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

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Minot AFB



Videos

Minot AFB spouse named Air Force Global Strike Command Volunteer of the year

MARISSA HOWARD | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AFB, N.D. -- Sylvia Wages, spouse of 5th Aircraft Maintenance Squadron specialist section chief MSgt. William Wages, was recently named Air Force Global Strike Command Volunteer of the year.

Wages, an active member of the Air Force Association, Chapter Advocate for Military Spouses Advocacy Network and Key Spouse for the 5th Maintenance Squadron and 5th AMXS, is no stranger to life in the military. She grew up as an Air Force dependent while her father served 30 years and recounts memories of the countless friends she met and how every new home was the promise of something different and exciting.

"Moving has always been an adventure--new people, new friends, new experiences," Wages said. "It's never been a burden to move."

This unique childhood may have been the foundation to the deep passion Wages fostered to do more than just sit on the sidelines. As Vice President of the Air Force Association here, Wages educates and promotes relationships between the community, military

and civilians alike, which allows spouses to work side by side with their active duty member. As a Key

Wages believes strongly in helping others and volunteers her time to events both on and off base,

tree and passed out hot cocoa and gifts to children. She is also a member of the Minot State University

it was the last thing she expected to happen.

"You know when you do things out of love and affection, the last thing you would ever expect is to receive an award," said Wages. "At first it was 'I don't deserve this.' I'm only doing what we all do for each other. It's such an honor."

Wages said the award is a testament of the support, devotion and exceptional leadership of the Air Force family. The support she has received from the military has been a large part of the driving force behind her passion to do more, she explained. And at the end of the day, she is happy to simply say that she is married to an Airman.

"Being a military spouse makes me extremely proud--elated with happiness and joy," Wages said. "I watched my mother and father growing up, so I know how much it means to be supportive of an active duty member.

It's a sacrifice, but a sacrifice we take for the love and the pride it brings to our country--really and truly. It makes me proud."

Wages will go on to compete at the Air Force level.



COURTESY PHOTOS

Clock wise from top left: Sylvia Wages, an active member of the Air Force Association, Chapter Advocate for Military Spouses Advocacy Network and Key Spouse for the 5th Maintenance Squadron and 5th AMXS, was named Air Force Global Strike Command Volunteer of the year. Top right: Sylvia Wages and her husband, 5th Aircraft Maintenance Squadron specialist section chief MSgt. William Wages, pose at the military ball on Minot AFB this year. Bottom right: Sylvia Wages, spouse of 5th Aircraft Maintenance Squadron specialist section chief MSgt. William Wages, hands a gift card to a Minot AFB military spouse on behalf of the Minot Enlisted Spouses Club. Wages was recently named Air Force Global Strike Command Volunteer of the year.

Spouse, she is dedicated to creating and nurturing long lasting and supportive relationships between spouses that military families can rely on and cherish.

such as the MXS Moral Feed, clothing drives, Airmen dorm trick or treat, Thanksgiving Food Drive and the Base Christmas Tree Lighting, where she dressed up as a Christmas

Bachelors of Nursing program, an active Sigma Delta and mother of three boys.

When Wages received the news that she was selected for the award, she said

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Minuteman III test launches from Vandenberg

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

BARKSDALE AIR FORCE BASE, LA. -- A team of Air Force Global Strike Command Airmen from the 91st Missile Wing at Minot Air Force Base, North Dakota, launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle Feb. 25 at 11:01 p.m. Pacific Standard Time from Vandenberg Air Force Base, 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.

"These ICBM professionals always make this look so simple, when it's anything but easy! This culminates months of effort that began in the missile fields of North Dakota where they removed this hardware from its alert mission, cataloged every piece and part, and shipped it to California for this event," Col. Craig Ramsey, 576th Flight Test Squadron commander, said. "This never happens without the tireless efforts of personnel from the 91st Missile Wing and the 576th Flight Test

Squadron."

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.

"The opportunity for a Task Force to execute multiple launches in a week doesn't happen very often, and this has provided a tremendous amount of experience for our team," said Lt. Col. Brandon Schraeder, 91 MW Task Force Commander. "Ultimately, these launches are the nation's most visible demonstration of the ICBM capability."

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.

Minot AFB Veterinary Services

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

MINOT AIR FORCE BASE, N.D. -- Minot Air Force Base's Veterinary Treatment Facility offers a variety of services to Team Minot's four-legged friends.

The VTF offers heartworm tests, preventative medicine, deworming, international code microchipping, digital radiography and dental care.

"We know that a lot of military members do not use us as their primary veterinarian," said U.S.

Army Capt. Kelly Koinm, Minot AFB VTF officer in charge public health center district Carson. "We want them to know they can still come to us for preventative medicine, such as heartworm or flea and tick medicine."

Minot AFB VTF has a good working relationship with off-base veterinary clinics, said Koinm. "If we have a patient that we can't take care of, we refer them to a clinic off base that will be able to help them better."

One of the many services the VTF offers

is processing health certificates.

Koinm said she can sign off on all health certificates processed through the Minot AFB VTF. "Because I am certified through the U.S. Department of Agriculture, the certifications do not have to be processed through the state, so it is a big help for families moving on short notice."

"Our certificates are cheaper, and the turnaround time is faster because she is certified," said U.S. Army Staff. Sgt. Oliver Brunhoeber, Minot AFB VTF NCO in charge public health center district Carson.

As well as offering veterinary care to Team Minot's four-legged friends, Koinm takes care of food audits, animal facility checks and military working dog handler training.

"Food audits are handled by a veterinarian to inspect food and make sure it is safe for military members and their families," said Koinm, who audits for South Dakota, North Dakota and Minnesota.

"She audits the food that comes through the commissary, the express and places like the B-Fifty Brew," said Brunhoeber.

Animal facility checks are inspections of buildings that house animals for any amount of time, said Koinm. Buildings that are inspected on Minot AFB include the Child Development Center, the

horse stables, the MWD facility and the Base Defense Operations Center.

"We inspect these facilities to ensure animals are kept in good and clean conditions, and the environment is safe for them to be kept in," said Koinm.

"We also play a huge role in Public Health," she added. "We help the local jurisdiction with rabies control."

While working hard to ensure animal safety on base and keeping up with appointments within the facility, the VTF staff trains weekly to continue their education.

"We train to make sure we are up and running smoothly and safely," said Brunhoeber.

The Minot AFB VTF is open Monday through Friday from 8 a.m. to 4 p.m. No appointments are scheduled Thursday and Friday, however, over-the-counter sales are still available for things such as preventative medicine.

The VTF is currently seeking to hire a veterinarian. If you are interested in this job opportunity, please call the Minot AFB VTF at 701-723-6449.

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FACEBOOK

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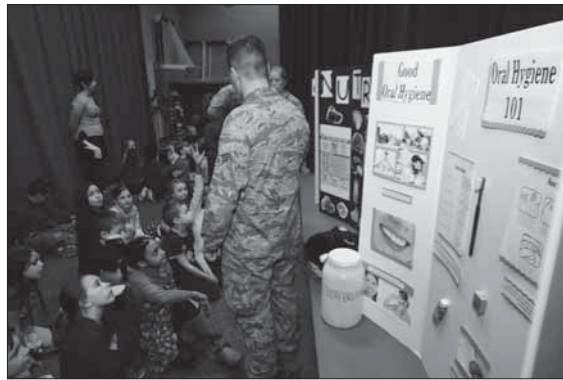
LT. GEN WILSON VISITS MAFB

Lt. Gen. Stephen Wilson, deputy commander of U.S. Strategic Command, visited Minot Air Force Base Feb. 26, 2016. Wilson visited with 91st Security Forces Group Airmen, where he viewed a variety of demonstrations to include convoy operations and various aspects of missile field activity. Wilson was the key note speaker at the 5th Bomb Wing annual awards banquet.

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







Children's Dental Health Month

MINOT AIR FORCE BASE, N.D. -- Members of the 5th Medical Operations Squadron visited Dakota Elementary to educate kids on dental hygiene practices during Children's Dental Health Month at Minot Air Force Base, N.D., Feb. 18, 2016. In addition to the presentation, children were given dental hygiene product kits with toothbrushes, toothpaste and floss.

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

Minot Air Force Base celebrates Black History Month

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

Minot Air Force Base, N.D. -- With Black History Month wrapped up, Minot, as well as the African American Heritage Committee, did more than its share to showcase the history and culture for African-American Airmen on base.

The AAHC, led by chair Tech. Sgt. Kenneth Johnson II, 5th Force Support Squadron south flight non-commissioned officer in charge, held several events in honor of Black History Month.

"This year we were able to get a lot done in a little bit of time," Johnson said. "We had the school readings started on the 9th at Dakota Elementary, on the 12th we showed the first movie, The Help, the 20th we had the fitness challenge, the 23rd we had the AAHC luncheon, which was our best and most visible event, and our anchor event which was the showing of the movie Selma on the 27th."

The last movie showed by the AAHC for Black History Month, Selma, has a little more meaning to Johnson than the other events because of who he considers to be his idol in black history.

"Martin Luther King, Jr.," Johnson said without hesitation when asked who inspired him. "He is the father of civil rights, the one who, despite everything, was able to overcome certain issues in a way that was peaceful. I'm also a Christian, so seeing someone not letting society dictate how he responds and being able to do everything peacefully was really big for me."

Johnson said that at a young age he realized that Black History Month was more than just the shortest month of the year, thanks to a club that close family

members started.

"I was probably 15 around the time I started noticing that it was important," Johnson said. "It's because I joined the Black American Culture Club, something that my older brother and mother started. I started going to the meetings and realized that I could have a positive effect on the community."

Black History Month has its own meaning and importance in Johnson's mind.

"It gives us the opportunity to go more in depth on our culture," Johnson said. "It gives us an opportunity to highlight the good things. You always see in the news that someone is robbing a store, or got shot by a cop or is rioting in their own community, and they happen to be African American and to me it's a slap in the face. We're trying to do great things and when they do something negative people have that idea of 'there they go,' referring to African Americans. W/e are trying to shine the light on the good things that we bring that are positive and all the good we've done and want to do."

Although Johnson is an African American man himself and has his own rightful bias towards his history and culture, he said it is also important to celebrate all cultures and diversity.

"I have an appreciation for all cultures, but I also have a certain appreciation for mine because we bring so much to the table," Johnson said. "I think people should be open to diversity; it should be important for people to engage and want to know and see positive aspects of other cultures and other ways of thinking."



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Staff Sergeant
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91st Missile Security Forces Sq. **BESSEMER, AL**

Rough Rider of the Week



What did you do before you joined the Air Force?
Went to high school

Hobbies or Interests
Reading, spending time with my family and watching every crime show possible.

Most life changing experience
Moving to Minot and being away from home. Now, 8 years later, I love this place.

Where do you see yourself in 10 years
I see myself striving for SMSgt, and at least 50% complete with my doctorate in psychology.

If you could have one special talent, what would it be
To have a photographic memory

Favorite quote
"We must encounter many defeats, but we must not be defeated."
-Maya Angelou

Culture and Sport Abound this March in North Dakota

KIM SCHMIDT | NORTH DAKOTA DEPARTMENT OF TOURISM

March is an exciting time of year for sports enthusiasts all across the United States. North Dakota is no exception, with sporting events and tournaments taking place all across the state. But if an art museum or theater are more up your alley than the basketball court, there are plenty of cultural options as well. So whether you're painting your face to cheer on the home team, striving to beat a personal record time in a race or selecting a seat at the concert hall, check out what's happening in North Dakota this March. To find more information about events in North Dakota in March, or for a complete list of activities, go to NDtourism.com or call 800-435-5663 or 701-328-2525.

North Dakota Winter Show - Valley City, March 4-5: See what's new in agriculture in the oldest and longest-running ag show in the state. The show features PRCA rodeo performances, livestock shows, tractor pull and a concert lineup featuring Old Dominion, 32 Below and Blind Joe. 701-845-1401; <https://northdakotawintershow.com/wintershow-about.php>

State High School Basketball Tournaments: The top eight teams in girls and boys high school basketball square off in the following cities, where serious bragging rights are on the line. 701-845-3953; www.ndhsaanow.com/tournaments/basketball-girls

State Class B Girls Basketball, Grand Forks - March 3-5. **State Class A Boys and Girls Basketball,** Bismarck - March 10-12. **State Class B Boys Basketball,** Minot - March 17-19

Red River Valley Sportsmen's Show - Fargo March 3-6: Get out and enjoy five shows in one: camping, boating, hunting, fishing and travel with

seminars and exhibits at the Fargodome. 701-241-9100; <http://fargosportshow.com/>

Altru Family YMCA Fourth Annual Winter Indoor Triathlon - Grand Forks March 5: An indoor triathlon? Why not! Swim, bike and walk or run inside at the Altru Family YMCA's Indoor Triathlon. Competitors of all ages are welcome to compete. 701-775-2586; www.gfymca.org/healthy-living/health-well-being-fitness/winter-indoor-triathlon/

Beer and Bacon Festival - Fargo March 5: This festival brings together the region's top eateries, pork purveyors and specialty craft brews in a one-day salute to the ultimate culinary match made in hog heaven. Expect 100-plus craft beers, 20-plus bacon dishes, free samples and bacon-eating contest. 402-677-0930; <http://baconandbeerfargo.com/>

Fargo-Moorhead Opera - The Face on the Barroom Floor - Fargo March 13-15: The Face on the Barroom Floor is a throw back to the Wild West and gold rush days of Colorado featuring Gate City Bank Young Artists. Enjoy food and drink from the HoDo bar menu during the show. 701-239-4558; www.fmopera.org/web/home.aspx

Fargo Film Festival - Fargo March 15-19: The historic Fargo Theater hosts the majority of screenings at this year's Fargo Film Festival, including the award-winning documentary "Welcome to Leith," shot on location in North Dakota. 701-239-8385; www.fargofilmfestival.org/

Shamrockin' the Bakken Taste of Williston - Williston March 17: Celebrate St. Patrick's Day with some of the most delicious food and drinks from local Williston eateries, caterers and retail stores. Bag pipers and local band Whiskey Rebellion will be on hand to create a festive Irish mood.

701-577-6000; www.willistonchamber.com/

Runnin' O the Green - Jamestown March 19: Dress up in your best St. Patrick themed costume and then take a 'running' tour of Jamestown's bars. It's a St. Patty's pub crawl unlike any other. Must be at least 21 to participate. 701-252-7492; www.runninthegreen.com/

END-SURE - Leonard March 19: This cross-country trail run - North Dakota's longest foot race and first ultramarathon - takes place on the Sheyenne National Grasslands and a portion of the North Country National Scenic Trail with 100K, 50K and 25K options. Route includes forests, prairies and sandhills. endrasing.com/end-sure

Winter Art Auction - Pekin March 20: The Nelson County Art Council hosts its annual Winter Art Auction to raise money for the Stump Lake Fine Arts Youth Camp. Join collectors and community members in supporting a cause at the live-auction bidding, which also features hors d'oeuvres and wine. 701-296-4410; <http://www.nelsoncountyarts.com/>

Celebrate Easter! - Easter Egg Hunt at the Zoo, Bismarck - March 19, www.dakotazoo.org/?id=111&page=Easter+Egg+Hunt

Easter Eggstravaganza - Fargo March 25-26, www.childrensmuseum-yunker.org/

Easter Egg Hunt - Medora March 26: www.ndtourism.com/events/easter-egg-hunt

These are just a few festive events and activities in North Dakota during March. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

Follow North Dakota Tourism on Facebook at www.facebook.com/TravelND or on Twitter at <http://twitter.com/NorthDakota> and get tips on what to see and do all year long.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"We (spring light goose Conservation Order hunters) haven't made it go down but we've probably stabilized it (light goose population)."

- Mike Szymanski, N.D. Game and Fish Dept. migratory game bird management supervisor.

North Dakota's light goose Conservation Order season opened Feb. 20 but so far they're not here yet.

When and how long the birds will be here is a tricky puzzle to solve. Two of the best indicators of how light goose spring migration is progressing is a look at Nebraska's Rainwater Basin and Missouri's Squaw Creek National Wildlife Refuge, offered Mike Szymanski, N.D. Game and Fish Dept. migratory game bird management supervisor.

They tend to stage heavily in those areas as they prepare to return to Arctic nesting grounds.

Spring light goose hunters are inching towards having two decades of the Conservation Order under their belts. People quickly learned it's not an easy hunt. "It's a lot of work. I would say that totally sums up the Conservation Order," Szymanski suggested.

For one thing, by the time light geese get to North Dakota they're already in full mindset to push as far and as fast as they can. They move around tremendously in areas of massive waves of birds one day, only to disappear the next.

Hunters must be able to move quickly, cover vast distances to locate birds, get permission on private posted land, and get into fields with the gargantuan amount of equipment typically used in the spring season.

Plus, they need to do it without tearing up muddy roads and fields while maintaining good hunter-landowner relations.

Despite the hurdles, North Dakota still has about 1,500 to 3,000 active hunters in the spring Conservation Order season, Szymanski said.

Central Flyway harvest accounts for nearly one-half of the roughly 1 million light geese taken during the Conservation

Order annually. Arkansas, Kansas, Missouri, Nebraska, and South Dakota contribute to most of the harvest. "Illinois is right in there, too," Szymanski added. The reason hunters in those states fare better than those trying to track the birds in North Dakota is they have more opportunities: Birds are now staging during the winter in massive numbers in Arkansas, moving east from more traditional wintering areas in east Texas or southern Louisiana. They also stage there as they start moving north each spring.

When weather forces them back, they tend to bounce around those regions until conditions allow them to push into North Dakota and beyond. "If we get them for more than two weeks, that's a long time," Szymanski said.

They might stay in the state if weather stalls them or if there is enough open sheet water for them to roost.

So don't give up on hunting light geese during the Conservation Order season. Just be prepared to cover lots of miles to find birds, move with them, and do it quickly.

Also, don't forget licenses: Szymanski reminded hunters they need 2016 Harvest Information Program (HIP) registration, small game and habitat stamp, and valid North Dakota hunting license, either a 2015 license, which is good through March 31, 2016 or a new 2016 license general license.

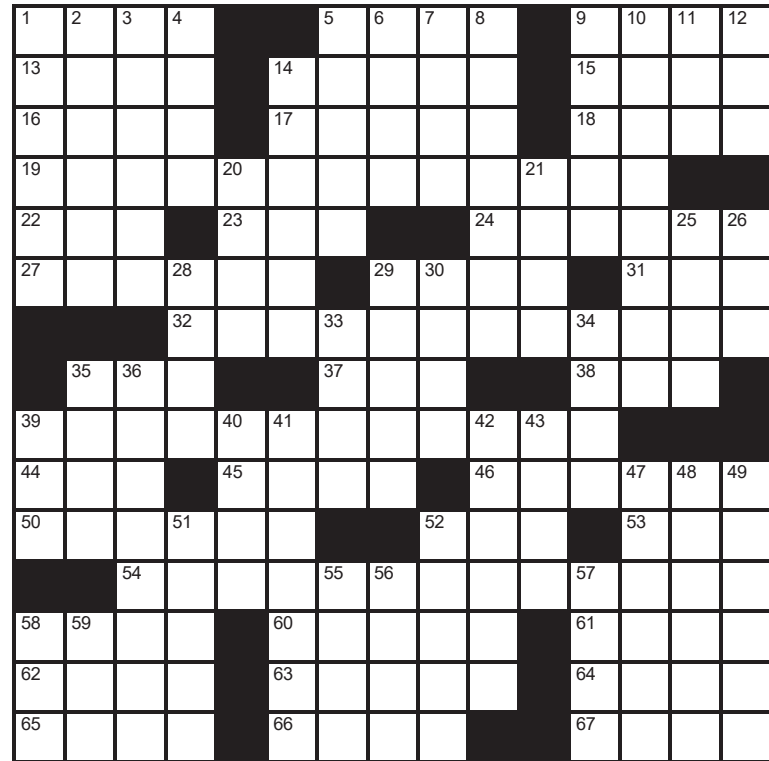
In hindsight, Szymanski said an expectation for the spring season to reduce light goose populations was likely optimistic, especially when it's now believed the population was higher than earlier anticipated. However, Conservation Order harvest is helping reduce their population growth. "We've seen relatively stable population estimates out in recent years," he said.



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CROSSWORD PUZZLE

What's Next



Across

- 1 Jumping stick
- 5 Adjudge
- 9 Vitamin whose name could be a bingo call
- 13 Dodger Hershiser
- 14 Winery in Modesto, Calif.
- 15 Battle of Endor soldier
- 16 Missouri River tribe
- 17 Novelist Calvino
- 18 Color quality
- 19 Good doctor's attribute
- 22 Bronze ____
- 23 Nancy Drew's beau
- 24 Netherlands dollar, once
- 27 Playskool's parent company
- 29 Popular shirt label
- 31 C.E.O.'s deg.
- 32 Highest-priced boxing ticket
- 35 Writer's undergrad deg.
- 37 Night spot
- 38 Dancer Miller
- 39 1930s-'40s White House address
- 44 Stinger
- 45 D.O.E. part: Abbr.
- 46 Tied up
- 50 A Gandhi
- 52 ____ Baba
- 53 Secretive org.
- 54 Place to pull in for a meal
- 58 Declare openly
- 60 Illinois city
- 61 Vanquish
- 62 Passport addition
- 63 Pigskin eye
- 64 Woman's name suffix
- 65 Emphatic agreement
- 66 Garden with a snake
- 67 It may be grand
- 12 Classic Jag
- 14 Hotel Bible
- 20 Cross letters
- 21 Stocking shade
- 25 Meir contemporary
- 26 ____ King Cole
- 28 Scottish hillside
- 29 Tennis player John
- 30 Brass component
- 33 Author Andre
- 34 Fill
- 35 "Très ____!"
- 36 "Crazy Heart" songwriter
- 39 Raiding grp.
- 40 Some transfusions
- 41 Stunned
- 42 Montana capital
- 43 All fired up
- 47 51 past
- 48 1974 hit from Spain
- 49 Quick mover
- 51 Hawkeye
- 52 Beautify
- 55 Musher's transport
- 56 "How can ____?"
- 57 Skeptical rejoinder
- 58 Gardner of "Mogambo"
- 59 Spirit

Down

- 1 High-muck-a-muck: Var.
- 2 Sandinista leader
- 3 Hollow rocks
- 4 Hearty cheers
- 5 Stale
- 6 Jack of "Rio Lobo"
- 7 Jazzy Fitzgerald
- 8 Thoth, in ancient Egypt
- 9 Tropical nut
- 10 Ninjas, e.g.
- 11 Tiny particle



Something Wicked

"The Witch" burrows into your head to where nightmares live

NEIL POND | PARADE MAGAZINE

In the modern world, "devils" are mascots for sports teams and witches vex pretty Disney princesses. But once upon a time, such things were much more serious and much scarier.

That's the serious, scary and seriously scary setting for *The Witch*, in which a devout family in early 17th century New England is exiled from their settlement—the father (Ralph Ineson, who played Amicus Carrow in the *Harry Potter* movies) is too overbearing in his religious beliefs even for his Puritan neighbors to bear. When their one-horse wagon finally stops, they homestead on a scruffy patch of ground at the edge of a remote, dense forest.

Just as they're getting into the rhythms of their new life, things start to go woefully wrong, beginning with the disappearance of their new baby boy, giggling in the grass one moment and gone the next. Did a wolf gobble him up? Or was it something more sinister—maybe a shape-shifting, spell-casting, baby-snatching sorceress?

All eyes look to the woods—and to the oldest child, teenage daughter Thomasin (19-year-old Anya Taylor-Joy), who was in charge of watching the baby. She can't explain what happened, and her inconsolable

mother (Kate Dickie, from TV's *Game of Thrones*) can't forgive her. Her little brother, Caleb (Harvey Scrimshaw), can't stop casting guilty glances at her ripening signs of young-womanhood. And her very name itself includes the word "sin."

Something wicked this way comes, indeed, especially when heinous accusations start to fly, pious prayers fill the air, crops fail, the chicken lays a bloody egg, and the family goat, ominously named Black Phillip, begins to look, and act, more malevolent ever minute.

This super-creepy, potentially unsettling film bowled audiences over last year at Sundance, where it took top honors for director Robert Eggers. It's being marketed as a horror movie, and it certainly is that, but it has little in common with many other contemporary flicks sharing the label.

It's a period piece rich in precise historical detail (including language), dedicated to an unflinching depiction of religious obsession driven to unholy extremes. Eggers drills into the same demonic DNA that made such movie classics as *The Exorcist*, *Rosemary's Baby* and *The Shining* such disturbing dynamite; some of his images get inside your head and nest deep into cracks where nightmares live

and lurk. It's the first movie I've ever noticed a credit for a mental health counselor.

The movie is an eerie, roiling brew of double, double, toil and trouble, to be sure. But it also makes no bones about how Christian fanaticism in early America sometimes ran off the rails and plunged straight into the devil's playground, especially when fear, superstition, hysteria and the suppression and oppression of females helped stir the cauldron. You don't have to squint to see, a few decades down the road and just beyond the movie's frame of reference, the notorious Salem witch trials looming in the distance.

The performances are riveting, especially from the youngsters, all newcomers. The soundtrack's combination of synthesizers, dissonant orchestral tones and wordless choral pieces gives everything an unnerving underpinning of constant tension and dread. Director Eggers, a former production designer making his feature-film debut, is certainly a new talent to watch.

And *The Witch*, in limited release, is a knockout of a movie you should seek out—especially if you're seeking something nightmarishly new that will chill you, and haunt you, like it's the 1600s all over again.

SUDOKU

Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

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



Reese's Peanut Butter Sugar Cookies



INGREDIENTS:

PEANUT BUTTER SUGAR COOKIES:
 ½ cup butter, softened
 1/3 cup Peanut Butter
 ½ cup sugar
 ½ cup brown sugar
 1 egg
 1 teaspoon vanilla
 1¾ cup flour
 ½ teaspoon baking soda
 ¼ teaspoon salt

PEANUT BUTTER BUTTER-CREAM:
 ½ cup butter, softened
 1 Tablespoon Peanut Butter
 3 cups powdered sugar
 1/8 cup milk
 1 teaspoon vanilla
 1 cup chopped Peanut Butter Cup Miniatures

CHOCOLATE DRIZZLE:
 ½ cup Semi-Sweet ChocChips
 1 teaspoon shortening

INSTRUCTIONS:

Preheat oven to 350 degrees F. In a large mixing bowl, cream butter and peanut butter together until light and fluffy. Add sugar and brown sugar and cream with butter/peanut butter. Beat in egg and vanilla. Add in flour, baking soda and salt and mix until well incorporated. Place dough on a clean floured surface to a ¼ inch thickness. Use a cookie cutter, I used a heart shape for Valentine's Day, and cut out cookies and place on a greased baking sheet. Bake at 350 degrees F for about 8 minutes. Repeat and continue to roll and cut out cookies until all dough has been used. Remove baked cookies from cookie sheet and place on cooling rack until completely cool.

PEANUT BUTTER BUTTER-CREAM:
 In a large mixing bowl, cream butter and peanut butter until light and fluffy. Add powdered sugar, milk and vanilla and beat until well mixed. Frost cooled sugar cookies. Sprinkle chopped REESE'S Peanut Butter Cup Miniatures over the tops of the frosted sugar cookies.

CHOCOLATE DRIZZLE:
 In a small microwave safe bowl, combine chocolate chips and shortening and heat in microwave in 30 second increments, stirring between each increment until smooth and melted. Drizzle over the tops of sugar cookies.

Spin United Fundraiser

UNITED WAY

Minot, ND- The YMCA is teaming up with the Souris Valley United Way to host the 3rd annual Spin United event held February 27th at 9am. Registration begins at 8:30am. Proceeds from the event will support Backpack Buddies.

Each team consists of 6 members and one spin bike. Each team members rides for 20 minutes while winning raffle prizes

throughout the 5 hour event. For a chance at extra prizes, participants created online fundraising pages to share on social media to raise funds for Backpack Buddies. Every fifty dollars raised enters them in a drawing for a \$100, \$75, and \$50 dollar gift card.

"This year we have grown to 15 teams and a larger gym area where participants can partake in rock-climbing, bag toss

and more room to cheer on their team mates.," said Danielle Rued, Campaign Coordinator. "We are also awarding prizes to the best team theme and have had a lot of great team names entered. It's going to be a toss-up for the winner."

If you would like to support Backpack Buddies, invest today. Visit www.svunitedway.com or mail your contribution to 1941 4th Street SW, Minot, ND 58701.



MSU History Department and Minot Public Library welcome the public to scan day March 5

MINOT STATE UNIVERSITY

The Minot State University Department of History and the Minot Public Library are partnering to offer a Scan Day on March 5 for the purpose of digitizing family history materials brought in by the public. The Minot Public Library (516 2nd Ave. SW) will host the session from 10 a.m. to 4 p.m. Members of the public are invited to bring in a wide range of items, including photographs, letters, diaries, scrapbooks, home movies and other artifacts related to family and community history.

Bethany Andreasen and Dan Ringrose, history professors, are currently training history students as digital ambassadors for Scan Day. These ambassadors will work with individuals to select items for digitization among their family history materials. The ambassadors will then digitize the items and record descriptive information and context. Contributors will receive a free digital copy of their items as well as advice on preservation and tips for handling damaged materials. Individuals

who participate in Scan Day can expect to spend approximately 30 minutes working with project staff on their items. Family movies will not be digitized during Scan Day itself but can be loaned to project staff for digitizing.

With the owner's permission, digitized materials will be made publicly available through the Digital Minot Project (<http://digitalminot.minotstateu.edu/dm2015/>). Sessions will be followed by electronic exhibits at the Digital Minot Project, as well as by a public presentation on community history in the fall.

"This is the perfect opportunity to dig out old letters and photographs that community members might not have looked at for years," said Andreasen. "It's always fascinating to see the treasures that people have stored away. Family members themselves have often forgotten the details of what they have."

Andreasen noted that digitizing family history items not only preserves them as electronic images, but also makes it easy to share those images with

multiple family members. This program exemplifies the partnerships the Minot Public Library has established within the community.

"I am happy the library can offer this excellent opportunity and collaborate with MSU as it has always been a goal for the library to preserve and share Minot's heritage," stated Janet Anderson, library director.

Scan Day is part of Minot's Common Heritage project, which is funded under the Common Heritage grant program of the National Endowment for the Humanities. This program is part of "The Common Good: The Humanities in the Public Square," an agency-wide initiative that seeks to enhance the role of the humanities in civic life (<http://www.neh.gov/commongood>).

For more information about Scan Day, visit Minot's Common Heritage webpage at <http://www.minotstateu.edu/history/commonheritage> or contact Andreasen at bethany.andreasen@minotstateu.edu or Ringrose at daniel.ringrose@minotstateu.edu.

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Register Now For "The Walking Dead" Bowling League

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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!

727-4715

Guess what's coming to Rough Riders 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.

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. Plus, there will be a random drawing among all bowling centers participating to send an additional 4 people on the cruise. For more details, call 727-4715.

Fitness Center Hosting Winter Games 2016 On March 23rd

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, volleyball, rowing challenge, cycling, wally ball, racquetball, rock climbing relay, and more.

Unit registration for the Winter Games is March 2-16. The event is open to all DoD ID card holders. For more information, contact the Fitness Center at 723-2145.

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
- Business challenge (how many in 2 minutes)
- Rowing challenge (15 mins)
- Volleyball
- Cycling (15 mins)
- Wally Ball
- Racquetball
- Rock Climbing Relay
- Bench Press Competition
- Senior Suber Water Polo

723-2145

Celebrate St. Patrick's Day With A Variety Of Force Support Events

St. Paddy's Dance Fitness Event
 The Fitness Center invites you to dance the morning away during the St. Paddy's Dance Fitness Event on Saturday, March 12th from 10 a.m. to noon. The event is open to all DoD card holders 16 years of age and older. For more information, call the Fitness Center at 723-2145.

St. Patrick's Day Celebration at Rockers

727-ROCK

St. Patrick's Day CELEBRATION

FRIDAY MARCH 18
4:30-7:30PM

St. Paddy's Day at the Rock. Come enjoy traditional Irish cuisine, corned beef & cabbage, bangers & mash, Dublin coddle, Irish cream cake and wash it down with a tall green beer!

CLUB MEMBERS: FREE • NON MEMBERS \$7

The St. Patrick's Day Celebration at Rockers Bar & Grill will be held on Friday, March 18th from 4:30-7:30 p.m. Come enjoy delicious traditional Irish cuisine including corned beef & cabbage, bangers & mash, Dublin coddle, Irish cream cake, and wash it down with a tall green beer. Adults only. Cost is free for club members and \$7 for non-members. For details, call 727-ROCK.

St. Patrick's Day Celebration at the JDC

St. Patrick's Day CELEBRATION

Friday March 18
5-7pm

Enjoy some traditional Irish cuisine, corned beef and cabbage, and bangers and mash! Don't forget about Karaoke!

Members: FREE
 Non-Members: \$7

723-3731

You don't have to be Irish to enjoy the St. Patrick's Day Celebration at the Doolittle Center on March 15th from 5-7 p.m. Enjoy tasty, traditional Irish food and don't forget about karaoke! Cost is free for club members and \$7 for non-members. For details, call 723-3731.

USAF SERVICES Information Tickets & Travel

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CLUB MEMBER DRAWING ON FRIDAY, MARCH 4TH WILL BE FOR \$500.

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 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.

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 details, call Rough Riders Pizza at 727-4377.

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 each Saturday in March from 4-6 p.m. 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 12 Dr Seuss Day
 The Base Library invites you to their annual celebration of Dr. Seuss' birthday on March 12th at 1 p.m. Enjoy stories, crafts, and games all related to the world famous works of this most influential of children's authors. Children of all ages are invited to attend. Call 723-3344 for additional details.

Mar 5 FREE Super Saturday
 Youth Center members are invited to the FREE Super Saturday Family Activity events at the Youth Center every Saturday in March from 6-8 p.m. On Saturday, March 5th you can enjoy the Family Dodge Ball activity. Then on Saturday, March 12th it's Family Movie Night with free popcorn. For additional information, call 723-2838.

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 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 the Jimmy Doolittle Center at 723-3731.

Mar 18 Wine and Paint Class
 Sit, sip, and create! The Arts and Crafts Center invites you to their Wine & Paint class on Friday, March 18th from 6:30-8:30 p.m. Gather your friends for a fun evening out. Cost is \$26 per person for a two-hour exciting painting experience. The class includes all supplies to create your masterpiece. Step-by-step instruction will be provided. Sign-up at the Arts & Crafts Center from March 8-17. Class is open to adults 21 years of age and up only; limited seating. Wine is not included in cost; you must provide your own if desired. For details, call the Arts & Crafts Center at 723-3640.

Mar 19 Picture Framing Class
 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.

YOUNG AIRMEN EVENTS & PROGRAMS

Mar 4 Freaky FREE Friday
 Strike up some fun during Freaky Free Friday at Rough Rider Lanes on March 4th 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.

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.

Mar 5 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 9 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 10 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 12 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, March 12th from midnight to 4 a.m. Ladies are admitted free until 1 a.m. The event is free for club members and \$7 for non-members. For more details, call 727-ROCK.

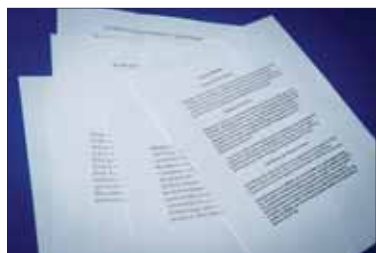
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Visit our website at www.5thforcesupport.com

AAHC hosts fitness challenge

MINOT AIR FORCE BASE ,N.D. -- Airmen and their families participate in the African American Heritage Committee's fitness challenge at Minot Air Force Base, N.D., Feb. 20, 2016. The fitness challenge consisted of exercises such as jumping jacks, squats, pushups, planks and burpees. Before each exercise, members read information about different African American historical figures to commemorate African American History Month.

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Andrea Tembreull named Spouse of the Year by Military Spouse Magazine

MARISSA HOWARD | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Andrea Tembreull, spouse of 91st Security Forces Group Commander Col. Raymund Tembreull, was named Spouse of the Year by Military Spouse Magazine.

Tembreull, an active member of Information Delivery System, Military Spouse Advocacy Network, Keep Your Promise Network, Professional Association of Diving Instructors and a Key Spouse mentor, grew up with the military close to her heart. Her father is a retired Navy captain and though she calls Virginia Beach her home, Tembreull moved often. In 2002, she met her husband in Guam and became a military spouse.

"The only preconceived notions I had of what being a military spouse would be like came from my beautiful mother who recently passed away,"

said Tembreull. "She was a wonderful woman who always encouraged me to follow my heart, do what I thought was right and try to always treat people with respect and grace."

Tembreull was a business owner at the time she married her husband, and shortly after they left Guam she became a stepmother to two children. In the 11 years since then, they have been stationed in six different places and Tembreull's perspective has changed to fit her own experiences, skills acquired and lessons learned.

"Since Ray has worked in three squadrons and now a group, I've learned how important spouses are and the incredible support they can offer each other and their military member," Tembreull said. "I have learned that spouses who don't connect with others can feel

isolated."

Tembreull highlighted one of her primary goals, which is to help alleviate the loneliness a spouse can feel by establishing informal networks that facilitate interconnectedness--something that is key to long-term stability for military families. Also just as important, she explained, is to establish links with other people and organizations that will expand these networks and carry on when she and her husband leave Minot AFB.

One of the ways Tembreull strives to accomplish these goals is by holding coffee meet-and-greets for spouses a few times each month. Everyone is welcome and wanted for the encouragement, pieces of advice, friendship and interconnectedness that the coffees bring--a little bit of warmth in the midst of

the cold.

"I was in Virginia helping my father when I learned I had won this honor and was humbled," said Tembreull.

"There are many other spouses here at Minot who should have been nominated and voted above me. Even though I've facilitated bringing spouses together and have tried to make the folks in my group and my friends feel like they are part of a huge family, I've had support and assistance from multiple sources that have made my endeavors possible."

If anything, Tembreull said, she hopes this award will provide a stronger platform from which to advocate for, and encourage people to participate in, bringing spouses together as a collective group that spans both wings and all ranks. Because at the end of the day, they all have spouses fighting for the same cause, side by side.

"My life has been touched in such positive ways because of my association with the military," Tembreull said. "I have been granted the privilege and honor of meeting and getting to know some of the most incredible and dedicated people--both active duty and dependents--that I never would have had



COURTESY PHOTO
Andrea Tembreull poses with her husband, 91st Security Forces Group Commander Col. Raymund Tembreull. Andrea Tembreull was named Spouse of the Year by Military Spouse Magazine.

the chance to meet if it wasn't for being a military spouse."

Tembreull said some of the driving advice behind her passion for bringing spouses together comes from the statements 'Go for it!', 'Don't let people get you down,' and 'Don't ever suffer in silence.' And most importantly, she explained, remember that you are stronger than you think.

"There are spouses out there who can help you in nearly every situation so your military member can continue to do their job working for and defending our country."

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 RELAY FOR LIFE
 American Cancer Society

contact for more information:
701.838.7047
www.minotrelay.com

MINOT FLEA MARKET
MARCH 5 & 6
 ANTIQUES, COINS, BOOKS, JEWELRY, TOOLS, BAKED GOODS, & MORE
 STATE FAIRGROUNDS - MINOT
 SAT 8AM - 4PM - SUN 10AM - 3PM
 A PLACE TO SHOP - A PLACE TO SELL
 SELLERS, CALL TODAY! 701-340-7930

Cooking Class
Cooking with Spices

Tuesday, March 8, 2016
 2-3 pm
 \$10

Trinity Health Community Conference Room
 Town & Country Center

Join a Trinity Health Registered Dietitian for a small group cooking class.

RSVP by January 7.
 Space is limited!
 Please reserve your spot today! Call 857-5268.

TRINITY HEALTH

DAKRATS

BY GREG DRAIN

WHAT SHOULD WE DO FOR DINNER?
 MAYBE WE CAN HEAD DOWNTOWN AND GRAB SOME PIZZA?

I READ EARLIER THAT MARCH IS NATIONAL NUTRITION MONTH.
 WHICH IS ALSO WHEN MARCH MADNESS IS!
 SO?

SO, YOU HAVE YOUR THINGS TO OBSERVE, AND I HAVE MINE.

WWW.DAKRATS.COM

TODAY

- 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

SATURDAY

- 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

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- Membership Monday Lunch Special, Hours vary by location, Rockers Bar & Grill, Jimmy Doolittle Center, Kelley's Place, Rough Riders Pizza
- Youth Tumbling Classes, Hours vary by age, Youth Center
- Cycle, 0600, Fitness Center
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- Step Jam NEW, 1730, Fitness Center
- Key Spouse Monthly Meeting, 1800-2000, Jimmy Doolittle Center
- FCC Pre-Orientation, 1800-2000, Family Child Care Office – Inside Rough Riders Pizza

TUESDAY

- Registration opens for the Wine & Paint Class at Arts & Crafts
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Fit to Fight MIX, 0600, Fitness Center
- Trek, 0900, Fitness Center
- Hard Core Cardio, 0945, Fitness Center
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Yoga Flow, 1615, Fitness Center
- Fit to Fight, 1630, Fitness Center
- Family Fun Night with Spidey Guy, 1700-1830, Rough Riders Pizza
- Family Fun Night, 1700-2100, Rough Riders Pizza
- TurboKick, 1730, Fitness Center
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- Hard Core Strength, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Cycle, 0600, Fitness Center
- Right Start, 0730-1200, A&FRC – Held at the Jimmy Doolittle Center
- Stroller Fitness, 0930, Youth Center
- H2O Fitness, 0930, Indoor Pool
- Story Time, 1030, Base Library
- Fit to Fight Cycle, 1100, Fitness Center
- Fit to Fight CORE, 1130, Fitness Center
- New Parent Orientation, 1200, Child Development Center
- Step Jam, 1200, Fitness Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle/Strength, 1630, Fitness Center
- Buck with a Bang, Every Wed, 1700, Rough Rider Lanes
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- 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

- Last day to register for the Picture Framing Class at Arts & Crafts
- 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
- Craft Club, 1800, Base Library
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center
- Body Blast, 1830, Fitness Center
- Cycle, 1930, Fitness Center

UPCOMING EVENTS - MARCH 11

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Step Jam, 1200, Fitness Center
- Roller Derby Day, 1600-1700, Youth Center
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- "Doo it Your Way" Burger Night, 1700-1900, Jimmy Doolittle Center
- Freaky FREE Fridays, Every Fri, 1700-2100, Rough Rider Lanes
- BBQ Night, Every Fri, 1700-2100, Rockers Bar & Grill
- Give Parents a Break, 1800-2200, Child Development Center/School Age Program Annex
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, Every Friday in March, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-2400, Rough Rider Lanes

UPOMING EVENTS - MARCH 12

- Trek, 0800, Fitness Center
- Cycle, 0900, Fitness Center
- St. Paddy's Dance Fitness Event, 1000-1200, Fitness Center
- Chess Club, 1100, Base Library
- Dr. Seuss Day, 1300, Base Library
- Base Skate, Every Saturday, 1600-1800, Youth Center
- Super Saturday Family Activity, Every Saturday, 1800-2000, 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

- Home School Families Gym Time, Every Day, 1230-1400, 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!
- NEW! Qualified Personal Trainers, by appointment, Fitness Center
- Rough Riders Monthly Pizza Special. 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. 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 postpartum. This is an ongoing class and can be joined at any point during normal and healthy pregnancy. Cost is \$40 per month. For more information, call the Youth Center at 723-2838.

EXPECTANT AND BREASTFEEDING MOTHERS

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

PARK UNIVERSITY SPRING 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

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!

SCHUMANN MUSIC GUILD
The Schumann Music Guild will sponsor a Classical Musicales at the Cornerstone Prebyterian Church, Sunday, March 6 at 3:00pm. The Guild's second Musicales this season will feature music of the Classical Period and great composers such as Beethoven, Mozart, Brahms, Haydn, Bizet, Clemnti and Scarlotti. The Musicians of this concert will be of various ages and levels and will perform Classical pieces on violin, piano, organ, oboe, voice and will include the MCC Women's Chorus. There will be no charge for the concert. A free-will offering will be taken for International Music Camp Scholarships.

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.

ST. PATRICK'S DAY
Please join us at our luncheon for all Minot area ladies at the Grand Hotel, Tuesday, March 8th, 12:15-2:00 pm, \$13.00 inclusive. For reservations, please contact Joyce at 624-5531 or minotchristianwomens@hotmail.com. General public is welcome at this non-denominational event. Program: Companions for Children by Executive Director Heather Cymbaluk & Service Coordinator Kelly Prium, all of Minot. Beautiful music will be provided by Minot soloist Dr. Eric Furuseth. Speaker, Arlene Gabrielson, Mankato ND, will share her story titled, "Happily Ever After (Hope for a Broken Heart)".

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 opportu-

nity 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.

MINOT PRAIRIE QUILT FESTIVAL 3/11/2016 11:00 AM - 3/13/2016 3:00 PM
Grand Hotel - Minot, ND. Minot Prairie Quilt Festival will take place Friday – Sunday, March 11 – 13, 2016. The event is held at the Grand Hotel on Minot's North Hill. Hours are Friday 11 am – 8 pm; Saturday 8 am – 5 pm; and Sunday 9 am – 3 pm. There will be approximately 150 quilts on display, as well vendor booths and a Flea Market. A \$3.00 admission fee is charged. Classes and lectures are also offered with registration available at the festival. See minotquilters.com for full details.

PANCAKE BREAKFAST FUNDRAISER 3/12/2016 8:00 AM
Minot Masonic Center. Join us on March 12 at the Minot Masonic Center for a Pancake Breakfast Fundraiser. All proceeds and donations will go toward Izzabella Starkey. She has been selected to represent Minot in the National Young Leaders Conference in Washington DC this summer! Come to the Pancake Breakfast to help support her in her fundraising for her trip. As a student at Ramstad Middle School, she is proud to represent Minot and this community in this leadership conference. The conference will be a life-changing experience that is designed to develop leadership skills and strengthen communities by encouraging leadership in students. Any excess funds will be donated to the YWCA Minot.

MINOT BABYWEARING GROUP 3/12/2016 1:00 PM
Bread of Life Lutheran Church. Babywearing is simply the act of wearing your child using a carrier. Did you know babies that are carried cry 40% less on average? Babywearing also allows you to be hands free to do things such as care for other children or grocery shop. Your family will no longer be limited to going only where strollers can go! Minot Babywearing Group is a non-profit organization that offers support and education to caregivers regarding babywearing. Free monthly meetings give hands on help with safety and fit, while providing a fun social meet up! The group hosts a Lending Library of almost 20 kinds of carriers to allow caregivers to try on a carrier before buying elsewhere. Our FREE monthly meetings are normally the second Saturday of each month at 1:00 pm in the Bread of Life Lutheran Church (no religious affiliation). You can confirm event details and contact us at Facebook.com/MinotBWG!

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.

Minot Prairie Quilt Festival 2016 Quilt Show

What's In Your Garden?

March 11 - 13, 2016 Grand Hotel - Minot, ND

Featuring National Teachers: Gudrun Erla and Chris Kirsch AND Beautiful Quilts • Vendor Booths Flea Market • Tea Room

Friday: 11AM - 8PM
SATURDAY: 8AM - 5PM
SUNDAY: 9AM - 3PM
ADMISSION: \$3.00

Visit minotquilters.com for info on classes, lectures and vendors

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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</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>Heritage Baptist Independent Fundamental Meeting at 435 21st St. NW 833-1798</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Sunday Evening..... 6 p.m. Wed. Prayer/Bible Study 7 p.m. Wed. Children's Awana Club .. 6:45 p.m.</p> <p>Pastor Tim Bagwell heritagebaptistminot.com</p>	<p>GLENBURN FIRST BAPTIST CHURCH</p>  <p>402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons.</p> <p>Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church</p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE</p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church</p>  <p>5900 Highway 83 N, Minot</p> <p>www.faithumcminot.com</p> <p>Rev. Debra Ball-Kilbourne</p> <p>Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church</p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ</p> <p>430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship..... 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p>Wednesday: Bible Classes 7 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p>First Presbyterian Church 430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m.</p> <p>www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 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</p>  <p>120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Education 6:00 pm</p>  <p>Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p>  <p>Sunday Worship 8:30 & 11:00 a.m. Sunday School, Adult Bible Class & Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p> 
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:15 am & 10:45 am Sunday Fellowship 9:15 am Sunday School 9:30 am Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>North Hill Baptist Church</p>  <p>524 21st Ave. NW • Minot, ND 58703 701-839-7283</p> <p>Meet 'n' Greet..... 10:00 a.m. Worship..... 10:30 a.m.</p> <p>Pastor Dan Andrus, 701-578-5060 sparrow@minot.com minotnorthhillbaptistchurch.com <i>"We're Not There Yet...Come Grow With Us!"</i></p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i> 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</p> <p>For more information visit us on the web at www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH</p>  <p>Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship .. 9:00 and 11:15 am Sunday Education 10:00 am Wednesday Education..... 6:30 pm</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p> 	<p>BELIEVERS BIBLE CHURCH of MINOT</p> <p>I John 5:13 www.bbeminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist</p>  <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>"A Family Worship Center"</i></p>  <p>1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour .. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC</p>  <p><i>"Building Followers of Jesus Christ!"</i></p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>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</p>  <p>220-3rd St. S.W. • 852-4533 www.firstbaptist-minot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service... 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages)..... 11:00 a.m. Contemporary Worship Service ... 11:05 a.m. Wed. Awana (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Pastor Tim Houck, Interim Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church</p>  <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>Dakota Baptist Church</p>  <p><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</p>  <p><i>An Evangelical Free Church</i> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitycurchminot.org</p>	<p>Immanuel Baptist Church</p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled). 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.immanuelbaptistminot.org</p>	<p>ZION Lutheran ELCA</p>  <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	


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7	2	9	6	3	1	5	4	8

Answers to puzzle from page 8

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