USS Enterprise across the universe in two *Star Trek* movies (with a third, *Star Trek Beyond*, coming in July), he looks a bit odd, teeny and constrained behind the wheel of a

small boat, even one battling monstrous, mountainous CGI waves. And even if he's playing his character true to what the actual Webber did, for the star and hero of the story, he doesn't get a lot to do—it's not terribly exciting to watch a "good guy" stand up and steer a wooden lifeboat, squint and shout into the darkness and get splashed with water for most of half an hour.

Onboard the floundering back half of the tanker, Casey Affleck fares a bit better, bringing some gung-ho realism and a sense of cool-headed determination to his role as he figures out a way to build a massive makeshift rudder and steer the broken hull of the ship.

And with a passionate, firecracker temperament to match her red hair, British actress Holliday Grainger provides a feisty onshore grounding for the salty seafaring action.

This clam-chowder winter drama won't win any awards, but it does stand as a rousing Hollywood salute to a little-known incident in nautical history and a stirring tale of Greatest Generation heroism "rescued" from obscurity by the big screen.

SUDOKU

Solution to puzzle on page 13

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

Solution to last week's Crossword puzzle.

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

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Renaissance Ramp to Fully Open

A ribbon cutting ceremony took place on Thursday, February 11th at 2:00PM to celebrate the full opening of the Renaissance Ramp in downtown Minot. The ramp will add some 225 additional parking spaces to downtown Minot.

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RENTALS

2704 Heritage Dr, Minot, ND 58703



\$295,000 | Century 21

Don't miss out on this beautiful Hunter James home in a great, quiet neighborhood, on a big lot enclosed with a wood privacy fence! This three bedroom, 1.75 bathroom, triple garage property has great curb appeal and a basement ready for entertaining!

Call Jodee Heimdal with Century 21 Action Realtors for your tour today 940-395-6487

205 Knudson Street Glenburn, ND



\$183,900 | Century 21

This adorable, move-in ready, well-maintained, 3 bedroom, 2 full bath, 2-car-attached garage, home is only 10 minutes from Minot AFB! Home has a large master bedroom with a walk-in closet and en suite full master bath, two additional nice-sized bedrooms, a kitchen with hickory cabinets and brushed nickel hardware, dining room with sliding glass doors to the backyard, two full baths, main floor utility/laundry room, all for well under \$200K!

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\$169,900

OPEN HOUSE

205 Crestview Lane, Glenburn
Sunday, Feb 21 • 3:30 pm – 4:30 pm
A MUST SEE - Nicely updated 3 bedroom, 1¾ bath. Double garage. Carrie Montoya will be there.

MLS #152591



\$145,000

ONE LEVEL LIVING – 3 bedroom 1120 sq ft mobile home. Large eat-in kitchen with island, newer cabinets and appliances, laundry off front entrance and wrap around deck. Fenced yard and detached double garage.

MLS #160260



\$110,000

GREAT BARGAIN – Nicely remodeled 2 bedroom, 1 ½ bath condo with vaulted ceiling. Loft space has the 2 bedrooms and a full bath. Nice kitchen, main level bath and dining area with doors to patio. Close to park and shopping.

MLS #152248



\$136,900

JUST LISTED! 2 bedroom, 2 ½ bath end unit condo. Large living/dining area with breakfast bar. Full bath with laundry and 2 bedrooms on main level. Basement is carpeted with room for family room, office, non-egress room, ¾ bath and lots of storage. Double garage and private patio.

MLS #160284



\$139,900

WELL CARED FOR – 3 bedroom, 1 ¾ bath home on nicely landscaped lot in Bowbells. Large living room, dining area, birch cabinets in kitchen. Maintenance free deck, updated shingles and double garage.

MLS #151336



\$279,500

MOVE IN READY – 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



Mel Bartsch
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melbartsch@yahoo.com



Melissa Leier
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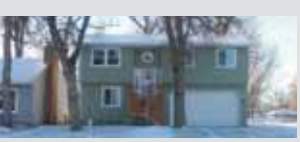
\$195,000 - Burlington



Impressive one level house with many new updates. Stay warm with the pellet stove located in the family room with circulation fans that move the heat through the house. The kitchen offers all stainless steel appliances encased in magnificent dark tone cabinetry surrounded by imprinted tile back splash. Call Neil Gush Today!
#160301

\$120,000

\$274,900



Beautiful 2 story split foyer home in quiet well kept neighborhood. Home was built in 2013, upper level consists of nice sized kitchen with custom cabinets, newer counter tops and appliances. Off the kitchen is dining room with sliding doors to deck overlooking large fenced backyard. Call Jerry Thomas Today!
#160299

\$105,000

\$189,900



This reasonably sized duplex offers 3 bedrooms per unit on the second floor with living room kitchen on the main floors. Close proximity to the City of Minot and Medical Services. This is ideal for the investor or for a person wanting to lease one portion and occupy the other. Call Neil Gush Today!
#160298

\$239,500



The perfect open inviting floor plan! Entertaining made easy in this 3 bedroom 2 bath manufactured home with double garage, step down into the large eat in kitchen with breakfast island and lots of cabinets space. Call Aisha Vadell Today!
#160297

\$675,000 - Bottineau



"Timeless Treasure" A tour of this 2 bedroom, single bath home and you will quickly appreciate the character of this Budget Smart Classic! Warm and colorful with attention to detail, makes this a great choice! New flooring and electrical. Approx. \$500 per month for approved credit! Call Loretta Seibold Today!
#160279

\$309,900



Lots of room in this large 3,000 sqft home with 4 bedrooms & 2 ½ baths. The whole house has been remodeled from top to bottom with large rooms & formal dining area breakfast room. This home has a large yard great for pets or entertaining with a single garage that is insulated & sheet rocked. Call Brad Livesey or Clyde Thorne Today!
#160266

\$319,900



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!
#160215



Attractive 4 bedroom home in a great location. Large master bedroom has large walk in closet, 2 full baths, vaulted ceilings, 12x12 deck, beautiful landscaped yard with sprinkler system. Heated finished garage, floor drain.
Call Dawn VerBruggen Today!
#160024



Beautiful 3 level 4 bedroom home in amazing neighborhood. 10 ft ceilings in the living room with open floor plan into dining room and kitchen. Large open kitchen with lots of cabinets and counter space. Call Lori Henderson Today!
#160009


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The North Dakota Center for Persons with Disabilities (NDCPD) at MSU is seeking a resourceful individual to work on the grant-funded project, ASTEP (Advancing Students Toward Education and Employment Program). Specifically, the successful candidate will support MSU-enrolled ASTEP students with coordination of academic inclusion in university courses and case management and coordination of their activities and supports. This position is a 12 month, benefited position and 100% FTE (FTE negotiable).

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- Coordinate faculty member access to the ASTEP designed Universal Design for Learning (UDL) online course and provide in-services and trainings to campus faculty and departments as requested; and
- Provide student case management, coordinating with external community agencies and campus entities to assist the student in implementing goals successfully.

Position requires a bachelor's degree in one of the following fields: Disability, Special Education, Rehabilitation, Education, Psychology, Social Work or related field; master's degree is preferred. Position requires two years of experience in a human services or educational related industry. Individual hired for this position must be task oriented with diligent follow through. Excellent oral, written, and interpersonal communication skills are required. Applicants must demonstrate the ability to deal effectively and interact positively with individuals and teams. Applicant must be able to operate standard office equipment (copier, telephone, fax, etc.), have a driver's license and successfully satisfy a criminal history background check prior to employment.

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SUDOKU ANSWERS

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

Answers to puzzle from page 9

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07 Chevy Tahoe
4x4 105K, 3rd row, Clean
\$14,995



06 Hummer H3 Luxury
4x4, htd leather, sunroof, dvd only 79k
\$15,995



11 Ford Expedition EL
4x4, 125K, very nice for the price!
\$11,995



09 Toyota Corolla
4dr, 52,000 miles, clean car
\$9,995



05 Toyota Tundra SR5
4x4, 183K but runs/drives great
\$10,995



07 GMC Yukon XL
4x4, Leather, Sunroof, DVD 137K
\$14,995



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4x4, 1 owner, 140K, Mint
\$4,195



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DEADLINE FOR DISPLAY & CLASSIFIED ADS:

TUESDAY AT NOON ON THE WEEK OF PUBLICATION

Any ad received after this time will run the following week.

TODAY

- 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

SATURDAY

- TurboKick Live, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Base Skate, 1800, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Rough Rider Lanes

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- Youth Tumbling Classes, Hours vary by age, Youth Center
- Turbo/Core, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC
- H2O Fitness, 0930, Indoor Pool
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- Newbery Book Club, 1530, Base Library
- Ladies Night, 1700-1900, Auto Hobby
- Barre Fitness, 1800, Fitness Center
- Urban Boot Camp, 1900, Fitness Center

TUESDAY

- Last Day to register for the Ice Fishing Trip at Outdoor Rec by noon
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Fit to Fight MIX, 0600, Fitness 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, 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 26 February at the Youth Center
- Cycle, 0600, Fitness Center
- Right Start, 0730-1200, A&FRC – Held at the 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
- 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
- Military Youth Saves "Feed the Pig" Judging, 1700, Youth 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

- TAP GPS Workshop, 0800-1600, A&FRC
- HIIT & Core, 1100, Fitness Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Fit to Fight, 1630, Fitness Center
- 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 - FEB. 26

- Last day to register for Youth Basketball & Basketball Cheerleading at the Youth Center
- Last day to register for the Dog Sled Trip at Outdoor Rec by noon
- 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
- Freaky FREE Fridays, 1700-2100, Rough Rider Lanes
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Give Parents A Break, 1800-2200, CDC/School Age Program
- Annual Awards Banquet Kid's Night Out, 1800-2200, Youth Center
- Keystone Club Meeting, 1830-1930, Youth Center
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPCOMING EVENTS - FEB. 27

- Ice Fishing Trip, 0830, Outdoor Rec
- Body Blast, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Chess Club, 1100, Base Library
- 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

- Military Saves Week, February 22-26, A&FRC
- 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!
- Auto Hobby February Special. Customer brings in tires to Auto Hobby, pays for mounting and Auto Hobby staff will balance them for FREE and waive the stall fee. Special Price \$10/tire

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/LLLofMinot.

PARK UNIVERSITY SPRING II 2016 REGISTRATION IS NOW OPEN!!

Park University's Spring II 2016 term (14 March 2016 – 8 May 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 WILDCATS 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

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.

SCIENCE OF AVIATION 2/21/2016 3:00 PM
Magic City Discovery Center / Dakota Territory Air Museum. Children 6+ years old are invited to learn about the science of aviation at this Magic City Discovery Center event coordinated with volunteers from the Dakota Territory Air Museum. Participants will receive an event passport to help guide them to the special stations separated from the general exhibits. Stations will include the four forces of flight, a visit with Wilbur and Orville Wright, and the Polar Pumpkin Plane that has been garnering attention all season! A parent or guardian must remain on-site during the event; either join your child for the fun and learning at this event, or pay and play with other children in the general exhibits! Regular admission of \$4/ person applies for the Science of Aviation event and general exhibits. Note: Some of the special event stations will be located upstairs with no elevator available. We apologize for this inconvenience.

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>.

PINTERESTED 2/23/2016 6:00 PM
Grand Hotel Minot. Pinteresters Unite!! Please stop in to the Grand Hotel to reserve your tickets for our first ever Grand Hotel PinterestED night! The craft of the evening will be a Fabric Covered Magnetic Bulletin Board with DIY Magnets. The Grand Hotel will provide you with the basic supplies to make the craft (cookie sheet, an array of fabric choices, buttons, magnets, ribbon, and basic crafting utensils), step by step instructions and a pinning coach. Please feel free to bring your own fabric or embellishments to add your own personal touch to your project! To top it off, a glass of wine and plenty of fun will also be provided! Tickets are \$25 in advance (advance sales end at 02/21/2016) or \$30 at the door. Must be 21! Any questions please

call the Grand Hotel 701.852.3161!

MSU THEATRE ARTS PRESENTS 'THESE SHINING LIVES'
Minot State University's Theatre Arts Program presents Melanie Marnich's "These Shining Lives" in Aleshire Theater Feb. 24-27 at 7:30 p.m. and Feb. 27 at 2 p.m. Doors will open 30 minutes prior to show time. Kevin Neuharth, theatre arts professor, directs this emotionally provocative social drama based on the real life story of four women employed by the Radium Dial Company in the 1920s. In an era when women were a novelty in the workplace, the Radium Dial Company of Ottawa, Ill., employed young women to meticulously paint glow-in-the-dark markers of time for watches and clocks. Their fine brushes, drawn to their lips, were then rolled to a fine point and dipped in the radium-based glow-in-the-dark paint over and over. With each new brush stroke, and each new point made with their lips, they were robbed of countless years of their lives, all the while reassured that radium was perfectly safe, even medically beneficial. "We can't forget how this 'great job' affected personal relationships, family relationships and the way large companies do business," Neuharth said. "We are still living in a world where we ask the same questions, 'How much did they know?' and 'When did they know it?'" Through laughter and tears, "These Shining Lives," relates the very real struggle of these four women, while illuminating the dark side of corporate greed and its contemptible disregard for human life. At the same time, the dynamic relationships of the young women are celebrated. Tickets are \$10 for adults, \$5 for seniors and students under 18. Admission is free for MSU students, faculty and staff with current MSU ID. Reservations are strongly recommended. Contact the Aleshire Theater box office for reservations at 858-3227. For questions, contact Neuharth at kevin.neuharth@minotstateu.edu.

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
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 neces-

sary - 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.

CUSTOM KINGS REVEAL PARTY 2/27/2016 10:00 AM
Magic City Harley-Davidson. There will only be one motorcycle to win it all! Join the Magic City Harley-Davidson Family for the unveiling of our Custom Kings Sportster entry in the National Harley-Davidson Custom Kings Competition. Don't miss the opportunity to be the first to see this bike! Join us for a day of activities, food, and fun for the whole family!

CHILDREN'S OLYMPICS 2/27/2016 11:00 AM
Minot State Dome. Kohl's Healthy Communities and CHI St. Alexius Health's Children's Olympics will motivate children to stay active. No matter the season, spring, summer, fall or winter, we encourage children to keep moving and eat healthy. Children in grades K-5 can participate in the 100 meter dash, basketball shooting challenge, soccer kick, inflatable obstacle course and other fun activities. One girl's bike and helmet and one boy's bike and helmet will be given away. Community organizations and agencies will be present with information on classes, programs and services.

DR. SEUSS'S BIRTHDAY CELEBRATION 2/27/2016 11:00 AM
Barnes & Noble Dakota Square Mall. Happy Birthday Dr. Seuss! Join us in celebrating the beloved Dr. Seuss's birthday (march 2). At this fun celebration you can pin the tail on Horton, decorate your own Cat in the Hat and more. Dont miss out on this fun-filled Storytime!

FAIRYTALE HOUR 2/27/2016 2:00 PM
Minot Public Library. Hear Ye, Hear Ye! By Royal proclamation of the king all the young maidens in the kingdom are cordially invited to Fairytale Hour at the Minot Public Library with Princess Cinderella (from the 2015 movie) on Saturday, February 27th from 2:00 - 3:00 p.m. The princess will provide a craft, confectionaries, and a royal gift for you! The cost of this event is \$15.00! Reserve a spot for your princess before it's too late!

MINOT CHAMBER CHORALE WILL PRESENT A "CLASSICAL MATERPIECE CONCERT, SUNDAY, FEBRUARY 28, 2016 Ann Nicole Nelson Hall 3:00 pm. This Winter Concert will feature two choral works. Psalm of Peace by Norman Dello Joio is a contemporary selection accompanied by Kari Files on the organ along with Deanna Carpenter on French Horn and Alan Jermiason on Trumpet. The Vivaldi Magnificat is an 18th Century work of praise accompanied by a small orchestral ensemble. Do not miss this concert enhanced by the wonderful acoustics of MSU's Nelson Hall. No admission charge. A free will offering will be taken.

NDSF TICKETS ON SALE 3/01/2016 8:00 AM North Dakota State Center. Box office opens at 8:00am! Tickets will be available for purchase over the phone (701)857-3247, you can buy them online at www.ndstatefair.com, or you can come on down to the State Fair Center and purchase your Fair tickets in person. July 22- Fall Out Boy \$50 July 30- KISS \$65 Grandstand Showpass: \$110 Showpass includes the following- July 23- Billy Currington July 24- LOCASH July 25- Enduro Race July 26- Monster Trucks July 27- Old Dominion July 28- Kenny Chesney July 29- Jake Owen 9 Day Camping (July22-30) \$180 Adult Season Gate Pass (age 13 & older) \$25 Junior Season Gate Pass (ages 7-12) \$15 Mega Ride Carnival Pass: \$60 (will be \$70 after July 1, 2016) MPRA Championship Bull Riding: Adult \$14, Ages 7-12 \$6 Ranch Rodeo: Adult \$10, Ages 7-12 \$5 North Dakota State Fair 2005 Burdick Expressway East Minot, ND 58701 For more information visit www.ndstatefair.com or call (701)857-7620

Out of the shadows: AMCS Airmen provide missing link

AIRMAN 1ST CLASS KRISTAN CAMPBELL | 432ND WING/432ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

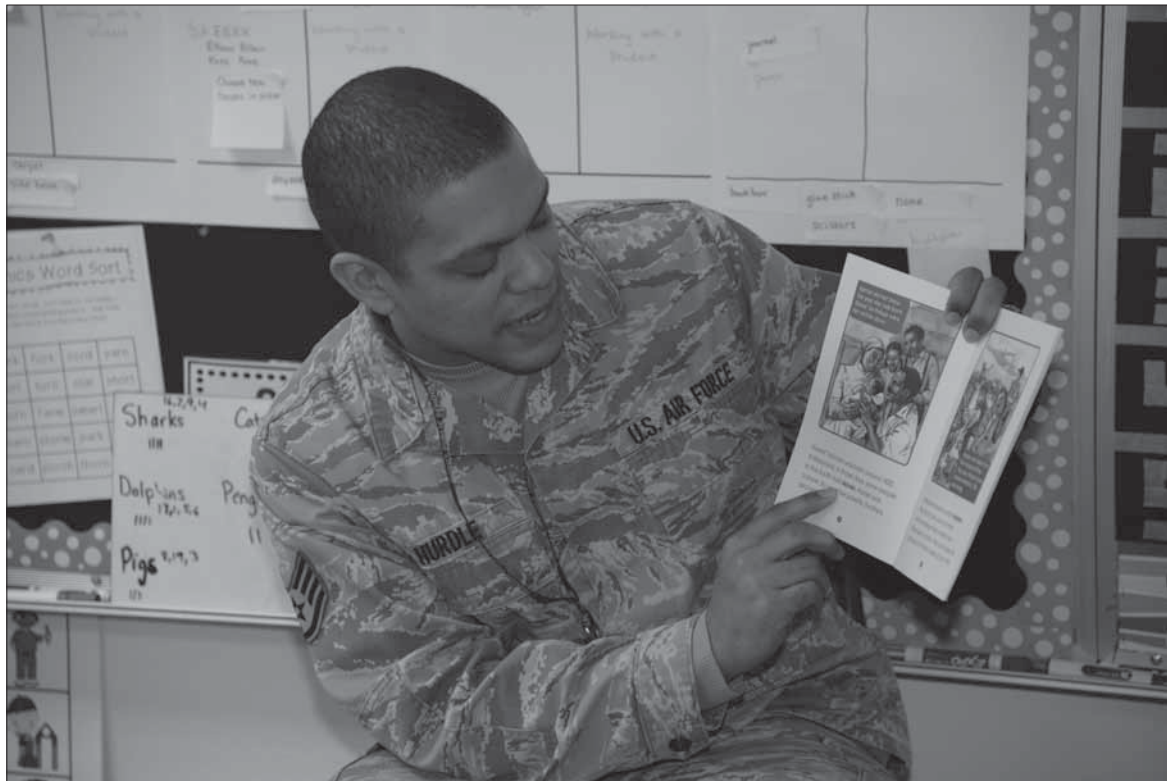
CREECH AIR FORCE BASE, Nevada (AFNS) -- Preparing to support remotely piloted aircraft operations is no easy task. Still, Airmen assigned to the 432nd Wing/432nd Air Expeditionary Wing recently spent time showing leadership exactly what it takes to provide RPA intelligence, surveillance and reconnaissance support at

any time. Chief Master Sgt. Michael Ditore, command chief of the wings, shadowed two Airmen from the 432nd Aircraft Maintenance Communications Squadron Feb. 10 and learned about how the unit provides the link between RPAs and ground support at Creech Air Force Base. Senior Airman Robert, a communications

mechanic, and Staff Sgt. Rachel, a communications supervisor, are responsible for ground control for ground control squadron maintenance. Assigned to the 432nd AMCS, they maintain the electronic link between pilots in the ground control station and their RPAs. Both Airmen are also part of the only communications squadron that services ground

control stations at Creech AFB. A station acts as a cockpit to pilots and sensor operators who control MQ-1 and MQ-9 aircraft from the ground, and being the only specialists with the tools to maintain them makes their job especially important to the RPA mission. As they conducted a preventative maintenance inspection (PMI) with Ditore, the Airmen covered important aspects of the job, and provided him with valuable insight. The Airmen showed Ditore how to properly care for the station, as well as how to fix it if something goes wrong.

As part of his efforts to develop Airmen at Creech AFB, Ditore developed the shadow Airman for a day program to put faces to the Airmen of the community. "It's really important that we get to know our Airmen and what they are doing," Ditore said. "We all bring something to the fight. It's important for us not to lose that perspective of one another."



Robert said that keeping the stations maintained enables pilots and sensor operators to fly, and demonstrated that without them, RPA flights wouldn't be possible. "When you're enabling combatant commanders to successfully complete the mission, it's a great feeling," Robert said. "I love being in the Air Force and being in communications because there is a requirement everywhere for us. We can go anywhere in the world, we can set up anywhere in the world."

As a former maintainer, Ditore felt at home performing the PMI alongside the AMCS Airmen. Ditore finished various tasks alongside the Airmen, from cleaning computer screens to taking apart station items.

For Robert, station maintenance often involves more than wrench turning. It also focuses on servicing the computers and the technical aspects of communications that enable RPA crews to talk with ground crews and the aircraft itself.

Like most other jobs in the Air Force, paperwork is a crucial part of maintenance inspections. When Ditore was finished with the shadow, Robert showed him how to fill out forms and mark discrepancies found during the inspection, explaining what each one meant and how to write them.

For Robert, station maintenance often involves more than wrench turning. It also focuses on servicing the computers and the technical aspects of communications that enable RPA crews to talk with ground crews and the aircraft itself.

Ditore said shadowing the Airmen allowed him to gather a new perspective on the 432nd AMCS and their importance to the mission.

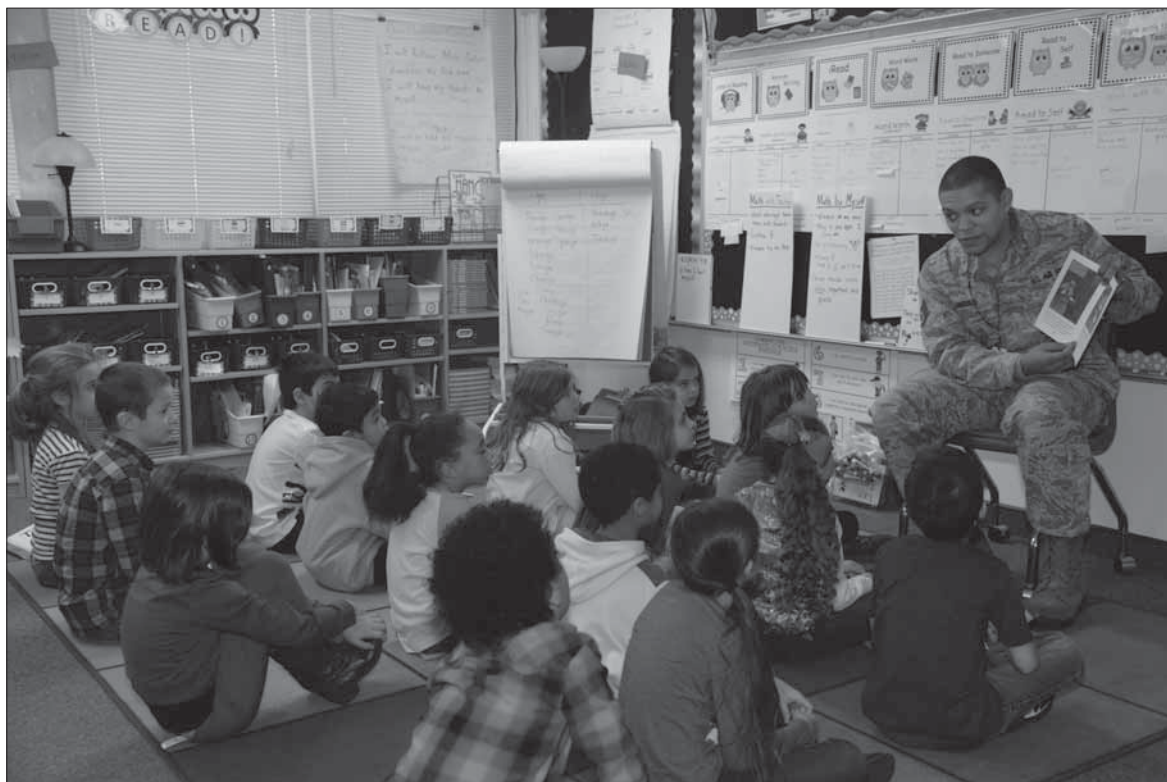
Editor's note: Some last names were removed due to security concerns

"(Working with) communications gives me variety," Ditore said. "It lets me see how these Airmen are making a difference, helps me find out how to help and show we care."

Minot Airmen volunteer to read for Black History Month

MINOT AIR FORCE BASE, N.D. -- Minot members volunteered to read at Dakota Elementary School on Minot Air Force Base starting Feb. 9, 2016 through Feb. 12 for Black History Month. Those that volunteered read books to students about different influences on black history such as Dr. Martin Luther King Jr., Harriet Tubman, Rosa Parks and others.

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



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Senior Airman
Melinda MYERS
91st Missile Security Forces Sq. ATLANTA, GA

Rough Rider of the Week

What did you do before you joined the Air Force?

Kennel manager and trained protection dogs part time.

Hobbies or Interests

Crafting, volunteering and playing guitar & piano.

Most life changing experience

When my mom got diagnosed with cancer. Helping her taught me to grow up real fast.

Where do you see yourself in 10 years

With a bachelors in Animal Science and working to become a vet, as well as being in the reserves.

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

To be able to do gymnastics.



Favorite quote

"An animal's eyes have the power to speak a great language."

- Martin Buber

Minot State's SNDU chapter hosts Dr. Seuss literacy event in Minot Public School District

MINOT STATE UNIVERSITY

On March 4, Minot State University's Student North Dakota United chapter and North Dakota United-Retired will host a literacy event throughout the Minot Public School District. The event commemorates Dr. Seuss' upcoming birthday and Read Across America. "We plan to give a book to every Minot

Public student, grades kindergarten through second," said McKenna Hodenfield, SNDU public relations officer. "SNDU is honored to be organizing such a large event to promote literacy and the love of reading to community children. This event is possible thanks to the leadership of our officers and fundraising efforts from our SNDU members."

Minot State SNDU and NDU-Retired members will take the books into classrooms throughout the district March 4. They will read a book to each class and then give a new book to each student to take home.

SNDU is a student club for MSU's education majors. It strives to provide opportunities for education majors to be involved in and lend services to the Minot education community. Standing officers, in addition to Hodenfield, include Megdalyn Kuske, president; Taylor Foley, vice president; Tiana Olson, secretary/treasurer; and Nikki Egge, student government representative. Dan Conn and Joe Zajdel, both assistant professors of teacher education, are the faculty sponsors.

For questions, contact Hodenfield at (701)720-9756, Conn at (970)520-9084 or Kuske at (701)720-7133.



Pathway to iMagicon event

February 15, 2016 – On the second to last weekend in April, fans of all ages will transform and unite again for the second iMagicon here in Minot, ND at the Holiday Inn Riverside Hotel. Gorilla Games at Dakota Square Mall kicked off the event by holding a Pathway to iMagicon event on Monday, February 15th from 2pm until 9pm. It was a free event for all ages which included free gaming including Minecraft, Halo, Madden, and chances to win tickets to iMagicon. Not only was there just video games but also board games and an artist table where we met Aaron Johnson, an artist from Minot who was showcasing his digital and other media portraits that he had available for purchase for the public. Aaron captures the portraits of popular Disney®, Dream Works®, and other popular images flawlessly with digital as well as colored pencil and art marker drawings. Aaron's drawings will be featured at a booth during iMagicon and you may check out more of his work at YoshiTheFoxDrawings on Facebook.

NORTHERN SENTRY PHOTOS | BETH DUCHSHERER



Diane C. Bigham, DO

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- General Surgery residency, Doctors Hospital, Massillon, OH
- Urology residency, Metropolitan Hospital, Grand Rapids, MI – served as chief resident
- Practiced 11 years in Michigan, most recently with Urologic Consultants, P.C., where she co-directed the Continence and Pelvic Health Center
- Member, American College of Osteopathic Surgeons



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BY GREG DRAIN



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Soup It Up! Fundraiser Something for Everyone!

TAUBE MUSEUM OF ART

What better way to spend a chilly Saturday than with friends, surrounded by art, and enjoying mouth-watering soups! The Taube Museum of Art in Minot will be hosting their ninth annual Soup It Up! fundraiser on Saturday, February 27, 2016 at a NEW LOCATION, the Grand Hotel Convention Center, 1505 N. Broadway. Soup will be served from 11:00 am - 1:30 pm. Artisans and crafters will be selling their wares, from 11 am - 3 pm, with no admittance fee to shop your favorite artists! There will be a Children's Art Activity Center from 11 am - 2:30 pm, with free will contributions accepted for children's art activity.

As in previous years, for the price of a soup ticket, the first 200 attendees will take home a hand crafted ceramic soup bowl created by the MSU Ceramics Department. Soup will be served by: Olive Garden, Teri Tingley, 10 North Main, Souris River Brewing, Panera Bread, Magic City Hoagies, Primo, and Badland's Restaurant. Thank you for contributing their time and soup for this heartwarming event! Breads and desserts will be provided by Marketplace Foods and Museum members.

Live music will be performed from 11:30 am to 1:30 pm by Leonard Haabak. A Silent Auction with a variety of gift baskets, pottery, and

additional art items will also be offered, with a portion of the proceeds benefiting the MSU Ceramics Department Scholarship Fund. MSU Ceramics Department faculty and students will have handcrafted pottery available for purchase.

Soup It Up! tickets are \$17 for nonmembers, \$14 for members & MSU Students, children 8 years & younger 1/2 price (which does not include ceramic bowl), which are available at the Taube Museum of Art and online at www.taubemuseum.org. Not a member? Join by February 27 and receive a \$9 ticket! You may preselect your bowl at the Taube Museum of Art after February 20th and get first pick from the selection of handcrafted ceramic bowls!

Proceeds support the Taube Museum of Art, a non-profit art organization, with a portion of the proceeds to benefit the Lower Gallery/Education area water damage recovery. With the continued support of the Minot community we are able to fulfill our mission of enriching lives through the visual arts.

Museum and Gift Shop hours are 10:30am - 5:30pm Tuesday - Friday and 11:00am - 4:00pm Saturday. Please call Nancy F. Walter, Executive Director at the Taube Museum of Art at 838-4445 for further information.

North Dakota Department of Health Provides Zika Virus Guidance for Travelers

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) offers guidance for residents who are contemplating or planning to travel to areas of the world where the Zika virus is being transmitted. Zika virus has been of special concern to pregnant women. An up-to-date list of destinations with confirmed Zika transmission can be found at www.ndhealth.gov/disease/zika. People are encouraged to check this website frequently when they are planning travel because these areas are likely to change over time.

Pregnant women should postpone, if possible, any travel to Zika affected areas until after the pregnancy. Women who are trying to become pregnant and their male partners should talk with their health care provider about whether they should reconsider travel plans to Zika affected areas.

"Most people who get infected with Zika virus either have no or only mild symptoms. However, there is a greater risk to a pregnant woman because Zika virus can spread to her unborn baby. Due to the potentially serious consequences of contracting Zika virus during pregnancy, diligent adherence to prevention measures is necessary," said Laura Cronquist, epidemiologist with the NDDoH.

Zika virus is primarily spread by tropical and subtropical mosquitoes. These mosquitoes also spread diseases like dengue and chikungunya. All travelers should protect themselves from mosquito

bites by following these recommendations:

- Wear long-sleeved shirts and long pants

- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside

- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors

- Use Environmental Protection Agency (EPA)-

and legs

- Cover crib, stroller, and baby carrier with mosquito netting

- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin

- Adults: Spray insect repellent onto your hands and then apply to a child's face

- Treat clothing and gear with permethrin or purchase permethrin-treated items

- Treated clothing remains protective after multiple washings; see product information to learn how long the protection will last

If treating items yourself, follow the product instructions carefully

- Do NOT use permethrin products directly on skin; they are intended to treat clothing

After returning from Zika affected areas, the NDDoH recommends:

- Pregnant women should consult their health care

provider and seek testing for Zika virus between two and 12 weeks after returning from a Zika affected area

Men returning from Zika affected areas who have a sexual partner that is pregnant should either abstain from sexual activity or correctly and consistently use condoms for the duration of the pregnancy

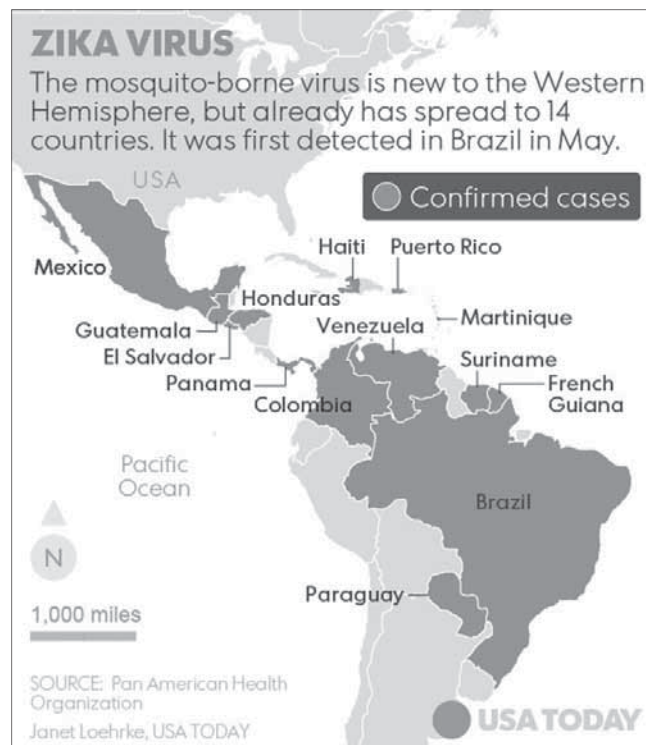
Men returning from Zika affected areas that have non-pregnant sexual partners should consider abstaining from or correctly and consistently using condoms for all sexual contact

All travelers should consult their health care provider if they develop illness, such as sudden onset of fever, rash, conjunctivitis (red eyes), joint pain, muscle soreness or pain, or headache, within 14 days of returning from Zika affected areas

Travelers should not use nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen and naproxen

To help prevent others from getting sick, avoid getting additional bites from other mosquitos during the first week of illness

More information regarding Zika virus can be found at www.ndhealth.gov/disease/zika. For more information, contact Laura Cronquist at lronquist@nd.gov, or at 1.800.472.2180 or 701.328.2378.



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Saturday, Feb. 27, 2016

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www.taubemuseum.org

Nonmembers: \$17
Members & MSU students: \$14
Children 8 & Under: 1/2 price
(children's 1/2 price ticket does not include ceramic bowl)

Children's Art Activity Center: 11am-2:30pm

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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  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  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  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  5900 Highway 83 N, Minot www.faithumcminot.com 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  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  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 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 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 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School..... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA  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 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  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  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:</p> <p>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  715 20th Avenue NW Minot, ND 58703 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> 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 I John 5:13 www.bbcminot.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> 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  <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>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF </p> <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>First Baptist Church  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  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  <i>Teaching the Word, One Verse At a Time! KJB</i> 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 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  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.trinitychurchminot.org</p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 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  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  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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KC-46 refuels fighter jet with hose, drogue system for first time

KENJI THULOWEIT | 412TH TEST WING PUBLIC AFFAIRS

EDWARDS AIR FORCE BASE, Calif. (AFNS) -- An Air Force and Boeing aircrew aboard a KC-46A Pegasus successfully refueled an F/A-18 Hornet fighter jet in flight Feb. 10, marking the program's first using the tanker's hose and drogue system.

The flight, which took place in the skies over Washington state, lasted more than four hours and the tanker's air refueling operator transferred fuel to the F/A-18 at 20,000 feet, according to Boeing officials.

The KC-46 will refuel

aircraft using both its boom, and hose and drogue systems. The boom allows the tanker to transfer up to 1,200 gallons of fuel per minute, while the plane's hose and drogue systems, located on both the plane's wing and centerline, enables the KC-46 to refuel smaller aircraft such as the F/A-18 with up to 400 gallons of fuel per minute, a Boeing news release said.

F/A-18s are flown by both the Navy and Marine Corps.

The KC-46 refueled an F-16C Fighting Falcon from Edwards Air Force Base using its air refueling boom

Jan. 24.

The KC-46 is intended to replace the Air Force's aging tanker fleet, which has been refueling aircraft for more than 50 years. With more refueling capacity and enhanced capabilities, improved efficiency and increased capabilities for cargo and aeromedical evacuation, the KC-46 will provide aerial refueling support to the Air Force, Navy and Marine Corps, as well as coalition aircraft.

The 412th Test Wing is the lead developmental test organization for the KC-46 tanker program.



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