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

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Videos



Al Udeid shop operates most productive AF wheel, tire repair facility

TECH. SGT. JAMES HODGMAN | 379TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

AL UDEID AIR BASE,
Qatar (AFNS) -- The 379th
Expeditionary Maintenance

Squadron operates the
only wheel and tire
repair facility in the U.S.



Minot State University
Center of Excellence

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)



**Minot State
UNIVERSITY**

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Central Command area of responsibility and the most productive facility in the Air Force.

In the past year, the squadron's wheel and tire maintenance team produced 3,000 serviceable tires, more than any other Air Force wheel and tire shop.

"We average between eight and 10 tires a day," said Staff Sgt. James Mercatell, a 379th EMXS aerospace maintenance craftsman from Sebastian, Florida. "There are days when we've received 25 tires, and we have the capability to turn 30 wheels and tires in a single day."

Unserviceable wheels are pulled off aircraft and delivered to the shop. Once received, each wheel is broken down and inspected.

"A couple days ago we received 30 wheels and we had stuff everywhere, but we got every wheel and tire out, with 15 being completed in one shift," Mercatell said. "We inspect everything to ensure each wheel is serviceable, and it can be reassembled safely and properly."

Nearly 10 Airmen work in the wheel and tire repair facility. These Airmen look for anything that would make a wheel unserviceable such as cracks or signs of corrosion. The inspection is a thorough process and includes hand cleaning of every wheel, as well as an inspection by the 379th EMXS nondestructive inspection team to detect potential micro fractures, which are invisible to the human eye.

"As the only wheel and tire repair facility in the AOR, we disassemble, inspect and reassemble wheels and tires for any aircraft in the AOR," said Senior Airman Michael Dalleo, a 379th EMXS aerospace maintenance apprentice from Enfield, Connecticut.

Dalleo said the work he does has an impact every day.

"I get to work on seven different aircraft, and I see the direct effect of what we do and how it supports operations," Dalleo said. "I take great pride in knowing what we do enables missions across the AOR. Planes can't take off or land without tires."

The 379th EMXS has enabled more than 20,000 sorties and more than 683 million pounds of fuel to be off-loaded in 2015. Because of the unit's dedicated mechanics, Al Udeid Air Base's KC-135 Stratotanker fleet was able to take-off from the base and fly more than 100,000 combat hours and perform more than 54,000 aerial fuel transfers.

Having a hand in those accomplishments has special meaning for every one of his Airmen, Mercatell said.

"We provide a lot to the fight and we all understand the magnitude of what we do every day," Mercatell said. "That's why we carefully inspect each item. We want to make sure we support the fight so our planes can fly; if they're not flying, then they're not able to support our brothers

and sisters in arms who need us.

"The best part of the job is knowing we support the fight," he added. "We make a difference. The wheels we work on go on aircraft across the AOR and those aircraft fly missions to take out bad guys."

Senior Master Sgt. Adam Otto, the 379th EMXS maintenance flight chief from Hastings, Michigan, said the dedication the Airmen in the wheel and tire section display is impressive.

"Most of the Airmen here have never worked together before and many have never worked in a wheel and tire shop," Otto said. "They get trained, they come here and they come together to support the mission. We rely on them to become a cohesive team in a minimal amount of time."

"They're turning more tires than any other shop in the Air Force and they have the capability to produce up to 30 tires in a day," he continued. "The work this team does is very important because without our aircraft flying, more people would be in harm's way."

Staff Sgt. Abraham Ponce, left, a 379th Expeditionary Maintenance Squadron aerospace maintenance craftsman, from Odessa, Texas, and Airman 1st Class Bobbie Price III, a 379th Expeditionary Maintenance Squadron aerospace maintenance journeyman, from League City, Texas, work to repair two wheels at Al Udeid Air Base, Qatar Feb. 16, 2016. The squadron's wheel and tire shop was the most productive in the Air Force last year.

U.S. AIR FORCE PHOTO | TECH. SGT. JAMES HODGMAN

Minot Tests Minuteman III Missile with launch from Vandenberg

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS | AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

VANDENBERG AIR FORCE BASE, Calif. -- A team of Air Force Global Strike Command Airmen from the 91st Missile Wing at Minot Air Force Base, North Dakota, and the 625th Strategic Operations Squadron at Offutt AFB, Nebraska, aboard the Airborne Launch Control System, launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle at 11:34 p.m. Pacific Standard Time, Feb. 20, from Vandenberg AFB, California.

The ICBM's reentry vehicle, which contained a telemetry package used for operational testing, traveled approximately 4,200 miles

to the Kwajalein Atoll in the Marshall Islands. Test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent. All MMIII test launches are supported by a team from the 576th Flight Test Squadron at Vandenberg AFB.

"The flight test program demonstrates one part of the operational capability of the ICBM weapon system," said Col. Craig Ramsey, 576th FLTS commander. "When coupled with the other facets of our test program, we get a complete picture of the weapon system's reliability. But perhaps most importantly,

this visible message of national security serves to assure our partners and dissuade potential aggressors."

Minot AFB is one of three missile bases with crew members standing alert 24 hours a day, year-round, overseeing the nation's ICBM alert forces.

"It has been an amazing experience for the operations and maintenance members of Team Minot to partner with the professionals from the 576th FLTS, 30th SW and 625th STOS," said Maj. Keith Schneider, 91st MW Task Force Director of Operations. "Everyone involved has worked hard and dedicated themselves to the mission."

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational credibility of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

OSI warns Airmen about scams

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

MINOT AIR FORCE BASE, N.D. -- Members of the Office of Special Investigations on base have noted a rise in scams targeting Minot Airmen. Paul Shaiyah, commander, AFOSI Detachment 813, went into detail about what the scams are and how to avoid them.

"Over the course of the last year and a half we've seen a series of scams come forward involving

our active duty members as victims," Shaiyah said. "The number one thing we've seen is something we call 'sextortion', where members will meet somebody online and that individual that they meet will convince the Air Force member to talk on an application such as Skype or FaceTime, and take part in sexual acts. The scammer then contacts the member pretending to be the parent and threatens to go to authorities unless they are paid a certain

amount of money. Our recommendation is to not engage in any acts like that."

Although "sextortion" is the most common scam right now, money scams are rapidly emerging, according to Shaiyah.

"We've seen examples where members will be reached by someone claiming to be a county court and telling the member that they have an outstanding warrant and need to pay them immediately," Shaiyah said. "The other one is the IRS scam where members get contacted by someone being from the IRS and saying that they owe back taxes and they need to pay up or else."

Although Shaiyah reiterated there is no reason to believe there aren't scams particularly targeting members of the military, he explained most members do fit the demographic of what perpetrators are looking for.

"Military members fit into the overall demographic of people age 18 to 25 that the scams go after," Shaiyah said. "We've yet to see a specific scam developed for military members just yet, in most cases these are generic scams that members fit in the mold

of."

The number of people isn't glaring, but there is a decent amount of people that have reported being scammed according to Shaiyah.

"We've had at least 10 cases of 'sextortion' reported at Minot Air Force Base," Shaiyah said. "The more elaborate schemes such as the warrants or IRS scams are less prevalent, as we have only seen a handful of them."

Shaiyah explained there are numerous ways to seek help if Airmen feel they have been or are currently being scammed.

"The biggest thing is looking out for each other and being good wingmen," Shaiyah said. "Come forward when you need help, we're not going to let you get in a position where you'll be taken advantage of. We also recommend going to the legal office, your supervisor, first sergeant or commander if you need help."

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ACTIVE SHOOTER TRAINING

Airmen from the 5th Aircraft Maintenance Squadron participate in active shooter training at Minot Air Force Base, N.D., Feb. 18, 2016. The classroom portion of the pre-deployment training was taught by Staff Sgt. Joshua Bailey, 5th Security Forces Squadron instructor, and educated participants on three survival options: Escape, Barricade and Fight. The practical portion of the training used simunition rounds in a shoot house to mimic how participants would act under stress.

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





Minot Messenger

YOUR GUIDE TO SERVICES & EVENTS PROVIDED BY THE 5TH AIR FORCE SUPPORT SQUADRON

Register March 2-16 For Winter Games At Fitness Center

Fighting the Winter Blues?
WINTER GAMES
McAdoo Fitness Center
MARCH 23
1200-1500
Unit Registration March 2-16

- Soccer
- Dodgeball
- 3 on 3 basketball tournament
- 3 point shootout
- Burpees challenge (how many in 2 minutes)
- Rowing challenge (15 mins)
- Volleyball
- Cycling (15 mins)
- Wally Ball
- Racquetball
- Rock Climbing Relay
- Bench Press Competition
- Inner Tube Water Polo

Enjoy fitness events that will challenge teams to push themselves to the limit!
This program is in support of our annual commander cup program esprit de corps.
Open to all DoD ID holders.

723-2145

Like Us on Facebook
Minot Sports and Fitness Center

Fight the winter blues and join in the fun during the Winter Games 2016 at the Fitness Center on

Wednesday, March 23rd from noon to 3 p.m. You'll enjoy fitness events which will challenge teams to push themselves to the limit.

A wide variety of fitness events are planned for this year's Winter Games. Compete in the 3 on 3 basketball tournament, soccer, dodgeball, 3 point shootout, burpees challenge, volleyball, rowing challenge, cycling, wally ball, racquetball, rock climbing relay, bench press competition, and inner tube water polo.

Unit registration for the Winter Games is March 2-16. This program is in support of the annual Commander Cup program esprit de corps. The event is open to all DoD ID card holders. For more information, contact the Fitness Center at 723-2145.

Rough Rider Lanes Hosting The Walking Dead Bowling League

THE **WALKING DEAD**
HAVE A BALL LEAGUE

MAY 12 - JULY 28
REGISTER STARTING MARCH 1

Sign-up for your Walking Dead bowling ball and a chance to go on a cruise with the Walking Dead Cast!

Guess what's coming to Rough Rider Bowling Center? The Walking Dead League! Bowl 12 weeks every Thursday at 6:30 p.m. for \$15/person/week and we will order you the Walking Dead ball of your choice. But wait, there's more! The bowling center who has the greatest participation of bowlers per lane can win a cruise with the cast of The Walking Dead. If that's not enough, there will be a random drawing among all bowling centers participating to send an additional 4 people on the cruise.

1/27-4/15

Rough Rider Lanes invites you to register starting March 1st for The Walking Dead Have A Ball League. The 12 week league begins May 12th and runs through July 28th on Thursdays at 6:30 p.m. Cost is \$15 per person per week. Upon completion of the league, each participant will receive The Walking Dead bowling ball of your choice.

But wait, there's more! The bowling center who has the greatest participation of bowlers per lane can win a cruise with the cast of The Walking Dead. If that's not enough, there will be a random drawing among all bowling centers participating to send an additional 4 people on the cruise. For more details, call Rough Rider Lanes at 727-4715.

Arts & Crafts Center Offering Picture Framing Class On March 19th

Picture Framing Class

COST: \$25 + MATERIALS

March 19th 10am

register MARCH 1-10

Learn the basics of matting and framing. You'll cut your own double matte, assemble your frame and leave with a completed picture ready for hanging. Bring in your picture to frame between March 1-10 so we can assist in matte and frame choices and order them before the class.

723-3640

Like Us on Facebook
MAFB Arts & Crafts

The Arts & Crafts Center is hosting a Picture Framing Class on Saturday, March 19th at 10 a.m. Registration is March 1-10. Cost is \$25 plus materials. Learn the basics of matting and framing. You'll cut your own double matte, assemble your frame, and leave with a completed picture ready for hanging. Bring in your picture to frame between March 1-10 so the Arts & Crafts Center can assist in matte and frame choices and order materials. For additional details, call 723-3640.

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

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
MAFB 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.

★ **AIR FORCE CLUB MEMBERSHIP** ★
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MARCH 1-MAY 20, 2016

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Visit MyAirForceLife.com/Clubs for 2016 Air Force Club Scholarship eligibility, essay/video topic, instructions and rules.

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2nd Place	\$4,000	\$4,000
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CLUB MEMBER DRAWING ON FRIDAY, FEBRUARY 26TH WILL BE FOR \$450.

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

FAMILY and YOUTH EVENTS & PROGRAMS

Mar 1-4 *Read Across America*

The Youth Center is hosting a special Dr. Seuss' Birthday Celebration Week from March 1-4 as part of Read Across America. Come celebrate Dr. Seuss with activities throughout the week and a reading party on Wednesday, March 2nd. Events are FREE for Youth Center members 2-18 years of age and held from 4-5 p.m. each day. For more information, contact the Youth Center at 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 additional 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.

Mar 11 *Roller Derby Day*

Join the Youth Center as they kick off their spring roller skate season during Roller Derby Day on Friday, March 11th at 4 p.m. This FREE event is open to youth and family of members and non-members. Come see the Nodak Knockouts. The team will be showcasing a derby demo and teaching derby fundamentals with assistance from the audience. Public roller skate sessions are offered on the first and third Saturday of each month at the Youth Center. Cost is free for Youth Center members, \$3 for non-members, and \$5 for the whole family. For more information, call the Youth Center at 723-2838.

Mar 11 *Doo It Your Way Burger Night*

The Jimmy Doolittle Center invites you to their Doo It Your Way Burger Night on Friday, March 11th from 5-7 p.m. Choose from ground beef, ground turkey, portobello mushrooms, and all the toppings. Select the type and amount of meat, cheese, and seasonings you want. Cost is 75 cents per ounce of meat/cheese; portobello mushrooms are \$4.50. There will be a buffet which includes salad, waffle fries, brownies, and all the burger toppings. Buffet cost is FREE for club members and \$7 for non-members. For more details, call 723-3731.

Air Force Bowling 2.0

Rough Rider Lanes is now offering "Air Force Bowling 2.0" (AFB 2.0), a new player program, which makes learning the game simpler, fun and affordable. The next session begins on March 2nd. For only \$49 per student, participants receive a 4 week lesson plan of group instruction which includes lineage and shoe rental. The lessons are held Wednesdays at 6 p.m. Contact Rough Rider Lanes at 727-4715 for additional information or to register.

Family Fun Night with SPIDEY GUY
at Lil' Riders Playland

Tuesday • MARCH 8
5-6:30 PM

enjoy Games & face painting

727-4377

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MAFB Rough Riders & The B-Fifty Brew

MINOT AIR FORCE BASE
ROUGH RIDERS
FORCE SUPPORT SQUADRON

YOUNG AIRMEN EVENTS & PROGRAMS

Feb 26 *Freaky FREE Friday*

Strike up some fun during Freaky Free Friday at Rough Rider Lanes on February 26th 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 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 727-ROCK.

Feb 27 *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.

Mar 2 *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.

Mar 3 *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.

Mar 4 *Friday Night Karaoke*

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on March 4th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For additional information, call Rockers Bar & Grill at 727-ROCK.

AIR FORCE

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Has Its Rewards

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February is National Heart Health Month: Is chocolate good for us?

JULIE GARDEN ROBINSON | NDSU EXTENSION SERVICE FOOD AND NUTRITION SPECIALIST

Are the contents of the heart-shaped, candy-filled boxes you may have received this month good for your health? We have news for chocolate lovers. Several studies show some health benefits associated with moderate chocolate consumption.

According to researchers at Cornell University, a cup of hot cocoa may be better for us than some other beverages linked with heart health. The researchers measured the presence of antioxidants, or “phenolic phytochemicals,” in cocoa, green tea and red wine. Antioxidants protect cells and tissues from damage by “free radicals” that roam the body and promote heart disease, cancer and other health problems.

The Cornell researchers reported that cocoa has more antioxidant compounds than red wine or tea. The researchers recommended enjoying all three beverages at different times of the day.

Researchers in Finland reported some potential heart health benefits of consuming chocolate, too. For three weeks, 45 healthy volunteers consumed about 2.5 ounces daily of white chocolate, dark chocolate or dark chocolate enriched with cocoa polyphenols along with their regular diet. The researchers monitored their blood chemistry.

White chocolate had a negative effect, lowering HDL (good cholesterol) levels. Dark chocolate had a positive effect, but dark chocolate enriched with extra cocoa polyphenols had the greatest potential health

benefit by raising HDL levels the most.

During February, National Heart Health Month, enjoy some chocolate, especially dark chocolate, but keep moderation in mind. Remember that chocolate bars are energy dense, with about 240 calories and 13.5 grams of fat per 1.6-ounce bar. Have a cup of cocoa, try a few chocolate chips or chocolate kisses, or a small piece of the chocolate cake recipe included with this newsletter.

Nine Tips for a Healthy Heart

Check out the heart health feature on the Centers for Disease Control and Prevention website. You can find details about each of these tips.

1. Monitor your blood pressure.
2. Get your cholesterol checked.
3. Eat a healthful diet.
4. Maintain a healthy weight.
5. Exercise regularly.
6. Don't smoke.
7. Limit alcohol use.
8. Manage your diabetes, if you have it.
9. Work with your health-care team.

Lifestyle choices can also affect heart health. If you're interested, check out a couple online tools on life expectancy that can provide an estimate based on health, habits, socioeconomic status and family history. They are How Long Will I Live? and Living to 100. Recently, the Wall Street Journal named the Blue Zones Vitality Compass as the best longevity calculator in the market.

To date, the Vitality Compass has had

more than 1 million users. It was created in collaboration with the University of Minnesota School of Public Health and takes only three minutes to complete. It will tell the user the following:

- Life expectancy
- Biological age (your body age given your habits)
- Years gained or lost due to current habits
- Your health life expectancy (age someone will reach before being diagnosed with heart disease, diabetes or cancer)
- List of customized suggestions to get more years out of life

In addition, you can sign up for the Vitality Coach, which is a free six-week online program that will help you make permanent lifestyle improvements in just minutes per day.

As a next-step option, you can re-take the Vitality Compass to see exactly how your change in habits has affected your health. Research shows that those who have taken the Vitality Compass, completed the six-week Vitality Coaching and then re-taken the Vitality Compass report an increase in longevity of 1.59 years. Check out the Vitality Compass.

The Blue Zones term on the website comes from research that identified five geographical areas of the world where people live measurably longer and healthier lives. To read more about the Blue Zones and learn about the shared traits of the world's longest-lived people, check out this website: <http://apps.bluezones.com/vitality/>

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



“Where most of our (mountain lion) breeding population is at is in the northern Badlands, it's not as widespread as what was originally believed.”

— N.D. Game and Fish Dept. furbearer biologist Stephanie Tucker.

For some people, one mountain lion is one too many. For others, mountain lions are fascinating creatures, the grandest North American wild feline.

The N.D. Game and Fish Department has gleaned information about the state's largest cat since the first hunting season began a decade ago.

Coupled with information from a study initiated two years ago collaring 14 cats, furbearer biologist Stephanie Tucker and South Dakota State University (SDSU) researchers are analyzing survival, mortality, food habits, home range information; learning how North Dakota's cats compare with others throughout historic mountain lion range in size, weight, and genetically.

One glaring statistic: North Dakota's 42 percent mountain lion survival rate is one of the lowest in the United States. Mountain lions typically need 70 percent survival to sustain a population, Tucker explained.

All but three mountain lions analyzed since 2005 died at human hands, whether taken legally by hunters, poached, or removed for depredation control. Tucker said three died from natural mortality — killed by other mountain lions. Statewide hunters harvested 119 since the first season in 2005. Another 24 were removed because of depredation concerns, 18 caught in snares or traps, poaching accounted for nine known deaths, and vehicles killed eight.

Hunters took about 60 percent of the collared mountain lions, Tucker continued. “When you look at our hunter harvest and you break it down, most of that is coming from hound hunting season,” Tucker added. “It's (hunting with hounds) more efficient... whatever we put in that late season quota, hunters

using hounds are going to meet it,” she added.

Researchers documented one collared adult male mountain lion killing a calf. “We did go in and remove that mountain lion once we found that out,” Tucker said, because it developed learned behavior of taking livestock.

Stomach content analysis shows North Dakota mountain lions like what most mountain lions like — whatever is easiest meal they can get. “Not surprisingly, most of their diet — 77 percent — is deer,” Tucker added. Because mountain lions share the same habitat as a majority of North Dakota's mule deer population, they accounted for 54 percent of the deer mountain lion ate.

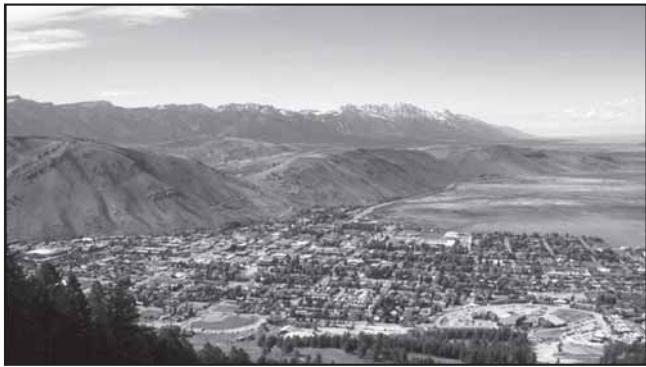
Beavers were next on the menu in terms of popularity — 7 percent of the diet — followed by porcupines at 5 percent. The rest of their diet consisted of whatever they could catch, including bunnies, bighorn sheep, or anything else providing a quick and easy meal.

The study indicates North Dakota's mountain lion breeding population has a much smaller range than originally anticipated — a portion of the northern Badlands. They're somewhat home bodies, as well: An adult female's typical home range was about 40 square miles while an adult male ranged about 80 square miles. North Dakota's lions don't move from one area to another during any particular season of the year.

The ones wandering are young, sub-adult females and males, Tucker explained.

SDSU genetic studies found that North Dakota and South Dakota have two distinct mountain lion populations, although Tucker explained that North Dakota's original population might have resulted from wandering South Dakota cats. “North Dakota is a semi-isolated population,” she added.

10 MOST BEAUTIFUL CITIES IN THE USA



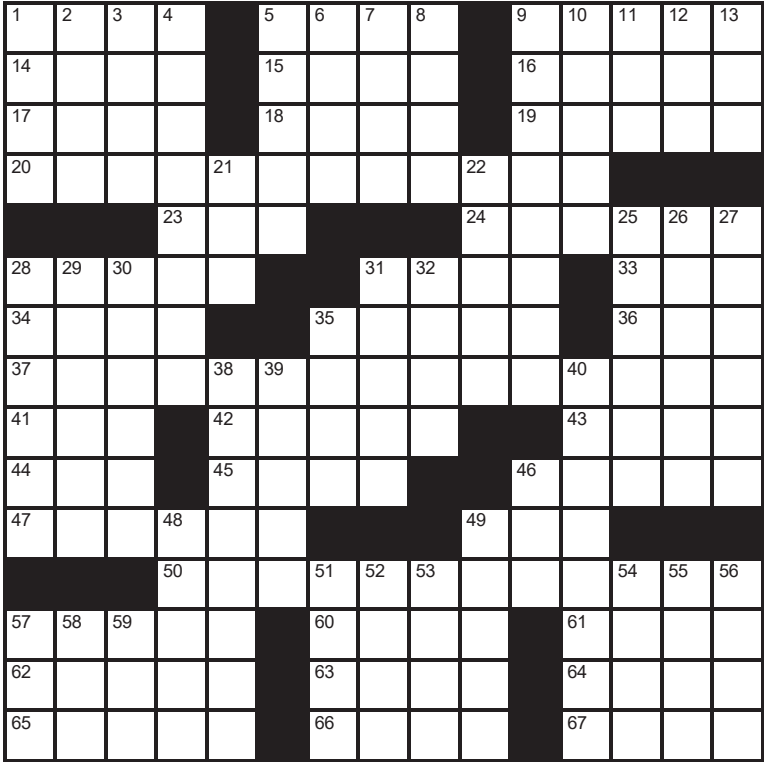
#7 JACKSON, WYOMING

Jackson may seem small to visitors, but in America's least populous state, it qualifies as a mini metropolis. A major gateway for millions of tourists visiting nearby Grand Teton National Park and Yellowstone National Park, Jackson is also well-known for its ski resorts. On the southeast edge of town lies a relatively small but challenging resort known as Snow King, Jackson's original ski hill. More famous is the nearby Jackson Hole Mountain Resort. The large arches of shed elk antlers at the four entrances to the town square are popular attractions.

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CROSSWORD PUZZLE

Cool Puzzle



- Across
- 1 Whack

5 "Sounds good to me!"

9 Displayed audacity

14 Neet rival

15 Rosencrantz or Guildenstern

16 Antipasto morsel

17 Alan of "Jake's Women"

18 ___ sandwich

19 Antiquated

20 "If looks could kill" look

23 Monopolize

24 Hitchcock classic

28 Checks out

31 Clash

33 This woman

34 Muslim honorific

35 In reserve

36 Parseghian of Notre Dame

37 Not a warm welcome

41 Thrash

42 Exudes

43 "What ___?"

44 Put to work

45 Whiff

46 Parenting challenges

47 Bowler's X

49 Guy

50 Brush-off

57 "Happy Birthday ___!"

60 Police action

61 Certain something

62 Don't exist

63 Not being used

64 Casing

65 Not Astro turf

66 Round sound

67 Eat like a bird
- Down
- 1 Unexpected difficulty

2 Stopping point

3 Slave girl of opera

4 Of the windpipe

5 Convention label

6 Handle roughly

7 London's ___ of Court

8 Straight

9 Threshold

10 Back street

11 Disencumber

12 Second person

13 Hideout

21 One of the Cyclades

22 Lickety-split

25 ___ tongue

26 Horse, so to speak

27 Praying figures.

28 Sticker

29 Shocked

30 Black eye

31 Curl one's lip

32 Snaps

35 Soup pasta

38 Sentinels

39 Alpine song

40 Haberdashery accessory

46 Letter from Greece

48 Desktop pictures

49 Runway walker

51 Small amount

52 "The Sweetest Taboo" singer

53 Rise

54 Coach K's school

55 Rocker Clapton

56 Colonel or captain

57 Telephone ___

58 Famous Bruin

59 Indeed



Hooray For Hollywood

Coen Brothers deliver a splendid spoof of movies' golden era

NEIL POND | PARADE MAGAZINE

"People don't want facts—they want to believe!" says Eddie Mannix (Josh Brolin), a 1950s Hollywood studio "fixer" in the new Coen Brothers comedy *Hail, Caesar!*, a sprawling, star-studded spoof of the golden age of movie-making.

What people believe, and what they make-believe, are the building blocks of Hollywood itself. And they're certainly the cornerstones of the Coens' lavish, multi-tiered parody that takes satirical shape around the production of a fictional studio's major new movie, *Hail, Caesar!*, a Bible-based saga a la *Ben-Hur*, *Spartacus* and *The Robe*.

When the film's lunk-headed leading man, Baird Whitlock (George Clooney), is kidnapped, Mannix has to find him and get the money-train movie back on track.

But in the meantime, he's also got his hands full with other problems, and other films. His job is keeping the machinery of Capitol Pictures Studios whirling, keeping its numerous stars in line and out of trouble, and keeping the whiff of scandal away from prying gossip columnists, particularly twin sisters Thora and Thessily Thacker (Tilda Swinton).

The studio's twice-divorced

"innocent" aqua-starlet (Scarlett Johansson) is pregnant with an out-of-wedlock child. Capitol's prissy British prestige-picture director (Ralph Fiennes) is at wit's end trying to wrangle the company's riding, roping singing cowboy (Alden Ehrenreich) into more refined roles. And a tap-dancing song-and-dance hotshot (Channing Tatum) glides across the set of a new musical, but his light-on-his-feet moves may be hiding heavier secrets.

Look: There's Jonah Hill, Frances McDormand and the guy (Wayne Knight) who played Newman in *Seinfeld*! Even if you don't know anything about Hollywood's "Red Scare," you'll still get a chuckle out of a boatload of Comies bobbing off the California coastline. And Alden Ehrenreich's young sodbuster charming his studio-arranged dinner date (Veronica Osorio) by twirling a strand of spaghetti like a lariat will rope your heart, too.

For many viewers, the quirky movies of writer-director Joel and Ethan Coen have always been a bit of an acquired taste. Sure, most everybody now falls in line to applaud the genius of *Fargo*, *No Country For Old Men*, *True Grit*, *The Big Lebowski* and *O Brother, Where Art*

Thou. But where was the box-office love for *The Hudsucker Proxy*, *Barton Fink*, *The Man Who Wasn't There* and *Inside Llewyn Davis*?

There may be more commercially successful filmmakers, more mainstream filmmakers or filmmakers who win more awards. But you'd be hard-pressed to find many filmmakers who love movies, and making movies, more than the Coens. And that love is evident in every carefully crafted frame of this gloriously goofy homage to the glory days of big studios, big stars and the big wheels that churned out the spectacles of Hollywood's dream factory from a bygone era.

While *Hail, Caesar!* is looking backward with such comedic affection, however, it's also making a sly, playfully subversive statement about our "need" for entertainment, the importance of escapism and how movies have always been—and hopefully will always be—a "potion of balm for the ache of all mankind."

"What a waste of talent," a woman behind me grouched as the credits rolled, somehow disappointed. Not me, and not a chance. Strike up another win for the Coens, I say. I'm a believer. Hooray for Hollywood, and "Hail, Caesar!"

SUDOKU

Solution to puzzle on page 13

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

Solution to last week's Crossword puzzle.

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



MAFB opens Information, Tickets and Travel office

Base leadership cuts a ribbon to the new Information, Tickets and Travel office at Minot Air Force Base, N.D., Feb. 17, 2016. The ITT office, located in the Base Exchange, provides customers with packages on hotel reservations, maps, brochures on their areas of interest and discount tickets for events and venues.

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



Behind the scenes tour of the new Minot terminal

On Saturday, February 20 the new Minot terminal at the Minot International Airport invited the public for a behind the scenes tour. The new terminal is said to open for flights on Monday, February 29, 2016.

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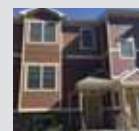
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2	9	5	7	4	3	6	1	8
3	4	6	1	8	9	5	7	2
8	5	2	4	9	1	7	3	6
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5	7	8	2	1	4	9	6	3
6	1	3	9	5	8	2	4	7
9	2	4	6	3	7	8	5	1

Answers to puzzle from page 9

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08 Chevy Avalanche

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05 Ford Explorer XLT

4x4, 119K, 3rd row, pwr seat, nice

\$6,995



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, htd leather, sunroof, dvd only 79K

\$10,995



07 GMC Yukon XL

4x4, Leather, Sunroof, DVD 137K

\$14,995



96 Jeep Grand Cherokee

4x4, 1 owner, 140K, Mint

\$4,195



08 Toyota FJ

4x4, 91,000 miles, get ready for winter

\$18,995



02 Toyota Sequoia

4x4, 149K, Very Nice

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839-0946 or email **nsads@srt.com**.

TODAY

- Last day to register for Youth Basketball & Basketball Cheerleading at the Youth Center
- 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
- 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

SATURDAY

- 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

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- Youth Tumbling Classes, Hours vary by age, Youth Center
- Turbo/Core, 0600, Fitness Center
- H2O Fitness, 0930, Indoor Pool
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- Barre Fitness, 1800, Fitness Center
- Urban Boot Camp, 1900, Fitness Center

TUESDAY

- Registration for Walking Dead Have a Ball League opens at the Bowling Center
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Fit to Fight MIX, 0600, Fitness Center
- Pre-Separation Training, 0830-1130, A&FRC
- Trek, 0900, Fitness Center
- MMA FIT, 0945, Fitness Center
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Fit to Fight, 1630, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- TurboKick, 1730, Fitness Center
- Hard Core Strength, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Cycle, 0600, Fitness Center
- Stroller Fitness, 0930, Youth Center
- Story Time, 1030, Base Library
- Parent Advisory Group Meeting, 1100, CDC
- Fit to Fight Cycle/CORE, 1100, Fitness Center
- Step Jam, 1200, Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle/Strength, 1630, Fitness Center
- Buck with a Bang, Every Wed, 1700, Rough Rider Lanes
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Zumba, 1730, Fitness Center
- AFB Bowling 2.0, Every Wed, 1800, Bowling Center
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center
- Stretch & Core, 1830, Fitness Center
- Inner Tube Water Polo, 1930-2030, Indoor Pool

THURSDAY

- Youth Center Dance & Tumbling Classes, Every Thursday, Various Times, Youth Center
- HIIT & Core, 1100, Fitness Center

- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Fit to Fight, 1630, Fitness Center
- Single Airmen Wingman Night, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center
- Body Blast, 1830, Fitness Center
- NFL Bowling League, 1830, Bowling Center
- Cycle, 1930, Fitness Center

UPCOMING EVENTS - MARCH 4

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Dog Sled Trip, 0800, Outdoor Rec
- VA Benefits Briefing, 0830-1400, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Step Jam, 1200, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Freaky FREE Fridays, 1700-2100, Rough Rider Lanes
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Keystone Club Meeting, 1830-1930, Youth Center
- Karaoke, Every Friday in March, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPOMING EVENTS - MARCH 5

- Trek, 0800, Fitness Center
- Cycle, 0900, Fitness Center
- Strength & Stretch, 1000, Fitness Center
- Base Skate, Every Saturday, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Saturday "Bowl the Night Away" with Lights & Strikes, 2000-Midnight, Rough Rider Lanes

ONGOING EVENTS

- Home School Families Gym Time, Every Day, 1230-1400, Youth Center
- Dr Seuss Read Across America Week, March 1-4, 1600-1700, Youth Center
- Lego Building Competition, March 1-31, Build something creative, fill out an entry form, and get a member of the library staff to take a picture of your creation. Contact the Base Library for more information at 723-3344.
- 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.
- 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
- 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! March Special – Spinach Roma Pie. Our tasty signature white garlic sauce topped with Roma tomatoes, spinach, sliced mushrooms and onions. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Try it on a Panino! Chicken, mushrooms and onions with melted mozzarella. Topped with fresh spinach leaves and tomatoes. Panino Meal \$8.50 includes a side and drink
- Auto Hobby Monthly Special. 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. March Special – Purchase oil filter from Auto Hobby and get the stall FREE for one hour. Save \$3.50 stall fee

PRENATAL YOGA

The Youth Center is offering Prenatal Yoga on Wednesdays at 10:15 a.m. Improve your pregnancy and birth experience through prenatal specific yoga. This multifaceted approach encourages flexibility, strength, balance, stamina, focused breathing, relaxation techniques, positive mental centering, and more. This style of class is great for any

level of yoga practice, new to advanced. With your doctor's approval, you will gain many health benefits for you and your baby. The 45 minute session, held once a week, will be a guided journey which will allow you to learn skills to use at home during your pregnancy, during labor/birth, and post-partum. This is an ongoing class and can be joined at any point during normal and healthy pregnancy. Cost is \$40 per month. For more information, call the Youth Center at 723-2838.

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 term (21 Mar-22 May). To sign up for classes, please stop by the office, located inside the Base Education Center Bldg 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

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 Jerimson 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

DOUBT BY JOHN PATRICK SHANLEY 3/04/2016 - 3/05/2016 7:30 PM

Mouse River Players Community Theatre. "Doubt" by John Patrick Shanley, \$12 or Season Ticket, ORDER TICKETS AND RESERVATIONS: www.mouseriverplayers.org or 701-838-3939, "The winner of both the Pulitzer Prize and Tony Award in 2005, this provocative, intense drama about the mix of religion and education is set in 1964 but investigates timeless questions of faith and relationships."

MINOT FLEA MARKET 3/05/2016 8:00 AM - 3/06/2016 3:00 PM

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

MAB HOME & GARDEN SHOW 3/05/2016 - 3/06/2016 9:00 AM

North Dakota State Fair Center. 2005 Burdick Expy E Minot ND 58701. 41st Annual Minot Association of Builders Home & Garden Show. Visitors can find the newest and best products and services for the home including:Landscaping & Garden Ideas, Tubs & Spas, Garage Doors, Security Options, Decorating Ideas, Cleaning Services, Siding, Builders, New Homes and so much more!!! Adults \$4.00

COFFEE & MILK 3/05/2016 10:00 AM

Broadway Bean & Bagel. Come enjoy a morning coffee with other breastfeeding families! This is a free informal, social meetup hosted by a Certified Breastfeeding Specialist. Partners, infants and children welcome! Join us the first Saturday of every month at 10:00 am at Broadway Bean & Bagel.

MONSTER TRUCKS NIGHT OF FIRE & THRILLS 3/05/2016 12:00 PM

All Season's Arena. Shows at 2:00pm (doors open at 12:00pm) and again at 7:30pm (doors open at 6:00pm) Tickets: Adults (Ages 12 & up) \$18, Kids (Ages 3 to 11) \$10, Ages 2 and under are FREE! Tickets on sale at Napa Auto Parts and Tuff Trucks in Minot. You can also buy online at www.racetrackpromotions.com

MULE DEER BANQUET 3/05/2016 5:00 PM

Holiday Inn. Enjoy a fun evening of food, drink, auctions, and raffles. All to support mule deer habitat and recruitment of young hunters. Auction items include: 10 day African hunt for 4 hunters. Alaskan fishing trip for 4 fishermen Fly in Canadian bear hunt and fishing.

MINOT SYMPHONY CONCERT 3/05/2016 7:30 PM - 11/30/-0001

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

ST. PAUL LUTHERAN CHURCH OF GARRISON'S ANNUAL SPRING SUPPER 3/06/2016 4:00 PM

623 – 5th Street NE Garrison, ND 58540. St. Paul Lutheran Church of Garrison's annual spring supper: March 6th from 4-7 p.m., in the church. Roast pork and turkey will be served. Takeout meals will also be available. The cost is \$12 for adults, \$5 for children ages 6-12 and free for children ages 5 and younger. A raffle will also be held.

SISU THE READ DOG

03-06-2016 04:00 PM - 03-06-2016 05:00 PM

Minot Public Library. Sisu, our READ Dog, will be available for children to read to on the first Tuesday of the month from 4:00 PM to 5:00 PM.

PAINT THE TOWN RED 3/08/2016 6:30 PM

2 N Main St. 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. The featured artist 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.

ART ALL AROUND 03-10-2016 04:00 PM - 03-10-2016 05:30 PM

2 N Main St. 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: February 25, 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.

1ST ANNUAL ST. PATTY'S DAY FUN RUN 3/12/2016 9:00 AM

St. Patty's Day Fun Run in Minot that would also have "Beer Stops" along the way to celebrate St. Patrick's Day and raise funds for the Taube Museum of Art.

8TH ANNUAL BEARDSTOCK MUSIC FESTIVAL 3/12/2016 12:00 PM - 3/13/2016 11:00 PM

Holiday Inn-Riverside. From the begininng we have strived to raise awareness about homelessness in its various forms here in North Dakota, the United States, and worldwide... Join us March 12 and 13, where beards, bands and North Dakota pride will take over the Holiday Inn Riverside in an event for the hairy at heart. Enjoy FREE FOOD, the bearded photo booth, limited edition Beardstock apparel, Inflatables, music and more. Participate in beard contests that include best overall, best trimmed and best fake beard and prove just how much you enjoyed putting that razor to bed.Beards not for you? Take on the mustache contest, where Minot State students and military members who compete get a \$5 discount on admission price. For the ladies and children who cannot grow a beard no matter how hard they try, compete in the fake beard contest and build your own beard at the build your own beard booth and show the men a thing or two. And for those whose stomach is bigger than their beard, participate in the bearded rib eating contest, where we provide the fake beard and t-shirt and you provide the appetite for victory. And where there's a great beard, there's usually great music. Local musicians and nationally-known artists will be playing all day, every day, including nationally recording artists Disciple, Decyfer Down, Seventh Day Slumber, Children 18:3 and Spoken! Also featuring: Kody Ternes Music, Wild Hands, Luke Dowler, Kids With Beards, and more! *Beardstock is a not for profit event put on by 501c3 organization known as the Greater Minot Youth Concert Association. For more information about sponsoring the event or any other inquiries please email us at minotndconcerts@gmail.com or danrocktheleaves@gmail.com



Structural maintainers provide backbone of RPAs

SENIOR AIRMAN CHRISTIAN CLAUSEN | 432ND WING | 432ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

CREECH AIR FORCE BASE, Nev. (AFNS) -- When people have a blemish, they see a dermatologist; when they have a physiological problem, they see an orthopedist. For the MQ-1 Predator and MQ-9 Reaper, aircraft structural

maintainers fill both the aesthetic and structural maintenance roles to keep remotely piloted aircraft in check.

Aircraft structural maintenance is part of the fabrication flight at Creech Air Force Base.

The flight consists of the nondestructive inspection shop and the metals technology shop, which work together to ensure the life of the RPA enterprise is sustained with aircraft fully capable of mission execution.

"Depending on the base, aircraft structural maintenance is responsible for repair and fabrication of aircraft skin, structures, metallic tube assemblies, windows, canopies and corrosion control," said Tech. Sgt. Daniel, a 432nd Maintenance Squadron aircraft structural maintenance craftsman. "Here we focus on performing advanced composite repairs."

RPAs are mostly constructed of advanced composites materials which are as strong or stronger than metal but are superior in areas such as weight and stealth. These factors help give RPAs their 18-24 hour endurance time, high flight ceiling and the ability to stay off of some radar detection. Materials included in these composite groups used in RPA construction are carbon fiber, Kevlar and specialized versions of fiberglass.

"The RPAs are unique in that they're made completely of composite material," Daniel said. "In my opinion, this is the future of aviation because composites are stronger, cheaper, more durable, and they don't corrode. Like everything, they aren't invincible so we fabricate and repair the skin and structure for the aircraft."

If damage to the aircraft is suspected during an inspection, the structural maintainers will determine the type of damage, the

severity and whether or not it's repairable.

"Typically with the composite material we commonly experience surface defects most followed by delamination and disbonds," Daniel said. "The number one enemy of composite is damage by water intrusion. The water vapor gets into a panel and then freezes at altitude, expands, and causes the panels to break."

To construct an aircraft out of composite material, carbon is generated into thread and then woven together to make a cloth-like material or laminate. The cloth is then covered in a resin and then shaped into panels before being subjected to extreme heat and pressure to form a solid panel.

Some common issues are disbonds, a separation of the laminate from the core and delamination, a separation of multiple plies of laminate. To fix these problems the structural maintainers use tools to sand panels down to the base of the panel and then replace the layers that were sanded away.

"If we didn't exist there wouldn't be a means of organizational level or even field level repair," Daniel said. "If an MQ-1 or MQ-9 had a structural flaw caused by wear and tear, moisture absorption or any way of structurally damaging the aircraft, it would eventually, become structurally unsound and not airworthy."

Aircraft structural maintenance is extremely important because an aircraft that can't fly is not only a loss of money for the Air Force, but in the RPA enterprise, reduces

the situational awareness available to the joint commanders.

"The job can be very tedious because everything we do is very precise and has to be perfect the first time," said Senior Airman Brian, a 432nd MXS aircraft structural maintenance journeyman. "There's a lot on your shoulders because if you mess up, that plane is down for another 24 hours and you have to answer a lot of questions. It's a very important job because if we mess up, a plane could crash."

During the repair process, even if one layer of carbon fiber, Kevlar or fiberglass is improperly bonded, it could result in a mistake that still renders the aircraft unable to fly, making the shop start the process over from scratch.

Although the job may be tedious, Creech structural maintenance takes it seriously, ensuring everything is ready to go. They consistently produce an excellent quality assurance inspection pass rate of 95 percent. The average Air Force QA inspection rate is 80 percent.

(Editor's note: Last names were removed due to security and operational concerns.)

Senior Airman Joshua, a 432nd Maintenance Squadron aircraft structural maintenance journeyman, sands down a wing panel for the MQ-1 Predator Feb. 18, 2016, at Creech Air Force Base, Nev. The Predator and MQ-9 Reaper are made completely of composite materials such as carbon fiber, Kevlar and specialized variations of fiberglass. Structural maintenance Airmen must wear proper protective equipment to keep the hazardous carbon shavings and paint from being inhaled.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CHRISTIAN CLAUSEN

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**Minot Public School's Kindergarten Enrollment
For the 2016-2017 School Term**

Kindergarten enrollment will be held at the District Enrollment Office at the Minot Public School's Administration Building located at 215 2nd St SE, **by appointment only.**

To schedule an appointment, call 857-4444 or 857-4400, as soon as possible.
www.minot.k12.nd.us
 for more information and to print required enrollment forms.

Items you must have at your enrollment appointment even if you already have children in the district:

- Parent/Guardian photo ID
- Copy of State Certified Birth Certificate
- Copy of Immunization Record
- Custody/Guardianship paperwork if applicable
- Proof of Residence (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase Agreement, Homeowner's Insurance Policy, Ward County Property Tax Statement)

Children must be 5 years old by July 31, 2016 to enroll.

Midstream

Featured exhibition by local artist Roxi Mathis

TAUBE MUSEUM OF ART

The Main Gallery exhibition at the Taube Museum of Art, Midstream will be on display from March 1st – 29th, 2016, featuring Minot artist, Roxi (Homelvig) Mathis. Mathis grew up on a ranch in the badlands of Amidon, and attended high school in Bowman, N.D. Mathis received her BFA in Graphic Design from Minot State University. She currently lives in Minot with her husband, Dan. Mathis spent three years as a graphic designer at Creative Printing prior to her present position of library cataloging associate at Minot State University, while she is working towards her Master's Degree.

Mathis stated that the works in the exhibition may not seem cohesive in theme and subject matter, but are unified by color and technique. Mathis says, "The qualities about me that drive my artistic inclination include a vivid imagination, an affinity for the weird, and my varied and restless nature. I am also a sucker for nostalgia. My pieces are worked in a few different media and are not finished in any particular order. They are a result of my tendency to work on many projects at once and my inability to sit still doing just one thing. I am inspired by the North Dakota landscape that I'm familiar with. I particularly

enjoy blending my own strange imaginings with the realistic details of nature."

Having grown up surrounded by the beauty of western ND, Mathis tries to express her affection for it in her paintings, and states, "Each peculiar character and every landscape holds some portion of my own history and personality. If my art holds a purpose for its viewers, I hope that it includes a feeling of openness and a quality of being invited into a friend's home because each piece represents a part of me."

Mathis' colorful inclinations will be on view from March 1 - 29. Meet the artist, during her artist reception, which is free and open to the public, Thursday, March 3rd from 5:30 – 7:00 pm. Hors d'oeuvres and wine will be served.

Museum and Gift Shop hours are Tues – Fri 10:30 – 5:30 pm, and Sat 11:00 am – 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts. The exhibition is made possible with support from the North Dakota Council on the Arts.

For further information about this exhibition contact Doug Pfliger, Gallery Manager, 701-838-4445 or visit www.taubemuseum.org or Facebook.

Little Black Dress Campaign

UNITED WAY

MINOT, ND – Women United, affinity group of Souris Valley United Way, announces their first Annual Little Black Dress Campaign event.

During the week of February 22nd, area women will be wearing a black dress or outfit for five consecutive days and collecting funds to help local women. Event proceeds will be distributed to area programs designed to help women battling poverty, entering the workforce, or caring for their families.

An online fundraising platform has been created at <http://www.svunitedway.com/little-black-dress-campaign> and provides family, friends, and the community the opportunity to support these women's efforts to showcase the struggles local women are facing every day.

"Our goal is to bring awareness to challenges facing women in our community and raise funds to help them overcome their everyday struggles," stated Dusty Zimmerman President of Women United. Zimmerman encourages the community to participate and show their support for those in the area who are struggling to be contributing citizens in our community.

Important Dates:
Kick-Off Breakfast for Participants will be held Monday, February 22nd at 8:00 am at the Holiday Inn.

Celebration Event will be Friday, February 26th at 4:00 at the Vardon Golf Club. Tickets are \$20 and can be purchased at <http://www.svunitedway.com/little-black-dress-campaign>.

Help us celebrate the success of this campaign.

For additional information on the Little Black Dress Campaign contact Souris Valley United Way at 839-2994.

Women United is a group of passionate women who offer their time, talent and financial resources to improve lives throughout the Souris Valley United Way service area. We exist to mobilize the power of women to advance the common good in the Minot area.

Women United Mission Statement:

Mobilize the power of women to advance the Common Good in the Minot Area.



Diane C. Bigham, DO

UROLOGY

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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

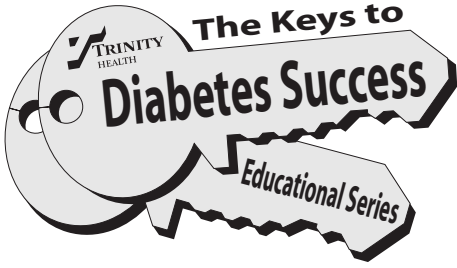


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Fully Loaded Wrestling Anarchy in the Armory

Fully Loaded Wrestling came to the Minot Auditorium Friday, February 19. It was an action packed show with Minot's very own the Boxcutter Kids opening for the event. The winners from the fight were Scott Story defeated Jarrod Jaxx and Stevie Fierce, Gryphon defeated Macen Mayham, Venom defeated Arik Cannon, Christian Rose defeated Wolf Danger, Diacide defeated Tommy G, Eric Walker defeated Matt Knicks and Mike Outlaw, Mr. Incredible defeated Silas Young, Viking War Party defeated Bo Gott/Shawn Nautilus and Seduce and Destroy to become FLW tag champions, Darin Corbin defeated Heidi Lovelace to retain the FLW Heavyweight championship, Chainsaw King defeated Darin Corbin after Picking his spot and handing in his briefcase to become the FLW Heavyweight champion. Fully Loaded Wrestling will be back in Minot on March 18 & 19 at the Vegas Motel, doors open at 6:00pm. Tickets are \$15 for ringside and \$10 for general admission, get your tickets at the door or at www.fullyloadedwrestling.com.

NORTHERN SENTRY STAFF PHOTOS | TONYA STUART-MELLAND

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Rough Rider of the Week


What did you do before you joined the Air Force?

Worked part-time at a bookstore, and received my bachelor's degree.

Hobbies or Interests

Absolutely love reading, as well as working out, biking, hiking and hanging out with friends.

Most life changing experience

Enlisting in the Air Force and having a major life change since leaving my island life.

Where do you see yourself in 10 years

Getting my commission and cross training into OSI.

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

Having the power they do in the movie Jumper to go anywhere, anytime I would like.



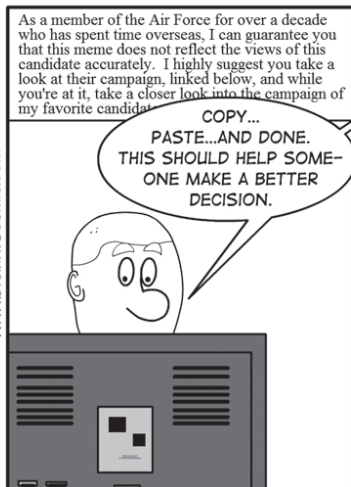
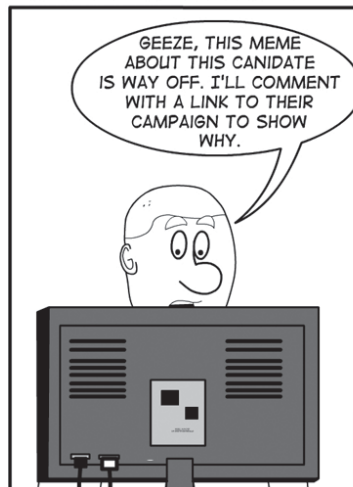
Favorite quote

"You don't have to be great to start, but you have to start to be great."

-Joe Sabah

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DAKRATS



BY GREG DRAIN



'Eddie the Eagle' star soars

STAFF SGT. SAMANTHA MATHISON
 301ST FIGHTER WING PUBLIC AFFAIRS

NAVAL AIR STATION JOINT RESERVE BASE FORT WORTH, Texas (AFNS) -- Hugh Jackman, star of the upcoming movie "Eddie the Eagle," received a civic leader flight in an F-16 Fighting Falcon at Naval Air Station Joint Reserve Base Fort Worth from the 301st Fighter Wing Feb. 19 in a display of Air Force Reserve combat capability and air superiority.

"This is kind of a dream come true," Jackman said before the flight. "I'm very, very excited, a little nervous, and I'm fully aware how lucky I am to have this opportunity."

The wing flew Jackman prior to a sneak preview movie offered to base military members, employees, retirees and their families.

"There's an incredible amount of gratitude," he said. "When you're actually here on the base and you realize the dedication to this area of service, it's humbling and it's something all of us are very grateful for."

Jackman's co-star, Taron Egerton, and director of Eddie the Eagle, Dexter Fletcher, also visited and watched Jackman's flight from the air traffic control tower.

Egerton, in a special twist, coached Jackman through the jet's takeoff in a role reversal of the movie. In the film, Jackman acted as Michael 'Eddie' Edwards coach and Egerton performed as Eddie, the first ski jumper to represent Great Britain in the 1988

Calgary Winter Olympics.

Jackman experienced a few aerial maneuvers in the F-16, which involved a spiral dive from 8,000 feet and a low pass over the runway. He handled the flight well and, upon landing, had only a few words to say about his experience, "It was awesome."

The pilot, Lt. Col. David Efferson, the 457th Fighter Squadron commander, said he had never flown a celebrity this famous before but that the excitement is a good thing for the Air Force.

"Anything that we can get out, as far as our name and what we do, is good because our Airmen work so hard and do amazing things for our country," Efferson said. "Flying Hugh Jackman showcased us in a way that we normally don't have the chance to do. It was an honor to meet him, but for me, I'm more happy over the spotlight he's brought to our Airmen, the base, and the U.S. Air Force."

After the flight, the Eddie the Eagle stars then headed to the Movie Reel Theater for a meet and greet with service members before the movie presentation.

Actor Hugh Jackman has his helmet adjusted by Master Sgt. Jonathan Gibson, the 301st Operations Support Flight NCO in charge of the aircraft section, Feb. 19, 2016, at Naval Air Station Joint Reserve Base Fort Worth, Texas. Jackman flew in an F-16 Fighting Falcon above North Texas as part of a display of Air Force Reserve combat capability and air superiority.

U.S. AIR FORCE PHOTO | STAFF SGT. SAMANTHA MATHISON



U.S. AIR FORCE PHOTO | STAFF SGT. SAMANTHA MATHISON

Actor Hugh Jackman introduces Lt. Col. David Efferson, the 457th Fighter Squadron commander and F-16 Fighting Falcon pilot, to his wife over the phone Feb. 19, 2016, during flight preparations at Naval Air Station Joint Reserve Base Fort Worth, Texas. Jackman received a civic leader flight in an F-16 by the 301st Fighter Wing, an Air Force Reserve unit.

CHURCH DIRECTORY

**Little Flower
Catholic Church**


800 University Avenue West
838-1520

Mass Schedule

Saturday 5:30 pm
Sunday 9:30 am

Fr. Fred Harvey, Pastor
www.littleflowerminot.com

**St. Peter The Aleut
Eastern Orthodox
Church**



**109 6th St. SE
Minot • 838-3094**

Sunday Liturgy 10 a.m.
Saturday Vespers..... 6 p.m.

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Heritage Baptist
Independent Fundamental
Meeting at 435 21st St. NW
833-1798

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.

Pastor Tim Bagwell
heritagebaptistminot.com

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Sundays:
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Sunday School 11:15 a.m.

Wednesdays:
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6:00 meal followed by singing, games, and lessons.

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Worship Service 10:45am Sunday
Sunday School/Bible Study 9:45am

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www.faithumcmminot.com

Rev. Debra Ball-Kilbourne

Sunday School (All Ages): 9:30 a.m.
Worship Services: Sunday 11 a.m.
Wednesday: 5:15 p.m.

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Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Wednesday Evening..... 7:00 p.m.

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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.

Welcome to the
Minot Church of Christ
1315 1st St. NE

Sunday:
Bible Classes9:30 a.m.
Worship..... 10:30 a.m. - 5 p.m.

Wednesday:
Bible Classes 7 p.m.

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 (Congregational Church of Christ Building)
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Saturday School 2:00 p.m.
Sunday Worship 3:30 p.m.
Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

Cornerstone Presbyterian Church

1000 NE 3rd Street

852-0315

Sunday Schedule

Contemporary Worship..... 9:30am
Child/Youth Sunday School... 11:00am
Adult Sunday School 8:30 & 11:00am
Traditional Worship 11:00am

Wednesday Evening Schedule

Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm

All are Welcome!

www.ecominot.org



First Lutheran Church - ELCA

120 - 5th Ave. NW
852-4853

Saturday Worship 5:30 pm
 Sunday Worship 8:30 am & 11:00 am
 Sunday Education9:45 am
 Wednesday Education6:00 pm



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Sunday Worship 8:15 am & 10:45 am
Sunday Fellowship..... 9:15 am
Sunday School9:30 am
Wednesday Worship.....6:45 pm

Website: www.bethanylutheranminot.com
Email: bethanylutheran@srt.com
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Pastor Janet Hernes Mathistad
Pastor Gerald Roise

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Church**

524 21st ave. NW • Minot, ND 58703

701-839-7283

Meet 'n' Greet..... 10:00 a.m.
Worship..... 10:30 a.m.

Pastor Dan Andrus, 701-518-5060
sparrow@minot.com
minotnorthhillbaptistchurch.com

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Wednesday - Friday 9 a.m.
Saturday 5 p.m.
Sunday 8 & 10:30 a.m.

Fr. Dave Zimmer, Pastor
Parish website: www.stjohnminot.com

 **Calvary Alliance Church**
715 20th Avenue NW
Minot, ND 58703
www.calvaryofminot.com
701-852-0670

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

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Sundays

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Pastor Alex Hoops

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Sunday Worship ..9:00 and 11:15 am
Sunday Education..... 10:00 am
Wednesday Education..... 6:30 pm

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I John 5:13

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Sunday Worship 11 a.m. & 6:30 p.m.
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email: crbc@srt.com

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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.

ABC Child Care & Pre-School Center

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Worship Service	10:30 a.m.
Wednesday Supper	6:15 p.m.
Adult/Youth Bible Study	
Kids Club	7 p.m.

Pastor Shane McLoughlin
530 22nd Ave NW • 852-6492
bethel@minot.com

GRACE FELLOWSHIP CHURCH
Independent - affiliated with IMF

8300 29th Ave NW
Burlington, ND 58722
(South side of Highway 2)
701-839-6319



Sunday School 9:00 am
Meet and Greet 10:00 am
Sunday Worship 10:30 am

Pastor Gregg S Smith
www.gracefellowshipatburlington.com

First Baptist Church
 **220-3rd St. S.W. • 852-4533**
www.firstbaptist-minot.org

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.

Rev. Kent Hinkel, Senior Pastor
Pastor Tim Houck, Interim Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director



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Wednesday Worship 7:00 p.m.

(701)852-5399
www.dakotabaptistchurch.com
Email: dbchurch@srt.com
Pastor: Jeremy Jacob

**First Assembly
of God**
1805 2nd St. SE
838-111

Morning Worship8:30 a.m.
Sunday School 10 a.m.
Morning Worship 11 a.m.
Evening Worship 6:30 p.m.
Wednesday Family Night..... 7 p.m.

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& Fellowship 9:00 a.m.
Worship 10:45 a.m.

www.trinitychurchminot.org

 **Immanuel
Baptist Church**

1615 2nd St. SE • Minot • 839-3694

Sundays:

Sunday School 9:15 a.m.
Worship 10:30 a.m.

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.

Brian T. Skar, Pastor
www.immanuelbaptistminot.org

James W. Henderson
Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour6:30 p.m.
Evening Worship7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).....7 p.m.
Prayer (Friday)7 P.m.

ZION Lutheran ELCA
1800 Hiawatha St.
852-1872

Saturday Worship 5 p.m.
Sunday Worship ... 8:30 a.m. & 11 a.m.

John Streccius, Pastor
Nathan Mugaas, Pastor


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Sunday School9:00 a.m.
Sunday Worship Service10:00 a.m.
Fellowship..... 11:00 a.m.

Pastor Ray Baker
www.vincentumc.com


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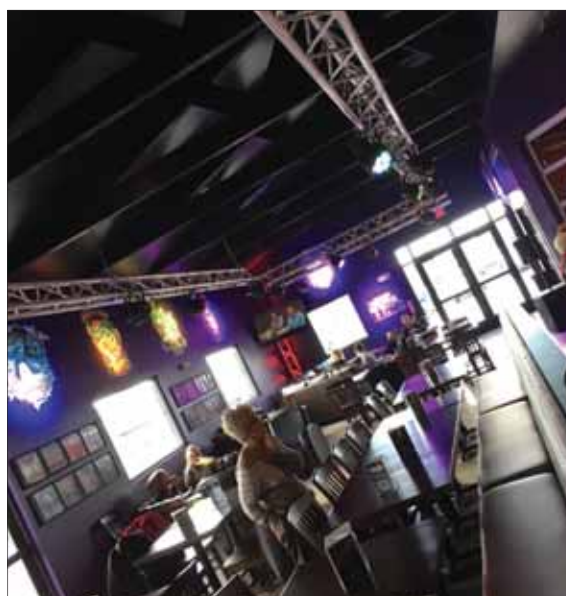
We offer several 8-week classes through our education program at Minot Air Force Base. Check out our spring semester classes and get registered today! Spring semester Term 2 classes start March 21.

For advisement, visit our office in the Education Center or call 727-9044.

 **Minot State UNIVERSITY**

Be seen. Be heard.

 www.MinotStateU.edu/cel



Classic Rock Coffee opens in Minot

Classic Rock Coffee opened Monday, February 22, 2016 they are open from 6AM - 9PM and are ready to serve you your favorite cup of joe. It is located at 1408 2nd Ave. SW, just east of Arrowhead Shopping Center. Stop in and have them make something fresh for you and while you're there grab a breakfast sandwich or choose from their variety of pastries. They'll get you off to a rockin' start on your morning commute!!

NORTHERN SENTRY STAFF PHOTOS | TONYA STUART-MELLAND



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