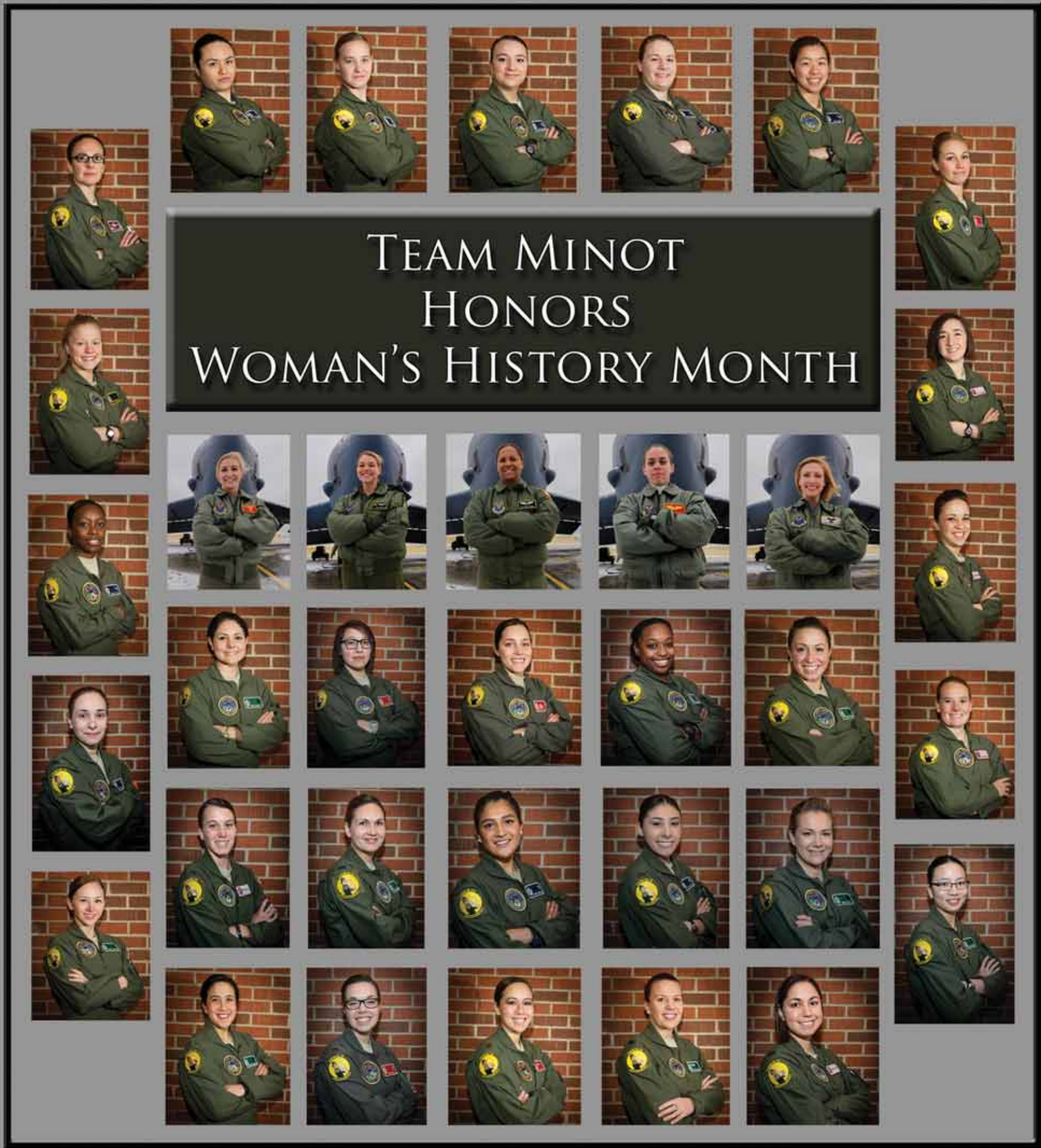


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# History made in honor of Women's History Month

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

MINOT AIR FORCE BASE, N.D. -- Ninety female missileers made U.S. Air Force history, March 22, 2016 as the first all-female missile alert crews to serve on alert at three intercontinental ballistic missile wings simultaneously.

Based out of Minot Air Force Base, North Dakota, F.E. Warren AFB, Wyoming and Malmstrom AFB, Montana, missileers served on alert during one 24-hour period. The missile alert crew will consist of 90 women at 45 missile alert facilities at the three missile bases, two women per crew.

In addition, B-52 aircrews from Minot

AFB and Barksdale AFB, Louisiana participated by fielding all-female flight crews. The B-52 missions included active duty members and reserve components from the 307th Operations Group located at Barksdale AFB. Female members of the 625th Strategic Operations Squadron from Offutt AFB, Nebraska also conducted a test mission above the three ICBM bases.

Participants served on alert and flew missions in honor of Women's History Month.

"The goal of this day was to highlight all the women who worked hard to make a difference

in public service and government jobs in the past," said Col. Stacy Huser, 91st Missile Wing OG commander. "We honored those women who have worked to gain opportunities and disavow stereotypes when they began their careers. This day was our tribute to them, as well as to inspire future generations of women to work in public service."

Day to day, missileers maintain a 24-hour alert shift every day of the year to maintain an alert status on our nation's ICBM force. Two missileers are on alert at all times in each of the 45 missile alert facilities and control

up to 450 ICBM's as part of America's nuclear deterrence.

The B-52 crews are comprised of two pilots, a weapons officer and an electronic warfare officer. They are responsible for flying the B-52 in all weather conditions, anywhere in the world and are capable of delivering almost any weapon in U.S. inventory.

Due to the diversity of the missileer and B-52 crew populations, both missions are able to be comprised of all female crew and aircrew members within normal scheduling parameters, according to an official release.

In the last 16 years, the

number of female officers in the nuclear and missile operations career field has increase from 15.2 percent to 20.2 percent.

"This is not just about how we look. It's about our readiness. It's about our capabilities today and for the future. It's about how we are going to perform as an Air Force... in this very uncertain geopolitical environment," said Deborah Lee James, Secretary of the Air Force.

91st Missile Wing members pose for a photo in honor of Women's History month.

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

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# Robinson tapped to be first female combatant commander

CHERYL PELLERIN | DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON (AFNS) -- Defense Secretary Ash Carter has named a new commander for U.S. Northern Command to be confirmed by the Senate. If confirmed, the new Northern Command chief will be the first woman to lead a U.S. combatant command.

Carter made the announcement to pick Gen. Lori J. Robinson during a media interview March 18. President Barack Obama

has approved the choice and will nominate her to the Senate, the secretary said.

Robinson now commands Pacific Air Forces and is the air component commander for U.S. Pacific Command.

She's also executive director of the Pacific Air Combat Operations staff at Joint Base Pearl Harbor-Hickam in Hawaii.

PACAF is responsible for Air Force activities spread over half the globe

in a command that supports more than 46,000 Airmen serving mainly in Japan, Korea, Hawaii, Alaska, and Guam.

Robinson also is a senior air battle manager with more than 900 flight hours in the E-3B/C airborne warning and control system aircraft and the E-8C joint surveillance target attack radar system aircraft.

The general, Carter said, "has very deep operational experience, is now running the air forces in the Pacific,

which is a very challenging place for the Air Force and a very intense operational tempo."

Naming the first female combatant commander, Carter added, demonstrates "that we have coming along now a lot of female officers who are exceptionally strong. Lori certainly fits into that category."

## Cope Tiger 2016 enhances capabilities through teamwork

TECH. SGT. AARON OELRICH | PACIFIC AIR FORCES PUBLIC AFFAIRS

KORAT ROYAL THAI AIR FORCE BASE, Thailand (AFNS) -- Readiness and continued development of multilateral interoperability remains a key priority for Indo-Asia-Pacific partners participating in the 22nd year of exercise Cope Tiger, a joint multilateral field training exercise that began March 7 at Korat Royal Thai Air Force Base.

During the two-week exercise, more than 1,200 combined service members and civilians from the U.S., Thailand and Republic of Singapore aim to enhance cooperative relationships and improve procedures in airpower.

"Cope Tiger 16 is a

great experience for our Airmen, building upon the exercise's 22 year history, to deepen relationships with two key Indo-Asia-Pacific partner nations and to reinforce our combined airpower interoperability," said Lt. Col. Jack Arthaud, the exercise director for the U.S. Air Force. "The flying exercise not only builds (U.S. Air Force) capabilities, but also (Royal Thai Air Force) and (Republic of Singapore Air Force) capabilities by reinforcing common training standards and team work."

Arthaud explained that by participating in exercises with multilateral military forces, the U.S. demonstrates its

commitment to peace and stability in the Indo-Asia-Pacific region. Cope Tiger bolsters U.S. Pacific Command's theater security cooperation and enhances allied interoperability as the three partner countries train side by side.

"The ability for us to work together as a team just to put this exercise together is an amazing accomplishment," said Col. Sim Pengshin, the exercise director from the Republic of Singapore Air Force. "To then have us fly, conduct mission planning, brief and debrief, as well as work through the problems together, is the best way to strengthen our relationships, and I feel that it improves our readiness and processes."

There are multiple types of training conducted during Cope Tiger 16, including: mission planning, airborne air control, in-flight air refueling, air-to-air employment including basic fighter maneuvers, electronic warfare, airlift, and close air support.

"The exercise increases the capability and experience of the pilots and gives the aeronautical staff an opportunity to learn from our counterparts," said Group Capt. Manoon Rukitna, the exercise director for the Royal Thai Air Force. "I am confident that Cope Tiger 16 will enable the participants to increase combat readiness from the intensive training."

A trilateral Link 16 network is new to this year's exercise providing a significant increased capability for the Royal

Thai Air Force. Link 16 is fundamental to interoperability because it increases mission effectiveness by raising the situational awareness of all the forces on the network facilitating improved team work and safety.

"(U.S. Air Force) Link 16 experts worked closely with both (Royal Thai Air Force) and (Republic of Singapore Air Force) technical experts to ensure that we would have success (with Link 16 data link network) on the first day of the exercise," Arthaud said. "This is a huge leap in technical capabilities that enhances our effectiveness and partnership."

Over 220 U.S. personnel are participating in Cope Tiger 16 along with approximately 1,000 service members from the Thai and Singaporean militaries. The exercise involves a combined total of 87 aircraft and 48 air defense assets from the U.S. Air Force, Royal Thai Air Force, and the Republic of Singapore Air Force. The 18th Wing at Kadena Air Base, Japan, provided 12 F-15 Eagles and one E-3B Sentry (AWACS) to participating in Cope Tiger 16.

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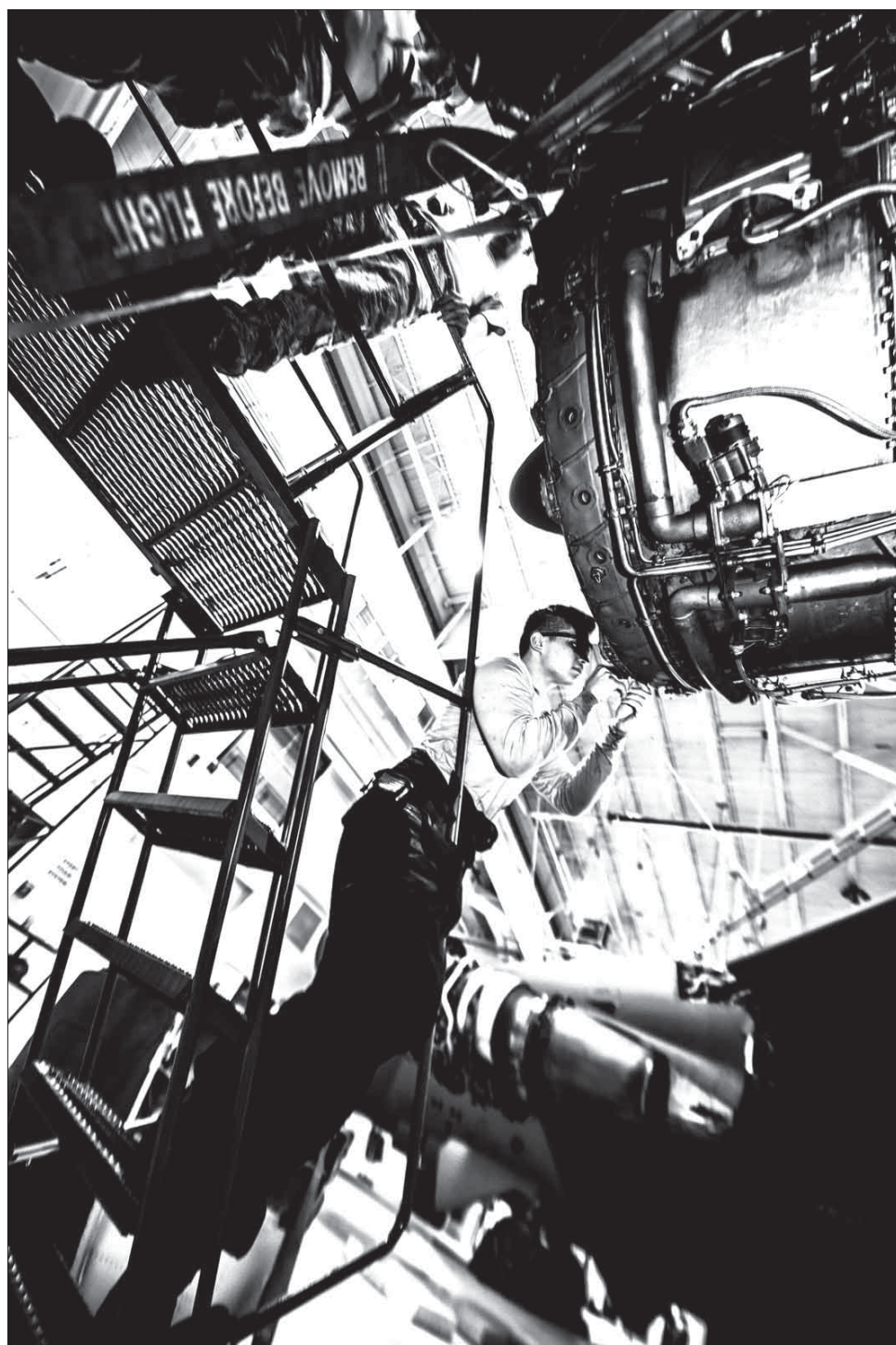
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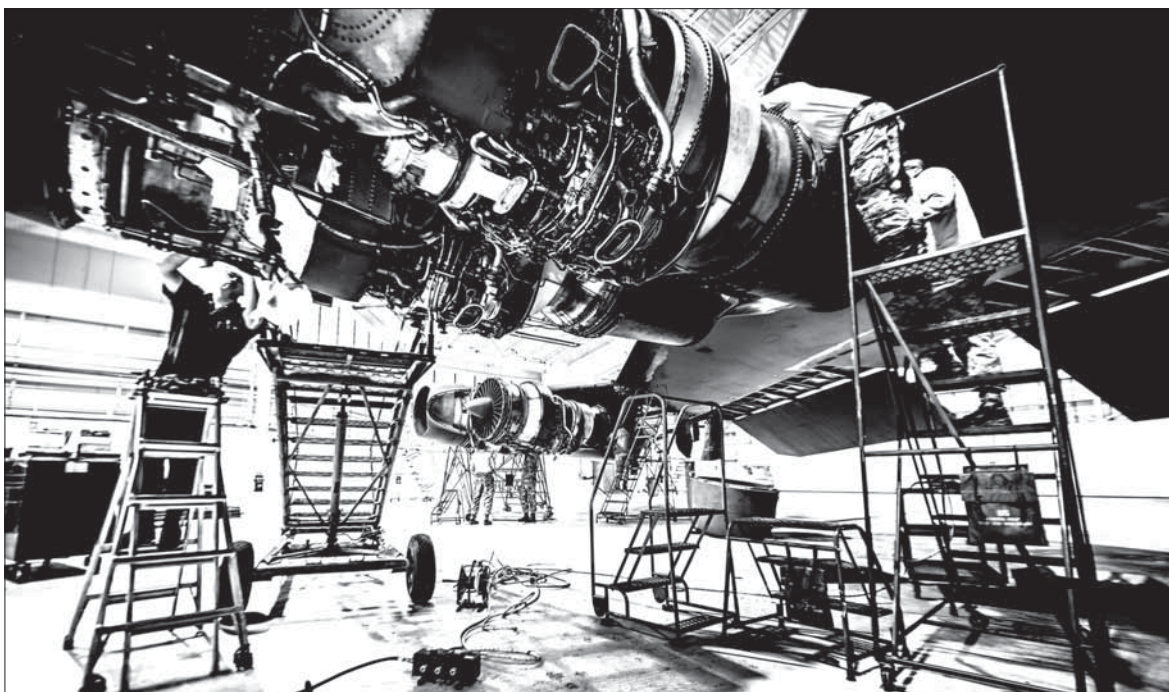
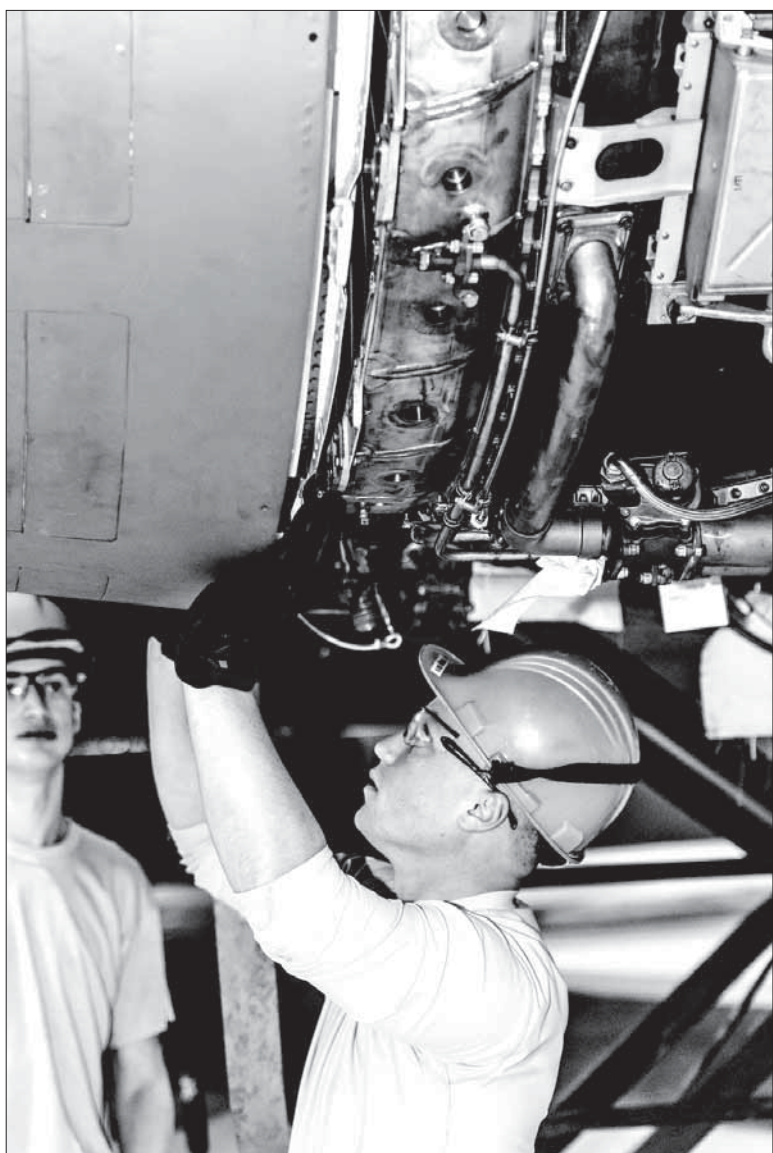
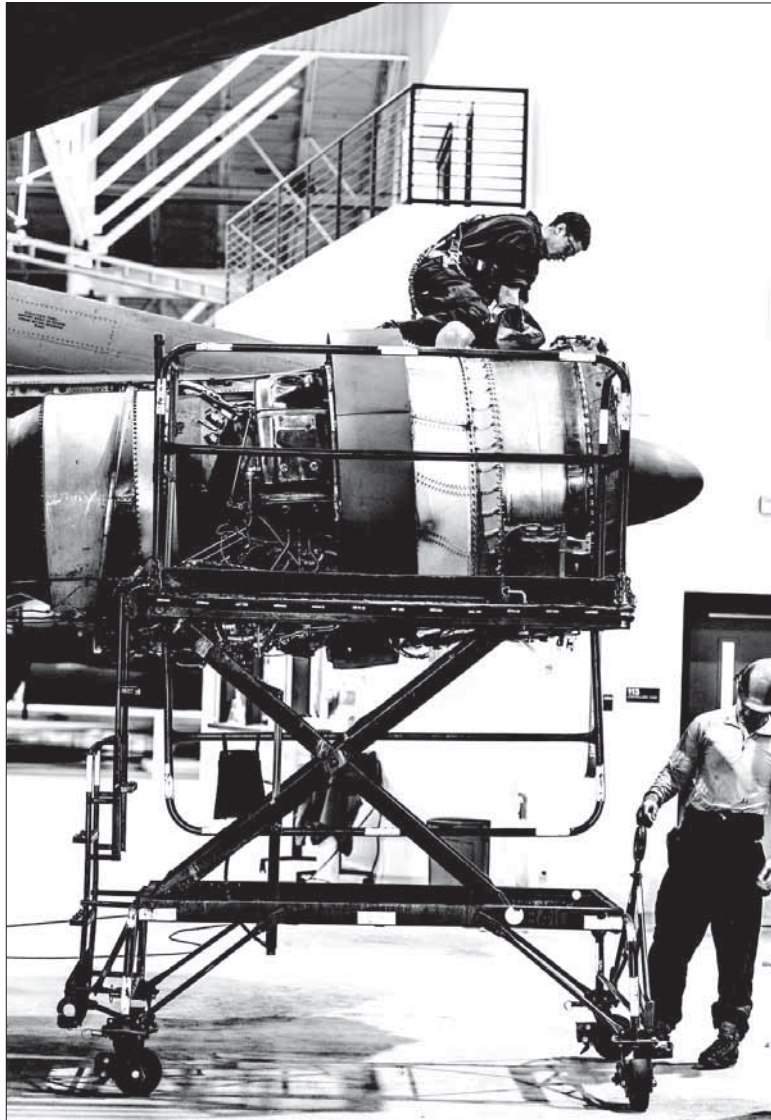


# MAINTENANCE AROUND THE CLOCK

Airmen from the 5th Aircraft Maintenance Squadron perform routine maintenance on a B-52H Stratofortress inside Dock 8 at Minot Air Force Base, N.D., during the winter of 2016. Maintenance Airmen work tirelessly around the clock to keep the \$84 million nuclear-capable bomber operational for years to come.

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





# Mighty Minot Chaplain Corps

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

**M**INOT AIR FORCE BASE, N.D. -- The Air Force offers its personnel many opportunities to exercise their constitutional rights. One of those rights is freedom of religion.

Major Lance Giannone, wing chaplain of the 5th Bomb Wing, has been a chaplain for 15 years now and said he felt like he was called to do this job.

"I enlisted in 1986 and during my first year in the Air Force I became a Christian," Giannone said. "I began taking my faith very seriously. About two years after that I felt a calling to ministry."

Although Giannone initially separated from the Air Force, he knew it's where he was meant to be.

"At the end of my six year enlistment I decided to separate and go to college to prepare for Ministry," the former dental assistant said. "When I separated it

was very difficult. I really enjoyed the Air Force, I felt like a square peg in a square hole. I felt it really fit me. But I felt this call to the Ministry."

Giannone enjoys all aspects of his job, but being at Minot in a leadership position has become his favorite part of the job.

"Currently, in this position, my favorite part is functioning as a leader and being able to mentor younger chaplains," the Wilkes-Barre, Penn. native said. "I mentor chaplains that are looking to make the career field a bigger part of their lives and are looking to make the chaplain corps a career."

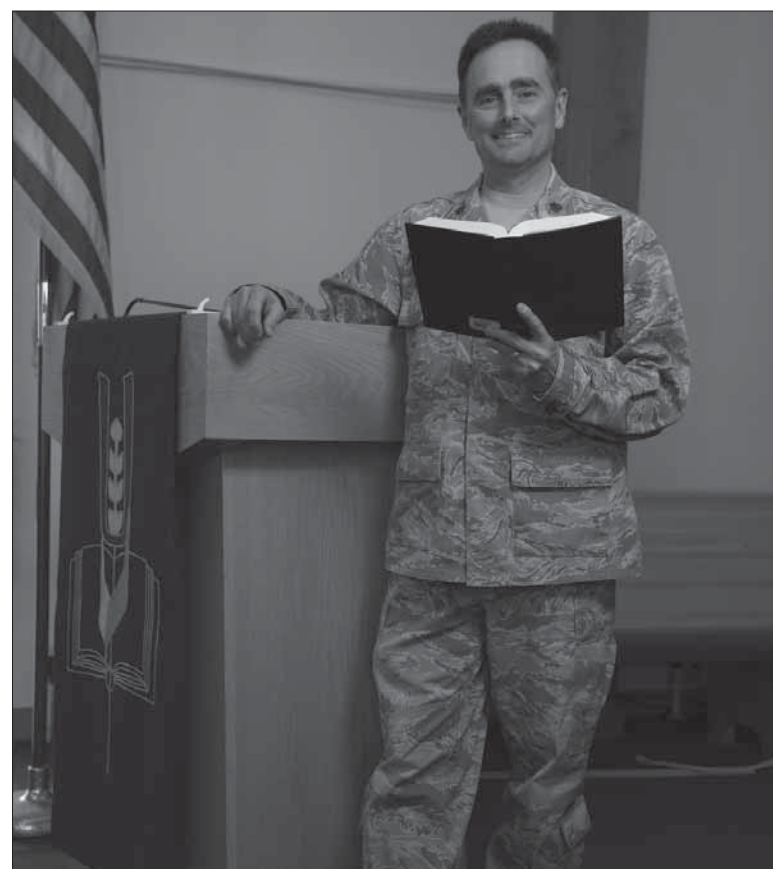
Minot's Chaplain Services range from marriage counseling and a listening ear to church services of all denominations.

"There's the stuff people have heard before, counseling, pre-marital and marital counseling, working with families, crisis

intervention, even day-to-day stress," the chaplain said. "Most people are aware we provide 100% confidentiality, and that means no matter what you tell a chaplain it stays between us. People always ask why don't you report that, and the reason we don't is because the chaplain corps provides a place for people to bare a burden without fear of repercussion so we can get them the appropriate level of help if they want it."

Chaplain Giannone knows the importance of his job and all that the chaplain corps offers.

"First and foremost we provide people with the right to exercise their religion," Giannone said. "There's places where our Airmen go whether it's a deployed location or being stationed overseas where they might not have those opportunities to go off-base so we travel with them to provide our services. Everything that we do grows from that."



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

Major Lance Giannone, wing chaplain 5th Bomb Wing, poses at the altar at the Northern Lights Chapel at Minot Air Force Base, N.D., March 15, 2016. Church services are one of the many things that the chaplain corps offers to Airmen.

## SecAF, deputy energy secretary visit Davis-Monthan

AIRMAN 1ST CLASS ASHLEY N. STEFFEN | 355TH FIGHTER WING PUBLIC AFFAIRS

**D**AVIS-MONTHAN AIR FORCE BASE, Ariz. (AFNS)

-- Air Force Secretary Deborah Lee James and Deputy Energy Secretary Dr. Elizabeth Sherwood-Randall visited Davis-Monthan Air Force Base for the first time March 9 to gain firsthand knowledge about the various operations, priorities and capabilities.

The officials also visited to discuss the base's significant contributions to efficient energy use.

James and Sherwood-

Randall toured the base's solar array, which is made of 57,000 solar panels and provides for 38 percent of the base's electricity requirements. The solar array reduces base utility costs and offsets traditional energy consumption by using renewable energy.

"This is an example, for our military and for the entire nation, of the important ways we are transferring to clean energy resources to make us less dependent on foreign energy supply and enables us to hit our climate goals so we can keep our planet safe," Sherwood-Randall

said.

Later, James conducted an all call that provided her a chance to meet directly with the Airmen. James also recognized the local community, saying the Defense Department is fortunate to have a community that supports its Airmen.

She went on to emphasize her three main priorities: taking care of people, balancing the readiness of today with modernization of tomorrow, and making every dollar count.

James also discussed the Airman Powered by Innovation program, which

is designed to take an idea from one location and spread it across the Air Force, saving money or Airmen's time.

"Airmen Powered by Innovation is where we take it out to the whole Air Force and say 'Bring us your ideas.' You see different ways of doing your jobs, to either save time or money," James said.

James highlighted Tech. Sgt. Michael Weis, of the 355th Equipment

Maintenance Squadron, who submitted a change to the A-10 Thunderbolt II guidance that saves money and prevents maintainers from unintentionally damaging aircraft components for A-10 squadrons across active-duty, Guard and Reserve units.

To conclude the visit, James thanked Airmen for their service and answered their questions.

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Senior Master Sgt.  
**Odette TOPPIN**  
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**Warbird of the Week**

**What did you do before you joined the Air Force?**  
Area manager for a small bank in Orlando, FL.

**Hobbies or Interests**  
Tinkering in the kitchen, watching Korean dramas, new cultures, traveling, gadgets, amazon.com and virtual races.

**Most life changing experience**  
My first miscarriage. The growth of Lean in Circles prompted me to share my story in hopes that others who have experienced difficult situations understand that seeking a mind, body, spirit, personal and professional balance helps with the healing process.

**Where do you see yourself in 10 years**  
Teaching air traffic control in Barbados and managing a drone business.

**If you could have one special talent, what would it be**  
Make people tell the truth.

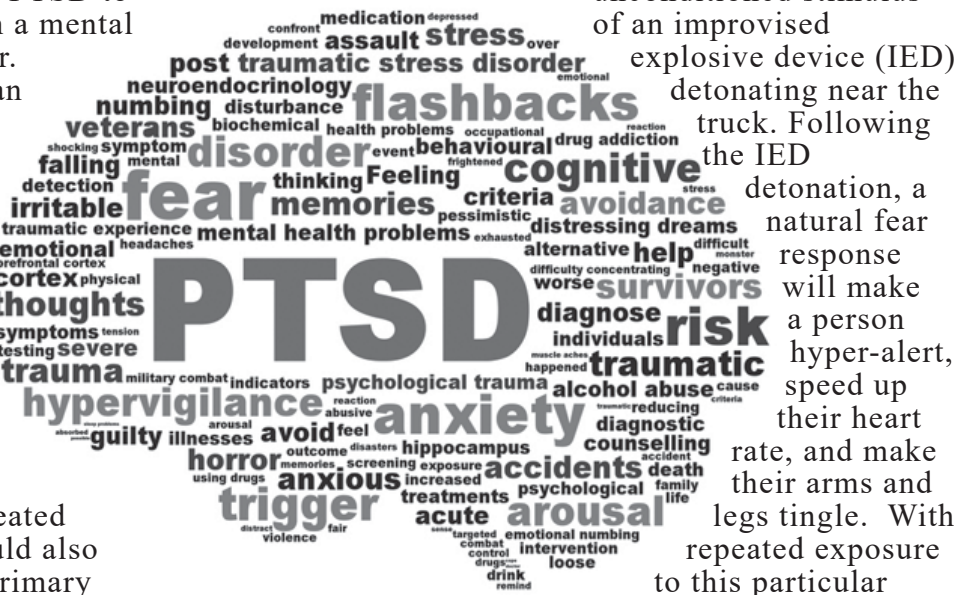
**Favorite quote**  
"EVERYTHING happens for a reason. That reason may not be revealed until years down the road."

# Sleep Deprivation in PTSD: A symptom or risk factor?

JESSICA M. MCCOY | MINOT STATE UNIVERSITY NURSING STUDENT

Post-traumatic stress disorder (PTSD) has received a lot of attention over the last decade. Combat-related trauma, sexual assault, physical abuse, threats, and accidents can all lead to a person developing PTSD. The good news is that proven treatments exist to help trauma survivors overcome disturbing symptoms that cause them to relive traumatic events through nightmares, flashbacks, avoidance, and social withdrawal. It is important for people suffering from PTSD to seek help from a mental health provider. Additionally, an overlooked piece of the PTSD recovery process is a good night's sleep. Patients who are experiencing nightmares and insomnia while being treated for PTSD should also consult their primary care manager (PCM) to evaluate the quality of their sleep. The sleep piece to the PTSD puzzle takes on several functions, starting with how likely poor sleepers are to develop PTSD in the first place. Studies show that people with pre-existing sleep problems who experience trauma are more likely to develop PTSD (Gaitman, 2013). Missing out on a full night's sleep is associated with difficulty handling stress and unpleasant memories. It may seem that more sleep would be an easy course of action to combat the effects of PTSD. However, the re-experiencing of traumatic events through dreams can trap a person in a cycle that is very hard to escape. One of the most important steps to focus on for patients and providers dealing with PTSD is one helping achieve good sleep. Patients having nightmares and waking up many times throughout the night should consult

both their mental health provider and their PCM. (Belleville, 2009). Their PCM might order a sleep study which can help identify other causes of sleep problems. Treatments for insomnia and nightmares can improve PTSD symptoms, depression, and anxiety during the day. Oddly enough the opposite is not true; PTSD-focused treatments have little effect on nightmares and insomnia. So what people need to know is that patients experiencing sleep disturbances and PTSD at the same time need to work with their medical team to treat each



condition individually. People who have frequent nightmares throughout the night experience an overall decrease in sleep quality. Decreased sleep quality is less restful and includes waking up more often, fewer sessions of rapid eye movement (REM) sleep, and more time in between REM cycles. (Germain, 2013). REM: or rapid eye movement is a sleep cycle which allows for replenishment of neurotransmitters responsible for remembering, learning, and problem solving. Since nightmares are one of the key factors in diagnosing PTSD, it is worth noting that people with PTSD experience even lower sleep quality because they are awakened even more times per night than non-PTSD patients who experience nightmares. This may be due to the fact that REM sleep decreases fear and anger, but REM deprivation makes it harder to experience happiness and joy. (Germain, 2013).

Once a person has been diagnosed with PTSD, mental health staff often choose cognitive-behavioral therapy as the first course of action. The goal of this type of therapy is to decrease a patient's sensitivity to memories and situations that remind them of their trauma. This type of treatment, however, will not be as effective on people with nightmares and insomnia (Bellvielle, 2009). One of the main obstacles facing those with PTSD is fear conditioning. As an example, the conditioned stimulus of driving in a truck is paired with the unconditioned stimulus of an improvised explosive device (IED) detonating near the truck. Following the IED detonation, a natural fear response will make a person hyper-alert, speed up their heart rate, and make their arms and legs tingle. With repeated exposure to this particular traumatic incident the IED explosion can be taken away, leaving only the action of driving a truck starting the same fear response. This fear response is referred to as a conditioned response. Sleep-deprived patients are slower to unlearn conditioned responses and adopt new coping strategies. It is clear that poor sleep plays a large role in the hindering the treatment of PTSD. Patients and family members should be honest about the quality of their sleep and speak to their PCM about treating sleep problems. At the same time, they should seek treatment for PTSD symptoms through a mental health provider. People suffering from PTSD and sleep deprivation should know that both conditions have effective treatments that help the majority of patients overcome problems. In order to see benefits, patients and healthcare staff need to address sleep and PTSD issues individually. (Germain, 2013).

## PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL

**“**When we made very tasty syrup with it (box elder tree sap), we decided it was too good not to share with the public.”

– Fort Stevenson State Park manager Chad Trautman on the birth of the park's "Maple Sugaring Day".

Making due with what resources were available on the prairie has been a stable since people first inhabited what is modern day North Dakota.

When it comes to making maple syrup, when sugar maple trees aren't available you make do with the next best thing – and it happens to have a mighty fine taste of its own. States like Vermont are renowned for their rich, delicious true maple syrup. Fort Stevenson State Park manager Chad Trautman discovered a native North Dakota tree – the box elder – isn't exactly second fiddle to those precious maple trees found in places like Vermont.

While living in South Dakota, Trautman learned box elder trees produce a sugary sap that can be tapped to make syrup. Just like a maple tree.

When Trautman returned to North Dakota and Fort Stevenson, he discovered the park had box elder trees large enough in diameter – at least 10 inches – to warrant testing the maple sugaring technique: Simply drill a hole, tap it with a short hose, and collect whatever rich sap the tree would yield. “When I found out you could do that here, it was just too tempting,” he admitted.

Initially Trautman and the park staff tested it in-house to see if it they could get enough sap because it takes approximately 40 gallons of sap to make a gallon of syrup.

And, of course, it had to taste good. When they found they could get enough sap from some of the park's trees located mainly in the west campground and a cluster of trees known as Soukup's Grove, they decided to share their treasure – and technique – with the public in 2015.

Maple Sugaring Day was born.

Last year's inaugural event was limited to 120 participants learn-

ing about maple sugaring, tools, trees, and syrup making process, all done with contributions from park's own box elder trees.

The event was full and so successful the second annual Maple Sugaring Day is slated for April 2 at the park 3 miles south of Garrison.

People of all ages are invited from 10 a.m. to 3 p.m. Demonstrations will be presented hourly with four blocks of 15-minute talks on the history of maple sugaring, tools, tapping demonstration, and the boiling process. People can also tour the trees and horse-drawn wagon rides are available.

The Fort Stevenson Foundation is hosting free will pancake and pure maple sugar syrup tasting while St. Nicholas Catholic Church Youth Group will sell pure maple cotton candy. “We wish we could do box elder cotton candy but there just isn't enough box elder syrup,” Trautman explained.

The park staff tapped box elder trees beginning in late February in hopes of collecting enough to provide samples for everyone. Last year they started tapping March.

Trees are checked daily and they have boiled the sap to make syrup as it's collected to obtain the freshest, purest syrup. “It's kind of like dairy farming... sap should be treated similar to milk because it can be spoiled,” Trautman described.

A \$2 Maple Sugaring Patch is available for those wanting to commemorate their North Dakota box elder sugaring day at the park. The event is free, although a \$5 daily entrance fee or annual pass is required.

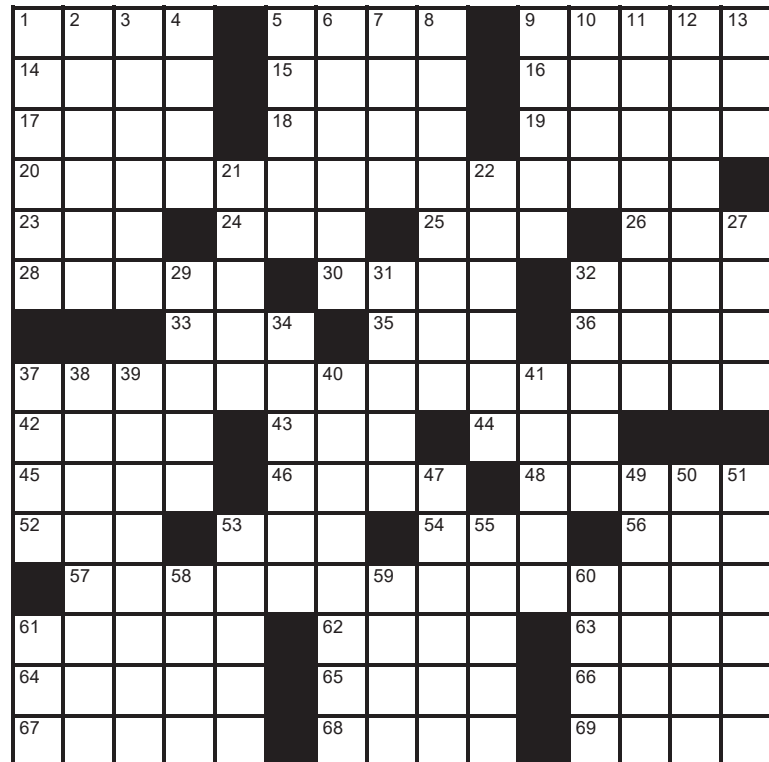
Contact the park, (701) 337-5576, for more information.

In addition to the April 2 event for the public, 10 area schools participated in weekday demonstrations the week of March 21.

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- 59 Start again
- 60 Waveless
- 61 Actress Thurman

Down

- 1 Bugs Bunny, e.g.
- 2 Magnetism
- 3 Cursor movers
- 4 Bold and saucy
- 5 Upbraid
- 6 "Calvin & \_\_\_"
- 7 Exploitative type
- 8 Classic L.A. metal band
- 9 Some laundry loads
- 10 Fencer's blade



Race Relations  
Jesse Owens biopic reminds us of runner and historic 1936 Olympics

NEIL POND | PARADE MAGAZINE

No one had ever seen anyone run anything like Jesse Owens.

The sharecropper's son from rural Alabama began burning up the track in junior high. By the early 1930s he was setting new championship records for Ohio State University, and in 1936 he wowed the world, where he brought home four gold medals—for track, relay race and long jump—from the Summer Olympics in Berlin, Germany.

Race tells Owens' tale, and its simple-sounding title packs a double meaning—about his fleet feet as well as the spotlight on him as a black man in a historically loaded moment in time, where he faced discrimination, racism and the pressure to represent his country and his "people."

In the movie's opening sequence, as Owens (Stephan James) prepares to leave home for college, his mother touches a scar on his bare chest, the leftover of a childhood tumor that almost claimed his young life. "God spared you for a reason," she tells him.

That reason, the movie leads us to believe, was to stand up for what's right, to walk (and run) humbly with your God-given gifts—and

to stick it to the Nazis.

In 1936, the movie shows us, the United States was conflicted about whether to participate in the Summer Olympics at all. Germany had won the bid to host the events five years earlier, two years before Nazi Germany came to power. Adolph Hitler's goal of a blue-eyed, blonde-haired master "Aryan race" was already making nasty international ripples. When a member of the U.S. Olympic Committee pays a diplomatic visit to Berlin to negotiate terms of America's participation, he sees signs outside the gargantuan Berlin Sports Center reading "No Jews or Dogs."

Hitler's Minister of Propaganda Joseph Goebbels (Barnaby Metschurat), expecting his highly trained athletes to dominate, wants to use the Olympics as the ultimate world stage to showcase German grandeur. He's hired his country's acclaimed filmmaker, Leni Riefenstahl (Carice von Houten), to document everything from start to finish.

Director Stephen Hopkins takes a mostly straightforward, meat-and-potatoes approach, especially to Owens' life in Ohio, where we meet his wife-to-be Ruth (Shanice

Banton) and his coach, Larry Synder (Saturday Night Live TV vet Jason Sudeikis, very strong in a non-comedic role). The movie doesn't really come alive until Owens arrives in Berlin, specifically when he first steps onto the futuristic field and is awestruck by a hundred thousand cheering spectators, a massive dirigible overhead blocking out the sun, Nazi banners, athletes giving "Sieg Heil!" salutes—and the sight of dur führer in his boxed seat.

Owens was an enormous part of the history of the 1936 Olympics, where his achievements delivered a big black slap to Germany's smug Nazi face about their so-called racial "superiority." A subplot about his friendship with their top athlete, Lutz Long, represents the bridges—instead of barriers—of the Olympics' loftiest ideal.

After the Olympics, the great Owens came home a winner and a new record-setter, but we're showed how his four gold medals didn't exactly change the world—for him or anyone else. As the movie and the Black History Month timing of its release reminds us, there was—and remains still—a much longer race to be run.

SUDOKU

Solution to puzzle on page 18

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

Solution to last week's Crossword puzzle.

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





## Chocolate Chip Easter Baskets



### INGREDIENTS:

- 1 package Refrigerated Chocolate Chip Cookie Bar Dough
- 1/4 cup sweetened flaked coconut
- 1 cup prepared white frosting
- Jelly Beans
- Green food coloring
- Thin-string licorice, various colors, cut into 3-inch pieces for basket handles

### INSTRUCTIONS:

PREHEAT oven to 350° F. Grease and flour 24 mini-muffin cups. Place one square of cookie dough into each cup. BAKE for 14 to 17 minutes or until golden brown. Remove pans to wire rack. If licorice handles are to be added, with tip of wooden pick, make two holes opposite each other on top edge of cup. Make sure holes are the same size as the width of the licorice. This is best done when cups are very warm. Cool cups completely in pans on wire rack. With tip of butter knife, remove cookie cups from muffin pans. Arrange on serving platter. COMBINE frosting and a few drops of food coloring in small bowl, adding additional food coloring until desired shade is reached. DISSOLVE a few drops of food coloring in 1/4 teaspoon water in small, resealable food storage plastic bag. Add coconut. Seal bag and shake to evenly coat coconut. SPOON a small amount of frosting onto the top of each cup. Add a pinch of tinted coconut. Top grass with SweetTarts Jelly Beans. Insert ends of licorice into small holes in cups for handles.

## Key Lime Pie Cannoli

### INGREDIENTS:

- Cooking Spray
- 3 tablespoons butter
- 1 bag (10 oz each) miniature marshmallows
- 6 cups fruit-flavored rice cereal
- 1 pkg (36 oz each) Key Lime Pie (thawed according to package directions)
- Parchment paper
- Cookie tray
- Small plastic lid (approximately 5"-6" in diameter)
- Small cylinder (i.e., salt shaker)
- 1 piping bag or plastic baggie
- Small bowl

### INSTRUCTIONS:

Cannoli Shell: Line cookie sheet with parchment paper; spray with cooking spray. Melt butter in large saucepan over medium heat; add marshmallows, stirring until completely melted. Stir in cereal. Spread mixture onto cookie sheet. Press mixture evenly onto cookie sheet using a rubber spatula or with hands dipped in water. While warm, use small plastic lid or cookie cutter to cut circles from the cereal mixture. Wrap circles around small cylinder to form cannolis. Key Lime Cream Filling: In small bowl blend 3 slices Key Lime Pie (crust and filling) until smooth. Fill pastry bag with pastry tip; add pie mixture. Snip corner of bag, to create a homemade piping bag. Pipe mixture into centers of cannolis.



## "Grand Escape" Public Art Installed in Downtown Grand Forks

NICOLE DERENNE | GRAND FORKS PUBLIC ARTS COMMISSION

Grand Forks, ND – A new public artwork has been installed in downtown Grand Forks. "Grand Escape", by Kevin (KT) Thompson, features three life-size figures scaling the exterior of Norby's Work Perks building in downtown Grand Forks, on the corner of Fourth Street South and DeMers Avenue. The figures will be on view through the summer.

Thompson's "Grand Escape" is one of eleven public art projects funded by the Forkin' It Over for Public Art grant program through the Community Foundation of Greater Grand Forks, East Grand Forks, and Region. In developing the concept for this work, Thompson found inspiration for his public art project in his own home. "A few years ago when on a trip

I purchased some figures scaling the wall, which are about three feet tall. I thought, what if I built these life size, hung them on buildings, and lit them up? WOW!!"

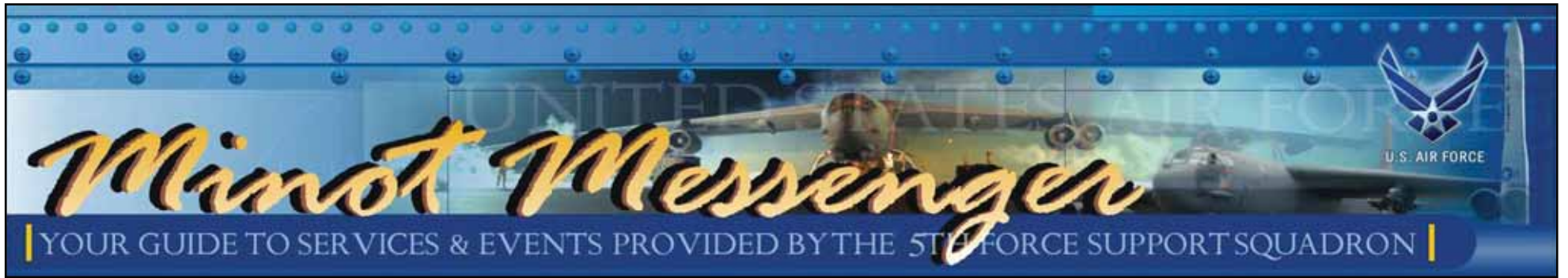
When conceptualizing "Grand Escape", Thompson drew from his expertise in auto repair. Starting with mannequins, he transformed the figures using fiberglass and other materials. "The materials are similar to what I do for a living: plastics, fiberglass, paint, cutting, gluing and fabrication, as I do collision repair and auto restoration".

"Grand Escape", Thompson's first public art installation, is made possible by community partners, including Norby's Work Perks, JLG Architects, the City of Grand Forks, and the Community Foundation of Grand

Forks, East Grand Forks, and Region. The Public Arts Commission facilitated the work. "We are excited to present "Grand Escape" in Grand Forks, and we are very pleased to work with Kevin Thompson and community partners to enliven public spaces", said Nicole Derenne, Coordinator of the Public Arts Commission.

Thompson looks forward to sharing his work with the community. "I can only hope to bring a smile to the face of people viewing them. I think art should make you smile or let you dream a little". The Public Arts Commission invites the public to share their responses to the work on the Public Arts Commission Facebook page.

APRIL BAUMGARTEN | GRAND FORKS HERALD



## National Park Service To Issue FREE Annual Passes At ODR

**America the Beautiful**  
National Parks and Federal Recreation Lands Passes  
**Free Annual Pass**  
for Active Duty Military Members and Dependents

**ANNUAL PASS MILITARY**  
071 000001

\*Passes limited to those on hand.

Park Rangers will issue passes at Outdoor Recreation Friday, April 1<sup>st</sup> 12:00pm to 4:00pm Saturday, April 2<sup>nd</sup> 10:00am to 12:00pm

Present your valid Common Access Card or Military Dependent ID (DoD Form 1173) to receive pass.

Military retirees and veterans may qualify for a lifetime Interagency Senior or Access Pass. Go to [www.nps.gov/passes](http://www.nps.gov/passes) for more information.

**Park Ranger Program**  
Attend a program presented by a National Park Ranger.  
Friday April 1<sup>st</sup>, 5:00pm at the Youth Center

annual pass offering free entrance to over 2000 federal lands including Theodore Roosevelt National Park for active duty military members and their dependents.

On Friday, April 1st from noon to 4 p.m. and Saturday, April 2nd from 10 a.m. to noon at Outdoor Recreation, active duty members and their dependents can visit with representatives from the Theodore Roosevelt National Park and pick up their free pass. To obtain the pass, you must present your valid Common Access Card (CAC) or military dependent ID (DoD Form 1173). This Interagency Annual-Military Pass also permits free entrance for military personnel and their families to sites managed by the U.S. Fish & Wildlife Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Forest Service.

Everyone is invited to a free Interpretive Program presented by a Theodore Roosevelt National Park Ranger on Friday, April 1st starting at 5 p.m. at the Youth Center. Active duty and their dependents will have an opportunity after the program to pick up their free pass. For details, call Outdoor Rec at 723-3648 or the Youth Center at 723-2838.

To show appreciation for those who serve in the U.S. Military, the National Park Service and other land management agencies began issuing an

## Doolittle Center Offering Delicious Easter Sunday Brunch

The Doolittle Center invites you to their special Easter Sunday Brunch on March 27th from 10:30 a.m. to 1:30 p.m. Their exceptional selection of breakfast and entrée items are sure to make it a memorable meal. Enjoy the delicious omelet bar, waffle bar, salad bar, carved prime rib, entrée line, and more. Youngsters won't want to miss the chance to visit with the Easter Bunny and receive a free Easter gift.

Cost for adults is \$15.95 for club members and \$18.95 for non-members, kids ages 6-12 are \$6.95, and children age 5 and under free. Call the Jimmy Doolittle Center at 723-3731 for additional information.

**EASTER BRUNCH**  
SUNDAY, MARCH 27  
10:30AM-1:30PM

Come and visit with the Easter Bunny and enjoy our large selection of both breakfast and dinner items. Omelete, waffle and salad bar, carved prime rib, entrée line and much more! Kids receive a free gift from the Easter Bunny.

Members \$15.95  
Non-Members \$18.95  
Children Ages 6-12 \$6.95  
Children Ages 5 & Under: FREE

723-3731  
Like Us on Facebook  
5th Force Support Squadron

## Applications Now Being Accepted At The Youth Center For The 2016 Teen Aviation Camp And Space Camp

The Air Force Services Activity Child and Youth Programs (AFSVA CYP) is offering two great summer camps providing students a wonderful opportunity to experience a multitude of activities and fun-filled interactions.

The Teen Aviation Camp will be held at the United States Air Force Academy in beautiful Colorado Springs, CO from June 18-25, 2016. The intent of the program and scheduled tours are designed to give all attendees an experience that will help them determine if aviation or the Air Force Academy is a career choice.

This program is for high school students entering their sophomore or junior year in the fall of 2016. Eligible applicants include teen dependents of Active Duty Military assigned to or living on an AF/JB installation, AF Retired Military, AF Civilian Employees, and Air National Guard or AF Reserve. Previous Teen Aviation Camp attendees may not apply. Lodging, meals, and activity fees are centrally funded beginning with dinner on Saturday, June 18th. Air fare or POV travel is the responsibility of the participant. Spending money for other miscellaneous expenses is also the responsibility

of the participant.

The Air Force Services Space Camp is scheduled for July 31 - August 5, 2016 at the US Space and Rocket Center in Huntsville, Alabama. While at camp, youth ages 12-14 years old will have an opportunity to experience one of the following: Space Academy, Robotics Academy, or Aviation Challenge Mach II. Youth ages 15-18 years old may choose from one of the following Advanced Space Academy options: Aviation Challenge (Pilot Track) or SCUBA Diving (Mission Specialist Track).

Applicants must have a minimum GPA of 2.8 (must provide documentation). Eligible applicants include dependents of Active Duty Military assigned to or living on an AF/JB installation, AF Retired Military, AF Civilian Employees, and Air National Guard or AF Reserve. Lodging, meals, and activity fees after arrival at Space Camp are centrally funded. Air fare or POV travel costs are the responsibility of the participant. Spending money for other miscellaneous expenses is also the responsibility of the participant.

Continued On Next Page

## Auto Hobby Hosting Ladies Night On March 28th

**LADIES NIGHT**  
MONDAY MARCH 28  
5-7PM  
4TH MONDAY OF EACH MONTH

Learn the basics on how to maintain your vehicle. This class will be taught by a certified mechanic. The class will cover the following items:

- Engine oil level and cleanliness
- Antifreeze/coolant level
- Brake & power steering fluid levels
- Transmission fluid
- Belts
- Air filter
- Headlight, turn signals, & brake lamps
- Spark plugs & cables
- Engine timing belt
- Windshield wipers

DOOR PRIZE GIVEN AWAY AT 6:30PM  
\$5 Per Person Includes snacks

No one under the age of 14 allowed in the shop area.  
Register by March 25. Call Auto Hobby at 723-2127

Auto Hobby is hosting a Ladies Night on Monday, March 28th from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle. The class is taught by a certified mechanic. The March event includes a wide array of vehicle maintenance topics.

Cost for Ladies Night is \$5 per person and includes complimentary snacks. A door prize will be given away at 6:30 p.m. Registration deadline is March 25th. To register or for more information, call Auto Hobby at 723-2127.

**CLUB MEMBER DRAWING ON FRIDAY, MARCH 25TH WILL BE FOR \$650.**

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.

**TEEN AVIATION CAMP**  
High School Sophomores-Junior

It attending the US Air Force Academy or a career in aviation is in your sights, this is the camp for you. You'll tour the Academy, attend mechanical/aeronautical engineering classes, fly a Cessna, and interact with Air Force Cadets. Check with your Youth Programs Directors and let your summer take flight!

**SPACE CAMP**

**FAMILY and YOUTH EVENTS & PROGRAMS**

**Mar 26 FREE Super Saturday**

Youth Center members are invited to the FREE Super Saturday Family Activity event at the Youth Center on Saturday, March 26th from 6-8 p.m. This Saturday's program will feature Family Cooking Night. For more information on upcoming Super Saturday Family Activity events, please contact the Youth Center at 723-2838.

**Apr 1 FREE Month Of The Military Child Kick-Off Party**

Join the Youth Center on Friday, April 1st for their Month of the Military Child Kick-Off Party. The event is FREE and open to all ages. Starting at 5 p.m., see an Interpretive Program presented by a Theodore Roosevelt National Park Ranger. Then beginning at 6:30 p.m., there will be a movie playing in each gym. Pick a movie and grab FREE popcorn. The snack bar will be open with other food and drinks for purchase. For more information, call the David C. Jones Youth Center at 723-2838.

**Apr 4 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 April 4th 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.

**Youth Volleyball Camp**

The Youth Center is hosting a Youth Volleyball Camp from April 4-29. Registrations are being accepted now through April 1st. The camp will be held on Mondays and Fridays from 5-6 p.m. for Youth Center members ages 5-9 years old and from 6-7 p.m. for members 10-18 years of age. Cost for Youth Center members is \$30. Learn all you need to know and play terminate style volleyball. For more information, call 723-2838.

**Apr 4 FREE Lunch For Club Members**

Club membership pays and club members are sure to enjoy Members Monday on April 4th. 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.

**Apr 5 Visit The First Princess**

Come visit with the First Princess on Tuesday, April 5th from 9:30-11 a.m. at the Lil' Riders Ilayland inside Rough Riders Pizza. Children can enjoy games and face painting during this FREE event. Call Rough Riders at 727-4377 for more details.

**Easter Egg-stravaganza At Youth Center On March 25**

Minot AFB children won't want to miss the exciting Easter Egg-stravaganza at the Youth Center on Friday, March 25th from 4-7 p.m. To make the event even more fun, the Youth Center is transforming Gym 1 into the Candy Wonderland while Gym 2 will feature the Easter Egg Hunt. Both events are open to children of military dependents ages 2-18 years old.

Youngsters can enjoy a variety of games in each "land" of the Candy Wonderland including the Peppermint Forest, Gumdrop Mountain, Chocolate Swamp, Easterland, and more.

Walk-ins are welcome but space is limited. Each 25 minute session will begin on the half hour starting at 4 p.m.

One lucky Easter Egg hunter in each session has the chance to find the hidden "Golden Egg" and win a large Easter basket. In addition, most participants will receive a Dairy Queen ice cream treat card and/or a Paradiso Mexican Restaurant kids meal card. The event is sponsored by Minot AFB Homes and the Minot OSC. *No Federal Endorsement Of Sponsors Intended.*

Tickets are required for both the Candy Wonderland and the Easter Egg Hunt. Cost is 2 tickets for \$1 with Youth Center members receiving 4 FREE tickets for pre-registering.

Pictures can be taken with the Easter bunny, so be sure to bring your camera. In addition, the Youth Center snack bar will be offering a taco in a bag and drink special for only \$5. For additional information, contact the Youth Center at 723-2838.

**YOUNG AIRMEN EVENTS & PROGRAMS**

**Mar 25 Freaky FREE Friday**

Strike up some fun during Freaky Free Friday at Rough Rider Lanes on March 25th 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 25 Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on March 25th 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 26 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 26th 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.

**Mar 30 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 31 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.

**Apr 1 April Fools 5K Run**

The Fitness Center is hosting an April Fools 5K Run on Friday, April 1st beginning at 7:30 a.m. Registrations will be accepted from March 28th until the day of the run. The event is open to all DoD I.D. card holders; strollers are welcome. For more information, call the Fitness Center at 723-2145.

For 5th Force Support Job Opportunities, visit [www.nafjobs.org](http://www.nafjobs.org)

**70's PARTY**  
Friday, April 1st  
6pm-close

It's 70's night at the Jimmy Doolittle Center! Get dressed up in your 70s costume and enter in the costume contest. Enjoy 70's music, get your picture taken and hop in that soul train line! Don't miss out on the taco bar.

**FREE**  
For Everyone!  
Adults only

723-3731

**TEEN SUMMER CAMPS**  
from previous page

For details or to request an "e-mailed" application for either of these camps, please contact the Youth Center at 723-2838. Applications for all of the camps are due to the Youth Center by April 8th.

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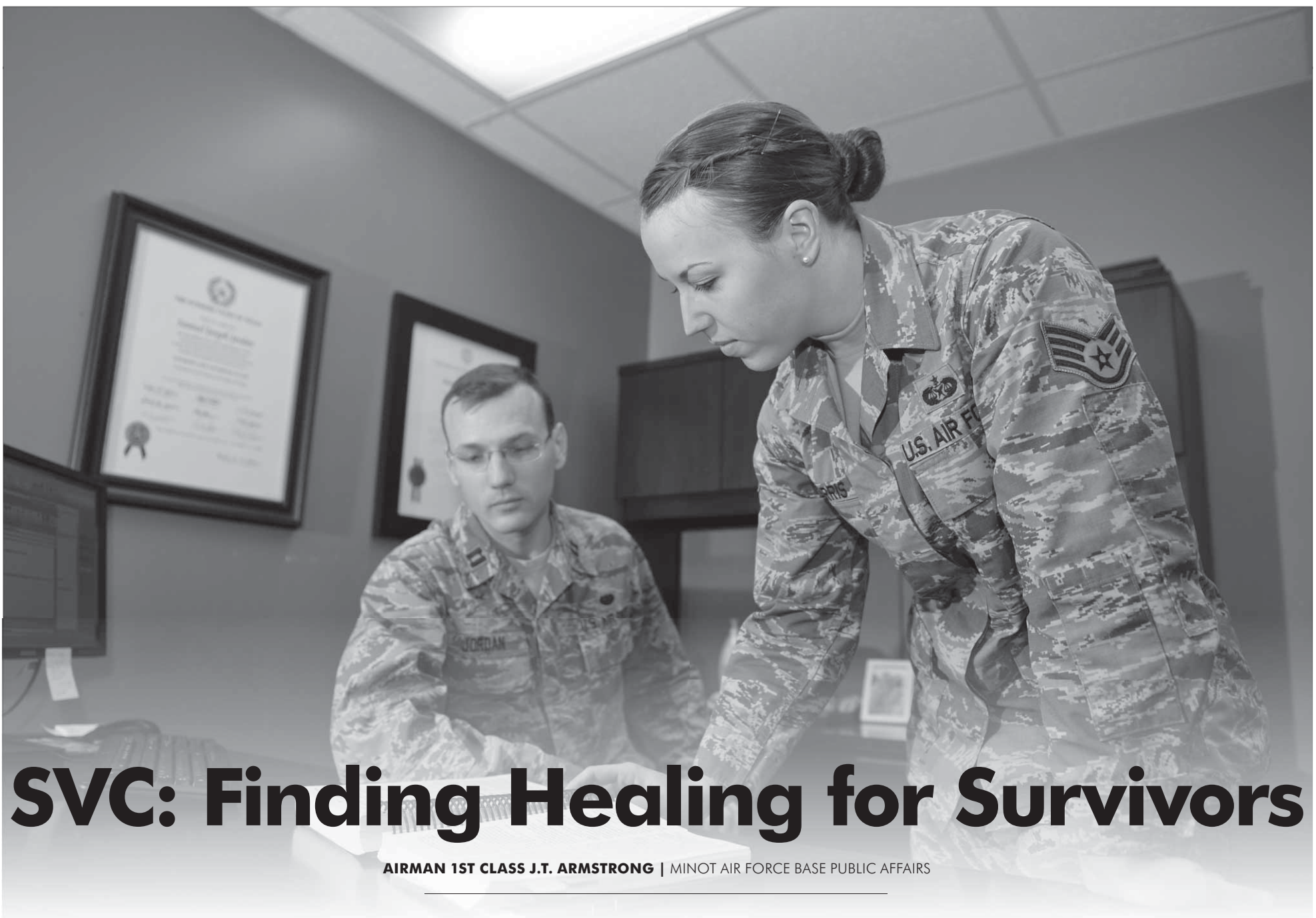
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# SVC: Finding Healing for Survivors

AIRMAN 1ST CLASS J.T. ARMSTRONG | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- In 2015, President Barack Obama signed a Presidential Proclamation declaring April as National Sexual Assault Awareness month. According to the White House, sexual assault is one of the most horrible moments in a victim's life, causing pain that may never heal. We know that in the majority of these crimes, the aggressors are someone the victim already knows. Sexual assaults that occur in the military mean that the aggressor puts on the same uniform and supposedly has the same values. Who then can a victim trust? Where can they turn?

When that trust has been violated, the Special Victims' Counsel Program is there to help.

What is the SVC Program?

The SVC program's mission can be summarized as: providing sexual assault survivors with compassionate representation through expert legal advice and effective advocacy within the military justice process. In short, they help survivors confidently exercise their voice and rights.

What cannot be simply summarized is the dedication and expertise that Minot Air Force Base's SVC team directs towards helping victims of sexual crimes. You may be surprised to know that the

team is comprised of only two members, Capt. Samuel Jordan, Special Victims' Counsel attorney, and Staff Sgt. Lauren Harris, SVC paralegal. As part of only 40 SVC units world-wide, they cover a region including: Malmstrom AFB, Montana, Ellsworth AFB, South Dakota, Grand Forks AFB, North Dakota in addition to Minot AFB.

Jordan and Harris work together, directly alongside and talk with survivors because each person is unique.

"Everyone responds differently to a sexual assault so the healing process is different for each individual," said Jordan. "We learn what will help them heal, and then we make it happen. We bring our legal and military expertise and relationships with base agencies that we've developed and get our survivors the help they need."

Unlike the base legal office, the SVC specializes in victim rights. The job of the legal office is prosecuting and keeping good order and discipline. They advise investigators and commanders and their best interests and the best interests of the victim may not always be the same.

"We form an attorney-client privilege relationship with our client, that allows us to provide personalized and confidential legal advice," said Jordan.

"When victims talk with

prosecuting attorneys, investigators or members of the legal office about the case, those discussions are not covered by attorney-client privilege."

The SVC goes beyond just helping survivors navigate the military justice process. They help victims connect with counseling services from Mental Health, support from a victim advocate or Sexual Assault Response Coordinators and chaplains.

"For the past four years, I've worked in the legal

offices and this side is more compassionate," said Harris. "I get to take the more compassionate role of helping the victim get through the process and find that healing or closure they need to move on with their life."

The SVC's ultimate goal is to help the victim get back on their feet, and focus on getting back to their life and their Air Force careers.

"As a part of the recovery process, we give victims the ability to exert some

control over decisions," said Jordan. "Their assailant took control away from them and what we do is help take control back."

Capt. Samuel Jordan, Special Victims' Counsel attorney, and Staff Sgt. Lauren Harris, SVC paralegal, work together as a part of the SVC Program at Minot Air Force Base, N.D., Feb. 1, 2016. The SVC helps sexual assault survivors not only navigate the military justice process, but also helps them find healing and take back control of their lives.

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



## Amanda Weidler, FNP-C CARDIOLOGY

Trinity Health is pleased to announce that Amanda Weidler, FNP-C, has joined Trinity's Cardiology Department as a nurse practitioner. She'll work closely with cardiologists and other clinical staff to provide comprehensive cardiovascular care, including health assessments, care planning, writing prescriptions, and counseling patients on lifestyle changes that can reduce the risk of cardiovascular illness.

- Bachelor of Science in Nursing and Master of Science/Family Nurse Practitioner degrees, University of North Dakota, Grand Forks
- Practiced in Bismarck and at Trinity Hospital, serving patients in the ortho-neuro and post-anesthesia care units
- Member, American Association of Nurse Practitioners and North Dakota Nurse Practitioners Association
- Killdeer native
- Resides in Velva with husband, Matt, daughter Keelah and son Payton.

Appointments and Consultations:  
Call 701-857-7388/1-800-598-1205

Health Center – Medical Arts  
400 Burdick Expressway West • Minot, ND 58701



Have a question? Download our app today: [trinityhealth.org/mobile](http://trinityhealth.org/mobile)

**TODAY**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- EGG-STRAVAGANZA Easter Egg Hunt, 1600-1900, Youth Center
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Freaky FREE Fridays, Every Fri, 1700-2100, Rough Rider Lanes
- BBQ Night, Every Fri, 1700-2100, Rockers Bar & Grill
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, Every Friday in March, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-2400, Rough Rider Lanes

**SATURDAY**

- Chess Club, 1100, Base Library
- Give Parents A Break, 1300-1700, CDC/School Age Program
- 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

**SUNDAY**

- Easter Brunch, 1030-1330, Jimmy Doolittle Center

**MONDAY**

- 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
- Newbery Book Club, 1530, Library
- Ladies Night, 1700-1900, Auto Hobby
- Step Jam, 1730, Fitness Center

**TUESDAY**

- 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
- Yoga Flow, 1615, Fitness Center
- Fit To Fight, 1630, Fitness Center
- 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
- 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
- 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**

- Youth Center Dance & Tumbling Classes, Every Thursday, Various Times, Youth Center
- HIIT & Core, 1100, Fitness Center
- Reintegration Training, Every Thurs, 1300-

## 1400, A&amp;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
- Cycle, 1930, Fitness Center

**UPCOMING EVENTS - APRIL 1**

- Registration opens for Youth Baseball & T-Ball at the Youth Center
- Annual Golf Passes go on sale at the Golf Course
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- April Fools 5K, 0730, Fitness Center
- VA Benefits Briefing, 0830-1400, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- FREE Interagency Annual Military passes available from Theodore Roosevelt National Park Representatives, 1200-1600, Outdoor Rec (active duty military members and their dependents only)
- Step Jam, 1200, Fitness Center
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Month of the Military Child Kick Off Party and Interpretive Program by Theodore Roosevelt National Park Ranger, 1700, Youth Center
- Freaky FREE Fridays, Every Fri, 1700-2100, Rough Rider Lanes
- BBQ Night, Every Fri, 1700-2100, Rockers Bar & Grill
- 70's Party, 1800, Jimmy Doolittle Center
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, Every Friday in March, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2100-2400, Rough Rider Lanes

**UPCOMING EVENTS - APRIL 2**

- Trek, 0800, Fitness Center
- Yoga, 1000, Fitness Center
- FREE Interagency Annual Military passes available from Theodore Roosevelt National Park Representatives, 1000-1200, Outdoor Rec (active duty military members and their dependents only)
- 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

**ONGOING EVENTS**

- 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. April Special – BBQ Pastrami Pizza. Our tasty signature BBQ sauce loaded with pastrami and red onions, sprinkled with red pepper flakes. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal – Pastrami, red onions, and red pepper flakes with melted Swiss. Topped with spinach & tomatoes. Served with BBQ sauce. \$8.50 includes a side and drink.
- B-Fifty Brew March Special. Irish Mania! Try our St. Patty's themed drink "The Nutty Irishman" or try the "Nutty Chocolate Irishman" Like it simple? Try an Irish Crème Mocha or Latte. Hot or

## Iced.

- 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. April Special – Remove studded tires April 1st-15th. Customers come to Auto Hobby and dismount winter tires and mount all-season tires – the staff will balance the tires. Sale \$15/pair of tires – stall fee included.

**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 online term (25 April-26 June). To sign up for classes, please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 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

**CALVARY CHAPEL MOVIE NIGHT 3/25/2016 7:30 PM**  
524 21st Ave NW Minot. FREE SHOWING OF Passions of the Christ Come join us on GOOD FRIDAY to celebrate our SAVIOR. There will be FREE popcorn along with Free admission. So invite a friend bring family anyone can come. For more information and upcoming events please visit us at Calvarychapelminot.org.

**BLUE LANTERN CORPS VENDOR SHOW 3/26/2016 10:00 AM**  
This is a fundraiser event. Donations go to our March for Babies family team. All proceeds benefit March of Dimes.

**DIRTY WORD BAND @ THE "O"RIGINAL BAR 3/25/2016 9:00 PM**  
The Dirty Word Band will be playing their amazing variety of great dance tunes Friday and Saturday at The "O"riginal Bar! Make sure you come check out this high energy act. Show starts at 9 both Friday and Saturday!

**SCHEELS EASTER EGG HUNT 3/26/2016 10:00 AM**  
Minot Scheels, Scheels Hunting and Fishing Date: Saturday, March 26th Time: 10:00am-12:00pm Location: Minot Scheels and Scheels Hunting and Fishing Registration: None. Cost: FREE. Join Scheels to celebrate Easter! Come find eggs and play fun games at booths in both our main store and Scheels Hunting and Fishing. Bring your camera to take pictures with the Easter Bunny!

**TOURING LIGHTING WORKSHOP 3/26/2016 11:00 AM**  
Magic City Harley-Davidson. Do you want to take longer rides, but hate riding at night? Would you like to have brighter or more lighting? Stop by our Parts Department and learn about New and Upgraded lighting options at our Touring Lighting Workshop.

**EASTER EGG HUNT 3/26/2016 12:00 PM**  
Roosevelt Park Zoo. Hop on over to Roosevelt Park Zoo's Visitor Center for the Easter Egg Hunt on Saturday, March 26th from 12-3pm!

**EASTER EGG HUNT 3/26/2016 1:00 PM**  
Elevation. Bring the kids and their baskets to Elevation for our 1st Easter Egg Hunt. The hunt will start at 1pm. There will be 1 hunt for ages 5 and under and 1 for ages 6 and over. Weather permit-

ting the hunt will take place outside; otherwise we will host indoors that day!

**REDEEMED EASTER MUSICAL 3/27/2016 9:30 AM**  
West Minot Church of God hosting Redeemed- The Gospel changes everything An Easter Musical for all ages. March 27th 9:30am free "Resurrection Breakfast" 10:30am Easter Musical. Come out and bring the whole family.

**PINTERESTED 3/28/2016 6:00 PM**  
Grand Hotel Minot. Tickets are \$25 in advance or \$30 at the door. Project: Painted, Mod Podge, or make it your own flower pots or Tin Cans! All supplies are provided but bring your items to make it your own! A glass of wine will be provided. (Soil and plant will not be provided). Watch out for weekly updates and promotions.

**VIETNAM VETERANS 5TH ANNUAL CELEBRATION 3/29/2016 1:00 PM**  
La Quinta Inns & Suites 1605 35th Ave SW, Minot, ND 58701. Vietnam Veteran Welcome Home 50th anniversary celebration. There will be an active duty guest speaker, food and a burning flag ceremony. This event is open to the public and is free. This event is sponsored by the Minot Vet Center.

**PAINT-N-SIP WITH GALLERY ON THE GO 3/29/2016 5:00 PM**  
Minot Public Library. What is Gallery On The Go? Gallery On The Go is a mobile painting party service. Come experience a fabulous paint studio and in just 2-3 hours a guide will instruct you through a step-by-step, pre-selected painting! It's guaranteed to bring out creativity, fun and laughter! No art-smarts needed! Cost is: \$26.00 Please use code 0329-KR-1324 to register on link. YOU MUST PRE-REGISTER! LIMITED SEATS AVAILABLE!! Bring your own beverage. Please message me or email me kate@galleryonthego.com for any questions!

**YWCA WOMEN OF DISTINCTION AWARDS BANQUET 2016 3/31/2016 6:00 PM**  
Grand Hotel, Minot. The Women of Distinction Banquet is an opportunity to recognize and honor women in a variety of areas ranging from business to education to volunteerism, who have contributed significantly and serve as a role model to other women. This award honors women who have demonstrated excellence, leadership and integrity in their fields and in the community, serving as role models for other successful women. Tickets available on ywcaminot.org until March 28, 2016. \$50 per a ticket. Please join us at this inspiring event! Nominations and event sponsors also being accepted on our website.

**JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT 3/31/2016 7:30 PM**  
Ann Nicole Nelson Hall, Minot State University The Broadway Smash Hit, Joseph and the Amazing Technicolor Dreamcoat, is coming to Minot! Please join us for the Western Plains Opera production of Andrew Lloyd Webber's Biblical Spectacular! Joseph is one of the most popular musicals in the world, filled with energy, excitement, and fun for the entire family. Come one, come all on this colorful journey and Go, Go, Go with Joe! Performances: March 31, April 1 & 2 at 7:30pm and April 3 at

3:00pm Tickets: \$20 Balcony & Orchestra Center \$15 Orchestra Rear Special Discount for kids under 18 and MSU students (with valid student ID): \$10 Tickets on sale March 4 at 5:00 PM online or by calling (701)-858-3185. Student tickets must be purchased in person at the MSU Division of Music Office (Old Main, Room 220). Boxx Office open between 8:00 AM and 4:00 PM.

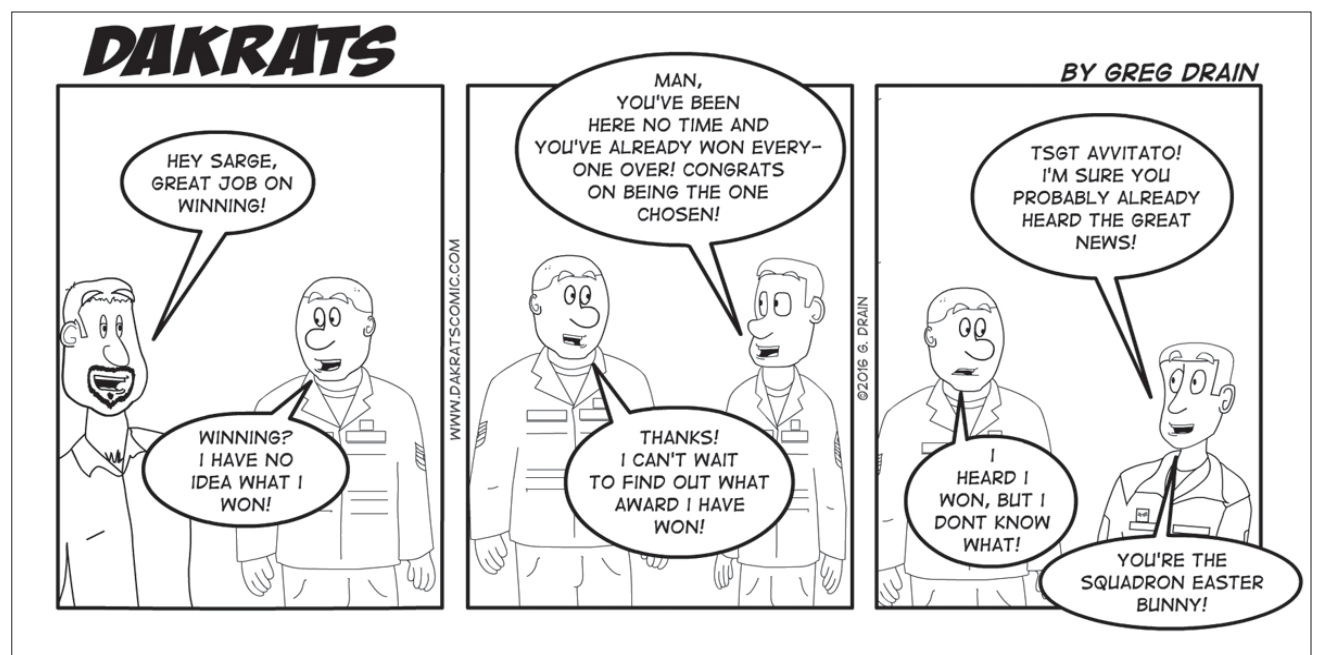
**CONFEDERATE RAILROAD @ THE "O"RIGINAL 3/31/2016 9:00 PM**  
The Original Bar and Nightclub and Ben Brookz Productions Present CONFEDERATE RAILROAD March 31 The Original Bar Tickets are \$20 advance \$25 Day of Show and are on sale at The Original Bar, Budget Music and Video, or tickets300.com

**SOMERSET COURT'S BENEFIT BREAKFAST FOR FOOD PANTRIES 4/02/2016 8:30 AM**  
Somerset Court's Benefit Breakfast for area food pantries on Saturday, April 2nd from 8:30 am until 11:30 am. Tickets are \$5 a person and may be purchased at Somerset Court, Milton Young Towers or The Lord's Cupboard. You may also pay at the door. Food and non-perishable items are also welcomed and maybe dropped off at Somerset Court. 1900 28th St SW 838-4500 for any other information. Breakfast includes pancakes, smoked sausage, orange juice and coffee.  
**SPRING GUN SHOW 4/02/2016 9:00 AM**  
North Dakota State Fair Center. Minot presents the 45th Annual Spring Gun Show at the ND State Fair Center. Saturday March 2nd 9:00am - 5:00pm Sunday March 3rd 9:00am-3:00pm. The Public is invited \$5 each day For more information call Bruce Wolla (701) 720-0074.

**MINOT FFA ALUMNI AUCTION 4/02/2016 11:00 AM**  
North Dakota State Fairgrounds. 20th annual Minot FFA Alumni auction to help the Minot FFA Chapter with judging trips, State and National Conventions, and scholarships. If any business or individual wants to donate anything call Kathy Jensen at 839-5196.

**MINOT RIFLE AND PISTOL CLUB SPRING GUN SHOW 4/02/2016 9:00 AM - 4/03/2016 3:00 PM**  
State Fairgrounds. The spring show of the Minot Rifle and Pistol Club, with 344 tables full of firearm related items to buy, or trade. show hours are 9 to 5 on Saturday, and 9 to 3 on Sunday. Admission is \$5 for adults, payable at the door.

**Minot Gun Show**  
State Fairgrounds, Minot, ND  
**April 2nd | 3rd**  
Saturday 9 am - 5 pm, Sunday 9 am - 3 pm  
Large amounts of ammo, hunting, guns and knives.  
Raffles  
Taxidermy  
Coins & Books  
Consealed weapon testing and class  
701-720-3511



# CHURCH DIRECTORY

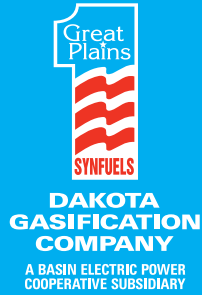
<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 5:30 pm Sunday ..... 9:30 am</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>Heritage Baptist</b> Independent Fundamental <b>Meeting at 435 21st St. NW 833-1798</b></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><b>Pastor Tim Bagwell</b> <a href="http://heritagebaptistminot.com">heritagebaptistminot.com</a></p>	<p><b>GLENBURN FIRST BAPTIST CHURCH</b></p>  <p>402 South Street • 701-362-7971</p> <p><b>Sundays:</b> Morning Worship..... 10:00 a.m. Sunday School ..... 11:15 a.m.</p> <p><b>Wednesdays:</b> 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 • <a href="mailto:revdev@srt.com">revdev@srt.com</a></p>	<p><b>Bible Fellowship Church</b></p>  <p>Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p><b>GRIEF SHARE</b></p> <p><b>Classes Starting November 4th, 7:00pm</b> 838-0916 • 1720 4th Ave NW <a href="http://minotbiblefellowship.org">minotbiblefellowship.org</a></p>
<p><b>Faith United Methodist Church</b></p>  <p>5900 Highway 83 N, Minot <a href="http://www.faihumcminot.com">www.faihumcminot.com</a> Rev. Debra Ball-Kilbourne</p> <p>Thursday, March 24 Maundy Thursday..... 7:00pm Tenebrae Service with Zion Lutheran Church joint choir singing "Tenebrae: A Service of Darkness" by Hal Hopson Friday, March 25 Good Friday Service ..... 7:00p. Holy Communion and private devotional time with Church Leadership Sunday, March 27 "The Son Rose Service" ..... 8:00am Easter Breakfast.... Following "Son Rose Service" Sunday School ..... 10:00am Easter Service ..... 11:00am</p>	<p><b>Minot Baptist Church</b></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><b>Harvest Reformed Church</b></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><b>Sunday Service 10:30 a.m. 838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b></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 <b>Minot Church of Christ</b> 1315 1st St. NE</p> <p><b>Sunday:</b> Bible Classes ..... 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p><b>Wednesday:</b> Bible Classes ..... 7 p.m.</p> <p>"Restoring 1st Century Christianity in the 21st Century"</p>
<p><b>First Presbyterian Church</b></p>  <p>430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. <a href="http://www.fpcminot.org">www.fpcminot.org</a></p> <p><i>Visitors Welcome</i></p>	<p><b>Apostolic Faith Church, UPCI</b></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><b>Jesse Starr, Pastor</b></p>	<p><b>Cornerstone Presbyterian Church</b></p> <p>1000 NE 3rd Street 852-0315</p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 &amp; 11:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p>All are Welcome! <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>First Lutheran Church - ELCA</b></p>  <p>120 - 5th Ave. NW • 852-4853</p> <p>Saturday Worship (March 19) ..... 5:30pm Palm Sunday Worship..... 8:30 &amp; 11:00am Maundy Thursday Worship (Chapel) ..... 2:00pm (Sanctuary)..... 7:00pm</p> <p>Good Friday Family Service (Forum)..... 4:00pm Worship - No Communion(Sanctuary)..... 8:00pm Holy Saturday Worship (March 26)..... 8:30 &amp; 11:00am Easter Sunday Worship ..... 8:30 &amp; 11:00am Easter Breakfast ( Forum Room) ..... 9:00am Easter Egg Hunt.... 9:40 - 10:00am &amp; 10:30 - 10:50am</p> <p>Services are available online at <a href="http://firstlutheran.tv">firstlutheran.tv</a> Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson &amp; Pastor Brandy Gerjets</p>	<p><b>St. Mark's Lutheran Church</b> Missouri Synod</p>  <p>Sunday Worship ..... 8:30 &amp; 11:00 a.m. Sunday School, Adult Bible Class &amp; Adult Choir 9:45 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 <b>Carlyle Roth, Pastor</b> <a href="http://www.stmarksminot.com">www.stmarksminot.com</a></p> <p>Call or check out our website for more information.</p>
<p><b>Bethany Lutheran</b></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 &amp; 10:45 am Sunday Fellowship ..... 9:15 am Sunday School ..... 9:30 am Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>North Hill Baptist Church</b></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><b>Pastor Dan Andrus, 701-578-5060</b> <a href="mailto:sparrow@minot.com">sparrow@minot.com</a> <a href="http://minotnorthhillbaptistchurch.com">minotnorthhillbaptistchurch.com</a> "We're Not There Yet...Come Grow With Us!"</p>	<p><b>St. John the Apostle Catholic Church</b></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 &amp; 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>Calvary Alliance Church</b></p>  <p>715 20th Avenue NW Minot, ND 58703 <a href="http://www.calvaryofminot.com">www.calvaryofminot.com</a> 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><b>Our Redeemer's Church</b> A Church of the Lutheran Brethren</p>  <p><b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM .... 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>
<p><b>BREAD OF LIFE ELCA LUTHERAN CHURCH</b></p>  <p><b>Pastor Taryn Montgomery</b> <b>Pastor Alex Hoops</b></p> <p>Saturday Worship ..... 5:00 pm Palm Sunday Worship ..... 9:00 am ..... 11:15 am Easter Sunday Worship..... 8:00 am ..... 10:00 am</p> <p><a href="http://Breadoflifeminot.com">Breadoflifeminot.com</a> Everyone Welcome</p>	<p><b>BELIEVERS BIBLE CHURCH of MINOT</b></p> <p>I John 5:13 <a href="http://www.bbcminot.org">www.bbcminot.org</a></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><b>Cross Roads Baptist</b></p>  <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p><b>West Minot Church of God</b> "A Family Worship Center"</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 &amp; Pre-School Center 852-6352</p>	<p><b>Bethel Free Lutheran AFLC</b></p>  <p>"Building Followers of Jesus Christ!"</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><b>Pastor Shane McLoughlin</b> 530 22nd Ave NW • 852-6492 <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p><b>GRACE FELLOWSHIP CHURCH</b> 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><b>Pastor Gregg S Smith</b> <a href="http://www.gracefellowshipatburlington.com">www.gracefellowshipatburlington.com</a></p>	<p><b>First Baptist Church</b></p>  <p>220-3rd St. S.W. • 852-4533 <a href="http://www.firstbaptist-minot.org">www.firstbaptist-minot.org</a></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><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Pastor Tim Houck, Interim Associate Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Gospel Tabernacle Community Church</b></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><b>Dakota Baptist Church</b></p>  <p>Teaching the Word, One Verse At a Time! KJB 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship ..... 5:30 p.m. Wednesday Worship ..... 7:00 p.m.</p> <p>(701)852-5399 <a href="http://www.dakotabaptistchurch.com">www.dakotabaptistchurch.com</a> Email: <a href="mailto:dbchurch@srt.com">dbchurch@srt.com</a> Pastor: <b>Jeremy Jacob</b></p>	<p><b>First Assembly of God</b></p> <p>1805 2nd St. SE 838-1111</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><b>Trinity Church</b></p>  <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:45 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p><b>Immanuel Baptist Church</b></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><b>Brian T. Skar, Pastor</b> <a href="http://www.immanuelbaptistminot.org">www.immanuelbaptistminot.org</a></p>	<p><b>ZION Lutheran ELCA</b></p>  <p>1800 Hiawatha St. 852-1872</p> <p>Saturday Worship ..... 5 p.m. Sunday Worship ... 8:30 a.m. &amp; 11 a.m.</p> <p><b>John Streccius, Pastor</b> <b>Nathan Mugaas, Pastor</b></p>	<p><b>Vincent United Methodist Church</b></p>  <p>1024 2nd St. SE • 838-4425 Behind Town &amp; Country Shopping Center 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><b>Pastor Ray Baker</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	



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6	7	5	9	2	8	4	3	1
9	2	4	6	3	1	8	5	7
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Answers to puzzle from page 8

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